



Hebron Senior Center Newsletter



RUSSELL MERCIER SENIOR CENTER

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GENERAL QUESTIONS OR SIGN-UP FOR A PROGRAM			seniorcenter@hebronct.com

Energy Assistance Winter Heating Program More Detailed Info on Page 7

Beginning October 18, the Senior Center is taking applications for the CT Energy Assistance Program (CEAP). The Connecticut Energy Assistance Program is designed to help offset the winter heating costs for a household's primary heating source. If the household's primary heating costs are included in rent, the household may also apply for assistance. Detailed information on page 8 of this newsletter. To make an appointment, please call Tanya or Sharon 860-228-1700.

Community Café



The Elderly Nutrition Program offers onsite meals in our Community Café on Monday - Thursdays. The Community Renewal Team (CRT) continues to be the vendor for the program. Sign-up for meals at the Senior Center or by calling 860-228-1700. PLEASE NOTE, IF YOU ARE MAKING A RESERVATION FOR THE FOLLOWING DAY, YOU MUST SIGN UP NO LATER THAN 10:00AM THE DAY BEFORE AND BY 10:00AM ONFRIDAY FOR MONDAY'S LUNCH. Reservations called in after 10:00am for the next day cannot be accepted. A donation of \$3 is requested per meal.

Chatham Health District Vaccine Clinics

Covid & Flu —Walk-in —Friday, 12/17, 4-6pm -RHAM HS, 85 Wall Street - Hebron (Moderna 18+, J&J 18+) Boosters

Chatham Health District Covid Testing Clinics

Saturday, 12/4, 8 am - 12 noon, RHAM High School, 85 Wall Street - Hebron
 Friday, 12/10, 3 pm - 7 pm, Colchester Federated Church, enter at 63 Linwood Ave - Colchester
 Saturday, 12/11, 8 am - 12 noon, RHAM High School, 85 Wall Street - Hebron
 Friday, 12/17, 3 pm - 7 pm, Colchester Federated Church, enter at 63 Linwood Ave - Colchester
 Saturday, 12/18, 8 am - 12 noon, RHAM High School, 85 Wall Street - Hebron

Holiday Grab N Go Meal

On Thursday, December 23rd Colebrook Village will be providing a grab n go holiday meal for us here at the Senior Center. It will be a hot meal with dessert. We did not have the specifics on the menu at the time we went to print, please see the Rivereast for details. Pick-up times will be between 11:00am and Noon. You need to sign-up by Friday, December 17th at Noon, by calling 860-228-1700.

The senior center will be closed Friday, December 24th, Monday, December 27th and Friday, December 31st. December 28-30th we are open, but there will be no scheduled programs or lunches. Transportation is available for medical appointments on a limited basis.

All programs and lunches will resume Monday, January 3rd.

HEBRON COMMISSION ON AGING

Chairperson: Pamela Meliso

Members: Cecile Piette, Beth Schmeizl, Deb Hart, Sandy Waldo, Cathy Litwin, Tonya Maurer

Alternates: Dianne Welch, (open spot) Board of Selectmen Liaison: Gail Richmond

The next scheduled Commission on Aging Meeting is scheduled for Wednesday, January 5th—Virtual on-line 8:30am at Senior Center

The Commission on Aging continuously studies the conditions and needs of the elderly persons in the community and makes recommendations. The commission meetings are open to the public.

If you have ANY questions about any programs or services please call the center Town of Hebron Web Site for updates— www.hebronct.com

PLEASE NOTE THE SENIOR CENTER WILL BE OPEN TUESDAY, DECEMBER 28TH—THURSDAY, DECEMBER 30TH, BUT THERE WILL BE NO SCHEDULED PROGRAMS TAKING PLACE. ALL PROGRAMS AND LUNCHESES WILL RESUME MONDAY, JANUARY 3RD.

Food Bank and Mobile Food Truck Schedule

Food Bank Phone Number 860-228-1681

Hebron Interfaith Human Services, the home of the Hebron Food Pantry

Dedicated to serving the needs of those in the Hebron community and surrounding towns through our food pantry, week-end backpack program for school-aged children, weekend food bag for homebound seniors and the immuno-compromised and various energy assistance programs.

