



Town of Barkhamsted

Weekly Email

October 1, 2026

Town offices will be closed on Monday, October 12 in observance of
Columbus Day/Indigenous People Day

[From the Desk of Meaghan Cook, First Selectman](#)

Fall colors this season will include the yellow centerline painting that was completed on several roads around town, and, as expected, it has come with opinions of all shapes and sizes. Some residents are happy to have a little extra help navigating our dark roads late at night, whether by car or on foot. Others are less thrilled about losing a little of that rural, back road character that makes Barkhamsted so special.

I understand both sides. Overall, I really believe the additional markings will be helpful, particularly on some of our longer, darker stretches and more narrow roads. The mission is to have everyone make it home safely.

Last weekend's Nor'easter lasted much longer than any of us would have liked. Just when it seemed the worst was behind us, another tree would come down and another repair would be needed. It just didn't quit; repairs and road closures kept going through Tuesday.

We did experience a few communication breakdowns with Eversource during the storm, and those are things we will be sitting down as a team to evaluate. Our emergency responders, fire departments and the Town road crew all have a role to play when these events occur, and there is always room to improve how we communicate and coordinate.

The replacement of three utility poles on Bsullak Road will also be added to the list of items we need to address. If you or someone you know is dependent on electricity for medical equipment, please be sure to register with Eversource and please check on your neighbors.

One reminder that is worth repeating: when a State maintained road is closed because of downed wires or trees, the State is required to detour traffic to the nearest State maintained road. That is

no small undertaking in Barkhamsted, especially when the problem is on Route 181. It can be a very long way around. Everyone involved was making decisions with the safety of the public as the first priority. Sometimes those decisions are inconvenient. Sometimes the detour feels ridiculous. But when trees and wires are down, getting people safely from Point A to Point B has to come before convenience.

The Barkhamsted Farmers Market is not quite ready to hibernate! The Economic Development Committee is putting together a couple of winter market events at Barkhamsted Elementary School. Please see the attached flyers and **save the dates**. The response from vendors has been fantastic, with many looking to participate. A big thank-you to our Economic Development Committee for spearheading this and continuing to find ways to keep our local market community connected throughout the year.

There is some good news to share as we close out September, which is Mental Health Month. I wanted to spread a little bit of encouraging news. One of the vendors at our summer farmers market was providing Narcan to anyone who was interested. They have since received three or four reports of successful outreach that helped connect people with recovery and rehabilitation services. That is the kind of news I like to pass along. Three or four people may not sound like a huge number, but behind every number is a person, a family and a community. We are sending some very positive vibes for continued good news.

Did I mention the Riverton Fair yet? Don't go far. The time is near!

The **Riverton Fair is October 9, 10 and 11**, and now is the time to start thinking about your exhibits. Registration is available online and it is **FREE**.

So, dig through those gardens, workshops, kitchens and craft rooms. Find the giant pumpkin. Dust off the blue-ribbon recipe. Convince the kids that their artwork or collection of bits and bobs absolutely belongs in the fair.

The more the merrier! See you at the Fair.



The Union Agricultural Society of Barkhamsted, Colebrook and Hartland recently hosted the Fourth Annual River Day, an elementary school field trip anchored at the Riverton Fairgrounds. So many wonderful volunteers came together, united by a shared passion for environmental awareness and education. It was a great example of our community coming together to give our children an opportunity to learn, explore and appreciate the world around them. I'll be sharing a note of gratitude from Barkhamsted Elementary with our community at large because the time and effort so many people put into making this day happen deserves to be recognized.

My favorite part of the event was the Marsh Choir. Each grade was assigned a specific critter and put their own little vocal spin on it. The result was nothing short of spectacular. The kids were absolutely in their glory, and watching them embrace their roles was probably one of the most entertaining and memorable parts of the day. Sometimes environmental education comes with a textbook. Sometimes it comes with a marsh critter and a whole lot of enthusiastic singing.





River Day is a multi-district outdoor environmental field trip that highlights the importance of the federally designated “Wild and Scenic” Farmington River. Students in kindergarten through sixth grade from schools in Barkhamsted, Colebrook, Norfolk and Hartland participate. River Day is held at the Riverton Fairgrounds in Riverton, CT.

River Day is largely funded by grant support. Our largest financial partners are the Farmington River Coordinating Committee (FRCC) and Eversource Energy. Without their support River Day would not be possible.



**Farmington River
Coordinating Committee**

EVERSOURCE

In addition to the financial support from FRCC and Eversource, we rely on over 25 volunteers who donate six or more hours of time to this program. Volunteers come from the following organizations.

