



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



JUNE 2013

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 peaceably 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.

Cost: \$15.00 Advance registration required.

SUMMER TEA ~ LUNCHEON THURSDAY, JUNE 6, 12 NOON

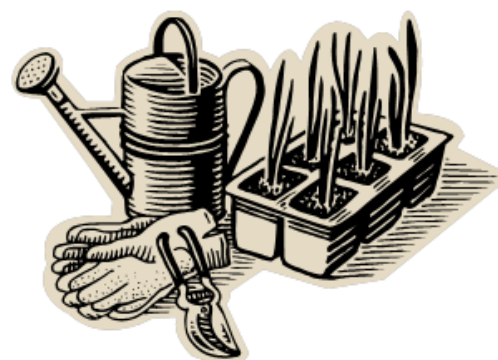
Don’t miss The Thompson Center’s 3rd Annual Tea! Fancy hats are welcome and gentlemen are invited too! Please RSVP by June 1st (457-3277), we will start a waiting list after the first 75 people sign up. **Menu:** Ham salad sandwich, chicken salad with mandarin oranges, olive roll-ups, tarts, biscotti, tea cakes. **Suggested donation: \$5.00**



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!



THANK YOU to each of our 2012 *Share the Harvest* contributors!

The harvest donated last year was included in at least 100 of the daily menus for a period of five months!! Please see the special section of our newsletter on page 11 titled **IN APPRECIATION** each month for *Share the Harvest* contributors. Reminder: you can find all of our newsletters on our website at www.thompsonscenter.org

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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,
tsc-execdiretor@comcast.net
Paula Audsley, Outreach Manager,
paulsley@comcast.net
Diana Leskovar, Program Director,
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Pam Butler, Asst. Program Director,
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

Patsy Mathews—President
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John Moore—Treasurer
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Dick Brodrick
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Eldon Thompson
Tom Weschler

BEHIND THE SCENES

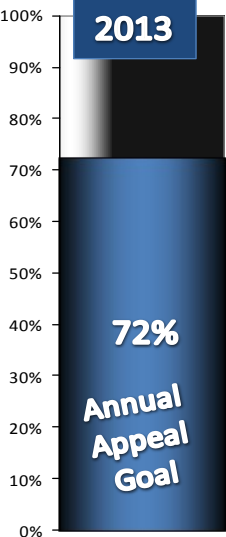
~ UPDATE ~
TSC Annual Appeal 2013

Thank you to many who have already
donated to The Thompson Senior Center
Annual Appeal. TSC depends on annual ap-
peal funds, grants, town support, and fundrais-
ing events to maintain the daily operations and
services of our vibrant center.

In total our annual expense budget for 2013
is \$443,750. Therefore, reaching our goal for the
annual appeal is very important. Thank you
again to all who support us in this way!

Goal: \$80,000
Total Donations (as of 5/13/13): \$57,935

Last year at this time, our total was \$65,151
so we’re a little behind this year. If you haven’t already given,
please consider a gift to support our ongoing operations and
services.



ADVISORY MEETING HIGHLIGHTS

- Explanation of relationship between Senior Center and Senior Solutions, the Council on Aging
- Update on Cindy Carroll's move to California and Patsy Mathew's fulfillment of Cindy's unexpired term as President of the TSC Board
- Representatives from ArtisTree solicited suggestions for classes and/or projects appealing to Seniors
- Proposal of a luncheon excursion to the newly reopened Barnard General Store
- Discussion about the possibility of an Ice Cream Social
- Suggestions included cane holders in the dining room and assistance in the Computer Room

Please join our next meeting on Monday, June 3rd at 1pm.
All patrons and volunteers are invited to attend. Your feedback is appreciated!

MISSION

It is the mission of the Thompson Center to be a multigenera-
tional 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 sup-
port on issues that affect aging in our rural community.

