



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 2014

## The 20th Annual Valentine Dinner & Auction



The fun and festive tradition of the Valentine Dinner and Auction is happening for the 20th time this year! This annual fundraising event generates about \$48,000 each year (about 13% of our total annual income) and is a critical part of our budget supporting meals on wheels and transportation, and helps us to provide many other services and resources. For ticket information please email: [auction@thompsonscenter.org](mailto:auction@thompsonscenter.org) or call the Center at 457-3277. This year's event will take place on Saturday, February 22nd beginning at 5:30pm.

### DINNER FEATURES TOP CHEFS

One of the highlights of this special event is the fabulous meal prepared by several talented chefs and served in our dining room and living room (both rooms are transformed into an elegant dining setting complete with twinkling white lights). Each course of the dinner will feature a unique and talented chef - Ryan Martin (The Thompson Center), Jason Merrill (The Worthy Kitchen & Worthy Catering), and talented chefs from The Woodstock Inn.

### EXCITING SILENT AND LIVE AUCTION ITEMS

Hundreds of items are donated by local vendors and individuals for the Silent Auction (before dinner) and Live Auction (after dinner). The following are a few examples of items donated this year: a Briggs and Stratton Portable Generator, Framed Oil Painting by Annette Compton - "Waiting by the Covered Bridge," a Miranda Thomas vase, a wonderful variety of overnight stays and dozen of gift certificates.

Please see the full catalog online at [www.thompsonscenter.org](http://www.thompsonscenter.org) or request a paper copy by emailing: [auction@thompsonscenter.org](mailto:auction@thompsonscenter.org) or by calling the Center at 457-3277.

The catalog includes a full listing and descriptions of auction items and event sponsors.



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### MISSION

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. Our programs and activities will promote the physical, intellectual, and social well being of the adult community to enhance dignity, self-worth, and independence. In addition, our senior center will provide a gathering place for our community.



Search for "The Thompson Senior Center" and click "like" for regular updates, pictures, event reminders & invitations, and for tips and interesting articles about health, finances, and Aging in Place.

### TSC TRANSPORTATION PROGRAM

The Thompson Center operates a door-to-door transportation program for seniors and disabled community members from the towns of Barnard, Bridgewater, Pomfret, and Woodstock.

**Medical Rides** - \$10 suggested donation per out-of-town trip. A minimum of 48 hours notice is requested for scheduling. Schedule with Paula at 457-3277.

**Local transportation** to and from your home to The Thompson and other 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

**Monthly shopping trips to West Lebanon** depart from TSC on the 1st and 3rd Wednesday of each month at 9am on the Stagecoach van (returning at approx. 12:15pm). Stops at various locations. **Sign up with the Thompson at least 24 hours in advance.** The Thompson funds these trips with Stagecoach so any donation is greatly appreciated. Call 457-3277

### FUEL ASSISTANCE INFORMATION

For assistance with applications or information, please call Senior Solutions (formerly the Council on Aging) Senior Helpline at 1-800-642-5119



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,  
djones@thompsonscenter.org  
Paula Audsley, Outreach Manager,  
paulsley@thompsonscenter.org  
Diana Leskovar, Program Director,  
dleskovar@thompsonscenter.org  
Pam Butler, Asst. Program Director,  
pbutler@thompsonscenter.org  
Ryan Martin, Chef,  
rmartin@thompsonscenter.org  
Siobhan Wright, Kitchen Asst.,  
Gordon Worth, Van driver  
Jim Emery, Van driver & maintenance  
Nelson Gilman, Medical driver

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

Patsy Mathews—President  
Pam Jaynes—Vice President  
Jerry Fredrickson—Treasurer  
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Lynn Peterson, M.D.  
Liz Schellhorn  
Corwin Sharp  
Tom Weschler

BEHIND THE SCENES



On Christmas Eve, Sawyer Robert Jones, arrived -- healthy and happy at 8 pounds exactly and on his due date! Deanna and her family wish to thank everyone for their love and support.



Thank you to our wonderful neighbors, Kathy & Rick Terwelp for hosting the 4th Annual Holiday Tea at The Jackson House Inn.

See more Tea photos in this newsletter and on Facebook!

ADVISORY MEETING HIGHLIGHTS

- Birthday cards and birthday lunches (see page 11 for details)
- 2014 Trips (see page 8 for details)

Please join our next meeting on Monday, February 3rd, at 1pm. All patrons and volunteers are invited to attend. Your feedback is needed and appreciated!

