



Woodstock Area Council on Aging  
 99 Senior Lane  
 Woodstock, VT 05091  
 (802) 457-3277  
 FAX: (802) 457-1259  
 www.thompsonscenter.org

Non-Profit Organization  
 Postage Paid  
 Permit No. 33  
 Woodstock, VT 05091



AUGUST 2014



## WHAT'S GOING ON at the THOMPSON CENTER for seniors and community!

### Enjoy Delicious Meals

Join Us for lunch at the Thompson Center, Monday through Friday at Noon. All ages and groups are welcome. Every year, the Thompson serves more than 18,000 lunches for seniors and community members and delivers healthy meals to clients through our **Meals on Wheels** program. You'll find Chef Ryan's **delicious menu inside and posted monthly online!**

### Attend a Program or Class

From how to **stay fit**, improve your balance, use Facebook or an iPad, to planning your retirement **finances**, preventing falls, learning a language, or seeing a new documentary, the Thompson offers programs and classes to **keep you informed and involved** in our community and the world. Call to sign-up and see our enclosed calendar or our website for class and program details.

### Take a Trip with Us

Whether you need a **medical ride**, want to go **shopping** or travel further afield—for a play in New London or take a fall foliage cruise on Lake Winnepesaukee—the Thompson is going places and we'd love to have you join us.

### Access Resources

Do you or someone you care for need a wheelchair or other **medical equipment**? Do you want **help with taxes** or applying for **Medicare**? Would you like **foot care** or a therapeutic chair massage? The Thompson offers these and numerous other resources and referrals at little or no cost to you and your family. We also partner with the Community Care Coordinators and Senior Solutions for **caregiver** referrals, fuel assistance and much more. Just ask us!

### Volunteer

There's so much to do—with and for the Thompson and our community. Volunteering is a great way to get involved! Call Paula at the Center to find out about volunteer opportunities. You'll find more information on volunteer opportunities as well as all of our events, programs and classes on our website at [www.ThompsonSeniorCenter.org](http://www.ThompsonSeniorCenter.org) and on our **Facebook** page.



## Visit the Thompson booth at Woodstock Summer Fest! Get a FREE\* Cupcake!

Saturday, August 9, between 10 AM – 5 PM

**LIKE us on Facebook or sign up for our EMAIL newsletter to get your FREE CUP-CAKE** from the Thompson Tower of Cupcakes at Woodstock SummerFest!

*Mark your calendar, and visit us early at SummerFest. This great offer is only available while supplies of our yummy cupcakes last!*

**To Contact Us: Call (802) 457-3277 or email [info@thompsonscenter.org](mailto:info@thompsonscenter.org)**

## The Thompson Center

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99 Senior Lane  
Woodstock, VT 05091  
Phone: 802-457-3277  
Fax: 802-457-1259  
www.thompsonscenter.org

### CENTER HOURS

8 AM-3 PM, Monday-Friday

### STAFF

**Deanna Jones**, Executive Director,  
djones@thompsonscenter.org  
**Paula Audsley**, Outreach Manager,  
paudsley@thompsonscenter.org  
**Diana Leskovar**, Program Director,  
dleskovar@thompsonscenter.org  
**Pam Butler**, Asst. Program Director,  
pbutler@thompsonscenter.org  
**Ryan Martin**, Chef,  
rmartin@thompsonscenter.org  
**Siobhan Wright**, Kitchen Asst.,  
**Gordon Worth**, Van driver  
**Jim Emery**, Medical driver  
**Nelson Gilman**, Back-up medical driver

Senior Solutions (Formerly Council of  
Aging for Southeastern Vermont)  
**SENIOR HELPLINE:** 800-642-5119

Community Care Coordinators:-  
**Lonnie Larrow, RN, & Katrin  
Tchana, MSW**, Ottauquechee Health  
Center, 457-3030 ext 4

### BOARD OF DIRECTORS

Patsy Mathews—*President*  
Pam Jaynes—*Vice President*  
Jerry Fredrickson—*Treasurer*  
Sarah Roberts—*Secretary*  
Dick Brodrick  
Frances Gillett - Advisory  
Rachel Hochman  
Barbara Kelley  
Sally Kesseli  
Holly Levison  
Susan Moor  
John Moore  
Lynn Peterson, M.D.  
Liz Schellhorn  
Corwin Sharp  
Tom Weschler

## BEHIND THE SCENES

### ADVISORY MEETING HIGHLIGHTS

- Holiday trip ideas
- Staffing updates
- Tick alert
- Program idea - Thompson Talent Show!