IMPORTANT INFORMATION



IN MEMORY OF

Harold Robinson
Helen Leonard

Ron Leonard
Wayne & Barbara Leonard



IN APPRECIATION

Anne Bower - Motorized Scooter
Helen Curtis - Medical Equipment
Rich Kozlowski – Glass bowl/stand
Ryan Martin – Horse shoe pit supplies
Shire Apothecary – candy
John Hiers & WUHS horticultural students - Garden prep
Val Chase – Grounds clean up & edging
Althea Derstine – tomato plants

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!

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 re-
quested 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

JUNE BIRTHDAYS

1st Paul Lenett	11th Betty Wood	19th Emily Schanck
2nd Micky Morgan	14th Bud Leavitt	22nd John Mathews
2nd Carol Nettleship	15th Mary Sharpe	22nd Pat Mangan
5th Janet Herrick	15th Polly Fullerton	22nd Dick Leonard
5th Tim Maxham	16th Bettie Vandewater	26th Doris LeBaron
7th Ruth Beebee	17th Lillian Weed	27th Linda Stickney
8th Noreen Huff	18th June Johnson	



On June 27th we will celebrate your special day! Please call to make a reservation for lunch and join us!

ONGOING PROGRAMS

CAREGIVER SUPPORT GROUP WEDNESDAY, JUNE 19

(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, JUNE 5, 12, & 26TH 10:00AM TO NOON

Licensed massage therapists will be available to provide chair massages at the Thompson **three times each month (on the 1st, 2nd, and 4th Wednesday of each month)**. 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!

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, JUNE 25, 10:00 AM - NOON

Wellness clinics (blood pressure, glucose, cholesterol screenings) 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.

PROGRAMS

LOCAL TRIP TO ARTISTTREE COMMUNITY ARTS CENTER & GALLERY BILL JAMES EXHIBIT TUESDAY, JUNE 11, 2013, 10:15AM

2013 marks the centennial of a painter who captured the people and places familiar to the Woodstock area over 50 years ago. Bill James, grandson of the philosopher and psychologist William James, spent a prolific period working in the Woodstock area making lasting connections. This exhibit powerfully illustrates those connections.

Depart on the Thompson Center van at 10:15am. Enjoy the exhibit and a gallery talk, along with light refreshments, and return to The Thompson Center by noon. Free. Please sign up in advance.



BILL JAMES

FRAUDS AND SCAMS TUESDAY, JUNE 18, 1:00PM

John Creagh, a retired insurance agent, will discuss some of the most prevalent scams and fraud schemes. Unfortunately, we are hearing about new and different scams with increasing frequency. John will review phone, email, website, and other types of scams. This presentation is a product of research and information gathered by volunteers at the New Hampshire office of AARP. John is a long time resident of the Upper Valley.

KRIPALU YOGA, WITH ANNIE FRATES THURSDAYS, 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 Thursdays so we can guarantee a minimum of five students.



2nd Annual Staff Appreciation Pot-luck Lunch

Tuesday, June 25, 2013, 12 Noon

Join the fun and share your favorite dish, salad, or dessert at this once a year special event to show the TSC staff how much they're appreciated. Sign-up requested. Coordinated by Dick & Bonnie Atwood & Jane Soule. Please make a lunch donation if you can't make a dish to share.

TRIPS

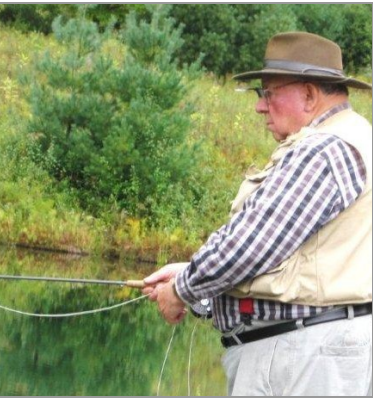


MUSIC MAN
AT THE NEW LONDON BARN PLAYHOUSE
WEDNESDAY, JUNE 26, 2:00 MATINEE
(DEPART ON TSC VAN AT 12:30PM)

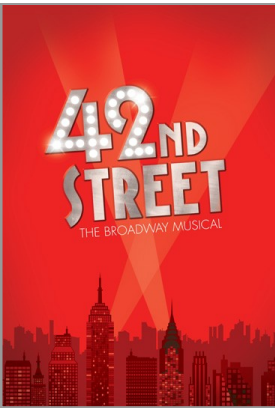
This family classic is the story of a con man, Harold Hill, whose plans backfire when beautiful Marian the Librarian teaches him a lesson in music, and in love. The show features “76 Trombones”, “Til There Was You”, and “Trouble”, among other favorites.
Cost: \$30.00 (includes gas donation) Sign-up deadline is June 12th.

