

THE HIGHLANDS HAPPENINGS

The Highlands at Wyomissing® Weekly Newspaper ● Wyomissing, PA ● July 1, 2022

GOGGLEWORKS TOUR

Did you know the Goggleworks Factory in Reading was the first factory in the United States to manufacture optical lenses? It also produced most of the aviation lenses and glasses during World War 2. Today, it serves as an art hub providing opportunities for the community and local artists to share their knowledge. The Programming Department has been working with the team at the Goggleworks to develop a collaboration plan to host engaging programs for our residents.

The Highlands will be taking a tour of the first three floors of the building on Monday, July 11 at 10:00 a.m. The tour will be led by Tom Compton, Artistic Director, and Emily Theil, Programs Manager. Residents will be exploring all their tremendous studios to spark their interest for potential collaboration programs in the future including their glass blowing studio, woodshop, ceramics studio, art gallery, theater, digital media, animation, various art studios and finishing the tour with a ceramic demonstration.

Important: The Goggleworks does have an elevator available to accommodate residents with assistive devices. Residents can register at the Concierge Desk. Transportation is limited to 14 residents. However, the trip is limited to 25 residents due to the ceramic demonstration. Free parking is available at the Goggleworks. There is no fee associated with this tour unless you will be utilizing Highlands' transportation.



WYO CLUB ROOM RESERVATION SYSTEM / GUESTS

As part of our ongoing commitment and dedication to delivering a premier lifestyle and experience for our residents, we are excited to announce a new reservation process for the Wyomissing Club Room. By introducing the reservation process, we intend to reduce wait times, improve the resident experience, and assure your dining time and table.

This new process will begin on Tuesday, July 5, 2022. Reservations are required for all tables, regardless of party size, and can be made up to 3 days in advance. For example, if you would like a reservation for Tuesday, July 5, you may call as early as Saturday, July 2. A reservation can be made by emailing diningorders@thehighlands.org. or calling 484-220-8316.

Highlights:

- Reservations are required in the Wyomissing Club Room and can be made up to 3 days in advance.
- Reservations are required in the Terrace Room and can be made up to 3 days in advance.
- Residents can dine in the Terrace Room 3 times per week.
- Reservations are not required or accepted in the Bistro.

Additionally, we are excited to announce, beginning Tuesday, July 5, 2022, we will be welcoming guests back into our dining areas! All guest meals will be charged according to the Fee Schedule. Charges for guest meals will be added to your account and included on your monthly statement. Please note, guest meals may no longer be paid for by using missed meals.

SAFE ON YOUR FEET EXERCISE VIDEO

As Sentric's was installed in resident apartments, they gained access to the ENGAGE 360 platform. Sentric's ENGAGE 360 platform allows residents to access dozens of exercise videos for a variety of skill levels. Once a resident has fully transitioned, they will no longer have access to Channel 956. As such, the Safe on Your Feet exercise video will slowly be phased out. Effective July 1, the exercise video will no longer be broadcasted. Residents are strongly encouraged to utilize the ENGAGE 360 platform to select an exercise video they desire that fits their desired morning, afternoon, or nighttime routine. To access exercise videos residents can complete the following steps, following their installation.:

1. Turn on the TV
2. Touch the "Engage" button on your remote
3. Use remote and select "My Health" on left side of screen
4. Use remote to select "Exercise" on right side of screen
5. Use remote and select your desired "Pace"
 - a. Slow, Medium, or Fast
6. Use remote and select your desired "Level"
 - a. Seated, Assisted, Standing or Advanced
7. Use remote to select your desired video
8. Use remote to select "Try Workout"
9. When finished, select the "Back" button on your remote to return to the list of exercise videos or select the "Engage" button to return to the main screen.

PROGRAMMING UPDATE

There will be some temporary programming changes for the upcoming week. Refer to the "Week At A Glance" section for program times.

- Brain Fitness has been cancelled
- Tech Topic has been cancelled
- Ted Talk has been cancelled

EMAIL OR PHONE NUMBER CHANGES

During the Sentric's installation, residents may have changed their email address or phone number. To ensure residents still receive important communication, please provide any changes of contact information to the Concierge Desk.

COME ONE, COME ALL – HIGHLANDS CARNIVAL

The Highlands will be hosting a Carnival on Monday, July 18 from 11:00 a.m. to 1:00 p.m. in the Cultural Center and Door #5 Parking Lot. The Carnival will feature live music, incredible food, and many classic Carnival/Fair games including ring toss, balloon pop, milk jug toss, and many more. An appearance from Sweet Ride Ice Cream will treat residents to delicious ice cream and assorted toppings. Lastly, we can't forget, residents will have the opportunity to dunk some of The Highlands' team members in a dunk tank!

