



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



*The Thompson Times*  
AT THE CENTER FOR SENIORS AND COMMUNITY

JANUARY 2012

## Winter Safety Tips for Older Adults

**When the temperature drops, older adults run a high risk of health problems related to cold. Here are some ideas derived from the American Geriatrics Society Foundation for Health in Aging to help protect you or older loved ones from:**

**Hypothermia:** Because older adults have slower metabolisms, they tend to produce less body heat than younger people. Thanks to the way our bodies change as we age, it's also harder for older adults to tell when the temperature is too low and the body can lose heat very quickly when outside in the cold for too long. The result can be hypothermia, a deadly drop in body temperature.

\*Stay indoors when it's very cold outside, especially if it's also very windy.

\*Wear two or three thinner layers of loose-fitting clothing which is warmer than a single layer of thick clothing.

\*In addition to your coat, always wear a hat, gloves or mittens, boots, and a scarf to cover your mouth and nose which protects your lungs from very cold air.

\*Know the warning signs of hypothermia: lots of shivering, cold skin that is pale or ashy, feeling very tired, confused and sleepy, feeling weak, problems walking, and slowed breathing or heart rate.

**Frostbite:** Extreme cold can cause frostbite-damage to the skin that goes all the way down to the bone. People with heart disease and other circulatory problems are more likely to get frostbite:

\*Cover all parts of your body when you go outside.

\*If your skin turns red or dark or starts hurting, go inside right away  
Know the telltale signs of frostbite: skin that's white or ashy or grayish-yellow, skin that feels hard or waxy, numbness. If you think you or someone you know has frostbite, call for medical help immediately. A person with frostbite may also have hypothermia, so check for these symptoms too.

**Falls:** To lower the odds of a fall:

\*Be sure steps and walkways to your home are shoveled.

\*Wear boots with non-skid soles.

\*Buy an ice grip (found at medical supply stores) that fits onto the end of a cane to help you keep from slipping.

(Winter safety continued on page 3)



## 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). 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 2010 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.

Please call 457-3277 soon to schedule an appointment. These appointments fill up quickly!

### IN THIS ISSUE

Thank you to everyone who helped to make the Annual Holiday Bazaar and Cookie Walk a record breaking success!



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The Thompson Center

Woodstock Area Council on Aging  
99 Senior Lane  
Woodstock, VT 05091  
Phone: 802-457-3277  
Fax: 802-457-1259  
www.thompsonscenter.org

CENTER HOURS

8 AM-3 PM, Monday-Friday

STAFF

**Deanna Jones**, Executive Director,  
tsc-execdiretor@comcast.net  
**Paula Audsley**, 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

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BEHIND THE SCENES

*A note from the desk of*  
*Deanna Jones, Executive Director*



The annual holiday bazaar and cookie walk at The Thompson Center was a wonderful success this year raising just over \$6,400 to benefit the operations of our Center. Thank you to the dozens of people who worked countless hours to make this a successful bazaar.

A new year always brings excitement about what lies ahead. I expect 2012 to be an excellent year here at the Thompson. We see increasing participation, hear excellent feedback about our meals, services, and programs, and we’re already making plans for lots of activities for the coming months.

A challenge we face in 2012 is our finances. Although we have always strived to be good stewards, during difficult economic times when money is tight for everyone, it becomes even more critical to find new efficiencies and partnerships that make it possible to continue current operations on less. A few recent examples of creativity and efficiency are the “Share the Harvest” program and the “Grab and Go” take out meals when we have extra food after a noon meal. After some in depth analysis of our transportation program, by Paula Audsley and board members, Bob Forman and Joe Sheperd, we have set some goals for the transportation program in 2012. We are pursuing the possibility of a smaller fuel efficient vehicle to eventually replace van #2 (used for medical rides). We also hope to increase donation income related to van usage through education and awareness about the transportation program. I will keep you posted about this important area of our services.

Please contact me at 457-3277 or tsc-execdiretor@comcast.net if you have questions or suggestions. Wishing you all a very happy new year! ~ Deanna

ADVISORY MEETING HIGHLIGHTS

Submitted by Fran Gillett, Advisory

- Thanks and appreciation expressed to all for a very successful Holiday Bazaar.
- Ideas discussed for 2012 BAZAAR: Hope for more pickles and baked goods next year. A volunteer will be needed to take over next year’s Cookie Walk as Mary Cameron has retired from this role after many years of service.
- Annual Appeal update: 45% of goal reached .
- Trips: Diana Leskovar is working on a Spring Trip.
- Discussion and suggestions about the Thompson’s cooperation with the Community Care Coordinator and other local organizations whose goal is to help keep seniors in their own homes.

