



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 2015

NATIONAL SENIOR CENTER MONTH

Celebrate *LIFE!*

LEARNING

Expand your knowledge

INDEPENDENCE

Live on your terms

FRIENDS

Enjoy life

ENERGY

Discover health and vitality

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 to 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!**

Senior Center Celebration Lunch, September 9 at noon

Medicare Open Enrollment Medicare Part "D" Assistance Offered by a Medicare Volunteer SHIP Counselor From Senior Solutions at The Thompson

Tuesdays, October 20, 27, November 3, 10, 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)

~Stay Steady Vermont~

A Falls Prevention Awareness Program Presented by Mt. Ascutney Hospital Physical Therapists Wednesday, September 23, 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 pertaining to the balance screening.

Participants can participate in a brief balance screen 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.

The Thompson Center

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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,
paudsley@thompsonscenter.org
Pam Butler, Program Director,
pbutler@thompsonscenter.org
Jen Bloch, Marketing Coordinator
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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
Ottauquechee Health Center, 457-5414

BOARD OF DIRECTORS

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Tambrey Vutech

BEHIND THE SCENES

ADVISORY MEETING HIGHLIGHTS

- Trip updates - VT Country Store & live birds at VINS
- Walk - in cooler/freezer project
- Meals discussion – likes and dislikes
- Craft program discussions
- Comment cards on tables

Please join our next meeting on Monday, September 14 at 1:00 pm. All patrons and volunteers are invited to attend.

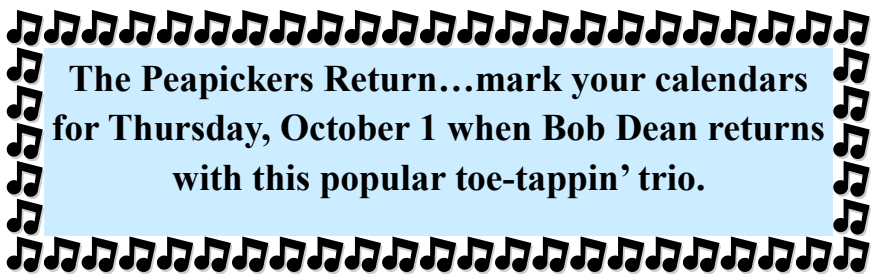


Search for “The Thompson Senior Center” and click “like” for regular updates, pictures, event reminders & invitations, and for tips and interesting articles about health, finances, and Aging in Place.



Bingo Caller Needed!

If are looking for a volunteer opportunity consider helping as a Bingo caller! The hours are 10:30-11:30, Tuesday-Friday. Please contact Paula at 457-3277 if you are able to help any or all of those days. *Thank you!*



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

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

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

IN APPRECIATION

IN APPRECIATION

Audrey Fiedelholz - hats
LouAnn Cogswell & Wendy Windsor – birthday raffle
Shirley Fenner - wheel chairs, shaver & toilet sheets, walkers
Sue Hottenstein – silver tea set
Joe Rubino - medical equipment
Sterling Family - salad
Rotary - potatoes, corn, coleslaw
Karen Harkins – coleslaw
Ellaway Properties - Apple computer

SHARE THE HARVEST

Joyce Gilman – cabbages
Mavis Shaw – zucchinis
Lynn Peterson – blueberries & green beans
Ann Bower – organic cucumbers
Gordon Worth – apples

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

IN MEMORY OF

BERT EISELEIN
Charles and Kathy English
Bob and Janet Forman

MAE & AL OLSEN
Carol Powell

FRANCES DRURY
Grace Staples
Ted & Joan Staples
Patricia & John Mathews
Ed Drury
Kathi Decker, Sue Cox & Rick Wehmuller

TRANSPORTATION SPONSORS:

Upper Valley Rehabilitation
Dead River Company
Gateway Motors – car washes
Connected-At-Home
Ottauquechee Health Foundation
Ottauquechee Plumbing