Note: Please let us know if you plan to eat lunch at the Senior Center, so we can serve you earlier. We will stop for ice cream on the way home.

3RD ANNUAL FLY FISHING DERBY
IN SOUTH WOODSTOCK
WEDNESDAY, JUNE 12,
DEPART TSC AT 9:30AM



Join us at HAYES’ HOMESTEAD DERBY for a fly fishing ‘non-contest’ that will get you waterside in South Woodstock. Skilled or needing to brush up with the fly rod, we always have a wonderful time that includes the high probability of catching and releasing some pretty little rainbows. A yummyt brown bag lunch by Chef Ryan is part of the noon time break. We will learn about Project Healing Waters, a national Wounded Warriors fly fishing program from a VA Hospital volunteer and veterans who will be fishing with us this year. **(Rain date: June 19)**
Call Pam or Diana 457-3277 to reserve a spot and for information on transportation. A few extra rods are available. **Cost: \$7.00 (brown bag lunch and transportation).**



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: June 6, 13, 20, 27
10:30 AM - Noon
Cost: \$44/ 4 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
Mondays, 10:00 to 11:30 AM, June 3, 10, 17, 24
Cost: \$50.00
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, JUNE 5, 12, & 26TH, 1:00PM
Note: no class on the 3rd Wednesday

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. (Class runs 3 weeks per month on the 1st, 2nd, and 4th Wednesday) **Cost: \$3.00 per class**

UPCOMING TRIPS - Sign up Soon!

SCENIC TRIP TO THE WHITE MOUNTAINS WEDNESDAY, JUNE 5, 2013

Last chance for shopping, food, & train ride! Sign-up deadline is May 22nd.

We will travel to the scenic mountaintop village of Sugar Hill, NH. to visit two popular attractions: Harmon's Cheese and Country Store and the Sugar Hill Sampler Shop and Museum. These historic landmarks are located on a Lupine covered hilltop that offers one of the most famous views in the White Mountains. Brunch at the popular Polly's Pancake Parlor, ride the Cog Railroad, and then an early dinner at Chef Joe's Bistro in Franconia, NH. Depart the Thompson Center on Premier Coach Bus at 8:00AM. Cost: \$96.00 (includes coach bus, brunch, Cog RR, and dinner).



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**

IN-THE-WORKS:

December 2013— (one overnight) Rockettes trip to New York City, facilitated by Yankee Holiday Travel.
May 9-16, 2014—Norwegian Cruise Line from Boston to Bermuda. Prices and itineraries are still to be determined.

THOMPSON DAY TRIP POLICY

- ♦ To make your reservation, contact Diana or Pam at 457-3277 .
- ♦ Reservations are taken on a **first paid basis**. **Your name will be entered on the trip sign-up sheet once we receive your payment (Note: we can no longer sign you up without a payment, due to the risk of last minute cancellations).** Checks will be deposited 30 days prior to trip date.
- ♦ If you cancel for any reason, payment cannot be returned unless we fill your spot from a waiting list. This is due to non-refundable fees charged to us by the bus company &/or destination.
- ♦ All are welcome to go on trips, but anyone needing extended assistance must bring a caregiver or companion.
- ♦ Please note the deadline for individual trip sign-ups. If we do not have the required number of people to cover our costs we will cancel the trip before losing our deposit.

