



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



DECEMBER 2013

## CELEBRATE THE HOLIDAYS WITH US!

### HOLIDAY BAZAAR & COOKIE WALK

**SATURDAY, DECEMBER 7, 2013, 9 AM – 1 PM**

Please join us for this annual event where you'll find a great selection of holiday gifts, wreaths, handmade pottery, ornaments, jewelry, knitted and felted items, homemade goodies, jams, jellies, pickles, and more! Santa will visit and our famous Cookie Walk will be upstairs in the conference room. Hundreds of cookies will fill over 200 cans. Arrive early to pick your favorites!



#### Raffle tickets prizes:

Dinner for four to reminisce with NBC News Correspondent Bob Hager, a French braid quilt made by Janet Maxham and Bonnie Atwood, and pottery by Miranda Thomas. Tickets are \$5, or 6 for \$20.

**All proceeds benefit The Thompson Senior Center.**



**Location:** The Thompson Center,  
99 Senior Lane, Woodstock, VT 05091  
For more information call, 457-3277

### WINTER CLOSING POLICY

**The Center is always closed when the Woodstock schools are cancelled.** You can find out if the schools are closed after 6:15 AM by checking local news. We may also close when we feel driving conditions are not safe for our participants. If the weather seems questionable, please call the Center after 8 am and if we are closed, there will be a message on our machine. We also post on Facebook.

#### MEDICAL EQUIPMENT

**Currently available at the Center:** Bed rail, crutches, Commode chairs, walkers, Depends.  
**IN NEED OF:** Wheelchairs, wheeled walkers, and recliner lift chairs.

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)

### 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 8:30AM 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

### HOLIDAY TEA AT THE JACKSON HOUSE INN

**WEDNESDAY, JANUARY 8, 2014**

**2:30 - 4:30 PM**

Kathy and Rick Terwelp of The Jackson House Inn welcome Thompson guests for the 4th Annual Holiday Tea. After the hustle and bustle of the holiday season, relax and enjoy a cup of tea and goodies with friends and our neighbors. **Sign up is required** as space is limited to 35. RSVP by January 3rd at the Thompson Center, or by calling 457-3277.



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The Thompson Center

Woodstock Area Council on Aging  
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,  
paulsley@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**, 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

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

BEHIND THE SCENES

ADVISORY MEETING HIGHLIGHTS

- Program and trip discussions; Fall Foliage trip feedback
- Volunteer receptionist meeting planned
- Suggestion for afternoon movies discussed (will try Friday after-  
noons during the winter months)
- Discussion about vegetables served and suggestions made to re-  
place Mediterranean style vegetables
- Our leased Kia was rear-ended and had to be replaced. We now  
have a Ford Focus from Gateway Motors which will give us more  
room for walkers in the back.
- Pies will be sold for Thanksgiving

**Please join our next meeting on Monday, December 2, at 1pm.**  
All patrons and volunteers are invited to attend. Your feedback is  
needed and appreciated!

*Wishing you a Safe and  
Happy Holiday Season*

From the Staff at  
The Thompson Center



HELP WANTED!

Volunteers are needed for the reception desk: **Regular  
Monday Morning, 8:00 to 11:30 AM shift, and substitutes.**

Volunteers play a major role at the Thompson Center. We can't  
do it without you! Please call Paula Audsley, Outreach Man-  
ager, 457-3277 x 19 to discuss fun and rewarding volunteer  
roles.

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 independ-  
ence. In addition, our senior center will provide a gathering place  
for our community.

IN LOVING MEMORY & APPRECIATION



IN MEMORY OF



**William Beebee**

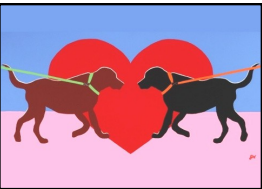
Charlotte and Bert Croft

*Please see previous 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.*

**FUEL ASSISTANCE  
INFORMATION**

For assistance with applications or more infor-  
mation, please call Senior Solutions (formerly  
the Council on Aging)  
Senior Helpline at 1-800-642-5119



**Meals for Pets** is offered for  
our patrons who have Meals on  
Wheels deliveries.  
This partnership with the Lucy  
MacKenzie Humane Society  
allows us to deliver pet food for  
those who need this service.  
Call Pam Butler at 457-3277 for  
more information.

