



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



SEPTEMBER 2014

NATIONAL SENIOR CENTER MONTH



September is recognized nationally as Senior Center month. According to the National Council on Aging (www.NCOA.org), senior center participants are happier and healthier. Research shows that older adults who participate in senior center programs can learn to manage and delay the onset of chronic disease and experience measurable improvements in their physical, social, emotional, mental, and economic well-being.

Besides providing nutritious and delicious meals, transportation, and hundreds of fun social and educational opportunities, the Thompson Center strengthens our community by helping people stay at home longer. Home and community based services are estimated to be one-third the cost of institutional care, according the National Council on Aging. **These are just a few of the many reasons to get involved and recognize senior centers nationwide for their important contributions!**

An Evening At The Thompson With Robert Hager

~Top Ten Stories~

From the Vietnam War to the fall of the Berlin Wall to 9/11

Tuesday, October 7, 5:30 Dinner, 6:30 Presentation

Woodstock native and former NBC News analyst and correspondent, Robert Hager, recounts *the stories behind the stories* of the ten most noteworthy news events he covered during his 35 year career with NBC. Mr. Hager's talk will include video excerpts from three decades of historic events that he covered around the world. News footage will bring us back to the loss of the Space Shuttle Columbia, the Air France crash that spelled the end of the supersonic Concorde, the nuclear crisis at Three Mile Island, and more.

Dinner Menu: Roast Pork, Spicy Apple Chutney, Mashed Citrus Sweet Potatoes, Sautéed Chard. Gingerbread Pear Cake

RSVP & advance payment required. Cost: \$25, BYOB



~STAY STEADY VERMONT~

A Falls Prevention Awareness Program

Presented by Mt. Ascutney Hospital Rehabilitation Services

Wednesday, September 24, 1-3 pm

Are you worried about falling? One in three adults age 65 and older fall each year. The Vermont American Physical Therapy Association wants to help reduce your risk for falling! During September, *National Falls Awareness Month*, the Vermont APTA will present "Stay Steady Vermont", free balance screening events for adults over 65 throughout the state. Each event will offer an informational session followed by individual balance screenings by licensed Physical Therapists using the CDC-approved STEADI criteria.

Please wear comfortable clothes and shoes. Contact Linda Hazard, PT at Mt. Ascutney Hospital 802-674-7295 if you have any questions. **Participants can participate in a brief balance screening and receive recommendations based on the results. Pre-registration is needed to ensure that time is allotted for screening.** For more information and to register, please call The Thompson 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,
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Paula Audsley, Outreach Manager,
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Ryan Martin, Chef,
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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

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Corwin Sharp
Tambrey Vutech
Tom Weschler

BEHIND THE SCENES

ADVISORY MEETING HIGHLIGHTS

- Thompson Summer Fest booth
- Flag not to be moved from dining room
- Staff update
- Library lending

Please join our next meeting on Monday, September 8 at 1pm.
We URGE all patrons (and especially trip goers) to attend. It is an opportunity to give us your ideas before planning is completed! We

TRANSPORTATION SPONSORS

Have you noticed the sponsors on our Ford Escape?

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

Thank you!



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**



Check your raincoat please. A black rain coat with a gold lining disappeared from our coat closet and a smaller black coat with no lining was left in its place. If you may have inadvertently mixed-up coats, please check your closet and return the coat with the gold lining. THANK YOU.

Birthday Music Thursday, September 25, 1:00pm

The Second Wind Music duo of Terry Ray Gould (guitar and vocals) and Suzi Hastings (vocals, percussion and guitar) return to The Thompson to perform. Their song list covers all genres of popular music and easy listening. Join us after birthday lunch!

IN APPRECIATION & IN LOVING MEMORY

IN APPRECIATION

Heinemann Family - medical supplies
Kathy Wendling - books
Mary Mercure - Yarn



SHARE THE HARVEST DONATIONS

Mavis Shaw - squash
Carol Powell - lettuce
Joyce Gilman - beans
Steve Tarleton - squash
Althea Derstine - kale, beans, radishes
Hillary Lockwood - squash

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.

