

# 2022

# Hebron Senior Center Newsletter



**RUSSELL MERCIER SENIOR CENTER**

12 Stonecroft Drive, Hebron, CT 06248

Phone: (860) 228-1700; Fax: (860) 228-4213

|                       |       |  |                       |
|-----------------------|-------|--|-----------------------|
| <b>Sharon Garrard</b> | x 203 | Senior Services Director/Municipal Agent for the Elderly | sgarrard@hebronct.com |
| <b>Mandy Rocznia</b>  | x 202 | Program Coordinator                                      | arocznia@hebronct.com |
| <b>Tammy Scherp</b>   | x 201 | Transportation Coordinator                               |                       |

**GENERAL QUESTIONS OR SIGN-UP FOR A PROGRAM**

**seniorcenter@hebronct.com**

**Time to turn the clocks back—Saturday, November 5th FALL BACK 1 HOUR**  
**SENIOR CENTER CLOSED ON FRIDAY, NOVEMBER 11TH AND**  
**THURSDAY & FRIDAY NOVEMBER 24TH & 25TH**

### **Veteran's Appreciation Brunch—November 9th**

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.

### **RHAM Bingo—3rd Wednesday— November 16th**

Join us for Bingo on the 3rd Wednesday of each month beginning **Wednesday, November 16th 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.

### **Flu & Covid Vaccine Clinic at Hebron Senior Center**

**Thursday, November 17th at the Hebron Senior Center from 9:00am—11:00am. Walk-in for ALL AGES.**

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. Please bring your insurance card and ID. The following insurance is accepted for both the flu and Covid vaccines; Aetna, Anthem BC/BS, Cigna, ConnectiCare, Medicare Part B. We are unable to accept United HealthCare for the FLU Vaccine, but it is accepted for the Covid Vaccine.

### **Thanksgiving Holiday Meal—November 17th**

On Thursday, November 17th we will be having our Thanksgiving Holiday Meal provided by CRT (CT Renewal Team—our congregate & Meals on Wheel meal provider). The meal will consist of; orange juice, roasted turkey w gravy, corn bread stuffing, glazed carrots, cranberry sauce, honey butter biscuits, apple pie, milk, and coffee. The suggested donation is \$3. You must pre-register by Tuesday, November 15th. You can sign-up at the center or by calling 860-228-1700. Lunch is served at Noon.

### **Medicare Annual Open Enrollment Until December 7th Detailed Info Page 8 & 9**

Medicare's open enrollment period is now open through December 7. 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. **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 until 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. To make an appointment, please call 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, November 2nd - 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:** Nov 8, 22 Dec 6, 20

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**

***We want to take a moment to let you know that due to circumstances beyond their control the Hebron Fire Department will not be hosting their annual Thanksgiving Dinner they have done each year.***

### **Movie Monday**

**Monday, November 14th 12:45 Dog**—Two former Army Rangers are paired against their will on the road trip of a lifetime. Briggs (Channing Tatum) and Lulu (a Belgian Malinois) race down the Pacific Coast to get to a fellow soldier's funeral on time. Come early and sign-up for lunch (\$3 by Friday at 10:00am) lunch served at Noon (stuffed cabbage, rice, squash, pudding, and rye bread). To sign-up for the movie OR lunch and a movie call 860-228-1700.



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

**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**

### **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.

### **Bus Trip Lunch to 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.

### **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 next session begins November 14th-December 19th (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, November 2nd and 23rd 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.

### **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.

## **Programs and Activities**

### **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.

### **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, November 4, December 2nd, and 23rd at 10:00am.** We will be going to **Big Y** Thursday, November 10th (please note the day—we are closed on the 11th) and Friday, December 9th. **Stop and Shop** on **Friday, November 18th and December 16th.** **Tuesday, November 22nd to Teds IGA and the mobile food truck.** Pick-ups to begin about 10:00am. Pre- registration is required by Wednesday at Noon. For Teds please sign-up by Monday the 21st at noon. To sign-up, please call 860-228-1700.

