

2024

Hebron

October

Senior Center Newsletter

RUSSELL MERCIER SENIOR CENTER

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Information Session on Medicare including the key changes made for 2025

Join us on Tuesday, October 22nd at 10:00am for an info session led by our very own Director and Medicare Choices Counselor, Sharon Garrard-Hoffman, on all to know about Medicare, especially the changes coming for 2025, see more information on these changes on page 6-7. Even if you're already enrolled, you should always review your plan each year. Please sign-up for the info session by calling 860-228-1700.

Caregiver Support Info Session & Caregiver Support Group

More details on page 10. Please join Social Worker Dennis Farrar on Friday, October 11th from 11-Noon for a Caregiver Support Info Session and then beginning Friday, October 18th and every 3rd Friday from 11:00am-Noon, a Caregivers Support Group.

Ted Talk Discussions

Just like a book club, but with talks. They 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. TED Talks are often presented by scientists, researchers, technologists, business leaders, artists, and designers. We will watch a Ted Talk on a selected topic and then discuss what we just watched. They will be on the 2nd Tuesday of the month (October 8th, November 12th, December 10th)—10:30-11:45am. To register 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 October 17th will be Mental Health Awareness, November 21st Diabetes, and December 19th Healthy Aging. Please call, 860-228-1700 to register.

Monthly Blood Pressure Screenings

Beginning Thursday, October 17th and then 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.

Move Over Program and Safe Driving Strategies

Thursday, October 24th 10:00-11:00am. 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.

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 and then run until November 21st (4 classes this session) Cost is \$12. Please sign-up asap so we have an idea of our starting numbers. Or call us at 860-228-1700**

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 2 scheduled Commission on Aging Meetings are scheduled for Wednesday, October 2nd & 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

October 8th & 22nd—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 based on where pick-ups will be**—Friday, October 4th Walmart/Aldis, October 11th Stop and Shop, October 18th Big Y, October 25th Walmart/Aldis, November 1st Stop and Shop. 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 October dates are the 7th and 21st. 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 Roczniak 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 **Wednesday, October 16th and will run until Wednesday, November 20th (8 sessions for \$24).** No Class on Monday, October 14th (we're closed), Wednesday, November 6th and 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, October 7th, Driveways,** A lonesome boy accompanies his mother on a trip to clean out his late aunt's house, where he ends up forming an unexpected friendship with the retiree who lives next door. **Monday, October 21st, The Whale,** 2 time Oscar winning movie, A reclusive English teacher (Brendan Fraser), living alone in the wake of a tragedy, attempts to reconnect with his teenage daughter for a chance at redemption in filmmaker Darren Aronofsky's emotional story of heartache, empathy, and grace.

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.

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.

Planning ahead

Transportation for the Election

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.

Great Courses—Coming in November

Come together for engaging courses designed to enrich and improve your life. Academically comprehensive and relentlessly engaging, Great Courses bring lifelong learners face-to-face with trusted professors and subject matter experts on topics ranging from science and history to philosophy and religion to travel and professional growth. Experience the pure joy of learning.

Pumpkin Painting/Marbling

Join us on **Wednesday, November 6th at 10:30am (this is a date change from the original date)** to paint pumpkins and marbling (which is a dip in water and 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

Live Well Workshop

Tuesdays, November 12—December 17th, 9:30-Noon, FREE, by Chatham Health. See flyer on page 12 for detailed info

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. Details on the projects in the November newsletter. 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.

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

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.

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.

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. More details in November newsletter, but you can sign-up now, 860-228-1700.

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. More details in the November newsletter.

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
 October 4th & 5th—Harvest Festival** (Camp Washington)
 October 19th Harvest Moon (Lebanon Food Bank)
 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)

Harvest Moon Celebration

Saturday, October 26th 1:00-6:00pm

127 Main St. Hebron (Ted's Parking Lot)

In partnership with The Town Center Project, Ted's is Proud to Support the Hebron Harvest Moon Celebration. Stop by Ted's for a fun, day of fun, games, cars, treats and music!

Fun & Games • 1:00 to 3:00 pm

Spider Race • Tic-Tac-Boo- Spoon Race • Monster Eye • Scary Corn Hole

Village Shoppe Cruise Night• 3:00 to 6:00 pm

Live Music by Dead Rider

Trick or Treating • 5:00 to 6:00 pm

HEBRON PARKS AND RECREATION PRESENTS

TRUNK OR TREAT

AT BURNT HILL PARK PAVILION

FRIDAY, OCTOBER 25TH

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



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.

