2012 Elections and Issues That Effect Older Vermonters
Tuesday, October 16, 1:00PM

Greg Marchildon, State Director for AARP Vermont, will discuss issues in the 2012 elections that could impact older Vermonters. These important issues include Social Security, Medicare and Medicaid at the federal level, and health care reform and electric utility issues at the state level.

Greg will be traveling down from Burlington, Vermont, where he lives with his wife and two sons. He represents more than 130,000 Vermonters in mid-life and retirement as the Director of AARP Vermont. Please join us and bring your questions and concerns.

Annual Meeting Time!

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Annual Meeting
Wednesday, October 17, 2012, 8:30 AM
Pastries and Coffee at 8:00 AM

Presentation: A Tradition of Caring

Location: The Thompson Center,
99 Senior Lane, Woodstock, VT 05091

Please RSVP by October 12th, 457-3277

You are invited to the
Woodstock Area Council on Aging
Annual Meeting

Annual Report for Fiscal Year 2012

Pick up your copy of our Annual Report at the Annual Meeting, or contact us after October 17th to receive a copy. The Annual Report includes information about operations and achievements at The Thompson during 2012 and includes recognition of donors, supporting foundations, grant awards, and year end (unaudited) financial statements.

As a nonprofit organization that operates for public purposes with public support, we provide the public with information about our mission, program activities, and finances. A nonprofit should also be accessible and responsive to members of the public who express interest in the affairs of the organization.

The Annual Meeting and Annual Report are two of the ways that we make available to the public, information about The Thompson’s program activities, and basic financial data. Please don’t miss this opportunity to hear about the year in review and the tradition of caring that your support makes possible!
BEHIND THE SCENES

Katrin Tchana, the new Community Care Coordinator at Ottauquechee Health Center, will have regular hours at the TSC starting in October. Her hours will include: 1st and 5th Wednesdays, 11:00 – 3:00; and 2nd, 4th, 5th Friday of each month, 10:00 – 2:00, and at the caregiver support group. Katrin completed her Masters Degree in Social Work from the University of Vermont and has worked as a counselor for several local agencies, including Headstart and West Central Services. She will be available to meet with people who need support and guidance around issues related to mental, physical, and emotional health—no daily concerns are too small for a sympathetic ear. Katrin and her family currently live in Lyne, N.H. Welcome to the team, Katrin!

ADVISORY MEETING HIGHLIGHTS

- Norman Williams Library donated revolving book shelf and large print book reader - now available upstairs in our library
- Discussion of conflicting needs for use of conference room
- Upcoming trips: The Christmas Carol at North Shore Music Theater and Possible overnight spring trip to Newport, RI
- Suggestion that menu at future evening programs not include any shellfish
- High praise for successful Bear program
- Questions about possible shredding opportunities
- Discussion about Stage Coach trips to West Lebanon
- Expressions of gratitude to retiring members of Board of Directors Liza Deignan and Woodstock stops

Please join our next meeting on Monday, October 1st at 1pm. Your input is needed and appreciated!

HELP WANTED!

Volunteers are needed as substitutes for Meals on Wheels, wait staff and reception desk. Volunteers play a major role at the Thompson Senior Center. We can’t do it without you! Call Paula Audsley, Outreach Coordinator, 457-3277 x 19 for volunteer possibilities.

TOWN DAYS CONTINUE!

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

Woodstock October 1

IMPORTANT INFORMATION

MEDICAL EQUIPMENT

Currently available at the Center: Canes, walkers, shower chairs, crutches, and wheelchairs - FREE
Available: Aluminum indoor/outdoor ramp, call for details, small refrigerator/dorm size
Looking for: Lift chair - electronic recliner style, more shower chairs. Contact Deanna at 457-3277.

