



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

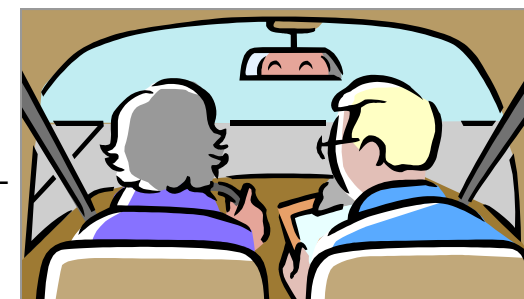


“WE NEED TO TALK,” AN AARP SPONSORED SEMINAR

JULY 2013

PART I—JULY 11, 1:00PM
PART II—JULY 25, 5:00 TO 6:30PM

How do you know when it’s time for you or a loved one to limit or stop driving? This is a tough subject for most families, but it’s a serious matter. Wayne Cook, an AARP certified trainer, will offer a two part series to address this critical decision.



Part I, July 11, at 1:00 PM—This seminar is open to anyone but specifically geared to older drivers. Wayne will offer tips, guidance, and resources to help you determine when it is time to limit or stop your driving. Did you know that although older drivers are often safe drivers, they are at a higher risk for injuries or fatalities when in an accident? Wayne will share other important facts and statistics as you consider this important decision.

Part II, July 25, at 5:00 PM—This seminar is open to anyone but specifically geared to friends or relatives of older drivers. Wayne will offer tips to assess someone’s driving skills and share suggestions and resources to facilitate sensitive and successful conversations with a friend or loved one when their driving safety is a concern.

AN EVENING AT THE THOMPSON WITH RICK LIBBEY, “THE MOOSEMAN”

TUESDAY, JULY 30, 2013,
5:30 DINNER, 6:30 PRESENTATION

Enjoy an evening with New England’s premier photographer of moose wildlife, who chronicles their behavior with stunning pictures in their natural habitat. In his own words, “My approach is quite unique, I choose to work from a kayak rather than be married to a tripod. After years of working from a canoe, I finally figured it out. I work from a monopod and use wind direction to increase my chance at success. My love of moose and loons has evolved to a place of respect for them. By educating myself on their habits and tendencies I have found a way to work with them peacefully and I simply love it when I get the job done without disturbing them from feeding. When I am out there in the wilderness with the moose and the other wildlife, I feel it deep inside of me. It is what I am supposed to be doing.”



Dinner Menu: Spinach & Strawberry Salad, Chicken Prosciutto Marsala with pasta, and carrot cake with cream cheese frosting. **BYOB. Cost: \$15.00. Advance registration required. Walk-ins for presentation only permitted if we’re under capacity for dinner. The Center will be closed during the day to prepare for this special dinner presentation.**



WELCOME TO THE FAMILY, PIPPA!

Our Outreach Manager, Paula Audsley, has adopted a beautiful, two year old, yellow lab named Pippa. She’s a sweet addition to Paula’s family and to the TSC family too. You’ll be seeing her around! Hurray! Congratulations, Paula!

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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.thompsonseniorcenter.org

CENTER HOURS

8 AM-3 PM, Monday-Friday

STAFF

Deanna Jones, Executive Director,
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Paula Audsley, Outreach Manager,
paudsley@comcast.net
Diana Leskovar, Program Director,
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pbutler-tsc@comcast.net
Ryan Martin, Chef,
tsc-chef@comcast.net
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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Liz Schellhorn
Corwin Sharp
Eldon Thompson
Tom Weschler

BEHIND THE SCENES

ADVISORY MEETING HIGHLIGHTS

Trips: Discussed the importance of sign-ups and advance payment (before deadline). We pay deposits on deadline.

Programs: Evening programs with dinner well received. Ideas shared related to AARP program on "When is it time to give up driving" and Driver's Safety.

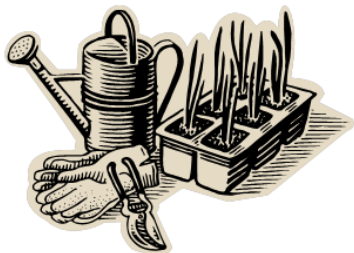
Other Comments/Concerns: Sensitivity of many to strong perfume odors and ideas for addressing this.