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. We may also close when we feel driving conditions are not safe for our participants. If the weather seems questionable, please call the Center after 8 am and if we are closed, there will be a message on our machine. We also post on Facebook.

IN APPRECIATION



IN MEMORY OF

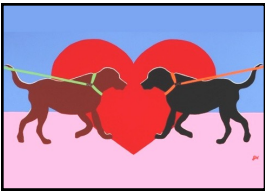


William Beebee  
Eleanor Zue

Catherine Adams  
Eleanor Zue

Lawrence Woodward  
Mary Cameron  
Ted and Joan Staples  
Eleanor Zue

Please see previous newsletters for other memorial gifts. Gifts are listed once in the monthly newsletter immediately following when they are received; this is not a complete listing of gifts for each individual. Thank you for your contributions in memory of dear friends.



Meals for Pets is offered for our patrons who have Meals on Wheels deliveries. This partnership with the Lucy MacKenzie Humane Society allows us to deliver pet food for those who need this service. Call Pam Butler at 457-3277 for more information.

IN APPRECIATION

Helen Leonard - Oranges  
Linda Maxham - Cake  
Bo Gibbs - Candy  
Pat Hanlon - Cookies  
WUHS - Poinsettias MOW patrons  
King's Daughters - Poinsettia for Center & cyclamen for MOW patrons

ONGOING DONATIONS:

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

Transportation Sponsors:

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

Thank You!



Birthday cards and get-well cards to be signed are on the table by the reception desk.



On February 27th we will celebrate your special day! Those who attend with a February birthday will receive a complimentary meal on birthday day.

Please call to make a reservation for lunch and join us!

FEBRUARY BIRTHDAYS

1st	Dick Atwood	14th	Phylis LeBaron
1st	Dick Colantuono	15th	Pauline Leavitt
2nd	James Minnich	17th	Judith Persin
4th	Tom Weschler	18th	Linda Manning
4th	Marilyn Bailey	19th	Sandi Anderson
4th	Frances Drury	19th	Darlene Griggs
5th	Ann Blake	20th	Gail Smith
5th	Leonard Johnson	21st	Robert Lewis
6th	Miranda Shackleton	22nd	Margo Harcher
7th	Mia Pine	23rd	Beverly Ramsey
7th	Morris Stickney	23rd	Sherry Wian
8th	Liz Woodbury	24th	Susan Botzow
10th	Janice Standish	25th	Sylvia Doton
12th	Carol Towne	26th	Wayne Hinson
12th	Pauline Holt	27th	Kedric Harriman
13th	Audrey Vittum	29th	Floyd VanAlstyne
14th	Margaret Audsley		

# WELLNESS PROGRAMS

## Wellness Clinic & Blood Pressure Screenings Tuesday, February 25, 10 - 12 noon

Wellness clinics (blood pressure & consultation) with Michelle Chiesa, RN, Visiting Nurse and Hospice of Vermont and New Hampshire are held on the 4<sup>th</sup> Tuesday of each month from 10-noon.

## GUT CHECK... WHAT'S ALL THE TALK ABOUT COLON HEALTH?

PRESENTED BY PAT HARRISON,  
REGISTERED DIETICIAN

THURSDAY, FEBRUARY 6, 1:00 PM

Pat will discuss colon health and the role that bacteria and probiotics play in maintaining a natural balance in our digestive tract. Learn what supplements and foods have been linked to all sorts of health benefits because ultimately, a healthy gut is a happy gut.

## MEDICAL EQUIPMENT

Currently available at the Center: Crutches, Commode chairs, walkers, Depends.

IN NEED OF: Wheelchairs, wheeled walkers, and recliner lift chairs.

We've given away dozens in the last few months! It's great to see them re-used! Contact Deanna at 457-3277 for more details. You can also donate or find medical equipment at: [www.getATstuff.com](http://www.getATstuff.com)

## Chair Massages at the Thompson

Wednesdays, 10:00am to noon

Licensed massage therapist, Sara, provides chair massages at the Thompson on the 1st, 2nd, and 4th Wednesday of each month IF there are appointments. The benefits of having a massage on a regular basis are numerous. See for yourself!

Please call in advance to schedule your 20 minute massage and make sure to cancel in advance if you can't make it so that someone else can take your spot and we don't keep our massage therapists waiting!

