

FALL
OCT-NOV-DEC

2021

IN THE Know

SENIOR'S NEWSLETTER



INSIDE

- Senior Walking Group and Chair Yoga (FREE)
- Senior Connection Kits
- Pioneer Cabin Updates
- Yellowhead County Programs
- PCN Programs



MESSAGE

from OUR STAFF

Welcome Fall!

We hope you had a wonderful summer and were able to get out and enjoy the weather. It sure was beautiful. We're already in for what looks like a beautiful fall, the sun is shining and more often than not we're experiencing that crisp fall air.

We were so happy to host FREE Senior Socials all summer long, Senior Chair Yoga and the Senior Walking Group. We've decided to continue these programs until the weather no longer allows us to enjoy. Look to the next page for Senior Social information. The programs are free and drop-in.

Look forward to events coming up such as the Turkey Trot, Halloween Decorating Contest, Healthy Relationships virtual program, Exploring Masculinity coming up in December and physical activity classes like Better Balance and Joint Effort. All this information and more can be found further within this newsletter.

I will be going on Maternity Leave in the middle of October, so I have included Lexi's information below, who will be taking over in creating the next year of Senior correspondence!

Ali Broda
Community Development Coordinator

Lexi Abbott
Community Development Coordinator
LexiA@edson.ca
780-723-4403



Hinton, Edson and Yellowhead County
We Listen. We Connect.





CHAIR YOGA - FREE

Join Chelsea for Senior Chair Yoga every Thursday at Millennium Park so long as the weather permits.

Please call 780-723-4403 to confirm class if weather seems questionable.

September 21 until further notice

Thursdays at 2 pm
Millennium Park

WALKING GROUP

Join in for a guided walk through Edson every Friday. Walk begins at Millennium Park and ends at Sacred Groundz where we'll stop for a medium coffee or tea on us! Meet new people and get some steps in! Weather permitting* No registration required.

Fridays at 9:00 am
Millennium Park

Edson
FCSS  Since 1966
Family & Community
Support Services

Interested?

Call 780-723-4403
for more information

Now open for applications!
**SUBSIDY PROGRAM
FOR LOW INCOME
TOWN OF EDSON
RESIDENTS**

**FUNDS CAN BE USED TO
ACCESS COMMUNITY
SERVICES PROGRAMMING**

For more info & to apply check out
edson.ca/leisureassist



PIONEER CABIN EDSON

4836 7 Avenue
780-723-5777

Please call to double check event times and dates

Functions have started back up at the Pioneer Cabin:

Soup & Sandwich

starts at 11.30 am on Tuesdays

Cribbage

starts at 7.00 pm on Mondays

Whist

starts at 7.00 pm on Thursdays

Pool Playing

starts at 10 am , Mondays, Wednesday and Friday

Floor Curling

starts in October call 780-723-5777 for more information

SENIOR CONNECTION KIT

Deadline to register is the 3rd Wednesday of every month.

County residents must pick-up in Edson.

We will call with pick-up dates.



Have an elderly neighbour or friend that may be looking for a monthly activity kit to stay connected and engaged? These kits are designed for those seniors that are finding it difficult to get out into the community. Please feel free to call and sign up a senior who may enjoy receiving a kit:

780-723-8616

edson.ca/fcss





HEALTHY RELATIONSHIPS

Learn about the benefits and signs from a certified Healthy Relationship Coordinator.

OCTOBER 20-NOVEMBER 24 (WEDNESDAYS)
7:00 PM-8:30 PM

FREE | VIRTUAL | AGES 16+
REGISTER AT EDSON.CA/FCSS



Register by October 15

SAFFRON CENTRE & EDSON FCSS PRESENTS

EXPLORING MASCULINITY

A 2-DAY WORKSHOP



MONDAY, DECEMBER 6 &
TUESDAY, DECEMBER 7
11:00AM-3:00 PM
FREE | VIRTUAL
ALL ARE WELCOME



FOR DETAILS AND TO REGISTER
VISIT EDSON.CA/FCSS

PARTICIPATE ANYTIME BETWEEN
OCTOBER 11TH - 17TH



TURKEY TROT

3 KM OR 5 KM
RUN/WALK

TO/FROM REPSOL PLACE

COMPLETE YOUR RUN/WALK OF CHOICE &
POST A PICTURE ON OUR FACEBOOK PAGE TO
BE ENTERED INTO A PRIZE DRAW!