- River Day Committee
- Union Agricultural Society of Barkhamsted, Colebrook & Hartland (Riverton Fairgrounds)
- Farmington River Coordinating Committee
- Farmington River Watershed Association
- Farmington River Stewarts
- Barkhamsted Recreation Committee
- Department of Environmental and Energy Protection (DEEP)
- US Corp. of Engineers
- Barkhamsted Historical Society
- Hartland Historical Society
- US Geological Survey
- Barkhamsted Fire Department & EMS
- Mainstream Canoe & Kayak
- Friends of American Legion and People’s State Forest

We also have individuals that bring their expertise to the event.

- Author: Kimberly Haidinger- A Kids Guide to Climate Activism
- Photographer: Tom Hester- Nature Photography
- Fly Fisherman: Mark Swenson
- Ken Feder: Archeologist

Lastly we have additional programming by the following organizations.

- Christine’s Critters
- Roaring Brook Nature Center

Grade Level Programing

Kindergarten	First Grade	Second Grade	Third Grade	Fourth Grade	Fifth Grade	Sixth Grade
FRWA: Aquatic Insects Roaring Brook Nature Center: Dragonflies & Water Residents Christine's Critters: Birds of Prey Author: Kimberly Haidinger		Beaver Brook Meadow Hike Christine's Critters: Birds of Prey Roaring Brook Nature Center	Lighthouse Hike Whittemore Grove Hike Christine's Critters Author: Kimberly Haidinger	Colebrook Dam: Engineering water control Birdwatching Christine's Critters: Birds of Prey	Fly Fishing & DEEP Fisheries Trailer Birdwatching Aquatic Insects & Gauge Station Tour Nature Photography Christine's Critters Author: Kimberly Haidinger	David Leff Nature Trail The Old Paper Mill Christine's Critters: Birds of Prey Author: Kimberly Haidinger

From the Town Highway Department - Preparing for a Safe New England Winter

As we get ready for another New England winter, the Highway Department would like to remind residents of a few simple things that can make a big difference when it comes to keeping our roads safe and protecting town equipment. Please [CLICK HERE](#) for Town Ordinances regarding many of the concerns listed below.

Please keep leaves out of the roadway.

Leaves should not be blown or raked into the street. They can create slippery conditions, clog drainage systems, and become a hazard for motorists, especially when wet or frozen.

Do Not plow or blow snow into the roadway.

Do not park vehicles in the roadway before, during or immediately after snow storms.

Keep trash and recycling containers behind the curb line.

Please place containers where they remain safely behind the curb and out of the travel lane. This helps our crews safely navigate the roads and reduces the chance of containers being struck by passing vehicles or plows.

Check and secure your mailbox before winter.

Winter snow, ice, and plowing can be tough on mailboxes. Please make sure your mailbox and post are sturdy, properly secured, and positioned appropriately before the first storm arrives. A little preparation now can help prevent damage later.

Trim trees, shrubs, and bushes back from the roadway.

Please take a look at vegetation along your property and make sure branches, bushes, and shrubs remain behind the curb line and provide adequate clearance from the roadway.

Our snowplows and other highway equipment are built to handle some of the toughest conditions New England can throw at us. However, overhanging branches and vegetation can cause significant damage to our equipment. Our plow trucks represent **several hundred thousand dollars in town investment**, and we all have a responsibility to help protect that investment.

These small steps by residents help our crews do their jobs safely and efficiently, reduce avoidable equipment damage, and allow us to focus on what matters most — **keeping our roads safe and passable for everyone.**

Thank you for your cooperation and for helping us prepare for another New England winter.



1pm ♦ Barkhamsted Community Room ♦ October 3, 2026 ♦ Free

33 New Hartford Road (Rt.44), Barkhamsted, CT



THE PHOTO ANGEL

*Reuniting Lost Photos
with the Families Who Cherish Them Most*

The Photo Angel® Project reunites long-lost photographs with their relatives and inspires others to preserve, share, and cherish their family history.

THE STORY

It all began with a pile of labeled photos of people we weren't related to.

*Were they friends? Classmates?
War buddies? Neighbors?*

Determined to find out, I turned to genealogy websites and immediately began connecting with relatives of the photographed. Now I'm hooked!

I love visiting antique stores and flea markets to find labeled photos so I can return them to their family members. One woman affectionately dubbed me, "The Photo Angel."

Now, I'm on a mission to *inspire others* to dig out their dusty attic boxes and help reunite forgotten photos with the families who treasure them.

THE MISSION

To rescue, research, and reunite lost photographs—and inspire others to preserve and reconnect with their own family history.



Photos returned to families in
ALL 50 U.S. STATES



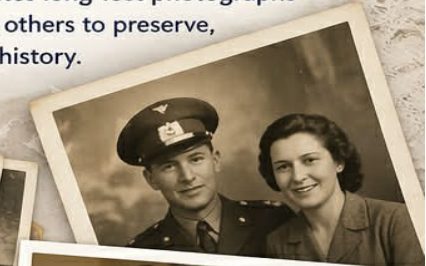
Tens of thousands of followers and supporters nationwide



Countless emotional reunions and stories preserved



Every photo has a story.
Someone is still waiting to hear it.

