A computerized system called “My SeniorCenter” will soon be in the foyer at The Thompson Center. It will replace the current sign-in book and help the staff to manage all of the sign-ups, sign-ins, and reporting of services. MySeniorCenter is installed in over 700 senior centers. Thompson staff and board members saw the system in action at the Bellows Falls senior center, and it is also in use at the senior center in Montpelier, VT. The system has helped senior centers all over the U.S. to improve their reporting to towns and increase their capabilities to receive funding by more accurately showing what services are being provided. We look forward to this new tool to help us be more efficient and increase funding opportunities.

What it will look like for you when you come to the Center:

1. All patrons will receive a small “key card” (The card contains NO personal information, but will allow our new system to recognize you).

2. Instead of signing into our book for lunches or paper sheets for other programs, you’ll present your key card to the scanner or enter your name on the screen.

3. You’ll press the touch-screen computer to select each of the programs that you’ll be participating in that day and then press the finish button (our screen will look similar to the one pictured here).

The system is designed to be very user-friendly, but staff and trained volunteers will be available until all “sign-ins” are going smoothly and easily! More information will also be available at the center and you can try it out during the first week of September!

MISSION
It is the mission of the Thompson Center to be a multi-generational gathering place for our 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. 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.

MEDICAL EQUIPMENT
Currently available at the Center: Bed rail, crutches, Commode chairs, walkers, Depends.
IN NEED OF: Wheelchairs, shower chairs, wheeled walkers, recliner lift chair.

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

TSC TRANSPORTATION PROGRAM
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.

Medical Rides - $10 suggested donation per out-of-town trip. A minimum of 48 hours notice is requested for scheduling. Schedule with Paula at 457-3277.

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

Monthly shopping trips to West Lebanon depart from TSC on the 1st and 3rd Wednesday of each month at 9am on the Stagecoach van (returning at approx. 12:15pm). Stops at various locations. Sign up with the Thompson at least 24 hours in advance. The Thompson funds these trips with Stagecoach so any donation is greatly appreciated. Call 457-3277.
BEHIND THE SCENES

TIP: Find great pictures from our summer trips & lots of other fun stuff on our Facebook page! Pictures, updates, announcements and more!

Marble Madness

The marble game has picked up some steam after a big win by Janet Maxham who won half of the marble “pot” that was over $300. It took over a month for the pot to grow that large, but as the pot grew so did the enthusiasm for the game. Another winner of a smaller pot a week later was Audrey Fiedelholtz. With more players, the pot is growing faster than ever!

We play on Monday & Thursday only. Tickets are $1 for 3 tickets. Three tickets are pulled during dessert for a chance for each to pick a marble. RED marbles are winners and win half the pot (with the other half going to support the Center). There are 3 red marbles and 100 clear marbles to start. Clear marbles are removed when drawn. Join the fun!

The Thompson staff has new email addresses!

We’ve switched to consistent, easy to remember ones with our first initial then last name followed by at thompsonseniorcenter.org

It’s a great way to stay in-touch, ask questions, or make reservations. We would love to hear from you anytime!

TOWN DAYS CONTINUE!

Every year we celebrate each of our surrounding towns by having a special lunch and offering a discounted meal price for the residents of the town on that date. $3 delicious lunch and good company, so invite your friends & neighbors to The Thompson on these dates:

<table>
<thead>
<tr>
<th>Date</th>
<th>Location</th>
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<tbody>
<tr>
<td>August 12</td>
<td>Bridgewater</td>
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<td>Sept 9</td>
<td>Pomfret</td>
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<td>Oct 7</td>
<td>Reading</td>
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<td>Nov 4</td>
<td>Woodstock</td>
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TOWNHALL MEETING HIGHLIGHTS

- Thanks from the Staff for Appreciation Lunch
- Enthusiasm expressed for recent theater trips
- Tunbridge Fair plan – plan for uneven walking
- Suggestions for other programs included an evening meal with an “old fashioned” square dance to include dancers and spectators, and another karaoke party
- Positive feedback for the idea of the new touch screen computer programs
- Big win in recent Marble Game has sparked greater participation
- Discussion about timing of Yoga class and alternative time slots

Please join our next meeting on Monday, August 5th at 1pm. All patrons and volunteers are invited to attend. Your feedback is needed and appreciated!

