Happy Fall! I hope you’re all well and enjoying this beautiful weather! It’s perfect for apple picking and baking pies! Speaking of apples, it got me thinking. Does an apple a day really keep the Dr. away? Well I’m no expert however, I do know that there are a number of health benefits. They are high in antioxidants, vitamins, minerals, and fiber. They aid in weight loss and are packed with vitamin C which helps boost your immune system. They can also help lower your risk for heart disease and reduce your risk for diabetes.

Like I said, I’m no expert but these crunchy red or green delicious treats really pack a punch that aid in health which is so important these days! Enjoy that apple a day!

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**Game Time!**

**Setback, Trivia, Cribbage**

Are you ready to test your luck?

Join us each Tuesday at 1pm for Setback.

Wednesday’s we rotate each week between Trivia and Cribbage.

October 13th & 27th meet for Trivia at 10am
Cribbage will be played October 6th & 20th at 1pm

Card Games provide convenient ways to have fun, either alone or as part of a group. They eradicate boredom, relieve stress and make social engagements easier, more enjoyable and less intimidating. They also help exercise our BRAINS. For some people, playing certain types of games might be beneficial for things like mood memory, concentration, reasoning, and imagination.

Come join us!
Seniors, do you need a ride to a doctor’s appointment, grocery store, bank, senior center activities or interested in taking a day trip?
Please call 860-379-3389 we will make it work for you!

The Senior Van continues to run. Please Call Town Hall to schedule your appointment, 860-379-3389.

**Must call in advance if you wish to reserve the van. All medical appointments are first priority.

FLU CLINIC

On Tuesday, October 5th the Foothills VNA will be at the Senior Center for their annual Flu Clinic from 10:30am-12pm.

All participants must be wearing a mask and sanitize their hands upon entering the clinic area.

All participants will be COVID-19 screened prior to vaccination to include:
- Temperature check
- Symptom check (cough, shortness of breath, vomiting or diarrhea, new loss of taste or smell).
- Recent travel and/or known exposure to confirmed COVID-19 case.
- Bring your insurance card or include a copy attached to the consent form.
I can’t think of a better way to kick off Pumpkin Season than with PUMPKIN MUFFINS WITH BROWN SUGAR STREUSEL!

INGREDIENTS

For the muffins
- 2 eggs
- 1 cup granulated sugar
- 1 cup pumpkin puree
- 3/4 cup vegetable oil
- 1 1/2 cups all purpose flour
- 1 teaspoon baking soda
- 1/2 teaspoon baking powder
- 1 1/2 teaspoons pumpkin pie spice
- 1/2 teaspoon vanilla extract
- 1/4 teaspoon salt
cooking spray

For the streusel
- 1 cup all purpose flour
- 1/2 cup brown sugar
- 1/4 teaspoon pumpkin pie spice
1/2 cup butter melted

For the glaze
- 1 cup powdered sugar
- 1 1/2 tablespoons heavy cream or milk
1/4 teaspoon vanilla extract

INSTRUCTIONS

For the muffins
Preheat the oven to 400 degrees F. Coat a 12 cup muffin tin with cooking spray, or you can use paper liners.
Place the eggs, sugar, pumpkin puree and oil in a bowl. Whisk until smooth.
Add the flour, baking soda, baking powder, pumpkin pie spice, vanilla extract and salt to the bowl. Stir until just combined.
Divide the batter evenly among the 12 muffin cups.

For the streusel
Place the flour, brown sugar, butter and pumpkin pie spice in a medium sized bowl. Mix until thoroughly combined and coarse crumbs form.
Sprinkle the streusel evenly over the muffins.
Bake for 15 minutes, or until lightly browned and a toothpick inserted in the center of a muffin comes out clean.
Cool for 5 minutes in the pan, then transfer the muffins to a wire rack to cool completely.

For the glaze
Whisk together the powdered sugar, cream and vanilla extract. Drizzle over the cooled muffins.
Serve, or store the muffins in an airtight container for up to 5 days.
Local Updates

We are teaming up with the Winsted Senior Center

**Trips, Trips, Trips**

**Atlantic City Getaway to Caesars**

**October 26-28, bus departs at 8am**

We are filling up quick. Everyone loves this package...the perks practically pay for themselves. Trip includes: transportation, 2 nights accommodation at the hotel/casino, $50 slot bonus, $50 meal voucher, 2 fantastic shows - “Laughs & Legends” and “Frankie Valli Tribute”, cancellation protection, occupancy taxes, hotel baggage handling and driver gratuities. Pick up a flyer for all the details. Bus returns at approximately 8pm. **Cost:** $275 per person double, $365 per person single, $255 per person triple

**Country Legends at the Log Cabin with Songs of the Grand Ole Opry**

**Tuesday, new date November 23**

Enjoy the beautiful views overlooking Mt. Tom at the elegant Log Cabin, Holyoke, MA Banquet Facility and a delicious lunch of hor d'oeuvre’s signature bread, fresh garden salad, baked ham and scrod, chef’s choice potato and vegetable, dessert, coffee and tea. Trip includes: transportation, lunch, show, meal taxes and gratuities. **Cost:** $88 per person

**For More Information call 860-379-4252 x1**

By Special Request, it’s time to bring back our **Coffee & Chat groups.** Each Monday we will meet at 10am with coffee & tea available. Bring your own snack, and if you prefer your own coffee or tea. It’s a great time to get caught up with friends and socialize.

**New YOGA class beginning on Thursday evenings in the Senior Center at Town Hall**

5:00 pm - 6:00 pm; all ages welcome!

Frances Herman, a certified YOGA instructor, invites you to join her evening YOGA classes to be held in the New Hartford Senior Center from 5:00 pm – 6:00 pm on Thursday evenings, starting May 27. The fee for each class is $10.00 payable by cash or check to New Hartford Recreation. Bring your own mat and join the fun. Attend classes as your schedule permits- no need to register in advance.

For additional information, please contact Town Hall at 860-379-3389.

**Mark your calendar for Wednesday, October 13th at 12:00pm**

**Bring your own Brown Bag lunch!** We’ll enjoy some conversation I’m sure a few laughs.

Bingo will be played after lunch. $5.00 per card, $7.50 for three cards. (8 card limit). $1.00 per card after the 3 card limit. Prizes! RSVP by Tuesday, October 12th 860-379-3980
STATE FAIR
WORD SEARCH PUZZLE

Balloons Booths
Cakes
Competition
Concerts
Cows
Entries
Farmers
Flowers
Fruit
Games
Jams
Judges
Livestock
Local
Midway
Music
Pies
Pigs
Ponies
Prizes
Quilts
Races
Rides
Snacks
Sports
Stands
Trinkets

The words appear UP, DOWN, BACKWARDS, and DIAGONALLY. Find and circle each word.
Join Robyn Centrella for in-person fitness classes!

Class will be held in the Senior Center, on the 3rd floor, Town Hall

All activities will be posted on our town calendar as they become available. Stay tuned for more updates!