September is recognized nationally as Senior Center month. This year’s theme is “Experts at Living Well.” According to the National Council on Aging (www.NCOA.org), senior center participants have higher levels of health, social interaction and life satisfaction. Research shows that older adults who participate in senior center programs can learn to manage and delay the onset of chronic disease and experience measurable improvements in their physical, social, emotional, mental, and economic well-being.

Besides providing nutritious and delicious meals, transportation, and hundreds of fun social and educational opportunities, the Thompson Center strengthens our community by helping people stay at home longer. Home and community based services are estimated to be one-third the cost of institutional care, according to the National Council on Aging. These are just a few of the many reasons to get involved and recognize senior centers nationwide for their important contributions!

As a new generation of older adults looks to redefine retirement, there is a growing focus on wellness, education, and volunteerism. When it comes to finding tools for staying healthy, active, and involved, The Thompson Center is the place to start!
BEHIND THE SCENES

PARKING NOTICE:
Please remember that the parking lot beside The Thompson building, near the kitchen and ramp, is reserved for parking only, for those with a handicap parking permit. There are many deliveries, drop-offs, and meals on wheels drivers, in addition to The Thompson vans, that go in and out of that parking lot every day. So, unless you have a handicap permit, please do not leave your vehicle in the side lot. Drivers may make drop-offs to use the ramp, but because parking space is limited please move cars to the main parking lot if you're able to. Please see Deanna if you have any questions.

The Thompson staff has new email addresses!
We've switched to consistent, easy to remember ones with our first initial then last name followed by @thompsonseniorcenter.org

TIP: Find great pictures from our summer trips & lots of other fun stuff on our Facebook page! Pictures, updates, announcements and more!

ADVISORY MEETING HIGHLIGHTS
• Lending library at TSC - only LARGE print or book club books need to be returned. Others may be kept or returned. We can accept donations of Large print books, but are not in need of other books at this time.
• Stagecoach shopping trips discussed. There is a charge to TSC of approx. $160. Donations to help cover this expense are greatly appreciated.
• Discussion of older drivers safety articles in the paper and follow-up.
• Discussion of trip/program updates: Will need to have advance payment acknowledged.
• Discussion on Community Care Coordinator role and TSC partnership.
• Discussion about advisory meeting format.

Please join our next meeting on Monday, September 9, 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:
Sept 9 Pomfret
Oct 7 Reading
Nov 4 Woodstock

IN LOVING MEMORY & APPRECIATION

IN MEMORY OF
Mickey Morgan
Mr. & Mrs. Franklin Fields
William Beebee
Dick & Tookie Staples
Linda & Richardson Maxham
Dick & Jane Leonard
Mary Goulazian
Sarah Mair
Ruth Lewis
The Prosper Homemakers
Pat Mangan
Beth Alden
Carolyn Moxley Johnson
Pat Mangan

Please see previous & future 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.

IN APPRECIATION
Perry Maxham - Large Cooler
Paula Audsley - Flowers
Mary Sharpe - Flowers & Candy
Linda Maxham - Cake
Mountain Creamery - Muffins and scones

ONGOING DONATIONS:
Daily Valley subscription - Woodstock Pharmacy
Birthday Cakes - Diane Atwood, Joan Soule, Carol Towner
Monthly book club selection - Yankee Bookshop
One Story subscription - Boyd Bishop

SHARE THE HARVEST donations:
Joe Hubert - Peas, herbs, kale, squash
Christa Blanchard - Duck eggs
Lynn Peterson - Lettuces, blueberries, green beans
Mavis Shaw - Lettuce, arugula, cucumbers, zucchini & summer squash
Corrie Smith & Kevin Geiger - Lettuce
Bob Forman - Lettuce
Joyce Gilman - Cabbage

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

September Birthdays
1st Lawrence Woodward
2nd Helen Howe
2nd Marian Levasseur
3rd Jim Gebhardt
3rd Louise Fowler
5th Laura Robinson
6th Janet Blood
7th Sally Summers
7th Ruth Ekerb
15th Anna Hasson
18th Millie McGee
13th Jody Pindt
19th Elizabeth McElligott
23rd Cliff Geno
24th Cindy Carroll
26th Charlotte Barr
30th John Doten

On September 26th we will celebrate your special day! Please call to make a reservation for lunch and join us!
Ongoing Programs

Caregiver Support Group
Wednesday, September 18, 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.

Memories and lively discussion. No pressure… read one to two pages each week often triggering group gotten. Each person has an opportunity to read aloud we record stories that may otherwise be lost or forgotten. 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!

Book Club
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!