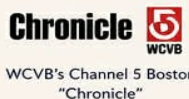


Every reunion is a reminder that kindness and persistence can change someone's day forever.



FEATURED IN

The Photo Angel® Project has been featured in:



"Who Do You Think You Are?" Magazine

and many other news media outlets!

ENGAGING PRESENTATIONS FOR



Historical Societies



Genealogical Societies



Libraries & Museums



Community & Civic Groups

AUDIENCES WILL LEARN:

- ✓ How to identify and research old photographs
- ✓ Tools and techniques used in genealogy research
- ✓ Real-life stories of emotional reunions
- ✓ How anyone can become a "Photo Angel" in their own community



Together, we can make sure no photo is ever truly lost.

LET'S CONNECT

Bring The Photo Angel® Project to your community—virtually or in person!

✉ thephotoangelproject@gmail.com

🌐 www.thephotoangel.com

📱 @thephotoangelproject

BE A PHOTO ANGEL.

*Reunite. Preserve.
Inspire.*

Sponsored by: The Daughters of American Revolution Brooks-Green Woods Chapter,
The Barkhamsted Historical Society, The New Hartford Historical Society

Community Food Bank



FALL FOOD DRIVE

33 New Hartford Rd, Barkhamsted

October 3rd, 2026

8AM-12PM

Items needed:

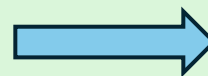
- **Canned Tuna or Chicken**
- Canned Spaghetti/Chef Boyardee
- **Dry Pasta**
- **Pasta Sauce**
- Baked Beans
- Canned Chili/Corned Beef Hash
- Canned Fruit
- Instant Oatmeal
- **Peanut Butter**
- Jelly
- **Cereal**
- Juice
- Pancake Mix
- Pancake Syrup
- Sugar
- Flour
- Rice/Pasta Sides
- Crackers/Graham Crackers
- Canned Vegetables
- Kidney/White Beans
- White/Brown Rice
- Toilet Paper

Not essential, but appreciated:

- Coffee/Tea
- Laundry Detergent
- Dish Soap
- Shampoo
- Deodorant
- Toothbrushes/Toothpaste
- Bars of Soap
- Feminine Hygiene Products
- Cake Mix & Frosting
- Brownie Mix



No time to shop?
Donate using our QR code:





SIGN UP FOR FUN FALL PROGRAMS WITH THE BARKHAMSTED RECREATION DEPARTMENT



FALL KARATE 2026

(For Children and Adults)

CHILDREN'S PROGRAM - CLASS 1

Thursdays, September 24, October 1, 8, 15, 29,
November 5, 12, 10 and a back up date of December 3
for inclement weather.

Barkhamsted Elementary School in the Gym or Cafe
from 6:00-6:45 p.m.



- **Little Dragons** (ages 5 & 6) – Basic Karate skills, Basic Kata, target drills and exercise, simple self defense
- **Mighty Tigers** (ages 7 & 8) – Stronger Karate basics and Kata, Stretching, exercise, target drills and self defense,
- **Karate Rangers** (ages 9-12) – Karate Basics, including kicking, kata, self-defense, exercise to level, target drills

Fee: \$80.00 for the eight-week session

(New—\$5.00 discount for each additional family member that signs up)

Note New students are white belts and receive uniform

Fee includes: Belt and/or Stripe, Belt or Stripe Test and Certificate
(Note: Promotion to higher belt levels will require multiple sessions)

FAMILY/TEEN AND ADULT KARATE - CLASS 2

Thursdays, September 24, October 1, 8, 15, 29,
November 5, 12, 10 and a back up date of December 3
for inclement weather.

Barkhamsted Elementary School in the Gym or Library
from 7:00-7:45 p.m.

White Belts (Beginners ages 13 and up) – 7:00 to 7:45 p.m.

Teen/Adults – (Ages 13 and up) – Kenpo Karate Forms
and Self Defense Techniques, Basic kicking drills.

*This is a great opportunity to learn karate
with family members or solo.*



\$80.00 per 8 week sessions

**New—\$5.00 discount for each additional
family member that signs up for Karate!**

Note New students are white belts and receive uniform

HALLOWEEN DANCE

The Recreation Department's Annual Halloween Dance
will be held on **Friday, October 30 from 5:00-7:30 p.m.**
Join us for this annual family event, with music and fun
at the Peoples State Forest Pavilion. \$6.00 fee per person
will be collected on-site.

All participants must pre-register and children must be
accompanied by an adult family member at all times. There will
be quality gift card costume contest prizes for adults, children
and families! Parents and caregivers, please dress up too!
We will have lots of fun!

