

Fifty PLUS

Columbus Recreation and Parks Department's
newsletter for *residents ages 50 and older*

Medicare Open Enrollment

// BY CENTRAL OHIO AREA AGENCY ON AGING (COAAA)

Medicare's annual open enrollment is Oct. 15 through Dec. 7. Now is the time to evaluate current coverage to determine if there's a better option for next year. Keep the following in mind during open enrollment:

- Plans began mailing the Annual Notice of Change (ANOC) at the end of September. This notice informs beneficiaries of any changes that will be made to premiums, covered medications, providers, etc. It is important for beneficiaries to look for this notice and read it thoroughly.
- If beneficiaries are enrolled in a Medicare Advantage Plan (Part C), they need to check with their providers before making any changes. This is to ensure that those providers will be in the new plan's network before you enroll. Providers include primary care doctors, specialists, hospitals, skilled nursing care, etc.
- Keep in mind that Medicare Open Enrollment is not part of the Health Insurance Marketplace. The marketplace is for people under the age of 65 without insurance. Medicare beneficiaries already have health insurance so this will have no effect on them. Beware of scammers who try to sell you marketplace insurance.
- Medicare has created a new "Plan Finder" for those who use the computer and like to compare plans on their own. The new Plan Finder offers a lot of additional information and resources, and a new login option for a more personalized experience. Use the same URL to search: www.medicare.gov.

If you have questions or would like assistance, you may contact the Central Ohio Area Agency on Aging (COAAA) at 614-645-7250 or the Ohio Senior Health Insurance Information Program (OSHIIP) at 800-686-1578.

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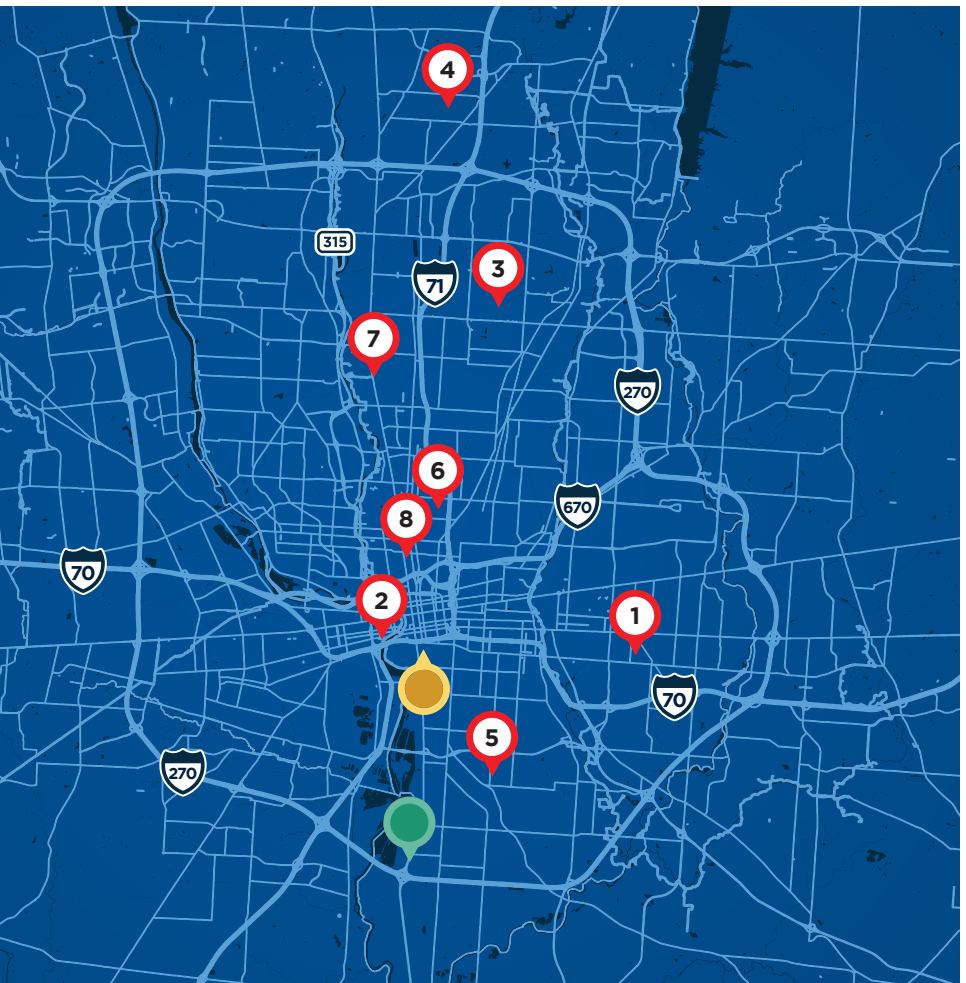
Health Corner

