



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



JANUARY 2013

Oh, What A Year! Let's Have Another!



Morris & Linda Stickney as Santa & Mrs. Claus during our Yankee Swap on 12/12.



Leon Stetson at the Yankee Swap modeling the silver purse he opened first.



Diana Hayes & Pauline Holt enjoying the Holiday lunch on 12/12/12.



Eleanor Zue at her retirement party at TSC on 12/6.



WUHS Girls Chorus caroling at TSC during our Holiday lunch.



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!

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

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



The Thompson Center

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99 Senior Lane
Woodstock, VT 05091
Phone: 802-457-3277
Fax: 802-457-1259
www.thompsonseniorcenter.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

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BEHIND THE SCENES

A note from the desk of
Deanna Jones, Executive Director



Happy New Year to each of you! 2012 was a wonderful year here at the Thompson Center! Some of the year's highlights are: transportation program improvements (new Kia Soul), new Meals for Pets program, the Aging in Community project, numerous health related talks & programs (fall prevention, colon health, OTC and supplement safety, heart health, incontinence talk, dementia, Medicare, foot clinics, wellness checks, flu shots, healthier living workshops, exercise, Tai Chi, eye & hearing screenings), genealogy series, a music filled summer, garden tours, fishing, gold mining, railroad talk, women in the White House series, VT Statehouse visit, magic with Marko, dinner and movie nights, language classes, author talks, caregiver support group, book club, memoir class, fraud alert program, and taxes! We also enjoyed trips to Lake George, to the Isabella Stewart Gardner museum in Boston, to York for fresh Maine lobster, and to the Fryeburg Fair with a full bus and all of the Thompson staff (if we do that again we'll have to figure out a way to avoid sitting in traffic)!

2013 promises to be just as active and fun-filled. A sneak peak at some of the ideas for the year: brain builders' programs, dinner talks, art classes & an art show, Alzheimer's coping & adapting workshops, financial planning talks, line dancing, political round table, computer classes, author talks, healthy aging programs, and more! If you have ideas or suggestions, please be in touch! (802) 457-3277 or tsc-execdiretor@comcast.net

ADVISORY MEETING HIGHLIGHTS

- Successful Holiday Bazaar. Thanks expressed for all those who participated.
- Eleanor Zue, Senior Solutions, will be missed. Retirement in December.
- Suggestion to turn off the lights during the moment of silence before lunch. The group likes the moment of silence.
- Jackson House Holiday Tea January 9. Sign-up required.
- Trip Committee formed to help plan for & promote future jaunts – near and far.

Please join our next meeting on Monday, January 7th at 1pm. Your input is needed and appreciated!

Please note: Katrin Tchana, the Community Care Coordinator, will be at TSC on these dates:
-Wednesday, January 3rd, from 11:00 -1:30 pm
- Friday, January 11th, from 11:00 -1:30 pm
- Friday, January 25th, from 11:00 -1:30 pm
-Wednesday, January 30th, from 11:00 -1:30 pm
She will be in an upstairs office. 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

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

IN MEMORY OF



Phyllis Hickory
Mary Cameron
Deanna Jones



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
Domino Game - Ann Niles
Yarn- Helen Leonard
Turkeys - Newhall Farm
Medical Equipment - Nancy Frizzell
Turkey - Steve Schwartz
Holiday Greenery Arrangement - Woodstock Garden Club and King's Daughters
Cookies, Cookies, Cookies - All of you who baked, thank you!
Extra Yankee Swap gifts - Anonymous
Furniture moving - Woodstock Rotary Club

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!



Congratulations Holiday Bazaar Raffle Winners
Sleigh Ride for two - Louise Hansen
Panoramic print by Wm B Hoyt - Kate Reeves
Jewelry by Leslie Marceau - Patsy Mathews

JANUARY BIRTHDAYS

2nd Alan Perkins	12th Susan Hottenstein	20th William Beebee
3rd Linda Brackett	16th Richmond Maxham	21st Jinja Stapleton
3rd Perry Maxham	17th Helen Leonard	22nd Dick Staples
3rd John Leavitt	17th Lillian Phelan	27th James Emery
5th Fred Beebee	17th Joyce Phillips	28th Nancy Heidt
10th Gina Moore	18th Bruce Dudley	29th Sharon Schellong
11th Molly McDermott	20th Emily Hawkes	30th Mary Wood
		31st Elmer Kruse

On January 24th we will celebrate your special day! The Peapickers will provide musical entertainment after lunch! Please join us!



