



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 2013

Thank you, Thompson Volunteers!



VOLUNTEER APPRECIATION BREAKFAST TUESDAY, APRIL 23, 2013 AT 8:30AM

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

Please RSVP by April 19th to 457-3277.



CHRONIC PAIN SELF-MANAGEMENT WORKSHOP

**PRESENTED BY MT. ASCUTNEY HOSPITAL COMMUNITY HEALTH OUTREACH DEPARTMENT
AT THE THOMPSON CENTER**

**MONDAY EVENINGS, BEGINNING MAY 13-JUNE 24, 5:30 - 8:00 PM
(NO CLASS ON MAY 27 – MEMORIAL DAY HOLIDAY)**

This free workshop was developed for people with chronic pain and it is designed to provide information and practical skills on managing chronic pain. Chronic pain is defined as lasting longer than 3-6 months and may include neck, shoulder, and back pain; fibromyalgia, repetitive strain injury, chronic pelvic pain; whiplash injuries; post surgical pain that lasts beyond 6 months, pain caused by trauma; and stroke pain. People with persistent headaches, Crohn's disease, irritable bowel syndrome, diabetic neuropathy, and muscular pain due to MS may benefit from this workshop. **Each participant will receive take home materials: Living a Healthy Life with Chronic Conditions, Chronic Pain Workbook, CD of the Moving Easy Program.** This is a research and evidence-based program developed by staff at Memorial University of Newfoundland and in partnership with Stanford School of Medicine.

Advanced registration is required. Please call Lauren Hastings at Mt. Ascutney Hospital at (802)674-7089, or Pam Butler at The Thompson for more information.

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 during 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



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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, Outreach Manager,
paulsley@comcast.net
Diana Leskovar, Program Director,
dleskovar@comcast.net
Pam Butler, Asst. Program Director,
pbutler-tsc@comcast.net
Ryan Martin, Chef,
tsc-chef@comcast.net
Siobhan Wright, Kitchen Asst.,
Gordon Worth, Van driver
Jim Emery, Van driver & maintenance
Nelson Gilman, Medical driver
Morris Stickney, Maintenance

Senior Solutions (Formerly Council of
Aging for Southeastern Vermont)
SENIOR HELPLINE: 800-642-5119

Community Care Coordinators:-
**Lonnie Larrow, RN, & Katrin
Tchana, MSW**, Ottauquechee Health
Center, 457-3030 ext 4

BOARD OF DIRECTORS

Cindy Carroll—*President*
Patsy Mathews—*Vice President*
John Moore—*Treasurer*
Sarah Roberts—*Secretary*
Dick Atwood
Dick Brodrick
Bob Forman
Frances Gillett - Advisory
Lisa Gramling
Rachel Hochman
Pam Jaynes
Reinhart Jeck
Joan Oppenheimer
Lynn Peterson, M.D.
Liz Schellhorn
Corwin Sharp
Eldon Thompson
Tom Weschler

BEHIND THE SCENES

A note from the desk of
Deanna Jones, Executive Director



A huge thank you to all who signed our petitions for town tax support and to the voters who passed our requests! We count of town income from Woodstock, Bridgewater, Pomfret, and Barnard for about 10% of our budget and we’re so thankful to be considered a vital resource for seniors in our communities.

Speaking of taxes...the AARP tax volunteers have completed over 60 tax returns at TSC with a few more weeks to go! What great volunteers and what a wonderful service they provide! **Thank you, Althea, Craig, Steve, David, and Jane!**

We have lots of special events this spring, and I hope you’ll take note of all the news and events in this jam packed newsletter! We appreciate those of you who send in a contribution each year to support the costs of printing and mailing this newsletter. We prepare the newsletter entirely in house (including folding and labeling by volunteers on the 3rd Monday of each month). Before the folding, many hours of staff time are spent planning and organizing programs, classes and trips and then pulling it all together so you’ll have it readily available at your fingertips, in paper and online!

