



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



AUGUST 2015



WHAT'S GOING ON at the THOMPSON CENTER for Seniors and Community!

Enjoy Delicious Meals

Join Us for lunch at the Thompson Center, Monday through Friday at Noon. All ages and groups are welcome. Every year, the Thompson serves more than 18,000 lunches for seniors and community members and delivers healthy meals to clients through our **Meals on Wheels** program. You'll find Chef Ryan's **delicious menu inside and posted monthly online!**

Attend a Program or Class

From how to **stay fit**, improve your balance, use Facebook or an iPad, to planning your retirement **finances**, preventing falls, learning a language, or seeing a new documentary, the Thompson offers programs and classes to **keep you informed and involved** in our community and the world. Call to sign-up and see our enclosed calendar or our website for class and program details.

Take a Trip with Us

Whether you need a **medical ride**, want to go **shopping** or travel further afield—for a play in New London or take a fall foliage cruise on Lake Winnepesaukee—the Thompson is going places and we'd love to have you join us.

Access Resources

Do you or someone you care for need a wheelchair or other **medical equipment**? Do you want **help with taxes** or applying for **Medicare**? Would you like **foot care** or a therapeutic chair massage? The Thompson offers these and numerous other resources and referrals at little or no cost to you and your family. We also partner with the Community Care Coordinators and Senior Solutions for **caregiver** referrals, fuel assistance and much more. Just ask us!

Volunteer

There's so much to do—with and for the Thompson and our community. Volunteering is a great way to get involved! Call Paula at the Center to find out about volunteer opportunities. You'll find more information on volunteer opportunities as well as all of our events, programs and classes on our website at www.ThompsonSeniorCenter.org and on our **Facebook** page.

MISSION

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. Our programs and activities will promote the physical, intellectual, and social well being of the adult community to enhance dignity, self-worth, and independence. In addition, our senior center will provide a gathering place for our community.



Search for "The Thompson Senior Center" and click "like" for regular updates, pictures, event reminders & invitations, and for tips and interesting articles about health, finances, and Aging in Place.

Sign up for the e-newsletter by emailing:
jbloch@thompsonscenter.org

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

To Contact Us: Call (802) 457-3277 or email info@thompsonscenter.org

The Thompson Center

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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
Pam Butler, Program Director,
pbutler@thompsonscenter.org
Jen Bloch, Marketing Coordinator
jbloch@thompsonscenter.org
Shari Borzekowski, Administrative &
Resource Assistant,
sborz@thompsonscenter.org
Ryan Martin, Chef,
rmartin@thompsonscenter.org
Siobhan Wright, Kitchen Assistant ,
Meals on Wheels Coordinator
swright@thompsonscenter.org
**Drivers: Dwight Camp, Gordon Worth,
Jim Emery, Nelson Gilman**

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

Community Care Coordinators
**Lonnie Larrow, RN and
Carla Kamel, MSW**
Ottawakeechee Health Center, 457-5414

BOARD OF DIRECTORS

Tom Weschler—*President*
Patsy Mathews —*Vice President*
Jerry Fredrickson —*Treasurer*
Sarah Roberts—*Secretary*
Dick Atwood
Dick Brodrick
Frances Gillett - Advisory
Rachel Hochman
Peggy Kasden
Barbara Kelley
Sally Kesseli
Holly Levison
Susan Moor
Lynn Peterson, M.D.
Liz Schellhorn
John Snyder
John Steinle
Tambrey Vutech

BEHIND THE SCENES

ADVISORY MEETING HIGHLIGHTS

- Positive feedback about Smiles for Seniors program
- Announcement about “Take Another Look” photo project
- Trip discussion about payments and locations
- Ideas for ice cream social

Please join our next meeting on Monday, August 3 at 1:00 pm. All patrons and volunteers are invited to attend.



Chairperson Needed!
Please contact Deanna Jones at 457-3277 if you are interested.



Bingo Caller Needed!