News and information to help keep you active and healthy

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Fifty PLUS

Of Columbus Recreation and Parks Department's 29 Community Centers, several sites offer enhanced programming tailored for residents ages 50 and older.



- | | | |
|---|---|---|
| <p>1 BARNETT COMMUNITY CENTER
1184 Barnett Rd. 43227
614-645-3065</p> | <p>5 MARION FRANKLIN COMMUNITY CENTER
2801 Lockbourne Rd. 43207
614-645-3612</p> | <p>8 THOMPSON COMMUNITY CENTER
1189 Dennison Ave. 43201
(614) 645-3082</p> |
| <p>2 DODGE COMMUNITY CENTER
667 Sullivant Ave. 43215
614-645-3176</p> | <p>6 MARTIN JANIS COMMUNITY SENIOR CENTER
Currently closed.
Programming moved to Thompson Community Center until further notice.</p> | <p>CENTRAL OHIO AREA AGENCY ON AGING (COAAA)
3776 S. High St. 43207
614-645-7250
Call for additional information</p> |
| <p>3 GILLIE COMMUNITY SENIOR CENTER
2100 Morse Rd. 43229
614-645-3106</p> | <p>7 WHETSTONE COMMUNITY CENTER
3923 N. High St. 43214
614-645-3217</p> | <p>GOLDEN HOBBY GIFT SHOP
Temporarily Closed</p> |
| <p>4 LAZELLE WOODS COMMUNITY CENTER
8140 Sancus Blvd. 43081
614-645-5330</p> | | |

FRANKLIN COUNTY PROGRAMS

National Mental Illness Awareness Week Oct. 4-10

The challenges of the COVID-19 pandemic continue to impact our way of life throughout the world. The impact of the virus is different for various socio-demographic groups, specifically older adults. Whether aging in place in a private residence or in a long-term care facility, older adults have been identified as the most vulnerable population affected by this crisis. According to World Health Organization (WHO) data from April 2020, more than 95 percent of COVID-19 deaths were among people over 60 years of age and more than half of all deaths occurred in those who are 80 years and older.

The pandemic has drastically affected older adults' daily routines, economic well-being, caregiver support, safety, access to resources and medical care. The social distancing and stay-at-home orders have created new barriers to their ability to stay socially connected with their family, friends and communities. Social

isolation has been an ongoing concern for older adults. The Office of Disease Prevention and Health Promotion (ODPHP) reported that, prior to the pandemic, 43 percent of adults age 60 or older in the United States reported feeling lonely. Social isolation has been linked to a variety of physical and emotional health conditions such as depression, heart disease, anxiety, obesity, personality disorders, weakened immune systems and cognitive decline.

Regrettably, far too often, older adults do not access the help that they need. Emotional health conditions that go undiagnosed and untreated can have significant impact on self-care, daily activities, health and safety. The Franklin County Office on Aging, ADAMH Franklin County and Netcare Access have collaborated to recognize the importance of both emotional wellness and good physical health while aging in place. The Emotional Wellness Matters Campaign is designed to reduce stigma, increase awareness and encourage older adults to access support and care. This fall, the campaign launched during National Mental Illness Awareness Week, Oct. 4-10. If you or an elderly loved one is in need of emotional care, please contact 614-276-CARE to get connected to trusted emotional wellness services.

