



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



OCTOBER 2012

## Annual Meeting Time!

### You are invited to the Woodstock Area Council on Aging 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



Photo:  
Dorothy Forthmann  
and Pam Butler at  
our Annual Spring  
Tea



### 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 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!



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The Thompson Center

Woodstock Area Council on Aging  
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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,  
paudsley@comcast.net  
**Volunteer:** tscvolunteers@comcast.net  
**Diana Leskovar**, Program Director,  
dleskovar@comcast.net  
**Pam Butler**, Asst. Program Director,  
pbutler-tsc@comcast.net  
**Ryan Martin**, Chef,  
tsc-chef@comcast.net  
**Siobhan Wright**, Kitchen Asst.,  
**Nelson Gilman**, Medical driver  
**Morris Stickney**, Maintenance  
**Gordon Worth**, Van driver  
**Jim Emery**, Van driver & maintenance

**Eleanor Zue**, Senior Solutions, Senior Advocate,  
EZue@seniorsolutionsvt.org  
(Tues., Thurs. at the Thompson)  
**SENIOR HELPLINE:** 800-642-5119

Community Care Coordinators -  
**Lonnie Larrow, RN, & Katrin Tchana, MSW**,  
Ottauquechee Health Center, 457-3030

BOARD OF DIRECTORS

Cindy Carroll—*President*  
Pam Jaynes—*Vice President*  
John Moore—*Treasurer*  
Gerald Fredrickson—*Secretary*  
Dick Atwood  
Dick Colantuono  
Elizabeth Deignan  
Bob Forman  
Frances Gillett - Advisory  
Lisa Gramling  
Reinhart Jeck  
Patsy Mathews  
Joan Oppenheimer  
Lynn Peterson, M.D.  
Sarah Roberts  
Corwin Sharp  
Joseph Sheperd  
Eldon Thompson

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: 1<sup>st</sup> and 5<sup>th</sup> Wednesday, 11:00 – 3:00; and 2<sup>nd</sup>, 4<sup>th</sup>, 5<sup>th</sup> 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 Headrest 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 Lyme, 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 items involving choices
- High praise for successful **Bear** program
- Questions about possible shredding opportunities
- Discussion about Stage Coach trips to West Lebanon
- Expressions of gratitude to (and from) staff and friends for retiring members of Board of Directors Liza Deignan and Dick Colantuono (in attendance at advisory meeting)

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 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

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!

IN MEMORY OF



Gail Brinks

Lynn Dolan  
Doug & Chris Rose

Hilde Weisse

Woodbridge Apartments, Inc.



OCTOBER BIRTHDAYS

2nd Jane Soule	14th Miriam Desmond	23rd Larry Roberts
2nd Alfred Appel	16th Dottie Forthmann	23rd Paula Audsley
2nd Diana Leskovar	17th Janet Cole	24th Keith Blake
7th Lois Lantman	18th Therese Fullerton	30 Nelson Gilman
8th Diane Atwood	18th Bob Belisle	31st Madeline Jaquith
11th Peggy Wesbrook	19th Sarah Hadley	
13th Kathy Harrington	21st Bernice Atwood	



On October 25th we will celebrate your special day! Please join us!



## ONGOING PROGRAMS

### CAREGIVER SUPPORT GROUP

**Wednesday, October 17th**

(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.

### JOIN OUR MEMOIR CLUB

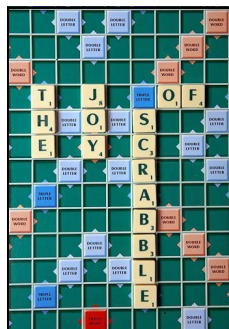
**Ongoing, Mondays, 10:15 AM - Noon**

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 memories and lively discussion. No pressure... reading is optional! Participants' goals may be to compile written memories in a book to be passed down, or to gather miscellaneous written memories as they come to mind. This group is fun and supportive -- come join us!

### 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!



### 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

The Monday afternoon Bridge group needs more players. Join them at 1pm in the living room if you play or want to learn to play!