Please join our next meeting on Monday, January 9th at 1pm.

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.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.

HELP WANTED!

Volunteers are needed as substitutes for Meals on Wheels drivers, and as substitutes for other volunteer positions. Please contact volunteer coordinator, Jen Bloch, at 457-3277 ext. 12, if you can help.

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 - Sally Foss  
Note Cards - Barbara Kaufman  
Fabric & Patterns - Linda Maxham  
Magazines - Emily Schanck  
Frozen Turkey, Potatoes, Celery - Catherine & Charles English  
Salad Greens & makings - Sarah Roberts & Pentangle  
Chocolates - Mary Sharpe  
**Holiday helpers:**  
Kitchen- Geoff Dates  
Present wrapping - Janet Maxham  
Decorating - Dick Atwood, Jane Soule, Janet Maxham, Carol Towne  
Holiday dinner kitchen elves: Helen Howe, Mary Mecure, Perry Maxham, Ruth Beebee

JANUARY BIRTHDAYS

- |                       |                      |
|-----------------------|----------------------|
| 3- Linda Brackett     | 20- William Beebee   |
| 3- Perry Maxham       | 21- Jinja Stapleton  |
| 5- Fred Beebee        | 22- Dick Staples     |
| 10- Gina Moore        | 27- James Emery      |
| 11- Molly McDermott   | 28- Nancy Heidt      |
| 12- Susan Hottenstein | 29- Sharon Schellong |
| 16- Richmond Maxham   | 31- Elmer Kruse      |
| 17- Helen Leonard     |                      |
| 17- Lillian Phelan    |                      |
| 17- Joyce Phillips    |                      |
| 18- Bruce Dudley      |                      |
| 20- Emily Hawkes      |                      |

*On January 26th we will celebrate your special day! Please join us!*

January birthday day musical entertainment will be provided by **Eel in the Sink**. **Eel in the Sink** is a group of musicians that plays acoustic music “from the heart.” Geoff Dates, Tim Traver, and Sandi Rossi play guitars, accordions, fiddles, mandolins, and voices in a variety of styles, specializing in folk, country, rock, Celtic and French Canadian music. Hear them on Thursday, January 26, at 1:00 PM.





# ONGOING PROGRAMS

## CAREGIVER SUPPORT GROUP

Wednesday, January 18

(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

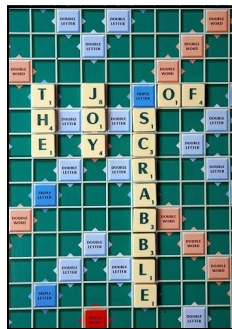
Ongoing, Mondays, 10:15 AM - Noon

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!

## 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!



## BOOK CLUB

Wednesday, January 11, 1 PM



The book club doesn't meet in December, so have fun reading all those books you choose for yourself. On January 11th, we'll be discussing The Tiger's Wife by Tea Obrecht. Although it's a first novel by a young writer, Obrecht is a major talent; she has a wonderful way with words. Brilliantly using myth and legend from the Balkans, the author tells the story of a young doctor and her grandfather against the backdrop of war. As a child, she accompanied him to the zoo every week, and he read to her from a worn copy of Rudyard Kipling's The Jungle Book. Later, he told her stories of his own encounter over many years with "the deathless man," a vagabond who claimed to be immortal and appeared never to age. But the most extraordinary story of all is the one her grandfather never told her, the one Natalia must discover for herself. The book is filled with wondrous moments, small scenes that assemble into a novel of power and wisdom and beauty.



## 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.

## MEDICAL EQUIPMENT AVAILABLE

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

Also available:

- ♦ Motorized Cart/scooter with 2 batteries - FREE
- ♦ "Stair glide" electric stair chair available for \$1,800 (which is 50% of the original price)

Please contact Deanna with questions at 457-3277.

