



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 2013

## DO WE HAVE WHAT IT TAKES?

Are America's communities ready to meet the needs of the rapidly growing senior population? Are today's older adults ready for the realities of aging in America? The National Council on Aging addressed these questions in their survey and resulting report: *The United States of Aging* (www.ncoa.org). Hear more about this and how it relates to aging in our community at The Thompson's Annual Meeting on Wednesday, October 30, 2013, at 8:30am. Please RSVP to 457-3277.



### ANNUAL MEETING AND ANNUAL REPORT FOR FISCAL YEAR 2013

As a nonprofit organization that operates for public purposes with public support, we provide the community with information about our mission, program activities, and finances. The **Annual Meeting** and **Annual Report** are two of the ways that we make available to the public, information about The Thompson's programs and financial management. The **Annual Meeting** is also an opportunity to hear about the year in review at The Thompson and to vote on and welcome new board members and associate members.

The **Annual Report** includes information about operations and achievements at The Thompson during 2013 and includes recognition of donors, supporting foundations, grant awards, and year end (unaudited) financial statements. Pick up your copy of our Annual Report at the Annual Meeting, or contact us after October 30th to receive a copy.

### MISSION

It is the mission of the Thompson Center to be a multi-generational 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.

### MEDICAL EQUIPMENT

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

We've given away dozens in the last few months! It's great to see them re-used! Contact Deanna at 457-3277 for more details. You can also donate or find medical equipment at: [www.getATstuff.com](http://www.getATstuff.com)

### TSC TRANSPORTATION PROGRAM

The Thompson Center operates a door-to-door transportation program for seniors and disabled community members from the towns of Barnard, Bridgewater, Pomfret, and Woodstock.

**Medical Rides** - \$10 suggested donation per out-of-town trip. A minimum of 48 hours notice is requested for scheduling. Schedule with Paula at 457-3277.

**Local transportation** to and from your home to The Thompson and other Woodstock stops - suggested donation of \$1 per ride (\$2 round trip if you get a ride both ways). Please call the Center by 8:30AM to request rides for that day. 457-3277

**Monthly shopping trips to West Lebanon** depart from TSC on the 1st and 3rd Wednesday of each month at 9am on the Stagecoach van (returning at approx. 12:15pm). Stops at various locations. **Sign up with the Thompson at least 24 hours in advance.** The Thompson funds these trips with Stagecoach so any donation is greatly appreciated. Call 457-3277

### YOU ARE INVITED TO THE WOODSTOCK AREA COUNCIL ON AGING ANNUAL MEETING

Wednesday, October 30, 2013, 8:30 AM  
Pastries and Coffee at 8:00 AM

### "THE UNITED STATES OF AGING" IS OUR COMMUNITY READY TO AGE WELL?

A report from the National Council on Aging presented by Thompson Senior Center Executive Director, Deanna Jones, with findings and information related directly to you and aging well within our community.



**Location:** The Thompson Center,  
99 Senior Lane, Woodstock, VT 05091  
**Please RSVP by October 23rd, 457-3277**  
[info@thompsonscenter.org](mailto:info@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,  
djones@thompsonscenter.org  
**Paula Audsley**, Outreach Manager,  
paulsley@thompsonscenter.org  
**Diana Leskovar**, Program Director,  
dleskovar@thompsonscenter.org  
**Pam Butler**, Asst. Program Director,  
pbutler@thompsonscenter.org  
**Ryan Martin**, Chef,  
rmartin@thompsonscenter.org  
**Siobhan Wright**, Kitchen Asst.,  
**Gordon Worth**, Van driver  
**Jim Emery**, Van driver & maintenance  
**Nelson Gilman**, Medical driver

Senior Solutions (Formerly Council of  
Aging for Southeastern Vermont)  
**SENIOR HELPLINE:** 800-642-5119

Community Care Coordinators:-  
**Lonnie Larrow, RN, & Katrin  
Tchana, MSW**, Ottauquechee Health  
Center, 457-3030 ext 4

