



# SEPTEMBER 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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PO Box 5012, 100 North Street  
Monticello, NY 12701

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\*Funds are provided by Housing Trust Fund Corporation (HTFC)  
NYS Homes & Community Renewal (HCR)



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**LEARN MORE:**  
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[www.rupco.org/restore](http://www.rupco.org/restore)

**OOPS!** It was brought to our attention that the following errors were present in the August Hoot:

1) Page 9 photos, we inadvertently referred to John Lyttle when it should have been James (Jim) Lyttle.

2) The solution to the Word Search was the wrong puzzle.

Sorry for the inconvenience.

## WORTHY READS

### OFA STAFF BOOK RECOMMENDATIONS

Selected by:	Book Title & Author
Lise-Anne	The Midnight Library by Matt Haig
Tana	The Flowers of War by Geling Yan
Teresa	The Light Between Oceans by M.L. Stedman
Sherri	Days of Grace by Catherine Hall
Alexis	The Lost Queen by Signe Pike
Monika	The Four Agreements by Don Miguel Ruiz
Cathie	Unbroken by Laura Hillenbrand
Robyn	The Perfect Marriage by Jeneva Rose
Laura	Grandma Gatewood's Walk by Ben Montgomery
Carrie	The Alice Network by Kate Quinn
Sharon	The Heirloom Garden by Viola Shipman



**Simple Cremation:**  
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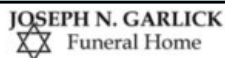
[zmmemorials.com](http://zmmemorials.com)

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845-794-7474

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get discouraged, *get informed!*

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questions about your coverage? Contact me  
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consultation today!

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Licensed Insurance Agent

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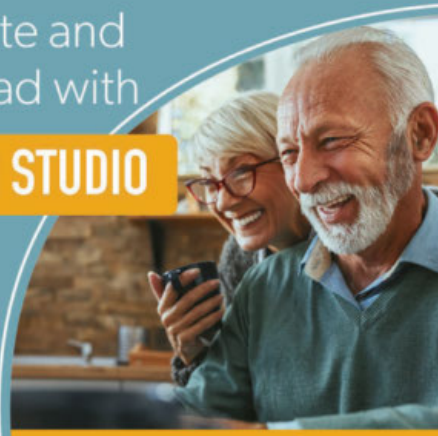
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Sullivan County Office for the Aging, Monticello, NY

06-5379

# SEPTEMBER MENU



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>1) CLOSED</b>  <b>LABOR DAY</b>	<b>2) Cheeseburger on a Bun</b> , Oven Roasted Potatoes, Green Beans, Pickles, Peaches	<b>3) Chicken &amp; Broccoli</b> Egg Noodles, Oriental Vegetables, Wheat Bread, Apple	<b>4) Meatloaf &amp; Gravy</b> Mashed Potatoes, Corn, Dinner Rolls (2) Fruit Cocktail	<b>5) Macaroni &amp; Cheese</b> , Stewed Tomatoes, Cauliflower, Whole Wheat Bread, Mandarins
<b>8) Pulled Pork Sandwich</b> , Bun, Baked Beans, Cole Slaw, Red Grapes	<b>9) Breaded Fish</b> , Tartar Sauce, Baked Potato, Peas, Whole Wheat Bread, Applesauce	<b>10) Beef Stroganoff</b> Egg Noodles, Mixed Vegetables, Dinner Rolls (2), Fresh Orange	<b>11) Kielbasa</b> , Sauerkraut, Boiled Potatoes, Broccoli, Rye Bread, Pears	<b>12) Ham &amp; Cheese Sliders</b> , Lettuce & Tomato, Macaroni Salad, Cucumber Salad, Pineapple Rings
<b>15) Chicken Tenders (3)</b> , Oven Roasted Potatoes, Diced Carrots, Dinner Rolls (2), Fresh Tangerine	<b>16) Unstuffed Cabbage</b> , Boiled Potatoes, Green Beans, Rye Bread, Peaches	<b>17) Hot Dogs on a Bun (2)</b> , Baked Beans, Oriental Blend, Apple	<b>18) Pork Chop w/ Gravy</b> , Sweet Potatoes, Peas, Whole Wheat, Bread, Fruit Cocktail	<b>19) Stuffed Shells Marinara (2)</b> , Side Salad, Cauliflower, Italian Bread, Banana
<b>22) Chicken Fajita</b> Flour Tortilla (1), Brown Rice, Corn, Pineapple Rings	<b>23) Cheese Ravioli w/ Tomato Cream Sauce</b> , Peas, Cauliflower, Italian Bread, White Grapes	<b>24) Roast Beef Sandwich</b> , Lettuce & Tomato, Potato Salad, Cole Slaw, Rye Bread, Applesauce	<b>25) Meatball Sub</b> , Broccoli, Side Salad, Fresh Orange	<b>26) Oven Roasted Turkey w/ Gravy</b> , Sweet Potatoes, Carrots, Dinner Rolls (2), Pears
<b>29) Sausage Sandwich</b> Peppers & Onions, Baked Beans, Hoagie Roll, Fruit Cocktail	<b>30) Chili Mac</b> , Green Beans, Corn Muffin, Peaches			<b>Milk served with all meals</b>  <b>Coffee and Tea available at Senior Nutrition Sites</b>

