



OCTOBER 2024 NEWSLETTER



The Monthly Hoot



**SULLIVAN COUNTY OFFICE FOR THE AGING
100 NORTH STREET, PO BOX 5012
MONTICELLO, NY 12701**

TO:

TABLE OF CONTENTS
WHAT'S INSIDE

	PAGE:	
Contributions	2	
Pumpkin	3	
Fresh RX & Shopping Bus	4	
June Menu	5	
Local Support Services	6	
HIICAP & HEAP	7	
Public Hearing	9	
Fun & Games	10	
Local Events	12	

Voluntary Contributions

The Office for the Aging is pleased to provide you with our services. Our programs are funded by the Sullivan County Legislature, New York State, the Older Americans Act and your contributions. There are no mandatory fees for our services, however, the Older Americans Act requires us to allow voluntary, confidential contributions from the participants for the services they receive. No one will EVER be denied services because of their inability or unwillingness to contribute. All collected contributions are used to expand the service for which the contributions were given and may be made in the memory of a loved one.

If you would like to make a contribution, please make check payable to Sullivan County Treasurer and mail it to Office for the Aging, PO Box 5012, 100 North Street, Monticello, NY 12701. You may also put your cash donation in an envelope and drop off at our office.

Thank you

SULLIVAN COUNTY OFFICE FOR THE AGING

100 NORTH STREET PO BOX 5012
MONTICELLO, NY 12701
(845) 807-0241
MON - FRI: 8AM - 5PM
EMAIL US:
SULLIVANOFA@SULLIVANNY.US
VISIT OUR WEBPAGE:
SULLIVANNY.US/
DEPARTMENTS/AGING
LIKE & FOLLOW US ON
FACEBOOK:
WWW.FACEBOOK.COM/
SCNYAGING

****IF YOU WOULD LIKE TO BE ON OUR MAILING LIST, PLEASE CONTACT OUR OFFICE ****

EDITORS: TANA PRICE & TERESA BORTREE

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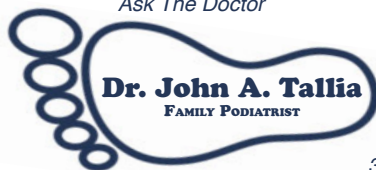


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Sullivan County Dramatic Workshop 2024 SEASON



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SOUTH FALLSBURG, NY 12779
845.536.5336
WWW.SCDW.NET



BLITHE SPIRIT
MAY 07th - 07th



THE HELP
JUNE 04th - 22nd



CLOSETS
JULY 07th - 20th



WIZARD OF OZ
AUGUST 05th - 05th



10 Minute Play Festival
SEPTEMBER 07th - 22nd



PAINTED FACES
OCTOBER 04th - 26th



Use Every Part of Your Pumpkin for Tasty Savings

Source: AARP

Pumpkins are packed with vitamin A, are a good source of vitamin C and potassium and are loaded with beta carotene, a powerful, cancer-fighting antioxidant. All pumpkins can be consumed in their entirety (except for the stem).

Pumpkins for decoration

One type of pumpkin that's not for cooking is the one you carved and have displayed by the front door. Once a pumpkin is cut open it begins to rot. Use the guts and seeds that you pull out of a fresh pumpkin prior to carving but whatever is left sitting outside should not be eaten. Pumpkins used on a table top are OK to eat but don't eat anything that's been decorated with permanent marker or other potentially toxic art supplies. In these cases, repurpose pumpkins in a non-edible way. Cut off the top, fill with birdseed and turn it into a bird feeder. Or fill it with soil and plant fall flowers like mums or pansies. It can make a centerpiece for Thanksgiving—pumpkins can last 8 to 12 weeks if they're not cut open.

Peels for stocks and sauces

Peeling a pumpkin is easy (peel with a paring knife or pull off strips of peel after roasting or microwaving pumpkin chunks). Add peels to vegetable stock as a starter for soups, stews and even pasta sauces. If slicing and roasting the pumpkin, leave the skin on while roasting and then dig out the flesh.