Hope to see you at the Easter lunch on the 1st, for the WUHS chorus on the 10th, for the Volunteer breakfast on the 23rd, or for whatever suites your fancy (we just want to see you)!

Please note: Katrin, the **Community Care Coordinator**, will be at TSC on April 5, April 12, and April 24. Please feel free to just stop by or call her at 457-3030 ext. 4 to make an appointment.

ADVISORY MEETING HIGHLIGHTS

- Discussion about need for flexibility in groups using the Conference Room and other spaces for meetings & possibility of portable room dividers
- Effects of Sequester on future funding of Center
- Roof repairs have started and are going well
- Request for occasional trips to The Market Basket in Claremont
- Complimentary remarks about all aspects of the Center

Please join our next meeting on Monday, April 1st at 1pm. This meeting is not only a chance to hear what will be happening in the coming month(s), but is also an opportunity to share your input and ideas. The meeting is facilitated by Fran Gillett, Advisory member of the board. Another board member volunteer participates monthly along with Deanna & a program staff member. All patrons and volunteers are invited to attend. Your feedback is appreciated!

IMPORTANT INFORMATION



IN MEMORY OF

Harold Robinson

Ruth Ekberg
Ted & Joan Staples
Mary Cameron
Perry and Janet Maxham



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
Puzzles—Pat Mangan

KIA SOUL - Transportation
Sponsors:

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



THANK YOU ALL!

TSC TRANSPORTATION PROGRAM

Medical Rides - \$10 suggested donation per out-of-town trip. A minimum of 48 hours notice is requested for scheduling.

Local transportation to and from The Thompson and Woodstock stops - suggested donation of \$1 per ride (\$2 round trip if you get a ride both ways). Please call the Center by 8:30AM to request rides for that day. 457-3277

APRIL BIRTHDAYS

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



On April 25th we will celebrate your special day! Please call to make a reservation for lunch and 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: _____

Email: _____

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

ONGOING PROGRAMS

CAREGIVER SUPPORT GROUP WEDNESDAY, APRIL 17

(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.

BOOK CLUB

Wednesday, April 10, 1:00PM, Margaret Wieche will lead a discussion on *The Hare with Amber Eyes*. This compelling memoir involves rich Jews in Paris, Japanese art, the Nazi's and much more. The author, R.G. Sanders, is one of England's most famous potters, and now he is a gifted writer as well. How can a collection of netsuke hold the history of a family? Read the book to find out and join our discussion group.

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!

WELLNESS CLINIC & BLOOD PRESSURE SCREENINGS TUESDAY, APRIL 23, 10:00 AM - NOON

Wellness clinics (blood pressure, glucose, cholesterol screenings) with Michelle Chiesa, RN, Visiting Nurse and Hospice of Vermont and New Hampshire will be held on the 4th Tuesday of each month from 10-noon.

CHAIR MASSAGES AT THE THOMPSON WEDNESDAYS, APRIL 3, 10, & 24TH 10:00AM TO NOON

Beat the winter blues with a relaxing chair massage. Licensed massage therapists will be available to provide chair massages at the Thompson **three times each month (on the 1st, 2nd, and 4th Wednesday of each month)**. The benefits of having a massage on a regular basis are numerous. See for yourself! **Please call in advance to schedule your 15 to 20 minute massage and make sure to cancel in advance if you can't make it so that someone else can take your spot!** **Cost: 15 minute massage/\$15.00; 20 minute massage/\$20.00**

FOOT CARE CLINIC with Mary Wood Monthly, 9 am - 2:30 pm on the 2nd Friday & 3rd Wednesday

Mary Wood, our wonderful retired RN runs the foot clinic. 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: \$20**

Upstairs Hallway Gallery

Have you noticed our guests in the upstairs hallway? In case you didn't notice in the March newsletter — The paintings hanging in our upstairs hallway were painted by **Trina Schart Hyman** (1939-2004). Trina was a local artist who lived most of her life in Lyme, NH. The portraits on display at TSC are on loan to us by her daughter, Katrin Tchana, our Community Care Coordinator. Please stop by to view and appreciate this collection. It has been creating some great discussion!

