



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



JUNE 2014

Local Filmmakers at The Thompson!

Grandmother to Grandmother: New York to Tanzania

Produced and Directed by Anne Macksoud and John Ankele

June 24, 1:00 pm

Film viewing and discussion with filmmaker

In sub-Saharan Africa, AIDS is wiping out a generation of parents, leaving thirteen million orphans behind. Many of the grandmothers, impoverished by the epidemic, have rescued these children from the streets and are struggling to raise them. A similar thing is happening in cities all across America. AIDS, drugs, and violence are wiping out generations of parents, leaving millions of children behind. Determined to keep these children out of foster care, their grandmothers are stepping in to raise them. Their task is made more difficult because many are poor women living in sub-standard housing and gang-ridden neighborhoods. This film introduces two outstanding projects---one in the Bronx, one in Tanzania. This film will inspire people to take action and support efforts to lift the heavy burden carried by millions of grandmothers.



Anne Macksoud spent seventeen years as a teacher (English, photography and music) before transitioning to film. Once she discovered the “eye-opening” power of the documentary medium, she brought documentaries into her classroom on a regular basis. Eventually she began helping her students make their own films and slide shows on pertinent social and global issues. She approaches filmmaking from the perspective of an artist as well as an educator.

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



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.

Are you getting

The Thompson e-newsletter weekly?

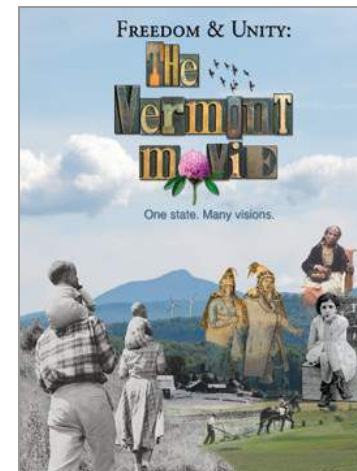
Sign up for the eNewsletter by emailing:
 djones@thompsonscenter.org
 or by calling (802) 457-3277.

Dinner and Documentary Presentation:

Freedom & Unity: The Vermont Movie

July 9, 2014

5:30pm dinner, movie viewing & talk 6:15 - 8:00pm



Freedom & Unity: The Vermont Movie is the first-ever documentary series about Vermont. The six-part film is a collaboration of three dozen critically acclaimed Vermont filmmakers, led by award-winning filmmaker Nora Jacobson. Advisors for the film include well known historians, educators, curators, authors, artists, politicians, and activists.

Since declaring its own independence in 1777, Vermont has been a beacon, a haven, a refuge, an idea, a symbol, a state shaped by independent and courageous decision-makers, thinkers, political leaders, workers, artists, immigrants and innovators. It is the first state to outlaw slavery, to allow same sex civil unions, to call for the impeachment of President Nixon, and to protect the environment with Act 250. This is the state in which conservatives and liberals are not only neighbors---they frequently depend on each other for survival.

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The Thompson Center

Woodstock Area Council on Aging
99 Senior Lane
Woodstock, VT 05091
Phone: 802-457-3277
Fax: 802-457-1259
www.thompsonseniorcenter.org

CENTER HOURS

8 AM-3 PM, Monday-Friday

STAFF

Deanna Jones, Executive Director,
djones@thompsonseniorcenter.org
Paula Audsley, Outreach Manager,
paulsley@thompsonseniorcenter.org
Diana Leskovar, Program Director,
dleskovar@thompsonseniorcenter.org
Pam Butler, Asst. Program Director,
pbutler@thompsonseniorcenter.org
Ryan Martin, Chef,
rmartin@thompsonseniorcenter.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*
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Jerry Fredrickson—*Treasurer*
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Liz Schellhorn
Corwin Sharp
Tom Weschler

BEHIND THE SCENES

ADVISORY MEETING HIGHLIGHTS

- Porch Repairs
- Can Your Coins campaign
- Fall trip “vote” to determine October day trip
- Lobster trip/lunch discussion
- Receptionist meeting scheduled

Please join our next meeting on Monday, June 2, at 1pm.
All patrons and volunteers are invited to attend.

