

# 2022

# Hebron

## Senior Center Newsletter



### RUSSELL MERCIER SENIOR CENTER

12 Stonecroft Drive, Hebron, CT 06248

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GENERAL QUESTIONS OR SIGN-UP FOR A PROGRAM

seniorcenter@hebronct.com

### **SENIOR CENTER CLOSED ON MONDAY, OCTOBER 10TH**

### **FLU & COVID VACCINE CLINICS AT HEBRON SENIOR CENTER\*\***

Thursday, October 20th at the Hebron Senior Center from 10:00—12:00. ALL AGES.

It is expected that the high dose flu vaccine for 65+ will be available, the regular flu vaccine, along with the reformulated versions of the Moderna and Pfizer-BioNTech booster vaccines. Known as "bivalent" vaccines they are designed to protect against the original strain and the highly contagious omicron variant. Consent form which needs to be completed by everyone available at the Senior Center or on-line at Chatham Health (Chathamhealth.org) Please bring your insurance card and ID. The following insurance is accepted; Aetna, Anthem BC/BS, Cigna, ConnectiCare, Medicare Part B. We are unable to accept United HealthCare.

**Additional Date - Thursday, November 17 at the Hebron Senior Center from 10:15—12:15. ALL AGES.**

### **RHAM BINGO—3rd Wednesday—Starting October 19th**

Join us for Bingo on the 3rd Wednesday of each month beginning **Wednesday, October 19th 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.

### **Medicare Annual Open Enrollment Begins October 17**

**Detailed Info Page 8 & 9**

Medicare's open enrollment period is from October 15 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 an appointment.**

**Appointments available starting Monday, October 17 - December 7. Please see page 8 & 9 for detailed information.**

### **Energy Assistance Winter Heating Program**

**Detailed info on page 8**

Beginning October 17, 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 7 of this newsletter.** To make an appointment, please call 860-228-1700.

### **Bus Trip Lunch at Bill's Seafood—Westbrook**

**Wednesday, October 19th** We will leave the senior center at 10:30am and return approximately 2:30pm. As we travel down to Bill's Seafood in Westbrook. Bill's is located right on the Patchogue River next to the infamous "singing bridge". They have inside and outside dining (if the weather's nice you can have lunch outside looking over the water) or the inside dining room with a nautical kind atmosphere. This is a sit-down, wait staff restaurant. Lunch cost is on your own and they **only take cash, no credit cards**, but they do have two ATM's on site. Transportation fee is \$5 per person. Seating on the bus is limited. Registration deadline is Monday, October 17th at Noon. Upon your return you can stay and participate in RHAM Bingo at 2:30pm. Register by calling 860-228-1700.

## HEBRON COMMISSION ON AGING

Chairperson: Tonya Maurer

Members: Cecile Piette, Cathy Litwin, Dianne Welch, Sandy Waldo, Carol Wheeler, and Angela Corentin

Alternates: (2 open spots) Board of Selectmen Liaison: Gail Richmond

### **The next scheduled Commission on Aging Meeting is scheduled for Wednesday, October 5th - 8:30am Virtual**

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.

### **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, weekend 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 welcome, no forms to fill out. Please bring your own bags.

**Upcoming Mobile produce van dates for 2022: Oct 11, 25**

To schedule a ride to the Food Truck call 860-228-1700 (rides based on availability)

To talk to us about any of our services please call 860-228-1681.

HIHS is located at: 20 Pendleton Drive Hebron, CT 06248 Director—Christa Goodwin-Babka



### **Transportation to the Food Bank**

if a ride to the Food Bank is needed, please call to schedule a ride, 860-228-1700. Transportation to the Food Bank based on availability—Tuesdays 9:00-2:00pm, Thursday 9:00-2:00pm, or Fridays 9:00—11:00am. The day and time will be based on transportation availability.

### **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 ON FRIDAY 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. Please see the MENU on page 6



**DETAILED INFORMATION ABOUT MEALS ON WHEELS ON PAGE 6**

## **Programs and Activities**

### **Movie Monday**

**Monday, October 17th 12:45 Top Gun: Maverick**—After thirty years, Maverick is still pushing the envelope as a top naval aviator, but must confront ghosts of his past when he leads TOP GUN's elite graduates on a mission that demands the ultimate sacrifice from those chosen to fly it. Many say this is one of the best movies they have ever seen. Movie run time is 2:10min Come early and sign-up for lunch (\$3) which is at Noon. To sign-up for the movie OR lunch and a movie call 860-228-1700.

### **Watercolor Painting/Pen and Ink with Audrey Carrol**

**Friday, October 28th and November 4th from Noon—2:00pm for \$20 (1st session).** The first session will be a wonderful winter scene. It can be done with watercolor only or pen and ink with a watercolor wash. All levels even if you've never painted before will have fun painting this one. The option to paint two versions of a smaller size or one larger size will accommodate both beginner and experienced painters. **Second session will be Friday, November 18th and December 2nd from Noon—2:00pm for \$20.** This session gets us in the mood for the Holidays with the painting fit for the season. This one also can be done in full watercolor or pen and ink with a watercolor wash. All levels beginner to experienced painters will be able to create a special work of art. Please join in for a relaxing and fun time. To sign-up for the class, please call 860-228-1700. Supply list available before the class.

