



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

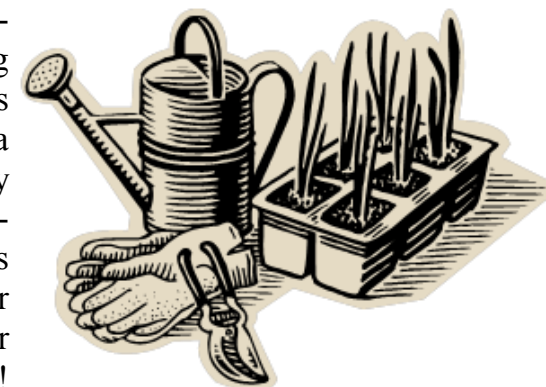
Non-Profit Organization
Postage Paid
Permit No. 33
Woodstock, VT 05091



SHARE THE HARVEST

JUNE 2012

Are you day dreaming about your garden and all of the fresh, delicious produce you'll have in a few months? When you're planting your garden please consider dedicating a row or two for vegetables to be donated to the Thompson Senior Center. Even if you have a little extra that you're afraid will go to waste, we can use it. By sharing your harvest, you help provide Chef Ryan with fresh, seasonal, local produce for our daily luncheon and Meals on Wheels Programs. Your donation helps to provide good nutrition to our patrons and helps with the food budget. The Thompson serves over 20,000 delicious, nutritious meals each year so every bit helps!



SHARE THE HARVEST 2011 RESULTS

Over 31 gardeners contributed healthy, local produce to our daily meals programs over a 5 month period last year. Donations began in early June with carrots and beets from a 2010 root cellar followed by fiddleheads, asparagus and multiple donations of rhubarb and lettuce by early July. Turnips, beets and carrots were the next treats to arrive. Bush beans began in August and by the end of the month many donations of zucchini and cucumbers began and continued well into the fall. Tomatoes were late (poor growing season) and not as abundant as previous years. Pole beans, bush beans and lettuce were made available from August to November. Our harvest season finished off with fall contributions of celery, basil, apples, winter squash and brussel sprouts. **The produce donated was included in at least 100 of the daily menus for a period of five months.** **THANK YOU** to each of our 2011 Share the Harvest Contributors!

2011 SHARE THE HARVEST CONTRIBUTORS

Anne Bower	Penny March	Alex Audsley
Marjorie Van Alstyne	Dick/Linda Brackett	Erwin/Polly Fullerton
Jim Emery	Rhonda Beebee	Patricia March
Carol Powell	Nancy/Fred Doten	Phil Swanson
Mary Sharpe	The White Cottage	Mavis Shaw
John Connelly	Sue Hottenstein	Brooke Baird
Jane Leonard	Sally Kesseli	John Leavitt
Eddie English	Kathy English	Charlotte Barr
Ruth Beebee	Dale Harrington	Billy/Tita Langlands
Pam Jaynes	Phyllis Palmer	Sharon Schellong
Bob Forman	Deanna Jones	

Thank you!

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IRIS GARDEN TOUR

Monday, June 4,
Depart TSC at 9:30AM

COST: \$3, plus lunch on your own

Marita Johnson of Springfield, VT grows 225 different varieties of bearded irises in her yard with Mt. Ascutney as the backdrop. From white to nearly black, Marita's irises cover the full spectrum of colors. Join us for this garden tour by calling to reserve your seat on The Thompson van. We will stop for lunch at the Springfield Royal Diner for a bit of nostalgia and a great meal.



Summer Tea ~ Luncheon

Wednesday, June 6, 12 Noon

Don't miss our 2nd Annual Tea at The Thompson on Wednesday, June 6, at 12 Noon. Hearty Tea sandwiches, mini quiches, and a variety of tea cookies will be served. RSVP by June 1st to 457-3277.

Fancy hats are welcomed and Gentlemen are invited, too! Suggested donation of \$4.

