



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 2012



# Finding Our Families

Genealogy comes to The Thompson! Are you a fan of NBC’s Who Do You Think You Are? or PBS’s Faces of America? Have you made a start on constructing your own family tree, but you’re not really sure where to go next or if you’re “doing it right”? This series of three workshops, led by professional genealogist, Denise Picard Lindgren, will enable you to confidently reconstruct your family history, using both tried-and-true and state-of-the-art methods. Each two-hour workshop will include a presentation, as well as time for questions, and will be tailored to the needs of individual participants. \$60 for all three workshops and accompanying workbook.

## Free Introductory Session, September 6, 1:00–1:45 pm

For those who are interested in our new genealogical workshop series but are not sure if it is right for them. Come meet Denise and hear an overview of topics to be covered. There will be some fun group exercises, plus individual “quizzes” to challenge—and add to—your genealogical knowledge. **Bonus:** a short introduction to online genealogy, “Beyond Ancestry.com.”

## Session 1: September 20<sup>th</sup>, 1:00 - 3:00 pm. “Look it Up.”

Genealogical records of all types are the basis of any family history. What are these records? (Hint: they go beyond birth, marriage, and death certificates.) Where and how do you find these records? What is available online—and what is not? You will learn the importance of using a research log and of documenting records as you collect them—as well as the importance of documenting the records you do NOT find. We will work largely with records found in the United States, but these basic research methods will benefit anyone who is interested in “doing family history.” If you have a laptop, please bring it with you.

## Session 2: October 18<sup>th</sup>, 1:00 - 3:00 pm. “Sort It Out.”

Probably the most common mistake made by genealogists is with the question of identity. The Internet is replete with family trees that are populated with persons of the right name (perhaps) but the wrong identity. This workshop will help you use professional methods of analysis to steer clear of errors in identity—both egregious AND subtle. Don’t unwittingly trace ancestors that are not yours!

## Session 3: November 15<sup>th</sup>, 1:00 - 3:00 pm “Write It Down.”

Learn about the most popular software to record your genealogical research in a way that will stand the test of time for future generations. Building on the work done in the previous two workshops, you’ll learn how to record your genealogical research in a way that will be useful to family genealogists who come after you, so that they can build on your work rather than repeat it. This is NOT a how-to on word-processing software, but rather a discussion of what information is crucial for you to get down on paper in order for your work to endure—whether you use a computer, a typewriter, or pen and paper. This information is indispensable for ANY genealogist, whether or not you intend to write a formal family history.

**Please sign up for this series in advance by calling 457-3277.**  
**A minimum of six participants is required. Cost: \$60**



Denise Picard Lindgren

## Everyone’s Got One: A Discussion on the Colon and How to Keep it Healthy

Presented at The Thompson Center by Dr. Ovleto Ciccarelli  
Thursday, August 30, 1-2PM

Gifford Medical Center general surgeon Dr. Ovleto Ciccarelli will discuss colon and rectal health and common colorectal health issues. His discussion will further include how colonoscopies can prevent colon cancer from developing, diverticulitis and its complications, and routine anorectal topics, such as anal fissures and hemorrhoids. “The colon and rectum can cause numerous problems that may drastically affect one’s quality of life. Yet people are reluctant to talk about problems with their colon or their rectum,” Dr. Ciccarelli says. “But this is one area of medicine where we can actually prevent disease, extend lives and improve quality of life.” A compassionate, highly-respected caregiver who promises to infuse plenty of humor into the talk, Dr. Ciccarelli has been a general surgeon for more than 20 years. He has provided surgical care and colonoscopies at Gifford in Randolph since 2007 and serves as both medical director of the Surgery Division and chief of surgery.