PROGRAMS

MARK VAN GULDEN AND KATHLEEN DOLAN PERFORM ON BIRTHDAY DAY THURSDAY, JUNE 27, 1:00PM

Mark is a freelance jazz musician who enjoys entertaining groups with his repertoire of music, including popular tunes from the 30's, 40's, to the present. Mark plays the piano, vibraphone, and the ukulele. Kathleen accompanies him on the flute. This musical duo encourages their audiences to sing-a-long with them!



FREE HEARING SCREENINGS FRIDAY, JUNE 21, 9AM–2:30PM

Hearing Care Specialist Chris Gulick returns to The Thompson to offer thorough hearing examinations and hearing instrument demonstrations. Please sign up for your 30 minute appointment.

COMMUNITY CARE COORDINATOR AT THE THOMPSON

June 7 -- Office hours from 10:30 - 2:00
June 14 -- *Heart to Heart* Group at 1:00
June 19 -- Caregiver Support Group at 12:30
June 26 -- Office hours from 10:30 - 2:00

FRUSTRATED WITH PAPERWORK?? NEW ASSISTANCE IS AVAILABLE!

We are fortunate to have two volunteers trained by Mt. Ascutney Hospital working to support our Community Care Coordinators, Katrin & Lonnie, with Medicare, Medicaid and other benefits related applications.

These volunteers, Rick and Jane, will be volunteering at TSC by appointment. Both have experience working with Medicare D enrollment, and will be available to assist people with Medicaid applications, Medicare D enrollment, and with the new Health Care Exchange coming in October.

Please call the Ottauquechee Health Center at 457-3030 and ask for one of the Community Care Coordinators; they will assist you in getting an appointment with a volunteer. Pre-appointment phone calls are required to make sure you have the appropriate information for the appointment.



BARNARTS AT THE THOMPSON FRIDAY, JUNE 14, 11:30 TO NOON

BarnArts Center for the Arts in Barnard, VT will present selected scenes and arias from Terrence McNally's play, "Master Class," which ran on Broadway with Tyne Daly in the lead, as renowned soprano, Maria Callas. The full production will run at Barnard Town Hall the last two weekends in June. For further information contact, info@barnarts.com or call 802 332-6020.

IT'S TIME FOR HORSESHOES AGAIN! *New Day!*

Now on Mondays (weather permitting) at 1PM following lunch. Everyone is welcome regardless of your experience level! Thank you Sam Grice and Chef Ryan, for getting the horseshoe pits fixed up for the season!

PROGRAM CALENDAR - JUNE 2013				
Mon	Tue	Wed	Thu	Fri
3	4	5	6	7
9 Strength & Fitness 10 French Class* 10:15 Memoir Club 1 Advisory Meeting 1 Horseshoes	9 Strength & Fitness 10 Double King Ped 12 Spanish Table	8 Departure for White Mt trip on Premier Bus* 9 W. Leb Shopping* 10-12 Chair Massages* 10:30 Handwork Cir. 12 French Table 1 Brain Fitness Class*	9 Strength & Fitness 10 Cribbage 10:30 Italian Study Group 12 Summer Tea* 1 Yoga	12 German Table
10	11	12	13	14
9 Strength & Fitness 10 French Class* 10:15 Memoir Club 1 Horseshoes 5:30 Chronic Pain workshop*	9 Strength & Fitness 10 Double King Ped 10:15 Bill James Exhibit at ArtisTree* 12 Spanish Table	9:30 Fly Fishing Trip* 10-12 Chair Massages* 10:30 Handwork Cir. 12 French Table 1 Brain Fitness Class*	9 Strength & Fitness 10 Cribbage 10:30 Italian Study Group 12 Italian Table 1 Yoga	9 – 2:30 Foot Clinic* 11:30 BarnArts vignette 12 German Table 1 Heart to Heart
17	18	19	20	21
8:30 Newsletter Folding 9 Strength & Fitness 10 French Class* 10:15 Memoir Club 1 Horseshoes 5:30 Chronic Pain workshop*	9 Strength & Fitness 10 Double King Ped 11:30 Commodities 12 Spanish Table 1 Frauds & Scams talk	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 1 Yoga	9 Breakfast Day (no lunch) 9 Hearing Screenings* 12 German Table
24	25	26	27	28
9 Strength & Fitness 10 French Class* 10:15 Memoir Club 1 Horseshoes 5:30 Chronic Pain workshop*	9 Strength & Fitness 10 - 12 Wellness Clinic 10 Double King Ped 12 Spanish Table 12 Staff Appreciation pot-luck lunch*	10-12 Chair Massage* 10:30 Handwork Cir. 12 French Table 12:30 Music Man Trip departure* 1 Brain Fitness Class*	BIRTHDAY DAY* 9 Strength & Fitness 10 Cribbage 10:30 Italian Study Group 1 Music with Mark & Kathleen 1 Yoga	12 German Table
Two Special Requests: <ul style="list-style-type: none"> Please sign up in advance when programs or events require it and cancel when you're unable to make it. We keep waiting lists for these programs. As a courtesy to our facilitators and other patrons please arrive on time to programs. 				

