



We do not quit playing because we grow old. We grow old because we quit playing.—Oliver Wendell Holmes

FUN FALL ACTIVITIES CHECKLIST

Autumn flies by in a flash, so take advantage of the crisp weather and beautiful foliage with this list of fun things to do this season!

1. Go pumpkin picking
2. Carve pumpkins
3. Jump in a pile of leaves
4. Collect colorful fall leaves
5. Attend a fall festival
6. Get lost in a corn maze
7. Go for a hayride
8. Make a Pinecone feeder
9. Take a drive through the country
10. Make pumpkin Play-Dough (Recipe on back page)

Visit www.newenglandfallevents.com for more ideas and fun places to visit!



Parents and children enjoy a hayride at Berlin Orchards in Berlin, MA.

WINTER IS COMING! ENERGY & UTILITY ASSISTANCE PROGRAMS CAN HELP!

Energy assistance programs in Massachusetts help low-income residents pay for heating fuel and other utilities. Government programs help pay for fuel, weatherization, and heating system repairs. In addition, low-income Massachusetts customers can apply for utility discount, utility shutoff protection, and help from non-government programs.

MassSave (www.masssave.com) is an energy savings program for Massachusetts homeowners and renters, and offers energy tips, free home energy assessments, energy-saving products, loans, rebates, and other incentives for energy-saving home improvements.

Low-income Home Energy Assistance Program (LIHEAP) (bit.ly/cold-relief) helps low-income families pay their heating bills. Eligibility is based on gross household income.

Citizens Energy Heat Assistance (citizensenergy.com) provides eligible households with a voucher for 100 free gallons of home heating oil or a \$150 credit toward the utility bill for eligible households that heat with natural gas.

The Good Neighbor Energy Fund (magoodneighbor.org/assistance) helps people who are facing a short-term financial hardship and do not qualify for government fuel assistance programs.

For more information, call the Cold Relief Heat Line at 1-800-632-8175.



ACTIVITIES FOR COLD & SNOWY DAYS

Free fun for the entire family!

As temperatures start to drop, so does our motivation to go outside and play. A greater effort is required to prepare children for outdoor play but with a little planning and the proper clothing it can be well worth the extra effort. As our friends in Sweden say, "There is no such thing as bad weather, only bad clothes."

- ❄ Freeze water with food coloring, sand or other textures in clear plastic containers so that the children can see what is inside and use them as blocks. If it's cold enough, let the containers freeze outside.
- ❄ Bubble Freeze—blow bubbles and catch one on a bubble wand. If it is cold enough, it will freeze like a crystal ball and then shatter!
- ❄ Catch snowflakes on black construction paper and use a magnifying glass to get a closer look at them.
- ❄ Catch snowflakes on your tongue. How many can you catch? Or what does it feel like when it melts?
- ❄ Go Sledding! Even without hills, children will enjoy pulling one another on the sleds.
- ❄ Use squirt bottles filled with colored water to snow paint. Food coloring is non-toxic.
- ❄ Find more ideas for outdoor winter fun at www.naturalllearning.org!



PUMPKIN PIE PLAYDOUGH RECIPE

- 1 cup flour
- 1/2 cup salt
- 1 cup water
- 2 tbsp oil
- 2 tbsp cream of tartar
- 1/3 jar of pumpkin pie spice
- maple extract
- vanilla extract
- food coloring

Combine the dry ingredients and the oil. Slowly add the water. Add a few dashes of each of the extracts and a few drops of red and yellow food coloring. Cook over medium heat, stirring until stiff.

As it mixes you can see if you'll need more food dye. We tried to be conservative at first, because I didn't want it to be too vibrant. We added a little at a time until we achieved the right color.

Once it's finished cooking, turn out onto wax paper and allow cooling.

The pumpkin pie spice was too spicy by itself, for my liking. The extracts make it smell sweeter, just like a pumpkin pie. Does it smell too spicy? Add a little bit more extract and knead it all together. If the dough is too sticky, add a little more flour. If it's too dry, add a few drops of water. Find this recipe and more at www.childhoodbeckons.com/2011/09/pumpkin-pie-play-dough.html.



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