### IN THIS ISSUE

Contact information	2
Behind the Scenes/ Advisory notes	2
Programs & Events	4, 5
Calendars	6, 7
Trips <i>New Fall Trip!</i>	8
Classes	9
Ongoing Programs	10
In Memory/ In Appreciation/ Birthdays	11

The Thompson Center

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99 Senior Lane  
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Phone: 802-457-3277  
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CENTER HOURS

8 AM-3 PM, Monday-Friday

STAFF

**Deanna Jones**, Executive Director,  
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**Paula Audsley**, Outreach Manager,  
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**Siobhan Wright**, Kitchen Asst.,  
**Nelson Gilman**, Medical driver  
**Morris Stickney**, Maintenance  
**Gordon Worth**, Van driver  
**Jim Emery**, Van driver & maintenance

**Eleanor Zue**, Senior Solutions, Senior Advocate,  
EZue@seniorsolutionsvt.org  
(Tues., Thurs. at the Thompson)  
**SENIOR HELPLINE:** 800-642-5119

Community Care Coordinators -  
**Lonnie Larrow, RN, & Katrin Tchana, MSW**,  
Ottawaquechee Health Center, 457-3030

BOARD OF DIRECTORS

Cindy Carroll—*President*  
Pam Jaynes—*Vice President*  
John Moore—*Treasurer*  
Gerald Fredrickson—*Secretary*  
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Reinhart Jeck  
Patsy Mathews  
Joan Oppenheimer  
Lynn Peterson, M.D.  
Sarah Roberts  
Joseph Sheperd  
Eldon Thompson

BEHIND THE SCENES

A note from the desk of  
Deanna Jones, Executive Director

We wish a fond farewell to board member, Peter Goulazian. Peter and wife, Mary, are moving to MA in August. Peter has been a dedicated board member since 2009. Although Peter has contributed to The Thompson Center in many ways over the years, he filled the critical role of chair for the Executive Director search committee. He also helped to initiate a strategic planning committee and was instrumental in procuring the KIA and transportation sponsors. Peter, you’ve made an enormous impact here, and we’ll forever be grateful! You will be missed!

Hoping you are all enjoying this lovely summer. It feels like we’re making the most of it with so many wonderful group trips, beautiful garden tours, and BBQs. If you haven’t already, please join us for some fun!

Please contact me at 457-3277 or tsc-execdiretor@comcast.net if you have any questions or suggestions. ~ Deanna

ADVISORY MEETING HIGHLIGHTS

- Trip brainstorming related to overnight trips, fall & winter destinations.
- Staff CPR and AED machine training on July 9th.
- Substitute volunteers needed for front desk, wait staff, and Meals on Wheels drivers.
- News about local Aging in Community efforts.
- Community Care Coordinator update.
- Community Yard Sale idea discussed.

**Special thanks expressed to:**  
All those who participated in the staff appreciation potluck!

**Please join our next meeting on Monday, August 6th at 1pm.**  
**Your input is needed and appreciated!!**

TOWN DAYS CONTINUE!

Residents of surrounding towns are invited for lunch at The Thompson for the reduced rate of **\$2.00** on the following Mondays. Bring your friends!

<b>Pomfret</b>	<b>August 13</b>
<b>Reading</b>	<b>September 10</b>
<b>Woodstock</b>	<b>October 1</b>

IMPORTANT INFORMATION

MEDICAL EQUIPMENT

**Currently available at the Center:** Canes, walkers, shower chairs, crutches, and wheelchairs - **FREE Available:** Stair Chair glider, call for details  
**Looking for:** Lift chair - electronic recliner style  
Contact Deanna with questions at 457-3277.

DAY TRIP POLICY

- ♦ To make your reservation, contact Diana or Pam at 457-3277 .
- ♦ Reservations are taken on a first paid basis and are not considered confirmed until full payment has been received. 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.

THOMPSON  
TRANSPORTATION PROGRAM

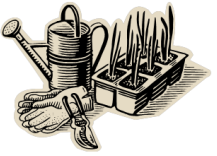
**Medical Rides** - \$10 suggested donation per out-of-town trip. A minimum of 48 hours noticed is requested for scheduling.

