

September 2022

Senior Hi-Lites

Charlevoix County Commission on Aging Newsletter
Funding for Charlevoix County Commission on Aging is provided
by: Charlevoix County Senior Millage; Michigan Aging & Adult
Services Agency; Area Agency on Aging of Northwest MI

Area happenings

For more information:

Beaver Island Chamber
(231) 448-2022
Main Street
Beaver Island, MI 49782
beaverislandcommunitycenter.
org

Boyne Area Chamber
(231) 582-6222
115 S. Lake St., Suite A,
Boyne City, MI 49712
boynechamber.com

Charlevoix Chamber
(231) 547-2101
109 Mason Street
Charlevoix, MI 49720
charlevoix.org

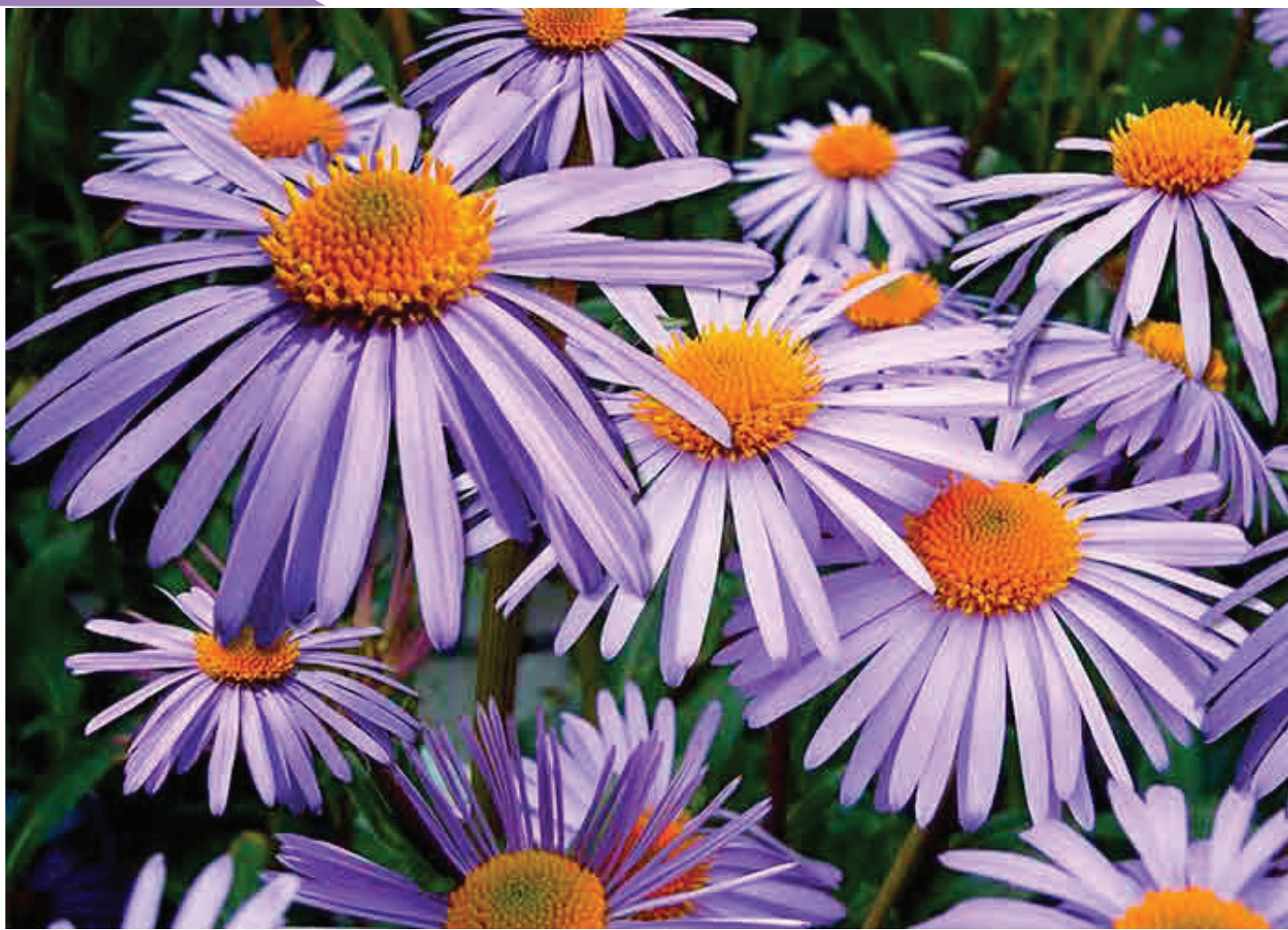
East Jordan Chamber
(231) 536-7351
100 Main Street, Suite B
East Jordan, MI 49727
ejchamber.org

