



Woodstock Area Council on Aging
99 Senior Lane
Woodstock, VT 05091
(802) 457-3277
FAX: (802) 457-1259
www.thompsonseneiorcenter.org

Non-Profit Organization
Postage Paid
Permit No. 33
Woodstock, VT 05091



The Thompson Times
AT THE CENTER FOR SENIORS AND COMMUNITY

September 2011

IT'S NATIONAL SENIOR CENTER MONTH!



Besides providing nutritious and delicious meals, transportation and hundreds of fun social and educational opportunities, the Thompson Senior 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.)
- ☛ Mobilizes an amazing volunteer force of approximately 170 people who donate 6,000 hours of their time annually.
- ☛ Works with dozens of community partners to enhance local opportunities throughout our region.
- ☛ Advocates for aging services at a local and national level.

September 23 is National Falls
Prevention Awareness Day.
See page 3 for our September fall
prevention program.

National Council on Aging Senior Center Facts:

1. There are nearly 11,000 senior centers in the U.S. that serve 1 million adults every day. There are 60 senior centers in Vermont.
2. Senior center participants have higher levels of health, social interaction and life satisfaction.
3. The average age of participants is 75.
4. 75% of participants visit their center 1-3 times per week, and spend an average of 3.3 hours each visit.
5. More than 60% of senior centers act as focal points where older adults can access multiple services in one place, including meal and nutrition programs, health, fitness and wellness programs, transportation services, public benefits counseling, volunteer opportunities, social and recreational activities, educational and arts programs and intergenerational programs.
6. To maintain operations, senior centers must leverage resources from a variety of sources. These include federal, state, and local governments; special events; public and private grants; businesses; bequests; participant contributions; in-kind donations; and volunteer hours. Most centers rely on 3 to 8 different funding sources.
7. 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, spiritual, emotional, mental, and economic well-being.
8. Baby boomers now constitute more than two-thirds of the 50+ population and senior centers are developing new programs and opportunities for this dynamic generation of older adults.

FREE LEGAL ADVICE CLINIC FOR SENIORS (60+)

Friday, October 7, 9:00-12:00 and 1:00-2:00
Half-hour appointments

An attorney for the Senior Citizens Law Project of Vermont Legal Aid will conduct a legal advice clinic for Vermonters age 60 and older at the Thompson Senior Center in Woodstock. This clinic is sponsored by Vermont Legal Aid and by Senior Solutions (formerly the Council on Aging for Southeastern Vermont.) Examples of the types of problems that can be handled are wills, powers of attorney, landlord-tenant issues, Medicaid, Medicare, Social Security, SSI, other public benefits, debt collection, consumer, guardianship, divorce, foreclosure, small claims, bankruptcy, and any other civil legal matter. However, the attorney can't help with criminal cases or problems and it must be your own problem not a neighbor or family member's problem. Please call to sign up for your free 20-minute consultation.

You are invited to the
Woodstock Area
Council on Aging

Annual Meeting

Wednesday, October 19, 2011, 8:30 AM
Continental Breakfast at 8:00 AM

Guest Speaker: Beach Conger, M.D.
author of *Bag Balm and Duct Tape* and
*It's Probably Nothing: More Adventures of a
Vermont Country Doctor*

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

Brief business meeting to follow speaker
RSVP by October 7

Behind the Scenes

by Deanna Jones
Executive Director

This month as Congress and the White House negotiated deficit reduction agreements, I heard more and more concerns expressed by our patrons about financial security and the ability to survive in this economy. Although many factors remain unknown, I want you to know that we're watching these issues and are in touch with Congress about issues that affect our patrons and our center. We're updated regularly by the National Council on Aging and our local Area Agency on Aging who receives and distributes federal funding to us for meals on wheels and transportation. The Director for the Council on Aging for Southeastern Vermont (now Senior Solutions), Joyce Lemire, will be speaking to our board and staff members at an upcoming board meeting as well. During these uncertain and scary economic times, please remember that the Thompson is a resource to you for information and assistance as well as a meals and transportation! Although still in the planning phase, we intend to host a resource fair in the coming months and will continue to schedule educational and helpful talks.