MAPS AVAILABLE HERE:
WWW.EDSON.CA/CDPROGRAMS

WILLMORE WALKING GROUP

Join us for a 60 min guided walk through Willmore Park exploring the beautiful trails it has to offer.

TUESDAYS @ 6:00 PM
EVERY WEEK IN OCTOBER
*AS LONG AS INTEREST CONTINUES

DROP IN

No registration required
Dogs & Kids welcome as long as they can keep up with the pace.
Meet @ the Lower Parking Lot



Hey Edson!



Join our monthly email list!

Monthly email newsletters will include Community Development program and event updates: FCSS, Active Living and Arts and Culture.

HOW TO JOIN:

- Call 780-723-8616 and leave your name and email
- Email cserv@edson.ca with subject "join list" - make sure you email from the address you'd like us to use
- Scan the QR code



UNDERSTANDING DEMENTIA AND THE IMPORTANCE OF BRAIN HEALTH

**NOVEMBER 4
10:00 AM-12:00 PM**

Free Virtual Presentation

Dementia is not a normal part of aging. Learn about onset, 10 warning signs and the importance of brain health. It doesn't matter where you are on your journey, it's never too early or too late to reach out.

Interested in learning more?

Visit edson.ca/fcss to register



JOINT EFFORT via ZOOM

An education and exercise class for individuals living with mild to moderate osteoarthritis (OA).

Learn more about your condition and how to exercise safely, enabling you to self-regulate your own exercise outside of a structured setting.

8-week program, two classes a week.

A new session begins every 8 weeks, any referrals received after a start date will be contacted at the beginning of the next session.

Ask your doctor if Joint Effort is right for you.



WHITECOURT
780-779-0079
EDSON
780-723-2131





MCLEOD RIVER *Primary Care Network*

Dedicated health care teams, enhancing your quality of life.

PROGRAMS IN YOUR AREA

ANTICOAGULATION MANAGEMENT SERVICES

Assists patients taking anti-coagulant medications to better manage their INR results & condition with regular calls & educational sessions.

GERIATRICIAN SERVICES

Provides consultations for seniors to identify the necessary care needed to live longer, healthier & happier lives.

DIABETES PROGRAM

Supports patients, in conjunction with other local diabetes initiatives, to improve their health & prevent or delay complications.

- Includes Diabetic Foot Care performed by a certified Foot Care LPN By doctor's referral and appointment only

JUST MOVE PROGRAM

An education/exercise program for adults with, or at risk for developing, a chronic condition.

CANCER & PALLIATIVE CARE

Offers care & support for patients & their families.

This program also aims to relieve suffering, improve the quality of living & dying for people diagnosed with progressive, incurable illnesses.

- Includes *Surviving to Thriving* - A fun guided exercise program tailored to cancer survivors of ALL fitness levels.

COMPLEX CARE CLINIC

Examines problems identified by individuals with chronic diseases & helps them work towards improving their health & quality of life.

MATERNITY SERVICES

Delivering comprehensive & accessible care, counselling, education & relevant community program information to expectant mothers.

WELLNESS SUPPORT SERVICES

Assists individuals & families through the emotional, physical & financial challenges that come with chronic disease & life events. Our social workers support patients through short-term counselling, education & referrals to local resources.