## **UPCOMING EVENTS**

### **Bus Trip—Lunch at the Griswold Inn in Essex**

**Wednesday, December 7th leave at 10:30am,** return approximately 3:30pm. Quintessential New England dining experience in picturesque downtown Essex, CT. Great food with the cozy historic atmosphere. Great shops and boutiques within walking distance to enjoy after your meal. See the Inn and downtown Essex all decorated for the holidays. Seating is limited, cost for transportation is \$5 per person. Lunch cost is on your own. Deadline to register is Monday, December 5th, 860-228-1700.

### **Bus Trip—Aqua Turf Dinner and a Show**

#### **Holiday Fun w The Cartells Featuring a sing-a-long from The Glamour Girls!**

**Tuesday, December 13, 2022** - Leave the senior center at 10:00am and return approximately 4:30. Enjoy an afternoon filled with food, fun and music designed to get you in the Holiday Spirit! 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 Roasted Turkey/ Baked Scrod and all the side fixings and dessert. You will not go home hungry. Space is limited. Registration deadline is Monday, November 28th—ABSOLUTELY NO REFUNDS after the 28th. **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 November 28th, absolutely no refunds after this date.

### **Senior Center Holiday Party—featuring the RHAM Middle School Chorus**

**Wednesday, December 14th** please join us for our holiday party featuring the RHAM Middle School Chorus. Wear your favorite holiday ugly sweater (we'll vote for the best ugly sweater) or Festivus outfit. The menu will be published in the December newsletter. Doors open at 11:00am, RHAM Chorus sings at 11:30am, lunch served after singing. Cost for lunch is \$3. Although you do not need to stay for lunch to enjoy the chorus, we do hope you will. Please sign-up by Monday, December 12th for lunch, by calling 860-228-1700.

### **RHAM High School Holiday Concert and Cookie and Candy Contest**

**On Wednesday, December 21st** the RHAM High School Chorus will be coming to give us a holiday concert at 10:45 am. Accompanying the concert we will be having a Holiday Cookie and Candy contest, so put on your baking hats. You will bring in your treats (bring smaller sizes so they can be sampled by all in attendance) and then people will vote for their favorites in each category. After the concert we will reveal the winners. **Doors open at 10:15am, sampling to begin during this time,** vote for your favorite and then enjoy the high school chorus. Deadline to sign-up for the Cookie Contest is Monday, December 19th. If you'd like, you can also stay for lunch at Noon (\$3 for lunch). To sign-up for the cookie contest, chorus, lunch or all 3, please call 860-228-1700.

## **UPCOMING EVENTS**

### **Massage Therapist**

Beginning **Thursday, December 1st**, massage therapist, Beverly Williams will be doing 25minute chair massages for \$25 starting at 9:00am—3:00pm (last appointment at 2:30pm). To make an appointment, please call 860-228-1700.

### **Fun with Stitches Open Quilting Group**

Calling all quilters.... Starting On **Friday, December 9th from 10:15am-12:15pm** this will be an open time to come work on your quilting projects or join together to work on something new. Please bring your supplies and we provide the space for quilting and comradery. Then beginning in January, it will be the 1st and 3rd Friday of the month 10:15—12:15 (January 6th and 20th). We do ask for you to pre-register, so we know how many people to prepare for, 860-228-1700.

### **Created To Create Open Arts Group**

Calling all arts enthusiasts, of any and all kinds, who would like to gather together to work on their projects, share ideas, and share creative energies. Starting On **Friday, December 16th from 10:15am-12:15pm** this will be an open time to come work on your art projects or join together to work on something new. Please bring your supplies and we provide the space for creating and comradery. Then beginning in January, it will be the 2nd and 4th Friday of the month 10:15—12:15 (January 13th and 27th). We do ask for you to pre-register, so we know how many people to prepare for, 860-228-1700.

### **Technology Assistance**

Beginning **Tuesday, January 10th** (2nd Tuesday of the month) from 10:00am—11:30am if you need assistance with any of your devices (smartphones, IPADS, laptop computers) you can come in and Mandy will do her best to answer your questions and assist you. Pre-registration is preferred, 860-228-1700.

### **Lunch and Learn—sponsored by Marlborough Health Center**

**January 11, 2023** Mark your calendars to join us for a lunch and learn. The topic will be on fall prevention which will be lead by the physical therapist from Marlborough Health Care. More details to come in the December newsletter.