Cost: 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, retired RN, runs the foot clinic. Call 457-3277 to schedule a half hour appointment with Mary on the 2nd Friday, or 3rd Wednesday of each month (see the calendar for dates). Your feet will thank you!

A waiting list is kept for each day; PLEASE make sure to let us know if you can't make your appointment. Cost: \$15, please bring your own towel.

## CAREGIVER SUPPORT GROUP Wednesday, February 19, 12:30 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) on the 3rd Wednesday of each month, and share ideas, concerns, and constructive feedback with others facing similar challenges.

# NEWS & EVENTS



## SLEIGH RIDE IN SOUTH WOODSTOCK! TUESDAY, FEBRUARY 11, 2:00 PM DEPART FROM THE THOMPSON ON THE VAN AT 1:30 PM

We enjoyed it so much last year, please join us again 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 30 minute ride through the fields and wooded areas of South Woodstock. There will be plenty of cozy blankets for your comfort and hot chocolate in the van following the sleigh ride. Please sign up early as seating is limited. Cost: \$10, due with reservation.

## PAMPER YOURSELF ON VALENTINE'S DAY FRIDAY, FEBRUARY 14, 9:00 TO NOON

Celebrate Valentine's Day by scheduling a 15 minute manicure and/or a 20 minute chair massage. Several technicians from The Spa at the Woodstock Inn and Resort, including Sue Cole and Sara Smith, will share their time and talents to pamper you on this special day at The Thompson Center at no charge. Sign up early, these spots will fill up quickly!

## VERMONT READS PROGRAM AT THE THOMPSON CENTER WEDNESDAY, FEBRUARY 26, (TIME TO BE ANNOUNCED)

Each year the Vermont Humanities Council selects a book for statewide distribution, encouraging citizens young and old to read and discuss it. This year's book is *Wonder*, by R.J. Palacio---an entertaining and powerful read. *Wonder*'s hero is Auggie Pullman, a home-schooled boy about to start the adventure of going to regular school. But Auggie has a special challenge---he was born with a major facial birth defect. As you read *Wonder* you journey with Auggie through his first year in middle school as he faces many challenges. What will it take for him to be accepted? How will he and his fellow students grow and change?

Join Anne Bower as she leads a discussion group about this book on February 26<sup>th</sup>. Anne is a Board member at the Abbott Memorial Library in Pomfret. The library received a grant to sponsor programs in our area to discuss this book in a variety of settings. There will be 10 copies of *Wonder* in Pam & Deanna's office at the end of January. They will be available for checkout at that time, but please return your copy promptly so others can read it. Note: Participants will also be invited to join students from the Pomfret Elementary School for a tea, or lunch, in March and share their reactions to the book with young people.



# PROGRAMS

## Dinner and Concert Performance at The Thompson with William Ögmundson Tuesday, March 11, 5:30 dinner, 6:30 performance

William Ögmundson is an Emmy Award nominated composer and professional pianist who resides in New England. He has performed throughout the United States and Europe---most notably at St. Peter’s Basilica in the Vatican and The Notre Dame Cathedral in Paris—and his original compositions have been performed worldwide. William began performing at the age of five, and went on to win numerous piano competitions throughout his school years. In recent years William has begun to gain a reputation as a brilliant composer for the theatre. He has composed music and/or written lyrics for many original musical theatre productions, including the past seven productions of the Northern New England Repertory Theatre Company. He has been featured on New Hampshire Public Radio, and in September 2013 won the Moss Hart Memorial Award for New England.



Dinner menu: Waiting for menu from Ryan BYOB

Cost: \$20.00 per person

**Don’t miss this fun evening of good food and professional entertainment. Please sign up in advance and reserve your space with payment.**

## Tax Assistance at the Thompson

Do you need assistance with your tax return? The Thompson Center will offer individual tax preparation for seniors and low income persons. TCE Preparers (Tax Council for the Elderly) will complete your 2013 taxes free of charge during scheduled appointments on **Mondays from February 3rd through April 7th** (excluding the 17th---President's Day). On the day of your appointment, please come early to fill out a questionnaire.

**Please bring:** Valid picture ID for the 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, IRA income and copy of your 2013 property tax bill. If you are filing for a Renter's Rebate, Homeowners Property tax rebate or 2013 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!**

# CLASSES & PROGRAMS

Please call the Thompson Center to register for classes in advance, 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.

