



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 2015

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

Wednesday, October 21, 2015, 10:30 am

“Living Well at Every Age”
Take Another Look at the Landscape of Aging

This year at our annual meeting we’ll be taking a look at the realities and diversity of our aging in place population.

A few highlights:

- The year in review of The Thompson Center -- **Living Well at Every Age**.
- The photo exhibit, **Take Another Look**, will be on display, giving a face and voice to the realities and diversity of aging in place. See photos of local participants who will become part of a larger photo exhibit display to move throughout the state.
- United Valley Interfaith Project Executive Director, Leah Torrey, will describe the Aging with Dignity campaign and **Take Another Look** project and give us insight into what they’ve learned in 400 plus interviews and focus groups with seniors throughout the Upper Valley. They’ve heard many moving stories of neighbors helping neighbors, and successes of aging in place, but also too many stories of seniors in trouble. Leah will also explain how this project work promotes aging with dignity and living well at every age!

Please join us following the meeting for lunch at noon.

Menu: Chef Ryan’s famous stuffed meatloaf with spinach & cheese, parsnip mashed potatoes, gravy, peas & baby carrots, apple cranberry pandowdy

Location: The Thompson Center
99 Senior Lane, Woodstock, VT 05091
Please RSVP by October 16th, 457-3277
info@thompsonscenter.org

MISSION

It is the mission of the Thompson Center to be a multi-generational gathering place for our 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. 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.

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.

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



Seasonal Flu Clinic
Wednesday, October 14
9:00 am - 12:00 pm
Thompson Senior Center



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

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99 Senior Lane
Woodstock, VT 05091
Phone: 802-457-3277
Fax: 802-457-1259
www.thompsonscenter.org

CENTER HOURS

8 AM-3 PM, Monday-Friday

STAFF

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

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

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

BOARD OF DIRECTORS

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

BEHIND THE SCENES

ADVISORY MEETING HIGHLIGHTS

- Comment card ideas discussed
- Name tags will be provided but are optional. People shouldn't hesitate to ask names.
- Trip planning committee ideas
- Senior Companion opportunity explained
- Holiday bazaar crafts needed

Please join our next meeting on Monday, October 5 at 1:00 pm. All patrons and volunteers are invited to attend.

THANK YOU to Dan Groberg from the Montpelier Senior Center! Dan won the marble game when he visited in August and donated his winnings back to the Thompson. The marble game pot was \$289.80 in total.

HELP WANTED!

Volunteers are needed for the reception desk, wait staff and Bingo.

Volunteers play a major role at the Thompson Center. We can't do it without you! Please call Paula Audsley, Outreach Manager, 457-3277 x 119 to discuss these fun and rewarding volunteer roles.

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.

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

IN APPRECIATION

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Ellaway Properties – ribbon
Sue Esty – cat food in memory of Baby
Woodstock Pharmacy – maple candies
Carol Powell - flowers
Louis Freeh - pulled pork, chicken, salads,
Ice cream, hot dogs, sunflowers
Bonnie Atwood, Fran Gillett, Helen Leonard,
Catherine Harriman - polished silverware
Mountain Creamery - muffins
Helen Leonard - salt water taffy

SHARE THE HARVEST

Rhonda Bruce – apples & squash
Sam & Eleanor Grice - watermelon
John Leavitt – squash
Sally Weglarz - beans
Christa Blanchard - apples
Bob Forman - beans
Catherine Harriman - applesauce
Margaret Fullerton - squash, zucchini,
tomatoes, cucumbers, eggplant,
Linda Brackett - tomatoes, cucumbers,
zucchini, summer squash
Susan Moor - zucchini, tomatoes, basil
Ann Bower - beefsteak tomatoes



IN MEMORY OF

BERT EISELEIN
Jerry & Arletta Fredrickson
Allen & Gail Dougherty

FRANCES DRURY
John and Sylvia Doten
Bernard Strong

TRANSPORTATION SPONSORS:

Upper Valley Rehabilitation
Dead River Company
Gateway Motors – car washes
Connected-At-Home
Ottawaquechee Health Foundation
Ottawaquechee Plumbing
Mark Knott, DDS
Cedar Hill Continuing Care Community

