



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



JULY 2014

Transportation Services

The Thompson Center operates a door-to-door transportation program for seniors and disabled community members from the towns of Barnard, Bridgewater, Pomfret, and Woodstock.

Did you know that the Thompson transportation program provides on average 295 rides each month? Here are some important details about our transportation opportunities:

2013 Rides Provided

Local Transportation: 3,127
 Medical Rides: 421

Additional volunteer rides and pleasure trips not included

Local transportation to and from your home to The Thompson Center and other local stops are provided Monday through Friday between 8:30am – 3:00pm. Please call the Center by 8:30AM to request rides for that day. Local stops in Woodstock at the grocery store, pharmacy, Health Center, etc. can be arranged with the driver. Suggested minimum donation: \$1 per ride (\$2 round trip)

Medical Rides to and from appointments to all Upper Valley providers can be arranged through the Thompson vehicles or with a volunteer driver. A minimum of 48 hours notice is requested for scheduling. When scheduling your appointments, please be aware that we try to arrange Lebanon/Dartmouth-Hitchcock trips on Tuesday/Thursday. Suggested minimum donation per medical appointment (round trip): \$10

West Lebanon Shopping Trips depart from the Thompson Center on the first and third Wednesday of each month at 9 am on the Stagecoach van (returning at approximately 12:15pm). Stops at various locations throughout W. Leb. can be arranged with the driver on the day of the trip. Please sign up at least 24 hours in advance. The Thompson funds these trips with Stagecoach so any donation is greatly appreciated.

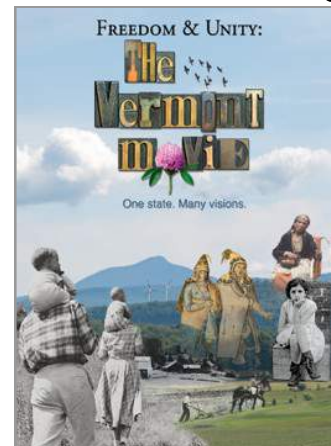
Please note: Although we give priority to seniors and disabled and those in our service area, we try to accommodate others on our routes whenever possible. Please contact our Outreach Manager, Paula Audsley, with any questions or to schedule a ride. 457-3277

Thank you to everyone who supports our operations (including transportation) through the Annual Appeal and in other ways. **The following Transportation Sponsors and Grantors provide support specifically for the transportation program:** (Sponsors) Dead River Company, Connected-At-Home, Ottauquechee Plumbing, Mark Knott, DDS, Woodstock Insurance Services, Upper Valley Rehabilitation, Lang McLaughry Real Estate's Tambrey Vutech, and Gateway Motors. (Grants): Glad Rags, The Ottauquechee Health Foundation, and Woodstock Rotary.



Thank you!

Dinner and Documentary Presentation: **Freedom & Unity: The Vermont Movie** July 9, 2014, 5:30pm dinner, movie & talk 6:15 - 8:00pm



Freedom & Unity: The Vermont Movie is the first-ever documentary series about Vermont. The six-part film is a collaboration of three dozen critically acclaimed Vermont filmmakers, led by award-winning filmmaker Nora Jacobson. Advisors for the film include well known historians, educators, curators, authors, artists, politicians, and activists. Since declaring its own independence in 1777, Vermont has been a beacon, a haven, a refuge, an idea, a symbol, a state shaped by independent and courageous decision-makers, thinkers, political leaders, workers, artists, immigrants and innovators. It is the first state to outlaw slavery, to allow same sex civil unions, to call for the impeachment of President Nixon, and to protect the environment with Act 250. This is the state in which conservatives and liberals are not only neighbors---they frequently depend on each other for survival. *In Freedom and Unity: The Vermont Movie*, filmmakers and historians set out to understand Vermont's iconoclastic spirit: where it comes from, how it shapes our present, and how it lays the groundwork for the future. The film, a collaboration of many artists and professionals, offers a new and interesting portrayal of the state of Vermont from the 1600's to today. More information on the filmmakers and advisors can be found on the website: www.thevermontmovie.com.