## WE WANT YOU

Mamakating Senior Center is looking for new members for our knitting & crochet group, The Chain Gang. We will teach you how to crochet or knit. We meet on Wednesdays 10 am-12 pm, at Mamakating Town Hall Senior Center. If you are interested, please call Rita Bellomo at (845) 745-9967.





## 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**

Sept. 8, 15, 22, 29

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

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

### **TUESDAYS**

Sept. 2, 9, 16, 23, 30

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

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

### **WEDNESDAYS**

Sept. 3, 10, 17, 24

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

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

### **THURSDAYS**

Sept. 4, 11, 18, 25

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

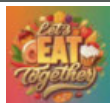
**Town of Thompson**- All of Monticello, Mongaup Valley

### **FRIDAYS**

Sept. 5, 12, 19, 26

**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 Route 209, Wurtsboro	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

**STAY HOME &**

**STAY  
INDEPENDENT**

**Are you at risk? Falls are the main  
reason why older people lose their  
independence .**



**Join the Public Health Fall Prevention  
program coming in September.**

**845-292-5910 x2214**

## Family Caregivers May Receive up to \$600

NYSCRC, managed by Lifespan of Greater Rochester, Inc., is offering respite vouchers for up to \$600.

Kinship Caregivers and caregivers of persons with a disability or chronic condition who are not receiving respite from another organization are eligible for this funding.

Vouchers may be used for:

- An in-home program
- A center-based program, where a facility provides the care
- A summer or weekend camp
- Assisted living or nursing home programs

To be eligible you must:

- be a NY resident
- be the primary caregiver
- provide a referral from a doctor, social worker, or other professional

Emergency respite will be considered on a case-by-case basis.  
Voucher funds may not be used to reimburse household expenses.  
Vouchers are good for 90 days.

For more information and how to apply:

visit - [www.nyscrc.org](http://www.nyscrc.org)

call - (585) 287-6391

email - [rhyde@lifespan-roch.org](mailto:rhyde@lifespan-roch.org)

**NYSCRC**  
New York State Caregiving & Respite Coalition

## SEPTEMBER IS:

Source: National Day Calendar

**National Prostate Health Month** also known as National Prostate Cancer Awareness Month strives to bring education, information, support and awareness to the second-leading cancer among men. Get your routine exams and get tested for prostate cancer this month!

**Gynecological Cancer Awareness Month** focuses on sharing information about symptoms, treatment, risk factors, prevention, clinical trials and survivors' stories. Gynecological cancers include: Ovarian cancer, Endometrial cancer, Vulvar cancer, Vaginal cancer and Cervical cancer. Get tested for the various types of gynecological cancers this month!

**National Suicide Prevention Month** If you or someone you know is feeling suicidal, there is support. You are not alone. Call or text the Suicide & Crisis Lifeline at 988 or chat [988lifeline.org](http://988lifeline.org) or call NAMI National Alliance on Mental Illness (845) 794-1029, Mobile Mental Health (845) 790-0911, Children's Mobile Crisis Intervention (845) 701-3777, National Suicide Prevention Lifeline 1-800-273-TALK (8255), Sullivan County Department of Community Services (845) 292-8770, NYS Office of Mental Health (845) 794-7270

**National Preparedness Month** Wherever you live, you are susceptible to disasters. Natural disasters and man-made disasters affect everyone, cause severe damage and endanger lives. Hurricanes, tornadoes, earthquakes, landslides, wildfires and hot or cold spells are all natural disasters that can be deadly to people and property. Man-made disasters include: terrorism, crime, power outages, famines or war. Suggested items include: 1 gallon of water per person per day, eating utensils, small stoves that run off propane or a grill for cooking, matches, candles, blankets, batteries, flashlights, extra clothes, canned food and a First Aid Kit.

