



# OCTOBER 2025 NEWSLETTER

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MON - FRI: 8AM - 5PM

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OUR OFFICE

EDITORS: TANA PRICE &  
TERESA BORTREE

## The Monthly Hoot



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

**TO:**

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## WE NEED YOUR SUPPORT

Sullivan County 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. No one will EVER be denied services because of their inability or unwillingness to contribute. Your contributions are appreciated.

**Thank you.**

Name \_\_\_\_\_  
Address \_\_\_\_\_

**I designate my contribution of \$\_\_\_\_\_ for:**

- |  |   |
|--|---|
| <input type="checkbox"/> Home Delivered Meals  | <input type="checkbox"/> Congregate Meals                     |
| <input type="checkbox"/> Volunteer Services    | <input type="checkbox"/> Case management/Home care            |
| <input type="checkbox"/> Transportation        | <input type="checkbox"/> Health Insurance Counseling Services |
| <input type="checkbox"/> Use where most needed |   |

Make checks payable to: Sullivan County Treasurer. Please include this coupon with payment and drop off or mail to:  
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WRITE?**

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# ANNUAL PUBLIC HEARING & SENIOR RESOURCE FAIR



**OCTOBER 15TH, 2025**

**10AM-2PM**

**10:00AM**

**Office for the Aging Annual Public Hearing**  
Hear about services for older adults  
and give feedback for future planning!

**10:00AM-2:00PM**

**Senior Resource Fair**

**Vendors! Community Partner Information!**

**Pre-Register by October 8<sup>th</sup> to ensure your spot!**

Refreshments will be available!

Please contact us to register at 845-807-0243 or  
to notify us of any special accommodation or  
transportation requests.



**Sullivan County Airport - 75 County Rd 183A, Swan Lake, NY**



**NY Connects**  
Your Link to Long Term  
Services and Supports

OF SULLIVAN COUNTY  
(800) 342-9871 (845) 807-0257



## Simple Cremation

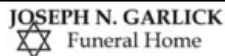


zmmemorials.com  
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Traditional Funerals ♦ Pre-Arranged Services

Two Names - A Leading Choice in Funeral Service

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845-794-7474

## Medicare Questions?

Medicare can be **confusing**, don't  
get discouraged, **get informed!**

Turning 65, new to Medicare, or have  
questions about your coverage? Contact me  
today to review your plan and explore your options!

This is an advertisement. By calling this number or providing your information you agree to speak with a licensed insurance agent about Medicare Advantage, Part D Prescription Drug Plans or Medicare Supplements. Not affiliated with any government agency including Medicare. We do not offer every plan available in your area. Currently we represent 8 organizations which offer 517 products in your area. Please contact Medicare.gov, 1-800-MEDICARE, or your local State Health Insurance Program (SHIP) to get information on all of your options.

**Let's Talk!**  
Schedule your personalized  
consultation today!

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(TTY:711)

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Sullivan County Office for the Aging, Monticello, NY

06-5379



**Daylight Saving Time Ends (Fall Back): Sunday,  
November 2, 2025**

**\*\*\*Now is also a good time to change the  
batteries on your smoke detectors.**



## 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 6, 20, 27

**Town of Bethel**-Smallwood, Cohecton, Bethel Senior Housing and White Lake.

**Town of Neversink** -Neversink, Grahamsville, Foxcroft Village.

### **TUESDAYS**

Oct 7, 14, 21, 28

**Town of Fallsburg**- Woodridge, Mountindale & South Fallsburg.

**Town of Rockland**- Livingston Manor & Roscoe.

### **WEDNESDAYS**

Oct 1, 8, 15, 22, 29

**Town of Liberty**- Liberty – Golden Park, Barkley Gardens & White Sulphur Springs

**Town of Mamakating**- Summitville, Wurtsboro & Bloomingburg.

### **THURSDAYS**

Oct 2, 9, 16, 23, 30

**Highland Area**- Narrowsburg, Eldred, Barryville, Glen Spey, etc. \* and some surrounding areas, not all areas included

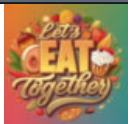
**Town of Thompson**- All of Monticello, Mongaup Valley

