



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 2013



It Takes a Lot of Heart!

Living in a close-knit community, we all have an important role in each other's lives. At The Thompson, we come together for meals, to socialize, exercise, help, listen, find resources, or volunteer, and in these ways truly & uniquely contribute to each other's lives.

Whether you participate as a daily patron or volunteer, a donor, staff, board member, town voter, or class facilitator, your contributions matter at The Thompson, and we thank you for all of the *heart* that you put into it! **Together we're creating a community where it is easier and more fun to age in place!**

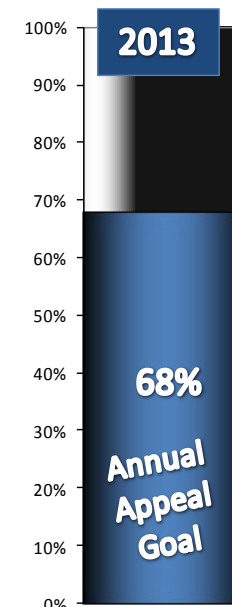


~ UPDATE ~ TSC Annual Appeal 2013

The Thompson Senior Center depends on annual appeal funds, grants, town support, and fund-raising events (Holiday Bazaar & Valentine Auction) to maintain the daily operations and services of our vibrant center.

In total our annual expense budget for 2013 is \$443,750. 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: \$54,420 (as of 1/10/13)



A FRANK TALK ABOUT MENOPAUSE

A SPECIAL EVENING PRESENTATION AT THE THOMPSON CENTER
BY DR. ELLAMARIE RUSSO-DEMARA, DO

TUESDAY, MARCH 12, 2013, 6:00 PM

Menopause is a natural part of aging, and today, women can expect to live one third of their lives after menopause. The physical changes that occur around menopause should not prevent you from enjoying this time in your life. Let's take a journey together through the Menopause years with Dr. Ellamarie Russo-DeMara who will discuss symptoms, treatments and options. She is a gynecologist at Gifford Medical Center's Bethel Health Center and Twin River Health Center in White River Junction. Dr. Russo-DeMara is specially certified as a menopause practitioner, a board certified ob/gyn and a graduate of the New York College of Osteopathic Medicine. She is also a mother of four, a breast cancer survivor, a fitness trainer and a member of the State Board of Health. A compassionate caregiver and eloquent speaker, she has been in practice for more than 20 years.

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The 19th Annual Valentine Auction and Dinner is Friday, February 8, 2013, at 5:30pm

Please contact Deanna Jones with questions or to purchase tickets (457-3277 or tsc-execdirector@comcast.net). You can find the catalog, a full list of donors & sponsors, and pictures from last year's event on our website: www.thompsonscenter.org

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
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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

ADVISORY MEETING HIGHLIGHTS

- 3rd Annual Holiday Tea at the Jackson House - Thank you to Kathy & Rick Terwelp!
- Senior Solutions Helpline reminder - Eleanor Zue’s office being turned into a much-needed class room/meeting area.
- Trip Committee meeting updates
- Monthly or Quarterly breakfast suggestions
- Comment card ideas
- “Koffee Klatch” - Current event discussion group idea

Please join our next meeting on Monday, February 4th 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!

CURIOUS ABOUT SOMETHING??

You asked:
How much money do the raffles and bingo games benefit TSC?

The (detailed) answer is:
The **Bingo** players not only enjoy their daily game of Bingo, they also contribute part of their winnings to TSC. In our last fiscal year which runs from October 1 to September 30, the Bingo players brought in \$305 for our Center...that’s a lot of nickels, dimes, and quarters! Thanks go to all participants and volunteer callers for your contribution.

Thanks to our *Marble Game Mayor*, Eddie English, the **Marble Game** has given folks chances to win a pot of money when they purchase their 3 chances- to-play for \$1.00 on most Mondays and Thursdays. Our largest “pot“ to-date was over \$200 and was divided 50/50 between TSC and lucky winner, Barbara Condict, last November. Congratulations Barbara! Thank you, Eddie, for your enthusiastic diligence in selling tickets. Your efforts and the players netted \$301.50 for TSC last year (and we only played for about half of the year)!