IN MEMORY OF

In Memory of Mickey Morgan
Dick & Tookie Staples
Mary Cameron
American Legion Post #24
Pat Mangan
Linda & Richard Maxham
Ruth Elberg
Dick & Linda Brackett
Gladys Deatle
Ted & Joan Staples
Patsy & John Mathews
Janet & Perry Maxham
Jane & Dick Leonard
Grace Staples
John & Ruth Wiegand
Marcia & Brian Alderfer
Nancy Bassett
Paul & Janet Gilbreath
Jack & Gina Moore
Robert & Nancy Lewis
Corwin Sharp/Priscilla Pannell
Albert & Jean Conklin
Marilyn & Bud Spaulding
Tom Wright
Laurence Roberts, Jr.
Joan Harvey
Dick & Bonnie Atwood
Jerry & Arleta Fredrickson
Wayne & Marie Oldenburg
John & Sheila Schweitzer
Emily Hawkes
Randi Harron
Dorothy Forthmann
Lorence DeMelo
Thelma Jillson
Ruth Chandler
Marie Willis
Barbara Kelley
Sally & Carl Kessei
Patricia & Gordon Richardson
Mary Riley
Heidi Leonard
Jane Soule
Donald & Marlene Adams
Ken & Renee Howe
Gray Camp Inc
Roy & Joanne Bates
Polly Foley
Woodstock Insurance/Lisa Gramling

IN MEMORY OF

In Memory of William Beebee
Robert & Sandra Messer
The Residents and The Homestead
Gary &Mary Sitnik-Heitkamp
Grace Staples
Albert & Jean Conklin
Robert Esdon
Grace Esdon
Mary Johnstone
Beatrice Gryn
Phyllis LeBaron
Beatrice Robinson
Mary Cameron
Charles & Carol Nettleship
Norman Youknot
Dorothy Forthmann
Helen Leonard
Roma Pulling
Laurence Roberts, Jr.
Joan & Ted Staples
Bridgewater Grange #284

IN MEMORY OF

In Memory of Mary Goulazian
Jerry & Arleta Fredrickson
Woodstock Insurance/Lisa Gramling

IN MEMORY OF

In Memory of Ruth Lewis
John & Lillian Griggs

IN MEMORY OF

In Memory of Carolyn Moxley Johnson
Gerrish Honda

Please see previous & future newsletters for other memorial gifts. Gifts are listed once in the monthly newsletter immediately following when they are received; this may not be a complete list of gifts for each individual.

Thank you for your contributions in memory of these dear friends.

TIP:

“Getting Old” By Mary Maxwell

Blessed are they who understand my walking, taking and leaving;
Blessed are they who know my every day today must strain to catch the things they say;
Blessed are they who seem to know that my eyes are dim and my ears are slow;
Blessed are they who looked away when I spilled my coffee at the table today;
Blessed are those who have a cheery smile and take the time to chat for awhile;
Blessed are those who know the ways to bring back memories of yesterdays;
And Blessed are those who make it known I’m loved and respected and not alone.

(Read by Eleanor Grace at the staff appreciation potluck lunch & included in the newsletter by request)

IN LOVING MEMORY

— Gone are the days we used to share
But in our hearts you’re always there
Never more than a thought away
Loved and remembered every day —
CAREGIVER SUPPORT GROUP
Wednesday, August 21
(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.

Book CLUB
Note: The group is taking the summer off to enjoy books on their own. Members are encouraged to bring back a list of their favorite reads.

Wednesday, September 11, 1:00PM
The group will discuss A Good Scent from a Strange Mountain, by Robert Olen Butler. This Pulitzer Prize winning book includes short stories about Vietnamese people displaced to Lake Charles, Louisiana. The author served as an interpreter during the Vietnam War, but he also walked the streets in civilian clothes, conversing with the locals about their history and learning their character and culture. The writing is brilliant and the stories are told with great sensitivity. This book group is open to all—newcomers are always welcome!