### **FRIDAYS**

Oct 3, 10, 17, 24, 31

**Town of Delaware**- Fremont, Callicoon, Hankins, Jeffersonville, etc.

**Liberty Village & Fallsburg**- Liberty Village Apts., Hurleyville, Loch Sheldrake & Kiamesha Lake.



## CONGREGATE SITES



BETHEL	Bethel Senior Center Route 55, Kauneonga Lake	MONDAYS
MAMAKATING	Wurtsboro Town Hall	MONDAYS & WEDNESDAYS
LIVINGSTON MANOR/ ROCKLAND	Livingston Manor Presbyterian Church Old Route 17, Livingston Manor	WEDNESDAYS
LIBERTY	Lapolt Park North Main St, Liberty	WEDNESDAYS
JEFFERSONVILLE	American Legion Hall Legion Ave, Jeffersonville	FRIDAYS



# OCTOBER MENU 2025



Five Congregate meal sites are now open. 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 \$6.50.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Milk served with all Meals Coffee and Tea available at Senior Nutrition Sites</b>		1) <b>Chicken Stew</b> , Egg Noodles, Corn, Wheat Bread, Apple	2) <b>Meatball Sub</b> , Broccoli, Side Salad, Fruit Cocktail	3) <b>Pepper Steak</b> , Brown Rice, Oriental Vegetables, Dinner Rolls (2), Mandarin Oranges
6) <b>Pork Chop w/ Gravy</b> , Brown Rice, Diced Carrots, Whole Wheat Bread, Peaches	7) <b>Cheeseburger on a Bun</b> , Oven Roasted Potatoes, Green , Beans, Pickles, Apple	8) <b>Chicken &amp; Broccoli</b> , Egg Noodles, Oriental Vegetables, Dinner Rolls (2), Fruit Cocktail	9) <b>Oven Roasted Turkey w/Gravy</b> , Sweet Potatoes, Corn, Dinner Rolls (2), Fruit Cocktail	10) <b>Macaroni &amp; Cheese</b> , Stewed Tomatoes, Cauliflower, Whole Wheat Bread, Applesauce
13)  <b>CLOSED</b>	14) <b>Unstuffed Cabbage</b> , Boiled Potatoes, Peas, Rye Bread, Fresh Orange	15) <b>Chicken Cacciatore</b> , Spaghetti Marinara, Mixed Vegetables, Italian Bread, Pears	16) <b>Breaded Fish</b> , Tartar Sauce, Baked Potato, Peas & Carrots, Whole Wheat Bread, Peaches	17) <b>Beef Stew</b> , Brown Rice, Broccoli, Dinner Rolls (2), Apple
20) <b>Kielbasa</b> , Sauerkraut, Boiled Potatoes, Diced Carrots, Fruit Cocktail	21) <b>Beef &amp; Broccoli Stir Fry</b> , Brown Rice, Oriental Vegetables, Dinner Rolls, Mandarin Oranges	22) <b>Chicken Tenders (3)</b> , Oven Roasted Potatoes, Diced Carrots, Whole Wheat Bread, Applesauce	23) <b>Stuffed Shells (2)</b> , Side Salad, Green Beans, Italian Bread, Fresh Orange	24) <b>Hot Dogs on a Bun (2)</b> , Baked Beans, Corn, Pears
27) <b>Chili Con Carne</b> , Brown Rice, Cauliflower, Corn Muffin (1), Peaches	28) <b>Tuna Salad</b> , Lettuce & Tomato, Potato Salad, 3 Bean Salad, Whole Wheat Bread, Fresh Apple	29) <b>Sausage Sandwich</b> , Peppers & Onions, Baked Beans, Hoagie Roll, Fruit Cocktail	30) <b>Hungarian Goulash</b> , Egg Noodles, Mixed Vegetables, Rye Bread, Mandarin Oranges	31) <b>Roast Pork Loin w/Gravy</b> , Sweet Potatoes, Peas & Carrots, Whole Wheat Bread, Applesauce

## WORTHY READS OFA STAFF RECOMMENDATIONS

Selected by:	Book Title & Author	Selected by:	Book Title & Author
Lise-Anne	Coal River by Ellen Marie Wiseman	Cathie	Cutting for Stone by Abraham Verghese
Tana	Four Found Dead by Natalie D. Richards	Robyn	Housemaid by Frida McFadden
Teresa	Count the Ways by Joyce Maynard	Laura	Cemetery Road by Greg Illes
Sherri	Sugar Birds by Cheryl Grey Bostrom	Carrie	Before We Were Yours by Lisa Wingate
Alexis	The Mesmerist by Caroline Woods	Sharon	The Beantown Girls by Janet Healy



## SULLIVAN VOLUNTEERS ANNUAL VOLUNTEER APPRECIATION LUNCHEON



On Tuesday, September 16th, we held our annual Volunteer Appreciation Luncheon at the Bethel Woods Center for the Arts, where we honored our esteemed volunteers. This event acknowledges and celebrates the remarkable contributions made by our volunteers to the communities within Sullivan County. This year, our volunteers collectively dedicated an impressive total of 16,819 hours to various local non-profit organizations and community agencies. According to Independent Sector, the estimated value of these contributions amounts to \$647,195.