### **AARP Driving Class**

Tuesday, January 24th 8:50am—1:00pm—Mark your calendars

## **Eastern CT Veterans Community Center**

### **WHO WE ARE.....**

- Every Wednesday 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. Windham Regional Veterans Coffeehouse **EVERY WEDNESDAY, 9-11 AM NEW LOCATION 47 Crescent St. Willimantic CT**
- Variety of speakers, announcements, updates and camaraderie... plus coffee & donuts. Veterans of any age or branch of our Armed Forces are welcome to join us!
- 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.



# 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 31</b><br>9:00–3:00 Exer. Rm<br>9:00-10:00—Enh. Fitness via ZOOM with Paul<br>10:15–11:15—Yoga<br>11:50–12:30—Lunch<br>Deadline to register for Aqua Turf (Nov. 15th)<br><b>Happy Halloween</b> | <b>November 1</b><br>9:00–3:00 Exer. Rm<br>10:00–11:30—Knitting<br>11:50–12:30—Lunch<br>1:00–2:15 Stamping<br>1:00–3:15 Hand & Foot Canasta   | 2<br>9:00–3:00 Exer. Rm<br>9:00-10:00—Enh. Fitness via ZOOM with Paul<br>10:15-11:15—Meditation<br>11:50–12:30—Lunch  | 3<br>9:00–3:00 Exer. Rm<br>10:10–11:40—Sunshine Singers<br>11:50–12:30—Lunch<br>1:00-3:00—BINGO<br>12:45-3:15—Mah Jongg  | 4<br>9:00—Noon Exer. Rm<br>9:00-10:00—Enh. Fitness via ZOOM with Paul<br>10:00—Walmart Shopping<br><b>Noon–2:00pm—Watercolors with Audrey (2nd class of 1st session)</b>        |
| 7<br>9:00–3:00 Exer. Rm<br>10:15–11:15—Yoga—last class of this session<br>9:00-10:00—Enh. Fitness via ZOOM with Paul<br>11:50–12:30—Lunch  | 8 <b>ELECTION DAY</b><br>9:00–3:00 Exer. Rm<br>10:00–11:30—Knitting/Crocheting/Needlework<br><b>11:15-11:45-Mobile Food Truck—Church of Hope</b><br>11:50–12:30—Lunch<br>1:00–2:15 Stamping<br>1:00–3:15 Hand & Foot Canasta                                  | 9<br>9:00–3:00 Exer. Rm<br>9:00-10:00—Enh. Fitness via ZOOM with Paul<br><b>10:30-12:30 Veterans Brunch</b><br>11:50–12:30—Lunch  | 10<br>9:00–3:00 Exer. Rm<br>10:10–11:40—Sunshine Singers<br>10:00—Shopping—Big Y<br>11:50–12:30—Lunch<br>1:00-3:00—BINGO<br>12:45-3:15—Mah Jongg   | 11<br><br><b>CLOSED</b><br><b>Veteran's Day</b>   |
| 14<br>9:00–3:00 Exer. Rm<br>9:00-10:00—Enh. Fitness via ZOOM with Paul<br><b>10:15-11:15—Yoga—new session</b><br>11:50–12:30—Lunch<br><b>12:45—Movie—Dog</b>   | 15 <b>8:50–1:00 AARP Driving Class</b><br>9:00–3:00 Exer. Rm<br>10:00–11:30—Knitting<br><b>10:00-4:30—Bus Trip—Aqua Turf</b><br>11:50–12:30—Lunch<br>1:00–2:15 Stamping<br>1:00–3:15 Hand & Foot Canasta  | 16<br>9:00–3:00 Exer. Rm<br>9:00-10:00—Enh. Fitness via ZOOM with Paul<br><b>10:30-2:30—Bus Trip to Parkville Market—Hartford</b><br>11:50–12:30—Lunch<br><b>2:30-4:00—RHAM Bingo</b> | 17<br>9:00–3:00 Exer. Rm<br><b>9:00-11:00—Flu &amp; Covid Vaccine Clinic—Walk-in</b><br>10:10–11:40—Sunshine Singers<br><b>11:50–12:30—HOLIDAY MEAL</b><br>1:00-3:00—BINGO<br>12:45-3:15—Mah Jongg | 18<br>9:00—Noon Exer. Rm<br>9:00-10:00—Enh. Fitness via ZOOM with Paul<br>10:00—Shopping—Stop and Shop<br><b>Noon–2:00pm—Watercolors with Audrey (1st class of 2nd session)</b> |
| 21<br>9:00–3:00 Exer. Rm<br>10:15–11:15—Yoga<br>9:00-10:00—Enh. Fitness via ZOOM with Paul<br>11:50–12:30—Lunch  | 22 9:00–3:00 Exer. Rm<br><b>9:30—Shopping to Ted's and Mobile Food Truck</b><br>10:00–11:30—Knitting/Crocheting/Needlework<br><b>11:15-11:45-Mobile Food Truck—Church of Hope</b><br>11:50–12:30—Lunch<br>1:00–2:15 Stamping<br>1:00–3:15 Hand & Foot Canasta | 23<br>9:00–3:00 Exer. Rm<br>9:00-10:00—Enh. Fitness via ZOOM with Paul<br>10:15-11:15—Meditation<br>11:50–12:30—Lunch   | 24 <b>CLOSED</b>   | 25 <b>CLOSED</b>  |
| 28<br>9:00–3:00 Exer. Rm<br>10:15–11:15—Yoga<br>9:00-10:00—Enh. Fitness via ZOOM with Paul<br>11:50–12:30—Lunch  | 29 9:00–3:00 Exer. Rm<br>10:00–11:30—Knitting/Crocheting/Needlework<br><b>11:15-11:45-Mobile Food Truck—Church of Hope</b><br>11:50–12:30—Lunch<br>1:00–2:15 Stamping<br>1:00–3:15 Hand & Foot Canasta  | 30<br>9:00–3:00 Exer. Rm<br>9:00-10:00—Enh. Fitness via ZOOM with Paul<br>11:50–12:30—Lunch   | <b>December 1</b><br>9:00–3:00 Exer. Rm<br><b>9:00-3:00—Chair Massage—NEW \$25 for 25min</b><br>10:10–11:40—Sunshine Singers<br>11:50–12:30—Lunch<br>1:00-3:00—BINGO<br>12:45-3:15—Mah Jongg       | <b>2</b><br>9:00—Noon Exer. Rm<br>9:00-10:00—Enh. Fitness via ZOOM with Paul<br>10:00—Shopping<br><b>Noon–2:00pm—Watercolors with Audrey</b>                                    |