Please join our next meeting on Monday, August 4, at 1pm.

**We URGE all patrons (and especially trip goers) to attend.** It is an opportunity to give us your ideas before planning is completed! We seek your input and hope you'll attend.

### Staff Updates and Volunteer News

We welcome to our team, two back-up kitchen assistants: Donna Ballou and Sayon Camara. Along with Sylvia Doten, one of them will fill in for Siobhan whenever she or Ryan have a day off or when we need extra help. Our dear driver, Gordon Worth, is recovering from shoulder surgery and while he is out, Mervin Comes is driving his route on Monday, Wednesday, & Friday. Dwight Camp drives the regular route on Tuesday & Thursday. Jim Emery is now driving medical rides (& continues to mow the yard and keep up with outdoor work). Our wonderful Program Director, Diana Leskovar is headed to Virginia for 12 weeks to care for her parents. While Diana is away, Jen Bloch has re-joined our team to work with Pam Butler on programs. Deanna, Paula, Pam, Ryan, Siobhan, & Nelson continue with their regular schedules and duties.

Long-time volunteer Ruth Ekberg has recently retired from her service as volunteer librarian at the Thompson Center. Usually she came to the Thompson on Monday to shelve books in the library and distribute books donated to the center. Ruth was a life long volunteer and had also volunteered to catalog books at the Green Mountain Perkins Academy following her move to Woodstock in 1993. She served as a guide at the Woodstock Historical Society and assisted in the library there. She has previously served on the Thompson Center Board of Directors as well. Thank you, Ruth, for your service to our community.



Search for "The Thompson Senior Center" and click "like" for regular updates, pictures, event reminders & invitations, and for tips and interesting articles about health, finances, and Aging in Place.

www.facebook.com/thompsonscenter

### Are you getting

### The Thompson e-newsletter weekly?

Sign up for the e-newsletter by emailing:  
djones@thompsonscenter.org

## IN APPRECIATION & IN LOVING MEMORY

### IN APPRECIATION

**Audrey Fiedelholz & Mariana Popitan-**  
special dessert on 7/17  
**Mary Sharpe** - candy  
**Kathy Lanphear** - Yarn & knit items

### SHARE THE HARVEST DONATIONS

**Pam Jaynes** - green beans  
**John Leavitt** - garlic scapes and rhubarb  
**Lynn Peterson** - lettuce  
**Mavis Shaw** - lettuce  
**Kathy English** - lettuce  
**Joyce Gilman** - rhubarb  
**Gary Diblasio** - kale and zucchini  
**Gladys Deatte** - cayenne pepper  
**Sally Kesseli** - lettuce and cucumbers  
**Jim Emery** - Lettuce

### MISSION

The Thompson Center will act as resource and advocate for our senior population providing timely support on issues that affect aging in our rural community. Our programs and activities will promote the physical, intellectual, and social well being of the adult community to enhance dignity, self-worth, and independence. In addition, our senior center will provide a gathering place for our community.

### IN MEMORY OF

### JUDGE FRANKLIN S. BILLINGS

James and Linda O'Neil



### IN APPRECIATION

#### ONGOING DONATIONS:

**Daily Valley News** subscription -  
Woodstock Pharmacy  
**Birthday Cakes** - Diane Atwood, Jane Soule,  
Carol Towne  
**Monthly book club selection** - Yankee Bookshop

#### TRANSPORTATION SPONSORS:

**Upper Valley Rehabilitation**  
**Dead River Company**  
**Connected-At-Home**  
**Ottauquechee Plumbing**  
**Mark Knott, DDS**  
**Woodstock Insurance Services**  
**Lang McLaughry Spera Real Estate's**  
**Tambrey Vutech**  
**Gateway Motors** - car washes

