

BRATTLEBORO

207 Main Street

SEPTEMBER 2016

www.brattleboro.org



SENIOR CENTER

Brattleboro, Vermont 05301

HOURS OF OPERATION:
Monday-Thursday 9 a.m. to 4 p.m.
Friday 9 a.m. to 1 p.m.

(802) 257-7570

The Gibson-Aiken Center of Brattleboro is open to all Seniors. Program costs are based on a not-for-profit concept. There are NO dues or fees for membership; donations are welcome.

The mission of the Brattleboro Senior Center is to provide activities, programs and services that will enhance the quality of life for the Senior Citizens residing in the Brattleboro area.

STAFF

Jessy Cudworth – Assistant Director
jcudworth@brattleboro.org
Doug Morse – Custodian

BRATTLEBORO SENIOR MEALS

257-1236

Chris McAvoy, Director
Marie Willette, Kitchen Manager
Susan Campbell, Kitchen Aide
Erica Robinson, Kitchen Aide
Visit our website:

www.brattleboroseniormeals.org

SENIOR SOLUTIONS

COUNCIL ON AGING FOR SE VT

1-800-642-5119

Advisory Board Members

Dennis Newman, Chair
Les Berg
Ernest Boudreau
Ben Coplans
Greg Propster
Leah Young

Transportation Services

Brattleboro Taxi Co – 254-6446
1-800-642-5119
DIAL-A-RIDE (for medical appts)
Call two days ahead
1-888-869-6287



SEPTEMBER HAPPENINGS

Closed for Labor Day
Monday, Sept. 5th

September Birthday Celebration
Thursday, Sept. 8th, 11:30

Ice Cream Social
Monday, Sept. 26th, 1:00

Senior Center Advisory Board Meeting
Tuesday, Sept. 27th, 9:30

Windham Walkers - West River Trail
Friday, Sept. 30th, 10:30



BIRTHDAY LUNCHEON

Seniors with September Birthdays are invited to celebrate the occasion with a special luncheon on Thursday, September 8th at 11:30 a.m. The menu will include an Appetizer Table, Punch, Pot Roast, Mashed Potatoes and Gravy, Carrot and Turnip Medley, Cake and Ice Cream. All are invited to attend. Those with birthdays in the month of September are invited to celebrate the occasion by sitting at the birthday table and waiving their donation for the day. They may invite one guest to sit with them; however, that guest is encouraged to make the regular donation. The suggested donation for seniors 60 years of age and over is \$4.00. Entertainment will be provided. We ask that everyone who wishes to attend this dinner make reservations by calling 257-1236. Please state whether you are celebrating a birthday and how many spots you wish to reserve at the Birthday table.



VOLUNTEERS NEEDED!

We are looking for help in our kitchen to pack Meals Wheels for delivery. This is a 2 hour shift from 8:45 a.m. to 10:45 a.m. We have a need for kitchen volunteers on Thursdays and Fridays. We also need substitute Meal Drivers during the month of September. See Chris if you can help or call 257-1236. Our board of directors has one opening starting on October 1st. This is a 2-year term which can be renewed up to three consecutive terms. Please see Kathryn Turnas if you are interested or present a letter of interest to Chris.

2nd ANNUAL APPEAL

Thank you to everyone who has donated to Brattleboro Seniors meals in July and August. So far we have raised over \$2000.



MY SENIOR CENTER

We currently have over 700 seniors registered with my Senior Center. Please use your card to check into activities, meals, and register your volunteer hours. If you forget your card, you can still check in by pushing the blue button on the kiosk screen and following the directions. If you have lost your card and need a replacement, please see Jessy or Chris. The cost for replacing a card is \$2. We will continue with the random raffles. Let's shoot for a 90% check in rate!

STAY CONNECTED

Check out facebook page Brattleboro Senior Meals & our website at www.brattleboroseniormeals.org

BREAKFAST CLUB

Brattleboro Senior Meals continues to serve breakfast on Tuesdays and Fridays from 7:45 to 8:15 a.m.

Come and enjoy a hot breakfast!

This month's menu is:

Sept 2 Breakfast Sandwich with Egg Cheese & Sausage, Home Fries, Fruit, Yogurt, Juice.