THOMPSON DAY TRIP POLICY

- ◆ To make your reservation, send or deliver payment for the trip. Contact Diana or Pam at 457-3277 with questions.
- ◆ Reservations are taken on a **first paid basis**. **Your name will be entered on the trip sign-up sheet once we receive your payment (Note: we can no longer sign you up without a payment, due to the risk of last minute cancellations, empty seats, etc).** Checks will be deposited 30 days prior to trip date.
- ◆ If you cancel for any reason, payment cannot be returned unless we fill your spot from a waiting list. This is due to non-refundable fees charged to us by the bus company &/or destination.
- ◆ All are welcome to go on trips, but anyone needing extended assistance must bring a caregiver or companion.
- ◆ Please note the deadline for individual trip sign-ups. If we do not have the required number of people to cover our costs we will need to cancel the trip before losing our deposit(s).

TOWN DAYS ARE BACK!

Residents of surrounding towns are invited for lunch at The Thompson for the reduced rate of **\$2.00** on the following Mondays:

Barnard ~ Monday, June 9th
Bridgewater ~ Monday, July 14th
Pomfret ~ Monday, August 11th
Reading ~ Monday, September 8th
Woodstock ~ Monday, October 6th

Bring a neighbor to introduce them to the Center!

IN APPRECIATION

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Phyllis Bulmer - walker
Barbara Blaiklock - ramp, weights, tea
Peggy Merrill - flower arrangement
John Audsley - flowers
Paula Audsley - flowers
Norm Boyton - flowers
Mary Sharp - candy
Patricia Compton - medical equipment
Nancy Randall - duplicate bridge

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

Transportation Sponsors:

Upper Valley Rehabilitation
Dead River Company
Connected-At-Home
Ottauquechee Plumbing
Mark Knott, DDS
Woodstock Insurance Services
Lang McLaughry Spera Real Estate's Tambrey Vutech
Gateway Motors - car washes



IN MEMORY OF



JUDGE FRANKLIN S. BILLINGS

Ted and Joan Staples
Kathryn Murtagh
Charles and Katharine English
Woodstock Foundation

PAUL LENETT

James and Susan Ford, Jr.
Barbara Kelley
Alden Fiertz
Ted and Joan Staples
Mavis and Ad Shaw

CHARLIE SOULE

Ted and Joan Staples

Please see previous/future newsletters for other memorial gifts. Gifts are listed once in the monthly newsletter immediately following when they are received; this is not a complete listing of gifts for each individual.

Thank you for your contributions in memory of dear friends.

JUNE BIRTHDAYS

1st	Timothy	Maxham	15th	Mary	Sharpe
2nd	Betty	Jillson	15th	Polly	Fullerton
2nd	Carol	Nettleship	19th	Mae	Knudson
2nd	Larry	Luce	19th	Carolyn	Johnston
3rd	Eric	Johnson	21st	Louine	Walker
4th	Carole	Pye	22nd	Patricia	Mangan
5th	Janet	Herrick	22nd	John	Mathews
7th	Ruth	Beebee	22nd	Richard	Leonard
8th	Noreen	Huff	23rd	Viola	Peeler
10th	Sally	Alloway	25th	Ann	Debevoise
11th	Elizabeth	Wood	27th	Linda	Stickney
12th	Donald	Corrigan	26th	Doris	Lebaron
13th	Eldon	Thompson	29th	Grete	Heller
13th	Jean	Garren	30th	Constance	Byam Shaw
14th	Bud	Leavitt			
14th	Doris	Earle			



Those who attend Birthday day lunch with a June birthday will receive a complimentary meal on birthday day. Please call to make a reservation for lunch. 457-3277

WELLNESS PROGRAMS

Wellness Clinic & Blood Pressure Screenings Tuesday, June 24, 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-noon.

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

Heart to Heart Friday, June 6, 1:00pm

Getting Married ~ June is wedding month, so let's talk about getting married. Come tell us about your wedding—or weddings (whatever month it happened in). And, if you never got married, it would be interesting to hear about that too. All are welcome!

We'll meet at 1:00pm in the living room.

MEDICAL EQUIPMENT

Currently available at the Center: Crutches, Commode chairs, walkers, bed rails, ramps, shower chairs, stair chair lift, Depends.

IN NEED OF: Wheelchairs and recliner lift chairs.

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

CAREGIVER SUPPORT GROUP Wednesday, June 18, 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.

