

2023

Hebron

Senior Center Newsletter

October

RUSSELL MERCIER SENIOR CENTER

12 Stonecroft Drive, Hebron, CT 06248

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

Sharon Garrard	x 203	Senior Services Director/Municipal Agent for the Elderly	sgarrard@hebronct.com
Mandy Roczniaik	x 202	Program Director	aroczniaik@hebronct.com
Michele Boutin	x 204	Social Worker	mboutin@hebronct.com
Tammy Scherp	x 201	Transportation Coordinator	
Linda Zaccaro	x 200	Receptionist	
GENERAL QUESTIONS OR SIGN-UP FOR A PROGRAM			seniorcenter@hebronct.com

*****CLOSED MONDAY, OCTOBER 9TH FOR THE HOLIDAY*****

Chatham Health Flu/Covid Vaccine Clinic

Wednesday, October 18th 10:30—12:30. The regular flu vaccine, along with the reformulated version of the Covid vaccine, and it is expected that the high dose flu vaccine for 65+ will be available. You can get both shots on the same day. 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. They are unable to accept United HealthCare. Pre-registration not required.

Chatham Health Monthly Presentation—Moving to Wednesdays at 2pm Before RHAM Bingo

Chatham Health is presenting a free health related topic each month. It is a 30 minutes presentation on the 3rd Tuesday of the month. In September it will be **Wednesday, October 18th at 2:00pm.** The topic will be on lung health. There will be raffle prize giveaways for the participants. To register, call 860-228-1700.

RHAM Bingo—3rd Wednesday—Starting October 18th

Join us for Bingo on the 3rd Wednesday of each month beginning **Wednesday, October 18th, 2:30-4:00pm.** The games will be run by the RHAM National Honor Society Students. The games are free and prizes are awarded.

Watercolor or Acrylic Art Class—Friday Oct 20 AND Friday Oct 27 from 12:15 to 2:15. All levels class for watercolor or acrylic painting on a gessoed surface. Gesso is very similar to white acrylic paint, only thinner. It dries hard, making the surface more stiff. Gesso prepares (or "primes") the surface for painting, making the surface slightly textured and ready to accept acrylic paint. Without gesso, the paint would soak into the weave of the canvas. Enjoy painting a special gift giving container with a winter feel. A simple scene that can be painted in either acrylic or watercolor will adorn the 9 inch cone. Fill it with candy, cookies flowers, or use just as a lovely decoration. A perfect little something for someone or yourself! You may be able to paint and assemble two! **One prepared piece to paint on is included with the class. Cost of class is \$25.00.** Pre-registration by Oct 17 is required so enough painting surfaces are prepared for everyone, 860-228-1700.

Free Lunch & Learn Sponsored by Marlborough Health & Rehabilitation Center

Wednesday, October 25th at Noon, here at the Russell Mercier Senior Center in Hebron. Doors open at 11:45. Please join Heather Hitchcock, CDP Bristol Health Community Educator as she presents more information on dementia. If you heard her speak at our last lunch and learn you know how informative and interesting she is presenting her topics. Lunch is included and it is free. A very good bagged lunch of either turkey or tuna sandwich, chips, a big cookie, and water, coffee and tea also available. You get full on lunch and full of knowledge. Deadline to register is Monday, October 23rd by 10:00am.

Tips for Cooking for 1 or 2—Presentation by Nutritionist Lindsey Kent

Tuesday, October 31st at 10:30am. Struggling to find the motivation to cook? Running out of ideas? Join Lindsey Kent, Registered Dietitian at ShopRite for a talk all about cooking for 1 or 2. We will discuss time saving tips in the kitchen as well as healthy, delicious and convenient meal ideas for a household of 1 or 2. To register for this free event, please call 860-228-1700.

Bus Trip—Cracker Barrel

Tuesday, October 24th, leaving at 11:00am and returning approximately 2:00pm. Travel to the Cracker Barrel in East Windsor for lunch and browsing in their store. Cost for the bus is \$5, lunch is on your own. Limited seating, sign-up 860-228-1700

Medicare Open Enrollment and Fuel Assistance
Detailed information on pages 5 and 6

HEBRON COMMISSION ON AGING

Chairperson: Tonya Maurer

Members: Cathy Litwin, Dianne Welch, Sandy Waldo, and Angela Corentin, Jo Souza

Alternates: (1 open spot on board and for an alternate) Board of Selectmen Liaison: Gail Richmond

The next scheduled Commission on Aging Meeting is scheduled for Wednesday, October 4th, 2023 - 8:30am at the Senior Center

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

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

Please visit us at 26 Pendleton Drive, Hebron.

Dedicated to serving the needs of Hebron and surrounding communities through our client choice food pantry.

Pantry hours are EVERY Tuesday and Thursday (9 am to 6 pm), and on Friday from 12 pm 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.

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

HIHS is located at: 26 Pendleton Drive Hebron, CT 06248 Director—Christa Goodwin-Babka



Bus transportation to mobile Food Truck and the Food Bank

Mobile Food Truck Transportation

Tuesday, October 10th and 24th — Pick-ups based on who is signed up (approximately 10:45) food truck arrives 11:15 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. Must sign-up by 10:am Monday the day before, 860-228-1700.

Food Bank Transportation

Tuesday, October 3rd, 17th, and 31st – transportation to the food bank every other Tuesday. Pick-ups to begin between 10:30 – 10:45 based on who is signed up. Must pre-register by 10:00am the day before, 860-228-1700.