If are looking for a volunteer opportunity consider helping as a Bingo caller! The hours are 10:30-11:30, Tuesday-Friday. Please contact Paula at 457-3277 if you are able to help any or all of those days. *Thank you!*

Community Care Coordinator (CCC), Carla Kamel,
has office hours at The Thompson.
Times and dates noted on the Program Calendar

UPCOMING TOWN DAYS

Residents of surrounding towns are invited for lunch at The Thompson for the reduced rate of **\$3.00** on the following Mondays:

Pomfret ~ Monday, August 10th
Reading ~ Monday, September 14th
Woodstock ~ Monday, October 5th

Please note: The Thompson van can provide transportation for you and your friends.

IN APPRECIATION

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Mariana - Lunch ingredients
Charlotte Jackson - medical equipment
Fran Lancaster – walker
John Brand – medical equipment
Audrey Fiedelhotz - hats
Dottie Deaus and Lydia Spitzer - medical equip-ment

SHARE THE HARVEST

Janet Maxham—flowers
Patrice Dougherty—lettuce, rolls, eggs
Paula Audsley—flowers for tables
John and Nancy Heidt - cribbage pegs
Eddie English – rhubarb
Carl and Sally Kessli - lettuce
Lynn Peterson - lettuce
Jim and Noreen Huff – flowers

ONGOING DONATIONS:

Daily *Valley News* subscription -
Woodstock Pharmacy
The *Vermont Standard Weekly Papers*
Birthday Cakes - Diane Atwood, Jane Soule, Carol Towne
Monthly book club selection - Yankee Book-shop

TRANSPORTATION SPONSORS:

Upper Valley Rehabilitation
Dead River Company
Gateway Motors – car washes
Connected-At-Home
Ottawakeechee Health Foundation
Ottawakeechee Plumbing
Mark Knott, DDS



On August 27th we will celebrate your special day!
Those who attend with an August birthday will receive complimentary meal!
Please call 457-3277 to make a reservation for lunch.

AUGUST BIRTHDAYS

1st	Laurie	Heijn	11th	Deborah	Heimann	19th	Wittie	Lynn
2nd	Linda	Maxham	12th	George	Lander	19th	Marilyn	Gamage
2nd	Allan	Atwood	13th	Veronica	Delay	21st	Lisa	Gramling
2nd	Nedra	Gramling	13th	Muriel	Poirier	22nd	Lucille	McCarthy
3rd	Bonnie	Atwood	14th	Judy	Wiggin	22nd	Pam	Sheperd
3rd	Ted	Taylor	14th	Rick	Fiske	22nd	Lucille	Staples
3rd	Yael	Taylor	14th	Anne	Nestler	23rd	Ellen	Satterthwaite
3rd	Margarete	Pierce	14th	Lidia	Crisan	23rd	Priscilla	Sands
4th	Loretta	Parker	14th	Alice	Gundersen	23rd	Diana	Hayes
4th	Bernadette	Darakjy	14th	Elizabeth	McCredie	23rd	Ralph	Robinson
5th	Sarah	Foss	15th	Suzanne	Skuja	25th	Carolyn	Robinson
5th	Joby	Thompson	15th	James	Sherman	26th	Carol	Fontaine
5th	Kathy	Connor	16th	Reinhart	Jeck	26th	Anne	Brodrick
6th	Douglas	Holtz	16th	Kathy	English	27th	Marjorie	Forgione
6th	Samuel	Grice	17th	Kedra	Greaves	27th	Louis	Grob
7th	Joyce	Gilman	17th	Esther	Maynes	27th	Merrill	Kruse
7th	Carol	Corneille	17th	Janet	Eller	27th	Pamela	Barrows
8th	Drew	Ewald	17th	Lillian	deGiacomo	27th	Carol	Scott
9th	Joseph	Rubino	18th	Mary	Mercure	28th	Emily	Carlson
10th	David	Wheadon	18th	Kathy	Avellino	28th	Elaine	Tracy
10th	Margaret	Nielsen	18th	Diana	Perkett	28th	George	Roy
			18th	Bill	Rea	31st	Claude	Callaham

WELLNESS PROGRAMS

CAREGIVER SUPPORT GROUP Wednesday, August 19, 12:30 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) on the 3rd Wednesday of each month, and share ideas, concerns, and constructive feedback with others facing similar challenges.