Hebron Farmers & Artesian Market

Join us as we kick off our 2024 Farmers Market Season! We are delighted to host a wide variety of Farms and Crafters! There will be food and beverages from Soulfully Delicious, The Kettle Corn Co., and Simply Mixx, as well as live music from School of Rock! Come shop local and support your community!

Hebron Elementary School, 92 Church Street, Hebron

10/05/2024 Saturday 9:00 AM 12:00 PM

Last One of the Season!!!!

FREE COVID TEST 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

Information Session on Medicare including the key changes made for 2025

Join us on **Tuesday, October 22nd at 10:00am for an info session led by our very own Director and Medicare Choices Counselor, Sharon Garrard-Hoffman**, on all to know about Medicare, especially the changes coming for 2025. Even if you're already enrolled, you should always review your plan each year. Please sign-up for the info session by calling 860-228-1700.

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 INFO SESSION

HOSTED BY Social Worker, Dennis Farrar who will go over resources and tools to assist you, the caregiver, towards managing the very demanding aspects of caring for a loved one.

Friday, October 11th from 11:00-Noon

CAREGIVER SUPPORT GROUP

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 starting

October 18th 11:00am—Noon

FOR MORE INFORMATION CALL DENNIS AT

860-228-1700 EXT. 204

Registration IS requested, but not required

Eastern CT Veterans Community Center

47 Crescent Street, Willimantic, CT, 06226 860-423-6389 easternCTveteranscenter@gmail.com

Every Wednesday veterans come for our Coffee House from 9-11:00 AM and enjoy the comradery and family connectiveness that has grown between our servicemen. Each week they enjoy different speakers, presentations and videos over coffee and breakfast. Windham Regional Veterans Coffeeshouse EVERY WEDNESDAY, 9-11 AM NEW LOCATION 47 Crescent St. Willimantic CT Variety of speakers, announcements, updates and camaraderie... plus coffee & donuts. Veterans of any age or branch of our Armed Forces are welcome to join us!

Veterans that need assistance with their benefits, housing, employment and even learning how to use a computer, can make an appointment to meet with the Windham VA Veteran Representative.

The Center is run completely by volunteers and donations. We collaborate with our partners to provide experts and care to meet our veterans needs. Our volunteers are incredibly strong advocates for veterans and we work closely with our municipal, state and federal lawmakers to make sure veterans are taken care of.

If you would like to know more or to volunteer, please contact us at 860-423-6389. You can text us or leave a voice message.

FLU AND COVID-19 VACCINATION CLINIC

TUESDAY, OCTOBER 15TH
10:00AM - 12:00PM
HEBRON SENIOR CENTER
14 STONECROFT DR
HEBRON CT

LIMITED QUANTITIES AVAILABLE OF COVID-19 VACCINE.
CALL VICKIE TO RESERVE YOUR DOSE 860-214-0308

Flu available for ages 6 months and older. Pfizer and Moderna available for ages 12 and older. Children must be accompanied by an adult. Please bring ID and insurance card or payment. Visit chathamhealth.org for a list of accepted insurance providers.

Please fill out your paperwork at the link below:



Please contact
info@chathamhealth.org
with any questions!



