



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



OCTOBER 2014

A PLAN FOR SUCCESSFUL AGING

TWO SPECIAL PRESENTATIONS AT THE ANNUAL MEETING

The presentation at this year's annual meeting will include a summary of a special health report, "A Plan for Successful Aging," published by Harvard Medical School and presented by Lynn Peterson, MD, and Thompson Executive Director, Deanna Jones. Dr. Peterson practiced at Brigham and Women's Hospital for over 40 years and is currently a visiting professor for the Department of Social Medicine and the Department of Surgery for Harvard Medical School. "A Plan for Successful Aging" includes setting goals for retirement, what a healthy diet really looks like, keeping your mind sharp, preventing vision loss, and planning for legal aspects of healthy aging.

We will also have a few short readings from our Memoirs Group book - to be published in November of 2014. See insert for more details about this exciting accomplishment!

ANNUAL MEETING AND ANNUAL REPORT FOR FISCAL YEAR 2014

As a nonprofit organization that operates for public purposes with public support, we provide the community with information about our mission, program activities, and finances. The **Annual Meeting** and **Annual Report** are two of the ways that we make available to the public, information about The Thompson's programs and financial management. **The Annual Meeting is also an opportunity to hear about the year in review at The Thompson and to vote on and welcome new board members and associate members.** The **Annual Report** includes information about operations and achievements at The Thompson during 2013 and includes recognition of donors, supporting foundations, grant awards, and year end (unaudited) financial statements.

A companion program to the Healthier Living Workshop

CHRONIC PAIN A FREE PROGRAM FOR PEOPLE LIVING WITH CHRONIC PAIN self-management



People of all ages can attend. A friend, neighbor, family member, or caregiver is welcome to attend with you.

Each person with chronic pain is different. While it may not be possible to get rid of chronic pain, there are many things you can do to feel better. You will learn which tools and strategies work best for you, and how to manage your chronic pain.

This workshop includes gentle movement, please wear comfortable clothing.



UPCOMING SESSION!

Thompson Senior Center
 99 Senior Lane, Woodstock VT
 Mondays
 November 3 – December 6
 1:00 pm – 3:30 pm

limited to 18 people, 10 person minimum.

Chronic Pain Self-Management

NAME _____
 ADDRESS _____
 PHONE _____

TO ENROLL CALL **802-674-7089** OR Email: CHO@mahhc.org
 OR Mail: CHO at MAHHC, 289 COUNTY ROAD, WINDSOR, VT 05089

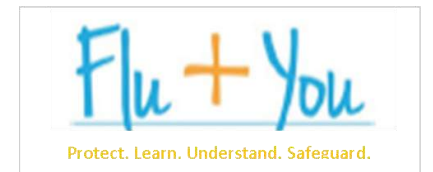
YOU ARE INVITED TO THE WOODSTOCK AREA COUNCIL ON AGING ANNUAL MEETING

Wednesday, October 29, 2014, 8:30 am
 Pastries and Coffee at 8:00 am

"A Plan for Successful Aging"

A summary of a special report from Harvard Medical School presented by Lynn Peterson, MD, Visiting Professor for the Department of Social Medicine and the Department of Surgery at Harvard Medical School, and The Thompson Senior Center Executive Director, Deanna Jones.

Location: The Thompson Center,
 99 Senior Lane, Woodstock, VT 05091
 Please **RSVP by October 22nd, 457-3277**
info@thompsonscenter.org



Flu Clinic date correction: Please note a correction of an error in our September newsletter. The walk-in flu clinic will be held on **Tuesday, September 30th, 9-12 pm.**

This walk-in flu clinic is sponsored by the Visiting Nurse Association & Hospice of Vermont and New Hampshire and is open to all adults 18 and older. The flu vaccination is free for individuals with Medicare Part B insurance - please bring your card. The fee for all others is \$25. For more information, call The Center at 457-3277.

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

- Summer Fest booth was a success
- Appreciation for Share the Harvest participants
- New phone system installed
- Staffing update
- Christmas Trip details
- Suggestion to wear name tags

Please join our next Meeting on Monday, October 6th 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!

