

2025

# Hebron Senior Center Newsletter

November

## RUSSELL MERCIER SENIOR CENTER

12 Stonecroft Drive, Hebron, CT 06248

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

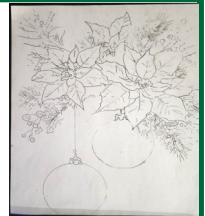
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PLEASE NOTE THE EMAIL ADDRESSES ARE NOW .GOV

*The Senior Center will be CLOSED Tuesday, November 11th (Veterans Day) and Thursday & Friday November 27th & 28th for the Thanksgiving Holiday*

### Painting Class with Audrey Carrol

Friday, November 7th and 14th from 10:30am-12:30pm, cost \$40 for both sessions or \$25 for one. Choose your colors (or use the sample design) as we (you) create a beautiful Holiday floral with an extra surprise. Join me (Audrey) on Friday November 7 and Friday November 14 from 10:30 to 12:30. All levels of painting experience will have fun in learning watercolor techniques and the magic of the final step. \$40.00 for both sessions. 10" x 14" size watercolor paper preferred although the design can be done on a smaller scale.



### Medicare Open Enrollment / Winter Fuel Assistance

Wednesday, October 15th—Friday, December 5th—Appointments required, 860-228-1700 ask for Sharon or Dennis. More information on page 3.

### Veterans Appreciation Lunch

Wednesday, November 12th 11:45am (doors open at 11:30am). We will be hosting a free lunch for local veterans and a guest, you must pre-register by Friday, November 7th. The menu will consist of pulled BBQ chicken, Hawaiian sandwich roll, homemade mac & cheese, coleslaw, dessert, coffee and tea. To register, please call 860-228-1700.

### RHAM BINGO

Monday, November 17th & Monday, December 8th 2:30-4:00pm. FREE BINGO at the Russell Mercier Senior Center 12 Stonecroft Dr. Hebron. The RHAM National Honor Society Students come and call the games, provide refreshments, and prizes. You can play up to 4 cards for free and they play a total of 8 games. Come support the students, meet some new friends, and have some fun.

### Chatham Health Monthly Educational Series

Please join us on Thursday, November 20th at 12:15pm, topic to be determined. These are always very informative presentations by Chatham Health's Stephanie Reyes. Please call, 860-228-1700 to register.

### Monthly Blood Pressure Screenings

Thursday, November 20th, 11:30-12:15, Chatham Health will be offering free Blood Pressure screenings here at the senior center. No registration required. Then, please stay for the monthly educational series immediately following.

### Sound Healing

Tuesday, November 18th 10:30am. FREE Presentation by Jeremy from The Residence at Glastonbury. Join us for a rejuvenating Sound Healing Experience designed to calm the mind, relax the body, and restore inner balance. Through soothing vibrations from instruments like crystal singing bowls and the Native Flute, you'll be guided into a meditative state that promotes deep relaxation and emotional release. This peaceful session offers a chance to reduce stress, enhance mental clarity, and reconnect with your natural sense of harmony. Come unwind, recharge, and let the healing sounds wash over you. Pre-registration is required, please call 860-228-1700 to sign-up.

### On Yoga: The Architecture of Peace—a documentary by Michael O'Neil

Please join our yoga instructor Laurie Pasteryak on Monday, November 24th at 10:15 to view the documentary On Yoga: The Architecture of Peace followed by a discussion. It will be a "yoga gratitude party" in honor of the Thanksgiving holiday week. Since there will be no yoga class on that Thursday it will be a different type of gathering, a movie + discussion (known as "satsang"). It is free, but if you plan on coming, please pre-register for set-up purposes, but drop-ins are welcome too. You do not have to be in the yoga class, this is open to anyone. To register 860-228-1700

## HEBRON COMMISSION ON AGING

Members: Chairperson Sandy Waldo, Cathy Litwin, Jo Souza, Rebecca Tamsin, & Margaret Gibbs  
2 open seats for alternates

### The next scheduled Commission on Aging Meeting is scheduled for Wednesday, November 5, 2025 - 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 4th & 18th

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—860-228-5977.**

### 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 noon the day before the trip. Please call 860-228-1700. Friday, November 7th 11:00am Walmart, Friday, November 14th 11:00am Stop & Shop, Friday, November 21st Big Y, Closed on Friday, November 28th, Friday, December 5th 11:00am Walmart.