Award winning Filmmaker and Project Initiator, Nora Jacobson, and Producer/ Historian Dorothy Tod, will introduce Part I of the film and be on hand to answer questions.

Localvore Menu: Arugula Salad, Pan Seared Misty Knoll Chicken Breast w/Herb Jus, Potato-Vegetable Hash, Roll, Strawberries Romanov. **RSVP & advance payment required. Cost: \$20, BYOB**

The Thompson Center

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

CENTER HOURS

8 AM-3 PM, Monday-Friday

STAFF

Deanna Jones, Executive Director,
djones@thompsonseniorcenter.org
Paula Audsley, Outreach Manager,
pauudsley@thompsonseniorcenter.org
Diana Leskovar, Program Director,
dleskovar@thompsonseniorcenter.org
Pam Butler, Asst. Program Director,
pbutler@thompsonseniorcenter.org
Ryan Martin, Chef,
rmartin@thompsonseniorcenter.org
Siobhan Wright, Kitchen Asst.,
Gordon Worth, Van driver
Jim Emery, Van driver & maintenance
Nelson Gilman, 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

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Pam Jaynes—*Vice President*
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Barbara Kelley
Sally Kesseli
Holly Levison
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John Moore
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Corwin Sharp
Tom Weschler

BEHIND THE SCENES

ADVISORY MEETING HIGHLIGHTS

- Lobster trip definitely at Warrens
- Dinner rolls requested on Birthday Day
- King Arthur trip requested and will be planned
- Promptness urged for all events, including Bingo
- Problem of slippery front steps being addressed

Please join our next meeting on Monday, July 7, at 1pm.

We URGE all participants (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.

THOMPSON DAY TRIP POLICY

To make your reservation, send or deliver payment for the trip.
Contact Diana or Pam at 457-3277 with questions.

- ◆ Reservations are taken on a **first paid basis**. **Your name will be entered on the trip sign-up sheet once we receive your payment (Note: we can no longer sign you up without a payment, due to the risk of last minute cancellations, empty seats, etc).** Checks will be deposited 30 days prior to trip date.
- ◆ If you cancel for any reason, payment cannot be returned unless we fill your spot from a waiting list. This is due to non-refundable fees charged to us by the bus company &/or destination.
- ◆ All are welcome to go on trips, but anyone needing extended assistance must bring a caregiver or companion.
- ◆ Please note the deadline for individual trip sign-ups. If we do not have the required number of people to cover our costs we will need to cancel the trip before losing our deposit(s).

WISH LIST

In an effort to make our conference room more user friendly for a variety of groups and presenters, we are looking for a 3-4 tier dumbbell rack for the weights that we have been storing on the floor. If you have one you would like to donate, or if you could lead us to a used one for sale, we would be most grateful.

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 APPRECIATION

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Jessica Burrell - garden plants
Gladys Deatte - antique card table
Phyllis Bulmer - lampshade frames
Dick & Bonnie Atwood - rhubarb
Floyd & Marjorie VanAlstyne - asparagus
Mavis Shaw - lettuce
Paula Audsley - flowers
Norm Boyton - flowers
Janet Maxham - flowers
Christa Blanchard - flowers
Jackson House Inn - flowers
Mary Sharp - candy
The Homestead - use of their van!

All of the **pot-luck cooks and bakers** on staff appreciation day!