### AUGUST BIRTHDAYS

1<sup>st</sup> Louis Grob  
2<sup>nd</sup> Linda Maxham  
2<sup>nd</sup> Nedra Gramling  
2<sup>nd</sup> Allan Atwood  
3<sup>rd</sup> Bonnie Atwood  
3<sup>rd</sup> Ted Taylor  
3<sup>rd</sup> Margarete Pierce  
4<sup>th</sup> Loretta Parker  
4<sup>th</sup> Bernadette Darakjy  
5<sup>th</sup> Sarah Foss  
5<sup>th</sup> Joby Thompson  
5<sup>th</sup> Kathy Connor  
6<sup>th</sup> Douglas Holtz  
6<sup>th</sup> Sam Grice  
7<sup>th</sup> Joyce Gilman

9<sup>th</sup> Joseph Rubino  
10<sup>th</sup> Dave Wheadon  
11<sup>th</sup> Deborah Heimann  
12<sup>th</sup> George Lander  
13<sup>th</sup> Veronica Delay  
13<sup>th</sup> Muriel Poirier  
15<sup>th</sup> Suzanne Skuja  
15<sup>th</sup> James Sherman  
16<sup>th</sup> Reinhart Jeck  
16<sup>th</sup> Kathy English  
17<sup>th</sup> Kedra Greaves  
17<sup>th</sup> Lillian deGiacomo  
18<sup>th</sup> Mary Mercure  
18<sup>th</sup> Kathy Avellino  
18<sup>th</sup> Diana Perrett

19<sup>th</sup> Wittie Lynn  
21<sup>st</sup> Lisa Gramling  
22<sup>nd</sup> Lucille McCarthy  
22<sup>nd</sup> Pam Sheperd  
22<sup>nd</sup> Lucille Staples  
23<sup>rd</sup> Ellen Satterwaite  
23<sup>rd</sup> Priscilla Sands  
23<sup>rd</sup> Diana Hayes  
25<sup>th</sup> Adeline Jarvis  
27<sup>th</sup> Merrill Kruse  
27<sup>th</sup> Carol Scott  
28<sup>th</sup> Elaine Tracy  
28<sup>th</sup> Butch Roy  
28<sup>th</sup> Emily Carlson  
31<sup>st</sup> Cal Callaham



Those who attend Birthday day lunch with an August birthday will receive a complimentary meal on birthday-day. Please call to make a reservation for lunch. 457-3277

## WELLNESS PROGRAMS



### Update on Lyme Disease in Vermont 2014 Thursday, August 7, 1:00pm

Vermont Public Health Nurse, Wendy Walsh, will discuss the history and surveillance of a variety of ticks in Vermont and diseases associated with them. Wendy will also discuss the importance of daily tick checks, safe removal of ticks, and how to protect yourself including ways to mitigate your landscape to decrease their presence.

### Wellness Clinic & Blood Pressure Screenings Tuesday, August 26, 10 - 12 noon

Wellness clinics (blood pressure & consultation) with Michelle Chiesa, RN, Visiting Nurse and Hospice of Vermont and New Hampshire are held on the 4<sup>th</sup> Tuesday of each month from 10-noon.

### MEDICAL EQUIPMENT

**Currently available at the Center:** Crutches, Commode chairs, walkers, bed rails, ramps, shower chairs, stair chair lift, Depends.

**IN NEED OF:** Wheelchairs and recliner lift chairs. Please note: We're not currently able to accept crutches, commode chairs, or shower chairs. We're out of room in the basement at the moment!

We've given away dozens in the last few months! It's great to see them re-used! Contact Deanna at 457-3277 for more details. You can also donate or find medical equipment at: [www.getATstuff.com](http://www.getATstuff.com)

**Community Care Coordinator (CCC), Katrin Tchana, has office hours at The Thompson. Times and dates noted on the Program Calendar**

### CAREGIVER SUPPORT GROUP Wednesday, August 20, 12:30 pm

Support and education can make a critical difference for family members and caregivers of patients with memory loss or disorders such as Alzheimer's. Please join our confidential monthly support group (with complimentary lunch) on the 3rd Wednesday of each month, and share ideas, concerns, and constructive feedback with others facing similar challenges.