Our monthly **Birthday Raffle** is another source of income. Not only do we have happy prize winners, but last year’s proceeds from the birthday raffle were **\$509**. So every bingo number called, every shake of the marble game, and every raffle ticket purchased makes a difference. Thanks to all of you!

Please note: Katrin, the **Community Care Coordinator**, will be at TSC on **Friday, February 8th, and Wednesday, February 13th**. Please feel free to just stop by or call her at 457-3030 ext. 4 to make an appointment.

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

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.sovernet.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.

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
Poinsettias - WUHS Horticulture Class
Delivering soldier Christmas cards - Nancy Gray
Cyclamen plants for MOW patrons - Kings’ Daughters
Annual Stave puzzle gift - Eva Peterson

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!

MEDICAL EQUIPMENT

Currently available at the Center: Walkers, LOTS of shower chairs, crutches, wheelchairs.
Also Available: Aluminum indoor/outdoor ramp, and Stair glide lift chairs, call for details. Contact Deanna at 457-3277. You can also buy, donate, or find medical equipment at: www.getATstuff.com

FEBRUARY BIRTHDAYS

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

On February 28th we will celebrate your special day! The Second Wind band will provide musical entertainment after lunch! Please call to make a reservation for lunch and join us!



ONGOING PROGRAMS

CAREGIVER SUPPORT GROUP

Wednesday, February 20

(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

Tuesday, February 26, 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.

BOOK CLUB

On Wednesday, February 13, 1:00PM, Beryl Spencer will lead a discussion on the book, *Founding Brother, The Revolutionary Generation*, by Joseph J. Ellis. Ellis, winner of the Pulitzer Prize, calls the 1790's the "most decisive decade in our nation's history." John Adams, Aaron Burr, Benjamin Franklin, Alexander Hamilton, Thomas Jefferson, James Madison, and George Washington came together to "define the new republic and direct its course for the coming centuries."

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: \$20**



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

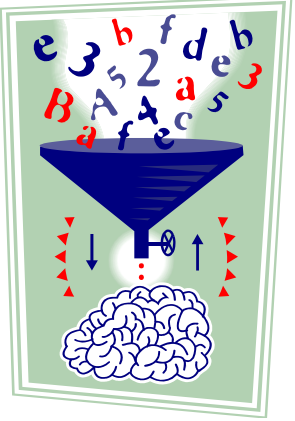
NEW WEEKLY & MONTHLY PROGRAMS

NEW! BRAIN FITNESS CLASSES WEDNESDAYS, BEGINNING FEBRUARY 13, 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. Clinical trials have shown that 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. **The brain is like any other muscle, use it, or lose it.**

Cost: \$3.00 per class (includes handouts and exercises you can do at home)



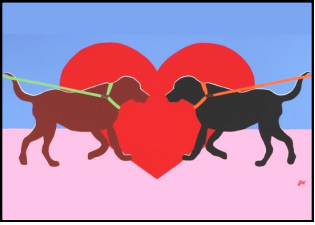
NEW! CHAIR MESSAGES AT THE THOMPSON

WEDNESDAYS, FEBRUARY 6, 13, & 27TH
10:00AM TO NOON

Beat the winter blues with a relaxing chair massage. Licensed massage therapists will be available beginning February 6th to provide chair massages at the Thompson **three times each month (on the 1st, 2nd, and 4th Wednesday of each month)**. Reminder: Foot Care Clinic with Mary Wood is on the 3rd Wednesday). 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.

Cost: 15 minute massage/\$15.00; 20 minute massage/\$20.00



LUCY MAC PET VISITS AT THE THOMPSON, NOW ONCE MONTHLY!