Pantry hours are EVERY Tuesday and Thursday (9 am to 6 pm), and on Friday from 9 am to 5 pm



Foodshare mobile produce van is every other Tuesday from 11:15-11:45 at the Church of Hope/Red barn Corner of RT 85 & Rt 66. Everyone is welcome, no forms to fill out. Please bring your own bags.

Upcoming Mobile produce van dates for 2021: December 7,21

Morning Movies

Each Tuesday, Starting December 14th we will be showing shows and movies from 10:00—11:45. (the exact length of each week will vary based on what's being shown). Feel free to then join us for lunch at noon. If you will be staying for lunch you will need to sign-up by 10:00am on Monday. We will be kicking off with showing the Emmy award winning "Ted Lasso" from Apple TV. We will show 2-3 episodes per week until the series concludes. So this is going to be a multi-week showing. There will be no showings on Tuesday, December 28th. There is a language disclaimer for Ted Lasso—one of the main characters does use "language" which is a primary aspect to his character. Pre-registration is required, you can call 860-228-1700 to sign-up.

Walmart Shopping Trip

There will be a trip to Walmart and Aldi's in North Windham on **Friday, December 17th at 10:00am**. Seating is limited and everyone is required to wear masks. Additional shopping trips to Walmart and other local locations forthcoming, please stay tuned. To sign-up for this trip, please call 860-228-1700.

Sunshine Singers

They meet Thursdays from 10:10am to 11:40am. The Sunshine Singers welcome any and all who enjoy singing and would love to share their talents with others. They will be singing songs such as 500 Miles by Four Brothers and What the World Needs Now, and many more, using musical accompaniment, adding to their rhythm and energy. Join the Sunshine Singers who are a group who love to sing. Masks are required when entering the building and must remain on if not vaccinated. This is a free program, but pre-registration required, to register to come sing please call 860-228-1700.

Programs and Activities

Stamping Class

Tuesdays 1:00PM—2:30PM Come join this fun class where you will learn the basics as well as advanced techniques of rubber stamping and card making! No previous experience is required - you'll be amazed at how simple it is to create beautiful cards that will bring joy to family and friends. Themes include birthday, holiday, seasonal, and more. The class runs consecutive weeks and the cost is \$35 for 4 consecutive weeks; includes instruction and all supplies. You can pay the instructor at your first class, but must pre-register for the class by calling 860-228-1700, stop in to sign-up, or email seniorcenter@hebronct.com.

Mindful Meditation

Wednesday, December 8th and 15th from 10:15-11:15. Mindful meditation is a mental training practice that teaches you to slow down racing thoughts, let go of negativity, and calm both your mind and body. Led by Mandy Rocznik who has been practicing mindful meditation for 14 years. We will meet outside and practice social distancing. If inclement weather we can move indoors with spacing. Masks will be required upon entering indoors and if indoors we will socially distance so masks can be removed.

Exercise Equipment Room

The Exercise Equipment room at the Senior Center is open for use by reservation only. There will be 45-minute time slots from 9:00am – 3:00pm Monday – Thursday (last time slot at 2:00pm) with 15 minutes between appointments for cleaning, Fridays 9:00-12:00 (last time slot at 11:00am). Maximum of three people per time slot and if coming together from different households it is highly recommended that you are all vaccinated. We have two new pieces of cardio equipment a new elliptical machine and a Teeter (a recumbent cross-trainer). Masks will be required in the common areas, and you will need to check-in. To reserve a time please call 860-228-1700.

Knitting/Crocheting/Needle Group

For those who would like to gather to knit, crochet, or do any kind of needle work together to connect, share ideas, share techniques, patterns, maybe even teach other a new skill. This group will meet on **Tuesdays from 10:00am—11:30am**. Masks will still be required indoors until proper. If weather permits, this activity will be held outdoors and masks would be optional for vaccinated individuals. We do require pre-registration even though this is an informal gathering. To register, call 860-228-1700 to sign-up.

Hand & Foot Canasta Cards

Beginning Tuesday, August 10th at 1:00pm – 3:15pm. Pre-registration required prior to the first time attending and check-in for all attendees required. Hand and Foot is a popular variation from the rummy type game of Canasta.. Hand and Foot uses about 5 or 6 decks of standard playing cards and is played with 2-6 players. The objective of Hand and Foot is to be the first to get rid of all of your cards and for your team to have the most points. To sign-up call 860-228-1700.