### Foot Care Clinic with Mary Wood Monthly, 9 am - 2:30 pm on the 2nd Friday & 3rd Wednesday.

Mary Wood, retired RN, runs the foot clinic. Call 457-3277 to schedule a half hour appointment with Mary on the 2nd Friday, or 3rd Wednesday of each month (see the calendar for dates). Your feet will thank you!

A waiting list is kept for each day; **PLEASE** make sure to let us know if you can't make your appointment. **Cost: \$15, please bring your own towel.**

### Chair Massages at the Thompson Wednesdays, 10:00am to noon

Licensed massage therapist, Sara, provides chair massages at the Thompson on the 1st, 2nd, and 4th Wednesday of each month IF there are appointments. The benefits of having a massage on a regular basis are numerous. See for yourself!

**Please call in advance to schedule your 20 minute massage and make sure to cancel in advance if you can't make it so that someone else can take your spot and we don't keep our massage therapists waiting!**

**Cost: 20 minute massage/\$20.00**

## EVENTS



### Celebrate Summer at The Thompson Ice Cream Social with *The Sweet Country Band* Tuesday, August 12, 1:00pm

The Sweet Country band will debut at The Thompson when we celebrate summer with a *make your own sundae bar* immediately following lunch. Our new van driver Merv Comes (also a member of the Peapicker band) will play the guitar and be joined by band members Lee Deyette and his sister Donna Greg on the fiddle and piano. The trio will perform old country music favorites. *Please note that the sundae bar will be in lieu of dessert.* Please sign up. Cost: Included in regular lunch cost, or Sundae Bar only \$3.00

### Low Back Pain – You *Can* Find Relief Wednesday, August 13, 1:00PM

Rebecca Nash, Doctor of Physical Therapy, will discuss common low back pain diagnoses, treatment options and strategies for symptom relief, and the importance of abdominal strength for the person with low back pain. A question and answer session will follow.

Dr. Nash practices in Woodstock, Vermont. She is a native Californian who moved to the Woodstock area 4 years ago. She started her own practice so that she could spend more one-on-one time with her patients. She treats people with a variety of diagnoses and specializes in her unique brand of manual therapy.



### Piano Recital, with Will Drebitko Thursday, August 14, 1:00pm

Will is 9 years old and has been studying piano with Sherry Belisle since preschool. Sherry describes him as disciplined with his practice and passionate about his music—especially classical music. He will share information that he finds interesting about his favorite composers and perform several duets with Sherry. "People should feel privileged to see and hear Will at his present age, because there is no doubt he will be famous someday"! ~ Sherry Belisle

### Legal Advice Clinic for People Aged 60 and over Friday, August 22, 9:00am to noon; 12:30 to 1:30pm

Harvard Attorney, Jacob Speidel, will be available for free legal advice or referrals on a variety of legal problems, including wills, powers of attorney, landlord-tenant issues, Medicaid, Medicare, Social Security, SSI (or other public benefits), debt collection, consumer issues, guardianship, divorce, foreclosure, small claims, bankruptcy, and other civil legal matters.

Mr. Speidel is an attorney for the Senior Citizens Law Project of Vermont Legal Aid, which sponsors this valuable service.

Please note: Advice cannot be given on criminal cases or problems affecting someone other than you. Please call to sign up for your free 30 minute appointment.

## PROGRAMS

### **Bridgewater Woolen Mill - Artifacts, Photos and Discussion Wednesday, September 10, 1:00pm**

The Bridgewater Historical Society recently prepared an exhibit titled, "The Bridgewater Woolen Mill: The Fabric of a Community." The exhibit, which was recently displayed at the Vermont History Exposition in Tunbridge, Vermont, has received a lot of attention. Ernest Kendall attended the Expo because his father, Charles, designed textiles and managed products for the mill for several decades.



