



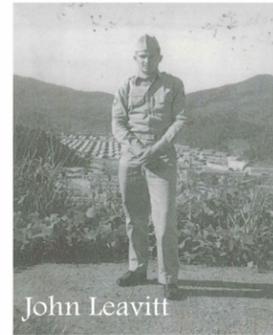
Woodstock Area Council on Aging
 99 Senior Lane
 Woodstock, VT 05091
 (802) 457-3277
 FAX: (802) 457-1259
 www.thompsonscenter.org

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



NOVEMBER 2014

CELEBRATING OUR VETERANS



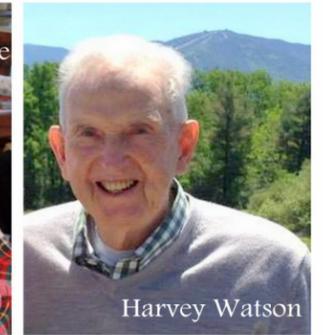
John Leavitt



Gordon Worth



Floyd VanAlstyne



Harvey Watson



Jim Emery



Ruth Ekberg

Take A Moment To Thank A Veteran

When you see someone in a uniform,
 Someone who serves us all,
 Doing military duty,
 Answering their country's call,

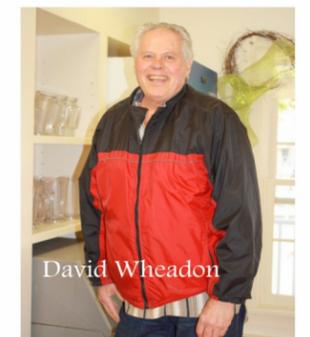
Take a moment to thank them
 For protecting what you hold dear;
 Tell them you are proud of them;
 Make it very clear.

Just tap them on the shoulder,
 Give a smile, and say,
 "Thanks for what you're doing
 To keep us safe in the USA!"

By Joanna Fuchs



Marie Willis



David Wheadon



Rodney Croft



Dick Brackett



Larry Roberts

Fred Blood

Volunteers Needed!

Volunteer Receptionist needed - 3 openings

11:30 - 2:30 Fridays

8:00 - 11:30 Wednesday (November & December)
 (temporary position)

11:30 - 2:30 Every other Tuesday

This important position greets our seniors from the front desk, answers and transfers calls, and helps to schedule some classes/programs. Includes a delicious free lunch and unlimited coffee and rewarding conversation!

Location: Thompson Senior Center, 99 Senior Lane,
 Woodstock, VT 05091, 457-3277

info@thompsonscenter.org

MEMORY TREE FOR THE HOLIDAYS

Each year a tree is set up in the foyer of the Thompson Center and is dedicated as a memory tree. For \$2 people can have an ornament placed on the tree with the name on it of someone they are remembering during the holidays.



These pictures represent only a handful of the many wonderful veterans that we are blessed to know. We thank our veterans for their dedication and service to our country.

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,
paudsley@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, Medical driver
Nelson Gilman, Back-up 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, 457-5414

BOARD OF DIRECTORS

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

BEHIND THE SCENES

ADVISORY MEETING HIGHLIGHTS

- Congratulations to Ryan for winning third prize in the recent Chili Cook-off
- Discussion about payment being required at the time a reservation is made for trips and dinners
- Update on plans for the Holiday Bazaar on December 6

Please join our next Meeting on Monday, November 4th at 1 pm. **We URGE all patrons (and especially trip goers)** to attend. It is an opportunity to give us your ideas before planning is completed!

Birthday Music Thursday, November 20

Join us for our monthly birthday celebration immediately after lunch when the Sweet Country Band performs again at The Thompson. Our newest van driver, Merv Comes, will play guitar and be joined by band members Lee Deyette and his sister Donna Greg on the fiddle and piano. The trio will perform classic country music favorites.



November 4th is Election day. If you will need a ride please call The Thompson to make arrangements.

~FUEL ASSISTANCE~



Seasonal Fuel Assistance Applications are processed all year long but benefits are paid to fuel dealers in November. If you need assistance applying for benefits, call the Senior Helpline at 800-642-5119. If you think you have applied but have questions about your benefits, call Economic Services Benefit Service Center 800-479-6151. Applications for the 2014-2015 heating season must be postmarked by February 28 for eligible households.



