September 2025

Fellowship News

West Hartford Fellowship Housing | 20 Starkel Road West Hartford, CT 06117 | (860) 523-0881

WHFH NOTABLES:

Our Food Pantry will be open on Tuesday, 9/9 @ 11am and on Thursday, 9/11 @ 2pm for residents to obtain items.

CT Mobile FoodShare will be @ the Crossroads Plaza, behind Big Y at 1pm on Friday, 9/5. All are welcome!

If you have not received a key fob for entrance into the new buildings, please see your RSC to obtain one.

The deadline to apply for Renter's Rebate is Tuesday, 9/30. If assistance is needed with applying for this program, please see your RSC before this date.

Generation Celebration

September gives us a great excuse to celebrate the power of cross-generational connection. With both Grandparents Day and Intergenerational Day on the calendar, it's a reminder that meaningful relationships don't have to come from the same age group.

Spending time with younger generations isn't just heartwarming—it's genuinely beneficial. Studies show that older adults who interact regularly with children or teens often feel more purposeful, experience less loneliness, and even see improvements in memory and mood. Meanwhile, younger folks gain a sense of perspective, patience, and emotional intelligence when they build relationships with seniors.

Some communities have taken this idea to the next level. In countries like Japan and the Netherlands, preschools and daycare centers are joining forces with senior living facilities, creating shared spaces where little ones and older adults can learn and play together. It turns out that finger painting and storytelling sessions can do wonders for everyone involved, young and old.

Even without a formal program, small moments matter. Reading to a grandchild over video chat, teaching a neighbor's teen how to knit, or joining a local school's mentorship program are all simple ways to build connections that stretch across generations. Volunteering with youth groups, offering career advice, or attending events at community centers can also open the door to meaningful exchanges. And don't underestimate the value of a casual chat at the park or the grocery store—sometimes the best conversations happen when no one's trying too hard.

Bringing generations together isn't about nostalgia—it's about building stronger communities full of curiosity, empathy, and mutual respect. This month, let's celebrate the many ways we can all learn from each other, no matter our age.

Back from Beyond

Anyone who has owned a pet is familiar with the feelings of loss once that pet has passed on. World Animal Remembrance Month, celebrated in September, has been designated to remember all the good times with our companion animals.

When Dolly the sheep won worldwide renown in 1996 as the first cloned animal, few people may have considered the possibility of cloning a family pet. But for the hearty sum of approximately $100,000, a clone of a beloved pet is exactly what families can get. Sooam Biotech uses DNA to clone companion, pet, and police dogs in its South Korean laboratory. But it's a buyer-beware business; just because your pet may look the same, there is no guarantee that it will have the same personality or temperament.

Others are using this fascinating science not to bring pets back from the dead but to resurrect extinct animals. Many animals have gone the way of the dodo—the great auk, the thylacine, the Carolina parakeet, the Atlas bear, and even the black rhinoceros are all now extinct.

Some scientists are working to bring extinct species back to life using advances in genetics and synthetic biology. While a real-life Jurassic Park is still fiction, researchers—like those at Harvard and Colossal Biosciences—have made headway in resurrecting species like the woolly mammoth by splicing its genes into those of its closest living relative, the Asian elephant. Recently, the successful cloning of dire wolf pups using recovered DNA marked a new milestone in this rapidly evolving field.

Though you won't see mammoths or dire wolves roaming around just yet, tools like CRISPR have made species revivalism more viable than ever. The debate has shifted from "Can we do it?" to "Should we?" What do you think are the consequences of reviving the ancient past?

Drop us a note in the office box and let us know your very FAVORITE thing/place about the completion of the Phase 1 buildings!
Have you met any new friends or neighbors? Enjoyed a specific community space?
Admired the artwork as you entered building 1? (new art pieces coming 9/5)
Gotten a sweet treat from the vending machines?
We will publish the responses in our October Fellowship News!