NEW SERIES



SPRING CLEAN YOUR FINANCIAL AFFAIRS

Planning for Life's Uncertainties: Do You Have Your Health Care Directive in Place? Presented by Daphne Moritz, Esq. Thursday, April 11, 1:00PM

Are you prepared for unexpected tragedies that may affect your decision making or your ability to speak on your own behalf? We all wish to make our own decisions until the end of our lives, but that's not always possible. Without a plan your family members may not know what to do and your healthcare team won't know your wishes, causing unnecessary stress and anxiety. But you do have a choice.

Learn what you need to know about Advance Directives (Health Care Powers of Attorney), how to have meaningful conversations about your wishes with your loved ones, and how to put your wishes in writing. An Advance Directive is one way in which we show our care for each other. One of our goals is that every person over the age of eighteen has an advance directive for health care. We encourage you to attend this seminar to learn more about Advance Directives, discuss your concerns and have your questions answered.

Legal Advice Clinic for Seniors (age 60+) Friday, April 19, 9:00AM to 1:30PM

Harvard educated attorney, Jacob Speidel, will be available for free legal advice or referrals on a variety of legal problems, including wills, powers of attorney, landlord-tenant issues, Medicaid, Medicare, Social Security, SSI (or other public benefits), debt collection, consumer issues, guardianship, divorce, foreclosure, small claims, bankruptcy, and other civil legal matters. Mr. Speidel is an attorney for the Senior Citizens Law Project of Vermont Legal Aid, which sponsors this valuable service. Please note: Advice cannot be given on criminal cases or problems affecting someone other than you. Please call to sign up for your free 30 minute appointment.

Financial Management Talk—Strategies for Retirement and Estate Planning Wednesday, May 22, 4:30 to 6:00PM

Financial Planners David Otto and Susan Otto Goodell will discuss retirement goals, including how to budget enough money to live on and avoid running out and current options for allocating your investments. They will also review important estate issues and creative planning choices that can support you and your family while still allowing you to give to causes of your choice. David Otto is a Certified Financial Planner who established Otto and Associates in 1991. He and his daughter Susan Otto Goodell divide their time between their offices in New York and Norwich, Vermont.



PROGRAMS

LIVE WEBCASTS AT THE THOMPSON

Living Well With Diabetes, Presented by Ann Merritt, MS, RD, LD
Monday, April 8, 1:30-3PM
This live internet presentation hosted by the Dartmouth-Hitchcock Aging Resource Center will discuss the important components of diabetes self-care. Ann Merritt will guide the viewer in setting personal priorities and goals, and help the viewer identify steps to take immediately to improve health and well-being.

Hearing Loss and the Savvy Hearing Aid Consumer, Presented by Kerry Gudlewski, AuD
Monday, April 15, 1:30-3PM
In this live internet presentation, Audiologist Kerry Gudlewski will focus her discussion on common causes of hearing loss, hearing aid pros and cons, assistive listening devices and what to look for from a hearing aid provider.



DINNER & A MOVIE
FEATURING: WE BOUGHT A ZOO
TUESDAY, APRIL 30, 5:30PM

Dinner will be served at 5:30pm followed by the movie at 6:30pm. This adaptation of Benjamin Mee's memoir about buying and saving a run-down zoo captures the wacky spirit of the original complete with escaped tigers and a zoo crew of misfits. Starring: Cameron Crowe, Matt Damon, Scarlett Johansson.
Dinner menu is: Mini ham salad and egg salad sandwiches on brioche rolls, Kale salad with feta cheese and cranberries. **Cost: \$5.00**

FREE HEARING SCREENINGS
FRIDAY APRIL 26,
9:00AM - 3:00PM
Avada Hearing Care Specialist, Richard Stokes will be available at The Thompson to conduct a thorough hearing examination and provide consultations at no charge. Hearing instrument demonstrations will also be available. Call early to reserve your 45 minute appointment.

