Holiday 2026 GUIDE



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CDA CENTERPOINT DRIVING ACADEMY

Your heat pump company now does plumbing and electrical

sumzero ENERGY SYSTEMS

Business spotlight

If you haven't seen our trucks around your neighborhood yet, we're SumZero Energy Systems, and this is our seventh year in business. We started in 2019 believing heat pumps were the right answer for Massachusetts homes well before most people agreed, and we've spent every year since proving it. Over 2,000 homes across MetroWest now run on systems we designed and installed.

How we grew into the work

We began as a design, build and maintenance company, focused on getting heat pumps specified correctly and installed properly. In 2024 we opened our own service department, so that the homes we took care of stayed taken care of. This year we added licensed plumbing and electrical, and that decision had far less to do with wanting a bigger company than with something we kept running into on our own job sites.

Why we kept becoming the hold-up

Almost no heat pump project is only heat pump work. A boiler needs bleeding, an old oil tank has to come out, a heat pump water heater goes in, or a panel has to be updated before it can carry the new system. For years we had two choices whenever that came up. We could hand it back to you to arrange, or we could go find somebody willing to come out. Both slowed your project down, and both meant that the company you hired to manage the job had quietly stopped managing part of it.

What homeowners told us

Much of this came from listening to people who had hired other contractors. Their biggest frustration was almost never the heating system itself, which usually went in fine. What stayed with them was the subcontracted plumber or electrician who arrived having missed every planning conversation, didn't know what the rest of the job required, and left behind work that didn't match the standard of everything around it. We didn't want to be those people. If our name is going on your house, we should be able to finish the whole job.

One company, one schedule

Today the same team that designs and installs your system also handles the plumbing and the electrical that come with it. Your panel upgrade, tank removal, water heater and piping belong to one plan, priced up front, carried out by people who were in the room when that system was designed. There's nobody for you to chase. We want a project to finish as though we were never there, apart from equipment that works. Our pricing holds up as well, because when you control the whole process you aren't paying another company's markup or guessing at what the work involves.



Ilija Crnobrnja and David Sampaio, co-owners SumZero Energy Stystems.

Contact Us

You're welcome to visit our Training Center in Holliston and see the equipment running before you decide anything at all. Assessments are free and come with no obligation. Call us at 508-965-0046 or visit sumzeroenergysystems.com.

We serve Ashland, Bellingham, Franklin, Holliston, Hopedale, Medway, Mendon, Milford, Millis, Natick, Norfolk, Norwood, Upton and Wrentham.



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Thank You for Being Part of Our Journey

After 40 wonderful years, I am announcing my retirement and the closing of Baza Jewelers.

Since 1987 we have had the privilege of serving our community, building relationships, and welcoming generations of valued customers through our doors. Now, as I retire and close our store, we want to take a moment and extend my sincere thanks to all of you who have shopped with us, supported our business, sent your friends and family our way, and returned to see us year after year. Your loyalty has allowed us to be part of this community for four wonderful decades.

You are invited to our retirement sale beginning on **November 1st**.
There are many things to celebrate between now and the end of the year, like birthdays, anniversaries and holidays, and our assortment of jewelry is perfect for any occasion.
We are offering you up to 60% off all our inventory.
This is our final sale, and everything must go!

I look forward to seeing you before I retire.
From the bottom of our hearts, thank you for 40 amazing years.

With heartfelt gratitude, Bachar Baza

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Squash Goals: Every year, four former college roommates gather at one of their New England homes to continue a tradition they started years ago: carving pumpkins and catching up. What started as a simple seasonal activity many years ago has become something they look forward to every year – it's a time to relax and reflect (and maybe regress a little). Here is a photo from their time at Keene State College.

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How to make a festive centerpiece for your host or yourself

Here is a step-by-step guide on how to create a pumpkin floral centerpiece. It would make a lovely hostess gift but would also look lovely on your own table (or maybe you can make a large one to give and a small one to keep). Either way, it's an easy way to bring a joyful smile to any autumn enthusiast.



Look to your yard for interesting blooms and elements to bring texture to the arrangement, especially dried hydrangea, colorful leaves, late blooming plants, acorns, etc. If you need a good solid base, consider grocery store flower sales.

This is also a fun low-risk activity to do with children, perhaps as they prepare to go to Grandma's house for Thanksgiving dinner.

You can also ask the child what they are thankful for and you can write those qualities on individual paper "leaves" to add to the arrangement.

For this project, the most important step is deciding what receptacle will hold the flowers inside the pumpkin – it has to be something you do not expect to get back. What can you spare: a vase, repurposed sauce jar, mason jar, old drinking glass or bowl? Anything that is watertight will work.