The Thompson Center

Woodstock Area Council on Aging
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,
paudsley@comcast.net
Volunteer: tscvolunteers@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.,
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. at the Thompson)
SENIOR HELPLINE: 800-642-5119

Lonnie Larrow Community Care
Coordinator, Ottauquechee Health Center,
457-3030

BOARD OF DIRECTORS

Cindy Carroll—*President*
Pam Jaynes—*Vice President*
John Moore—*Treasurer*
Gerald Fredrickson—*Secretary*
Dick Atwood
Dick Colantuono
Elizabeth Deignan
Bob Forman
Frances Gillett - Advisory
Peter Goulazian
Lisa Gramling
Reinhart Jeck
Patsy Mathews
Joan Oppenheimer
Lynn Peterson, M.D.
Sarah Roberts
Joseph Sheperd
Eldon Thompson

BEHIND THE SCENES

A note from the desk of
Deanna Jones, Executive Director

We played our way through May! After Marko The Magician was here, Mickey Morgan told me that he hadn’t laughed so hard in years. I agreed (still dabbing the tears of laughter from my eyes)!

The great turnout for our Volunteer Appreciation Breakfast on May 2nd was heartwarming, to say the least. It reminded everyone just how many people are dedicated to helping out and also how many people it takes to make The Thompson such a special place! Thank you again to each and every person who volunteers their time for us and our special community!

Hardly a day goes by that I don’t hear a compliment about the wonderful staff here. They each “go the extra mile” every day with their planning and hard work, their caring ways, and their creative ideas. It is truly a dedicated group. In June, we’ll take time to recognize the Thompson Staff. Please mark your calendars for **Wednesday, June 20th** and join us at lunch and afterwards for a special celebration. Please contact me if you would like to help out on this day. Send me your “quotes” and notes with special thoughts about our staff, if you would like to. I’ll use them in a special and memorable way. Thank you!

Please contact me at 457-3277 or tsc-execdiretor@comcast.net if you have any questions or suggestions. ~ Deanna

ADVISORY MEETING HIGHLIGHTS

Submitted by Fran Gillett, Advisory

- Movie night to feature a comedy as requested
- Summer trips and program planning underway - watch for details in newsletters
- Name tags suggested for volunteers - large print first names
- Ideas discussed for special outreach project

Special thanks expressed to:

Eddie for his trip presentation,
Janet and Perry for help during the sprinkler system alarm,
Dick Atwood and Jim Emery for sprinkler system repairs, and
All the staff for the great Volunteer Breakfast.

Please join our next meeting on Monday, June 4th at 1pm.

IMPORTANT INFORMATION

MEDICAL EQUIPMENT

Currently available at the Center: Canes, walkers, shower chairs, crutches, and wheelchairs - FREE
Available: Stair Chair glider, call for details

Looking for:

- ♦ Lift chair - electronic recliner style
- Contact Deanna with questions at 457-3277.

Friendly Reminder

Please remember to sign up for special events, meals, and programs when reservations are indicated on the calendar. It helps us to plan for food quantities and schedule drivers appropriately. Likewise, if you sign up and find that you can’t come, please cancel your reservation. This will not only help with planning and expenses, but also make it so that others can attend.

Thompson van riders please let the driver know in advance if you plan to stay for an afternoon program. Thank you!

DAY TRIP POLICY

- ♦ To make your reservation, contact Diana or Pam at 457-3277 .
- ♦ Reservations are taken on a first paid basis and are not considered confirmed until full payment has been received. 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.