Residents can register at the Concierge Desk. A meal credit will be charged to resident accounts for the food. All registrants will receive an invitation in their mailbox on Thursday, July 14. This invitation serves as your ticket into the Carnival and grants you 10 game tickets. Questions can be directed to Jared Martz, RL Programming Manager, at 484-220-8265 or martzj@thehighlands.org.

THE PICTORIAL DIRECTORY IS AVAILABLE

The Highlands Residents Association is pleased to announce our directory will be available for purchase beginning July 5, 2022! We appreciate the devoted work of the implementation team and the cooperation of our residents in Independent Living. Here is what you need to know:

- Time: 4:00 p.m. to 5:00 p.m.
- Location: Concierge Desk
- Dates: July 5, 6, 7, 8, 9, (Noon – 1 p.m. on Sunday 7/10)
- Cost: \$5.00
 - Will be debited from your Highlands account. You will simply sign for the number of copies you wish to own and see that purchase posted on your monthly accounting statement.

We have printed 350 copies and will publish a distribution schedule each week in The Happenings. Contact

RABBI BRIAN MICHELSON

Rabbi Michelson of Oheb Sholom will be here on Tuesday, July 5 at 11:00 a.m. in the Berkshire Room. This discussion-based program will cover both secular and nonsecular topics. All are welcome to attend.

LEARN-A-BIT – JULY SESSION – WHAT IS WELLNESS?

Do you want to know how to manage your medications better? Are you curious about the human body? Then stop by the Cultural Center Side A on Tuesday, July 5 at 2:00 p.m. This new class called Learn-a-Bits will cover different topics every month to better educate residents on exercise, the body, and long-term health management. This session will talk about “what is the real meaning of wellness” and what residents can do on and off campus to live a full wellness lifestyle.

PHILADELPHIA PHILLIES VS WASHINGTON NATIONALS

Come watch the Philadelphia Phillies take on their rivals the Washington Nationals on Tuesday, July 5 at 7:00 p.m. in the Cultural Center. The first pitch will be at 7:05 p.m.

SUMMER CONCERT SERIES – 6th CONCERT

Join us in the Main Lounge Courtyard as we welcome Ken Gehret, on Wednesday, July 6 from 11:00 a.m. to 12:00 p.m. for the 6th concert of the series. Due to a generous sponsorship from Fulton Bank, The Highlands will be hosting a Summer Concert Series to showcase a variety of musical talent every Wednesday from 11:00 a.m. to 12:00 p.m. in the Main Lounge Courtyard. Residents whose apartment overlooks the Courtyard are asked to invite their non-balcony neighbors to watch the show from their balcony. Additional seating will be available in the Courtyard.



OUTDOOR EXERCISE CLASS

Join Ashleigh Daniels, Fitness Center Coordinator, outside in the Fitness Garden for an afternoon workout at 1:15 p.m. on Wednesday, July 6.

WEDNESDAY CHAPEL SERVICE – COMMUNION SERVICE

Come to the Cultural Center on Wednesday, July 6 at 2:00 p.m. for Chapel Service hosted by Reverend Corrine Dautrich. This service will also be a communion service. All are welcome to attend.

GEORGE WASHINGTON LECTURE

History comes alive on Wednesday, July 6 at 7:00 p.m. in the Cultural Center. Joe McDevitt returns to The Highlands in full character as he presents about the history of George Washington and the founding of our nation.

SWEET HARMONY VIOLIN CONCERT

Violinist Elisa Mata is an avid performer and multifaceted music educator who earned her Artist Diploma in Performance and Bachelor’s in Performance and Education from Duquesne University. Her orchestral experience includes performances with the Pennsylvania Sinfonia, The Choristers, The Brandywiners, the St. Vincent Camarata and many more. She will be here on Thursday, July 7 at 4:00 p.m. in the Cultural Center.

DISCOVERY FRIDAY – FREE SOLO

The next documentary in the series will be on Friday, July 8 at 2:00 p.m. in the Berkshire Room and will feature “Free Solo”. “Free Solo” is a 2018 American documentary film directed by Elizabeth Chai Vasarhelyi and Jimmy Chin that profiles rock climber Alex Honnold on his quest to perform a free solo climb of El Capitan in Yosemite National Park in June 2017. Run Time: 100 minutes.