BOARD OF DIRECTORS

Patsy Mathews—*President*  
Pam Jaynes—*Vice President*  
John Moore—*Treasurer*  
Sarah Roberts—*Secretary*  
Dick Atwood  
Dick Brodrick  
Bob Forman  
Frances Gillett - Advisory  
Lisa Gramling  
Rachel Hochman  
Reinhart Jeck  
Barbara Kelley  
Joan Oppenheimer  
Lynn Peterson, M.D.  
Liz Schellhorn  
Corwin Sharp  
Eldon Thompson  
Tom Weschler

BEHIND THE SCENES

A note from the desk of  
Deanna Jones, Executive Director



UPDATE  
“MySeniorCenter”  
computerized sign-in system

We’ve done away with our paper sign in book and have begun using our computerized system! Key cards were made in advance for all patrons and volunteers who filled out the bright yellow information sheet. Those who haven’t are asked to fill one out on their next visit to the Center. Sign-in is going smoothly and we’re thrilled already with the ease of use and new information that we are learning.

In 5 days up and running, we have 232 patrons & volunteers active in the system! Those 232 folks are from 26 different towns! This is information that we did not know a month ago! One of the things we’ve learned this week is that the touch screen is very sensitive! One quick touch is all it needs and the activity or meal that you’ve touched, should turn bright yellow to show you’re “signed-in.” We still have some learning to do, but over-all people seem to like the system (I hear it is even kinda fun!). Please let me know if you have ANY questions, and thank you for your patience & flexibility as we transition to this new system. ~ Deanna

ADVISORY MEETING HIGHLIGHTS

- Update about trips that are full or filling up fast (payment confirms your seat)
- Holiday Bazaar plans underway. Paula will organize some Friday work days for wrapping coffee cans.
- Annual Meeting topic and schedule October 30
- Questions and suggestions about computer program answered
- Discussion about new Vermont Health Care program

Please join our next meeting on Monday, October 7, at 1pm.  
All patrons and volunteers are invited to attend. Your feedback is needed and appreciated!

TOWN DAYS CONTINUE!

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:  
Oct 7 Reading  
Nov 4 Woodstock

IN LOVING MEMORY &

IN APPRECIATION

Mary Sharpe - Flowers & Candy  
John Audsley - Flowers  
Carol Copley - Yarn  
Harold Robinson Family - Puzzles & crossword books  
Mountain Creamery - Muffins and scones

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

SHARE THE HARVEST donations:

Rhonda Bruce - Apples  
Candle Klampert - Tomatoes  
Bob Forman - Green beans, lettuce, cucumbers, onions

KIA SOUL - Transportation Sponsors:

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



Thank You!



IN MEMORY OF  
Mickey Morgan

Mr. & Mrs. Steven Morgan



William Beebee

Laurence Roberts, Jr.

Please see previous newsletters for other memorial gifts. Gifts are listed once in the monthly newsletter immediately following when they are received; this is not a complete listing of gifts for each individual.

Thank you for your contributions in memory of these dear friends.

FUEL ASSISTANCE  
INFORMATION

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

Community Care Coordinator (CCC)  
at The Thompson

Oct. 2 -- Office hours from 11:45 - 2:00pm  
Oct. 11 -- Heart to Heart Group at 1:00 pm  
Oct. 16 -- Caregiver Support Group at 12:30  
Oct. 23 -- Caregiver Support Group at 12:30  
Oct. 30 -- Office hours from 11:45 - 2:00pm  
Also noted on the Program Calendar

OCTOBER BIRTHDAYS

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

On October 24th we will celebrate your special day with special music after a delicious lunch! Please call to make a reservation for lunch and join us!





## WELLNESS PROGRAMS

### CAREGIVER SUPPORT GROUP Wednesday, October 16, 12:30PM

Support and education can make a critical difference for family members and caregivers of patients with memory loss or disorders such as Alzheimer's. Please join our confidential monthly support group (with complimentary lunch) on the 3rd Wednesday of each month, and share ideas, concerns, and constructive feedback with others facing similar challenges.