## **Programs and Activities—starts on bottom of page 2**

### **Enhance Fitness via ZOOM with Paul Smith—Mondays, Wednesdays, & Fridays**

**Mondays, Wednesdays & Fridays, 9:00am – 10:00am.** Enhance Fitness focuses on 4 key areas – Stretching and Flexibility, Low impact aerobics, Strength training, and Balance. We will be joining Paul Smith via ZOOM in our multi-purpose room for the Enhanced Fitness Class. Class is free. Pre-registration is required if it's the first time attending class. Please call 860-228-1700.

### **All Levels Yoga Class—Mondays**

Yoga will be Mondays 10:15-11:15am Taught by Maureen O'Brien, **The present session started September 26– November 7th (6 classes for \$18) or \$5 per class for drop-in.** 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. To register please call 860-228-1700.

### **Knitting/Crocheting/Needle Group—Tuesdays**

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 others a new skill. This group will meet on **Tuesdays from 10:00am—11:30am.** Class is free. Pre-registration is required if it's the first time attending class. Please call 860-228-1700.

### **Stamping Class—Tuesday Afternoon**

Tuesdays 1:00PM—2:15PM 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.

### **Hand & Foot Canasta Cards—Tuesday Afternoon**

Tuesdays—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. It is free. Pre-registration is required if it's the first time attending class. Please call 860-228-1700.

### **Mindful Meditation**

**Wednesday, October 5th and 26th (note this month it is the 1st and 4th Monday (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 16 years. To register call 860-228-1700.

### **BINGO - Thursday Afternoons**

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 if it's the first-time attending and you must complete the senior center membership paperwork (free to be a member). We ask everyone to check-in each week at the kiosk. To sign-up to play or volunteer to call games, please call 860-228-1700.

**Mahjong Thursdays 12:45—3:15** The goal of mahjong is similar to poker, in that the aim is to make matching sets and pairs. A set is three or four identical tiles or three consecutive tiles (also known as 'melds'), and a pair is two of the same tiles (often called 'eyes'). To win mahjong a player must form four sets and one pair. This is free. Pre-registration is required if it's the first time attending. 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.

## **Programs and Activities**

### **Sunshine Singers—Thursday Mornings**

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. Join the Sunshine Singers who are a group who love to sing. This is a free program, but pre-registration is required if it's the first time attending class. Please call 860-228-1700.

### **Shopping Trips**

There will be a trip to **Walmart** to North Windham on **Friday, October 7th at 10:00am**. We will be going to **Stop and Shop** on **Friday, October 14th & 28th**. We will be going to **Big Y** on **Friday, October 21st**. Pick-ups to begin about 10:00am. Pre-registration is required by Wednesday at Noon. To sign-up, please call 860-228-1700.

### **Exercise Equipment Room—Daily**

The Exercise Equipment room at the Senior Center is open for use by reservation only. There will be 50-minute time slots from 9:00am – 3:00pm Monday – Thursday (last time slot at 2:00pm) with 10 minutes between appointments for cleaning, Fridays 9:00-12:00 (last time slot at 11:00am). To reserve a time please call 860-228-1700.

## **UPCOMING EVENTS**

### **Veteran's Appreciation Brunch**

On **Wednesday, November 9th**, we will be having a Veteran's Appreciation Brunch. For Hebron and Amston veterans it is free for them and a guest. This year we are also extending the invitation to non-resident veterans for \$10 for themselves and \$10 for a guest. **Doors will open at 10:30am and brunch will be served at 10:45am**. It will be a buffet style meal with servers dishing out the following menu; Quiche (meat & veggie), roasted baby potatoes, sausage links, waffles with fruit or plain, whip cream, butter, syrup, mac n cheese, carving ham, apple sauce, hot cider, milk, OJ, tea, and coffee. Pre-registration absolutely required for everyone by Friday, November 4th at Noon. For non-resident veterans and their guest, you must pre-pay by the November 4th deadline, no money accepted at the door. To register, please call 860-228-1700.

### **AARP Driver Course—IN-PERSON at the Senior Center**

**Tuesday, November 15th** we will be hosting the AARP Driver's Course, in-person. Class is 9:00am – 1:00pm and you need to arrive by 8:50am and bring something to write with. AARP members cost \$20, and non-members cost \$25 and payable to the instructor day of class. You must pre-register by Monday, November 14th by noon. When you take the AARP Smart Driver™ course, you could be eligible for a multi-year discount on your auto insurance.\* Plus safer driving can save you more than just money. The course teaches proven driving techniques to help keep you and your loved ones safe on the road. To register for the class call the senior center at 860-228-1700. Please note, coffee will be available in the morning, but no food is served, so if you may need something to nosh on, please feel free to bring it with you.