*Birthday cards and get-well cards to be signed are  
on the table by the reception desk.*

**DECEMBER BIRTHDAYS**

1st James Huff	13th Mildred Gay	23th Glen Barr
3rd Ginny Christy	14th Grace Staples	24th Leo Desmond
6th Don Monroe	16th Ryan Martin	26th Carl Kesseli
6th Rick Kuniholm	17th Gordon Pine	26th Katherine Webster
8th Lucile Appel	20th Rose Mroszczyk	27th Marie Aldrich
12th Eleanor Zue	22nd Erlene Rogers	28th Pat Hadley

*On December 19th we will celebrate your special day! Please call to make a  
reservation for lunch and join us!*

**IN APPRECIATION**

**Jim & Margaret Bradley** - Jigsaw puzzles  
**Lee & Brenda Garsh** - apples  
**Dottie Forthmann** - chair cushions  
**Thanksgiving dinner kitchen helpers:**  
Carl Kesseli  
Dick Brackett  
Dan Kenney  
Kay Camp  
Jane Soule  
Janet Maxham  
Perry Maxham  
Sarah Roberts

**ONGOING DONATIONS:**

**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

**Transportation Sponsors:**

Upper Valley Rehabilitation  
Dead River Company  
Ellaway's Attic Consignment  
Ottauquechee Plumbing  
Mark Knott, DDS  
Woodstock Insurance Services  
Lang McLaughry Spera Real Estate's Tambrey Vutech



*Thank You!*

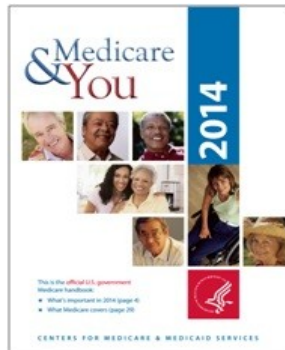


## WELLNESS PROGRAMS

### Wellness Clinic & Blood Pressure Screenings Tuesday, December 17, 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, but will be held on the 17th this month due to the holiday schedule.

### Open Enrollment Medicare Part "D" Assistance Tuesdays, through December 10, 2013 1:00-3:00pm



Christine Tschummi from Senior Solutions will provide one-on-one assistance with Medicare part "D" enrollment. This free service is for new members as well as existing members who would like to make changes or review their current plan. Please bring your Medicare card and/or any pertinent insurance cards. Christine will also need a list of your current medications and dosages. **Please sign up in advance for your one hour appointment. 457-3277**

### DO YOU NEED A LIFELINE?

**Thursday January 9, 2014, 1:00 pm**

**Presented by Dartmouth-Hitchcock  
Medical Center Lifeline Program**

Lifeline Specialist Tara Eaglestone will be talking about the Lifeline experience and explain how Lifeline can support independent living for older adults. She will discuss the current products, including new wireless Home Safe equipment for people who have given up their landline phone service, how and when they work, and how to get them. Different models of Lifeline products will be available to try on. If you cannot make the presentation but would like more information, please call toll free 1-888-699-4034.

### Chair Massages at the Thompson Wednesdays, December 4, 11 10:00am to noon

Licensed massage therapists, Sara or Jim, 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.**

### CAREGIVER SUPPORT GROUP Wednesday, December 18, 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.

## NEWS & EVENTS

### Overcome: Burned, Blinded and Blessed

### Thursday, December 5, 2013, Dinner event and author talk 5:30 dinner, 6:30 talk with Carmen Tarleton

Carmen Tarleton, Inspirational Speaker and Award Winning Author of Overcome: Burned, Blinded, and Blessed, will share her powerful story of surviving extreme violence, severe physical trauma, and ultimately victory over catastrophic loss. Tarleton's physical recovery has been reported extensively. With over 60 surgeries and a full face transplant in Boston earlier this year. Tarleton chooses to focus on her emotional journey, with lessons of survival, resilience and forgiveness. She is receiving wide acclaim for her speaking events, media interviews, and featured articles in national publications.