One final note: Consider keeping the pumpkin top and giving it to the hostess. When the flowers fade, the pumpkin could then be carved (and will want a top). It should be kept in the fridge until it is needed.

Directions

• Identify the method you will use inside the pumpkin to hold the flowers (vase, bowl, floral foam)

• Look for a pumpkin that will accommodate that vase

• Prepare the pumpkin making sure to cut a circle around the stem that is wide enough to accommodate the vase and scoop out the insides (save the seeds for roasting)

• Insert the vase, bowl, foam

• Add the greens, then main flowers, fill in with smaller blooms

• Add berries, acorns, leaves, or other elements from your yard

• For an extra touch, add an autumn floral pick (wherever floral supplies are sold)

Enjoy!

Happy fall, y'all!



This is also a fun low-risk activity to do with children, perhaps as they prepare to go to Grandma's house for Thanksgiving dinner.





November is Native American Heritage Month

November is Native American Heritage Month, but meaningful recognition should not be confined to just one month. The following list suggests ways to acknowledge Indigenous People, including special events as well as year-round learning opportunities.

This information was available at press time. Check event websites to confirm details before heading out.

Native American Heritage Month at the Museum of Science (Nov. 14)
When: Sat., Nov. 14, from 10 a.m. to 4 p.m.
Where: Museum of Science, 1 Science Park, Boston.
What: A free, family-friendly day featuring Indigenous knowledge, science, storytelling and conversations with Indigenous scientists, educators and cultural knowledge-keepers.
Details: www.lowellinstitute.org/native-american-heritage-month-celebration-2026/

Attend the National Day of Mourning (Nov. 26)
When: Thurs., Nov. 26, from 12 p.m. to 3 p.m. (approximately)
Where: Cole's Hill, above Plymouth Rock, Plymouth.
What: Organized by United American Indians of New England, the gathering commemorates Indigenous ancestors and addresses colonization, land theft, genocide and the continuing struggles of Indigenous communities. This is a solemn protest and day of remembrance, not a Thanksgiving festival. Non-Native allies are welcome to attend respectfully.
Details: https://uaine.org

Celebrate with the Wampanoag Nation Singers and Dancers (Nov. 27)
When: Fri., Nov. 27, 10:30 a.m. to 2 p.m.
Where: John F. Kennedy Presidential Library and Museum, Columbia Point, Boston.
What: Celebrate Native American Heritage Day through Wampanoag history, contemporary culture, storytelling, song and participatory dance. Free admission, advance reservations recommended.
Details: www.jfklibrary.org/events-and-awards/celebrate-family-programming

Explore Indigenous stewardship of the land (November)
When: Month of November; confirm which participating parks have resources available.
Where: Massachusetts state parks, including Pilgrim Memorial State Park in Plymouth.
What: The Massachusetts Department of Conservation and Recreation promotes Native American Heritage Month through its First Peoples First Stewards children's libraries and other educational resources. This is a good way to connect Indigenous history with the region's plants, waterways and landscapes.
Details: https://www.mass.gov/info-details/massachusetts-state-parks-programs-and-events

Visit the Peabody Museum of Archaeology and Ethnology (ongoing)
When: Check regular museum hours and admission details before visiting.
Where: 11 Divinity Ave., Cambridge.
What: Explore Indigenous histories and material culture through museum collections and interpretive exhibits.
Details: https://hmsc.harvard.edu

Connect with the United Native American Cultural Center (ongoing)
When: Contact the center for its current public programs and event schedule.
Where: 29 Antietam St., Devens.
What: This volunteer-run nonprofit provides a place for people from Native and non-Native backgrounds to gather, learn and share cultural knowledge. Ask about public educational programs, crafts and ways to support its work.
Details: www.unacc.org

Support the North American Indian Center of Boston (ongoing)
When: Contact the organization for current public events and volunteer opportunities.
Where: 105 S. Huntington Ave., Jamaica Plain.
What: NAICOB is an Indigenous-led community organization offering services and community programming. Visitors can learn about its work, support its mission or inquire about appropriate ways to volunteer.
Details: www.naicob.org

Learn local history at the Robbins Museum of Archaeology (ongoing)
When: Check opening hours and any special programming before traveling.
Where: 17 Jackson St., Middleborough.
What: The museum presents archaeological evidence of Native life in New England, including tools, pottery and other material culture. Use its displays to learn about the region's long Indigenous history beyond the colonial period.
Details: www.massarchaeology.org

Investigate the Indigenous history of Dover (ongoing)
When: Contact the museum for access arrangements and opening hours.
Where: Sawin Memorial Building, 80 Dedham St., Dover.
What: Local historical collections include evidence of Indigenous occupation, including stone tools, and material associated with Nipmuc descendants.
Details: www.doverhistoricalsociety.org



Complete driver training for real-world safety: The story of Centerpoint Driving Academy

Business spotlight

When parents send their teenagers to driver's education, they trust that their children are learning everything they need to stay safe behind the wheel. However, two local fathers with seven children between them discovered that traditional driving programs often leave significant gaps in practical skill development. Many standard driver's education courses focus primarily on preparing students to pass the state licensing exam, leaving young drivers without essential everyday knowledge, such as checking tire pressure, changing a flat tire, understanding dashboard warning lights, and responding safely to unexpected road hazards.