On a lighter note, we're the grateful recipients of the generosity of Bruno Associates who are changing office locations and donated unwanted office equipment to local non-profits. We very happily replaced some rusty file cabinets and ancient office chairs with Bruno Associate's newer ones, and also now have our first conference phone and some more bookshelves for our growing library and special language books! What an unexpected and appreciated gift these things are!

Please be in touch with any questions or concerns you might have. I can be reached at (802) 457-3277 or via email at: tsc-execdiretor@comcast.net

Deanna Jones
Executive Director

Don't forget to look on our new website!
www.thompsonscenter.org

DID YOU KNOW...

ADVISORY MEETING HIGHLIGHTS

At our last meeting we talked about:

- Recent activities and concerns
- Upcoming trips and events
- Changes in sign-up procedures for trips
- Lost articles
- Fuel Assistance program
- Participant surveys
- People's allergies to strong perfume
- Our involvement with the Taste of Woodstock
- Plans for upcoming fair for senior resources
- The Meals on Wheels program
- The "in appreciation" section of the newsletter
- The menu
- The new RSVP Telecare program

Join our next meeting on **Thurs., Sept. 8 at 1 PM!**

POOL ANYONE?
At The Bugbee Senior Center
Wednesday, September 14, Depart TSC at
11:00AM

When was the last time you shot a game of pool? Some of you may remember when The Thompson had its own pool table. We are taking a jaunt to Bugbee for their monthly birthday lunch celebration, followed by a game or two of pool in their beautiful pool room. Rumor has it that Gordon, Jim, and Helen are players! Sign up even if you just want to enjoy a good lunch and be a supporting spectator. Who knows, with enough interest perhaps we can get a tournament going in the future.

RSVP TELECARE INFO TALK
Tuesday, September 20
1:00 PM

RSVP Telecare is a free program offering telephone check-in calls to area seniors who are in need of someone to touch base with them on a regularly scheduled basis. If you are interested in becoming a volunteer or a recipient of these friendly calls come to this informational talk by Linda Husband of Green Mountain RSVP & Volunteer Center.

IMPORTANT INFORMATION

SEPTEMBER BIRTHDAYS

2--Helen Howe
2--Marian Levasseur
2--Phyllis Hickory
3--Jim Gebhardt
3--Louise Fowler
6--Janet Blood
7--Ruth Ekberg
15--Anna Hasson
18--Millie McGee
23--Cliff Geno
24--Cindy Carroll
26--Charlotte Barr
30--John Doten

IN MEMORY

Donald Atwood
Al and Debra Alessi
Marjorie Swain
John & Patricia Lewis
John & Peg Audsley
Heidi Tucker
Alfred & Lucile Appel
Wayne & Barbara Leonard
Richard & Linda Brackett
Ted & Joan Staples
Roger & Terry Thompson
Pauline Sawyer
Clara Gagnon
Albert & Anna Bassett
Perry & Janet Maxham
Charles & Joan Dubeau
John & Gina Moore
Jerry & Joan Oppeneheimer
Amy Meyer
W. Bruce Dudley
Albert & Jean Conklin
Dennis & LouAnn Cogswell

Mary Cameron
Helen Leonard
Ronald & Martha Leonard
Jean Tucker
Therese Fullerton
Gordon Richardson
Norman Youknot
Pete & Sue Hottenstein
Richard & Jane Leonard
Norman Boynton
Otis & Bessie Robinson
James and Beverly Lewis, Jeffrey &
Anna Lewis, Scott & Stephanie Lewis,
Lisa & Todd Burrell
Morgan & Marjorie Vail
Bert & Charlotte Croft
Ruth Chandler
Frances Gillett
Marie Willis
Patricia Mangan
Dale & Jane Spooner

It is the mission of the Thompson Center to be a multigenerational 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 a resource and advocate for our senior population, providing timely support on issues that affect aging in our rural community.

FACTS

The Thompson Center
99 Senior Lane
Woodstock, VT 05091
Tel: (802) 457-3277
Fax: (802) 457-1259
www.thompsonscenter.org

HOURS:

8-3 Monday-Friday

DIRECTIONS:

We are located two miles west of the village across from the Woodstock Union High School just off Route 4.

Woodstock Area Council on Aging is a non-profit 501C3 organization. Contributions are tax-deductible. Dedicated to serving Barnard, Bridgewater, Woodstock and Pomfret.