Weekly Shopping Trips

There will be a trip to: Walmart, Friday, October 6th & 27th, Stop and Shop, Friday, October 13th, and Big Y Friday, October 20th. Pre-registration is required by Thursday at 10am. Pick-ups will begin at 8:30am. Please call 860-228-1700.

Community Café

The Elderly Nutrition Program offers onsite meals in our Community Café on Monday - Thursdays. The Community Renewal Team (CRT) continues to be the vendor for the program. Sign-up for meals at the Senior Center or by calling 860-228-1700. PLEASE NOTE, IF YOU ARE MAKING A RESERVATION FOR THE FOLLOWING DAY, YOU MUST SIGN UP NO LATER THAN 10:00AM THE DAY BEFORE AND 10:00AM ON FRIDAYS FOR MONDAYS LUNCH. Reservations called in after 9:30am for the next day cannot be accepted. A donation of \$3 is requested per meal. Please see the MENU on page 12

Transportation

Through the Russell Mercier Senior Center, transportation is available for seniors (60 years and older) and adult disabled individuals via two handicapped accessible vans and a car for medical care, shopping, banking, or other needs. Hebron/Amston Residents. Dial-a-Ride operates on a first-come–first-served basis with a minimum of 24hr notice (48hrs for new riders). Making appointments sooner versus later increases likelihood of availability.

- Non-emergency medical/pharmaceutical appointments/transportation Senior Center's congregate nutritional lunch program
- Appointments related to financial/homecare/legal assistance programs
- Group clinics/health screenings (e.g., those scheduled at the Senior Center)
- Senior Center social events/outings, informational/educational sessions, etc.
- For personal care needs, trips limited to within Hebron or contiguous towns (Andover, Bolton, Colchester, Columbia, Glastonbury, Lebanon, Marlborough)
- Fares are charged for transportation. You can get the fee schedule by calling the senior center.
- Please call the Senior Center at 228-1700 to schedule transportation.

Thank you for the Donations

Thank you to the following people for their various donations to the senior center that range from goods to monetary; Stella Stanescu, Karen Wax, and Margaret Ludwig.

(if we missed your name please let us know and we will get it in the next newsletter)

Programs and Activities

Movie Monday(s)

New start time for the movies—12:30pm. Come early and sign-up for lunch if you'd like (by Friday at 9:30am) lunch served at Noon (\$3—see menu on page 12). To sign-up for the movie OR lunch and the movie call 860-228-1700.

Monday, October 2nd , And So It Goes, stars Michael Douglas, Diane Keaton and Sterling Jerins. A self-absorbed realtor enlists the help of his neighbor when he's suddenly left in charge of the granddaughter he never knew existed until his estranged son drops her off at his home. **Get in the mood for Halloween, Monday, October 23rd, Hocus Pocus**, A teenage boy named Max and his little sister move to Salem, where he struggles to fit in before awakening a trio of diabolical witches that were executed in the 17th century. Starring Bette Midler, Sarah Jessica Parker, Kathy Najimy.

Mason Jar & Rock Painting

Join us on **Wednesday, October 11th at 10:30am** for Mason Jar & Rock Painting activity. We will have both available for you to paint as you wish. All supplies included, cost is \$5 per person. If you'd like to stay for lunch that day (\$3 suggested donation), please sign-up by Tuesday the 10th at 9:30am. Call to register 860-228-1700.

******YOGA set to return******

We are still dotting the I's and crossing our T's, but it is anticipated that Yoga will return for twice per week sessions (Mondays and Wednesday 10:15-11:15am, beginning on **Monday, October 23rd**. Our new instructor, Laurie Pasteryak, has extensive teaching experience in yoga. Her classes will be suitable for both the experienced and beginner yogis who can do their practice on either the floor or in a chair. She can modify movements to suit various physical abilities. She likes to educate about the movements so her students gain a full understanding of the purpose behind the various positions and moves. Laurie has tremendous energy and will bring that positivity to her classes. The first session will be (anticipated start date) **October 23rd through November 22nd** (again Monday & Wednesday) (**NO Class Wednesday, November 8th**) **9 classes for a cost of \$27**. Drop-in fee is \$5 per class. To register, call 860-228-1700.

Fun with Stitches Open Quilting Group

Calling all quilters, **October 6th & 20th (the 1st and 3rd Friday of the month) 10:15—12:15**. 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. 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. 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. **October 13th & 27th (the 2nd & 4th Friday of the month) 10:15—12:15**. We do ask for you to pre-register, so we know how many people to prepare for, 860-228-1700.

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.

Hand & Foot Canasta Cards—Tuesday Afternoon

Tuesdays—12:45pm – 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. 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 continuously 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.

Mindful Meditation

Wednesday, October 4th & 18th 10:15-11:15am. 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.

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.

Mahjongg Thursdays 12:45—3:15 The goal of mahjongg 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 mahjongg 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.

Massage Therapy

Every Monday & Thursday—massage therapist, **Beverly Williams** offering 25 minute or 50 minute chair/table or hot stone massages for \$25/\$50 accordingly, Mondays 9:00am—3:30pm (last appointment at 3:00pm if 25min appt.) and Thursdays 11:30-3:30pm (last appointment at 3:00pm if 25 min appt.) To make an appointment, 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.

BUS TRIP Aqua Turf Lunch & Show—Elvis Is In the Building

Wednesday, November 8, leaving at 9:45 returning approximately 4:15pm. A little less conversation, a little more rock n' roll!! John Monforto's performance brings Elvis' groove and entertainment alive! This event is sold out, the only way to attend is with us. Limited seats available. Cost is \$62 per person and includes transportation, entertainment, family style lunch serving salad, starch, Roast Beef/ Pan Seared Salmon, rolls, beverage, dessert. Must have a minimum of 6 people to attend. **Registration deadline is a firm Thursday, October 19th by 1:00pm.** No refunds after this date. To register, stop in or call 860-228-1700. The Aqua Turf situated on over 35 acres in the bucolic town of Plantsville we are located in the heart of Connecticut. Meticulously maintained gardens feature cobblestone pathways leading you past gazebos, water fountains, and flower beds.