| MONDAY |  | TUESDAY |   | WEDNESDAY |  | THURSDAY |   |
|--------|--|---------|---|-----------|--|----------|---|
| Oct 31 | <u>Halloween</u><br>Grape Juice<br>Sticky Honey Garlic Meatballs<br>Long Grain Rice<br>Vegetable Medley<br>100 % Wh Wheat Bread<br>“ Trick or Treat ” Sweets | Nov 1   | Grilled Catfish w/ Old Bay Remoulade<br>Rosemary Fingerling Potatoes<br>Chuck Wagon Blend<br>Rye Bread<br>Fresh Fruit | Nov 2     | Orange Juice<br>Hearty Beef Stew w/ Boiled Potatoes and Carrots<br>Dinner Roll<br>Jello Cup  | Nov 3    | <u>National Sandwich Day</u><br>Apple Juice<br>Cranberry Chicken Salad<br>Sandwich on a Kaiser Roll<br>Lettuce and Tomato<br>Potato Salad<br>Pudding Cup                  |
| 7      | Sloppy Joes<br>Crinkle Fries w/ Ketchup<br>Seasoned Cauliflower<br>Hamburger Bun<br>Fresh Fruit  | 8       | Chicken Marsala<br>Rice Pilaf<br>Capri Vegetable Blend<br>Dinner Roll<br>Fresh Fruit                                  | 9         | <u>National Cupcake Day</u><br>Fruit Punch Juice<br>Grilled Ham Steak<br>Scrambled Eggs<br>Home Fries w/Ketchup<br>Asparagus<br>Wheat Bread<br>Assorted Cupcakes | 10       | Spaghetti and Meatballs<br>Parmesan Cheese<br>Steamed Broccoli<br>Garlic Knots<br>Fresh Fruit   |
| 14     | Apple Juice<br>Stuffed Cabbage<br>White Rice<br>Yellow Squash<br>Rye Bread<br>Pudding Cup  | 15      | Cracker Crumb Had-dock<br>w/ Tartar Sauce<br>Seasoned Potato<br>California Vegetable<br>Wheat Bread<br>Fresh Fruit    | 16        | BBQ Beef Brisket<br>Mac N Cheese<br>Chuck Wagon Blend<br>Whole Grain White Bread<br>Fresh Fruit  | 17       | <u>***CRT Holiday Meal***</u><br>Orange Juice<br>Roasted Turkey w Gravy<br>Corn Bread Stuffing<br>Glazed Carrots<br>Cranberry Sauce<br>Honey Butter Biscuits<br>Apple Pie |
| 21     | Stuffed Shells<br>Ala vodka Sauce<br>Seasoned Spinach<br>Garlic Knots<br>Fresh Fruit   | 22      | Fruit Punch Juice<br>Sheppard's Pie<br>Green Beans<br>Dinner Roll<br>Cookie   | 23        | Salmon Cakes w/ Tartar sauce<br>Rosemary Garlic Potato wedges<br>Maple Brown Acorn<br>Squash<br>Rye Bread<br>Fresh Fruit   | 24       | <b>CRT CLOSED FOR HOLIDAY</b>   |
| 28     | Grape Juice<br>Pierogies w/ Onion/ Pepper<br>Kielbasa w/ Mustard<br>Capri Blend<br>Whole Grain White Bread<br>Jello Cup                                      | 29      | Pineapple Sweet n Sour Chicken<br>Vegetable Fried Rice<br>Asian Vegetable Blend<br>100% Wh Wheat Bread<br>Fresh Fruit | 30        | Salisbury Steak<br>Onion & Mushroom Gravy<br>Sweet Mashed potatoes<br>Buttery Corn<br>Dinner Roll<br>Fresh Fruit   |          |    |