Please bring flashlights or headlamps as it will be
dark towards the end of the dance going back to
cars or when using the port-o-potties.



FALL/WINTER PICKLEBALL SEASON 2026/2027

Pickleball for all skill levels!

Fall Pickleball Free Demo Night will be held on Wednesday,
November 18th from 6:00-9:00 p.m. in the Barkhamsted
Elementary School gym. Come down and check out what the
fun is all about! Please wear sneakers and bring a Paddle if you have one.

It is time to get off the couch and join us for the very fun and new Pickleball
Fall/Winter Session. All levels and abilities are welcome. This fun sport
combines many elements of tennis, badminton and ping-pong.

Day: Wednesdays

Location: Barkhamsted Elementary School Gym
Time: 6:00-9:00 p.m. (this program is for adults
(high school students are also welcome))

Dates: November 18th—Free Demo Night from 6:00-9:00 p.m.
November 18, December 2, 9, 16, January 6, 13, 20, 27,
Feb. 3, Feb. 10 and back up snow date Feb. 17
(New 10 week session)

Fee: \$20.00 for residents, \$25.00 for non-residents (no pro-rations)

Pre-registration is required. Registration deadline is November 19 at Demo night.
Please bring your own paddle and wear sneakers.



BEFORE THANKSGIVING HOLIDAY HIKE WITH HOT APPLE CIDER, HOT CHOCOLATE AND COOKIES! (FUN FOR THE WHOLE FAMILY)

Join us as we hike up to the beautiful Beaver Brook Marsh Boardwalk
trail in Peoples State Forest at 1 p.m. on Saturday, November 21.
Get ready for the Thanksgiving Holiday by spending time with friends,
exercising and enjoying our beautiful forest surrounded by the beautiful
Wild and Scenic Farmington River as we hike to the Beaver Brook
Boardwalk Marsh Trail and enjoy a fun afternoon.

Please dress appropriately with proper gear. This will be a moderately
strenuous hike but well worth it. It will be held rain or shine! Families are
welcome. We will also enjoy a "Pot Luck" snack together as we take a
break at the beautiful Boardwalk and at the end of the hike.

Please bring water and your favorite "pot luck" snack.
We will also provide individually packaged
desserts and hot chocolate/cider.



Please meet at the
parking area on
East River Road at
bottom of Greenwood
Road (near the gate).
(The road that leads
up to the Stone
Museum) at 1 p.m. on
Saturday, November 21.

BARKHAMSTED REC. SKI PROGRAM 2027

Children in Grades 3-6 will enjoy a fun night of skiing at Ski Sundown
with the Barkhamsted Recreation Dept!

Where: Ski Sundown

When: Wednesday afternoon for 5 weeks (after school)
(January 6, 13, 20, 27, Feb. 3 backup day will be Feb. 10 if needed.
We will add on weeks if School is canceled or there is an early
release from school. (If there is no school or an early release then
we will not have the Ski program that day and the program will be extended.)

Time: 4:00 till 7:00 (with one hour lessons starting AT 5:00 p.m.)

Fee: Lesson and Lift + bus: **\$405.00** Lift Only + bus: **\$265.00**
Pass Holder Lesson + bus: **\$250.00** Equipment Rental: **\$151.00**
(this is in addition to the ski prices—either lesson,
lift and bus, Pass holder lesson and bus or Lift only and bus.)

Ski Bus Fee will be paid directly to Barkhamsted Recreation.

New this year! Payment will be online directly with Ski Sundown
and a Google Form with Barkhamsted Recreation. The link and Form will
be sent to the Barkhamsted Elementary School at the end of September.



PLEASE REGISTER BEFORE THE DEADLINE FOR ALL PROGRAMS
TO HELP ENSURE SAFETY AND YOUR SPOT.

TOWN WEBSITE:

www.barkhamsted.us

MARK YOUR CALENDARS—
CHRISTMAS IN RIVERTON
WILL BE
DECEMBER 4-6, 2026





RIVERTON FAIR

OCTOBER 9-11

Skillet
Toss

MERRY GO
ROUND

FARM
ANIMALS

BAKED
GOODS

★ *Enter Your*
CRAFTS, BAKED GOODS
& PHOTOGRAPHY

BY OCTOBER 6TH

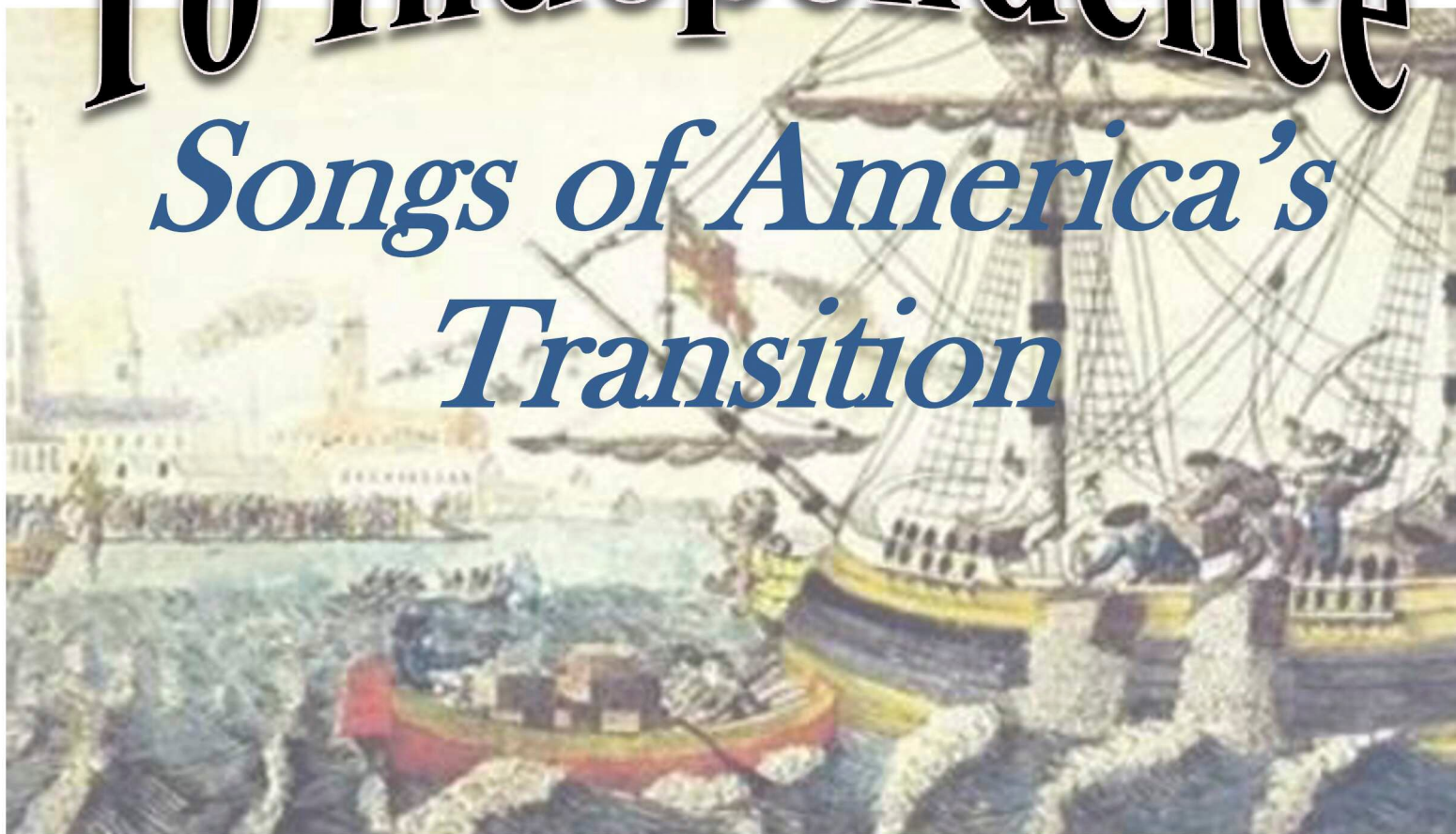


<https://rivertonfair.com/>

Winchester Historic Commission Presents

From Colonies To Independence

*Songs of America's
Transition*



With Rick Spencer and Dawn Indermuehle

Saturday, October 10, 2026, 3 P.M.

American Museum of Tort Law

654 Main Street, Winsted, CT

Suggested Donation: \$5



Barkhamsted Women's Club



Join Us!

OPEN HOUSE

Wednesday, October 14

6:30 pm to 7:30 pm

Community Room/Town Garage

Route 44, Barkhamsted

Appetizers, desserts & refreshments

Upcoming Club Events: Decorating Christmas Trees for the Grange Fundraiser, Regional 7 Craft Fair Fundraiser, Breakfast with Santa, December Holiday Banquet, February Potluck Supper, Bunco, British Tea Party....to name a few!

We are a community service focused group. Funds go towards programs....Student Scholarships, Community Food Bank, Pleasant Valley Volunteer Fire Department, New Hartford EMS. The club is open to women 18 years & older. For more information, please contact Lynn Keselis @ 860.738.9679 or 860.212.2465.

Be the change.
Give blood.



**American
Red Cross**

Blood Drive

Praise Christian Fellowship Church

**Held in the Fellowship Hall
52 New Hartford Road
Barkhamsted, CT 06063**

**Wednesday, October 21, 2026
12:00 p.m. to 5:00 p.m.**

NATURE RANGERS CLUB



Calling All Budding Naturalists!