Smiles for Seniors Free Oral Health Pilot Program Ongoing Two Mondays a Month August 3 & 17, 9:00 am—1:30 pm

Adults age 65 years and older are invited to schedule a free oral health screening and fluoride varnishing with a licensed Public Health Dental Hygienist. Call 457-3277. *Sponsored by OHF and partners*

Free Medicare Assistance Available Mondays, August 3, 10, 17, 24, 31 1:00—3:00 pm

We are currently taking appointments for people needing assistance with Medicare plans, including those people turning 65 who will be new enrollees. Assistance for people enrolling in Choices for Care Long-Term Care (Medicaid) will also be available. Please call Shari at 457-3277 to reserve your one hour appointment with Medicare counselor, Rick Greenspan.

Wellness Clinic & Blood Pressure Screenings Tuesday, August 25, 10 - 12 noon

Wellness clinics (blood pressure & consultation) with Michelle Chiesa, RN, Visiting Nurse and Hospice of Vermont and New Hampshire are held on the 4th Tuesday of each month from 10:00 am - noon.

Foot Care Clinic with Mary Wood Monthly, 9:00 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.**

ADVANCE DIRECTIVE CLINIC Monday afternoons

Would your loved ones know your wishes about medical care if you were unable to speak for yourself? There is a legal document called an Advance Directive that you can complete to give guidelines about your wishes and appoint someone to represent you if you are not able. We have arranged for a trained and caring volunteer to be at the Thompson Center every Monday from 1pm - 3pm. These volunteers will take the time to explain both the document and the simple process used to make your wishes known. The most important part of this process is talking to those you love about what matters most to you. You can call 457-3277 to schedule an appointment.

Chair Massages at The Thompson 10:00 am to noon

Greg Somerville's July chair massages will be offered on Wednesdays, August 12, 19 & 26th. 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

NEWS & EVENTS



Visit the Thompson Booth at the Taste of Woodstock! Saturday, August 8, between 10 am – 5 pm

The cupcake tower is returning to our booth this year. Lots of other food and festivities on Elm and Central Street in downtown Woodstock.

Understanding and Responding to Dementia-Related Behavior An Alzheimer's Association Program presented by Susan Moor Tuesday, September 15, 1:00 pm

During the middle stage of dementia, the person with the disease often starts to exhibit new behaviors that can be confusing for a caregiver. These behaviors are a form of communication, and are essential to understanding the needs of the person with dementia.

To help caregivers decipher behaviors and determine how best to respond, the Alzheimer's Association offers the *Understanding and Responding to Dementia-Related Behavior* program. By the end of the session, attendees will be able to:

- Identify common triggers for behaviors associated with dementia.
- Explain the process for assessing and identifying challenging behaviors.
- List strategies to address some common dementia-related behaviors.

alzheimer's association®

800.272.3900 | alz.org®

Through practical information, resources, and interviews with experts, this program will help caregivers to address the challenges of dementia-related behavior. *Please note: This program is open and free to the public but not suitable for those diagnosed with a dementia – caregivers and family members only please.*

Legal Advice Clinic for People Age 60 and Over Monday, August 24, 9:00 am to noon; 12:30 to 3:00 pm

Harvard Attorney, Jacob Speidel, will be available for free legal advice or referrals on a variety of legal problems, including wills, powers of attorney, landlord-tenant issues, Medicaid, Medicare, Social Security, SSI (or other public benefits), debt collection, consumer issues, guardianship, divorce, foreclosure, small claims, bankruptcy, and other civil legal matters.

Mr. Speidel is an attorney for the Senior Citizens Law Project of Vermont Legal Aid, which sponsors this valuable service.

Please note: Advice cannot be given on criminal cases or problems affecting someone other than you.

Please call to sign up for your free 20 minute appointment, 457-3277.

August Birthday Day Music ~ Thursday, August 27, 1:00 pm

The popular Mill Band returns on Birthday day! Join us after lunch for the classic country, folk, and gospel sounds of The Mill Band!