SEPTEMBER BIRTHDAYS

1st	Beverly	Audsley	13th	Larry	Vittum	22nd	Karen	Hawkes
1st	Anne	Herz	13th	Jody	Pindt	22nd	Roswell	Harlow II
1st	Althea	Derstine	13th	Joseph	Little	23rd	Brett	Jiguere
2nd	Helen	Howe	14th	Bo	Gibbs	23rd	Mary	MacVey
2nd	Marian	Whitaker	14th	Dory	Bayer	23rd	Cliff	Geno
2nd	Donald	Lovejoy	14th	Patricia	Bernardi	24th	Cindy	Carroll
2nd	Donna	Peck	15th	Jane	Lasure	24th	Juris	Kaugerts
3rd	Louise	Fowler	15th	Mary	Hawkins	24th	Jurgen	Ewert
4th	Elizabeth	Schellhorn	15th	Paul	Quackenbush	24th	Nancy	Randall
5th	Joy	Corduff	16th	Sharon	Lasker	24th	Clover	Durfee
5th	Laura	Robinson	16th	Martha	Leonard	25th	Wayne	Thompson
5th	Harold	Eaton	16th	Jenepher	Lingelbach	25th	Charles	Malerich
6th	Bobbie	Fleming	17th	Roberta	Morse	26th	Kathleen	Kjerulff
6th	Ken	Woodhead	17th	Robert	Mcelwain	26th	Joanne	Smith
7th	Ruth	Ekberg	17th	Linda	Smiddy	26th	Tom	Smith
7th	Barbara	Scully	18th	Felicitas	Leonard	27th	Isaac	Jacobs
7th	Kathleen	Camp	18th	Lesley	Scales	27th	Len	Brown
7th	Virginia	Jackson	18th	Millie	McGee	27th	Bruce	Bielanski
9th	Tambrey	Vutech	19th	Mary	Church	28th	Ida	Cogswell
9th	Emilie	Daniel	19th	Vivian	Webster	29th	Prudence	Schuler
9th	Patty	MacDonald	19th	Elizabeth	McElligott	29th	Kilborn	Church
10th	John	Heidt	20th	Patsy	Highberg	29th	Anita	Clark
10th	Sandra	LaCoss	22nd	Daniel	Bruce	30th	John	Doten Jr
11th	John	Moore	22nd	Evangeline	Monroe	30th	George	Sadowsky
12th	John	Ditcheos				30th	Nancy	Peterson

On September 24th we will celebrate your special day! Those who attend with an August birthday will receive complimentary meal!

Please call 457-3277 to make a reservation for lunch.



WELLNESS PROGRAMS

CAREGIVER SUPPORT GROUP Wednesday, September 16, 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.

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.



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.

Wellness Clinic & Blood Pressure Screenings Tuesday, September 22, 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.

Chair Massages at The Thompson 10:00 am to noon

Greg Somerville's chair massages will be offered on Wednesdays, September 2, 9 and 23. 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

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.**

Smiles for Seniors Free Oral Health Pilot Program September 21, 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

NEWS & EVENTS



Thank you to our terrific volunteers who ran our booth at the Taste of Woodstock and to Hannah and Jaime Harkins for decorating the cupcakes!



Understanding and Responding to Dementia-Related Behavior An Alzheimer's Association Program presented by Susan Moor Tuesday, September 15, 1:00 pm

alzheimer's  association®

800.272.3900 | alz.org®

During the middle stage of dementia, the person with the disease often starts to exhibit new behaviors that can be confusing for a caregiver. These behaviors are a form of communication, and are essential to understanding the needs of the person with dementia.

To help caregivers decipher behaviors and determine how best to respond, the Alzheimer's Association offers the *Understanding and Responding to Dementia-Related Behavior* program. By the end of the session, attendees will be able to:

- Identify common triggers for behaviors associated with dementia.
- Explain the process for assessing and identifying challenging behaviors.
- List strategies to address some common dementia-related behaviors.

Through practical information, resources, and interviews with experts, this program will help caregivers to address the challenges of dementia-related behavior. *Please note: This program is open and free to the public but not suitable for those diagnosed with a dementia – caregivers and family members only please.*

“Take Another Look” Volunteers Needed for a Photo Art Exhibit Project

We're looking for people who are 65 and over that would be willing to share their honest experiences on what it is like to age in our rural area. This might mean sharing success stories (or challenges) about anything from health care to home maintenance. Participants would be interviewed by trained individuals and photographed by photographer, Laurie Levinger. The benefit of participating is not only to help raise awareness throughout our community about the realities and diversity of our aging in place population, but interview responses will also be compiled and used confidentially to help improve our health care and community based services for older adults. Photos and select short stories will be used in art exhibits beginning at The Thompson and then moving throughout the Upper Valley, and eventually to the State House in Montpelier. **Please consider participating in this important project called “Take Another Look” to help raise awareness about the landscape of aging.** Please call or speak to Deanna Jones at The Thompson if you're interested in participating or have any questions. 457-3277 or djones@thompsonseniorcenter.org. **Individual appointments are now being scheduled!**

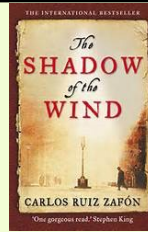
This project is being managed by the United Valley Interfaith Project (UVIP) Aging with Dignity Campaign, and ReThink Health. Read more about the UVIP Aging with Dignity Project and Take Another Look on our website.

