



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



DECEMBER 2012

A HOLIDAY TRADITION

The **HOLIDAY BAZAAR and COOKIE WALK** has been a tradition at The Thompson Center for dozens of years and has raised thousands of dollars to support the operations of our Center. On **Saturday, December 1, 2012, from 9 AM – 1 PM**, please join us for this annual event where you'll find a great selection of holiday gifts, wreaths, handmade pottery, ornaments, jewelry, knitted and felted items, homemade goodies, jams, jellies, pickles, and more! Santa will be in the living room for photos with the children and our famous Cookie Walk will be upstairs in the conference room. Hundreds of cookies will fill over 200 cans. Arrive early to pick your favorites!



Don't forget to get your raffle tickets to win a Sleigh Ride or Carriage Ride for two from Kedron Valley Stables, a panoramic print from Mt. Tom by Wm. Hoyt, or Beaded Jewelry by Leslie Marceau. Purchase tickets at the Center for \$1 per ticket or \$5 for a book of 6 tickets! All proceeds benefit The Thompson Senior Center.



Holiday Tea at The Jackson House Wednesday, January 9, 2013 2:30pm - 4pm

Kathy and Rick Terwelp of The Jackson House Inn welcome Thompson guests for the 3rd Annual Holiday Tea. Enjoy holiday cheer, tea and goodies with friends and our neighbors. **Sign up is required** as space is limited to 35. RSVP by January 4th at the Center, or by calling 457-3277.

*The Staff at
The Thompson Center
Wishes You*

Happy Holidays



FAREWELL TO A FRIEND

Eleanor Zue of Senior Solutions will be retiring on December 27, 2012. For over 26 years, Eleanor empowered and assisted many seniors in our communities. Eleanor has been a consistent and helpful team member at The Thompson Center on Tuesday and Thursday of each week. She will be missed by Senior Solutions, Thompson Senior Center friends, and the seniors she has served throughout these many years. We will recognize Eleanor and her many contributions with a celebration during lunch on **Thursday, December 6th** at the Center. All are invited to thank Eleanor and wish her well.



Eleanor's departure will be a loss for all of us. In her absence, Senior Solutions encourages all seniors to contact the Senior Helpline at 1-800-642-5119, whether you were a current client of Eleanor's, or are new to Senior Solutions. The Helpline is staffed with very knowledgeable people who are able to serve seniors, Monday through Friday, 8:30 a.m. - 4:30 p.m. See page 3 for more information about the Senior Helpline.

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The Thompson Center

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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,
paudsley@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.,
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 (Thurs. at the Thompson)
SENIOR HELPLINE: 800-642-5119

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

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



Welcome to the new associate members and board members voted on at our Annual Meeting. Although each has been involved with the Center in various ways, all new board members met with Cindy Carroll and me for new board member orientation this month, and we’re excited to welcome each of them and have their fresh perspective and the experience that they bring.

Another welcome goes out to our newest staff member, Mark Stanglin, who will work both as a back-up driver and kitchen assistant as needed for vacations or sick days. Mark and his wife own and operate the Carriage House Inn on Woodstock Road. Welcome to the team, Mark!

Don’t miss the delicious new menu items on the December calendar as well as the Holiday breakfasts that we’ll be serving this month! Chef Ryan has created a new Winter Menu plan, and you’ll be seeing new delicious dishes throughout the winter. Invite a friend and come on out! We would love to see you!

I always love to hear ideas and suggestions so please be in touch! (802) 457-3277 or tsc-execdiretor@comcast.net Happy Holidays!

Please note:

Katrin Tchana, the Community Care Coordinator from the Ottauquechee Health Center, will be at TSC in December on these dates:

- Friday, December 7th, from 10:30 -2:00 pm
 - Wednesday, December 12th, from 10:30 -2:00 pm
 - Friday, December 28th from 10:30 -2:00 pm
- She will be in the Senior Solutions office, and she invites every one to stop in and see her.