~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.

**Congratulations to our marble game winner
Barbara Condict!**



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**

Holiday Bazaar Meeting

The Holiday Bazaar Committee will be meeting on
Friday, October 3rd at 10:30 am at The Thompson.

IN APPRECIATION & IN LOVING MEMORY

IN APPRECIATION

Nancy Gray - walker
Carol Powell - flowers
Mary Sharpe - candy
Jody Pindt – dried flowers
Althea Derstein - plants and vegetables
Judy Gates – medical equipment

SHARE THE HARVEST DONATIONS

Lynn Peterson: blueberries
Carol Powell: cucumbers, tomatoes, beans, table flower arrangements
Linda and Dick Brackett: Squash, cucumbers
Mavis Shaw: squash
Bob Foreman: lettuce, squash, parsley
Bill Post: 20# ground beef

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



IN MEMORY OF

JANE DEIGNAN

James & Ellen Barlett
Jerry & Joan Oppenheimer
Jermy Delinsky
David Podell
Charles J. Simons

TIM PATCH

Charlotte & Bert Croft

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

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.

OCTOBER BIRTHDAYS

2 nd	Jane Soule	11 th	Peggy Wesbrook	20 th	Dwight Camp
2 nd	Diana Leskovar	12 th	Tina Miller	20 th	Brooke Beaird
2 nd	Regina Cummings	12 th	Michael VanDyke	21 st	Bernice Atwood
4 th	Rebecca Boardman	13 th	Gerald Monroe	22 nd	Mark Knott
5 th	Fred Blood	13 th	Kathy Dudley	23 rd	Bonnie Potwin
5 th	Sam Heath	14 th	Miriam Desmon	23 rd	Paula Audsley
5 th	Stuart Repp	15 th	Daniel Bellmore	23 rd	Laurence Roberts
6 th	Betty Berry	15 th	Brian Alderfer	24 th	Keith Blake
7 th	Judith Lander	16 th	Karl Wood	24 th	Audrey Barr
8 th	Donna Jones	16 th	Dorothy Forthmann	24 th	Daphne Gratiot
7 th	Lois Lantman	18 th	Joe Herbert	27 th	Betty Munro
8 th	Robert Hager	18 th	Therese Fullerton	28 th	Nancy Lewis
8 th	Mavis Shaw	18 th	Bob Belisle	28 th	Jim Havill
9 th	Marguerite Johnson	19 th	Sandy Vonunwerth	30 th	Nelson Gilman
		19 th	Freda Washburn	31 st	Phyllis Bulmer

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



WELLNESS PROGRAMS

Medicare Open Enrollment Medicare Part "D" Assistance Tuesdays – October 14, 21, 28 and November 4 and 18, 1-3 pm

If you are approaching age 65 and you have questions concerning how to sign up for Medicare, help is available at no cost. Senior Solutions volunteer Christine Tschummi is available at The Thompson Center on an as-needed basis. Call The Thompson at 457-3277 for your free one-hour consultation appointment. All new or current Medicare beneficiaries should bring the following:

1. A Medicare card if you have one
2. Any other health insurance cards: Ex: EGHP plans, retiree plans, COBRA etc.; A copy of other health insurance plans if requesting comparison to Medicare costs.
3. A list of prescription medications including drug name, the dosage amount and quantity of medication for a month's use.
4. Monthly income and assets to see if there is eligibility for any assistance programs such as the Medicare Savings Program, VPharm or Medicaid.

Wellness Clinic & Blood Pressure Screenings Tuesday, October 28, 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

CAREGIVER SUPPORT GROUP Wednesday, October 15, 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, 10:00 am to noon

We welcome our new licensed massage therapist, Greg Somerville, who will be taking Sara Smith's schedule on Wednesdays. We thank Sara for her service and wish her well in her new endeavors.

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**

EVENTS

Medicare D ~ Annual Open Enrollment Informational Event Presented by Senior Solutions Wednesday, October 8, 1 - 2:30 pm

This event will help you make informed choices about keeping or changing your *Medicare Drug* plan, and/or *Medicare Advantage* plan. The Open Enrollment period is from **October 15th – December 7th** each year. Plan **EARLY** as this is the time to review your coverage.