THOMPSON
TRANSPORTATION PROGRAM

Medical Rides - \$10 suggested donation per out-of-town trip. A minimum of 48 hours noticed 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

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
Plants & Garden cleanup - Noreen Huff
Garden Cleanup - WUHS Horticulture & Forestry Students
Garden Cleanup - Valerie Chase, Chase Site Services
Fiddleheads - Bob Belisle
Knit & Crocheted items - Ralph & Beda Levine
Yarn - Joan McGee
Quilting kits - Carol Towne
Bingo Cards/Board - Anonymous

KIA SOUL

Transportation Sponsors:

Upper Valley Rehabilitation
Dead River
Ellaway’s Attic Consignment
Ottauquechee Plumbing
People’s United Bank
Woodstock Insurance Services, Inc.
Lang McLaughry Spera Real Estate’s Tambrey Vutech



JUNE BIRTHDAYS

- | | |
|----------------------|------------------------|
| 1 - Paul Lenett | 15 - Polly Fullerton |
| 2 - Mickey Morgan | 16 - Bettie Vandewater |
| 2 - Carol Nettleship | 17 - Lillian Weed |
| 5 - Janet Herrick | 18 - June Johnson |
| 5 - Tim Maxham | 19 - Emily Schanck |
| 7 - Ruth Beebee | 22 - John Matthews |
| 8 - Noreen Huff | 22 - Pat Mangan |
| 11 - Louise Denham | 22 - Dick Leonard |
| 11 - Betty Wood | 26 - Doris LeBaron |
| 14 - Bud Leavitt | 27 - Linda Stickney |
| 15 - Mary Sharpe | |

On June 28th we will
celebrate your special day!
Please join us!



ONGOING PROGRAMS

CAREGIVER SUPPORT GROUP

Wednesday, June 20th

(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

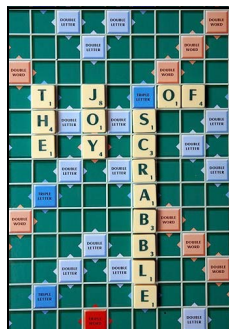
Ongoing, Mondays, 10:15 AM - Noon

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

The book club is on "summer break" until September. Enjoy the books you choose and recommend your favorites to Sherry Belisle 457-1919.



A special thank you to the Yankee Bookshop for donating a copy of each month's book to The Thompson Center and to Sherry Belisle for facilitating the Book Club!



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.

TALK AND LISTEN with Linda Grant will return in September after a summer break.

Happy Feet!

with Mary Wood

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

Mary Wood, our wonderful retired RN who runs the foot clinic, has openings in June & July. 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: \$15

NEWS



Pictured above: Woodstock High School Horticultural Class visited The Thompson to add new compost and get our raised beds ready for planting. **Pictured below:** Marjorie Swain, Yael Taylor, and Barbara Condict enjoying a Monday afternoon Scrabble game.



TOWN DAYS ARE BACK!

Residents of surrounding towns are invited for lunch at The Thompson for the reduced rate of **\$2.00** on the following Mondays. Bring your friends!

**Barnard
Bridgewater
Pomfret
Reading
Woodstock**

**June 11
July 9
August 13
September 10
October 1**

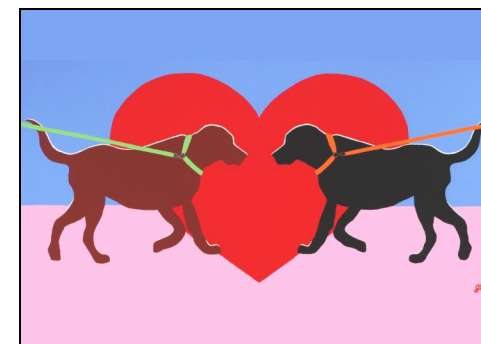
Upper Valley Lanes Bowling Special

Bowling special starting Thursdays June 14th. Seniors can arrive to bowl at 9:30 AM on Thursdays and bowl 3 games for \$5.00 with free shoes.