ADVISORY MEETING HIGHLIGHTS

- Food Shelf pie baking for Thanksgiving boxes
- Delicious Oktoberfest meals mentioned
- Christmas Carol trip had to be cancelled because we were well below the minimum number needed to take the trip
- Trip planning committee will be re-convened
- Meal donation suggestions raised to help compensate for in increasing food costs.
- Volunteer greeters for visiting groups
- Vial for Life discussed
- Karaoke, movie night, and dinner event suggestions
- Holiday Bazaar reminders
- Pre-ordered “Pies to Go by Siobhan” for Thanksgiving

Please join our next meeting on Monday, December 3rd at 1pm. Your input is needed and appreciated!

IMPORTANT INFORMATION

MISSION

It is the mission of the Thompson Center to be a multi-generational gathering place for our community. Our programs and activities will promote the physical, intellectual and social well-being of the adult community to enhance dignity, self-worth and independence. The Thompson Center will act as resource and advocate for our senior population, providing timely support on issues that affect aging in our rural community.

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

MEDICAL EQUIPMENT

Currently available at the Center: Walkers, LOTS of shower chairs, crutches, & wheelchairs. Recliner with lift.
Also Available: Aluminum indoor/outdoor ramp, and Stair glide lift chairs, call for details. Contact Deanna at 457-3277.

IN MEMORY OF

Diane Blanchard Gladys Deatte
David Blackwell Mary Cameron



Joan Burdge
Mary Cameron



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
Flower pens/pencils - Tiffany Martin
Aprons & craft items - Marjorie Swain
Holiday Center pieces - Sue Lilly (Red Horse Inn)
Medical equipment - Ken Holden
Medical equipment - Mildred d’Entremont
Medical equipment - Helen Curtis
Medical equipment - Bill & Kathy Emmons
Bratwurst - Bill Post
Pens - TD Bank
Yarn - Pat Hesterberg
Potato Salad - Woodstock Fire Dept
Thanksgiving Kitchen helpers & peelers - Perry Maxham, Joyce & Nelson Gilman, Dick Brackett, Dan Kenney, Carl Kesselli

SHARE THE HARVEST

Potatoes and leeks - Carl & Rick Kuniholm



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



DECEMBER BIRTHDAYS

- | | | |
|--------------------------------|--------------------------------|------------------------------------|
| 1 st James Huff | 9 th Leon Stetson | 24 th John Audsely |
| 3 rd Ginny Christy | 12 th Eleanor Zue | 25 th Leo Desmond |
| 5 th Margaret Fladd | 13 th Mildred Gay | 26 th Faye Dudley |
| 6 th Harry Fladd | 14 th Grace Staples | 26 th Katherine Webster |
| 6 th Rick Kuniholm | 16 th Ryan Martin | 27 th Marie Aldrich |
| 8 th Lucile Appel | 22 nd Erlene Rogers | 28 th Pat Hadley |
| 8 th Helen Flower | | |

On December 27th we will celebrate your special day! Please join us!



ONGOING PROGRAMS

CAREGIVER SUPPORT GROUP

Wednesday, December 19

(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!

WELLNESS CLINIC & BLOOD PRESSURE SCREENINGS

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. **Please note December clinic is scheduled for the 11th @ 10:00 AM to Noon.**

BOOK CLUB

The book club takes a break in December, but if you want to get a head start on January's read, get Ann Patchett's State of Wonder. Jane Philpin will lead.

An ordinary scientist from Minnesota is sent to the Amazon jungle to find her missing colleague and to check up on the ruthless Dr. Annick Swenson, a surly researcher studying an amazing tribe whose women go on bearing children into old age. Wonderful characters, poison arrows, loss, sacrifice, wonder and beauty, and much to ponder regarding the development of new drugs.

HAPPY FEET!

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: \$15



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.

SCRABBLE CLUB & BRIDGE CLUB

Ongoing, Mondays, 1 PM

NEWS & PROGRAMS

SENIOR HELPLINE 1-800-642-5119

If you are a Vermonter aged 60 or older, or a family caregiver, please take note of the information below, and save this phone number.