### FREE HEARING SCREENINGS



**Friday, October 18, 2013  
9:00am-2:30pm**

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

Flu + You

Protect. Learn, Understand. Safeguard.

### Seasonal Flu Clinic Friday, October 4, 9 AM -12 Noon

This walk-in flu clinic is sponsored by the Visiting Nurse Association & Hospice of Vermont and New Hampshire and is open to all adults 18 and older. The flu vaccination is free for individuals with Medicare Part B insurance - please bring your card. The fee for all others is \$25. For more information, call the Center at 457-3277.

### Chair Massages at the Thompson Wednesdays, Oct. 2, 9, 23, 30 10:00am to noon

Licensed massage therapists, Sara & Jim, will be available to provide chair massages at the Thompson. The benefits of having a massage on a regular basis are numerous. See for yourself!

**Please call in advance to schedule your 20 minute massage and make sure to cancel in advance if you can't make it so that someone else can take your spot and we don't keep our massage therapists waiting!**

Cost: 20 minute massage/\$20.00

### Foot Care Clinic with Mary Wood Monthly, 9 am - 2:30 pm on the 2nd Friday & 3rd Wednesday.

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

A waiting list is kept for each day; **PLEASE** make sure to let us know if you can't make your appointment. **Cost: \$15, please bring your own towel.**

### Wellness Clinic & Blood Pressure Screenings (will be combined with the Flu Clinic on October 4th)

Wellness clinics (blood pressure & consultation) 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. Please note that the VNA is no longer offering glucose, cholesterol screenings in this setting.

## NEWS & EVENTS

### Medicare Annual Open Enrollment Informational Event Presented by Senior Solutions at The Thompson Center October 3, 2013 1-2:30pm

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 2014 as it was in 2013?

How will I know what changes my plan is making for 2014?

If I decide to change plans, how and when should I do it?

*Senior Solutions- State Health Insurance staff and volunteers* 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 as well as your 2014 *Medicare and You* handbook if it was already mailed to you). Cost: Donations to Senior Solutions appreciated



### Oktoberfest at the Thompson Center Friday, October 4, noon to 1:00pm

Oktoberfest is a 16-day festival celebrating the harvest with festive events and traditional beers. It is one of the most famous events (celebrated since 1810) in Germany, with more than 6 million people from around the world attending every year. The Thompson Center has a dedicated, scholarly group of German speakers who attend the "German Table" every Friday. They would like to invite everyone to enjoy a traditional menu of bratwurst, sauerkraut, potatoes, apple strudel, and..... BEER.

**A variety of beers is often available for sampling, but it is a BYOB event. Please sign up for lunch in advance so Chef Ryan knows how much food to prepare. This is one of our most popular annual events, so please sign up soon!**

### Bingo Bonanza! Tuesday, October 15, 1:00 to 2:00pm

Everyone is welcome to join in the Bingo fun! If you aren't a regular player you can try it and find out why this game is so popular, and habit forming--yes, they now have a 12 step program for bingo addicts (**just kidding**).

The Thompson Center staff (kitchen staff included) will join in the fun to enjoy a "high stakes" series of games. \$1 per card, with winners getting half of the "pot" for each game. **Our surprise caller will review game rules and guidelines beforehand.** Don't miss this fun event! ~ "If you can't beat them, join them." Anonymous



## PROGRAMS & TRIPS



### Dinner and a Movie Wednesday, October 16 5:30 Dinner, 6:30 Movie

***Something's Gotta Give***  
starring Jack Nicholson, Diane Keaton, and Keanu Reeves.

This hilarious romantic comedy stars a swinger (Jack Nicholson) on the cusp of being a senior citizen with a taste for young women who falls in love with an accomplished woman closer to his age (Diane Keaton). **Dinner menu:** Barbeque Brisket sandwich, potato salad, tropical slaw, and apple crisp with ice cream.

Cost: \$5.00. Please sign up in advance.