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

OCTOBER BIRTHDAYS

2nd	Jane	Soule	13th	Gerald	Monroe	22nd	Mark	Knott
2nd	Diana	Leskovar	13th	Kathy	Dudley	22nd	Douglas	Geno
2nd	Regina	Cummings	13th	Boyd	Davis	22nd	Nell	Hamlen
5th	Fred	Blood	14th	Miriam	Desmond	23rd	Bonnie	Potwin
5th	Sam	Heath	14th	Karen	Mansfield	23rd	Paula	Audsley
5th	Stuart	Repp	15th	Daniel	Bellmore	23rd	Laurence	Roberts
6th	Elizabeth	Berry	15th	Brian	Alderfer	24th	Keith	Blake
6th	Emmie	Martin	15th	Charles	Martin	24th	Audrey	Barr
7th	Judith	Lander	16th	Karl	Wood	24th	Daphne	Gratiot
7th	Blanche	Rea	16th	Dorothy	Forthmann	27th	Betty	Munro
8th	Joan	Rothstein	16th	Kaila	Lemmer	28th	Nancy	Lewis
8th	Donna	Jones	17th	Janet	Cole	28th	Jim	Havill
8th	David	Schullinger-Krause	18th	Joe	Herbert	30th	Nelson	Gilman
8th	Robert	Hager	18th	Therese	Fullerton	31th	Phyllis	Bulmer
8th	Mavis	Shaw	18th	Bob	Belisle			
8th	Diane	Atwood	18th	Wilbert	Patterson			
8th	Valerie	Garges	19th	Sandra	Von Unwerth			
9th	Marguerite	Johnson	19th	Freda	Washburn			
10th	Nancy	Sailer	20th	Dwight	Camp			
12th	Tina	Miller	20th	Brooke	Beaird			
12th	Lynn	Parker	21st	Kimberly	Yale			
			21st	Judith	Hills			



On October 22nd we will celebrate your day!
Those who attend with an October birthday
will receive a complimentary meal!

Please make a reservation by calling 457-3277.

PROGRAMS

Seasonal Flu Clinic Wednesday, October 14 9:00 am - 12:00 pm Thompson Senior Center

Adults 18 years and older are eligible. Please bring your Medicare Part B insurance card so we can bill them directly. Fee for all others is \$25.



Spiritual Health and Spiritual Fitness Presented by The Learning Lab Led by Spiritual Director, Jane Lee Wolfe

Two, three-week sessions, beginning Tuesdays, September 22 and October 27, 10 a.m. – noon at The Thompson Center. The course fee is \$35. Checks should be made payable to The Woodstock Learning Collaborative.

Please mail registration payment to: The Learning Lab at P.O. Box 283, Woodstock, VT 05091. For more information about this and other Learning Lab classes call (802) 310-2169 or visit www.thelearninglabwoodstock.com.

The Peapickers Return...mark your calendars for Thursday, October 1 when Bob Dean returns with this popular toe-tappin' trio.

Painting at Artistree A collaboration between Artistree Community Arts Center and The Thompson Center Instructor: Murray Ngoima Friday mornings, 10:00 -11:30 am November 6 - December 11 (no class November 27)

Come paint and learn about painting in the beautiful surroundings, inside and out, at Artistree in South Pomfret. Work with water-based media with instruction and/or on projects of your own choosing, in supportive and congenial company. The media offered include watercolor, acrylic, gouache, ink, and colored pencil. Materials provided. Complete beginners to experienced painters, all welcome!

Transportation provided as needed on The Thompson van at 9:30 a.m. from Woodstock to Artistree, returning to The Thompson in time for lunch. \$50 for five classes or \$12 per class. (5 participants minimum, 12 participants maximum).

NEWS & EVENTS

Medicare D ~ Annual Open Enrollment Review and Discussion Wednesday, October 7, 2015, 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 15 – December 7**. 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 2016 as it was in 2015?
- How will I know what changes my plan is making for 2016?
- 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



Medicare Open Enrollment Medicare Part "D" Assistance Offered by a Medicare Volunteer SHIP Counselor From Senior Solutions at The Thompson Tuesdays, October 20, 23, November 10, 13, 17, December 1 One hour free consult appointments 11 am – 2 pm, Call The Thompson to Schedule