Determined to raise the standard of driver education, these fathers established Centerpoint Driving Academy (CDA) to provide a more comprehensive approach to learning how to drive. The academy is led by Coach Jim Beyer, who brings more than 20 years of driver instruction experience, 25 years as a school psychologist specializing in teenagers, and decades of coaching experience at the high school and collegiate levels. By combining professional behind-the-wheel instruction with an in-depth understanding of teen cognitive development and learning styles, CDA equips students with the knowledge, practical skills, and confidence they need to become safe, responsible drivers.

At the heart of Centerpoint Driving Academy is a comprehensive, three-phase training system designed to develop real-world driving competence and long-term safety. The process begins with risk-free simulator training using CDA SANDI, an advanced driving simulator informed by cognitive science and human-factors engineering research. Similar to the way pilots and emergency responders use simulators to prepare for high-pressure situations, CDA students practice essential safety responses and challenging maneuvers, including sudden hazard avoidance and driving in extreme weather conditions, in a controlled, risk-free environment. This initial phase is especially beneficial for new, anxious, or neurodiverse drivers, allowing them to build familiarity with vehicle controls and develop confidence before entering live traffic.

After establishing a strong foundation, students transition to practical behind-the-wheel training with professional instructors. Recognizing that many modern families drive crossover vehicles and SUVs rather than small sedans, CDA offers behind-the-wheel lessons in SUVs at no additional cost. This phase also incorporates the academy's unique Life Skills module, which prepares students for situations they may encounter beyond routine driving. Through hands-on instruction, students learn essential skills such as changing a tire, responding to roadside emergencies, and navigating traffic stops safely and responsibly.

CDA CENTERPOINT DRIVING ACADEMY

The final phase focuses on crash prevention and defensive driving, helping students become proactive, attentive drivers who can recognize and respond to potential dangers before they develop into emergencies. Rather than simply teaching students how to react after a hazard appears, CDA emphasizes hazard perception, defensive space management, and collision-avoidance techniques that help reduce the risk of accidents. By developing these skills, students learn to make thoughtful decisions, anticipate the actions of other road users, and maintain greater awareness of their surroundings.

Through this integrated approach, Centerpoint Driving Academy guides students from risk-free simulator practice to hands-on vehicle instruction and advanced crash-prevention techniques. More than simply preparing teenagers to pass a licensing exam, CDA strives to develop capable, confident, and independent drivers who understand the responsibilities of being on the road. By combining technical driving skills, practical life skills, and proactive safety strategies, Centerpoint Driving Academy is committed to helping students build the knowledge and habits they need to drive safely for a lifetime.



Centerpoint Driving Academy
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MENDON • Unitarian Congregation of Mendon

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Holiday Happenings

The following list is of upcoming holiday events is not meant to be exhaustive. Confirm specific details before traveling.

Sat., Nov. 7

• The Bellingham Senior Center Fall Craft Fair : 9 a.m. to 3 p.m. at the Bellingham Senior Center, 40 Blackstone St.

Sat. Nov. 7 & Sun. Nov. 8

• Holiday Marketplace at New England Botanic Gardens featuring some of our favorite local artists and makers offering handmade wares for sale for holiday shopping. *Included with General Admission. 11 French Drive, Boylston.

Thurs., Nov. 12

• Natick's Night Out will take place on Thurs., Nov. 12, from 5:30-8:30 p.m. in Natick Center. www.natickcenter.org

Sat., Nov. 14

• The Friends of the Rutland COA Annual Craft Fair: 9 a.m. to 2 p.m. at 53 Glenwood Rd., Rutland.

• The Franklin Rotary Club Craft Fair: 9 a.m. to 3 p.m. at Tri-County Regional Vocational Technical High School, 147 Pond St., Franklin. Handmade gifts, artisan booths, baked goods, raffles and a collection for the Franklin Food Pantry. Proceeds benefit local charitable projects and scholarships. Admission $4. www.franklinmatters.org/.

Fri., Nov. 20

• The Holiday Lights, Merry & Bright Holiday Fair will take place at Trinity Church, 47 East St., Wrentham, on Fri., Nov. 20, from 4-7 p.m. Features include fabulous penny social and raffles; White Elephant room and jewelry; books, CDs, DVDs, vinyl; collectables; baked goods; crafts; café meals; take-home frozen lasagna and apple crisp.