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

Wellness Clinic & Blood Pressure Screenings
No September Clinic (will be combined with the Flu Clinic on October 4th)

Chair Massages at the Thompson
Wednesdays, Sept. 4, 11, 25 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 visit 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 & consultation) with Michelle Chiesa, RN, Visiting Nurse and Hospice of Vermont and New Hampshire will be held on the 4th Tuesday of each month from 10-noon. Please note that the VNA is no longer offering glucose, cholesterol screenings in this setting.

Folieage Trip on the Winnipesaukee Railroad
Wednesday, October 9, 2013

Fall foliage trip on the Winnipesaukee 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 honor of National Senior Center Month the Thompson Center is hosting the Barton Senior Center Square Dancers, who have been dancing for close to five years.

Led by certified Caller, Judy Clifford, they will demonstrate the “old style” square dancing and invite the audience to participate, with their instruction. Come join the fun! Please wear comfortable shoes (full skirts with petticoats not required).

“Naturally Curious” Dinner, followed by 6:30 Program.

“Naturally Curious” is a visual journey through the 12 months of the year, as seen through a naturalist’s eyes. Beginning in March, when the earth awakens, and ending in February, Mary Holland guides you through a selection of each month’s most memorable natural events. There are images and informational tidbits about reptiles, amphibians, birds, mammals, insects and spiders, and plants of New England. This informative slide program is accompanied by a large natural history collection, including skulls, scat, feathers, horns, antlers and more. Copies of the author’s book, Naturally Curious: A Month-by-Month Journey Through the Fields, Woods and Marshes of New England, as well as her children’s books, Milkweed Visitors and Ferdinand Fox’s First Summer, will be available for sale and signing following the program.

Cost: $20.00 includes program and dinner. Apple stuffed pork loin, cider jus. Butter poached fingerling potatoes, braised greens, rolls, and pear, caramel tart. BYOB.

NOTE: Please pay in advance to reserve your seat, and please notify us of cancellations so that we can fill your space. We expect to have a waiting list.

NEWS & EVENTS

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NOTE: Please pay in advance to reserve your seat, and please notify us of cancellations so that we can fill your space. We expect to have a waiting list.

Barton Senior Center Square Dancers at the Thompson
Wednesday, September 25, 1:00 to 2:45 PM

In honor of National Senior Center Month the Thompson Center is hosting the Barton Senior Center Square Dancers, who have been dancing for close to five years.

Led by certified Caller, Judy Clifford, they will demonstrate the “old style” square dancing and invite the audience to participate, with their instruction. Come join the fun! Please wear comfortable shoes (full skirts with petticoats not required).

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Led by certified Caller, Judy Clifford, they will demonstrate the “old style” square dancing and invite the audience to participate, with their instruction. Come join the fun! Please wear comfortable shoes (full skirts with petticoats not required).
On May 20, 2013, Vermont became one of four states in the country to permit a terminally ill, capable adult to request and obtain a lethal prescription for medication to self-administer for the purpose of hastening their own death. This presentation will:

- Provide an overview of Act 39: Key provisions, process and documentation requirements.
- Review some common questions with respect to the new law and its implementation.
- Discuss Act 39 in the context of medical decision-making and end-of-life care options.

Vermont Ethics Network (VEN) is a local nonprofit organization whose mission is to engage, educate and empower individuals, health care providers and policy makers about ethical issues, values and choices in health and health care.

Overview of Act 39: Vermont’s New Patient Choice at the End of Life Law
Thursday, September 19, 1 - 2:30PM

Presented by Cindy Bruzzese, MPA, Executive Director for the Vermont Ethics Network

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
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

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; 457-2877 or website: 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.

Do you recall the famous heavyweight fighter of the 1940’s? Do you know what “builds strong bodies 8 ways”? What television show featured “a peanut gallery”? What brand “tastes good like a cigarette should”? These and other questions will be part of a fun afternoon facilitated by Sherry Belisle. Primarily Sherry will focus on trivia from the 1940’s and 1950’s. Come join the fun!

Trivial Pursuit, with Sherry Belisle
Monday, September 23, 1:00PM

The Thompson lending library is full of good books organized by our faithful volunteer librarian, Ruth Ekberg.

We don’t ask people to sign-out the books, but we DO ask that those who borrow the LARGE PRINT books (in the conference room), and the book club books (in the glass cabinet) to return them after finishing with them. Donations of LARGE PRINT books are also welcome. Thank you.

