



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



MARCH 2012

THE THOMPSON CENTER PARTICIPATES IN NATIONAL CAMPAIGN

March For Meals is a national campaign held during the month of March, initiated and sponsored by the Meals On Wheels Association of America (MOWAA), to raise awareness of senior hunger and to encourage action on the part of local communities. Senior Nutrition Programs across the United States, like ours at The Thompson, promote March For Meals through public events, partnerships with local businesses, volunteer recruitment and fundraising initiatives. As members of MOWAA, this is the 2nd year for the Thompson to participate in this special campaign!

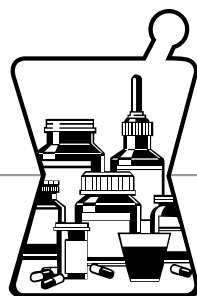
Volunteers for the Thompson deliver approximately 7,500 meals each year to seniors throughout the towns of Woodstock, Bridgewater, Barnard, and Pomfret. Although the nutritious and delicious daily meal is the primary service of our Meals on Wheels program, we believe the daily visits from our dedicated volunteers are equally as important. Please look for our weekly column in the *Vermont Standard* throughout the month of March to learn more about our program, volunteers, and the fascinating history of Meals on Wheels.

LOCAL ELECTED OFFICIALS TO DELIVER MEALS

On Wednesday, March 21st, Woodstock elected officials will join thousands of other mayors and elected officials throughout the country and deliver meals in their communities. We're thankful to our elected officials for supporting our center and helping to raise awareness about the vital service of Meals on Wheels.

LUCY MACKENZIE HUMANE SOCIETY AND THE THOMPSON PARTNER FOR "MEALS FOR PETS" PROGRAM

The Thompson Center recognizes the importance of keeping homebound people and their pets well nourished and healthy. Many studies have documented the vital role pets play in making their owners happy and healthy—and even extending their lifespan. Therefore we are expanding our current Meals on Wheels program to include pet food for those in need. Working in partnership with the **Lucy Mackenzie Humane Society** the Thompson will deliver needed pet food to Meals on Wheels recipients. We are excited to offer this expanded service, which is modeled after a national initiative. We are also grateful to the Lucy Mackenzie Humane Society for their generous donation of pet food. Spread the word!



Over the Counter Medications and Supplement Safety Presented by Dr. Allison Lauze, PharmD Tuesday, March 27, 1:00PM

Dr. Lauze is a pharmacist at Hannaford Pharmacy in West Lebanon, NH, and has a particular interest in promoting the safe use of alternative therapies, including dietary supplements, herbal products, homeopathic medications, and general over the counter medications such as pain relievers (Tylenol, Advil) and cough and cold medications. She will join us to discuss the safe use of these products alone and in conjunction with prescription medications, and will provide education to the community on understanding the labeling on supplement products and how to choose what is right for you. A brief question and answer session will follow.

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The Thompson Center

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Fax: 802-457-1259
www.thompsonscenter.org

CENTER HOURS

8 AM-3 PM, Monday-Friday

STAFF

Deanna Jones, Executive Director,
tsc-execdirector@comcast.net
Paula Audsley, Office Manager
paulsley@comcast.net
Diana Leskovar, Prog Director
dleskovar@comcast.net
Pam Butler, Asst. Prog Director,
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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

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’re excited to participate again in “March for Meals” and help to raise awareness about Meals on Wheels in our area and nationally. Please let us know if you would like to volunteer to deliver meals or if you or someone you know could benefit from home delivered meals. It is also perfect timing to kick off our “Meals for Pets” program made possible by the Lucy Mackenzie Humane Society. Thank you to Pam Butler for getting this program up and running! It’s a great month for meals!

I hope you’ll all notice our ad in the *Standard* thanking our Valentine Auction sponsors & donors and the column in this newsletter on page 3. Thank you to everyone who made this year a tremendous success!

Next month: Volunteer appreciation celebration!