### BOOK CLUB Wednesday, October 9, 1:00PM

The group will discuss The Golden Spruce, by John Vaillant. "This is an amazing TRUE account of an unusual seed that germinated in 1700 and grew to be 16 stories (165') tall and 20' around in the Graham Island of the Queen Charlotte islands of British Columbia." The author presents an account of ancient to modern times history of human interactions with their environment. John Vaillant has a local connection with Woodstock. Beryl Spencer will lead this month's discussion. This book group is open to all--- newcomers are welcome!

### New! AARP Smart Driver Course Friday, November 15, 2013

9:00 to noon (break for lunch) and 1:00 to 2:00pm



After two years of planning, research, and testing AARP is pleased to announce **a new and improved driver safety course**. The new curriculum is the result of years of research, input from dedicated volunteers, and insight from experts across the transportation and driver safety industries. It is the nation's largest refresher course designed specifically for older drivers. This new course is scheduled to launch nationwide on January 1, 2014, but **instructor Bill Cherico**, from Plymouth, has completed the formal training and has agreed to offer it at the Thompson Center before the formal launch date.

**New Course Fee: \$15.00 for AARP members (bring in your card) and \$20.00 for nonmembers.** Checks should be made out to AARP. **Note: The popular Car Fit program will be available following the course. Call Diana for more details or to sign up for a 20 minute time slot.**

### HOLIDAY BAZAAR & COOKIE WALK Saturday, December 7, 2013

**Our plans for the Holiday Bazaar are underway. 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.

#### 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 or EXTRA large coffee cans **cannot** be accepted.

Watch for the announcement of our exciting raffle prizes coming soon! Thank you, Paula, Bazaar Chair

## CLASSES & PROGRAMS

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

### French Class Thursdays, 10:00 to 11:30AM October 3, 10, 17, 24, 31 Instructor: Judy Mahood

Come exercise your rusty French language skills with a friendly group of learners. Students in this class will be involved in a variety of exercises that will enhance their skills and familiarize them with the French culture. **Cost: \$65.00 Please register in advance, the course requires a minimum number of students.** For more information email: [judymahood@comcast.net](mailto:judymahood@comcast.net)

#### Did you know?

The Thompson Center has ongoing language tables during our noon time meals, where people can share food, fun, and be exposed to the language of their choice.

**The regular schedule is:**  
**Tuesday** - Spanish Language Table  
**Wednesday** - French Language Table  
**Thursdays** - Italian Language Table  
**Friday** - German Language Table

*The groups meet from noon to 1:00,  
and all ability levels are 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!

### 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 Health and Balance

**Beginner Level (B)** ~ Wednesdays, 9:30—10:30AM  
September 18, 25; Oct. 2, 9, 16, 30; Nov. 6, 13  
Beginners and moderately experienced students will enjoy this series, which will explore seated, standing in place, and moving tai chi. The class uses forms that are based on the Sun style tai chi---the youngest of the tai chi families and the style most oriented towards health. Clinical studies have shown that tai chi helps improve balance and reduce falls. In fact, the Center for Disease Control recommends tai chi for fall prevention.  
**Advanced Level (Adv.)** ~ Wednesdays, 10:40—11:40AM, Sept. 18, 25; Oct. 2, 9, 16, 30; Nov. 6, 13 --  
This class is for those who have already learned the Sun Style "tai chi for arthritis and fall prevention," parts 1 and 2. The class will continue to review these forms and will explore Yang 24 forms. The instructor Anne Bower can be reached at: [anniebower@yahoo.com](mailto:anniebower@yahoo.com); 457-2877 or website: [www.anniebower.com](http://www.anniebower.com).  
**Cost for series of 8 classes: \$40.00**

### Kripalu Yoga, with Annie Frates TUESDAYS, 1:00 - 2:00PM

This gentle yoga class is for everyone---standers, sitters, experienced and inexperienced. Annie will guide the class through a variety of yoga exercises that will help people gain flexibility, improve posture and spine health, develop strength, and increase breath awareness. **Cost: \$5.00 per class.**



## UPCOMING TRIPS - Sign up Soon!

### Shopping Trip to King Arthur Flour, Norwich, VT. Wednesday, November 13, Depart on Thompson Center Van at 9:00 am

Tour King Arthur Flour's new, expanded building and take advantage of some great holiday gift ideas with an additional 10% discount on purchases of \$40 or more (excluding bakery items, appliances and books). We will have an opportunity to hear a short history of this thriving business and observe any bakery demonstrations going on that day. There will be ample time to shop and eat lunch at the café. You may also bring your own lunch and buy a "goodie" to top off a scrumptious day!