Fri., Nov. 20 –Sun., Jan. 3

• Winter Wonderland at Southwick's Zoo, 2 Southwick St. in Mendon, runs through Jan. 3. Runs Friday-Sunday from 5 p.m. to close. A seasonal evening light attraction with illuminated displays and holiday-themed scenery. https://southwickszoo.com

Sat., Nov. 21

• The Our Lady of the Valley Holiday Fair will take place on Sat., Nov. 21, 9 a.m. – 3 p.m., at the Our Lady of the Valley Regional School, 75 Mendon St., Uxbridge. More than two dozen local vendors selling gifts for the holiday season. www.happeningnext.com.

• The Holiday Lights, Merry & Bright Holiday Fair will take place at Trinity Church, 47 East St., Wrentham, on Sat., Nov. 21, from 9 a.m. to 2 p.m. Features include fabulous penny social and raffles; White Elephant room and jewelry; books, CDs, DVDs, vinyl; collectables; baked goods; crafts; café meals; take-home frozen lasagna and apple crisp.

• Diwali Lights - 4–10 p.m. Kick off this season of Night Lights with a special cultural celebration! In partnership with the India Society of Worcester, join us in celebrating Diwali, the 'Festival of Lights.' Enjoy a wonderful evening of Indian cultural programs, delicious Indian food, local vendors, henna, and more – all set against a backdrop of thousands of lights.nebg.org for ticket info. 11 French Drive, Boylston.

Sat. Nov. 21, 2026 - Sun. Jan. 3, 2027

• Night Lights: Fantastical Forest at New England Botanic Garden. Get ready to be swept away by half a million lights. Stroll with friends and family through winding paths where nature, fantasy, and imagination intertwine. Wrap yourself in winter wonder where every step reveals whimsical surprises and inspires new memories to last a lifetime. nebg.org/nightlights/for ticket info. 11 French Drive, Boylston.

Sun., Nov. 22

• The Natick Winter Market will take place on Sun., Nov. 22, from 9 a.m. to 1 p.m. at Common Street Spiritual Center, 13 Common St., Natick. A seasonal market featuring local food and vendors. www.massfarmersmarkets.org/thanksgiving-and-holiday-markets.

• The Norwood Turkey Trot will take place on Sun., Nov. 22, 11 a.m., register at findarace.com. www.massfarmersmarkets.org/

Wed., Nov. 25 –Mon., Dec. 28

• The Festival of Trees will take place at Garden at Elm Bank, 900 Washington St., Wellesley, between Nov. 25 and Dec. 28. Decorated holiday trees, lights, model trains, and cozy holiday fun. Tickets required. www.masshort.org/festival-of-trees

Thurs., Nov. 26 - Thanksgiving Day

• The second annual Community Thanksgiving Dinner aims to bring holiday cheer and companionship to veterans, military families, seniors and others facing financial hardship or loneliness. The dinner will be held on Thanksgiving Day, Thurs., Nov. 26, at the Italian American Veterans Post 40, 4 Hayward Field, Milford, with doors opening at 11:45 a.m. and dinner served at noon. Founded by Mike Shain of Thanks to Yanks and Ray Fellows of Children Across America, the event features a free traditional Thanksgiving meal prepared by The Garden Restaurant, with support from the Italian American Veterans Post and local volunteers. Transportation will be offered from Milford Senior Housing Centers. Advance registration is requested by contacting Ray Fellows at 508-933-8915.

• The Franklin Turkey Trot will begin at 8 a.m. Register at www.findarace.com.

• The Mendon Turkey Trot will begin at 8 a.m. Register at www.findarace.com.

• The second annual Community Thanksgiving Dinner will be held at the Italian American Veterans Post 40 at 4 Hayward Field in Milford on Thanksgiving Day, Nov. 26. Doors will open at 11:45 a.m. to welcome participants with dinner being served at noon. If you would like more information, would like to volunteer, or want to make a reservation contact Ray Fellows at 508-933-8915. Seating and transportation are limited so advance registration is kindly requested. Donations are most gratefully welcomed. Sponsored by Thanks To Yanks and Children Across America.

Fri., Nov. 27 – Sun., Nov. 29

• The Worcester Holiday Festival of Crafts will take place at Worcester Center for Crafts. Hours vary. Admission $5. This annual European-style market with 50+ fine craft artists.

Sat., Nov. 28

• The Milford High School Gallery of Arts & Crafts Fair will take place from 9 a.m. to 2 p.m. at Milford High School. Handmade and homemade crafts and goods, with proceeds supporting the high school's After Prom Party. www.stayhappening.com

• The Artisan Winter Craft Festival will take please from 9 a.m. to 2 p.m. at Freeman-Kennedy School in Norfolk.