## 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 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.

## 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<br>60+, disabled, or under 6 | Non-Vulnerable House-<br>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 available 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



**19<sup>th</sup> Annual Air Line Trail**

# GHOST RUN

**Saturday November 5**

**13.1 Mile Certified Half-Marathon**

Runners registered by October 10th will receive a T-Shirt. Registration deadline is 11/2. **YOU MUST PREREGISTER**, there will be no registration on race day!

Early T-Shirt and Bib pickup will be available at the Hebron Parks and Recreation office located at 148 East Street on 11/3 and 11/4 between 10AM and 2PM.

**\$45 Individual Runner / \$90 Relay Team**

Hebron: [www.hebronct.recdesk.com](http://www.hebronct.recdesk.com), [esantos@hebronct.com](mailto:esantos@hebronct.com) 860-530-1281  
East Hampton: [www.easthamptonrec.com](http://www.easthamptonrec.com), [smullen@easthamptonct.gov](mailto:smullen@easthamptonct.gov) 860-267-7300  
Colchester: [www.colchesterct.gov/recreation-department](http://www.colchesterct.gov/recreation-department), [recdirector@colchesterct.gov](mailto:recdirector@colchesterct.gov) 860-537-7297

at Hebron Elementary School, 92 Church Street (Route 85), Hebron



### Paper Shredding Event

Saturday, November 12th from 9:00am—Noon at RHAM High School. Bring the papers that need to be shredded to keep them out of the wrong hands.

### Turkey Shoots

The Skungamaug Fish and Game Club, 423 Jones St., will hold its annual Turkey Shoots Sundays from 10 a.m.-2 p.m., through Nov. 20.



### St. Peter's Church Monthly Dinner

30 Church St. (Rte. 85)

4:30-6:30pm—Dinners/Drive Thru

Cost \$15

Saturday, November 12th—Roast Pork Dinner

In December they will not host a dinner, but will have the St. Nicolas Fair

Saturday, December 3rd 9:00am –3:00pm

Crafts, Baked Goods, Jellies, Re-gift shop, and a luncheon. Luncheon details available in December newsletter.