ONGOING DONATIONS:

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

Memorial Note: *Please see previous/future newsletters for other memorial gifts. Gifts are listed once in the monthly newsletter immediately following when they are received; this is not a complete listing of gifts for each individual. Thank you for your contributions in memory of dear friends.*

JULY BIRTHDAYS

1st	Rebecca Talcott	13th	Ginny Taylor	24th	Robert MacFadden
1st	John Gravel	14th	Gerry Fields	25th	Jay Richardson
2nd	Barbara Kelley	14th	Lysle Chase	25th	Claire Dibble
3rd	Neil Jillson	14th	Nancy Schullinger	25th	Lloyd Osmer
5th	Dot Lord	16th	Priscilla Pannell	25th	Bea Gyra
5th	Gordon Worth	18th	Airell Jenks	26th	Sally Kesseli
6th	Helga Cognato	19th	Edwin English	26th	Dwain Manning
7th	Carol Rauscher	20th	Ralph Lessard	26th	Marilyn Wilhelm
9th	Fran Gillett	20th	Joanne Hershey	27th	Jackie Durkee
10th	Ann McKelvie	21st	Joseph Herrick	28th	Tom Watson
11th	Lene Bennett	21st	David Sleeper	29th	Carol Jones
12th	Floyd Holt	22nd	Fern Kruse	30th	Eric Johnston
13th	Bob Griggs	22nd	Holly Levison	30th	Nancy Pike
11th	Joan Lang	23rd	Margaret Wieche	31st	Pam Butler
				31st	Carl Hurd

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



IN MEMORY OF



JUDGE FRANKLIN S. BILLINGS

Mimi Baird
Jean Mallary
Peter Goulazian
Salvatore and Barbara Iannuzzi

PAUL LENETT

Corwin Sharp & Priscilla Pannell
Peter Goulazian
Mathew & Janet Wilson

JACK DIX

Bert & Charlotte Croft
Barbara Kelley

JANET BLOOD

Wendy Cole
Laurence Roberts
Nancy Blood
Emile & Ruth Grondin

DAVID CLEVELAND

Jerry & Joan Oppenheimer



WELLNESS PROGRAMS

Wellness Clinic & Blood Pressure Screenings Tuesday, July 22, 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 4th Tuesday of each month from 10-noon.

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

Heart to Heart Friday, July 11, 1:00pm

July's topic is **Shopping: then and now**. Come talk about how you did your shopping years ago, what the stores were like, and how that's changed. All are welcome! We'll meet at 1:00pm in the living room.

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

CAREGIVER SUPPORT GROUP Wednesday, July 16, 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



North Country Chordsmen Perform at The Thompson Thursday, July 10, 1:00pm

The North Country Chordsmen is an award winning a cappella men's chorus singing in the barbershop tradition. In its 30 plus year history the chorus has entertained audiences throughout New England, New York, Quebec, the Maritimes and Ireland. Their music is a blend of tunes from the early 19th century to present day. Please join us in welcoming this renowned group of talented voices.

Fall Risk and Footwear, presented by James Bannister Tuesday, July 15, 1:00pm

As we get older our risk for falling increases, but there are simple things you can do to reduce your risk of falling and getting hurt. Some strategies include turning on a light when you get up during the night, keep walkways clear, have your eyes checked regularly, get regular exercise, AND choose appropriate footwear. A lot of what we've been told about selecting the "right" footwear, is **wrong**. Come learn what shoes (if any) are appropriate for various situations and how this has a big impact on your safety.



James has worked as a physical therapist for over 20 years in direct patient care, and as a manager and director for home care agencies in Massachusetts, New Hampshire and Vermont. Over the course of his career he has developed expertise in evaluating fall risk and applying proven methods to minimize fall risk for seniors. James is now the Owner/Director of Active Balance Rehab—a Certified In-Home Therapy Provider, based in Bethel, Vermont.



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.

Are you getting The Thompson e-newsletter weekly?

Sign up for the eNewsletter by emailing: djones@thompsonseniorcenter.org or by calling (802) 457-3277.

UPCOMING TOWN DAYS!

Residents of surrounding towns are invited for lunch at The Thompson for the reduced rate of **\$2.00** on the following Mondays:

Bridgewater ~ Monday, July 14th
Pomfret ~ Monday, August 11th
Reading ~ Monday, September 8th
Woodstock ~ Monday, October 6th

Bring a neighbor to introduce them to the Center!