FUEL ASSISTANCE INFORMATION

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

TSC TRANSPORTATION PROGRAM

Medical Rides - $10 suggested donation per out-of-town trip. A minimum of 48 hours notice is required for scheduling.
Local transportation to and from The Thompson and Woodstock stops - suggested donation of $1 per ride ($2 round trip if you get a ride both ways). Please call the Center by 8:30AM to request rides for that day. 457-3277

IN APPRECIATION

Daily Valley News subscription - Woodstock Pharmacy
Birthday Cakes - Diane Atwood, Jane Soule, Carol Towne
Monthly book club selection - Yankee Bookshop
One Story subscription - Boyd Bishop
Centerpiece Flowers - Carol Powell
Summer Bouquets - Alex & Paula Audsley
Flowers - Dorothy Forthmann
Queen Anne Chair - Bill & Rita Post
Salt water taffy - Helen Leonard
VCR Movies - Cotsako Family

SHARE THE HARVEST

Bob Forman - Cucumbers
Dick & Linda Brackett - Tomatoes & Cucumbers
Alex Audsley - Tomatoes
Gerry Fields - Zucchini
Heather Rubenstein - Cherry Tomatoes
Karl Wood - Cucumbers & Yellow Squash
Dwight Camp - Tomatoes
Diana Hayes - Pear Tomatoes

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!
JOIN OUR MEMOIR CLUB
Ongoing, Mondays, 10:15 AM - Noon

In this informal group, we encourage one another as we record stories that may otherwise be lost or forgotten. Each person has an opportunity to read aloud one to two pages each week often triggering group conversations, and constructive feedback with others facing similar challenges.

BOOK CLUB
Wednesday, October 10, 1:00 PM

Our October read is the best seller The Art of Fielding by Chad Harbach. It’s a long but warm-hearted novel whose setting is the baseball field. The tales are less about the sport however, than the five characters who learn about ambition and its limits, about love, and about commitment - to themselves and to others. Enjoy the lyrical prose and come to our meeting on Wednesday, October 10th.

HANDWORK CIRCLE
Need moral support starting or finishing a project? Join our handwork circle on Wednesdays at 10:30 AM for tips, advice, coffee, and a few laughs.

Happy Feet! with Mary Wood
Monthly, 9 am - 2:30 pm on the 2nd Friday & 3rd Wednesday

Mary Wood, our wonderful retired RN runs the foot clinic. Call 457-3277 to schedule a half hour appointment with Mary between 9 - 2:30 pm on the 2nd Friday or the 3rd Wednesday of each month (see the calendar for dates). Your feet will thank you!
Cost: $15

SCRABBLE CLUB
Ongoing, Mondays, 1 PM

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

How Do I Find Reliable Health Information Online?
Presented by Cindy Stewart, MLS, Associate Director, Dartmouth Biomedical Libraries
Thursday, October 4, 1:00PM

This workshop will introduce you to finding high quality health information on the Internet. While Google is a great tool, there are specific web sites that offer reliable health and wellness information. This workshop will review some of these sites, including MedlinePlus and NIH Senior Health, as well as show you where to find drug information, health news, and more. You will also learn tips for evaluating the quality of online health information. Hands on time will be included. Prerequisite: some familiarity with using computers and searching the Internet. If you have a laptop computer, feel free to bring it but it is not required for this workshop.

Medicare D Informational Event Presented by Senior Solutions
October 9, 1:00 -2:30PM

This event will give you tips and instructions on what questions to ask during the Open Enrollment period, so you can make informed choices about continuing or changing your drug plan, and/or Medicare Advantage plan. The Open Enrollment period is from October 15th – December 7th each year. This is the time to review your coverage.

Example of questions you might be asking yourself:
Will my Medicare Part D plan be the same in 2013 as it was in 2012?
How will I know what changes my plan is making for 2013?
If I decide to change plans, how and when should I do it?

Senior Solutions - State Health Insurance staff will have up to date information to guide you. No registration is required to participate in this event. (We ask you to please bring your own paper and pen).

Wellness Clinic & Blood Pressure Screenings

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.

Seasonal Flu Shot Clinic
Tuesday, October 23, 9 AM -12 Noon

This walk-in flu clinic is run by the Visiting Nurse and Hospice of Vermont and New Hampshire and is open to all adults 18 and older. Please bring your Medicare Part B insurance card so we can bill them directly. Fee for all others is $25. For more information, call the Center at 457-3277.