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.**

Chair Massages at the Thompson

Wednesdays, 10:00am to noon

Licensed massage therapist, Sara, provides chair massages at the Thompson on the 1st, 2nd, and 4th Wednesday of each month IF there are appointments. 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

Fraud Forum Highlights

The Fraud Forum sponsored by AARP Vermont and the Vermont Attorney General's Office on May 7th brought in a large attentive audience of adults of all ages, including a local resident who was recently scammed. Don't let it happen to you! We are including some tips from the program so you can better protect yourself from being targeted and scammed. For more information from the program, see Pam Butler.

Protect your social security number (SSN) and personal information:

- ~ Don't carry your SSN card in your wallet
- ~ Shred sensitive information including credit card solicitations
- ~ Change your passwords regularly (quarterly at least) & don't use the same password for all of your accounts.

Monitor your bills & financial accounts

www.finra.org/brokercheck and www.sec.gov

Watch over your credit reports

www.annualcreditreport.com
877-322-8228

Protect your mail

www.optoutscreen.com
888-5-OPT-OUT

Sign up for Do Not Call Registry

www.donotcall.gov or 888-382-1222

Verify charities

www.charitywatch.org
www.charitynavigator.org

Report suspected fraud to the Vermont Consumer Assistance Program

800-649-2424 from within Vermont
802-656-3183 from out of state



Filmmaker - Continued from front cover:

In Freedom and Unity: The Vermont Movie, filmmakers and historians set out to understand Vermont's iconoclastic spirit: where it comes from, how it shapes our present, and how it lays the groundwork for the future. The film, a collaboration of many artists and professionals, offers a new and interesting portrayal of the state of Vermont from the 1600's to today. More information on the filmmakers and advisors can be found on the website: www.thevermontmovie.com.

Award winning Filmmaker and Project Initiator, Nora Jacobson, and Producer/ Historian Dorothy Tod, will introduce Part I of the film and be on hand to answer questions.

Cost: \$20

The menu will be published in the July newsletter - expect a delicious "localvore" meal.

PROGRAMS

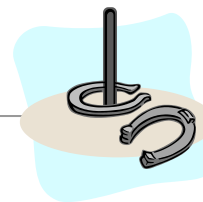
3rd Annual Staff Appreciation Pot-luck Lunch Wednesday, June 11, 2014, 12 Noon

Join the fun and share your favorite dish, salad, or dessert at this once a year special event to show the TSC staff how much they're appreciated. Coordinated by Dick & Bonnie Atwood & Jane Soule. Please make your regular lunch donation if you can't make a dish to share. Sign-up requested.



It's time for horseshoes!

The horseshoe pits are open and you can play anytime, but every Monday (weather permitting) at 1pm a group will play following lunch. Everyone is welcome regardless of your experience level! Talk to Norm Boynton or Jim Emery if you're interested.



Green Mountain Passport

A Discount Program For Seniors and Veterans Sponsored by the Vermont Agency of Human Services

Use this passport for free admission to Vermont State Parks (overnight camping and other park fees excluded), Vermont State Historic Sites, and events which are fully state sponsored. To receive a Green Mountain Passport, just fill out an application at your local town clerk's office and pay a \$2.00 fee.

June Birthday Day Music Thursday, June 26, 1:00pm

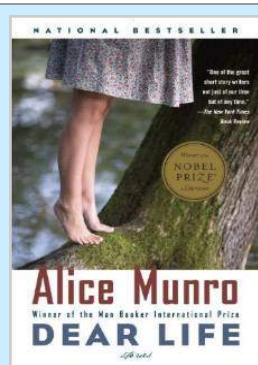
Musician Kerry Rosenthal will play new and familiar tunes on her guitar and sing a variety of folk, country, and classic favorites.

Thesis Documentary, Presented by Gretchen Kaija Wednesday, June 4, 1:00pm

Gretchen Kaija (our favorite scarf tying co-ed) studied abroad in Madagascar for her junior year at Bates College. In her senior year she returned to Madagascar during her Christmas break to film and conduct interviews as part of her French thesis project, she worked in collaboration with a non-profit organization called Fanantana (meaning hope). The result is a short documentary of her work. Gretchen will show us her first video project and discuss the process that led to her production.

BOOK GROUP Wednesday, June 11, 1:00pm

This month the book group will be discussing *Dear Life: Stories*, by Nobel Prize winning author Alice Munro. In this latest collection of short stories Munro pinpoints the moment a person is forever altered by a chance encounter, an action not taken, or a simple twist of fate. As always, her characters are flawed and fully human. Margaret Weiche will lead the discussion this month. *The book group welcomes newcomers!*



CLASSES & PROGRAMS

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

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.