### 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.

## **Medicare Open Enrollment (will soon be upon us)**

The **Open Enrollment period takes place annually from October 15 through December 7**. This is your opportunity to review all of your options and decide to stay with your current plan, or switch to another plan, or change the way that you receive your Medicare benefits.

People with Medicare can get their coverage through either Original Medicare or Medicare Advantage Plans. With each of these options, there are pros and cons and differences in costs, provider access, referral processes, and out-of-pocket limits. Medicare Advantage Plans typically include drug coverage and often provide some vision, hearing, and dental coverage. Original Medicare does not include drug coverage, therefore, a Prescription Drug Plan is needed to provide this coverage. Additionally, Medicare does not cover vision, hearing or dental services – riders providing cover are often available through Medicare Supplemental Insurance (Medigap Plans)

Navigating Medicare can be complicated. Every state has a State Health Insurance assistance Program (SHIP). Connecticut chooses to call their State Health Insurance assistance Program CHOICES. CHOICES provides free, unbiased health insurance counseling to people with Medicare, helping you to understand benefits, compare options, and make informed decisions about your coverage. When you contact your local CHOICES certified counselor, you will be provided with one-on-one guidance based on your unique situation and needs

Your needs, and plan options, change over time, so it is important to review your Medicare choices every year during Medicare Open Enrollment to ensure that you are enrolled in the best plan for you

**Hebron residents can contact your local CHOICES counselor at the Russell Mercier Senior Center to set up a one-on-one appointment by calling 860-228-1700. Appointments available October 15th—December 5th, since December 7th is a Sunday, please do not wait.**

### **Could You Use Some Help With Your Electric and Home Heating Bill?**

The CT Energy Assistance Program (CEAP) can provide assistance with your home heating bill whether you heat with oil, propane, electricity, natural gas, pellets, wood, etc. The first day for authorization of a deliverable heating source (oil, propane, pellets, wood, etc.) is November 3, and the last day for an authorization of a deliverable heating source (oil, propane, pellets, wood, etc.) is April 1, 2026. The last day that a household heating with electricity or natural gas can apply to establish eligibility is May 29, 2026.

In order to qualify for the CT Energy Assistance Program, your household's gross income from all sources cannot exceed the following;

Family Size	1	2	3	4	5	6
Maximum Annual Gross Income	\$47,764	\$62,460	\$77,157	\$91,854	\$106,550	\$121,247

The award amount toward your home heating expense varies depending on your income according to a graduated income scale .

Additionally, whether you heat with electricity or not, you may be eligible for Eversource's Low-Income Discount Rate. Your discount will depend on your annual household income and/or receipt of various public assistance programs.

**Please contact the Senior Center at 860-228-1700 for more information regarding these programs, documentation needed, and/or to apply.**

## 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.

### **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.

### **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. 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**

**NOTE NEW TIME Starting at 10:15. November 3rd & November 17th.** 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—For the upcoming 2 months please note some classes on Tuesdays**

Yoga 9:00am—10:00am. Tuesday, Nov. 4th at 9:00am, Thursday, November 13th at 9:00am (this is the make-up class from October 23rd), Thursday, Nov. 20th, Tuesday, Nov. 25th, Thursday, Dec. 4th, Thursday, Dec. 11th, Tuesday, Dec. 16th, Thursday, Dec. 18th, and Tuesday, Dec. 30th. We are closed Thursday, Nov. 27th, Thursday, Dec. 25th and Thursday, Dec. 31st. There are 4 Tuesday classes \$12, 4 Thursday Classes \$12 and if you come to both, 8 total session for \$24. **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 and 50 minute chair/table or hot stone massages (longer times are available, just ask Linda), 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 12:30-6:30pm (last appointment at 5:30pm ) Gift certificates available. To make an appointment, please call 860-228-1700.