MARK YOUR CALENDARS

• **RINGGOLD BAND**

Save the date! The famous Ringgold Band will be here on Tuesday, July 12 at 7:00 p.m. in the Cultural Center for a performance you won’t want to miss.

• **SUMMER CONCERT SERIES – 7th CONCERT**

Join us in the Main Lounge Courtyard as we welcome High School student Isabella Vitales, an All-State Orchestra violinist, on Wednesday, July 13 from 11:00 a.m. to 12:00 p.m. for the 7th concert of the series.

• **OPERA AT THE MOVIES**

A two-part showing of the Opera “Don Giovanni” will occur on Wednesday, July 13 and Thursday, July 14. The entire Opera will be shown on Wednesday, July 13 with only part 2 of the Opera being shown on Thursday, July 14. Both show times start at 7:00 p.m. in the Cultural Center.

• **SPRINGER DAY CAMP INTERGENERATIONAL EVENT**

On Thursday, July 14 children from the Springer Day Camp will be here for an intergenerational event. Come to the Cultural Center at 10:00 a.m. for a fun time of games, crafts, and much more.

• **BEN ROGERS-PETRO PIANO CONCERT**

Ben Rogers-Petro is a gifted multi-instrumentalist with a passion for making music. In 2021 he completed a degree in music theory with a classical piano concentration from Temple University, though he considers himself a lifelong student of music. He is a versatile pianist who loves to play anything from Beethoven to Billy Joel and everything in between. He will be here on Thursday, July 14 at 4:00 p.m. in the Cultural Center.

WEEK AT A GLANCE

SUNDAY, JULY 3, 2022

11:00am – Line Dancing in the FS
7:00pm – *Top Gun* in CCA

MONDAY, JULY 4, 2022

9:00am – Yoga Flow in the FS
7:00pm – *Top Gun* in CCA



TUESDAY, JULY 5, 2022

9:00am – Bone Builders in the FS
10:00am – Supervised Gym in the FC
10:00am – Aqua Zumba in the FCP
10:00am – Pilates in the FS
11:00am – Supervised Swim in the FCP
11:00am – Rabbi Brian Michelson in the BR
11:15am – Stand n’ Drum in the FS
1:30pm – Blood Pressure Clinic in the RC
1:30pm – Fulton Bank, Wine & Spirits, CVS in the TD
2:00pm – Learn A Bit in the Cultural Center
7:00pm – Phillies vs Nationals in the CCA

WEDNESDAY, JULY 6, 2022

9:00am – Arthritis Ability in the FS
10:00am – Supervised Gym in the FC
10:00am – Yoga Flow in the FS
11:00am – Summer Concert Series in the ML
1:15pm – Outdoor Exercise Class in the FCG
1:30pm – Lancaster Ave Shopping Center in the TD
2:00pm – Chapel Service in the CC
7:00pm – Bingo in the BR
7:00pm – George Washington Lecture in the CC

THURSDAY, JULY 7, 2022

9:00am – Drum n’ Fun in the FS
10:00am – Supervised Gym in the FC
10:00am – Zumba Gold in the FS
10:00am – Helping Hands Knitting Group in the PR
10:00am – Transportation Loop Begins in the TD
11:15am – Walking Club in the ML
1:00pm – 12 Step Recovery Group in the MR
2:00pm – Bocce in the CC
4:00pm – Sweet Harmony Violin Concert in the CC

FRIDAY, JULY 8, 2022

9:00am – Pilates in the FS
10:00am – Giant in the TD
10:15am – Aqua Fit in the FCP
11:00am – Line Dancing in the FS
11:00am – Supervised Swim in the FCP
1:00pm – Shillington Farmer’s Market in the TD
2:00pm – Discovery Friday in the BR
7:00pm – Marbles in the BR

SATURDAY, JULY 9, 2022

1:00pm – Duplicate Bride in the BR
6:30pm – Pinochle in the BR
7:00pm – *Hello, My Name Is Doris* in CCA

ABBREVIATION KEY

*	Pre-Registration	HTN	Channel 956
BR	Berkshire Room	ML	Main Lounge
CC	Cultural Center	MR	Meditation Room
CCA	Cultural Center A	P	Parlor
CCB	Cultural Center B	RC	Resident Clinic
FCG	Fitness Center Gym	TD	Transportation Depot
FCP	Fitness Center Pool		
FS	Fitness Studio		