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!

Chair Massages
at the Thompson
Wednesdays, August 7, 14, 28
10:00AM TO NOON
Licensed massage therapists will be available to provide chair massages at the Thompson. 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

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.

Wellness Clinic & Blood Pressure Screenings
Tuesday, August 27
10:00 AM - NOON
Wellness clinics (blood pressure & consultation) with Michelle Chiesa, RN, Visiting Nurse and Hospice of Vermont and New Hampshire will be held on the 4th Tuesday of each month from 10-noon. Please note that the VNA is no longer offering glucose, cholesterol screenings in this setting.

Shred Event at the Thompson Senior Center
Friday, August 16, 10:00 to 2:00PM
As a follow-up to our recent “Frauds and Scams” program, sponsored by AARP, we are hosting a “Shred Event”. Reports indicate a dramatic rise in scams using our personal information, often found on daily mail and publications coming to our homes. It is recommended that we shred as much of our mail and personal identifying information as possible to reduce the chances of identity theft. The Thompson Center has hired a shredding company to bring a truck to the Center for this event. You are able to watch the large shredding machine gobble up your papers in seconds. Please call the Center for shredding document guidelines, if you are uncertain, as well as other tips for securing your identity.
This opportunity is open to Thompson Center patrons only. Donations to help offset the cost of this service are greatly appreciated. Suggested donation is $6 per box.

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Monthly, 9 am - 2:30 pm
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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.

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### PROGRAMS & TRIPS

#### 42ND STREET
**at the Weston Playhouse Theatre Company**
**Wednesday, August 14, 2:00 matinee (depart on the TSC van at 12:45 PM)**

This Tony-winning musical follows Peggy Sawyer, an aspiring chorus girl, as she realizes her dream of opening in a big Broadway musical, only to find herself thrust into the spotlight. With nostalgic favorites like, “We’re in the Money” and “Lullaby of Broadway,” *42nd Street* will lift your spirits and bring back fond memories of Broadway’s Golden Age.

Cost: $50.00 (includes ticket and gas donation). Sign-up deadline is July 31st.

Note: We will stop for a casual dinner following the show (cost on your own).

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#### THE TUNBRIDGE WORLD’S FAIR

**Senior Citizen’s Day ~ Friday, September 13**
**Depart TSC on the Thompson Van at 9:00 AM**

Did you know that The Tunbridge World’s Fair has run continuously since 1867 except in 1918, due to the great flu epidemic, and during World War II? If you haven’t been in a while, now is the time! We will spend approximately 4 hours at the fair and an events schedule will be provided. There are many choices for lunch for everyone within the fairgrounds.

Please note: There will be lots of walking so please wear comfortable shoes. Wheelchairs can be provided at the fair, if needed.

Cost: $5 transportation cost, plus lunch on your own, Complimentary Fair passes for Seniors.

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#### Sustainable Woodstock:
**Home Energy Efficiency Talk**
**Wednesday, August 7, 1:00PM**

Ana DiNatale from Sustainable Woodstock Energy Group will discuss ways in which we can improve the energy efficiency of our homes. From small changes that include switching light bulbs to CFLs to the larger task of re-insulating our homes, Ana will tell us about a variety of resources that can assist us in getting started to lower our energy bills.

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#### 42ND STREET
**August Birthday Celebration with music from the Buswell Family!**

Our favorite musical family returns to perform on **Thursday, August 22nd** immediately following birthday lunch. Please join us in welcoming Brent and Christa Buswell and enjoy the chance to sing-a-long with these talented musicians.

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#### CLASSES

### SPANISH CLASS
**Instructor: Susan Copeland**
**News Series, Tuesdays, 10:30 - 11:45**

**September 10, 17, 24, October 1**

Cost: $50

This class will be conducted in Spanish and English with an emphasis on building conversational skills. It will be geared toward advanced beginners. Instructor Susan Copeland teaches Spanish and English at the Dartmouth College Rassias Center and is a retired high school Spanish teacher. The class will use *Spanish for Mastery* 1 ¿Qué tal? (1994) which can be purchased online. Min. 4 students required.