PLANNING AHEAD—SAVE THE DATES

Speaker—A Life Well Lived is a Life Well Planned

Tuesday, November 14th 11:00am—Planning for your health care is necessary, whether you are ill or may become ill in the future. It's never too early to start the important conversation. YOU are at the center of your health care. Does your family know your health care goals. Learn how to start the conversation. Sponsored by Middlesex Health. To sign-up, please call 860-228-1700.

Speaker—Healthy Holiday Eating

Wednesday, November 15th at 11:30am Healthy Eating Tips for the Holiday Season: Do you struggle to maintain healthy habits over the holidays? It can definitely be a hard time to stay active and eat well. In this class, Lindsey Kent (Registered Dietitian at ShopRite of East Hartford) will teach you some simple tips to stay healthy during all of your upcoming holiday events. This includes teaching you some small recipe substitutions for your favorite family dishes and how to avoid mindless eating at the buffets and snack bowls. To sign-up, call 860-228-1700.

Chatham Health Monthly Presentation—Wednesdays at 2pm Before RHAM Bingo

Chatham Health is presenting a free health related topic each month. It is a 30 minutes presentation on the 3rd Tuesday of the month. In September it will be **Wednesday, November 15th at 2:00pm**. The topic will be posted in November newsletter. There will be raffle prize giveaways for the participants. To register, call 860-228-1700.

RHAM BINGO—3rd Wednesday

Join us for Bingo on the 3rd Wednesday of each month beginning **Wednesday, November 15th, 2:30-4:00pm**. 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

PLANNING AHEAD—SAVE THE DATES

Veterans Appreciation Lunch—Wednesday, November 8th at Noon

We celebrate our veterans and are hosting an appreciation lunch, free for any veteran and a guest. Doors will open at 11:45am and lunch will be served at Noon. Tossed salad, pasta with meatballs, garlic bread, dessert, tea and coffee. Pre-registration absolutely required for everyone by Friday, November 3rd at Noon. To register, please call 860-228-1700.

AARP Driver Course—IN-PERSON at the Senior Center

Tuesday, December 5th 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, December 4th 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 Lunch & Show—Holiday Classics with Downtown 6 Band

Tuesday, December 12, leaving at 9:45 returning approximately 4:15pm. Holiday Classics with Downtown 6 Band! Featuring a sing-a-long from The Glamour Girls & Santa George & Mrs. Claus! Enjoy an afternoon filled with food, fun and music designed to get you in the Holiday Spirit! Cost is \$62 per person and includes transportation, entertainment, family style lunch serving salad, starch, Roasted Turkey/ Baked Scrod, rolls, beverage, dessert. Must have a minimum of 6 people to attend. Registration deadline is a firm Monday, November 27th by 1:00pm. No refunds after this date. To register, stop in or call 860-228-1700.

Free Lunch & Learn Sponsored by Marlborough Health & Rehabilitation Center

Wednesday, December 13th Noon, here at the Russell Mercier Senior Center in Hebron Doors open at 11:45. The topic will be on Facing the Holiday Blues. Lunch is included and it is free. It's a very good bagged lunch of either turkey or tuna sandwich, chips, a big cookie, and water. You get full on lunch and full of knowledge. Deadline to register is Monday, December 11th by 10:00am.

SAVE the dates.... Details in the November Newsletter

- **Friday, December 15th—RHAM Middle School Chorus Carol Sing-A-Long 10:45am**
- **Wednesday, December 20th 2:00pm—Chatham Health & RHAM Bingo**
- **Thursday, December 21st—10:45am Holiday Party with the Sunshine Singers**

*****IMPORTANT NEWS Medicare Open Enrollment*****

Medicare Open Enrollment which occurs every year from October 15th through December 7th is the time to review your current health insurance coverage.

Even if you are satisfied with your current coverage, it is highly recommended that you look at other options that could better suit your individual needs, and potentially save you money, in the upcoming year.

Coverage and out of pocket costs vary widely among both Medicare Advantage (Part C) plans and Prescription Drug Plans (Part D). Plans can change from one year to the next, which could lead to unexpected and avoidable costs and disruptions in care for beneficiaries who do not review their options annually. For example, changes in provider networks could mean beneficiaries lose access to their preferred doctors, while changes in the list of covered drugs and cost-sharing requirements could result in higher out-of-pocket drug costs. Additionally, beneficiaries' health care needs can change from one year to the next, making it even more important to compare coverage options annually. Even without a change made by their plan or a change in health status, beneficiaries may be able to find a plan that better meets their individual needs or lowers their out-of-pocket costs. It is therefore highly recommended that beneficiaries review and compare their Medicare options each year.

During Medicare Open Enrollment you can –

- Join a new Prescription Drug Plan (Part D) or Medicare Advantage Plan (Part C)
- Switch from Original Medicare to Medicare Advantage or from Medicare Advantage to Original Medicare

Any change that you make during Medicare Open Enrollment will take effect January 1

Appointments begin MONDAY October 16th, call 860-228-1700 to make an appointment.