We extend our deepest gratitude to our volunteers for their invaluable service. We greatly admire their passion, dedication, and commitment to assisting others, which collectively enhances the quality of life in Sullivan County.

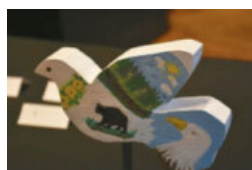


*For more information about volunteer opportunities, please contact Monika Roosa, Volunteer Coordinator at (845) 807-0255 or you can visit our website: <https://www.sullivanyny.gov/Departments/Aging/SullivanVolunteers>*



*Above photos Provided by Sullivan County Democrat*

*Above photos Provided by Sullivan County Democrat*



## MEDICARE ANNUAL ELECTION 2025

Fall Annual Election Period is quickly approaching! From **October 15 through December 7**, you can make changes to your Medicare coverage such as Part D (prescription coverage) or Part C (Medicare Advantage Plan.) Any changes made will take effect January 2026. If you choose to stay with your current coverage, nothing changes.

Medicare Part D, is the part of Medicare that covers most outpatient prescription drugs. Part D is offered through private companies as a stand-alone prescription drug plan for those enrolled in Original Medicare or a set of benefits included with the Medicare Advantage Plan.

### Here are some questions to ask before choosing a Part D plan:

- Are my prescriptions on the plan's formulary?
- The **formulary** is the list of prescription drugs for which a Part D plan will help pay.
- Does the plan impose any coverage restrictions, such as prior authorization, step therapy or quantity limits?
- How much will I pay at the pharmacy (copays or coinsurance) for each drug I need?
- How much will I pay for monthly premiums and the annual deductible?
- How much will I have to pay for brand-name drugs? How much for generic drugs?
- Do I need to enroll in Part D if I have other creditable coverage?
- Do I need to enroll in Part D if I have job-based drug coverage?

Most people with Medicare get health coverage from Original Medicare, some choose to get benefits from a Medicare Advantage Plan (like an HMO or PPO), known as a Medicare private health plan or Part C. MA Plans contract with the federal government and are paid a fixed amount per person to provide Medicare benefits. MA Plans may have different networks of providers, coverage rules, premiums (in addition to the Part B premium) and cost-sharing for covered services. Plans of the same type offered by different companies may have different rules, check with a plan directly to find out how its coverage works.

- **Here are some questions to ask before choosing a Medicare Advantage Plan:**
- Providers, hospitals and other facilities: Will I be able to use my doctors? Are they in the plan's network? Do providers I want to see in

the future take new patients who have this plan? If a provider is not in network, will the plan still cover my visits? Which specialists, hospitals, home health agencies and skilled nursing facilities are in the plan's network?

- Access to health care: What is the service area for the plan? Do I have coverage for care received outside the service area? Can I choose my primary care provider (PCP)? Does my doctor need approval from the plan to admit me to a hospital? Do I need a referral from my PCP to see a specialist?
- Costs: What costs should I expect for my coverage (premiums, deductibles, copays)? What is the annual maximum out-of-pocket cost? PPOs have different out-of-pocket limits for in-network and out of network care. If considering a PPO, find out the different out-of-pocket limits for in-network and out-of-network care. What is the deductible? How much is my copay for PCP or specialist care? How much will I pay for an out-of-network provider or facility? Are copays higher for certain types of care (hospital stays or home health care)?
- Benefits: Does the plan cover services that Original Medicare does not (dental, vision or hearing)? Are there rules or restrictions to be aware of when accessing these benefits?
- Prescription drugs: Does the plan cover outpatient prescription drugs? Are my prescriptions on the plan's formulary? Does the plan impose coverage restrictions? What costs should I expect to pay for my drug coverage (premiums, deductibles, copays)? How much will I pay for brand-name drugs? How much for generic drugs? What will I pay for my drugs during the coverage gap? Can I use my pharmacy? Can I get my drugs through mail order? Will the plan cover my prescriptions when I travel?
- Original Medicare Recipients should keep Medicare cards in a safe place because if they switch back they will need it.