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Morris Stickney, Maintenance
Nelson Gilman, Medical Driver

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Joseph Shepard
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FALL PROGRAMS

IN APPRECIATION

Yankee Bookshop-Book Club Book
 Woodstock Pharmacy-*Valley News*
 Jane Soule-Birthday Cakes
 Emily Shank--magazines
 Dominic Sarcia--books
 Joan Staples--blender
 Jane Leonard--magazines
 Dottie Forthman--sunflowers
 Mary Sharpe--chocolates
 Bruce Dudley--electronic dart board game
 Bruno Associates--file cabinets and chairs
 Beda Lavigne--scarves

Thanks for sharing your harvest!

Kathy English--cucumbers and lettuce
 Jim Emery--lettuce
 Charlotte Barr--Squash
 Sue Hottenstein--lettuce, squash
 Ruth Beebee-zucchini
 Dale Harrington--Squash and zucchini
 Billy & Teetra Langlands--Zucchini, garlic
 Pam Jaynes--zucchini
 Phyllis Palmer--String beans, zucchini

FUEL ASSISTANCE INFORMATION

Although winter may seem far away, it is time to think about Fuel/Home Heating Assistance applications now. For assistance with applications or more information, please call Eleanor Zue at the Center, or Senior Solutions (formerly the Council on Aging) Senior Help Line at 1-800-642-5119.

COASEV= SENIOR SOLUTIONS

The Council on Aging for Southeastern Vermont, has changed its name to "Senior Solutions." COASEV brings us Eleanor Zue and is the agency that funnels federal funding to us for meals on wheels and transportation.

VOLUNTEER NEWS

Help Wanted!

Jen Bloch, our volunteer coordinator, is looking for a few good volunteers. She is seeking **Meals on Wheels drivers** for any day of the week (pick up meals at 11 AM, takes less than one hour), particularly Mondays. We are looking for volunteers to **wait tables on Wednesdays** (arrive at 11:30, serve lunch and clear tables, finished by 1:00) and substitutes for all positions, especially the front desk. For more information or to volunteer, contact Jen at 457-3277 ext. 12.

Althea Derstine Honored

RSVP volunteer Althea Derstine received the 2011 Vermont Governor's Outstanding Community Service Award on Saturday, June 4 in Montpelier. The State House was the venue for this event honoring volunteers from many programs throughout the state. Governor Shumlin was on hand to congratulate each recipient, as well as to take a picture with each person who received an award.

Althea is a long time volunteer of the Thompson Center. She has served as a volunteer tax preparer, has presented many gardening programs, and has performed other volunteer duties here over the years. Congratulations, Althea!

WELLNESS CLINIC & BLOOD PRESSURE SCREENINGS

Blood pressure readings with Doug Pinto, RN on **Tuesday, Sept. 13 from 10:00-noon**. Wellness clinic (blood pressure, glucose, cholesterol screenings) with Doug Davies, RN will be held on **Tuesday, Sept. 27 from 10-noon**.

CELEBRATE YOUR TOWN!

Residents of surrounding towns are invited for lunch at the Center for the reduced rate of \$2.00 on the following Mondays. Bring your friends!

Reading	Sept. 12
Woodstock	Oct. 3

FALL PROGRAMS



400 MILES DOWN THE CONNECTICUT RIVER

Tuesday, September 13, 1:00 PM



A Vermont Humanities Council Program hosted by the Thompson Center

New England's longest river, the Connecticut, is rich in history and natural history. Michael Tougias, author of sixteen books about New England, offers a narrated slide presentation that takes the viewer down the entire 410 miles of the river, discussing history from the days of loggers, Indian Wars, steamships, and canals. Natural history and suggested exploration included.

Supported in part by the National Endowment for 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.

HEALTHIER LIVING WORKSHOP

Fridays, Oct. 14-Nov. 18, 9:30-Noon

Are you sick and tired of being sick and tired? Do you have an ongoing health condition that is affecting your life such as diabetes, a heart condition, asthma, pain? This free six-week workshop will teach you how to deal with symptoms and to manage your health. Also learn about techniques for relaxation, problem solving, better communications, good diet, and more. Like any skill, managing illness must be learned and practiced. Please sign up in advance. FREE.

DON'T FALL FOR FALL!