2023-2024 CT Energy Assistance Program (CEAP) and the New Eversource Low-Income Discount Rate

Please note the eligibility criteria for the upcoming heating assistance program and the changes in award amounts. Please note information regarding the new Eversource Low-Income Discount Rate

The Connecticut Energy Assistance Program (CEAP) is designed to help offset home energy costs for eligible residents.

Federal Poverty Guidelines/State Median Income 2023-2024

Level	1 Person	2 People	3 People	4 People	5 People	6 People	7 People	8 People
1	\$18,225	\$24,650	\$31,075	\$37,500	\$43,925	\$50,350	\$56,775	\$63,200
2	\$29,160	\$39,440	\$49,720	\$60,000	\$70,280	\$80,560	\$90,840	\$101,120
3	\$41,553	\$54,338	\$67,124	\$79,910	\$92,695	\$105,481	\$107,878	\$110,275

Basic Benefit

Level	Poverty Guideline	Vulnerable Household 60+, disabled, or under 6	Non-Vulnerable Household
1	At or below 125% Federal Poverty Level	\$530	\$480
2	126% - 200% Federal Poverty Level	\$380	\$330
3	201% Federal Poverty Level – 60% State Median Income	\$230	\$180

CRISIS ASSISTANCE BENEFITS address the heating needs of deliverable fuel heated households that have exhausted their Basic Benefits and are still at imminent risk of losing heat

Eligible deliverable fuel heated households will be eligible to receive a Crisis Assistance Benefit of \$410. All deliverable fuel eligible households may receive a Crisis Assistance Benefits of \$410 each during the program year. Eligible households at level 1 and 2 may receive a second Crisis Assistance Benefit of \$410 during the program year. Utility heated households (e.g., electric and natural gas heated households) are not eligible for Crisis Assistance Benefits.

SAFETY NET ASSISTANCE BENEFITS will not be available during the 2023-2024 program year.

Rental Assistance Benefits are available to those households who do not make direct-to-vendor payments for their primary source of heat. Households that are determined eligible for Rental Assistance Benefits will receive a direct cash benefit to defray heating costs.

Level	Poverty Guidelines	Amount
1	Up to 125% of Federal Poverty Guidelines	\$125
2	126% -200% Federal Poverty Guidelines	\$100
3	201% Federal Poverty Guidelines - 60% State Median Income	\$75

NEW!!! – Eversource Low-Income Discount Rate

Starting no later than 1/1/2024, Eversource will begin offering a two-tiered Low-Income Discount Rate to eligible households. For those who heat with electricity, this discount rate will be applied to the first 1,200 kWh/month.

For those who do not heat with electricity, this discount rate will be applied to the first 800 kWh/month. Tier 1 households (households up to 60% State Median Income – see Level 3 income listed above) will be eligible for a 10% discount on the portion of their bill as noted above dependent upon heat source. Tier 2 households (households up to 160% Federal Poverty Guidelines – see chart below) will be eligible for a 50% discount on the portion of their bill as noted above dependent upon heat source.

160% Federal Poverty Guidelines

1 Person	2 People	3 People	4 People	5 People	6 People	7 People	8 People
\$23,328	\$31,552	\$39,776	\$48,000	\$56,224	\$64,448	\$72,672	\$80,896

Based on the new Low-Income Discount Rate, total monthly payments will be recalculated, and a new Monthly Payment schedule will be provided.

Please contact the Senior Center at 860-228-1700
to make an appointment to apply starting October 16



2023-24 Vaccine Clinic Schedule

#	Date	Location	Address	Start Time	End Time
1	Oct 12, 2023	KOOC Child Care Center	12 Long Crossing Rd East Hampton, CT	4:00 PM	6:00 PM
2	Oct 16, 2023	Coldwater Senior Center	95 Norwich Ave Coldwater, CT	9:00 AM	11:00 AM
3	Oct 16, 2023	Richmond Memorial Library	15 School Dr Marlborough, CT	3:00 PM	5:00 PM
4	Oct 17, 2023	Marlborough Senior Center	17 School Dr Marlborough, CT	10:00 AM	12 NOON
5	Oct 17, 2023	Gilead Hill School	560 Gilead St Hebron, CT	3:00 PM	5:00 PM
6	Oct 18, 2023	Hebron Senior Center	14 Stoncroft Dr Hebron, CT	10:30 AM	12:30 PM
7	Oct 19, 2023	RHAM High School	85 Wall St Hebron, CT	3:00 PM	5:00 PM
8	Oct 30, 2023	East Hampton Senior Center	105 Main St East Hampton, CT	9:00 AM	11:00 AM
9	Oct 30, 2023	Nathan Hale Ray High School	73 Clark Gates Rd Woodus, CT	3:00 PM	6:00 PM
10	Oct 31, 2023	Portland Senior Center	7 Waverly Ave Portland, CT	10:00 AM	12 NOON
11	Nov 2, 2023	East Hampton Town Hall	1 Community Dr East Hampton, CT	4:00 PM	6:00 PM
12	Nov 3, 2023	Marlborough Elementary School	25 School Dr Marlborough, CT	4:00 PM	6:00 PM
13	Nov 6, 2023	Coldwater Senior Center	95 Norwich Ave Coldwater, CT	9:00 AM	11:00 AM

***As required by law, we will share your immunization information with the State of Connecticut Department of Public Health

[\(DPH\). DPH will store your information in CT WIZ](#)

INSURANCES THAT WE CAN ACCEPT

Aetna Anthem BC/BS Cigna ConnectiCare Medicare Part B

We are unable to accept United HealthCare

Please bring a copy of insurance card and a completed copy of the appropriate consent form(s) for each person receiving a vaccination

All vaccinations are administered by experienced, licensed doctors and nurses.