TRIVIAL PURSUITS & TRIPS

THE TUNBRIDGE WORLD’S FAIR

Tunbridge Fair ~ Senior Citizen’s Day ~ Friday, September 13
Depart TSC on The Thompson Van at 9:00 AM

Did you know that The Tunbridge World’s Fair has run continuously since 1867 except in 1918, due to the great flu epidemic, and during World War II? If you haven’t been in a while, now is the time! We will spend approximately 4 hours at the fair and an events schedule will be provided. There are many choices for lunch for everyone within the fairgrounds.

Please note: There will be lots of walking so please wear comfortable shoes. Wheelchairs can be provided at the fair, if needed. Cost: $5 transportation cost, plus lunch on your own, Complimentary Fair passes for Seniors.

THE TUNBRIDGE TIMES

CLASS & PROGRAMS
Please call the Thompson Center to register for classes in advance, 457-3277
Two Options for New York City Holiday Trips, Sponsored by Vermont Green Mountain Tours

Option 1:
December 7 – 8, 2013
New York City and the Rockettes, at Radio City Music Hall

Package includes:
- 1 night’s lodging in New Jersey, about 30 minutes from N.Y.C.
- 2 meals – 1 dinner, 1 breakfast
- Reserved seating for “The Rockettes” holiday show
- Tour of New York City, or free time

Luxury Premier Coach transportation
Cost per person: $446.00 double, $425.00 triple, $398.00 quad., $533.00 single
10% discount for children age 12 and under

Option 2:
New York City and the 32nd Deluxe Christmas Tour
December 14 – 16, 2013

Package includes:
- Two nights’ lodging at the Roosevelt Hotel in Midtown Manhattan
- Seven meals: 2 full breakfasts, 3 luncheons, 2 dinners
- Tickets to the Holiday Spectacular, “The Rockettes”
- Visitor’s pass for the 9/11 Memorial
- New York City highlights tour with local guide
- Baggage service for one suitcase per person
- Free time to enjoy the city

Luxury Premier Coach transportation
Cost per person: $835.00 per person, based on double occupancy.

Swing stateroom, prices available upon request.

Community Care Coordinator at The Thompson

For more information or to register contact (OR attend program on August 6th - see below):
Vermont’s Green Mountain Tours, PO Box 2021, Georgia, VT. 05468
Phone: (802) 527-0496 or (800) 877-4311; Email: tourdirector@greenmtntoursvt.com
Website: www.greenmtntoursvt.com Note: Trip Flyers are available at the Thompson Center, see Diana or Pam.

Navigating Through the Early Stages of Dementia, Presented by Susan Moor
Thursday, September 26, 4:30 to 5:30PM

This presentation is for care partners and anyone who suspects early stage dementia or has received a diagnosis of Alzheimer’s Disease.

Topics include:
- Tips for daily living
  1. Managing memory loss
  2. Dealing effectively with other symptoms
  3. Home safety
- How to share the diagnosis with family and friends
- Organizing and preparing for the future

There will be time for questions at the end of the presentation. Susan has been working in the field of dementia since 2005. She was the Social Services Manager for an adult day health program in Massachusetts and later held the title of Early Stage Program Coordinator with the Alzheimer’s Association in that state, until recently relocating to Woodstock, VT. with her husband. Please call the Thompson Center to register in advance, a minimum number of attendees is required. Please call: 802 457-3277. Attendance is free.

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.

Discussion Group
“Heart to Heart”
Friday, September 6, 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.

September’s topic will be School Days. What was school like for you? Did you love it? Hate it? A little of both? Who was your favorite teacher? Come share your memories of going to school.

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.

UPCOMING TRIPS - Sign up Soon!

Nantucket and Block Island
Sailing Adventures
May 10, 2014

New England and the Statue of Liberty
May 18, 2014

New England and Acadia
May 30, 2014

New England Lobster Festival
June 1, 2014

Newfoundland and Labrador
June 15, 2014

Deluxe Christmas Tour of New York
December 7, 2014

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.
## PROGRAM CALENDAR - SEPTEMBER 2013