PROGRAMS and CLASSES

BOOK GROUP

Wednesday, September 9 at 1:00 pm

The September read is *The Shadow of the Wind* by Carlos Ruiz Zafon. Daniel Sempere's father takes him to the secret Cemetery of Forgotten Books, a huge library of old, forgotten titles lovingly preserved by a select few people. According to tradition, everyone initiated to this secret place is allowed to take one book from it and must protect it for life. Daniel selects a book called *The Shadow of the Wind* by Julián Carax. The author's storytelling skill is remarkable; his prose doesn't just take you into the story - it transforms you. Susan Morgan of Yankee Bookshop says it is one of the best books ever written. *Newcomers are welcome!*



Have You Been to VINS Lately?

Wednesday, September 16 – Depart TSC at 1:00 pm

Cost: \$13 includes admission and transportation



Join us when we will get up close to eagles, falcons, owls and more. More than 40 raptors call the VINS Nature Center home. These avian predators have sustained injuries and conditions that prevent them from ever living in the wild again. Our visit will include the new *Birds Are Dinosaurs Exhibit* and snapping turtle and raptor feeding times. From amphibians as small as gray tree frogs, to reptiles like our wood turtle, to birds as large as eagles, you'll discover what it takes to care for all of these unique and wonderful creatures.

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.



AARP Smart Driver Safety Course Friday, September 25, 9:15 am to noon (break for lunch) 1:00 to 2:00 pm

Instructor Bill Cherico returns to teach this four hour instructional course which is the nation's largest refresher course designed specifically for older drivers. Registration begins at 9:15am. **Your driver's license is required and your AARP card for members.**

Course Fee: \$15.00 for AARP members and \$20.00 for nonmembers.

Please call the Thompson Center to sign up in advance, 457-3277. Checks should be made out to AARP Smart Driver.

EXERCISE CLASSES

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

Tai Chi's Slow, Gentle Exercise Great for Mind and Body Sept. 9, 16, 23, 30; Oct 7

Our next round of the Wednesday, 10:00 - 11:00 Tai Chi class, taught by Anne Bower and Jane Philpin, runs September 9 – October 7. The five one-hour sessions cost a total of \$25.

We know from clinical studies that Tai Chi improves balance, memory, coordination, mood, and blood sugar levels. It helps prevent falls, can lower blood pressure, and learning it gives a great sense of satisfaction.

Each class participant makes adjustments for his or her own body. The mood in class is relaxed and fun, we laugh a lot, strive to learn, help each other.

For more information on how tai chi can benefit you, contact:

Anne Bower at anniebower@yahoo.com, or check out her website: www.anniebower.com

Water Aerobics - **FULL!** Woodstock Racquet and Fitness Club Fridays, Aug 28 – Oct 16, 1:30 – 2:15 pm Cost: \$64 for 8 week class

The Thompson Center will provide shuttle service with advance notice to and from class if needed.

Water aerobics is a safe and low impact way to exercise your body. It can be a cardiovascular aerobic work-out to the degree you choose, by making it easier or more challenging for yourself. Fitness Instructor, Bari Ramirez will be using water weights for strength, which are optional. The most important aspect of water aerobics is that it can provide a greater range of flexibility from working in the water. The water creates a nice resistance for your body to move through and because of that you can move your muscles and joints farther and more protected than if you were on land, all in the comfort of an 82 degree pool.

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.

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.*

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.**

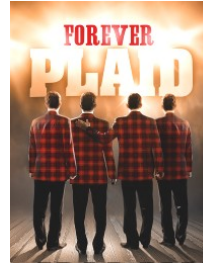
TRIPS, TRIPS, TRIPS

Forever Plaid at New London Barn Playhouse Theater

Wednesday, September 2, 2:00 pm performance

(depart on Thompson van at 12:30 pm)

Cost: \$35 (includes transportation and ticket for orchestra seating). Please reserve your seat with payment.



A deliciously goofy homage to the pitch-perfect harmonies of the 1950's. The talented and exuberant boys of "The Plaids" never made it to their first big gig, but now they're back for their posthumous chance finally to perform the show that never was. This tremendously popular and utterly charming musical revue is packed with oldie hits such as "Heart and Soul," "Shangri-La," "Chain Gang," and "Love is a Many Splendored Thing."