## Kripalu Yoga, with Annie Frates TUESDAYS, 1:00 - 2:00PM

This gentle yoga class is for everyone---standers, sitters, experienced and inexperienced. Annie will guide the class through a variety of yoga exercises that will help people gain flexibility, improve posture and spine health, develop strength, and increase breath awareness. **Cost: \$5.00 per class.**



## Individualized Computer and iPad Instruction

Do you need one-on-one instruction on the use of an iPad, or computer programs such as power point, excel, Microsoft office, photo shop, etc.? Do you need instructional support as you learn about email, internet explorer, internet computer security or other software? If so, please call Diana or Pam for details and to schedule your private consultation at the Thompson Center. 457-3277. Bring your iPad or lap top to the appointment, if you have one.

## Tai chi For Health and Balance

Next Session: Feb 26, March 5, 12, 19, 26, Apr. 2, 9

**Beginner Level (B)** ~ Wednesdays, 9:30—10:30AM; Beginners and moderately experienced students will enjoy this series, which will explore seated, standing in place, and moving tai chi. The class uses forms that are based on the Sun style tai chi---the youngest of the tai chi families and the style most oriented towards health. Clinical studies have shown that tai chi helps improve balance and reduce falls. In fact, the Center for Disease Control recommends tai chi for fall prevention.

**Advanced Level (Adv)** ~Wednesdays, 10:40-11:40AM; This class is for those who have already learned the Sun Style “tai chi for arthritis and fall prevention,” parts 1 and 2. The class will continue to review these forms and will explore Yang 24 forms. The instructor Anne Bower can be reached at: [anniebower@yahoo.com](mailto:anniebower@yahoo.com); 457-2877 or website: [www.annebower.com](http://www.annebower.com).

Cost for series of 7 classes: \$35.00

## Bone Builders Mondays at 3:00 pm and Thursdays at 2:00 pm

The Bone Builders exercise program, developed at Tufts University, addresses bone health for people of all ages. Women especially may have thinning of bones as early as age 40, but men are welcome in this class and will benefit as well.

Bone Builders classes, with instructor Althea Derstine, are ongoing on Monday and Thursday each week. Classes are free. **Minimum of six participants required. Please sign up in advance.**

*Please note: New time on Monday.*



# TRIPS, TRIPS, TRIPS

## The Six Wives of Henry VIII

**Presented by the Vermont Humanities Council at the Norwich Congregational Church**  
**Wednesday, February 5, 2014, at 7:00pm**  
**Depart from The Thompson at 6:00 pm on the Thompson van**  
**Transportation Cost: \$5.00**

Author and scholar Kavita Finn examines the lives of Catherine of Aragon, Anne Boleyn, Jane Seymour, Anne of Cleves, Katherine Howard, and Katherine Parr, their backgrounds, their marriages to the king, and how they have been depicted both during their time and today.

## Saturday Evening Out Opportunity for Roast Beef Suppers in Hartland!

One of our drivers, Jim Emery, has generously volunteered to take the van to Hartland for roast beef suppers departing from The Thompson Center on Saturdays in February beginning on Saturday February 1<sup>st</sup>. We will depart TSC at 4:15PM and a minimum of **5 riders** is needed. A sign-up sheet will be at our reception desk or call Pam or Diana. **Cost: \$14.00 for supper, plus \$2.00 for transportation.**