Contact the Office for the Aging and let a HIICAP counselor assist you in navigating the system and help you find the best possible coverage for your needs.

*Kelly Soller  
Coordinator of Services for the Aging  
HIICAP/NY Connects  
Sullivan County Office for the Aging*





## We're Everywhere You Need Us

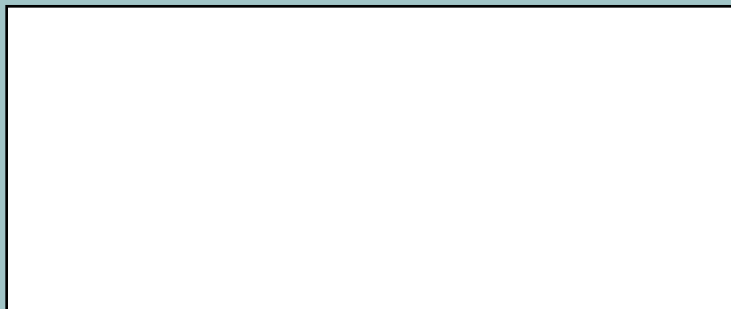
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## YOU CAN MAKE A DIFFERENCE FOR SENIORS IN THE HUDSON VALLEY!

### Hudson Valley Long Term Care Ombudsman Program

## JOIN OUR TEAM



### Benefits of Becoming A Volunteer Ombudsman

**Flexibility-** You have the flexibility to complete your required 2 hours/week as it fits into your schedule.

**Free Training-** and continuing education provided.

**Vital Link-** provides you the opportunity to give back to the most vulnerable of your communities' senior population.

**APPLY AT:**  
[NURSINGHOME411.ORG/LTCOP/VOLUNTEER](http://NURSINGHOME411.ORG/LTCOP/VOLUNTEER)

**P: 845-229-4680 | [www.nursinghome411.org](http://www.nursinghome411.org)**



The New York State Long Term Care Ombudsman Program services are made possible through funding from the New York State Office for the Aging and U.S. Department of Health and Human Services, Administration for Community Living.





## SUPPORT GROUPS AND WORKSHOPS

### Upcoming Workshops:

#### **SUPPORT GROUPS:**

##### **Parkinson's Support Group**

3<sup>rd</sup> Wednesday each month April through November from 4-5:30 at CCE Sullivan

#### **EXERCISE OPPORTUNITIES FOR SENIORS:**

##### **Bone Builders** (Osteoporosis prevention).

Next series **weekly on Thursdays from September 18 – November 20 from 11-12pm.**

**Tai Chi for Arthritis & Falls Prevention** – *Class is Full, but seniors can call to be added to a waiting list.* Next series weekly on **Tuesdays from September 9 – October 28, from 10-11am.**

##### **(WISE) - Wellness Initiative for Senior Education**

Mondays 11-1pm, 9/15/2025-10/27/2025

**No meeting October 13th!**

Register on our events page at [www.sullivanccce.org/events](http://www.sullivanccce.org/events) or call 845-292-6180 x 122 / or email: [sullivanccce@cornell.edu](mailto:sullivanccce@cornell.edu)

### **HEALING HEARTS GRIEF SUPPORT GROUP**

Please join us the first Wednesday of each month. Callicoon Town Hall, 19 Legion St. Jeffersonville at 7:00 pm.

Upcoming dates: October 1, November 5 and December 3.



Are you caring for a family member with dementia and have your own physical pain? We are recruiting caregivers for a research study on a chronic pain management program. If you are eligible:

- You will participate in 12 program sessions
- You will be compensated for providing feedback about your experience

Get more information and check your eligibility by contacting us at:

Email Dr. Shelbie Turner at [stu4002@med.cornell.edu](mailto:stu4002@med.cornell.edu) or call (646) 962-8250

## **Sleeping Medications: Know The Risks**

Learn the risks of taking sleep medications & what other options are available.

Sleeping medications may be prescribed to your care recipient to help them sleep or treat insomnia. They are usually intended for short-term use, as the body starts to get used to them over time. Risks and benefits of sleep medication can depend on the type of sleep aid, so it is important to review these with their doctor.

