



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



FEBRUARY 2012

TRANSPORTATION PROGRAM GETS NEW WHEELS!

PARTNERING WITH LOCAL BUSINESSES

A new KIA SOUL will now provide medical rides and other transportation whenever it is feasible to take a smaller vehicle. The KIA is a comfortable, four door that should get 2 - 3 times better gas mileage than the vans. With the monthly lease supported entirely by community sponsors, the KIA should help us realize significant savings in our transportation program.

We're very thankful to our start-up sponsors:

**Upper Valley Rehabilitation,
Ellaway's Attic Consignment,
Ottauquechee Plumbing,
Woodstock Insurance, and
Lang McLaughry Spera Real Estate's Tambrey Vutech.**



Medical Driver, Jim Emery, with our new KIA Soul

Reductions in State and Federal grant income are expected in 2013 making it critical to take steps now to find savings and increase income if we are to maintain our current level of service. In 2011, van #1 drove over 25,000 miles (primarily local transportation) and van #2 drove over 16,000 miles (primarily medical rides). Projected losses to the Thompson Center related to the transportation program, if no changes were made and funding was reduced, would reach \$30,000.

TRANSPORTATION DONATIONS

Over 4,500 rides are provided annually in the Thompson vans. Donations from riders have averaged approximately .40 cents per ride. A key part of the plan to make our transportation program sustainable is to increase donation income related to rides provided. Beginning March 1, 2012, notices regarding suggested donation amounts will be posted in the vehicles and included in all materials regarding transportation services.

Suggested donations are:

- Local rides to TSC and within the general Woodstock area: \$1 per ride, or \$2 round trip.
- Medical rides - long distance (beyond Woodstock area): \$10 per trip.

Donations, while an important source of funding, are not required if financially a hardship for the user. Concerns should be brought to Deanna Jones or Eleanor Zue. More detailed information about the transportation program is available at the Center, and all questions and suggestions are welcome.



WHERE'S THE SALT?

**Presented by Pat Harrison, Registered Dietician
Tuesday, February 7, 2012, 1:00PM**

February is American Heart Month and what better time to think about our heart health. A healthy diet and lifestyle are the best weapons you have to fight heart disease. One way to help take care of your heart is to control your blood pressure. Come to this fun and interactive program to get some dietary tips on how to help your heart stay healthy & pumpin'.

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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-execdirector@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
Jen Bloch, Volunteer Coordinator,
tscvolunteers@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., & Friday at the Thompson)
SENIOR HELPLINE: 800-642-5119

Susan Jantos, Community Care Coordinator, Ottauquechee Health Center,
Susan.Jantos@mahhc.org
(Wednesdays at the Thompson)

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

Many hours were given over the past few months for the planning and procurement of the Kia Soul. I'd like to give a special word of thanks to the key planners for this project: Joe Sheperd researched vehicles, projected savings, and worked with car dealerships, Peter Goulazian enlisted sponsors and worked with Joe. Bob Forman and Paula Audsley prepared the initial analysis of the over-all transportation program costs. Thank you, Joe, Peter, Bob, and Paula for your time and efforts on this important initiative that will benefit many people and our Center!

ADVISORY MEETING HIGHLIGHTS

Submitted by Fran Gillett, Advisory

- New smaller more economical vehicle has joined the Thompson vans
- Trip-a-month planning includes:
 - A visit to the Lucy Mackenzie Animal shelter
 - A visit to the State House with Alison Clarkson
- Possibility of including Museum of Fine Arts with the Gardner Museum trip in April.
- Other suggestions included a Dartmouth hockey game, a zoo, the Science Museum in Boston, other sporting events.
- Discussed concerns related to the heavy restroom doors.
- Discussed over-all excellence of meals with special commendation for desserts, suggestions for baskets of rolls more often, and wraps less frequently.

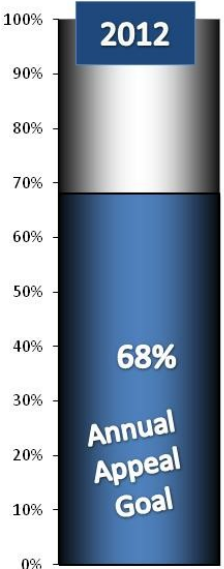
Please join our next meeting on Monday, February 6th at 1pm.