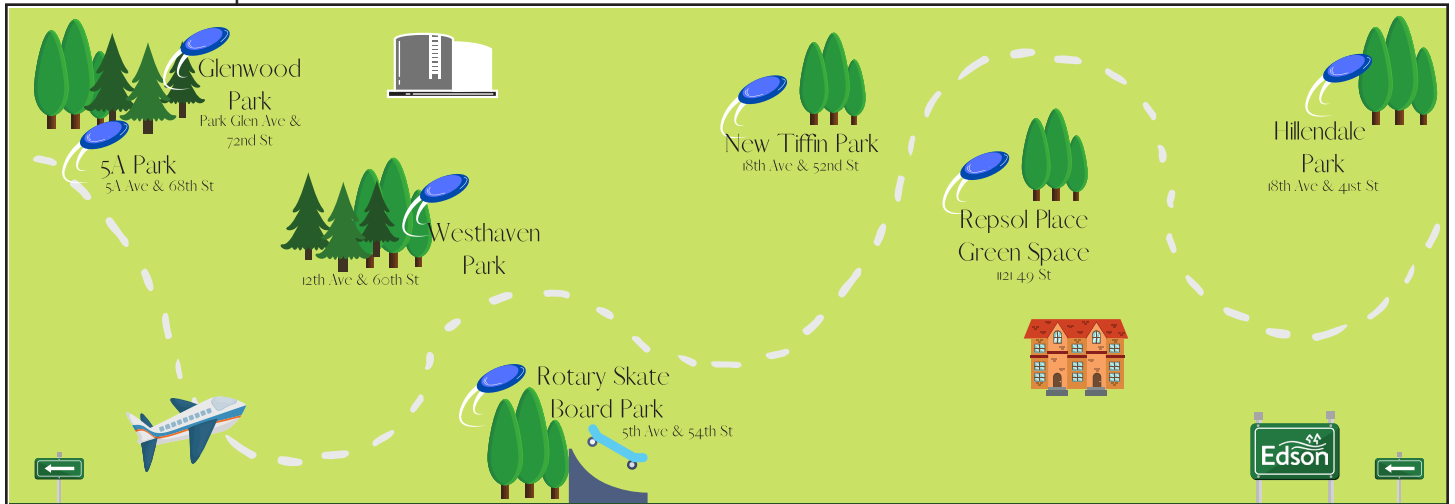
LOCATIONS

MRPCN OFFICE

111 50 Street, Edson, AB
PH: 780-723-2131
FAX: 780-723-2191

EDSON MEDICAL CENTRE

616 50 Street, Edson, AB
PH: 780-723-3366



Edson - Healthier Together



South 63rd Street

6KM South West of the tracks at 63rd St
Willmore Park



EDSON-HEALTHIER TOGETHER DISC GOLF TRAVELLING COURSE MAP



Edson - Healthier Together TRAVELLING DISC GOLF COURSE

WHO WE ARE:

The Edson-Healthier Together group came together in 2015. The group has been made up of rotating members over the years, but partners have included many agencies and organizations from the Edson community including Alberta Health Services, the Town of Edson, McLeod River Primary Care Network, Yellowhead County, the Edson Brain Care Centre, Hinton Help, and the Edson Friendship Centre. While the remaining group members continued to engage the community throughout the pandemic, many of its members moved on. Facing new responsibilities and challenges within their organizations, they could no longer devote their time fully to the Edson-Healthier Together group.

OUR MISSION & PLAN:

The group's mission was to create community connections, understand the needs of the community through assessments which were completed over the years, prioritize and plan a sustainable project for the Edson community that would support the findings of the assessments and, implement the project.

The results in Edson found there to be a gap in recreational opportunities for families in our community. Residents who took our survey were looking for new ways to stay healthy and active with their family members, but also have the option to do so with low to no cost associated to the activity.

The Edson-Healthier Together team worked closely with the Town of Edson Parks department to develop a plan to bring a Travelling Disc Golf Course to our community. Disc Golf is an up and coming sport across Alberta and Canada alike. It is beginner friendly but also makes room for tournaments and professionals.

NEW TO THE SPORT?

Learn more at these quick links:

Professional Disc Golf Association
www.pdga.com

All About Disc Golf
www.discgolf.com

Disc Golf Facts
www.discingdaily.com/disc-golf-facts/

We encourage you to get out and try Disc Golf - a great family activity and competitive sport.

DISC GOLF BASKET LOCATIONS:

As shown on map:

- Hillendale Park
- New Tiffin Park
- Westhaven Park
- Rotary Skate Board Park
- Glenwood Park
- 5A Park (located in Glenwood)

NEED A DISC?