## NEWS & PROGRAMS

### 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 lap-top 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 15<sup>th</sup> – December 7<sup>th</sup>** 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 4<sup>th</sup> Tuesday of each month from 10-noon.



**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!

### 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.

# PROGRAMS

## TRIP TO THE AMERICAN PRECISION MUSEUM, WINDSOR, VT. MONDAY, OCTOBER 15<sup>TH</sup>, 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 31<sup>st</sup>.

## 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.

## Flamenco Dance Project Friday, November 9<sup>th</sup> 1:15PM

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!**



## Finding Our Families: A Series of Genealogical Workshops



This series with Denise Picard Lindgren is underway with the following upcoming sessions:

### Session 2: October 18<sup>th</sup>, 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: November 15<sup>th</sup>, 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.

# CLASSES

## FRENCH CLASSES

**Mondays, September 10 to October 29**  
**(no class on October 8<sup>th</sup>)**  
**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: \$**  
**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 Rassias 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](mailto:anniebower@yahoo.com); or view [www.annebower.com](http://www.annebower.com).  
**Cost: \$30.00 (six classes)**



## TRIPS

### **The Temptations, Lebanon Opera House, Lebanon, NH.**

**Friday, November 30<sup>th</sup> 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 21<sup>st</sup> 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 Never Never Land. 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 26<sup>th</sup>** 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				
Mon	Tue	Wed	Thu	Fri
1	2	3	4	5
<b>WOODSTOCK DAY*</b> 8:45 French Class 9 Strength & Fitness 10:15 Memoir Club 1 Advisory Meeting 1 Bridge 1 Scrabble	10:45 Spanish Class  <b>CLOSED for FRYEBURG FAIR TRIP</b> <b>Depart TSC at 8 am</b>	9 W. Leb Shopping* 9:30 Tai Chi (Beginners) 10:30 Handwork Cir. 10:40 Tai Chi (continuing students) 12 French Table	9 Strength & Fitness 10 Cribbage 12 Italian Table <b>1 Health Info Online workshop</b>	12 German Table 1 Holiday Bazaar Crafts with Paula
8	9	10	11	12
<b>CLOSED</b>  <b>COLUMBUS DAY</b>	9 Strength & Fitness 10:00 Double King Pede 10:45 Spanish Class 12 Spanish Table 1 Horseshoes <b>1 Medicare Review*</b>	9:30 Tai Chi (Beginners) 10:30 Handwork Cir. 10:40 Tai Chi (continuing students) 12 French Table <b>1 Book Club</b>	9 Strength & Fitness 10 Cribbage 10:30 Italian Study Group 12 Italian Table <b>1 Eleanor Roosevelt VHC History Alive Program</b>	9 - 2:30 Foot Clinic* 12 German Table 1 Holiday Bazaar Crafts with Paula
15	16	17	18	19
<b>8:30 Newsletter folding</b> 8:45 French Class 9 Strength & Fitness <b>9:30 Windsor Precision Museum Trip*</b> 10:15 Memoir Club 1 Bridge 1 Scrabble	9 Strength & Fitness 10 Double King Pede 10:45 Spanish Class 11:30 Commodities 12 Spanish Table 1 Horseshoes <b>1 AARP Election Talk</b>	<b>8 Annual Meeting</b> 9 W. Leb Shopping* 9 – 2:30 Foot Clinic* 10:30 Handwork Cir. 12 French Table 12:30 Caregiver Support Group	9 Strength & Fitness 10 Cribbage 10:30 Italian Study Group 12 Italian Table <b>1 Genealogy*</b> <b>1 Remember When</b>	<b>Oktoberfest*</b>  12 German Table 1 Holiday Bazaar Crafts with Paula 1 Talk & Listen with Linda Grant