The Franklin County Office on Aging is primarily responsible for planning, coordinating and

providing centralized access to diverse services and programs that assist older adults, dependent adults and their families in the maintenance of independent living. To learn more about the services we provide, call us at 614-525-6200.

Free Meals Program Extended

Any Franklin County resident 60 or over who is struggling to access food while sheltering in place is eligible to receive home-delivered meals.

Now through Dec. 30, Franklin County Senior Options will not require income verification to receive home-delivered meals. To request the meals and other available services, call Senior Options at **614-525-6200**, Monday to Friday, 9 a.m. to 4:30 p.m.

Virtual Flourish Franklin County

Please join Franklin County Office on Aging as Flourish Franklin County goes virtual! This event was held at Franklin Park last year, but due to the pandemic and our desire to keep our attendees safe, we are taking it virtual and visiting you at home. These unprecedented times call for creative measures, so nearly 20 exhibitors who would normally be present

to provide health screenings, interactive demonstrations, health information, fitness activities and a style show have now created videos to showcase their programs and services.

Flourish Franklin County is designed to educate, empower and engage women age 60 and over by providing them an opportunity to flourish. Since all of us are working extra hard to manage our emotions, we decided this year to focus on "Emotional Wellness" and the tools to achieve it.

In addition to informative presentations by local organizations, viewers can

participate in chair exercises, line dancing, fall-prevention techniques and meditation, while also seeing what others are doing to flourish at home during this pandemic. An extra special treat will be a performance by The Motown Sounds of Touch, R&B favorites who perform songs from the Motown Records catalog peppered with tunes by other familiar artists.

While this was originally broadcast Sept. 30 on the City of Columbus Government Television channel (CTV), you can still watch the replay on our Facebook page at [Facebook.com/officeonaging](https://www.facebook.com/officeonaging).



WORD SEARCH

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

Find these words

America	October
Calendula	Opal
Cider	Pumpkin
Columbus	Rain
Costume	Sea
Crops	Ship
Explore	Treat
Frost	Trick
Gold	Windy
Halloween	
Harvest	
Leaves	