UPCOMING JULY PROGRAMMING CHANGES

The Programming Department has been exploring avenues to expand its impact through the programs they offer. The July monthly calendar will feature fewer, than traditional levels, special programs at 7:00 p.m. in the Cultural Center. In addition, introduce a new time for programs, pre-dinner, at 4:00 p.m. in the Cultural Center. The rationale behind this change is to actively engage residents that are unable to attend current programming due to their schedules and the time programs are offered. Below you will find a preliminary schedule for July, more events are still to be added:

- Wednesday, July 6 – Summer Concert Series (11am)
- Wednesday, July 6 – George Washington Lecture (7pm)
- Thursday, July 7 – Classical/Modern Violin Concert (4pm)
- Monday, July 11 – Goggleworks Tour w/ Ceramics Demo (10am)
- Tuesday, July 12 – Ringgold Band (7pm)
- Wednesday, July 13 – Summer Concert Series (11am)
- Wednesday, July 13 – Tom Witman Piano Performance (4:30pm)
- Wednesday, July 13 – Opera At The Movies Part 1 (7pm)
- Thursday, July 14 – Summer Painting Workshop (10am)
- Thursday, July 14 – Modern/Broadway Piano Concert (4pm)
- Thursday, July 14 – Opera At The Movies Part 2 (7pm)
- Monday, July 18 – Highlands Carnival (11am)
- Tuesday, July 19 – Classical Piano Concert (4pm)
- Tuesday, July 19 – Roaring 20s Program (7pm)
- Wednesday, July 20 – Summer Concert Series (11am)
- Wednesday, July 20 – Debbie Butcher Vocal Performance (7pm)
- Friday, July 22 – Classic Movie (7pm)
- Tuesday, July 26 – Temple Street Avenue (7pm)
- Wednesday, July 27 – Summer Concert Series (11am)
- Wednesday, July 27 – Classical Piano Concert (4pm)
- Friday, July 29 – Plum Creek Creamery Trip (1pm)

The schedule does not replace the normal programming offered which includes exercise classes, tech topic, ted talk, etc. This schedule is in addition to the normally offered programs. All feedback is desired, contact Jared Martz, RL Programming Manager, at 484-220-8265 or martzj@thehighlands.org.

THE ROARING TWENTIES

Let’s go back to the “ROARING TWENTIES” with a musical PowerPoint program by . will narrate along with our flappers, Join us for a fun time & wear something from the twenties: a fedora, bow tie, suspenders; pearls, long gloves, headpieces, etc. Let’s take a look back at the 1920s on Tuesday, July 19 at 7:00 p.m. in the Cultural Center.

BALANCE CLINIC

As part of the “Staying Upright” series, the Therapy Department will be hosting a balance clinic in the Berkshire Room on Thursday, July 21 from 1:00 p.m. to 4:00 p.m.. Residents can register at the Concierge Desk for a 20-minute balance testing designed to indentify any areas of opportunity to improve balance and stability. There are 18 spots available.

HIGHLANDS REMEMBRANCE SERVICE

A Service of Remembrance was held on Monday, June 27th, in honor of those residents who recently passed away. A candle was light to memorialize each resident. Thank you to all the residents who participated in the service and attended it. We will have a service on a more regular basis, so our friends and fellow residents of The Highlands community will be remembered.



HIGHLANDS COMMUNITY GARDEN SCARECROW

The results are in! Thank you all to everyone who voted for the name of the new Highlands Community Garden Scarecrow. And the winning name is Flora Belle. She will begin her watch immediately, with her main responsibility of protecting the bountiful crops growing in the garden. Also, we hear, she is a very good listener and would love to hear as many stories as possible.



WEEKEND MOVIES

❖ **TOP GUN (1986)**

As students at the United States Navy's elite fighter weapons school compete to be best in the class, one daring young pilot learns a few things from a civilian instructor that are not taught in the classroom. Cast includes Tom Cruise, Val Kilmer, Tim Robbins, Tom Skerritt, and Kelly McGillis Run Time:110 minutes.

❖ **HELLO, MY NAME IS DORIS (2015)**

A self-help seminar inspires a sixty-something woman to romantically pursue her younger co-worker. Cast includes Sally Field, Max Greenfield, Tyne Daly, and Stephen Root. Run Time:90 minutes.

Information obtained from IMDB.com

PHYSICIAN SERVICES

Blood Pressure Services:

- ❖ On Tuesdays at 1:30p.m. in the Resident Clinic, no appointments needed

Laboratory Services:

- ❖ On Wednesday mornings, appointments made by calling 610-775-2300.