It’s Halloween! We will celebrate in our usual fashion with a ghoulish lunch, goodies, and a well-dressed staff. Be prepared for some “schmoozing” and some laughs at lunch on the 31st!
A special preview performance of the Flamenco Dance Project at the Thompson Center. Enjoy a dynamic company of artists as they showcase Flamenco dance and music. See their full performance at Pentangle, November 9th at 7:30pm!

Flamenco Dance Project
Friday, November 9th 1:15PM

Finding Our Families: A Series of Genealogical Workshops
This series with Denise Picard Lindgren is underway with the following upcoming sessions:

Session 2: October 18th, 1:00PM “Sort It Out.” Learn how to sort through records and determine which ancestor is truly yours. We often find persons with the right name, but wrong identity.

Session 3: October 15th, 1:00PM “Write It Down.” Learn about the most popular software to record your genealogical research in a way that will stand the test of time for future generations.

**Trip to the American Precision Museum, Windsor, VT.**
**Monday, October 15th, depart on the Thompson Shuttle 9:30AM**

The American Precision Museum, housed in the original Robbins & Lawrence Armory, now holds the largest collection of historically significant machine tools in the nation. This museum preserves the heritage of the mechanical arts and celebrates the ingenuity of our mechanical forebears. We will see authentic machine tools operate in their working machine shop.

We will also have an opportunity to see a special exhibit titled, “Full Duty—Arming the Union.” This is a first-ever showing of Howard Coffin’s private collection of civil war memorabilia including letters, photos, maps, paintings, weapons and personal effects. This display also features an authentic Klu Klux Klan robe and hood.

Cost: $10.00 (includes gas donation) We will return to the Senior Center by noon. Please call in advance to reserve your space. Note: This museum closes for the winter on October 31st.

**Straight Talk About UTIs**
**Tuesday, October 23, 1:00PM**

Registered Nurse Michelle Chiesa will give us the straight scoop on UTIs (also Known as “the kidney cold” or Bladder Infection). Did you know that UTIs can cause behavioral symptoms in older people? These symptoms can sometimes be mistaken for early stage dementia or Alzheimer’s. Michelle will discuss why older people are more susceptible to UTIs and talk about the symptoms and how to reduce your risk for developing a UTI.

**FRENCH CLASSES**
**Mondays, September 10 to October 29 (no class on October 8th)** 8:45 to 10:00 AM, Cost: $85.00
**Instructor: Judy Mahood**
**Email: judymahood@comcast.net**

**Advanced Beginner**

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

Please contact Judy if you are interested in the next session.

**ITALIAN STUDY GROUP**
**Thursdays, October 11, 18, 25**
10:30 AM - Noon
Cost: $33 for 3 classes
**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. For more information call Diana Leskovar at 457-3277.

**SPANISH CLASS**
**Tuesdays, September 11- October 16**
10:45 to noon, Cost: $45.00
**Instructor: Susan Copeland**

This class will be conducted primarily in Spanish with emphasis on building conversational skills. It will be geared toward beginning and intermediate learners. Instructor Susan Copeland taught Spanish part-time in Hartford High School in Hartford, VT and has worked with the Russians Foundation teaching both English and Spanish. The class will be using Communicating In Spanish (Novice Level) by Conrad Schmitt and Protase Woodford (Jan 1, 1991), and 5-Minute Spanish by Berlitz (Jul 15, 2009) (CD optional). Minimum: 4 students. Please sign up in advance by calling 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.

**TAI CHI - WIN, WIN, WIN**
**Wednesdays, October 3, 10**
**Call for dates of next session!**

Clinical evidence is confirming that tai chi benefits your body, mind, and spirit. Tai chi movements help with body coordination, muscle tone, balance, and overall awareness. The mind is engaged in remembering, analyzing, and synthesizing a series of coordinated movements, resulting in improved concentration. The repetitive movements also calm the spirit--creating a sense of unity.

Tai Chi also helps reduce the symptoms of arthritis, fibromyalgia, joint pain and stiffness, as well as depression.

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

Tai Chi for Continuing Students, 10:40-11:40AM (dates above)
This class will continue to practice parts one and two of Tai Chi for arthritis and begin to learn Yang 24, the most popular Tai Chi form in the world.

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

Cost: $30.00 (six classes)
TRIPS

The Temptations, Lebanon Opera House, Lebanon, NH. 