NEW DISCUSSION GROUP
HEART TO HEART
FRIDAY, APRIL 12, 10:30 – 12 NOON



If you’ve missed *Remember When* and *Talk and Listen*, a new discussion group, called “*Heart to Heart*” is beginning on April, 12th. Heart to Heart will be led by, Katrin Tchana and will meet on the second Friday of every month, from 10:30 to 12:00. Everyone is welcome.

In “Heart to Heart” we will take a look at the different pieces of our lives, like a jigsaw puzzle, and think about how they fit together to make up the big picture. In April, our discussion topic will be “Friendship”. Come share how your experiences of friendship have shaped your life, and listen to what they have meant for other people. We look forward to hearing your stories!

CLASSES

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

ITALIAN STUDY GROUP
Thursdays, Dates: April 4, 11, 18, 25
10:30 AM - Noon
Cost: \$44.00 (for 4 classes), \$11/per 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.

SPANISH CLASS
Instructor: Susan Copeland
Dates: watch for new series dates
This class will be conducted in Spanish and English with an emphasis on building conversational skills. It will be geared toward advanced beginners. Instructor Susan Copeland teaches Spanish and English at the Dartmouth College Rassias Center and is a retired high school Spanish teacher. The class will use Spanish for Mastery 1 ¿Qué tal? (1994) which can be purchased online.

FRENCH CLASS
Mondays, 10:00 to 11:15 AM,
April 22, 29, May 6, 13, Cost: \$50.00
Instructor: Judy Mahood
Students in this class will be involved in a variety of exercises that will enhance their French language skills and familiarize them with the French culture. email: judymahood@comcast.net

BRAIN FITNESS CLASSES, WEDNESDAYS, 1:00PM
You have the power to improve your brain!
Neuroscientists have discovered that adults’ brains are constantly changing, growing new neurons and connections, and cognitive training produces proven benefits. Brain exercises can improve overall brain functioning and help prevent the onset of brain disorders and memory impairment. Join Sara Smith, a lover of games and brain fitness exercises, each Wednesday for a variety of fun and challenging brain games and exercises. \$3.00 per class (includes handouts and exercises you can do at home)

STRENGTH & FITNESS
Weekly classes, Monday, Tuesday & Thursday
9 to 10:00AM
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. Cost: \$3.00/class or 12 classes for \$30 on a punch card.

TAI CHI
FOR TOTAL WELLNESS
April 24, May 1, 8, 15, 22, 29
Tai Chi helps reduce the symptoms of diabetes, arthritis, fibromyalgia, joint pain and stiffness, as well as depression. Tai Chi movements also help with body coordination, muscle tone, balance, concentration, and stress reduction.

Tai Chi for Beginners (B),
9:30 – 10:30AM (dates above)
This class will learn the form known as “Tai Chi for Arthritis”; designed by a doctor and based on the Sun style Tai Chi. The form is easy to learn and is appropriate for beginners and those needing review.
Tai Chi for Continuing Students (CS),
10:40 – 11:40AM (dates above)
This class will continue to practice parts one and two of Tai Chi for arthritis and begin to learn Yang 24, the most popular Tai Chi form in the world. For more information, contact instructor Anne Bower at: 802 457-2877; anniebower@yahoo.com; or view www.annebower.com.
Cost: \$30.00 (six classes) Try one class for free!

TRIPS

2013 TRIPS-AT-A-GLANCE

May 5 to 7, 2013: Trip to Rhode Island sponsored by Notch Above Tours. Call travel agent, Heidi Cunningham, at 457-1600 for information on reduced pricing and slightly modified itinerary.