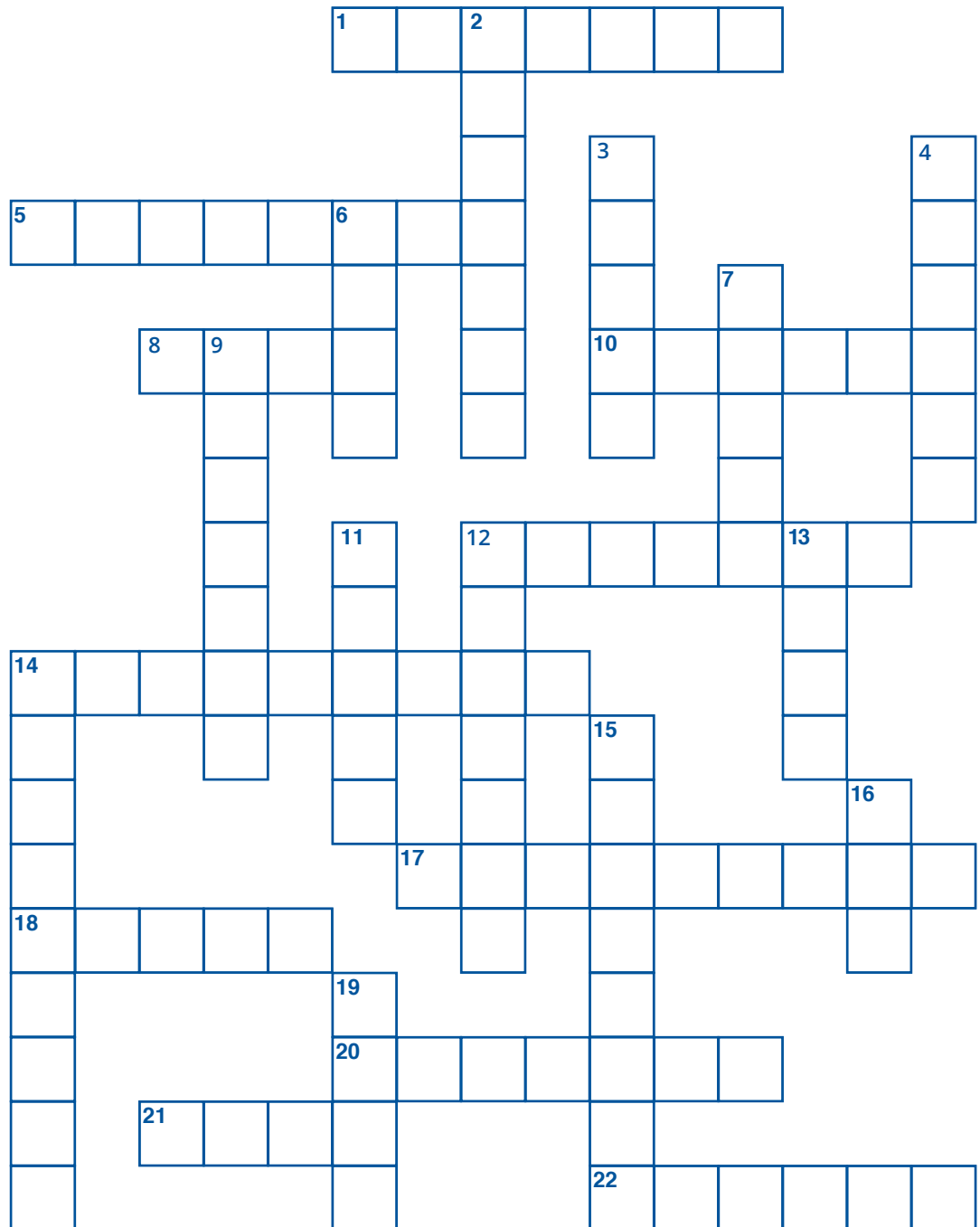
CROSSWORD

Across

- 1 USA
- 5 Having many colors
- 8 October gem stone
- 10 Sailor
- 12 Gathering of ripe crops
- 14 October flower
- 17 Eve of All Saints Day
- 18 Darkest Color
- 20 Tenth month of the Gregorian calendar
- 21 Not warm
- 22 Eight-legged invertebrate that spins a web to catch insects

Down

- 2 Travel for the purpose of discovery
- 3 Water vapor frozen into ice crystals
- 4 Color between red and yellow
- 6 Autumn
- 7 American Indian corn
- 9 Large, roundish, gourdlike orange fruit
- 11 Juice pressed out of apples
- 12 Day on which ordinary business activity is suspended
- 13 Large vessel built to carry people or goods through deep water
- 14 Shrub growing in marshy ground with tart red berry



- 15 Italian navigator and explorer
- 16 Ocean
- 19 Precious yellow metal

ANSWERS

1 AMERICA
 2 HALLOWEEN
 3 FROST
 4 ORANGE
 5 COLUMBUS
 6 FALL
 7 MAIZE
 8 SPIDER
 9 PUMPKIN
 10 SEAMAN
 11 CIDER
 12 OCTOBER
 13 SHIP
 14 CRANBERRY
 15 COLUMBUS
 16 SEA
 17 GOLD
 18 BLACK
 19 GOLD
 20 OCTOBER
 21 COOL
 22 SPIDER

Crossword created by Evelyn Johnson | www.gets.com

CENTER NEWS

Register online for classes at: ColumbusRecParks.com. If you have difficulty registering on your own, call or stop by the center of your choice and staff will help you get registered. All classes are free, except where indicated. Class fees will vary according to the instructor. Be sure to check with your class instructor for details. All schedules are subject to change.

