



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 2014

STAY INFORMED AND BE PREPARED



EMERGENCIES ~ STAY INFORMED WITH THE NEW VERMONT ALERT SYSTEM

Vermonters have a new tool at their disposal to stay informed of pending disasters, weather conditions, public health notifications, and countless other alerts that could affect them or their loved ones.

Vermont Alert (www.vtalert.gov) is a free service. It allows the public to sign up and receive notifications through a number of delivery systems, including text, e-mail, or telephone. Vermont Alert is hosted and maintained by the Vermont Division of Emergency Management and Homeland Security (VT DEMHS) and is available to all individuals and emergency response agencies in the state in order to allow for localized alerts.

“We’ve seen over the past couple of years the value of speedy and accurate information as emergency situations develop,” Governor Peter Shumlin said. “This new system will give Vermonters a head start in preparing for storms or other hazardous conditions.”

Users will create accounts, then choose their local area and what types of alerts they wish to receive, as well as which delivery system they prefer. For example, you can set up traffic, weather, or emergency alerts to be sent directly to your cellular or home phone. Local fire departments can issue alerts encouraging you to stay clear of a fire scene. You can also receive weather advisories as they are issued from the National Weather Service.

Sign up for an account today by visiting www.vtalert.gov. or contact VT DEMHS Public Information Officer Mark Bosma at 800-347-0488. **Original Source: www.vermont.gov**

EMERGENCIES ~ BE PREPARED RED CROSS BASIC SUPPLIES LIST:

- Water - one gallon per person, per day (3 day supply minimum)
- Food - non-perishable, easy-to-prepare items (3 day supply minimum)
- Flashlight
- Battery-powered or hand-cranked radio (NOAA Weather Radio, if possible)
- Extra batteries
- First aid kit
- Medications (7-day supply) and medical items
- Multi-purpose tool
- Sanitation and personal hygiene items

Continued on page 3 along with local emergency shelter locations and more. .

MEMORY TREE GIFTS IN LOVING MEMORY OF

Lynn Staples Benetti
Robert Gravel
Helen Wright
Robin Story
Catherine Adams
Henry Howe
Molly Gravel
Ray Jillson
Hazel Ambrose
Ronnie Fullerton
Gayle Chorsky
Elmer Gilbert Atwood
Julie Nicholson
Pat Mangan
William Beebee
Gretchen Story



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

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*
Sarah Roberts—*Secretary*
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Frances Gillett - Advisory
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Barbara Kelley
Sally Kesseli
Holly Levison
Susan Moor
John Moore
Lynn Peterson, M.D.
Liz Schellhorn
Corwin Sharp
Tom Weschler

BEHIND THE SCENES



Thank you to all of the volunteers,
cookie bakers, and shoppers for making the
Holiday Bazaar and Cookie Walk a success!

You helped to raise \$6,300
for the operations of The Thompson Center.



ADVISORY MEETING HIGHLIGHTS

- Holiday bazaar & cookie walk re-cap and ideas for next year
- Special appreciation for Holiday bazaar chair, Paula Audsley
- Building issues and bathroom fan suggestion
- Hot tea water ideas
- Plan for when Deanna is on maternity leave

Please join our next meeting on Monday, January 6, at 1pm.
All patrons and volunteers are invited to attend. Your feedback is
needed and appreciated!

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 independ-
ence. In addition, our senior center will provide a gathering place
for our community.

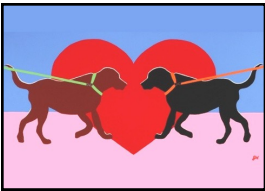
IN APPRECIATION

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 condi-
tions 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.

FUEL ASSISTANCE
INFORMATION

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



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

Sally Patterson - Jigsaw puzzles
Cloudland Farms - Ground beef
All Cookie Bakers!
All Crafters and donators!

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

Thank You!