22	23	24	25	26
8:45 French Class 9 Strength & Fitness 10:15 Memoir Club 1 Bridge 1 Scrabble	9 Strength & Fitness <b>9- 12 FLU SHOTS &amp; Wellness Clinic</b> 10 Double King Pede 12 Spanish Table 1 Horseshoes <b>1 UTI Straight Talk</b>	10:30 Handwork Cir. 12 French Table	<b>BIRTHDAY DAY*</b>  9 Strength & Fitness 10 Cribbage 10:30 Italian Study Group 12 Italian Table	12 German Table 10:30 Holiday Bazaar Meeting 1 Holiday Bazaar Crafts with Paula
29	30	31		
8:45 French Class 9 Strength & Fitness 10:15 Memoir Club 1 Bridge 1 Scrabble	9 Strength & Fitness 10 Double King Pede 12 Spanish Table 1 Horseshoes	10:30 Handwork Cir. 12 French Table 12 Halloween Lunch	<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 - OCTOBER 2012				
Mon	Tue	Wed	Thu	Fri
1	2	3	4	5
Tossed Salad, Grilled Cheese, Creamy Tomato Vegetable Soup, Brownies & Fruit	<b>No Lunch</b>  <b>CLOSED for FRYEBURG FAIR TRIP</b>	Tossed Salad, Chicken Parmesan over Multigrain Pasta, Garlic Bread, Tuscan Blend Vegetables, Fresh Fruit Salad	Tossed Salad, Shepherd's Pie, Tuscan Vegetable Medley, Poached Pears	Citrus Roasted Chicken Leg, Baked Potato, Caramelized Seasonal Vegetables, Berries and Cream Crepes
8	9	10	11	12
<b>Columbus Day Closed</b>	Reubens, Beer Battered Onion Rings, Mediterranean Vegetables, Sorbet w/ Fresh Berries	Grilled Tuna & Vegetables in herb butter, Scallion Brown Rice, Caramel Pumpkin Tiramisu	Grilled Chicken Caesar Wrap, Hearty Vegetable Minestrone, Chocolate Chip Cookies w/ Fruit	Singapore Curry Chicken, Rice, Stir Fried Vegetables, Fruit Mousse Tart
15	16	17	18	19
Turkey Quesadillas w/ Tomato Avocado Salsa, Roasted Vegetable Melange, Rum Raisin Rice Pudding	Fish Florentine (spinach and cheese), herb roasted potatoes, Lime carrots, Warm Apple Crisp	<b>Annual Meeting*</b>  Tossed Salad, Chicken and Vegetable Noodle Soup, Biscuit, Coconut Cream Pie	<b>Chef's Choice</b>	<b>Oktoberfest*</b>  Tossed salad, Jagerschnitzel, (Pork cutlet with a mushroom gravy) Bratwurst, Spaetzle, (homemade German Pasta) Apfel-Rotkohl, (braised red cabbage and apples) Black Forest Cake
22	23	24	25	26
Chicken Divan w/ Penne Pasta, Tuscan Vegetables, Coconut Macaroons w/ Pineapple	Salisbury Steak, Mashed Potato, Gravy, Mediterranean Vegetables, Lemon Meringue Pie	Grilled Salmon Burger, Roasted Steak Fries, Marinated Vegetable Salad, Ice Cream Sandwich Cookies	<b>Birthday Day</b> Herb Roasted Turkey Breast, Parsnip Mashed Potato, Gravy, Green Bean Amandine, Cake and Ice Cream	Chicken Salad, Broccoli Salad, Tortellini Salad, Lettuce, Tomato, Sorbet w/ Berries
29	30	31		
Tossed Salad, Macaroni and Cheese w/ Ham, Butter Beets, Peach Parfait	Smoked Turkey and Broccoli Quiche Roasted Sweet Potato fries, Roasted Vegetables, Hot Fudge Sundae with banana	<b>Halloween</b> Asian Pork Burgers, Roasted Steak Fries, Mediterranean Vegetables, Cup Cakes	<b>Menu is subject to change based on availability of food items.</b>  <b>Please call ahead with special dietary needs.</b> <b>* indicates that sign-up/reservations are required (Birthday Day &amp; special holiday meals)</b>	<b>Meal Pricing:</b> ♦ <b>\$ 6 charge for those under age sixty</b> ♦ <b>\$ 4 suggested donation for ages sixty and over</b>