**Local transportation** to and from The Thompson and Woodstock stops - suggested donation of \$1 per ride (\$2 round trip if you get a ride both ways). Please call the Center by 8:30AM to request rides for that day. 457-3277

IN APPRECIATION

Daily *Valley News* subscription - Woodstock Pharmacy  
Birthday Cakes - Diane Atwood, Jane Soule, Carol Towne  
Monthly book club selection - Yankee Bookshop  
*One Story* subscription - Boyd Bishop  
Vegetable Gardens - Noreen Huff  
Yarn - Clover Durfee  
Salmon - Joyce & Carl Hurd  
Therapeutic boot - Sandy Hatton

**SHARE THE HARVEST**  
**Lettuce & Salad Greens** -  
Carl Kessli, Lynn Peterson,  
Jim Emery, Bob Forman



**KIA SOUL**  
**Transportation Sponsors:**  
Upper Valley Rehabilitation  
Dead River  
Ellaway’s Attic Consignment  
Ottawaquechee Plumbing  
People’s United Bank  
Woodstock Insurance Services  
Lang McLaughry Spera Real Estate’s Tambrey Vutech



THANK YOU ALL!

FUEL ASSISTANCE  
INFORMATION

For assistance with applications or more information, please call Eleanor Zue at the Center, on Tuesday and Thursday 457-3277. or call Senior Solutions (formerly the Council on Aging) Senior Helpline at 1-800-642-5119.

AUGUST BIRTHDAYS

1st Betty Morgan	6th Diane Blanchard	23rd Diana Hayes
2nd Linda Maxham	17th Lillian deGiacomo	23rd Kathy Wendling
2nd Nedra Gramling	18th Mary Mercure	27th Carol Scott
2nd Allan Atwood	22nd Lucille Staples	27th Catherine Adams
3rd Bonnie Atwood	22nd Lucille McCarthy	28th Emily Carlson
6th Sam Grice	23rd Priscilla Sands	31st Cal Callaham
7th Joyce Gilman		

**On August 23rd we will celebrate your special day! Music with the Buswells to follow birthday lunch! Please join us!**





# ONGOING PROGRAMS

## CAREGIVER SUPPORT GROUP

Wednesday, August 15th

(Ongoing, on the third Wednesday of each month, 12:30 - 1:30 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) and share ideas, concerns, and constructive feedback with others facing similar challenges.

## JOIN OUR MEMOIR CLUB

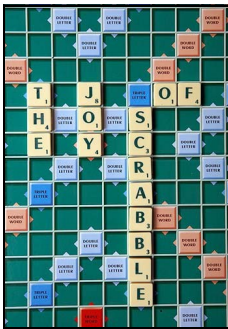
Ongoing, Mondays, 10:15 AM - Noon

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. No pressure... reading is optional! Participants' goals may be to compile written memories in a book to be passed down, or to gather miscellaneous written memories as they come to mind. This group is fun and supportive -- come join us!

## SCRABBLE CLUB

Ongoing, Mondays, 1 PM

This newly formed group wants to have fun while keeping their brains active and challenged. The National Scrabble Association "cheat sheets" and playing boards are available. Let's play - the more the merrier!



## BOOK CLUB

The book club is on "summer break" until September. Enjoy the books you choose and recommend your favorites to Sherry Belisle 457-1919.



A special thank you to the Yankee Bookshop for donating a copy of each month's book to The Thompson Center and to Sherry Belisle for facilitating the Book Club!



## HANDWORK CIRCLE

Need moral support starting or finishing a project? Join our handwork circle on

Wednesdays at 10:30 AM for tips, advice, coffee, and a few laughs.