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



Hebron Senior Center Happenings.....October 2024

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

Transportation call 860-228-5977

Mon	Tue	Wed	Thu	Fri
30 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 11:25-Noon—Meditation 12:30—Movie—The Visitor	October 1 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	October 2 8:30 Comm. On Aging 9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:15-11:15 YOGA	3 9:00–3:00 Exer. Rm 9:00-3:00—Massage 10:10–11:45—Sunshine Singers 1:00-3:00—BINGO 12:45-3:15—Mah Jongg	4 9:00—Noon Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 9:00 Shopping— Walmart/Aldis
7 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 11:25-Noon—Meditation 12:30—Movie Driveways	8 9:00–3:00 Exer. Rm 10:00–11:30—Knitting/ Crocheting/Needlework 10:30-11:45 Ted Talk 11:00 Food Truck—must pre-register 1:00–2:15 Card Making 1:00–3:15 Hand & Foot Canasta	9 9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:15-11:15 YOGA	10 9:00–3:00 Exer. Rm 9:00-3:30—Massage 10:10–11:45—Sunshine Singers 1:00-3:00—BINGO 12:45-3:15—Mah Jongg	11 9:00—Noon Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 9:00 Shopping— S & S 11:00-Noon Caregiver Support INFO SESSION
14 CLOSED Columbus/ Indigenous Peoples Day	15 9:00–3:00 Exer. Rm 10-Noon—Flu & Covid Clinic—see flyer pg 11 10:00–11:30—Knitting/ Crocheting/Needlework 1:00–2:15 Card Making 1:00–3:15 Hand & Foot Canasta	16 9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:15-11:15 YOGA —NEW SESSION	17 9:00–3:00 Exer. Rm 9:00-3:30—Massage 10:15 Sunshine Singers 11:30-12:30 BP Screen- ings by Chatham Health 12:15—Chatham Health Presentation—Mental Health Awareness 1:00-3:00—BINGO 12:45-3:15—Mah Jongg	18 9:00—Noon Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 9:00 Shopping—Big Y 11:00-Noon Caregiver Support Group
21 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 11:25-Noon—Meditation 12:30—Movie The Whale	22 9:00–3:00 Exer. Rm 10:00 Medicare Info Ses- sion 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	23 9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 10:15-11:15 YOGA	24 9:00–3:00 Exer. Rm 9:00-3:00—Massage 10:00-11:00 Move Over Driver Safety Presentation 10:10–11:45—Sunshine Singers 1:00-3:00—BINGO 12:45-3:15—Mah Jongg	25 9:00—Noon Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 9:00 Shopping Walmart/ Aldis 10:15–12:15– Fun with Stiches AND Created to Create Art Space
28 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 11:00 Food Truck—must pre-register 1:00–2:15 Card Making 1:00–3:15 Hand & Foot	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 10:15-11:15 TAI CHI – 1st Class 10:10–11:45—S Singers 1:00-3:00—BINGO 12:45-3:15—Mah Jongg Dress up for Halloween & Have fun	November 1 9:00—Noon Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul 9:00 Shopping— S & S Change Clocks on Sat. Nov. 2nd



CT BAR ASSOCIATION VIRTUAL FREE LEGAL ADVICE CLINIC

Tuesday, October 22, 2024 -- 10:00 a.m. - 6:00 p.m.
Wednesday, October 23, 2024 -- 10:00 a.m. - 6:00 p.m.

Receive free legal advice during a 30-minute meeting on Zoom
about one of the civil law topics below:

- Personal Bankruptcy
- Family Law
- Fraudulent Business or Debt Collection
- Immigration Law
- Landlord/Tenant
- Pardons
- Unemployment or employee rights
- Other civil legal issue

Pre-registration is required. Sign up at
ctbar.org/FreeLegalAdviceClinic by **October 10, 2024**

Please note: No exceptions can be made to the pre-registration deadline.
Pre-registration is required so that we can find and match you with an attorney
with knowledge and experience related to your legal issue.

Volunteer lawyers will provide brief legal advice on the date of the clinic. They will *not* continue to represent you, file documents in court, or go to court with you.

Before the clinic, you will receive a call from one of our volunteers to learn more about your legal question. It is important you speak to the volunteer so that we can match you with an attorney.

We will do our best to schedule meetings for everyone that registers and accommodate schedule requests. We cannot guarantee that a volunteer attorney will be available or that your meeting will be at the time you prefer.

If you have any questions about the clinic or need help with how to use Zoom,
email us at FreeLegalAdviceClinic@ctbar.org or call (877) 410-7221
(when leaving a message please refer to "Free Legal Advice Clinic")



Sudoku

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

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

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

Dessert Recipes

Oatmeal Cookie Apple Crisp

Ingredients

Filling:

- 6 cups peeled and sliced apples
- ½ cup white sugar
- 1 tablespoon all-purpose flour
- 1 teaspoon ground cinnamon
- ¼ teaspoon salt

Topping:

- ¾ cup old-fashioned rolled oats
- ¾ cup all-purpose flour
- ¾ cup brown sugar
- ½ teaspoon baking soda
- ¼ teaspoon baking powder
- ½ cup butter, melted

Directions

- Preheat oven to 350 degrees F
- Mix apples, white sugar, 1 tablespoon flour, cinnamon, and salt together in a bowl; spread into an 8-inch square baking dish.
- Combine oats, ¾ cup flour, brown sugar, baking soda, and baking powder together in a separate bowl; add butter and mix until crumbly. Crumble topping evenly over apple filling using your hands.
- Bake in the preheated oven until topping is lightly browned, 30 to 40 minutes.