PROGRAMS and CLASSES

“Take Another Look” **Volunteers Needed for a Photo Art Exhibit Project**

We’re looking for people who are 65 and over that would be willing to share their honest experiences on what it is like to age in our rural area. This might mean sharing success stories (or challenges) about anything from health care to home maintenance. Participants would be interviewed by trained individuals and photographed by photographer, Laurie Levinger. The benefit of participating is not only to help raise awareness throughout our community about the realities and diversity of our aging in place population, but interview responses will also be compiled and used confidentially to help improve our health care and community based services for older adults. Photos and select short stories will be used in art exhibits beginning at The Thompson and then moving throughout the Upper Valley, and eventually to the State House in Montpelier. **Please consider participating in this important project called “Take Another Look” to help raise awareness about the landscape of aging.** Please call or speak to Deanna Jones at The Thompson if you’re interested in participating or have any questions. 457-3277 or djones@thompsonseneiorcenter.org

This project is being managed by the United Valley Interfaith Project (UVIP) Aging with Dignity Campaign, and ReThink Health. Read more about the UVIP Aging with Dignity Project and Take Another Look on our website.

GARDENING IN THE FALL **Thursday, August 13, 1:00 pm**

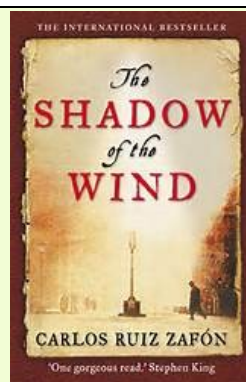
Althea Derstine, UVM Extension Master Gardener, will talk about extending the garden season into fall and early winter. She will follow her own tradition of having door prizes, a "quiz" and, if available, some plants to take home with you. Come for this informative talk even if you do very little gardening.

Journaling Class *NEW DAY!*

Journaling class will now be meeting on Thursday mornings at 10:30. August dates will be 8/6 and 8/20. New writers are always welcome! For more information on this class visit our website or call 457-3277.

BOOK GROUP **~No meeting in July or August~** **Wednesday, September 9 at 1:00 pm**

The September read is *The Shadow of the Wind* by Carlos Ruiz Zafon. Daniel Sempere's father takes him to the secret Cemetery of Forgotten Books, a huge library of old, forgotten titles lovingly preserved by a select few people. According to tradition, everyone initiated to this secret place is allowed to take one book from it and must protect it for life. Daniel selects a book called *The Shadow of the Wind* by Julián Carax. The author's storytelling skill is remarkable; his prose doesn't just take you into the story - it transforms you. Susan Morgan of Yankee Bookshop says it is one of the best books ever written. **Newcomers are welcome!**



EXERCISE CLASSES

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

Kripalu Yoga **Ongoing on Tuesdays, 1:45-2:45 pm**

This gentle yoga class is for everyone ~ standers, sitters, experienced or not so. Annie Frates will guide students through a variety of yoga poses that will help people gain flexibility, improve posture and spine health, develop strength, and increase breath awareness. This is a drop-in class but pre-registration is always welcome. Cost: \$5.00 per class payable to Annie Frates.

Tai Chi's Slow, Gentle Exercise **Great for Mind and Body** **Sept. 9, 16, 23, 30; Oct 7**

Our next round of the Wednesday, 10:00 - 11:00 Tai Chi class, taught by Anne Bower and Jane Philpin, runs September 9 – October 7. The five one-hour sessions cost a total of \$25.

We know from clinical studies that Tai Chi improves balance, memory, coordination, mood, and blood sugar levels. It helps prevent falls, can lower blood pressure, and learning it gives a great sense of satisfaction.

Each class participant makes adjustments for his or her own body. The mood in class is relaxed and fun, we laugh a lot, strive to learn, help each other.

For more information on how tai chi can benefit you, contact:

Anne Bower at anniebower@yahoo.com, or check out her website: www.anniebower.com

Wednesday Walkers ~ Summer Schedule **Wednesdays, 9:00 am, Meet outside** **at Union Arena**

These hearty walkers, with Jerry Fredrickson, will continue to meet at the Union Arena on Wednesdays throughout the summer at 9:00 am. With the group's agreement Jerry would like to explore some Woodstock Village Green or Woodstock Country Club golf course routes as the weather improves. Your suggestions for new walking routes outside are welcome! Adults of all ages are welcome. ***If leaving from the Thompson Center, we will provide you with a ride to and from the Arena, with advance notice.***

Strength & Fitness **Monday, Tuesday & Thursday** **9:00 to 10:00 am**

Please Note: No Monday Class in August
No Class on Aug 3, 10, 17, 24, 30
Rest of the Schedule Remains the Same

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.

