

2024

# Hebron Senior Center Newsletter

November

## RUSSELL MERCIER SENIOR CENTER

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### Tai Chi is BACK

Join us beginning **Thursday, October 31st from 10:15am-11:15am** for Beginner Tai Chi Class. This class consists of soft, fluid, circular movements that build into a flowing meditation. This motion will promote better balance, improve flexibility, and will be enjoyed for its beauty, artistry, and therapeutic qualities. Curriculum includes the Taste of Tai Chi 6 Step Yang Style Form taught at Boston University, the Compulsory 24 Step Yang Style Form and Nei Gong meditation. Instructor: Hilary Celentano. Hilary has been teaching and instructing for 23 years and has been blessed to study under the most qualified Sifu's and Grand Master's in the United States. She has competed in international martial arts competitions and holds gold medals for 24 Yang Style Form, Flying Rainbow Single Fan Form, and 32 Yang Style Straight Sword Form. **This session will run Thursdays October 31st through November 21st (4 classes this session) Cost is \$12. To register call us at 860-228-1700.**

### Move Over Program and Safe Driving Strategies

**Rescheduled to Wednesday, November 6 10:30-11:30am.** The Colchester Fire & EMS was recently awarded a DOT Highway Safety Grant to enhance highway safety across the state. The program is designed to educate the public on Connecticut's Move Over Law and provide safe driving strategies when operating on the roadways, specifically when passing emergency incidents, construction zones and even disabled vehicles on the side of the road. Connecticut has seen an increase in motor vehicle accident occurrences resulting in catastrophic events up to and including loss of life of emergency responders, construction workers and tow truck operators which will be discussed and reviewed. Our intent is to increase awareness, promote safety and decrease occurrences in Connecticut." To sign-up, please call 860-228-1700.

### Ted Talk Discussions—date changed to Nov. 19th

TED Talks are short, (15-20min) recorded presentations that share knowledge and research from experts on a variety of topics, including science, business, education, and creativity. The goal of TED Talks is to educate and inspire global audiences in an accessible way. We will watch a Ted Talk on a selected topic and then discuss what we just watched. They will be on the 3rd Tuesday of the month, change from original post (**November 19th, December 17th**)—**10:30-11:45am**. To register call 860-228-1700.

### FREE Veterans Thank You Luncheon

**Monday, November 18th at NOON**, (doors open at 11:45am) we will be hosting a free lunch for local veterans and a guest, you must pre-register by Thursday, November 14th. The menu will consist of baked chicken leg, baked potato, vegetables, dessert, coffee and tea. To register, please call 860-228-1700.

### Watercolor or Acrylic Art Class with Audrey Carrol

Two sessions, **Friday, November 15th and 22nd AND Friday, December 6th and 13th from 10:30am-12:30pm**. All levels class for watercolor or acrylic painting. Cost of class is \$25.00 for one session or \$40 for both, pay the instructor at class. Pre-registration by November 12th, please call 860-228-1700.

### RHAM Bingo Returns

Please join us on the **3rd Wednesday of the month, November—March** (there will be 6 dates this year) from **2:30pm-4:00pm** for FREE Bingo with prizes (4 card limit). Bingo is called by RHAM National Honor Society members. Come, have fun, interact with the kids, and maybe win a prize. **November 20th, December 18th, January 15th, February 19th, and March 19th**. In the event of school closing early on any of those dates due to weather, bingo would be cancelled.

### Transportation to Vote—Nov. 5th

On **Tuesday, November 5th** we will be offering transportation for Hebron/Andover residents 60 and over to go to the polls to vote. The **bus will be available from 10:00am—Noon**. You **MUST** register by Noon on Monday, November 4th. Call 860-228-1700. The bus is free.

## HEBRON COMMISSION ON AGING

Members: Sandy Waldo, Cathy Litwin, Angela Corentin Jo Souza, Rebecca Tamsin, & Margaret Gibbs  
1 regular seat open and 2 open seats for alternates

### The next scheduled Commission on Aging Meeting is scheduled for Wednesday, November 6, 2024 - 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.



### Bus transportation to mobile Food Truck and the Food Bank

#### Mobile Food Truck Transportation

**November 5th & 19th**—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 10:00am  
Monday the day before, 860-228-1700.

**Food Bank Transportation**—As needed—please call to schedule a time—860-228-1700. Pantry hours are EVERY Tuesday  
and Thursday (9 am to 6 pm), and on Friday from 12 pm to 5 pm

### Meals on Wheels—Home Delivered Meals

If you are 60+ years or older 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 the social worker.

### Weekly Shopping Trips

Pre- registration is required by Thursday at 10am. **Pick-ups will begin in the general time of 9:00am** —Friday, November 1st Stop and Shop, November 8th Big Y, November 15th Walmart & Aldis, November 22nd Stop and Shop. We are closed on the 29th we will go to Big Y on Wednesday, November 27th at 9am. To sign-up please call 860-228-1700.

### Transportation

**New Dedicated Transportation phone # 860-228-5977.** 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.

## **Programs and Activities**

### **WANTED: PEOPLE WHO ENJOY SINGING Sunshine Singers Thursday Mornings**

They meet Thursdays from 10:15am to 11:45am. 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.

### **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.** 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. Please call 860-228-1700 to register if it's your first time.

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

For those who would like to knit, crochet, or any kind of needle work come connect, share ideas, techniques, patterns, & maybe even teach others a new skill. The group meets 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.

### **Card Making 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—changing day and time**

**Twice per month on specific Monday's after Yoga (2x/month) starting at 11:25. The November dates are the 4th and 25th.** The class is free. 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 17 years. To register call 860-228-1700.