Possible Risks:

- |                           |                        |
|---------------------------|------------------------|
| - Daytime drowsiness      | - Car accidents        |
| - Falls and fractures     | - Memory challenges    |
| - Delayed reaction time   | - Concentration issues |
| - Medication interactions | - Abnormal behavior    |

Stopping sleeping medications suddenly may lead to withdrawal symptoms like anxiety, irritability and rebound insomnia. If your care recipient wants to stop taking sleep medications, they should speak with their doctor or pharmacist about how to safely lower the dose slowly over time. The doctor should always be consulted before making

any changes to their medication regimen.

Did You Know? There are different types of sleep medications. Some examples include benzodiazepines or supplements like melatonin.

#### Other Options

Your care recipient can try to improve their sleep in ways that do not involve medications. Some ideas could include:

- Asking their doctor about Cognitive Behavioral Therapy for Insomnia (CBT-I) to help change thoughts and beliefs affecting sleep.
- Waking up and going to sleep at the same time every morning and night.
- Creating a relaxing bedroom environment and routine.
- Reducing caffeine, nicotine, and alcohol close to bedtime.
- Reducing screen time before bed.
- Avoiding naps during the day if possible.

## The Golden Oldies of the 50's & 60's

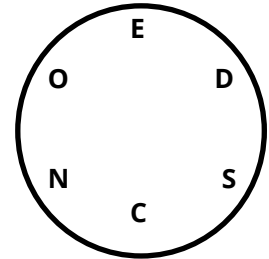
Here's a fun trip down memory lane. How many singers can you name? Let's test your music knowledge.



- |  |                                      |
|--|--------------------------------------|
| 1) Only the Lonely (1960)                  | 10) Blueberry Hill (1956)            |
| 2) Soldier Boy (1962)                      | 11) Jailhouse Rock (1957)            |
| 3) Everybody's Somebody's Fool (1961)      | 12) Earth Angel (1954)               |
| 4) Runaway (1961)                          | 13) In the Still of the Night (1956) |
| 5) I Left My Heart In San Francisco (1962) | 14) Splish Splash (1958)             |
| 6) Hit the Road Jack (1960)                | 15) Stand by Me (1962)               |
| 7) I Feel Good (1964)                      | 16) That'll be the Day (1957)        |
| 8) I Got You Babe (1965)                   | 17) Smoke Gets In Your Eyes (1958)   |
| 9) Take Good Care of My Baby (1961)        | 18) Bye, Bye Love (1957)             |
|  | 19) Book of Love (1957)              |
|  | 20) You Send Me (1957)               |

## 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.



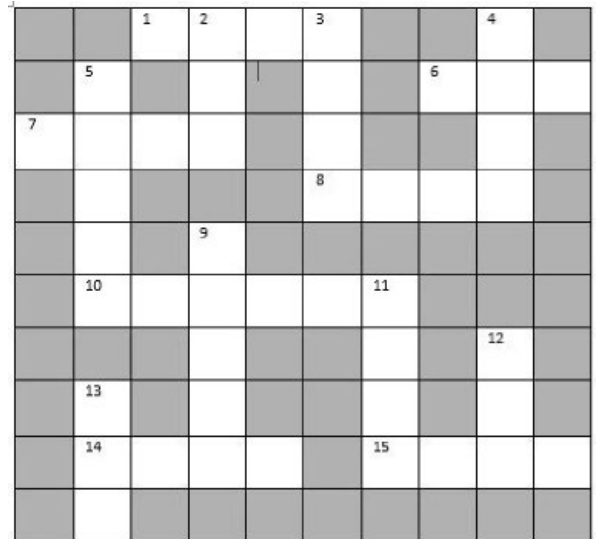
### ACROSS

- Remit
- Pollock
- Integrated
- One time
- Subsequent
- Undertakes
- Eternity

### DOWN

- Conclusion
- Style of design
- Law
- Lumps
- Bun
- Ready
- Boy
- Tribute

T	S	B	Z	U	L	S	O	K	G	E	W	H	G	Y	X	H	E
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		6		7		4		
1		4		2		3	7	
	7		1	3		2		

APPLE PICKING	FAIRGROUNDS	PARKING
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BEES	HAY MAZE	POPCORN
CANNING	HONEY	PUMPKINS
CIDER	LIVE MUSIC	TENTS
CONCESSIONS	MAPLE SYRUP	TICKETS
COTTON CANDY	PARADES	VENDORS





## Free Foreclosure Prevention Counseling



You don't have to navigate the foreclosure process alone.