1. Medicare card – the red white and blue card with your SSA #
2. Current 2015 Medicare Part D card & Green Mountain Care/VPharm card if you have one
3. All health insurance cards
 - ☐ If currently working from your current employer or spouse's employer if you are covered under your spouse's Employer Group Health Plan (EGHP)
 - ☐ If retired your former employer's retirement plan card
 - ☐ If currently on Medicare bring your Medigap supplemental plan or Medicare Advantage health insurance cards
4. A list of all medications/drugs - this information needs to be taken from pill bottles for accuracy
 - ☐ Name of the drug
 - ☐ Dosage (EX: 10 mg, 20 mcg, whether it's a cream or ointment)
 - ☐ Usage: How many pills of this drug taken each day - EX: 3 pills each day is 90 pills usage each month.
5. Any letters received from Medicare, state of Vermont: VPharm, Green Mountain Care/Medicaid and Social Security: Social Security retirement benefits, Social Security Disability Income (SSDI) or Supplemental Security Income (SSI)



Save the Date! Thompson Holiday Bazaar & Cookie Walk Saturday, December 5, 2015

Our plans for the Holiday Bazaar are underway. **DO YOU:** knit, crochet, sew, craft, 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. **Also we are not accepting coffee cans for this year's event!**

We are pleased to welcome Briana Maxham as our new Chairperson.



Oktoberfest Celebration Friday, October 16 Beginning at noon Please make your reservation for our festive traditional German meal

This year our Oktoberfest celebration will include Brent Buswell on his accordion. Brent has quite a medley of German, Bavarian, and Slavenian music to perform for us. Please join our celebration!

PROGRAMS and CLASSES



Learn to Tie-Dye Tuesday, October 6, 1:00 pm

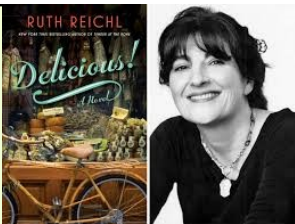
Our August Tie-Dye class was such a success that we are offering another for those who missed it. It is also a great time to make t-shirts for the Holiday Bazaar. No previous experience necessary. All supplies will be provided, but feel free to bring an extra shirt, scarf, or anything white to tie-dye (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 September 29th 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.

Senior Companion Program Presented by Senior Solutions Thursday, October 8, 1:00 pm

You value your independence. Now you can help other adults in your community remain independent too. As a Senior Companion volunteer, you'll join a support network that creates new possibilities and improves the quality of life for elders in your community. Senior Companions spend time with elders who are homebound and/or socially isolated. Activities might include visiting while sharing a cup of tea, playing a game of cards or taking a walk together. We are looking for volunteers who are willing to spend time visiting seniors in your area. Volunteers will receive a small tax-free stipend, an orientation, training, and mileage reimbursement. But of course the greatest reward is helping relieve the loneliness of a local senior.

BOOK GROUP Wednesday, October 14 at 1:00 pm

For years, Ruth Reihl was editor for the magazine *Gourmet*, as well as, a food critic in New York City and she previously published stories of her experiences here. *Delicious* is her first novel and as the title foretells, the tastes of a great variety of food play a large part in the story. A mystery concerns the letters from a 13 year old girl to James Beard before he became famous. There is history and an interesting cast of characters as well. We hope to see you at 1:00on Wednesday, October 14th.



Fire Safety Talk Thursday, October 15, 1:00 pm

In recognition of National Fire Safety week in October, Chief Sutherland will visit The Thompson to talk about fire safety and things we should all be aware of. This year's NFPA theme is **"HEAR THE BEEP WHERE YOU SLEEP: EVERY BEDROOM NEEDS A WORKING SMOKE ALARM"**. Free smoke alarms will be given on a first come, first serve basis.

EXERCISE CLASSES

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

TAI CHI RETURNS WITH TWO CLASSES Tai Chi's Slow, Gentle Exercise Great for Mind and Body Oct, 14, 21, 28, Nov 4, 11 Beginners/Intermediate 9:30 am Upper Intermediate/Advanced 10:45 am

We will again have both an introductory tai chi class and a class for those who've been enjoying Anne Bower's classes here for a while. Both classes use movements based on Sun 73 tai chi--the youngest of the tai chi styles and the one most focused on health. We know from individuals' experiences as well as some clinical studies that tai chi can provide joint pain relief, greater balance, meditation, and fall prevention. Many doctors now recommend it to their patients!

Classes meet on Wednesdays, with next round of classes beginning Oct. 14, and continuing Oct. 21, 28, Nov. 4 and 11 (note: Oct. 21 only we'll meet at the Little Theater, the brick building beside the Woodstock Recreation Center). The cost is \$25 for the five classes.

Beginners and Intermediate 9:30-10:30
Upper Intermediate and Advanced 10:45-11:45
To inquire about the classes, contact Anne at anniebower@yahoo.com or 457-2877 (website: www.anniebower.com).