# SCAM ALERT

In December 2023, Pat Holden, 76, of El Cajon, California, received what appeared to be an email from Amazon, offering a three-month free membership to the Amazon Prime service, which provides free shipping on eligible items, among other perks.

Holden, a former official with the Better Business Bureau (BBB), normally is wary of such unsolicited pitches. But the high-quality graphics in the email looked authentic, and the offer was attractive.

"I had just thought about getting Prime," Holden recalls. "So I jumped on it, which you should never do."

She filled out and submitted the application, including her credit card number, but when she didn't receive an email acknowledgment, she became suspicious. When she pulled up the original offer, she saw that it hadn't come from an Amazon address.

Many of us might begin to panic, but Holden kept her cool. She called Amazon, and confirmed that the offer hadn't come from the company. "'You've been scammed,' they told me," Holden recalls. "'Call your bank.' And that's exactly what I did."

Bank officials agreed to put a hold on any suspicious transactions on her credit card.

Thanks to Holden's immediate action, she didn't lose any money to the criminals. Online safety and anti-scam experts wish more Americans would respond to scams just as quickly, as fraud has become an epidemic — increasingly sophisticated and financially devastating.

As soon as you realize you've experienced a scam, it's crucial to take certain steps to prevent money loss and identity theft in its aftermath.

And note that at any point you can contact the free AARP Fraud Watch Network Helpline, 877-908-3360, where trained fraud specialists provide support and guidance on what to do next and how to avoid scams in the future.

## **What to do in the wake of a scam or even the possibility of a scam**

- Immediately cut off communication with the scammer.
- Notify your bank and credit card companies.
- Change your passwords.
- Document the scam.
- Report the scam.
- Remain vigilant.
- Share your experience with someone you trust.
- Try not to blame yourself.
- Spread the word about scams.

And remember, Office for the Aging always welcomes your phone calls. You can reach our office by calling 845-807-0241.



## We're Everywhere You Need Us

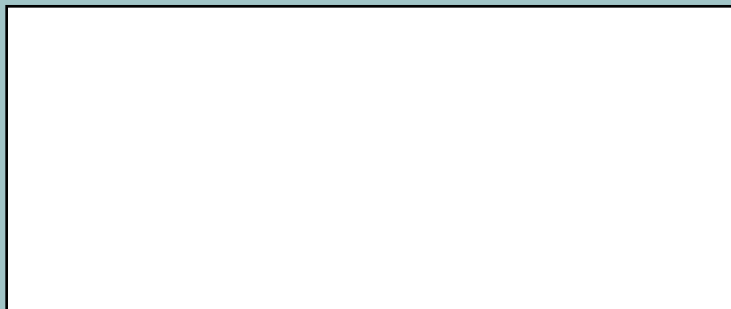
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## YOU CAN MAKE A DIFFERENCE FOR SENIORS IN THE HUDSON VALLEY!

### 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.



# Cornell Cooperative Extension/Sullivan County

## Upcoming Workshops:

### Healthy Living for Your Brain and Body

AUGUST 28 @ 5pm – Liberty Public Library  
Register: [www.sullivanccce.org/events](http://www.sullivanccce.org/events)

### Reduce Your Risk of Falls

Tuesday, Sept. 30, from 2-3pm

CCE Sullivan

Register: [www.sullivanccce.org/events](http://www.sullivanccce.org/events)

## SUPPORT GROUPS:

### Caregiver Café Support Group (In person):

1<sup>st</sup> Monday at 10am at CCE Sullivan

Sept. 15 (note date change from first Monday for September)

### Virtual Caregiver Support Group (zoom):

Scheduled 3<sup>rd</sup> Wednesday each month 6-7pm

**August 20, Sept. 17**

### Parkinson's Support Group

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

**August 13, Sept. 17**

## EXERCISE OPPORTUNITIES FOR SENIORS:

### Bone Builders (Osteoporosis prevention).

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

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)

### 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.**

[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)

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

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

**No meeting October 13th!**

Free giveaways for participating in the program.

\*\*This is a 6-week evidence-based program with a different wellness topic each week to enhance awareness of senior health and well-being.

## WISE Program Reaches 21 Seniors

By Nancy McGraw and Martin Colavito

The Wellness Initiative for Senior Education (WISE) Program celebrates healthy aging and educates older adults on a variety of topics. This free program is open to anyone 60 or older.

Two 6-week programs have been completed this year, reaching 21 seniors so far in 2025. A third series will be starting in September. The educational program offers six lessons that cover a wide range of topics. To date, twenty-one seniors have benefited from this program delivered by CCE Sullivan staff Nancy McGraw and Martin Colavito, through collaboration between the Caregiver Resource Center and SALT program (Sullivan Allies Leading Together).