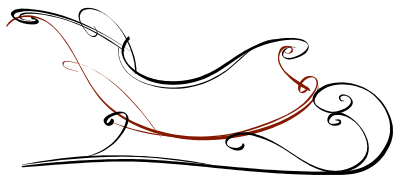
BEGINNING THURSDAY, FEBRUARY 21, 1 PM

Our **Meals For Pets Program partner**, Lucy Mackenzie Humane Society, will now be visiting The Thompson each month with shelter pets. You don't have to be a pet owner to enjoy the benefits of a wagging tail or a cuddly cat on your lap. Just stop by The Thompson and meet a shelter pet. Maybe you will want to make one your own!

Call Pam Butler at 457-3277 to find out more about our Meals For Pets Program.

Our Meals For Pets logo is used with permission from Mainely Labs. www.mainelylabs.com

PROGRAMS



SLEIGH RIDE IN SOUTH WOODSTOCK!

TUESDAY, FEBRUARY 5, 1:30PM

Join us for an old fashioned sleigh ride with Kedron Valley Stables. Our horse driven sleigh will depart from the Green Mountain Horse Association and take us on a beautiful **45 minute** ride through the fields and wooded areas of South Woodstock. Please dress warmly, but there will be plenty of cozy blankets for your comfort and warm cocoa back at The Thompson. **Please sign up early as seating is limited. Depart from The Thompson on the van at 1:00PM. Cost: \$10.00**

“SECOND WIND”

THURSDAY, FEBRUARY 28, 1:00PM



Accomplished musicians Terry Ray Gould and Suzi Hastings will entertain us with their popular mix of acoustic, folk rock, pop tunes and favorite songs from their album, “Steamroller Blues.”

“Second Wind” can be heard in pubs, restaurants and other popular destinations throughout the area. Join us after Birthday Day lunch for their début at TSC.



CHINESE NEW YEAR

**WEDNESDAY,
FEBRUARY 6**

Join us as we celebrate the Chinese New Year (the year of the snake) when Chef Ryan will prepare an enticing **Asian celebratory meal. Tai Chi Instructor Anne Bower will demonstrate the art of Tai Chi in the dining room directly following lunch.**

CLASSES

FRENCH CLASS

Mondays, 9:00 to 10:15AM

February 25, March 4, 11, & 18

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

ITALIAN STUDY GROUP

Thursdays, Dates: February 14, 21, 28

10:30 AM - Noon

Cost: \$33.00 (for 3 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

Instructor: Susan Copeland

New series to start in March, please call Diana to confirm dates (457-3277 ext. 21)

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.

Please call the Thompson Center to sign up in advance.

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

**Next two Sessions: March 6, 13, 20, 27, April 3, 10,
and 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)**

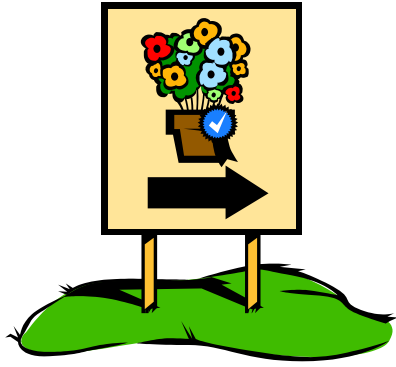
This class will continue to practice parts one and two of Tai Chi for arthritis and begin to learn Yang 24, the most popular Tai Chi form in the world. For more information, contact instructor Anne Bower at: 802 457-2877; anniebower@yahoo.com; or view www.annebower.com.

**Cost: \$30.00 (six classes) Series starting March 6th
and April 24th**

Come try one class for free!

“There are only two ways to live your life.
One is as though nothing is a miracle. The
other is as though everything is a miracle.”
~ Albert Einstein

TRIPS



2013 VERMONT FLOWER SHOW “THE ROAD NOT TAKEN”

CHAMPLAIN VALLEY EXPO,
ESSEX JUNCTION, VT.

FRIDAY, MARCH 1, 2013
8:30 AM - 4:00 PM

The theme for the 2013 Vermont Flower Show is “The Road Not Taken” from the poem by Robert Frost. The inspiration for this theme lies in the discovery of less-traveled places, exploration of the natural world and re-connection with forgotten wonders and enchanting green spaces. Robert Frost was inspired by the landscape of New England and his home here in Vermont.