Hello from the Nature Rangers Club, a program for preschoolers where little ones are introduced to the world of nature. Each month we feature a species of local flora and/or fauna found here in our beautiful Northwestern Hills. Blending art & science, sessions include ecological tidbits reinforced with an associated storybook reading, arts & crafts and more.

Please come join us!

DATE & TIME

October 15th @ 10:30 am

LOCATION

Hartland Public Library
61 Center Street
West Hartland, CT 06091

*Sponsored by the North Woods Land Conservancy
Graciously hosted by the Hartland Public Library*

Please register by Oct. 7th at dcnaturerangers@gmail.com
Children must be accompanied by parent/guardian at all times



HOUSEHOLD HAZARDOUS WASTE COLLECTION DAY

Saturday, October 24th, 2026 | 9:00 AM - 2:00 PM

**Torrington Water Pollution Control Facility,
252 Lower Bogue Rd, Harwinton CT**

WHAT TO BRING:

- Paints/Stains/Varnishes
- Paint Thinners & Strippers
- Wood Preservatives/Turpentine Resins & Adhesives
- Polishes for furniture, wood, & metal
- Cleaners for rugs & upholstery
- Cleaners for ovens, toilet bowls, & drains
- Swimming pool chemicals
- Pesticides, Herbicides, Insecticides, Fungicides
- Flea & Tick Powder
- Moth Balls
- Spot Removers
- Dry Cleaning Solvents
- Lighter Fluids
- Septic Tank Degreasers
- Engine Degreasers
- Waste Fuels (Kerosene, Gasoline)
- Carburetor Cleaners, Brake Fluids Transmission Fluids
- Car Waxes
- Non-empty Aerosol Cans
- Rubber Cement, Airplane Glue
- Photo Chemicals, Chemistry Sets Hobby/Artist Supplies
- Rechargeable Batteries
- Household Batteries
- Mercury Thermostats, Thermometers Antifreeze
- Smoke Detectors
- Fluorescent Bulbs
- Propane Tanks (1 and 20 pound)



WHAT NOT TO BRING:

- Electronics such as computers, DVD players, etc.
- Motor Oil
- Auto Batteries & Tires
- Ammunition
- Fireworks and other explosives
- Pharmaceuticals and other Medical Waste
- PCB Capacitors
- Radioactive Materials
- Unknown gases
- Controlled Substances
- Pathological Material
- Empty Aerosol Cans



You must register to participate.

**Contact your Town/City Hall or scan the
QR code to register:**

**Barkhamsted
residents call
860 379 1972**



Participating Towns: Barkhamsted | Canaan/Falls Village |
Colebrook | Cornwall | Goshen | Hartland | Harwinton |
Litchfield | Morris | New Hartford | Norfolk | North Canaan |
Salisbury | Sharon | Torrington | Winchester



Date: Saturday, October 24th

Time: 5:00 p.m. to 7:30 p.m.

Pleasant Valley Methodist Church
93 River Rd, Barkhamsted CT

Tickets: At the door, \$20 donation
per person. Children under the age
of 15 years old are Free!

Refreshments will be provided.

Questions? Lorna Delaney
860 379 6419

Community/Senior Center News & Events

A few upcoming Events -

- Scrapbooking Club - October 24, 5:30-9:30, Senior and Community Center
- Tuesday, October 13, 12:00-2:00, Barkhamsted Town Garage, Flu Shot Clinic
- Don't forget that the Riverton Fair is coming soon - October 9, 10, 11

At lunch last week, I mentioned that Geer Village had a number of courses that are available to us. A flyer is attached. Please take a few minutes and look at their offerings, which can be brought to our Center.

I believe that Dean Reynolds will also be doing bingo after lunch on Tuesday.

LUNCH – Tuesday, October 6 – 12:00 noon – TBD

BREAKFAST – Thursday, October 8 – 7:30–9:00 – cooked to order, as usual -- your choice of eggs any way you prefer, bacon, sausage links or patties, ham, pancakes, French toast, waffles, home fries, hash, fresh fruit cocktail, orange juice and more. We also have gluten free bread and turkey bacon available. **If there is interest, we can also provide gluten-free pancakes or waffles.**

As always, meals are \$5.00 – additional donations are always welcome. To Go containers are always available.

Here are more upcoming activities:

Monday, October 5, and Wednesday, October 7 – 11:30-12:30 – Tai Chi – Tai Chi is normally twice a week, and we are back to our regular schedule. The classes are only \$5. Feel free to join us even if you have never tried it, as It is focused on improving balance and flexibility for seniors who are beginners. Remember, all of us are amateurs.

Tuesday, October 6 - 1:00PM (after lunch) - Ann Travers has planned another gardening course. This month, the topic will be "Decorating Pumpkins with Pressed Flowers." There is a sign-up sheet at the Center for this class, and there is a donation of \$10 required.