# NEWS

(continued from page 1)

**Injury While Shoveling Snow:** When it's cold outside, your heart works extra hard to keep you warm. Working hard by shoveling snow, for example, may put too much strain on your heart, especially if you have heart disease. You should:

\*Ask your health care provider whether it is safe for you to shovel snow or do other hard work in the cold

**Fires and carbon monoxide poisoning:** Keep fireplaces, wood and gas stoves and gas appliances properly vented, and cleaned to reduce your risk of leaking carbon monoxide gas. These and other appliances such as kerosene and electric heaters can also be fire hazards: You should:

\*Put a smoke detector and battery operated carbon monoxide detector in areas where you use fireplaces, woodstoves, or kerosene heaters

\*Open a window- just a crack-when using a kerosene heater

\*Keep space heaters at least 3 feet away from anything that might catch fire

\*Keep a fire extinguisher handy

Original source: [www.americangeriatrics.org](http://www.americangeriatrics.org)  
Revised by: Pam Butler



## ANNOUNCING A NEW DIRECTORY OF LOCAL RESOURCES

A new directory of non-profit resources has been produced by Mt. Ascutney Hospital and Health Center with funding provided by the Ottauquechee Health Foundation.

This resource manual can be found in the foyer at the Thompson Center and electronically on our website. Copies are available upon request.

## MEMORY TREE GIFTS

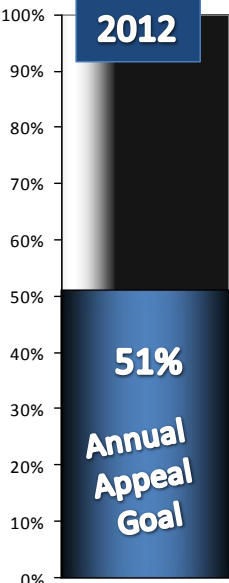
Phil Frizzell  
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Roni Morgan  
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Raymond Jillson  
Fran & Susie Brown  
Ernest & Regis Jillson  
Charles English  
Frieda Morgan  
Elmer Atwood  
Cleon & Edna Cobb  
Jim Gray  
Wendell Cameron "Cam"  
Rod & Evelyn English  
William Lockwood Jr.



**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: \$40,856 (as of 12/13/11)**



## CLASSES

### FRENCH CLASS

New winter series to begin in February. Please call Diana (ext. 21) for details. Advance sign-up required.

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.

Instructor: Judy Mahood  
(email: judymahood@comcast.net)

### ITALIAN STUDY GROUP

Ongoing, Thursdays, 10:30 AM - Noon  
(No December classes. Begin next session, January 5, 2012)

Instructor: Evangeline Monroe  
Cost: \$11/class

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, 2011  
10:45 - Noon

Instructor: Jennifer Roby  
Cost: \$50

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.

### 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

Wednesdays, 10:30 - 11:30 AM  
January 4, 11, 18, 25

Instructor: Anne Bower

Beginning and experienced students will work together to learn the form called "tai chi for arthritis and fall prevention" which was developed from the traditional Sun style.

Clinical studies have shown that tai chi helps alleviate symptoms of arthritis, osteoporosis, diabetes, stress, fibromyalgia, and depression. It reduces frequency and seriousness of falls, too. If you've never taken tai chi, this is a great time to start. For more information, visit instructor Anne Bower's website: [www.annebower.com](http://www.annebower.com), email her at [annie-bower@yahoo.com](mailto:annie-bower@yahoo.com), or call 457-2877.



### MIXED MEDIA ART Studio Series at Artistree

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

A six week studio art class series will meet at Artistree (on Route 12, Mount Tom Building) in collaboration with The Thompson. All levels are welcome to develop art skills and experiment with new materials and art forms. Cost: \$90

Please call Artistree at 457-3500 to reserve your space or online at: [www.artistreevt.org](http://www.artistreevt.org)

## SPRING TRIP



### 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 a collection 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.

#### 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

Cost: \$75.00

Please sign up in advance and reserve your space with payment.

#### 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.



# PROGRAMS

## TREAT YOURSELF TO A MASSAGE Friday, January 13, Beginning at 9:00A.M.

**Eva Peterson** is a licensed massage therapist who has been in our community actively working for 30 years. She will be providing chair massages at the Thompson and you will have the option of a 10 minute massage for \$10.00, or 15 minutes for \$15.00. Eva has the Woodstock Massage Therapy Clinic at the Woodstock Recreation Center where she specializes in sports rehabilitation. She holds a masters degree in Sports Science from Castleton State College.