SEPTEMBER 2022 NOTABLE DATES

- | | |
|----|------------------------------|
| 1 | No Rhyme, No Reason Day |
| 2 | Food Bank Day |
| 3 | Tailgating Day |
| 4 | Wildlife Day |
| 5 | Labor Day |
| 6 | Fight Procrastination Day |
| 7 | Neither Rain Nor Snow Day |
| 8 | Physical Therapy Day |
| 9 | Sudoku Day |
| 10 | TV Dinner Day |
| 11 | 911 Remembrance Day |
| 12 | Day of Encouragement |
| 13 | Positive Thinking Day |
| 14 | Crepe-Filled Donut Day |
| 15 | 8-Track Tape Day |
| 16 | Play-Doh Day |
| 17 | Eat An Apple Day |
| 18 | Cheeseburger Day |
| 19 | Talk Like A Pirate Day |
| 20 | Pepperoni Pizza Day |
| 21 | Day of Peace |
| 22 | Autumn Equinox – Fall Begins |
| 23 | Checkers Day |
| 24 | Punctuation Day |
| 25 | One-Hit Wonder Day |
| 26 | Dumpling Day |
| 27 | Crush A Can Day |
| 28 | Ask A Stupid Question Day |
| 29 | Coffee Day |
| 30 | Podcast Day |

For more detailed information on things going on at our Senior Centers:

Please call and speak with the Site Coordinator directly or call the COA Office.



“HAPPILY WE BASK IN THIS WARM SEPTEMBER SUN, WHICH ILLUMINATES ALL CREATURES.”~ HENRY DAVID THOREAU

Director's CORNER

Emergency Preparedness - it something we never think about as a society until something happens and it is even more important for our aging community to have a plan and resources in place as their needs are immediate and complicated.

Local officials and relief workers may not be able to reach everyone right away. You can deal with a disaster by preparation in advance. Older Americans CAN start preparing for emergencies before they happen!

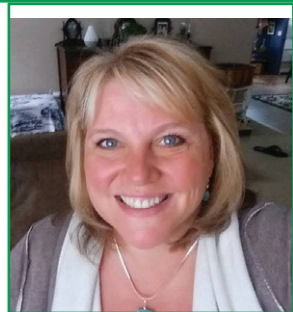
1. Put together a Basic Needs and Supplies list that is specific to your needs.

2. When making a plan, meet with your family, friends and caregivers to assess yourself and your household. Plan for your pets and service animals. Create a communication plan and keep a list of important phone numbers and Emergency Contact Information. Protect Vital Records and documents. Plan for transportation in case you need to evacuate.

3. Be informed of your Community Warning Systems. Be informed of what services are provided at Red Cross Shelters. Be aware of the potential for Financial Exploitation/Scams after a disaster.

Disasters can happen at any moment. By planning ahead you can avoid waiting in long lines for critical supplies, such as food, water and medicine and you will also have essential items if you need to evacuate.

• For your safety and comfort, have a disaster supplies kit packed and ready in one place before a disaster hits.



- Assemble enough supplies to last for at least three days.
- Store your supplies in one or more easy-to-carry containers, such as a backpack or duffel bag.
- You may want to consider storing supplies in a container that has wheels.
- Be sure your bag has an ID tag.
- Label any equipment, such as wheelchairs, canes or walkers, that you would need with your name, address and phone numbers.
- Keeping your kit up-to-date is also important. Review the contents at least every six months or as your needs change.

Check expiration dates and shift your stored supplies into everyday use before they expire. Replace food, water and batteries, and refresh medications and other perishable items with “first in, first out” practices.

For information about specific types of emergencies, visit www.ready.gov or call 1-800-BE-READY.