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#### BRAIN FITNESS CLASSES

**Beginner Level ~ Wednesdays, 9:30—10:30AM September 18, 25; Oct. 2, 9, 16, 30; Nov. 6, 13**

Beginners and moderately experienced students will enjoy this series, which will explore seated, standing in place, and moving tai chi. The class uses forms that are based on the Sun style tai chi—the youngest of the tai chi families and the style most oriented towards health. Clinical studies have shown that tai chi helps improve balance and reduce falls. In fact, the Center for Disease Control recommends tai chi for fall prevention.

**Advanced Level ~ Wednesdays, 10:40—11:30AM, Sept. 18, 25; Oct. 2, 9, 16, 30; Nov. 6, 13**

This class is for those who have already learned the Sun Style “tai chi for arthritis and fall prevention,” parts 1 and 2. The class will continue to review these forms and will explore Yang 24 forms. The instructor Anne Bower can be reached at: annewbower@yahoo.com; 457-2877 or website: www.annewbower.com. Cost for series of 8 classes: $40.00

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#### BRAIN FITNESS CLASSES
**Wednesday, August 1, 1:00PM**

**Note:** only 2 classes per month during the summer

Neuroscientists have discovered that adults’ brains are constantly changing, growing new neurons and connections, and cognitive training produces proven benefits. Brain exercises can improve overall brain functioning and help prevent the onset of brain disorders and memory impairment. Join Sara Smith, a lover of music, singing, and talented musicians.

Cost: $3.00 per class

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#### STRONG & 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.

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#### Tai Chi
**For Health and Balance**
**Beginner Level ~ Wednesdays, 9:30—10:30AM September 18, 25; Oct. 2, 9, 16, 30; Nov. 6, 13**

Beginners and moderately experienced students will enjoy this series, which will explore seated, standing in place, and moving tai chi. The class uses forms that are based on the Sun style tai chi—the youngest of the tai chi families and the style most oriented towards health. Clinical studies have shown that tai chi helps improve balance and reduce falls. In fact, the Center for Disease Control recommends tai chi for fall prevention.

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#### Kripalu Yoga, with Annie Frates
**Now on Tuesdays, 1:00 - 2:00PM**

This gentle yoga class is for everyone----standers, sitters, experienced and inexperienced. Annie 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. Please sign up by noon on Thursdays so we can guarantee a minimum of five students.
UPCOMING TRIPS - Sign up Soon!

Foliage Trip on the Winnipesaukee Railroad
Wednesday, October 9, 2013
Fall foliage trip on the Winnipesaukee Railroad, with lunch served on the train by Harts Turkey Farm. Depart the Thompson Center on Premier Coach Bus at 8:00AM.
Sign-up deadline is September 25th. Cost: $56.00

Two Options for New York City Holiday Trips, Sponsored by Vermont Green Mountain Tours
Option 1:
December 7 – 8, 2013
New York City and the Rockettes, at Radio City Music Hall
Package includes:
1 night’s lodging in New Jersey, about 30 minutes from N.Y.C.
2 meals — 1 dinner, 1 breakfast
Reserved seating for “The Rockettes” holiday show
Tour of New York City, or free time
Luxury Premier Coach transportation
Cost per person: $446.00 double, $425.00 triple, $398.00 quad., $533.00 single
10% discount for children age 12 and under
Option 2:
New York City and the 32nd Deluxe Christmas Tour
December 14 - 16, 2013
Package includes:
Two nights’ lodging at the Roosevelt Hotel in Midtown Manhattan
Seven meals: 2 full breakfasts, 3 luncheons, 2 dinners
Tickets to the Holiday Spectacular, “The Rockettes”
Visitor’s pass for the 9/11 Memorial
New York City highlights tour with local guide
Baggage service for one suitcase per person
Free time to enjoy the city
Luxury Premier Coach transportation
Cost per person: $975.00 double, $929.00 triple, $900.00 quad., $1,148.00 single
For more information or to register contact (OR attend program on August 6th - see below):
Vermont’s Green Mountain Tours, PO Box 2021, Georgia, VT. 05468
Phone: (802) 527-0496 or (800) 877-4311; Email: tourdirector@greenmtntoursvt.com
Website: www.greenmtntoursvt.com
Note: Trip Flyers are available at the Thompson Center, see Diana or Pam.