### Lions Winter Storage

The Hebron Lions are offering winter storage again for 2022-23. Storage is available for automobiles, trucks, motorcycles, boats, motor homes and travel trailers, in the exhibit and livestock buildings from November until April on the Hebron Lions Fairgrounds, located at 347 Gilead St. Move-in will start Saturday, Nov. 5, from 8:30 a.m.-noon and will continue Saturday, Nov. 12, from 9 a.m.-noon. Anyone requesting storage after November 12th should call Lion Lee Anderson at 860-942-2527 to set an appointment. The storage rates for the season for covered storage in the animal barns is \$17 per linear foot; the enclosed storage is \$20 per linear foot; and motorcycle storage is \$75. There is no need for you to measure your vehicle; the Lions will measure them upon arrival. Space is on a first-come, first-served basis. Indoor and covered storage is limited; however, there is unlimited outside storage for \$100 per unit for any length. The Hebron Lions are required to charge state sales tax on all items stored. The Lions will use Gate 5 for registration on Nov. 5; people should stay in their vehicle until asked to go to the Gate House, to assure the continued safety for volunteers and drivers, and to assist in keeping the vehicles moving in the order that they arrive and space availability. Calls for rental pick-ups will be made during April for vehicles to be removed from the fairgrounds. All vehicles must be removed from the Fairgrounds by April 30. For more information, contact Lion Lee Anderson at [lee.anderson@hebronharvestfair.org](mailto:lee.anderson@hebronharvestfair.org) or 860-942-2527

## COVID-19 & Flu Vaccination Events

Please bring CDC Vaccine 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

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

Thursday, November 17 at the Hebron Senior Center from 9:00-11:00am. 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.

### **Other Clinic Dates and Locations**

- Wednesday 11/2, 3pm - 5pm, Colchester Federated Church -63 Linwood Ave -Colchester Bivalent (Omicron) BOOSTERS ONLY (Pfizer 12+, Moderna 18+)

[Flu Shots will also be available.](#)

- Friday 11/4, 9am-11am, Colchester Senior Center - 95 Norwich Ave - Colchester Bivalent (Omicron) BOOSTERS ONLY (Pfizer 12+, Moderna 18+)

[Flu Shots will also be available.](#)

- Thursday 11/10, 4:30pm-6:30pm, Hebron Town Fire Department - 44 Main Street - Hebron Bivalent (Omicron) BOOSTERS ONLY (Pfizer 12+, Moderna 18+)

[Flu Shots will also be available.](#)

- Wednesday 11/16, 3pm - 6pm, East Hampton Town Hall - 1 Community Drive - East Hampton In partnership with CT DPH/Griffin Health **Primary series and Bivalent boosters**  
**5+Pfizer, Moderna, JJ**

- Thursday 11/17, 9am-11am, Hebron Senior Center - 14 Stonecroft Dr - Hebron Bivalent (Omicron) BOOSTERS ONLY (Pfizer 12+, Moderna 18+)

[Flu Shots will also be available.](#)

- Friday, November 18 - Marlborough Elementary School, 25 School Drive, Marlborough 2-4pm







## Scam Alert



FOR IMMEDIATE RELEASE  
October 20, 2022

### **IG Warning: Offers to Increase Your Social Security Benefit Are from Criminals**

*Criminals Continue to Impersonate Government Agencies*

**DO NOT CLICK**  
<https://1gov-ssapp.com/system-ssa-logon>

That unexpected offer from the Social Security Administration (SSA) to activate a benefit increase is from a criminal and not the real SSA. Do not share personal or financial information. Do not click on links or respond. Report suspected scams to [oig.ssa.gov/report](https://oig.ssa.gov/report).

Criminals continue to impersonate SSA and other government agencies in an attempt to obtain personal information, money, or download malware onto phones.

Recent reports indicate that criminals are trying to trick people into sharing personal and financial information over the phone or through deceptive text and email messages that lure recipients to a fake Social Security website. Criminals falsely advise recipients to apply to receive Social Security benefits or extra money, such as a cost-of-living adjustment (COLA), or to set up an online account. The message may also provide fake contact information for SSA.

"Scammers are relentless in their attempts to lure you to their fake websites or to get you to respond in any manner to their fictitious offers. I urge members of the public to ignore unexpected messages and unsolicited offers. This simple step will help protect you from a scam," said Inspector General Gail S. Ennis. "Also, be alert for unusual business practices and contact Social Security directly with questions or concerns regarding SSA matters. Never click on the link."

