



FOLIAGE POKER RUN

OCTOBER 17, 2015

TO BENEFIT THE CHELSEA SENIOR CENTER

STARTS AT THE COMMON IN

CHELSEA.

AT 10:00 AM

WINNER GETS 50 % OF THE RUN!!

COME ONE AND ALL !!

FOR MORE INFO: CALL 685-2290

THANKS FOR YOUR SUPPORT



CHANGES AT THE SENIOR CENTER THRIFT SHOP

**WE WANT TO THANK LINDA BLAISDELL FOR HER TIME
WITH US AND WISH HER WELL ON HER ENDEAVORS.**

**WE WANT TO WELCOME STEVE HENDERSON
AS THE NEW MANAGER**

COME AND MEET HIM!!

South Royalton Market invites
 Senior Citizens to a Free Congregate Lunch
 prepared by Senior Center staff & volunteers
BE OUR GUEST the 2nd Tuesday of each month
(OCTOBER 13TH 12:00 Noon)

In appreciation of the community's seniors,
 the South Royalton Market is covering the cost of this meal.

Make your reservation one week in advance:
CALL Susan at 763-7386

Please remember to check in when you arrive.
Royalton Area Senior Center
 Academy Building
 Route 14, Royalton Village

**HAPPY BIRTHDAY
 OCTOBER BABIES**



CHELSEA- 10/12
ROYALTON- 10/8
STRAFFORD- 10/21

**THANK YOU TO EVERYONE
 WHO MADE DONATIONS !!!!**

- | | |
|-----------------------|---------------------------|
| HAZEL LEWIS | CAROL ZUCCULO |
| THE PIXLEYS | FRED CHATFIELD |
| RAY BULLARD | JOHN LEAVITT |
| LORRIANE | VIOLA MORAN |
| WITHINGTON | BETTY FRARY |
| ANNETTE BRYAN | PAM LEVASSEUR |
| ROBERTA PARKER | RACHEL TENNEY |
| BARBARA PARKER | |
| ROBERT HULL | *AND OF COURSE ALL |
| LILLIAN | OF OUR VOLUNTEERS |
| WILLIAMSON | AND OUR COOKS |
| TODD BEAN | |
| VICKI EASTMAN | |
| BRENDA LEWIS | |
| CAROL PERKINS | |
| JEAN PAQUIN | |

**FOOT CLINICS
 IN CHELESA**

ON FRIDAY, NOVEMBER 13TH
THE ROYALTON SENIOR CENTER
VOTED TO PAY FOR THE FOOT
CLINIC FOR THE YEAR OF 2015

IN STRAFFORD

ON WED. OCTOBER 21ST

IN ROYALTON

TUES. OCTOBER 13TH

YOU NEED TO BRING A TOWEL
AND BASIN TO SOAK YOUR FEET.
THESE ARE BY APPOINTMENT ONLY
CALL SUE PIRIE TO MAKE APPT.
AS SOON AS POSSIBLE !!

CVCOA UPDATES

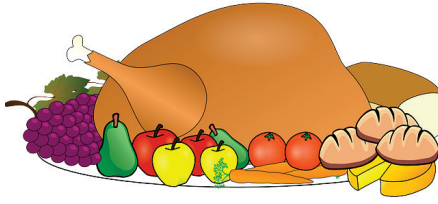
The Central Vermont Council on Aging offers free, unbiased counseling about health care options and choices. Coming up are some important dates to review your options.

Medicare D plans open enrollment is OCTOBER 15 – DECEMBER 7. During this time you can switch to a better plan. If you take medications and are covered by Medicare D then this is a time to review the plan you have and see if it will still be the best plan for you.

Advantage Plans (Medicare C): The time for changing these plans is January and you would need to let the old plan know of changes in December. These plans are freely advertised on the television as very reduced cost but there are some things to consider before you sign up.

If you would like to talk to a reliable trusted agency then call us at 800-642-5119. We can talk to you by phone, come to see you in your home or have you come to meet with us. We also offer classes about Medicare all year long.

TRIPS



shutterstock - 227551726

**DECEMBER 3 RD-
TRIP TO THE HART'S TURKEY FARM AND
THE WINNIPESAUKEE PLAYHOUSE TO SEE " SLEIGH BELLS SWING".
COST IS \$ 57.00 PER SENIOR
THE MONEY IS DUE BY OCT. 30, 2015
THE BUS IS FULL. I HAVE STARTED A STAND BY LIST.**

ANNUAL MEETINGS:

CHELSEA:

FRIDAY, OCTOBER 23RD

ROAST PORK DINNER

ROYALTON:

TUESDAY, OCTOBER 27 TH

ROAST PORK DINNER

FLU SHOT CLINICS

OCTOBER 9TH

AT THE CHELSEA SENIOR CENTER
FROM 10 TO 12

OCTOBER 13TH

AT THE ROYALTON SENIOR CENTER
FROM 12:30 TO 2:30

OCTOBER 21ST

AT THE STRAFFORD SENIOR CENTER
FROM 12:30 TO 2:30

BRING YOUR MEDICARE B CARD AND THE SHOT IS FREE.
OTHERWISE IT COST \$ 25.00.





