



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



SEPTEMBER 2013

SENIOR CENTERS: EXPERTS AT LIVING WELL



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!



IN THIS ISSUE

Contact information	2
Behind the Scenes/ Advisory notes	2
Special Events!	3
Calendars	6, 7
Trips New to Bermuda!	3, 4, 8
Classes	9
Ongoing Programs	10
In Memory/ In Appreciation/ Birthdays	11

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, shower chairs, wheeled walkers, recliner lift chair.

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

TSC TRANSPORTATION PROGRAM

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

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

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
@thompsonscenter.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 for future dinner programs to help ensure reservations are kept and waiting list can be called if there are openings.
- 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 & Richmond Maxham
Dick & Jane Leonard

Mary Goulazian

Sarah Muir

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 immedi-
ately 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 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:

Joe Hubert - Peas, herbs, kale, squash

Christa Blanchard - Duck eggs

Lynn Peterson - Lettuce, 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 Ekberg

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.

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!

MEMOIR CLUB Ongoing, Mondays, 10:15 AM - Noon

In this informal group, we encourage one another as we record stories that may otherwise be lost or forgotten. Each person has an opportunity to read aloud one to two pages each week often triggering group memories and lively discussion. No pressure... reading is optional!

Chair 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 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 No September Clinic (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 4th Tuesday of each month from 10-noon. Please note that the VNA is no longer offering glucose, cholesterol screenings in this setting.

NEWS & EVENTS

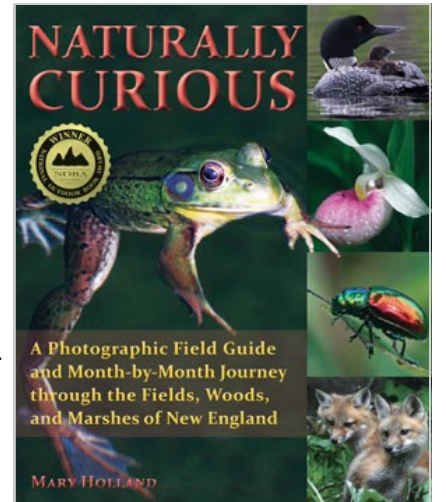
"Naturally Curious" A Slide Program and Artifact Collection by Mary Holland

**Tuesday, September 24,
5:30 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.



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.

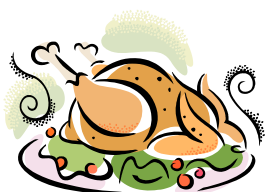


Led by certified Caller, Judy Clifford, they will demonstrate the "old style" square dancing and invite the audience to participate, with their instruction. Come join the fun! Please wear comfortable shoes (full skirts with petticoats not required).

Foliage Trip on the Winnepesaukee Railroad Wednesday, October 9, 2013



Fall foliage trip on the Winnepesaukee Railroad, with lunch served on the train by Harts Turkey Farm. Depart the Thompson Center on Premier Coach Bus at 8:00AM. **Sign-up deadline is September 25th. Cost: \$56.00**



PROGRAMS & TRIPS

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

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.

THE TUNBRIDGE WORLD'S FAIR

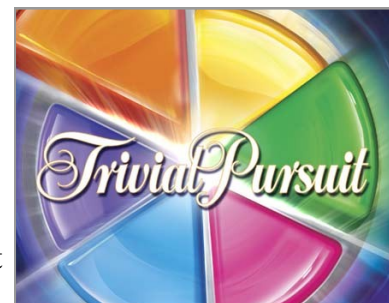
Tunbridge Fair ~ Senior Citizen's Day ~ Friday, September 13 Depart TSC on The Thompson Van at 9:00 AM

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.**

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

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!



CLASSES & PROGRAMS

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

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: judyamahood@comcast.net

THOMPSON LIBRARY REQUEST:

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.



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.**

UPCOMING TRIPS - Sign up Soon!

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: \$975.00 double, \$929.00 triple, \$900.00 quad., \$1,148.00 single.

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@greenmntntoursvt.com

Website: www.greenmntntoursvt.com Note: Trip Flyers are available at the Thompson Center, see Diana or Pam.



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

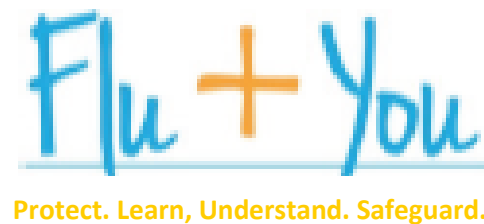
Navigating Through the Early Stages of Dementia, Presented by Susan Moor Thursday, September 26, 4:30 to 5:30PM

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.

Community Care Coordinator at The Thompson

Sept. 4 -- Office hours from 11:30 - 2:00
Sept. 6 -- *Heart to Heart* Group at 1:00 pm
Sept. 11 -- Office hours from 12 - 2:30 pm
Sept. 18 -- Caregiver Support Group at 12:30
Sept. 25 -- Office hours from 12 - 2:30pm

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.