• The Medway Christmas Parade and Fireworks will take place on Sat., Nov. 28, beginning at Medway High School at 5:30 p.m. This year's Grand Marshal will be recently retired Finance Director Carol Pratt. The parade will leave MHS, take a left onto Summer Street, left onto Milford Street, follow to Franklin Street, left onto Village Street, left onto Holliston Street, left onto Main Street, and finish at Choate Park for the lighting and fireworks. Rain date is Nov. 29. To register to be in the parade, contact christmasparade@townofmedway.org.

Sun., Nov. 29

• The Annual Holiday Market at Happy Goats Farm, 400 Norfolk St. in Holliston, will take place from 11 a.m. to 3 p.m. Shop handmade gifts, goat-milk soaps and lotions, and other products from local makers. Visitors can also pet goats and make candles. The market is held rain or shine inside the greenhouse. www.happygoatsfarm.com

• The Medway Christmas Parade will kick off at 5:30 p.m. from Medway High School, travel through Medway, and finish at the Thayer House/Choate Park. www.medwayma.gov

Wed., Dec. 2

• Dinner with the Grinch will take place from 5:30-8:30 p.m. at Galliford's Restaurant, Southwick's Zoo. Reservations recommended.

Thurs., Dec. 3

•An Ice Queen Dinner will take place from 5:30-8:30 p.m. at Galliford's Restaurant, Southwick's Zoo. Reservations recommended.

Fri., Dec. 4

•The Dedham Square Holiday Stroll & Gift Market will take place from 5–8 p.m. in Dedham Square. Santa joins the official Christmas-tree lighting at 6:30 p.m. More than 30 vendors, food, live music, caroling and holiday shopping. https://dedhamsquarecircle.org/

• Outdoor Menorah Lighting. Chabad House Jewish Center, Milford. Everyone welcome. www.GotChabad.com/Chanukah.

Sat., Dec. 5

• Breakfast with Santa will take place

EVENTS
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EVENTS

continued from page 8

on Sat., Dec. 5, from 9:30 a.m. to 5 p.m. (pancakes will be available all day). This free community event is a collaboration between Ryan & Stephanie Fattman and Waters Farm Preservation, Inc. Enjoy a full breakfast, spend time with Santa, make a craft, and take a historic tour of the Farm as part of the Chain of Lights.

• The 2026 Sutton Holiday Chain of Lights will take place from 10 a.m. to 4 p.m. Free buses will transport visitors over rolling countryside to participating locations throughout historic Sutton. Farms, unique specialty stores, church fairs, and area businesses welcome the holidays with musical entertainment, children's activities, food, fun and holiday characters. Route information, maps, location descriptions and brochures available at www.suttonlights.com

• The Ashland Holiday Stroll & Tree Lighting takes place from 12-4 p.m. at The Corner Spot, 6 Cherry St. in Ashland. https://www.ashlandmass.com

• The Hopedale Winter Stroll & Shop Hop will take place from 12-7 p.m. along Hopedale and Dutcher Streets, ending with a tree lighting and Santa visit at Hopedale Community House. www.friendsofhistorichopedale.com

• Together for the Holidays, a holiday concert by the Allegra Commonwealth Singers, will take place at 3 p.m. at St. Andrew's Episcopal Church, 3 Maple St., in Framingham. www.allegrasingers.org/

• Stars, Strips and Holiday Lights will start at 6 p.m. on Main Street in Rutland.

• The Nutcracker will be performed at Franklin High School at 7:30 p.m. The Franklin Performing Arts Company's annual production features more than 100 area dancers, guest artists and a live orchestra. Times vary. https://fpaconline.com

• Scouting America Troops 108 & 367 will be hosting their annual Santa Breakfast fundraiser on Sat., Dec. 5, 7:30 a.m. to 11 a.m. at Saint Joseph's Parish Center at 145 Holliston Street in Medway. There will be great food, activities and crafts, a silent auction, and pictures with Santa. The cost is $11 for adults; $8 for seniors and kids; free for kids under 3; and $31 max per family. Pictures with Santa are $20, each family will receive a thumb drive with 3 to 5 photos.

• The Church of Christ, Congregational located at 142 Exchange St. in Millis will hold its annual Jolly Holly Fair on Sat., Dec. 5, from 9 a.m. to 2 p.m. A cherished Millis tradition of more than 70 years, the fair is full of unique gift ideas from needlework to wreaths, a Silent Auction, pictures with Santa, baked goods, candy and snack bar. For more information, call 508-376-5034 or email millisucc@msn.com.