### **Yoga**

**Mondays & Wednesdays 10:15am—11:15am.** The next new session will start **Monday, November 25th and will run until Monday, December 16th (7 sessions for \$21). Reminder for the present session—No Class Wednesday, November 6th, Monday, November 11th (closed for Veterans Day) and no class, Monday, November 18th.** Drop-in fee is \$5 per class. 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. Laurie has tremendous energy and will bring that positivity to her classes. To register, 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, please understand there is pre & post massage prep time needed for all appointments. That's why a 50minute appointment is blocked out for an hour. **Mondays 9:00am—3:30pm** (last appointment at 3:00pm if 25min appt.) and **Thursdays 9:00-3:30pm** (last appointment at 3:00pm if 25 min appt.) Gift certificates available. To make an appointment, 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.

### **Movie Mondays**

The movies start at 12:30pm, with popcorn, to sign-up call 860-228-1700. **Monday, November 4th Edie—**83 year old Edie believes that it is never too late - packing an old camping bag, leaving her life behind and embarking on an adventure she never got to have - climbing the imposing Mount Sulven in Scotland. **Monday, November 25th Roman J. Israel, Esq.—** starring Denzel Washington and Colin Farrell. Roman J. Israel, Esq., a driven, idealistic defense attorney, finds himself in a tumultuous series of events that lead to a crisis and the necessity for extreme action.

## **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. 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.

### **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) Fridays 9:00-12:00 (last time slot at 11:00am). To reserve a time please call 860-228-1700.

### **Chatham Health Monthly Educational Series**

Please join us on the 3rd, Thursday of the month at 12:15pm for the very informative presentation by Chatham Health's Stephanie Reyes. The topic for **November 21st Diabetes** and **December 19th Healthy Aging**. Please call, 860-228-1700 to register.

### **Monthly Blood Pressure Screenings**

Every **3rd Thursday** of the month from **11:30am-12:30pm**, Chatham Health will be offering free Blood Pressure screenings here at the senior center. No registration required. November 21st, December 19th.

### **Congregate Lunch is Back—Tuesdays & Thursdays**

We know how important socialization is in preventing isolation and loneliness, plus it can just be fun having lunch with new and longtime friends. Starting Thursday, November 14th we will be serving lunch at noon on Tuesdays & Thursdays. The cost will be \$4 per person and you ABSOLUTELY MUST pre-register and PRE-PAY. For a Tuesday meal you must sign-up and pay by the Friday before and for Thursday meals by the Tuesday before. In the event you cannot come on the date you signed up, you MUST cancel by 10:00am of that day and we will move your reservation to a different date. If you do not cancel before 10:00am the meal will be prepared, therefore no changes. Please sign-up & pay with Linda (or staff if Linda is unavailable). Again, payment REQUIRED upon signing up. MENU: Thurs, Nov 14th Veggie Lasagna, Tues Nov 19th Pizza w side salad, Thurs Nov 21st beef with broccoli, Tues Nov. 26th chicken pot pie, Tues, Dec 3rd Eggplant lasagna, Thurs Dec. 5th Broccoli Cheese Stuffed Breaded Chicken Breast

## **SPECIAL EVENTS**

### **Pumpkin Painting/Marbling**

Join us on **Tuesday, November 5th at 10:30am (this is a date change from the original date)** to paint pumpkins and marbling (which is a dip in water with various nail polish colors) Each dip creates a different pattern. Cost is \$5 per person and registration required. To sign-up call 860-228-1700.

**PLEASE DONATE ANY UNUSED NAIL POLISH THAT IS STILL GOOD/NOT SOLIDIFIED—OPEN BOTTLES OK, ANY COLORS**

### **Bus Trip Cracker Barrel**

**Wednesday, November 13th**—We will take a ride up to the Cracker Barrel in East Windsor, for some lunch and little bit of country store shopping. We will be leaving at 10:45am and returning approximately 2:45. Transportation cost is \$5. To sign-up, call 860-228-1700.

## **Planning ahead**

### **Watercolor or Acrylic Art Class with Audrey Carrol**

Second session, **Friday, December 6th and 13th from 10:30am-12:30pm**. All levels class for watercolor or acrylic painting. Details on the projects in the November newsletter. Cost of class is \$25.00, pay the instructor at class. Pre-registration by December 2nd, please call 860-228-1700.

### **AARP Safe Driving Class**

**Tuesday, December 3rd from 9:00am—1:00pm**. AARP members cost \$20, and non-members cost \$25 and payable to the instructor day of class. You must pre-register by Monday, December 2nd by 10:00am 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.

### **Holiday Party**

Save the date—**Wednesday, December 18th from 12:15-2:00pm** and then stay for RHAM Bingo at 2:30. Sunshine Singers will perform, food, fun, and holiday festivities. Details in the December newsletter.

### **Great Courses—Moving to the new year—please stay tuned**

## What's Happening In the Community

### St. Peter's Church Monthly Dinners

30 Church St. (Rte. 85) - 4:00-6:00pm

Dinners/Drive Thru (while supplies last)

Cost \$17—Dinner proceeds donated to various groups

November 16th—Roast Pork Dinner (WAIM)

December 7th—St. Nicholas Fair\*\* (Oak Hill/Hemlocks)

\*\* Denotes luncheon menu items possibly to be chicken salad, tuna salad, and egg salad sandwiches, hot dogs, and chowder (menu subject to change—refer to the Rivereast as the event nears)

### FREE COVID TEST KITS AVAILABLE AGAIN

Order Your 4 Free At-home COVID-19 Tests

Every U.S. household is eligible to order 4 free at-home tests. Your order of COVID tests is completely free – you won't even pay for shipping. We will start shipping tests the week of September 30.

**Covidtests.gov**

**If you don't have a computer, you can come in to the senior center and we can help you order them OR Need help placing an order for your at-home tests? Call 1-800-232-0233**

### Historical Buildings to Open

The Hebron Historical Society will open Burrows Hill Cemetery and Burrows Hill School during Veterans Day weekend on Saturday, Nov. 9, from 10 a.m.-1 p.m. Burrows Hill Cemetery (295 Burrows Hill Rd.) offers portrayals of long-departed veterans Capt. Elisha Beach, James Tefft and Harvey Johnson. The founder of the Freedman's Bureau, Josephine White Griffing, will also greet visitors. Burrows Hill School (125 School House Rd.), Hebron's earliest remaining schoolhouse, provides a unique insight into early classroom life. Come sit at original desks and leaf through early books as you learn the history of this building. Admission is free but donations are accepted. Visit [hebronthistoricalsociety.org](https://hebronthistoricalsociety.org) for more information.