PROGRAM CALENDAR - SEPTEMBER 2013				
Mon	Tue	Wed	Thu	Fri
2	3	4	5	6
Labor Day CLOSED	9 Strength & Fitness 10:00 Double King Pede 12 Spanish Table 1 Yoga*	9 W. Leb Shopping* 10-12 Chair Massages with Jim* 10:30 Handwork Cir. 12 French Table	9 Strength & Fitness 10 Cribbage 12 Italian Table	12 German Table 1 Heart to Heart discussion group
9	10	11	12	13
POMFRET DAY* 9 Strength & Fitness 10:15 Memoir Club 1 Advisory Meeting	9 Strength & Fitness 10:00 Double King Pede 10:30 Spanish Class 12 Spanish Table 1 Yoga*	10-12 Chair Massages with Sara* 10:30 Handwork Cir. 12 French Table 1 Book Club	9 Strength & Fitness 10 Cribbage 12 Italian Table	9 Tunbridge Fair Departure+ 9 – 2:30 Foot Clinic* 12 German Table
16	17	18	19	20
8:30 Newsletter Folding 9 Strength & Fitness 10:15 Memoir Club	9 Strength & Fitness 10 Double King Pede 11:30 Commodities 10:30 Spanish Class 12 Spanish Table 1 Yoga*	8 Board Meeting 9 W. Leb Shopping* 9 – 2:30 Foot Clinic* 9:30 Tai Chi (B)* 10:30 Handwork Cir. 10:40 Tai Chi (Adv.)* 12 French Table 12:30 Caregiver Group	9 Strength & Fitness 10 Cribbage 12 Italian Table 1 Vermont Ethics Program	12 German Table
23	24	25	26	27
9 Strength & Fitness 10:15 Memoir Club 1 Trivial Pursuit	Late opening at 2pm 5:30 Dinner 6:30 Naturally Curious Talk with Mary Holland*	9:30 Tai Chi (B)* 10-12 Chair Massages with Sara* 10:30 Handwork Cir. 10:40 Tai Chi (Adv.)* 12 French Table 1 Barton Square Dancers!	BIRTHDAY DAY* 9 Strength & Fitness 10 Cribbage 12 Italian Table 1 Alzheimer's Talk	12 German Table
30				
9 Strength & Fitness 10:15 Memoir Club			BINGO daily at 10:30 am except on birthday day and other special meal days.	* Please Sign up/ Reservations Required

MENU - SEPTEMBER 2013				
Mon	Tue	Wed	Thu	Fri
2	3	4	5	6
Labor Day CLOSED	Grill Day Hot Dogs and Bur- gers, Potato Salad, Coleslaw, Orange Creamsicle Ice cream pie	Spinach& Cheese Ravioli w/ Meat sauce, Garlic Bread, Broccoli & Cauliflower, Garlic Bread, Fresh Fruit Salad	Grilled Chicken Caesar Wrap, Apple Squash Soup, Brownies	Grilled Salmon Burger, Roasted Steak Fries, Marinated Vegetable Salad, Black Forest Cake
9	10	11	12	13
POMFRET DAY* Tossed Salad, Chipped Beef and Egg Gravy on Mashed Potato, Dijon Braised Brussel Sprouts,	Pan Seared Chicken breast, Creamy Cheddar Polenta, Spinach supreme (spinach, sour cream, parmesan and Monterey Jack Cheese) Chef's Choice Dessert	Tossed Salad, Beef Stroganoff, Roasted Seasonal Root Vege- tables, Jello Melon Wedge	Chef's Choice	Tossed Salad, Chili, Corn Bread, Meringues w/ Pineapple
16	17	18	19	20
Turkey Sandwich w/ lettuce & tomato, Corn Chowder, Coleslaw, Ice Cream w/ fruit compote	Stuffed Meatloaf w/ Spinach and Cheese, Mashed Potato, Gravy, Green Beans, Strawberry Sundae	Vegetable Lasagna, Steamed Fresh Vege- table Medley, Garlic Bread, Lemon Sorbet w/ Fresh Berries	Chicken Divan w/ Penne Pasta, Tuscan Vegetables, Rolled Berry Cream Cake	Summer Stuffed Peppers, Share the Harvest Vegetables, Cookies
23	24	25	26	27
Tossed Salad, Quiche w/ Spinach, Bacon, Mushrooms, Roasted Potatoes, Roasted Vegetable Medley,	DINNER NIGHT* (No Lunch Served) Mixed Greens Salad, Apple Stuffed Pork Loin, Cider Jus, Butter Poached Fingerling Potatoes, Braised Greens, Roll, Pear Caramel Tart	Tossed Salad, Macaroni and Cheese w/ Ham, Broccoli & Cauliflower, Poached Pears	Birthday Day* Roast Beef, Au Jus, Sour Cream and Chive Twice Baked Potato, Roasted Asparagus, Roll, Cake and Ice Cream	Tacos, Red Beans and Rice, Roasted Vegetables, Chocolate Cream Pie
30				
Chef's Choice	Please call ahead with special dietary needs.	Meal Pricing: ♦ \$ 7 charge for those under age sixty ♦ \$ 5 suggested do- nation for ages sixty and over	Menu is subject to change based on availability of food items.	* indicates that sign-up/reservations are required (Birthday Day & spe- cial holiday meals)