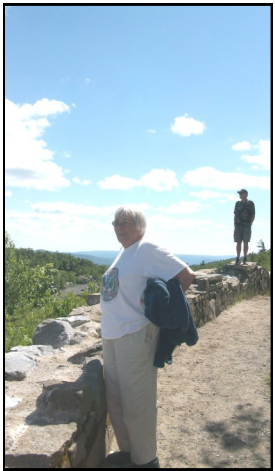
TALK AND LISTEN with Linda Grant will return in September after a summer break.

## Happy Feet! with Mary Wood

Monthly, 9 am - 2:30 pm  
on the 2nd Friday & 3rd Wednesday

Mary Wood, our wonderful retired RN runs the foot clinic. Call 457-3277 to schedule a half hour appointment with Mary between 9 - 2:30 pm on the 2nd Friday or the 3rd Wednesday of each month (see the calendar for dates). Your feet will thank you! No foot clinic August 10th. Cost: \$15

# NEWS



Pictures from Lake George trip: (Left to right) 1. Floyd and Marjorie VanAlstyne aboard the Lac du Saint Sacrement, 2. Thelma Jillson, Ethel Cone, Carl Hurd, & Rick Kuniholm, 3. Sally Foss at the look-out on Prospect mountain

## Musical Summer Continues

### Transportation to Local Musical Events:

South Royalton Town Band Concerts, Thursdays at 7:30 - 9:00 PM on the South Royalton Village Green, conducted by Dick Ellis.

The Thompson Van will provide transportation for the following *Evening Out* trip to South Royalton:

Thursday, August 16

Sign-up in advance required. The Thompson van will leave The Thompson Center at 6:30 pm for the 7:30 pm concert. Cost: \$5

### Brown Bag Concerts, Thursdays at Noon on The Woodstock Village Green

For a full listing of the details for each of the weekly Brown Bag concerts, please see the Pentangle website. [www.pentanglearts.org](http://www.pentanglearts.org) or call 457-3981

The Thompson van will provide transportation to the following Brown Bag Concerts:

Thursday, August 2 - Island Time Steel Band (Big Steel Drum band).

Thursday, August 9 - Rick Klein & Peter Macfarlane from Atlantic Crossing (Contra-Dance/Celtic roots)

Thursday, August 30 - Gerry Grimo & The East Bay Jazz Ensemble (Classic Big Band, Motown, R & B).

For the Brown Bag Concerts listed above The Thompson van departs at 11:30AM for the 12PM concert. Box lunches may be purchased through The Thompson Center. Sign up in advance required.

### At The Thompson:

Wednesday, August 1 and 8, 1:00PM - Talented musician, Jonathan, plays piano in the living room.

Thursday, August 23, 1:00PM - Brent and Crista Buswell join us to perform our favorite tunes for the monthly birthday celebration.

# PROGRAMS

## MARY TODD LINCOLN TALK, by C.J. King Tuesday, August 7, 1 PM

C.J. King became interested in the Lincoln women when she learned she was related to them through the Harlan family. She wrote her master’s thesis on the subject and then expanded on the material to write her book, *Four Marys and a Jessie: The Story of the Lincoln Women*. Dr. Harold Holzer, the author or editor of 23 books about Abraham Lincoln, wrote the book’s introduction. He observed, “The Lincoln women have been woefully ignored by most historians, and deserve their day in the sun. At long last C.J. King has filled in many blanks with a history of the Lincoln—and Todd—and Harlan women across two centuries. C.J. King has been a professional writer and editor for more than 30 years.



### Dinner & a Movie

Featuring... *The Iron Lady*

Monday, August 20

5:30PM dinner followed by movie at 6:30PM

Cost: \$5.00, Please call to reserve your seat

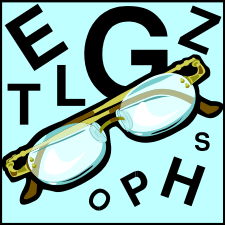
Meryl Streep provides a subtle and nuanced portrait of Margaret Thatcher, the first female prime minister of Britain, whose political career and determination changed the rules that had limited women's opportunities for leadership.

