



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



APRIL 2012

THANK YOU, THOMPSON CENTER VOLUNTEERS!

A MULTITUDE OF SERVICES ARE ACCOMPLISHED BY VOLUNTEERS

The Thompson Center could not operate without the dedicated volunteer force that it has. Approximately 160 volunteers served over 6,000 hours over the past year in the following ways:

- Front desk receptionists (2 each day)
- Meals on Wheels drivers (3 - 4 each day)
- Dining room wait staff (2 - 3 each day)
- Daily table setting
- Daily Bingo caller
- Board of Directors
- Newsletter folding
- Business support
- Program speakers & facilitators
- Kitchen helpers & cake bakers
- Medical appointment drivers
- Birthday card mailings
- Gardening
- Fundraising events (Christmas & Valentine's Auction)
- Writing for our newspaper column

WE APPRECIATE YOUR
EFFORTS AND THE CARE
YOU ALWAYS TAKE.

THANK YOU FOR YOUR
COMMITMENT AND
THE DIFFERENCE THAT
YOU MAKE!

TOP 5 REASONS VOLUNTEERS SERVE HERE

We asked a number of our dedicated volunteers why they volunteer for the Thompson and this is some of what we heard:

1. For the warmth & friendship they find
2. To stay active
3. To be helpful to an organization that meets so many needs
4. To give back to a place that helps them
5. Feeling of value in what they are doing

Dr. Robert B. Santulli at The Thompson Center

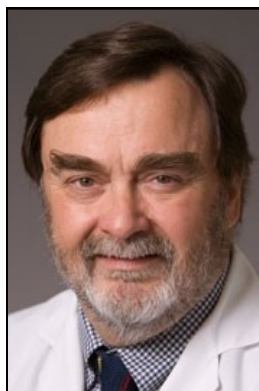
Staying Engaged: The Importance of Pursuing Meaningful Activities In Alzheimer's Disease and Other Dementias.

Tuesday, April 17, 4:30 pm Social Hour, 5:30 pm Program

Following a brief overview of the major features of Alzheimer's disease and other dementias, Dr. Santulli will discuss the importance of activities for people with these conditions. The benefits of activities will be discussed, as well as how daily chores and tasks can be turned into useful activities, with the proper approach and attitude. Finally, specific recommendations of activities for people in various stages of illness will be offered. There will be ample time for questions and discussion.

Robert B. Santulli, M.D. is an author, Associate Professor of Psychiatry at Dartmouth Medical School and Director of Geriatric Psychiatry at Dartmouth-Hitchcock Medical Center.

Join us for cocktails and book signing with Dr. Santulli at 4:30 pm and the program portion will begin at 5:30 pm. Sponsored in partnership with Armistead Caregiver Services (www.armisteadinc.com)



IN THIS ISSUE

| | |
|---|--------|
| Contact information | 2 |
| Behind the Scenes/ Advisory notes | 2 |
| Classes | 4 |
| Trips - New Trips! | 5 |
| Calendars | 6,7 |
| Programs & Events | 3,8, 9 |
| Ongoing Programs | 10 |
| In Memory/ In Appreciation/ Birthdays | 11 |

Volunteer Appreciation Breakfast

Wednesday, May 2, 2012
8:30am

All volunteers are invited to the Center for a time of celebration, recognition, and a delicious breakfast.

Please RSVP by April 27th to 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.thompsonscenter.org

CENTER HOURS

8 AM-3 PM, Monday-Friday

STAFF

Deanna Jones, Executive Director,
tsc-execdiretor@comcast.net
Paula Audsley, Office Manager,
paulsley@comcast.net
Diana Leskovar, Prog Director,
dleskovar@comcast.net
Pam Butler, Asst. Prog Director,
pbutler-tsc@comcast.net
Ryan Martin, Chef,
tsc-chef@comcast.net
Siobhan Wright, Kitchen Asst.,
Nelson Gilman, Medical driver
Morris Stickney, Maintenance
Gordon Worth, Van driver
Jim Emery, Van driver & maintenance

Eleanor Zue, Senior Solutions, Senior Advocate, EZue@seniorsolutionsvt.org (Tues., Thurs. at the Thompson)
SENIOR HELPLINE: 800-642-5119