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<td><strong>Labor Day</strong>&lt;br&gt;CLOSED</td>
<td>9 Strength &amp; Fitness&lt;br&gt;10:00 Double King Pede&lt;br&gt;12 Spanish Table&lt;br&gt;1 Yoga*</td>
<td>9 W. Leb Shopping*&lt;br&gt;10-12 Chair Massages with Jim*&lt;br&gt;10:30 Handwork Cir.&lt;br&gt;12 French Table</td>
<td>9 Strength &amp; Fitness&lt;br&gt;10 Cribbage&lt;br&gt;12 Italian Table</td>
<td>12 German Table&lt;br&gt;1 Heart to Heart discussion group</td>
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<td><strong>POMFRET DAY</strong>&lt;br&gt;*</td>
<td>9 Strength &amp; Fitness&lt;br&gt;10:00 Double King Pede&lt;br&gt;10:30 Spanish Class&lt;br&gt;12 Spanish Table&lt;br&gt;1 Yoga*</td>
<td>10-12 Chair Massages with Sara*&lt;br&gt;10:30 Handwork Cir.&lt;br&gt;12 French Table&lt;br&gt;1 Book Club</td>
<td>9 Strength &amp; Fitness&lt;br&gt;10 Cribbage&lt;br&gt;12 Italian Table</td>
<td>9 Tunbridge Fair Departure*&lt;br&gt;9 – 2:30 Foot Clinic*&lt;br&gt;12 German Table</td>
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<td>8 Board Meeting&lt;br&gt;9 W. Leb Shopping*&lt;br&gt;9 – 2:30 Foot Clinic*&lt;br&gt;9:30 Tai Chi (B)<em>&lt;br&gt;10:30 Handwork Cir.&lt;br&gt;10:40 Tai Chi (Adv.)</em>&lt;br&gt;12 French Table&lt;br&gt;12:30 Caregiver Group</td>
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<td>1 Vermont Ethics Program&lt;br&gt;12 German Table</td>
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<td><strong>9 Strength &amp; Fitness</strong>&lt;br&gt;10:15 Memoir Club&lt;br&gt;1 Advisory Meeting</td>
<td>Late opening at 2pm&lt;br&gt;5:30 Dinner&lt;br&gt;6:30 Naturally Curious Talk with Mary Holland*</td>
<td>9:30 Tai Chi (B)<em>&lt;br&gt;10-12 Chair Massages with Sara</em>&lt;br&gt;10:30 Handwork Cir.&lt;br&gt;10:40 Tai Chi (Adv.)*&lt;br&gt;12 French Table&lt;br&gt;1 Barton Square Dancers!</td>
<td>BIRTHDAY DAY*&lt;br&gt;9 Strength &amp; Fitness&lt;br&gt;10 Cribbage&lt;br&gt;12 Italian Table&lt;br&gt;1 Alzheimer's Talk&lt;br&gt;12 German Table</td>
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<td>Grill Day&lt;br&gt;Hot Dogs and Burgers, Potato Salad, Coleslaw, Orange Creamside Ice cream pie</td>
<td>Spinach &amp; Cheese&lt;br&gt;Ravioli w/ Meat sauce, Garlic Bread, Broccoli &amp; Cauliflower, Garlic Bread, Fresh Fruit Salad</td>
<td>Spaghetti&lt;br&gt;Cheese) Chef's Choice&lt;br&gt;Monterey Jack Cheese (spinach, sour cream, parmesan and Montery Jack Cheese) Chef's Choice Dessert</td>
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<td><strong>POMFRET DAY</strong>&lt;br&gt;*</td>
<td>Tossed Salad, Chipped Beef and Egg&lt;br&gt;Gravy on Mashed Potatoes, Dijon Braised Brussels Sprouts,</td>
<td>Pan Seared Chicken Breast, Creamy Cheddar Polenta, Spinach supreme (spinach, sour cream, parmesan and Monterey Jack Cheese) Chef's Choice Dessert</td>
<td>Tossed Salad, Beef Stroganoff, Roasted Seasonal Root Vegetables, Jello Melon Wedge</td>
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<td><strong>9 Strength &amp; Fitness</strong>&lt;br&gt;10:15 Memoir Club&lt;br&gt;1 Trivial Pursuit</td>
<td>Late opening at 2pm&lt;br&gt;5:30 Dinner&lt;br&gt;6:30 Naturally Curious Talk with Mary Holland*</td>
<td>9:30 Tai Chi (B)<em>&lt;br&gt;10-12 Chair Massages with Sara</em>&lt;br&gt;10:30 Handwork Cir.&lt;br&gt;10:40 Tai Chi (Adv.)*&lt;br&gt;12 French Table&lt;br&gt;1 Barton Square Dancers!</td>
<td>BIRTHDAY DAY*&lt;br&gt;9 Strength &amp; Fitness&lt;br&gt;10 Cribbage&lt;br&gt;12 Italian Table&lt;br&gt;1 Alzheimer's Talk&lt;br&gt;12 German Table</td>
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**Chef's Choice**

**Menu Pricing:**
- $7 charge for those under age sixty
- $5 suggested donation for ages sixty and over

* Indicates that sign-up/reservations are required (Birthday Day & special holiday meals)