ADVISORY MEETING HIGHLIGHTS
Submitted by Fran Gillett, Advisory

- Warning about recent scam phone calls in the area
- Positive feedback on latest Standard articles
- Sponsors’ logos to appear on KIA
- Mulch and Miracle-Gro will be purchased for our garden
- Thanks to George Racicot for donation of chicken legs

Upcoming Events:

March: Documentary film *Stolen* about Art Museum heist
April: Talk on *Spring Bulbs* by Dr. Leonard Perry, trip to Isabella Stewart Gardner Museum in Boston, and return of popular Movie Nights – suggestions welcome.
May: 2nd Annual Fly Fishing Derby in South Woodstock

Please join our next meeting on Monday, March 5th at 1pm.



Auction Pictures (clockwise): Wit-tie rings the bell to signal the end of the silent auction, Val Chase serving dinner, and Dick & Ginny at the auction

IMPORTANT INFORMATION



IN MEMORY

Hilda Weisse
James Moffitt

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.

MEDICAL EQUIPMENT AVAILABLE

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

Looking for:

- ♦ Lift chair - electronic recliner style

Contact Deanna with questions at 457-3277.

FUEL ASSISTANCE
INFORMATION

For assistance with applications for home heat-ing/fuel assistance or for more information, please call Eleanor Zue at the Center at 457-3277 on Tuesday, Thursday or Friday, or Senior Solu-tions Help Line 1-800-642-5119.

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
Chocolates - Mary Sharpe
Tools & kitchen knives - Stephen & Suzanne Williams
Chocolate sauce for birthday raffle - Tita Manice
Chocolates - Pat Mangan
Valentine Cards - Purple Crayon & Artistree
“Nutrition Made Clear” education series - Jerry Fredrickson

KIA SOULE - Transportation Sponsors:

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

MARCH BIRTHDAYS

5 - Ruth Osmer	17 - Sue Rose
8 - Liz Hatfield	18 - Pat Tilton
9 - Lorraine Kruse	19 - Stella Barron
9 - Suzanne Williams	22 - Betty Putnam
11 - Jerry Fredrickson	25 - David Worth
13 - Bill Post	26 - Marie Willis
15 - Pat Osborne	31 - Stephen Williams
17 - David Blackwell	



On March 22rd we will celebrate your special day!
Please join us!

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.

ONGOING PROGRAMS

CAREGIVER SUPPORT GROUP

Wednesday, March 21st

(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!

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 March & April. 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

BOOK CLUB

Wednesday, March 14, 1 PM

Wallace Stegner writes novels of human relationships with rich language and vivid imagery, and reading his ALL THE LITTLE LIVE THINGS will leave you feeling as if you truly lived the experience yourself. Through the protagonist's experiences with a young man living on his property and a (platonic, but dear) relationship with a young mother next to his property, he learns about himself and about life. One reviewer wrote "you may feel at the end as though you've been a part of a boxing match, but you will also feel as though you just viewed an exquisite diamond".



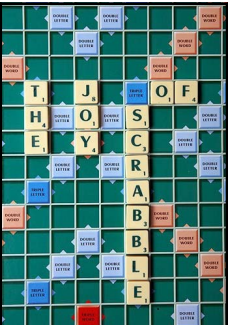
HANDWORK CIRCLE

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

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!



PLEASE SHOW YOUR SUPPORT FOR US AT TOWN MEETING!

The Thompson receives town support from Barnard, Bridgewater, Pomfret and Woodstock only with your vote! Although we asked for signatures on petitions to get on the ballot in each of these towns, we still need your vote on town meeting day to receive the funding. Town funding is critical for our operational budget and helps us meet our goal to provide vital services such as Meals on Wheels, transportation, and healthy aging programs that assist seniors to live successfully in their homes longer. Town Meeting day this year is on Tuesday, March 6th (in Woodstock there is a Saturday meeting on March 3rd with voting on the 6th). Please attend your town meeting and vote "Yes" for continued town support of the Thompson. Thank you!

PEARLS PROGRAM

Getting "Un-Stuck"

Sometimes in life we feel trapped by circumstances beyond our control: the loss of loved ones, the economic down turn, even the aging process itself.

Our outlook seems changed and we have feelings of sadness rather than joy more often than we would like. We feel stuck in a place we'd rather not be.

PEARLS is a program which may help get us "un-stuck". Offered by Senior Solutions (formerly known as Council on Aging for Southeastern Vermont), PEARLS is a no-cost, in-home, eight session program which bases its success on helping seniors address un-solved problems and increasing social, physical and pleasant activities.