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



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

JANUARY BIRTHDAYS

2nd Alan Perkins	10th Joyce Hurd	25th Jane Philpin
2nd John Steinle	11th Jane Adelson	26th Paulette Watson
3rd Carl Taylor	11th Molly McDermott	27th James Emery
3rd Linda Brackett	12th Sue Hottenstein	28th David Darakjy
3rd Perry Maxham	16th Richmond Maxham	28th Nancy Heidt
3rd John Leavitt	17th Helen Leonard	29th Sharon Schellong
5th Fred Beebee	17th Lillian Phelan	30th Sue Geno
6th Winona Kennedy	17th Joyce Phillips	30th Mary Wood
7th Lynn Peterson	20th Emily Hawkes	31st Elmer Kruse
7th Janet Maxham	21st Frederick Vonunwerth	31st Leona Webster
9th Beverly Kenney	21st Jinja Stapleton	
10th Gina Moore	22nd Dick Staples	



*On January 23rd we
will celebrate your
special day! Please
call to make a reserva-
tion for lunch and join
us!*

WELLNESS PROGRAMS

Wellness Clinic & Blood Pressure Screenings Tuesday, January 28, 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 4th Tuesday of each month from 10-noon.



FREE VISION SCREENINGS at the Thompson!

Thursday, January 23, 8:30 am – 3 pm
Please call to make your appointment. 457-3277

Dr. Dean Barcelow of EyeCare for You in Bethel, VT will be returning to the Thompson Center to provide vision screenings at no cost. Vision Screenings will include visual acuity (how well you see), an anterior segment evaluation (a look at the front of your eye), and a posterior segment evaluation (a look at the back of your eye). Vision screenings are not meant to take the place of regular eye care and each individual is encouraged to keep their regular appointments with their primary eye care provider. Please come prepared with any eye questions you may have as Dr. Barcelow has set aside some time at each 30 minute appointment to answer them.

Dr. Dean Barcelow grew up in South Royalton, VT and is a graduate of the Pennsylvania College of Optometry. He completed his residency training in ocular disease at the White River Junction VA Hospital through the New England College of Optometry.

MEDICAL EQUIPMENT

Currently available at the Center: Bed rail, 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

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, January 15, 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

EMERGENCY SUPPLY LIST (CONTINUED FROM PAGE 1)

- Copies of personal documents (medication list and pertinent medical information, proof of address, deed/lease to home, passports, birth certificates, insurance policies)
- Cell phone with chargers
- Family and emergency contact information
- Extra cash
- Emergency blanket
- Map(s) of the area

Source: www.redcross.org.

EMERGENCY SHELTER LOCATIONS:

Barnard

Barnard Central School, VT Route 12
Town Hall, 115 North Road

Bridgewater

Bridgewater Village School, 7313 US Route 4
Bridgewater Grange Hall, 129 VT Route 100A
Oak Chapel Church, 35 Oak Chapel Road
Congregational Church, 7213 US Route 4

Pomfret

Pomfret Congregational Church, 7767 Pomfret Road
Pomfret Town Hall, 5233 Pomfret Road
Pomfret Elementary School, 1071 Pomfret Road

Woodstock

Woodstock Elementary School, 15 South Street

OTHER TIPS & RESOURCES:

- Call 911 only when emergency assistance is needed, or Woodstock Dispatch 457-2337 for urgent or emergency related questions.
- Vermont 211 is the non-emergency number you dial to find out about hundreds of important community resources, like emergency food and shelter, or visit www.vermont211.org
- For road conditions and directions go online to: www.511vt.com or Dial 511.
- Visit your town website, if it has one.
- Two Rivers-Ottawquechee Regional Commission – www.trocc.org. provides regional planning information and links to emergency preparedness.