Questions can be directed to Upper Valley Lanes in WRJ at 296-2442

Meals For Pets reminder



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

Are you a Meals On Wheels recipient who has pets that you would like to include in our Meals For Pets program? The Thompson Center has expanded our Meals On Wheels program to include pet food for those recipients who need it. Working in partnership with Lucy Mackenzie Humane Society, The Thompson will deliver needed pet food and kitty litter to Meals on Wheels recipients. All you have to do is call Pam Butler at 457-3277 and put in your request for your cat(s) and/or dog(s) and she will coordinate your pet food with your meal delivery. We gratefully acknowledge Lucy Mackenzie for their generous donation of pet food. Spread the word!

PROGRAMS

OUR NATIONS RAILROADS, THEN AND NOW

**Presented by Author and Railroad Historian,
State Representative Charles Bohi
Tuesday, June 19, 1:00PM**



It is hard to overstate the impact railroads had on our history. In just over 40 years they transformed a nation limited by very slow transportation into a national market and economy. From about 1860 to 1930 railroads were, by far, the dominant means of over-land transportation in the United States and Canada. Mr. Bohi will discuss how excessive regulation, un-cooperative unions, and inept management nearly destroyed the railroad industry after World War II. However, the end of regulation, more cooperative labor relations, and much better management have made it possible for railroads to come roaring back and play a significant role in our society and economy today.

Watch for these Upcoming Programs!

Gold Panning Part II—this hands-on demonstration will be held at the Thompson Senior Center. A date is still being determined based on an approved panning license. We are currently looking at the second or third week in June.

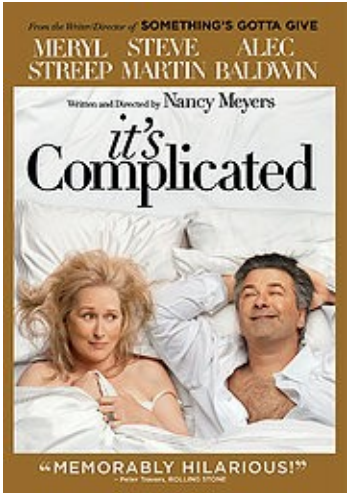
Garden Tours- we will tour two or three of our area's renowned gardens. We don't have to travel far to appreciate the beauty and artistry of local master gardeners. Dates and locations still being arranged as of this printing. Call Diana Leskovar at 457-3277 ext. 21. for updates.

Dinner & a Movie

It's Complicated

Monday, June 25

**5:30 dinner
followed by
movie at 6:30
Cost: \$5.00**



When attending their son's college graduation, a couple re-ignite the spark in their relationship...but the complicated fact is they're divorced and he's remarried. Join us for this hilariously funny romantic comedy starring Meryl Streep, Alec Baldwin, and Steve Martin.

Note: Rate R, for *mature* audiences only!



Remember When Thursday, June 21, 1:00PM

Are you having trouble “remembering when”? The process of aging is unique for each of us. Join us as we share our stories of coping and resilience, along with the power of humor, flexibility, and grace. **Please note: “Remember When” will not take place in the months of July and August.**

CLASSES

FRENCH CLASSES

**Mondays, September 10th to October 29th
(no class on October 8th)
8:45 to noon
Cost: \$85.00**

Instructor: Judy Mahood
Email: judymahood@comcast.net.

Please call to indicate your interest as soon as possible. Judy would like a minimum of four students to conduct this class.

Advanced Beginner

Students in this class will participate in a variety of activities that will enhance their French language skills and familiarize them with the French culture. Students will learn some useful vocabulary and expressions for travel and will have an opportunity to refresh their rusty or forgotten skills.

ITALIAN STUDY GROUP

**Ongoing, Thursdays, 10:30 AM - Noon
Cost: \$11/class**

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.

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

For Health, Fun, and Relaxation

Please note: no summer classes are scheduled at this time. Watch for updates in the July and August newsletters.

Instructor Anne Bower offers two Tai Chi classes at the Thompson Center:

Beginners' Class

Students will learn the standing and seated versions of part one of “Tai Chi for Arthritis” along with basic tai chi principles that promote healthy outcomes—deep breathing, slow/gentle movements, coordination of body and breath, relaxation with focused, deliberate steps.