FLU VACCINE

All ages 6 months and older welcome
No appointment necessary

Vaccines available

-Injectable quadrivalent vaccine for 6 months+

-Intranasal vaccine for individuals 2-49

-Injectable high dose quadrivalent vaccine for individuals 65+

[Influenza Vaccine Consent Form](#)

[Injectable Vaccine Information Sheet](#)

[Nasal Flu Vaccine Information Sheet](#)

COVID-19 VACCINE

DETAILS COMING SOON

We expect to offer the new booster targeting the currently circulating variant once it becomes available.



PEER SUPPORT GROUP FOR SENIORS

October 16th

10:30 AM – 11:30 AM

HOSTED BY THE RUSSELL MERCIER SENIOR CENTER
12 STONECROFT DRIVE HEBRON CT.

FACILITATED BY MICHELE BOUTIN, SOCIAL WORKER

Monthly sessions allow Seniors to communicate openly about struggles and challenges that they are experiencing and receive support from their peers.

Coffee and Tea will be provided.

Upcoming Support Group Dates:

November 13th at 10:30 am

December 4th at 10:30 am

FOR MORE INFORMATION CALL MICHELE BOUTIN AT 860-228-1700 EXT. 204

Registration is not required.



CAREGIVER SUPPORT GROUP

WEDNESDAY October 25th 1:30- 2:30 PM

HOSTED BY THE RUSSELL MERCIER SENIOR CENTER

12 STONECROFT DRIVE HEBRON CT.

FACILITATED BY MICHELE BOUTIN, SOCIAL WORKER.

*THE CAREGIVER SUPPORT GROUP OFFERS A SAFE PLACE TO DISCUSS THE
STRESSES, CHALLENGES, AND REWARDS OF PROVIDING CARE
FOR A LOVED ONE.*

Coffee and tea will be provided.

Upcoming Support Group Dates:

November 29th at 1:30 pm

December 13th at 1:30 pm

FOR MORE INFORMATION CALL MICHELE BOUTIN AT 860-228-1700 EXT. 204

Registration is not required.

What's Happening In Our Community

St. Peter's Church Monthly Dinners/Activities

30 Church St. (Rte. 85)

4:00-6:00pm—Dinners/Drive Thru (while supplies last)

Cost \$15—Dinner proceeds donated to various groups

October 7th & 8th—Harvest Festival—Saturday 9-3 and Sunday Noon-4

Pumpkins, apples, apple cider, bake sale, Breakfast items & Luncheon (Hebron Historical Society)

November 11th—Roast Pork Dinner 4:00-6:00pm—Dinners/Drive Thru (while supplies last)

FREE FRAUD ALERT NOTIFICATION

Hebron Residents

Sign up for Notification of New Transactions

With FRAUD ALERT Hebron residents can sign up to receive alerts whenever a document, such as a mortgage, lien or deed is recorded under your name in the Hebron land records. Recorded documents can be viewed online.

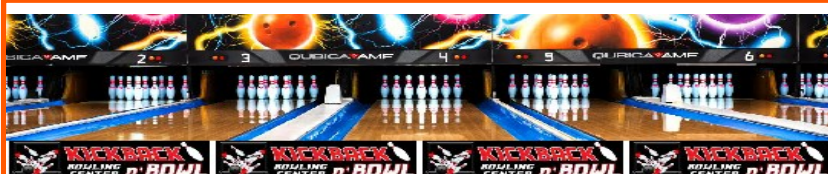
SIGN UP could not be easier. Visit the [SIGN UP](#) site enter your email address. Then enter up to 3 variations of your name as it may appear on a document. You will receive a confirmation email.

That is it. Now anytime a document is recorded against any of the names you entered on the sign up page, you will receive an email letting you know that something has been recorded. You can look at the recorded document by going to the Town Clerk's page of the Hebron Town website and selecting [Search LAND RECORDS Database](#) or by visiting the Town Clerk's office.

We are very pleased to offer this service to our residents and hope that it affords some peace of mind.

PLEASE NOTE: There may be multiple property owners in Hebron that share the same name.

Please contact the Town Clerk's office or stop in and we will be happy to assist you in signing up for this FREE service.



Calling all Seniors

(+55 and over)

Spring League Mixed Bowling
(10 weeks)

at

Kickback N' Bowl

9 Bear Swamp Road, East Hampton

Starting Wednesday October 4, 2023

2pm to 4pm

\$12 per week (\$4 shoe rental if needed)

Contact Jack Anderson

860-882-3752 or email: jackande52@aol.com



The 25th Annual Connecticut Renaissance Faire

Saturdays & Sundays • Through – October 15, Plus
Indigenous People's Day 10:30 AM – 6:00

Location: Lebanon Country Fairgrounds, 122 Mack
Road, Lebanon

Admission: Adults \$16, Youth (Ages 7-15) \$10,
Children (6 and under) Free.....Step through the
gates and immerse yourself in a day filled with ex-
citement, wonder, and the spirit of the Renaissance.
More information at— www.ctfaire.com

CHOREs Program Starting Up

AHM Youth and Family Services' CHOREs program is starting back up for the summer. CHOREs is a paid program that provides local seniors assistance from teens (ages 14-18). Teens are able to sign up for jobs that not only help out their local seniors with various outdoor tasks, but they also get paid for doing so. The joy on the senior's face after being helped is always a reward in itself. That is only part of what the program offers. CHOREs also offers teens a chance to gain experience managing job responsibilities and preparing them for future employment. Please reach out to Kristina Smith KristinaH@ahmyouth.org, to join this AMAZING program

Transfer Station Summer Hours

(until clocks change in Nov)

Summer hours—Tuesday, Thursday, 8:00-6:00, Sat-
urday 8:00-4:00 and Sunday: 8:00-2:00. For more
information, call Public Works at 860-228-2871.