"We are deeply concerned that fraudsters continue to find new ways to impersonate government agencies to deceive people into providing personal information or money," said Kilolo Kijakazi, Acting Commissioner of Social Security. "I strongly urge people to be vigilant,



Members of the press may make inquiries to Social Security OIG at [oig.dcom@ssa.gov](mailto:oig.dcom@ssa.gov)

Connect with us on social media: [LinkedIn](#) | [Facebook](#) | [Twitter](#) | [YouTube](#)

and ignore suspicious emails, texts, or letters. If you receive a suspicious message, do not click on any links or attachments."

Ignore suspected scams and report them to [oig.ssa.gov](https://oig.ssa.gov). Reporting these scams helps us identify emerging scam tactics and trends and protects others.

### HOW A GOVERNMENT IMPOSTER SCAM WORKS

Recognizing the signs of a scam can help you avoid falling victim to one. These scams primarily use telephone to contact you, but scammers may also use email, text message, social media, or U.S. mail. Scammers **pretend** to be from an agency or organization you know to gain your trust. Scammers say there is a **problem** or a **prize**. Scammers **pressure** you to act immediately. Scammers tell you to **pay** in a specific way.

### TIPS TO PROTECT YOURSELF

1. **Do not take immediate action.** If you receive a communication that causes a strong emotional response, take a deep breath. Hang up or ignore the message. Talk to someone you trust.
2. **Do not transfer your money! Do not buy that gift card!** Never pay someone who insists that you pay with a gift card, prepaid debit card, Internet currency or cryptocurrency, wire transfer, money transfer, or by mailing cash. Scammers use these forms of payment because they are hard to trace.
3. **Be skeptical.** Do not believe scammers who "transfer" your call to a government official or law enforcement officer, or who feed you a number as proof. Scammers can create fake numbers and identities. Do not trust your caller ID.
4. **Be cautious** of any contact claiming to be from a government agency or law enforcement, telling you about a problem you don't recognize or an unsolicited offer. Do not provide your personal information, even if the caller has some of your information.
5. **Do not click on links or attachments.** Block unwanted calls and text messages.

### FOR MORE INFORMATION ON SCAMS

Visit the [ftc.gov/scam](https://ftc.gov/scam) to read about common scams.

Scammers frequently change their approach with new tactics and messages to trick people. We encourage you to stay up to date on the latest news and advisories by following SSA OIG on LinkedIn, Twitter, and Facebook or subscribing to receive email alerts.

###

*Members of the press may make inquiries to Social Security OIG at [oig.dcom@ssa.gov](mailto:oig.dcom@ssa.gov).*

Connect with us on social media: [LinkedIn](#) | [Facebook](#) | [Twitter](#) | [YouTube](#)

**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)**



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

## Sudoku

### 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

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

## Dessert Recipes

### Pumpkin and Gingerbread Punch Bowl Cake

#### Ingredients

- 1 package (14-1/2 ounces) gingerbread cake/cookie mix
- 1 package (3 ounces) cook-and-serve vanilla pudding mix
- 1/4 cup packed brown sugar
- 1-2/3 cups canned pumpkin pie mix
- 1 carton (8 ounces) frozen whipped topping, thawed
- Optional toppings: caramel topping, toasted pecans and gingersnap cookies

#### Directions

- Prepare and bake gingerbread cake according to package directions. Cool completely on a wire rack.
- Meanwhile, prepare pudding mix according to package directions; stir in brown sugar and pie mix. Transfer to a bowl; refrigerate, covered, 30 minutes.
- Cut or break gingerbread into 3/4-in. pieces. In ten 12-oz. glasses or a 3-qt. trifle bowl, layer half of each of the following: cake, pumpkin mixture and whipped topping. Repeat layers. Refrigerate, covered, 4 hours or overnight. Top as desired.



### Oklahoma Coconut Poke Cake

#### Ingredients

- 1 package white cake mix (regular size)
- 1 can (15 ounces) cream of coconut
- 1 can (14 ounces) sweetened condensed milk
- 1 carton (16 ounces) frozen whipped topping, thawed (6-1/2 cups)
- 1 cup sweetened shredded coconut

#### Directions

- Preheat oven to 350°. Prepare and bake cake mix according to package directions, using a 13x9-in. baking pan.
- Meanwhile, in a small bowl, mix cream of coconut and milk. Remove cake from oven; place on a wire rack. Using a wooden skewer, pierce top of cake to within 1 inch of edge; twist skewer gently to make slightly larger holes. Spoon milk mixture evenly over cake, being careful to fill each hole. Cool completely.
- Spread whipped topping over cake; sprinkle with coconut. Refrigerate until serving.