OCTOBER 2015

CHELSEA, ROYALTON AND STRAFFORD SENIOR CENTERS

** SUGGESTED DONATION \$ 3.00 PER MEAL, UNDER 60 COST \$ 4.00 PER MEAL

*** SUGGESTED DONATION IN CHELSEA IS \$ 4.00 PER MEAL. UNDER 60 COST \$ 5.00 PER MEAL

Mon/ CHELSEA 685-2290	Tue/ ROYALTON 763-7386	Wed/ STRAFFORD 765-4121	Thu/ ROYALTON 763-7386	Fri/ CHELSEA 685-2290
** MENU SUBJECT TO CHANGE	** ALL MEALS ARE SERVED WITH 2% MILK, 100% JUICE AND BREAD		1 SCALLOP POTATO TUSCON VEG. PUMPKIN BREAD PEACHES	2 BEEF NOODLE SOUP 4 BEAN SALAD BISCUIT BLUEBERRY SHORTCAKE
5 TURKEY KILBASA CABBAGE CARROTS, POTATO BREAD TROP. FRUIT	6 SHEPHERDS PIE BROC. ZUCC. BREAD RASP. BARS	7 MEATLOAF BREAD POTATO MIXED VEG. PUDDING	8 SW. & SOUR CHICKEN RICE MIXED VEG. BIRTHDAY CAKE	9 BROC. QUICHE MIXED VEG. BLUEBERRY BREAD MANDERIN ORANGES
12 LASAGNA GARLIC BREAD IT. MIX. VEG. BIRTHDAY CAKE	13 BROC. QUICHE MIXED VEG. BLUEBERRY BREAD MANDERIN ORANGES	14 BAKED BEANS HOT DOGS COLESLAW APPLE CRISP	15 BEEF STEW 4 BEAN SALAD BISCUIT FRUIT COBBLER	16 CHIPPED BEEF GRAY CORN BREAD POTATO BROC. PUDDING
19 SCALLOP POTATO BROCCOLI ROLL PEACHES	20 LASAGNA IT. MIX VEG. GARLIC BREAD TROP FRUIT	21 CHICKEN PIE POTATO SQUASH BIRTHDAY CAKE	22 CHIPPED BEEF GRAY CORN BREAD POTATO CARROTS PUDDING	23 ROAST PORK POTATO TUSCON VEG. BREAD BANNANA SPLITS
26 FISH SW. POT. FRIES PEAS & CARROTS ROLL STRAW. SHORTCAKE	27 ROAST PORK POTATO COLESLAW BREAD PUMPKIN PIE	28 AUTUMN SOUP SANDWICH CONGO BARS	29 TUNA NOODLE CASSEROLE BREAD PEAS & CARROTS LEMON CAKE	30 MEATLOAF POTATO/ BREAD BROC. COOKIE BAR

OCTOBER ENTERTAINMENT 2015

Mon/ CHELSEA	Tue/ ROYALTON	Wed/ STRAFFORD	Thu/ ROYALTON	Fri/ CHELSEA
			1 LIBRARY DAY	2 MUSIC BY GALEN MUDGETT
5 MUSIC BY THE HAROLD LUCE TRIBUTE BAND	6 BLOOD PRESSURE CLINIC WITH CAROL @ 11:30 AM	7 STRAFFORD K, 1 & 2ND GRADERS SINGING @ 11:45 AM	8 CHELSEA FUNDRAISER SHARON REST AREA	9 FLU SHOT CLINIC 10 TO 12
12	13 - FREE DINNER MUSIC BY THE PEA PICKERS FOOT CLINIC BY APPT. FLU SHOT CLINIC 12:30 TO 2:30	14	15 MUSIC BY GALEN MUDGETT	16 POKER RIDE ON SAT. STARTS @ 10:00 AM AT THE CHELSEA COMMON
19	20	21 FOOT CLINIC BY APPT. FLU SHOT CLINIC 12:30 TO 2:30	22	23 ANNUAL MEETING
26	27 ANNUAL MEETING AND BOARD MEETING	28	29 SURPRISE BINGO	30 MONEY IS DUE FOR THE DECEMBER TRIP!!

**CHELSEA, ROYALTON &
STRAFFORD SENIOR CENTERS
P.O. BOX 344
SO. ROYALTON, VT. 05068**



CVCOA HELPLINE 1/800/642/5119

SO. ROYALTON SENIOR CENTER THRIFT SHOP 802-763-7895

**SO. ROYALTON
SENIOR CENTER
P.O. BOX 344
SO. ROYALTON, VT.
05068
LOCATED AT THE
ROYALTON ACADEMY
BUILDING
4266 VT. RTE 14
ROYALTON, VT.
Phone: 802-763-7386
Fax: 802-763-7386 *51
E-mail:
royalton@myfairpoint.net**

**STRAFFORD SENIOR
CENTER
LOCATED
AT
BARRETT HALL
JCT. RTE 132 &
JUSTIN MORRILL HWY
SO. STRAFFORD, VT.

PHONE
802-765-4121**

**CHELSEA SENIOR CENTER
P.O. BOX 44,
CHELSEA, VT. 05038
LOCATED AT
UNITED CHURCH OF CHELSEA
13 NORTH COMMON
CHELSEA, VT
PHONE 802-685-2290
E-MAIL:
chelseaseniorcenter@gmail.com**

STAFF

EXECUTIVE DIRECTOR - SUSAN PIRIE

ROYALTON THRIFT SHOP— STEVE HENDERSON

ROYALTON COOK- MARY LAMB

ROYALTON KITCHEN AIE—VOLUNTEERS

CHELSEA COOK - ELAINE MORGAN

STRAFFORD COOK - LINDA DUCHARME

CHELSEA KITCHEN AIDE- BETTY ROGERS

STRAFFORD KITCHEN-AID- VOLUNTEERS

ALL OUR VOLUNTEERS!!