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. www.facebook.com/thompsonseniorcenter

**Sign up for the e-newsletter by emailing:
djones@thompsonseniorcenter.org**

IN APPRECIATION & IN LOVING MEMORY

IN APPRECIATION

Dotti Forthman - couch pillow
Polly & Darrell Bigam - books on tape
White Cottage - vegetables and ice cream

SHARE THE HARVEST DONATIONS:

Brook Beard - chili powder
Linda Maxham - cider
John Audsley - hubbard squash
Bonnie Atwood - rosemary

ONGOING DONATIONS:

Daily Valley News subscription -
Woodstock Pharmacy
Birthday Cakes - Diane Atwood, Jane Soule,
Carol Towne
Monthly book club selection - Yankee Bookshop
Transportation Sponsors - Please see page 2

Memorial Note: 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.

NOVEMBER BIRTHDAYS

1st Norman Boynton
1st Barbara Condict
1st Olive Greenough
2nd Lyle Hall
2nd Elizabeth Deignan
3rd Lindsay Heath
3rd Betty Ann Lantz
4th Sarah Roberts
5th Don Frakes
5th Carole Pickett
6th Nancy Stahura
7th Bernard Strong
7th Craig Hadden
8th Judy Mahood
8th Thelma Jillson

8th Priscilla Britton
9th Margaret Thomas
9th Bruce Gould
10th Deanna Jones
10th Richard Eary
11th Ann Thomas
11th Susan Moor
11th Coleman Hoyt
13th Taylor Schanck
13th Loie Havill
14th Constance Hitchcock
14th Patricia Gould
16th Nathan Willard
19th Diane Frake
19th Rose Kwiatkowski

19th Doris Dean
20th Tomlet Philip
20th Barbara Fagerberg
21st Pamela Jaynes
21st Sophia Stone
21st Mary Croft
21st Theresa Baribeau
24th Carolyn Maynard
25th Margaret Maxham
26th Jim Smiddy
27th Gladie Cleveland
28th Pete Sanderson
28th Fred Doten
29th Mary Costella
29th Charles Rattigan



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

WELLNESS PROGRAMS

Advance Directives Monday afternoons beginning November 10

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.

CHRONIC PAIN Self-Management

A FREE program offered by Mt. Ascutney Hospital. There is still room available in this class offered at The Thompson on Mondays, November 3 - December 8, 1:00 - 3:00 pm. To enroll call 802-674-7089.

Chair Massages at the Thompson Wednesdays, 10:00 am to noon

Chair massages are offered 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

CAREGIVER SUPPORT GROUP Wednesday, November 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.

Wellness Clinic & Blood Pressure Screenings Tuesday, November 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-noon.

Medicare Open Enrollment Part "D" Assistance is still available in late November and early December at The Thompson, or by calling Senior Solution at 802-642-5119.

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.**

EVENTS

Annual Thanksgiving Dinner Thursday, November 6, 12 noon, one seating only

Menu: Roasted turkey, mashed potato, gravy, cranberry sauce, stuffing, peas and carrots, pumpkin pie. **Please sign up early. Suggested donation of \$5 for those 60 and over. \$7 for those under 60.**



How 'Bout A Little Humor and Some Laughs? Wednesday, November 12, 1:00 pm

Self-proclaimed comedian David Shikes will debut at The Thompson for some much needed stand-up comedy. He is a popular favorite at The Springfield Senior Center and promises to be funny while remaining *appropriate!* David is a 5 time Boston marathon runner and an independent book seller who enjoys classical music...and comedy!

THOMPSON HOLIDAY BAZAAR Saturday, Dec 6, 2014



Our plans for the Holiday Bazaar are underway. Raffle tickets at \$5 each are available. Our raffle items are:

1. Winter Stars Quilt 89W" x 113L" made by Janet Maxham, appraisal value \$1,000.
2. Simon Pierce Large Bowl, value \$120, by anonymous donor
3. Booklet of 5 Chair Massage Certificates with Greg Somerville, at the Thompson Senior Center, value \$100.

DO YOU: knit, Crochet, Sew, Crafts, Bake, Make Jams & Jellies, Pickles or Candy? While you are preserving, jam, jellies, pickles, etc., please make a few extra for our bazaar and bring them to the Center.

COFFEE CANS

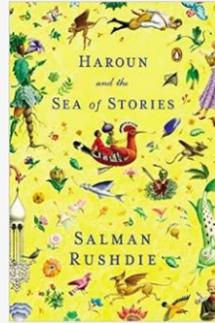
We are looking for clean, small coffee cans for this year's cookie walk. Please drop them off at the desk if you have any. **SMALL PLASTIC** containers will not be accepted. Thank you, Paula, Bazaar Chair.