IN MEMORY OF

KATHY WENDLING

Kedric & Cathy Harriman
Joseph & Janet Herrick
Patsy & John Mathews
Helen Leonard
Mr. & Mrs. Anthony Thacher
Mr. & Mrs. Richard Leonard
Vermont Standard, Inc.
Anne Herz
Bruce & Darlyne Franzen
Karen Harvey
Billings Farm & Museum

AL CONKLIN

Perry & Janet Maxham
Barbara Kelley

SEPTEMBER BIRTHDAYS

1 st Beverly Audsley	12 th John Ditchos	23 rd Cliff Geno
1 st Anne Herz	13 th Larry Vittum	23 rd Brett GiGuere
1 st Althea Derstine	13 th Jody Pindt	24 th Cindy Carroll
2 nd Helen Howe	14 th Bo Gibbs	24 th Juris Kaugerts
2 nd Marian Whitaker	15 th Mary Hawkins	24 th Jurgen Ewert
2 nd Donald Lovejoy	16 th Martha Leonard	24 th Nancy Randall
3 rd Louise Fowler	16 th Jenepher Lingelbach	24 th Clover Durfee
4 th Liz Schellhorn	18 th Millie McGee	25 th Wayne Thompson
5 th Joy Cordoff	18 th Felicitas Leonard	26 th Kathleen Kjerulff
5 th Laura Robinson	19 th Emily Schanck	27 th Isaac Jacobs
6 th Bobbie Fleming	19 th Mary Church	27 th Len Brown
7 th Ruth Ekberg	19 th Vivian Webster	29 th Pru Schuler
7 th Barbara Scully	19 th Elizabeth McElligott	29 th Kilborn Church
9 th Tambrey Vutech	20 th Patsy Highberg	29 th Anita Clark
10 th John Heidt	22 nd Dan Bruce	30 th John Doten
10 th Sandra LaCoss	22 nd Evangeline Monroe	30 th George Sadowsky
11 th John Moore	22 nd Karen Hawkes	



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

WELLNESS PROGRAMS

FREE HEARING SCREENINGS

Friday, September 19,
9:00am - 2:30pm



Hearing Care Specialist Chris Gulick returns to The Thompson to offer thorough hearing examinations and hearing instrument demonstrations. Please sign up for your 30 minute appointment. 457-3277

Flu + You

Protect. Learn. Understand. Safeguard.

Seasonal Flu Clinic
Tuesday, September 30,
9 - 12:00 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.

**Wellness Clinic &
Blood Pressure Screenings**
Tuesday, September 23, 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, September 17, 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

EVENTS

Bridgewater Woolen Mill - Artifacts, Photos and Discussion
Wednesday, September 10, 1:00 pm

The Bridgewater Historical Society recently prepared an exhibit titled, "*The Bridgewater Woolen Mill: The Fabric of a Community.*" The exhibit, which was recently displayed at the Vermont History Exposition in Tunbridge, Vermont, has received a lot of attention. Ernest Kendall attended the Expo because his father, Charles, designed textiles and managed products for the mill for several decades.



The mill, built around 1825, is one of the oldest buildings in Bridgewater. It was a cotton mill before it later became a woolen textile mill where uniforms and blankets were made for soldiers in World War I and World War II. It closed in 1973 due to floodwaters that destroyed the dye room.

Bridgewater Historical Society's President, Polly Timken, and Vice President, Jeannette Sawyer, will be on hand to share various artifacts and photos of the mill, including a large photo of the mill employees taken around 1942---with names attached. They, along with Ernest Kendall, will invite comments, questions, and stories.

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?

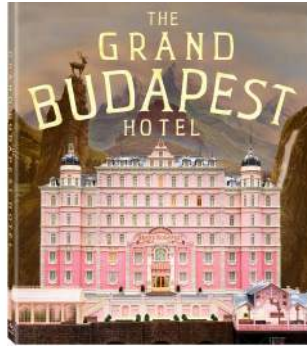
If I decide to change plans, how and when should I do it?