**Cost: \$5.00 gas donation. (lunch is on your own) Please sign up in advance.**

### 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; 2 meals (1 dinner/ 1 breakfast); tickets for "The Rockettes" holiday show; tour of New York City, and 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: December 14-16, 2013

##### New York City and the 32<sup>nd</sup> Deluxe Christmas Tour

Package includes two nights' lodging at the Roosevelt Hotel in Midtown Manhattan; 7 meals (2 full breakfasts/3 luncheons/2 dinners); tickets for "The Rockettes"; visitor's pass for the 9/11 Memorial; New York City highlights tour with local guide; baggage service; free time to enjoy the city, and 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 (deadline is October 31<sup>st</sup>) contact:**

Vermont's Green Mountain Tours, PO Box 2021, Georgia, VT. 05468

Phone: (802) 527-0496 or (800) 877-4311; Email: [tourdirector@greenmntntoursvt.com](mailto:tourdirector@greenmntntoursvt.com)

Website: [www.greenmntntoursvt.com](http://www.greenmntntoursvt.com) Note: Trip brochures are available at the Thomson Center.



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

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

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

Balcony stateroom, prices available upon request.

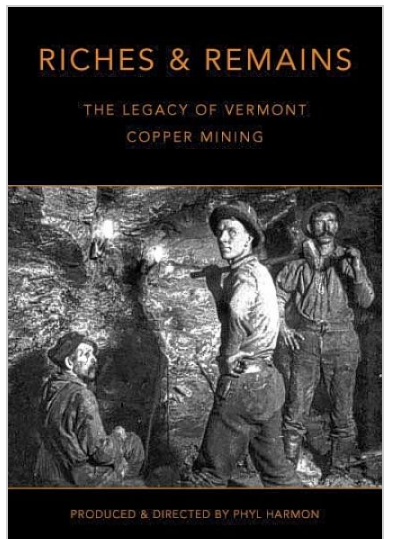
**A \$250.00 deposit per person is due at the time of booking, with final payment due by January 23, 2014.**  
**Note: Group pricing is only available until December 9, 2013.**

## PROGRAMS

### RICHES & REMAINS The Legacy of Vermont Copper Mining Produced and Directed by Phyl Harmon Tuesday, October 22, 1:00PM

This hour-long documentary tells the story of the copper mines in South Strafford, Vershire, and Corinth covering over 150 years. Producer, writer, interviewer, and filmmaker Phyl Harmon explores the vital impact these mines had on the people and economies of Upper Valley towns. It chronicles the mining boom and the dramatic changes in mining (and mining technology) across the 19<sup>th</sup> and 20<sup>th</sup> centuries. The film describes the hardships and triumphs of the miners themselves, their personal tragedies, the abuses of child labor, and the uprising that led to a National Guard intervention at the mine in Vershire. It details the final resurgence of the Elizabeth Mine in the 1940's and 50's and the positive role the mine, and the mining company, played in the lives of Strafford's people. Phyl Harmon began her research on mining in 1995 by interviewing the last surviving men who worked in them. Many of those men have since died, but Harmon was struck when talking to them by, "how much they loved the mine. I thought this would be a great film."

Harmon completed her research and the production of this documentary in her early seventies. She will be at this showing to share her story and answer questions.