Lonnie Larrow Community Care Coordinator, Ottauquechee Health Center, 457-3030

BOARD OF DIRECTORS

Cindy Carroll—*President*
Pam Jaynes—*Vice President*
John Moore—*Treasurer*
Gerald Fredrickson—*Secretary*
Dick Atwood
Dick Colantuono
Elizabeth Deignan
Bob Forman
Frances Gillett - Advisory
Peter Goulazian
Lisa Gramling
Reinhart Jeck
Patsy Mathews
Joan Oppenheimer
Lynn Peterson, M.D.
Sarah Roberts
Joseph Sheperd
Eldon Thompson

BEHIND THE SCENES

A note from the desk of
Deanna Jones, Executive Director

Thank you to all of the voters in Barnard, Bridgewater, Pomfret and Woodstock who voted to continue town support for The Thompson. Along with private donations, grants, and fundraisers, the town income we receive is critical to be able to carry on our daily operations. Maintaining the income we need in order to keep up with our expenses is an ongoing (daily) effort. Your support is greatly appreciated!

In March, we said goodbye to Jen Bloch, our volunteer coordinator, who moved on to a new opportunity. Jen did a great job while she was with us, and she will be missed by staff and patrons. Paula Audsley is currently covering the volunteer scheduling and transportation as we look for the best way to move forward. I appreciate your support through this transition time.

I can’t believe all of the exciting events being planned for the next several months! There is much to look forward to! In addition to the wonderful volunteers mentioned on our front cover, we truly are blessed to have amazing staff who plan interesting and engaging programs for us, cover wherever needed, prepare delicious meals, drive, clean, care, and dedicate themselves fully to doing their best! I’m thinking about some special ways to celebrate staff in the coming months as well, so please let me know if you have ideas or would like to be involved!

ADVISORY MEETING HIGHLIGHTS

Submitted by Fran Gillett, Advisory

- Plans are underway for a summer Day Trip to Lake George including lunch and cruise.
- Jen Bloch has resigned as Volunteer Coordinator. Position currently being filled by existing staff, and volunteers are helping with various tasks like selling marble game and birthday raffle tickets.
- Pentangle and TSC are looking for ways to link programs together in meaningful and affordable ways.
- Discussion about upcoming trips included ideas for alternate locations for the Annual Maine Lobster trip.
- 12 TSC patrons have taken advantage of partnering with High School honor students to learn how to use the latest high tech gadgets.
- BINGO will not start before 10:30 unless the new system using cards instead of the rotating cage and noisy balls is adopted. If it IS adopted, BINGO can start at 10 providing that is agreeable to the caller of the day.

Please join our next meeting on Monday, April 2nd at 1pm.

IMPORTANT INFORMATION



IN MEMORY OF
Hilda Weisse

Sandra Stearns
Mary Hamisevicz

MEDICAL EQUIPMENT

Currently available at the Center: Canes, walkers, shower chairs, crutches, and wheelchairs - FREE
Available: Stair Chair glider, call for details
Looking for:
♦ Lift chair - electronic recliner style
Contact Deanna with questions at 457-3277.

Friendly Reminder

Please remember to sign up for special events, meals, and programs when reservations are indicated on the calendar. It helps us to plan for food quantities and schedule drivers appropriately. Likewise, if you sign up and find that you can’t come, please cancel your reservation. This will not only help with planning and expenses, but also make it so that others can attend. Thank you!

IN APPRECIATION

Daily Valley News subscription - Woodstock Pharmacy
Birthday Cakes - Diane Atwood, Jane Soule, Carol Towne
Monthly book club selection - Yankee Bookshop
One Story subscription - Boyd Bishop

KIA SOULE - Transportation Sponsors:

Upper Valley Rehabilitation
Dead River
Ellaway’s Attic Consignment
Ottauquechee Plumbing
People’s United Bank
Woodstock Insurance Services, Inc.
Lang McLaughry Spera Real Estate’s Tambrey Vutech

APRIL BIRTHDAYS

- | | |
|-------------------------|----------------------|
| 3 - Marjorie VanAlstyne | 14 - Marjorie Swain |
| 8 - Carol Powell | 18 - Suzanne Esty |
| 8 - Rita Post | 22 - Lucille Harlow |
| 9 - Joan Staples | 27 - David Luce |
| 10 - Doris Johnston | 28 - Ted Staples |
| 11 - Virginia Gebhardt | 29 - Jeanette Dubque |
| 12 - Patsy Mathews | |
| 12 - Gladys Deatte | |

On April 26th we will celebrate your special day! Please join us!



Please help with mailing costs for The Thompson Times!