Friday, November 30th 7:30PM (Depart on Thompson Shuttle at 6:30PM, or drive on own) 

LIVE! With their fine-tuned choreography—and even finer harmonies—The Temptations became THE renowned male vocal group of the 1960’s. They have weathered the storm of a changing culture and consumer tastes with rare dignity and grace. Cost: $49.50 (gas donation appreciated, if taking the van) 

A CHRISTMAS CAROL 
AT NORTH SHORE MUSIC THEATRE, 
BEVERLY, MA 

Saturday, December 8, 2012 
Depart from The Thompson Center on Premier Coach Bus at 8:30AM 

Enjoy this holiday favorite with dazzling special effects, colorful costumes and traditional songs. A Christmas Carol tells the tale of the miserly Ebenezer Scrooge, who is visited by ghosts of Christmases Past, Present and Future and ultimately discovers the true spirit of the holiday season. This popular musical adaptation of the Charles Dickens novel is brought to life in the intimate setting of the North Shore Theatre in the round. We will enjoy a deluxe buffet lunch at the Beverly Depot, a Reader’s Choice award winning restaurant housed in a historic 1890’s train station. Buffet will include Chicken Marsala, Roast Beef Au Jus, roasted potatoes, fresh garden salad, rolls, drink, and dessert. 

Arrive back in Woodstock at approximately 7:00PM. Coolers will be available on the bus if you would like to bring a snack for the ride home. Cost: $102.00 (includes coach bus, theatre ticket, and deluxe buffet lunch) 

NEW NOTE: Minimum of 40 needed for this trip to be able to go - please let us know by October 7th! 

Peter Pan, Northern Stage, White River Junction, VT. 
Friday, December 21st 2:00PM 
(Depart on Thompson Shuttle at 1:15PM) 

Don’t want to grow up? Join Peter Pan, Tinker Bell and their pals on an unforgettable trip to Neverland. Based on the play by James M. Barrie this is one of the world’s most celebrated musicals. You will enjoy popular songs such as, “I Won’t Grow Up”, “I’m Flying”, and “Never Never Land.” Professional Broadway performers join talented local children in this timeless tale. Cost: $40.00 (includes gas donation) Note: Price goes up for this holiday performance on December 26th so see it with us! 

DAY TRIP POLICY 
• To make your reservation, contact Diana or Pam at 457-3277. 
• Reservations are taken on a first paid basis and are not considered confirmed until full payment has been received. Checks will be deposited 30 days prior to trip date. 
• If you cancel for any reason, payment cannot be returned unless we fill your spot from a waiting list. This is due to non-refundable fees charged to us by the bus company &/or destination. 
• All are welcome to go on trips, but anyone needing extended assistance must bring a caregiver or companion.

PROGRAMS

Meet Eleanor Roosevelt: 
Wife, Mother and First Lady 

A Vermont Humanities Council History Alive Speaker 
hosted by The Thompson Center 
Thursday, October 11, 1:00PM 

On what would have been her birthday, Mrs. Roosevelt talks about the four decades of her marriage to Franklin D. Roosevelt. With a frank, often humorous look at some of her struggles, she recalls her years as a timid young wife and mother, “life in a goldfish bowl!” as First Lady, and her journey toward personal fulfillment.

Supported in part by the National Endowment for the Humanities (NEH) and the Vermont Humanities Council (VHC). Any views, findings, conclusions, or recommendations expressed in this program do not necessarily represent those of the NEH or the VHC.

“Remember When”, with Kathy Wendling 
Thursday, October 18, 1:00PM 

School days, school days, 
Dear old golden rule days. 
‘Readin’ and ‘ritin’ and ‘rithmetic’, 
Taught to the tune of a hick’ry stick. 
I was your queen in calico, 
You were my bashful barefoot beau, 
And I wrote on your slate, ‘I love you, Joe’. 
When we were a couple of kids.

Remember that popular song? Come share your special memories about your early school days. Retired teachers are welcome to share their memories as well. As always, pictures are welcome!