She holds credentials for Group Fitness instruction in Aquatics, Spinning, TRX, Nordic Walking and Weight Training. Cost: \$3.00/class or 12 classes for \$30 on a punch card.

New Late Summer Class! Water Aerobics **Woodstock Racquet and Fitness Club** **Fridays, Aug 28-Oct 16, 1:30-2:15 pm** **Cost: \$64 for 8 week class**

The Thompson Center will provide shuttle service to and from class if needed, departing at 1:00 pm.

Water aerobics is a safe and low impact way to exercise your body. Fitness Instructor, Bari Ramirez will be using water weights for strength, which are optional. The most important aspect of water aerobics is that it can provide a greater range of flexibility from working in the water, all in the comfort of an 82 degree pool. **Reservations can be made by calling The Thompson. Payment is due at time of reservation and must be received prior to start of class series.**

Bone Builders **Tuesdays and Thursdays, 3:00-4:00 pm**

The Bone Builders exercise program, developed at Tufts University, addresses bone health for people of all ages. Women especially may have thinning of bones as early as age 40, but men are welcome in this class and will benefit as well.

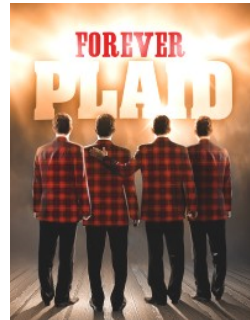
Bone Builders classes, with instructor Althea Derstine, are ongoing on Tuesdays and Thursdays each week. Classes are free. **Minimum of six participants required. Please sign up in advance.**

TRIPS, TRIPS, TRIPS



Warren's Lobster House and Shopping Trip
Wednesday, August 5, 2015
Depart Thompson on Premier Coach Bus at 9:00 am and
return to Woodstock approximately 6:00 pm.
Cost: \$82 Includes Lunch and Transportation
Visit our website for more details

***Forever Plaid* at New London Barn Playhouse Theater**
Wednesday, September 2, 2:00 pm performance
(depart on Thompson van at 12:30 pm)
Cost: \$35 (includes transportation and ticket for orchestra
seating). Please reserve your seat with payment.



A deliciously goofy homage to the pitch-perfect harmonies of the 1950's. The talented and exuberant boys of "The Plaids" never made it to their first big gig, but now they're back for their posthumous chance finally to perform the show that never was. This tremendously popular and utterly charming musical revue is packed with oldie hits such as "Heart and Soul," "Shangri-La," "Chain Gang," and "Love is a Many Splendored Thing."

Ticket To Ride ~ A Beatles Tribute Band
The Log Cabin, Holyoke, Massachusetts
Tuesday, October 13, 2015

Cost: \$88 per person includes transportation, show, and complete dinner
Itinerary: Depart TSC on a Premier Coach bus at 9:00 am and return to Woodstock
approximately 5:30 pm

2014 marked the 50th anniversary of the Beatles landing on American shores. Since then the "Fab Four" have inspired generations with their sound, wit and charm. Recreating the Beatles sound and harmonies in the original key, and the Beatles guitar and drum arsenal, *Ticket to Ride* goes over the top as does the extensive lunch menu which consists of the following: *Hors d'oeuvre Welcome Tray, Rolls and Butter, Complimentary Glass of Wine, Chop Chop Salad, Pasta Fagioli, London Broil with Mushroom Bordelaise Sauce Baked Scrod with Seasoned Bread Crumbs, Chef's Choice of Vegetable, Apple Crisp.*

At the Log Cabin, the beauty of fall foliage on top Western Massachusetts Mt. Tom becomes the backdrop for this popular entertainment venue. Enjoy a dash through the past with this Beatles tribute and interactive show. *Please call to reserve your space followed by prompt payment. The deadline for reservations is September 28th. Please Note: A minimum of 35 paid reservations must be received by September 28th or the trip is subject to cancellation.*