Please call The Thompson to sign up for your massage!

## REMEMBER WHEN With Kathy Wendling Thursday, January 19, 1:00PM



The winter storm I can't forget...we all have one in our minds. Were winters truly harder back in our day or did they just seem so with the passage of time? What winter storm stands out in your mind? Were you snow or ice bound at home? How was your daily life affected? Join Kathy Wendling for a lively discussion on those memorable storms and please peruse your photos to bring in and share. A picture is worth a thousand words...

## ~ NEW MARBLE GAME GUIDELINES ~

In January, the marble game will resume with new guidelines derived from the feedback we received from surveys completed in November. The marble game is a fun game of chance that benefits the Center since we receive half of the ticket money and the person who draws a red marble wins the other half.

**THE GAME (for those who choose to play):** Tickets will be sold at Jen's desk in the foyer area on Mondays and Thursdays from 11:30 - noon. Tickets will not be sold at the tables in order to respect lunch time conversation and minimize interruptions. Those who choose to play will get three tickets for \$1.00. Marbles will be placed in an opaque container (100 clear marbles, 5 red marbles, 1 yellow marble). At 1 pm, we will draw three tickets. If your ticket number is called, you can pick a marble. The clear ones that are drawn are removed, increasing odds of winning. If you draw a red one, you receive half the pool of money from accumulated ticket sales. If you draw a yellow marble you get a second chance and can draw another marble! Thanks for playing and good luck!

## START THE NEW YEAR WITH A FREE HEARING SCREENING Friday January 6, 9:00AM-3:00PM

An Avada Hearing Care Specialist will return to The Thompson to conduct a thorough hearing examination and provide consultations at no charge. Hearing instrument demonstrations will also be available. Call early to reserve your 45 minute appointment.



# PROGRAMS & RESOURCES



## WHAT'S ON YOUR MIND? MONDAY, JANUARY 30, 1:00PM

State Representative Alison Clarkson will join us for an informal discussion about issues of interest and concern to our community and our seniors. She will also update us on the work going on in various committees in the Vermont Legislature.

Alison has represented the towns of Reading and Woodstock since 2005 and serves on the House Judiciary Committee, the Judicial Retention Committee, the Rural Economic Development Committee, the State Oversight Committee, the Women's Caucus, and as chair of the Windsor county Caucus.

## WORKSHOP: TOUCH SKILLS FOR CAREGIVERS

Tuesday, January 24, 1:00 - 2:30 PM  
Instructor: Jenny Gelfan  
Cost: \$25

This workshop is for people who would like to learn some easy techniques to help their family or friends relax and feel better. Participants will practice on themselves and each other as they sit in chairs. Discover the power of touch as a tool for comfort and healing.

Please sign up in advance. If the fee presents a financial hardship, please contact Diana (ext. 21)

## SENIOR SKATE IS BACK!

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



## 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, \$33 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.

PROGRAM CALENDAR - JANUARY 2012				
Mon	Tue	Wed	Thu	Fri
2	3	4	5	6
<b>CLOSED</b>  <b>HAPPY NEW YEAR!</b>	9 Strength & Fitness 10:00 Double King Pede 12 Spanish Table	9 W. Leb Shopping* 10:30 Handwork Cir. 10:30 Tai Chi 12 French Table	9 Strength & Fitness 10 Cribbage 10:30 Italian Study Group 12 Italian Table	9 Hearing Screening* 10 Senior Skate 12 German Table 1 Talk and Listen
9	10	11	12	13
9 Strength & Fitness 10:15 Memoir Club 1 Bridge 1 Advisory 1 Scrabble	9 Strength & Fitness 10:00 Double King Pede 10 – 12 Blood Pres- sure Screening 12 Spanish Table	10:30 Handwork Cir. 10:30 Tai Chi 12 French Table 1 Book Club	9 Strength & Fitness 10 Cribbage 10:30 Italian Study Group 12 Italian Table	9 Massage* 10 Senior Skate 12 German Table 9 – 2:30 Foot Clinic*
16	17	18	19	20
<b>CLOSED</b>  <b>Martin Luther King Day</b>	8:30 Newsletter folding 9 Strength & Fitness 10 Double King Pede 11:30 Commodities 10:45 Spanish Class 12 Spanish Table	8 Board Meeting 9 W. Leb Shopping* 9 – 2:30 Foot Clinic* 10:30 Handwork Cir. 10:30 Tai Chi 12 French Table 12:30 Caregiver Support	9 Strength & Fitness 10 Cribbage 10:30 Italian Study Group 12 Italian Table 1 Remember When	10 Senior Skate 12 German Table 1 Talk and Listen
23	24	25	26	27
9 Strength & Fitness 10:15 Memoir Club 1 Bridge 1 Scrabble	9 Strength & Fitness 10 Double King Pede 10 – 12 Wellness Clinic 10:45 Spanish Class 12 Spanish Table 1 Touch skills for	10:30 Handwork Cir. 10:30 Tai Chi 12 French Table	<b>BIRTHDAY DAY*</b> 9 Strength & Fitness 10 Cribbage 10:30 Italian Study Group 12 Italian Table 1 Music by Eel in the Sink	10 Senior Skate 12 German Table
30	31			
9 Strength & Fitness 10:15 Memoir Club 1 Bridge 1 Scrabble 1 Alison Clarkson visit & discussion	9 Strength & Fitness 10 Double King Pede 10:45 Spanish Class 12 Spanish Table		<b>BINGO daily at 11 am except on birthday day and other special meal days.</b>	<b>* Please sign up/ Reservations required</b>