Pumpkin Bread Pudding

Ingredients

For the pumpkin bread pudding

- 1 pound loaf sourdough or artisan bread (12 cups bread chunks)
- 5 eggs
- 2 cups whole milk
- 1 cup pumpkin puree
- ¾ cup brown sugar
- ½ cup granulated sugar
- ½ tablespoon vanilla extract
- 1 ½ tablespoons pumpkin pie spice
- 1 pinch salt

For the bourbon sauce

- ½ cup granulated sugar
- ¼ cup whole milk
- ¼ cup salted butter
- 2 tablespoons bourbon
- 1 teaspoon vanilla extract

Directions

- Preheat the oven to 350 degrees Fahrenheit. Butter or grease a 9 x 13-inch baking dish.
- Cut or tear the bread into 1-inch squares. Place it in the baking dish and place in the preheating oven for 5 to 10 minutes until lightly dried but not browned.
- Meanwhile, whisk the eggs. Then whisk in the milk, pumpkin puree, brown sugar, granulated sugar, vanilla, pumpkin pie spice, and salt. Pour it over the bread in the pan and mix it with your hands until fully coated.
- Place in the oven and bake 45 to 50 minutes, until it is puffed and golden and you can no longer see standing liquid. Allow to cool for at least 15 minutes before serving. Make ahead: This recipe is great made ahead: make it day of and allow to sit at room temperature until serving, or make it 1 day in advance and refrigerate. If you'd like, you can crisp up the top by reheating it in a 350 degree oven until warmed.
- Make the bourbon sauce: Prior to serving, in a small saucepan, whisk together all bourbon sauce ingredients over medium heat. When it starts to simmer, simmer lightly bubbling for 3 minutes, maintaining the heat at medium to medium low so that it doesn't bubble heavily. Once it turns golden brown at about 3 minutes, taste and make sure the flavor is caramelly with a hint of bourbon (the bite of the bourbon should be cooked out). Remove from the heat and strain it into a pitcher. Makes ¾ cup; make up to 3 days in advance, refrigerate, and warm over medium heat before serving.



Recipes—Dinner for One or Two

Broccoli and Beef

Ingredients

- ¼ cup all-purpose flour
- 1 (10.5 ounce) can beef broth
- 2 tablespoons white sugar
- 2 tablespoons soy sauce
- 1 pound boneless round steak, cut into bite size pieces
- ¼ teaspoon chopped fresh ginger root
- 1 clove garlic, minced
- 4 cups chopped fresh broccoli
- Rice or noodles to be served under beef and broccoli

Directions

- In a small bowl, combine flour, broth, sugar, and soy sauce. Stir until sugar and flour are dissolved.
- In a large skillet or wok over high heat, cook and stir beef 2 to 4 minutes, or until browned. Stir in broth mixture, ginger, garlic, and broccoli. Bring to a boil, then reduce heat. Simmer 5 to 10 minutes, or until sauce thickens.
- Serve over rice or noodles or eat it by itself



Mediterranean Pesto Pizza

Ingredients

- 2 tablespoons prepared pesto
- 2 (6 inch) Greek pita flatbreads or Naan bread
- ½ cup feta cheese
- 2 small tomatoes, chopped
- 8 pitted Kalamata olives

Directions

- Preheat oven to 350 degrees F
- Spread pesto onto each pita; top with feta cheese, tomatoes, and Kalamata olives. Place each pita onto a baking sheet.
- Bake in the preheated oven until cheese is melted, 6 to 8 minutes.