Participants have an opportunity to meet new people and:

- Learn about the aging process and how to make healthy lifestyle choices
- Celebrate this exciting stage of life and all the benefits that come with it
- Discuss risk factors and behaviors older

adults should avoid to stay healthy

- Examine how alcohol, prescription medications and over-the-counter medications affect seniors differently and how they can avoid problems
- Learn how to use simple tools to help feel more empowered about your health and the healthcare you receive

Seniors can sign up or call to be put on a waiting list for a future program by going to

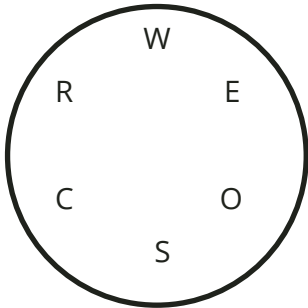
[www.sullivanccce.org/events](http://www.sullivanccce.org/events), or by calling 845-292-6180 x 122.



Seniors at Golden Park Apartments in Liberty enjoy interacting with each other and the WISE facilitators in July.

## Double the Fun-Word Game

- 1) Make a list of as many words as you can using only the letters in the circle below.
- 2) Solve the crossword puzzle using words from your list.

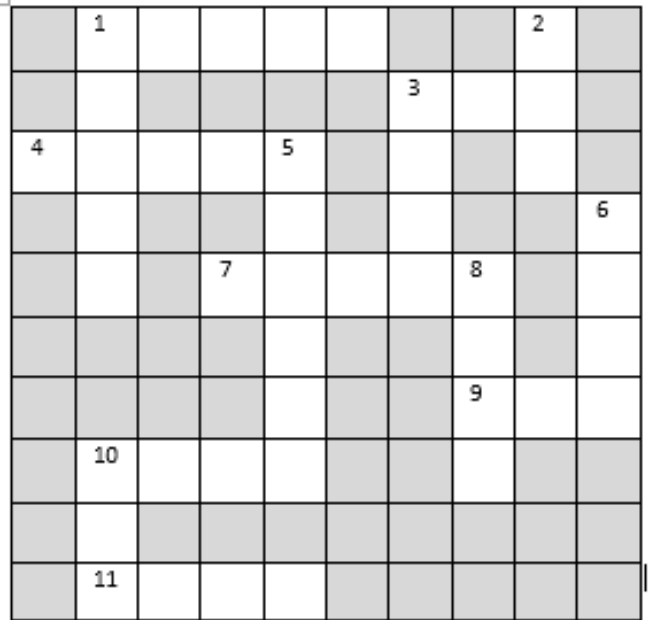


### ACROSS

- 1.Outcome
- 3.Argument
- 4.Bad
- 7.Twist
- 9.Fish eggs
- 10.Raven
- 11.Sorrow

### DOWN

- 1.Vowed
- 2.Be indebted
- 3.Past tense: rise
- 5.Deed
- 6.Aching
- 8.Had on
- 10.Heifer



## SUDOKU

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

APPLE PICKING  
AUTUMN  
BACK TO SCHOOL  
BONFIRES  
COOL BREEZE  
CORN MAZE  
COUNTY FAIR  
CRISP AIR

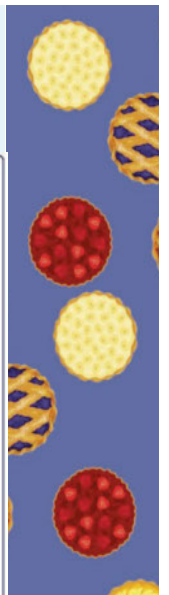
FALL FESTIVAL  
FIELD HOCKEY  
FOLIAGE  
FOOTBALL  
HARVEST  
HAY BALES  
HOT CIDER  
LABOR DAY

LONG SLEEVES  
ORCHARD  
PIE  
PILE OF LEAVES  
PUMPKIN MUFFIN  
SEPTEMBER  
SWEATERS  
THIRTY DAYS

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

Word Twist  
**Favorite Pies**  
Unscramble letters to reveal the correct pie variety.

plpae \_\_\_\_\_  
kimnpup \_\_\_\_\_  
rheycr \_\_\_\_\_  
tcealooch \_\_\_\_\_  
noctcou \_\_\_\_\_  
nabaan \_\_\_\_\_  
ncaep \_\_\_\_\_  
errbleuby \_\_\_\_\_  
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chpae \_\_\_\_\_