If you'd like to learn more by speaking with a counselor, please call 1-802-885-2694 or toll-free 1-866-673-8376.



Auction pictures: Kyu Hee & Sepp working together in the kitchen, and Marie Harrington serving



NEWS

18TH ANNUAL VALENTINE DINNER AND AUCTION

With great appreciation we recognize the wonderful volunteers, donors, sponsors, & bidders who made this year's Valentine Fundraiser a great success.

Auction & Dinner Committee Members:

Wittie Lynn and Reinhart Jeck, Co-Chairs

Paula Audsley	Patsy Mathews
Cindy Carroll	Katie Merrill
Liza Deignan	Joan Oppenheimer
Gail Dougherty	Priscilla Pannell
GINNY EAMES	Margarete Pierce
Debbie Ennis	Sarah Roberts
Jerry Fredrickson	Meme Savelberg
Lisa Gramling	Liz Schellhorn
Honey Hager	Erik Shappy
Pam Jaynes	Mavis Shaw
Deanna Jones	Ellen Snyder
Barbara Kelley	Peg Stone

Auctioneer - Ron Jaynes

Cashiers - Joan & Ted Staples and Janet Maxham

Furniture Movers - Woodstock Rotary

Kitchen staff - Kyu Hee Bussod, Sepp Schenker, Ryan Martin, Siobhan Wright, Jane Soule, Peter Wynia and the Woodstock Inn team

Waitstaff - Sherry & Bob Beslisle, Valerie Chase, Sue Cole, Annie Cole, Marie Harrington, Jim Robinson

Please see our website, auction catalog, or ad in *The Standard* for a full listing of donors & sponsors.



CLASSES

FRENCH CLASS

Instructor: Judy Mahood

Class will resume in April. Watch for dates and times in our next newsletter. 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. email: judymahood@comcast.net

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. 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, March 6, 13, 20, 27

10:45 - Noon

Cost: \$50

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.

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

New this Spring - Tai Chi Series

For Health, Fun, and Relaxation

Instructor Anne Bower will be offering two Tai Chi classes at the Thompson Center:

Beginners' Class

Wednesdays, 9:30-10:30AM, March 7, 14, 21, 28; April 4, 11, 18; May 2, 9, 16.

Ten classes: \$45.00

Students will learn the standing and seated versions of part one of "Tai Chi for Arthritis." This introductory class will expose students to the basic tai chi principles that promote healthy outcomes—deep breathing, slow/gentle movements, coordination of body and breath, relaxation with focused, deliberate steps. The Arthritis Foundation endorses this form of tai chi as a clinically proven way to improve mobility, decrease pain, stiffness, and gain balance.

Upper Level Class

Wednesdays, 10:40 -11:40AM, March 7, 14, 21, 28; April 4, 11, 18; May 2, 9, 16.

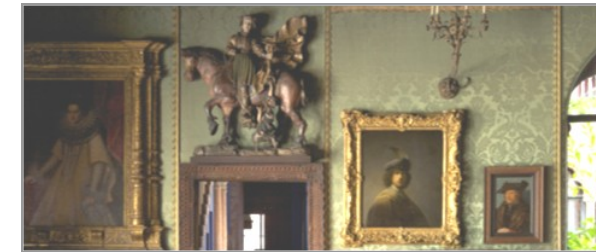
Ten classes: \$45.00

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

Note: Saturday, April 26th, all tai chi students are invited to participate in world Tai Chi Day. The celebration will take place on the Green in Woodstock, starting at 10:00AM. Cost: Free

TRIPS



**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 become a master of 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. **Cost: \$75.00 Please sign up in advance and reserve your space with payment.**

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

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.

A Day at the State House

Montpelier, Vermont

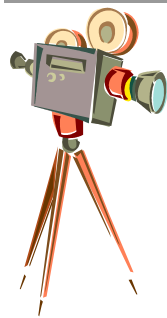
Wednesday, March 28, Depart at 8:00AM

Please note that departure time is subject to slight change due to State House tour schedule

Cost: \$10.00 plus lunch on your own cost

Our trip to the State House will include a tour of the Capitol building, observing legislative committees, lunch in the state house cafeteria, an introduction on the Floor by Representative Clarkson and observing the House before our approximate 2PM departure.