### The 21st annual Air Line Trail Ghost Run Half Marathon

Starts at Hebron Elementary School ends in the center of East Hampton, sponsored by the Towns of Hebron, Colchester, and East Hampton is scheduled for **Saturday November 2nd!** Check out the website for more details <https://runsignup.com/ghostrun>



### 10th Annual Shred Event November 2, 2024

**9 a.m. - Noon • RHAM Parking Lot NORTH END**

**Sponsored by the Hebron Green Committee**

Every year we host a Shred Event for residents of Hebron, Andover and Marlborough in honor of America Recycles Day.

We're continuing the event with the same rules as during "Covid", which means all visitors must remain in your car for the entirety of your visit. Put your sensitive documents in a paper bag or box and place them in your TRUNK. Paper bags are preferred. We take only household documents and there is a 5 box maximum per household.

We do not take monetary donations but appreciate canned good donations for Hebron's Interfaith Food Pantry.

### Forest Fire Danger

A reminder to our community members, a "Red Flag Warning" remains in effect for the state. Any issued burn permits are voided during high fire danger.

If you have received a permit from your local Open Burning Official to burn brush on your property, the permit is not valid if the Forest Fire Danger is rated high, very high or extreme and you are burning within 100 feet of a grassland or woodland.

Emergency Burn Ban In Effect 10/26/24 - An emergency burn ban is now in effect for all Connecticut State Parks, Forests, and Wildlife Management areas, prohibiting the use of all outdoor grills, firepits, and campfires, and the kindling and use of flame outdoors. DEEP and local agencies are working to contain several active fires across the state. Please avoid all affected State Parks and Forests, as well as the blue-blazed Mattabesett Trail. Please note that today's forest fire danger report remains at a 'very high' level.

**As Smokey Bear says "Only you can prevent wildfires!"**

## **Key changes to Medicare for 2025 as part of the Inflation Reduction Act**

The Medicare reforms apply to all standalone Medicare prescription Part D plans and Medicare Advantage Plans (also known as Part C) that have prescription drug coverage.

During open enrollment, which runs from October 15 through December 7 each year, we strongly encourage people to select plans that best match their current prescription and medical needs.

We recommend that you pay close attention to any changes in your current plan related to medications you may need, and carefully review any potential new plans' drug coverage and related copays and coinsurance. Even though the plan that you currently have is working for you now, there may be other advantageous options available to you for next year.

Beginning January 1, 2025, people with Part D plans through traditional Medicare and Medicare Advantage plans (Part C) with prescription drug coverage, won't pay more than \$2,000 during the calendar year in out-of-pocket costs for their covered prescription medications. All prescription medications covered by your Medicare drug plan are included under this cap, including deductibles, copayments, and coinsurance for covered drugs. But, if your drugs are not covered by your prescription drug plan (not in the plan's formulary), they will not apply to the \$2,000 limit. Another reason to review your coverage for 2025.

### **Another big change of 2025 is the Medicare Prescription Payment Plan**

The Medicare Prescription Payment Plan is a new **voluntary** Medicare prescription payment option going into effect on January 1, 2025. This program lets you spread your out-of-pocket drug payments throughout the calendar year but won't lower them. You can opt in to the program through both traditional Medicare Part D prescription drug plans and Medicare Advantage drug plans (Part C).

Anyone enrolled in a Medicare drug plan who thinks they would benefit from the Medicare Prescription Payment Plan, regardless of their level of out-of-pocket spending, can opt-in to the program by contacting their plan.

### **Several other important changes to the Medicare prescription drug benefit have been made**

- Elimination of the coverage gap also known as the donut hole
- Elimination of the 5% coinsurance for Medicare catastrophic coverage drugs
- No cost-sharing for vaccines
- Insulin copay monthly cap of \$35

### **Some special info regarding the insulin cap**

As of January 1, 2023, cost-sharing for insulin products has been limited to no more than \$35 per month for people with Medicare insurance, including insulin covered under both Part D, Part B and Part C. Note that plans are not required to cover all brands and types of insulin which reinforces the need for you to ensure that your prescriptions, including insulin, are covered by your plan.

Insulin-related supplies (like syringes, needles, alcohol swabs, and gauze), are not subject to this \$35 for a monthly supply cap.

If you use a disposable insulin patch pump, you'll continue to get your insulin through your Medicare prescription drug plan, and the insulin for your pump won't cost more than \$35 for a month's supply of each insulin product covered under your particular insurance plan.

If your Medicare prescription drug plan covers disposable insulin patch pumps, the pump is considered an insulin supply, just like syringes, needles, alcohol swabs, and gauze. Because it isn't an insulin product, the pump isn't subject to the \$35 cap.

If you use an insulin pump that's covered under Medicare Part B's durable medical equipment benefit, or you get your covered insulin through a Medicare Advantage Plan (Part C), your insulin costs will be capped at \$35 for a one-month supply.

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### **Key changes to Medicare for 2025 as part of the Inflation Reduction Act**

If you use a disposable insulin patch pump, you'll continue to get your insulin through your Medicare prescription drug plan, and the insulin for your pump won't cost more than \$35 for a month's supply of each insulin product covered under your particular insurance plan.

If your Medicare prescription drug plan covers disposable insulin patch pumps, the pump is considered an insulin supply, just like syringes, needles, alcohol swabs, and gauze. Because it isn't an insulin product, the pump isn't subject to the \$35 cap.

If you use an insulin pump that's covered under Medicare Part B's durable medical equipment benefit, or you get your covered insulin through a Medicare Advantage Plan (Part C), your insulin costs will be capped at \$35 for a one-month supply.