THOMPSON HOLIDAY BAZAAR - Saturday, December 1, 2012 

Our plans for the Holiday Bazaar are underway. Raffle tickets $1.00 each or 6 for $5.00 and are available. Raffle items are: Sleigh ride or Carriage ride for two from Kedron Valley Stables, Artwork Print by WmB. Hoyt, Beaded Jewelry by Leslie Marceau 

DO YOU: Knit, Crochet, Sew, Crafts, Bake, Make Jams & Jellies, Pickles or Candy? While you are preserving, jam, jellies, pickles, etc., please make a few extra for our bazaar and bring them to the Center. 

We will be having workshops on Friday afternoons during October at 1:00pm. Workshops will include: Painting small gourds, Zipper pins, Wool flower pins, Paper notebooks and cards, Dolls. We will have guest craft instructors as well. 

COFFEE CANS 
We are looking for clean, small coffee cans for this year’s cookie walk. Please drop them off at the desk if you have any. SMALL PLASTIC containers will not be accepted. Thank you, Paula, Bazaar Chair
### PROGRAM CALENDAR - OCTOBER 2012

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<th>Mon</th>
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<tr>
<td>1</td>
<td>WOODSTOCK DAY*&lt;br&gt;8:45 French Class&lt;br&gt;9 Strength &amp; Fitness&lt;br&gt;10:15 Memoir Club&lt;br&gt;1 Advisory Meeting&lt;br&gt;1 Bridge&lt;br&gt;1 Scrabble</td>
<td>10:45 Spanish Class&lt;br&gt;CLOSED for FRYEBURG FAIR TRIP Depart TSC at 8 am</td>
<td>9 W. Leb Shopping*&lt;br&gt;9:30 Tai Chi (Beginners) 10:30 Handwork Cir. 10:40 Tai Chi (continuing students) 12 French Table</td>
<td>9 Strength &amp; Fitness&lt;br&gt;10 Cribbage 12 Italian Table 1 Health Info Online workshop</td>
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<td>8</td>
<td>CLOSED&lt;br&gt;COLUMBUS DAY</td>
<td>9 Strength &amp; Fitness&lt;br&gt;10:00 Double King Pede&lt;br&gt;10:45 Spanish Class&lt;br&gt;12 Spanish Table 1 Horseshoes 1 Medicare Review*</td>
<td>9:30 Tai Chi (Beginners) 10:30 Handwork Cir. 10:40 Tai Chi (continuing students) 12 French Table 1 Book Club</td>
<td>9 Strength &amp; Fitness&lt;br&gt;10 Cribbage 10:30 Italian Study Group 12 Italian Table 1 Eleanor Roosevelt VHC History Alive Program</td>
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<td>15</td>
<td>8:30 Newsletter folding&lt;br&gt;8:45 French Class&lt;br&gt;9 Strength &amp; Fitness&lt;br&gt;9:30 Windsor Preci- sion Museum Trip*&lt;br&gt;10:15 Memoir Club&lt;br&gt;1 Bridge&lt;br&gt;1 Scrabble</td>
<td>9 Strength &amp; Fitness&lt;br&gt;10 Double King Pede&lt;br&gt;10:45 Spanish Class&lt;br&gt;11:30 Commodities&lt;br&gt;12 Spanish Table 1 Horseshoes 1 AARP Election Talk</td>
<td>8 Annual Meeting&lt;br&gt;9 W. Leb Shopping* 9 - 2:30 Foot Clinic* 9:30 Tai Chi (Beginners) 10:30 Handwork Cir. 10:40 Tai Chi (continuing students) 12 French Table 1 Book Club 1 Medicare Review*</td>
<td>9 Strength &amp; Fitness&lt;br&gt;10 Cribbage 10:30 Italian Study Group 12 Italian Table 1 Genealogy* 1 Remember When</td>
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<td>22</td>
<td>8:45 French Class&lt;br&gt;9 Strength &amp; Fitness&lt;br&gt;10:15 Memoir Club&lt;br&gt;1 Bridge&lt;br&gt;1 Scrabble</td>
<td>9 Strength &amp; Fitness&lt;br&gt;9- 12 FLU SHOTS &amp; Wellness Clinic&lt;br&gt;10 Double King Pede&lt;br&gt;10:45 Spanish Class&lt;br&gt;12 Spanish Table 1 Horseshoes 1 UTI Straight Talk</td>
<td>10:30 Handwork Cir. 12 French Table 12 German Table 1 Holiday Bazaar Crafts with Paula</td>
<td>BIRTHDAY DAY*&lt;br&gt;9 Strength &amp; Fitness&lt;br&gt;10 Cribbage 10:30 Italian Study Group 12 Italian Table</td>
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<td>29</td>
<td>8:45 French Class&lt;br&gt;9 Strength &amp; Fitness&lt;br&gt;10:15 Memoir Club&lt;br&gt;1 Bridge&lt;br&gt;1 Scrabble</td>
<td>9 Strength &amp; Fitness&lt;br&gt;10 Double King Pede&lt;br&gt;10:45 Spanish Class&lt;br&gt;12 Spanish Table 1 Horseshoes</td>
<td>10:30 Handwork Cir. 12 French Table 12 Halloween Lunch</td>
<td>* Please Sign up/ Reservations Required</td>
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### MENU - OCTOBER 2012