Consume the fantastic flesh

There are many ways to use the flesh of the pumpkin. To roast, halve the pumpkin, scoop out the seeds and guts, coat with a little olive oil and seasonings whether sweet (cinnamon, clove, pumpkin pie flavors) or savory (salt, pepper, garlic powder, smoked paprika). You can cube the pumpkin before cooking. Eat the roasted cubes as a side dish or puree them with the juice from the pumpkin guts (see below) to make a filling for a pie or pasta.

Most pumpkin recipes call for cooking or baking the flesh but you can also eat it raw. Take a peeler, shave raw pumpkin and make a salad out of it (a cross between a green papaya and soft melon flavor).

Snack on pumpkin seeds

Pumpkin seeds deliver a healthy dose of fiber, magnesium and other nutrients. Remove and rinse the seeds (don't get rid of the slimy stuff; we'll get to that next). Sprinkle with salt and allow to dry. Roast the seeds at 400°F for 10 to 25 mins; keep an eye on them and remove when golden brown. When seeds are done, get creative. Toss them in any seasonings from cinnamon sugar to curry to everything-bagel spice. You can candy pumpkin seeds. After they've been rinsed and dried, toss seeds in a mixture of melted butter, brown sugar and cinnamon. Roast them at 300°F for 40 to 45 mins and you'll have a delicious topper for a dessert or a sweet snack on its own.

Go for the guts

The guts inside a pumpkin may seem gross but are packed with flavor that shouldn't go to waste. Separate the guts and put them through a juicer. If you don't have a juicer, puree them in a blender. Combine the puree with roasted pumpkin for a hearty ravioli filling, add it to soups or sauces or mix into your oatmeal for a fall treat. Add it to pumpkin bread batter to up the flavor.

Still have leftovers? Blend this "juice" with some honey and yogurt for a calming DIY spa face mask.

As for the stem, toss it in the compost pile after using every other bit of that delicious pumpkin.



Simple Cremation:
\$995.00

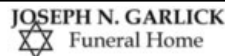
zmmemorials.com

845-977-6127

Traditional Funerals ♦ Pre-Arranged Services

Two Names - A Leading Choice in Funeral Service

Pricing per general price list, excludes cash advance items - 388 Broadway, Monticello, NY 12701



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Sullivan County Office for the Aging, Monticello, NY

06-5379

Healthy Ways



What is Fresh Rx?

The FreshRx Program aims to address food insecurity, improve diet-related health outcomes, and reduce healthcare usage and costs by providing nutrition, cooking, and physical activity education.

Cornell Cooperative Extension offers two series of classes: "Eat Healthy, Be Active" and "Cooking Matters in Your Community." Workshops include lectures, visuals, discussions, physical activity breaks, cooking demonstrations, and skills practice. Eligible participants can earn up to \$240 in nutrition incentives for attending all workshops.

STEP 1

Visit the Sullivan Fresh Mobile Farmers Market or contact freshrx@cornell.edu to enroll in the FreshRX program with CCE Sullivan at a location near you.

STEP 2

Attend "Eat Healthy, Be Active" or "Cooking Matters in Your Community" workshops. At the end of each class, receive \$20 credit on your HealthyWays FreshRX card, up to \$240 per market season.

STEP 3

Visit any of the Sullivan Fresh mobile farmers market stops, the Sullivan Fresh Monticello Farmers Market, or the Liberty Farmers Market to redeem your FreshRX credit for fresh produce or culinary herbs.

STEP 4

Enjoy being an active part of your local food system, make connections with local farmers and community members, and live a healthier lifestyle!



SHOPPING BUS SCHEDULE



The shopping bus provides round-trip transportation from the senior's home to Monticello shopping (Shoprite, Walmart and Aldi's) one day per week. Registration with the Office for the Aging is required. Please call (845) 807-0244 by 11:00 am on the day before, to make a reservation.

Mondays

Oct. 9, 16, 23, 30

Town of Bethel-Smallwood, Cohecton, Bethel Senior Housing and White Lake.
Town of Neversink -Neversink, Grahamsville, Foxcroft Village.