Each year in April we ask that you make a donation for The Thompson Times. Your donation will allow us to continue to offer this publication as a timely way for you to learn about our exciting programs, meals, and trips. No one will be removed from the mailing list for failure to make a donation. Thank you!

Name: _____

Address: _____

Donation: _____

Please make checks payable to The Thompson Senior Center, 99 Senior Lane, Woodstock, VT 05091



ONGOING PROGRAMS

CAREGIVER SUPPORT GROUP

Wednesday, April 18th

(Ongoing, on the third Wednesday of each month, 12:30 - 1:30 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) and share ideas, concerns, and constructive feedback with others facing similar challenges.

JOIN OUR MEMOIR CLUB

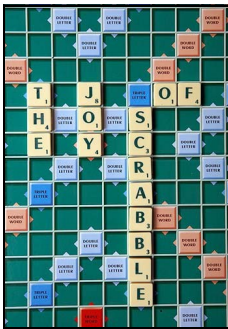
Ongoing, Mondays, 10:15 AM - Noon

In this informal group, we encourage one another as we record stories that may otherwise be lost or forgotten. Each person has an opportunity to read aloud one to two pages each week often triggering group memories and lively discussion. No pressure... reading is optional! Participants' goals may be to compile written memories in a book to be passed down, or to gather miscellaneous written memories as they come to mind. This group is fun and supportive -- come join us!

SCRABBLE CLUB

Ongoing, Mondays, 1 PM

This newly formed group wants to have fun while keeping their brains active and challenged. The National Scrabble Association "cheat sheets" and playing boards are available. Let's play - the more the merrier!



BOOK CLUB

Wednesday, April 11th, 1 PM

At 1:00 on Wednesday, April 11th, our book club will be discussing **Ella Minnow Pea by Mark Dunn**. Its lovingly crafted structure is a real breath of fresh air -- one would be hard pressed to find another book like it out there. One must admire the author not only for his lively imagination but for his awe-inspiring power over words. It is fun to see how he manages to continue telling his story while avoiding use of a growing number of letters in the alphabet. There will be much to talk about!



HANDWORK CIRCLE

Need moral support starting or finishing a project? Join our handwork circle on Wednesdays at 10:30 AM for tips, advice, coffee, and a few laughs.

Happy Feet!

with Mary Wood

Monthly, 9 am - 2:30 pm
on the 2nd Friday & 3rd Wednesday

Mary Wood, our wonderful retired RN who runs the foot clinic, has openings in April & May. Call 457-3277 to schedule a half hour appointment with Mary between 9 - 2:30 pm on the 2nd Friday or the 3rd Wednesday of each month (see the calendar for dates). Your feet will thank you! Cost: \$15

PROGRAMS

Spring Cleaning for your Estate Plan

Tuesday, April 10, 1:00 pm

Presented by Meg Himmelsteib, Esq. Melendy Moritz PLLC

The arrival of spring is an excellent time to dust off your belongings and make sure that your affairs are in order. Among the tasks that can help you achieve this goal is a thorough review of your estate plan. Making sure that your estate planning documents are effective and up-to-date can bring you peace of mind and lessen stress for you and your loved ones.

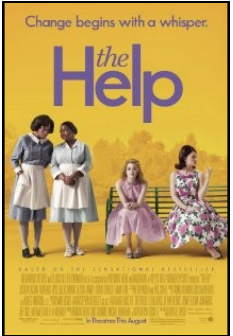
To assist with your review, Meg Himmelsteib, an Associate at Melendy Moritz, PLLC, in Woodstock, will lead a discussion about estate planning. Meg will go over the formalities required for effective estate planning documents, the advantages and disadvantages of various documents that make up an estate plan, and discuss pertinent issues to consider when reviewing your current estate plan or developing a new one. Cost: Free

DINNER & A MOVIE RETURNS ...

Wednesday, April 11, Dinner at 5:30pm, Movie at 6:30PM

COST: \$5.00, RSVP by April 10th to 457-3277

In 1960s Jackson, Mississippi, aspiring writer Eugenia Phelan crosses taboo racial lines by conversing with Aibileen Clark about her life as a housekeeper, and their ensuing friendship upsets the fragile dynamic between the haves and the have-nots. When other long-silent black servants begin opening up to Eugenia, the disapproving conservative Southern town soon gets swept up in the turbulence of changing times in this award winning movie based on the book, *The Help*, by Kathryn Stockett.