DO YOU NEED A LIFELINE? Thursday January 9, 2014, 1:00 pm

Presented by Dartmouth-Hitchcock Medical Center Lifeline Program

Lifeline Specialist Tara Eaglestone will be talking about the Lifeline experience and explain how Lifeline can support independent living for older adults. She will discuss the current products, including new wireless Home Safe equipment for people who have given up their landline phone service, how and when they work, and how to get them. Different models of Lifeline products will be available to try.

If you cannot make the presentation but would like more information, please call toll free 1-888-699-4034.



FIRST AID KITS FROM OHF

The Ottawaquechee Health Foundation has provided basic first aid kits for all recipients of home delivered meals this week and also had extras available on Birthday Day lunch, December 19th. All kits have the Foundation's contact details on the cover to provide an easy reminder for folks to call if they know of anyone needing help getting their health care needs met through the Good Neighbor Grants program.

LIFELINE AND GOOD NEIGHBOR GRANTS

If you or someone you know is interested in getting Lifeline but cannot afford it, the Ottawaquechee Health Foundation might be able to help through our **Good Neighbor Grants program**. For more information, give us a call at 802-457-4188 or email: ohf@sover.net

PROGRAMS

**Upper Valley Conversation Project Presents:
A Panel Discussion on End of Life Care Options
Tuesday, January 14, 1:00PM**

Inspired by the National Conversation Project, providers from a consortium of service agencies and nonprofits will share current information and offer tools for important end of life care options. The panel of presenters will talk briefly on the following topics, followed by a Q&A session:

- What are the parts of the advance directive, and how does a DNR order fit in?
- How to overcome resistance to an advance directive discussion with family members.
- What is the hospice care benefit, and when is it available?
- Why is estate planning important and what are some of the basic planning tools?
- What are the options when planning a funeral, including cost effective strategies?

Panelists include: Jessica Seman, Elder Law Attorney at Caldwell Law Office; Lee Webster, New Hampshire Funeral Resources and Education Alliance; Cynthia Stadler, Bayada Hospice; Carol McShane, TLC Nursing Association; and Felicia Hayes, Dartmouth Hitchcock Medical Center ICU Case Manager.

Please sign up in advance for this program. Your family and friends will appreciate your willingness to consider these critical issues.

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!

**HOLIDAY TEA AT THE JACKSON HOUSE INN
WEDNESDAY, JANUARY 8, 2014
2:30 - 4:30 PM**

Kathy and Rick Terwelp of The Jackson House Inn welcome Thompson guests for the 4th Annual Holiday Tea. After the hustle and bustle of the holiday season, relax and enjoy a cup of tea and goodies with friends and our neighbors.



Sign up is required as space is limited to 35. RSVP by January 3rd at the Thompson Center, or by calling 457-3277.

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.**

**Bone Builders
Mondays and Thursdays, 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 from 2:00 to 3:00pm. Classes are free. Minimum of six participants required. Please sign up in advance.

Please note: The Bone Builders program incorporates weights and is different from the Strength and Fitness class we offer three times each week.

**Tai chi
For Health and Balance**

Beginner Level (B) ~ Wednesdays, 9:30—10:30AM; Jan. 8, 15, 22; 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; Jan. 8, 15, 22; 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: annie-bower@yahoo.com; 457-2877 or website: www.annebower.com.

Next Session: Feb 26, March 5, 12, 19, 26, Apr. 2, 7. **Cost for series of 7 classes: \$35.00**

**Beginning Italian Class
Thursdays, Starting January 9,
1:15 TO 2:30PM**

This class will focus on basic Italian through conversation, some grammar, and "hands-on" learning with word games, props, and exercises. The class will meet following lunch, where an ongoing group of Italian speakers enjoy lunch and relaxed Italian conversation at the “Italian Table”. This class will meet for four sessions and assess where to go from there, including a commitment to a textbook and other resources. Instructor Veronica Delay has studied Italian for over 20 years, both in Italy and the United States, and has taught Italian in a variety of settings.

Please register for this class in advance.
Cost: \$10.00/per class.