### **Changes to Medicare Part D premiums**

The Inflation Reduction Act includes a provision that prevents "Medicare Part D base beneficiary premiums" from increasing more than 6% each year. Unfortunately, the base beneficiary premium is not the same as the amount that Part D enrollees pay for coverage, and the law did not cap the growth in individual plan premiums to 6%. Health plans use the base beneficiary premium to calculate their plan's basic premiums, but they also consider other factors.

This Inflation Reduction Act premium provision is effective from 2024 to 2029, so the base beneficiary premium is limited to 6% increases each year, but plans are not limited in other increases. You should carefully review your current plan, and other potential plan options, during open enrollment to ensure that you are considering all out-of-pocket costs and coverage.

The most important message for all Medicare beneficiaries is **LOOK AT ALL OF YOUR MEDICARE PLAN OPTIONS EVERY YEAR DURING MEDICARE OPEN ENROLLMENT** (October 15 through December 7).

Every state has counselors who are specifically trained to impartially assist you in this process.

**At Hebron's Senior Center both Sharon Garrard-Hoffman and Dennis Farrar are certified, trained CHOICES counselors. Please contact us at 860-228-1700 to schedule an appointment to review all of your Medicare options. NO Walk-ins.**

**Medicare Open Enrollment begins Tuesday, October 15th—December 7th  
Last day for an appointment at the Senior Center will be Friday, December 6th**

### **MOW Drivers needed**

Looking for one or two volunteers to deliver meals on wheels. Mondays are an open slot (but can be adjusted if necessary) and a substitute driver if a regular driver is unavailable. General time range 11:00am-12:30pm, please call 860-228-1700.

## Connecticut Energy Assistance Program (CEAP)

- What is Connecticut Energy Assistance Program (CEAP)?

The Connecticut Energy Assistance Program helps income-qualifying households with their home energy bills. The Connecticut CEAP program is **available from November 1st through April 30th** each year and may be able to offer you assistance with weatherization and energy-related home repairs.

- Who is eligible for Connecticut Energy Assistance Program (CEAP)?

To be eligible for this benefit program, you must be a resident of Connecticut

A person who participates or has family members who participate in certain other benefit programs, such as SNAP, SSI, TANF, automatically meets the eligibility requirement.

**In order to qualify, you must also have a gross annual household income that is below 60 percent of the State Median Income:**

1 Person Household	2 Person Household	3 Person Household	4 Person Household	5 Person Household	6 Person Household
\$45,505	\$59,507	\$73,509	\$87,511	\$101,512	\$115,514

Award amounts toward your 2024-2025 winter heating costs are determined on a sliding scale.

You may also qualify for:

### Eversource's Connecticut Electric Discount Rate

A bill discount is available for residential electric customers

There are two tiers of discount (10% or 50%) depending on your annual household income or receipt of a public assistance benefit. For customers who do not heat with electricity, the discount will be applied to the first 800 kWh each month. For customers who do heat with electricity, the discount will be applied to the first 1,200 kWh each month

#### Do I Qualify?

##### Eligible income for 10% Discount Rate

You may be eligible for the 10% discount on your monthly electric bill

To qualify, your household annual income for all adults over 18 must be at or below 60% of the state median income, or you can show receipt of a public assistance benefit for at least one household member – Medicare Savings Program (Specified Low Income Medicare Beneficiary or Additional Low Income Medicare Beneficiary, CT Energy Assistance Program Level 3, HUSKY B or CHIP (Children's Health Insurance Program). If you participate in Section 8 Housing, Rental Assistance Program (RAP), or the CT Energy Assistance Program Level 2, additional proof of income is needed to substantiate eligibility

1 Person Household	2 Person Household	3 Person Household	4 Person Household	5 Person Household	6 Person Household
\$45,505	\$59,507	\$73,509	\$87,511	\$101,512	\$115,514

##### Eligible income for the 50% Discount Rate

You may be eligible for the 50% discount on your monthly electric bill.

To qualify, your household annual income for all adults over 18 must be at or below 160% of the federal poverty guidelines, or you can show receipt of a public assistance benefit for at least one household member – Supplemental Nutrition Assistance Program (SNAP)/CT Free or Reduced Lunch, Temporary Assistance to Needy Families (TANF or TFA), State Administered General Assistance (SAGA), State Cash Assistance/State Supplement, Woman/Infant/Children (WIC), Supplemental Security Income, Medicaid or HUSKY A, C, or D, Medicare Savings Program (Qualified Medicare Beneficiary Program), Refugee Cash or Medicals Assistance, Head Start, CT Energy Assistance Program Level 1

1 Person Household	2 Person Household	3 Person Household	4 Person Household	5 Person Household	6 Person Household
\$24,096	\$32,704	\$41,312	\$49,920	\$58,528	\$67,136



Additionally, if you heat with electricity, you may qualify for

### **Eversource's Connecticut Matching Payment Program**

The Matching Payment Program provides bill payment assistance for qualified Connecticut customers with electric heating service.

#### **How it Works**

To participate, you must be approved for and receive energy assistance from the CT Energy Assistance Program

For every dollar you pay toward your bill, Eversource will credit a dollar to your past-due amount down to a zero balance. So, you pay a portion, CEAP pays a portion, and Eversource pays a portion.

#### **Eligibility requirements**

- You must be a current Eversource residential customer and heat your home with electricity
- Your household income must be at or below 60 percent of the state median income

1 Person Household	2 Person Household	3 Person Household	4 Person Household	5 Person Household	6 Person Household
\$45,505	\$59,507	\$73,509	\$87,511	\$101,512	\$115,514

- You must have CEAP energy assistance funds applied directly to your Eversource account
- You must continue to pay your payment arrangement amount on time each month

If you do not heat with electricity, but have a back balance with Eversource, you may qualify for

### **Eversource's New Start Program**

The New Start program can help eliminate your outstanding balance in as little as 12 months if you make on-time monthly payments.

#### **How it Works**

- Eversource will review your account billing history and set a monthly payment plan based on the average of your regular monthly bill.
- When you make your New Start monthly payment, a portion of your total balance at the time of enrollment will be eliminated, or "forgiven," reducing the amount you owe. The amount forgiven each month is calculated by taking your total enrolled balance and dividing it by 12.
- As long as you continue to make your New Start payment, your service will not be shut-off for non-payment.