TUESDAYS

Oct. 3, 10, 17, 24

Town of Fallsburg- Woodridge, Mountindale & South Fallsburg.
Town of Rockland- Livingston Manor & Roscoe.

WEDNESDAYS

Oct. 4, 11, 18, 25

Town of Liberty- Liberty – Golden Park, Barkley Gardens & White Sulphur Springs
Town of Mamakating- Summitville, Wurtsboro & Bloomingburg.

THURSDAYS

Oct. 5, 12, 19, 26

Highland Area- Narrowsburg, Eldred, Barryville, Glen Spey, etc. * and some surrounding areas, not all areas included
Town of Thompson- All of Monticello, Mongaup Valley

FRIDAYS

Oct. 6, 13, 20, 27

Town of Delaware- Fremont, Callicoon, Hankins, Jeffersonville, etc.
Liberty Village & Fallsburg- Liberty Village Apts., Hurleyville, Loch Sheldrake & Kiamesha Lake.




OCTOBER MENU 2024



Five Congregate meal sites are open as of June 3rd! Lunch is served by 12:00 pm. This menu is for homebound meals and congregate sites. Registration with the Office for the Aging is required. Please call 24 hours in advance for reservations at (845) 807-0254. Menu is subject to change.

VOLUNTARY SUGGESTED CONTRIBUTIONS: For those over 60 years of age, our funding through the Older Americans Act requires us to ask for contributions. No one will be denied a meal based on their inability or refusal to contribute. For those under 60 years of age who wish to attend a congregate lunch, a guest fee is required. Suggested voluntary contribution \$3.00, Guest fee \$6.00.

MONDAY	WEDNESDAY	FRIDAY
	2) Breaded Chicken Breast (1), Oven Roasted Potatoes, Green Beans, Wheat Bread, Applesauce	4) Meatballs (2), Spaghetti Marinara, Side Salad, Broccoli, Dinner Rolls (2), Mandarin Oranges
7) Salisbury Steak (1), Gravy, Mashed Potatoes, Mixed Vegetables, Dinner Rolls (2), Pears	9) Hot Dogs on a Bun (2), Baked Beans, Mixed Vegetables, Fruit Cocktail	11) Tortellini w/Garlic Sauce, Peas, Italian Bread, Peaches
14) 	16) Roast Pork Loin w/Gravy, Sweet Potatoes, Cauliflower, Whole Wheat Bread, Fruit Cocktail	18) Beef Goulash, Egg Noodles, Peas & Carrots, Rye Bread (2), Applesauce
21) Chicken Stew, Brown Rice, Corn, Dinner Rolls (2), Fresh Orange	23) Roast Beef w/Gravy, Mashed Potatoes, Diced Carrots, Dinner Rolls (2), Fresh Apple	25) Breaded Fish, Tartar Sauce, Baked Potato, Cauliflower, Wheat Bread (2), Mandarin
28) Sausage Sandwich, Peppers & Onions, Baked Beans, Hoagie Roll, Fruit Cocktail	30) Chili Con Carne, Brown Rice, Diced Carrots, Corn Muffin (1), Diced Pears	



CONGREGATE SITES



BETHEL

Bethel Senior Center
Route 55, Kauneonga Lake

MONDAYS

MAMAKATING

Wurtsboro Town Hall
Route 209, Wurtsboro

MONDAYS & WEDNESDAYS

LIVINGSTON MANOR/
ROCKLAND

Livingston Manor Presbyterian Church
Old Route 17, Livingston Manor

WEDNESDAYS

LIBERTY

Lapolt Park

WEDNESDAYS

JEFFERSONVILLE

American Legion Hall
Legion Ave, Jeffersonville

FRIDAYS

LOCAL SUPPORT SERVICES

2024 Caregiver Resource Center Monthly Virtual Support Groups

For family caregivers caring for an individual with any illness, chronic disease or disability (including seniors or someone with early-stage dementia).