Friday, September 23, 1:00 PM

The staff of Upper Valley Rehabilitation will discuss the cause of falls, fall prevention, how we maintain balance and how this changes with aging. A brief balance screen for the class will also be conducted. Upper Valley Rehab has been serving the Woodstock community for 15 years. Their treatment has included home safety assessment and balance and strength training to maximize functional and recreational activities.

CANNING-MAKE THE SEASON LAST!

Monday, September 12, 1:00 PM

Extend fresh flavor from the farmer's markets or your own garden, by choosing every ingredient that goes into the jar, making it the way you like it--tart, spicy or sweet. We have invited retired Home Economics teachers Barbara Kelly, Barbara Condict, and Jean Conklin to share their wisdom, stories and tips! Learn how to preserve your food safely and easily and experiment with new recipes. This is not a demonstration but an information session.

FALL PROGRAMS

FRENCH CLASS

Please note time change!
Mondays 4:00-5:15 PM
September 12-October 24
(no class Columbus Day, Oct. 10)
Cost: \$75

Instructor: Judy Mahood

In this class students will be involved in a variety of activities with the goal of improving their ability and confidence in speaking French. These activities may include reviewing grammar rules (toujours des exceptions!), oral drills, the French "dictée," short readings, phonetics for correct pronunciation, some French history, art, geography, cuisine...and the "Expression du Jour." The ambiance of the class is casual, friendly and encouraging. **Please register in advance.** Contact the instructor at: judymahood@comcast.net if you have questions.

ITALIAN STUDY GROUP

Fall session begins September 1
Thursdays, 10:30-12:00 PM
Cost: \$11/class

Instructor: Evangeline Monroe

In this study group we will focus on building comprehension and fluency. Group members will be encouraged to meet after class for lunch at noon. 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 10:45-noon
September 21-October 25
Instructor: Jennifer Roby
Cost: \$75

This class will be conducted primarily in Spanish with emphasis on building conversational skills. It will be geared toward beginner to intermediate learners. Instructor Jennifer Roby teaches Spanish part-time at the Albert Bridge School in Brownsville and has tutored children and adults of all ages. **Please register in advance.**

TAI CHI

Wednesdays, 10:30-11:30 AM
September 7-October 26
Cost: \$35.00

Instructor: Anne Bower

In our Autumn tai chi class, both beginning and experienced students will work together (and sometimes separately) to learn the form called "tai chi for arthritis and fall prevention" which was developed from the traditional Sun style.

Clinical studies have shown that tai chi helps alleviate symptoms of arthritis, osteoporosis, diabetes, stress, fibromyalgia, and depression. It reduces frequency and seriousness of falls, too. If you've never taken tai chi, this is a great time to start. For more information, visit instructor Anne Bower's website: www.annebower.com, email her at anniebower@yahoo.com, or call 457-2877.

"ALIVE, ALIVE-O"

Mondays and Thursdays,
Beginning September 12, 1:15 PM
Cost: \$5.00/class or \$25/6 classes

Instructor: Karen Swanson

Stretch, strengthen, breathe and balance to big band and classical music! Based on the ancient science of yoga, and applying The Gold Rule internally, we will move with kindness, optimism and good cheer. Breathing practice for anxiety and pain, stretches for arthritis and other challenges and movement to strengthen our core and sense of balance.

CAREGIVER SUPPORT GROUP

Please note new day of the week!
Wednesday, September 21
(ongoing, 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.

FALL & WINTER TRIPS

New Policy! Please contact Diana (ext. 21) or Pam (ext. 16) DIRECTLY to reserve your space on all trips! Thank you!



FALL FOLIAGE TRIP TO THE ADIRONDACKS



Wednesday, October 12

Depart Thompson Center on Premiere Coach bus at 9:00 AM

Return to Woodstock by 5:30 PM

Cost: \$67.00 (includes coach bus, round trip ferry, lunch, and museum tour)

We will travel to Grand Isle, VT. and enjoy a scenic ferry ride across Lake Champlain to Plattsburgh, N.Y. We will enjoy lunch at Plattsburgh's newest restaurant, UNO's Chicago Grill, choosing from a variety of menu items (not just delicious deep dish pizza). After lunch we will observe breathtaking views as we travel to the North Star North Country Underground Railroad Museum, a world class museum revealing the hidden history of the Champlain Line of the Underground Railroad. This interactive tour will reveal poignant exhibits and compelling stories of fugitives from slavery, who passed through New York and the Champlain Valley on their way to Canada.

