

The Scantic Scribe



SEPTEMBER 2021
HAMPDEN SENIOR CENTER
104 ALLEN STREET

413-566-5588 (phone); 413-566-2103 (fax)

Website: www.hampdenma.gov



FREE WI-FI



Please let us know if you would like to receive this newsletter via email. Call us with your email address!

SENIOR CENTER STAFF

Rebecca Moriarty, Executive Director

coa@hampdenma.gov

Donna Richardson, Administrative Asst. & Volunteer Coordinator

scribe@hampdenma.gov

Wendy Cowles, Outreach Coordinator

outreach@hampdenma.gov

Nan Hurlburt, Activities Coordinator

activities@hampdenma.gov

Receptionist,

receptionist@hampdenma.gov

Rudie Voight, Custodian

COA BOARD MEMBERS

Chair: Deborah Mahoney

Vice Chairman: Ed Norman

Treasurer: Nancy Willoughby

Secretary: Marty Jacque

Cliff Bombard, Tina Doran, Monique

Downey, Suzanna Haskins, Deanna

Vermette

Rep to GSSSI: Anne Thomas

Greetings!

September is here. Cool fall days and nights await. We hope you had a great summer and are ready to welcome fall! We are slowly bringing programs back to the center and appreciate your patience as we continue to make your health and safety our first priority.

We anticipate that Congregate Meals (indoor dining) will return in October.

September will be the final month of our curbside Grab and Go program. Many thanks to Greater Springfield Senior Services for making this program a possibility during COVID. Also thanks to our site manager, Carol and our dedicated volunteers and staff who braved all kinds of weather to hand out meals.

Many thanks to Receptionist Holly Normoyle who is leaving the senior center after 6 years. Thank you Holly for everything that you did for the center and for all who came through the doors or spoke with you on the phone. We wish you all the best in your future endeavors!

Don't forget to sign up for your flu shot! Appointments are required.

COVID is still in our midst and we do not know what, if any, guidelines or mandates will change in the coming weeks. We will keep you posted if any changes will affect senior center programs.

Continue to stay safe and be well.

BECKY.....



COA BOARD MEETING: TUESDAY, SEPT. 14 at 9AM in PERSON or VIA ZOOM.

ZOOM Meeting ID: 95866401813 - ZOOM Password: 639217

FREE Technology Help Sessions Are Back!



The Wilbraham & Monson Academy Service Team will be here on Thursdays from 3:30-4:30 starting on September 2nd.

They will assist you with all your technology questions. Bring your phone, iPad, tablet, or laptop computer and your questions! Please call us to sign up.

Annual Flu Shot Clinic
Wednesday, September 15th
by Appointment Only



The annual flu shot clinic will be held on September 15th. This year, you **MUST** have an appointment time for your shot. Please call the Senior Center for an appointment.
Sponsored by CVS Pharmacy

OUTREACH

The Outreach Office is your resource center for information on a variety of services, assistance programs, home health care, alternative living options, insurance information, etc. The Outreach Program is partially funded by a grant from the Executive Office of Elder Affairs and The Federal Administration for Community Living. Please contact Wendy at 566-5588 or email outreach@hampdenma.gov for more information on any of the services.



SNAP: Provides a monthly supplement for purchasing nutritious food. Participants must complete an application and meet the following monthly income guidelines:

Income guidelines for 1 person household—\$2,127

Income guidelines for 2 person household—\$2,873

BROWN BAG: Free bag of groceries once a month in conjunction with the Food Bank of Western MA. Participants must be 55 or older and meet the following monthly income guidelines:

Income guidelines for 1 person household—\$1,968

Income guidelines for 2 person household—\$2,658

NEXT PICK-UP IS TUESDAY, SEPT. 21ST BETWEEN 1:30-2:30pm.

EMERGENCY FUEL FUND: Available to any Hampden resident who is in a heating crisis. A resident must have received a shut off notice from the electric company, have less than a quarter of a tank of oil, or be in another emergency heating situation. Please call for more information or to find out if you qualify for assistance. All information provided is completely confidential.