The mill, built around 1825, is one of the oldest buildings in Bridgewater. It was a cotton mill before it later became a woolen textile mill where uniforms and blankets were made for soldiers in World War I and World War II. It closed in 1973 due to floodwaters that destroyed the dye room.

Bridgewater Historical Society's President, Polly Timken, and Vice President, Jeannette Sawyer, will be on hand to share various artifacts and photos of the mill, including a large photo of the mill employees taken around 1942---with names attached. They, along with Ernest Kendall, will invite comments, questions, and stories.



### **Artists of Woodstock A Collaboration Between The Thompson Center and Artistree Fridays, September 5 - October 24, 2014 (8 weeks) 10:00am-Noon Instructors: Chris Orcutt-Henderson and Murray Ngoima**

*Do you remember enjoying the part of your school week reserved for "art class"? Have you wondered what it would be like to paint or draw again? Is there something you would like to try?* This is an invitation to discover the pleasure of making art that is your own, to enjoy the process and share the outcomes in the company of others at The Thompson Center. We will work with drawing materials, water-based paints and collage media (photographs, fabric, tile mosaic, handmade paper etc.). Handmade books and small cardboard or paper sculpture may be included along with options proposed by participants.

There are no prerequisites for this course. All prior experience is welcome. Encouragement, support and instruction will be provided in the use of tools, materials and media. Each class will start with a new idea that may be developed or may serve as a trigger for participants to continue in entirely different directions!

We will meet at The Thompson Senior Center for the first 8 week session. **We request advance registration. Students are asked to bring work aprons and all other materials will be provided. Cost: \$5.00 per class**

## CLASSES & PROGRAMS

Please call the Thompson Center to register for classes in advance, 457-3277

### **Strength & Fitness**

**Weekly classes, Monday, Tuesday & Thursday  
9 to 10:00AM**

This popular class is led by certified fitness instructor and personal trainer, Liz Hatfield. Liz incorporates aerobic, stretching, strength and weight bearing exercises. The benefits of these exercises include bone building, balance, and overall coordination.

Cost: \$3.00/class or 12 classes for \$30 on a punch card.

### **Kripalu Yoga**

**Thursdays, 1:00pm**

This gentle yoga class is for everyone---standers, sitters, experienced and inexperienced. Annie Frates will guide the class through a variety of yoga exercises that will help people gain flexibility, improve posture and spine health, develop strength, and increase breath awareness. **Cost: \$5.00 per class.**

### **BEGINNING ITALIAN CLASS**

**Thursdays, September 18 to October 30,  
1:15 to 2:30pm**

This class will focus on basic Italian through conversation, some grammar, and "hands-on" learning with word games, props, and exercises. The use of a textbook and/or other resources will be discussed as a group. The class will meet following lunch, where an ongoing group of Italian speakers enjoy lunch and relaxed Italian conversation at the "Italian Table". This class will meet for four sessions and then assess how to proceed from there. Instructor Veronica Delay has studied Italian for over 20 years, both in Italy and the United States, and has taught Italian in a variety of settings.

**Cost: \$70.00 (7 classes) Please register for this class in advance to ensure a minimum number of 4 students, (802) 457-3277.**

### **MONDAY SCHOOL COMING SOON**

*Monday School* is an adult education series focusing on global and local issues, as well as personal and spiritual development. Four classes will be offered this fall, two at the Norman Williams Public Library and two at the Thompson Center. **Please see our website for Monday evening classes beginning in September that will be hosted at The Thompson Center.** Contact info: [janeleewolfe@gmail.com](mailto:janeleewolfe@gmail.com)

### **Tai Chi and Qigong (New Class Combination)**

**Wednesdays, September 17 to October 22  
10:00 to 11:00am.**

Instructors Anne Bower and Jane Philpin are excited to offer a new approach to tai chi, with all students participating in one class. At times everybody will work together, at other times they'll divide into subgroups. Anne and Jane will continue focusing on the introductory Sun style, used in previous classes (using the short "tai chi for arthritis and fall prevention" format) but will incorporate a number of qigong exercises that encourage deep breathing, relaxation, and mindfulness. This is a great class for anyone who wants to improve balance and coordination and reduce stress. Both tai chi and qigong are low-impact exercises known to help with high blood pressure, diabetes, osteoporosis, and back pain---and both are really good for the brain too!