Spring Flowering Bulbs Wednesday, April 25, 1:00 PM Presented by Dr. Leonard Perry

There are spring-flowering bulbs for almost every garden. Dr. Perry covers all you need to know for success, including photos of how to design with bulbs, and even some inspiring photos from bulbs gardens and fields of Holland. All the various types of bulbs are illustrated, including the various categories of tulips and daffodils.

Dr. Leonard Perry has served as an Extension Horticulture Specialist at the University of Vermont for over 30 years. Home gardeners in Vermont and surrounding areas know him from his frequent television appearances on the regional Across the Fence program, periodic radio interviews, and from his regular news articles.

His book, *The Fruit Gardener's Bible* from Storey Publishing, was published in January 2012. Dr. Perry has become known across North America for his internet web site, www.perrysperennials.com on which he features gardening information, helpful links, news articles, research and more on herbaceous perennials.

CLASSES

FRENCH CLASSES

Cost: \$50

Instructor: Judy Mahood

Advanced Beginner

Mondays, April 23 to May 14, 8:45 to 10:00 AM

Students in this class will participate in a variety of activities that will enhance their French language skills and familiarize them with the French culture.

Beginner

Fridays, April 27 to May 18, 9:00 to 10:00 AM

Did you study French in school but remember very little of what you learned? Would you like to learn some useful vocabulary and expressions for travel? This introductory/beginning level class will offer the basics in French language skills for students with no previous experience. The class is also appropriate for people who would like to refresh their rusty or forgotten skills.

Email: judymahood@comcast.net.

SPANISH CLASS

Tuesdays, April 24 to May 22

10:45 - Noon

Cost: \$64

Instructor: Jennifer Roby

This class will be conducted primarily in Spanish with emphasis on building conversational skills. It will be geared toward beginning and intermediate learners. Instructor Jennifer Roby teaches Spanish part-time at the Albert Bridge School in Brownsville and has tutored children and adults of all ages. Minimum: 4 students.

ITALIAN STUDY GROUP

Ongoing, Thursdays, 10:30 AM - Noon

Cost: \$11/class

Instructor: Evangeline Monroe

In this study group we will focus on building comprehension and fluency. All levels of fluency are welcome. Evangeline is a retired Foreign Service officer who reported on Italian politics while serving at the U.S. Embassy in Rome from 1989 to 1991. For more information call Diana Leskovar at 457-3277.

STRENGTH & FITNESS

Weekly classes

on Monday, Tuesday, and Thursday

9:00 AM

Our popular strength and fitness class, led by Liz Hatfield, is scheduled each Monday, Tuesday, and Thursday from 9:00 - 10:00 AM. The class is offered for \$3.00/class or 12 classes for \$30 on a punch card.

TAI CHI

New this Spring - Tai Chi Series

For Health, Fun, and Relaxation

Instructor Anne Bower will be offering two Tai Chi classes at the Thompson Center:

Beginners' Class

Wednesdays, 9:30-10:30AM, March 7, 14, 21, 28; April 4, 11, 18; May 2, 9, 16.

Ten classes: \$45.00

Students will learn the standing and seated versions of part one of "Tai Chi for Arthritis." This introductory class will expose students to the basic tai chi principles that promote healthy outcomes—deep breathing, slow/gentle movements, coordination of body and breath, relaxation with focused, deliberate steps. The Arthritis Foundation endorses this form of tai chi as a clinically proven way to improve mobility, decrease pain, stiffness, and gain balance.

Upper Level Class

Wednesdays, 10:40 -11:40AM, March 7, 14, 21, 28; April 4, 11, 18; May 2, 9, 16.

Ten classes: \$45.00

Students will expand on their knowledge of forms part one and two (tai chi for arthritis) and explore other instructor lead forms (Sun 73 or Yang 24) ---depending on student interest and ability.

For more information email Anne Bower at annie-bower@yahoo.com or check out her website (www.annebower.com) she can also be reached at: 802-457-2877

Note: Saturday, April 26th, all tai chi students are invited to participate in world Tai Chi Day. The celebration will take place on the Green in Woodstock, starting at 10:00AM. Cost: Free

PROGRAMS & TRIPS

Announcing an exciting series of events coming to The Thompson Center "Women in the Whitehouse"

America's First Ladies have served as role models in all phases of the country's history. Some driven, some tragic, some widely beloved, and some publicly mocked, Women in the White House have rarely confined themselves to sitting around being gracious, even in times when that was expected of them. More than one learned that being First Lady could be as fierce a job as the one her husband held. Many found personal steel to advance controversial ideas, to fight on the President's behalf, or simply to weather years of intense public scrutiny. Throughout the coming months, we'll be bringing to you a delightful series of events about our First Ladies, beginning with Vermont's First Lady, Grace Coolidge.