To register:

Use the QR Code, or use the link <https://tinyurl.com/5n6mtpy4> or email sullivancrc@cornell.edu.



Wednesdays
6:00 PM - 7:00 PM

October 9th
November 13th
December 11th

Via Zoom or Phone

Caregiver
Cafe'

Mondays Oct. 21
10 - 11 AM Nov. 4
CCESC Dec. 2

Registration Required:

Use the QR code below or go to <https://tinyurl.com/5n6mtpy4>

Take a break while you:

- Learn about tips for self-care
- Share caregiving strategies
- Connect with others
- Enjoy brunch on us!



Keep Them Safe: A Caregiver's Guide to a Safe Home

Lynda Shrager, OTR, MSW, CAPS, Chief Executive Officer, At Home for Life will explain how to assess the home environment and offer recommendations for decluttering, potential modifications/adaptations and organizing strategies to decrease potential for falls.

Tuesday, Oct. 15 2024
3:00 pm- 4:15 pm
Extension Education Building

**This is a Hybrid (in-person and on zoom) workshop. When you register, choose how you will attend.*

Learn more and register here: sullivancce.org/events or scan the QR Code



THE EMPOWERED CAREGIVER SERIES



Series is FREE!



Dates: Oct. 4, Oct. 11, Oct. 18, Oct. 25 and Nov. 1



Time: 1:00 - 2:00 pm



Location: via Zoom or phone. Link or phone number will be provided upon registration.

Registration info

www.sullivancce.org/events

Call (845) 292-6180 x 122

Or Email: sullivancrc@cornell.edu

Tai Chi for Arthritis - Stage 2

Questions or to register, email jam247@cornell.edu or call (845) 292-6180 x 122

Mondays & Thursdays
Oct. 21- Dec. 12 2024
1:00 - 2:00 pm

\$25 fee for the 8-wk series
Cash, check or credit card accepted.

No classes on Nov. 11 or Nov. 28

This is a more advanced series that builds on previously held Intro to Tai Chi classes at CCE Sullivan.

Parkinson's Support Group

Registration is preferred but walk-ins are welcome!

WHEN:

4:00 PM - 5:30 PM
Oct. 9
Nov. 13.

REGISTER:



(845) 292-6180 ext. 122



sullivancrc@cornell.edu

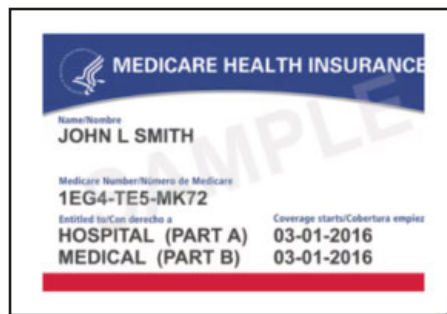


<https://tinyurl.com/3s4uhzc9>



MEDICARE ANNUAL ELECTION IS COMING!!!!
October 15 - December 7

STOP IN THE OFFICE FOR THE AGING FOR DETAILS
OR CALL: 845-807-0241



2024-2025 Home Energy Assistance Program (HEAP) begins November 1, 2024.

You may be eligible if:

- You and the members of your household are U.S. citizens, U.S. non-citizen nationals or qualified non-citizens; and
- You provide a valid Social Security number for each household member; and
- You receive Supplemental Nutrition Assistance Program (SNAP) benefits, Temporary Assistance or Supplemental Security Income; or
- Your monthly household income is at or below the HEAP income guidelines.

You may be eligible for HEAP, even if you:

- Own your home
- Pay for heat as part of your rent
- Have money in the bank, stocks, bonds or other resources

Income Eligibility Guidelines

Household Size	Tier I	Tier II
1	0-\$1,631	\$1,632-\$3,322
2	0-\$2,214	\$2,215-\$4,345
3	0-\$2,797	\$2,798-\$5,367
4	0-\$3,380	\$3,381-\$6,390
5	0-\$3,962	\$3,963-\$7,412
6	0-\$4,545	\$4,546-\$8,434

Applications will be available November 1st:
 Apply online at: [Mybenefits.ny.gov](https://mybenefits.ny.gov)
 Call Sullivan County HEAP at 845-807-0144
 Or Pick-up at the Sullivan County Office for the Aging





We understand.