Kripalu Yoga - New Day! Thursdays, 1:00pm

This gentle yoga class is for everyone---standers, sitters, experienced and inexperienced. Annie Frates 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.

NEW BEGINNING ITALIAN CLASS Thursdays, beginning June 5 to 26, 2014 1:15 to 2:30pm

This class will focus on basic Italian through conversation, some grammar, and "hands-on" learning with word games, props, and exercises. The use of a textbook and/or other resources will be discussed as a group. The class will meet following lunch, where an ongoing group of Italian speakers enjoy lunch and relaxed Italian conversation at the "Italian Table". This class will meet for four sessions and then assess how to proceed from there. Instructor Veronica Delay has studied Italian for over 20 years, both in Italy and the United States, and has taught Italian in a variety of settings. Cost: \$40.00

Individualized iPad Instruction

Do you need one-on-one instruction on the use of an iPad? If so, please call Diana or Pam for details and to schedule your private consultation at the Thompson Center. 457-3277. Bring your iPad to the appointment.

Tai chi

For Health and Balance

Classes will resume in the Fall, (watch for dates) **Beginner Level (B)** ~ Wednesdays, 9:30—10:30AM; 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; 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 6 classes: \$30.00

Bone Builders

Tuesdays and Thursdays, 2:15 - 3:15pm

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

Cirque Du Soleil-----"AmaLuna"---Marine Industrial Park, Boston, MA.

Friday, June 20, 2014

Departure time 11:00am from The Thompson Center on Premier Coach. Leaving Boston to return to Woodstock at 7:00pm (arrive back at approximately 10:00pm). See full itinerary on our website. **This trip is sold out. Waiting list spots only.**

Warren's Lobster House Trip (*Back by Popular Demand!*)

Tuesday, July 22, 2014

(depart the Thompson Center on Premier Coach at 9:00am)

Warren's Lobster House has become a New England tradition, celebrating 74 years of fine food and service and the seacoasts finest salad bar, with over 60 selections. Its waterfront location presents a picturesque setting overlooking the Piscataqua River. Lunch will include an entrée from the popular "Captain's Menu"---with a choice of: Crab Crusted Salmon, Top Sirloin Steak, 1 1/2 lb. Lobster, Baked Stuffed Lobster Tails, Grilled Chicken with Memphis BBQ, or Haddock Cape Anne, along with the salad bar, dessert, and beverage choice. We will enjoy an opportunity to stretch and stroll around Warren's outside deck, browse the Captain's gift shop, or walk a short distance over the newly constructed bridge (with scenic overlooks) connecting Kittery, Maine with Portsmouth, New Hampshire---before traveling back to Woodstock, VT. Our estimated arrival time at the Center will be approximately 5:00pm. Please call to reserve your space on this trip (followed by prompt payment) and mention your menu selection. **The deadline for signing up is July 7th.**

Cost: \$80.00 Note: We must have a minimum of 35 paid reservations by July 7, or the trip will be cancelled.

Kiss Me, Kate

At New London Barn Playhouse

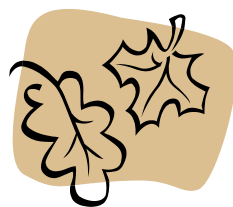
Friday, August 15, 2014, 2:00 performance (depart on Thompson Van at 12:30pm)

As Cole Porter's most successful musical and a true American masterpiece, *Kiss Me Kate* has been enchanting audiences for over 65 years. Enjoy the backstage/onstage antics of two feuding romantic couples during a touring production of *Taming of the Shrew*, and savor such irresistible classics as "Brush Up Your Shakespeare", "So In Love", and "Another Openin', Another Show".

Cost: \$30.00 (includes gas & ticket). Space is limited so please reserve your space with payment.

Fall Foliage Cruise on Lake Winnepesaukee

Wednesday, October 8, 2014



Enjoy a narrated cruise aboard the M/S Mount Washington, a 230 foot steel superstructure that spans 4 levels and accommodates up to 1,200 passengers. The Mount Washington's history dates back to 1872, then known as the Steamship Mount Washington. Lake Winnepesaukee is New Hampshire's largest lake, covering 72 square miles of sparkling clean, spring fed water. The surrounding mountain ranges offer spectacular scenery, particularly during foliage season.

A deluxe buffet luncheon will be served during the two and a half hour cruise.