Upper Level Class

Students will expand on their knowledge of forms part one and two (tai chi for arthritis) and explore other instructor lead forms (Sun 73 or Yang 24) ---depending on student interest and ability.

For more information email Anne Bower at annie-bower@yahoo.com or check out her website (www.annebower.com) she can also be reached at: 802-457-2877

The Arthritis Foundation endorses this form of tai chi as a clinically proven way to improve mobility, decrease pain, stiffness, and gain balance.

SPANISH CLASS

Watch for fall dates in our July newsletter

Instructor: Jennifer Roby

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.

PROGRAMS & TRIPS

Women in the Whitehouse Series Continues!



Name That First Lady Trivia Game Tuesday, July 17, 1 PM

Whitehouse wives have rarely confined themselves to sitting around being gracious, even at times when that was all that was expected of them. In a question and answer format, we will explore nearly four dozen First Ladies whose lives turn out to be unexpectedly fascinating, often moving, and occasionally outrageous.

MARY TODD LINCOLN TALK, by C.J. King Tuesday, August 7, 1 PM

C.J. King became interested in the Lincoln women when she learned she was related to them through the Harlan family. She wrote her master's thesis on the subject and then expanded on the material to write her book, *Four Marys and a Jessie: The Story of the Lincoln Women*. Dr. Harold Holzer, the author or editor of 23 books about Abraham Lincoln, wrote the book's introduction. He observed, "The Lincoln women have been woefully ignored by most historians, and deserve their day in the sun. At long last C.J. King has filled in many blanks with a history of the Lincoln—and Todd—and Harlan women across two centuries. C.J. King is a professional writer and editor for more than 30 years.

Free Legal Advice Clinic Monday, July 23, 9:00AM - 12:30PM

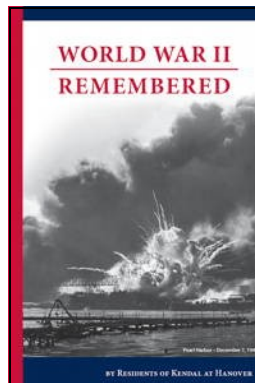
Harvard attorney, Jacob Speidel, will return to conduct a free legal clinic at the Thompson Senior Center. The clinic is sponsored by Vermont Legal Aid and the Council on Aging for Southeastern Vermont and it is for Vermonters age 60 or older. Jacob will give legal advice or referrals on a wide variety of legal problems including wills, powers of attorney, landlord-tenant issues, Medicaid, Medicare, Social Security, SSI, other public benefits, debt collection, consumer issues, guardianship, divorce, foreclosure, small claims, bankruptcy, and other civil legal matters. Please bring any paperwork with you pertaining to your problem. Also, please note the attorney is not able to help with criminal cases or problems pertaining to anyone other than you. Twenty minute appointments will begin at 9:00AM and end at 12:30PM. Please call the Senior Center at 457-3277 to schedule an appointment.

WORLD WAR II REMEMBERED

Thursday, July 26, 1pm

What stands out so clearly in these "remembrances of things past" is the unmistakable ring of authenticity in every account, a rare quality in the literature of war. Even after 70 years, every recollection remains vivid. Time has done little to dim those perilous times and recollections; they add depth and breadth to tales of wartime and to the significance of experiences lives in service...*World War II Remembered* is an exceptional human document—a legacy of greatness to be treasured for a very long time.

Join us for this talk with some of the writers and editors of the book and help kick-off BOOKSTOCK 2012 with us at The Thompson!