### **Aqua Turf Dinner and a Show—Bob Hope USO Show**

**Tuesday November 15, 2022** - Leave the senior center at 10:00am and return approximately 4:30. Come watch Bill Johnson's performance as he brings Bob Hope's humor and entertainment alive! He may have a few surprise guests as well! The Aqua Turf is situated in Plantsville. Meticulously maintained gardens feature cobblestone pathways leading you past gazebos, water fountains, and flower beds. The meal starts with a bread basket, salad, and pasta followed by the family style meal featuring both Roast Beef/Pan Seared Salmon and all the side fixings and dessert. You will not go home hungry. Space is limited. Registration deadline is Monday, October 31st—ABSOLUTELY NO REFUNDS after the 31st. **The cost is \$52 CASH ONLY, due to payment change at the Aqua Turf.** The fee includes the meal and transportation. To register you can either call or come into the center. A 50% deposit is due within 72hrs of sign up and paid in full by October 31st, absolutely no refunds after this date.

### **Bus Trip Lunch at Parkville Market**

**Wednesday, November 16th—depart the Senior center at 10:45am return approximately 1:45pm.** Join us for a trip to CT's first food hall; 19 unique restaurants, Pop-up shops, weekly entertainment, indoor or outdoor seating. It's like a glorified food court with exceptional food choices ranging from Seafood, Brazilian, Mexican, Italian, BBQ, Chicken, Gourmet Hot Dogs, Pizza, Desserts, specialty drinks/coffees, and more. All restaurants are counter service (place your order, wait for your food, and return to a table) This is NOT a sit down wait staff service facility, it is handicap accessible, but if assistance is required to transport your food you will need to have someone with you to assist. Pay for your food on your own at each vendor. Transportation is \$5. Space is limited. Reservation deadline, Monday, November 14th at Noon. Call 860-228-1700 to reserve your seat. Maps with vendor names with brief descriptions available at the Senior Center.

# Hebron Senior Center Happenings..... October 2022

**To register for programs/lunch—please call 860-228-1700 to sign-up**

**Transportation call 860-228-1700 ext. 201**

Mon	Tue	Wed	Thu	Fri
<b>October 3</b> 9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:15-11:15—Yoga 11:50–12:30—Lunch	4 9:00–3:00 Exer. Rm 10:00–11:30—Knitting 11:50–12:30—Lunch 1:00–2:15 Stamping 1:00–3:15 Hand & Foot Canasta	5 9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:15-11:15—Meditation 11:50–12:30—Lunch	6 9:00–3:00 Exer. Rm 10:10–11:40—Sunshine Singers 11:50–12:30—Lunch 1:00-3:00—BINGO 12:45-3:15—Mah Jongg	7 9:00—Noon Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:00—Walmart Shopping
10 <b>CLOSED Indigenous People's Day</b>	11 9:00–3:00 Exer. Rm 10:00–11:30—Knitting/ Crocheting/Needlework <b>11:15-11:45-Mobile Food Truck—Church of Hope</b> 11:50–12:30—Lunch 1:00–2:15 Stamping 1:00–3:15 Hand & Foot Canasta	12 9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 11:50–12:30—Lunch	13 9:00–3:00 Exer. Rm 10:10–11:40—Sunshine Singers 11:50–12:30—Lunch 1:00-3:00—BINGO 12:45-3:15—Mah Jongg	14 9:00—Noon Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:00—Stop & Shop Shopping
17 9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:15-11:15—Yoga 11:50–12:30—Lunch <b>12:45—Movie— Top Gun-Maverick</b>	18 9:00–3:00 Exer. Rm 10:00–11:30—Knitting 11:50–12:30—Lunch 1:00–2:15 Stamping 1:00–3:15 Hand & Foot Canasta	19 9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul <b>10:30-2:30—Bus Trip to Bill's Seafood- Westbrook</b> 11:50–12:30—Lunch <b>2:30-4:00—RHAM Bingo</b>	20 9:00–3:00 Exer. Rm <b>10:00-Noon—Flu &amp; Covid Vaccine Clinic—Walk-in</b> 10:10–11:40—Sunshine Singers 11:50–12:30—Lunch 1:00-3:00—BINGO 12:45-3:15—Mah Jongg	21 9:00—Noon Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:00—Big Y Shopping
24 9:00–3:00 Exer. Rm 10:15–11:15—Yoga 9:00-10:00—Enh. Fitness via ZOOM with Paul 11:50–12:30—Lunch	25 9:00–3:00 Exer. Rm 10:00–11:30—Knitting/ Crocheting/Needlework <b>11:15-11:45-Mobile Food Truck—Church of Hope</b> 11:50–12:30—Lunch 1:00–2:15 Stamping 1:00–3:15 Hand & Foot Canasta	26 9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:15-11:15—Meditation 11:50–12:30—Lunch	27 9:00–3:00 Exer. Rm 10:10–11:40—Sunshine Singers 11:50–12:30—Lunch 1:00-3:00—BINGO 12:45-3:15—Mah Jongg	28 9:00—Noon Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:00—Stop & Shop Shopping <b>Noon—2:00pm— Watercolors with Audrey</b>
31 9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:15–11:15—Yoga 11:50–12:30—Lunch <b>Happy Halloween</b>	<b>November 1</b> 9:00–3:00 Exer. Rm 10:00–11:30—Knitting 11:50–12:30—Lunch 1:00–2:15 Stamping 1:00–3:15 Hand & Foot Canasta	2 9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:15-11:15—Meditation 11:50–12:30—Lunch	3 9:00–3:00 Exer. Rm 10:10–11:40—Sunshine Singers 11:50–12:30—Lunch 1:00-3:00—BINGO 12:45-3:15—Mah Jongg	4 9:00—Noon Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:00—Walmart Shopping <b>Noon—2:00pm— Watercolors with Audrey</b>