Ultimately you are responsible for you. Assistance is never guaranteed or guaranteed immediately so take care of you and make sure you will be ok for as long as you can. When you plan, you experience less crisis and can survive and thrive longer.

Stay Safe and Be Well!

COA Information

COA Office
13513 Division Ave.,
Charlevoix, MI 49720
231-237-0103
Toll Free: 866-428-5185
Fax: 231-237-0105
Office open M-F 7:30am-
4:30pm

Main Office Staff:
Amy Wieland, Executive Director
Sheri Shepard, Assistant Director
Theresa Graham, Office Manager
Sally Nye, Database Coordinator
Paul Tate, Food Service Manager
Kevin Clements, Senior Program Facilitator

Health Care Services:
Tracey Rupinski, RN, Director of Health Care Services
Robin Pugh, RN, CFCS
Carla Middaugh, Personal Care
Arlene Wilson, CNA
Caroline Smith, CNA/
Homemaker
Kim Crandell, Homemaker
Rhonda Whiteford, Homemaker

COA Advisory Board:
Luanne Reed, Chair;
Ed May, Vice-Chair;
Aleta Runey, William Cousineau, Cathy Kessler, Sharon Misiak, Secretary/Treasurer, Janet Kalbfell;
Shirley Roloff, Board Liaison

May - September Senior Center Wednesday Night Hours are 2p-7p

Visit our Website: www.charlevoixcounty.org/Commission_on_Aging or our Facebook page “Charlevoix County Commission on Aging”

Many wonderful Volunteers in all aspects of our services!

Beaver Island COA Office:
Open M-F 8a-4p
Lonnie Allen, BI County Building & COA Site Coordinator
26466 Donegal Bay Road
Beaver Island, MI 49782
231-448-2124

Boyne Area Senior Center:
Open M-F 9a-2p
Sheila, Site Coordinator
Gretchen, Bridget, Nate
Food Service & HD Meals
411 E. Division, PO Box 964
Boyne City, MI 49712
231-582-6682

Charlevoix Senior Center:
Open M-F 8a-4p
Vikki Pearsall, Northside Building and COA Site Coordinator, Zack & TBD Food Service & HD Meals
13513 Division Street
Charlevoix, MI 49720
231-547-3844

East Jordan Senior Center:
Open M-F 9a-2p
Brenda Skop, Site Coordinator
Kelly, Star, Cliff
Food Service & HD Meals
951 Mill Street, East Jordan, MI 49727
231-536-7831



Charlevoix County Senior Centers Updates

September is Senior Center Month so in celebration we are planning some great meals and activities based on Michigan Foods, Trivia and Notable People with Michigan Roots. Be sure to check out our Monthly Menu and Activities being planned in the Centers.

The Charlevoix County Commission on Aging will also be temporarily taking over the Celebration Ice Cream Socials previous done by the Charlevoix American House due to staffing shortages for these days at the Charlevoix American House.

Blood Pressure Clinics BP Clinic Schedules September 2022

Time -11:30 am to 12:30 pm with CNA, Caroline Smith

EJSC (Thursday)

September 8
September 22

CHSC (Thursday)

September 1
September 29

BASC (Thursday)

September 15

Veteran Socials

Veteran Socials are a great opportunity to connect with other area Veterans and meet with your Charlevoix County Veteran Service Officers.

In September we will host a Veterans Social and offer Refreshments along with one free lunch* to our Charlevoix County Veterans at the following locations and days. This month's socials are sponsored by Aetna and the Boehm-Tarrant Associates:

September 6 -Charlevoix Senior Center – 13513 Division Street, Charlevoix
547-3844 – Every 1st Tuesday of the Month from 9:30am—11am

September 13 -Beaver Island COA Office-26466 Donegal Bay Road, Beaver Island 448-2124– Every
2nd Tuesday of the Month from 9:30am—11am *One Voucher age 60 & over

September 20 -East Jordan Senior Center – 951 Mill Street, East Jordan
536-7831 – Every 3rd Tuesday of the Month from 9:30am—11am

September 27 - Boyne Area Senior Center - 411 East Division, Boyne City
582-6682 – Every 4th Tuesday of the Month from 9:30a—11am

Volunteering for the Commission On Aging (COA)

We are honored and thankful for the great group of volunteers who give their time and talent helping the COA and our aging community. Without these individuals we could not do what we do every day. If you are interested in getting involved, serving your community and volunteering please call Kevin at 231-237-0103. We have open positions for hostesses/hosts, kitchen help, home delivery meal drivers, and entertainment at all locations.