*"Carmen's story is one of tragedy and triumph. She is truly an example of the strength and beauty of the human spirit. Carmen went from victim to survivor and teaches us all that we can overcome the unimaginable and create the lives we would like to live." ~Jennifer Radics, Executive Director, Alisa Ann Ruch Burn Foundation*

**Menu:** Chef Ryan's famous puff pastry chicken pot pie, tossed salad, Pumpkin Tiramisu.

**Cost: \$15. Advance payment with reservation required. Note:** Books available for sale and signing after event.



### Financial Health During Retirement Wednesday, December 11, 4:30 to 6:00 pm

Most of us envision retirement as a time to relax, spend time with loved ones, travel or start a new hobby. But it's difficult to reap the rewards of our hard-earned years of work without some careful financial planning. A national survey of pre-retirees revealed that while "funding a comfortable retirement"

was a financial priority there was a gap in confidence between seeing their retirement goals and achieving them. Only half of U.S. investors (53%) surveyed were confident that they will be able to do so. In addition, those in retirement regretted not being better prepared and were looking for ways to improve their current situation. This seminar will focus on both pre-retirees and those already retired. The discussion will include sources of retirement income, best ways to generate income from current savings and how to determine the level of savings you need to generate a desired amount of income in retirement.

Presenter Sally Boyle, a CFP and the principal of SJ Boyle Wealth Planning, is a Registered Investment Advisor in the State of New Hampshire and has over 20 years experience in the field of Financial Planning.

**Please call to register in advance for this free seminar. A minimum of 10 participants is required.**

# PROGRAMS

## HOLIDAY DINNER & YANKEE SWAP Thursday, December 12, 2013

### HOLIDAY DINNER, 12:00 pm

Please join us for our annual Holiday meal at Noon on **December 12th.**

Menu: Baked Ham, Scalloped Potato, Pineapple Bread Pudding, Holiday Cranberry Chutney, Green Bean Almandine, Devils Food Peppermint Cake. **Advance sign-up is required, 457-3277.**



### YANKEE SWAP, 1:00 pm

After this special dinner, continue the holiday fun at our annual Yankee Swap. If you can, please bring in a gently used, wrapped item to add to our collection of gifts. You never know what you'll go home with!



## *A Child's Christmas in Wales,* by Dylan Thomas, Read by Ham Gillett Tuesday, December 17, 1:00 pm

*A Child's Christmas in Wales* was first published in Harper's Bazaar some fifty years ago. It is a showcase for Dylan Thomas's genius for language and remains the poet's most popular prose work to this day. Don't miss this memorable holiday event.



### MEMORY TREE FOR THE HOLIDAYS

Each year a tree is set up in the foyer of the Thompson Center and is dedicated as a memory tree. For \$2 people can have an ornament placed on the tree with the name on it of someone they are remembering during the holidays.

## December Birthday Day Music Thursday, December 19, 1:00pm

Musician Kerry Rosenthal will play new and familiar tunes on her guitar and sing a variety of folk, country, and classic favorites.

Join us in the living room after birthday lunch on the 19th.



## *Phantom of the Opera*, Movie showing at the Thompson Center Friday, December 27, 1:00pm

Enjoy Broadway's longest running musical in the comfortable living room of the Thompson Center. For 25 years Phantom has been the Broadway musical all others are measured against. It is a timeless story, with an unforgettable score and spellbinding effects. **Please sign up in advance, so we can plan for "goodies."**

# 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, with Annie Frates 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.**

## 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!

## Senior Skate at Union Arena Fridays, 9:30 to 10:30am (excluding Nov. 29, Dec. 27, and Jan. 3)



Sharpen your skates (and your skills) and enjoy skating with friends and family---for free! Seniors are welcome to stay for an additional hour when the ice is open to "moms and tots"--- 10:30 to 11:30am. The ice rink is open from October 20<sup>th</sup> to March 14<sup>th</sup>, excluding holidays.

## Tai chi For Health and Balance

**Beginner Level (B)** ~ Wednesdays, 9:30—10:30AM; **Next Session:** Dec. 4, 11, 18; Jan. 8, 15, 22 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 (Adv)** ~Wednesdays, 10:40-11:40AM; **Next Session:** Dec. 4, 11, 18; Jan. 8, 15, 22 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: [anniebower@yahoo.com](mailto:anniebower@yahoo.com); 457-2877 or website: [www.annebower.com](http://www.annebower.com).