The Annual Appeal for 2012
is well under way.

The Thompson Center depends primarily on these annual appeal funds, grants, town support, and fundraising events (Holiday Bazaar & Valentine Auction) to maintain the daily operations and services of our vibrant center. In total our annual expense budget for 2012 is \$435,000. Therefore, reaching our goal for the annual appeal is very important. Thank you to all who support us in this way!

Goal: \$80,000
Total Donations: \$54,406 (as of 1/12/12)



IMPORTANT INFORMATION

WINTER CLOSING POLICY

The Center is always closed when the Woodstock schools are cancelled. You can find out if the schools are closed after 6:15 AM by checking local news or online at www.overnet.com/schoolclosings. We may also close when we feel driving conditions are not safe for our participants. Call the Center after 8 AM; if we are closed, there will be a message on our machine.

MEDICAL EQUIPMENT AVAILABLE

Currently available at the Center: Canes, walkers, shower chairs, crutches, and wheelchairs - FREE

Also available:

- ♦ "Stair glide" electric stair chair available for \$1,800 (which is 50% of the original price)

Contact Deanna with questions at 457-3277.

FUEL ASSISTANCE
INFORMATION

For assistance with applications for home heating/fuel assistance or for more information, please call Eleanor Zue at the Center at 457-3277 on Tuesday, Thursday or Friday, or Senior Solutions Help Line 1-800-642-5119.

MISSION STATEMENT

It is the mission of the Thompson Center to be a multigenerational 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.

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
Yarn & knitting needles - Thelma Jillson
Magazines - Emily Schanck
Chocolates - Mary Sharpe
Yankee Swap gifts - Diana Hayes & Priscilla Sands
Yankee Swap gifts -Ellaway's Attic
Santa service - Fred Blood & Gary Hawkes
Cookie dough for MOW's - Perri Maxham
Poinsettias - Horticultural class at Woodstock Union High School and John Hires
Plants - Riverbend Nursery
Holiday Tea - Jackson House Inn
Tea - Rita Post



IN MEMORY

Gilbert Grote
Bob & Barbara Mathewson

FEBRUARY BIRTHDAYS

- | | |
|----------------------|-----------------------|
| 1- Dick Colantuono | 12- Carol Towne |
| 1- Dick Atwood | 14 - Phyllis LeBaron |
| 4- Jim Dubuque | 14 - Margaret Audsley |
| 5- Anne Blake | 15 - Polly Leavitt |
| 5- Leonard Johnson | 18 - David Johnston |
| 6- Joan Blackwell | 19 - Jim Christy |
| 7 - Morris Stickney | 25 - Sylvia Doten |
| 8 - Liz Woodbury | 29 - Floyd VanAlstyne |
| 10 - Janice Standish | |



*On February 23rd we will celebrate your special day!
Please join us!*

ONGOING PROGRAMS

CAREGIVER SUPPORT GROUP

Wednesday, February 15th

(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!

SENIOR SKATE!

Woodstock Union Arena

Fridays

10:00-11:00AM

\$4.00 fee and \$2.50 skate rental (now half price!)
For more info, call the Union Arena at 457-2500



BOOK CLUB

Wednesday, February 8, 1 PM



The February book club choice is a fictionalized account of the true story of two women whose findings on a beach in England revolutionized the world of natural science. Remarkable Creatures by Tracy Chevalier is not plot-driven, but rather, rich in the mores of early 1800 England. The unlikely friendship of the women, 20 years apart, drawn together by their love of fossils, is revealed in alternating chapters told by each. The characters are unpredictable, given to acts both of kindness and uncaring dismissiveness--but they are never dull or boring. Join us on Wednesday the 8th at 1:00 for a stimulating discussion!



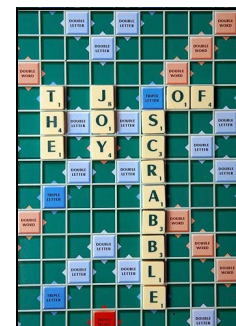
HANDWORK CIRCLE

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

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!