For example, if your budget payment amount is set at \$150 per month and your past due balance is \$1,200, for every month you make your required \$150 budget payment towards your current bill, we will reduce your past-due balance by \$100.

#### **To be eligible:**

- You must be a current Eversource residential electric customer with a past due balance of \$100 or more that is 60 or more days past due; and
- Your income must fall at or below 60 percent of state median income;

1 Person Household	2 Person Household	3 Person Household	4 Person Household	5 Person Household	6 Person Household
\$45,505	\$59,507	\$73,509	\$87,511	\$101,512	\$115,514

or

- You have a medical certification for a household member; or
- You have applied for, and are eligible to receive CEAP funds, or are able to provide other proof of income

**CT Energy Assistance Applications**  
**Please call us 860-228-1700 to make an appointment—no walk-ins**



# **CAREGIVER SUPPORT GROUP**

At the Hebron Senior Center

12 Stonecroft Dr. Hebron 06248

Led by Dennis Farrar, Adult & Senior Services Social Worker

***THE CAREGIVER SUPPORT GROUP OFFERS A SAFE PLACE TO DISCUSS THE STRESSES, CHALLENGES, AND REWARDS OF PROVIDING CARE FOR A LOVED ONE AND LEARNING ABOUT RESOURCES AND IDEAS TO ASSIST YOU IN THROUGH THE PROCESS***

The Support Group will meet the

**3rd Friday of the month - November 15th**

**From 11:00am—Noon**

**FOR MORE INFORMATION CALL DENNIS AT**

**860-228-1700 EXT. 204**

**Registration requested, but not required**

# Live Well Workshop!

Join us for a FREE 6-week workshop to gain the knowledge and skills needed to live well with ongoing health conditions.

**When:**

Tuesday's, beginning November 12th through December 17th, from 9:30am-12:00 noon

**Where:**

Russell Mercier Senior Center, 14 Stonecroft Drive, Hebron, CT 06248

**Contact:**

Vickie 860-214-0308

Connect with others weekly and explore:

Action planning and problem solving

Decision-making and communications skills

Working effectively with healthcare providers

Overcoming difficult emotions

Healthy lifestyle choices





# GLASTONBURY

## LGBTQ+ MOVEABLE SENIOR CENTER

### SOCIAL HOUR & CHARCUTERIE BOARD WORKSHOP

Thursday, November 14th; 6-7:30pm  
Riverfront Community Center  
300 Welles Street, Glastonbury

**FEE: \$45; REGISTER BY NOVEMBER 8TH**

Get a head start on your holidays and learn to build your own charcuterie masterpiece! The evening begins with light refreshments and mocktails. Following, you'll learn all the basics to impress your guests by create a charcuterie board. You'll leave class with your own 7" disposable palm leaf board complete with two different cheeses, one meat, fruits and a variety of accoutrements.

CALL (860) 652-7638 TO REGISTER OR ONLINE AT  
[GLASTONBURYCT.MYREC.COM](http://GLASTONBURYCT.MYREC.COM)

# Hebron Senior Center Happenings.....November 2024

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

**Transportation call 860-228-5977**

Mon	Tue	Wed	Thu	Fri
<b>28</b> 9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 9:00-3:00—Massage 10:15-11:15 YOGA	29 9:00–3:00 Exer. Rm 10:00–11:30—Knitting/ Crocheting/Needlework 1:00–2:15 Card Making 1:00–3:15 Hand & Foot Canasta	30 9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:15-11:15 YOGA	31 9:00–3:00 Exer. Rm 9:00-3:00—Massage <b>10:15-11:15 TAI CHI - 1st Class</b> 10:10–11:45—SS Singers 1:00-3:00—BINGO 12:45-3:15—Mah Jongg  <b>Dress up for Halloween &amp; Have fun</b>	<b>November 1</b> 9:00—Noon Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul <b>9:00 Shopping— S &amp; S</b>  Change Clocks on Sat. Nov. 2nd
<b>4</b> 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 <b>11:25-Noon—Meditation</b> <b>12:30—Movie Edie</b>	<b>5</b> 9:00–3:00 Exer. Rm <b>10– 12 Bus to Elections</b> <b>10:30—Painting Pumpkins</b> 10:00–11:30—Knitting/ Crocheting/Needlework 11:00 Food Truck—must pre-register 1:00–2:15 Card Making 1:00–3:15 Hand & Foot Canasta	<b>6</b> <b>8:30—Comm. On Aging</b> 9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul NO YOGA <b>10:30-11:30—Move Over Presentation</b>	<b>7</b> 9:00–3:00 Exer. Rm 9:00-3:30—Massage 10:15-11:15 TAI CHI 10:10–11:45—Sunshine Singers 1:00-3:00—BINGO 12:45-3:15—Mah Jongg	<b>8</b> 9:00—Noon Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul <b>9:00 Shopping— Big Y</b>
<b>11</b>  <b>CLOSED</b> <b>Veterans Day</b>	<b>12</b> 9:00–3:00 Exer. Rm <b>9:30-Noon Chatham Health Live Well Workshop</b> 10:00–11:30—Knitting/ Crocheting/Needlework 1:00–2:15 Card Making 1:00–3:15 Hand & Foot Canasta	<b>13</b> 9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:15-11:15 YOGA <b>10:45 Bus Trip—Cracker Barrell</b>	<b>14</b> 9:00–3:00 Exer. Rm 9:00-3:30—Massage 10:15-11:15 TAI CHI 10:15 Sunshine Singers <b>12:00—Lunch Returns</b> 1:00-3:00—BINGO 12:45-3:15—Mah Jongg	<b>15</b> 9:00—Noon Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul <b>9:00 Shopping—Walmart/ Aldis</b> <b>10:30-12:30—Watercolor Class w Audrey</b>  <b>11:00-Noon Caregiver Support Group</b>
<b>18</b> 9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul NO YOGA 9:00-3:00—Massage <b>11:45 Veterans Thank you lunch</b>	19 9:00–3:00 Exer. Rm <b>9:30-Noon Chatham Health Live Well Workshop</b> 10:00–11:30—Knitting/ Crocheting/Needlework <b>10:30-11:45 Ted Talk</b> 11:00 Food Truck—must pre-register <b>12:00—Lunch</b> 1:00–2:15 Card Making 1:00–3:15 Hand & Foot	<b>20</b> 9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:15-11:15 YOGA <b>2:30-4:00—RHAM Bingo</b>	<b>21</b> 9:00–3:00 Exer. Rm 9:00-3:00—Massage 10:15-11:15 TAI CHI 10:10–11:45—SS Singers <b>11:30-12:30 BP Screenings by Chatham Health</b> <b>12:00 Lunch</b> <b>12:15—Chatham Health Presentation—Diabetes</b> 1:00-3:00—BINGO 12:45-3:15—Mah Jongg	<b>22</b> 9:00—Noon Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul <b>9:00 Shopping S &amp; S</b> <b>10:30-12:30—Watercolor Class w Audrey</b>
<b>25</b> 9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 9:00-3:00—Massage <b>10:15-11:15 YOGA —NEW SESSION</b> <b>11:25-Noon—Meditation</b> <b>12:30—Movie Roman J. Israel, Esq</b>	<b>26</b> 9:00–3:00 Exer. Rm <b>9:30-Noon Chatham Health Live Well Workshop</b> 10:00–11:30—Knitting/ Crocheting/Needlework <b>12:00 Lunch</b> 1:00–2:15 Card Making 1:00–3:15 Hand & Foot Canasta	<b>27</b> 9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul <b>9:00—Shopping—Big Y</b> 10:15-11:15 YOGA	<b>28</b>  <b>CLOSED FOR THANKSGIVING</b>	<b>29</b>  <b>CLOSED FOR THANKSGIVING</b>