A stop by Ausable Chasm, located next door to the museum, will highlight the autumn colors as they outline the Chasm's rock formation and waterfalls. Our group will have the option to photograph this natural formation from a bridge overlook, or enjoy the views from inside the bus. Our travels home will take us to Peru, NY, with a stop at Rulf's Orchard. This quaint orchard sells fresh apples, berries and baked goodies; including their famous Apple Cider donuts (they sell over 250,000 a year). **Please reserve your space on this trip with your payment. Thank you.**

RADIO CITY CHRISTMAS SPECTACULAR STARRING THE ROCKETTES

Wang Theatre, Boston

Friday, December 16, 2:00 Matinee

Depart Thompson Center on Premier Coach bus at 10:30 AM

Return to Woodstock by 9:30 PM

Cost: \$88.00 (includes theatre ticket and coach bus)

"If you've never seen it, go. If you have seen it before, go again. Tweaked from head to toe, the latest 'spectacular' boasts fantastic new effects, costumes, and musical numbers." ~The Daily News

Traditional show favorites will take center stage, including "Parade of the Wooden Soldiers" and "The Living Nativity," complete with live animals on stage. The audience will be brought to their feet with a NEW Rockette finale "Let Christmas Shine," which honors and celebrates the Rockettes as the stars of the show.

Please pack a lunch for the ride down. Coolers and water will be available. After the show we will stop in Woburn for a delicious dinner at Bertucci's Restaurant. (order off menu on your own.) **Please reserve your space on this trip with your payment. Thank you.**

PROGRAMS



GONE FISHING!

Wednesday, September 7, 10:30 AM
Hayes' Pond, South Woodstock
(Depart Thompson Center at 10 AM)

Hang the sign on your door and join the First Annual Thompson Senior Center Fishin' Derby! Open to fishermen and spectators!

Expert fly fisherman, instructor, stream and river ecologist and genuinely nice person, Ron Rhodes will give us pointers on small stream and pond fly casting.

Upper Valley Trout Unlimited Chapter members will individually assist and encourage us and will provide equipment if needed including rods and reels and dry and wet flies (please let us know if you will need this.) Hayes' Pond is stocked with rainbows and brookies and a few browns.

We will break for a box lunch by chef Ryan at 12:30 pm. Prizes and trophies will be awarded. Anyone 'hooked' on fishing is welcome to stay on for an hour or so after lunch.

N.H. MUSEUMS TOUR

Thursday, September 29

Depart Thompson Center on Thompson Shuttle at 9:30 AM and return to Woodstock by 4:00 PM

Cost: \$20 (includes transportation and admission to both museums. Lunch on your own.)

Our day will start at the Telephone Museum where we will view more than one hundred years of telephone history on display. After lunch at the Foothills Restaurant, we will go down the road to the Mt. Kearsarge Indian Museum to learn about the diversity of North American Indian Cultures. Please note: cash or check only at the restaurant.



MIXED MEDIA ART STUDIO SERIES AT ARTISTREE

New!

Two six-week studio art class series will meet at Artistree (on route 12, Mount Tom Building) in collaboration with The Thompson Senior Center.

Session One:

Tuesdays, September 20--October 25

10:00 to 12:00 PM

Session Two:

Tuesdays, November 1--December 6

10:00 to 12:00 PM

Come join us for a fun and informative series of classes in the Artistree Open Studios. All levels are welcome to brush up on skills and experiment with new materials and art forms. Expect to have fun and learn new skills and techniques in a relaxed and comfortable environment. There will be instruction each week on a chosen subject, including landscape painting, still life, work from photographs, portraiture, plein aire work, etc. Historical art references will be provided along with demonstrations using a variety of art materials, including charcoal, pencil, pen and ink, pastels, watercolors, acrylics/oils, etc. Students also have the option to work on their own projects, with their own materials, with personalized instruction.

Cost: \$90/per session or \$165 for both sessions (materials and any additional fees will be discussed at the first class)

Note: Thompson Center van transportation can be arranged if needed. Scholarship money is available on a first come/need basis. Please call Artistree to reserve your space in this class: 802 457-3500 or sign up online at: www.artistreevt.org.