NEWS



FEBRUARY IS AMERICAN HEART HEALTH MONTH

(Please see back cover about our Heart Health Program on February 7th)

Since 1963, February has been celebrated as American Heart Month to urge Americans to join the battle against heart disease. Since 2004, February also has been the signature month for the American Heart Association's Go Red For Women campaign and the message that heart disease is not only a man's problem. Consider these statistics:

- ♥ Heart disease is the No. 1 killer of women age 20 and over, killing approximately 1 woman every minute.
- ♥ More women die of heart disease than the next four causes of death combined, including all forms of cancer.
- ♥ 1 in 3 American women die of heart disease, compared to 1 in 30 women that die of breast cancer.
- ♥ Ninety percent of women have one or more risk factors for developing heart disease.
- ♥ Eighty percent of cardiac events in women may be prevented if they make the right choices for their hearts, involving diet, exercise and abstinence from smoking.

www.heart.org

Family Caregiving

by Community Care Coordinator, Susan Jantos, MSW

Being a family caregiver can be a difficult task and overwhelming at times. Caregiving is often physically and emotionally stressful. Some caregivers of family members with illness, find it challenging to take care of themselves. They develop feelings of sadness, anger and guilt when they are not able to take a break from their role as caregiver. Sometimes carers feel hopeless about their role with what seems to be the unending needs of caring for others. This can result in depression or even physical illness. There are a few things that family caregivers can do to function as optimally as possible. They are as follows:

- Find ways to 'replenish' yourself. What are those things that nourish you?
- Connect with other people. (Caregiver support groups can help)
- Learn and limit what you can do and what you can't....(this means saying thank you, but no, I'm not able to take that on right now.)
- Seek help from your physician or medical practitioner if you suspect that you may be depressed. They will likely know resources that can help and support you.
- And please know that you can call on your local Community Care Coordinator, Susan Jantos, MSW, at the Ottawaquechee Health Center at: 457-3030 ext #203 on Mon-Thurs, or at the Thompson on Wednesdays 11:30-4:30 at 457-3277.

CLASSES

FRENCH CLASS

Mondays, 8:45 - 10:00 AM

January 23 - March 5, 2012 (no class Feb. 20th)

Cost: \$75

Instructor: Judy Mahood

Students in this class will be involved in a variety of activities that will enhance their French language skills and familiarize them with the French culture. email: judymahood@comcast.net

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. Group members will be encouraged to meet after class for lunch at noon. 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

Tuesdays, January 17 - February 7, 2012

10:45 - Noon

Cost: \$50

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.



MIXED MEDIA ART

Studio Series at Artistree

Tuesdays, January 17- February 28 (no class on Feb 21), 10:00 AM to Noon, Cost \$90

Please call Artistree at 457-3500 to reserve your space or online at: www.artistreevt.org

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

TRIPS



Isabella Stewart Gardner Museum

Boston, MA

Wednesday, April 4, 2012

Isabella Stewart Gardner was the visionary and creator of one of the most remarkable collections of art in the world today. Over three decades she traveled the world to amass of master and decorative arts. She carefully installed her collection in such a way as to elicit an intimate response from the viewer. Each room in the museum has a carefully selected mix of paintings, furniture, textiles, and objects from different cultures and periods among well-known European paintings and sculpture. We will enjoy the traditional "April Courtyard" garden featuring an abundance of flowering plants and a display of 15 to 20 foot-long nasturtium vines. For lunch we will dine at the Gardner Café which is now located in an expanded space within the museum's newly constructed Renzo Piano-designed wing. Since 2002 Café G. has served an inspired seasonal menu with award winning desserts under the leadership of Chef Peter Crowley, a graduate of The Culinary Institute of America. **Cost: \$75.00 Please sign up in advance and reserve your space with payment.**

Itinerary:

9:00 Depart Thompson Senior Center on Premier Coach
11:30 Arrive at the Gardner Museum and dine in the Café
12:45 Guided Tour
1:45 Browse gift shop
4:30 Arrive back in Woodstock

TRIP PAYMENT POLICY

Reservations will be made on a first come basis with payment. If you call to make a reservation, we will put your name on the waiting list until payment is received. We will not cash your check until thirty days prior to the trip when final payments are due to vendors. If you need to cancel for any reason payment cannot be returned unless we are able to fill your spot from a waiting list.