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

SHARE THE HARVEST

When you're planting your garden please consider dedicating a row or two for vegetables to be donated to the Thompson Senior Center. Even if you have a little extra that you're afraid will go to waste, we can use it.

By sharing your harvest, you help provide Chef Ryan with fresh, seasonal, local produce for our daily luncheon and Meals on Wheels Programs. Your donation helps to provide good nutrition to our patrons and helps with the food budget. The Thompson serves over 20,000 delicious, nutritious meals each year so every bit helps!



MISSION

It is the mission of the Thompson Center to be a multigenerational 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.

IMPORTANT INFORMATION



IN MEMORY OF

Mary Goulazian



Mr. & Mrs. A. Kiley
Barbara & Bret Bersack
Jerry & Joan Oppenheimer
Lenore & Carol Morin
Patsy & John Mathews
Richard Leberman

MEDICAL EQUIPMENT

Currently available at the Center: Bed rail, crutches, Commode chairs, shower chairs
IN NEED OF: Wheelchairs, wheeled walkers
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

Medical Rides - \$10 suggested donation per out-of-town trip. A minimum of 48 hours notice 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

Jim & Noreen Huff - Plants for garden
WUHS Horticulture Class – Raised bed planting
Noreen Huff - planting & garden planning
Ann Mullane - Walker
Val Chase – mulching
Lawrence Woodward - Rhubarb

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

KIA SOUL - Transportation Sponsors:

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



THANK YOU ALL!

JULY BIRTHDAYS

2nd Barbara Kelley
4th Jerry Vanderwater
5th Dorothy Lord
5th Gordon Worth
6th Helga Cognato
9th Fran Gillett

12th Floyd Holt
14th Lysle Chase
16th Priscilla Pannell
19th Ed English
21th Joe Herrick

25th Bea Gyra
26th Sally Kesseli
26th Marilyn Wilhelm
26th Dwain Manning
31st Pam Butler



On July 25h we will celebrate your special day! Please call to make a reservation for lunch and join us!

ONGOING PROGRAMS

CAREGIVER SUPPORT GROUP WEDNESDAY, JULY 17

(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 MESSAGES AT THE THOMPSON

**WEDNESDAYS, JULY 3, 10, 24, 31
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, JULY 23, 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.

NEWS & EVENTS

TOWN DAYS ARE BACK!

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:

July 8	Barnard
August 12	Bridgewater
Sept 9	Pomfret
Oct 7	Reading
Nov 4	Woodstock

HOLIDAY BAZAAR NEWS

The date for the Bazaar and Cookie walk will be **Saturday, December 7, 2013.**

We would love to see you for a holiday bazaar meeting, on **July 19, at 10:30 AM.** This will be our first meeting and we are hoping for some new ideas and fresh participants!

Agenda items:

- Looking for a Chair or Co-Chair for the event
- Looking for craft ideas and to schedule times to meet to make crafts
- Raffle items to Raffle
- People to lead a table during the event
- Metal small coffee cans – NO PLASTIC

Please call the Center at 802-457-3277 or/and come to our meeting if you have any questions.



Even if you're not involved in the meeting or planning, please consider donating homemade jams, crafts, pottery, jewelry items, or cookies, to our annual holiday Bazaar and cookie walk. Items can be dropped off at the Center on Friday, December 6, 2013. Thank you.



A TRIBUTE TO DOROTHY R. HARKINS 1916 - 2010

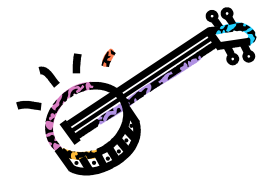
Dorothy R. Harkins was an enthusiastic member of the Thompson Center family. Among other things, we will remember her playing cards and stitching with the Piecemakers. We will remember her laughter and her thoughtfulness.

Dot will also be remembered for making a bequest in her Will to the Thompson Senior Center. Dot's nephew says that she made the gift because she loved being at our busy Center and that she was especially grateful to be transported from home in Reading.

We proudly pay tribute to Dot Harkins as a member of our Legacy Society. Gifts from her Estate were received at the Thompson Center in 2012 and 2013. We will always remember her with fondness and gratitude.