# Sudoku

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

## How to play

In classic sudoku, the objective is to fill a 9x9 grid with digits so that each column, each row, and each of the nine 3x3 sub-grids that compose the grid (also called "boxes", "blocks", or "regions") contain all of the digits from 1 to 9.

### SOLUTION

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

## Dessert Recipes

### Frosted Cranberry Drop Cookies

#### Ingredients

- 1/2 cup butter, softened
- 1 cup sugar
- 3/4 cup packed brown sugar
- 1/4 cup whole milk
- 1 large egg
- 2 tablespoons orange juice
- 3 cups all-purpose flour
- 1 teaspoon baking powder

- 1/2 teaspoon salt
- 1/4 teaspoon baking soda
- 2-1/2 cups chopped fresh or frozen cranberries
- 1 cup chopped walnuts
- FROSTING:
- 1/3 cup butter
- 2 cups confectioners' sugar
- 1-1/2 teaspoons vanilla extract
- 2 to 4 tablespoons hot water



#### Directions

- In a bowl, cream butter and sugars. Add milk, egg and orange juice; mix well. Combine the flour, baking powder, salt and baking soda; add to the creamed mixture and mix well. Stir in cranberries and nuts.
- Drop by tablespoonfuls 2 in. apart onto greased baking sheets. Bake at 350° until golden brown, 12-15 minutes. Cool on wire racks.
- For frosting, heat the butter in a saucepan over low heat until golden brown, about 5 minutes. Cool for 2 minutes; transfer to a small bowl. Add sugar and vanilla. Beat in water, 1 tablespoon at a time, until frosting reaches desired consistency. Frost the cookies.

### Pumpkin Dump Cake

#### Ingredients

- 1 can (15 ounces) pumpkin
- 1 can (12 ounces) evaporated milk
- 3 large eggs, room temperature
- 1 cup sugar

- 4 teaspoons pumpkin pie spice
- 1 package yellow cake mix (regular size)
- 3/4 cup butter, melted
- 1-1/2 cups chopped walnuts
- Vanilla ice cream or whipped cream

#### Directions

- In a large bowl, beat first 5 ingredients until smooth.
- Transfer to a greased 13x9-in. baking dish. Sprinkle with cake mix and drizzle with butter. Top with walnuts.
- Bake at 350° for 1 hour or until a knife inserted in the center comes out clean. Serve with ice cream or whipped cream.



## Recipes

### Mushroom Turkey Tetrazzini

#### Ingredients

- 12 ounces uncooked multigrain spaghetti, broken into 2-inch pieces
- 2 teaspoons chicken bouillon granules
- 2 tablespoons butter
- 1/2 pound sliced fresh mushrooms
- 2 tablespoons all-purpose flour
- 1/4 cup sherry or additional pasta water
- 3/4 teaspoon salt-free lemon-pepper seasoning
- 1/2 teaspoon salt
- 1/8 teaspoon ground nutmeg
- 1 cup fat-free evaporated milk
- 2/3 cup grated Parmesan cheese, divided
- 4 cups cubed cooked turkey breast
- 1/4 teaspoon paprika, optional

#### Directions

- Preheat oven to 375°. Cook spaghetti according to package directions for al dente. Drain, reserving 2-1/2 cups pasta water; transfer spaghetti to a 13x9-in. baking dish coated with cooking spray. Dissolve bouillon in reserved pasta water.
- In a large nonstick skillet, heat butter over medium-high heat; saute mushrooms until tender. Stir in flour until blended. Gradually stir in sherry, reserved pasta water and seasonings. Bring to a boil; cook and stir until thickened, about 2 minutes.
- Reduce heat to low; stir in milk and 1/3 cup cheese until blended. Add turkey; heat through, stirring constantly. Pour over spaghetti; toss to combine. Sprinkle with remaining cheese and, if desired, paprika.
- Bake, covered, until bubbly, 25-30 minutes.