A VISIT TO LUCY MACKENZIE

HUMANE SOCIETY

"Enhancing the Bonds of People and Animals"

Wednesday, February 22, 10:00AM Departure on The Thompson Van

If you haven't yet visited the Lucy Mackenzie Animal Shelter, join us for a visit to see the animals in their beautiful facility in West Windsor. We will leave The Thompson at 10:00AM and return in time for lunch at noon. You can visit with the cats in the cat room or visit with the dogs in the meet and greet room. Either way, there are ample places to sit and visit, and handicap access is available. Please call to sign up.

PROGRAMS

THE IMPORTANCE OF GOOD POSTURE AS WE AGE Thursday, February 16, 1:00PM

On Thursday, February 16, Physical Therapists from **Upper Valley Rehabilitation** will present a program on the importance of good posture in the aging population. Poor posture can affect balance, mobility and joint health and cause pain. Please join us for this presentation and get some tips on how to achieve good posture and avoid postural pain!



Valentine's Day Memories of How I Met My Sweetheart

Tuesday, February 14, 1:00PM

Share memories of how you met your sweetheart and bring pictures of special occasions---proms, weddings, and special dates. Patrons, families, and staff are invited to join this discussion. Note: This program is in lieu of the February "Remember When."

LOCAL WINTER FUN

The Nordic Center at the Woodstock Inn and Resort and Suicide Six are generously offering incentives for Thompson Center patrons to get out in the snow.

Downhill skiing at Suicide 6 - senior rates:

- ◆ Weekdays: \$38 full day, \$30 half day
- ◆ Weekends: \$49 full day, \$ 43 half day
- ◆ "Two for Tuesdays" - buy one ticket get the other free.
- ◆ "Frugal Friday" - \$20 for 9:00am - 1:00pm

Cross country skiing or snowshoeing at the Nordic Center at the Racquet and Fitness Center south of the Inn on Rte. 106:

- ◆ Wednesdays, beginning January 4, at 1:30pm. Equipment and instruction provided as needed. \$6.00 to ski, \$6.00 for equipment rentals.

Senior Swim is available Monday through Friday, 1:30 - 3:00pm for \$6.00. Call 457-1100 with questions.

Pamper Yourself with a Manicure

**Wednesday, February 15th,
9:00AM to noon**

Sue Cole, from the Woodstock Inn and Resort Spa, has generously offered to provide manicures in half hour time slots from 9:00AM to noon. Sign up soon, space is limited.

A special guest will offer additional time-slots for your manicure from 10 - 12pm!

Cost: Free

SHARE YOUR PET PHOTOS

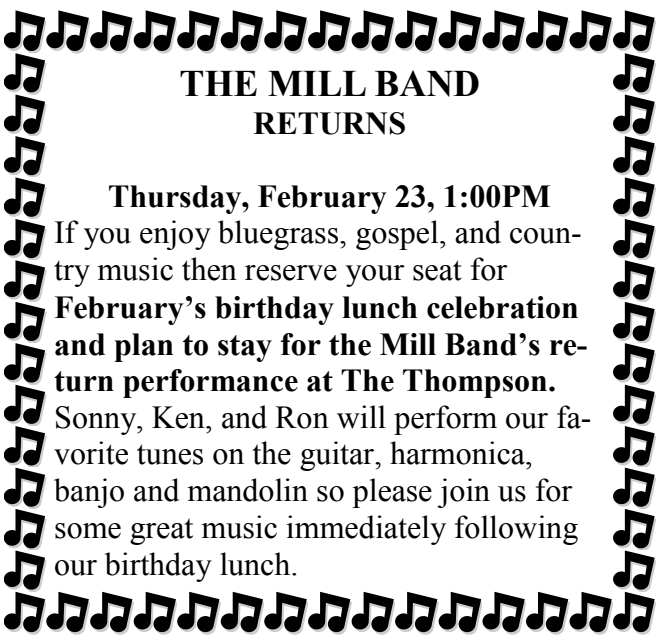
They are our best friends filled with unconditional love and loyalty...and we love to talk about them! We are talking about our friends and extended family members...our pets! Bring in a photo of your beloved cat(s) or dog(s) to be posted on the Thompson bulletin board. There will be a short form to fill out that will include their name, their owner's name and what makes them special. We will post their pictures on our March bulletin board.