TRIPS & PROGRAMS

Facebook Class at The Thompson Tuesday, January 14, 10:00am

Join us on January 14th as we take the mystery out of Facebook. This free introductory class will show you how to connect with family and friends from your computer, iPad or other tablet or mobile device. We will show you how to set up a Facebook account, post pictures and information, follow your family and friends, see family photos, connect with others, and manage your account and privacy settings.

Presenters will be Justine Riegel, Social Media Manager, Green Mountain Digital; Charlie Rattigan, Co-founder and Senior Adviser, Green Mountain Digital; and, Tom Weschler, Strategic Consulting.

You may be surprised at all Facebook has to offer, and you will leave feeling confident about using Facebook to keep in touch. **Please register in advance for this class by calling, 457-3277.**

FUN FACTS !!!

- Last month we reported about our **MySeniorCenter** software showing sign-ins of 750 people from 31 towns. Here are some fun facts about program attendance (between 9/4/2013 and 12/10/2013):
 - **Fitness & Wellness Programs:** 244 people checked-in to fitness & wellness events for a total of **696** check-ins to fitness and wellness programs (**Strength & Fitness, Tai Chi, Better Balance, & Yoga**)
 - **Education:** 104 people checked-in to educational classes for a total of **146** check-ins to education programs (**Language Classes, Medicare Talk, Fall prevention, AARP Driver Safety, etc**).
 - **Socialization:** **228** people checked-in to social events for a total of **906** check-ins! The most check-ins to social events are for Double King Pede (Tuesdays) and Bingo (daily). Close behind in number of check-ins are the Memoir Group (Mondays), and the use of the computer lab and wireless network.
- Fun FOOD Facts about the** Holiday meals at The Thompson: For the Thanksgiving dinner, Chef Ryan cooked 8 whole turkeys and 6 turkey breasts, we used 50 lbs of apples for pies & homemade apple sauce (mostly donated apples & volunteers apple peelers!), and volunteers peeled 125 lbs of potatoes for the holiday meals. Yum!
- The **Marble Game “pot”** is up to \$ 186. We play on most Mondays & Thursdays. \$1 gives you 3 chances to draw a marble if your ticket is pulled. A red marble is a winner and the pot is split between the winner and the Thompson Center.

The Thompson Center Group Cruise — Norwegian Cruise Line Boston to Bermuda -- 7 nights -- May 9 to 16, 2014 “Best Bermuda Itineraries” ~ Porthole Cruise Magazine

Get ready to be tickled pink—pink sand, that is! Depart from Boston on the Norwegian Dawn, the only cruise line that sails to Bermuda from Boston. **A full brochure is available at the Thompson Center, or call Heidi Cunningham at Travel Associates for more details on current pricing and availability (802) 457-1600. A \$250.00 deposit per person is due at the time of booking, with final payment due by January 23, 2014.**



Trips to watch for in the new year:

- 2nd Annual Winter Sleigh Ride in South Woodstock (February newsletter)
- Cirque Du Soleil “AmaLuna” in Boston on June 20, 2014.

PROGRAMS

Discussion Group ~ “Heart to Heart” Friday, January 10, 1:00 —2:00 pm

January Topic is: New Year's Resolutions and Making Changes. If you've missed *Remember When* and *Talk and Listen*, a new discussion group, called “*Heart to Heart*” led by, Katrin Tchana meets on the second Friday of every month. This discussion group is similar to a memoir group, but with shared stories instead of written memories. All are welcome and are invited to bring photos or other memorabilia.