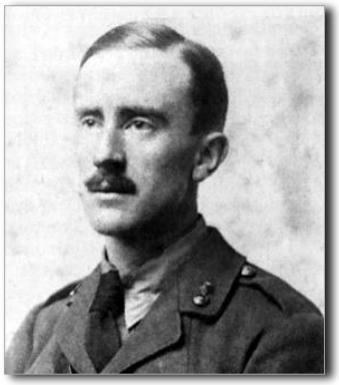
The Dough Must Go On

Over almost 70 years, more than one billion pounds of Play-Doh have been extruded into billions of little plastic canisters for kids to play with. In 1998, this modeling compound was even inducted into the National Toy Hall of Fame. And now it has its own holiday on September 16: National Play-Doh Day.

Play-Doh was invented to be wallpaper cleaner (rolled on walls to remove dirt and grime), but the glob of off-white putty soon inspired the imagination of school children. In 1956, Play-Doh inventor Joe McVicker cut a deal with Captain Kangaroo and other children's show hosts to promote the product.

There are many unofficial recipes for homemade dough, but what you may not be able to replicate, however, is Play-Doh's trademark smell. Even this was offered on its 50th anniversary—as a Demeter-brand cologne for creatives.

Shire Delight



J. R. R. Tolkien is best known as the author of *The Hobbit*, *The Lord of the Rings* trilogy, and *The Silmarillion*. This set of books conjures the fantasy world of Middle-earth, a magical place inhabited by elves, dwarves, trolls, dragons, wizards, and, of course, the peaceful and portly race of pint-sized people known as hobbits. *The Lord of the Rings*—with 150 million copies sold—is one of the best-selling English books of all time, with *The Hobbit* at an impressive 100 million. The legions of Tolkien fans worldwide now celebrate September 22 as Hobbit Day. After all, September 22 is the birthday of not just Bilbo Baggins, the hero of *The Hobbit*, but also of Frodo Baggins, Bilbo's nephew and hero of *The Lord of the Rings*.

As one day is not enough to honor Tolkien and his fiction, the entire week surrounding September 22 is now celebrated as Tolkien Week. After all, there is so much more to Tolkien's story than just hobbits; he created an entire universe complete with several languages and its own mythology.

The depth of the Tolkien obsession is perhaps best exemplified by the Tolkien Society—part fan club, part charity, and part literary society. In addition to publishing a journal of Tolkien scholarship and maintaining an extensive Tolkien archive, the society also hosts an annual event known as Oxonmoot. Each September Tolkien enthusiasts travel to Oxford, England, and attend a long-weekend's worth of seminars and art shows about all things Tolkien. This Tolkien-related gathering also includes a masquerade ball, where fans dress up as their favorite fantasy characters. For those unable to make the pilgrimage to Oxford, perhaps the best way to celebrate Tolkien Week is to read his novels, watch the film versions of the books, and complain about the many inaccuracies and liberties taken by the films' directors.

Fibbing for Fame

It's no lie; in New Harmony, Indiana, the third Saturday in September brings the Big Whopper Liar's Contest. These aren't little white lies but long, well-wrought yarns expertly crafted to bring tears of laughter to audience members' eyes. There was one story about a woman who discovered that her grandma's trick for the perfect piecrust involved pressing her false teeth into the dough. Then there's the hunting tale of the boy who had his great-granddad's rifle full of enough shot to take down a rattlesnake, a charging wild boar, an 11-point buck, and 13 turkeys sitting on a tree limb. The grand prize won't make you rich, but it may make you famous... at least in New Harmony.

Locals Only

Most cities love an influx of tourists. Tourists, after all, bring dollars. The more popular a city is, the more those dollars add up. So, it is very strange indeed that September 16 is Stay Away from Seattle Day, a day when Seattleites request that everyone please refrain from visiting their wet Pacific Northwest city.