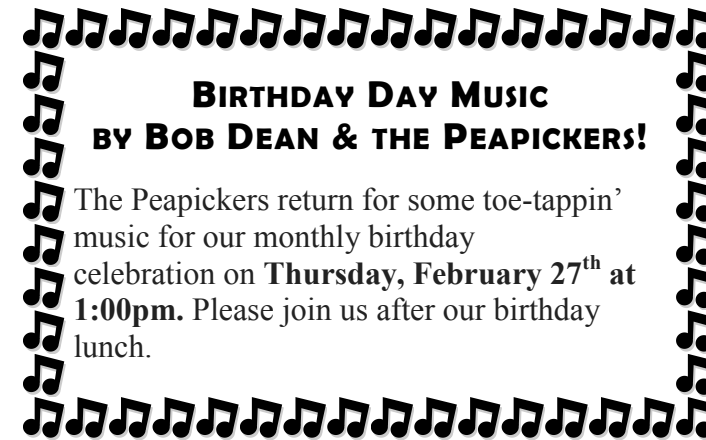


## 2014 Trips-At-A-Glance

- ♥ **Boston Flower Show**, sponsored by the Hartford Parks and Recreation Department, March 13<sup>th</sup>, Premier Coach Bus departs Bugbee Senior Center at 8:30AM. Cost: \$70.00, call 802 295-5036 for details, or to reserve your space. All are welcome.
- ♥ **Art in Bloom 2014**, The Boston Museum of Fine Art's spring display of fine art and floral designs, featuring guided tours and workshops, Monday, April 28<sup>th</sup>. Depart the Thompson Center on a Premier Coach bus at approximately 8:00AM.
- ♥ **Brunch at the Inn at Shelburne Farms**, followed by a guided tour of the farm. May date to be determined.
- ♥ **Cirque du Soleil---Amaluna**, Boston, MA, June 20<sup>th</sup>, with stunning performances, incredible costumes, and enchanting music. Depart the Thompson Center on Premier Coach Bus at approximately 10:30AM. (Note: tickets are limited)
- ♥ **Kiss Me, Kate**, Music and Lyrics by Cole Porter, New London Barn Theatre, August 15th matinee; depart on the Thompson Center bus at approximately 12:30PM.

**Note: Further details on the above trips/events will be forthcoming. Call Diana for more information, or watch for details in upcoming newsletter publications.**

# PROGRAMS



## BIRTHDAY DAY MUSIC BY BOB DEAN & THE PEAPICKERS!

The Peapickers return for some toe-tappin' music for our monthly birthday celebration on **Thursday, February 27<sup>th</sup> at 1:00pm**. Please join us after our birthday lunch.

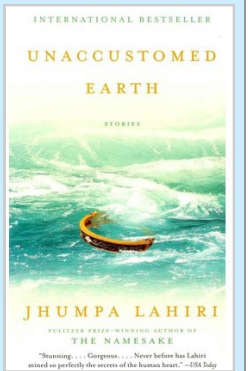
**Community Care Coordinator (CCC), Katrin Tchana, has office hours at The Thompson.**  
*Times and dates noted on the Program Calendar*

## 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.

## BOOK GROUP Wednesday, February 12, 1:00pm

The Thompson Center book group will meet February 12<sup>th</sup> to discuss the New York Times Best Book of the Year, Unaccustomed Earth by Jhumpa Lahiri. It is a collection of 8 stories that take us from Cambridge to Seattle to India and Thailand, rendering the most intricate workings of the heart and mind.



*The Book Group welcomes newcomers!*

## Bridge Group

A bridge group has started playing on **Monday afternoons at 1pm**. Join them in the living room if you wish to play or would like to learn.

## Scrabble

Scrabble players convene in the dining room on **Tuesday afternoons at 1:00PM**. Call Diana if you are interested or have any questions. 457-3277