Thank You for Your Patience

As we all know our area is struggling with staffing. Unfortunately, the Commission on Aging is not spared. Please have patience and kindness with us as we are all trying our very best and some of our employees are taking on additional duties. Thank you to everyone who is supporting us as we navigate this temporary time period of building our staff back up.

Where Can I Get Information

The COA has a web page on the Charlevoix County website-www.charlevoixcounty.org, Facebook and Instagram account, monthly Senior Highlights section of the Charlevoix County News the fourth week of the month, monthly education handouts and coming to the Center and listening to announcements before the meal are the best ways to keep up to date on what is happening at your Center.

Local TRAVEL CLUB! You Asked For It...You Got It...

This month's trip is to Bill's Farm Market in Petoskey & The Dollar Tree Store
Cost of the trip is \$3.00. Please sign up with your Senior Center Site
Coordinator.

Trips are scheduled to leave at 1:30 pm from:

East Jordan Senior Center - Wednesday, September 7

Charlevoix Senior Center - Wednesday, September 14

Boyne Senior Center - Wednesday, September 21

You will be back in time for Wednesday Night Dinner :)

Special Make Up Trip for Boyne Senior Center....To the Cross in the Woods

Last summer we had to cancel this trip due to Covid and because it was a popular trip so we want to offer it again. You may want to bring a jacket and spending money as you never know what the weather will be at the end of September.

When: Wednesday, September 28

We will leave the Boyne Center at 1pm and the cost is \$3.00.

We will be back to the center in time for the last Wednesday Night Dinner for this summer.

Please sign up with Sheila, the Boyne Senior Center Site Coordinator.

ALL Charlevoix County Senior Center Menus

All Senior Center Locations Lunch Menu September 2022 (11:30a—12:30p)

Commission On Aging Phone: 237-0103

Charlevoix Senior Center: 547-5361 East Jordan Senior Center: 536-7831 Boyne Area Senior Center: 582-6682

Monday	Tuesday	Wednesday Dinners Served 5p-6p	Thursday	Friday
May—September there are no lunches on Wednesdays except in Charlevoix where the Alternative Meal is the lunch option.	ALL MEALS INCLUDE MILK, BREAD & BUTTER, 2 VEGGIES & A FRUIT. MENU SUBJECT TO CHANGE WITHOUT NOTICE	September is Michigan Food & Trivia Month at ALL the Centers Alternative Meal for Week: Chicken Salad Croissants	1. Asian Beef w.Light Teriyaki & Rice, Oriental Vegetable, Mini Spring Rolls, Fruit, Vernor's Detroit "Boston" Cooler	2. Chicken Parmesan, Pasta Marinara, Garden Vegetable, Fruit
5. ALL COA OFFICES AND ALL SENIOR CENTERS ARE CLOSED TODAY IN OBSERVANCE OF LABOR DAY.	6. Cooks Choice, Potato, Fresh Vegetable, Fruit Alternative Meal for Week: TC Grilled Chicken & Cherry Salad	7. Wednesday Night Dinner School Spirit Night Grand Rapids Style Wet Burrito, Ground Beef, Refried Beans, Roasted Corn, Atwood Area Cider & Donuts	8. Crab Cakes, Creamy Alfredo Sauce, Rice, Fresh Vegetable, Fruit	9. Beef Tips & Mushrooms, Buttered Noodles, Fresh Vegetable, Fruit
12. Flint Olive Swiss Burger, Wedge Fries, Vegetable Medley, Fruit Alternative Meal for Week: Roast Beef & Cheddar Wrap	13. Ham & Cheese Stromboli, Pasta Alfredo, Vegetable Medley, Fruit	14. Wednesday Night Dinner No Talent /Talent Show Night Frankenmuth Fried Chicken Dinner, Mashed Potatoes & Gravy, Green Beans, Fruit, Fudge Brownies	15. BBQ Pulled Pork Plate, Mac & Cheese, Fresh Vegetable, Fruit	16. Cook's Choice, Potato, Fresh Vegetable, Fruit
19. Beef Chili, Chelsea's Jiffy Corn Muffins, Baked Potato w/Cheese, Fruit Alternative Meal for Week: Hudson' Maurice Salad	20. Breakfast for Lunch French Toast Sticks, Sausage Links, Hash browns, Warm Applesauce, Yogurt, Syrup Cup	21. Wednesday Night Dinner World Gratitude Day Gratitude Night: Ground Sirloin, Mushroom Gravy, Mashed Potatoes, Fresh Vegetable, Pumpkin Dessert	22. Basil/Garlic Pesto Chicken Tossed w/ Pasta, Fresh Vegetable, Garlic Cheese Biscuit, Fruit	23. Polish Dinner Sliced Polish Sausage & Sauerkraut, Potato & Cheese Pierogis, Sour Cream Cup, Fruit
26. Large Bowl of Minestrone Soup, String Cheese, Hard Boiled Egg, Fruit Alternative Meal for Week: Shrimp Pasta Salad	27. Mushroom & Onion Smothered Chicken Breast, Mashed Potatoes & Gravy, Fresh Vegetable, Fruit	28. LAST Wednesday Night Dinner Celebration: Beef Lasagna, Garlic Bread, Green Beans, Tossed Salad, Atwood Area Apple Crisp	29. Tropical Chicken Breast topped with Pineapple Salsa, Cilantro Rice, Vegetable Medley, Fruit	30. UP Poutine Fries: Shredded Roast Beef & Cheese Curd, Fries, Cole Slaw, Fruit