Dodge

FITNESS ROOM

To ensure the health and safety of participants, a limited number of people are allowed in the fitness rooms at one time and users must reserve a time block online. If you have difficulty registering on your own, call or stop by the center and staff will help you get registered. Register for a time block here: <http://bit.ly/DodgeFitnessRoom>

PROGRAM SCHEDULE

MONDAY

9:30 a.m.
Walking Club

9:30 a.m.
Warm-up Cardio
Fitness Pass

10:15 a.m.
Senior Fitness
Fitness Pass

11 a.m.
Shuffle Board

1 p.m.
Art Journal on the Go

2:45 p.m.
Intro to Drawing

6 p.m.
Kung Fu

TUESDAY

9 a.m.
Senior Tai Chi

9:30 a.m.
Walking Club

10:15 a.m.
Indoor Cycling

11:15 a.m.
Chair Yoga

1 p.m.
Sewing

3 p.m.
Adult Watercolor

3:30 p.m.
Adult Fitness
Fitness Pass

WEDNESDAY

9:30 a.m.
Warm-up Cardio
Fitness Pass

9:30 a.m.
Service Circle

11:15 a.m.
Chair Fitness

1 p.m.
Intro to Oil Painting

3 p.m.
Adult Ceramics

3:30 p.m.
Adult Fitness
Fitness Pass

5 p.m.
Line Dancing

THURSDAY

9 a.m.
Tai Chi Seniors

9:30 a.m.
Walking Club

10:15 a.m.
Indoor Cycling

11 a.m.
Bingo

11:15 a.m.
Chair Yoga

3:30 p.m.
Adult Fitness
Fitness Pass

FRIDAY

9:30 a.m.

Warm-up Cardio
Fitness Pass

10:15 a.m.

Senior Fitness
Fitness Pass

12 p.m.

Adult Ceramics

3:30 p.m.

Adult Fitness
Fitness Pass

5:45 p.m.

Family Art Night

Gillie

ANNOUNCEMENTS

HOLIDAY BAZAAR

Canceled due to COVID-19

HALLOWEEN CELEBRATION

Thursday, Oct. 29, 11:30 a.m.

Come to the center dressed in your favorite costume. You could win a prize!

EMPTY BOWLS

Our annual fundraising event for the Mid-Ohio Foodbank will be held next spring. More information coming soon.

FITNESS ROOM

To ensure the health and safety of participants, a limited number of people are allowed in the fitness rooms at one time and users must reserve a time block online. If you

have difficulty registering on your own, call or stop by the center and staff will help you get registered. Register for a time block here:
<http://bit.ly/GillieFitnessRoom>

PROGRAM SCHEDULE

MONDAY

9 a.m.

Stretch & Tone (floor exercise)

9:30 a.m.

Service Circle

10 a.m.

Wood Carving (walking sticks)

10:30 a.m.

Humanities Study

1 p.m.

Bingo (1st and 3rd)

3 p.m.

Fitness @ 3

6 p.m.

Underground Railroad
(2nd and 4th Mondays)

TUESDAY

8:30 a.m.

Walking – Woodward
Park (tennis courts)

9 a.m.

Fitness Plus

9:30 a.m.

Painting

10 a.m.

Stay Young, Stay Strong

11 a.m.

Wii Bowling/Wii Play

11 a.m.

Eat Better, Feel Better
(2nd Tuesdays)

12:30 p.m.

Alzheimer's Support
Group (2nd Tuesdays)

1 p.m.

Arthritis Exercise

1:30

Art Journaling

2 p.m.

Balance Class

3 p.m.

Yoga

WEDNESDAY

9 a.m.

Stretch & Tone (floor exercise)

9 a.m.

Bobbin Lace

9:30 a.m.

Ceramics

10 a.m.

Crochet & Knitting

12 p.m.

Spanish (check front desk for dates)
FEE

1 p.m.

History Round Table
(2nd Wednesdays)

1 p.m.

Senior Recreation Council
(2nd Wednesdays)

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GILLIE

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2 p.m.

Card Making/Scrap Booking

4:15 p.m.