Edson-Healthier Together has limited quantities of FREE discs available! You can grab a free disc at the following locations:

Repsol Place
1121-49 Street

Primary Care Network
111 50 Street

Town of Edson Community Services
605 50 Street

Professional grade flyers are available too. All you have to do is send us a photo with one of the disc golf baskets in town. These are weighted "drivers" in every colour. Email your photo to cserv@edson.ca and we'll set you up with a flyer in your favourite colour.

WANT TO KNOW MORE?

Yvonne Rempel, Community Health Promotion Facilitator at Alberta Health Services
780-501-0759
yvonne.rempel@ahs.ca
www.albertahealthycommunities.ca
www.healthiertogether.ca





UPCOMING CLASSES



**PARTICIPATE IN THE LIVE CLASS VIA ZOOM
OR RECEIVE THE RECORDED VERSION EACH WEEK.
YOU MAY CHOOSE YOUR PATH AT REGISTRATION.**

BETTER BALANCE

BALANCE TRAINING IS SO IMPORTANT FOR AGING WELL. JOIN KRYSTA ONCE A WEEK WHERE SHE WILL EDUCATE YOU ON FALL PREVENTION AND LEAD YOU THROUGH EXERCISES THAT WILL BUILD ENDURANCE IN THE MUSCLES RESPONSIBLE FOR BALANCE. EXERCISES CAN BE DONE FROM STANDING, SEATED, OR ON THE FLOOR. ALL ABILITIES WELCOME, MANY MODIFICATIONS PROVIDED.

October 18- Dec 13th
No class Nov 8th
Mondays
11:00-11:45 am
Ages 40+
\$30

PELVIC FLOOR & CORE

TUNE IN WEEKLY TO LEARN MORE ABOUT YOUR PELVIC FLOOR & CORE BY LOCAL FITNESS LEADER PATTY PATTEN. YOU WILL BE TAUGHT SAFE EXERCISES TO AID IN REHABILITATION & MAINTENANCE.

Oct 27th, Nov 3, & 10th
Wednesdays
12:00-1:00 pm
All Ages
\$20

Interested?

**REGISTER IN PERSON
AT REPSOL PLACE OR
ONLINE AT EDSON.CA.**



West Central Alberta

Now in **SIX**
local communities!
Order Today!

Meals on Wheels

West Central Alberta Meals on Wheels continues to get affordable meals to local residents!

West Central Alberta Meals on Wheels is a local non-profit group dedicated to getting meals to you!

To order your meals, please contact the Wabamun, Seba Beach, Entwistle, Evansburg, Wildwood or Niton libraries.

Meal orders are taken and submitted once a month, on the first Wednesday of every month.

Meals are held in freezer storage and are ready for pick up the following Wednesday.

Call your local library for more info!

Wabamun Library
780-892-2713

Seba Beach Library
780-797-3940

Entwistle Library
780-727-3811

Evansburg Library
780-727-2030

Wildwood Library
780-325-3882

Niton Library
780-795-2474



Meals come packaged like this



Meatloaf



Beef Stew



Beef & Spinach Lasagna



Roasted Pork Loin



Roasted Chicken with Mushroom Sauce

YELLOWHEAD COUNTY PROGRAMMING UPDATES

Recycling Trailers in Yellowhead County

Locations of recycling trailers where residents can drop-off recyclable materials:

Behind the Pembina Arena in Evansburg
Behind the Lobstick River Food Store in Wildwood
Parking lot at the Niton Community Hall
Parking lot at the Peers Multiplex.



Home Support (Housekeeping Services)

Anyone in the Yellowhead County with monility issues or a chronic health condition that does not allow them to do their housekeeping can call the Yellowhead County Wildwood Office at 780-325-3782 for an intake visit.

Community Outreach Coordinator

The Community Outreach Coordinator will help seniors one on one with any government forms, information regarding senior's benefits and more. Please call the Yellowhead County Wildwood Office at 780-325-3782.



West Central Meals on Wheels Program

The West Central Meals on Wheels program is providing frozen meals once a month to communities of Wabamun, Seba Beach, Entwistle, Evansburg, Wildwood, Mackay, Niton Junction and Peers, and meeting a demand.