• St. Gabriel's Church at 151 Mendon Street in Upton will hold its annual Christmas Fair on Sat., Dec. 5, from 9 a.m. to 2 p.m. The Fair has a wide variety of fresh balsam wreaths, cemetery baskets and tabletop arrangements. Raffles on theme Baskets, gift certificates and a lottery for a scratch card valued at over $450. An Amazon gift card raffle valued at $200 will be available. In addition, there will be a gift boutique featuring new and 'like new' items, a gems and jewels section, and a Christmas Holiday decor section. The Bake Table will offer an assortment of cookies, pastries and candy. Stop in and enjoy coffee, tea, cold drinks and pastries and stay for lunch of finger rolls

EVENTS

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Holiday meal dinner for one, without a week of leftovers

A holiday meal doesn't need a 20-pound turkey to feel special. This small menu gives one person a traditional dinner with manageable portions and minimal cleanup.

Menu

- Roasted turkey tenderloin or a small turkey breast portion
- One serving of mashed potatoes
- Green beans with garlic
- Cranberry sauce
- Baked apple

Ingredients

Main dish: 1 small turkey tenderloin or 6–8 oz turkey breast, olive oil, rosemary or thyme

Sides: 2 medium potatoes, 4–6 oz green beans, 1 apple, 1 lemon or a small garlic bulb

Dessert: 1 medium apple (medium firm apple: Honeycrisp, Braeburn, Granny Smith)

Misc.: Small can or carton of chicken or turkey broth, small can of cranberry sauce or a few ounces of fresh cranberries, butter or olive oil, cinnamon, salt, pepper, brown sugar or maple syrup.

Instructions

Turkey: Season with olive oil, herbs, salt and pepper. Roast according to the package directions, checking that the thickest part reaches 165°F.

Potatoes: Boil potatoes until tender, then mash with a little butter or olive oil and warm broth.

Green beans: Sauté in olive oil with garlic and a squeeze of lemon.

Cranberry sauce: Spoon a small portion into a dish.

Baked apple: Core, sprinkle with cinnamon and brown sugar, bake until tender. Cook medium apple at 350°F for about 40 minutes.



Make it feel like an occasion: Use a real plate, light a candle, put on a favorite holiday playlist and set the table before cooking. If you want leftovers, freeze a second portion of turkey promptly in a shallow container.





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24-HOUR ORDERING: 866-449-0094



Holiday menu for people with food sensitivities, allergies

Food sensitivities can vary widely. A gluten-free menu is not automatically dairy-free, and a dairy-free menu is n ot automatically safe for someone with an allergy, and so on.

The U.S. Food & Drug Administration identifies the "Big 9" major food allergens as milk, eggs, fish, crustacean shellfish, tree nuts, peanuts, wheat, soybeans, and sesame. For detailed information, visit www.fda.gov/food/buy-store-serve-safe-food/food-allergies-what-you-need-know.

The following menu avoids gluten, dairy, peanuts and tree nuts in its basic preparation, while remaining adaptable for other needs. It includes herb roasted turkey breast, garlic mashed potatoes, maple-roasted carrots, green beans with lemon, cranberry-orange sauce, gluten-free gravy, and baked apples for dessert.

If you would like to accommodate sensitivities and allergies, check with guests ahead of time and ask for detailed information including the severity of the sensitivity.

Simple recipes for the sensitivity-friendly table

Herb-roasted turkey breast - Rub a 3–4-pound turkey breast with olive oil, chopped rosemary, thyme, salt and pepper. Roast at 350°F until a food thermometer registers 165°F in the thickest part, following the package guidance. Rest before slicing.

Garlic mashed potatoes - Boil 2 pounds of peeled potatoes until tender. Drain, mash with warm broth, 2–3 tablespoons olive oil and roasted garlic.

Maple-roasted carrots - Preheat oven to 400°. Line a large baking sheet with parchment paper. Toss carrots with 2 tablespoons olive oil, 2 tablespoons pure maple syrup, ½ teaspoon salt, ¼ teaspoon black pepper until evenly coated. Arrange in single layer on baking sheet. Bake for 25–35 minutes, turning halfway through, until fork-tender and lightly caramelized.

Garlic green beans with lemon - Rinse 1 pound green beans and trim the ends. Bring a pot of salted water to a boil, add beans, cook for 3–5 minutes. Drain and rinse briefly with cool water. In a large skillet, heat 1 tablespoon olive oil. Add 2 cloves finely minced garlic and cook for about 30 seconds, stirring constantly. Add in beans and water. Toss and cook for 2–4 minutes, until heated through. Stir in zest of ½ lemon. Season with salt and pepper.

Cranberry-orange sauce - Simmer a 12-ounce bag of cranberries with ¾ cup sugar, ½ cup water and ¼ cup orange juice for about 10 minutes, until the berries burst and the sauce thickens.