**Cost: \$30.00 (for six classes)**

**Note: Next session will be November 5<sup>th</sup> to December 10<sup>th</sup>.**

### **Bone Builders**

**Tuesdays and Thursdays, 2:15 - 3:15pm**

The Bone Builders exercise program, developed at Tufts University, addresses bone health for people of all ages. Women especially may have thinning of bones as early as age 40, but men are welcome in this class and will benefit as well.

Bone Builders classes, with instructor Althea Derstine, are ongoing on Tuesdays and Thursdays each week. Classes are free. **Minimum of six participants required. Please sign up in advance.**

## TRIPS, TRIPS, TRIPS

### *Kiss Me, Kate*

At New London Barn Playhouse

Friday, August 15, 2:00 performance (depart on Thompson Van at 12:30pm)

As Cole Porter's most successful musical and a true American masterpiece, *Kiss Me Kate* has been enchanting audiences for over 65 years. Enjoy the backstage/onstage antics of two feuding romantic couples during a touring production of *Taming of the Shrew*, and savor such irresistible classics as "Brush Up Your Shakespeare", "So In Love", and "Another Openin', Another Show".

Cost: \$30.00 (includes gas & ticket). Space is limited so please reserve your space with payment.

### King Arthur Flour Shopping Trip, Norwich, VT.

Wednesday, August 20, Depart on Thompson Center Van at 9:00 am

Shop in King Arthur Flour's newly expanded building and take advantage of their large inventory of baked goods and supplies, with an additional 10% discount on purchases of \$40 or more (excluding bakery items, appliances and books). We will have an opportunity to observe any bakery demonstrations going on that day, shop, and eat lunch at the café. You may also bring your own lunch and buy a "goodie" to top off a scrumptious day! Cost: \$5.00 gas donation. (Lunch is on your own) Please sign up in advance.

### Fall Foliage Cruise on Lake Winnepesaukee

Wednesday, October 8



Enjoy a narrated cruise aboard the M/S Mount Washington, a 230 foot steel superstructure that spans 4 levels and accommodates up to 1,200 passengers. The Mount Washington's history dates back to 1872, then known as the Steamship Mount Washington. Lake Winnepesaukee is New Hampshire's largest lake, covering 72 square miles of sparkling clean, spring fed water. The surrounding mountain ranges offer spectacular scenery, particularly during foliage season.

A deluxe buffet luncheon will be served during the two and a half hour cruise.

Depart the Thompson Center at 8:30am on a Premier Coach Bus. Arrive back in Woodstock at approximately 6:00pm. Cost: \$65.00 The deadline for signing up is September 23rd.

Cost: \$65.00 The deadline for signing up is September 23rd.

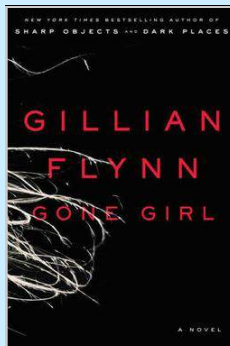
### BOOK GROUP

Wednesday, September 10, 1:00pm

(Note: The group will not meet in August)

In September the group will discuss the book, *Gone Girl*, by Gillian Flynn. Reading this best selling psychological thriller about a marriage gone bad is like driving a car---you will read fast, slower, and racing! The author gives you clues along the way that make you change your mind continually. Your assignment is to write your own ending. Beryl Spencer will lead the discussion. **You have all summer to read this novel.**

*The book group welcomes newcomers!*



## PROGRAMS

### Build a WRAP ~ Wellness Recovery Action Plan

Sponsored by Mt. Ascutney Hospital and Health Center at The Thompson Center  
Mondays, August 25 through October 6, (call for class time)

Who could use a WRAP? Got "burn out"? Anxiety? Anger? Abuse? Chronic pain? Depression? Mental health diagnosis? Substance abuse? Hopelessness?