56 Main St., Suite 202, Springfield, VT 05156

www.seniorsolutionsvt.org



On weekdays between 8:30 A.M. and 4:30 P.M., friendly experts are waiting to answer your questions about aging issues and resources. This service is free and confidential.

Here are the Top Ten reasons to call the Senior HelpLine:

1. You have Medicare questions
2. Your aging family member needs help
3. You're 60 or older and have questions about public/state benefits
4. You're exploring long term care options
5. You need medical or non-medical transportation (*transportation requests may be forwarded to the Thompson Senior Center*)
6. You have questions about nutrition or wellness
7. You're a provider looking for programs to refer seniors
8. You need appropriate housing
9. You need help managing your bills/finance
10. You're a caregiver for an older person and feel stressed

Please note: If you have an emergency issue, you should call 9-1-1.

If you have some other urgent after hours need, please call 2-1-1.

The Senior HelpLine is cooperatively run by the five non-profit Area Agencies on Aging that serve Vermont. Your call will automatically be routed to the agency that serves the area you're calling from. Senior Solutions is the agency serving Windham and Windsor counties.

The Senior HelpLine (1-800-642-5119) is available for Vermonters aged 60 and up, and their family caregivers and others who help them. Give it a try; you might be surprised by all that's available for you and your

HOLIDAY EVENTS ON WEDNESDAY, DECEMBER 12, 2012

HOLIDAY DINNER AND MUSIC AT 12:00 PM

Please join us for our annual Holiday meal at Noon on **December 12th**. The menu is: Baked Ham, Scalloped Potato, Pineapple Bread Pudding, Holiday Cranberry Chutney, Green Bean Almondine, Devils Food Peppermint Cake. **Advance sign-up is required. 457-3277.**



The Woodstock Union High School Chorus will be singing caroling here for our holiday dinner!

YANKEE SWAP 1:00 PM

After this special dinner, continue the holiday fun at our annual Yankee Swap.

If you can, please bring in a gently used, wrapped item to add to our collection of gifts.



PROGRAMS

SPA DAY AT THE THOMPSON

DECEMBER 19, 9:00 AM TO 12:00 PM

Don't let the holiday time get you down or stressed out. Pamper yourself with a relaxing chair massage. Several providers from **The Spa at the Woodstock Inn and Resort** have generously offered to share their time and talents with us as a holiday gift. Please call the Senior Center to reserve your 20 minute appointment. Slots will fill up soon! (802) 457-3277.



COVERED BRIDGES OF NEW ENGLAND

**A SLIDE SHOW PRESENTED BY
PHOTOGRAPHER/AUTHOR
JEFFREY BLACKMAN**

TUESDAY, DECEMBER 11, 1:00 PM

Jeffrey Blackman's photography has been featured in numerous high-profile publications including *Life*, *Newsweek*, *National Geographic Traveler*, *American Preservation*, and *Polo Magazine*, among others. He has photographed the ice festival in Sapporo, Japan; the marble quarries of Pietrasanta, Italy; Formula One in Monaco; and NASCAR races and PGA tournaments throughout the US. He is also the author of *Covered Bridges of New England*, *Out of Gas*, *End Zone* (an extensive photo essay about the NFL), and *Barns of New England*. You will have an opportunity to purchase a signed copy of his book, *Covered Bridges of New England* after his program.



MEMORY TREE FOR THE HOLIDAYS

Each year a tree is set up in the foyer of the Thompson Center and is dedicated as a memory tree. Ornaments are \$2 and each name will be placed on the tree for those who are being remembered.