ONGOING PROGRAMS

CAREGIVER SUPPORT GROUP

Wednesday, January 16

(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, January 22, 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

January's read is Ann Patchett's State of Wonder. Jane Philpin will lead book club on **Wednesday, January 9th.**

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

HAPPY FEET! with Mary Wood

**Monthly, 9 am - 2:30 pm
on the 2nd Friday & 3rd Wednesday**

Mary Wood, our wonderful retired RN runs the foot clinic. Call 457-3277 to schedule a half hour appointment with Mary between 9 - 2:30 pm on the 2nd Friday or the 3rd Wednesday of each month (see the calendar for dates). Your feet will thank you! **Cost: \$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

NEWS & PROGRAMS



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

THANK YOU, LINDA GRANT!

Linda Grant led the "Talk and Listen" group for close to ten years. Her committed group of followers thrived on her warm and generous spirit---each month looking forward to their gathering. Linda's caring facilitation encouraged them to "talk and listen"---to share and be heard. She always found ways to make each participant feel special, whether it was a special comment or remembrance, or an extravagant luncheon to honor a holiday. Linda plans to spend more time with her husband Jim, traveling and enjoying friends and family. She promises to stay in touch. We thank Linda for being the special person that she is and for her many years of service!

MEMORY TREE

Lynn Staples Benetti
Elmer Atwood
Frieda Morgan
Henry Howe
L. Dudley & Josephine Leavitt
Wendell "Cam" Cameron
Roni Morgan
Ronnie Fullerton
Ray Jillson
Sadie Smith
Pat Mangan
Frank G. Brown
Trevor
Jess
Lauris O. Blake
Edna English Cobb
Roderick Perry English
Susie English Brown
Calico & Mittens
Evalyn Blake English
Tina Whitney Blake
Maitland Blake
Helen Booth Blake
Cleon Cobb
Lillian Fifield



DO YOU HAVE A VIAL OF LIFE? LIFESAVING INFORMATION FOR EMERGENCIES



The Vial of Life is designed to speak for you when you can't speak for yourself. The Vial contains important medical information that can assist emergency personnel in administering the proper medical treatment. Inside the Vial you will find a Medical Information Form, a sticker for your front door window, and a magnet for your refrigerator door directing EMS responders to the Vial stored in your refrigerator. Thanks to the generosity of Dartmouth-Hitchcock Aging Resource Center, The Thompson has a free ample supply so please come in and help yourself to your Vial Of Life, or see Pam if you have any questions.

NEEDED

Temporary Front Desk Volunteer needed for the months of January and February for the Friday afternoon shift from 11:30 AM - 2:30 PM.

Volunteers play a major role at the Thompson Senior Center. We can't do it without you! Please call Paula Audsley, Outreach Coordinator, 457-3277 x 19.

PROGRAMS



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

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

SAM HEATH’S MUSICAL DEBUT AT THE THOMPSON THURSDAY, JANUARY 17, 1:00PM

Our friend and neighbor Sam Heath will share with us his little known side, as artist and musician. Sam wrote and produced three albums as a singer and guitarist for a Florida based band called “Building Rockets.” Sam’s musical genius began in a bedroom, on a cassette 4-track, as he attempted to write and record a song every day for as many days as he could keep it up. Soon Sam’s songwriting moved from a bedroom to a shed/rehearsal area, where his songs were recorded by a legitimate band. He will be singing some of these early songs with his guitar, which he has named Constance.

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.

BACK BY POPULAR DEMAND! KARAOKE AT THE THOMPSON TUESDAY, JANUARY 15, 4:00 TO 6:00PM

Join us for a fun evening of singing and laughter with Shane’s Karaoke. Words will scroll down our big screen T.V. to help us remember the lyrics to our favorite “oldies”. Shane has a wide repertoire of songs, current and past, and will take requests. If people are feeling shy he will “jump start” the singing himself. If you are over age 21 you are welcome to bring your own beverage (BYOB). The Thompson Center will supply hearty appetizers (which could pass for dinner).

Cost: \$5.00 (to cover food costs and Shane’s fee)

SUGAR AND SALT— LEARN THE “SCOOP” TUESDAY, JANUARY 22, 1:00PM

Do you know how much salt you are using? Sugar is sweet, but how much is too much? Michelle Chiesa, RN, will share some important information about these two commonly used food enhancers. Her goal is to help us be informed consumers for our health.