Sept 6 Scrambled Eggs, Bacon, Home Fries, Fruit, Muffin, Yogurt, Juice.



Sept 9 No Breakfast

Sept 13 Hot Oatmeal with Choice of Streusel, Nuts, Dried Fruits Toppings, Grapenut Custard, Cinnamon Roll, Baked Apples.

Sept 16 Vegetable Frittata, Home Fries, Fruit, Yogurt, Juice, Muffin.

Sept 20 Bavarian Waffles with Strawberries & Whipped Cream, Ham, Yogurt Parfait, Juice.

Sept 23 Eggs Benedict with Ham on an English Muffin, Home Fries, Fruit, Yogurt, Juice.

Sept 27 Stuffed Egg with Sausage Gravy, Scone, Potato Pancake, Fruit, Yogurt, Juice.

Sept 30 Whole Wheat Pancakes, Syrup, Sausage, Fruit, Yogurt, Juice.

All breakfasts are served with coffee or tea. Suggested donation for those over 60 is \$3.50.

All others are invited for \$6.



NUTRITION REGISTRATION

Once again it is time to register for the nutrition program. Please make sure that if you participate in the congregate dining program you take some time to fill out one of these one page forms which can be found on the check-in table. It is important for the meal program to register all participants once a year. This information is required to maintain our government funding that allows us to provide you with the senior meals we serve at the reasonable donation of \$3.50 a meal. If you have any questions or need any assistance with the form, please see Chris.

TRAVEL NEWS

I am in the process of planning a trip to a MassMOCA Museum in late October. It is my hope that we can make this trip economical; if not free of charge. This event would be a first-come-first-serve based on the number of seats available. If you are interested please let me know so I can plan accordingly.

Many of you have asked for more inexpensive day trips. We have a large list of potentials! There is a travel questionnaire that I will be handing out to people in the Center; please take the time to fill it out and return it to me. This will help us plan trips that are tailored to everyone's budgets and interests. If you would like a copy of the questionnaire mailed or emailed to you please contact me at 257-7570. I am always looking for new ideas! Thank you, Jessy

SENIOR COMPANION PROGRAM

Senior Solutions is looking for volunteers who are willing to spend at least 15 hours per week visiting local seniors. Volunteers who meet income eligibility receive a small tax-free stipend, orientation, training, and mileage reimbursement. But of course the greatest reward is helping relieve the loneliness of a local Senior. Please call Senior Solutions at 802-885-2655 or The Senior HelpLine at 800-642-5119 if you would like to learn more.

NEED A FREE RIDE?

Did you know that you can get a ride from your house to the Senior Center for lunch, Price Chopper, Hannaford or even Walmart? If you are interested in getting a ride from Brattleboro Taxi give them a call at 254-6446 early the morning of the day you would like a ride and tell them you would like a Senior Ride. They will come to your house and pick you up and return you when you are done! If you need more information call or see Jessy at the Senior Center 257-7570.

CALLING ALL VOUNTEERS!

We are looking for volunteers to help answer the phones at the Reception Desk on Wednesdays and Fridays. This position requires customer service skills: including answering phones, selling parking tickets, taking money from the craft room. If you would be interested in helping out on one of these days from 9:00 to Noon see Jessy or call the Center at 257-7570!

PRESENTATIONS/CLINICS

WINDHAM WALKERS

Friday, September 30th at 10:30. Join us for a series of hiking/walking adventures! We will continue our series with a hike on the West River Trail. Meet at the Senior Center at **10:30** to carpool to the location. This hike is easy to moderate. Please wear sturdy walking shoes and dress appropriately (layers recommended). Bring a non-breakable easy-to-carry water bottle. Call the Center in case of inclement weather or to ask questions: 257-7570.