LUCY MAC PETS BRING HOLIDAY CHEER TO THE THOMPSON

TUESDAY, DECEMBER 18, 1:00 PM

Lucy Mackenzie Humane Society recognizes that love for a pet knows no age limit. Please join us on December 18th when our partners in our *Meals For Pets* project come for a holiday season visit with some of the shelter animals. Learn about their *Sophie's for Seniors* program whereby local senior citizens may adopt an older pet from Lucy Mac for a reduced adoption fee. Lucy Mac will continue to work with the adopter to facilitate veterinary care and transportation to appointments, and general training. If the owner should pre-decease the pet, Lucy Mackenzie will take care of the pet for as long as it takes to find another loving home. It's a win/win situation, resulting in quality retirement companionship for both.

A VERY SPECIAL SALE! THURSDAY, DECEMBER 13, 11 AM TO 2 PM

Complete your holiday shopping with a lovely gift from **Operation Yellow Bead**. Pam Butler and Diana Hayes will present this special sale of beautiful bracelets and earrings from the full collection. All items are priced at \$15 - \$20 and are gift boxed. Proceeds will be donated to **Trout Unlimited** to help the Vermont Chapter of the National "Healing Waters" Program for our wounded warriors and veterans.



CLASSES

FRENCH CLASSES

Instructor: Judy Mahood
Email: judymahood@comcast.net

Start the New Year with a fun and informative immersion class. It will be held one day for 2 ½ hours. Look for details in our January newsletter or contact Judy at judymahood@comcast.net

ITALIAN STUDY GROUP

Thursdays, December 6 & 13

10:30 AM - Noon

Cost: \$22 for 2 classes

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.

SPANISH CLASS

**Watch for dates and times for an
early spring series.**

Instructor: Susan Copeland

This class will be conducted primarily in Spanish with emphasis on building conversational skills. It will be geared toward beginning and intermediate learners. Instructor Susan Copeland taught Spanish part-time in Hartford High School in Hartford, VT and has worked with the Rassias Foundation teaching both English and Spanish. The class will be using *Communicating In Spanish* (Novice Level) by Conrad Schmitt and Protase Woodford (Jan 1, 1991), and *5-Minute Spanish* by Berlitz (Jul 15, 2009) (CD optional). Minimum: 4 students. Please sign up in advance by calling 457-3277.

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

**Wednesdays, January 2, 9, 16, 23, 30, and
February 6. March 6, 13, 20, 27, April 3 & 10.**
(Note: No classes in December)

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, 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, 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.anniebower.com.

Cost: \$30.00 (six classes)

Come try one class for free!

TRIPS

TRIP TO RHODE ISLAND, “ FROM GILDED AGE TO TODAY’S GOURMET” SUNDAY, MAY 5 TO WEDNESDAY, MAY 8, 2013

- Notch Above Tour Package Includes:
- 3 Nights accommodations
 - 3 Breakfasts
 - 3 Lunches – Including picnic lunch at the Elms!
 - 2 Dinners
 - Guided tour of St. Ann Arts and Cultural Center
 - Tour at Green Animals
 - Tour at the Marble House
 - Visit at Rosecliff Mansion
 - Tour at The Breakers
 - Wine Tour and Tasting at Newport Vineyards
 - Free time at Bannister’s Wharf
 - Oyster Farm Tour
 - Tour at Smith’s Castle
 - Bakery Tour and Demonstration
 - Cooking demonstration at Geppetto’s
 - Baggage service for 1 piece of luggage per traveler
 - Full-time escort
 - Roundtrip transportation on a luxury motorcoach
 - Taxes and Gratuities

Detailed itinerary is available at The Thompson

Pricing Information: (based on 38 paid travelers)

- Per Person Double Occupancy: 748.00
- Per Person Triple Occupancy: 681.00
- Per Person Quad Occupancy: 647.00
- Per Person Single Occupancy: 950.00

Please call Heidi Cunningham at Travel Associates for further information (802) 457-1600. **Terms: Reservations should be made with a \$250.00* non-refundable deposit by January 4, 2013. * subject to exceptions (contact Heidi for details).**

Peter Pan, Northern Stage, White River Junction, VT. Friday, December 21, 2:00 PM (Depart on Thompson Shuttle at 1:15PM)



Don’t want to grow up? Join Peter Pan, Tinker Bell and their pals on an unforgettable trip to Never Never Land. Based on the play by James M. Barrie this is one of the world’s most celebrated musicals. You will enjoy popular songs such as, “I Won’t Grow Up”, “I’m Flying”, and “Never Never Land.” Professional Broadway performers join talented local children in this timeless tale. Cost: \$40.00 (includes ticket & gas) Note: Price goes up for this holiday performance on **December 26th** so see it with us!