Wednesday Walkers Wednesdays, 9:00 am Meet outside Union Arena

These hearty walkers, with Jerry Fredrickson, will continue to meet at the Union Arena on Wednesdays at 9:00 am. Your suggestions for new walking routes outside are welcome. Adults of all ages are invited. *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

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.

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

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

Ticket To Ride ~ A Beatles Tribute Band The Log Cabin, Holyoke, Massachusetts

Tuesday, October 13, 2015

**Itinerary: Depart TSC at 9:00 am and return to Woodstock
approximately 5:30 pm**

***This trip has been downsized. We will be traveling in a 12 passenger and 7 passenger
van from Woodstock at a reduced per person price. Please see our website for details.***



Vermont Country Store Trip to Weston, Vermont Monday, October 19, Depart TSC on our van at 8:45 am Cost: \$10 plus lunch on your own at the 1827 Bryant House

Take a journey into the general store of yesteryear at The Vermont Country Store, Vermont's original store. As the purveyors of practical and hard-to-find products, they offer a host of quality merchandise from around the block and around the world.



Holiday Trip 2015 VSO Holiday Pops Sunday, December 13 at 3:00 pm

Due to all of the positive feedback we heard at last December's trip to the Paramount theater to see the VSO Holiday Pops, we are trying to gauge interest in offering that same trip this year on Sunday, December 13 before purchasing *non-refundable* concert tickets. This is the holiday trip that we are proposing:

VSO Holiday Pops
Sunday, December 13, 2015, 3:00 pm performance
Rutland's Historic Paramount Theater
Premier Coach transportation to and from the theater with a dinner stop at either Mountain Top Inn in Chittenden (like last year) or the Red Clover Inn (Awarded Vermont Chamber of Commerce 2015 Restaurateurs of the Year) in Mendon.

All feedback can be directed to Pam Butler at 457-3277 x116 or pbutler@thompsonscenter.org.

WELLNESS PROGRAMS

CAREGIVER SUPPORT GROUP Wednesday, October 21, 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, October 27, 10 - 12 noon

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

ADVANCE DIRECTIVE CLINIC Monday afternoons

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

Chair Massages at The Thompson 10:00 am to noon

Greg Somerville's chair massages will be offered on Wednesdays, October 7, 14, and 28. 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



Smiles for Seniors Free Oral Health Pilot Program October 19, 9:00 am—1:30 pm

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

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.**

PROGRAM CALENDAR - OCTOBER 2015				
Mon	Tue	Wed	Thu	Fri
			1	2
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 are required		9 Strength & Fitness 10 Cribbage 10:30 Journaling Class 10:30 Italian Study 12 Italian Table 3 Bone Builders 1 Pea Pickers 1 Ongoing Italian Class	12 German Table 1:30 Water Aerobics*
5	6	7	8	9
Woodstock Day* 9 Strength & Fitness 10:15 Memoir Group 1 Bridge 1 Advisory Meeting 1 Advance Directives*	9 Strength & Fitness 10 Double King Pedé 10-12 Spiritual Health* 12 Spanish Table 1 Scrabble 1 Tie Dye Program* 3 Bone Builders	9 W. Leb Shopping* 9 Walking Program 9:30 Tai Chi Beginner 10-12 Chair Massage* 10:30 Handwork Cir. 10:45 Tai Chi Advanced 12 French Table 1 Medicare Open Enrollment Review Talk	9 Strength & Fitness 10 Cribbage 10:30 Italian Study 12 Italian Table 3 Bone Builders 1 Senior Companion Program 1 Ongoing Italian Class	9 – 2:30 Foot Clinic* 10-12:30 CCC Office Hours* 12 German Table 1:30 Water Aerobics*
12	13	14	15	16
CLOSED Columbus Day	9 Ticket to Ride Trip* 9 Strength & Fitness 10 Double King Pedé 12 Spanish Table 1 Scrabble 3 Bone Builders	9 Seasonal Flu Clinic* 9 Walking Program 9:30 Tai Chi Beginner 10-12 Chair Massage* 10:30 Handwork Cir. 10:45 Tai Chi Advanced 12 French Table 1 Book Group	9 Strength & Fitness 10 Cribbage 10:30 Journaling Class 10:30 Italian Study 12 Italian Table 12:45 Lucy Mac Visit 1 Fire Safety Talk 1 Ongoing Italian Class 3 Bone Builders	Oktoberfest* 10-12:30 CCC Office Hours* 12 German Table 1:30 Water Aerobics*
19	20	21	22	23
8:30 Newsletter Folding 8:45 Weston Trip* 9 Strength & Fitness 9 Smiles for Seniors* 10:15 Memoir Group 1 Bridge 1 Advance Directives*	9 Strength & Fitness 10 Double King Pedé 11 Medicare Assistance* 11:30 Commodities 12 Spanish Table 1 Scrabble 3 Bone Builders	9 W. Leb Shopping* 9 – 2:30 Foot Clinic* 10:30 Annual Meeting* 12:30 Caregiver Group	BIRTHDAY DAY* 9 Strength & Fitness 10 Cribbage 10:30 Italian Study 12 Italian Table 1 Ongoing Italian Class 3 Bone Builders	10-12:30 CCC Office Hours* 11 Medicare Assistance* 12 German Table
26	27	28	29	30
9 Strength & Fitness 10:15 Memoir Group 1 Bridge 1 Advance Directives*	9 Strength & Fitness 10-12 Wellness Clinic 10-12 Spiritual Health* 10 Double King Pedé 12 Spanish Table 1 Scrabble 3 Bone Builders	9 Walking Program 9 Tai Chi Beginner 10-12 Chair Massage* 10:30 Handwork Cir. 10:45 Tai Chi Advanced 12 French Table	9 Strength & Fitness 10 Cribbage 10:30 Italian Study 10:30 Journaling Class 12 Italian Table 1 Ongoing Italian Class 3 Bone Builders	10-12:30 CCC Office Hours* 12 German Table 12 Halloween Lunch Fun