PROGRAMS

Evening In MOVIE NIGHT AT THE THOMPSON CENTER

Wednesday, September 21, 5:30 PM

Enjoy the new release movie *Jane Eyre* in the comfort of the Thompson Center living room (on our 58" flat screen TV) with your friends and neighbors. The evening will begin with a buffet style dinner prepared by Chef Ryan. The movie will begin at approximately 6:30 PM. Please sign up in advance. No van transportation service available. Cost: \$5.00

BOW TO YOUR PARTNER! SQUARE DANCING

Wednesday, September 28, 1:30 PM

We are honored to host the Barton Senior Center when they dress in their square dance best and bring 20 dancers to perform for us. Judy Clifford, a professional caller, gives instruction and encouragement to dancers who range in ages from 60-88. The group has performed for healthy aging seminars and traveled throughout the Northeast Kingdom to perform for other senior centers. They may throw in a line dance or two so be prepared to join us! *Please note: the dancers begin at 1:30 to allow staff time to clear the furniture from the dining room.

IPADS, KINDLES, NOOKS? ARE THEY FOR YOU?

Friday, September 30, 1 PM

Justin McCourt from "Up & Running Computer Services" in Woodstock will discuss the latest craze--tablet computers. He will answer your questions and offer a demonstration to demystify this latest technology.

BOOK CLUB

Please note new day!

We will be meeting the SECOND

Wednesday of each month at 1 PM

The next meeting is

Wednesday, September 14, 1 PM

We will take August off. In September we will discuss *People of the Book* by Geraldine Brooks. A rare book expert finds an illuminated Hebrew manuscript in Sarajevo and discovers a series of artifacts within that reveal its remarkable journey from 15th century Spain to modern day Boston. The human component of the book's journey brings a particular poignancy to the novel. Spend the summer on the journey yourself. See you in September!

REMEMBER WHEN? Thursday, September 15, 1:00 PM "School Days"

Join Kathy Wendling and her lively group as they reminisce about early school days. Come share your stories about beloved teachers and other memories, good and bad, related to your school experience. Pictures are always fun and welcome.

JOIN OUR MEMOIR CLUB Ongoing, Mondays, 10:30-NOON

In this informal group, we encourage one another as we record stories that may otherwise be lost or forgotten. We try to write and read aloud one to two pages each week, and lively discussion ensues. 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!

STRENGTH & FITNESS CLASS ADDED

Mondays, Tuesdays and Thursdays

We are excited to announce that Liz Hatfield will add a Monday class on a trial basis for the month of September. Beginning September 12, Strength and Fitness will be held Mondays, Tuesdays and Thursdays from 9-10 AM.



ACTIVITIES-SEPTEMBER 2011

MON	TUES	WED	THURS	FRI
BINGO DAILY AT 11 EXCEPT BIRTHDAY DAY and OTHER SPECIAL MEAL DAYS	* Please sign up/ Reservations Required		1 9 Strength and Fitness 10:30-12 Italian Study* 10 Cribbage 12 Italian Table	2 9 Bowling* 12 German Table
5 CLOSED- LABOR DAY	6 9 Strength & Fitness 10 Double King Pedo 12 Spanish Table 1 Lunch with police chief Robbie Blish	7 9:00 W. Leb. shopping* 10:30 Fishing Trip* 10:30 Handwork Cir. 10:30 Tai Chi 12 French Table	8 9 Strength and Fitness 10 Cribbage 10:30 Italian Study* 12 Italian table 1 Advisory	9 9 Bowling* 9-2:30 Foot Clinic* 12 German Table 1 Talk and Listen
12 Reading Day* 9 Strength & Fitness 10:30 Memoir Club 1 Bridge 1 Canning Talk 1:15 Alive-O Yoga* 4 French Class 5 Weight Watchers	13 9 Strength & Fitness 10 Double King Pedo 10-12 Blood Pressure Screening 12 Spanish Table 1 VHC Connecticut River Program	14 9-2:30 Foot Clinic* 10:30 Handwork Cir. 10:30 Tai Chi 12 French Table 1 Book Club 11:00 Bugbee Pool Trip*	15 9 Strength and Fitness 10 Cribbage 10:30 Italian Study* 12 Italian Table 1 Remember When? 1:15 Alive-O Yoga*	16 9 Bowling* 12 German Table
19 9 Newsletter folding 9 Strength & Fitness 10:30 Memoir Club 1 Bridge 1:15 Alive-O Yoga* 4 French Class 5 Weight Watchers	20 9 Strength & Fitness 10-12 Artistree Class* 10 Double King Pedo 10:45 Spanish* 11:30 Commodities 12 Spanish Table 1 RSVP Talk	21 8 Board Meeting 9:00 W. Leb. shopping* 10:30 Handwork Cir. 10:30 Tai Chi* 12 French Table 12:30 Caregiver Support Group* 5:30 Movie Night*	22 Birthday Day* 9 Strength and Fitness 10:30 Italian Study 10 Cribbage 12 Italian Table 1:15 Alive-O Yoga*	23 9 Bowling* 12 German Table 1 Talk and Listen 1 Fall Prevention Program
26 9 Strength & Fitness 10:30 Memoir Club 1 Bridge 1:15 Alive-O Yoga* 4 French Class 5 Weight Watchers	27 9 Strength & Fitness 10-12 Artistree Class* 10-12 Wellness Clinic 10 Double King Pedo 10:45 Spanish* 12 Spanish Table	28 10:30 Handwork Cir. 10:30 Tai Chi* 12 French Table 1:30 Square Dancers	29 9 Strength and Fitness 9:30 Museum Trip* 10:30 Italian Study* 10 Cribbage 12 Italian Table 1:15 Alive-O Yoga*	30 9 Bowling* 12 German Table 1 Tablet Computer talk