### Karaoke, following Birthday Day Thursday, October 24, 1:00 to 2:30PM

Join us for a fun afternoon of singing and laughter with Shane's Karaoke. Words will scroll down our big screen T.V. to help us remember the words to our favorite songs. Shane has a wide repertoire of songs, new and old, and will take requests. Don't miss this fun event---bring a friend!!

### Discussion Group ~ "Heart to Heart" Friday, October 11, 1:00 —2:00 pm

If you've missed *Remember When* and *Talk and Listen*, a new discussion group, called "*Heart to Heart*" led by, Katrin Tchana meets one Friday every month. **October's topic:** "Driving around in Cars" When did you get your license? What kind of adventures have you had in cars? What was the longest road trip you ever took? Have you ever gotten in trouble in a car? Come share your car stories!

### Bridge or Scrabble Anyone?

Several people have inquired about resurrecting a regular group of bridge players, as well as a group of scrabble players. Mondays afternoons at 1:00PM fits the Thompson Center's schedule. If you are interested please call Diana at 457-3277 ext. 21.



**Halloween Tradition!** We will celebrate in our usual fashion with a ghoulish lunch, and goodies on the 31st at noon! Dress up if you like! Join the fun!

PROGRAM CALENDAR - OCTOBER 2013				
Mon	Tue	Wed	Thu	Fri
	1	2	3	4
<b>BINGO daily at 10:30 am except on birthday day and other special meal days.</b>	9 Strength & Fitness 10:00 Double King Pedé 12 Spanish Table <b>1 Yoga*</b>	9 W. Leb Shopping* <b>9:30 Tai Chi (B)*</b> <b>10-12 Chair Massages*</b> 10:30 Handwork Cir. <b>10:40 Tai Chi (Adv.)*</b> 11:45-2 CCC office hrs 12 French Table	9 Strength & Fitness 10 Cribbage 10:30 Italian Class 12 Italian Table <b>1 Medicare open enrollment talk</b>	<b>OKTOBERFEST*</b> 12 German Table <b>9-12 Flu Clinic</b>
7	8	9	10	11
<b>READING DAY*</b> 9 Strength & Fitness 10:15 Memoir Club 1 Advisory Meeting	9 Strength & Fitness 10:00 Double King Pedé 12 Spanish Table <b>1 Yoga*</b>	<b>8 Foliage Trip Departure*</b> <b>9:30 Tai Chi (B)*</b> <b>10-12 Chair Massages*</b> 10:30 Handwork Cir. <b>10:40 Tai Chi (Adv.)*</b> 12 French Table 1 Book Club	9 Strength & Fitness 10 Cribbage 10:30 Italian Class 12 Italian Table	<b>9 – 2:30 Foot Clinic*</b> 12 German Table 1 Heart to Heart
14	15	16	17	18
<b>COLUMBUS DAY Closed</b>	9 Strength & Fitness 10 Double King Pedé 11:30 Commodities 12 Spanish Table <b>1 Yoga*</b> <b>1- 2 BINGO BONAZA</b>	9 W. Leb Shopping* <b>9 – 2:30 Foot Clinic*</b> <b>9:30 Tai Chi (B)*</b> 10:30 Handwork Cir. <b>10:40 Tai Chi (Adv.)*</b> 12 French Table 12:30 Caregiver Group <b>5:30 Movie Night*</b>	9 Strength & Fitness 10 Cribbage 10:30 Italian Class 12 Italian Table <b>1 Lucy Mac</b>	<b>9-2:30 Hearing Screenings*</b> 12 German Table
21	22	23	24	25
<b>8:30 Newsletter Folding</b> 9 Strength & Fitness 10:15 Memoir Club	9 Strength & Fitness 10 Double King Pedé 12 Spanish Table <b>1 Yoga*</b> <b>1 Copper Mines Talk</b>	<b>9:30 Tai Chi (B)*</b> <b>10-12 Chair Massages*</b> 10:30 Handwork Cir. <b>10:40 Tai Chi (Adv.)*</b> 11:45-2 CCC office hrs 12 French Table	<b>BIRTHDAY DAY*</b> 9 Strength & Fitness 10 Cribbage 10:30 Italian Class 12 Italian Table <b>1 Karaoke</b>	12 German Table
28	29	30	31	
9 Strength & Fitness 10:15 Memoir Club	9 Strength & Fitness 10 Double King Pedé 12 Spanish Table <b>1 Yoga*</b>	<b>8 Annual Meeting</b> <b>9:30 Tai Chi (B)*</b> <b>10-12 Chair Massages*</b> 10:30 Handwork Cir. <b>10:40 Tai Chi (Adv.)*</b> 11:45-2 CCC office hrs 12 French Table	9 Strength & Fitness 10 Cribbage 10:30 Italian Class 12 Italian Table <b>Halloween Lunch*</b>	<b>* Please Sign up/ Reservations Required</b>