MENU - OCTOBER 2015				
Mon	Tue	Wed	Thu	Fri
			1	2
* 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. Please call ahead with special dietary needs.	Chicken Marsala, Rice Pilaf, Green Beans, Blueberry Pie	Grilled Ham Steak with Pineapple and Honey, Braised Brussel Sprouts, Baked Potato, Mixed berry Crisp
5	6	7	8	9
Woodstock Day* Chicken Milano w/ Basil and Sun dried Tomatoes served over Fettuccine, Tossed Salad, Apple Betty	Reubens, Beer Battered Onion Rings, Roasted Vegetable Medley, Fresh Fruit	Chicken Divan w/ Penne Pasta, Tuscan Vegetables, Chef's Choice Dessert	Tossed Salad, Shepherd's Pie, Vegetable Medley, Poached Pears	Chef's Choice
12	13	14	15	16
CLOSED Columbus Day	Beef Stroganoff over Noodles, Tossed Salad, ,Lime and Spice Peach Cobbler	Turkey Sandwich, W/ lettuce and tomato, Kale and White Bean Soup, Coconut Cream Pie	Supreme Pizza w/ peppers onions, mushrooms, pepperoni, olives, Greek Salad w/ lettuce, cucumber, pepper, olives, feta cheese, Chocolate Chip Cookie and fruit	Oktoberfest* Schnitzel with German mustard mushroom gravy, fried Potatoes with bacon and onions, Red Cabbage Sauerkraut w/apples. Black Forest Cake
19	20	21	22	23
Puff Pastry Chicken Pot Pie, Tossed Salad, Sorbet w/ Fresh Berries	Quiche w/ Asparagus Leek & Gruyere Cheese, Roasted Potatoes, Tossed Salad, Apple pie Cupcakes	Annual Meeting Day Stuffed Meatloaf w/ Spinach & Cheese, Parsnip Mashed Potatoes, gravy, Peas & baby carrots, Apple Cranberry Pandowdy	BIRTHDAY DAY* Orange and Herb Roasted Turkey Breast, Parsnip Mashed Potato, Gravy, Balsamic Roasted Asparagus, Roll, Cake and Ice Cream	Tossed Salad, Pan Seared Tilapia, Foliage Succotash, Pumpkin Cake w/ Cream Cheese frosting
26	27	28	29	30
Chef's Choice	Spaghetti & meatballs, Garlic bread, Tuscan Vegetables, Fresh Fruit salad	Pan Seared Chicken breast, Creamy Cheddar Polenta, Spinach supreme(spinach, sour cream, parmesan and Monterey Jack Cheese) Chef's Choice Dessert	Vegetarian Lasagna, Steamed Antiguan Vegetables, Garlic Bread, Ginger Snap and Fruit	Tossed Salad, Chicken Quesadilla, Grilled Vegetable Medley, Lemon Fool With berries

2% Milk, Coffee, tea, and juices available