Cost for series of 6 classes: \$30.00

## Bone Builders Mondays and Thursdays, 2:00 pm

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 Monday and Thursday each week from 2:00 to 3:00pm. Classes are free. Minimum of six participants required. Please sign up in advance.**

*Please note: The Bone Builders program incorporates weights and is different from the Strength and Fitness class we offer three times each week.*



## TRIPS & NEWS



**Irving Berlin's  
White Christmas,  
Northern Stage  
Theatre,  
White River Junction**

**Thursday, December 19, 2:00pm  
(Depart on the Thompson Center bus at 1:00 pm)**

Enjoy a true Vermont Christmas, filled with romance and song! Two WWII veterans take their song-and-dance act to a Vermont lodge as they pursue the singing Haynes sisters.

**Cost: \$38.00 (includes gas/transportation) Please sign up by November 30<sup>th</sup>---space is limited.**

### **The Thompson Center Group Cruise — Norwegian Cruise Line Boston to Bermuda -- 7 nights -- May 9 to 16, 2014 “Best Bermuda Itineraries” ~ Porthole Cruise Magazine**

Get ready to be tickled pink—pink sand, that is! Depart from Boston on the Norwegian Dawn, the only cruise line that sails to Bermuda from Boston. A full brochure is available at the Thompson Center, or call Heidi Cunningham at Travel Associates for more details or to make reservations (802) 457-1600.

Mid-ship ocean view stateroom with porthole (block of rooms reserved), \$835.00 per person, based on double occupancy. Balcony stateroom, prices available upon request.

**A \$250.00 deposit per person is due at the time of booking, with final payment due by January 23, 2014.  
Note: Group pricing is only available until December 9, 2013.**



#### **Trips to watch for in the new year:**

- 2nd Annual Winter Sleigh Ride in South Woodstock
- Cirque Du Soleil “AmaLuna” in Boston on June 20, 2014.



**Find us on  
Facebook**

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

#### **Fun Facts & Reminders:**

- The Marble Game “pot” is up to \$142 .We play on most Mondays & Thursdays. \$1 gives you 3 chances to draw a marble if your ticket is pulled. A red marble is a winner and the pot is split between the winner and the Thompson Center.
- Our MySeniorCenter software shows we’ve served 750 people from September 4 - November 14, 2013. We’ve had people from 31 towns come through our doors. 20% of patrons are between the ages of 70-74 (our largest age group). 28% are younger than age 70. There are 133 super seniors age 80 or better. Next month we’ll share some more fun facts about our most popular programs.
- Tax season is just around the corner, check the January newsletter for the tax appointment schedule.

## PROGRAMS

### **Discussion Group ~ “Heart to Heart” Friday, December 13, 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. This discussion group is similar to a memoir group, but with shared stories instead of written memories. All are welcome and are invited to bring photos or other memorabilia.

#### **Community Care Coordinator (CCC) at The Thompson**

Friday, Dec. 6 -- Office Hours, 11:30 - 2:00  
Friday, Dec. 13 -- *Heart to Heart* Group at 1pm  
Wed., Dec. 18 -- Caregiver Support Group at 12:30 pm  
Friday, Dec. 27 -- Office hours 11:30 - 2:00 pm

*Also noted on the Program Calendar*

#### **Bridge Group**

A bridge group has started playing on **Monday afternoons at 1pm**. Join them in the living room if you wish to play or would like to learn.

#### **Scrabble Update**

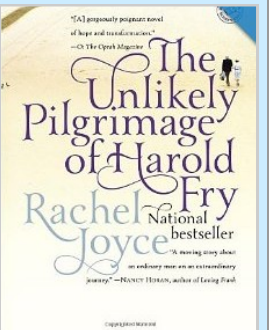
We are hoping to form a regular group of scrabble players on **Tuesday afternoons at 1:00PM**. Call Diana if you are interested. 457-3277

### **BOOK CLUB Wednesday, December 11, 1:00pm**

The Thompson Center’s Book group will meet on **December 11th at 1:00pm** to discuss *The Unlikely Pilgrimage of Harold Fry*, by Rachel Joyce.