RHAM BINGO—December 15

Join us for Bingo on Wednesday, December 15th from 2:30-4pm. The games will be run by the RHAM National Honor Society Students. The games are free and prizes are awarded. To sign-up, please call the senior center at 860-228-1700. RHAM Bingo will be held the 3rd Wednesday of each month.

BINGO / BINGO CALLERS NEEDED

Thursdays 1:00—3:00pm. Grab your good luck charm and come on in. The first card costs \$1 and entitles a player to play in all Bingo games. Each additional card is then 50 cents each. Prizes awarded each game. BYOB (Bring Your Own Beverage). No food or beverage provided. Sign-up is required and everyone must complete senior center membership paperwork (free to be a member) and must check-in each week at the kiosk. Masks are required for everyone in all areas and can only be removed if there is enough space for social distancing. Volunteer callers are needed, if interested please let us know. To sign-up to play or volunteer to call games, please call 860-228-1700.

BINGO DATES FOR DECEMBER—

Thursday, December 2nd 1:00-3:00pm

Wednesday, December 15th RHAM BINGO 2:30-4:00pm

Thursday, December 9th 1:00—3:00pm

Thursday, December 16th 1:00-3:00pm

WEDNESDAY, December 22nd 12:45pm—2:45pm - A BINGO CALLER IS NEEDED FOR THIS DATE!!!!!!

NO BINGO THURSDAY, DECEMBER 23RD OR THURSDAY, DECEMBER 30TH
BINGO WILL RETURN THURSDAY, JANUARY 6TH

Programs and Activities

Enhance Fitness via ZOOM with Paul Smith

Mondays and Wednesdays 9:00am – 10:00am Enhance Fitness focuses on 4 key areas – Stretching and Flexibility, Low impact aerobics, Strength training, and Balance. Starting Monday, January 3rd we will be joining Paul Smith via ZOOM in our multi-purpose room for the Enhanced Fitness Class. The class is free, but space is limited and pre-registration is required. Please call 860-228-1700.

All Levels Yoga Class

Mondays and Wednesdays 10:15-11:15am Taught by Maureen O'Brien, **The next new session will be Monday, January 3rd—Wednesday, February 8th (no class on Monday, January 17th). There will be 9 classes in this session for \$27.** This yoga class practice developing strength, balance throughout the entire body and overcoming stiffness, Modifications will be demonstrated and chairs may be used to meet all abilities. Please bring a yoga mat if you will not be using a chair. Dates for the next session will be in the Rivereast and sent out in a separate notice. If you'd like to join in on the remaining sessions, please call 860-228-1700

AHM CHOREs Program

AHM Youth and Family Services CHOREs program is back. For any senior already registered for the CHOREs Program can simply call the AHM office at 860-228-9488, leave a message and you will receive a return call.

The CHOREs Program is for seniors whose health and finances prevent them from completing yard work around their homes. There is no cost to seniors, but they must fill out an eligibility form to assure that grant guidelines that fund this program are followed. CHOREs is generously supported by the North Central Area Agency on Aging, AHM Youth and Family Services and local and civic and faith community contributions, as well as donations made by seniors using the program.

During this time work is limited to only outdoor yard work projects and social distancing compliance will be strictly adhered too. If you are interested in getting some help for your outdoor projects please call AHM at 860-228-9488