Depart the Thompson Center at 8:30am on a Premier Coach Bus. Arrive back in Woodstock at approximately 6:00pm. **Cost: \$65.00**

PROGRAMS

Early Stage Memory Support Group

This summer a new group will be starting at The Thompson Center for those diagnosed with an early stage memory disorder, co-facilitated by Susan Moor and Katrin Tchana. Alzheimer's disease, and related disorders, can now be diagnosed earlier in the disease process than ever before sometimes when people have very few symptoms. This support group will give participants an opportunity to meet others with similar issues, learn how to manage symptoms, and gain support. Care partners are encouraged to attend as well.

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 Massachusetts/New Hampshire chapters of the Alzheimer's Association. She has facilitated a variety of support groups over the course of seven years and trained others to facilitate groups.

Katrin is one of the Care Coordinators and works as a part of the Community Health Team at the Ottauquechee Health Center. She works with community members throughout the Ottauquechee region to promote wellness and help older people age in place. She has a MSW degree and is one of the facilitators of the Thompson Center's Caregiver Support Group.

If you are interested in joining this group, please contact Katrin Tchana at the Ottauquechee Health Center (802) 457-5414, or email her at katrin.tchana@mahhc.org.

Jumpstart Your Day with Breakfast Breakfast and Program, Friday, June 27, 9:00am



After an overnight of rest, breakfast "breaks the fast." Food is fuel....like gas for your car; it provides fuel for the body to start the day. Did you know? People who have breakfast: Have improved ability to concentrate and focus (& better memory!), Are less likely to be overweight (breakfast starts the "engine" burning calories; Have decreased risk of serious illness---diabetes, hypertension, heart failure! Do YOU have breakfast daily?

Join us for breakfast on June 27, at 9:00am. We will be serving Egg Strata (asparagus, tomatoes, swiss cheese), low fat sausage, fruit granola (oats, coconut, almonds, dried apricots, figs, cherries, cranberries, cashews) with low fat yogurt, bran muffins, OJ/fruit juice, milk, coffee, and/or tea.

While we eat breakfast, Pat Harrison, a registered dietitian, will share some interesting facts and information on the value of a healthy breakfast. Come eat, learn, and enjoy! **No lunch will be served at the Center on this day.**



4th Annual Summer Tea and Luncheon Wednesday, June 4, 12:00pm

Don't miss The Thompson Center's 4th Annual Tea! Fancy hats are welcome and gentlemen are invited too! Please RSVP by May 30th (457-3277), we will start a waiting list after the first 75 people sign up.

Menu: Hearty tea sandwiches, and a variety of tarts, biscotti, tea cakes, punch, and tea! **Suggested donation: \$5.00**

PROGRAM CALENDAR - JUNE 2014

Mon	Tue	Wed	Thu	Fri
2	3	4	5	6
9 Strength & Fitness 10:15 Memoir Club 1 Bridge 1 Advisory Meeting 1 Horseshoes	9 Strength & Fitness 10:00 Double King Pedo 12 Spanish Table 1 Scrabble 2:15 Bone Builders	9 W. Leb Shopping* 10-12 Chair Massages* 10:30 Handwork Cir. 12 French Table 12 SummerTea* 1 Madagascar Program	9 Strength & Fitness 10 Cribbage 10:30 Italian Class 12 Italian Table 1 Yoga* 1:15 Beginner Italian* 2:15 Bone Builders	12 German Table 1 Heart to Heart
9	10	11	12	13
Barnard Day 9 Strength & Fitness 10:15 Memoir Club 1 Bridge 1 Horseshoes	9 Strength & Fitness 10:00 Double King Pedo 12 Spanish Table 1 Scrabble 2:15 Bone Builders	10-12 Chair Massages* 10:30 Handwork Cir. 12 Staff Appreciation Potluck lunch* 12 French Table 1 Book Group	9 Strength & Fitness 10 Cribbage 10:30 Italian Class 12 Italian Table 1 Yoga* 1:15 Beginner Italian* 2:15 Bone Builders	9 – 2:30 Foot Clinic* 12 German Table
16	17	18	19	20
8:30 Newsletter Folding 9 Strength & Fitness 10:15 Memoir Club 12 Father's Day Lunch* 1 Bridge 1 Horseshoes	9 Strength & Fitness 10 Double King Pedo 10- 11 Receptionist Meeting 11:30 Commodities 12 Spanish Table 1 Scrabble 2:15 Bone Builders	9 W. Leb Shopping* 9 – 2:30 Foot Clinic* 10:30 Handwork Cir. 12 French Table 12:30 Caregiver Group	9 Strength & Fitness 10 Cribbage 10:30 Italian Class 12 Italian Table 12:30 Lucy Mac Pet visit 1 Yoga* 1:15 Beginner Italian* 2:15 Bone Builders	11 Cirque Du Soleil Trip departure* 12 German Table
23	24	25	26	27
9 Strength & Fitness 10:15 Memoir Club 1 Bridge 1 Horseshoes	9 Strength & Fitness 10 Double King Pedo 10 - 12 Wellness Clinic 12 Spanish Table 1 Anne MackSoud Film & Talk 1 Scrabble 2:15 Bone Builders	8 Board Meeting 10-12 Chair Massages* 10:30 Handwork Cir. 12 French Table Early Stage Memory Support Group starts - must pre-register*	BIRTHDAY DAY* 9 Strength & Fitness 10 Cribbage 10:30 Italian Class 12 Italian Table 1 Yoga* 1 Music with Kerry Rosenthal 1:15 Beginner Italian*	9:00 Breakfast & Program with dietician, Pat Harrision, RD 11:30 - 2 CCC Office Hours NO LUNCH Served on Breakfast days
30				
9 Strength & Fitness 10:15 Memoir Club 1 Bridge 1 Horseshoes	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.	* Indicates that Sign up/ Reservations Required		