Example of questions you might be asking yourself:

- Will my Medicare Part D plan be the same in 2015 as it was in 2014?
- How will I know what changes my plan is making for 2014?
- If I decide to change plans, how and when should I do it?

Senior Solutions - State Health Insurance Program will have up to date information to guide you. You can bring your Medicare Drug plan card with you and you will learn what the information on it means to you and your Pharmacist. **Please call Senior Solutions at 1-800-642-5117 to register or The Thompson at 457-3277; advance registration appreciated, but walk-ins are welcome. Cost: Donations to Senior Solutions appreciated. Please sign-in up for individual enrollment assistance by a Senior Solutions Specialist. See page 10.**



New! AARP Smart Driver Course Friday, October 17, 2014 9:30 am - 3:00 pm (break for lunch)

After two years of planning, research, and testing AARP is pleased to announce a new and improved driver safety course. The new curriculum is the result of years of research, input from dedicated volunteers, and insight from experts across the transportation and driver safety industries. It is the nation's largest refresher course designed specifically for older drivers. This new course was launched nationwide in January of this year. Instructor Bill Cherico, from Plymouth, has completed the formal training and based on demand, has agreed to offer it for the second time at the Thompson Center.

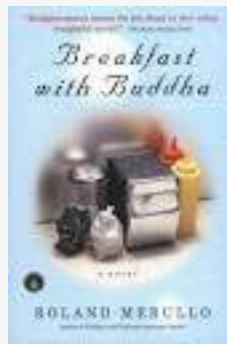
Course Fee: \$15.00 for AARP members (bring in your card) and \$20.00 for nonmembers. Please call the Thompson Center to sign up in advance, 802 457-3277. Checks should be made out to AARP.

PROGRAMS

BOOK GROUP

Wednesday, October 8, 1:00 pm

Our October read is Roland Merullo's *Breakfast With Buddha*. It's the story of a fellow whose New Age sister insists he take a trip he planned from New Jersey to North Dakota with her guru. Hilarity ensues; Otto is skeptical, wise man Rinpoche is new to American ways. They both have things to learn and the way along is delightful. Merullo spoke at Bookstock this year. He told us that he actually wrote the book as he took that very trip, but alone. The discussion will be led by Sherry Belisle, who laughed out loud while reading the book.. *The book group welcomes newcomers!*



Benefits and Services for Aging Veterans and Their Spouses Presented by Veterans Affairs Outreach Coordinator, Wendy DeCoff Wednesday, October 22, 2014 at 1:00 pm

Have you or someone in your family ever served in the US Military? You or they may be entitled to benefits and services from the Department of Veterans Affairs (VA) that can make a huge difference in your life. These include health care; community-based care (nursing, home, adult day, and home care services); medication coverage; glasses, hearing aids, dental care; durable equipment; medical alert systems; housing adaptations; vehicle modifications; burial or cremation and access to other special programs. Bring your questions and learn from an expert in the VA system.



THOMPSON HOLIDAY BAZAAR Saturday, December 6, 2014

Our plans for the Holiday Bazaar are underway. 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 or **EXTRA** large coffee cans **cannot** be accepted. Thank you from Paula, Bazaar Chair.

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

~ New Fall Session ~
Wednesdays, September 17 to October 22,
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.

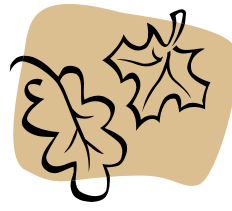
We're changing the format of our class at the Thompson Center to incorporate some qi gong (coordinated breathing and stretching) forms and some fun exercises that introduce tai chi principles. We'll continue learning the Tai Chi for Arthritis and Fall Prevention form during a major part of our sessions.