**HEBRON SENIOR CENTER – CRT MEALS OCTOBER 2022 CONGREGATE MENU**

MONDAY		TUESDAY		WEDNESDAY		THURSDAY	
3	Apple Juice Vegetable Lasagna w/ Tomato Cream Sauce Mixed Vegetables Garlic Knot Whole Grain Fruit Bar	4	BBQ Chicken Leg Potato Salad Seasoned Corn Cornbread Loaf Fresh Fruit	5	Roast Beef w/ Veg Gravy Garlic Smashed Potatoes Parslied Carrots 12-Grain Bread Fresh Fruit	6	Orange Juice Maple-Glazed Kielbasa Mustard / Home Fried Potatoes / Prince William Blend Vegetables Rye Bread Jello Cup
10	CRT Closed In Observance of Indigenous Peoples' Holiday	11	Fruit Punch Juice Beef Hot Dog / Hot Dog Bun Mustard, Relish, Ketchup Baked Beans Creamy Coleslaw Pudding Cup	12	Stuffed Cabbage w/ Tomato Sauce Rice Pilaf Capri Blend Vegetables Wheat Bread Fresh Fruit	13	Grape Juice Roast Turkey w/ Gravy Cut-Up Sweet Potatoes Green & Yellow Wax Beans Cranberry Sce / Wheat Roll Fruited Yogurt
17	Meatloaf w/ Gravy Farfalle Noodles Brussel Sprouts Oatnut Bread Fresh Fruit	18	Baked Airline Chicken Potato Stuffin' ( Potatoes, w/ Onions, Carrots, Celery ) California Blend Vegetables Wheat Dinner Roll Fresh Fruit	19	<u>Hot Soup &amp; Salad Day</u> Corn Chowder Chef Salad w/ Romaine Lett ; Hard Boiled Egg ; Julienned Turkey & Cheese / Cherry Toms / Cucs /Dressing / Saltines / Wh Grain Fruit Bar	20	Orange Juice Apple Cider Marinated Pork Cornbread Stuffing Peas & Diced Carrots 100 % Whole Wheat Brd Pudding Cup
24	BBQ Pulled Pork Sweet Pot Wedges / Ketchup Seasoned Spinach Cornbread Loaf Fresh Fruit	25	<u>World Pasta Day</u> Orange Juice Spaghetti & Meatballs / Marinara Sce / Parmesan Ch Italian Mix Vegetables Italian Bread Cookie	26	Veggie Omelet w/ Cheese Sce Lyonnaise Potatoes Vegetable Medley Wheat Dinner Roll Fresh Fruit	27	Potato Crumb Fish Tartar Sauce Mashed Potatoes Chuckwagon Blend Veggies 100 % Whole Wheat Brd Fresh Fruit
31	<u>Halloween</u> Grape Juice Sticky Honey Garlic Meatballs Long Grain Rice Vegetable Medley 100 % Wh Wheat Bread " Trick or Treat " Sweets						

Elderly Nutrition Program meals are served Monday thru Friday to persons 60 years of age or older and their spouses  
All meals are served with milk, bread, and margarine. SUGGESTED DONATION: \$3.00 or what you can afford.

## Meals on Wheels—Home Delivered Meals

**“A service you or someone you know could benefit from”**

If you are 60+ years or older and unable to make it to the Senior Center for lunch due to health issues, mobility restrictions, or other factors that prevent you from coming here in person (even if it's temporary due to a surgery or other reason), you can sign up to have meals delivered to your home Monday—Friday between 11:15am—12:30pm. You can get as many as 14 meals per week if needed. A hot lunch is delivered daily (with an afternoon snack) and, if desired, a cold supper can also be added. Weekend meals can also be added which are delivered cold on Friday to be reheated over the weekend. A \$3.00 donation per meal is suggested to help cover costs. However, no one is denied a meal if unable to pay. Besides the general information form we will fill out, you will need a diet order from your physician and that's it to get started. The diet order can specify meals to be modified (if needed) to accommodate allergies, low sugar (diabetic issues), low sodium, and also modified consistency including cut up or ground. Once the paperwork is submitted to us and returned to CRT, meals will start within a few days.

Referrals are also accepted from doctors, hospitals, VNAs, and town social service departments. So if you, or someone you know, could benefit from receiving meals **please contact us at 860-228-1700** and ask to speak with someone about Meals on Wheels.