Tap Dance (Advanced)

5:15 p.m.

Ballet (Beginner)

6:30 p.m.

Tap Dance (Beginner)

6:30 p.m.

Evening Dance Party (must register with a partner)
\$10 per couple

7:30 p.m.

Buckeye State Harmonicas

THURSDAY

9 a.m.

Fitness Plus

10 a.m.

Stay Young, Stay Strong

10 a.m.

Basic Sign Language

11 a.m.

Wii Bowling/Wii Play

1 p.m.

Arthritis Exercise

1 p.m.

Underground Railroad
(2nd Thursdays)

1:15 p.m.

Jewelry Class

(check with front desk for dates)

Fee TBD

3 p.m.

Fitness @ 3

3 p.m.

Yoga

FRIDAY

9 a.m.

Stretch & Tone
(floor exercise)

9:30 a.m.

OSU Extension Wellness
(1st Friday)

10 a.m.

Music Appreciation

10:30 a.m.

Line Dance
(Beginner/Intermediate)

11:30 a.m.

Fit Ball Yoga

12:15 p.m.

G Clef Chorus Practice

1 p.m.

Veterans Group
(1st Friday)

3 p.m.

Gillie Players
(Drama)

Marion Franklin

ANNOUNCEMENTS

NEW ASSISTANT CENTER MANAGER

Please join the staff as we welcome Cassandra Irons to Marion Franklin. She has been working with the department for 18 years and is committed to consistently building upon her skills and talents. She is excited about working at Marion Franklin, along with being able to make a positive difference in the community.

HEALTH & WELLNESS INFORMATION

Nurse Barbara Parker, LifeCare Alliance Wellness Center
Office: 614-645-7173
Voicemail: 614-437-2927

Did you know the blood pressure guidelines have changed? The new numbers are less than 130/80. If you are monitoring your blood pressure at home with an automatic meter, you should have it calibrated or checked for accuracy against a manual monitor at least once every year.

Our LifeCare Alliance Wellness Center R.N. Barbara Parker can do this for you. You can also have your physician do this. Additionally, Nurse Parker can make sure you are using your monitor correctly. Call the Wellness Center today for an

appointment to have your blood pressure monitor checked, discuss your medications and share any questions you may have.

New Hours:

LifeCare Alliance Wellness Center is open Mondays and Tuesdays, 8 a.m.-4:30 p.m. and Thursdays 8-11 a.m. at Marion Franklin. Friday hours are 8 a.m.-4 p.m. at Grove City Church of Nazarene. Please call 614-437-2927 to schedule an appointment.

MENTAL HEALTH FIRST AID

Mental Health First Aid is a training program that teaches members of the public how to help someone developing a mental health problem, experiencing a worsening of an existing mental health problem or in a mental health crisis. Like traditional first aid, Mental Health First Aid does not teach people how to treat or diagnose mental health or substance use conditions. Instead, the training teaches people how to offer initial support until appropriate professional help is received or until the crisis resolves. For more information, call 616-645-3612 or LifeCare Nurse Parker at 614-437-2927.

FITNESS ROOM

To ensure the health and safety of participants, a limited number of people are allowed in the fitness rooms at one time and users must reserve a time block online. If you have difficulty registering on your own, call or stop by the center and

staff will help you get registered. Register for a time block here: <http://bit.ly/MarionFranklinFitnessRoom>

PROGRAM SCHEDULE

MONDAY

9:30 a.m.

Chair Yoga

10 a.m.

Line Dance (Intermediate)

10:30 a.m.

Tai Chi (Intermediate)

11 a.m.

Everyday Sign Language

12 p.m.

Tai Chi (Advanced)

12 p.m.

Pickleball

1 p.m.

Underground Railroad (1st and 3rd Mondays)

1:30

The Conversation Project (2nd Mondays)

2 p.m.

50+ Art Class

TUESDAY

9:30 a.m.

Chair Yoga

9:45 a.m.

Ab Workout (Medium Impact)

10 a.m.