D & R FARM SUMMER FARM SHARE: D & R FARM is offering fresh produce and it is **FREE with SNAP/HIP** if you qualify! If you do not qualify for SNAP/HIP, you may purchase a share for \$10 cash per week. Your shares will be available for pick up Wednesdays until October 27th from 9:30-10:30 at the Hampden Senior Center. Please let us know if you need your share delivered. Shares are limited to sign up. **D&R is located at 146 Thresher Rd. Call 413-244-3135 before visiting farm.**

REGISTRY OF MOTOR VEHICLES: For RMV related questions, please call Wendy or email her at outreach@hampdenma.gov. She is available to help with processing RMV applications online. Beginning **May 3, 2023**, every air traveler 18 years of age and older will need a **REAL ID** compliant driver's license or ID card, state-issued enhanced driver's license, or another TSA-acceptable form of identification at airport security checkpoints for domestic air travel.



HEALTH/WELLNESS

MEMORY CAFÉ - Every Friday at 10AM

The Memory Café is a welcoming place for individuals with memory challenges along with their caregivers and/or family and friends to gather in a safe, supportive and engaging environment. Please call Wendy if you would like more information about the café. Sponsored in part by Friends of Hampden Seniors and private donations.



Caregiver Support Group via ZOOM or by PHONE

Tuesday, September 21st at 6:00pm

Are you caring for a loved one with dementia or other related memory impairments? This support group is a great way to help. Please call Wendy at 566-5588 for more information.



THE TRI TOWN TROLLEY FOR SENIOR TRANSPORTATION SERVICES



The TRI Town Trolley operates for **Hampden, East Longmeadow & Longmeadow Seniors** Mon-Fri, 9:00am-3:00pm. **Hampden Seniors can book rides for medical appointments, grocery shopping, and banking, in the Springfield / East Longmeadow area by calling 413-525-5412.**



If you need help navigating the Medicare maze, call 566-5588 and leave a message for Becky who will return your call.



With the highly contagious delta variant surging ferociously, Americans are once again grappling with pandemic anxiety. The surge has prompted a flurry of new mask mandates, vaccine mandates and other steps to try to get the coronavirus back under control. While delta can sometimes infect vaccinated people, infections, hospitalizations and deaths are rising fastest in parts of the U.S. with the most unvaccinated people. Hot spots, however, are burning everywhere from Massachusetts to California. While we desperately want to be done with this pandemic, COVID-19 is clearly not done with us, and so our battle must last a little longer. The primary way the virus spreads remains being indoors with someone who is infected and breathing in their droplets or aerosols. With delta, the difference is that the infected person will make many more copies of the virus, faster, which makes it easier to spread. That's good news. It means that the mitigation measures that we had in place previously will still work against the delta variant as it's not being transmitted by some other route. So stay the course and let's all look forward to a better tomorrow.

Hampden's Public Health Nurse -Sheila Rucki PhD, PCNS, BC

Services and Information



DAV (Disabled American Veterans)

If you are looking for support, please contact our local Veteran Service Director Michelle Barrett at (O) 413-525-5436, (C) 573-355-6076 or email her at michelle.barrett@eastlongmeadowma.gov for an appointment.



Michelle is at the Hampden Senior Center on Tuesday mornings by appointment only.



AARP Tax-Aide Program Volunteer Opportunity

AARP Foundation Tax-Aide is the nation's largest volunteer-run tax preparation and assistance service and we want you to join us. Please volunteer as a Tax Counselor and work with area residents in preparing their tax returns on the computer. Basic computer skills and some experience in filing your own tax returns are helpful, along with a willingness to make a one day per week time commitment during our 10-week season.

Hands-on training is provided in the classroom, and we have experienced Counselors to assist at all sites. Please consider whether you, or someone you know, might be willing to help this year. Please fill out an application to become a part of this invaluable team at: www.aarpfoundation.org/TaxaideVolunteer.

Training will be done this Fall. For questions or additional information, please contact:

Director, at email address: D5Taxaide@comcast.net or ritavailszkz@charter.net.