What Does Grandma’s Quilt Tell Us?
Presented by Sandy Palmer
Tuesday, August 20, 1:00-2:30PM
Quilt Appraiser Sandy Palmer’s lecture will give you some clues on how to date your heirloom quilt. She will give you information about the quilt that you may have found at a relative’s home that was passed on to you without its history. Studying your quilt and its fabrics can tell you about the time period from which it was created. From that you may be able to determine who may have made it.
Bring a favorite quilt with you and Sandy will take a look. You can also schedule an appointment with Sandy for your own personal quilt appraisal at a later date.

Discussion Group
“Heart to Heart”
Friday, August 9, 1:00—2:00 pm
If you’ve missed Remember When and Talk and Listen, a new discussion group, called “Heart to Heart” led by, Katrin Tchana meets on the second Friday of every month.

Navigating Through the Early Stages of Dementia, Presented by Susan Moor
Thursday, September 26, 4:30 to 5:30PM
This presentation is for care partners and anyone who suspects early stage dementia or has received a diagnosis of Alzheimer’s Disease.
Topics include:
  • Tips for daily living
    1. Managing memory loss
    2. Dealing effectively with other symptoms
    3. Home safety
  • How to share the diagnosis with family and friends
  • Organizing and preparing for the future.

There will be time for questions at the end of the presentation. Susan has been working in the field of dementia since 2005. She was the Social Services Manager for an adult day health program in Massachusetts and later held the title of Early Stage Program Coordinator with the Alzheimer’s Association in that state, until recently relocating to Woodstock, VT with her husband. Please call the Thompson Center to register in advance, a minimum number of attendees is required. Please call: 802 457-3277. Attendance is free.
### PROGRAM CALENDAR - AUGUST 2013

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<th>Mon</th>
<th>Tue</th>
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<tr>
<td>* Please Sign up/Reservations Required</td>
<td>BINGO daily at 10:30 am except on birthday day and other special meal days.</td>
<td>9 Strength &amp; Fitness 10:00 Double King Pede 12 Spanish Table 1 Green Mountain Tours - Rockets trip info and other trip ideas! 1 Yoga*</td>
<td>9 W. Leb Shopping* 10-12 Chair Massages* 10:30 Handwork Cir. 12 French Table 1 Home Energy Efficiency talk</td>
<td>9 – 2:30 Foot Clinic* 12 German Table 1 Heart to Heart discussion group</td>
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<td>9 Strength &amp; Fitness 10:15 Memoir Club 1 Advisory Meeting</td>
<td>9 Strength &amp; Fitness 10:00 Double King Pede 12 Spanish Table 1 Green Mountain Tours - Rockets trip info and other trip ideas! 1 Yoga*</td>
<td>9 W. Leb Shopping* 10-12 Chair Massages* 10:30 Handwork Cir. 12 French Table 1 Home Energy Efficiency talk</td>
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<td>BRIDGEWATER DAY* 9 Strength &amp; Fitness 10:15 Memoir Club</td>
<td>9 Strength &amp; Fitness 10:00 Double King Pede 12 Spanish Table 1 Green Mountain Tours - Rockets trip info and other trip ideas! 1 Yoga*</td>
<td>10-12 Chair Massages* 10:30 Handwork Cir. 12 French Table 12:45 Departure for 42nd Street* 1 Brain Fitness Class*</td>
<td>9 Strength &amp; Fitness 10:00 Double King Pede 12 Spanish Table 1 Green Mountain Tours - Rockets trip info and other trip ideas! 1 Yoga*</td>
<td>8:30 Newsletter Folding 9 Strength &amp; Fitness 10:15 Memoir Club</td>
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<td>8 Board Meeting 9 W. Leb Shopping* 9 – 2:30 Foot Clinic* 10:30 Handwork Cir. 12 French Table 12 Porsche Club serving lunch ~ cars on display! 12:30 Caregiver Group</td>
<td>BIRTHDAY DAY* 9 Strength &amp; Fitness 10:00 Double King Pede 12 Spanish Table 1 Green Mountain Tours - Rockets trip info and other trip ideas! 1 Yoga*</td>
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### MENU - AUGUST 2013