National Arthritis Foundation Exercise Program

10:30 a.m.

Tai Chi (Beginner I)

11 a.m.

Everyday Sign Language

11:15 a.m.

Men's Line Dance

12 p.m.

Tai Chi (Beginner II)

12:30 p.m.

Veterans Affairs Program (2nd Tuesday each month)

1 p.m.

Puppet Institute (Puppetry)

1:45 p.m.

Bingo (1st Tuesdays)

1 p.m.

Outdoor Tennis

2 p.m.

50+ Art Class

WEDNESDAY

9:30 a.m.

Pickleball (Beginner)

10 a.m.

Line Dance (Intermediate)

10:30 a.m.

Tai Chi (Intermediate)

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MARION FRANKLIN

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12 p.m.

Tai Chi (Advanced)

12 p.m.

Pickleball

1 p.m.

Script Reading/Drama
(3rd Wednesdays)

1 p.m.

No Sew Blankets

1:30 p.m.

Book Club
(2nd Wednesdays)

2 p.m.

Chess (Adults)

5:30 p.m.

Sickle Cell Support Group
(4th Wednesdays)

6 p.m.

Line Dance

THURSDAY

9:45 a.m.

Ab Workout (Medium Impact)

11 a.m.

National Arthritis Foundation
Exercise Program

10:30 a.m.

Tai Chi (Beginner I)

11:15 a.m.

Men's Line Dance

12 p.m.

Tai Chi (Beginner II)

12:30 p.m.

Veterans Affairs Program
(2nd Thursday each month)

1 p.m.

Puppet Institute (Puppetry)

1-3 p.m.

Outdoor Tennis

6 p.m.

Sunset Walking Program

FRIDAY

9:30 a.m.

Pickleball (Beginner)

9:45 a.m.

Line Dance (Intermediate)

12 p.m.

Pickleball

1 p.m.

No Sew Blankets

4 p.m.

Virtual Games & Chess

4:15 p.m.

Arts & Crafts

4:30 p.m.

SD Group Games

5 p.m.

Step Team

6 p.m.

Sunset Walking Program

Martin Janis

ANNOUNCEMENTS

PLEASE NOTE:

Martin Janis activities have been moved to Thompson Community Center until further notice. Registration for Martin Janis (at Thompson) begins Oct. 26 and classes begin Nov. 2. Thompson Community Center is located at: 1189 Dennison Ave. 614-645-3082

PROGRAM SCHEDULE

MONDAY

TBD Time Blocks

Fitness Cardio
\$15

TBD Time Blocks

Boxing Fitness (ages 8 – 50+)
\$15

8:45 a.m.

Yoga (Beginner)

9 a.m.

Ceramics/Hand Building

10 a.m.

Wheel Ceramics (Advanced)
\$15

10 a.m.

Pickleball
\$10

12:30 p.m.

Chair Volleyball

1:30 p.m.
Wheel Ceramics (Advanced)
\$15

TUESDAY

TBD Time Blocks
Fitness Cardio
\$15

TBD Time Blocks
Boxing Fitness (ages 8 – 50+)
\$15

9 a.m.
Ceramics/Hand Building

1 p.m.
Tai Chi

1:30 p.m.
Crochet

WEDNESDAY

TBD Time Blocks
Fitness Cardio
\$15

TBD Time Blocks
Boxing Fitness (ages 8 – 50+)
\$15

8:45 a.m.
Yoga (Beginner)

9 a.m.
Painting & Drawing
\$15

10 a.m.
Chair Fitness

10 a.m.
Sewing Shapes 3-D

10 a.m.
Pickleball
\$10

11:30 a.m.
Hot Licks

2 p.m.
Tai Chi

2:30 p.m.
Upcycle/Thrift Store Finds

THURSDAY

TBD Time Blocks
Fitness Cardio
\$15

TBD Time Blocks
Boxing Fitness (ages 8 – 50+)
\$15

10 a.m.
Clay Combo
\$15

1:30 p.m.
Open Clay Studio

FRIDAY

TBD Time Blocks
Fitness Cardio
\$15

TBD Time Blocks
Boxing Fitness (ages 8 – 50+)
\$15

10 a.m.
Italian (Beginner)