SILVER LININGS FREE WALK-IN BLOOD PRESSURE CLINIC

New Time: Every Tuesday and Thursday from 9:15 to 10:45



The Hampden Senior Center reserves the right to utilize photos or videos of participants for publicity purposes. Participants not wanting their image used must notify the senior center in writing.

FRIENDS OF HAMPDEN SENIORS 2021 YEARLY / MEMBERSHIP DUES

Use this form to JOIN THE FRIENDS, PAY ANNUAL DUES, OR MAKE A DONATION! The Friends is a non-profit organization established to assist in the funding of programs and activities to promote the dignity and well being of Hampden Seniors. Everyone who works for the "FRIENDS" is a volunteer, including the directors. Membership is open to persons any age from any location. If you desire to become a member, wish to renew your membership, or make a donation please complete this form. **Please make checks payable to "Friends of Hampden Seniors" and mail to Friends of Hampden Seniors, Inc., 104 Allen Street, Hampden, MA 01036 or drop off at the senior center.** **We appreciate your support!**

FRIENDS OF HAMPDEN SENIORS 2021 MEMBERSHIP FEE \$5.00: _____

Donation From: _____ Address: _____ Donation Amount: \$ _____

In Honor Of: _____ In Memory Of: _____

Send acknowledgement to: _____ Address: _____

Use donation for: Memory Café Food Pantry Emergency Fuel Fund Programs & Activities General Needs

Building Fund Other (Specify) _____

____ Please check here if you would like a donation receipt for your taxes and provide your email address (if applicable)

Email: _____

Senior Center Activities

We are very pleased to offer activities again and will be including additional activities as we are able. Please remember the traffic pattern is **BACKWARDS** in the parking lot during our Grab N' Go lunch program Tuesday through Friday from 11:00 - 12:00, so **PLEASE USE CAUTION** when entering the parking lot. Please drop in or call us if noted below to sign up!

ACRYLIC PAINTING with Nan Thursdays,
10:00-noon, \$20/per class, includes all materials.



BRIDGE Mondays, 9:30-noon.
New players welcome, will teach.



BILLARD ROOM

Mondays, Noon-3:00 - **Travel league.**
Tuesdays, 9:00-noon - **Women's lighthearted no rules play.**
Thursdays, 9:00-noon - **Men's play.**
Wednesdays and Fridays - **Open play.**

BINGO Thursdays, noon-2:00. *May resume in the Fall.*

BUNCO Tuesdays, 12:30-3:00, \$5/per week.
New people welcome, will teach.



COUNTRY LINE DANCING WITH MIKKI

Fridays, 1:00, \$3/per class.
Starting on September 10th.

FACIALS with Diane Neill 2nd Thursday of every month.
Please call for appointment and pricing.

FOOTCARE Please call for appointment and pricing.



FUNCTIONAL FITNESS with Sue Kent Tuesdays and
Thursdays, noon-1:00, \$5/per class.

GENEALOGY/FAMILY HISTORY *May resume in the Fall.*

JEWELRY *May resume in the Fall.*

KNITTING/CROCHET Mondays, 9:00-11:00.
New people welcome, will teach.



MAHJONG Fridays, 10:30-2:00.
New people welcome, will teach.

MANICURES with CAT Twice a month.
Please call CAT directly at 413-335-7422
for appointment and pricing.



MEMORY CAFÉ Fridays, 10:00-noon.

PITCH *May resume in the Fall.*

QUILTING Fridays, 9:00-3:00. **New people welcome.**

TAI CHI with Heather Duncan Mondays, \$5/per class
Advanced Session - 9:15-10:15
Beginners Session - 10:30-11:30

TECHNOLOGY TRAINING Thursdays, 3:30-4:30. **FREE**

TRIVIA Wednesdays, 10:00. **Lighthearted
no rules play.** Always looking for fresh
minds!



WATERCOLOR with Chris Sterritt Wednesdays, 9:30-noon
OR 12:30-3:00. \$100 for ten classes. **Classes begin
September 15th.** Please sign up to receive material list.