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

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

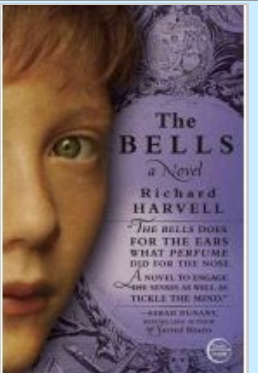
Scrabble players convene in the dining room on **Tuesday afternoons at 1:00PM**. Call Diana if you are interested or have any questions. 457-3277

BOOK CLUB Wednesday, January 8, 1:00pm

The Thompson Center book group will meet January 8th to discuss ***The Bells*, by Richard Harvell**. Born in Belfry, high in the Swiss Alps, Moses Froben, developed a marvelous gift for sound. His mother was “keeper of the bells”, so his early years were immersed with beautiful bell music. Serious threats from the Parish Priest force young Moses to leave his village and wander the countryside until, at near death, he is rescued by two Monks. They take him to an ABBEY for refuge---- where his musical gifts are discovered.

There follows the tale of Moses Froben's life.....full of pain and sadness, as well as world recognition for his operatic skills. The novel is set in the culture of 18th Century Europe---in the music halls of Vienna. The writing is so musically descriptive that the reader almost hears the marvelous sound that Moses Froben produces.

The Book Group welcomes newcomers!



Congratulations to our Holiday Bazaar raffle winners!

Dinner for four to reminisce with NBC News Correspondent Bob Hager - John Steinle
French Braid Quilt - Kim Lackley, & Miranda Thomas Pottery - Geri Jensen

Thank you Bob & Honoré Hager, Bonnie Atwood, Janet Maxham, and Miranda Thomas for the wonderful raffle items!



Senior Skate at Union Arena Fridays, 9:30 to 10:30am (excluding Dec. 27 and Jan. 3)



Sharpen your skates (and your skills) and enjoy skating with friends and family--- **for free!** Seniors are welcome to stay for an additional hour when the ice is open to “moms and tots”--- 10:30 to 11:30am. The ice rink is open from October 20th to March 14th, excluding holidays.

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!

PROGRAM CALENDAR - JANUARY 2014				
Mon	Tue	Wed	Thu	Fri
		1	2	3
BINGO daily at 10:30 am except on birthday day and other special meal days.	* Indicates that Sign up/Reservations Required	New Year's Day CLOSED	9 Strength & Fitness 10 Cribbage 10:30 Italian Class 12 Italian Table 2 Bone Builders	11:30 - 2 CCC Office Hours 12 German Table
6	7	8	9	10
9 Strength & Fitness 10:15 Memoir Club 1 Bridge 1 Advisory 2 Bone Builders	9 Strength & Fitness 10:00 Double King Pedo 12 Spanish Table 1 Yoga* 1 Scrabble	9:30 Tai Chi (B)* 10-12 Chair Massages* 10:30 Handwork Cir. 10:40 Tai Chi (Adv.)* 12 French Table 1 Book Club 2:30 Holiday Tea*	9 Strength & Fitness 10 Cribbage 10:30 Italian Class 12 Italian Table 1 Lifeline Talk 1:15 Beginner Italian* 2 Bone Builders	9 – 2:30 Foot Clinic* 12 German Table 1 Heart to Heart
13	14	15	16	17
9 Strength & Fitness 10:15 Memoir Club 1 Bridge 2 Bone Builders	9 Strength & Fitness 10 Double King Pedo 10 Facebook Class* 12 Spanish Table 1 Yoga* 1 Scrabble 1 End of Life Panel Discussion*	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 (Adv.)* 12:30 Caregiver Group 12 French Table	9 Strength & Fitness 10 Cribbage 10:30 Italian Class 12 Italian Table 1:15 Beginner Italian* 2 Bone Builders	9 Breakfast Day* Center is open after breakfast but no lunch is served.
20	21	22	23	24
Martin Luther King Day CLOSED	8:30 Newsletter Folding 9 Strength & Fitness 11:30 Commodities 10 Double King Pedo 12 Spanish Table 1 Yoga* 1 Scrabble	9:30 Tai Chi (B)* 10-12 Chair Massages* 10:30 Handwork Cir. 10:40 Tai Chi (Adv.)* 11:30 - 2 CCC Office Hours 12 French Table	BIRTHDAY DAY* 8:30 - 3 Vision Screenings* 9 Strength & Fitness 10 Cribbage 10:30 Italian Class 12 Italian Table 1:15 Beginner Italian* 2 Bone Builders	12 German Table
27	28	29	30	31
9 Strength & Fitness 10:15 Memoir Club 1 Bridge 2 Bone Builders	9 Strength & Fitness 10 Double King Pedo 10 - 12 Wellness Clinic 12 Spanish Table 1 Yoga* 1 Scrabble	10-12 Chair Massages* 10:30 Handwork Cir. 12 French Table	9 Strength & Fitness 10 Cribbage 10:30 Italian Class 12 Italian Table 1:15 Beginner Italian* 2 Bone Builders	11:30 - 2 CCC Office Hours 12 German Table