PROGRAMS



Learn to Tie-Dye
Monday, August 10, 1:00 pm

Join Deanna, Cooper, & Brady Jones for a fun afternoon of tie-dyeing. No previous experience necessary. All supplies will be provided, but feel free to bring an extra shirt, scarf, or anything white to tie-dye (washed and dried without using fabric softener or dryer sheets will work best). This is a great way to give your old whites a new look! **Please RSVP by August 6th and indicate your T-shirt shirt size when you sign-up for this class (Men, Women, or Children's S, M, L, XL, etc).** Cost is \$8 for T-shirt and tie-dye supplies.

Enhancing Quality of Life by Bringing
Multiple Generations Together
Tuesday, August 18 at 1:00 pm



Join us for this rewarding presentation: A Sharing of Stories, an intergenerational program with Kendal Hanover residents and children. Intergenerational programming offers benefits to people of all ages. Recently, a six week intergenerational program at Kendal at Hanover, *Art with Jennie*, had participants coming together to discuss *community* and asking the question, "Why is it important for older adults and children to spend time together?" Lives were enhanced and relationships were formed while sharing stories and working on art projects together. Among the many benefits this program offered, it also resulted in the writing of the book: "*Together, We Live, Learn, Play and Grow*," answering this very important question and showcasing the art that was created. We look forward to sharing our stories and having a discussion about the benefits of generations coming together.



AARP Smart Driver Safety Course
Friday, September 25, 9:15 am to noon (break for lunch)
1:00 to 2:00 pm

Instructor Bill Cherico returns to teach this four hour instructional course which is the nation's largest refresher course designed specifically for older drivers. Registration begins at 9:15am. **Your driver's license is required and your AARP card for members.**

Course Fee: \$15.00 for AARP members and \$20.00 for nonmembers.

Please call the Thompson Center to sign up in advance, 457-3277. Checks should be made out to AARP Smart Driver.

PROGRAM CALENDAR - AUGUST 2015				
Mon	Tue	Wed	Thu	Fri
3	4	5	6	7
9 Smiles for Seniors* 10:15 Memoir Group 1 Bridge 1 Advisory Meeting 1 Advance Directives* 1 Medicare Appts* 1 Horseshoes	9 Strength & Fitness 10 Double King Pedo 12 Spanish Table 1 Scrabble 1:45 Yoga 3 Bone Builders	9 Warren's Trip* 9 W. Leb Shopping* 9 Walking Program 10:30 Handwork Cir. 12 French Table	9 Strength & Fitness 10 Cribbage 10:30 Journaling Class 12 Italian Table 3 Bone Builders	10-12:30 CCC Office Hours* 12 German Table 1:30 Water Aerobics*
10	11	12	13	14
Pomfret Day* 10:15 Memoir Group 1 Bridge 1 Advance Directives* 1 Medicare Appts* 1 Horseshoes 1 Tie Dye Program*	9 Strength & Fitness 10 Double King Pedo 12 Spanish Table 1 Scrabble 1:45 Yoga 3 Bone Builders	9 Walking Program 10-12 Chair Massage* 10:30 Handwork Cir. 12 French Table	9 Strength & Fitness 10 Cribbage 12 Italian Table 1 Gardening in the Fall 3 Bone Builders	9 – 2:30 Foot Clinic* 10-12:30 CCC Office Hours* 12 German Table
17	18	19	20	21
8:30 Newsletter Folding 9 Smiles for Seniors* 10:15 Memoir Group 1 Bridge 1 Advance Directives* 1 Medicare Appts* 1 Horseshoes	9 Strength & Fitness 10 Double King Pedo 11:30 Commodities 12 Spanish Table 1 Scrabble 1 InterGenerational Project 1:45 Yoga 3 Bone Builders	8:30 Board Meeting 9 Walking Program 9 W. Leb Shopping* 9 – 2:30 Foot Clinic* 10-12 Chair Massage* 10:30 Handwork Cir. 12 French Table 12:30 Caregiver Group	9 Strength & Fitness 10 Cribbage 10:30 Journaling Class 2 Italian Table 12:45 Lucy Mac Visit 3 Bone Builders	10-12:30 CCC Office Hours* 12 German Table
24	25	26	27	28
9 Legal Clinic* 10:15 Memoir Group 1 Bridge 1 Advance Directives* 1 Medicare Appts* 1 Horseshoes	9 Strength & Fitness 10-12 Wellness Clinic 10 Double King Pedo 12 Spanish Table 1 Scrabble 1:45 Yoga 3 Bone Builders	9 Walking Program 10-12 Chair Massage* 10:30 Handwork Cir. 12 French Table	BIRTHDAY DAY* 9 Strength & Fitness 10 Cribbage 12 Italian Table 1 Mill Band 3 Bone Builders	10-12:30 CCC Office Hours* 12 German Table 1:30 Water Aerobics*
31				
10:15 Memoir Group 1 Bridge 1 Horseshoes 1 Advance Directives* 1 Medicare Appts*			*Indicates that sign-up/reservations are required	BINGO daily at 10:30 am except on birthday day and other special meal days. Location: Dining Room on Mon. & Wed. Upstairs conf room on Tues, Thurs, Fri.