Baked apples - Core four apples. Fill each with a mixture of certified gluten-free oats, cinnamon and maple syrup. Bake at 350° for 30–40 minutes until tender.

For more allergy-free ideas, visit www.allergicliving.com.

EVENTS

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and chips.

• The Norfolk Grange will host its first annual Christmas Market on Sat., Dec. 5, from 9 a.m. to 3 p.m. at 28 Rockwood Road (Route 115) in Norfolk. The event will feature a variety of local vendors offering handcrafted items and seasonal favorites, including handmade Christmas cards and paper goods; farm-to-table jams and jellies; boxwood trees and holiday greens; felted ornaments and décor; an ornament tree; story pillows for the little ones; knitted items and hand towels; Batik tablecloths, runners, and bread covers; boxed chocolates; poinsettias and cyclamen; homemade bread, beignets, and cookies; and more. There will also be a visit from Santa.

• St. John's Christmas Fair will take place on Sat., Dec. 5, from 9 a.m.to 2 p.m. at St. John's Church, 237 Pleasant St., Franklin. The event will include the popular raffle, silent auction, gift baskets, wreaths and greens, Grandma's Attic unique items, gift cards, home-baked treats, and much more. Special events include a visit and photos with Santa (10 a.m. to 12 p.m.) and live nativity scene on the front lawn (11 a.m. to 1 p.m.). www.stjohnsfranklinma.org

Sun., Dec. 6

• The Medway Historical Society will be hosting its Holiday House Tour, its biggest fundraiser of the year from 1-4 p.m. Jump into the holiday spirit by visiting five decorated historic homes. Ticket/brochure pickup will be at the Christ Episcopal Church where the church sanctuary still has most of its original features. The Medway Historical Museum, the historic Jacob Ide House, will also be decorated and on the tour. Tickets are $40. medwayhistoricalsociety.org.

• Together for the Holidays, a holiday concert by the Allegra Commonwealth Singers, will take place at 3 p.m. at Pilgrim Church, 25 South Main St., Sherborn. www.allegrasingers.org

• Milford Arts Council Holiday Buoy Tree Lighting: 2–6 p.m. at Lisman Landing, Milford. Market vendors, food trucks, music, Santa's arrival and a 5 p.m. tree lighting. www.milfordarts.org/holiday-buoy-tree-exhibit/

• Chanukah Menorah Car Parade. A parade of cars carrying the Chanukah spirit will leave Chabad House Jewish Center in Milford at 3 p.m., stopping for public menorah lightings and celebrations throughout the area, including Franklin Town Common (4 p.m.) and Bellingham Town Common (4:45 p.m.). Everyone is welcome to join the parade or meet the group at any of the stops. There is no charge to participate, but advance reservations are required for parade participants. Each parade participant will receive a special "parade kit" to make the experience even more enjoyable for children and adults. The celebrations will feature music, dancing, chocolate gelt, dreidels, fresh sufganiyot and warm apple cider. www.GotChabad.com/Chanukah.

Mon. Dec. 7

•Menorah Lighting at Wrentham Town Common at 4 p.m. Celebrate the Festival of Lights with the Wrentham community at the annual public menorah lighting. Enjoy festive music, dancing and traditional Chanukah treats, including chocolate coins, dreidels, kosher jelly doughnuts and warm apple cider. www.GotChabad.com/Chanukah

• Menorah Lighting at Norfolk Town Common at 5 p.m. Families and community members are invited to gather at Norfolk Town Common to celebrate Chanukah and share in the lighting of the menorah, with music, dancing, traditional treats and warm apple cider. www.GotChabad.com/Chanukah

• Menorah Lighting at Gilly's House at 6 p.m. Join residents, families and friends at Gilly's House for a special Chanukah menorah lighting. The gathering will bring the warmth and joy of the Festival of Lights to the community, with music, dancing, chocolate gelt, dreidels, kosher jelly doughnuts and warm apple cider. www.GotChabad.com/Chanukah

Tues. Dec. 8

• Menorah Lighting at Millis Town Hall at 5:30 p.m. Join the community for a Chanukah celebration featuring the lighting of the menorah, music, chocolate gelt, dreidels, fresh sufganiyot (traditional kosher jelly doughnuts) and warm apple cider. www.GotChabad.com/Chanukah

• Menorah Lighting at Holliston Town Hall at 6:30 p.m. The community is invited to celebrate Chanukah together with a public menorah lighting, festive music and traditional Chanukah treats, including chocolate coins, dreidels, kosher jelly doughnuts and warm apple cider. www.GotChabad.com/Chanukah

Wed., Dec. 9

• Dinner with the Grinch will take place from 5:30-8:30 p.m. at Galliford's Restaurant, Southwick's Zoo. Reservations recommended.