## Do You Need Help Paying Your Water & Sewer Bills?

Various programs are available to assist with water and sewer bill:

**Connecticut Low Income Household Water Assistance Program (LIHWAP)** - Households with gross annual income at or below \$39,027 for a 1 person household or \$51,035 for a 2 person household, can qualify for a water assistance benefit of up to \$1,000 through the Connecticut Low Income Household Water Assistance Program (LIHWAP) if they have disconnected service or are behind on their water bills. There is no liquid asset limit for this program. Help is available for both household water and wastewater bills. It is expected that the State of CT will allow applications for this program to begin in early August. Application can be made through the Senior Center by appointment by calling 860-228-1700

**ConnecticutWater H2O Customer Assistance Program** – Households with a ConnecticutWater past due balance and a gross annual income at or below \$27,180 for a 1 person household or \$36,620 for a 2 person household, can qualify for the H2O Customer Assistance Program. One-time Customer Hardship Assistance is also available for households who do not meet the above income guidelines, but are experiencing a one-time financial hardship or a life changing event that put their account in arrears. With ConnecticutWater's Assistance programs, a scheduled payment arrangement for the past due balance will be set up by ConnecticutWater. Over the course of 12 months, with each customer payment made, ConnecticutWater will match the payment, thereby eliminating the past due balance during the course of the 12 month period with the customer paying 50% of the past due balance, and ConnecticutWater matching the other 50%. Customers must also keep current on new bills as they are incurred during the time of the payment arrangement. ConnecticutWater requires that households contact their approved local community social services agency (the Senior Center is an approved local community social services agency) in order to confirm the customer's identity and income qualification by utilizing an eligibility checklist. Households wishing to apply for the ConnecticutWater H2O Customer Assistance Program can call the Senior Center at 860-228-1700 to set up an appointment.

**ConnecticutWater Water Rate Assistance Program (WRAP)** – Through WRAP, for households with a gross annual income at or below \$27,180 for a 1 person household or \$36,620 for a 2 person household, customers can get a 15% reduction on their entire water bill, excluding Linebacker service. Customers are requested to apply through Operation Fuel by going to <https://operationfuel.org/>, clicking on GET HELP, then clicking on APPLY ONLINE. Assistance with this process is available through the Senior Center by calling 860-228-1700 to schedule an appointment.

## Eastern CT Veterans Community Center

### WHO WE ARE.....

- The Eastern CT Veterans Community Center is a safe, happy and positive space for veterans and their families. We opened our doors in June of 2021 and have touched the lives of nearly 800 of our country's bravest. The Center is a beautiful space where veterans can visit with each other, play a game of cards or billiards, share a cup of coffee, watch a movie or use our library.
- Every Wednesday 50-70 veterans come for our Coffee House from 9-11:00 AM and enjoy the comradery and family connectiveness that has grown between our servicemen. Each week they enjoy different speakers, presentations and videos over coffee and breakfast. **THE COFFEE HOUSE IS CURRENTLY MEETING AT HOPS 44, 625 MIDDLE TPK, STORRS (THE OLD ZENNY'S RESTAURANT)**
- Veterans that need assistance with their benefits, housing, employment and even learning how to use a computer, can make an appointment to meet with the Windham VA Veteran Representative.
- The Center is run completely by volunteers and donations. We collaborate with our partners to provide experts and care to meet our veterans needs. Our volunteers are incredibly strong advocates for veterans and we work closely with our municipal, state and federal lawmakers to make sure veterans are taken care of.
- If you would like to know more or would like to volunteer, please contact us at 860-423-6389. You can text us or leave a voice message.
- We have temporarily closed our facility at 1320 Main Street and are looking for a new home to continue to provide the services and support to our veterans. **WE CONTINUE TO OFFER ALL OF OUR SERVICES! THE CHAMBER OF COMMERCE HAS BEEN GENEROUS ENOUGH TO ALLOW US TO USE THEIR BUILDING AS WE SEARCH FOR SPACE.** Our home needs a large meeting space with plenty of accessible parking. Please call if you have space that you would like to see used to honor our military and their families.

## **2022-2023 CT Energy Assistance Program (CEAP)**

*Please note the eligibility criteria for the upcoming heating assistance program and the changes in award amounts*

The Connecticut Energy Assistance Program (CEAP) is designed to help offset home energy costs for eligible residents. Please contact the Senior Center at 860-228-1700 to make an appointment to apply starting October 17.

### **Federal Poverty Guidelines 2022-2023**

Level	1 Person	2 People	3 People	4 People	5 People	6 People	7 People	8 People
1	\$16,987.50	\$23,237.50	\$28,787.50	\$34,687.50	\$40,587.50	\$46,487.50	\$52,387.50	\$58,287.50
2	\$27,180	\$37,180	\$46,060	\$55,500	\$64,940	\$74,380	\$83,820	\$93,260
3	\$39,791	\$51,996	\$64,230	\$76,465	\$88,669	\$100,933	\$103,227	\$105,521

### **Basic Benefit**

Level	Poverty Guideline	Vulnerable Household 60+, disabled, or under 6	Non-Vulnerable House- hold
1	At or below 125% Federal Poverty Level	\$600	\$550
2	126% - 200% Federal Poverty Level	\$450	\$400
3	201% Federal Poverty Level – 60% State Median Income	\$300	\$250

## **Medicare Open Enrollment is Approaching Choosing Between Original Medicare and Medicare Advantage**

People with Medicare can get their health coverage through either Original Medicare or a Medicare Advantage Plan. Here is a look at the differences between the two options.