PROGRAMS

BOOK GROUP

Wednesday, November 12 , 1:00 pm

Our November read is Haroun and the Sea of Stories by Salman Rushdie. It's the Vermont Reads selection this year; you'll be captivated! In this delightful set of tales, the author leads the reader through a magical journey filled with creative characters, parallels and symbolism. Most of all he teaches us the importance of words and verbal expression. When Haroun's mom leaves him, and Haroun's father, a renowned storyteller, loses his ability to tell stories, Haroun finds himself on a heroic journey to save his father's storytelling ability and learn the importance of stories. With descriptive characters, unique settings, and flowing words, this fast paced book is intriguing, humorous, and fun to read. See you on November 12th!



Foot Health

Presented by Podiatric Surgeon Samantha Harris

Tuesday, November 4 at 1 pm

Gifford Medical Center podiatric surgeon Dr. Samantha Harris joins us to discuss foot health, disorders of the feet and shoe gear.

Podiatrists diagnose and treat disorders of the foot and ankle from ingrown toenails and diabetic foot care to reconstructive surgery.

Dr. Harris is one of four Gifford podiatrists practicing in three locations – Sharon, Randolph and Berlin. A graduate of the Ohio College of Podiatric Medicine, Dr. Harris completed her residency in podiatric medicine and surgery at Mercy St. Vincent Medical Center in Toledo, Ohio. After completing her training, she returned to her native Tennessee to practice before joining Gifford this summer. She works out of the Gifford Health Center at Berlin and provides all types of foot and ankle care. Dr. Harris enjoyed a previous career as a physical therapist, enabling herself with a broad knowledge of the body.



JOURNALING CLASS

Thursdays, October 23, November 6 & 13

10:30 am to 12:00 pm

Sue Geno, a retired psychologist, has been journaling most of her life. She is excited to share her passion for this age old art form, which is on the decline in our busy world of emails and Internet. Sue will talk about different types of journals, share resources, and discuss how journaling can be fun, creative, and spiritually rewarding.

Whether you have kept a journal, always wanted to try, or are just plain curious about the process, this group will stimulate the writer in you. Please bring a journal or writing paper and a favorite pen. There is no charge for this class. Class size is limited to 10 participants. Please sign up in advance.

Sue hopes to offer another class in the Spring. Stay tuned for details.

EXERCISE CLASSES

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

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

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.

Bone Builders Tuesdays and Thursdays, 2:15 - 3:15 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.**

Kripalu Yoga Thursdays, 1:00 pm

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.**

When it comes to finding tools for staying healthy, active, and involved, The Thompson is the place to start!

Tai Chi's Slow, Gentle Exercise Great for Fall Prevention, Mind and Body Health

**~ Fall Session Extended ~
Wednesdays, November 5 to December 17,
(no class Thanksgiving week)
10:00 to 11:00 am**

Those of us who enjoy tai chi's slow, gentle movements find our balance improves, and so do our coordination, blood pressure, even our sleep. We enjoy the companionship of our classmates as we help each other learn the various movements and undertake the discipline of learning something new.

Some people think--tai chi's not for me. It's too slow, it's too strange. But talk to people who do tai chi and you discover that the slowness is part of what helps improve balance and strength, that the strangeness disappears once you've had a few classes. After all--anything new can feel strange at first!

Now that the Centers for Disease Control has shown that our Tai Chi for Arthritis and Fall Prevention form is *one of the best things you can do to reduce your risk of falling*, more and more people are signing up for tai chi. We encourage you to give it a try.

We're changing the format of our class at the Thompson Center to incorporate some qi gong (coordinated breathing and stretching) forms and some fun exercises that introduce tai chi principles. We'll continue learning the Tai Chi for Arthritis and Fall Prevention form during a major part of our sessions.

Instructors Anne Bower and Jane Philpin will lead beginners and more experienced participants working together during class, but at times we'll break into smaller groups as well.

Cost: \$30 for new 6 week session

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

TRIPS, TRIPS, TRIPS

**Vermont Symphony Orchestra Holiday Pops
At The Historic Paramount Theater, Rutland Vermont
Sunday, December 14, 3:00 pm
(Depart Thompson on a Premier Coach Bus at 1:45 pm
and return to Woodstock approximately 8:00 pm)
Cost: \$78.00 includes bus fair, tickets and buffet dinner**

Two sleigh rides, a skating party, and a sojourn through the Twelve Days of Christmas (cleverly adapted to various musical styles) are part of our joyful holiday journey with the VSO and VSO Chorus. "Full Gallop," a fanfare by Burlington composer T.L. Read, starts us off at a festive clip. Excerpts from "The Messiah" and the Nutcracker are along the way, as are shepherds, traditional carols, a singalong, and a celestial harp.