WEIGHT TRAINING with YMCA Tuesdays
and Thursdays, 9:30-10:30. Purchase a \$40
punch card at the Senior Center or \$5/per
class. Please pay cash or make checks
payable to: YMCA of Greater Springfield and place A.O.A. in
memo section.



YOGA with Sue Kent

Chair: Tuesdays and Thursdays, 11:00-12:00, \$5/per class
Mat: Tuesdays and Thursdays, 1:00-2:00, \$5/per class

Please note new times for some activities. Check our calendar monthly for any CANCELLED classes.

Please call
413.566.5588 for
additional information

SEPTEMBER 2021

Hampden Senior Center
104 Allen Street
Hampden, MA 01036

Mon	Tue	Wed	Thu	Fri
		1 9:30 FARM SHARE 10:00 Trivia 11:30 Grab N' Go Lunch	2 9:00 Men's Billiards 9:15 Blood Pressure 9:30 Weights w/YMCA 10:00 Acrylic Painting 11:00 Chair Yoga 11:30 Grab N' Go Lunch 12:00 Functional Fitness 1:00 Mat Yoga 3:30 Technology Training	3 9:00 Quilting 10:00 MEMORY CAFÉ 10:30 Mahjong 11:30 Grab N' Go Lunch
6 CLOSED 	7 9:00 Ladies Billiards 9:15 Blood Pressure 9:30 Weights w/YMCA 11:00 Chair Yoga 11:30 Grab N' Go Lunch 12:00 Functional Fitness 12:30 Bunco 1:00 Mat Yoga	8 9:30 FARM SHARE 10:00 Trivia 11:30 Grab N' Go Lunch	9 <u>FACIALS by appt.</u> 9:00 Men's Billiards 9:15 Blood Pressure 9:30 Weights w/YMCA 10:00 Acrylic Painting 11:00 Chair Yoga 11:30 Grab N' Go Lunch 12:00 Functional Fitness 1:00 Mat Yoga 3:30 Technology Training	10 <u>MANICURES by appt</u> 9:00 Quilting 10:00 MEMORY CAFÉ 10:30 Mahjong 11:30 Grab N' Go Lunch 1:00 Line Dancing
13 9:00 Knitting/Crochet 9:15 Tai Chi-Advanced 9:30 Bridge 10:30 Tai Chi—Beginner 12:00 Billiards Travel League	14 <u>9:00 COA Meeting</u> 9:00 Ladies Billiards 9:15 Blood Pressure 9:30 Weights w/YMCA 11:00 Chair Yoga 11:30 Grab N' Go Lunch 12:00 Functional Fitness 12:30 Bunco 1:00 Mat Yoga	15 9:30 FARM SHARE 9:30 Watercolors 10:00 Trivia 11:30 Grab N' Go Lunch 12:30 Watercolors 1:00 Flu Clinic by Appointment Only	16 9:00 Men's Billiards 9:15 Blood Pressure 9:30 Weights w/YMCA NO ACRYLIC PAINTING 11:00 Chair Yoga 11:30 Grab N' Go Lunch 12:00 Functional Fitness 1:00 Mat Yoga 3:30 Technology Training	17 9:00 Quilting 10:00 MEMORY CAFÉ 10:30 Mahjong 11:30 Grab N' Go Lunch 1:00 Line Dancing
20 9:00 Knitting/Crochet 9:15 Tai Chi-Advanced 9:30 Bridge 10:30 Tai Chi-Beginner 12:00 Billiards Travel League	21 9:00 Ladies Pool 9:15 Blood Pressure 9:30 Weights w/YMCA 11:00 Chair Yoga 11:30 Grab N' Go Lunch 12:00 Functional Fitness 12:30 Bunco 1:00 Mat Yoga 1:30 BROWN BAG 6:PM Caregiver Support	22 9:30 FARM SHARE 9:30 Watercolors 10:00 Trivia 11:30 Grab N' Go Lunch 12:30 Watercolors	23 9:00 Men's Billiards 9:15 Blood Pressure 9:30 Weights w/YMCA NO ACRYLIC PAINTING 11:00 Chair Yoga 11:30 Grab N' Go Lunch 12:00 Functional Fitness 1:00 Mat Yoga 3:30 Technology Training	24 <u>MANICURES by appt</u> 9:00 Quilting 10:00 MEMORY CAFÉ 10:30 Mahjong 11:30 Grab N' Go Lunch 1:00 Line Dancing
27 9:00 Knitting/Crochet 9:15 Tai Chi-Advanced 9:30 Bridge 10:30 Tai Chi—Beginner 12:00 Billiards Travel League	28 9:00 Ladies Billiards 9:15 Blood Pressure 9:30 Weights w/YMCA 11:00 Chair Yoga 11:30 Grab N' Go Lunch 12:00 Functional Fitness 12:30 Bunco 1:00 Mat Yoga	29 <u>FOOTCARE by appt.</u> 9:30 FARM SHARE 9:30 Watercolors 10:00 Trivia 11:30 Grab N' Go Lunch 12:30 Watercolors	30 <u>FOOTCARE by appt.</u> 9:00 Men's Billiards 9:15 Blood Pressure 9:30 Weights w/YMCA 10:00 Acrylic Painting 11:00 Chair Yoga 11:30 Grab N' Go Lunch 12:00 Functional Fitness 1:00 Mat Yoga 3:30 Technology Training	