Seattle residents themselves offer myriad reasons to shun their city: exorbitant gas prices, never-ending rain, earthquakes, and a fleeting summer. Or is the real truth that Seattle is so wonderful that its residents want to keep it all for themselves? It is world-renowned for its coffee (thank you, Starbucks), doughnuts (thank you, Top Pot), and salmon (thank you, Mother Nature). Then there's the unparalleled natural beauty, great music scene, a cutting-edge technology industry, and hey, we even hear the whole rain thing has been exaggerated. (It's mainly a constant drizzle, not a downpour.) So, which is it, Emerald City? Are you awful or awesome? The only way to find out may be to visit sometime soon.

HAPPY BIRTHDAY TO ALL OUR WHFH RESIDENTS BORN IN SEPTEMBER!

Lucy K.

Lorraine D.

Maria S.

Margarita D.

Kathy W.

Curtis J.

Emily S.

Betsy G.

Valery S.

Jennifer D.

Lizzie J.

Mildred R.

Jiusha L.

September Birthdays

In astrology, those born between the 1st and 22nd of September are Virginal Virgos. Virgos are industrious, efficient, and pay close attention to details, which is why they tend to get the job done right on the first try. Those born between September 23rd and 30th balance the scales of Libra. Libras seek harmony and value fairness and justice. Although they'd rather avoid conflict, they are excellent team players who are tactful and polite at soothing those embroiled in argument.

Lily Tomlin (comedian) – September 1, 1939
Bob Newhart (comedian) – September 5, 1929
Grandma Moses (artist) – September 7, 1860
Otis Redding (singer) – September 9, 1941
Agatha Christie (author) – September 15, 1890
Frankie Avalon (singer) – September 18, 1940
Jim Henson (puppeteer) – September 24,1936
T. S. Eliot (poet) – September 26, 1888
Gene Autry (singer) – September 29, 1907
Fran Drescher (actress) – September 30, 1957

Point Taken

Grammarians rejoice! September 24 is Punctuation Day. If punctuation makes you feel as excited as an exclamation point, then get ready to express your enthusiasm over some rarely used punctuation marks, so obscure that they don't even appear on keyboards.

The *interrobang* looks like a question mark with an exclamation point cut through its heart, and it means "?!" The *exclamation comma* and *question comma* are versions of these marks with a comma below instead of a dot. Why? Because sometimes you want to express excitement or ask a question in the middle of a sentence, not at the end. Three dots forming an upside-down triangle are known as the *because sign*. An *irony mark* looks like a backward question mark and means that the sentence should be read with irony... this sentence not included, of course.

Thank you to our Residents, our UCONN educators and Rosedale Farms for another successful year of WHFH's

Fresh Start Summer Nutrition Series!

UConn SNAP-Ed

HEALTHY FAMILY CT

Spend Smart • Eat Well • Feel Great

ALL residents are cordially invited and strongly encouraged to attend a Management / Resident meeting that will be held on Friday, September 12, 2025 at 1:00 pm in the new Community Room located in Building 20. Lots of information will be provided, as well as Q&A opportunities.

Looking forward to seeing you there!

🌻 September 2025 – Programs at a Glance

Monday, September 1

- **Office Closed** (Labor Day)

Thursday, September 4

- **National Wildlife Day Program** – 2:00 PM, Community Room
  Celebrate the beauty of nature with fun wildlife facts, videos, and discussion.

Friday, September 5

- **FoodShare** – 1:00 PM, Crossroads Plaza
  Fresh groceries available to the community.

Tuesday and Thursday, September 9 and 11

- **Pantry Pick Up** – 11:00 AM; 2:00 PM
  Pick up pantry staples for your household.

Wednesday, September 10

- **Word Game Wednesday** – 2:00 PM, Café
  Enjoy a fun afternoon of word games with neighbors.

Friday, September 12

- **Management/ Resident Meeting**

  Join our management team for updates and pertinent resident information. Tenants are encouraged to attend.

Tuesday, September 16

- **Guacamole Day Program** – 2:00 PM, Café
  Celebrate National Guacamole Day with a tasting, recipes, and fun trivia.