Women in the Whitehouse Series —Part I

Grace Coolidge, presented by Author and Historian Cyndy Bittinger

Tuesday, May 15, 1:00PM

Cyndy Bittinger was the Executive Director of the Coolidge Foundation in Plymouth for eighteen years until her retirement. She wrote a modern biography on Grace Goodhue Coolidge, the only first lady to hail from Vermont. Her talk will draw upon archival material saved by the Coolidge family and her personal interviews with John Coolidge, Grace and Calvin's son, before he died in 2000.

Cyndy is a faculty member at The Community College of Vermont where she teaches Vermont History and has taught Women in United States History. Her series on Vermont women runs yearly on Vermont Public Radio where she is a commentator on Vermont history. Her new book on Vermont history should be out this summer.



A New Look at the Calvin Coolidge Education Center and Museum

And

Lunch at Long Trail Brewery

Wednesday, May 23, Depart TSC at 8:45 AM

Cost: \$12.00 includes admission to museum and transportation

Visit the village of Plymouth Notch where Calvin Coolidge was born, grew up, and was sworn in as our 30th President by his father. See the brand new museum exhibit *More Than Two Words: Calvin Coolidge's Life and Legacy*, which features newsreels of the era, artifacts, and photographs. (Wait until you see Grace Coolidge with Santa Claus!) **Collections Manager, Kate Bradley, will surprise us with a close up look at some of Grace Coolidge's personal items. Stroll through this well-preserved village to see Coolidge's birthplace, the homestead, barn, general store, church, cheese factory, and school-house.** For those who choose not to walk in the village, you are welcome to stay at the Education Center. **Lunch on your own at Long Trail Brewery will follow! Please call to reserve your space on the Thompson van.**

PROGRAMS

AARP Driver's Safety Course
Friday, April 20,
9:00-noon and 1:00-2:00
PM (with break for
lunch)



Cost: \$12 AARP members
(bring card) \$14 non-members

In this condensed Driver's Safety course instructor Bob Ammel will teach defensive driving techniques and talk about special considerations for older drivers (reaction time, etc.) A variety of safety tips will also be reviewed. Please check with your insurance company to determine if they offer a premium discount for completing this class. A certificate will be given to you at the end of the day. Please bring a pen and paper to class, as well as your current driver's license and AARP card. **Please sign up in advance and make checks payable to AARP. Minimum 8 participants required.**

Monday Morning Crafters

Carolyn Johnston will be facilitating three craft sessions in the dining room at 10:30 am on Monday, April 9th, 16th, and 23rd. The first project will be Yo Yo trees to be made for our Holiday Bazaar, followed by water color earrings, and felt pins. Come learn a new skill, use an old talent, or just enjoy the company of friends while creating hand crafted items for our Holiday Bazaar!

Healthier Living Workshop

Mondays, April 2-May 7, 1:00-3:30PM

Do you have an ongoing health condition that is affecting your life, such as arthritis, asthma, diabetes, chronic heart or lung condition, MS, pain? This workshop will teach you how to manage your health, symptoms and frustrations, and teach you techniques for relaxation, problem-solving, better communication, good nutrition habits, and more. Managing your health must be learned and practiced, like any skill. Cost: Free (publication included) Please sign up for this series in advance.

"When Healing Hands Harm"

Presented by
Community of Vermont Elders (COVE)
Thursday, April 5, 1:00PM

A 30 minute film presentation emphasizing the need to increase awareness of prescription drug diversion so that you can help us detect and prevent further incidences of use and abuse of yourself, friends and family members. This film features interviews with Vermonters who have been involved with investigations through the Attorney General's Medicaid Fraud and Residential Abuse Unit.

Personalized Instruction

with Your Tablet Computer

The Thompson Senior Center is working collaboratively with "techno-savvy" students from the Woodstock Union High School to provide personalized instruction for people who may want to learn more about using a tablet computer or other gadget. Please call Diana at ext. 21 to be scheduled with a mentor.