Podiatry Services:

- ❖ On 1st, 3rd, and 5th Thursdays of the month, appointments made by calling 610-376-4880.

Audiology Services:

- ❖ On 4th Monday of the month, appointments made by calling 610-775-2300.

Dermatology Services:

- ❖ On 1st Wednesday of the month, appointments made by calling 877-345-5300.

Psychologist Services:

- ❖ On Tuesdays, appointments made by calling 484-220-8267.

HIGHLANDS FITNESS CALENDAR

Class Length Key

- ◆ = 30 Minutes
- ◆◆ = 45 Minutes
- ◆◆◆ = 60 Minutes

SUNDAY, JULY 3, 2022

11:00am – Line Dancing in the FS◆◆

MONDAY, JULY 4, 2022

9:00am – Yoga Flow in the FS◆◆

TUESDAY, JULY 5, 2022

- 9:00am – Bone Builders in the FS◆◆
- 10:00am – Supervised Gym in the FC◆◆◆
- 10:00am – Aqua Zumba in the FCP◆◆◆
- 10:00am – Pilates in the FS◆◆◆
- 11:00am – Supervised Swim in the FCP◆◆◆
- 11:15am – Stand n’ Drum in the FS◆

WEDNESDAY, JULY 6, 2022

- 9:00am – Arthritis Ability in the FS◆◆
- 10:00am – Supervised Gym in the FC◆◆◆
- 10:00am – Yoga Flow in the FS◆◆
- 1:15pm – Outdoor Exercise Class in the FCG◆

THURSDAY, JULY 7, 2022

- 9:00am – Drum n’ Fun in the FS◆◆
- 10:00am – Supervised Gym in the FC◆◆◆
- 10:00am – Zumba Gold in the FS◆◆
- 11:15am – Walking Club in the ML◆
- 2:00pm – Bocce in the CC◆◆◆

FRIDAY, JULY 8, 2022

- 9:00am – Pilates in the FS◆◆
- 10:15am – Aqua Fit in the FCP◆
- 11:00am – Line Dancing in the FS◆◆◆
- 11:00am – Supervised Swim in the FCP◆◆◆

ROOM ABBREVIATION KEY

- CC = Cultural Center
- CH956 = Channel 956 (HTN)
- FCG = Fitness Center Gym
- FCP = Fitness Center Pool
- FCPP = Fitness Center Pool Patio
- FS = Fitness Studio

HAPPY BIRTHDAY!!!

WELCOME NEW RESIDENTS!!!

Bistro Buffet and Wyomissing Club Room Menu

To Go orders, Reservations and Room Service call 484-220-8316 or email diningorders@thehighlands.org

Happy 4th Of July

MONDAY, JULY 4

11:30am-2:30pm Buffet in the Wyomissing

Club, Terrace Room & Bistro
Reservations Required

Macaroni Salad Coleslaw GF
Hamburger GF on Roll
Hot Dogs on Roll
Fried Chicken
Potato Chips Baked Beans GF
Corn on the Cob GF
Relish Tray with Dip GF
Watermelon GF Assorted Cookies
Ice cream Novelties

FRIDAY, JULY 8

German Potato Salad GF
Chicken Corn Noodle Soup GF
Stuffed Pepper Soup GF
BBQ Ribs GF
Chicken Cordon Blue GF
Tuna Stuffed Tomato Plate GF
Curley Fries
Wilted Spinach with Bacon GF
Squash Medley GF
Calico Beans GF
Strawberry Crepes
Chocolate Chip Bread Pudding

TUESDAY, JULY 5

Strawberry Salad GF
Chicken Vegetable Soup GF
Beef Orzo Soup GF
Seafood Stuffed Sole
Meatball Sandwich
Pork Loin w/ Gravy GF
Scalloped Potatoes
Squash Medley GF
Green Beans GF
Baby Carrots GF
Cherry Pie
Chocolate Cake

SATURDAY, JULY 9

Caesar Salad Steamed Clams GF
Penne ala Vodka with Shrimp
Grilled Chicken Citrus Salad GF
London Broil GF
Sides (included with Entrée)
Rissolle Potatoes, Macaroni Salad or
Coleslaw GF
French Fries or Onion Rings
Green Beans GF
Ice cream Peanut Butter Pie