PROGRAMS

Dinner and a Movie Returns with *Philomena!* Tuesday, July 29 5:30 dinner followed by 6:30 movie

After dinner, we'll move to the living room to watch *Philomena*, a 2013 drama film, based on the book *The Lost Child of Philomena Lee* by journalist Martin Sixsmith. Starring Judi Dench and Steve Coogan, it tells the true story of Philomena Lee's 50-year-long search for her son. Rex Reed of The New York Observer gave the film a glowing review and named it the Best Film of 2013 saying: "It's profoundly moving and thoroughly mind provoking, but despite the poignant subject matter, I promise you will not leave *Philomena* depressed. I've seen it twice and felt exhilarated, informed, enriched, absorbed and optimistic both times." Cost: \$5.00



Thank you to all of the pot-luck cooks, bakers, and donaters for staff appreciation day. What wonderful food and fun!

Thank you, Gladys Deatte, for the donation of her lovely antique card table that she had re-finished for us (shown here).



July Birthday Day Music ~ Thursday, July 24, 1:00pm

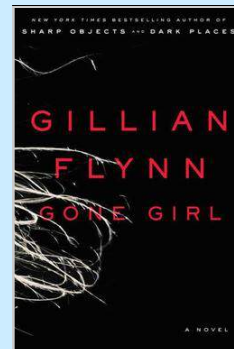
The popular Mill Band returns on Birthday day! Join us after lunch for the classic country, folk, and gospel sounds of The Mill Band!

BOOK GROUP Wednesday, September 10, 1:00pm

(Note: The group will not meet in July & 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!



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.**

MEMOIR Group Ongoing, Mondays, 10:15 AM - Noon

In this informal group, we encourage one another as we record stories that may otherwise be lost or forgotten. Each person has an opportunity to read aloud one to two pages each week often triggering group memories and lively discussion.



Individualized iPad Instruction

Do you need one-on-one instruction on the use of an iPad? If so, please call Diana or Pam for details and to schedule your private consultation at the Thompson Center. 457-3277. Bring your iPad to the appointment.

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 5th to December 10th.

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

Warren's Lobster House Trip Tuesday, July 22, 2014

Depart from the Thompson Center on Premier Coach at 9:00am for a day trip to Maine for Lobster! Warren's Lobster House has become a New England tradition, celebrating 74 years of fine food and service and the sea-coasts finest salad bar, with over 60 selections. Its waterfront location presents a picturesque setting overlooking the Piscataqua River. Lunch will include an entrée from the popular "Captain's Menu"---with a choice of: Crab Crusted Salmon, Top Sirloin Steak, 1 1/2 lb. Lobster, Baked Stuffed Lobster Tails, Grilled Chicken with Memphis BBQ, or Haddock Cape Anne, along with the salad bar, dessert, and beverage choice. We will enjoy an opportunity to stretch and stroll around Warren's outside deck, browse the Captain's gift shop, or walk a short distance over the newly constructed bridge (with scenic overlooks) connecting Kittery, Maine with Portsmouth, New Hampshire---before traveling back to Woodstock, VT. Our estimated arrival time at the Center will be approximately 5:00pm. Please call to reserve your space on this trip **(followed by prompt payment)** and mention your menu selection. **The deadline for signing up is July 7th. Cost: \$80.00 Note: We must have a minimum of 35 paid reservations by July 7, or the trip will be cancelled.**

Kiss Me, Kate At New London Barn Playhouse

Friday, August 15, 2014, 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, 2014