Thursday, September 18

- **Hummingbird Celebration** – 2:00 PM, Café
  Learn about these fascinating birds with fun facts and crafts.

Tuesday, September 23

- **Open Art** – 2:00 PM, Art Room
  Bring your creativity! Supplies provided for painting, drawing, or your own projects.

Thursday, September 25

- **Reading Club** – 2:00 PM, Library
  Join neighbors for lively discussion of this month's reading selections.

Tuesday, September 30

- **UN Presentation with CT Chapter Board VP Dave Roberts** – 2:00 PM, Community Room
  Special guest presentation on the work of the United Nations and its impact today.

📞 *Please call your RSC to sign up for ALL programs:*

*Debra: 860-570-0314 * Lindsay: 860-570-0319

MAINTENANCE MATTERS

Please do not overfill your refrigerator or freezer with food items.

Overfilling can block air vents,

restrict air flow, and overtax the condenser, which can lead to burnout.

Always report water leaks/issues as soon as you discover them 😊

What constitutes a maintenance emergency? Flooding from a broken water line, a broken door lock, no A/C in hot weather or heat in freezing weather, and a sewer back up that is flooding.

Need Help Paying Your Eversource Bill?

If you're struggling with your electric bill, there are programs that can help lower your costs. Here's how to get started:

1. Call Eversource

📞 1-800-286-2828

Ask about their *financial hardship programs*—including low-income discount rates and other ways to reduce your bill.

2. Show Proof of Financial Hardship

Eversource will request documents showing your income or participation in a qualifying program (like **SNAP** or **Medicaid**).

- Different documents may qualify you for different discount rates—make sure to check both and accept the higher discount if eligible.
  (See attached charts for details.)

3. Submit Your Documents

You can send proof in one of these ways:

- **Upload** through your Eversource online account
- **Mail** to:
  Eversource, Attn: Credit Dept.
  P.O. Box 270
  Hartford, CT 06141
- **Fax** to: 866-438-6476
  (Include a cover sheet with your name, address, account number, and reason for sending the documents.)

💡 Need more help?

Contact:

📞 West Hartford Department of Social Services
860-561-7561

📞 Lindsay – 860-570-0319

Nutrition Corner from UConn Healthy Family CT SNAP-Ed Program

The Low-Down on Ultra-Processed Foods

Written by UConn Dietetics Masters student Nicole Luna

Ultra-processed foods (UPFs) are everywhere, from snack aisles to fast-food menus, but what exactly are they, and should we be concerned about them? Research suggests that eating too many ultra-processed foods can lead to weight gain, heart disease, and other health issues. [1] but don't panic! Understanding what UPFs are and making small changes can help you make healthier choices without giving up convenience.

What Are Ultra-Processed Foods?

Ultra-processed foods go through multiple processing steps and often contain artificial flavors, preservatives, added sugars, and refined oils. These additives increase "shelf life" and convenience of these foods, but the foods are usually high in calories, low in nutrients, and easy to overeat. [2] Think of things like sugary cereals, packaged snacks, processed meat, ice cream, and frozen dinners.

How Do Ultra-Processed Foods Affect Your Health?

- **Weight Gain & Overeating:** Studies show that people who eat a lot of ultra-processed foods tend to consume more calories and gain weight. [3]
- **Heart Health & Diabetes Risk:** Diets high in ultra-processed foods have been linked to an increased risk of high blood pressure, type 2 diabetes, and heart disease. [4]
- **Gut Health & Digestion:** Many ultra-processed foods lack fiber, which is essential for digestion and gut health. A low-fiber diet can lead to imbalance of gut bacteria, leading to microbiome alterations that may contribute to chronic constipation, irritable bowel syndrome, and inflammatory bowel diseases. [5]

How to Cut Back (Without Giving Up Your Favorites)

The good news? You don't have to swear off all convenience foods. Instead, try adding more whole and minimally processed foods to your meals. Think fruits, veggies, whole grains, lean proteins, and low-fat dairy. When shopping, check the ingredient list: shorter lists with recognizable ingredients are usually better! Making small swaps, like cooking at home more often and replacing packaged snacks with fresh options, can make a big difference for your health.