The Thompson Legacy society was established in 2008 to honor all those who decide to make a difference in sustaining the Center even after their death by including the TSC in their wills.

PROGRAMS & TRIPS



CELEBRATE SUMMER ICE CREAM SOCIAL WITH THE MILL BAND WEDNESDAY, JULY 24, 1PM



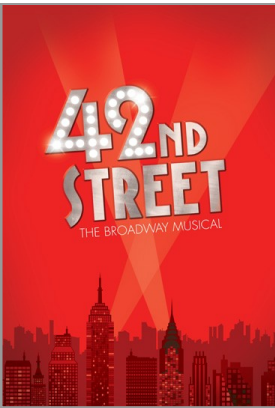
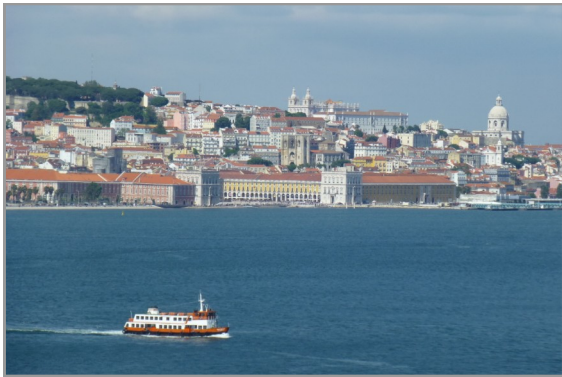
The Mill Band will perform as we celebrate summer with a *make your own sundae bar* immediately following lunch. (There will be no dessert served at lunch on this day) Please sign up. **Cost: Included in regular lunch cost**, or Sundae Bar only - \$3.00 (if you come only for the ice cream)

STROKE: FROM WARNING SIGNS TO RECOVERY PRESENTED BY MICHELLE CHIESA, RN TUESDAY JULY 23, 1PM

Our Wellness Clinic nurse Michelle, will discuss the warning signs of stroke and what to expect in recovery.

ARM CHAIR TRAVEL TO LISBON, PORTUGAL WITH CINDY PARKER FRIDAY, JULY 12, 1:00PM

Travel in the comfort of the Thompson Center as Cindy takes us to Lisbon, Portugal. She will share photos and stories from her recent trip to this ancient and beautiful city.



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, light dinner following the show---location to be announced.

CLASSES

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

ITALIAN STUDY GROUP Thursdays, Dates: July 11, 18, 24 10:30 AM - Noon Cost: \$33/ 3 classes or \$11/per class Instructor: Evangeline Monroe

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.

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.

FRENCH CLASS Watch for Fall Dates Instructor: Judy Mahood

Students in this class will be involved in a variety of exercises that will enhance their French language skills and familiarize them with the French culture.
email: judymahood@comcast.net

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.

TAI CHI FOR TOTAL WELLNESS Call for summer dates and times

Tai Chi helps reduce the symptoms of diabetes, arthritis, fibromyalgia, joint pain and stiffness, as well as depression. Tai Chi movements also help with body coordination, muscle tone, balance, concentration, and stress reduction.

Tai Chi for Beginners (B),
This class will learn the form known as “Tai Chi for Arthritis”; designed by a doctor and based on the Sun style Tai Chi. The form is easy to learn and is appropriate for beginners and those needing review.

Tai Chi for Continuing Students (CS),
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.

For more information, contact instructor Anne Bower at: 802 457-2877; anniebower@yahoo.com; or view www.annebower.com.

BRAIN FITNESS CLASSES, WEDNESDAYS, JULY 10 & JULY 31, 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 games and brain fitness exercises, for a variety of fun and challenging brain games and exercises. **Cost: \$3.00 per class**

UPCOMING TRIPS - Sign up Soon!



WARREN’S LOBSTER HOUSE & FULLER GARDENS
TUESDAY, JULY 9, 2013

Trip to Kittery, Maine to dine at Warren’s Lobster House, followed by a tour of the Fuller Garden in North Hampton, NH. This estate garden features a large variety of roses, a Japanese Garden, a conservatory with orchids, and more. Depart the Thompson Center on Premier Coach Bus at 8:30AM. Sign-up deadline is June 25th. Cost: \$74.00 (Please select your menu option when you call to sign up).