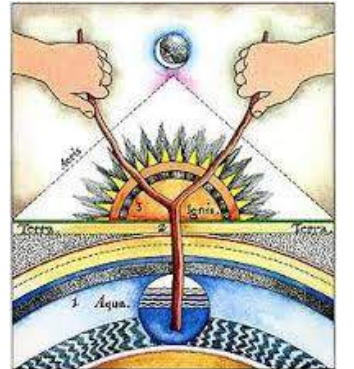


Enjoy a narrated cruise aboard the M/S Mount Washington, a 230 foot steel superstructure that spans 4 levels and accommodates up to 1,200 passengers. The Mount Washington's history dates back to 1872, then known as the Steamship Mount Washington. Lake Winnepesaukee is New Hampshire's largest lake, covering 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.**

PROGRAMS

The Ancient Practice of Dowsing, presented by Jerry Burt Thursday, July 17, 1:00pm

Dowsing, as practiced today, may have originated in Germany during the early 15th century. Dowsing has been used to locate ground water, buried metals or ores, gemstones, oil, gravesites, and many other objects and materials. Skeptics claim the practice is superstitious has no scientific explanation or credibility. Mystics have even used this ancient practice to search for answers to unsolved questions. Whether you believe it, or not, the tradition continues and the dowsing tools used today resemble the devices used centuries ago.



Jerry Burt has been dowsing for over 30 years. He regularly attends Dowsing Conventions (yes, there *is* such a thing) and uses the practice in many realms of his life. **Note: This program may not appeal to the scientifically minded.**

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 the 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 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.

New Bulletin Board - Share Your Photos With Us!

One of our patrons had a terrific idea for one of our lobby bulletin boards.... a grandchild brag book, but on our wall! All you have to do is bring in a photo of your grandchild, or grandchildren, with a name on the back, and we will post them on our board. What better way to share your photos with us? Thank you to Joy Curduff for suggesting this fun idea! Photos can be dropped off in a marked envelope on console table in Pam and Diana's office. (We'll share the photos for a month or so)



PROGRAM CALENDAR - JULY 2014

Mon	Tue	Wed	Thu	Fri
	1	2	3	4
BINGO daily at 10:30 am except on birthday day and other special meal days. Location: Dining Room on Mon. & Wed. Upstairs conf room on Tues, Thurs, Fri.	9 Strength & Fitness 10:00 Double King Pede 12 Spanish Table 1 Scrabble 2:15 Bone Builders	9 W. Leb Shopping* 10-12 Chair Massages* 10:30 Handwork Cir. 11:30 - 2 CCC Office Hours 12 French Table	9 Strength & Fitness 10 Cribbage 10:30 Italian Class 12 Italian Table 1 Yoga* 2:15 Bone Builders	CLOSED
7	8	9	10	11
9 Strength & Fitness 10:15 Memoir Club 1 Bridge 1 Horseshoes 1 Advisory Meeting	9 Strength & Fitness 10:00 Double King Pede 12 Spanish Table 1 Scrabble 2:15 Bone Builders	Late opening for Dinner program 5:30 dinner & Vermont Movie presentation	9 Strength & Fitness 10 Cribbage 10:30 Italian Class 12 Italian Table 1 Yoga* 1 North Country Chordsman 2:15 Bone Builders	9 - 2:30 Foot Clinic* 12 German Table 1 Heart to Heart
14	15	16	17	18
Bridgewater Day 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 1 Foot wear and Falls prevention 2:15 Bone Builders	8 Board Meeting 9 W. Leb Shopping* 9 - 2:30 Foot Clinic* 10:30 Handwork Cir. 12 French Table 12:30 Caregiver Group	9 Strength & Fitness 10 Cribbage 10:30 Italian Class 12 Italian Table 12:30 Lucy Mac Pet visit 1 Yoga* 1 Dowsing Program 2:15 Bone Builders	12 German Table
21	22	23	24	25
8:30 Newsletter Folding 9 Strength & Fitness 10:15 Memoir Club 1 Bridge 1 Horseshoes	9:00 Warren's Lobster Trip departure* 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. 12 French Table	BIRTHDAY DAY* 9 Strength & Fitness 10 Cribbage 10:30 Italian Class 12 Italian Table 1 Yoga* 1 Music with the Mill Band 2:15 Bone Builders	11:30 - 2 CCC Office Hours 12 German Table
28	29	30	31	
9 Strength & Fitness 10:15 Memoir Club 1 Bridge 1 Horseshoes	9 Strength & Fitness 10 Double King Pede 12 Spanish Table 1 Scrabble 2:15 Bone Builders 5:30 Dinner and Movie night	10-12 Chair Massages* 10:30 Handwork Cir. 11:30 - 2 CCC Office Hours 12 French Table		* Indicates that Sign up/Reservations Required