ALL SENIOR CENTER LOCATIONS ACTIVITIES SUBJECT TO CHANGE WITHOUT NOTICE

All Senior Center Locations Activities for September 2022

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Veteran Coffee/Donuts Social Dates are: C—8/2 at 9:30a E—8/16 at 9:30a BC— 8/23 at 9:30a</p> <p>Ice Cream Social Celebration Dates are: E— 1st Friday BC— 2nd Friday, C— 3rd Friday Sponsored by the COA for the next few months</p>	<p>C = Charlevoix Center* 13513 Division St. E = East Jordan Center 951 Mill St. B = Boyne Area Center 411 E. Division St.</p> <p>ALL ACTIVITIES SUBJECT TO CHANGE</p>		<p>1. C- 9a Coffee Talk, 9a Walkers, 9:45a Tai Chi, 11:30a Blood Pressure Check, 1p Any Games/Puzzles, 1p Mahjong, 1:30p Pickleball E - 9a Hair Cuts w/Susan, 10a Coffee Hour, 10:30a Gym Walking, 12:30p Texas Hold-em or Cards B - 9a Coffee Talk</p>	<p>2. C- 9a Coffee Talk, 9a Walkers. 10a Crafts, 1p Any Games/Puzzles, 1:30p Pickleball E - 10:30a Gym Walking, 11:30a Music Barry Loper, 12:30p Card BINGO/50-50 Drawing, 3 Meal Ticket Drawing B - 9a Coffee Talk, Music \$1 in Juke Box</p>
<p>5. COA OFFICES AND SENIOR CENTERS ARE CLOSED FOR THE LABOR DAY HOLIDAY</p>	<p>6. C -9:30a Veterans Social, 9a Coffee Talk, 9a Walkers, 1p Mahjong, 1p Games/Puzzles, 1:30p Pickleball E - 10a Coffee & Crafts, 10:30a Gym Walking, 12:30p Mexican Poker B - 9a Coffee Talk</p>	<p>7. C - 9a Coffee Talk, 9a Walkers, 9a Yoga, 10:15a Chair Yoga, 1p Bridge/Games/Puzzles, 1p Line Dancing, 1p Sleep Education Program, E - Family Photos by Ed May, 4p Music Barry, 6p Card Bingo B—9a Coffee Talk</p>	<p>8. C- 9a Coffee Talk, 9a Walkers, 9:45a Tai Chi, 11:30a Music by Dolph, 1p Any Games/Puzzles, 1p Mahjong, 1:30p Pickleball E - 10a Coffee Hour, 10a EJSC Advisory Board, 10:30a Gym Walking, 12:30p Texas Hold-em or Cards B - 9a Coffee Talk, 11:30a Blood Pressure Check, Foot Clinic.</p>	<p>9. C- 9a Coffee Talk, 9a Walkers. 10a Crafts, 1p Any Games/Puzzles, 1:30p Pickleball E - 10:30a Gym Walking, 11a Music OJ Adkins, 12:30p Card BINGO, 3 Meal Ticket Drawing B - 9a Coffee Talk, Music Monty Loper</p>
<p>12. C - 9a Coffee Talk, 9a Walkers, 1p Bridge/Games/Puzzles, 3:30p Beginners Pickleball E - 10:45a Exercise/Lisa or 10:30a Gym Walking, 12:30p Cash BINGO, Wii, Corn Hole Toss, B - 9a Coffee Talk</p>	<p>13. C - Foot Clinic. 9a Coffee Talk, 9a Walkers, 1p Mahjong, 1p Games/Puzzles, 1:30p Pickleball E - 10a Coffee & Crafts, 10:30a Gym Walking, 12:30p Mexican Poker B - 9a Coffee Talk</p>	<p>14. C - 9a Coffee Talk, 9a Walkers, 9a Yoga, 10:15a Chair Yoga, 11a Hand Massages, 1p Bridge/Games/Puzzles, 1p Line Dancing, 1p Sleep Education Program, 5p Music by Drawbridge Ukulele Group E - 4p Music OJ Adkins, 6p Card Bingo B—No Talent / Talent Show, Comedy Show</p>	<p>15. C- 9a Coffee Talk, 9a Walkers., 9:45a Tai Chi, 11:30a Music Brad Hersey, Any Games/Puzzles, 1p Mahjong, 1:30p Pickleball E - Foot Clinic. 