Try Making a Homemade Vinaigrette for Salads!

With homemade salad dressings, you can avoid unnecessary food additives and preservatives often found in bottled dressings. It's so easy to make your own dressing which can also save you money at the grocery store.

Apple Cider Vinaigrette

This is a very versatile salad dressing, great for mixed green salads, grain bowls, and bean salads.

Ingredients

- 2/3 cup olive oil
- ¼ cup apple cider vinegar (or use red wine vinegar)
- 1 Tbsp honey
- 2 tsp Dijon mustard
- 1 garlic clove, minced (or use 1/8 tsp garlic powder)
- ¼ tsp salt
- 1/8 tsp black pepper

Instructions

Combine all ingredients in a jar with a tight-fitting lid; shake well. Store in the refrigerator. Just before serving, shake dressing again. Dressing can be stored in the refrigerator for up to 2 weeks. If the oil solidifies in the fridge, simply take the dressing out of the fridge about 10-15 minutes before using; let it get to room temperature so that it turns back to liquid.

For more fact-based food and nutrition information and more tasty, low-cost recipes visit https://healthyfamilyct.cahnr.uconn.edu/ or scan the QR code at the right using your phone camera.

References:

1. https://www.nhlbi.nih.gov/news/2025/spotlight-upfs-nih-explores-link-between-ultra-processed-foods-and-heart-disease#:~:text=In%20addition%20to%20heart%20disease,higher%20amounts%20of%20these%20foods.
2. https://newsinhealth.nih.gov/2024/02/dejunking-your-diet
3. https://pmc.ncbi.nlm.nih.gov/articles/PMC7946062/#:~:text=Ultra%2Dprocessed%20foods%20may%20facilitate,%2C%202013%3B%20Moubarac%2C%202015%3B
4. https://pmc.ncbi.nlm.nih.gov/articles/PMC8483964/
5. https://www.news-medical.net/news/20240225/Study-links-ultra-processed-foods-to-gut-health-risks.aspx
6. Recipe and recipe photo from: https://www.tasteofhome.com/recipes/apple-cider-vinaigrette/#RecipeCard

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This institution is an equal opportunity provider.

UCONN COLLEGE OF AGRICULTURE, HEALTH AND NATURAL RESOURCES

UConn SNAP-Ed HEALTHY FAMILY CT Spend Smart • Eat Well • Feel Great

WEST HARTFORD FELLOWSHIP HOUSING PHONE NUMBERS:

Management Office: (860) 523-0881

Linda Caban-Property Manager

Vilmary Garcia-Assistant Property Manager

Tatiana Angelo-Leasing Transition Coordinator

Resident Service Coordinators:

Debra Daigle (860) 570-0314

Lindsay Morris (860) 570-0319

Maintenance Department: (860) 523-0881

Dennis Carpenter-Superintendent

Carlos Zabala-Technician

Office FAX number: (860) 523-0891

Office Hours of Operation: 8:30 am – 5:00 pm Monday-Friday

AFTER HOURS ANSWERING SERVICE:

(860) 523-0881 Option #3

The non-emergency number for the town Police Department is

(860) 523-5203

The non-emergency number for the town Fire Department is

(860) 523-5263

If you have a Safety or Medical Emergency, PLEASE CALL 911

Do you know what I am? Here are some clues:

1. I was “born” in 1956.
2. My “father” was a man named Bob Stewart.
3. My “father” was inspired to create me by watching an auctioneer in New York City.
4. I am a television program.
5. I have been a star of several documentaries.
6. Economists and mathematicians have studied me.
7. Las Vegas is one of my homes now.
8. I was originally produced by Mark Goodson-Bill Todman Productions for NBC.
9. I am a game show.
10. I was first hosted by Bill Cullen.
11. I first stopped airing in 1963.
12. I was revived in 1972 on CBS and have been on the air ever since.
13. When I was revived, the word new was added to my title.
14. In 2025, I started my 53rd season.
15. I have appeared on both the daytime and primetime television schedule.
16. I am the longest-running game show in U.S. television history.
17. There are multiple international versions of me.
18. I have adapted to board-game and video-game versions.
19. In 2019, a new primetime version of me premiered.
20. My contestants are chosen from my studio audience.
21. My contestants try to guess the retail price of various items to win cash and prizes.
22. My current host is Drew Carey.
23. Bob Barker was my host for 35 years

Last Month’s Answer: Judy Garland

Destination: Sojourn in Sweden

(Travel Brief)

Location

Sweden is a Nordic country located in northern Europe on the Scandinavian Peninsula. It borders Finland to the east, Norway to the west and north, and the Baltic Sea and the Gulf of Bothnia to the south and east.

Did You Know?

Sweden is one of the world's oldest sovereign nations, with its roots dating to the Viking Age (roughly 800–1100). Vikings were more than just explorers and raiders. Also known for their seafaring skills, they were skilled farmers, craftspeople, and traders. They were generally considered a family-oriented society, with women having a significant role.

Swedish Symbols

Bird: Eurasian blackbird

Flower: *Linnaea borealis*, or "twin flower"

Food: Unofficially, the meatball

Animal: Eurasian elk (or moose)

Flag: Blue background with golden yellow Nordic or Scandinavian cross

Trivia

- Sweden takes recycling quite seriously, with only about one percent of its waste ending up in landfills.
- Sweden is known for its comprehensive social welfare system, providing universal healthcare and education.
- Sweden has been at peace since 1815, maintaining a neutral stance in both World Wars.
- Stockholm, the capital and largest city in Sweden, is situated on 14 islands connected by over 50 bridges.

Swedish Expressions – In understanding the language and culture of a country, it helps to know some of its commonly used expressions. Here are some samples of Swedish expressions and their English counterpart.

- Lie in the front edge – Ahead of the game
- Dressed up to their teeth – Dressed to the nines
- Throw yourself in the wall – Take a hike
- Walk like the cat around hot porridge – Beat around the bush

- There's no cow on the ice – No worries
- You don't have all the hens at home – You're not all there
- Throw an eye on something – Take a look at something

Almond Macadamia Nut Cookies

Makes 18–20 servings | A Diabetic-Friendly Recipe

Ingredients:

- 1 1/2 cups almond flour
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 1/4 cup unsalted butter, room temperature
- 1/4 cup granulated erythritol (or preferred sugar-free sweetener)
- 1 large egg
- 1 teaspoon vanilla extract
- 1/2 cup chopped macadamia nuts
- (Optional) 1/ 3 cup sugar-free white chocolate chips

Directions

1. Preheat the oven to 350°F (175°C) and line a baking sheet with parchment paper.
2. In a medium bowl, whisk together the almond flour, baking soda, and salt.
3. In a separate bowl, cream together the softened butter and erythritol until light and fluffy.
4. Beat in the egg and vanilla extract until fully combined.
5. Add the dry ingredients to the wet mixture and stir until a dough forms.
6. Fold in the chopped macadamia nuts and white chocolate chips, if using.
7. Scoop tablespoon-sized amounts of dough and roll into balls. Place them on the prepared baking sheet and gently flatten each one.
8. Bake 10–12 minutes, or until the edges are lightly golden.
9. Allow cookies to cool on the baking sheet for 5 minutes before transferring to a wire rack to cool completely

Cooking Tidbit

For the best texture, chill the dough in the refrigerator for 20–30 minutes before baking. This helps prevent spreading and keeps the cookies thick and chewy.