Pumpkin & bacon soup

Ingredients

- 1 tbsp vegetable oil
- 50g butter
- 1 onion, finely chopped
- 150g maple-cured bacon, cut into small pieces
- ½ Crown Prince pumpkin or onion squash, peeled, deseeded and cut into medium chunks (you need about 500g pumpkin flesh)
- 1l chicken stock
- 100ml double cream
- 3 tbsp pumpkin seeds, toasted
- maple syrup, for drizzling

Directions

- In a large, heavy-bottomed pan, heat the oil with 25g butter. Add the onion and a pinch of salt and cook on a low heat for 10 mins or until soft. Add 60g bacon and cook for a further 5 mins until the bacon releases its fat. Then increase the heat to medium, add the pumpkin and stock and season. Bring to the boil, then reduce the heat to a simmer, cover with a lid and cook for about 40 mins until the pumpkin is soft. Pour in the cream, bring to the boil again and remove from the heat. Set aside some of the liquid, then blend the remaining pumpkin until smooth and velvety, adding liquid back into the pan bit by bit as you go (add more liquid if you like it thinner). Strain through a fine sieve, check the seasoning and set aside.
- Melt the remaining butter in a pan over a high heat and fry the rest of the bacon with black pepper for 5 mins. Divide the bacon between four bowls, reheat the soup and pour over. To serve, sprinkle over the pumpkin seeds and drizzle with maple syrup.



The Month of October 2024: Holidays, Fun Facts, Folklore

In October, autumn comes into full swing. Let's get in the fall mood! Learn why this month is called October, which holidays to look out for, what to do in the garden, what to bake in the kitchen, when to see the full Hunter's Moon, and more!

The Month of October

This month's name stems from the Latin octo, "eight," because this was the eighth month of the early Roman calendar. When the Romans converted to a 12-month calendar, the name October stuck despite the fact that it's now the 10th month! Learn more about the origins of month names.

The early Roman calendar, thought to have been introduced by Rome's first king, Romulus (around 753 b.c), was a lunar calendar. This ancient timekeeping system contained these 10 months: Martius, Aprilis, Maius, Iunius, Quintilis, Sextilis, September, October (the eighth month), November, and December. Martius, Maius, Quintilis, and October contained 31 days, while the other months had 30, for a total of 304 days. In winter, the days were not counted for two lunar cycles.

It wasn't until about 713 b.c. that a calendar reform, attributed to the second Roman king, Numa Pompilius, added the months Ianuarius and Februarius. Some historians think that both months were placed at the end of the year, while others believe that Ianuarius became the first month and Februarius the last. Later reforms organized the months as they are arranged today in the Gregorian calendar, whereby October became the 10th month despite its name.

October Calendar

October 2 starts Rosh Hashanah, a Jewish holiday that marks the beginning of the new year.

October 9 is Leif Eriksson Day. Who was Leif Eriksson, and why was he important?

October 11 marks the start of Yom Kippur at sundown.

October 14 is a busy day, with three more holidays packed into it:

Canadian Thanksgiving. This holiday shares many similarities with its American equivalent. However, there are a number of things that set the Canadian Thanksgiving apart!

Columbus Day (U.S.), a federal holiday, is observed on the second Monday in October. It was on October 12, 1492, that Christopher Columbus landed on a small island in the Bahamas, convinced that he had reached Asia. Read more about Columbus Day.

Indigenous Peoples' Day (U.S.)—a holiday that celebrates the history and cultures of indigenous peoples native to what is today the United States. Indigenous Peoples' Day is celebrated in cities and states across the country, often alongside or in lieu of Columbus Day. Read more about Indigenous Peoples' Day.

October 18 is St. Luke's Little Summer. This is a date steeped in folklore. Traditionally, around Saint Luke's feast day, there is a brief period of calm, dry weather. Learn more.

October 24 is United Nations Day, which aims to bring awareness to the work of the United Nations worldwide.

October 31 is Halloween (All Hallows' Eve)! Do you know the true history of Halloween? It's not as frightful as you might think... Learn about the origin of Halloween.

"Just for Fun" Dates in October

Oct. 4: International Ships-in-Bottles Day

Oct. 6: National Noodle Day

Oct. 12: National Fossil Day

Oct. 24–Nov. 11: World Origami Days

Oct. 28: Frankenstein Friday

October Astronomy and the Moon

October is a great time for stargazing. Check out our October Night Sky Map to discover which constellations you can spot this month.

The Full Hunter's Moon

October's full Moon, known as the Hunter's Moon, arrives on Thursday, October 17. Like September's Harvest Moon, the Hunter's Moon is closely tied to the autumnal equinox.

October Meteor Showers

Also, keep an eye out for the Draconid meteor shower in the late evening of October 9, and the Orionid meteor shower in the predawn hours of October 21–22.

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