MENU - AUGUST 2015				
Mon	Tue	Wed	Thu	Fri
3	4	5	6	7
Grilled Tuna & Vegetables in herb butter, Brown Rice, Oatmeal Cranberry Cookie & Fruit	Grilled Hot Dog on bun, Chef's Slow Cooked Baked Beans, Cole Slaw, Fresh fruit parfait	Meatloaf, Smashed Potato, Gravy, Peas & Carrots, Mixed fruit Cobbler	Vegetarian Lasagna, Steamed Antiguan Vegetables, Garlic Bread, Berry-Lime Freeze	Grilled Jammin' Salmon Burger on bun, Potato Salad, Grilled Vegetable Salad, Almond Joy Sundae
10	11	12	13	14
Chef's Choice	Tossed Salad, Chicken Marsala, Rice Pilaf, Green Beans, Strawberry Rhubarb Pie	Cheese Pizza, Greek Salad w/ lettuce, cucumber, pepper, olives, feta cheese, Chocolate Chip Cookie and fruit	Singapore Curry Chicken, Rice, Stir Fried Vegetables, Hot Fudge Sundae with Banana	Philly Cheese Steak Sandwiches w/ peppers & onions, Sweet Potato Fries, Coleslaw, Fresh Fruit
17	18	19	20	21
Pan Seared Chicken breast, Creamy Cheddar Polenta, Spinach supreme (spinach, sour cream, parmesan and Monterey Jack Cheese), Fresh Fruit	Tossed salad, Multigrain Spaghetti & meatballs, Garlic bread, Fresh Fruit Salad	Chicken Salad, Broccoli Salad, Tortellini Salad, Lettuce, Tomato, Coconut Macaroons w/ Pineapple	Tilapia Florentine (spinach and cheese), herb roasted potatoes, Lime carrots, Fruit Crisp	Breakfast Day* Eggs Benedict w/ Hollandaise Sauce, Homefries, Fruit and Yogurt
24	25	26	27	28
Tossed Salad, Tuscan Chicken w/ Peppers and Tomatoes, served over Brown rice, Peach Rhubarb Coffee Cake	Reubens, Beer Battered Onion Rings, Share the Harvest Vegetables, Sorbet w/ Fresh Berries	Quiche w/ Asparagus Leek & Gruyere Cheese, Roasted Potatoes, Tossed Salad, Lime and Spice Peach Cobbler	Birthday Day* Grilled Baja style Pork Loin, Chimichurri Sauce, Citrus Sweet Potato Mash, Braised Greens, Roll, Cake & Ice cream	Chef's Choice
31				
Tossed Salad, Fire Island Ziti (a little spicy, with broccoli, tomatoes, Italian sausage) Monterey Ranch Bread, Fresh Fruit		Meal Pricing: <ul style="list-style-type: none"> \$7 charge for those under sixty \$5 suggested donations for ages sixty and over 	Menu is subject to change based on availability of food items. Please call ahead with special dietary needs. Vegetarian meal available	*Indicates that Sign-up/Reservations are required (Birthday Day & special holiday meals)