**Mahjongg Thursdays 1:00—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. Please call 860-228-1700.

### **Tai Chi**

**Thursdays, 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. **The new session will be November 6th—November 20th 3 sessions \$9 (no class November 27th).** To register call us at 860-228-1700.

## Programs and Activities

### **BINGO - Thursday Afternoons**

Thursdays 1:00—3:00pm. Grab your good luck charm and come on in. The first card costs \$1 and entitles a player to play in all Bingo games. Each additional card is then 50 cents each. Prizes awarded each game. 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.

### **Movie Mondays**

The movies start at 12:30pm, with popcorn, to sign-up call 860-228-1700. **Monday, November 3rd at 12:30pm and Monday, November 24th at 12:30pm**

## Planning Ahead/Save the Date

### **Mindful Moves for a Calm Holiday**

**Tuesday, December 2nd 10:00am-Noon.** The holidays can be joyful, but they can also bring added tension, to-do lists, and emotional overwhelm. This gentle movement session is designed to help you reconnect with your body, release built-up stress, and restore a sense of calm. Through mindful stretching, breathwork, and easy-to-follow movement, you'll create space for peace amid the holiday hustle. No experience needed — just bring yourself and a willingness to unwind. 2 hours - \$25 each person, payable to the instructor. Pre-registration required, by Monday, December 1st at 10:00am, 860-228-1700.

### **RHAM BINGO**

**Monday, December 8th 2:30-4:00pm. FREE BINGO** at the Russell Mercier Senior Center 12 Stonecroft Dr. Hebron. The RHAM National Honor Society Students come and call the games, provide refreshments, and prizes. You can play up to 4 cards for free and they play a total of 8 games. Come support the students, meet some new friends, and have some fun.

### **Cardio Drumming**

**Tuesday, December 9th at 10:30am, free class,** but you must pre-register by Monday, December 8th, 11:00am, 860-228-1700. Get ready to move, groove, and have fun with our **Cardio Drumming program!** This high-energy workout combines the rhythm of drumming with simple moves, giving you a full-body exercise that feels more like a dance party than a workout. It's a fantastic way to boost your heart health, improve coordination, and release stress while having a blast with others. Whether you're a beginner or seasoned fitness lover, this program is designed for all levels—so grab your sticks, find your beat, and let's drum our way to better health together! Sponsored by The Residence at Glastonbury. Max of 20 people, so sign-up early.

### **AARP Safe Driving Class**

**Tuesday, December 16th 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 15th 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.

### **Annual Holiday Party featuring Caroling with The Sunshine Singers**

**Wednesday, December 17th from 11:00—1:00pm.** Doors open at 11:00am and the Sunshine Singers will perform starting at 11:15am. Lunch will be stuffed shells, meatballs, roll, dessert, coffee and tea. It will be served about 12:15pm. Cost is \$6 and you must sign-up and pay by Monday, December 16th at Noon. To sign-up, stop in or call 860-228-1700.

**“In November, the smell of food is different. It is an orange smell. A squash and pumpkin smell. It tastes like cinnamon and can fill up a house in the morning, can pull everyone from bed in a fog.”** Cynthia Rylant

## **What's Happening In the Community**

### **Fire Department Offers New Engagement Tool**

The Hebron Fire Department introduces "Community Connect," an online tool to help the Hebron Fire Department better serve residents and business owners. Community members can create an online account in seconds and add information that the fire department said can help first responders respond more effectively during an emergency. This allows Hebron Fire Department personnel to access information such as property details, people in the home with different abilities, and pet information. Business owners can update their contact information, property information, and even receive real time text notification of when emergency responders are responding to your facility. The fire department said this tool allows you, the community member, to have direct access to requesting permits, public education, as well as smoke detector battery replacement and installations. To create a free online account, head to [www.communityconnect.io/info/ct-hebron](http://www.communityconnect.io/info/ct-hebron). For more information, call 860-228-3022 ext. 163 or email [contact@hebronfd.com](mailto:contact@hebronfd.com).