Drive Happiness Program

Drive Happiness is coming to Yellowhead County and looking for volunteers to help seniors with their transportation needs. To find out more about volunteering for Drive Happiness call 1-800-336-4503.



For any inquiries in the programming, to call the Yellowhead County Wildwood Office at 780-325-3782 or 1-800-814-3935 or email Karen at kschatz@yhcounty.ca.

Health & Safety Precautions have been put in place for all available programming to prevent the spread of COVID-19.



BEREAVEMENT SUPPORT GROUP

The death of a loved one is one of the most stressful experiences in life. Grief affects everyone in their own way. Connecting with others and sharing stories helps process the loss. Join us for:

- a friendly, safe space to share your loss
- connecting with others who are experiencing the same kind of loss
- developing friendships with people who understand what you are going through.

Please join us **online** from 6:30 pm to 8:00 pm on:

- September 28, 2021
- October 26, 2021
- November 23, 2021
- January 25, 2022
- February 22, 2022
- March 22, 2022
- April 26, 2022
- May 24, 2022
- June 28, 2022



Call the Yellowhead County Wildwood Office at **780-325-3782** or **1-800-814-3935** for details.



Caregiver Support Group

This is a valuable opportunity for caregivers to get together and talk about their caregiving journey in a safe and confidential environment. Caregivers can be caring for their parents, their spouses, an elderly friend, a family member or their children.

Join us **virtually** for these confidential sessions:

- September 21
- October 19
- November 16
- January 18
- February 15
- March 15
- April 19
- May 17
- June 21



Take this opportunity to learn from one another who are experiencing the same challenges and stresses. **Free, online. 6:30 PM - 8:00 PM**

Call the Yellowhead County Wildwood Office at **780-325-3782** or **1-800-814-3935** for details.



Alzheimer support group



Caregiving can be stressful and difficult—but you're not alone.

If you are a caregiver for someone who has Alzheimer's disease or dementia, this is a valuable opportunity to meet with others that are experiencing the same challenges and stresses as you.

Location: ONLINE

Time: 4:00 PM - 5:30 PM

VIRTUAL DUE TO RESTRICTIONS

For more info call 1-800-814-3935.

The group meets in a safe and confidential environment once a month.

September 8, October 20, November 17, January 19, February 16, March 16, April 20, May 18, & June 15



JOIN OUR LOCAL Seniors & Student Pen Pal Program!

Interact with young people in a meaningful way and connect to the "future of our community".

Students of all county schools are participating (Grades 1 to 8), and are writing letters to older adults, who are invited to sign up and write back!

Handwritten letters are a great way to share memories and create new friendships! Join us to build more social connections for both the older adults and students.

**Sign up today:
Call 1.800.814.3935 or 780.325.3782!
Or email kschatz@yhcounty.ca**





Printed on unbleached 100% post consumer paper.

West Yellowhead
RECYCLES

www.westyellowheadrecycles.ca

780.723.4002

Edson Regional
Recycling
Depot
5237 - 1st Ave.

The Town of Edson has one of the best and most well known recycling programs in the Province. The newly expanded Depot is a dropoff point for a wide range of materials and also holds a "Toxic Roundup" twice a year for items that may not normally be accepted.

Please sort recyclables into the following categories:

1. All Plastic Containers

Rinsed containers & bottles.

2. All Plastic Bags

All plastic bags including grocery & shopping bags that are not soiled.

3. Office Paper

Any colour: bond, photocopy, NCR, fax, telephone message notes, 'Post It' notes or loose leaf papers. File folders, envelopes, utility bills and receipts. Paper clips and staples are OK. Shredded office paper, preferably bagged.

4. Low Grade Paper

Construction paper, brown paper bags, blueprints, paper egg cartons, carbon paper, sugar, flour & pet food bags.



5. Newspaper

This includes all newspaper, TV guides, comics, flyers, inserts & auto traders.

6. Magazines

All glossy magazines, catalogues flyers etc.

7. Old Corrugated Cardboard

Please flatten all boxes. Staples, tape or a little paper is OK.

8. Clear Glass

Clear glass jars, containers, window pane glass etc. Jars must have labels (low grade paper) and lids (tin or plastic) removed. Broken and whole glass is acceptable. **NO:** auto glass, coloured glass, ceramics or china.