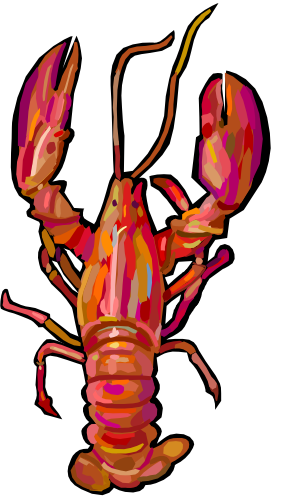


TRIPS

TRIP TO YORK, MAINE WEDNESDAY, JULY 18TH

**Depart Thompson Center at 7:30AM on Premiere Bus.
Our estimated time for return to Woodstock is 7:30PM.**

Arrive at Fox's Lobster House, located on the scenic "Nubble" peninsula overlooking the historic Cape Neddick Light Station. We will have an opportunity to stretch our legs and enjoy the great views on the point called Sohier Park. Lunch will be served in the upstairs dining room overlooking the ocean and surrounding park. You will have a choice of 1 1/8 fresh boiled Maine Lobster, local baked Haddock, or their popular Chicken Marsala. All lunch entrees include a garden salad, choice of fries or baked potato, choice of corn on the cob or fresh broccoli, dinner rolls and beverage, with mudslide ice cream pie for dessert. Fox's motto is, "One Nibble on the Nubble and You're Hooked!"



At 2:00 we will arrive at the 23rd Annual Decorator Show House where we will tour a beautiful local home featuring dozens of spaces decorated by many of the region's most talented designers. There will be an opportunity to walk the landscaped grounds and shop in a boutique stocked with specialty items and samples. Following the tour Elaine Burnham, a Member Liaison from the York Chamber of Commerce, will step on our bus and provide a short narrative on some historic landmarks, as we head out of town. Time permitting we will stop off at the Stonewall Kitchen store to enjoy samples of their popular products. **Note: This trip entails walking on uneven surfaces and the use of stairs.**

Cost: \$88.00. Please indicate your menu choice when you reserve your place in advance. Thank you.

Lake George Cruise, Wednesday, June 13, 7:30 departure, - Sold out (Waitlist only)

OKLAHOMA at The New London Barn Playhouse

**Wednesday, July 11, 2:00 matinee
(depart on the TSC shuttle at 12:30PM)**



Oklahoma, Roger & Hammerstein's first collaboration, is set in Western Indian Territory just after the turn of the century. A high-spirited rivalry between the local farmers and cowboys provides the colorful background for this classic, popular musical.

Cost: \$35.00 (includes gas donation)

Note: Space is limited, please sign up in advance. If you plan to eat lunch at the Senior Center please let the kitchen know in advance so you can be served promptly.

PROGRAM CALENDAR - JUNE 2012				
Mon	Tue	Wed	Thu	Fri
				1
* Please Sign up/Reservations Required	BINGO daily at 10:30 am except on birthday day and other special meal days.			12 German Table
4	5	6	7	8
9 Strength & Fitness 9:30 Iris Garden Trip* 10:15 Memoir Club 1 Advisory Meeting 1 Bridge 1 Scrabble	9 Strength & Fitness 10:00 Double King Pedé 12 Spanish Table 1 Horseshoes	9 W. Leb Shopping* 10:30 Handwork Cir. 12 French Table 12 TEA LUNCHEON*	9 Strength & Fitness 10 Cribbage 10:30 Italian Study Group 12 Italian Table	9 – 2:30 Foot Clinic* 12 German Table
11	12	13	14	15
BARNARD DAY 9 Strength & Fitness 10:15 Memoir Club 1 Bridge 1 Scrabble	9 Strength & Fitness 10 Double King Pedé 10 – 12 Blood Pressure Screening 12 Spanish Table 1 Horseshoes	9 Lake George Trip 10:30 Handwork Cir. 12 French Table	9 Strength & Fitness 10 Cribbage 10:30 Italian Study Group 12 Italian Table	12 German Table
18	19	20	21	22
8:30 Newsletter folding 9 Strength & Fitness 10:15 Memoir Club 12 Father's Day Lunch* 1 Bridge 1 Scrabble	9 Strength & Fitness 10 Double King Pedé 11:30 Commodities 12 Spanish Table 1 Railroad Program 1 Horseshoes	STAFF APPRECIATION DAY 8 Board Meeting 9 W. Leb Shopping* 9 – 2:30 Foot Clinic* 10:30 Handwork Cir. 12 French Table 12:30 Caregiver Support Group	9 Strength & Fitness 10 Cribbage 10:30 Italian Study Group 12 Italian Table 1 Remember When	12 German Table
25	26	27	28	29
9 Strength & Fitness 10:15 Memoir Club 1 Bridge 1 Scrabble 5:30 Movie Night*	9 Strength & Fitness 10 Double King Pedé 10 – 12 Blood Pressure Screening 12 Spanish Table 1 Horseshoes	10:30 Handwork Cir. 12 French Table	BIRTHDAY DAY* 9 Strength & Fitness 10 Cribbage 10:30 Italian Study Group 12 Italian Table	12 German Table