FOLIAGE TRIP ON THE WINNIPESAUKEE RAILROAD
WEDNESDAY, OCTOBER 9, 2013

Fall foliage trip on the Winnepesaukee 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:
Vermont’s Green Mountain Tours, PO Box 2021, Georgia, VT. 05468
Phone: (802) 527-0496 or (800) 877-4311; Email: tourdirector@greenmntntoursvt.com
Website: www.greenmntntoursvt.com
Note: Trip Flyers are available at the Thompson Center, see Diana or Pam.

IN-THE-WORKS: May 9-16, 2014—Norwegian Cruise Line from Boston to Bermuda.

PROGRAMS

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. Annie Frates is a certified Kripalu Yoga teacher and has been in the fitness industry for over 20 years. Cost: \$5.00 per class.
Please sign up by noon on Tuesdays so we can guarantee a minimum of five students.

DISCUSSION GROUP
“HEART TO HEART”
FRIDAY, JULY 12, 10:30 –12 NOON

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, from 10:30 to 12:00.

COMMUNITY CARE COORDINATOR
AT THE THOMPSON

July 12 -- *Heart to Heart* Group at 10:30
July 17 -- Caregiver Support Group at 12:30
July 25 -- Office hours from 10:30 - 1:30
July 31 -- Office hours from 11:00 - 2:00

The July topic is “Working.” What kind of work have you done in your life, both paid & unpaid? What was most satisfying? Most difficult? How did working change how you thought about yourself? Who did you meet through working? What would you do differently if you could do it again?

AARP DRIVER’S SAFETY COURSE & CARFIT PROGRAM
FRIDAY, JULY 19, 9:00-NOON AND 1:00-2:00PM
(WITH BREAK FOR LUNCH)

Cost: \$12 AARP members (bring card); \$14 non-members

In this condensed Driver’s Safety course instructor Estelle Schwartz will teach defensive driving techniques and talk about special considerations for older drivers (reaction time, etc.) A variety of safety tips will be reviewed.

Please check with your insurance company to determine if they offer a premium discount for completing this class. A certificate will be given to you at the end of the day. Please your current driver’s license and AARP card. Pen and paper will be provided.

Please sign up in advance and make checks payable to AARP. Minimum 8 participants required.

NEW! CARFIT PROGRAM
(sponsored by AARP, AAA, and the American Occupational Therapy Association).

At 2:00PM, following the driver’s safety course, a trained professional will assist older drivers in their cars with a series of critical check-points, including: a clear line of sight over the steering wheel, adequate space between the front air bag/steering wheel and the driver’s breastbone; properly adjusted head restraints, proper positioning on gas and brake pedals, proper seat belt use and fit, and safe positioning of mirrors to minimize blind spots. Adaptive Devices are available and discussed to help your vehicle become the perfect fit!
Please call to schedule your 20 minute appointment.

PROGRAM CALENDAR - JULY 2013				
Mon	Tue	Wed	Thu	Fri
1	2	3	4	5
9 Strength & Fitness 10:15 Memoir Club 1 Advisory Meeting	9 Strength & Fitness 10:00 Double King Pede 12 Spanish Table 1 Yoga*	9 W. Leb Shopping* 10-12 Chair Massages* 10:30 Handwork Cir. 12 French Table	Independence Day Closed	Independence Day Closed
8	9	10	11	12
BARNARD DAY* 9 Strength & Fitness 10:15 Memoir Club	8:30 Warren's lobster trip departure* 9 Strength & Fitness 10:00 Double King Pede 12 Spanish Table 1 Yoga*	10-12 Chair Massages* 10:30 Handwork Cir. 12 French Table 1 Brain Fitness Class*	9 Strength & Fitness 10 Cribbage 12 Italian Table 1 "We Need to Talk" (AARP Driving talk)	9 – 2:30 Foot Clinic* 10:30 Heart to Heart 12 German Table 1 Portugal travel talk
15	16	17	18	19
9 Strength & Fitness 10:15 Memoir Club	9 Strength & Fitness 10 Double King Pede 11:30 Commodities 12 Spanish Table 1 Yoga*	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 Study Group 12 Italian Table 12:30 Lucy Mac Pet Visits	12 German Table 10:30 Holiday Bazaar Meeting 1 Driver Safety Class
22	23	24	25	26
8:30 Newsletter Folding 9 Strength & Fitness 10:15 Memoir Club	9 Strength & Fitness 10 Double King Pede 10 -12 Wellness Clinic 12 Spanish Table 1 Stroke Talk 1 Yoga*	10-12 Chair Massage* 10:30 Handwork Cir. 12 French Table 1 ICE CREAM SOCIAL with music by the Mill Band*	BIRTHDAY DAY* 9 Strength & Fitness 10 Cribbage 10:30 Italian Study Group	12 German Table
29	30	31		
9 Strength & Fitness 10:15 Memoir Club	5:30 Dinner 6:30 Presentation by the Moose Man Late opening at 2pm	10-12 Chair Massage* 10:30 Handwork Cir. 12 French Table 1 Brain Fitness Class*	* Please Sign up/Reservations Required	BINGO daily at 10:30 am except on birthday day and other special meal days.