MENU - JUNE 2013				
Mon	Tue	Wed	Thu	Fri
3	4	5	6	7
Chicken Tacos, Red Beans & Rice, Roasted Vegetables, Fruit Cobbler w/ Vanilla Ice Cream	Vegetable Quiche, Roasted Potatoes, Roasted Vegetable Medley, Lemon Ricotta Cheesecake squares	Meatloaf stuffed with spinach and cheese, mashed potatoes with gravy, green beans, Fruit Cobbler	Summer Tea* Ham salad sandwich, chicken salad with mandarin oranges, olive roll-ups, tarts, biscotti, tea cakes	Broccoli Salad, Tortellini Salad, Three Bean salad, cottage cheese, Lettuce, Tomato, Roll, Chef's Choice Dessert
10	11	12	13	14
Chef's Choice	Almond Chicken w/ Strawberry-Balsamic Sauce, Baked Potato, Grilled Asparagus, Mint Brownie Cupcakes	Meatball Hoagies, Sweet Potato Fries, Coleslaw, Cookie Fruit Basket	Grilled Pesto Chicken Breast, Lemon Risotto with Peas Marinated Vegetable Salad, Rum Raisin Rice Pudding	Flag Day Grilled Hot Dogs, Chef's Slow Cooked Baked Beans, Cole Slaw, Rolled Berry Cream Cake
17	18	19	20	21
Chef Salad w/ Lettuce, Tomato, Ham, Turkey, Cheese, Hard Boiled Egg, Carrot, Ice Cream Sandwich Cookies	Reubens, Beer Battered Onion Rings, Mediterranean Vegetable Salad, Sorbet w/ Fresh Berries	Grilled Tuna & Vegetables in herb butter, Brown Rice, Cherry Cheesecake	Spinach & Cheese Ravioli w/ Meat sauce, Broccoli & Cauliflower, Garlic Bread, Fresh Fruit Salad	Breakfast Day* (no lunch served) Asparagus & Mushroom Crepes w/ Béchamel Sauce, Canadian Bacon, Home Fries, Yogurt & Fruit
24	25	26	27	28
Bombay Curry Chicken, Rice, Stir Fried Vegetables, Hot Fudge Sundae with banana	2nd Annual Staff Appreciation Potluck lunch* Sign-up, bring a dish if you can, and join the fun!	Grilled Salmon Burger, Roasted Steak Fries, Fruit Mousse Tart	Birthday Day * Beef Shish kebabs, w/ Peppers Onions Zucchini, Tomato, Mushroom, Mediterranean Orzo Salad, Cake & Ice Cream	Chef's Choice
Meal Pricing: ♦ \$ 7 <u>charge</u> for those under age sixty ♦ \$ 5 suggested donation for ages sixty and over		Please call ahead with special dietary needs.	* indicates that sign-up/ reservations are required (Birthday Day & special holiday meals)	Menu is subject to change based on availability of food items.