Senior Center Rules & Regulations

- **Masks are MANDATORY** for everyone, masks must remain on at all times.
- **Registration** - All programs will require pre-registration so we can insure we have enough space, people to run a program and to keep track of participants upon arriving for check-in. At this time, we won't have any "drop-in programs.
- **Classes:** Classes will resume gradually and will have space limitations based on the size of our rooms and social distance requirements. Participants will have to register for classes in advance.
- **Exercise Classes**—Everyone participating in the exercise classes will need to complete a new Form 5 in order to update our records for our grant funding and make sure we have the proper contact and emergency contact information on everyone.
- **Check-In:** Upon arrival at the Senior, all visitors will be required to "check-in" with the "MY SENIOR CENTER PORTAL" If necessary a staff member can assist you. Everyone will need a scan card. This is necessary for our records of participation, for contact tracing, and to keep track of the number of people in the building.
- **Social Distancing:** Everyone is required to maintain a 6-foot social distance while at the Senior Center.
- **Hand Sanitizer/Hand Washing:** Hand Sanitizer will be available at multiple locations in our building but most importantly, at the entrance of our building. We ask that you use the Sanitizer prior to entering a room. In addition, please wash your hands, frequently, for a minimum of 20 seconds.
- **Sanitizing:** We ask that all Participants that attend an activity to please sanitize the table, chairs, and/or equipment before use and after. Spray sanitizer, soap, water, and paper towels will be available.
- **Meals/Eating/Drinking:** In-house dining will begin November 1st.
- **Bathroom Use:** Please limit to one-person at a time when using the facilities.

Hebron Senior Center Happenings..... November 2021

ALL PROGRAMS require pre-registration—please call 860-228-1700 to sign-up

Transportation call 860-228-1700 ext. 201

Mon	Tue	Wed	Thu	Fri
Nov 29 9:00–3:00 Exer. Rm 9:00-10:00–Enh. Fitness 10:15–11:15–Yoga 11:50–12:30–Lunch	Nov 30 9:00–3:00 Exer. Rm 10:00–11:30–Knitting/ Crocheting/Needlework 11:50–12:30–Lunch 1:00–3:15 Hand & Foot Canasta	Dec 1 8:30 Comm. On Aging Meet. 9:00–3:00 Exer. Rm 9:00-10:00–Enhance Fitness 10:15–11:15 Yoga 11:50–12:30–Lunch	2 9:00–3:00 Exer. Rm 10:10–11:40–Sunshine Singers 11:50–12:30–Lunch 1:00–3:00pm BINGO	3 9:00–Noon Exer. Rm
6 9:00–3:00 Exer. Rm 10:15–11:15–Yoga 11:50–12:30–Lunch	7 9:00–3:00 Exer. Rm 10:00–11:30–Knitting/ Crocheting/Needlework 11:15-11:45-Mobile Food Truck–Church of Hope 11:50–12:30–Lunch 1:00–2:15 Stamping 1:00–3:15 Hand & Foot Canasta	8 9:00–3:00 Exer. Rm 10:15–11:15 –YOGA–last class this session 10:15-11:15–Meditation 11:50–12:30–Lunch	9 9:00–3:00 Exer. Rm 10:10–11:40–Sunshine Singers 11:50–12:30–Lunch 1:00-3:00–BINGO	10 9:00–Noon Exer. Rm
13 9:00–3:00 Exer. Rm 11:50–12:30–Lunch	14 9:00–3:00 Exer. Rm 10:00–11:30–Knitting 10:00–11:45–Show/Movie Featuring Ted Lasso Series 11:50–12:30–Lunch 1:00–2:15 Stamping 1:00–3:15 Hand & Foot	15 9:00–3:00 Exer. Rm 10:15-11:15–Meditation 11:50–12:30–Lunch 2:30-4:00 RHAM Bingo	16 9:00–3:00 Exer. Rm 10:10–11:40–Sunshine Singers 11:50–12:30–Lunch 1:00-3:00–BINGO	17 9:00–Noon Exer. Rm 10:00-1:00–Walmart Trip
20 9:00–3:00 Exer. Rm 11:50–12:30–Lunch	21 9:00–3:00 Exer. Rm 10:00–11:30–Knitting/ Crocheting/Needlework 10:00–11:45–Show/Movie Featuring Ted Lasso Series 11:15-11:45-Mobile Food Truck–Church of Hope 11:50–12:30–Lunch 1:00–2:15 Stamping 1:00–3:15 Hand & Foot Canasta	22 9:00–2:00 Exer. Rm 11:50–12:30–Lunch 12:45–2:45 BINGO (need a BINGO Caller for this date)	23 9–Noon Exer. Rm 10:10–11:40–Sunshine Singers 11:00am–Noon Grab N Go Meal–Must pre-register by Dec. 17th at Noon NO Congregate Lunch No Bingo	24 CLOSED In Observance of Christmas
27 CLOSED In Observance of Christmas	28 Open, but No Programs or lunches Transportation is Available	29 Open, but No Programs or lunches Transportation is Available	30 Open, but No Programs or lunches Transportation is Available	31 CLOSED In Observance of New Year's