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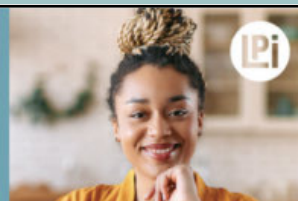


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Sullivan County Office for the Aging, Monticello, NY

06-5379



## LOCAL ACTIVITIES AND EVENTS

Oct.11, 12pm - Fall Farm Festival @ Diehl Homestead Farm, 93 Diehl Rd, Callicoon

Oct. 17, 3:00 pm - Harvest Festival, 428 Hollow Rd, Glen Spey

Oct.18, 9:00 am - PBFD Ladies Auxilliary - Annual Parties Galore, 2405 Rt 52, Pine Bush

Nov. 8, 2:00 pm - Penny Social - Woodridge Village Hall, 2 Dairyland Rd, Woodridge



Mamakating Environmental Education Center  
762 South Rd, Wurtsboro, NY 12790  
845-644-5014

Oct. 4, 10:00 am - 12:00 pm Zen Tai Chi, \$30 fee

Oct. 5, 10:00 am - Native Plant Sale

Oct. 12, 2:30 pm - Autumn Colors Kayak

Oct. 18, 1:00 pm - Wonderful Woolly Bears \$5 fee

Oct. 26, 1:00 pm - The North American Beaver - Ecosystem Engineer. \$5 fee

## LIBRARY ACTIVITIES

Monticello

Oct. 2, 5:30 pm - Mahjongg, 2nd of 3 class sessions

Oct. 7, 5:30 pm - Mahjongg, 3rd of 3 class sessions

Oct. 22, 2:00 pm - Chair Yoga

Liberty

Oct. 9, 6:30 pm - Live Music, Spanish Guitar

Oct. 10, 1:00 pm - Movie Matinee - The Ballad of Wallis Island

Oct. 17, 1:00 pm Senior Swing

Oct. 24, 1:00 pm - Movie Matinee - Rear Window

Fallsburg

Oct. 2, 5:00 pm - DIY Energy Savings Session

Jeffersonville

Oct. 1, 6:00 pm - Family Movie Night - Christopher Robin

Oct. 14, 17 & 20, 6:00 pm Craft Lovers - Fall Mosaics with Heather Lockwood

Callicoon

Oct. 28, 5:00 pm - Foiling Identity Theft & How to Spot a Scam

Narrowsburg

Oct 24, 5:00 pm, Author Talk with D.L. Scarpe

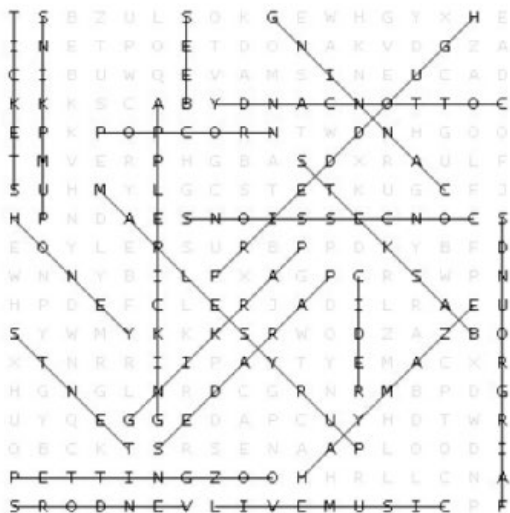
Livingston Manor

Oct. 18, 11:00 am-2:00 pm - Repair Café at LM Presbyterian Church

Roscoe

Oct. 10, 4:00 pm - Stones & Stories with Dr. Joyce Conroy

## ANSWER KEY



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

### ACROSS

- 1) SEND
- 6) COD
- 7) COED
- 8) ONCE
- 10) SECOND
- 14) DOES
- 15) EONS

### DOWN

- 2) END
- 3) DECO
- 4) CODE
- 5) NODES
- 9) SCONE
- 11) DONE
- 12) SON
- 13) ODE

### The Golden Oldies of the 50's & 60's

- 1) Roy Orbison
- 2) The Shirelles
- 3) Connie Francis
- 4) Del Shannon
- 5) Tony Bennett
- 6) Ray Charles
- 7) James Brown
- 8) Sonny & Cher
- 9) Bobby Vee
- 10) Fats Domino
- 11) Elvis
- 12) The Penguins
- 13) The Five Satins
- 14) Bobby Darin
- 15) Ben E. King
- 16) The Crickets
- 17) The Platters
- 18) The Everly Brothers
- 19) The Monotones
- 20) Sam Cooke