You have requested ~ and we are happy to comply!

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.

Ticket To Ride ~ A Beatles Tribute Band

The Log Cabin, Holyoke, Massachusetts

Tuesday, October 13, 2015

Cost: \$88 per person includes transportation, show, and complete dinner

Itinerary: Depart TSC on a Premier Coach bus at 9:00 am and return to Woodstock approximately 5:30 pm

Registration Deadline is September 23rd

2014 marked the 50th anniversary of the Beatles landing on American shores. Since then the "Fab Four" have inspired generations with their sound, wit and charm. Recreating the Beatles sound and harmonies in the original key, and the Beatles guitar and drum arsenal, *Ticket to Ride* goes over the top as does the extensive lunch menu which consists of the following: *Hors d'oeuvre Welcome Tray, Rolls and Butter, Complimentary Glass of Wine, Chop Chop Salad, Pasta Fagioli, London Broil with Mushroom Bordelaise Sauce, Baked Scrod with Seasoned Bread Crumbs, Chef's Choice of Vegetable, Apple Crisp.*

At the Log Cabin, the beauty of fall foliage on top Western Massachusetts Mt. Tom becomes the backdrop for this popular entertainment venue. Enjoy a dash through the past with this Beatles tribute and interactive show. ***Please call to reserve your space followed by prompt payment. The deadline for reservations is September 23rd. Please Note: A minimum of 35 paid reservations must be received by September 23rd or the trip is subject to cancellation.***

PROGRAMS

Medicare D ~ Annual Open Enrollment

Review and Discussion

Wednesday, October 7, 2015, 1 - 2:30 pm

**** See Back Cover for Dates on Individual Appointments****

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 2016 as it was in 2015?

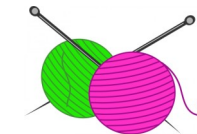
How will I know what changes my plan is making for 2016?

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



Council on Aging for Southeastern Vermont



Join our Handiwork Circle every Wednesday at 10:30 am

The Handiwork Circle group invites anyone to join them on Wednesdays at 10:30 in the living room. Not just for knitters! Any type of sewing or craft project can be done during this time.

It's a great time to work on items for the Holiday Bazaar.

Yarn is available for Holiday Bazaar projects!

Contact Jane Soule at 457-2442 with any questions.



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 years event!**

We are pleased to welcome Briana Maxham as our new Chair person.

PROGRAM CALENDAR - SEPTEMBER 2015				
Mon	Tue	Wed	Thu	Fri
	1	2	2	4
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 Strength & Fitness 10 Double King Pedo 12 Spanish Table 1 Scrabble 3 Bone Builders	9 W. Leb Shopping* 9 Walking Program 10 Tai Chi 10-12 Chair Massage* 10:30 Handwork Cir. 12 French Table 2 Forever Plaid Trip*	9 Strength & Fitness 10 Cribbage 10:30 Journaling Class 12 Italian Table 3 Bone Builders	10-12:30 CCC Office Hours* 12 German Table 1:30 Water Aerobics*
7	8	9	10	11
CLOSED Labor Day	9 Strength & Fitness 10 Double King Pedo 12 Spanish Table 1 Scrabble 3 Bone Builders	Senior Center Month Celebration* 9 Walking Program 10 Tai Chi 10-12 Chair Massage* 10:30 Handwork Cir. 12 French Table 1 Book Group	9 Strength & Fitness 10 Cribbage 12 Italian Table 3 Bone Builders	9 – 2:30 Foot Clinic* 10-12:30 CCC Office Hours* 12 German Table 1:30 Water Aerobics*
14	15	16	17	18
Reading Day* 9 Strength & Fitness 10:15 Memoir Group 1 Bridge 1 Advisory Meeting 1 Advance Directives* 1 Horseshoes	9 Strength & Fitness 10 Double King Pedo 11:30 Commodities 12 Spanish Table 1 Scrabble 1 Dementia Program 3 Bone Builders	8:30 Board Meeting 9 Walking Program 9 W. Leb Shopping* 9 – 2:30 Foot Clinic* 10 Tai Chi 10:30 Handwork Cir. 12 French Table 12:30 Caregiver Group 1 VINS Visit*	9 Strength & Fitness 10 Cribbage 10:30 Journaling Class 2 Italian Table 12:45 Lucy Mac Visit 3 Bone Builders	10-12:30 CCC Office Hours* 12 German Table 1:30 Water Aerobics*
21	22	23	24	25
8:30 Newsletter Folding 9 Smiles for Seniors* 9 Strength & Fitness 10:15 Memoir Group 1 Bridge 1 Advance Directives* 1 Horseshoes	9 Strength & Fitness 10-12 Wellness Clinic 10-12 Spiritual Health* 10 Double King Pedo 12 Spanish Table 1 Scrabble 3 Bone Builders	9 Walking Program 10 Tai Chi 10-12 Chair Massage* 10:30 Handwork Cir. 12 French Table 1 Falls Prevention	BIRTHDAY DAY* 9 Strength & Fitness 10 Cribbage 12 Italian Table 3 Bone Builders	9:15 Driver Safety Course* 10-12:30 CCC Office Hours* 12 German Table 1:30 Water Aerobics*
28	29	30		
9 Strength & Fitness 10:15 Memoir Group 1 Bridge 1 Advance Directives* 1 Horseshoes	9 Strength & Fitness 10-12 Wellness Clinic 10 Double King Pedo 12 Spanish Table 1 Scrabble 3 Bone Builders	9 Walking Program 10 Tai Chi 10:30 Handwork Cir. 12 French Table		*Indicates that sign-up/reservations are required