Medicare Annual Open Enrollment

ENDS DECEMBER 7th

Medicare's open enrollment period through December 7. Medicare drug plans and Medicare Health Plans (also known as Medicare Advantage Plans) can make changes each year to your out-of-pocket costs (monthly premiums, deductibles, and drug copays), drugs covered, and network providers through which you can maximize savings. During Medicare open enrollment it is strongly advised that you review any and all materials that your current plan sends you along with additionally examining all other potential options in order to ensure that your needs for the following year will best be met at the most reasonable cost. Often we encounter individuals who choose to simply stay with their current plan that have been working for them when indeed, for the upcoming year, there may be less expensive options providing the same service. **If interested in evaluating your options for Medicare health and drug coverage for 2022, please contact the Senior Center at 860-228-1700 to set up and appointment with either Sharon or Tanya. Appointments are available through December 7.**

Five things to know about Fall Medicare Open Enrollment

Open Enrollment, **until December 7**, is the time of year when you can make changes to your Medicare coverage, including your Prescription Drug coverage.

Listed below are five things to keep in mind while you are choosing your Medicare coverage options.

1. Fall Open Enrollment occurs each year from October 15 through December 7.

- Any change you make during Fall Open Enrollment will take effect January 1.
- In most cases, Fall Open Enrollment is the only time you can pick a new Medicare Prescription Drug Plan or a Medicare Advantage Plan
- If you currently have a Medicare Advantage Plan, you can also switch to Original Medicare. To get drug coverage, you should also join a Medicare Prescription Drug Plan.
- It is important to remember that you can change Medicare Supplement Plans, also known as Medigap Plans, at any time, not just during Medicare Open Enrollment.

2. Review your current Medicare health and drug coverage.

- If you have Original Medicare, take a look at next year's Medicare & You handbook to know your Medicare costs and benefits for the upcoming year.
- If you have a Medicare Advantage Plan or a Medicare Prescription Drug Plan, you should receive an Annual Notice of Change (ANOC) and/or Evidence of Coverage (EOC) from your plan. Review these notices for any changes in the plan's costs, benefits, and/or rules for the upcoming year.
- Even if you are satisfied with your current Medicare coverage, look at other Medicare options in your area that may better suit your individual needs in the upcoming year. For example, check to see if there is another plan in your area that will offer you better health and/or drug coverage at a more affordable price. Research shows that many people can lower their costs by shopping among plans each year. There could be another plan in your area that covers the drugs you take with fewer restrictions and/or lower prices.

3. Help is out there.

- **The Senior Center provides no cost, unbiased assistance in reviewing your options. We can help you understand your Medicare coverage choices and navigate any changes, 860-228-1700.**
- If you feel comfortable, you can use Medicare's Plan Finder Tool at www.medicare.gov
- The Plan Finder tool compares plans based on the drugs you need, the pharmacy you visit, and your drug costs. You can review your options for both Medicare Prescription Drug Plans and for Medicare Advantage Plans
- If you research a Medicare Advantage Plan online, also call the plan itself to confirm what you have learned. Make sure the plan includes your doctors and hospitals in its network. Confirm that the plan covers all your drugs, and that your pharmacies are in the preferred network. Write down everything about your conversation, including the date, the representative you spoke to, and any outcomes or next steps. This information may help protect you in case a plan representative gives you misinformation.

4. If you are dissatisfied with a Medicare Advantage Plan you choose during Fall Open Enrollment, you can change your plan during the Medicare Advantage Open Enrollment Period (MA OEP).

- The [MA OEP](#) occurs each year from January 1 through March 31, with changes taking effect on the first of the month following the month you enroll. During this time, you can switch from one Medicare Advantage Plan to another, or switch from a Medicare Advantage Plan to Original Medicare with a Medicare Prescription Drug Plan

5. Understand the difference between Fall Open Enrollment and Open Enrollment for the state or federal Marketplaces.

- The Federal Marketplace available as part of the Affordable Care Act (also known as Exchanges) offer annual open enrollment periods for uninsured and underinsured Americans. This enrollment period may overlap with Fall Open Enrollment. The Marketplaces are typically not meant for people with or eligible for Medicare.