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<td>* indicates that sign-up/reservations are required (Birthday Day &amp; special holiday meals)</td>
<td>Meal Pricing: $ 7 charge for those under age sixty $ 5 suggested donation for ages sixty and over</td>
<td>Menu is subject to change based on availability of food items. Please call ahead with special dietary needs.</td>
<td>Chef's Choice</td>
<td>Grilled Pesto Chicken Breast, Lemon Risotto with Peas Marinated Vegetable Salad, Peach Shortcake</td>
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<td>Chicken pot pie, Tossed Salad Meringues w/ Pineapple</td>
<td>Reubens, Beer Bar- tered Onion Rings, Share the Harvest Vegetables, Sorbet w/ Fresh Berries</td>
<td>Salmon en Croute, w/ Spinach and Mushrooms, New Potatoes, Cucumber/Dill Salad, Coconut Cream Pie</td>
<td>Meatball Hoagies, Sweet Potato Fries, Cole slaw, Cookie Fruit Basket</td>
<td>Chicken Salad, Broccoli Salad, Tortellini Salad, Lettuce, Tomato, Tomato, Mushroom Soup, Lettuce, Tomato, Ham, Turkey, Cheese, Hard Boiled Egg, Carrot, Lemon Focaccia</td>
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<td>Tossed Salad, Chicken Parmesan over Multigrain Pasta, Garlic Bread, Tuscan Blend Vegetables, Fresh Fruit Salad</td>
<td>Salisbury Steak, Mashed Potato, Gravy, Mediterranean Vegetables, Strawberry Rhubarb Pie</td>
<td>Tossed Salad, Fire Island Ziti (a little spicy, with broccoli, tomatoes, Italian sausage)</td>
<td>Morning Ranch Bread, Chef’s Famous Chocolate Chip Cookies w/ Fruit</td>
<td>Breakfast Day, French Toast, Maple Sausage, Fruit and Yogurt (No lunch, but “grab and go” sandwiches available )</td>
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<td>Bridgewater Day* Chef Salad w/ Lettuce, Tomato, Ham, Turkey, Cheese, Hard Boiled Egg, Carrot, Lemon Focaccia</td>
<td>Tossed Salad, Chicken Parmesan over Multigrain Pasta, Garlic Bread, Tuscan Blend Vegetables, Fresh Fruit Salad</td>
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<td>Tuna Pasta Salad, Pea Salad, Cucumber Salad, Cabbage Cheese, Lettuce &amp; Tomato, Fresh Fruit Parfait</td>
<td>Grilled Hot Dogs, Chef's Slow Cooked Sausage, Beans, Cole Slaw, Rolled Blackberry Cake</td>
<td>Tossed Salad, Lime Herb Chicken, Roasted Potatoes, Sufferin’ Succotash, Yogurt Cake w/ Peach Puree</td>
<td>Birthday Day* Grilled Mooy Turkey Breast, Scallion Polenta Cake, Crunchy Avocado Salad, Roll, Cake &amp; Ice Cream</td>
<td>Chef’s Choice</td>
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<td>Chicken Quesadillas w/ Tomato Avocado Salsa, Roasted Vegetable Mélange, Apple Crunch Pie</td>
<td>Tossed Salad Spinach, Ham &amp; cheese Quiche, Roasted Sweet Potato fries, Black Raspberry Ice Cream w/ Berries</td>
<td>Tilapia Florentine (spinach and cheese), herb roasted potatoes, Lime carrots, Fruit Crisp</td>
<td>Tossed Salad, Shepard’s Pie, Tuscan Vegetable Medley, Poached Pears</td>
<td>Tossed Salad, Turkey Sandwich, Caldo Verde, (Spicy Portuguese Kale and Potatoes soup w/ sausage), Strawberry Cake</td>
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