Mason Jar Strawberry Cream Pies

Makes 6–8 servings | A No-Bake Recipe

Ingredients:

- 1 1/2 cups graham cracker crumbs
- 6 tablespoons melted butter
- 2 tablespoons sugar
- 1 (8-ounce) package cream cheese, room temperature
- 1/2 cup powdered sugar
- 1 teaspoon vanilla extract
- 1 cup heavy whipping cream
- 1 1/2 cups chopped fresh strawberries
- (Optional) Extra strawberries for garnish

Directions

1. In a bowl, mix the graham cracker crumbs, melted butter, and sugar until the mixture resembles wet sand.
2. Spoon 2–3 tablespoons of the crumb mixture into the bottom of each 8-ounce mason jar. Press down gently to form a crust.
3. In a separate bowl, beat the softened cream cheese, powdered sugar, and vanilla until smooth and creamy.
4. In another bowl, whip the cream until stiff peaks form.
5. Fold the whipped cream into the cream cheese mixture until fully combined.
6. Gently fold in the chopped strawberries.
7. Spoon the strawberry cream mixture over the crust in each mason jar, dividing evenly.
8. Chill in the refrigerator for at least 2 hours, or until set.
9. Garnish with extra strawberries before serving, if desired.

Food Fun Fact:

Strawberries are rich in antioxidants and vitamin C, so they support immune health and skin vitality. Unlike many fruits, their seeds are on the outside of their body, and each berry has about 200 seeds.

Silly Squirrel Scrabble

Use the clues to find words that are associated with squirrels. For each answer, cross off the lettered tiles that you use. All the letters should be crossed off when the puzzle is complete.

B	R	O	A
D	U	C	F
E	O	R	A
S	N	R	Y
T	T	Y	N
S	B	A	U
S	O	R	N
H	C	D	E
Y	I	A	L
C	H	A	T
S	T	E	R
T	N	H	I
U	D	E	D
S	T	E	E
R	T	S	F
C	L	O	I
M	R	B	B
E	S	T	E
R	R	C	U
R	I	E	S
I	O	U	S

1. Oak tree fruit _____
2. Put in the ground _____
3. Squirrel or mouse _____
4. Quick _____
5. Lawn area _____
6. Friendly _____
7. Tail style; shaggy _____
8. Squirrel noises _____
9. Home in a tree, like a bird _____
10. Pecans and acorns _____
11. Squirrel away _____
12. Arid expanse _____
13. Woods _____
14. To go up self-propelled _____
15. Juicy fruits _____
16. Inquisitive _____

Apple Picking

Use the clues to fill in the crossword.