MENU - JANUARY 2012				
Mon	Tue	Wed	Thu	Fri
2	3	4	5	6
<b>CLOSED</b>  <b>HAPPY NEW YEAR!</b>	Lasagna, Steamed Tuscan Style Vegeta- bles, Garlic Bread, Coconut Macaroons w/ Pineapple	Tossed Salad, Chili, Corn Bread, Apple Cranberry Pear Crisp	Tossed Salad, Pesto Olive Chicken, Herb Roasted Red Potatoes, Roasted Mediterranean Vegetables, Lime and Spice Peach Cobbler	Tossed Salad,Salmon en Croute, w/ Spinach and Mushrooms, New Potatoes, Cucumber/ Dill Salad, Brownies and Fruit
9	10	11	12	13
Turkey Club Wraps, Carrot Ginger soup, Blueberry Lemon Crumb Bars	Tossed Salad Chicken a la King, Vegetable Medley, Biscuits, Oatmeal Cran Raisin Cookies/fruit	Tossed salad, Multigrain Spaghetti & meatballs, Garlic bread, Tuscan Blend Vegetables, Fresh Fruit Salad	CHEF'S CHOICE	Tossed Salad, Beef & vegetable stew, Pumpkin Whoopie Pies
16	17	18	19	20
<b>CLOSED</b>  <b>Martin Luther King Day</b>	Tossed Salad, Lime Herb Chicken, Roasted Potatoes, Sufferin' Succotash, Blueberry Almond Cake	Reubens, Sweet Po- tato Fries, Mediterra- nean Roasted Vegeta- bles, Chef's Choice Dessert	Quiche w/ Spinach, Ba- con, Mushrooms, Roasted Potatoes, Roasted Vegetable Medley, Fruit Pizza	Fish Florentine (spinach and cheese), herb roasted potatoes, Lime carrots, Warm Apple Crisp
23	24	25	26	27
CHEF'S CHOICE	Spinach& Cheese Ravioli w/ Meat sauce, Garlic Bread, Broccoli & Cauli- flower, Mixed Berry Parfait	Soft Shell Tacos, Red Beans and Rice, South Western Roasted Vegetables, Ice Cream Sandwich Cookies	<b>BIRTHDAY DAY*</b> Pork roast with apples, Cider Jus, Roasted Root Vegetables, baked potato, Cake and Ice Cream	Chicken Caesar Wrap, Hearty Vegeta- ble Minestrone, Lemon Meringue Pie
30	31			
Tossed Salad, Pea Soup w/ Ham, Cot- tage Cheese, Bis- cuit, Cherry Squares	Grilled Hot Dogs, Chef's Slow Cooked Baked Beans, Cole Slaw, Fruit Tarts	<b>Meals served:</b> ♦ daily at noon ♦ 2% milk, juice & Coffee ♦ Menu is subject to change based on availability & food donations	<b>Meal Pricing:</b> ♦ <b>\$ 6 charge for those under age sixty</b> ♦ <b>\$ 4 suggested do- nations for ages sixty and over</b>	<b>* indicates that sign- up/reservations are required (Birthday Day).</b>