After the performance we will travel to Chittenden, Vermont, in the Killington region, to enjoy a buffet dinner at Mountain Top Inn, majestically set on 350 acres with sweeping views of a mountain lake and Green Mountain National Forest. Our group will be dining in the Barn, a rustically elegant and unique venue with the lake and Green Mountains as the back drop. Cost: \$78.00. **Your reservation is guaranteed upon receipt of payment due no later than November 7th.**

The Historic Paramount Theatre, a brief history:

In the early part of the 20th century, many called The Playhouse Theatre of Rutland, Vermont one of the finest theatres in America and very few, reportedly, were more artistically designed or appointed. Built in 1912 & 1913 by George T. Chaffee, The Playhouse Theatre opened on January 16, 1914. The classical style exterior architecture of the building reflected the "City Beautiful" movement of the time, while the interior took on the look of a Victorian opera house.

Top performers traveling via the Rutland Railroad between Montreal and Boston, would stop to perform in The Playhouse. Minstrel shows, grand and light opera, and vaudeville, and appearances by Tom Thumb, Will Rogers, Sarah Bernhardt, Ethel Barrymore, and The Great Houdini, delighted local audiences. When "talking pictures" came to town, The Playhouse embraced the movie phenomenon, and as a motion picture theatre, was renamed The Paramount, in 1931. The onset of World War II brought patriotic and inspirational films to the stage. Later, rallies to raise pledges for war bonds were conducted in the theatre. In the 1970s, however, like many small theatres across the country, The Movies, as the theatre was then known, paralleled the decline of the film industry, and closed its doors in 1975.

The theatre sat empty and neglected for nearly a decade until a group was formed to purchase the building for use as a performing arts center. After extensive historic research and restoration the theatre was completed in February 2000. Once again, the Paramount Theatre has assumed its role as an arts, cultural, and educational leader, and as a significant and valuable community resource.

CLASSES AND INFO

**Artists of Woodstock
A Collaboration with Artistree at The Thompson
Fridays Nov. 7 thru Dec. 19
(no class Thanksgiving week)
10:00 am-Noon**

Students in this ongoing series of classes will work with drawing materials, water-based paints and collage media (photographs, fabric, tile mosaic, handmade paper etc.). Handmade books and small cardboard or paper sculpture may be included along with options proposed by participants. There are no prerequisites for this course. All prior experience is welcome. Encouragement, support and instruction will be provided in the use of tools, materials and media.

**Students are asked to bring work aprons and all other materials will be provided.
Cost: \$10.00 per class. Sign-up is required.**



**Shirt Decorating with Mary Wood
Friday, November 7, 9:00 - 11:30 am
Cost: \$5.00**

All you need to bring is a tee shirt or sweatshirt of your choice and Mary will supply the paints and decals. This is a fun and creative get together so bring your ideas and create your own design. Advance sign up requested.

NEW session!

**BEGINNING ITALIAN CLASS
Thursdays, January 8 - February 26, 1:00 pm**

Back by popular demand, Veronica will be offering another Beginning Italian session this winter. This class will focus on basic Italian through conversation, some grammar, and "hands-on" learning with word games, props, and exercises. The class will meet following lunch, where an ongoing group of Italian speakers enjoy lunch and relaxed Italian conversation at the "Italian Table". 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: \$80.00 (8 classes). Please register for this class in advance, 457-3277.**