• Celebrate Chanukah at Urban Air in Bellingham from 4-8 p.m. with family fun and holiday activities. The event will feature Chanukah music, crafts, raffles, dreidels, chocolate coins and sufganiyot, and a 6:00 PM menorah lighting. Tickets are on sale directly through Urban Air. www.GotChabad.com/Chanukah

Thurs., Dec. 10

• Dinner with Santa will take place from 5:30-8:30 p.m. at Galliford's Restaurant, Southwick's Zoo. Reservations recommended.

Sat., Dec. 12

• The Framingham Rotary Holiday Craft Fair will take place from 9 a.m. to 3 p.m. at Keefe Regional Technical High School, 750 Winter St., Framingham. About 120 makers and artisans, food trucks and free parking. Admission is free. https://meetmeatthefair.com/events/framingham-rotary-holiday-craft-fair-2026

Wed., Dec. 16

• Dinner with the Grinch will take place from 5:30-8:30 p.m. at Galliford's Restaurant, Southwick's Zoo. Reservations recommended.

Thurs., Dec. 17

• Dinner with Santa will take place from 5:30-8:30 p.m. at Galliford's Restaurant, Southwick's Zoo. Reservations recommended

Sat., Dec. 19 - Sun., Dec. 20

• 'Tis the Season!, the Franklin Performing Arts Company's original holiday musical, will take place at Franklin High School, 218 Oak St. Times vary. Will feature a large cast and holiday classics in R&B, gospel, Motown, rock, pop and Broadway styles. https://fpaconline.com

Thurs., Dec. 31

• On Thurs., Dec. 31, from 4:30-7:30 p.m., the Cochituate Rail Trail will hold its 6th annual community event on New Year's Eve. The event will include fire pits, family-friendly fun, entertainment for all ages, enchanting lighting, sweet and savory treats, and more. FriendsOfNatickTrails.org/CRTNYE



Pumpkin offers many health benefits

Did you know pumpkins are not just a gourdgeous fall decoration, but they are also good for your health?

Pumpkin is a low-calorie, nutrient-dense winter squash (technically a fruit because it contains seeds) that has several health benefits including:

One cup provides over 200% of your daily recommended intake of vitamin A



Pumpkin has a surprising number of health benefits.

Lots of beta-carotene, lutein, and zeaxanthin which helps protect eyes from age-related macular degeneration, cataracts, and UV light damage.

High levels of vitamin A and vitamin C boosts the immune system, stimulate white blood cell production, and help wounds heal faster

Rich in potassium, fiber, and antioxidants, pumpkin helps regulate blood pressure, counteracts sodium, and prevents bad (LDL) cholesterol from oxidizing

Promotes fullness, supports gut regularity, and aids in weight control, with about 7 grams of fiber per cup and a high water content.

Beta-carotene and vitamins C and E protect skin cells from free radicals and UV damage while supporting natural collagen production

Pumpkin seeds are packed with protein, fiber and minerals such as iron, copper, magnesium, manganese, phosphorous, zinc, potassium, folate, niacin and selenium. They also contain healthy poly- and mono-unsaturated fats.

Tip: Choose 100% pure canned pumpkin or fresh squash rather than pre-made pie fillings or heavy seasonal lattes, which are typically loaded with added sugars and fats.

Sources: www.mayoclinichealthsystem.org, www.AARP.com

Pumpkin soup

By Mayo Clinic

Warm up a chilly day with this hearty, flavorful pumpkin soup. Serve it with whole-grain bread, a green salad and sliced, fresh pears for an easy dinner. Serves 4.

Ingredients:

3/4 cup water, divided
1 small onion, chopped
1 can (15 oz) pumpkin puree
2 cups unsalted vegetable broth
1/2 tsp. ground cinnamon
1/4 teaspoon ground nutmeg
1 cup fat-free milk
1/8 tsp. black pepper
1 green onion top, chopped

Directions:

In a large saucepan, heat 1/4 cup water over medium heat.

Add the onion and cook until tender, about 3 minutes. Don't let all the liquid cook off.

Add the remaining water, pumpkin, broth, cinnamon, and nutmeg.

Bring to a boil, reduce heat and simmer for 5 minutes.

Stir in the milk and cook until hot. Don't boil.

Ladle soup into warmed bowls and garnish with black pepper and green onion tops. Serve immediately.

Nutritional info:

Per 1-cup serving: 77 calories, 1 gram total fat, 57 milligrams sodium, 14 grams carbohydrates, 4 grams fiber, 3 grams protein, 0 grams added sugar.

Source: mayoclinichealthsystem.org/hometown-health/speaking-of-health/the-perks-of-pumpkin-in-your-diet





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