Wednesday, June 5, 2013: Travel to the scenic mountaintop village of Sugar Hill, NH. to visit two popular tourist attractions, Harmon’s Cheese and Country Store (home of “the world’s greatest cheddar cheese”) and the Sugar Hill Sampler Shop and Museum. These historic landmarks are located on a Lupine covered hilltop that offers one of the most famous views in the White Mountains. We will enjoy brunch at the popular Polly’s Pancake Parlor and then travel to Bretton Woods to ride the Cog Railroad, and complete the day with an early dinner at Chef Joe’s Bistro in Franconia, NH. Depart the Thompson Center on Premier Coach Bus at 8:00AM. **Sign-up deadline is May 22nd. Cost: \$96.00 (includes coach bus, brunch, Cog RR, and dinner).**

Tuesday, July 9, 2013: Trip to Kittery Maine to dine at Warren’s Lobster House, followed by a tour of the Fuller Garden in North Hampton, NH. This estate garden features a large variety of roses, a Japanese Garden, a conservatory with orchids, and more. Depart the Thompson Center on Premier Coach Bus at 8:30AM. **Sign-up deadline is June 25th. Cost: \$74.00 (Please select your menu option when you call to sign up).**

Wednesday, October 9, 2013: Fall foliage trip on the Winnepesaukee Railroad, with lunch served on the train by Harts Turkey Farm. Depart the Thompson Center on Premier Coach Bus at 8:00AM. **Sign-up deadline is September 25th. Cost: \$56.00**

Note to Trip Goers: Please note the deadline for individual trip sign-ups. If we do not have the required number of people to cover our costs we will cancel the trip before losing our deposit. **In-the-works:** A December overnight trip to New York City to see the Rockettes, sponsored by Yankee Holiday Travel. May 9-16, 2014, Norwegian Cruise Line from Boston to Bermuda. Prices and itineraries are still to be determined. For your information, we will also keep a file at our reception desk of trips sponsored by local Senior Centers and other organizations.

TOURS OF THE DARTMOUTH COLLEGE GREENHOUSE AND SPECIAL HOOD MUSEUM EXHIBITION FRIDAY, APRIL 26, DEPART ON TSC VAN 9:30AM

Tour the Life Sciences Greenhouse at Dartmouth College which features an extensive and varied plant and orchid collection. Dine at the popular Market Table Restaurant, which features a menu that relies on the best fresh, local ingredients. Tour *The Women of Shin Hanga* exhibition at the Hood Museum of Art. This exceptional private collection showcases two centuries of Japanese print designers’ depiction of female subjects. Return to the Thompson Center by 3:30PM. **Cost: \$5.00 gas donation** (lunch on own---order off menu). Please sign up in advance, space is limited.

THOMPSON DAY TRIP POLICY

- ♦ To make your reservation, contact Diana or Pam at 457-3277 .
- ♦ Reservations are taken on a **first paid basis**. **Your name will be entered on the trip sign-up sheet once we receive your payment (Note: we can no longer sign you up without a payment, due to the risk of last minute cancellations).** Checks will be deposited 30 days prior to trip date.
- ♦ If you cancel for any reason, payment cannot be returned unless we fill your spot from a waiting list. This is due to non-refundable fees charged to us by the bus company &/or destination.
- ♦ All are welcome to go on trips, but anyone needing extended assistance must bring a caregiver or companion.

PROGRAMS



AARP DRIVER’S SAFETY COURSE FRIDAY, APRIL 12, 2013 9:00 - NOON AND 1:00 - 2:00PM (WITH BREAK FOR LUNCH)

Cost: \$12 AARP members (bring card); \$14 non-members
In this condensed Driver’s Safety course instructor Estelle Schwartz will teach defensive driving techniques and talk about special considerations for older drivers (reaction time, etc.) A variety of safety tips will 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 your current driver’s license and AARP card. Pen and paper will be provided. Please sign up in advance and make checks payable to AARP. Minimum of 8 participants required.