The 2013 flower show will feature stone wall displays by renowned stonewall worker Dan Snow, a variety of free seminars and educational workshops, a landscaped train display, cooking demonstrations and certified horticulturists on hand to answer your questions.

This is the 16th year that Green Works has organized this show and each year they refine it and strive to make it an interesting and enjoyable alternative to the larger flower shows.

ITINERARY:

We will depart the Thompson Center at 8:30AM, on a **Premier Coach bus** and spend approximately three hours at the show, including **lunch on your own (either brown bag or purchase from available vendors)**, make a short stop at the **Christmas Tree Shop in Williston, VT**, and arrive back to Woodstock by 4:00PM.

Cost: \$40.00

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.

LAST CHANCE!

TRIP TO RHODE ISLAND THROUGH NOTCH ABOVE TOURS, SUNDAY, MAY 5 TO WEDNESDAY, MAY 8, 2013

It may look like winter, but spring is around the corner. Last chance to sign up for this great trip opportunity!
See insert for more details.

PROGRAMS

ALZHEIMER’S WORKSHOP: COPING, ADAPTING AND MAINTAINING INDEPENDENCE

THURSDAYS, FEBRUARY 14, 21, 28 & MARCH 7, 1:00 TO 3:00PM

This four week workshop is designed for people diagnosed with early stage Alzheimer’s disease, or related disorders, and their care partners. The purpose of the series is to educate and support participants as they strive to engage in a full and healthy life now, as well as plan for the future. The following subjects will be discussed: overview of dementia, coping strategies, symptom control, treatments, disclosing the diagnosis, changing relationships, communication, establishing a care team, lifestyle choices, stress management, safety issues, medications, stigma, planning for the future, adaptations to daily routines and tools to maintain independence.

Please call the Thompson Center to register for this series by February 8th, at (802) 457-3277. Attendance at each workshop is encouraged, for participants and their care partners.

Cost: \$75.00 for the series (includes detailed hand-outs and resources)

DINNER AND A MOVIE!

TUESDAY, FEBRUARY 26, 5:30 PM
FEATURING: *SEVEN DAYS IN UTOPIA*

Dinner at 5:30PM followed by the movie, starring Lucas Black, Robert Duvall, & Melissa Leo. Talent can only get you so far. For golfer Luke Chisholm, that turns out to be Utopia, Texas -- where he's left stranded after blowing his pro debut. Luckily for Luke, a cagey old rancher enters his life there to change it -- and him -- forever.

COST: \$5.00



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 2012 taxes. This program will be offered Mondays from February 4th through April 8th except on February 18th (Presidents Day). If you are unable to travel to the Center, special arrangements can be made to accommodate a home appointment. 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 2012 property tax bill. If you are filing for a Renter’s Rebate, Homeowner Property tax rebate or 2012 Act 68 School Property tax payment application, you will need proof of income for everyone in your household. Please call 457-3277 soon to schedule an appointment. These appointments fill up quickly!