10a Coffee Hour, 10:30a Gym Walking, 10:45a Hand Massages, 11:30a Blood Pressure Check, 12:30p Texas Hold-em or Cards B - 9a Coffee Talk,</p>	<p>16. C- 9a Coffee Talk, 9a Walkers. 10a Crafts, 1p Any Games/Puzzles, 1:30p Pickleball E - 10:30a Gym Walking, 11a Music \$1 in a Juke Box, 12:30p Card BINGO, 3 Meal Ticket Drawing B - 9a Coffee Talk, Music OJ Adkins</p>
<p>19. C - 9a Coffee Talk, 9a Walkers, 12:30p Katie -MI Vaccines, 1p Bridge/Games/Puzzles, 3:30p Beginners Pickleball E - 10:45a Exercise/Lisa or 10:30a Gym Walking, 12:30p Cash BINGO, Wii, Corn Hole Toss, B—9a Coffee Talk</p>	<p>20. C - 9a Coffee Talk, 9a Walkers, 11a Hand Massages, 12p Recycling Presentation, 1p Mahjong, 1p Games/Puzzles, 1:30p Pickleball E - 9:30a Veterans Social , Photos with Vets by Ed May, 10a Coffee & Crafts, 10:30a Gym Walking, 12:30p Mexican Poker B—9a Coffee Talk, Foot Clinic.</p>	<p>21. C - 9a Coffee Talk, 9a Walkers, 9a Yoga, 10:15a Chair Yoga, 11a Hand Massages, 1p Bridge/Games/Puzzles, 1p Line Dancing, 1p Sleep Education Program, 5p Music by Brad Hersey E - 4p Kelly, 6p Card Bingo B—Music OJ Adkins</p>	<p>22. C- Foot Clinic. 9a Coffee Talk, 9a Walkers.,9:45a Tai Chi, 11:30a Blood Pressure Check, 1p Any Games/Puzzles, 1p Mahjong, 1:30p Pickleball E - 10a Coffee Hour, 10:30a Gym Walking, 12:30p Texas Hold-em or Cards B - 9a Coffee Talk</p>	<p>23. C- 9a Coffee Talk, 9a Walkers. 10a Crafts, 1p Any Games/Puzzles, 1:30p Pickleball E -10:30a Gym Walking, 11a Music Two Beats, 12:30p Cash BINGO, 3 Meal Ticket Drawing B - 9a Coffee Talk, Music Monty Loper</p>
<p>26. C - 9a Coffee Talk, 9a Walkers, 1p Bridge/Games/Puzzles, 3:30p Beginners Pickleball E - 10:45a Exercise/Lisa, 12:30p Cash BINGO, Wii, Corn Hole Toss B - 9a Coffee Talk</p>	<p>27. C - 9a Coffee Talk, 9a Walkers, 1p Mahjong, 1p Games/Puzzles, 1:30p Pickleball E - Foot Clinic. 10a Coffee & Crafts, 10:30a Gym Walking, 12:30p Mexican Poker B—9:30a Veterans Social,</p>	<p>28. C - 9a Coffee Talk, 9a Walkers, 9a Yoga, 10:15a Chair Yoga, 1p Bridge/Games/Puzzles, 1p Line Dancing, 1p Sleep Education Program E - 4p Music TwoBeats, 6p Card Bingo B - Music \$1 in a Juke Box,</p>	<p>29. C- 9a Coffee Talk, 9a Walkers, 9:45a Tai Chi, 1p Any Games/Puzzles, 1p Mahjong, 1:30p Pickleball E - 10a Coffee Hour, 10:30a Gym Walking, 12:30p Texas Hold-em or Cards B - Foot Clinic. 9a Coffee Talk, 10:30a Hand Massages, 11:30a Blood Pressure Check,</p>	<p>30. C- 9a Coffee Talk, 9a Walkers. 10a Crafts, 1p Any Games/Puzzles, 1:30p Pickleball E -10:30a Gym Walking, 10:30a Talent Show with OJ Adkins, 12:30p Cash BINGO, 3 Meal Ticket Drawing B - 9a Coffee Talk</p>