## Author Reading—*God’s Waiting Room*, by Helen M. Lambert Tuesday, August 21<sup>st</sup>, 1:00PM

Author, Helen Lambert, will discuss her first novel, *God’s Waiting Room*. It is a story of the “golden” age of seniors, as seen through the eyes of a precocious seven-year old girl. The young girl, Davi, encounters many older residents in her grandparent’s condominium complex and her humor and innocence charm even the most disheartened among them. Her loving and open-minded approach rubs off on those around her. Helen will bring copies of her book to sell and sign.

## VISION SCREENINGS

Friday, August 10  
8:30AM – 3PM



Dr. Dean Barcelow of EyeCare for You in Bethel, VT will be performing vision screenings at the Thompson Center on Friday, August 10. Vision Screenings will include visual acuity (how well you see), an anterior segment evaluation (a look at the front of your eye), and a posterior segment evaluation (a look at the back of your eye). Vision screenings are not meant to take the place of regular eye care and each individual is encouraged to keep regular appointments with their primary eye care provider. Please come prepared with any eye questions you may have as Dr. Barcelow has set aside some time at each 30 minute appointment to answer them. This is being offered as a free service.

Dr. Dean Barcelow grew up in South Royalton, VT and is a graduate of the Pennsylvania College of Optometry. He completed his residency training in ocular disease at the White River Junction VA Hospital through the New England College of Optometry.  
**Please call to make your appointment. 457-3277**

# CLASSES

## FRENCH CLASSES

Mondays, September 10<sup>th</sup> to October 29<sup>th</sup>  
(no class on October 8<sup>th</sup>)  
8:45 to 10:00 AM  
Cost: \$85.00

Instructor: Judy Mahood  
Email: [judyamahood@comcast.net](mailto:judyamahood@comcast.net).

Please call to indicate your interest as soon as possible. Judy would like a minimum of four students to conduct this class.

**Advanced Beginner**  
Students in this class will participate in a variety of activities that will enhance their French language skills and familiarize them with the French culture. Students will learn some useful vocabulary and expressions for travel and will have an opportunity to refresh their rusty or forgotten skills.

## ITALIAN STUDY GROUP Ongoing, Thursdays, 10:30 AM - Noon Cost: \$11/class

**Instructor: Evangeline Monroe**  
**Off for July and first two weeks in August --**  
**Resume Thursday, August 16<sup>th</sup>, 10:30 to noon.**

In this study group we will focus on building comprehension and fluency. All levels of fluency are welcome. Evangeline is a retired Foreign Service officer who reported on Italian politics while serving at the U.S. Embassy in Rome from 1989 to 1991. For more information call Diana Leskovar at 457-3277.

## SPANISH CLASS Fall dates to be announced

**Instructor: Jennifer Roby**  
This class will be conducted primarily in Spanish with emphasis on building conversational skills. It will be geared toward beginning and intermediate learners. Instructor Jennifer Roby teaches Spanish part-time at the Albert Bridge School in Brownsville and has tutored children and adults of all ages.  
Minimum: 4 students.

## STRENGTH & FITNESS

Weekly classes  
on Monday, Tuesday, and Thursday  
9:00 AM

Our popular strength and fitness class, led by Liz Hatfield, is scheduled each Monday, Tuesday, and Thursday from 9:00 - 10:00 AM. The class is offered for \$3.00/class or 12 classes for \$30 on a punch card.

## TAI CHI - WIN, WIN, WIN Wednesdays, September 5, 12, 19, 26; October 3, 10

More clinical evidence is confirming that tai chi is one of the best things you can do for your body, mind, and spirit. Tai chi movements help with body coordination, muscle tone, balance, and overall awareness. The mind is engaged in remembering, analyzing, and synthesizing a series of coordinated movements, resulting in improved concentration. The repetitive movements also calm the spirit--creating a sense of unity, individually and as a group.

It has been documented that Tai Chi helps reduce the symptoms of arthritis, fibromyalgia, joint pain and stiffness, as well as depression.