TRIPS

Lake George Cruise

Wednesday, June 13th

Cruise Lake George in style! Enjoy one of Lake George Steamboat Company's most popular cruises, an elegant buffet luncheon aboard the Lac du Saint Sacrement. Live entertainment will be provided as we dine and enjoy the scenic waterway. Historic points of interest will be shared along with the popular music program. Following our cruise we will board the Coach Bus and enjoy a scenic ride to the top of Prospect Mountain. There will be photo opportunities at several scenic overlooks.



Depart The Thompson Senior Center on Premier Coach Bus at 9:00AM and arrive back in Woodstock, VT at approximately 5:00PM.
Cost: \$65.00

Note: The Lake George Steamboat Company has been operating on Lake George for 159 years and they are very proud of their perfect safety record.

Going Fishin' Again!

Wednesday, May 16, Depart The Thompson at 10:30 AM

May is the month to join the SECOND Annual Thompson Senior Center Fishin' Derby! The Intrepid Fly Casters and the lookers on will meet at Hayes' Pond in South Woodstock on Wednesday, May 16th at 10:30 am. Hayes' Pond is stocked with rainbows and brookies and a few hold over browns. It is a flies only 'catch and release' designated pond but a 2 fish keeper limit has been set for the derby. Basic casting instruction is free! This year our guest will be **Cathi Comar, the Executive Director of the American Museum of Fly Fishing** in Manchester Village, Vermont. The museum serves as a repository for and conservator of the world's largest collection of angling and angling related objects, manuscripts and art. President John Adams' tackle wallet is among them. The mid-day program Cathi has put together for the TSC Derby will be of interest to all lovers of the outdoors as well as to anglers. We will break for a box lunch prepared by Chef Ryan at 12:30 pm. Prizes and trophies will be awarded. Anyone 'hooked' on fishing will be welcome to stay on for an hour or so after the presentation.



Pentangle Presents: Zorro!

An Arts in Education performance at The Woodstock Town Hall Theater
Tuesday, April 10, Depart The Thompson at 9:00AM for 9:30AM Performance
Ticket Price of \$5.00

A flurry of a cape...the glint of a sword...a flash of a mask...who is this mysterious character? If you're looking for some swashbuckling fun, come and lock swords with Zorro! Please call the Thompson to reserve your seat.

Tickets Still Available for Isabella Stewart Gardner Museum, Boston, MA
Wednesday, April 4, 2012 Cost \$75.00

| PROGRAM CALENDAR - APRIL 2012 | | | | |
|--|--|---|---|---|
| Mon | Tue | Wed | Thu | Fri |
| 2 | 3 | 4 | 5 | 6 |
| 8:45 Tax Assistance 9 Strength & Fitness 10:15 Memoir Club 1 Bridge 1 Advisory 1 Scrabble 1 Healthier Living | 9 Strength & Fitness 10:00 Double King Pede 12 Spanish Table | 9 Boston Trip departure* 9 W. Leb Shopping* 9:30 Tai Chi (Beginner) 10:30 Handwork Cir. 10:40 Tai Chi (Upper level class) 12 French Table | 9 Strength & Fitness 10 Cribbage 10:30 Italian Study Group 12 Italian Table 1 COVE Program | 12 German Table |
| 9 | 10 | 11 | 12 | 13 |
| 8:45 Tax Assistance 9 Strength & Fitness 10:15 Memoir Club 10:30 Hand Crafts 12 Easter Lunch* 1 Bridge 1 Scrabble 1 Healthier Living | 9 Strength & Fitness 9 Zorro at Pentangle* 10:00 Double King Pede 12 Spanish Table 1 Estate Planning | 9:30 Tai Chi (Beginner) 10:30 Handwork Cir. 10:40 Tai Chi (Upper level class) 12 French Table 1 Book Club 5:30 Dinner & Movie Night - THE HELP* | 9 Strength & Fitness 10 Cribbage 10:30 Italian Study Group 12 Italian Table | 9 – 2:30 Foot Clinic* 12 German Table 1 Talk and Listen |
| 16 | 17 | 18 | 19 | 20 |
| 9 Strength & Fitness 10:15 Memoir Club 10:30 Hand Crafts 1 Bridge 1 Scrabble 1 Healthier Living | 9 Strength & Fitness 10 Double King Pede 10 – 12 Blood Pressure Screening 12 Spanish Table 11:30 Commodities 4:30 - 7 Dr. Santulli social hour & “Staying Engaged” presentation | 8 Board Meeting 9 W. Leb Shopping* 9 – 2:30 Foot Clinic* 9:30 Tai Chi (Beginner) 10:30 Handwork Cir. 10:40 Tai Chi (Upper level class) 12 French Table 12:30 Caregiver Support Group | 9 Strength & Fitness 10 Cribbage 10:30 Italian Study Group 12 Italian Table | 9 AARP Driving Class* 12 German Table |
| 23 | 24 | 25 | 26 | 27 |
| 8:45 Advance Beginner French* 9 Strength & Fitness 10:15 Memoir Club 10:30 Hand Crafts 1 Bridge 1 Scrabble 1 Healthier Living | 8:30 Newsletter folding 9 Strength & Fitness 10 Double King Pede 10:45 Spanish Class 12 Spanish Table | 10:30 Handwork Cir. 12 French Table 1 Spring Bulbs with Dr. Perry | BIRTHDAY DAY* 9 Strength & Fitness 10 Cribbage 10:30 Italian Study Group 12 Italian Table | 9 Beginner French* 12 German Table |
| 30 | | | | |
| 8:45 Advance Beginner French* 9 Strength & Fitness 10:15 Memoir Club 1 Bridge 1 Scrabble 1 Healthier Living | | | BINGO daily at 10:30 am except on birthday day and other special meal days. | * Please Sign up/ Reservations Required |