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



Fall Foliage Cruise on Lake Winnepesaukee Wednesday, October 8, 8:30 am

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 Waitlist only. Payment is needed to confirm your reservation.**

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

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 re-named 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 Ongoing thru Oct. 24 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: \$5.00 per class

Instructors: Chris Orcutt-Henderson and Murray Ngoima

Fire Prevention Week Oct 5-11, 2014

Fire is the biggest disaster threat to American families. Fires are devastating and can be deadly because they spread so quickly. In less than 30 seconds, a small fire can get out of control. In just two minutes a small fire can become life-threatening, and in just five minutes, a house can be fully engulfed in flames. Unlike many disasters, home fires can often be prevented.

Fire safety tips:

- Cigarettes, candles, space heaters, fireplaces, holiday lighting and frayed or over-loaded electrical cords are all potential sources of fires. Check your home to minimize these hazards.
- Get fire extinguishers for your home and vehicles and learn how to use them. Check them yearly.
- Carbon monoxide (CO) alarms should also be installed on every level and outside each sleeping area. These should be tested monthly.
- Develop and practice a fire escape plan with everybody in the household. Make sure there are at least two ways out of every room (get rope ladders if needed). Designate a meeting place outside. Practice the plan, day and night, in different seasons, and using different ways out.
- Stay low to minimize heat and smoke. Close doors behind you. Do NOT go back in for valuables or pets. Call 911 from outside.
- Make sure smoke alarms are installed and working on every level, outside of each sleeping area, and in every bedroom. For those who are deaf or hard of hearing smoke alarms with built in or separate strobe lights can be purchased through home improvement store websites or by searching the internet for "strobe light smoke alarms".

Much more detailed information is readily available from the U.S. Fire Administration (USFA) at www.usfa.fema.gov, National Fire Protection Agency (NFPA) at www.nfpa.org, Federal Emergency Management Agency (FEMA) at www.fema.gov.

This article was written by Brad Salzman, an orthopedics physician assistant at Gifford in Randolph, and edited by Jen Bloch.

PROGRAM CALENDAR - OCTOBER 2014

Mon	Tue	Wed	Thu	Fri
		1	2	3
* 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 conf room on Tues, Thurs, Fri.	9 W. Leb Shopping* 10 Tai Chi* 10-12 Chair Massages* 10:30 Handwork Cir. 11:30 - 2 CCC Office Hours 12 French Table	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	10 Artistree class* 10:30 Holiday Bazaar Meeting 12 German Table 1:30 Computer Class*
6	7	8	9	10
Woodstock Day* 9 Strength & Fitness 10:15 Memoir Group 1 Bridge 1 Advisory Meeting	Late Opening for Bob Hagar Dinner Program at 5:30 Waitlist only*	8:30 Depart Foliage Trip* 10 Tai Chi* 10-12 Chair Massages* 10:30 Handwork Cir. 11:30 - 2 CCC Office Hours 12 French Table 1 Book Group 1 Medicare Open Enrollment*	9 Strength & Fitness 10 Cribbage 10:30 Italian Class 12 Italian Table 1 Yoga* 1:15 Beginning Italian 2:15 Bone Builders	9 - 2:30 Foot Clinic* 10 Artistree class* 12 Oktoberfest* 12 German Table 1:30 Computer Class*
13	14	15	6	17
Columbus Day Closed	9 Strength & Fitness 10 Double King Pedo 11:30 Commodities 12 Spanish Table 1 Scrabble 2:15 Bone Builders	9 W. Leb Shopping* 9 - 2:30 Foot Clinic* 10 Tai Chi* 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 Beginning Italian* 2:15 Bone Builders	9:30 - 3:00 Driver Safety* 10 Artistree class* (off-site) 12 German Table
20	21	22	23	24
8:30 Newsletter Folding 9 Strength & Fitness 10:15 Memoir Group 1 Bridge 7pm Monday School	9 Strength & Fitness 10 Double King Pedo 12 Spanish Table 1 Scrabble 2:15 Bone Builders	10 Tai Chi* 10-12 Chair Massages* 10:30 Handwork Cir. 11:30 - 2 CCC Office Hours 12 French Table 1 Aging Veterans Program	BIRTHDAY DAY* 9 Strength & Fitness 10 Cribbage 10:30 Italian Class 12 Italian Table 1 Yoga* 1:15 Beginning Italian* 2:15 Bone Builders	10 Artistree class* 11:30 - 2 CCC Office Hours 12 German Table 1:30 Computer Class*
27	28	29	30	31
9 Strength & Fitness 10:15 Memoir Group 1 Bridge 7pm Monday School	9 Strength & Fitness 10 Double King Pedo 10-12 Wellness Clinic 12 Spanish Table 1 Scrabble 2:15 Bone Builders	8 Annual Meeting* 10-12 Chair Massages* 10:30 Handiwork Cir. 11:30 - 2 CCC Office Hours 12 French Table	9 Strength & Fitness 10 Cribbage 10:30 Italian Class 12 Italian Table 1 Yoga* 1:15 Beginning Italian 2:15 Bone Builders	12 German Table 1 Halloween Lunch Fun