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

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

Dinners/Drive Thru (while supplies last)

Cost \$17— Dinner proceeds donated to various groups

November 15 Pork Tenderloin Dinner (WAIM)

December 6 St. Nicholas Fair \*\*\* (Oak Hill/Hemlock)

\*\*Denotes luncheon with menu items consisting of chicken salad, tuna salad, and egg salad sandwiches, hot dogs, and chowders

### **Hebron Creative Collective**

The Hebron Creative Collective, a group of resident artists who work in a variety of media, is looking for new members. The mission is to inspire, support and share creative skills with fellow artists, to engage the public through demonstrations, teaching and exhibiting art, and to beautify the town. The ultimate goal is for Hebron to have an arts center. Until that day, Collective members are working on projects to bring art to the community and develop a lively and engaging art scene in town. The **Hebron Creative Collective meets the first Monday of the month at 6 pm at the Senior Center.**

### **Bereavement Support Group**

The Grief Journey: A Bereavement Support Group will be held Wednesdays from 7-8:30 p.m. beginning Oct. 1, at the Church of the Holy Family Parish House, 185 Church St. The group will be facilitated by grief educators Michael Glazier and Stephanie Haines. All grieving adults are welcome, whether your loss is recent or past and you may come to one session or as many as you would like. This support group is non-denominational and is a collaborative effort of the Hebron faith communities. There is no registration.

### **Hebron Lions Winter Storage Available**

As the seasons change and residents begin preparing to store their recreational vehicles, the Hebron Lions Club has prepared its fairgrounds on Route 85 and is ready to announce the availability of limited indoor and barn storage, along with virtually unlimited outdoor space, for cars, boats, trailers, and campers. The initiative is part of a fundraising effort to support the Lions' ongoing charitable programs, which include youth services, local aid, and community development projects. Indoor, barn, and outdoor spaces are available, and facilities are secure and monitored. Space for indoor and barn storage is limited, and demand is expected to be high as winter approaches. Outdoor storage remains widely available. Interested residents are encouraged to contact Mike Beau-lieu at 860-712-6713 for more information and for rates, or to reserve a spot. The Hebron Lions Club is a part of Lions Clubs International. For more information on upcoming events or volunteer opportunities, email [volunteers@hebronharvestfair.org](mailto:volunteers@hebronharvestfair.org).

### **Election Day Info**

Election Day is Tuesday, Nov. 4. This year, there will be 14 days of Early Voting beginning on Monday, Oct. 20. Early voting is conducted at the Hebron Town Office Building, 15 Gilead St. You can check your voter registration status by going online to: [portaldir.ct.gov/sots/LookUp.aspx](http://portaldir.ct.gov/sots/LookUp.aspx). If you are not registered to vote, you have options. You may register to vote online at [voterregistration.ct.gov/OLVR/welcome.do](http://voterregistration.ct.gov/OLVR/welcome.do). Or you can come into the registrar of voter's office at 15 Gilead St. and complete a voter registration card. Voter registration cards can also be found at the Douglas Library and for RHAM students who will be 18 years of age by Election Day, registration cards are available at RHAM High School

### **Veterans Day Flag Ceremony**

All are invited to a demonstration and explanation of the role of American flag-folding during ceremonial occasions on Veterans Day, Veterans Day Flag Ceremony. Tuesday, Nov. 11, at noon, in front of the American Legion, 18 Main St.. The demonstration will follow the 11 a.m. Veterans Day ceremony at the Hebron Veterans Memorial. The demonstration is a collaboration of American Legion Post 95, Hebron Historical Society, Douglas Library and Hebron ACE Hardware, and is part of the historical society's America 250 series.