Tuesday, October 20 - 6:00PM - Monthly Trivia night will be back to the 3d Tuesday in October. These continue to be great successes, thanks to Bob and Linda Pulford. Everyone is welcome whether you are part of a team or come by yourself. Last month, we set a record with about 40 people, so it is clearly a popular, fun activity. We have room to fill one more table, so come on down and give it a try.

Thursday, October 29, after breakfast - The Weeders and Readers club meets during the Spring/Summer months as a garden club and during the Fall/Winter it becomes a book club. They typically meet the last Thursday of the month at 9:00 (after breakfast).

Tuesday, TBD - 1:00PM (after lunch) - Due to a miscommunication, the Northwest Community Bank talk on fraud prevention had to be postponed, probably to early or mid-October. As we all know, everyone, not just seniors, need to exercise extreme caution. Please plan on listening to this talk, as it can save any one of us a lot of money and heartache.

Saturday, October 24th 5:00PM-7:30 - the Richard Badowski Band (Blues, Soul & R&B) will be playing at the Pleasant Valley Methodist Church. This is a fundraiser and the donation is \$20. If you are interested.

Friday, October 16 - I have scheduled a bus trip to the Essex Steam Train and Riverboat, with time afterwards to wander the very picturesque Essex Village, to shop, have lunch or ice cream, visit the museum, the Griswold Inn or anything else you can think of. The bus is free and holds 14 people. Since we are a group, the price for the Steam Train and Riverboat is \$35, reduced from \$49. We don't have to pay that until October 13, so there is no rush to reimburse me. We can add a few more people above 14 if there is interest. We have 14 people who have already reserved a place. The sign-up sheet is at the Center and is still first come-first serve. If we exceed 14, I am willing to drive 3 extra folks. You should be aware that the train is not handicapped-accessible, so you will need to be able to get up a couple of steep steps. The plan is to leave the Center around 9:00, board the train at 10:30. It leaves at 11:00 and is back at 1:30. The bus will pick us up at the train station and bring us to the Griswold Inn which is about a mile away and close to the village. We will be able to wander the village from 1:45 until 3:15, and then head back north, arriving back at around 4:15 PM.

Please note that they do not serve meals on the train or the boat (I was mistaken). You can bring your own food and beverage (no alcohol), you can buy food at the train station, and they do have snacks and non-alcoholic beverages available on the train. There are small restrooms on the train and the boat, but the restroom on the boat is down a flight of steps.

The Medicare One-on-One Counseling sessions are scheduled for November 4. They can accommodate up to 7 people that day, and we have 4 people already signed up. If you are interested, there is a sign-up sheet at the Center. This will be first come-first serve. The WCAAA also holds sessions in other towns if that date is not convenient for you or they fill up in our Center.

We are still collecting food for the Community Food Bank in Barkhamsted. It is extremely important that those who can help, contribute what they can, even if it is a small amount. The food bank is at the Pleasant Valley Methodist Church and does a great service for those in need. Check their Facebook page for their operating hours. We also have a box at the Center if you would like to leave a donation off and we will make sure it gets to the Food Bank. If you have food or cash to donate and they are not open, you can also message them on Facebook to let them know about your donation. Their Facebook page is

<https://www.facebook.com/profile.php?id=61551048540688>.

In addition, they are having a Community Food Bank Fall Food Drive, which is now going to be held on October 3, 8:00-12:00, Barkhamsted Town Garage.

They are open every other week on Monday and Thursday. Here are the dates and times for October:

Tuesday, October 13th, 4-7 p.m.

Thursday, October 15th, 2-4 p.m.

Monday, October 26th, 4-7 p.m.

Thursday, October 29th, 2-4 p.m.

That's it for today. Please stay safe. Feel free to reach out to me if you need assistance and I will do whatever I can to help or get help from the Town.

Don Stein





Presented by



**GEER
VILLAGE**

Here at Geer Village, we take nutrition seriously and with a splash of fun. Our very skilled Chef Louis Roca serves delicious dishes for all tastes, and he is ready to bring some of that tasty goodness directly to your community through his Teaching Kitchen workshops.

Good nutrition is essential to keeping a healthy mind and body, so Lou has put together educational cooking demonstrations featuring plant-based snack options.

We will provide educational materials and a tasting element sure to impress even the most discerning pallets.



A headcount 1 week prior to the event date will be required.

Reach Out to April Bournival at 860.824.3869 or abournival@geercares.org for more information or to schedule an activity date.

77 South Canaan Rd, North Canaan CT 06018
www.geercares.org or (860) 824-2611

Fall Prevention Balance Screening Presented by



GEER VILLAGE



Falling doesn't have to be a part of aging.

Christina Befanis, OTD, OTR/L, & LSVT Big Certified Director of Therapy brings peace of mind in knowing how to prevent falls and increase quality of life directly to your community.