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.**



Council on Aging for Southeastern Vermont

PROGRAMS

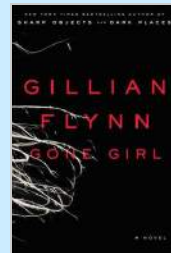


Dinner and A Movie *The Grand Budapest Hotel* Tuesday, September 9, 5:30pm

Gustav H., the famous concierge at a legendary hotel situated in the Alps during the 1930's becomes the center of a farcical whirlwind of suspicion when one of his institution's oldest and richest patrons turns up dead and he becomes a suspect. A comedy starring Saoirse Ronan, Ralph Fiennes, Bill Murray, and Jude Law. 100minutes
Menu: Baked Ziti with Tossed Salad, Raspberry Bars
Cost:\$5, Please RSVP in advance

BOOK GROUP Wednesday, September 10, 1:00pm

In September the group will discuss the book, *Gone Girl*, by Gillian Flynn. Reading this best selling psychological thriller about a marriage gone bad is like driving a car---you will read fast, slower, and racing! The author gives you clues along the way that make you change your mind continually. Your assignment is to write your own ending. Beryl Spencer will lead the discussion. *The book group welcomes newcomers!*



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.

Artists of Woodstock A Collaboration with Artistree at The Thompson Fridays, Sept. 5 - Oct. 24, (8 weeks) 10:00am-Noon

We 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. We will meet at The Thompson Senior Center for the first 8 week session.

Please register in advance. This class is filling up quickly! 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

EXERCISE CLASSES

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

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

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.

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.**

Kripalu Yoga 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.**

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 11:00am

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.

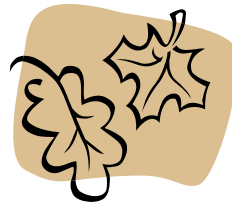
We're changing the format of our class at the Thompson Center to incorporate some qi gong (coordinated breathing and stretching) forms and some fun exercises that introduce tai chi principles. We'll continue learning the Tai Chi for Arthritis and Fall Prevention form during a major part of our sessions.

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, 8:30am

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** The deadline for sign up and payment is due September 23rd.

Vermont Symphony Orchestra Holiday Pops At The Historic Paramount Theater, Rutland Vermont Sunday, December 14, 3:00pm (Depart Thompson on a Premier Coach Bus at 1:45pm and return to Woodstock approximately 8:00pm)



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 Galop," 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 for this trip will be announced in the October newsletter (we're waiting to receive the final ticket price and meal price for our group).

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

BEGINNING ITALIAN CLASS Thursdays, September 18 to October 30, 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: \$70.00 (7 classes)

Please register for this class in advance, 457-3277.



JOURNALING CLASS Thursdays, September 11 to October 2, 10:30am to 12:00pm

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. For the first class it is suggested that each participant bring a passage from a favorite published journal to share with the group. Also, 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

How to Use Microsoft Windows to Organize Your Files and Information Fridays, September 19 to October 10, 1:30 to 2:30pm

This series includes:

Session 1: Introduction to your **Windows** computer, including a short history of Microsoft, and a review of the Windows Operating System, Hardware and Software

Session 2: The C:\ Drive; Overview of how to organize your files, pictures and movies from the beginning, and keep them organized

Session 3: Computer lab---One-on-one instruction for organizing your files, documents, pictures and movies. **Please bring your laptop.**

Session 4: Review, Q & A session and more one-on-one practice (depending on class need)

Instructor Jürgen Ewert is a retired engineer who started his own business, "International Research and Consulting," that he runs from his home in Woodstock. **Cost: \$40.00. Please sign up for this class in advance to ensure a minimum of four students and a maximum of ten. Also, please bring your laptop to each session.**



