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.

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

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, learn a language, 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 Winnipesaukee—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.

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

**SHARE THE HARVEST**

Janet Macham—flowers
Patrice Dougherty—lettuce, rolls, eggs
Paula Audsley—flowers for tables
John and Nancy Heidt—cabbage
Eddie English—rhubarb
Carl and Sally Kesseli—lettuce
Lynn Peterson—lettuce
Jim and Noreen Hult—flowers

**Chairperson Needed!**

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

*Bingo Caller Needed!*

If you 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**

Carla Kamel, CCC (Community Care Coordinator), has office hours at The Thompson Center.

**IN APPRECIATION**

Marina - Lunch ingredients
Charlotte Jackson - medical equipment
Fran Lancaster – walker
John Brand – medical equipment
Audrey Friedelhottz - hats
Dottie Deaus and Lydia Spitzer - medical equipment

**IN APPRECIATION**

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 Bookshop

**TRANSPORTATION SPONSORS:**

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

**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.

**AUGUST BIRTHDAYS**

1st Laurie Heijn 11th Deborah Landers 19th Wintie Lynn
2nd Linda Marsham 12th George Landers 19th Marilyn Gamage
2nd Allan Arwood 13th Veronia Delay 21st Lisa Gramling
2nd Nedra Gramling 13th Muriel Poirier 22nd Lucille McCarthy
3rd Bonnie Arwood 14th Judy Wiggins 22nd Pam Shepherd
3rd Ted Taylor 14th Rick Gunderson 22nd Lucille Staples
3rd Yael Taylor 14th Anne Nestler 23rd Ellen Satterthwaite
3rd Margarette Pierce 14th Licia Gundersen 23rd Priscilla Sands
4th Loretta Parker 14th Elizabeth McCredie 23rd Diana Hayes
4th Bernadette Darakjy 15th Suzanne Sherman 23rd Ralph Robinson
5th Sarah Foss 15th James Shermer 25th Carolyn Robinson
5th Joby Thompson 16th Reinhart Jecck 26th Carol Fontaine
5th Kathy Connor 16th Cathy English 26th Anne Brodick
6th Douglas Holtz 17th Kendra Greaves 27th Marjorie Forgione
6th Samuel Grice 17th Esther Maynes 27th Louis Grob
7th Joyce Gilman 17th Janet Eller 27th Merrill Krause
7th Carol Corneille 17th Lillian deGiacomo 27th Pamela Burrows
8th Drew Ewald 18th Mary Mercare 27th Carol Scott
8th Joseph Rubino 18th Kathy Avellino 28th Emily Carlson
9th David Weadon 18th Diana Perkett 28th Elaine Tracy
10th Margaret Nielsen 18th Bill Bea 28th George Roy
11th Deanna Jones 19th Wintie 21st Claude Callahan
12th Paul Butler 20th Noreen Hult 22nd Lucille McCarthy
13th Paul Butler 21st Lisa Gramling 22nd Pam Shepherd
14th Lynn Peterson 22nd Card Brook 23rd Ellen Satterthwaite
14th Lynn Peterson 23rd Reinhart Jecck 24th Emily Carlson
15th Galaxy Mayne 24th Emily Carlson 25th Carol Fontaine
15th Galaxy Mayne 25th Reinhart Jecck 26th Anne Brodick
16th Paul Butler 26th Reinhart Jecck 27th Marjorie Forgione
16th Paul Butler 27th Reinhart Jecck 28th Elaine Tracy
17th Paul Butler 28th Reinhart Jecck 29th Claude Callahan
18th Paul Butler 29th Reinhart Jecck 30th Claude Callahan
19th Paul Butler 30th Reinhart Jecck
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.

• 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.

• 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.

• 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

Legal Advice Clinic for People Age 60 and Over

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.

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

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

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.

Through practical information, resources, and interviews with experts, this program will help caregivers 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.

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
**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@thompsonseniorcenter.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.

**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!*

**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.

**EXERCISE CLASSES**

**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 Philipin, 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.annebower.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.

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

PROGRAMS

Learn to Tie-Dye  
Monday, August 10, 1:00 pm  
Join Deanna, Cooper, & Brady Jones for a fun afternoon of tie-dying. 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.