National Senior Center Month

Find Balance at Your Center

Purpose

Fitness

Friendship

Learning

ncoa
National Institute of Senior Centers

September 2016

ICE CREAM SOCIAL

Celebrate the beginning of Fall and National Senior Center Month with us; **Monday, September 26th at 1:00.** We will provide all the ice cream, toppings, cones, bowls, etc. all you need is an appetite! Please sign up on the computer kiosk or in at the reception desk in advance so we know how much to have available. This event is free of charge! You may also call the Center to sign up at 257-7570.



| Monday | | Tuesday | | Wednesday | | Thursday | | Friday | |
|--|---|--|---|--|---|----------|--|--------|---|
| <p>All meals are served with 1% milk and whole wheat bread. Some special diets can be accommodated with advance notice</p> | | <p>All congregate lunches are served between 12 noon and 12:30. Menus are subject to change.</p> | | <p>Take out meals can be arranged by calling 257-1236 before 9 a.m. & are subject to availability.</p> | | | | | |
| 5 | <p>CLOSED FOR LABOR DAY</p> | 6 | <p>Breakfast for Lunch Eggs, Bacon, Sausage Pancakes Tossed Salad Fruit Salad</p> | 7 | <p>Shepherd's Pie Broccoli Pumpkin Muffin Tropical Fruit</p> | 8 | <p>HAPPY BIRTHDAY Pot Roast Mashed Potato & Gravy Carrots & Turnips Cake & Ice Cream</p> | 9 | <p>Macaroni & Cheese Steamed Greens Stewed Tomatoes Pineapple</p> |
| 12 | <p>Egg Salad Sandwich with Lettuce & Tomato Clam Chowder Cole Slaw Cantaloupe</p> | 13 | <p>Liver & Onions Mashed Potato Peas Mango</p> | 14 | <p>SALAD BAR Turkey, Ham Assorted Salads Salad Fix 'ins Melon Salad</p> | 15 | <p>Baked Chicken Tenders Vegetable Fried Rice Lemon Broccoli Orange Julius</p> | 16 | <p>Salmon Loaf Sweet Potato Peas with Onions Apricots</p> |
| 19 | <p>Stuffed Peppers with Tomato Sauce Cauliflower Garlic Bread Jell-O with Fruit</p> | 20 | <p>Tuna Salad Sandwich with Lettuce & Tomato Turkey Stew Cole Slaw Tropical Fruit</p> | 21 | <p>Chicken Marsala with Egg Noodles Spinach Carrots Cantaloupe</p> | 22 | <p>Meatloaf Mashed Potato with Gravy Cauliflower Medley Pineapple</p> | 23 | <p>Garden Cod Roasted Red Potato Green Beans & Tomato Apricot Pudding</p> |
| 26 | <p>Hot Pulled Pork on a Bulkie Roll Sweet Potato Broccoli Cookie</p> | 27 | <p>Taco Pie Mexican Corn Corn Muffin Melon Salad</p> | 28 | <p>Corned Beef & Cabbage Red Potatoes Turnip Carrot Cake</p> | 29 | <p>Chicken Pot Pie Butternut Squash Steamed Spinach Cran-Raspberry Mousse</p> | 30 | <p>Beef Stew with Turnip Cauliflower Biscuit Apricots</p> |



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LET US PLACE YOUR AD HERE.

SEPTEMBER 2016



MONDAY

9:00 Pickleball at the Park
 10:00 Movie Matinee
 12:00 Lunch served
 1:00 Sing-Along with Tina



TUESDAY

7:45 Breakfast served
 9:00 Senior Tennis at LMP
 9:30 Oil Painting & Sequencing w/ Marilyn
 Strength Training w/ Cyndy
 Knitting Group
 Senior Softball
 Lunch served
 12:00 Van Shopping at Hannaford's
 12:45 Beginning Bridge Lessons w/ Dennis
 1:15

WEDNESDAY

9:00 Pickleball at the Park
 9:15 Writing Group
 9:30 Watercolor & Water based Media Group
 10:45 Country Line Dancing w/ Richard
 11:00 Basketball in the gym
 Walking in the gym
 Lunch served
 12:00 Bridge Playing/
 Duplicate Boards
 12:30
 1:00 "Let's Talk" Group

THURSDAY

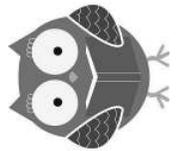
9:00 Senior Bowling
 Senior Tennis at LMP
 9:30 Strength Training w/ Cyndy
 Knitting Group
 10:30 Computer Courses
 Lunch served
 12:00 Bridge Playing
 12:45 Bocce at LMP
 1:00 Game Day

FRIDAY

7:45 Breakfast served
 9:00 Pickleball at the Park
 9:30 Balance, Flexibility & Movement w/Cyndy
 10:00 Practice Bridge Playing w/Anne
 10:30 Table Tennis, Game Room
 12:00 Lunch served
 12:45 Van Shopping at Price Chopper

SPECIAL EVENTS

5 Monday Center Closed in Observance of Labor Day
6 Tuesday 11:00 Blood Pressure Clinic, staffed by Rescue Inc.
7 Wednesday 12:45 Van Trip to Wal-Mart
8 Thursday 11:30 September Birthday Celebration; reservation required and entertainment provided.