Warning: Michelle makes learning important healthcare information fun—plan on laughing out loud!

The Holiday Bazaar wrap-up meeting is **Friday, January 11, 2013, at 11:00 A.M.**

Please come and share your views, ideas, and concerns to help make next year an even greater success.

CLASSES



FRENCH IMMERSION CLASS Friday, January 25, 9:00 - 11:30 AM

Instructor: Judy Mahood

Start the New Year with a fun and instructional immersion class. Cost is \$20 (includes coffee & croissants). Please sign up by calling 457-3277. For questions, contact Judy at judymahood@comcast.net

ITALIAN STUDY GROUP

Thursdays, Dates: Jan. 10, 17, 24, & 31.

10:30 AM - Noon

Cost: \$44.00 (for 4 classes)

Instructor: Evangeline Monroe

In this study group we will focus on building comprehension and fluency. All levels of fluency are welcome. Evangeline is a retired Foreign Service officer who reported on Italian politics while serving at the U.S. Embassy in Rome from 1989 to 1991. For more information call Diana Leskovar at 457-3277.

SPANISH CLASS

Watch for dates and times for an early spring series.

Instructor: Susan Copeland

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

STRENGTH & FITNESS

Weekly classes, Monday, Tuesday & Thursday
9 to 10:00AM

This popular class is led by certified fitness instructor and personal trainer, Liz Hatfield. Liz incorporates aerobic, stretching, strength and weight bearing exercises. The benefits of these exercises include bone building, balance, and overall coordination. Cost: \$3.00/class or 12 classes for \$30 on a punch card.

TAI CHI FOR TOTAL WELLNESS

Wednesdays, January 2, 9, 16, 23, 30, and
February 6. March 6, 13, 20, 27, April 3 & 10.

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)

Come try one class for free!

TRIPS



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

Notch Above Tour Package Includes:

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

Detailed itinerary is available at The Thompson

Pricing Information: (based on 38 paid travelers)

Per Person Double Occupancy: 748.00

Per Person Triple Occupancy: 681.00

Per Person Quad Occupancy: 647.00

Per Person Single Occupancy: 950.00

Please call Heidi Cunningham at Travel Associates for further information (802) 457-1600. **Terms: Reservations should be made with a \$250.00* non-refundable deposit by January 25, 2013. * subject to exceptions (contact Heidi for details).**

Note: A trip planning committee will be meeting on **Thursday, January 10th at 1:00PM**. Anyone who would like to offer input and assistance for our upcoming trips is welcome.

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.

PROGRAMS

ART LEARNING COLLABORATIVE

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

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



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

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

Materials required: any art supplies you wish to use. If you have no art supplies, you may pay an extra \$15 for the class series and use Wendy’s fine art painting and drawing supplies. Minimum 3 students required. Please call the Thompson to sign up in advance, 457-3277.

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)