PROGRAM CALENDAR - NOVEMBER 2014

Mon	Tue	Wed	Thu	Fri
3	4	5	6	7
9 Strength & Fitness 10:15 Memoir Group 1 Bridge 1 Advisory Meeting 1 Chronic Pain Workshop*	9 Strength & Fitness 10 Double King Pedes 12 Spanish Table 1 Scrabble 1 Podiatrist Talk 2:15 Bone Builders	9 W. Leb Shopping* 10 Tai Chi* 10-12 Chair Massages* 10:30 Handwork Cir. 11:30 - 2 CCC Office 12 French Table	Thanksgiving Lunch* 9 Strength & Fitness 10 Cribbage 10:30 Italian Class 10:30 Journaling Class 12 Italian Table 1 Yoga* 1:15 Beginning Italian 2:15 Bone Builders	9:00-11:30 Shirt Decorating* 10 Artistree class* 12 German Table
10	11	12	13	14
9 Strength & Fitness 10:15 Memoir Group 1 Bridge 1 Advance Directives 1 Chronic Pain Workshop*	Veteran's Day Closed	10 Tai Chi* 10-12 Chair Massages* 10:30 Handwork Cir. 11:30 - 2 CCC Office Hours 12 French Table 1 Book Group 1 Comedian	9 Strength & Fitness 10 Cribbage 10:30 Italian Class 10:30 Journaling Class 12 Italian Table 1 Yoga* 1:15 Beginning Italian 2:15 Bone Builders	9 - 2:30 Foot Clinic* 10 Artistree class* 12 German Table
17	18	19	20	21
8:30 Newsletter Folding 9 Strength & Fitness 10:15 Memoir Group 1 Bridge 1 Advance Directives 1 Chronic Pain Workshop* 7 Monday School	9 Strength & Fitness 10 Double King Pedes 11:30 Commodities 12 Spanish Table 1 Scrabble 2:15 Bone Builders	8:30 Board Meeting (off-site) 9 W. Leb Shopping* 9 - 2:30 Foot Clinic* 10 Tai Chi* 10-12 Chair Massages* 10:30 Handwork Cir. 12 French Table 12:30 Caregiver Group	BIRTHDAY DAY* 9 Strength & Fitness 10 Cribbage 10:30 Italian Class 12 Italian Table 1:15 Beginning Italian* 2:15 Bone Builders	10 Artistree class* 12 German Table
24	25	26	27	28
9 Strength & Fitness 10:15 Memoir Group 1 Bridge 1 Advance Directives 1 Chronic Pain Workshop* 7 Monday School	9 Strength & Fitness 10 Double King Pedes 10-12 Wellness Clinic 12 Spanish Table 1 Scrabble 2:15 Bone Builders	10-12 Chair Massages* 10:30 Handwork Cir. 12 French Table	Thanksgiving Day CLOSED	Closed

* Indicates that Sign-up/Reservations Required

BINGO daily at 10:30 am except on birthday day and other special meal days.
Location: Dining Room on Mon & Wed. Upstairs conference room on Tues, Thurs, Fri.

MENU - NOVEMBER 2014

Mon	Tue	Wed	Thu	Fri
3	4	5	6	7
Grilled Pesto Chicken Breast, Lemon Risotto with Peas Marinated Vegetable Salad, Rum Raisin Rice Pudding	Spaghetti & meatballs, Garlic bread, Vegetable Medley, Fresh Fruit salad	Grilled Hot Dogs, Chef's Slow Cooked Baked Beans, Cole Slaw, Chef's Choice Dessert	Thanksgiving* Dinner Roasted Turkey, Mashed Potato, Gravy, cranberry sauce, Stuffing, peas and carrots, Pumpkin Pie	Tacos w/ Ground Beef Cheese, Lettuce, Tomato, Salsa, Sour Cream, Red Beans and Rice, Roasted Vegetables, Black Forest Cake
10	11	12	13	14
Tossed Salad, Turkey Soup, Roll, Gingerbread pear cake	Veterans Day Closed	Chef's Choice	Stuffed Meatloaf w/ Spinach and Cheese, Mashed Potato, Gravy, Green Beans, Strawberry Sundae	Tossed Salad, Supreme Pizza w/ peppers, onions, mushrooms, olives, pepperoni, Coconut Macaroons w/ Pineapple
17	18	19	20	21
Chicken Caesar Wrap, Hearty Vegetable Minestrone, Brownie Sundaes	Chipped Beef and Egg Gravy on Mashed Potato, Dijon Braised Brussels Sprouts, Warm Apple Crisp	Dijon Crusted Chicken Breasts, Horse Radish Mashed Potato, Gravy, Spinach, Jelly Roll	Birthday Day* Grilled Baja style Pork Loin, Chimichurri Sauce, Citrus Sweet Potato Mash, Braised Greens, Roll, Cake & Ice Cream	Breakfast Day* Blueberry Pancakes, Maple Sausage, Fruit and Yogurt
24	25	26	27	28
Tossed Salad, Turkey Sandwich, Caldo Verde, (Spicy Portuguese Kale and Potato soup w/ sausage), Coconut Cream Pie	Quiche w/ Asparagus Leek & Gruyere Cheese, Roasted Potatoes, Tossed Salad, Lime and Spice Peach Cobbler	Salmon en Croute, w/ Spinach and Mushrooms, New Potatoes, Cucumber/Dill Salad, Coconut Cream Pie	Thanksgiving Day Closed	Closed

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 sixty, \$5 suggested donation for ages sixty and over