20 Tuesday 12:00 Medicare Minute with COVE/SMP
21 Wednesday 9:00 Foot Care Clinic with George; by appt.
 11:45 Classic Country Music with Wayne
 12:45 Van Trip to Wal-Mart
26 Monday 1:00 Ice Cream Social
27 Tuesday 9:30 Senior Center Advisory Board Meeting
30 Monday 10:30 Windham Walkers - West River Trail

EXERCISE AND SPORTS

PICKLEBALL

Mondays, Wednesdays, Fridays at 9:00 at Living Memorial Park Tennis Courts. Come join the crew and learn a new game suitable for most ability levels. Contact Rick Hashagen at jdhashagen@aol.com with questions.

COUNTRY LINE DANCING LESSONS

Richard instructs Line Dancing Lessons on **Wednesdays from 10:45 to 11:45** on the Dance Floor in the Senior Center. It is great exercise and lots of fun. No experience needed and the class is free.

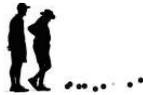
TABLE TENNIS

It's lots of fun and good exercise! Play **Friday mornings at 10:30 to Noon** in the Game Room on the 3rd Floor.

WALKING

Wednesdays at 11:00 in the gym. Come in and walk around the perimeter of the gym for a bit of exercise. Bring a friend or two!

BOCCE



Thursday afternoons at 1:00. This program is held at the Multi-Purpose Area at Living Memorial Park. For more information email sampilo@gmail.com.

BOWLING

Bowlers meet **Thursdays at 9:00** at the Brattleboro Bowl off Putney Road. This group welcomes new bowlers any time. Cost is \$8.50 for a session (includes three games). Please call Arlene Blum at 254-2710 if you are interested in joining.

SOFTBALL

Bring your glove and join the crew **Tuesdays at 9:30 a.m.** at Living Memorial Park - Upper Field.

TENNIS

This group plays on **Tuesdays and Thursdays at 9 a.m.** at Living Memorial Park on the second level near the Skating Rink. Bring a friend!

TRIVIA

Thursdays. Stimulate your neurons! Each Thursday several trivia questions will be posted on the bulletin board. The following week the answers will be posted as well. Use your supreme intellect to determine the correct response. We might even come up with a Trivia Contest later in the summer.



CYNDY'S EXERCISE PROGRAMS

STRENGTH TRAINING

Tuesdays and Thursdays at 9:30 a.m.

Did you know that strength training has proven to significantly prevent and/or reduce the effects of osteoporosis? Strength training maintains muscle mass which enhances one's quality of life.

BALANCE, FLEXIBILITY AND MOVEMENT

Fridays at 9:30 a.m.

These classes are based on Pilates Exercises to strengthen the core and align the spine.

OTHER PROGRAMS

BLOOD PRESSURE CLINIC

Tuesday, September 6th, 11:00. This free clinic is staffed by Rescue, Inc.

FOOT CARE CLINIC



Wednesday, September 21st, 9 to 10. George Lagro will run this clinic. Please make an appointment at the Receptionist's desk. The service is by donation. Note: These clinics will run monthly. George will not be here in October.

MOVIE MONDAYS

Mondays, 10. Come sit in our comfy lounge, have a snack and enjoy a good show! This month's theme is: International
 September 12th - *The Story of the Weeping Camel*
 September 19th - *The Book Thief (9:30)*
 September 26th - *Owl and Sparrow*

COMPUTER EDUCATION CLASSES

Thursdays from 10:30 to Noon. Sue Olson will offer computer education classes. There are both beginner and intermediate classes available. Please call Jessy at 257-7570 to reserve a space. There is no fee for this class.