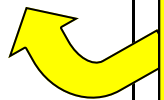
NEW! CarFit Program
(sponsored by AARP, AAA, and the American Occupational Therapy Association).
At 2:00PM on Friday, April 12th following the Driver’s Safety Course, a trained professional will assist older drivers in their cars with a series of critical check-points, including: a clear line of sight over the steering wheel, adequate space between the front air bag/steering wheel and the driver’s breastbone; properly adjusted head restraints, proper positioning on gas and brake pedals, proper seat belt use and fit, and safe positioning of mirrors to minimize blind spots. Adaptive Devices are available and discussed to help your vehicle become the perfect fit! Please call to schedule your 20 minute appointment.

HOSPICE VOLUNTEER TRAINING CLASS PRESENTED AT THE THOMPSON CENTER BY THE VISITING NURSE & HOSPICE OF VT AND NH AND BAYADA HOSPICE THURSDAYS, APRIL 4 - MAY 23, 2013

The last good thing that may happen in a person’s life is a Hospice volunteer...
The Thompson Senior Center is offering a Hospice volunteer training program with The Visiting Nurse & Hospice of VT and NH and BAYADA Hospice. This is a joint training program that will allow the participants to be certified as Hospice volunteers with both agencies. All volunteers will receive Hospice training for eight consecutive weeks, beginning on Thursday, April 4th from 4:30-6:00pm. Hospice volunteers can help Hospice patients with a variety of tasks, including light meal preparation and housekeeping, running errands, gardening and companionship. Other volunteers help in the Hospice office with routine office tasks, or assist with bereavement correspondence. Regardless of the task, the impact Hospice volunteers make is huge. Please call The Thompson Center at 457-3277 to sign up or for further information.



PROGRAM CALENDAR - APRIL 2013				
Mon	Tue	Wed	Thu	Fri
1	2	3	4	5
9 Tax appointments* 9 Strength & Fitness 10:15 Memoir Club 1 Advisory Meeting	9 Strength & Fitness 10:00 Double King Pede 12 Spanish Table	9 W. Leb Shopping* 9:30 Tai Chi (B) 10-12 Chair Massages* 10:30 Handwork Cir. 10:40 Tai Chi (CS) 12 French Table 1 Brain Fitness Class*	9 Strength & Fitness 10 Cribbage 10:30 Italian Study Group 12 Italian Table 4:30 – 6:00 Hospice Training*	12 German Table
8	9	10	11	12
9 Tax appointments* 9 Strength & Fitness 10:15 Memoir Club 1:30 Diabetes Webcast	9 Strength & Fitness 10:00 Double King Pede 12 Spanish Table	10-12 Chair Massages* 9:30 Tai Chi (B) 10:30 Handwork Cir. 10:40 Tai Chi (CS) 12 French Table 11:30 WUHS Chorus 1 Book Club 1 Brain Fitness Class*	9 Strength & Fitness 10 Cribbage 10:30 Italian Study Group 12 Italian Table 1 Advance Directives Talk 4:30 – 6:00 Hospice Training*	9 – 2:30 Foot Clinic* 10:30 Heart to Heart 12 German Table 9 AARP Driver Safety 2 CarFit
15	16	17	18	19
9 Strength & Fitness 10:15 Memoir Club 1:30 Hearing Loss Webcast	9 Strength & Fitness 10 Double King Pede 11:30 Commodities 12 Spanish Table	8 Board Meeting 9 W. Leb Shopping* 9 – 2:30 Foot Clinic* 9:30 Tai Chi (B) 10:30 Handwork Cir. 10:40 Tai Chi (CS) 12 French Table 12:30 Caregiver Group 1 Brain Fitness Class*	9 Strength & Fitness 10 Cribbage 10:30 Italian Study Group 12 Italian Table 4:30 – 6:00 Hospice Training*	9 Legal Clinic* 12 German Table
22	23	24	25	26
8:30 Newsletter Folding 9 Strength & Fitness 10:15 Memoir Club 10 French Class*	8:30 Volunteer Breakfast* 9 Strength & Fitness 10 - 12 Wellness Clinic 10 Double King Pede 12 Spanish Table	9:30 Tai Chi (B) 10-12 Chair Massage* 10:30 Handwork Cir. 10:40 Tai Chi (CS) 12 French Table 1 Brain Fitness Class*	BIRTHDAY DAY* 9 Strength & Fitness 10 Cribbage 10:30 Italian Study Group 4:30 – 6:00 Hospice Training*	8:30 Dartmouth Greenhouse & Hood Museum Trip 9-3 Hearing Screenings* 12 German Table
29	30			
9 Strength & Fitness 10:15 Memoir Club 10 French Class*	9 Strength & Fitness 10 Double King Pede 12 Spanish Table 5:30 Dinner and a Movie: <i>We Bought a Zoo.</i>	<div> Movie/Dinner menu: Mini ham salad and egg salad sandwiches on brioche rolls, Kale salad with feta cheese and cranberries </div>	BINGO daily at 10:30 am except on birthday day and other special meal days.	* Please Sign up/Reservations Required