DAY TRIP POLICY

- ◆ To make your reservation, contact Diana or Pam at 457-3277 .
- ◆ Reservations are taken on a first paid basis and are not considered confirmed until full payment has been received. 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 IN THE NEW YEAR!!



BOB HORAN: SINGER—MUSICIAN—STORYTELLER THURSDAY, JANUARY 3, 1:00 PM

Bob has been called a “folk singer” because he loves a good story and his early musical career was influenced by popular musicians such as Judy Collins, Tom Paxton, Arlo Guthrie, John Denver and others. In fact Bob’s musical style incorporates a little country, rock ‘n’ roll, big band, and reggae. One agency director said, “Mr. Horan’s knowledge of the universal language of music entices all. He reaches out to everyone as if he’s singing directly to each one. His large repertoire covers many generations of music and makes people feel like he is family.”

NEW! ART LEARNING COLLABORATIVE

FRIDAY, JANUARY 11 TO FEBRUARY 1, 10:00 TO NOON

Do you have art supplies you’ve been meaning to use? Do you have an art project you haven’t had the motivation to finish? Would you like to make art in the company of friends? Get back into doing the kinds of arts and crafts you like, and learn new tricks through professional, individualized instruction. Beginners and experts are welcome, and any art form is accepted – painting, drawing, quilting, and crafts. Don’t have any art supplies or previous knowledge? No problem! Wendy will provide art and craft supplies as well as instruction to anyone who wants to learn or relearn something new. Come make art, socialize, and learn in a supportive, welcoming environment.

Wendy is a graduate of the University of Vermont’s Art Education Program. She has a strong interest in alternative, hands-on education and has interned and worked teaching art in a variety of settings with diverse populations. She has taught art in public and private schools, summer camps, specialized centers and institutions, as well as privately. Wendy is also a practicing artist and has shown her art in venues around the Upper Valley and Burlington, Vermont. Wendy is currently living and working in the Upper Valley as an artist and educator.

Cost: \$48.00 (make up class scheduled, February 8th, if needed)

Materials required: any art supplies you wish to use. If you have no art supplies, you may pay an extra \$15 for the class series and use Wendy’s fine art painting and drawing supplies.

Minimum 3 students required. Please call the Thompson to sign up in advance, 457-3277.

SENIOR SKATE, WOODSTOCK UNION ARENA WEDNESDAYS, 10:00 TO 11:00AM



Join a fun and committed group of skaters each week as they socialize, exercise, and sharpen their skills (and skates). Free for those 55 years and older.