This work of fiction is on every book club’s list. Near retirement, the protagonist receives a letter from a woman he knew years before, who did him a great favor, and who is now dying. Harold decides to walk to her house, believing that as long as he continues to walk, Queenie will stay alive. Ask anyone who has read it; the book is sure to be one of their favorites.

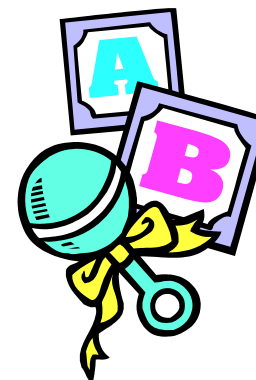
This group is open to all---newcomers are welcome.



### **The Christmas Revels 2013 -- An Appalachian Celebration of the Winter Solstice**

**Free Tickets for Dress rehearsal  
Wednesday, December 11, 7:00pm**

Performance at the Hopkins Center for the Arts at Dartmouth College, Hanover, NH. Tickets are free on a first come, first serve basis. Quantities are limited, so call early to reserve your ticket. Please make sure to utilize any free tickets you take or return them so that others can enjoy this free performance. (Transportation not provided).



### **Baby Jones Celebration Tuesday, December 3, 12:00 noon**

Join us as we celebrate Executive Director, Deanna Jones’ baby (due date December 24th). Together we will share good food and good cheer as we collectively look forward to this little being’s arrival into the world.

A journal will be available for patrons to sign, write notes, share words of wisdom, favorite stories, etc. Please, no presents, just your attendance and good wishes are appreciated.

PROGRAM CALENDAR - DECEMBER 2013				
Mon	Tue	Wed	Thu	Fri
2	3	4	5	6
9 Strength & Fitness 10:15 Memoir Club 1 Advisory Meeting 1 Bridge <b>2 Bone Builders</b>	9 Strength & Fitness 10:00 Double King Ped <b>12 Baby Celebration Luncheon</b> 12 Spanish Table <b>1 Yoga*</b> <b>1-3 Medicare D Assistance*</b> <b>1 Scrabble</b>	9 W. Leb Shopping* <b>9:30 Tai Chi (B)*</b> <b>10-12 Chair Massages*</b> 10:30 Handwork Cir. <b>10:40 Tai Chi (Adv.)*</b> 12 French Table	Late opening 2pm  <b>Dinner Event and Carmen Tarleton Talk 5:30pm</b>	<b>11:30 - 2 CCC Office Hours</b> 12 German Table <b>1 Set-up for Holiday Bazaar &amp; Cookie Walk</b>  <b>Holiday Bazaar - Saturday, the 7th, 9 am - 1pm</b>
9	10	11	12	13
9 Strength & Fitness 10:15 Memoir Club 1 Bridge <b>2 Bone Builders</b>	9 Strength & Fitness 10:00 Double King Ped 12 Spanish Table <b>1 Yoga*</b> <b>1-3 Medicare D Assistance*</b> <b>1 Scrabble</b>	<b>9:30 Tai Chi (B)*</b> <b>10-12 Chair Massages*</b> 10:30 Handwork Cir. <b>10:40 Tai Chi (Adv.)*</b> 12 French Table 1 Book Club <b>4:30 Financial Health in Retirement*</b>	9 Strength & Fitness 10 Cribbage 10:30 Italian Class <b>12 Holiday Dinner*</b> 12 Italian Table <b>1 Yankee Swap</b> <b>2 Bone Builders</b>	<b>9 – 2:30 Foot Clinic*</b> 12 German Table 1 Heart to Heart
16	17	18	19	20
<b>8:30 Newsletter Folding</b> 9 Strength & Fitness 10:15 Memoir Club 1 Bridge <b>2 Bone Builders</b>	9 Strength & Fitness 10 - 12 Wellness Clinic 11:30 Commodities 10 Double King Ped 12 Spanish Table <b>1 A Child’s Christmas in Wales reading</b> <b>1 Yoga*</b> <b>1 Scrabble</b>	8 Board Meeting 9 W. Leb Shopping* <b>9 – 2:30 Foot Clinic*</b> <b>9:30 Tai Chi (B)*</b> 10:30 Handwork Cir. <b>10:40 Tai Chi (Adv.)*</b> 12:30 Caregiver Group 12 French Table	<b>BIRTHDAY DAY*</b> 9 Strength & Fitness 10 Cribbage 10:30 Italian Class 12 Italian Table <b>2 Bone Builders</b> <b>1 Music with Kerry</b> <b>1 White Christmas trip departure*</b>	<b>8:30 Holiday Breakfast*</b>
23	24	25	26	27
9 Strength & Fitness 10:15 Memoir Club 1 Bridge <b>2 Bone Builders</b>	<b>Christmas Eve CLOSED</b>	<b>Christmas Day CLOSED</b>	9 Strength & Fitness 10 Cribbage 10:30 Italian Class 12 Italian Table <b>2 Bone Builders</b>	<b>11:30 - 2 CCC Office Hours</b> 12 German Table <b>1 Phantom of the Opera Movie</b>
30	31			
9 Strength & Fitness 10:15 Memoir Club 1 Bridge <b>2 Bone Builders</b>	<b>New Year’s Eve CLOSED</b>		<b>* Please Sign up/Reservations Required</b>	<b>BINGO daily at 10:30 am except on birthday day and other special meal days.</b>