PROGRAMS & RESOURCES

Two Part Series—Gold Mining in Vermont Part One: February 21, 1:00PM

Historian Coleman (Bill) Hoyt of Bridgewater will discuss the rich history of the gold mining industry in Bridgewater and Plymouth, Vermont in the late 1800's and early 1900's. The interest in this subject has been rekindled due to last year's churning up and erosion of stream beds by Tropical Storm Irene, and the possibility of new panning opportunities. Bill has researched the history of gold in Vermont at the UVM and State libraries, and learned about it first hand from legendary Bridgewater natives like Lawrence Curtis, who passed away in 1996 lying on his back – alongside Broad Brook in Plymouth with a gold pan on his stomach containing some "color", as he called it. Bill will welcome audience feedback, questions and input. **Part Two:** Date to be determined - The nuts and bolts of gold mining (a hands-on discussion).



THE MILL BAND RETURNS

Thursday, February 23, 1:00PM

If you enjoy bluegrass, gospel, and country music then reserve your seat for **February's birthday lunch celebration and plan to stay for the Mill Band's return performance at The Thompson.** Sonny, Ken, and Ron will perform our favorite tunes on the guitar, harmonica, banjo and mandolin so please join us for some great music immediately following our birthday lunch.

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. This is a great opportunity for someone who is considering buying a tablet computer, or for someone who may have received one as a gift. Please call Diana at ext. 21 to leave your name and number and we will return your call and provide you with a paired mentor.



Tax Assistance at The Thompson

Do you need assistance with your tax returns? The Thompson Center will offer individual sessions with TCE Preparers (Tax Council for the Elderly) free of charge to complete your 2011 taxes. This program will be offered Mondays from February 6th through April 9th, except on February 20th (Presidents Day). On the day of your appointment, please come early to fill out a questionnaire. PLEASE BRING: Valid picture ID for taxpayer and spouse, Social Security card, copies of income tax you filed last year, proof of all income, W-2 forms (if you worked), 1099-R forms and statements for pensions and annuities, Social Security received, interest and dividend income, state rebates and prebates, IRA income and copy of your 2011 property tax bill. If you are filing for a Renter's Rebate, Homeowner Property tax rebate or 2011 Act 68 School Property tax payment application, you will need proof of income for everyone in your household. IF you had any loss due to Hurricane Irene, you must bring all relevant documentation. Please call 457-3277 soon to schedule an appointment. These appointments fill up quickly!

PROGRAM CALENDAR - FEBRUARY 2012				
Mon	Tue	Wed	Thu	Fri
		1	2	3
		9 W. Leb Shopping* 10:30 Handwork Cir. 12 French Table	9 Strength & Fitness 10 Cribbage 10:30 Italian Study Group 12 Italian Table	10 Senior Skate 12 German Table 1 Talk and Listen
6	7	8	9	10
8:45 French Class 8:45 Tax Assistance 9 Strength & Fitness 10:15 Memoir Club 1 Bridge 1 Advisory 1 Scrabble	9 Strength & Fitness 10:00 Double King Pedé 10:45 Spanish Class 12 Spanish Table 1 Where's the Salt? Heart health program	10:30 Handwork Cir. 12 French Table 1 Book Club	9 Strength & Fitness 10 Cribbage 12 Italian Table <i>Conference room closed after Strength & Fitness for Valentine Auction set-up</i>	9 – 2:30 Foot Clinic* <i>CLOSED for Valentine Auction set-up</i>
13	14	15	16	17
8:45 French Class 8:45 Tax Assistance 9 Strength & Fitness 10:15 Memoir Club 1 Bridge 1 Scrabble	9 Strength & Fitness 10 Double King Pedé 10 – 12 Blood Pressure Screening 12 Spanish Table 1 Sweetheart stories	8 Board Meeting 9 W. Leb Shopping* 9 Manicures w/Sue* 9 – 2:30 Foot Clinic* 10:30 Handwork Cir. 12 French Table 12:30 Caregiver Support	9 Strength & Fitness 10 Cribbage 10:30 Italian Study Group 12 Italian Table 1 Posture program with Upper Valley Rehab	10 Senior Skate 12 German Table 1 Talk and Listen
20	21	22	23	24
CLOSED President's Day	8:30 Newsletter folding 9 Strength & Fitness 10 Double King Pedé 11:30 Commodities 12 Spanish Table 1 Gold Mining	10 Lucy Mac visit 10:30 Handwork Cir. 12 French Table	BIRTHDAY DAY* 9 Strength & Fitness 10 Cribbage 10:30 Italian Study Group 12 Italian Table 1 Music by The Mill Band	10 Senior Skate 12 German Table
27	28	29		
8:45 French Class 8:45 Tax Assistance 9 Strength & Fitness 10:15 Memoir Club 1 Bridge 1 Scrabble	9 Strength & Fitness 10 Double King Pedé 10 – 12 Wellness Clinic 12 Spanish Table	10:30 Handwork Cir. 12 French Table	BINGO daily at 11 am except on birthday day and other special meal days.	* Please sign up/Reservations required