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<tr>
<td>1</td>
<td>Tossed Salad, Grilled Cheese, Creamy Tomato Vegetable Soup, Brownies &amp; Fruit</td>
<td>No Lunch&lt;br&gt;CLOSED for FRYEBURG FAIR TRIP</td>
<td>Tossed Salad, Chicken Parmesan over Multigrain Pasta, Garlic Bread, Tuscan Blend Vegetables, Fresh Fruit Salad</td>
<td>Tossed Salad, Shepherd’s Pie, Tuscan Vegetable Medley, Poached Pears</td>
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<td>8</td>
<td>Reubens, Beer Batter Onion Rings, Mediterrane- an Vegetables, Sorbet w/ Fresh Berries</td>
<td>Grilled Tuna &amp; Vegetables in herb butter, Scallion Brown Rice, Carame- nel Pumpkin Tiramisu</td>
<td>Grilled Chicken Caesar Wrap, Hearty Vegeta- ble Minestrones, Choco- late Chip Cookies w/ Fruit</td>
<td>Singapore Curry Chicken, Rice, Stir Fried Vegetables, Fruit Mousse Tart</td>
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<td>15</td>
<td>Turkey Quesadillas w/ Tomato Avocado Salsa, Roasted Vegetable Melange, Rum Raisin Rice Pudding</td>
<td>Fall Florentine (spinach and cheese), herb roasted potatoes, Lime carrots, Warm Apple Crisp</td>
<td>Annual Meeting*&lt;br&gt;Tossed Salad, Chicken and Vegetable Noodle Soup, Biscuit, Coconut Cream Pie</td>
<td>Oktoberfest* Tossed salad, Jagerschnitzel, (Pork cutlet with a mush- room gravy) Bratwurst, Spatzle, (homemade German Pasta) Afpel-Rotkohl, (braised red cabbage and apples) Black Forest Cake</td>
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<td>22</td>
<td>Salsbury Steak, Mashed Potato, Gravy, Mediterranean Vegetables, Lemon Meringue Pie</td>
<td>Grilled Salmon Burger, Roasted Steak Fries, Marinated Vegetable Salad, Ice Cream Sand- wich Cookies</td>
<td>Birthday Day&lt;br&gt;Herb Roasted Turkey Breast, Parsnip Mashed Potato, Gravy, Green Bean Amandine, Cake and Ice Cream</td>
<td>Chicken Salad, Broccoli Salad, Tortellini Salad, Lettuce, Tomato, Sorbet w/ Berries</td>
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<td>29</td>
<td>Smoked Turkey and Broccoli Quiche Roasted Sweet Potato frites, Roasted Vegeta- bles, Hot Fudge Sundae with banana</td>
<td>Halloween Asian Pork Burgers, Roasted Steak Fries, Mediterrane- an Vegetables, Cup Cakes</td>
<td>Menu is subject to change based on availability of food items. Please call ahead with special dietary needs. * indicates that sign-up/reservations are required (Birthday Day &amp; special holiday meals)</td>
<td>Meal Pricing: &lt;br&gt;♦ $6 charge for those under age sixty&lt;br&gt;♦ $4 suggested donation for ages sixty and over</td>
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