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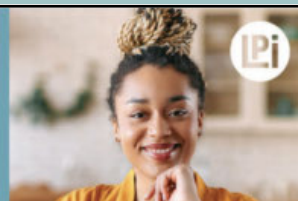
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06-5379

## LOCAL ACTIVITIES AND EVENTS

Sept 5, 6:00 pm - Concert in the Park - "Hillbilly Parade" at Town of Mamakating Pool, 7 Main St. Bloomingburg

Sept 6, 1:00 pm - Sullivan County VFA Parade & Street Fair, Broadway, Monticello

Sept 13, 7:30 am - JEFF JAMBOREE, Pancake breakfast, tractor parade, duck race and all day events, Main St. Jeffersonville

Sept 14, 10:00 am - Nature Walk at Bashakill Wildlife Management Area

Sept 20-21, 11:00 am - 10th Annual Moon Festival, 517 Neversink Dr. Port Jervis

Sept 20, 10:00 am-4:00 pm - Pine Bush Lions Harvest Festival, Main St. Pine Bush

Sept 20 (Rain Date 9/21) 11:00 am - 4:00 pm - Fall Festival & Great Pumpkin Dash 5K, Walnut Mountain, Liberty

Sept 28, 10:00 am-5:00 pm - Fall Foliage Festival, Historic Downtown Port Jervis

### Mamakating Environmental Education Center 762 South Rd, Wurtsboro

Sept 6, 11:30 am - 12:30 pm Monarchs, Milkweed and More! \$5 admission. Native Plant Sale 1:00 pm - 4:00 pm

Sept 14, 10:00 am - 2:00 Native Plant Sale

Sept 20, 10:00 am - 11:30 am - Snakes of the Hudson Valley \$5 admission.

## LIBRARY ACTIVITIES

### Monticello

Sept 24, 2:00 pm Chair Yoga

Sept 25, 5:30 pm - Mah Jong for Beginners (1st of 3)

### Liberty

Sept 5, 2:00 pm Chair Yoga

Sept 8, 10:30 am Assemblywoman Paula Elaine Kay at Senior Coffee Club

Sept 12, 1:00 pm Movie Matinee "September 5"

Sept 19, 1:00 pm Movie Matinee "Accidental Texan"

Sept 26, 1:00 pm Senior Swing

### Jeffersonville

Sept 3, 5:30 pm Family Movie Night "Matilda"

### Callicoon

Sept 12, 5:00 pm - Author Talk - Hyeseung Song

Sept 19, 4:00 pm Craft Lovers - Wire-wrapped rings

### Narrowsburg

Sept 15, 3:00 pm- 5:00 pm - Wire-wrapped Rings with Heather

### Livingston Manor

Sept. 18, 5:30 pm - 6:30 pm - DIY Energy Savings Session

### Roscoe

Sept 12, 5:00 pm - Local History Presentation: Dundas Castle

### VIRTUAL PROGRAM

Sept 25, 7:00 pm - The Fall Survival Box: 12 things to save for weather emergencies.



## ANSWER KEY

### ACROSS

- 1.SCORE
- 3.ROW
- 4.WORSE
- 7.SCREW
- 9.ROE
- 10.CROW
- 11.WOES

### DOWN

- 1.SWORE
- 2.OWE
- 3.ROSE
- 5.ESCROW
- 6.SORE
- 8.WORE
- 10.COW

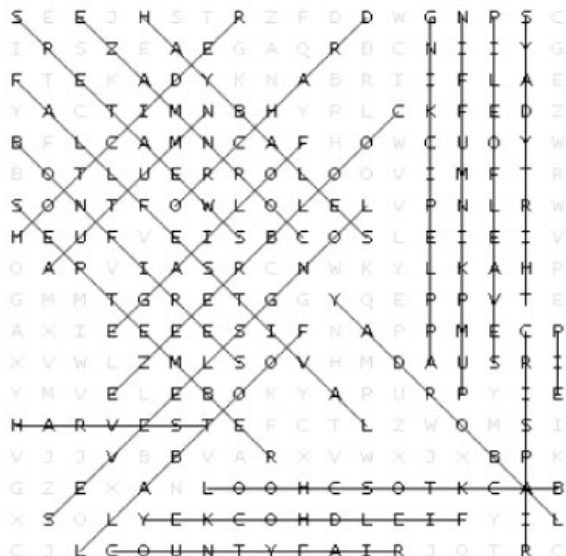
### Word Twist Answers

Apple  
Pumpkin  
Cherry

Chocolate  
Coconut  
Banana

Pecan  
Blueberry  
Strawberry

Peach



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