Sometimes you just need a break. As a caregiver, it's easy to lose your sense of self. Spending time with friends, laughing, sharing, or even just sitting together can make all the difference. **We'll care for your loved one while you care for yourself.**



hospiceoforange.com
845-561-6111



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located on 63 North Street in Monticello

Most hardcovers are \$1.50

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Sullivan County
Office for
the Aging

ANNUAL PUBLIC HEARING & SENIOR RESOURCE FAIR



**WEDNESDAY,
OCTOBER 23RD, 2024
10AM-2PM**

10:00AM

**Office for the Aging Annual Public Hearing
Legislative Hearing Room 2nd floor**

10:00AM-2:00PM

**Senior Resource Fair
1st floor Lobby**

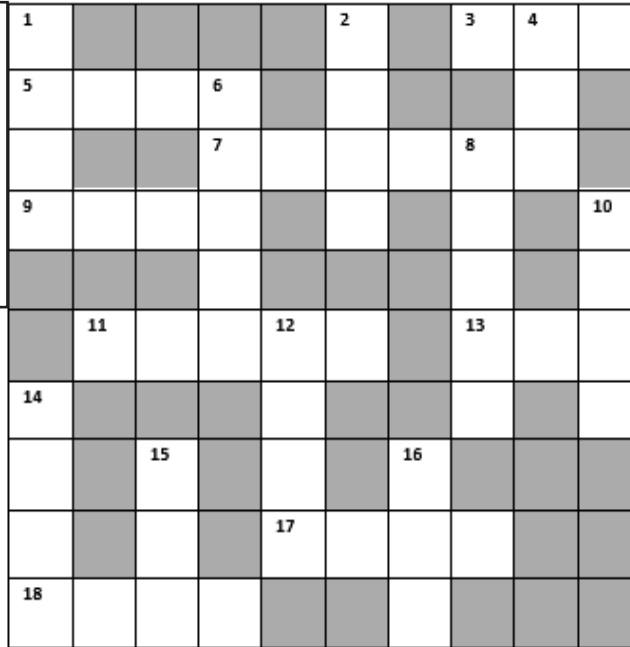
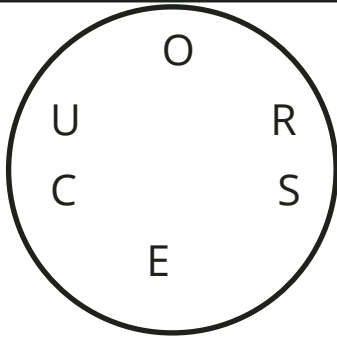
Refreshments will be available!
Please contact us at 845-807-0243 to notify us of
any special accommodation requests.

**SULLIVAN COUNTY
GOVERNMENT CENTER
100 NORTH STREET
MONTICELLO, NY 12701**

Double the Fun Word Game

Make a list of as many words as you can using only the letters in the circle below.

Solve the crossword puzzle using words from your list.



ACROSS

- 3. utilize
- 5. belonging to us
- 7. route
- 9. European currency
- 11. the evil eye
- 13. fish egg
- 17. light grayish-yellowish brown
- 18. aching

DOWN

- 1. central part of fruit
- 2. tart
- 4. take legal action against
- 6. scrub
- 8. game points
- 10. consumer
- 12. certain
- 14. metals
- 15. a part of us
- 16. mineral deposit

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

SUDOKU

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

Trivia: What Hungarian-American actor was best known for portraying Count Dracula in the 1931 horror film classic Dracula?

Riddles:

- 1) Where can you finish a book without finishing a sentence?
- 2) What five-letter English word can be pronounced the same even with four of its letters removed?
- 3) What four-letter word can be written forward, backward, or upside down and can still be read from left to right?