**Tai Chi for Beginners, 9:30 - 10:30AM (dates above)**  
This class will learn the form known as "tai chi for arthritis", designed by a doctor and based on Sun style tai chi. The form is easy to learn and is appropriate for beginners and those needing review.

**Tai Chi for Continuing Students, 10:40--11:40AM (dates above)**  
This class will continue to practice parts one and two of tai chi for arthritis and begin to learn Yang 24, the most popular tai chi form in the world. Yang 24 is the short, simplified Yang style designed by the Beijing Sports University. Adjustments can be made to suit participants.

For more information, contact instructor Anne Bower at: 802 457-2877; [anniebower@yahoo.com](mailto:anniebower@yahoo.com); or view [www.annebower.com](http://www.annebower.com).  
**Cost: \$30.00 (six classes)**



## TRIPS & NEWS

### TRIP TO THE FRYEBURG FAIR

October 2, 2012

Depart from The Thompson Center on  
Premier Coach Bus at 8:00AM



The Fryeburg Fair, Maine's Blue Ribbon Classic, is celebrating its 162<sup>nd</sup> year with talented musicians and entertainers, performances in five different locations, a Waterwheel Park, a Christmas Tree Park, a Draft Horse Park, and a host of demonstrations and agricultural events. A program of events for October 2<sup>nd</sup> will be distributed for the bus ride to the Fair. Admission free (Senior Day). Lunch on own at the fair. Departure time: 4:00PM.

Note: Please pack a snack for the bus ride home. Water and coolers will be available on the bus. Let's hope for good weather, foliage viewing should be good!

Cost: \$45.00

### HELP WANTED!

We have a need for **substitute volunteers** to help wait on tables at lunch time 11:30AM to 1:00PM; on the job training and apron provided. We also need newsletter folders once a month, front desk receptionist substitutes, and BINGO Callers. Volunteers play a major role at the Thompson Senior Center. We can't do it without you! Call Paula Audsley, Outreach Coordinator, 457-3277 x 19 for volunteer possibilities.

### LOCAL TRANSPORTATION FOR ERRANDS

Our van is available to accommodate local trips for errands (banking, shopping, pharmacy, etc) in Woodstock. Please sign up at least 24 hours in advance, so we can accommodate you. It will be first come, first served up to ten people.

**Times: Wednesday and Friday, depart Senior Center at 1:00PM, return by 2:00PM.**

Note: These trips are designed for short errands and shopping, please be mindful of the hour timeframe. See our transportation policy on page 11.

### THOMPSON HOLIDAY BAZAAR Saturday, December 1, 2012

#### WE NEED YOU!

Please consider making homemade jams, pickles, crafts, pottery, jewelry, mittens, socks, or quilted items to donate to our annual holiday bazaar and cookie walk. Thank you!

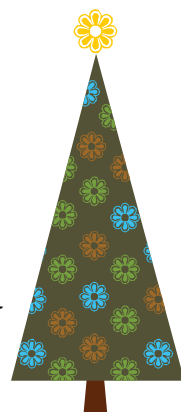
#### COFFEE CANS

*We are looking for clean, small coffee cans for this year's cookie walk. Please drop them off at the desk if you have any. **SMALL PLASTIC containers will not be accepted.** Thank you, Paula, Bazaar Chair*

#### Holiday Bazaar Meeting

**Friday, August 10th at 10:30AM**

If you host a table, have crafts to bring, or other ideas, please join us!