MENU - OCTOBER 2014

Mon	Tue	Wed	Thu	Fri
		1	2	3
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.	Chicken Salad, Broccoli Salad, Tortellini Salad, Lettuce, Tomato, Roll, Chocolate Chip Cookies w/ Fruit	Asian Pork Burgers on Multigrain Round w/ Lettuce and Sweet & Sour BBQ Sauce, Roasted Steak Fries, Asian Slaw, Jelly Roll	"When There's Smoke, There's A Fire" Chili, Tossed Salad, Cornbread, Chef's Choice Dessert
6	7	8	9	10
Tossed Salad, Beef Stroganoff, Roasted Seasonal Root Vegetables, Strawberry Sundae	Bob Hager Dinner* (No Lunch Served) Roast Pork, Spicy Apple Chutney, Mashed Citrus Sweet Potatoes, Sautéed Chard. Gingerbread Pear Cake	Tossed Salad, Pesto Olive Chicken, Herb Roasted Red Potatoes, Mediterranean Vegetable Salad, Lemon Meringue Pie	Chef's Choice	Oktoberfest Tossed Salad, Bratwurst, Apfel-Rotkohl, (braised red cabbage and apples, Warm Potato Salad, Apple Strudel
13	14	15	16	17
Columbus Day Closed	Reubens, Beer Battered Onion Rings, Mediterranean Vegetables, Sorbet w/ Fresh Berries	Citrus Roasted Chicken Leg, Baked Potato, Carmelized Seasonal Vegetables, Berries and Cream Crepes	Tossed Salad, Pan Seared Tilapia, Foliage Succotash, Pumpkin Cake w/ Cream Cheese frosting	Sweet and sour Chicken, Vegetable Stir fry, Rice, Coconut Macaroons w/ pineapple
20	21	22	23	24
Tossed Salad Chicken Ala King, Vegetable Medley, Biscuits, Oatmeal Cran-raisin cookies/fruit	Tossed Salad, Shepherd's Pie, Vegetable Medley, Poached Pears	Spinach & Cheese Ravioli w/ Meat sauce, Garlic Bread, Broccoli & Cauliflower, Fresh Fruit Salad	Birthday Day Herb Roasted Turkey Breast, Parsnip Mashed Potato, Gravy, Green Bean Amandine, Cake and Ice Cream	Ham & Swiss Wrap w/ lettuce & tomato, Corn Chowder, Coleslaw, Molasses Cookie w/ fruit
27	28	29	30	31
BLT Wraps, Hearty Vegetable Minestrone, Cottage Cheese, Hot Fudge Sundae with banana	Tossed Salad, Chicken Parmesan over Multigrain Pasta, Garlic Bread, Tuscan Blend Vegetables, Fresh Fruit Salad	Annual Meeting Day Tossed Salad, Chicken and Vegetable Noodle Soup, Biscuit, Coconut Cream Pie	Tossed Salad, Salmon en Croute, w/ Spinach and Mushrooms, New Potatoes, Cucumber/Dill Salad, Brownie Sundaes	Halloween Chef's Choice

Please call ahead with special dietary needs. * indicates that sign-up/reservations are required (Birthday Day & special holiday meals)