WEDNESDAY, JULY 6

Herring in Wine Sauce GF
Beef Orzo Soup GF
Broccoli Cheese Soup GF
Beef Stroganoff GF
New Orleans Shrimp Cake
Asian Chicken Salad GF
Buttered Noodles
Ratatouille GF
Cauliflower GF
Summer Blend GF
Coconut Custard Pie
Bananas Foster

SUNDAY, JULY 10

Fresh Fruit GF Assorted Pastries
Cheese Blintz
Mixed Greens w/ Balsamic GF
Mini Bagels and Lox Plate
Eggs Benedict GF
Roast Turkey GF with Gravy
Corn GF Bread Stuffing
Creamed Chipped Beef
Bacon or Sausage GF
Home fries GF

THURSDAY, JULY 7

Spinach with Bacon Dressing GF
Broccoli Cheese Soup GF
Chicken Corn Noodle Soup GF
Shrimp Stir Fry w/ Rice GF
Hot Roast Beef (GF) on White
Chicken Parmesan w/ Capellini
Asparagus GF
Stir Fry Blend GF
Broccoli GF
Cannoli
Dutch Apple Pie

Always Available

Applesauce, House Salad, Fresh Fruit
Baked Salmon with Dill Sauce
Baked Chicken, Chicken Caesar Salad
Whipped, Baked & Sweet Potatoes
Desserts: Angel Food Cake,
Hand Fruit (apple, banana, orange)
=Lower Sodium GF= Gluten Free

Week 4

Announcements

Reservations are available for Independence Day, Monday July 4th!

Tuesday, July 5, 2022

New reservation process starts!

Reservations are required for Wyomissing Club Room and Terrace Room. Reservations can be made up to 3 days in advance.
Guests are welcome back into our dining areas!

Weekend To Gos

To gos are available Saturdays 11:30 am -2:30pm (Bistro menu) or 4:30 – 6:30 p.m. (Shrimp, Clams and More menu)
Sundays 11:30-2:30 p.m. (Brunch Menu)
Pick up To Gos in the Bistro area

Please call 484-220-8316 or email diningorders@thehighlands.org to make or change a reservation.

Dining Hours

Bistro – No reservations needed or accepted.

- Breakfast: Monday through Saturday 8:00 a.m. – 2:30 p.m.
- Lunch: Monday through Saturday 11:30 a.m. – 2:30 p.m.
- Dinner Buffet: Monday through Friday 4:00 p.m. – 6:30 p.m.
- Closed Sundays.

Wyomissing Club – Reservations required Monday through Sunday.

- Lunch: Monday through Friday 12:00 p.m. – 1:30 p.m.- No reservations needed.
- Dinner: Monday through Friday 4:30 – 7:00 p.m.
- Saturday Evenings: 4:30 – 6:30 p.m. (Shrimp, clams, and more menu)
- Sunday Brunch: 11:30 a.m. – 2:30 p.m. and Burgers and more 4:30 – 6:30 p.m.

Terrace Room – Reservations required Monday through Friday & Sundays.

- Dinner: Monday through Friday 5:00 p.m. – 7:00 p.m.
- Sunday Brunch -11:30 a.m. – 2:30 p.m.
- Closed Saturdays

To-go & Room Service

To-go and room service orders are available during the following hours:

Monday - Friday 12:00-1:30 p.m. or 4:00-6:30 p.m.

Saturday 11:30 am -2:30pm or 4:30 – 5:30 p.m. Sunday 11:30am-2:30 p.m.

Please call 484-220-8316 or email diningorders@thehighlands.org.

Terrace Room Menu

July 5-8

Terrace Room Menu not available July 4th

STARTERS

Soup du Jour
Fresh Fruit Cup-GF
House Salad - GF
with Balsamic Vinaigrette

Summer Corn Soup with Fresh Herbs GF
Local corn simmered chicken stock. Finished with fresh thyme and basil.

ENTREES

Sole Meuniere GF

Sole lightly coated with rice flour, pan seared and finished with butter, lemon, and parsley

Duck Breast with Blood Orange Marmalade GF

Pan seared duck breast topped with blood orange and vanilla bean marmalade

Brown Butter Butternut Squash Ravioli

Brown butter ravioli with butternut squash, sage, and pecans. Garnished with grated parmesan cheese bread.

ACCOMPANIMENTS

Garlic & Sweet Potato Polenta
Vegetable Du Jour GF

Swiss Chard & Shallots GF
Baked or Sweet Potato GF



Always Available

Pan Roasted Salmon, Grilled Chicken Caesar Salad, Pan Seared Strip Steak.