PROGRAM CALENDAR - JANUARY 2013				
Mon	Tue	Wed	Thu	Fri
	1	2	3	4
* Please Sign up/Reservations Required	New Year's Day! CLOSED	9 W. Leb Shopping* 9:30 Tai Chi (B) 10:30 Handwork Cir. 10:40 Tai Chi (CS) 12 French Table	9 Strength & Fitness 10 Cribbage 12 Italian Table 1 Bob Horan Music	12 German Table
7	8	9	10	11
9 Strength & Fitness 10:15 Memoir Club 1 Advisory Meeting 1 Bridge 1 Scrabble	9 Strength & Fitness 10:00 Double King Pede 12 Spanish Table	9:30 Tai Chi (B) 10:30 Handwork Cir. 10:40 Tai Chi (CS) 12 French Table 1 Book Club 2:30 Holiday Tea*	9 Strength & Fitness 10 Cribbage 10:30 Italian Study Group 1 Trip planning committee kick-off meeting	9 - 2:30 Foot Clinic* 10 Art Learning Collaborative* 11 Holiday Bazaar Wrap-up meeting 12 German Table
14	15	16	17	18
9 Strength & Fitness 10:15 Memoir Club 1 Bridge 1 Scrabble	9 Strength & Fitness 10 Double King Pede 11:30 Commodities 12 Spanish Table 4-6 Karaoke*	8 Board Meeting 9 W. Leb Shopping* 9 – 2:30 Foot Clinic* 9:30 Tai Chi (B) 10:30 Handwork Cir. 10:40 Tai Chi (CS) 12 French Table 12:30 Caregiver Support Group	9 Strength & Fitness 10 Cribbage 10:30 Italian Study Group 1 Music with Sam Heath	10 Art Learning Collaborative* 12 German Table
21	22	23	24	25
Martin Luther King Day CLOSED	8:30 Newsletter Folding 9 Strength & Fitness 10 - 12 Wellness Clinic 10 Double King Pede 12 Spanish Table 1 Sugar/Salt talk	9:30 Tai Chi (B) 10:30 Handwork Cir. 10:40 Tai Chi (CS) 12 French Table	BIRTHDAY DAY* 9 Strength & Fitness 10 Cribbage 10:30 Italian Study Group 1 Music with the Peapickers	9-11 French Immersion Class* 10 Art Learning Collaborative* 12 German Table
28	29	30	31	
9 Strength & Fitness 10:15 Memoir Club 1 Bridge 1 Scrabble	9 Strength & Fitness 10 Double King Pede 12 Spanish Table	9:30 Tai Chi (B) 10:30 Handwork Cir. 10:40 Tai Chi (CS) 12 French Table	9 Strength & Fitness 10 Cribbage 10:30 Italian Study Group	BINGO daily at 10:30 am except on birthday day and other special meal days.

MENU - JANUARY 2013				
Mon	Tue	Wed	Thu	Fri
	1	2	3	4
Meal Pricing: ♦ \$ 7 charge for those under age sixty ♦ \$ 5 suggested donation for ages sixty and over	New Year's Day CLOSED	BLT Wraps, Carrot Ginger soup, Apple Cranberry Pear Crisp	Tossed Salad, Bangers & Mashed, Onions & Gravy, Peas, Carrots, Fruit Short Cake	Tossed Salad, Chili, Corn Bread, Pumpkin Almond Joy Pie
7	8	9	10	11
Tossed Salad, Penne Pasta w/ Sweet Italian Sausage, Spinach, Tomatoes, Pesto, Chef's Choice Dessert	Stuffed Meatloaf w/ Spinach and Cheese, Mashed Potato, Gravy, Green Beans, Strawberry Sundae	Fish Chowder, Corn Bread, Coleslaw, Streusel Peach Pie	Tossed Salad, Spinach Cheese Chicken Rolls, Lemon Risotto w/ Peas, Roasted Vegetable Casserole, Chocolate Cream Pie	Chef's Choice
14	15	16	17	18
Grilled Hot Dogs, Chef's Slow Cooked Baked Beans, Cole Slaw, Fruit Tarts	Spaghetti & Meatballs, Mediterranean Vegetables, Garlic Bread, Fresh Fruit	Smoked Turkey and Broccoli Quiche Roasted Sweet Potato fries, Roasted Vegetables, Hot Fudge Sundae with banana	Tossed Salad, Turkey Sandwich, Caldo Verde, (Spicy Portuguese Kale and Potato soup w/ sausage), Strawberry Cake	Tossed Salad, Salmon en Crouete, w/ Spinach and Mushrooms, Lentils, Jelly Roll
21	22	23	24	25
Martin Luther King Day CLOSED	Chipped Beef and Egg Gravy on Mashed Potato, Dijon Braised Brussel Sprouts, Brownies & Fruit	Spinach& Cheese Ravioli w/ Meat sauce, Garlic Bread, Broccoli & Cauliflower, Garlic Bread, Cranberry Mousse	Birthday Day* Turkey Piccata, Braised Greens, Herb Roasted Red Skin Potatoes, Roll, Cake and Ice Cream	Tossed Salad, Supreme Pizza w/ peppers, onions, mushrooms, olives, pepperoni, Chef's Famous Chocolate Chip Cookies w/ Fresh Fruit
28	29	30	31	
Chef's Choice	Tossed Salad, Beef & Vegetable Stew, Oatmeal Cran-Raisin Cookies/fruit	Fish Florentine (spinach and cheese), herb roasted potatoes, Lime carrots, Warm Apple Crisp	Tossed Salad, Macaroni and Cheese w/ Ham, Butter Beets, Peach Parfait	* indicates that sign-up/reservations are required (Birthday Day & special holiday meals)

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