****SEPTEMBER 2021 Grab 'n Go Lunch Program: Tuesday, Wednesday, Thursday & Friday at 11:30 A.M.****

You must be 60 or older as this is a Title IIIB, Older Americans Act funded program. Reservations must be made. The deadline is 2pm on Friday the WEEK BEFORE you want lunch. **Meals MUST BE picked up at the senior center at 11:30 A.M.** A drive thru process is set up and no one will get out of their car. **YOUR NAME MUST BE ON THE LIST IN ORDER TO PICK UP A MEAL.** A suggested voluntary donation of \$2.00/meal will be accepted. Call 566-5588 and leave a message with your name, telephone number and the day (s) you would like to pick up lunch. It's that easy...if we need additional information, we will call you back.

Thank You to Greater Springfield Senior Services for this program!

Mon	Tue	Wed	Thu	Fri
	<div>Menu subject to change without notice.</div>  <div>Suggested voluntary donation - \$2.00.</div>	1 Chicken Caesar Wrap Lettuce/Tomato Pasta Salad On a Spinach Wrap Mandarin Oranges Cal:782 Carb:89 Na:860	2 Spinach Salad w/French Cucumber Onion Salad WW Bread Fruit Parfait Cal:613 Carb:85 Na:722	3 Ham Salad on Wheat (2) Tomatoes w/Ranch Chilled Peaches Cal:510 Carb:59 Na:1145
CLOSED 	7 California Chicken Salad Broccoli Slaw Potato Salad WW Crackers Fruit Parfait Cal:858 Carb:127 Na:866	8 <u>High Sodium Day*</u> Mediterranean Pasta Salad Dill Carrots/White Bean Cucumber Salad WW Pita Chilled Pineapple Cal:884 Carb:126 Na:1263	9 <u>VJ Day-WWII Letters</u> Sesame Turkey Noodles Napa Cabbage Slaw Cranberry Snack Loaf Mixed Fruit Cal:756 Carb:108 Na:391	10 Cape Cod Tuna Salad w/ Lettuce & Tomato Pickled Beets 1/2 Wheat Wrap SF Lemon Cookie Cal:602 Carb:83 Na:920
<div>Key for Symbols: Cal = Total Calories Carb = Total Carbohydrates Na = Total Sodium * High Sodium Day</div> <div>Tot Sodium & Cal include regular dessert, milk (100mg NA) & margarine (15mg Na)</div>	14 Traditional Egg Salad With Ziti Broccoli Salad 12 Grain Bread (2) SF Sugar Cookie Cal:749 Carb:87 Na:834	15 Ham & Swiss & Mustard With German Potato Salad On Whole Wheat Bread (2) Chilled Pineapple Cal:638 Carb:92 Na:879	16 Chef's Salad w/French With Turkey Cheddar Egg Italian Bread Fruit Parfait Cal:713 Carb:85 Na:833	17 Curry Chicken Salad Tomato Onion Salad Mixed Greens Wheat Pita Fresh Fruit Cal:570 Carb:75 Na:670
	21 Turkey & Munster Cherry Tomatoes/Carrots Ranch Dressing Wheat Bread (2) Fresh Fruit Cal:577 Carb:69 Na:1033	22 Meatloaf Sandwich With Potato Salad Ketchup Packet White Bread (2) Cinnamon Apples Cal:695 Carb:109 Na:1160	23 Cottage Cheese Broccoli Slaw Chilled Peaches Wheat Roll SF Cookie Cal:531 Carb:77 Na:1016	24 Salmon over Mixed Greens w/French Dressing and Cucumbers, Carrots, Cabbage, White Bread & Fresh Fruit Cal:531 Carb:82 Na:646
<div>If you have any special concerns regarding the menu, contact the GSSI Dietitian at 781-8806, EXT. 136 for more information.</div>	28 Tarragon Tuna Salad Three Bean Salad English Pea Salad 12 Grain Bread Strawberry Applesauce Cal:765 Carb: 91 Na:1063	29 Roast Beef & Swiss on Rye (2) Coleslaw Fresh Fruit Cal:583 Carb:73 Na:1032	30 Chicken Caesar Wrap Lettuce/Tomato Pasta Salad Spinach Wrap Mandarin Oranges Cal:782 Carb:89 Na:860	****Congregate Indoor Dining will resume in October.**** Thank you to all that participated in Grab and Go meals! Please join us inside for lunch in October. Call to make a reservation!!