A WRAP workshop involves ideas for a "wellness toolbox" & daily maintenance plan including identifying triggers, warning signs when things are breaking down, how to write action, crisis & post-crisis plans and building a support network. For questions and sign up contact Debbie at 802-674-7089 or cho@mahhc.org



### JOURNALING CLASS

Thursdays, September 11 to October 2,  
10:30am to 12:00pm

Sue Geno, a retired psychologist, has been journaling most of her life. She is excited to share her passion for this age old art form, which is on the decline in our busy world of emails and Internet. Sue will talk about different types of journals, share resources, and discuss how journaling can be fun, creative, and spiritually rewarding.

Whether you have kept a journal, always wanted to try, or are just plain curious about the process, this group will stimulate the writer in you. For the first class it is suggested that each participant bring a passage from a favorite published journal to share with the group. Also, please bring a journal or writing paper and a favorite pen. There is no charge for this class. Class size is limited to 10 participants. Please sign up in advance.

### How to Use Microsoft Windows to Organize Your Files and Information

Fridays, September 19 to October 10, 1:30 to 2:30pm

This series includes:

**Session 1:** Introduction to your **Windows** computer, including a short history of Microsoft, and a review of the Windows Operating System, Hardware and Software

**Session 2:** The C:\ Drive; Overview of how to organize your files, pictures and movies from the beginning, and keep them organized

**Session 3:** Computer lab---One-on-one instruction for organizing your files, documents, pictures and movies. **Please bring your laptop.**

**Session 4:** Review, Q & A session and more one-on-one practice (depending on class need)

Instructor Jürgen Ewert is a retired engineer who started his own business, "International Research and Consulting," that he runs from his home in Woodstock. **Cost: \$40.00. Please sign up for this class in advance to ensure a minimum of four students and a maximum of ten. Also, please bring your laptop to each session.**



# PROGRAM CALENDAR - AUGUST 2014

Mon	Tue	Wed	Thu	Fri
				1
<b>BINGO daily at 10:30 am except on birthday day and other special meal days.</b> Location: Dining Room on Mon. & Wed. Upstairs conf room on Tues, Thurs, Fri.		<b>* Indicates that Sign up/Reservations Required</b>		12 German Table
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
9 Strength & Fitness 10:15 Memoir Club <b>11:45 - 2 CCC Office Hours</b> 1 Bridge 1 Horseshoes <b>1 Advisory Meeting</b>	9 Strength & Fitness 10:00 Double King Pede 12 Spanish Table 1 Scrabble 2:15 Bone Builders	<b>9 W. Leb Shopping*</b> 10-12 Chair Massages* 10:30 Handwork Cir. 12 French Table	9 Strength & Fitness 10 Cribbage 10:30 Italian Class 12 Italian Table 1 Yoga* <b>1 Tick Talk</b> 2:15 Bone Builders	<b>9 - 2:30 Foot Clinic*</b> 12 German Table
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
<b>Pomfret Day*</b> 9 Strength & Fitness 10:15 Memoir Club 1 Bridge 1 Horseshoes	9 Strength & Fitness 10 Double King Pede 12 Spanish Table 1 Scrabble <b>1 Ice Cream Social and music with Sweet Country Band</b> 2:15 Bone Builders	10-12 Chair Massages* 10:30 Handwork Cir. <b>11:45 - 2 CCC Office Hours</b> 12 French Table <b>1 Low Back Pain Talk</b>	9 Strength & Fitness 10 Cribbage 10:30 Italian Class 12 Italian Table 1 Yoga* <b>1 Piano Recital</b> 2:15 Bone Builders	<b>9 Breakfast* (no lunch)</b>  <b>12:30 Departure for Kiss Me, Kate*</b>
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
<b>8:30 Newsletter Folding</b> 9 Strength & Fitness 10:15 Memoir Club 1 Bridge 1 Horseshoes	9 Strength & Fitness 10 Double King Pede 11:30 Commodities 12 Spanish Table 1 Scrabble 2:15 Bone Builders	<b>8 Board Meeting</b> <b>9 King Arthur Trip*</b> <b>9 W. Leb Shopping*</b> 9 - 2:30 Foot Clinic* 10:30 Handwork Cir. 12 French Table <b>12:30 Caregiver Group</b>	9 Strength & Fitness 10 Cribbage 10:30 Italian Class 12 Italian Table <b>12:30 Lucy Mac Pet visit</b> 1 Yoga* 2:15 Bone Builders	<b>9 - 1:30 Legal Clinic*</b> 12 German Table
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
9 Strength & Fitness 10:15 Memoir Club 1 Bridge 1 Horseshoes	9 Strength & Fitness 10 Double King Pede 10 - 12 Wellness Clinic 12 Spanish Table 1 Scrabble 2:15 Bone Builders	10-12 Chair Massages* 10:30 Handwork Cir. <b>11:45 - 2 CCC Office Hours</b> 12 French Table	<b>BIRTHDAY DAY*</b> 9 Strength & Fitness 10 Cribbage 10:30 Italian Class 12 Italian Table 1 Yoga* 2:15 Bone Builders	12 German Table