9. Tin Cans

All tin, steel or aluminum cans, labels removed (low grade paper), rinsed and flattened. Tin foil is acceptable.

10. Computers, Electronics & Accessories

Obsolete personal computers (CPUs, servers & monitors), printers, cables, laptops and all sizes of TVs.

11. Aerosol Paint Containers & Paint Cans

Paint aerosol containers, paint and paint cans. Container sizes from 100ml to 24L.

12. Printer Cartridges

Ink jet & laser printer cartridges, e.g. Canon, HP, IBM, Xerox & many more.



13. Batteries

Car, truck, rechargeable & alkaline batteries.

14. Household Aerosol Cans

Household aerosol cans, fire extinguishers & small green propane tanks.

15. Refundable Containers

Pop, juice, milk, beer, water etc.



16. Compost (Seasonal May-September)

Recycle your yard waste. Bin for grass, leaves & vegetable garden waste. **NO:** Bags, containers, kitchen or food waste or large branches/trees.

17. Fluorescent Light Bulbs

All sizes of fluorescent tubes compact & high intensity discharge bulbs. Drop off during business hours only please as these contain toxic heavy metals.

18. Used Oil, Oil Filters & Oil Jugs

This includes five gallon oil pails.

For more information ...

Edson Regional Recycling Depot 780.723.4002

Edson Bottle Depot 780.723.3501

Edson Landfill 780.723-6476

Edson Thrift Shop 780.723.4545

www.westyellowheadrecycles.com

Alberta Recycle Information:

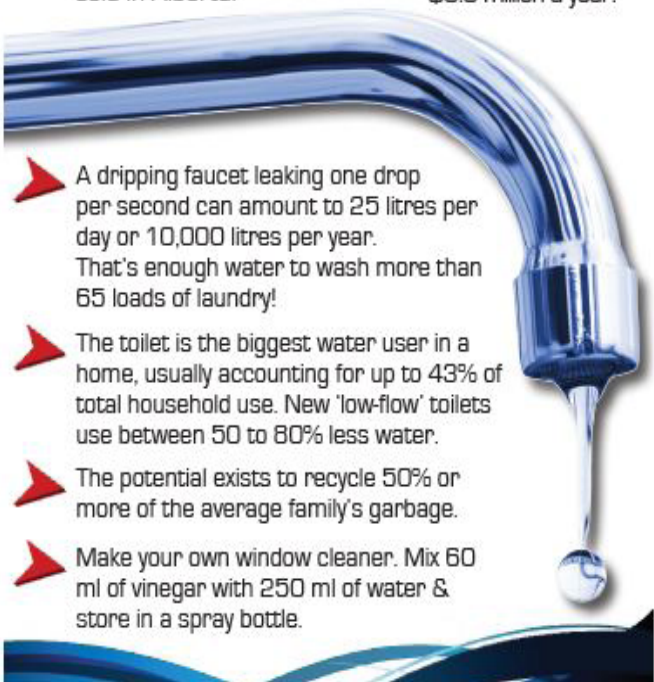
1.800.463.6326

Conservation Facts



- Plastic milk jugs are made of the highest grade of plastic.
- Recycled milk jugs can be made into; fleece material, carpeting & other plastic containers
- Recycling beverage containers is estimated to conserve more than 189,000 barrels of crude oil per year - a savings of \$6.5 million a year!

- There are more than **1,500,000,000** beverage containers (excluding milk) sold in Alberta.




- A dripping faucet leaking one drop per second can amount to 25 litres per day or 10,000 litres per year. That's enough water to wash more than 65 loads of laundry!
- The toilet is the biggest water user in a home, usually accounting for up to 43% of total household use. New 'low-flow' toilets use between 50 to 80% less water.
- The potential exists to recycle 50% or more of the average family's garbage.
- Make your own window cleaner. Mix 60 ml of vinegar with 250 ml of water & store in a spray bottle.

Curbside Waste Collection




The Town of Edson, along with our partner GFL Environmental Inc, is pleased to announce our modernized residential waste collection and diversion program.