## Recipes

### Perfect Cast-Iron Skillet Chicken Thighs

#### Ingredients

- 6 skin-on, bone-in chicken thighs (about 2 1/4 pounds)
- Kosher salt and freshly ground pepper
- 1 tablespoon vegetable oil

#### Directions

##### Step 1

Preheat oven to 475°. Season chicken with salt and pepper. Heat oil in a 12" cast-iron or heavy nonstick skillet over high heat until hot but not smoking. Nestle chicken in skillet, skin side down, and cook 2 minutes. Reduce heat to medium-high; continue cooking skin side down, occasionally rearranging chicken thighs and rotating pan to evenly distribute heat, until fat renders and skin is golden brown, about 12 minutes.

##### Step 2

Transfer skillet to oven and cook 13 more minutes. Flip chicken; continue cooking until skin crisps and meat is cooked through, about 5 minutes longer. Transfer to a plate; let rest 5 minutes before serving.



### Brussels Sprouts With Walnuts and Pomegranate

#### Ingredients

- 1½ pounds brussels sprouts, trimmed and halved
- 3 tablespoons olive oil
- Kosher salt and black pepper
- ¼ cup roughly chopped walnuts
- 2 tablespoons pomegranate seeds, plus more to taste
- Pomegranate molasses, for drizzling (optional)
- Flaky salt, to serve

#### Directions

##### Step 1

Heat the oven to 425 degrees. In a large bowl, toss brussels sprouts with the olive oil. Season well with the salt and black pepper and toss again. Spread everything evenly on a sheet pan cut-side-down and roast until crisp and deeply golden brown, about 25 to 30 minutes, flipping the sprouts halfway through to ensure even browning.

##### Step 2

Meanwhile, toast the walnuts in a skillet over medium-low heat, stirring frequently to ensure they don't burn, about 4 to 5 minutes. Remove from heat and set aside.

##### Step 3

When the brussels sprouts are done roasting, toss them with the toasted walnuts and the pomegranate seeds. Drizzle with the pomegranate molasses (about 1 teaspoon or so), if using. Season with flaky salt.



### Sausage Florentine Shepherd's Pie

#### Ingredients

- 1 pound bulk mild Italian sausage
- 1 can (14-1/2 ounces) Italian diced tomatoes, lightly drained
- 1 package (10 ounces) frozen chopped spinach, thawed and squeezed dry
- 3 cups shredded Italian cheese blend, divided
- 1 package (24 ounces) refrigerated garlic mashed potatoes

#### Directions

- Preheat oven to 375°. In a Dutch oven over medium heat, cook sausage, crumbling meat, until no longer pink, 5-6 minutes; drain. Stir in tomatoes, spinach and 2 cups cheese.

- Pour sausage mixture into a greased 11x7-in. baking dish; top evenly with mashed potatoes. Bake 20 minutes; sprinkle with remaining cheese. Bake until cheese is melted and top begins to brown, about 20 minutes longer. Let stand 10 minutes before serving.



## Thanksgiving (U.S.)

Find and circle all of the words that are hidden in the grid. The remaining 26 letters spell a popular Thanksgiving Day event.

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

ANNUAL  
AUTUMN  
CELEBRATION  
CORN  
CRANBERRY  
FAMILY  
FEAST  
FESTIVAL  
FOOD  
FOOTBALL  
FRIENDS  
GATHERING

GRAVY  
HARVEST  
HOLIDAY  
LONG WEEKEND  
MASHED POTATOES  
MEAL  
NOVEMBER  
PARADE  
PILGRIMS  
PLYMOUTH  
PUMPKIN PIE

RELATIVES  
REUNION  
SQUASH  
STUFFING  
SWEET POTATO  
THURSDAY  
TRADITION  
TRAVEL  
TURKEY  
WAMPANOAG  
YAMS