- | | | |
|-----------|----------------|----------------|
| BLANKET | FOG | PUMPKIN |
| BOUNTY | FROST | QUILT |
| BRISK | GOURD | RAIN |
| CHESTNUTS | HALLOWEEN | RUSTLING |
| CHILLY | HAYRIDE | SCARECROW |
| CIDER | JACKET | SQUASH |
| COLORFUL | JACK O LANTERN | SQUIRREL |
| COSTUMES | LIBRA | TRICK OR TREAT |
| DECIDUOUS | OCTOBER | VEGETABLES |
| FLANNEL | OPAL | WINDY |



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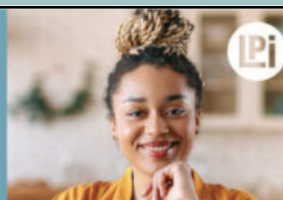
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 420 Rockland Rd, Roscoe



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LOCAL ACTIVITIES AND EVENTS



Free Admission | Main Street, Hurleyville

Daniel Pierce Library's
38TH ANNUAL
GIANT PUMPKIN PARTY
SAT | OCT 5 | 10AM-4PM
Grahamsville Fairgrounds
Rain or Shine / Free Admission



Ghost Stories
from Sullivan County History
with John Conway
Thursday, October 17th
5:30pm
Space is limited, registration required:
LivingstonManorLibrary.org/ProgramsignUp ~ (845) 439-5440
92 Main St. Livingston Manor, NY

ALIVE AGAIN
FOR VETERANS & THEIR FAMILIES
SATURDAY, OCTOBER 19, 2024
9:30AM - 2PM • HPAC GRAND BALLROOM
219 MAIN ST • HURLEYVILLE, NY
FREE ADMISSIONS • REGISTRATION REQUIRED • LIMITED SEATING



LIBRARY ACTIVITIES

Oct 8, 7pm-8pm- Exploring the Moon & Mars and the Deep Space Search for Another Earth with Kevin Manning. On-line Virtual
Callicoon Library

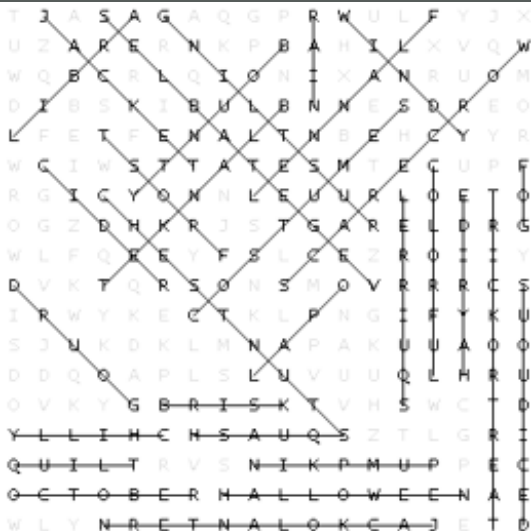
Oct 12, 12pm-3pm Callicoon Art Walk::Autumn Leaf Collage Art.
Narrowsburg Library

Oct 19, 11am-12pm- Tusten Cemeteries:Who's Buried There?
Liberty Library

Oct. 11, 1pm -Movie matinee "Perfect Days"
Oct. 15, 6:30 pm -Live Music: Spanish Guitar
Oct. 18, 1pm -Senior Swing
Monticello Library

Oct. 7, 1pm -Chair Yoga
Oct. 9, 7pm Online Author Talk: with Silvia Moreno-Garcia
Oct. 21, 1pm -Hatha Yoga
Oct. 22, 2pm-Online Author Talk: with Lori Gottlieb

ANSWER KEY



C					S		U	S	E
O	U	R	S		O			U	
R			C	O	U	R	S	E	
E	U	R	O		R	C		U	
			U			O		S	
	C	U	R	S	E		R	O	E
O				U			E		R
R		O		R		O			
E		U		E	C	R	U		
S	O	R	E			E			

Answer to Sudoku

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

Trivia: Bela Lugosi

Riddles: 1) Prison 2.Queue 3) Noon