MENU - OCTOBER 2013				
Mon	Tue	Wed	Thu	Fri
	1	2	3	4
<b>* indicates that sign-up/reservations are required (Birthday Day &amp; special holiday meals)</b>	Tossed Salad Chicken Ala King, Vegetable Medley, Biscuits, Oatmeal Cran-raisin cookies/ fruit	Vegetarian Lasagna, Steamed Tuscan Style Vegetables, Garlic Bread, Fruit Cobbler w/ Vanilla Ice Cream	Chef Salad w/ Lettuce, Tomato, Ham, Turkey, Cheese, Hard Boiled Egg, Carrot, Italian Cream Cake	<b>Oktoberfest</b> Tossed Salad, Bratwurst, Apfel- Rotkohl, (braised red cabbage and apples, Warm Potato Salad, Apple Strudel
7	8	9	10	11
<b>READING DAY*</b> Ham & Swiss Wrap w/ lettuce & tomato, Corn Chowder, Cole- slaw, Molasses Cookie w/ fruit	Tossed Salad, Hearty Beef & Vegetable stew, Frosted Banana Bars	Chicken Tostadas, Roasted Vegetable Medley, Italian Cream Cake w/ Berries	Tossed Salad, Penne Pasta w/ Sweet Italian Sausage, Spinach, Tomatoes, Pesto, Cit- rus Ricotta Squares	Chef's Choice
14	15	16	17	18
<b>COLUMBUS DAY Closed</b>	Reubens, Beer Battered Onion Rings, Mediterranean Vege- tables, Sorbet w/ Fresh Berries	Sweet and sour Chicken, Vegetable Stir fry, Rice, Coconut Macaroons w/ pineapple	Tossed Salad, Salmon en Croute, w/ Spinach and Mush- rooms, New Potatoes, Cucumber/Dill Salad, Brownie Sundaes	Tossed Salad, Pesto Olive Chicken, Herb Roasted Red Pota- toes, Mediterranean Vegetables, Lemon Meringue Pie
21	22	23	24	25
Tossed Salad, Pea Soup w/ Ham, Cot- tage Cheese, Biscuit, Carrot Cake	Multigrain Spaghetti & meat- balls, Garlic bread, Mediterranean Vege- tables, Fresh Fruit salad	Chef's Choice	<b>Birthday Day*</b> Pork Roast with apples, Cider Jus, Roasted Vegetables, Baked Potato, Cake and Ice cream	Tossed Salad, Pan Seared Tilapia, Foliage Succotash, Pumpkin Cake w/ Cream Cheese frost- ing
28	29	30	31	
BLT Wraps, Hearty Vegetable Mine- strone, Cottage Cheese, Hot Fudge Sundae with banana	Quiche w/ Smoked Turkey & Broccoli, Roasted Potatoes, Roasted Vegetable Medley, Jelly Roll	<b>Annual Meeting Day</b> Tossed Salad, Chicken and Vegetable Noodle Soup, Biscuit, Coconut Cream Pie	<b>Halloween</b> Asian Pork Burgers, Roasted Steak Fries, Mediterranean Vegetables, Trick or Treat	<b>Meal Pricing:</b> <b>\$ 7 charge for those under age sixty</b> <b>\$ 5 suggested donation for ages sixty and over</b>