# MENU - AUGUST 2014

Mon	Tue	Wed	Thu	Fri
				1
<b>Meal Pricing:</b> ♦ \$ 7 charge for those under age sixty ♦ \$ 5 suggested donation for ages sixty and over	<b>Menu is subject to change based on availability of food items.</b>  <b>Please call ahead with special dietary needs.</b>	<b>* indicates that sign-up/reservations are required (Birthday Day &amp; special holiday meals)</b>		Fire Island Ziti (a little spicy, with broccoli, tomatoes, Italian sausage) Monterey Ranch Bread, Chef's Famous Chocolate Chip Cookies w/ Fruit
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
Tossed Salad, Supreme Pizza w/ peppers, onions, mushrooms, olives, pepperoni, Lemon Fool W/ Berries	Pan Seared Chicken breast, Creamy Cheddar Polenta, Spinach supreme (spinach, sour cream, parmesan and Monterey Jack Cheese) Chef's Choice Dessert	Salmon en Croute, w/ Spinach and Mushrooms, New Potatoes, Cucumber/Dill Salad, Frosted Banana Bars	Chef's Choice	BBQ Chicken legs, Potato Salad, Firecracker salad, Peanut Butter and Chocolate Sandwiches
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
<b>Pomfret Day*</b> Lemony Chicken with Spinach, Artichokes & Roasted Potatoes, Strawberry Cake	Spinach & Cheese Ravioli w/ Meat sauce, Garlic Bread, Broccoli & Cauliflower, Fresh Fruit Salad	Chicken Salad, Broccoli Salad, Tortellini Salad, Lettuce, Tomato, Coconut Macaroons w/ Pineapple	Meatball Hoagies, Sweet Potato Fries, Coleslaw, Cookie w/ Fruit	<b>Breakfast Day*</b> French Toast, Maple Sausage, Fruit and Yogurt (no lunch)
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
Tuna Melt, Tomato, Vegetable Barley Soup, Cup Cake	Tossed Salad Garden Vegetable Quiche, Roasted Sweet Potato fries, Black Raspberry Ice Cream w/ Berries	Chicken Tostadas w/ Lettuce tomato, black olives, cheese, Salsa and Sour Cream, Roasted Vegetable Medley, Chef's Choice Dessert	Stuffed Meatloaf w/ Spinach and Cheese, Mashed Potato, Gravy, Green Beans, Strawberry Sundae	Reubens, Beer Battered Onion Rings, Mediterranean Vegetable Salad, Sorbet w/ Fresh Berries
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
<b>Chef's Choice</b>	Tossed Salad, Chicken Parmesan over Multigrain Pasta, Garlic Bread, Vegetable Medley, Fresh Fruit Salad	Fish Florentine (spinach and cheese), herb roasted potatoes, Lime carrots, Warm Fruit Crisp	<b>Birthday Day*</b> Grilled Mojito Turkey Breast, Scallion Polenta Cake, Crunchy Avocado Salad, Roll, Cake & Ice Cream	<b>Grill Day</b> Hot Dogs & Burgers, Potato Salad, Cole Slaw, Strawberry Short Cake