Back By Popular Demand....Fabric Store Visit & Picnic Lunch

We are going to Indian River to visit a unique Fabric Shop that we have visited before and really enjoyed. They put on fascinating demos and new short cuts for the average seamstress. The store has a variety of materials and kits as well. The Picnic lunch will be provided by the Commission on Aging.

We will leave the Charlevoix Senior Center at 9:30a and return home about 3-3:30p.

Cost of the trip is \$6.00 - Please sign up with Vikki, the Charlevoix Senior Center Site Coordinator by September 19, 2022.

Charlevoix Area Caregiver Support Group - Free & Open to ALL Caregivers

Presented by the Alzheimer's Association of Michigan and Facilitated by trained staff of the Charlevoix County Commission on Aging.

Build a support system with people who understand.

Develop a support system.

Exchange practical information on challenges and possible solutions.

Talk through issues and ways of coping.

Share feelings, needs and concerns.

Learn about community resources.

Meeting in person at the Charlevoix Senior Center - Conference Room

The Second Thursday of the month from 1pm - 2:30p

Please call Sheri at (231) 237-0103 for more information or if you are interested in attending.

Beaver Island Activities and Update

Contact Lonnie at the BI COA for more information at (231) 448-2124 or Email to allenl@charlevoixcounty.org

Beaver Island Wellness Check Program

The Charlevoix County Commission on Aging and the Charlevoix County Sheriff's Department are collaborating their efforts on Beaver Island with respect to the safety and wellness of our Seniors on Beaver Island. The COA has created a program with the Sheriff's Department that will provide free, periodic wellness checks for aging residents of Beaver Island, aged sixty (60) and older due to the limited resources on the island.

Voucher Meal Program

Available at The Shamrock & The Bodega at this time.

We have planned a Fall Wednesday Night Dinner on Wednesday, September 21, 2022 from 5p-6p at the BIC Center. Please call Lonnie or the COA Office on the Mainland for all the Other Beaver Island Fun Activities planned like the Tai-Chi, Strength Training, BINGO, Crafts and More!

Reminder: The BI Meal Voucher Program is for Charlevoix County Tax Paying Seniors, 60 years old and older only. Voucher can be purchased individually or up to 10 a month. There is NO reimbursement for any unused vouchers.

Just for fun

FALL WORD SEARCH

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

ACORN
 FOOTBALL
 NOVEMBER
 SEPTEMBER

APPLES
 HALLOWEEN
 OCTOBER
 SUNFLOWER

AUTUMN
 HARVEST
 PUMPKIN
 SWEATER

CANDY
 HAYRIDE
 RAKE
 THANKSGIVING

CIDER
 LEAVES
 SCARECROW
 TURKEY