"LET'S TALK"

Wednesdays at 1:00. Jessy will facilitate a discussion group about various senior related issues and topics. Bring things to talk about that you are struggling with or help someone by coming in with a personal success story. Everyone is welcome!

SING-ALONG WITH TINA

Mondays at 1:00. Tina will bring her guitar or play the piano: everyone is welcome to join in the sing-alongs.

PROGRAMS

BEGINNING BRIDGE LESSONS

Tuesdays, 1:15 p.m.

Dennis Newman gives Bridge Lessons to people who have little knowledge of bridge or have never played bridge. The fee is \$5.00 per class and begins Sept. 6th.

PRACTICE YOUR BRIDGE

Fridays at 10:00 a.m.

Practice bridge with Anne - working on "Two over One" and defense.

BRIDGE

Wednesdays at 12:30 p.m.

This is a pleasant game with players of all abilities who enjoy Duplicate Bridge. It's a low pressure game! You might have noticed that winners are not posted. If you come in first, second or third you are informed but no one else knows your score. We play for the joy of the game and the friendships made.

Thursdays from 12:45 to 4 p.m.

Love to play cards and play with different partners? Then this type of Bridge playing is for you. Low-key playing and the goal is to have fun.

DUPLICATE BRIDGE

Sundays at 12:30 p.m.

Duplicate Bridge is played every Sunday at 12:30 at Brattleboro Savings and Loan. Enter through the back door. If you have any questions or need a partner, please call Dennis Newman at 802-254-6184.

KNITTING GROUPS

We have two groups which knit. They meet on **Tuesday and/or Thursday, 9:30 until Noon.** They meet in the game room. You can always stay for lunch after knitting up a storm. Bring your own yarn. The groups welcome newcomers.

WEDNESDAY WRITING GROUP

The Wednesday Writers' Group is a self-guided group of writers who meet every **Wednesday from 9:15 to 10:30 a.m.** In addition to printing an annual collection of our writings, we contribute to local and various other publications. Our work encompasses poetry, memoirs, songs and stories. We welcome all who have a desire to write.

GAME DAY

Thursdays at 1:00. Join a group of fun-loving, game-playing people for a variety of games; bring in a favorite of yours to share. Board games, card games, brain games; All are welcome!

OIL AND SEQUENCING CLASS

The Stone Soup Oil Painting classes meet throughout the year and encourage anyone to drop by to check out the painting classes on **Tuesdays 9:30 to 12:30.** The cost of \$10 includes the materials. Beginners are welcome! If you are interested and want to talk to the instructor, Marilyn Allen, of the River Gallery School, please call her at 802-451-9223.

THE WATERCOLOR AND WATER-BASED MEDIA GROUP

The Brush and Palette Painters meet every **Wednesday from 9:30 to 11:30.** This is a non-instructed group with a "workshop" approach and serious attitude toward improving one's skill. New-comers and beginners are welcome.

DARK LEAFY GREENS

By Nutritionist, Chris Ellis

The temperatures are beginning to change and the cooler nights are on the increase which I am not quite ready for yet! The greens are plentiful in the gardens this year with cooler temperatures. There is no better time to eat these since the cooler temperatures produce a sweeter tastier vegetable. Green leafy vegetables whether it be spinach, dark green leaf lettuce like romaine, collards, kale or Swiss chard are rich in powerful anti-oxidants, vitamins and minerals. Dark green vegetables have been shown to benefit the health of your eyes, your bones, your heart, your brain!! Many dark green vegetables provide 25 to 30 percent of your calcium needs and provide a powerful punch of different plant compounds and some of these include lutein, quercetin, zeaxanthins and carotenoids. Many of these vegetables provide Vitamin K which is of concern for any on blood thinners such as Coumadin (warfarin) but if you take small amounts (1/2 cup) of it on a regular consistent basis it is acceptable. Check with your doctor if you are nervous about this. It is easier than you think to include these in your diet! Steam kale, spinach, collards, and Swiss chard after removing the tough stems or make a salad with the spinach or the dark green lettuce. The greens can be sautéed with garlic and onions as well with a little olive oil or they are an excellent addition to soups or stews when cut up finely. Chopped kale is delicious when mixed in with sautéed or mashed potatoes too.

You are never too old to set another goal or
to dream a new dream.

C. S. Lewis

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