Need Help Paying Your Home Heating Bills?

Energy Assistance Available



Applications for energy assistance for the 2021-2022 heating season will start being accepted at the Hebron Senior Center on October 18, 2021. Program eligibility is determined by total household gross income and is available for all heated households using oil, kerosene, propane, wood, pellets, coal, electric, or natural gas heat. To make an appointment please call 860-228-1700. Applicants will be seen by appointment only, no drop-ins. Households must apply seasonally, so if you applied in previ-

ous years a new application must be completed. The Assistance program is designed

to offset winter heating costs for low-income (below 60% of state median income) households in Windham and Tolland counties. Deliverable-heated households may use benefits starting November 1st and ending March 15. Utility-heated households (Eversource Energy, electric and gas) are eligible to participate in the matching payment programs and are protected from utility shut-off from November 1 through April 15.

To apply for assistance, applicants must schedule an appointment and provide copies of the following documents for all household members 18 and over and not in school:

- Income eligibility; one person \$39,027, two people \$51,035
- Names, birthdates, and Social Security card numbers for all household members.
- Most recent pay stubs if employed, (4 if paid weekly, 2 if paid bi-weekly), unemployment printout.
- Self-employment worksheet if self-employed.
- Proof of SS, SSI, SSDI. DSS readout for cash assistance and SNAP benefits if available.
- Proof of Child Support and/or Alimony.
- Rent Receipt/Lease, with name, address and telephone number of landlord.
- Mortgage statement or tax bill if property owner.
- Proof of Primary heating source/Utility bill(s) with account numbers for the residence in a household member's name.
- All pages of recent bank account statements (checking & savings) showing name & account numbers of all household members.
- Letter from friend or relative if they give support money, must have an amount.
- If paid under the table a letter stating how much you were paid during the previous 4 weeks.

Funding for this program is provided by The Connecticut Energy Assistance Program (CEAP) and is housed under the Connecticut Department of Social Services (DSS).

Tips

Here are seven ways how you can save on your energy bills this season:

- Let the sun heat up your rooms. Use curtains to your advantage. ...
- Seal cracks, leaks and drafts. ...
- Reprogram your thermostat. ...
- Service your heating system. ...
- Reverse ceiling fans. ...
- Assess your fireplace. ...
- Replace your indoor air filter.

Sudoku

	3		6	1	7			
	7		4			1		
				6		5		3
		3						2
5		7		9			8	4
	1		7		6		9	
		4	9				2	5
		2						

How to play

In classic sudoku, the objective is to fill a 9×9 grid with digits so that each column, each row, and each of the nine 3×3 sub-grids that compose the grid (also called "boxes", "blocks", or "regions") contain all of the digits from 1 to 9.

SOLUTION

4	3	8	6	1	7	2	5	9
1	5	6	2	3	9	8	4	7
2	7	9	4	5	8	1	3	6
9	4	1	8	6	2	5	7	3
6	8	3	5	7	4	9	1	2
5	2	7	1	9	3	6	8	4
3	1	5	7	2	6	4	9	8
7	6	4	9	8	1	3	2	5
8	9	2	3	4	5	7	6	1

Dessert Recipe

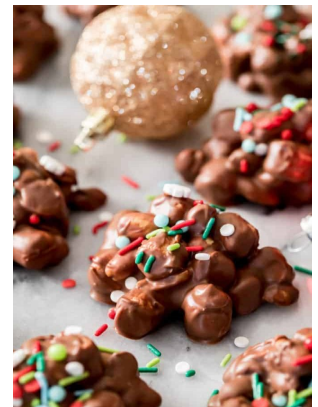
Crock Pot Candy

Ingredients

- 4 cups lightly salted dry roasted peanuts
- 2 lbs vanilla almond bark broken into pieces
- 1 12 oz bag semisweet chocolate chips
- 1 4 oz dark chocolate bar broken into pieces (I like to use Ghirardelli 60%)
- 4-5 cups mini marshmallows this is about 1 cup shy of a 10 oz bag of mini marshmallows
- Sprinkles optional