Blood Drive—Gilead Congregational Church Fellowship Hall—672 Gilead St. Hebron

Wednesday, October 4, 2023 1:00PM-6:00PM

Call 1-800-733-2767 or visit RedCrossBlood.org and enter HebronCT to
schedule an appointment

THE TOWN CENTER PROJECT PRESENTS

HEBRON'S HARVEST MOON FESTIVAL



Main Street, Hebron
October 21 1:30 - 6:30PM

LIVE MUSIC * FOOD TRUCKS
ARTISANS * GAMES
SLINGSHOT MONSTER SMASH
BARKTOBER DOG PARADE
CT GHOST INVESTIGATIONS
APPLE PIE BAKE OFF
HAUNTED LIBRARY
TRICK or TREATING
PUMPKIN CARVING CONTEST
SCARECROWS ALONG MAIN
CAR SHOW @ TED'S SUPERMARKET
FIRE 'N FLOW SHOW
TRICK OR TREATING ALONG MAIN

Seeking Volunteers!

ttcpharvestmoon@gmail.com



The
Town
Center
Project

FALL *food* @ THE HARVEST MOON
FESTIVAL

SATURDAY **OCT 21** 1:30 - 6:30

LEGION BURGERS
WICKED SINISTER BBQ
RUSTIC STREETS
GOOD VIBES KETTLE CORN
YDANIS & CO. MACARONS
HEART STRING TREATS

GREEKIN' OUT
ST. PETER'S CHURCH
FRANK'S WOODFIRED PIZZA

SWEET MEG'S COOKIES

**DOUGLAS
LIBRARY**



rg

HEBRON PARKS
AND RECREATION
PRESENT

TRUNK OR TREAT

AT BURNT HILL PARK PAVILION

FRIDAY, OCTOBER 27TH

05:00PM - 07:00PM

JOIN US FOR A NIGHT OF TRUNK OR
TREATING, PUMPKIN DECORATING,
BOUNCE HOUSES AND WAGON RIDES!

DECORATED VEHICLES NEEDED!
CALL NOW TO REGISTER YOUR
VEHICLE!

860-530-1281


All cars must be parked by 4:45

HEBRONCT.RECDESK.COM/COMMUNITY



HEBRON
PARKS AND RECREATION

HEBRON COMMUNITY RENEWAL TEAM OCTOBER 2023 CONGREGATE MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
2 Orange Juice All-Beef Hot Dog / Bun Ketchup, Must, Relish Baked Beans Coleslaw Yogurt Cup	3 Stuffed Cabbage w/ Tomato Sauce Rice Broccoli Florets Garlic Knot Fresh Fruit	4 Oven-Baked Chicken Macaroni & Cheese Chuckwagon Vegetables Cornbread Fresh Fruit	5 100 % Fruit Punch Juice Chef Salad w/ Mixed Greens / Cherry Toms, Cucs, Onions / Shredded Cheese /Turkey Ham / Hard Boiled Egg / Ranch Drg /Bread Stick /Fruit Bar
9 CRT Closed In Observance of Indigenous Peoples Day	10 Cheesey Veg Lasagna w/ Alfredo Sce Italian Blend Veggies Italian Bread Fresh Fruit	11 Kielbasa / Mustard Caramelized Onions Paprika Seasoned Diced Pots Prince Edward Veggies 100 % Whole Wh Brd Fresh Fruit / Cookie	12 Potato Crumb Fish Tartar Sce Mashed Potatoes Broccoli Normandy Cornbread Fresh Fruit
16 Stuffed Pepper w/ Sauce Rice Vegetable Medley Wheat Bread Fresh Fruit	17 Country Vegetable Soup Oven Rst Turkey (Not Deli) on Kaiser Roll Sandwich Potato Salad / Saltines Mustard / Mayo / Sl Toms & Lettuce / Fresh Fruit / Cookie	18 Cracker Crumb Cod Tartar Sauce Mashed Potatoes Green & Yellow Wax Beans 100 % Whole Wh Brd Fresh Fruit	19 Grape Juice Glazed Bkd Ham /Mustard Cut-Up Sweet Potatoes Vegetable Medley Dinner Roll Yogurt Cup
23 Orange Juice Meatloaf w/ Gravy Garlic Mashed Potatoes Wheat Bread / Spinach Wholegrain Fruit Bar	24 Garden Salad Greens / Cherry Toms, Cucs, Onions / Grilled Chicken Strips / Ched Cheese /Ranch Dressing / Cornbread / Fresh Fruit	25 Roasted Pork Loin w/ Mango Sauce / Rice Pilaf California Blend Veggies Wheat Bread Fresh Fruit	26 <u>Nat'l Pasta Day</u> Grape Juice\ Manicotti w/ Red Sce/Parmesan Cheese Squash Medley / Roll Lemon Pudding w/ Topping
30 Italian Sausage w/ Peppers on a Hoagie Roll Capri Blend Veggies Potato Wedges / Ketchup Fresh Fruit	31 <u>Celebrate Ghosts n' Goblins</u> 100 % Fruit Punch Juice Swedish Meatballs Mashed Potatoes Peas & Diced Carrots 100 % Wh Wheat Brd Chocolate Brownie (Boo !)		It's only a semi-myth that eating carrots helps you see in the dark ! Carrots, sweet potatoes, pumpkin, fish, citrus, eggs, water, whole grains, nuts & seeds all support eye health.