If you sign up for Original Medicare and later decide you would like to try a Medicare Advantage Plan, or vice versa, be aware that there are certain enrollment periods when you are allowed to make these changes. One of the enrollment periods that allows you to look at all of your options and join, switch, or drop a plan, is the Medicare Open Enrollment Period from October 15 – December 15 each year with your new coverage beginning on January 1.

### **Original Medicare**

The traditional Medicare program offered directly through the federal government.

### **Medicare Advantage**

Private plans that contract with the federal government to provide Medicare benefits.

Open enrollment appointments begin Monday, October 17th and go through December 7th.



# Five things to know about Fall Medicare Open Enrollment

Open Enrollment, occurring **between October 15 and 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](http://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.
- If you have or are eligible for Medicare, you should only use the Fall Open Enrollment Period (October 15 through December 7) to make changes to your Medicare coverage.

## What's Happening In Our Community



THE TOWN CENTER PROJECT PRESENTS  
**HEBRON'S  
HARVEST MOON  
FESTIVAL**

**OCT 22** Main Street, Hebron  
2:30 - 7:00 PM

LIVE MUSIC \* FOOD TRUCKS  
ARTISANS \* GAMES  
SLINGSHOT MONSTER SMASH  
BARKTOBER DOG JOG  
CT GHOST INVESTIGATIONS  
APPLE PIE BAKE OFF  
HAUNTED LIBRARY  
ALYSON'S SCHOOL OF DANCE  
TRICK or TREATING  
CARVING CONTEST  
SCARECROWS ALONG MAIN

FOR MORE INFORMATION VISIT  
[www.thetowncenterproject.org](http://www.thetowncenterproject.org)

 

### **St. Peter's Church Monthly Dinners**

30 Church St. (Rte. 85)

4:30-6:30pm—Dinners/Drive Thru

Cost \$15

In recognition of National Hispanic Heritage Month, where we recognize the contributions and influence of Hispanic Americans to the history, culture, and achievements for the United States, we will be serving a Latin Flavor dinner. The theme for this month is UNIDOS – inclusivity for a stronger nation.

The meal is provided by Edwin Maldonado, owner of the Latin Flavor restaurants and food truck located in Windham and Middletown.

The menu will include roasted pork shoulder with Latin seasoning (pernil), yellow rice with peas (arroz con gandules), potato salad with Latin flavoring (ensalada de papa), sweet plantains (platanos maduros), and Puerto Rican sauce (fry sauce). Dessert will be flan and Puerto Rican cookies (manecaditos).



HEBRON PARKS AND RECREATION PRESENTS  
**TRUNK OR TREAT**  
**AT BURNT HILL PARK!**

Join us for a fun night of Trunk or Treating. Pumpkin decorating, music, hot chocolate, wagon rides, and bounce houses! Wear your costume!

**FRIDAY, OCTOBER 28TH**  
**5:00-8:00 PM**  
**BURNT HILL PARK PAVILLION**  
**\$2 DONATION PER FAMILY RECOMMENDED**  
**ALL CARS MUST BE PARKED BY 4:45!**

Decorated vehicles needed! INTERESTED IN PARTICIPATING?  
CALL NOW TO REGISTER YOUR VEHICLE!  
860-530-1281 [www.hebronct.recdesk.com/community](http://www.hebronct.recdesk.com/community)





**NATIONAL  
TAKE-BACK DAY**

**Saturday 10/29/2022**  
**RHAM High School 10-2:00PM**

Providing a safe, convenient, and responsible means of disposing of unused/expired prescriptions and over-the-counter medications and vitamins

 



## COVID-19 & Flu Vaccination Events

Please bring CDC card and insurance card if available (not required - still no cost to you!)

Please contact us at (860) 338-1865 or at [anika.maybin@chathamhealth.org](mailto:anika.maybin@chathamhealth.org) with any questions.