## Photos from the 4th Annual Holiday Tea at The Jackson Inn



PROGRAM CALENDAR - FEBRUARY 2014				
Mon	Tue	Wed	Thu	Fri
3	4	5	6	7
8:45 - 1:45 Tax Assistance* 9 Strength & Fitness 10:15 Memoir Club 1 Bridge 1 Advisory	9 Strength & Fitness 10:00 Double King Ped 12 Spanish Table 1 Yoga* 1 Scrabble	9 W. Leb Shopping* 10:30 Handwork Cir. <b>11:30 - 2 CCC Office Hours</b> 12 French Table <b>6 Departure for The Six Wives of Henry VIII*</b>	9 Strength & Fitness 10 Cribbage 10:30 Italian Class 12 Italian Table <b>1 Gut Health Talk</b> 2 Bone Builders	12 German Table
10	11	12	13	14
8:45 - 1:45 Tax Assistance* 9 Strength & Fitness 10:15 Memoir Club 1 Bridge <b>3 Bone Builders</b>	9 Strength & Fitness 10:00 Double King Ped 12 Spanish Table 1 Yoga* 1 Scrabble <b>1:30 departure for Sleigh Ride*</b>	<b>10-12 Chair Massages*</b> 10:30 Handwork Cir. 12 French Table 1 Book Club	9 Strength & Fitness 10 Cribbage 10:30 Italian Class 12 Italian Table 2 Bone Builders	<b>9- 12 Pamper Yourself Day*</b> <b>9 – 2:30 Foot Clinic*</b> <b>11:30 - 2 CCC Office Hours</b> 12 German Table
17	18	19	20	21
<b>President's Day CLOSED</b>	<b>8:30 Newsletter Folding</b> 9 Strength & Fitness 10 Double King Ped 11:30 Commodities 12 Spanish Table 1 Yoga* 1 Scrabble	8 Board Meeting 9 W. Leb Shopping* <b>9 – 2:30 Foot Clinic*</b> 10:30 Handwork Cir. 12:30 Caregiver Group 12 French Table	9 Strength & Fitness 10 Cribbage 10:30 Italian Class 12 Italian Table 12:30 Lucy Mac Pet visit <b>1 Closed for Auction Set-up</b>	<b>Closed for Valentine Auction Set-up</b>
24	25	26	27	28
8:45 - 1:45 Tax Assistance* 9 Strength & Fitness 10:15 Memoir Club 1 Bridge <b>3 Bone Builders</b>	9 Strength & Fitness 10 - 12 Wellness Clinic 10 Double King Ped 12 Spanish Table 1 Yoga* 1 Scrabble	<b>9:30 Tai Chi (B)*</b> <b>10-12 Chair Massages*</b> 10:30 Handwork Cir. <b>10:40 Tai Chi (Adv.)*</b> 12 French Table <b>VT Reads program</b>	<b>BIRTHDAY DAY*</b> 9 Strength & Fitness 10 Cribbage 10:30 Italian Class 12 Italian Table <b>1 Music with the Peapickers</b> 2 Bone Builders	<b>11:30 - 2 CCC Office Hours</b> 12 German Table
			BINGO daily at 10:30 am except on birthday day and other special meal days.	* Indicates that Sign up/Reservations Required

MENU - FEBRUARY 2014				
Mon	Tue	Wed	Thu	Fri
3	4	5	6	7
Tossed Salad, Turkey and Vegetable Noodle Soup, Biscuit, Coconut Cream Pie	Reubens, Beer Battered Onion Rings, Vegetables, Sorbet w/ Fresh Berries	Vegetarian Lasagna, Steamed Antiguan Vegetables, Garlic Bread, Coconut Chocolate Chip Cookies and Fruit	Tossed Salad, Hearty Beef & Vegetable stew, Frosted Banana Bars	Turkey Sandwich, Apple & Squash Soup, Blueberry Cake
10	11	12	13	14
Ham & Swiss Wrap w/ lettuce & tomato, Caldo Verde, (Portuguese Kale and Potato soup w/ sausage), Molasses Cookie w/ fruit	Spaghetti & meatballs, Garlic bread, Vegetables, Fresh Fruit salad	Tossed Salad, Cheesy Chicken Empanadas, Black Beans and Rice, Roasted Vegetable Medley, Cherry Cheese Cake	Baked Tilapia, Baked Potato, Broccoli and Carrots, Lemon Fool w/ Berries	<b>Valentine's Day</b> Mixed Green Salad, Lemony Chicken with Spinach, Artichokes & Roasted Potatoes, Strawberry Cream Puffs
17	18	19	20	21
<b>President's Day CLOSED</b>	Pesto Olive Chicken, Herb Roasted Red Potatoes, Vegetables Casserole, Citrus Ricotta Squares	Tossed Salad, Chili, Corn Bread, Brownies & Fruit	Tossed Salad, Supreme Pizza w/ peppers, onions, mushrooms, olives, pepperoni, Coconut Macaroons w/ Pineapple	<b>Closed for Valentine Auction Set-up</b>
24	25	26	27	28
Asian Pork Burgers, Roasted Steak Fries, Vegetable Medley, Pink Lemonade Bars	Tossed Salad Spinach, Artichoke & cheese Quiche, Roasted Sweet Potato fries, Hot Fudge Sundae with banana	Chef Salad w/ Lettuce, Tomato, Ham, Turkey, Cheese, Hard Boiled Egg, Carrot, Italian Cream Cake	<b>Birthday Day*</b> Grilled Baja style Pork Loin, Spicy Sweet Potato Salad, Braised Greens, Cake & Ice Cream	Tossed Salad, Salmon en Croute, w/ Spinach and Mushrooms, New Potatoes, Cucumber/ Dill Salad, Rum Raisin Rice Pudding
		* 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.