It's only a semi-myth that carrots helps you see in the dark ! Carrots, Sweet potatoes, pumpkin, fish, citrus, eggs, water, wholegrains, nuts, seeds support vision. 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. Menu is subject to change.

Meals on Wheels—Home Delivered Meals

“A service you or someone you know may 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.

Hebron Senior Center Happenings.....October 2023

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
<p>October 2</p> <p>9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 9:00-3:00—Massage 11:50–12:30—Lunch 12:45—Movie—And So It Goes</p>	<p>3</p> <p>9:00–3:00 Exer. Rm 10:00–11:30—Knitting/ Crocheting/Needlework 11:00 Food Bank - must pre-register 11:50–12:30—Lunch 12:45–3:15 Hand & Foot Canasta 1:00–2:15 Stamping</p>	<p>4</p> <p>8:30 Commission on Aging 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</p>	<p>5</p> <p>9:00–3:00 Exer. Rm 11:30-3:30 Massage 10:10–11:45—Sunshine Singers 11:50–12:30—Lunch 1:00-3:00—BINGO 12:45-3:15—Mah Jongg</p>	<p>6</p> <p>8:30—Shopping Walmart 9:00—Noon Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:15–12:15– Fun with Stiches Quilting Group</p>
<p>9</p> <p>Columbus Day Closed</p> 	<p>10</p> <p>9:00–3:00 Exer. Rm 10:00–11:30—Knitting/ Crocheting/Needlework 11:00–11:45—Food Truck—must pre-register 11:50–12:30—Lunch 1:00–2:15 Stamping 1:00–3:15 Hand & Foot Canasta</p>	<p>11</p> <p>9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:30—Mason Jar & Rock Painting 11:50–12:30—Lunch</p>	<p>12</p> <p>9:00–3:00 Exer. Rm 11:30-3:30—Massage 10:10–11:45—Sunshine Singers 11:50–12:30—Lunch 1:00-3:00—BINGO 12:45-3:15—Mah Jongg</p>	<p>13</p> <p>8:30 Shopping—S & S 9:00—Noon Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:15–12:15—Created to Create Open Art Time</p>
<p>16</p> <p>9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:30-11:30 –Peer Support Group for Seniors 9:00-3:00—Massage 11:50–12:30—Lunch</p>	<p>17</p> <p>9:00–3:00 Exer. Rm 10:00–11:30—Knitting/ Crocheting/Needlework 11:00 Food Bank—must pre-register 11:50–12:30—Lunch 1:00–2:15 Stamping 1:00–3:15 Hand & Foot Canasta</p>	<p>18</p> <p>9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:15–11:15—Meditation 10:30-12:30 Flu/Covid Clinic 11:50-12:30—Lunch 2:00 Chatham Health Pres 2:30–4 RHAM Bingo</p>	<p>19</p> <p>9:00–3:00 Exer. Rm 10:10–11:45—Sunshine Singers 11:30-3:30—Massage 11:50–12:30—Lunch 1:00-3:00—BINGO 12:45-3:15—Mah Jongg</p>	<p>20</p> <p>8:30—Shopping—Big Y 9:00—Noon Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:15–12:15– Fun with Stiches Quilting Group 12:15–2:15 Watercolor Art Class</p>
<p>23</p> <p>9:00–3:00 Exer. Rm 9:00–3:00 Massage 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:15-11:15 YOGA New Session 11:50–12:30—Lunch 12:30—Movie—Hocus Pocus</p>	<p>24</p> <p>9:00–3:00 Exer. Rm 10:00–11:30—Knitting/ Crocheting/Needlework 11–2 Bus Trip-Cracker Barrel 11:00 Food Truck - must pre-register 11:50–12:30—Lunch 1:00–2:15 Stamping</p>	<p>25</p> <p>9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:15-11:15 YOGA New Session 11:45-1:15 Lunch & Learn – must pre-register 1:30-2:30 Caregiver Support Group</p>	<p>26</p> <p>9:00–3:00 Exer. Rm 11:30-3:30 Massage 10:10–11:45—Sunshine Singers 11:50–12:30—Lunch 1:00-3:00—BINGO 12:45-3:15—Mah Jongg</p>	<p>27</p> <p>8:30—Shopping—Walmart 9:00—Noon Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:15–12:15—Created to Create Open Art Time 12:15–2:15 Watercolor Art Class</p>
<p>30</p> <p>9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:15-11:15 YOGA 9:00-3:00—Massage 11:50–12:30—Lunch</p>	<p>31</p> <p>9:00–3:00 Exer. Rm 10:00–11:30—Knitting/ Crocheting/Needlework 10:30-Noon—Speaker—cooking for 1 or 2 11:00–11:45—Food Bank—must pre-register 11:50–12:30—Lunch 1:00–2:15 Stamping 1:00–3:15 Hand & Foot Canasta</p>	<p>November 1</p> <p>9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:15-11:15 YOGA 10:15–11:15—Meditation 11:50-12:30—Lunch</p>	<p>November 2</p> <p>9:00–3:00 Exer. Rm 11:30-3:30 Massage 10:10–11:45—Sunshine Singers 11:50–12:30—Lunch 1:00-3:00—BINGO 12:45-3:15—Mah Jongg</p>	<p>3</p> <p>8:30 Shopping— S & S 9:00—Noon Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:15–12:15– Fun with Stiches Quilting Group</p>