Learn:

- How to remain independent longer
- How to make your environment safer
- The right exercises to stay active

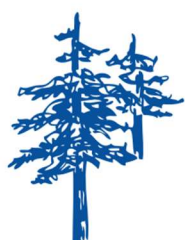
This program will focus on fall prevention strategies such as home safety, balance recovery strategies, improving coordination, timing and mobility to prevent falls. Participants can engage seated or standing.

Please Contact Christine Befanis at 860.824.2660 or cbefanis@geercares.org to schedule a workshop.

**77 South Canaan Rd, North Canaan CT 06018
www.geercares.org or (860) 824-2611**

FIVE WISHES[®]

Presented by



GEER VILLAGE



Admissions Coordinator Brenda Fife is a certified 5 WISHES facilitator and can help bring peace of mind for your community members right to your door step.

★ Five Wishes was developed as the first advance care plan (ACP) to address personal, emotional, and spiritual wishes, in addition to medical treatment. It's called the "living will with heart and soul" because it is based on what is most important – being able to define a roadmap for how you want to be cared for.

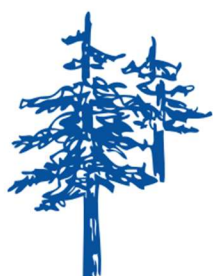
★ It is a comprehensive, person-centered advance care planning program that offers a proven, easy-to-use approach to having effective and compassionate conversations.

For more information or to schedule this workshop please reach out to April Bournival at 860.824.3869 or Brenda Fife at 860.824.2625

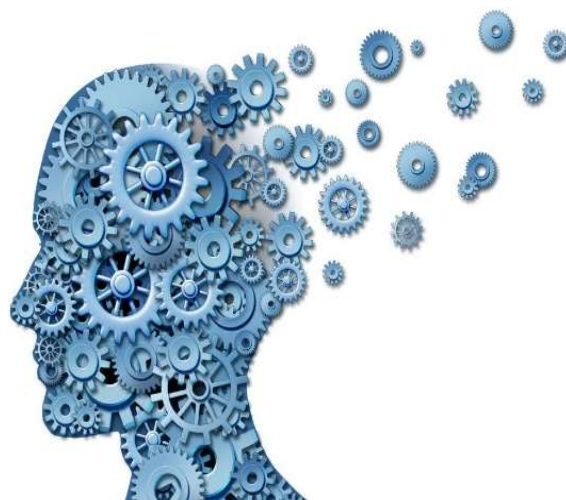
77 South Canaan Rd, North Canaan CT 06018
www.geercares.org or (860) 824-2611

Brain Games

Presented by



**GEER
VILLAGE**



As we age, keeping our brains active becomes more and more important. Just like any muscle in our bodies that helps to keep us strong and agile, the brain needs a good workout every day to stay healthy.

Benefits of cognitive exercise include:

- Reduced Dementia Risk
- Enhanced Over All Cognitive Function
- Increased Reaction Time
- Improved Concentration

Would you like your community to learn a little more about keeping their brains active and having fun at the same time? We will bring a fun brain training group activity directly to you and discuss the importance of continued brain exercises in a fun and interactive way.

Reach Out to April at 860.824.3869 or abournival@geercares.org for more information or to schedule an activity date.



PUBLIC FLU CLINICS

LITCHFIELD COUNTY

VNHLC is offering flu vaccines to people aged 18 and older.

 DAY DATE	 LOCATION	 TIME
Thursday October 1	Colebrook Senior Center 2 School House Rd, Colebrook, CT	9 - 11 am
Thursday October 1	Litchfield Community Center 421 Bantam Rd, Litchfield, CT	1:30 - 3:30 pm
Tuesday October 6	Lakeville Town Grove 42 Ethan Allen St, Lakeville, CT	10 am - 12 pm
Tuesday October 6	VNHLC - Salisbury Branch 30A Salmon Kill Rd, Salisbury	2 - 4 pm
Thursday October 8	Falls Village Senior Center 107 Main Street, Falls Village, CT	10:30 am - 12:30 pm
Friday October 9	Winsted Senior Center 80 Holabird Ave, Winsted, CT	11 am - 1 pm
Tuesday October 13	Barkhamsted Town Garage 33 New Hartford Rd, Barkhamsted, CT	12 - 2 pm
Wednesday October 14	Sharon Pharmacy 8 Gay St, Sharon, CT	10 am - 12 pm
Wednesday October 28	Warren Town Hall 50 Cemetery Rd, Warren, CT	10 am - 12 pm

INSURANCES ACCEPTED:

Aetna, Anthem Blue Cross, Harvard Pilgrim HC,
Medicare Part B, ConnectCare, United Health Care
Advantage (over age 65)

SELF-PAY:

Cash or Check
Regular dose for ages 18 & older: \$50
High dose for adults over 65 - \$100