WHAT'S NEW...

Thursday, September 9th @ noon

Letters from WWII

Come join us as we celebrate VJ Day. A FREE heart warming presentation by Corinne Smith.

Funded in part by:  Mass Cultural Council

 EVERBROOK SENIOR LIVING providing cupcakes!

 HomeCare HANDS
24/7 Care at Home
Take aways!



(To order Grab & Go Lunch call 413 566 5588 (suggested donation: \$2.00),
Park your car and bring inside to eat, we have socially distanced seating available, then stay for presentation and goodies)

Welcome back events starting in September: Nails by Cat, call for appt 413-355-7422



Light hearted, no rules play
always looking for fresh minds!



Line Dancing with Mikki



We need to hear from you! Sign ups and participation needed to bring back these events: Bingo Jewelry Making Genealogy

Are there any other events or programs you would like us to consider?



November 13th Dinner Dance

"One Moment In Time" featuring the Sherades Band

Look for more information next month. Tickets will go on sale October 1st \$25.00 per person

Fund-Raiser Event!

October 18th through the 22nd from 9:30am to 2pm

To benefit Hampden Senior Center Building Expansion Fund

104 Allen st., Hampden, MA 01013 413-566-5588

A \$10.00 minimum donation will be collected for each drop-off.

PROSHRED
SECURITY 
DOCUMENT DESTRUCTION AT YOUR DOOR

It's the perfect time to clean out your old files and paperwork and support a great cause.

Sponsored and supported through:



Relax and Enjoy

TRIPS WITH BOBBI GRANT

Join us on Thursday, December 2nd for this Hilarious Comedy,
"A Christmas for Carol" at the Newport Playhouse and Cabaret
ONLY TWO SEATS LEFT!!!

A hilarious holiday farce at the office party, with wacky hi-jinks, pranks, even folks caught in their underwear! The cost of only \$101/pp includes: Deluxe coach, a delicious buffet lunch, main show and a additional cabaret show, all taxes and gratuities, including the driver. Full payment deadline is Nov. 2nd. Please call Bobbi directly at 413-566-8271 or email her at bobbijg2@charter.net for more information.



Fall Word Search

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



CORN
AUTUMN
BONFIRE
BOOTS
OCTOBER
RAKE

THANKSGIVING
HARVEST
LEAVES
CARNIVAL
APPLES
APPLE CIDER

PUMPKIN
FOOTBALL
SWEATER
NOVEMBER
SEPTEMBER
SUNFLOWER