Park It
Cart should be on the street with the wheels against the curb.



Point It
Arrows should point to the centre of the road.



1M 1M



Space It
Give at least an arms length of clearance on all sides.

Acceptable Household Waste Materials

Any currently accepted household waste (please separate out organics listed below)

**Recyclable materials are still to be taken to the Recycle Depot*

NOT Acceptable Household Waste

- Auto parts, tires
- Furniture
- Medical waste/including sharps
- Fluorescent light tubes
- Construction or demolition waste or rubble (e.g. lumber, plywood, cement, steel)
- Hot ashes or burning material, toxic waste
- Dirt, rocks, sod
- Animal carcasses
- Electronics (e.g. computers, TV, monitors, appliances)
- Motor oil

Acceptable Organic Waste Materials

All Food (Raw and Cooked)



Food Soiled Paper

- Paper plates
- Coffee grounds, coffee filters and tea bags
- Food-soiled paper towels, napkins and tissues



Yard Waste

- Leaves and cones (all conifers - pine, spruce, etc.)
- Branches, twigs and hedge trimmings (less than 15 cm in diameter and 1.25 m in length so it fits inside the cart)
- Grass clippings and sod

Pet Waste



- Dog waste and cat litter/Animal bedding from pet cages (must be collected in a certified compostable bag or paper bag)
- Pet fur, hair or feathers
- Pet food and treats (includes rawhide bones and birdseed)



Other

- Cold BBQ or fireplace ashes (must be collected in a certified compostable bag or paper bag)
- Untreated lumber (less than 15 cm in diameter and 1.25 m in length. Must be free of nails, screws, etc)
- Wood shavings and sawdust (must be collected in a certified compostable bag or paper bag)

NOT Acceptable Items - Please keep the following OUT of your organic bin

- No plastic, oxo-biodegradable or biodegradable bags.
- If using a bag, only use certified compostable bags
- No diapers, wipes or sanitary products
- No plastic food or beverage packaging
- No plastic plates or cutlery
- No painted or treated wood
- No fruit or vegetable stickers

Did you know?

An average family of four can compost over 500 kilograms of food and yard waste in a year.

Source: Government of Alberta (2008) "Waste Facts" Alberta Environment

OCTOBER



By Jimmy and Evelyn Johnson - www.qets.com

OCTOBER

ACROSS

- 1 Wild pig
- 5 Information
- 9 Not before
- 14 Apex
- 15 Poetic "evening"
- 16 Angry
- 17 Ocean transportation vessel
- 18 Fine spray
- 19 Place
- 20 Tax agency
- 21 Brand of sticky notes
- 23 Short drama
- 24 Example
- 26 Feign
- 28 Luau dish
- 29 Part of a sentence
- 31 Female deer
- 34 Barrette
- 37 Sudsy
- 39 Garden tool with teeth
- 40 Estimated time of arrival
- 41 Run away
- 42 Leave out or slur
- 44 Selecting from various designs

- 47 After sun.
- 48 Ribbon tie
- 50 Caustic substance
- 51 Type of partnership
- 52 High school functions
- 56 N.A. Indian
- 59 Mariners
- 63 Consume
- 64 Come together
- 66 Declare positively
- 67 Otherwise
- 68 Grim
- 69 Window ledge
- 70 Merriment
- 71 Sprayed down
- 72 Whirl
- 73 Color of autumn leaves

OCTOBER

DOWN

- 1 Italian herb
- 2 Red pigment
- 3 Wrong
- 4 Representative
- 5 Evil
- 6 Car rental agency
- 7 Exam
- 8 Negative (prefix)
- 9 Cause of sickness
- 10 First sign of fall
- 11 Horse gear
- 12 Decorative needle case
- 13 Repose
- 21 Opp. of rich
- 22 Sticky black substance
- 25 Watched secretly
- 27 Disks
- 29 Halloween broom rider
- 30 Gem stone
- 31 Painter of melting clocks
- 32 Organization of Petroleum Exporting Countries
- 33 Hurricane center
- 34 Angelic ring
- 35 Similar
- 36 Dregs
- 38 Many times
- 39 Radioactivity unit
- 43 Eastern Time
- 45 Aged
- 46 Greenish-blue color
- 49 Advertisements
- 51 Metric capacity unit
- 53 Large stringed instrument
- 54 Artist's need
- 55 Warhorse
- 56 Quiet down
- 57 Upon
- 58 Filled crusts
- 60 Comfort
- 61 Eager
- 62 Merge
- 65 Finis
- 67 Scrambled food