Instructions

- Layer peanuts evenly into your crockpot. Add almond bark, chocolate chips, and dark chocolate bar on top.
- Cover with lid and cook on low heat for one hour.
- Remove lid and stir well. If all of the chocolate isn't completely melted, continue to cook uncovered on low heat, stirring occasionally, for another 15-30 minutes (or as long as is needed until chocolate is melted).
- Turn off heat and allow to cool for 5 minutes. Add mini marshmallows and stir briefly, just until marshmallows are coated in chocolate and combined (if you stir too much you will melt your marshmallows, you want them to pretty much maintain their shape).
- Immediately use a 1 ½ Tablespoon sized cookie scoop (or two large spoon and scoop candy by heaping 1 ½ Tablespoon onto a wax paper lined cookie sheet (you'll need several, this makes a lot of candy).
- Top with sprinkles, if desired, then allow candy to set before enjoying (about 30-60 minutes).



Recipes

Green Chile Chicken Enchilada Stuffed Spaghetti Squash

Ingredients

- 1 spaghetti squash
- 1 1/2 cups cooked and shredded boneless skinless chicken breasts
- 1/2 cup green enchilada sauce, use a gluten-free version to make this recipe gluten-free
- 1 green onion, thinly sliced
- 4 ounces diced green chiles (canned)
- 1/2 cup frozen corn, defrosted
- 1 tablespoon chopped cilantro (optional)
- 1/4 cup plain non-fat Greek yogurt
- 1/2 cup shredded cheddar or Monterey Jack cheese, I used a combination of both

Instructions

Spaghetti Squash

1. Preheat oven to 400 degrees and line baking sheet with foil.
2. Cut the spaghetti squash in half lengthwise, spray the inside with cooking spray and sprinkle with salt and pepper.
3. Place the squash cut side down on the baking sheet and roast until tender, about 30-40 minutes.
4. Let the squash cool for about 10 minutes before scooping out the strands with a fork and placing them in a bowl.
5. Reserve the squash skins placing them cut side up back on the foil lined baking sheet.
6. Use your hands to squeeze out excess liquid from the spaghetti squash strands, then return them to the bowl.

Green Chile Chicken Enchilada Filling

1. Preheat your oven to broil.
2. In a small saucepan over medium heat stir together the enchilada sauce, green onion, green chiles, corn, cilantro and shredded chicken.
3. Once the mixture is warmed through remove from the heat and stir in the Greek yogurt.
4. Pour the enchilada filling in with the spaghetti squash strands and stir together until combined.
5. Scoop the filling back into the spaghetti squash shells and top with the shredded cheese.
6. Place the spaghetti squash back onto the baking sheet and broil in the oven until the cheese is melted, then serve.



Slow-Cooked Ham

Ingredients

- 1/2 cup packed brown sugar
- 1 teaspoon ground mustard
- 1 teaspoon prepared horseradish
- 2 tablespoons plus 1/4 cup cola, divided
- 1 fully cooked boneless ham (5 to 6 pounds), cut in half

Directions

In a small bowl, combine the brown sugar, mustard, horseradish and 2 tablespoons cola. Rub over ham. Transfer to a 5-qt. slow cooker; add remaining cola to slow cooker. Cover and cook on low until a thermometer reads 140°, 6-8 hours.



Ham & Cheese Potato Casserole

Ingredients

- 2 cans (10-3/4 ounces each) condensed cream of celery soup, undiluted
- 2 cups sour cream
- 1/2 cup water
- 1/2 teaspoon pepper
- 2 packages (28 ounces each) frozen O'Brien potatoes
- 1 package (16 ounces) process cheese (Velveeta), cubed
- 2-1/2 cups cubed fully cooked ham

Directions

Preheat oven to 375°. In a large bowl, mix soup, sour cream, water and pepper until blended. Stir in potatoes, cheese and ham. Transfer to 2 greased 2-qt. baking dishes. Bake, covered, 40 minutes. Uncover; bake 10-15 minutes longer or until bubbly. Let stand 10 minutes before serving.



Christmas Gift Ideas

Find and circle all of the words that are hidden in the grid. The remaining 13 letters spell an additional Christmas gift idea.