MENU - JULY 2013				
Mon	Tue	Wed	Thu	Fri
1	2	3	4	5
Chicken Tostadas, Roasted Vegetable Medley, Chef's Choice Dessert	Chipped Beef and Egg Gravy on Mashed Potato, Tuscan Style Vegetables, Citrus Chiffon pie	Grill Day BBQ Chicken, Macaroni Salad, Firecracker Salad, Ice Cream Cone	Independence Day Closed	Independence Day Closed
8	9	10	11	12
BARNARD DAY* Tossed Salad, Stuffed Manicotti w/ meat sauce, Garlic Bread, Tuscan Blend Vegetables, Fruit Salad	Tossed Salad, Meatloaf, Smashed Potato, Gravy, Green Beans, Mixed Fruit Crisp	Bastille Day Coq Au Vin, Parsley Potatoes, Green Beans, Mesclun Greens w/ vinaigrette, Creme Brulee Tartlet w/ berries	Tossed Salad, Supreme Pizza w/ peppers, onions, mushrooms, olives, pepperoni, Coconut Macaroons w/ Pineapple	Chef's Choice
15	16	17	18	19
Broccoli Salad, Turkey Waldorf Salad, Lettuce, Tomato, Cucumber, Cottage Cheese, Rum Raisin Rice Pudding	Spaghetti & Meatballs, Mediterranean Vegetables, Garlic Bread, Fresh Fruit Salad	Tossed Salad, Smoked Turkey and Broccoli Quiche Roasted Sweet Potato fries, Hot Fudge Sundae with banana	Blt Wraps, Carrot Ginger soup, Yogurt Cake w/ Peach Puree	Chicken Caesar Wrap, Hearty Vegetable Minestrone, Chocolate Cake
22	23	24	25	26
Tossed Salad, Hearty Beef & Vegetable stew, Jelly Roll	Lemony Chicken with Spinach, Artichokes & Roasted Potatoes, Strawberry Cake	Summer Stuffed Peppers, Share the Harvest Vegetables, Ice cream social*	Birthday Day* Grilled Baja style Pork Loin, Spicy Sweet Potato Salad, Braised Greens, birthday cake & Ice Cream	Tossed Salad, Penne Pasta w/ Sweet Italian Sausage, Spinach, Tomatoes, Pesto, Citrus Ricotta Squares
29	30	31		
Asian Pork Burgers, Roasted Steak Fries, Mediterranean Vegetables, Ice Cream w/ fruit compote	(No Lunch) Dinner Event Menu: Spinach & Strawberry Salad, Chicken Prosciutto Marsala with pasta, and carrot cake with cream cheese frosting	Sweet and Sour Chicken, Steamed Rice, Stir Fried Vegetables, Cookie and Fruit	Meal Pricing: ♦ \$ 7 charge for those under age sixty ♦ \$ 5 suggested donation for ages sixty and over Please call ahead with special dietary needs.	Menu is subject to change based on availability of food items. * indicates that sign-up/ reservations are required (Birthday Day & special holiday meals)