No appointment necessary      Primary series as well as booster doses available

- **Wednesday 10/5, 3pm - 6pm, East Hampton Town Hall**- 1 Community Drive - East Hampton In partnership with CT DPH/Griffin Health Primary series and Bivalent boosters Pfizer, Moderna, JJ
- **Thursday 10/6, 3pm - 5pm, Richmond Memorial Library** - 15 School Drive - Marlborough Bivalent (Omicron) BOOSTERS ONLY (Pfizer 12+, Moderna 18+) Flu Shots will also be available. [Click here for more information](#)
- **Wednesday 10/12 4pm - 6pm, KOCO Childcare** - 12 Long Crossing Rd - East Hampton Bivalent (Omicron) BOOSTERS ONLY (Pfizer 12+, Moderna 18+) Flu Shots will also be available. [Click here for more information](#)
- **Friday 10/14 9am - 11am, Colchester Senior Center** - 95 Norwich Ave -Colchester Bivalent (Omicron) BOOSTERS ONLY (Pfizer 12+, Moderna 18+) Flu Shots will also be available. [Click here for more information](#)
- **Monday 10/17, 430pm - 730pm, Cragin Memorial Library** - 8 Linwood Ave - Colchester In partnership with CT DPH/Griffin Health Primary series and Bivalent boosters Pfizer, Moderna, JJ
- **Wednesday 10/19, 330pm - 530pm, Gilead Hill School - 580 Gilead St - Hebron** Bivalent (Omicron) BOOSTERS ONLY (Pfizer 12+, Moderna 18+) Flu Shots will also be available. [Click here for more information](#)
- **Thursday 10/20, 10am - 12pm, Hebron Senior Center - 14 Stonecroft Dr - Hebron** Bivalent (Omicron) BOOSTERS ONLY (Pfizer 12+, Moderna 18+) Flu Shots will also be available. [Click here for more information](#)
- **Friday 10/21, 3pm - 5pm, RHAM High School -85 Wall St - Hebron** Bivalent (Omicron) BOOSTERS ONLY (Pfizer 12+, Moderna 18+) Flu Shots will also be available. [Click here for more information](#)
- **Monday 10/24, 3pm - 6pm, Hale Ray High School -15 School Rd - Moodus** Bivalent (Omicron) BOOSTERS ONLY (Pfizer 12+, Moderna 18+) Flu Shots will also be available. [Click here for more information](#)
- **Tuesday 10/25, 9am - 11am, East Hampton Senior Center** -105 Main St - East Hampton Bivalent (Omicron) BOOSTERS ONLY (Pfizer 12+, Moderna 18+) Flu Shots will also be available. [Click here for more information](#)
- **Wednesday 10/26, 4pm - 730pm, Douglas Library - 22 Main Street - Hebron** In partnership with CT DPH/Griffin Health-Primary series and Bivalent boosters Pfizer, Moderna, JJ
- **Thursday 10/27, 9am - 11am, Marlborough Senior Center - 17 School Dr - Marlborough** Bivalent (Omicron) BOOSTERS ONLY (Pfizer 12+, Moderna 18+) Flu Shots will also be available. [Click here for more information](#)
- **Friday 10/28, 4pm - 6pm, Marlborough Elementary School -25 School Dr - Marlborough** Bivalent (Omicron) BOOSTERS ONLY (Pfizer 12+, Moderna 18+) Flu Shots will also be available. [Click here for more information](#)

### **\*\*FLU & COVID VACCINE CLINICS AT HEBRON SENIOR CENTER\*\***

**Thursday, October 20th at the Hebron Senior Center from 10:00—12:00. ALL AGES.**

It is expected that the high dose flu vaccine for 65+ will be available, the regular flu vaccine, along with the reformulated versions of the Moderna and Pfizer-BioNTech booster vaccines. Known as "bivalent" vaccines they are designed to protect against the original strain and the highly contagious omicron variant. Consent form which needs to be completed by everyone available at the Senior Center or on-line at Chatham Health ([Chathamhealth.org](http://Chathamhealth.org))

Please bring your insurance card and ID. The following insurance is accepted; Aetna, Anthem BC/BS, Cigna, ConnectiCare, Medicare Part B. We are unable to accept United HealthCare.

**Thursday, November 17 at the Hebron Senior Center from 10:15—12:15. ALL AGES.**

**Same information as above.**



# Calling all Seniors

Interested in joining an afternoon mixed bowling league?  
at

## Kickback N' Bowl

9 Bear Swamp Road, East Hampton

Starting Wednesday October 5<sup>th</sup> - 2 pm to 4 pm.  
\$12 per week (\$4 shoe rental if needed)

Contact Jack Anderson

860-882-3752 or email: [jackande52@aol.com](mailto:jackande52@aol.com)



**Volunteers can  
GIVE, GET &  
GROW  
In the Hebron  
Community**



UR Community Cares

URCommunityCares.org

**Does your  
neighbor  
need help?**

UR Community Cares, is seeking volunteers who want to make an impact in the lives of older adults/physical disability in Hebron. Imagine the impact you can make to neighbors when you volunteer to help with housework chores, yard work, transportation and companion. Providing your time to those in need, at no charge will allow them to age in place.

- Give your time to serve town residents
- Get to know someone new while your community gets to know you
- Grow yourself, this is an opportunity to meet neighbors

URCommunityCares.org matches local Volunteers age 15+ to Community Members age 70+ or age 18+ with a physical disability (temporary after surgery/illness or permanent due to arthritis/stroke). All participants are background-checked. Our website allows anyone to connect easily for: raking, pet care, shoveling, taking out the trash weekly, transportation for medical appts. Choose what assistance you can give and best fits with your schedule to volunteer.