R	S	O	C	K	S	C	E	F	B	T	P	B	D	E	C	G
E	H	N	H	R	O	E	R	C	E	A	R	L	M	O	U	I
T	I	S	O	O	E	A	T	S	A	A	K	U	A	M	L	L
A	R	C	K	I	C	A	L	A	C	L	F	I	E	N	A	L
E	T	I	O	S	S	O	R	E	L	R	K	E	N	M	T	H
W	E	T	E	F	O	I	L	R	E	O	F	C	I	G	E	T
S	S	N	L	T	F	E	V	P	I	F	C	N	E	R	K	M
E	E	A	E	S	T	E	A	E	O	N	A	O	B	N	S	S
L	H	D	C	N	R	O	E	C	L	D	G	A	H	H	A	J
D	T	N	T	E	I	E	Y	M	E	E	L	S	C	C	B	E
N	O	E	R	A	M	W	P	F	A	T	T	I	O	T	T	W
A	L	P	O	K	C	O	F	P	E	K	S	M	L	A	F	E
C	C	A	N	E	A	U	V	A	I	U	E	E	O	W	I	L
A	E	N	I	R	T	K	S	I	M	L	B	R	G	N	G	R
N	M	T	C	S	F	L	O	W	E	R	S	K	N	E	E	Y
D	A	S	S	T	R	E	E	O	R	N	A	M	E	N	T	Y
Y	G	I	F	T	C	A	R	D	B	N	E	C	K	T	I	E

BAKING
BELT
BOOK
BRACELET
CANDLES
CANDY
CHOCOLATES
CLOTHES
COFFEE MAKER
COFFEE MUG
COLOGNE

COOKIES
DOLL
EARRINGS
ELECTRONICS
FLOWERS
GAME
GIFT BASKET
GIFT CARD
HERBAL TEAS
JEWELRY
MONEY

MOVIE
MUSIC
NECKLACE
NECKTIE
PANTS
PENDANT
PERFUME
PLANT
SCARF
SHIRT
SLIPPERS

SNEAKERS
SOCKS
STUFFED ANIMAL
SWEATER
TELEVISION
TOOL SET
TOY
TREE ORNAMENT
WATCH
WINE

THE MONTH OF DECEMBER 2021

Delightful Facts About December

- The Bill of Rights came into effect on December 15, 1791. The Bill of Rights included the first ten amendments to the US constitution, rights which are said to be the pillars of modern US society and government.
- If you live in the northern hemisphere then winter begins on either December 1st (if you follow the meteorological seasons), or after the winter solstice on the 20th or 21st of December (if you follow the astronomical seasons). If you live in the southern hemisphere this is the opposite, of course, with summer commencing at either the beginning of the month or after the summer solstice.
- Those born in December are lucky enough to have two different birth flowers! The first of those flowers is holly, ever-present during the holiday season. In more recent times the red holly berries have been said to represent the bloody wounds of Jesus Christ as he was nailed to the cross. If you look further back in time the Celts believed that holly brought good luck and protection. The second birth flower of December is the paperwhite narcissus, a cousin of the common daffodil that flowers in winter. This pure-looking flower is said to symbolize sweetness.
- Those born in December can be born under one of two very different star signs. If you're born before December 23rd, then you have the sign of Sagittarius. Those born December 23rd or later have the sign of Capricorn. If you're a Sagittarius you're said to be energetic and idealistic, while also generous and open-minded. If you're born under the sign of Capricorn, then you're said to be ambitious yet realistic, persistent yet practical.
- There are many other holidays spread throughout December, some of them are religious holidays, and some are a little less serious. December 6th is St. Nicholas' day, which some may know as the original Santa Claus. December 8th celebrates National Brownie Day (US), while December 15th is National Cupcake Day (US). December 21st is the Winter Solstice, which marks the longest night of the year and is astronomically the beginning of winter.

***Christmas is coming, the geese are getting fat,
Please put a penny in the old man's hat;
If you haven't got a penny, a ha'penny will do,
If you haven't got a ha'penny, God bless you!
—Beggar's rhyme.***

"Just for Fun" Holidays

Did you know that December is National Pear Month? Celebrate these fun holidays this month:

Dec. 11: International Mountain Day

Dec. 13: National Violin Day

Dec. 13: National Day of the Horse

Dec. 20: Underdog Day

Dec. 26: National Candy Cane Day