MENU-SEPTEMBER 2011

MON	TUES	WED	THURS	FRI
Menu subject to change at chef's discretion. Thank you for your under- standing!	* Please sign up/ Reservations Required Served daily: 2% Milk, Juice, Coffee		1 Tacos, Red Beans and Rice, Roasted Vegetables, Chocolate Cream Pie	2 Grill day Hot dogs and burgers, Potato Salad, Cole- slaw, Angelfood cake w/ Berries
5 CLOSED- LABOR DAY	6 Reuben, Roasted Potatoes & Roasted Vegetable Medley Lemon Sorbet w/ Fresh Berries	7 Spinach & Cheese Ravioli w/ Meat sauce, Garlic Bread, Broccoli & Cauliflower, Fresh Fruit Parfait	8 Fish Florentine (spinach and cheese), herb roasted potatoes, Lime carrots, Warm Apple Crisp	9 CHEF'S CHOICE
12 Reading Day* Pan seared Chicken breast, Creamy ched- dar polenta, Spinach supreme, Almond Cake w/ Orange Dried Apricot Sauce	13 Chipped Beef and Egg Gravy on Mashed Po- tato, Brussel Sprouts, Peach Tapioca	14 Shepard's Pie, Tuscan style Vegetables, Chef's Choice Dessert	15 Salmon en Croute, w/ Spinach and Mushrooms, New Potatoes, Cucumber/ Dill Salad, Coconut Cream Pie	16 Tossed Salad, Turkey Sandwich, Caldo Verde, (Spicy Portuguese Kale and Potato soup w/ sausage), Strawberry Cake
19 Tossed Salad, Fire Island Ziti (a little spicy, with broccoli, tomatoes, Italian sau- sage) Monterey Ranch Bread, Fresh Fruit Salad	20 Quiche w/ Spinach, Bacon, Mushrooms, Roasted Potatoes, Roasted Vegetables, Pumpkin Cake w/ cream cheese frosting	21 Tuna Pasta salad, Pea Salad, Cucumber salad, Lettuce, Tomato, Apple Crunch Pie	22 Birthday Day* Dijon Crusted Chicken Breasts, Horse Radish Mashed Potato, Gravy, Spinach, Cake and Ice Cream	23 Chef's Choice
26 Grilled Chicken Caesar Wrap, Hearty Vegetable Minestrone, Chocolate Chip Cook- ies w/ Fruit	27 Stuffed Meatloaf w/ spinach and cheese, Mashed Potato, Gravy, Green Beans, Strawberry Sundae,	28 Tossed Salad, Beef & Vegetable stew, Black Forest Cake	29 Singapore Curry Chicken, Rice, Stir Fried Vegetables, Fruit Mousse Tart	30 Tossed Salad, Chili, Corn Bread, Brownies & Fruit Cake