☐ Youth Groups Can Volunteer Together to Make a Positive Impact

**Refer someone in need or contact us if you have any questions on how you can make a difference in Hebron:**

**[www.URCommunityCares.org](http://www.URCommunityCares.org)**

**Call Michelle Puzzo, President, at 860-430-4557**

**or email [info@URCommunityCares.org](mailto:info@URCommunityCares.org)**



## Sudoku

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

### 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

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

## Dessert Recipe

### Strawberry Crunch Ice Cream Cake

#### Ingredients

- 36 Golden Oreo cookies, divided
- 4 tablespoons butter, melted
- 3 cups vanilla ice cream, softened
- 5 cups strawberry ice cream, softened
- 1 carton (8 ounces) frozen whipped topping, thawed
- 1 package (1 ounce) freeze-dried strawberries, coarsely crushed
- Fresh strawberries, optional

#### Directions

- Line a 9x9-in. baking pan with parchment. Preheat oven to 350°. Finely crush 24 cookies. In a small bowl, mix cookie crumbs and butter. Press onto bottom of prepared pan. Bake until firm, 25-30 minutes. Cool on a wire rack.
- Spread vanilla ice cream onto crust; freeze, covered, until firm. Spread with strawberry ice cream and then whipped topping; freeze, covered, until firm.
- Coarsely crush remaining cookies. Combine cookie crumbs and freeze-dried strawberries; sprinkle over whipped topping. Freeze, covered, until firm, 8 hours or overnight. Remove cake from freezer. Lifting with parchment, remove from pan. Gently peel off parchment. Let stand 10 minutes before cutting. If desired, garnish with fresh strawberries.
- Test Kitchen tips—If you want more strawberry flavor, stir crumbled freeze-dried strawberries into your strawberry ice cream.



## Recipes

### Mini Sweet Potato Pies

#### Ingredients

- 2 large sweet potatoes, peeled and cut into 3/4-inch cubes
- 2 sheets refrigerated pie crust
- 1/4 cup all-purpose flour
- 3 tablespoons cold unsalted butter, cubed
- 1 cup packed brown sugar, divided

#### Directions

- Preheat oven to 400°. Place sweet potatoes in a greased 15x10x1-in. baking pan; bake until tender, 35-40 minutes.
- Meanwhile, on a work surface, unroll 1 crust. Using a 2-1/2-inch round cutter, cut out 12 circles. Press circles onto bottoms and up sides of 12 nonstick mini muffin cups. Repeat with second crust. Chill until filling is ready.
- In a food processor, pulse flour, butter and 1/4 cup brown sugar until crumbly; set aside for topping. Add baked sweet potatoes and remaining 3/4 cup brown sugar to food processor; pulse until almost smooth. Fill crust-lined cups three-fourths full. Sprinkle with topping.
- Decrease oven setting to 325°. Bake until crusts are golden brown, 20-24 minutes. Cool 5-10 minutes before removing from pan to a wire rack.



### Savory Party Bread

#### Ingredients

- 1 unsliced round loaf sourdough bread (1 pound)
- 1 pound Monterey Jack cheese
- 1/2 cup butter, melted
- 1/2 cup chopped green onions
- 2 to 3 teaspoons poppy seeds

#### Directions

- Preheat oven to 350°. Cut bread widthwise into 1-in. slices to within 1/2 in. bottom of loaf. Repeat cuts in opposite direction. Cut cheese into 1/4-in. slices; cut slices into small pieces. Place cheese in cuts in bread.
- In a small bowl, mix butter, green onions and poppy seeds; drizzle over bread. Wrap in foil; place on a baking sheet. Bake 15 minutes. Unwrap; bake until cheese is melted, about 10 minutes longer.



### Garlic Herbed Beef Tenderloin

#### Ingredients

- 1 beef tenderloin roast (3 pounds)
- 2 teaspoons olive oil
- 2 garlic cloves, minced
- 1 teaspoon salt
- 1 teaspoon pepper
- 1 teaspoon dried basil
- 3/4 teaspoon dried rosemary, crushed

#### Directions

- Tie tenderloin at 2-in. intervals with kitchen string. Combine oil and garlic; brush over meat. Combine the salt, pepper, basil and rosemary; sprinkle evenly over meat. Place on a rack in a shallow roasting pan.
- Bake, uncovered, at 425° until meat reaches desired doneness (for medium-rare, a thermometer should read 135°; medium, 140°; medium-well, 145°), 40-50 minutes. Let stand for 10 minutes before slicing.



## Autumn

Find and circle all of the Autumn words that are hidden in the grid. The remaining letters spell a secret message - an Albert Camus quotation.

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

ACORN  
APPLE  
BIRD MIGRATION  
BLOWING LEAVES  
BLUSTERY DAY  
CANNING  
CHESTNUTS  
CHILLY  
COLD  
CROPS

EQUINOX  
FALL  
FARMING  
FEAST  
FROST  
HALLOWEEN  
HARVEST  
HAYSTACK  
HICKORY NUTS  
LONGER NIGHTS

NOVEMBER  
OCTOBER  
ORANGE LEAVES  
PIE  
PUMPKIN  
RAKE  
RED LEAVES  
SCARECROW  
SCHOOL  
SEASON

SEPTEMBER  
SHORTER DAYS  
SQUASH  
SWEET POTATOES  
THANKSGIVING  
TURKEY  
WINDY  
YELLOW LEAVES