

Recreational, Social, Educational, & Community Service Programs

(Updated 4/2012)

Please check the Hebron Senior Newsletter for monthly dates. Ongoing groups do not meet when the Senior Center is closed due to inclement weather or on town holidays.

- Please come to the Senior Center or call during normal business hours to have your name put on a list.
- Payment in the form of a personal check or cash must be received by the deadline date listed in the Senior Newsletter. If paying by check make sure phone and license number are on the check.

Payment:

- Typically fees are associated with instructional classes, exercise programs, trips and special events.
- For programs or trips requiring payment: Payment in the form of a personal check (payable to *Russell Mercier Senior Center*) or cash must be received at the time of sign-up. If paying by check make sure phone and license number are on the check.
- Payment for separate programs must be kept separate. For example, when paying for a \$25 trip and \$1 cooking demonstration, one check for \$26 is not allowed.

Recreational:

Arts & Crafts:

Open Art Studio (Every Monday at 10:00 a.m.)

- This group meets to socialize and work on independent art projects.
- Always looking for individuals to join.

Knitting, Crocheting, & Sewing (Every Monday at 10:00 a.m.)

- This group meets to socialize and work on independent projects.
- Individuals in this group are willing to teach crocheting and knitting to those interested in learning.

Quilting Group (Every Tuesday 3:00 p.m.)

- This group meets to socialize and work on independent projects.
- Individuals in this group are willing to teach and help with quilting projects.
- Always looking for individuals to join.

Instructional Arts & Crafts Classes

- Please check the monthly Senior Newsletter for each month's course offerings.

Games:

Setback (Every Monday at 10:00 a.m.)

- Members of this group are willing to teach the game of Setback to interested individuals.
- Always looking for individuals to join.

Bridge (Every Monday at 1:00 p.m.)

- This is a competitive, traveling Bridge group that meets at area senior centers and is for the more experienced Bridge player.

“Other Bridge” (Every Tuesday at 1:00 p.m.)

- This is a “just for fun” Bridge group
- Always looking for individuals to join.

Mah Jongg (Every Thursday at 1:00 p.m.)

- This group is willing to teach the game of Mah Jongg to interested individuals.

Bingo (Every Thursday at 1:00 p.m.)

Marlborough Bingo (Every Monday at 1:00 p.m.- The van leaves the Russell Mercier Senior Center at 12:30 p.m.)

- Dial-a-Ride transportation is provided for interested Hebron & Amston seniors to play bingo at the Marlborough Senior Center
- Please call the Russell Mercier Senior Center to schedule a ride.
- Fee for transportation \$2.00 round trip

Social:

Community Café (Every Monday-Thursday at 11:45 a.m.)

- A nutritionally balanced mid-day hot meal, coordinated by **Community Renewal Team (CRT)**, is served four days a week in a group setting.
- Community Café is available to individuals 60 and older, at a suggested donation of \$2 per person.
- **Advanced reservations by noon the prior business day are necessary.** Reservations may be made by calling the Senior Center at 228-1700. Reservations for Mondays must be made by noon on the prior Thursday.

Sunshine Singers (Practice is held each Thursday at 10:20 a.m. at AHM)

- The Sunshine Singers are the quickly expanding and very talented choral group of the Russell Mercier Senior Center, led by Director Barbara Soderberg.

Book Discussion Group (Typically meets on the last Monday of each month at the Douglas Library)

- Led by Douglas Library's Director, Mary Ellen Beck, this group meets each month to discuss a chosen book.
- Please check the Hebron Senior Newsletter at the beginning of each month for that month's selection. For assistance with locating copies of the book, please contact Judy at Douglas Library at 228.9312 extension 15.

Monthly movies

Trips

- We offer day trips to destinations in Connecticut and occasionally out of state.
- Some trips offered in the past included:
 - Foxwoods Casino
 - University of Connecticut's Jorgensen Theatre
 - Uconn Basketball Games
 - Mystic Aquarium
 - Chef's Hat
 - XL Center Flower & Garden Show
 - Thomas Hooker Brewery
 - Woodland Gardens
 - New Britain Museum of American Art
 - And many more

Breakfast & Lunch Outings

- Please check the Hebron Senior Newsletter at the beginning of each month for that month's selection.

Intergenerational Opportunities

- Intergenerational programs are typically offered during school vacations and we encourage you to bring your children and grandchildren.

Musical Entertainers

Special Events

- Special events vary, and include monthly birthday parties, Summertime barbeques, holiday parties, and others.

Educational:

Topic-specific presentations

- Presentations include those that are health-related, informative regarding benefits & supportive programs for seniors and adult-disabled individuals, and educational.
- Some of the topics offered in 2008 included:
 - Blood Pressure
 - Cholesterol

- Medication Consultations with a Pharmacist
- Community Preparedness
- Low Tech Assistive Devices
- Electronic Workshop
- Cooking Demonstrations
- Staying Hydrated in the Sweltering Summer Months
- Staying Healthy During the Cold & Flu Season
- And many more

Community Service Projects:

Cheer Group (Typically meets on the first Wednesday of each month at 10:00 a.m.)

- The Cheer Group meets to spread cheer by sending birthday, get well soon, sympathy, and other cards to seniors in the community.
- Please call Gina at the Senior Center at 228-1700 if you would like to help.

American Red Cross Blood Drives (Typically twice each year)

- The Russell Mercier Senior Center is a host site for the American Red Cross Blood Drives.
- For eligibility information or to schedule an appointment to give blood, please call 1-800-GIVE-LIFE or visit www.givelife.org