# **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 21st**

**11:00am—12:30pm**

**FOR MORE INFORMATION CALL DENNIS AT**

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

**Registration requested, but not required**

# Hebron Senior Center Happenings.....November 2025

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

**Transportation call 860-228-5977**

Mon	Tue	Wed	Thu	Fri
<b>November 3</b> <b>Turn Clocks BACK</b> <b>Saturday, November 1st</b> 9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul <b>10:15- Meditation</b>	<b>4 ELECTION DAY</b> 9:00–3:00 Exer. Rm <b>9:00—Yoga</b> 10:00–11:30—Knitting 11:00 Food Truck 12:00—Lunch 1:00–2:15 Card Making 12:45–3:15 Hand & Foot Canasta	<b>5</b> 8:30—Commission on Aging 9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul	<b>6</b> 9:00–3:00 Exer. Rm 9:00 <b>NO</b> Yoga <b>10:15-11:15 TAI CHI -new session</b> 10:15 Sunshine Singers 12:00 Lunch <b>Call for times Massage</b> 1:00-3:00—BINGO 12:45-3:15—Mah Jongg	<b>7</b> 9:00—Noon Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul <b>10:30-12:30 Painting with Audrey</b> <b>11:00 Shopping—Walmart</b>
<b>10</b> 9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul	<b>11</b> <b>CLOSED</b> <b>Veterans Day</b>	<b>12</b> 9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul <b>11:30-1:30 Veterans Appreciation Lunch</b>	<b>13</b> <b>9:00–10:00 Yoga—Make-up date for 10/23</b> 9:00–3:00 Exer. Rm 10:15-11:15 TAI CHI 10:15 Sunshine Singers 12:00 Lunch <b>Call for times Massage</b> 1:00-3:00—BINGO 12:45-3:15—Mah Jongg	<b>14</b> 9:00—Noon Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul <b>10:30-12:30 Painting with Audrey</b> <b>11:00 Shopping—Stop &amp; Shop</b>
<b>17</b> 9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul <b>10:15- Meditation</b> <b>2:30-4—RHAM BINGO</b>	<b>18</b> 9:00–3:00 Exer. Rm 10:00–11:30—Knitting <b>10:30—Sound Healing</b> 11:00 Food Truck 12:00—Lunch 1:00–2:15 Card Making 12:45–3:15 Hand & Foot Canasta	<b>19</b> 9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul	<b>20</b> 9:00–3:00 Exer. Rm <b>9:00–10:00 Yoga</b> 10:15-11:15 TAI CHI 10:15 Sunshine Singers <b>11:30 BP Clinic</b> 12:00 Lunch <b>12:15—Chatham Health</b> <b>Call for times Massage</b> 1:00-3:00—BINGO 12:45-3:15—Mah Jongg	<b>21</b> 9:00—Noon Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul <b>11:00 Shopping Big Y</b> <b>11:00-12:30 Caregiver Support Group</b>
<b>24</b> 9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul <b>10:15—Yoga Documentary and Discussion</b>	<b>25</b> 9:00–3:00 Exer. Rm <b>9:00-10:00 Yoga</b> 10:00–11:30—Knitting 12:00—Lunch 1:00–2:15 Card Making 12:45–3:15 Hand & Foot Canasta	<b>26</b> 9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul	<b>27</b> <b>CLOSED for Thanksgiving</b>	<b>28</b> <b>CLOSED for Thanksgiving</b>
<b>December 1</b> 9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul <b>Meditation—TBD</b>	<b>December 2</b> 9:00–3:00 Exer. Rm <b>10:00-Noon—Calm Holiday</b> 10:00–11:30—Knitting 12:00—Lunch 1:00–2:15 Card Making 12:45–3:15 Hand & Foot Canasta	<b>3</b> 9:00–3:00 Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul	<b>4</b> <b>9:00–10:00 Yoga</b> 9:00–3:00 Exer. Rm 10:15-11:15 TAI CHI 10:15 Sunshine Singers <b>Call for times Massage</b> 1:00-3:00—BINGO 12:45-3:15—Mah Jongg	<b>5</b> 9:00—Noon Exer. Rm 9:00-10:00—Enh. Fitness via ZOOM with Paul <b>11:00 Shopping - Walmart</b>

# Sudoku

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

## 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

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

## Dessert Recipe

### Strawberry Pretzel Salad

#### Ingredients

- 2 cups crushed pretzels (about 8 ounces)
- 3/4 cup butter, melted
- 3 tablespoons sugar
- **filling:**
- 2 cups whipped topping
- 1 package (8 ounces) cream cheese, softened
- 1 cup sugar