## PROGRAMS

### How to Have a Spring Fling in Your Fall Garden

Tuesday, August 28, 1:00PM



When you hear "fall gardening" do you inwardly groan and think "cleanup" and "chores"? Do the weeds flourish while your flowers and vegetables are turning brown? It's enough to make a gardener grab those last tomatoes, cut a few last flowers, and run inside! There really are interesting and fun things to do in your Vermont flower and vegetable gardens in the fall. (There are even places where you can skip that dreaded fall cleanup, *guiltlessly*). This presentation by certified UVM Extension Master Gardener Denise Picard Lindgren will inspire you to get back out in your gardens and enjoy them again. Denise will address issues such as:

- Are those half-price perennials really a bargain
- Do you know what you can—and should—plant now (including which veggies you still have time to harvest)?
- Can you wait to plant bulbs right up until the ground freezes?
- Did you know that fall is the best time to improve your lawn?
- What fall activity is *critical* for those of us who want to grow vegetables organically?

Finally, for when you are ready to relax indoors, Denise will talk about some "armchair gardening" pursuits for the longer nights and cooler days of fall.



### Karaoke at the Thompson! Wednesday, September 12<sup>th</sup>, 4:00 to 6:00PM

Join us for a fun evening of singing and laughter with Shane's Karaoke. Words will scroll down our big screen T.V. to help us remember the words to our favorite "oldies". Shane has a wide repertoire of songs, current and past, and will take requests. If people are feeling shy he will "jump start" the singing himself. If you are over 21 years of age you are welcome to bring your own beverage (BYOB) ----which may help reduce inhibitions. The Thompson Center will supply appetizers. Bring a friend, and don't miss the fun!!

### Medicare Intro/Review Class at The Thompson Presented by Senior Solutions September 11, 2012, 1:00-3:30PM

This class is for new enrollees AND current beneficiaries who would like a review of their Medicare Benefits. *Senior Solutions-State Health Insurance staff* will provide unbiased information about the Medicare system and the enrollee's/beneficiaries' responsibilities.

Medicare has strict enrollment periods, and this class helps participants make timely decisions about drug plans and supplemental plans as well as many other issues.

The class is designed for Vermonters who are enrolled in Medicare, or are about to enroll for the first time, including those who are turning 65, retiring, losing insurance coverage soon, or have been disabled for two years and are Medicare eligible.

**To register, please call: Senior Solutions at 1-800-642-5119 or 802-885-6636, or The Thompson Center at 457-3277.**

PROGRAM CALENDAR - AUGUST 2012				
Mon	Tue	Wed	Thu	Fri
		1	2	3
* Please Sign up/ Reservations Required	BINGO daily at 10:30 am except on birthday day and other special meal days.	9 W. Leb Shopping* 10:30 Handwork Cir. 12 French Table 1 Piano music by Jonathan	9 Strength & Fitness 10 Cribbage 12 Italian Table 11:30 Brown Bag Concert*	12 German Table
6	7	8	9	10
9 Strength & Fitness 10:15 Memoir Club 1 Advisory Meeting 1 Bridge 1 Scrabble	9 Strength & Fitness 10:00 Double King Pedo 12 Spanish Table 1 Horseshoes 1 Mary Todd Lincoln Talk	10:30 Handwork Cir. 12 French Table 1 Piano music by Jonathan	9 Strength & Fitness 10 Cribbage 12 Italian Table 11:30 Brown Bag Concert*	8:30 - 3:00 Vision Screenings* 10:30 Holiday Bazaar Mtg 12 German Table
13	14	15	16	17
POMFRET DAY* 9 Strength & Fitness 10:15 Memoir Club 1 Bridge 1 Scrabble	9 Strength & Fitness 10 Double King Pedo 10 - 12 Blood Pressure Screenings 12 Spanish Table 1 Horseshoes	8 Board Meeting 9 W. Leb Shopping* 9 – 2:30 Foot Clinic* 10:30 Handwork Cir. 12 French Table 12:30 Caregiver Support Group	9 Strength & Fitness 10 Cribbage 12 Italian Table 6:30 South Royaltan Band departure*	12 German Table
20	21	22	23	24
8:30 Newsletter folding 9 Strength & Fitness 10:15 Memoir Club 1 Bridge 1 Scrabble 5:30 Movie Night*	9 Strength & Fitness 10 Double King Pedo 11:30 Commodities 12 Spanish Table 1 Horseshoes 1 Author reading - Helen Lambert	10:30 Handwork Cir. 12 French Table	BIRTHDAY DAY*  9 Strength & Fitness 10 Cribbage 12 Italian Table 1 Music with the Buswells	12 German Table
27	28	29	30	31
9 Strength & Fitness 10:15 Memoir Club 1 Bridge 1 Scrabble	9 Strength & Fitness 10 Double King Pedo 10 - 12 Blood Pressure Screenings 12 Spanish Table 1 Horseshoes 1 Garden Talk	10:30 Handwork Cir. 12 French Table	9 Strength & Fitness 10 Cribbage 12 Italian Table 11:30 Brown Bag Concert* 1 Colon Talk	12 German Table