MENU - JUNE 2012				
Mon	Tue	Wed	Thu	Fri
				1
* indicates that sign-up/reservations are required (Birthday Day & special holiday meals)	Meal Pricing: ♦ \$ 6 charge for those under age sixty ♦ \$ 4 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.		Chef Salad w/ Lettuce, Tomato, Ham, Turkey, Cheese, Hard Boiled Egg, Carrot, , Ice Cream Sandwich Cookies
4	5	6	7	8
Chicken Caesar Wrap, Hearty Vegetable Minestrone, Chocolate Cake	Chipped Beef and Egg Gravy on Mashed Potato, Tuscan Style Vegetables, Citrus Chiffon pie	Spring Tea Luncheon* Hearty Tea Sandwiches, Mini Quiches, Tea cookies and treats	Grilled Tuna & Vegetables in herb butter, Brown Rice, Cherry Cheesecake	Chicken Quesadillas w/ Tomato Avocado Salsa, Roasted Vegetable Mélange, Apple Crunch Pie
11	12	13	14	15
Smoked Turkey and Broccoli Quiche Roasted Sweet Potato fries, Roasted Vegetables, Hot Fudge Sundae with banana	Reubens, Beer Battered Onion Rings, Mediterranean Vegetables, Sorbet w/ Fresh Berries	Tossed Salad, Fire Island Ziti (a little spicy, with broccoli, tomatoes, Italian sausage) Monterey Ranch Bread, Chef's Famous Chocolate Chip Cookies w/ Fruit	Flag Day Grilled Hot Dogs, Chef's Slow Cooked Baked Beans, Cole Slaw, Rolled Berry Cream Cake	Asian Pork Burgers, Roasted Steak Fries, Mediterranean Vegetables, Pink Lemonade Bars
18	19	20	21	22
Father's Day Lunch* Grilled Pesto Chicken Breast, Lemon Risotto with Peas Marinated Vegetable Salad, Peach Shortcake	Spaghetti & Meatballs, Mediterranean Vegetables, Garlic Bread, Fresh Fruit Salad	STAFF APPRECIATION DAY Chef's Choice	Grilled Salmon Burger, Roasted Steak Fries, Fruit Mousse Tart	Tossed Salad, Lime Herb Chicken, Roasted Potatoes, Sufferin' Succotash, Yogurt Cake w/ Peach Puree
25	26	27	28	29
Deluxe Cheese Burger Hoagies, potato salad, roasted Share the harvest vegetables, Chocolate Berry tartlets	Vegetable Lasagna, Steamed Fresh Vegetable Medley, Garlic Bread, Lemon Sorbet w/ Fresh Berries	Chicken Salad, Broccoli Salad, Tortellini Salad, Lettuce, Tomato, Chef's Choice Dessert	Birthday Day * Beef Shish kebabs, w/ Peppers Onions Zucchini, Tomato, Mushroom, Mediterranean Orzo Salad, Cake & Ice Cream	Chef's Choice