MENU - APRIL 2013				
Mon	Tue	Wed	Thu	Fri
1	2	3	4	5
Easter Lunch* Baked Ham, Scalloped Potato, Pineapple Bread Pudding, Green Bean Amandine, Coconut Cake	Chicken Quesadillas w/ Tomato Avocado Salsa, Roasted Vegetable Melange, Jelly Roll	BLT Wraps, Apple & Squash Soup, Cannoli Cake	Asian Pork Burgers, Roasted Steak Fries, Mediterranean Vegetables, Ginger Rhubarb Tarts	Chicken Salad, Broccoli Salad, Tortellini Salad, Lettuce, Tomato, Streusel Peach Pie
8	9	10	11	12
Chef's Choice	Meatloaf, Smashed Potato, Gravy, Green Beans, Mixed fruit Cobbler	Tossed Salad, Macaroni and Cheese w/ Ham, Broccoli & Cauliflower, Poached Pears	Sweet and sour Chicken, Vegetable Stir-fry, Rice, Coconut Macaroons w/ pineapple	Tilapia w/ Lemon, Onions, Peppers in foil, Vegetables, Baked Potato, Warm Apple Crisp
15	16	17	18	19
Chicken Tostadas, Roasted Vegetable Medley, Almond Joy Sundae	Quiche w/ Smoked Turkey & Broccoli, Roasted Potatoes, Roasted Vegetable Medley, Pumpkin Cranberry Bread Pudding	Bombay Curry Chicken, Rice, Stir Fried Vegetables, Hot Fudge Sundae with banana	Tossed Salad, Grilled Cheese, Creamy Tomato Soup, 4 Bean Salad, Apple Turnovers	Tossed Salad, Supreme Pizza w/ peppers, onions, mushrooms, olives, pepperoni, Banana Upside down cake
22	23	24	25	26
Turkey Sandwich w/ lettuce & tomato, Corn Chowder, Cole-slaw, Ice Cream w/ fruit compote	Pan Seared Chicken breast, Creamy Cheddar Polenta, Spinach supreme (spinach, sour cream, parmesan and Monterey Jack Cheese) Chef's Choice Dessert	Salmon burger, Roasted Steak Fries, Marinated Vegetable Salad, , Chef's Famous Chocolate Chip Cookies w/ Fresh Fruit	Birthday Day* Maple Porkchops, Maple Cider Jus, Baked Potato, Lime Carrots, Cake and Ice Cream	Chef's Choice
29	30			
Tossed Salad, Penne Pasta w/ Sweet Italian Sausage, Spinach, Tomatoes, Pesto, Citrus Ricotta Squares	Reubens, Sweet Potato Fries, Roasted Vegetables, Brownies & Fruit	* indicates that sign-up/ reservations are required (Birthday Day & special holiday meals)	Meal Pricing: ♦ \$ 7 <u>charge</u> for those under age sixty ♦ \$ 5 suggested donation for ages sixty and over	

Menu is subject to change based on availability of food items.
 Please call ahead with special dietary needs