MENU - JULY 2014

Mon	Tue	Wed	Thu	Fri
	1	2	3	4
Meal Pricing: ♦ \$7 charge for those under age sixty ♦ \$5 suggested donation for ages sixty and over	Shepherd's Pie, Vegetable Medley, Fresh Fruit Salad	Sweet and sour Chicken, Vegetable Stir fry, Rice, Coconut Macaroons w/ pineapple	Grilled Sweet Italian Sausage on Bun w/ Peppers and Onions, Macaroni Salad, Spinach Strawberry Salad, ice cream cone	Independence Day Closed
7	8	9	10	11
New England Clam Chowder, Corn Bread, Tossed Salad, Streusel Peach Pie	Salisbury Steak, Mashed Potato, Gravy, Warm Grilled Vegetable Salad, Strawberry Rhubarb Pie	Local Vore Dinner* (No Lunch Served) Locally Grown Arugula Salad w/ Olives, Feta & Dill, Pan Seared Misty Knoll Chicken Breast w/ Herb Jus & Potato-Vegetable Hash, Roll, Strawberries Romanov	Broccoli Salad, Turkey Waldorf Salad, Lettuce, Tomato, Cucumber, Cottage Cheese, Rum Raisin Rice Pudding Cream	Chef's Choice
14	15	16	17	18
Bridgewater Day* Crunchy Chicken Tacos, Red Beans & Rice, Roasted Vegetables, Fruit Cobbler w/ Vanilla Ice Cream	Tossed Salad, Spaghetti & meatballs, Garlic bread, Fresh Fruit salad	Bastille Day lunch* Coq Au Vin, Parsley Potatoes, Green Beans, Mesclun Greens w/ vinaigrette, Creme Brulee Tartlet w/ berries	Chef Salad w/ Lettuce, Tomato, Ham, Turkey, Cheese, Hard Boiled Egg, Carrot, Peach Tapioca	Asian Pork Burgers on a Multigrain Round w/ sweet and sour bbq sauce, Lettuce, Roasted Steak Fries, Asian Slaw, Lemon Fool
21	22	23	24	25
Reubens, onion rings, Mediterranean vegetable salad, fruit mousse tart	Pan Seared Chicken breast, Creamy Cheddar Polenta, Spinach supreme (spinach, sour cream, parmesan and Monterey Jack Cheese) Chef's Choice Dessert	Vegetable Lasagna, Tossed Salad, Garlic Bread, Lemon Sorbet w/ Fresh Berries	Birthday Day* Grilled Baja style Pork Loin, Spicy Sweet Potato Salad, Braised Greens, Cake & Ice Cream	Salmon en Croute, w/ Spinach and Mushrooms, New Potatoes, Cucumber/ Dill Salad, Coconut Cream Pie
28	29	30	31	
Chef's Choice	Quiche w/ Smoked Turkey & Broccoli, Roasted Potatoes, Roasted Vegetable Medley, Lemon Ricotta Cheesecake squares	Chicken pot pie w/ Puff Pastry, Tossed Salad, Strawberry Shortcake	Summer Stuffed Peppers w/ Beef, Brown Rice, Vegetables, Tossed Salad, Chef's Famous Chocolate Chip Cookies w/ Fresh Fruit	* indicates that sign-up/reservations are required (Birthday Day & special holiday meals) Please call ahead with special dietary needs.