PROGRAM CALENDAR - DECEMBER 2012				
Mon	Tue	Wed	Thu	Fri
3	4	5	6	7
9 Strength & Fitness 10:15 Memoir Club 1 Advisory Meeting 1 Bridge 1 Scrabble	9 Strength & Fitness 10:00 Double King Pedo 12 Spanish Table	9 W. Leb Shopping* 10:30 Handwork Cir. 12 French Table	9 Strength & Fitness 10 Cribbage 10:30 Italian Study Group 12 Retirement Party Lunch for Eleanor Zue 12 Italian Table	12 German Table
10	11	12	13	14
9 Strength & Fitness 10:15 Memoir Club 1 Bridge 1 Scrabble	9 Strength & Fitness 10:00 Double King Pedo 10:00 Wellness Clinic 12 Spanish Table 1 Covered Bridge Slideshow	10:30 Handwork Cir. 12 HOLIDAY DINNER with music by WUHS chorus* 12 French Table 1 Yankee Swap	9 Strength & Fitness 10 Cribbage 10:30 Italian Study Group 11 - 2 Operation Yellow Bead Sale	9 - 2:30 Foot Clinic* 12 German Table
17	18	19	20	21
8:30 Newsletter Folding 9 Strength & Fitness 10:15 Memoir Club 1 Bridge 1 Scrabble	9 Strength & Fitness 10 Double King Pedo 11:30 Commodities 12 Spanish Table 1 Lucy Mac Pet visits	8 Board Meeting 9 W. Leb Shopping* 9 Spa Day 9 – 2:30 Foot Clinic* 10:30 Handwork Cir. 12 French Table 12:30 Caregiver Support Group	9 Strength & Fitness 10 Cribbage 1 Christmas music with the Buswell family	8:30 Holiday Breakfast Closed at noon 1:15 departure to Peter Pan at the Northern Stage*
24	25	26	27	28
Christmas Eve CLOSED	Christmas Day CLOSED	10:30 Handwork Cir. 12 French Table	BIRTHDAY DAY* 9 Strength & Fitness 10 Cribbage	8:30 Holiday Breakfast Closed at noon
31				
New Year's Eve CLOSED			* Please Sign up/ Reservations Required	BINGO daily at 10:30 am except on birthday day and other special meal days.

MENU - DECEMBER 2012				
Mon	Tue	Wed	Thu	Fri
3	4	5	6	7
Grilled Chicken Breast Sandwiches, Bean salad, Potato Salad, Brownies and Fruit	Lasagna, Crusty Bread, Vegetables, Fresh Fruit Parfait	Tilapia w/ Lemon, Onions, Peppers baked in foil, Vegetables, Baked Potato, Ginger Almond Cookies	Turkey Quesadillas w/ Tomato Avocado Salsa, Roasted Vegetable Melange, Chocolate Cake	BLT's, Broccoli Soup, Ice Cream
10	11	12	13	14
Tossed Salad, Chicken Cacciatore over Spaghetti. Garlic Bread, Oatmeal raisin cookies	Reubens, Sweet Potato Fries, Roasted Vegetables, Warm Apple Crisp	HOLIDAY DINNER* Baked Ham, Scalloped Potato, Pineapple Bread Pudding, Holiday Cranberry Chutney, Green Bean Aman-dine, Devils Food Peppermint Cake	Baked Chicken Chimichangas, Red Beans, and Rice, South Western Roasted Vegetables, Cherry Crunch Pie	Split Green Pea Soup w/ Ham Tossed Salad, Biscuit, Cranberry Bread Pudding
17	18	19	20	21
Chicken Pot Pie, Tossed Salad, Chef's Famous Chocolate Chip Cookies w/ Fresh Fruit	Beef Stroganoff, Egg Noodles, Roasted Seasonal Root Vegetables, Poached Pears	Singapore Curry Chicken, Rice, Stir Fried Vegetables, Sorbet w/ Fruit	Chef's Choice	Breakfast Day* (served at 8:30am) Asparagus Mushroom Cheese Frittata, w/ Bacon, Home Fries, Fruit Salad, Yogurt
24	25	26	27	28
Christmas Eve Closed	Christmas Day Closed	Chef's Choice	Birthday Day* Herb Rubbed Roast Beef, Green Bean Casserole, Mashed Potatoes, Roll, Cake and Ice Cream	Breakfast Day* (served at 8:30am) French Toast, Hash browns, Sausage, Fruit Salad, Yogurt
31				
New Year's Eve Closed	* indicates that sign-up/ reservations are required (Birthday Day & special holi-day meals)	Meal Pricing: ♦ \$ 7 <u>charge</u> for those under age sixty ♦ \$ 5 suggested dona-tion for ages sixty and over	Menu is subject to change based on availabil-ity of food items. Please call ahead with special dietary needs.	