MENU - FEBRUARY 2012				
Mon	Tue	Wed	Thu	Fri
		1	2	3
* indicates that sign-up/reservations are required (Birthday Day).	Meal Pricing: ♦ \$ 6 charge for those under age sixty ♦ \$ 4 suggested donations for ages sixty and over	Chicken Quesadillas w/ Tomato Avocado Salsa, Roasted Vegetable Mèlange, Apple Crunch Pie	Asian Groundhog Burgers (Pork) Roasted Steak Fries, Mediterranean Vegetables, Ice Cream w/ fruit compote	Chef Salad w/ Lettuce, Tomato, Ham, Turkey, Cheese, Hard Boiled Egg, Carrot, Italian Cream Cake
6	7	8	9	10
Chef's Choice	Spinach & Cheese Ravioli w/ Meat sauce, Garlic Bread, Broccoli & Cauliflower, Garlic Bread, Fruit Salad	Shepherd's Pie, Tuscan Vegetable Medley, Black Forest Cake	Tossed Salad, Macaroni and Cheese w/ Ham, Butter Beets, Peach Parfait	CLOSED For Valentine Auction set-up <i>Delivered meals will go out in advance</i>
13	14	15	16	17
Tossed Salad, Supreme Pizza w/ peppers, onions, mushrooms, olives, pepperoni, Chef's Famous Chocolate Chip Cookies w/ Fresh Fruit	Valentine's Day Lemony Chicken with Spinach, Artichokes & Roasted Potatoes, Strawberry Lemon Cream Puffs	Chipped Beef and Egg Gravy on Mashed Potato, Mediterranean Roasted Vegetables, Chef's Choice Dessert	Tossed Salad, Fire Island Ziti (a little spicy, with broccoli, tomatoes, Italian sausage) Monterey Ranch Bread,	Turkey Sandwich, Apple & Squash Soup, Blueberry Cake
20	21	22	23	24
CLOSED President's Day	Tossed Salad Spinach, Ham & cheese Quiche, Roasted Sweet Potato fries, Hot Fudge Sundae with banana	Chicken Divan w/ Penne Pasta, Tuscan Vegetables, Warm Apple Strudel	BIRTHDAY DAY* Herb Roasted Turkey Breast, Parsnip Mashed Potato, Gravy, Green Bean Amandine, Cake and Ice Cream	Tossed Salad, Salisbury Steak, Mashed Potato, Gravy, Tuscan Vegetables, Mixed fruit Cobbler
27	28	29		
Fish Chowder, Corn Bread, Coleslaw, Streusel Peach Pie	Pan seared Chicken breast, Creamy cheddar polenta, Spinach supreme(spinach, sour cream, parmesan and Monterey jack cheese) Coconut Cream Pie	Chef's Choice	Meals served: ♦ daily at noon ♦ 2% milk, juice & Coffee ♦ Menu is subject to change based on availability & food donations	