MENU- DECEMBER 2013				
Mon	Tue	Wed	Thu	Fri
2	3	4	5	6
Singapore Curry Chicken, Rice, Stir Fried Vegetables, Sorbet w/ Fruit	Reubens, Sweet Potato Fries, Roasted Vegetables, “It’s a Boy!” Cake	Tossed Salad, Salmon en Croute, w/ Spinach and Mushrooms, New Potatoes, Cucum-ber/Dill Salad, Brownie Sundaes	<b>Carmen Tarleton Dinner Event* (No Lunch Served)</b> Puff Pastry Chicken Pot Pie, Tossed Salad, Caramel Pumpkin Tiramisu	Tossed Salad, Corn Chowder, Turkey Cranberry Wraps, Pumpkin Whoopie Pies
9	10	11	12	13
Chicken Tostadas w/ Crispy Tortilla, Lettuce, Tomato, Cucumber, Black Olives, Cheese, Salsa, Guacamole, Southwestern Corn and Black Bean “Succotash”, Berry Cookie Baskets	Beef Stroganoff, Egg Noodles, Roasted Seasonal Root Vegetables, Poached Pears	Dijon Crusted Chicken Breasts, Horse Radish Mashed Potato, Gravy, Braised Greens, Coconut Meringues w/ Pine-apple	<b>Holiday Dinner*</b> Baked Ham, Scalloped Potato, Pineapple Bread Pudding, Holiday Cranberry Chutney, Green Bean Aman-dine, Devils Food Peppermint Cake	Tossed Salad, Chili, Corn Bread, Hot Fudge Sundae w/ Banana
16	17	18	19	20
Tossed Salad Spinach, Ham & cheese Quiche, Roasted Sweet Potato fries, Black Raspberry Ice Cream w/ Berries	Multigrain Spaghetti & meat-balls, Garlic bread, Tossed Salad, Fresh Fruit salad and Lemon Cookie	Grilled Pesto Chicken Breast, Lemon Risotto with Peas Marinated Vegetable Salad, Chef’s Choice Des-ert	<b>Birthday Day*</b> Maple Pork Chops, Baked Potato, Lime Carrots, Maple Cider Jus, Cake and Ice Cream	<b>Breakfast Day* (served at 8:30am)</b> French Toast, Hash browns, Sausage, Fruit Salad, Yogurt (no lunch)
23	24	25	26	27
BLT Wraps, Hearty Vegetable Minestrone, Cottage Cheese, Pump-kin Cake w/Cream Cheese frosting	<b>Christmas Eve Closed</b>	<b>Christmas Day Closed</b>	Tossed Salad, Hearty Beef & Vegetable stew, Oatmeal Cran Raisin Cookies/fruit	Tossed Salad, Bangers & Mashed (Bratwurst & pota-toes), Onions & Gravy, Peas, Carrots, Fruit Short Cake
30	31			
<b>Chef’s Choice</b>	<b>New Year’s Eve Closed</b>			