#### topping:

- 2 packages (3 ounces each) strawberry gelatin
- 2 cups boiling water
- 2 packages (16 ounces each) frozen sweetened sliced strawberries, thawed
- Optional: Additional whipped topping and pretzels



#### Directions

1. Preheat oven to 350°. In a bowl, combine the pretzels, butter and sugar. Press into an ungreased 13x9-in. baking dish. Bake for 10 minutes. Cool on a wire rack.
2. For filling, in a small bowl, beat whipped topping, cream cheese and sugar until smooth. Spread over pretzel crust. Refrigerate until chilled.
3. For topping, dissolve gelatin in boiling water in a large bowl. Stir in sweetened strawberries; refrigerate until partially set. Carefully spoon over filling. Refrigerate until firm, 4-6 hours. Cut into squares. Serve with additional whipped topping and pretzels if desired.

### Pumpkin Pie Bars

#### Ingredients

- 1 can (29 ounces) pumpkin
- 1 can (12 ounces) evaporated milk
- 1-1/2 cups sugar
- 4 large eggs
- 2 teaspoons ground cinnamon
- 1 teaspoon ground ginger
- 1/2 teaspoon ground nutmeg
- 1 package butter recipe golden cake mix (regular size)
- 1 cup butter, melted
- 1 cup chopped pecans
- Whipped topping, optional



#### Directions

1. Preheat oven to 350°. In a large bowl, combine the first 7 ingredients; beat on medium speed until smooth. Pour into an ungreased 13x9-in. baking pan. Sprinkle with dry cake mix. Drizzle butter over top; sprinkle with pecans.
2. Bake 50-60 minutes or until a toothpick inserted in center comes out clean. Cool 1 hour on a wire rack.
3. Refrigerate 3 hours or overnight. Remove from refrigerator 15 minutes before serving. Cut into bars. If desired, serve with whipped topping.

## Recipes

### Stuffed Pepper Soup

#### Ingredients

- 2 pounds ground beef (or turkey or chicken)
- 6 cups water
- 1 can (28 ounces) tomato sauce
- 1 can (28 ounces) diced tomatoes, undrained
- 2 cups chopped green peppers
- 1/4 cup packed brown sugar
- 2 teaspoons salt
- 2 teaspoons beef bouillon granules
- 1 teaspoon pepper
- 2 cups cooked long grain rice
- Chopped fresh parsley, optional

#### Directions

1. In a Dutch oven over medium heat, cook and stir beef until no longer pink, breaking it into crumbles; drain. Stir in next 8 ingredients; bring to a boil. Reduce heat; simmer, uncovered, until peppers are tender, about 30 minutes.
2. Add cooked rice; simmer, uncovered, 10 minutes longer. If desired, sprinkle with chopped fresh parsley.



### Cheesy Cheddar Broccoli Casserole

#### Ingredients

- 1 can (10-3/4 ounces) condensed cream of mushroom soup, undiluted
- 1 cup sour cream
- 1-1/2 cups shredded sharp cheddar cheese, divided
- 1 can (6 ounces) french-fried onions, divided
- 2 packages (16 ounces each) frozen broccoli florets, thawed

#### Directions

1. Preheat oven to 325°. In a large saucepan, combine soup, sour cream, 1 cup cheese and 1-1/4 cups onions; heat through over medium heat, stirring until blended, 4-5 minutes. Stir in broccoli. Transfer to a greased 2-qt. baking dish.
2. Bake, uncovered, until bubbly, 25-30 minutes. Sprinkle with remaining cheese and onions. Bake until cheese is melted, 10-15 minutes.