OCTOBER

Solution:



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 You may make unlimited copies of this original large print standard crossword puzzle for personal, senior center, medical facility, or classroom use. Visit www.qets.com for more large print puzzles.
 Evelyn Johnson

HARVEST FESTIVAL

Find the words in the grid. When you are done, the unused letters in the grid will spell out a hidden message. Pick them out from left to right, top line to bottom line. Words can go horizontally, vertically and diagonally in all eight directions.

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

By Evelyn Johnson - www.qets.com

- | | | |
|---------|----------|---------|
| Acorn | Colorful | Peaches |
| Apples | Fall | Pumpkin |
| Berries | Frost | Rake |
| Brown | Gold | Red |
| Burn | Grapes | Squash |
| Canning | Harvest | Trees |
| Cider | Leaves | Windy |

HARVEST FESTIVAL

HIDDEN QUOTATION
 BY
 Robert Lewis Stevenson

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

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 You may make unlimited copies of this original large print word search puzzle for personal, senior center, medical facility, or classroom use. Visit www.qets.com for more large print puzzles.
 Evelyn Johnson

VETERAN'S DAY

Find the words in the grid. When you are done, the unused letters in the grid will spell out a hidden message. Pick them out from left to right, top line to bottom line. Words can go horizontally, vertically and diagonally in all eight directions.

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

By Evelyn Johnson - www.qets.com

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|-----------|----------|-----------|
| Air Force | Commando | Protect |
| Armistice | Courage | Remember |
| Army | Defend | Sacrifice |
| Battle | Freedom | Soldier |
| Brave | Honor | Valor |
| Casualty | Navy | Veteran |
| Cemetery | Peace | WWII |

VETERAN'S DAY

HIDDEN QUOTATION
 BY
 Elmer Davis

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

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 Evelyn Johnson

RECIPE CORNER



Butternut Squash Soup

INGREDIENTS

- 2 tbsp extra-virgin olive oil
- 1 yellow onion, chopped
- 1/2 tsp sea salt
- 1 butternut squash, peeled, seeded and cubed
- 3 cloves of garlic, chopped
- 1 tbsp chopped fresh sage
- 1/2 tsp minced fresh rosemary
- 1 tsp grated ginger
- 3-4 cups vegetable broth
- black pepper

INSTRUCTIONS

Heat oil in large pot over medium heat. Add the onion, salt and fresh pepper and saute until soft, add squash and cook until soft, 8-10 minutes. Add garlic, sage, rosemary and ginger. Add 3 cups of broth, bring to a boil, cover, reduce heat and simmer for 20-30 minutes. Let cool and pour into a blender in batches if need be until smooth. Season to taste and serve with fresh parsley and crusty bread for dipping.

Creamy Cauliflower Soup

INGREDIENTS

- medium cauliflower head
- 2 shallots, peeled and sliced
- 4 garlic cloves
- 4 cups vegetable broth
- fresh thyme sprigs
- 1/2 tbsp white miso paste
- 1/2 tsp Dijon mustard
- 3 tbsp extra-virgin olive oil
- 1 tbsp fresh lemon juice
- sea salt and fresh ground pepper

INSTRUCTIONS

Preheat oven to 400°F and line a large baking sheet with parchment paper. Chop the cauliflower including the core pieces. Spread the cauliflower on the baking sheet and toss with a drizzle of olive oil and pinch of salt, in a piece of aluminum foil and place it on the baking sheet with the vegetables. Roast for 30-35 minutes or until the cauliflower is browned around edges. In a large pot, bring the vegetable broth to a low simmer. Add the roasted cauliflower, shallots, peeled garlic, and thyme and simmer, covered for 15 minutes. Let cool and transfer to a blender. Blend until smooth, season to taste and add lemon juice if needed.