PROGRAM CALENDAR - SEPTEMBER 2014

Mon	Tue	Wed	Thu	Fri
1	2	3	4	5
CLOSED Labor Day	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. 11:30 - 2 CCC Office Hours 12 French Table	9 Strength & Fitness 10 Cribbage 10:30 Italian Class 12 Italian Table 1 Yoga* 2:15 Bone Builders	10 Artistree class* 12 German Table
8	9	10	11	12
Reading Day* 9 Strength & Fitness 10:15 Memoir Club 1 Bridge 1 Horseshoes 1 Advisory Meeting	9 Strength & Fitness 10:00 Double King Pedo 12 Spanish Table 1 Scrabble 2:15 Bone Builders 5:30 Dinner and a Movie*	10-12 Chair Massages* 10:30 Handwork Cir. 11:30 - 2 CCC Office Hours 12 French Table 1 Book Group 1 Bridgewater Woolen Mill Program	9 Strength & Fitness 10 Cribbage 10:30 Italian Class 12 Italian Table 1 Yoga* 2:15 Bone Builders	9 - 2:30 Foot Clinic* 10 Artistree class* 12 German Table
15	16	17	18	19
8:30 Newsletter Folding 9 Strength & Fitness 10:15 Memoir Club 1 Bridge 1 Horseshoes	9 Strength & Fitness 10 Double King Pedo 11:30 Commodities 12 Spanish Table 1 Scrabble 2:15 Bone Builders	8 Board Meeting 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- 2:30 Hearing Screenings* 10 Artistree class* 12 German Table 1:30 Computer Class*
22	23	24	25	26
9 Strength & Fitness 10:15 Memoir Club 1 Bridge 1 Horseshoes	9 Strength & Fitness 10 Double King Pedo 12 Spanish Table 1 Scrabble 10-12 Wellness Clinic 2:15 Bone Builders	10 Tai Chi* 10-12 Chair Massages* 10:30 Handwork Cir. 12 French Table 1 Falls Prevention and Balance Screening Program*	BIRTHDAY DAY* 9 Strength & Fitness 10 Cribbage 10:30 Italian Class 12 Italian Table 1 Music with Second Wind 1 Yoga* 1:15 Beginning Italian*	10 Artistree class* 11:30 - 2 CCC Office Hours 12 German Table 1:30 Computer Class*
29	30			
9 Strength & Fitness 10:15 Memoir Club 1 Bridge 1 Horseshoes	9 Strength & Fitness 9-12 Flu shot clinic 10 Double King Pedo 12 Spanish Table 1 Scrabble 2:15 Bone Builders	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 - SEPTEMBER 2014

Mon	Tue	Wed	Thu	Fri
1	2	3	4	5
CLOSED Labor Day	Grill Day Hot Dogs and Burgers, Potato Salad, Coleslaw, Orange Creamsicle Ice cream pie	Grilled Pesto Chicken Breast, Lemon Risotto with Peas Marinated Vegetable Salad, Rum Raisin Rice Pudding	Vegetarian Lasagna, Steamed Antiguan Vegetables, Garlic Bread, Coconut Chocolate Chip Cookies and Fruit	Tossed Salad, Almond-crusted Tilapia, Roasted Potatoes & Veggie Blend, Fruit topped Cookies
8	9	10	11	12
Butternut Squash Soup, Cottage Cheese, Turkey Sandwich, Fruit salad	Tossed Salad, Hearty Beef and Vegetable Stew, Blueberry Cake	Tossed Salad, Macaroni and Cheese w/ Ham, Butter Beets, Sorbet w/ Fresh Berries	Tossed Salad, Tuscan Chicken w/ Peppers and Tomatoes, Roll, Peach Rhubarb Coffee Cake	Chef's Choice
15	16	17	18	19
Grilled Tuna & Vegetables in herb butter, Brown Rice, Oatmeal Cranberry Cookie	Chipped Beef and Egg Gravy on Mashed Potato, Dijon Braised Brussel Sprouts, Sorbet & Fruit	Tossed salad, Multigrain Spaghetti & meatballs, Garlic bread, Fruit Crisp	Cheese Pizza, Greek Salad w/ lettuce, cucumber, pepper, olives, feta cheese, Chocolate Chip Cookie and fruit	Chicken Caesar Wrap, Hearty Vegetable Minestrone, Chocolate Cake
22	23	24	25	26
Chef Salad w/ Lettuce, Tomato, Ham, Turkey, Cheese, Hard Boiled Egg, Carrot, Bread, Lemon Fool w/ Berries	Quiche w/ Asparagus Leek & Gruyere Cheese, Roasted Potatoes, Tossed Salad, Lime and Spice Peach Cobbler	Bombay Curry Chicken, Rice, Stir Fried Vegetables, Hot Fudge Sundae with banana	Birthday Day* Roast Beef, Au Jus, Sour Cream and Chive Twice Baked Potato, Roasted Asparagus, Roll, Cake and Ice Cream (Please RSVP)	Grilled Salmon Burger, Roasted Steak Fries, Marinated Vegetable Salad, Black Forest Cake
29	30			
Chef's Choice	Meatloaf, Smashed Potato, Gravy, Peas & Carrots, Mixed fruit Cobbler	Meal Pricing: ♦ \$ 7 charge for those under age sixty ♦ \$ 5 suggested donation for ages sixty and over	* indicates that sign-up/ reservations are required (Birthday Day & special holiday meals) 2% milk, coffee, tea, juice served with meals	Menu is subject to change based on availability of food items. Please call ahead with special dietary needs.