| MENU - APRIL 2012 | | | | |
|---|---|---|---|---|
| Mon | Tue | Wed | Thu | Fri |
| 2 | 3 | 4 | 5 | 6 |
| Chef Salad w/ Lettuce, Tomato, Ham, Turkey, Cheese, Hard Boiled Egg, Carrot, Cucum-ber, Roll, Ginger Almond Cookies | Chipped Beef and Egg Gravy on Mashed Potato, Brussel Sprouts, Brownies & Fruit | Tossed Salad, Cottage Cheese, VEGETABLE Pizza, Rhubarb Me-ringue Pie | Tossed Salad, Penne Pasta w/ Sweet Italian Sausage, Spinach, Tomatoes, Pesto, Cit-rus Ricotta Squares | Tuna Melt, Tomato, Vegetable Barley Soup, Cup Cake |
| 9 | 10 | 11 | 12 | 13 |
| Easter Lunch* Baked Ham, Scalloped Potato, Pineapple Bread Pudding, Green Bean Amandine, Cran-ber-ry Mousse | Salmon burger, Roasted Steak Fries, Marinated Vegetable Salad, Ice Cream Sandwiches | Chicken Divan w/ Penne Pasta, Tuscan Vegeta-bles, Chef's Choice Dessert | Philly Cheese Steak Sandwiches w/ pep-pers & onions, Sweet Potato Fries, Coleslaw, Fruit Short Cake | Chef's Choice |
| 16 | 17 | 18 | 19 | 20 |
| Chicken Caesar Wrap, Hearty Vegetable Minestrone, Chocolate Cake | Spaghetti & meatballs, Garlic bread, Mediterranean Vegetables, Fresh Fruit salad | Tossed Salad, Quiche w/ Spinach, Bacon, Mushrooms, Roasted Potatoes, Roasted Vegetables, Pink Lem-onade Bars | Shepherd's Pie, Tus-can style Vegetables, Chef's Choice Dessert | Turkey Quesadillas w/ Tomato Avocado Salsa, Roasted Vegetable Melange, Jelly Roll |
| 23 | 24 | 25 | 26 | 27 |
| Tossed Salad, Macaroni and Cheese w/ Ham, Butter Beets, Sorbet w/ Fresh Berries | Reubens, Sweet Po-tato Fries, Roasted Vegetables, Fudge Sundae w/ banana | Chef's Choice | BIRTHDAY DAY* Dijon Crusted Chicken Breasts, Horse Radish Mashed Potato, Gravy, Spinach, Cake and Ice Cream | Asian Pork Burgers, Roasted Steak Fries, Mediterranean Vege-tables, Ginger Rhubarb Tarts |
| 30 | | | | |
| Singapore Curry Chicken, Scallion Rice, Stir Fried Vegetables, Rum Raisin Rice Pud-ding | | Meal Pricing: ♦ \$ 6 <u>charge</u> for those under age sixty ♦ \$ 4 suggested donation for ages sixty and over | * indicates that sign-up/reservations are required (Birthday Day & spe-cial holiday meals) | Menu is subject to change based on availability of food items. Please call ahead with special dietary needs. |