PROGRAM CALENDAR - FEBRUARY 2013				
Mon	Tue	Wed	Thu	Fri
				1
* Please Sign up/ Reservations Required				12 German Table
4	5	6	7	8
9 Tax appointments* 9 Strength & Fitness 10:15 Memoir Club 1 Advisory Meeting 1 Bridge 1 Scrabble	9 Strength & Fitness 10:00 Double King Ped 12 Spanish Table 1 Sleigh Ride departure*	9 W. Leb Shopping* 9- 12 Chair Massages* 9:30 Tai Chi (B) 10:30 Handwork Cir. 10:40 Tai Chi (CS) 12 French Table 12 Chinese New Year and Tai Chi demo	Closed for Valentine's Day Auction	Closed for Valentine's Day Auction
11	12	13	14	15
9 Tax appointments* 9 Strength & Fitness 10:15 Memoir Club 1 Bridge 1 Scrabble	9 Strength & Fitness 9 - 12 Manicures with Sue Cole* 10 Double King Ped 12 Spanish Table	9- 12 Chair Massages* 10:30 Handwork Cir. 12 French Table 1 Book Club 1 Brain Fitness Class	Valentine's Day* 9 Strength & Fitness 10 Cribbage 10:30 Italian Study Group 1 Alzheimer's workshop*	Breakfast Day* (served at 9:00am) 9 – 2:30 Foot Clinic*
18	19	20	21	22
Closed President's Day	8:30 Newsletter Folding 9 Strength & Fitness 10 Double King Ped 11:30 Commodities 12 Spanish Table	8 Board Meeting 9 W. Leb Shopping* 9 – 2:30 Foot Clinic* 10:30 Handwork Cir. 12 French Table 12:30 Caregiver Support Group 1 Brain Fitness Class	9 Strength & Fitness 10 Cribbage 10:30 Italian Study Group 1 Lucy Mac Pet Visits 1 Alzheimer's workshop*	12 German Table
25	26	27	28	
9 French Class* 9 Tax appointments* 9 Strength & Fitness 10:15 Memoir Club 1 Bridge 1 Scrabble	9 Strength & Fitness 10 - 12 Wellness Clinic 10 Double King Ped 12 Spanish Table 5:30 Dinner & a Movie Seven Days in Utopia*	9- 12 Chair Massages* 10:30 Handwork Cir. 12 French Table 1 Brain Fitness Class	BIRTHDAY DAY* 9 Strength & Fitness 10 Cribbage 10:30 Italian Study Group 1 Music with the Second Wind Band 1 Alzheimer's workshop*	BINGO daily at 10:30 am except on birthday day and other special meal days.

MENU - FEBRUARY 2013				
Mon	Tue	Wed	Thu	Fri
				1
Meal Pricing: ♦ \$ 7 charge for those under age sixty ♦ \$ 5 suggested donation for ages sixty and over	* indicates that sign-up/ reservations are required (Birthday Day & special holiday meals)			Asian Pork Burgers, Roasted Steak Fries, Mediterranean Vegetables, Ice Cream w/ fruit com-pote
4	5	6	7	8
Turkey Quesadillas w/ Tomato Avocado Salsa, Roasted Vegetable Melange, Rum Raisin Rice Pudding	Tossed Salad, Meat-loaf, Smashed Potato, Gravy, Green Beans, Mixed fruit Cobbler	Chinese New Year Sweet & Sour Chicken, steamed rice, stir fried vegetables, cookie & fruit	Closed for Valentine's Day Auction	Closed for Valentine's Day Auction
11	12	13	14	15
BLT Wraps, Hearty Vegetable Minestrone, Cottage Cheese, Pumpkin Cake w/Cream Cheese frosting	Tossed Salad, Chicken Cacciatore over Spaghetti. Garlic Bread, Oatmeal Cran-raisin Cookies w/ Fruit	Shepherd's Pie, Tuscan Vegetable Medley, Black Forest Cake	Valentine's Day* Mesclun Herb Salad, Pan Seared Salmon, Citronette Cream, Asparagus, Herb Roasted Potatoes, Strawberry Lemon Cream Puffs	Breakfast Day* (served at 9:00am) French Toast, Hash browns, Sausage, Fruit, Yogurt
18	19	20	21	22
Closed President's Day	Tossed Salad Spinach, Ham & Cheese Quiche, Roasted Sweet Potato fries Apple Enchilada Dessert	Tossed Salad, Turkey and Vegetable Noodle Soup, Biscuit, Coconut Cream Pie	Chef's Choice	Lemony Chicken with Spinach, Artichokes & Roasted Potatoes, Strawberry Cake
25	26	27	28	
Chicken Tostadas, Roasted Vegetable Medley, Chef's Choice Dessert	Reubens, Beer-battered Onion Rings, Roasted Vegetables, Fudge Sundae w/ banana	Tossed Salad, Corn Chowder, Turkey Cranberry Wraps, Pumpkin Whoopie Pies	Birthday Day* Grilled Baja style Pork Loin, Warm Spicy Sweet Potato Salad, Braised Greens, Cake & Ice Cream	

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