Sudoku

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

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

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

Dessert Recipes

Pumpkin Chocolate Chip Cookies

Ingredients

- 2 1/4 c. all-purpose flour
- 1 tsp. baking soda
- 1 tsp. pumpkin pie spice
- 1/2 tsp. kosher salt
- 1 c. (2 sticks) unsalted butter, softened
- 3/4 c. packed brown sugar
- 1/2 c. granulated sugar
- 3/4 c. pumpkin purée
- 1 large egg
- 2 tsp. pure vanilla extract
- 2 c. semi-sweet chocolate chips

Directions

- Preheat oven to 375° and line two large baking sheets with parchment paper.
- In a small bowl, whisk together flour, baking soda, pumpkin spice, and salt.
- In a large bowl using a hand mixer, cream together butter and sugars until light and fluffy. Beat in pumpkin, egg, and vanilla extract until combined, then add flour mixture. Beat on low until no raw flour appears, then fold in chocolate chips. Refrigerate dough for 30 minutes.
- Scoop 1" balls onto prepared baking sheets, 2 inches apart, and bake until puffed up and golden around edges, about 12 minutes.



Cinnamon Roll Apple Crisp

Ingredients

- 1 (12.4 ounce) package refrigerated cinnamon roll dough with icing
- 1 cup rolled oats
- 1 cup brown sugar
- 1/2 cup all-purpose flour
- 1 tablespoon ground cinnamon
- 1/2 teaspoon salt
- 1/2 cup margarine, softened
- 8 Granny Smith apples, peeled and sliced, or more to taste
- 1/4 cup white sugar

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Roll cinnamon rolls onto a work surface to desired thickness; press into the bottom of a 9x13-inch baking dish.
- Mix oats, brown sugar, flour, 1 tablespoon cinnamon, and salt on a bowl; add margarine and mix until crumbly.
- Spread apples over cinnamon roll crust. Mix white sugar and 1 teaspoon cinnamon together in a bowl and sprinkle over apples; top with oat mixture.
- Bake in the preheated oven until apples are tender, 40 to 50 minutes.
- Place icing in a microwave-safe bowl; heat in microwave until warmed, 20 to 30 seconds. Pour icing over crisp.



Recipes

Roast Chicken & Sweet Potato

Ingredients

- 2 tablespoons whole-grain or Dijon mustard
- 2 tablespoons chopped fresh thyme or 2 teaspoons dried
- 2 tablespoons extra-virgin olive oil, divided
- ½ teaspoon salt, divided
- ½ teaspoon freshly ground pepper, divided
- 1 1/2-2 pounds bone-in chicken thighs, skin removed
- 2 medium sweet potatoes, peeled and cut into 1-inch pieces
- 1 large red onion, cut into 1-inch wedges

Directions

- Position rack in lower third of oven; preheat to 450 degrees F. Place a large rimmed baking sheet in the oven to preheat.
- Combine mustard, thyme, 1 tablespoon oil and 1/4 teaspoon each salt and pepper in a small bowl; spread the mixture evenly on chicken.
- Toss sweet potatoes and onion in a bowl with the remaining 1 tablespoon oil and 1/4 teaspoon each salt and pepper. Carefully remove the baking sheet from the oven and spread the vegetables on it. Place the chicken on top of the vegetables.
- Return the pan to the oven and roast, stirring the vegetables once halfway through, until the vegetables are tender and beginning to brown and an instant-read thermometer inserted into a chicken thigh registers 165 degrees F, 30 to 35 minutes.



Loaded Cauliflower Bowls

Ingredients

- 6 cups small cauliflower florets
- 1 tablespoon extra-virgin olive oil
- ¾ cup shredded extra-sharp Cheddar cheese, divided
- ½ teaspoon ground pepper, divided
- ¼ teaspoon salt
- 2 scallions, thinly sliced, divided
- 4 tablespoons sour cream
- 4 slices cooked bacon, chopped

Directions

- Preheat oven to 425 degrees F.
- Toss cauliflower and oil together in a large bowl. Transfer to a large rimmed baking sheet; roast until just tender, 12 to 15 minutes. Return to the bowl and stir in 1/2 cup Cheddar, 1/4 teaspoon pepper, salt and half the scallions. Divide the cauliflower mixture among 4 bowls, then top each with sour cream, bacon and the remaining cheese, scallions and 1/4 teaspoon pepper.



PORTABELLA PIZZAS

Ingredients

- 4 medium portabella mushroom caps
- 2 tbsp olive oil
- 1/2 cup cherry tomatoes
- 1 cup chunky pasta sauce
- 1 cup shredded mozzarella cheese

Directions

- Preheat oven to 425°F. Trim stems of the mushrooms. With spoon, scrape and discard gills from mushroom caps. Brush with the oil and season with salt and pepper. Arrange gill-sides up on foil-lined baking sheet. Roast 10 min.
- Meanwhile, slice or halve the cherry tomatoes. Carefully remove mushrooms from oven. Drain off any excess liquid in mushroom caps. Divide the pasta sauce among mushrooms. Top with the shredded mozzarella and cherry tomatoes. Roast 8–10 min., until mushrooms are tender and cheese is melty.



Halloween

Find and circle all of the words that are hidden in the grid. The remaining letters spell an activity played on Halloween.

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

APPLES
BATS
BLACK CAT
BROOMSTICK
CANDLE
CANDY
CEMETERY
COFFIN

COSTUME
DRACULA
FRIGHTENING
FULL MOON
GHOSTS
GHOULS
GOBLINS
GRAVEYARD

JACK O LANTERN
MASK
MUMMY
NIGHT
PUMPKIN
SCARECROW
SCARY
SCREAM

SKELETON
SKULL
SPIDERS
TOMBSTONE
VAMPIRE
WEREWOLF
WITCHES
ZOMBIE