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.
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<th>PROGRAM CALENDAR - AUGUST 2015</th>
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<tr>
<td>9 Smiles for Seniors*</td>
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<td>1 Bridge</td>
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<td>1 Advance Directives*</td>
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<td>1 Horseshoes</td>
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<td>9-10:15 Memoir Group</td>
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**Menu**  
**Aug 2015**

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<tr>
<td>Grilled Tuna &amp; Vegetables*</td>
<td>grilled hot dog on bun, Chef’s Slow Cooked Baked Beans, Cole Slaw, Fresh fruit parfait</td>
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<tr>
<td>Chef’s Choice</td>
<td>Meatloaf, Smashed Potato, Gravy, Peas &amp; Carrots, Mixed fruit Cobbler</td>
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<tr>
<td>Pomfret Day*</td>
<td>Vegetarian Lasagna, Steamed Antiguan Vegetables, Garlic Bread, Berry-Lime Freeze</td>
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<td>10-15 Memoir Group</td>
<td>Grilled Jammin’ Salmon Burger on bun, Potato Salad, Grilled Vegetable Salad, Almond Joy Sundae</td>
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<td>1 Tie Dye Program*</td>
<td>9-2:30 Foot Clinic*</td>
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<td>10-12:30 CCC Office Hours*</td>
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<td>12 German Table</td>
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<td>9 Strength &amp; Fitness</td>
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<td>10 Cribbage</td>
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<td>9-10:12 Chair Massage*</td>
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<td>10:30 Handwork Cir.</td>
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**Menu**  
**Aug 2015**

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<tr>
<td>Pan Seared Chicken breast, Creamy Cheddar Polenta, Spinach supreme (spinach, sour cream, parmesan and Monterey Jack Cheese), Fresh Fruit Salad</td>
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<tr>
<td>Chef’s Choice</td>
<td>Tossed salad, Multigrain Spaghetti &amp; meatballs, Garlic bread, Fresh Fruit Salad</td>
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<tr>
<td>Pomfret Day*</td>
<td>Chicken Salad, Broccoli Salad, Lettuce, Tomato, Coconut Macaroon w/Pineapple</td>
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<tr>
<td>10-15 Memoir Group</td>
<td>Tapioca Florentine (spinach and cheese), herb roasted potatoes, Lime carrots, Fruit Crisp</td>
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<tr>
<td>1 Bridge</td>
<td>Breakfast Day* Eggs Benedict w/ Hollandaise Sauce, Homefries, Fruit and Yogurt</td>
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<tr>
<td>1 Advance Directives*</td>
<td>Tossed salad, Tuscan Chicken w/ Peppers and Tomatoes, served over Brown rice, Peach Rhubarb Coffee Cake</td>
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<tr>
<td>1 Medicare Appts*</td>
<td>Reubens, Beer battered Onion Rings, Share the Harvest Vegetables, Sorbet w/Fresh Berries</td>
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<tr>
<td>1 Horseshoes</td>
<td>Quiche w/ Asparagus Leek &amp; Gruyere Cheese, Roasted Potatoes, Tossed Salad, Lime and Spice Peach Cobbler</td>
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<tr>
<td>1 Tie Dye Program*</td>
<td>Birthday Day* Grilled Baja style Pork Loin, Chimichurri Sauce, Citrus Sweet Potato Mash, Braised Greens, Roll, Cake &amp; Ice cream</td>
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<td></td>
<td>Chef’s Choice</td>
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<tr>
<td>9-10:15 Memoir Group</td>
<td>Tossed Salad, Fire Island Ziti (a little spicy, with broccoli, tomatoes, Italian sausage) Monterey Ranch Bread, Fresh Fruit</td>
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<tr>
<td>1 Bridge</td>
<td>Meal Pricing: • $7 charge for those under sixty • $5 suggested donations for ages sixty and over</td>
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<tr>
<td>1 Advance Directives*</td>
<td>Menu is subject to change based on availability of food items. Please call ahead with special dietary needs. Vegetarian meal available</td>
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<tr>
<td>1 Medicare Appts*</td>
<td>*Indicates that Sign-up/Reservations are required (Birthday Day &amp; special holiday meals)</td>
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<td>1 Horseshoes</td>
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</tbody>
</table>

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**Notes:**

- *Indicates that sign-up/reservations are required.
- Room on Mon. & Wed.
- Upstairs conf room on Tues, Thurs, Fri.