### Sweet Potato Casserole with Pecans

#### Ingredients

- 3 cups cold mashed sweet potatoes (prepared without milk or butter)
- 1 cup sugar
- 3 large eggs
- 1/2 cup 2% milk
- 1/4 cup butter, softened
- 1 teaspoon salt
- 1 teaspoon vanilla extract
- TOPPING:
- 1/2 cup packed brown sugar
- 1/2 cup chopped pecans
- 1/4 cup all-purpose flour
- 2 tablespoons cold butter

#### Directions

- Preheat oven to 325°. In a large bowl, beat the sweet potatoes, sugar, eggs, milk, butter, salt and vanilla until smooth. Transfer to a greased 2-qt. baking dish.
- In a small bowl, combine the brown sugar, pecans and flour; cut in butter until crumbly. Sprinkle over sweet potato mixture. Bake, uncovered, until a thermometer reads 160°, 45-50 minutes.



### Hearty Potato Soup

#### Ingredients

- 6 bacon strips, diced
- 3 cups cubed peeled potatoes
- 1 small carrot, grated
- 1/2 cup chopped onion
- 1 tablespoon dried parsley flakes
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 teaspoon celery seed
- 1 can (14-1/2 ounces) chicken broth
- 3 tablespoons all-purpose flour
- 3 cups 2% milk
- 8 ounces Velveeta, cubed
- 2 green onions, thinly sliced, optional

#### Directions

- In a large saucepan, cook bacon over medium heat until crisp, stirring occasionally; drain drippings and set bacon aside. Add vegetables, seasonings and broth; bring to a boil. Reduce heat; simmer, covered, until potatoes are tender, 10-15 minutes.
- Mix flour and milk until smooth; stir into soup. Bring to a boil, stirring constantly; cook and stir until thickened, about 2 minutes. Stir in cheese and bacon until melted. If desired, top with green onions and additional bacon.



# The Month of November 2024: Holidays, Fun Facts, Folklore

November, the 11th month of the year, has 30 days and marks the beginning of the winter holiday season for most folks, even if the winter solstice doesn't occur until late December.

We've made this month, named for the ninth (novem) month in the early Roman calendar, into a social time of community suppers, feasts of thanksgiving, and general elections.

## November Calendar

- November 1 is Diwali and All Saints' Day.
- November 2 is Sadie Hawkins Day.
- November 3 at 2 A.M. is the end of Daylight Saving Time. Set your clocks back one hour on Saturday night at bedtime! See more about DST.
- November 4 is Will Rogers Day.
- November 5 is Election Day (U.S.). Don't forget to vote in state and federal elections! Every vote counts. Make an Election Day Cake to celebrate.
- November 11 is Veterans Day (U.S.) and Remembrance Day (Canada).
- If you're fortunate, you may experience an "Indian Summer" in November, but according to the traditional definition, it can only occur between November 11 and 20! What is an Indian Summer?
- November 19 is Discovery of Puerto Rico Day.
- November 28 is Thanksgiving Day (U.S.). Understand the history and origins of Thanksgiving.
- The day after Thanksgiving, November 29 this year, is known as Black Friday.

## "Just for Fun" Dates in November

- November is Banana Pudding Lovers Month—who knew? Here are some more wacky celebrations to look forward to:
- Nov. 1: National Cook for Your Pets Day
- Nov. 6: Zero-Tasking Day
- Nov. 9: National Scrapple Day
- Nov. 16: National Button Day
- Nov. 21: World Hello Day
- Nov. 23: Fibonacci Day

## November Moon & Astronomy

The Full Beaver Moon

November's full Moon is traditionally called the Beaver Moon. Why this name? In the colonial era, this was the month to set one's beaver traps before the swamps froze and beavers retired to their lodges, to ensure a supply of warm winter furs.

In 2024, November's full Moon occurs on Friday, November 15.

## November Weather Folklore

If there's ice in November that will bear a duck, there'll be nothing after but sludge and muck.

November take flail; let ships no more sail.

If trees show buds in November, the winter will last until May.

There is no better month in the year to cut wood than November.

Ice in November brings mud in December.

## November Gardening

Use small stakes or markers where you've planted bulbs or late-starting plants in the perennial garden to avoid disturbing them when you begin spring soil preparation.

Check trees around your house for weak branches that should be removed by you now, rather than by snow and ice later.

## November Birthstone

November's traditional birthstone is the topaz, usually a yellow to amber color. The ancient Greeks believed that topaz could make a wearer invisible. A symbol of honor and strength, topaz was also believed to bring longevity and wisdom.

## Birth Flowers

November's birth flower is the chrysanthemum. Generally, chrysanthemums represent cheerfulness. A red one conveys, "I love you." White symbolizes truth or pure love. A yellow one indicates slighted love.



**Across**

- 1. Bibliographer's abbr.
- 5. Some Prado works
- 10. "Mr. Holland's \_\_\_\_"
- 14. First name in jeans
- 15. Skilled
- 16. Lady's man
- 17. Vegan's taboo
- 18. Postal payment
- 20. Current-measuring instruments
- 22. Take a zigzag course
- 23. Golden \_\_\_\_ (seniors)
- 24. Dance, when doubled
- 26. Wedding page word
- 27. 2004 episodes of "Leave It to