ACROSS

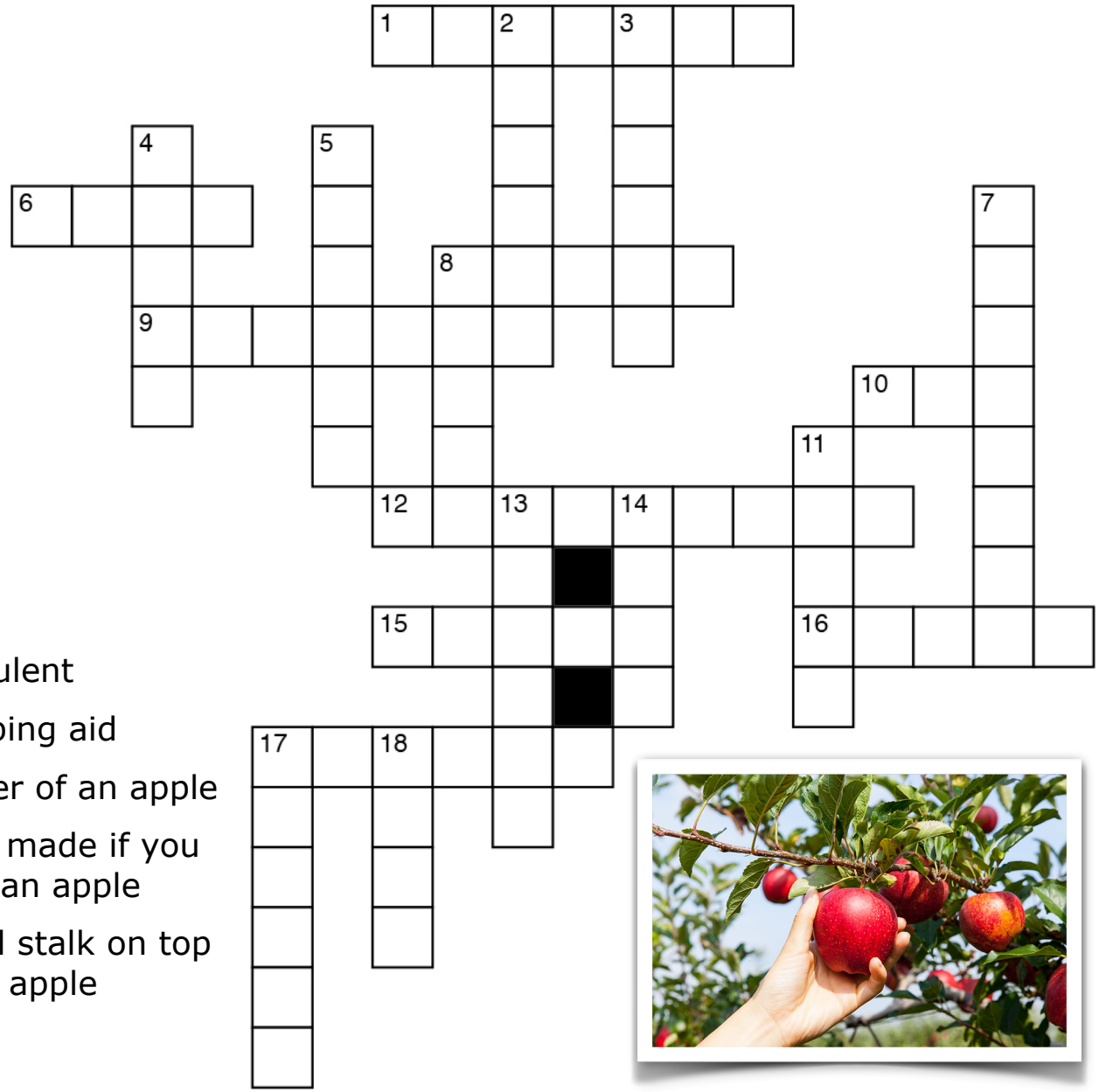
1. Grove
6. Cut the skin off an apple
8. Ascend
9. Not the city
10. Enjoyable
12. Type of apple; red _____
15. Apple drink
16. Crunchy
17. Apple quantity

DOWN

2. Coldish
3. Fall
4. Stretch out to grab
5. Green apple; _____ Smith
7. Limbs
8. Wooden container

DOWN

11. Succulent
13. Climbing aid
14. Center of an apple
17. Mark made if you drop an apple
18. Small stalk on top of an apple




Autumn
is
HERE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 **Office Closed** Labor Day	2	3	4 **National Wildlife Day Program 2:00pm Community Room**	5 **FoodShare 1:00pm Crossroads Plaza**	6
7  Grandparents Day	8	9 **Pantry Pick Up 11:00am**	10 **Word Game Wednesday 2:00pm Café**	11 **Pantry Pick Up 2:00pm**	12 **Management/ Resident Meeting 1:00pm Community Room**	13
14	15	16 **Guacamole Day Program 2:00pm Café**	17	18 **Hummingbird Celebration 2:00pm Café**	19	20 Oktoberfest Begins
21	22  Rosh Hashanah Autumn Begins	23 **Open Art 2:00pm Art Room**	24	25 **Reading Club 2:00pm Library**	26	27
28	29	30 **UN Presentation with CT Chapter Board VP Dave Roberts 2:00pm Community Room**				

September 2025

"When you are reluctant to change, think of the beauty of autumn."
– V V Brown

Please call your RSC to sign up for ALL programs: Debra 860-570-0314; Lindsay 860-570-0319