MENU - AUGUST 2012				
Mon	Tue	Wed	Thu	Fri
		1	2	3
Meal Pricing: ** \$ 6 charge for those under age sixty ** \$ 4 suggested donation for ages sixty and over  2% milk, juice, tea and coffee served daily	Menu is subject to change based on availability of food items. Please call in advance with dietary restrictions.  * Indicates reservations required	Vegetable Lasagna, Steamed Fresh Vegetable Medley, Garlic Bread, Lemon Sorbet w/ Fresh Berries	Chef's Choice	Chicken Tacos, Red Beans & Rice, Roasted Vegetables, Fruit Cobbler w/ Vanilla Ice Cream
6	7	8	9	10
Bombay Curry Chicken, Rice, Stir Fried Vegetables, Hot Fudge Sundae with banana	Reubens, Beer Battered Onion Rings, Mediterranean Vegetables, Sorbet w/ Fresh Berries	Asian Pork Burgers, Roasted Steak Fries, Mediterranean Vegetables, Lemon Fool	Grilled Tuna & Vegetables in herb butter, Brown Rice, Rolled Berry Cream Cake	Chicken Salad, Broccoli Salad, Tortellini Salad, Lettuce, Tomato, Fruit Mousse Tart
13	14	15	16	17
POMFRET DAY* Chicken Gumbo, Rice, Tossed Salad, Chocolate Cake	Penne with Veggies, Broccoli, Zucchini, Mushrooms, Onions, Peppers, Sausage, Olive oil and Garlic Bread, Lemon Cookies and Sorbet	Refried Bean and Veggie Burritos, Quinoa Salad, Ice Cream Cones	Almond-crusted Tilapia, Roasted Potatoes & Veggie Blend, Fruit topped Cookies	Egg Salad Sandwiches, Tossed Salad, Fresh fruit
20	21	22	23	24
Tossed Salad, Lime Herb Chicken, Roasted Potatoes, Sufferin' Succotash, Yogurt Cake w/ Peach Puree	Stuffed Meatloaf w/ spinach and cheese, Mashed Potato, Gravy, Green Beans, Strawberry Sundae	Tossed Salad, Fish Chowder, Biscuit, Streusel Peach Pie	BIRTHDAY DAY*  Grilled Marinated Turkey Breast, Fresh Vegetable Cous Cous Salad, Apple Slaw, Cake & Ice Cream	Grilled Salmon Burger, Roasted Steak Fries, Marinated Vegetable Salad, Chef's Choice Dessert
27	28	29	30	31
BBQ Chicken, Potato Salad, Fire-cracker salad, Fresh Fruit Parfait	Tossed Salad Spinach, Ham & cheese Quiche, Roasted Sweet Potato fries, Black Raspberry Ice Cream w/ Berries	Chef's Choice	Chicken Quesadillas w/ Tomato Avocado Salsa, Roasted Vegetable Mélange, Coconut Macaroons w/ Pineapple	Chef Salad w/ Lettuce, Tomato, Ham, Turkey, Cheese, Hard Boiled Egg, Carrot, , Ice Cream Sandwich Cookies