MENU - JUNE 2014

Mon	Tue	Wed	Thu	Fri
2	3	4	5	6
Tossed Salad, Chicken Parmesan over Multigrain Pasta, Garlic Bread, Tuscan Blend Vegetables, Fresh Fruit Salad	Reubens, Beer Battered Onion Rings, Mediterranean Vegetable Salad, Sorbet w/ Fresh Berries	Summer Tea Luncheon* Assorted Tea Sandwiches and Pastries	Tuna Pasta Salad, Pea Salad, Cucumber Salad, Lettuce & Tomato, cottage cheese, Fresh Fruit Parfait	Egg Salad Sandwich on Whole Wheat, Potato Leek Soup, Cookie w/ Fruit
9	10	11	12	13
Barnard Day* Lasagna, Tossed Salad, Garlic Bread, Almond Cake w/ Orange Dried Apricot Sauce	Tossed Salad Spinach, Ham & cheese Quiche, Roasted Sweet Potato fries, Black Raspberry Ice Cream w/ Berries	Staff Appreciation Pot Luck Lunch*	Grilled Salmon Burger, Roasted Steak Fries, Broccoli Salad, Fruit Mousse Tart	Flag Day Chef's Choice
16	17	18	19	20
Father's Day Lunch * Almond Chicken w/ Strawberry-Balsamic Sauce, Baked Potato, Grilled Asparagus, Mint Brownie Cupcakes	Tossed Salad, Macaroni and Cheese w/ Ham, Butter Beets, Sorbet w/ Fresh Berries	Tossed Salad, Hearty Beef & vegetable stew, Roll, Chef's Choice Dessert	Spinach & Cheese Ravioli w/ Meat sauce, Garlic Bread, Broccoli & Cauliflower, Garlic Bread, Fresh Fruit Salad	Chicken Tostadas w/ Lettuce, tomato, black olives, cheese, Salsa and Sour Cream-Roasted Vegetable Medley, Cookie
23	24	25	26	27
Meatloaf, Parsnip Mashed Potatoes, gravy, Peas & baby carrots, Fresh Fruit Salad	Pan Seared Tilapia, Broccoli, Baked Potato, Ice Cream	Hot Dog w/ bun, Bean Salad, Tomato Cucumber Salad, Raspberry Austrian Bars	Birthday Day* Chicken Piccata, Asparagus, Goat Cheese, Lemon Pasta, Sesame Green Beans, Cake & Ice Cream	Breakfast Day* Asparagus and Tomato Egg Strata, Sausage, Bran Muffins, Fruit Granola, w/ Yogurt (No Lunch served)
30				
Chef's Choice	Please call ahead with special dietary needs.	* Indicates that sign-up/reservations are required (Birthday Day & special holiday meals)	Meal Pricing: ♦ \$ 7 charge for those under age sixty ♦ \$ 5 suggested donation for ages sixty and over	Menu is subject to change based on availability of food items.