MENU - JANUARY 2014				
Mon	Tue	Wed	Thu	Fri
		1	2	3
* Indicates that sign-up/reservations are required (Birthday Day & special holiday meals)	Meal Pricing: ♦ \$ 7 charge for those under age sixty ♦ \$ 5 suggested donation for ages sixty and over	New Year's Day CLOSED	Grilled Hot Dogs, Chef's Slow Cooked Baked Beans, Cole Slaw, Chef's Choice Dessert	Spinach & Cheese Ravioli w/ Meat sauce, Garlic Bread, Broccoli & Cauliflower, Fresh Fruit Salad
6	7	8	9	10
Grilled Pesto Chicken Breast, Lemon Risotto with Peas Marinated Vegetable Salad, Peach Shortcake	Chipped Beef and Egg Gravy on Mashed Potato, Dijon Braised Brussel Sprouts, Sorbet & Fruit	Grilled Salmon Burger, Roasted Steak Fries, Marinated Vegetable Salad, Ice Cream Sandwich Cookies	Tossed Salad Chicken Ala King, Vegetable Medley, Biscuits, Oatmeal Cran-raisin cookies/fruit	Tossed Salad, Fire Island Ziti (a little spicy, with broccoli, tomatoes, Italian sausage) Monterey Ranch Bread, Mixed fruit Cobbler
13	14	15	16	17
Chef's Choice	Tossed Salad, Chicken Parmesan over Multigrain Pasta, Garlic Bread, Tuscan Blend Vegetables, Fresh Fruit Salad	Sheppard's Pie, Succotash, Chef's Choice Dessert	Tossed Salad, Quiche w/ Spinach, Bacon, Mushrooms, Roasted Potatoes, Roasted Vegetable Medley, Rum Raisin Rice Pudding	Breakfast Day* Eggs Benedict, Hollandaise, Home Fries, Yogurt & Fruit
20	21	22	23	24
Martin Luther King Day CLOSED	Stuffed Meatloaf w/ Spinach and Cheese, Mashed Potato, Gravy, Green Beans, Strawberry Sundae	Tossed Salad, Macaroni and Cheese w/ Ham, Stewed Tomatoes, Fresh Fruit Parfait	Birthday Day* Turkey Piccata, Braised Greens, Herb Roasted Red Skin Potatoes, Roll, Cake and Ice Cream	Chef's Choice
27	28	29	30	31
Tossed Salad, Turkey Sandwich, Caldo Verde, (Spicy Portuguese Kale and Potato soup w/ sausage) Strawberry Cake	Pan Seared Chicken breast, Creamy Cheddar Polenta, Spinach supreme (spinach, sour cream, parmesan and Monterey Jack Cheese)	Tacos w/ Ground Beef Cheese, Lettuce, Tomato, Salsa, Sour Cream, Red Beans and Rice, Roasted Vegetables, Chocolate Cream Pie	Fish Florentine (spinach and cheese), herb roasted potatoes, Lime carrots, Warm Apple Crisp	Chef Salad w/ Lettuce, Tomato, Ham, Turkey, Cheese, Hard Boiled Egg, Carrot, Lemon Fool