10 a.m.
Painting & Drawing
\$15

10 a.m.
Pickleball
\$10

11 a.m.
Italian (Advanced)

12 p.m.
Art Workshop

1:30 p.m.
Wheel (Beginner)
\$15



COVID-19 and Face Coverings

BY STATEPOINT MEDIA

Your neighbor is selling fashion masks. Your uncle – expert at everything – wears a sophisticated respirator with a valve. Your dental hygienist wears a medical mask. Your kid is running off to sports practice in a team-supplied neck gaiter. Is there a difference between these face coverings?

In the U.S., over 7 million people have been infected by COVID-19 and over 200,000 have died. According to health authorities, the virus that causes COVID-19 predominantly spreads when people talk, cough and sneeze. In addition to measures such as maintaining physical distancing and frequent handwashing, the U.S. Centers for Disease Control and Prevention (CDC) currently recommends everyone wear a cloth mask when out in public, especially in areas where physical distancing is a challenge, to help slow the spread of COVID-19. Since respirators are in critical supply and the global personal protective equipment (PPE) industry can't make enough to meet this current demand, respirators and medical masks should be reserved for healthcare workers and other medical first responders.

Wearing a face covering is important: a cloth face covering, such as a reusable mask may help protect others from the wearer. A respirator (when worn properly) helps protect the wearer from airborne hazards around them.

With the COVID-19 pandemic still affecting our daily lives, it's important to know how choosing a face covering can help those on the frontlines to get what they need to continue the fight. One of the world's biggest manufacturers of N95 respirators, 3M, created a chart, available at news.3m.com, to help explain the differences between cloth masks/face coverings, surgical masks and N95 respirators. Ultimately, how you live and work should inform the type of mask you wear.

Face coverings and masks: general public and workers. At public spaces and certain workplaces where protection from occupational hazards is not needed, non-medical disposable and cloth masks that cover your nose and mouth completely may help reduce the spread of COVID-19 (along with other measures such as physical distancing and frequent handwashing) by protecting others from exposure to particles generated by the wearer. Designs with unfiltered valves, such as those with drinking straw holes, or any visible gaps, are not sufficient face coverings under some government guidance. General use masks

should not be overly tight and should feel comfortable to wear. A face mask is not the same as a medical mask or respirator.

Medical masks: health care workers. Medical masks are designed to be used by health care workers to help provide a barrier to high-velocity streams of liquid, as well as a barrier to particles that might be expelled by the wearer. This second reason is why health care workers wear medical masks – to help protect patients. Patients may also wear them to help protect others around them. Medical masks meet specific standards and are FDA-cleared for hospital use in the U.S. They fit loosely on the face, so they do not provide respiratory protection.

N95 Respirators: health care and critical frontline and certain other essential workers. When used correctly, N95 respirators are designed to create a tight seal to the face and provide respiratory protection. Because the entire surface of the respirator is a filter, it is efficient at capturing at least 95% of non-oily airborne particles that the wearer might breathe in, including liquid droplets that may contain viruses and germs. Respirators with valves are not recommended by the CDC for use in certain settings, such as health care environments that require a sterile field.

For more information on different face coverings, visit www.3m.com.

SPACE RESERVED
FOR ADS

SPACE RESERVED
FOR ADS

SPACE RESERVED
FOR ADS



PRSR STD
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COLUMBUS OH
PERMIT NO. 719



**WE
ARE
BACK!**

Register for classes
and activities today at
ColumbusRecParks.com



Mark These Dates on your Calendar

- **Fall II Session Registration Opens** | Monday, Oct. 26
- **Columbus Trick-or-Treat** | Thursday, Oct. 29, 6-8 p.m.
(Check local news reports for updates on safety protocols)
- **Daylight Savings Time Ends** | Sunday, Nov. 1, 2:00 a.m.