### Lemon-Parsley Baked Cod

#### Ingredients

- 3 tablespoons lemon juice
- 3 tablespoons butter, melted
- 1/4 cup all-purpose flour
- 1/2 teaspoon salt
- 1/4 teaspoon paprika
- 1/4 teaspoon lemon-pepper seasoning
- 4 cod fillets (6 ounces each)
- 2 tablespoons minced fresh parsley
- 2 teaspoons grated lemon zest

#### Directions

1. Preheat oven to 400°. In a shallow bowl, mix lemon juice and butter. In a separate shallow bowl, mix flour and seasonings. Dip fillets in lemon juice mixture, then in flour mixture to coat both sides; shake off excess
2. Place in a 13x9-in. baking dish coated with cooking spray. Drizzle with remaining lemon juice mixture. Bake 12-15 minutes or until fish just begins to flake easily with a fork. Mix parsley and lemon zest; sprinkle over fish.



### Cheesy Potatoes

#### Ingredients

- 1 can (10-3/4 ounces) condensed cream of chicken soup, undiluted
- 1 cup sour cream
- 1 small onion, finely chopped
- 1/4 cup butter, melted
- 3/4 teaspoon salt
- 1/4 teaspoon pepper
- 1 package (32 ounces) frozen cubed hash brown potatoes, thawed
- 2 cups shredded cheddar cheese, divided

#### Directions

1. In a 4-qt. slow cooker, combine the first 6 ingredients. Stir in hash browns and 1-1/2 cups cheese. Cook, covered, on low until potatoes are tender, 4-5 hours, sprinkling with remaining cheese during the last 5 minutes.



**Across**

- 1. Interspersed with
- 6. West Indies island
- 11. Response to a scarecrow
- 14. Chocolate source
- 15. Rope fiber
- 16. "You --- what you eat"
- 17. Corner Superman in a Central Park mix-up?
- 19. Batter's achievement
- 20. Ravel's "Daphnis et ---"
- 21. "Jurassic Park" beast
- 23. --- Aviv
- 26. Make dates disappear?
- 27. Bumbles
- 28. The Gipper
- 30. Spa indulgence
- 31. Like a rainbow
- 32. Puts up the cash
- 33. Morning castoffs
- 36. Sound enhancer
- 37. Early Britishers
- 38. Tantrum thrower
- 39. Cheerleader's requirement
- 40. Car payments?
- 41. Be put out to pasture
- 42. The Maldives, e.g.
- 44. "--- Age" (Rodin work)
- 45. Proverbial laugh providers
- 47. Audience put-down
- 48. Elizabethan dramatist Thomas
- 49. Site for rods and cones
- 50. Hole in the head
- 52. Coffee server
- 53. Clever hot-shot lobbyist in a Central Park mix-up?
- 58. Connection
- 59. Knighted Newton
- 60. A "Hilton" locale
- 61. Always, poetically
- 62. Oscar winner of 1939
- 63. City near Salt Lake

**DOWN**

- 1. King's higher-up?
- 2. Word before and after "oh"
- 3. Mo. to remember Columbus
- 4. "Traffic" cop
- 5. "Give it a try"
- 6. Fancy cravat
- 7. Vex
- 8. NAFTA signer
- 9. Recruit's refuge

1	2	3	4	5	6	7	8	9	10	11	12	13
14					15					16		
17					18					19		
20								21		22		
23	24	25	26				27					
28			29				30					
31										33	34	35
36										38		
39										41		
42	43									44		
45	46									48		
49										51		
52										55	56	57
58										60		
61										63		

**DOWN**

- 10. Strong chemical bases
- 11. OPEC foolishness in a Central Park mix-up?
- 12. Shady retreat
- 13. Low dams
- 18. Scheme
- 22. Classy org.?
- 23. Hobo
- 24. Uncanny
- 25. Need a mate in a Central Park mix-up?
- 27. Pursuits of good reporters
- 29. Wow!
- 30. Yosemite attraction
- 32. Dinner alerts
- 34. Flashy and sporty
- 35. Transport for Prince Charming
- 37. Topple
- 38. Hipster's pal
- 40. Clipper's target
- 41. Cigar-puffing TV wit
- 43. Lateral lead-in
- 44. --- fide
- 45. Barbarian
- 46. Hawk's haven
- 47. Tree used for canoes

- 50. Stumbling block
- 51. Smelting waste
- 54. Mai ---
- 55. Finish line
- 56. Perch, at first
- 57. They're all in the family

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

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## Thanksgiving (U.S.)

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

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

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

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

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