**Beaver"**

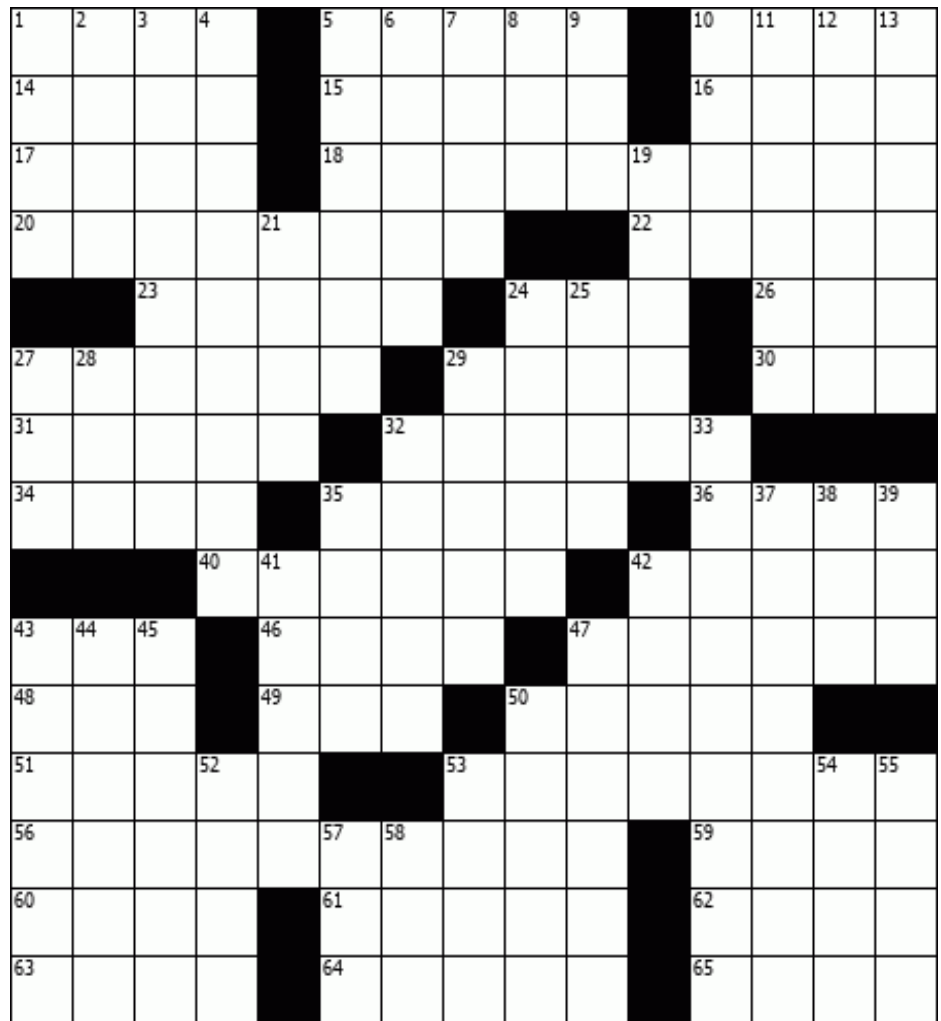
- 29. Relocate
- 30. Explosive initials
- 31. Met highlights
- 32. Rule
- 34. Four seasons
- 35. Its sections start each theme

**answer**

- 36. Ashtabula's lake
- 40. Casino employee
- 42. Pitchers in basins
- 43. Health haven
- 46. Contended
- 47. Mortarboard attachment
- 48. Witch's work
- 49. Links luminary Ernie
- 50. Sun, star or cloud follower
- 51. Negatively charged particle
- 53. Pub seat
- 56. Blazer
- 59. Suffix with buck
- 60. Like most pets
- 61. Eye shade
- 62. Hawaii's state bird
- 63. Besides
- 64. Some shorelines do it
- 65. Unexciting

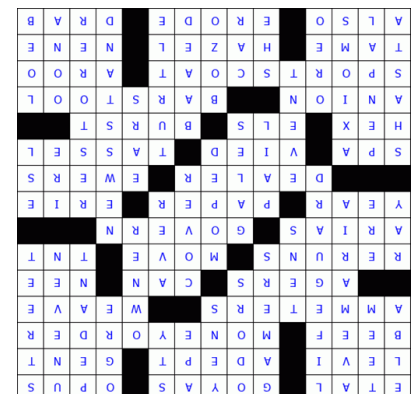
**DOWN**

- 1. Where Napoleon was exiled
- 2. Swarm
- 3. Rosary prayer
- 4. Pool worker
- 5. Xbox enthusiasts
- 6. Olfactory input
- 7. Hankerings
- 8. Gibbon, e.g.
- 9. Farm enclosure
- 10. Folklore fiend
- 11. Bookworm
- 12. Not fair
- 13. Easy or Wall
- 19. Title holder
- 21. Addition column
- 24. Spy's disguise
- 25. Declare as fact
- 27. Sci-fi gun
- 28. Prior to, in poetry



**DOWN**

- 29. Motorized transport
- 32. Strong winds
- 33. Dispenser for 35-Across
- 35. It'll hold water
- 37. Museum worker
- 38. Fury
- 39. Subj. for immigrants, perhaps
- 41. Happening
- 42. Canal zones?
- 43. National forest in California
- 44. One involved in foreign exchange?
- 45. Self-evident truths
- 47. Terrapin
- 50. Responded sheepishly
- 52. Black-and-white treat
- 53. Old television clown
- 54. Mrs. Chaplin
- 55. Darrow client of 1924
- 57. "\_\_\_\_ Loves You" (Beatles)
- 58. Word with box or cable



## Thankful For...

Find and circle all of the people and things to be thankful for. The remaining letters spell a secret message.

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

ACTS OF KINDNESS  
 A PLACE TO LIVE  
 BEACHES  
 BEAUTIFUL NATURE  
 BLESSINGS  
 BOOKS  
 BROTHERS  
 CARE GIVERS  
 CHILDREN  
 CHRISTMAS  
 CLEAN WATER  
 CLOTHING  
 COMPUTERS

ELECTRICITY  
 EYEGLASSES  
 EYESIGHT  
 FAITH  
 FAMILY  
 FLOWERS  
 FOOD  
 FREEDOM  
 FRESH AIR  
 FRIENDS  
 FUN  
 GOOD HEALTH  
 GRANDMA

GRANDPA  
 HAPPY MEMORIES  
 HEARING  
 HOLIDAYS  
 HUMOR  
 INTERNET  
 LAUGHTER  
 LIFE  
 LOVE  
 MUSIC  
 NURSES  
 PARENTS  
 PEACE

PETS  
 RAINBOWS  
 SCHOOL  
 SINGING  
 SISTERS  
 SMART PHONES  
 SMILES  
 SUNSHINE  
 TEACHERS  
 TELEVISION  
 VOLUNTEERS  
 WARM SHOWERS