MENU - SEPTEMBER 2015				
Mon	Tue	Wed	Thu	Fri
	1	2	2	4
Menu is subject to change based on availability of food items. Please call ahead with special dietary needs.	Salisbury Steak, Mashed Potato, Gravy, Mediterranean Vegetables, Strawberry Rhubarb Pie	Tossed Salad, Chicken Parmesan over Multi-grain Pasta, Garlic Bread, Steamed Vegetables, Fresh Fruit Salad	Tossed Salad, Macaroni and Cheese w/ Ham, Butter Beets, Sorbet w/ Fresh Berries	Steak Salad with Grilled Red Onions w/ Tomatoes, Cucumber, Baby Greens, Blue Cheese, Roll, Chef's Choice Dessert
7	8	9	10	11
CLOSED Labor Day	Lasagna, Tossed Salad, Garlic Bread, Fresh Fruit Salad	Grilled Pesto Chicken Breast, Lemon Risotto with Peas Marinated Vegetable Salad, Blueberry Cake	Chicken Tostadas w/ Lettuce, Tomato, Cucumbers, Shredded Cheddar Cheese, Olives, Salsa and Sour Cream, Roasted Vegetable Medley, Coconut Meringues w/ Pineapple	Chef's Choice
14	15	16	17	18
Dijon Crusted Chicken Breasts, Horse Radish Mashed Potato, Gravy, Spinach, Jelly Roll	Tossed Salad Spinach, Artichoke & cheese Quiche, Hot Fudge Sundae with banana	Tossed Salad, Salmon en Croute, w/ Spinach and Mushrooms, New Potatoes, Cucumber/ Dill Salad, Brownie Sundaes	Italian Basil Pasta Salad, Waldorf Salad, Chicken Salad Plate with lettuce, Almond Cake w/ Peach Puree	Chili with cheddar cheese, Corn Bread, Cole Slaw, Lemon Mousse with Blueberry Compote
21	22	23	24	25
Butternut Squash Soup, Cottage Cheese, Turkey Sandwich, Fruit salad	Chipped Beef and Egg Gravy on Mashed Potato, Dijon Braised Brussel Sprouts, Sorbet & Fruit	Grilled Pork Apple Burgers with Caramelized Pineapple on a Multigrain Sandwich Roll, Firecracker salad, Sweet Potato Fries, Fruit	Birthday Day* Roast Beef, Au Jus, Sour Cream and Chive Twice Baked Potato, Roasted Asparagus, Roll, Cake and Ice Cream (Please RSVP)	Sweet Italian Sausage on a roll with Onions and Peppers, Potato Salad, Cole Slaw, Strawberry Shortcake
28	29	30		
Chef's Choice	Tossed Salad, Hearty Beef and Vegetable Stew, Roll, Rum Raisin Rice Pudding	Tossed Salad, Cajun Blackened Tilapia, Brown Rice, Braised Collard Greens, Peach Shortcake	Meal Pricing: <input type="checkbox"/> \$ 7 charge for those under age sixty <input type="checkbox"/> \$ 5 suggested donation for ages sixty and over	* Indicates that sign-up/ reservations are required (Birthday Day & special holiday meals)

2% Milk, Coffee, tea, and juices available