PROGRAMS



The Largest Art Heist in Modern History... Depicted in **STOLEN**, a documentary film Tuesday, March 6, 1:00 PM

In 1990, in the early morning hours after St. Patrick’s Day, thieves disguised as policemen gained access into **Boston’s Isabella Stewart Gardner museum** and successfully executed the largest art heist in modern history. Among the priceless works stolen was Vermeer’s “The Concert” one of only 35 of the masters surviving works. To date, not a single work has been recovered.

STOLEN is a full exploration of this unusual crime and the fascinating, disparate characters involved: from the 19th century Grand Dame Isabella Gardner to the 17th century Dutch masters to a 21st century terrorist organization with a penchant for stealing Vermeers. **Don’t miss this fascinating prelude to our Spring trip to the Isabella Stewart Gardner museum.**

Spring Flowering Bulbs April 25, 1:00 PM Presented by Dr. Leonard Perry

There are spring-flowering bulbs for almost every garden. Dr. Perry covers all you need to know for success, including photos of how to design with bulbs, and even some inspiring photos from bulbs gardens and fields of Holland. All the various types of bulbs are illustrated, including the various categories of tulips and daffodils.

Dr. Leonard Perry has served as an Extension Horticulture Specialist at the University of Vermont for over 30 years. In this role, Dr. Perry provides information and programming to the industry of Vermont, region, and North America. Home gardeners in Vermont and surrounding areas know him from his frequent television appearances on the regional Across the Fence program, periodic radio interviews, and from his regular news articles.

His book, *The Fruit Gardener’s Bible* from Storey Publishing, a 4-color total revision of Lewis Hill’s *Fruits and Berries for the Home Garden*, was published in January 2012.

Dr. Perry has become known across North America for his internet web site, perrysperennials.com on which he features information, links, news articles, research and more on herbaceous perennials.



Healthier Living Workshop Mondays, April 2-May 7, 1:00-3:30PM

Do you have an ongoing health condition that is affecting your life, such as arthritis, asthma, diabetes, chronic heart or lung condition, MS, pain? This workshop will teach you how to manage your health, symptoms and frustrations, and teach you techniques for relaxation, problem-solving, better communication, good nutrition habits, and more. Managing your health must be learned and practiced, like any skill.

Cost: Free (publication included)

Please sign up for this series in advance.

PROGRAMS & RESOURCES

Local Author Reading Wednesday, March 13, 1:00PM

Author **Cameron Clifford** will discuss his latest book, Farms, Flatlanders and Fords: A Story of People and Place in Rural Vermont, 1890-2010, which describes in great detail the story of the rural community of North Pomfret. In his research Clifford looked through 80 years of the weekly Vermont Standard, recorded 100 taped interviews, and read dozens of diaries. Dartmouth history professor Jere Daniell had high praise for Clifford’s book, calling it “extraordinary” and a remarkable “study of how the native population has adjusted to the modernization of the Upper Valley.”

Copies of Clifford’s book will be available for sale and personal autographs.



St. Patrick’s Lunch Celebration Monday, March 19th noon to 1:00

Come celebrate St. Patrick’s Day with yummy food, good company, and toe tapping music. Pomfret resident Will Wright will help us get in the mood with his expert fiddling.



CRAZY SWEATER DAY! Thursday, March 15th

Let’s shake up ole man winter and have some fun. Dig out your funkiest, wildest, boldest, most crazy sweater and wear it to the Senior Center on this day. You can even be creative and combine your sweater with a bold vest, belt, and/or wild accessories. We will have a vote on the best “crazy” sweater and the winner will receive a gift certificate to the Woodstock Farmer’s Market.

FREE HEARING SCREENINGS Friday, March 9, 9:00-3:00PM

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.

Personalized Instruction with Your Tablet Computer

The Thompson Senior Center is working collaboratively with “techno-savvy” students from the Woodstock Union High School to provide personalized instruction for people who may want to learn more about using a tablet computer. This is a great opportunity for someone who is considering buying a tablet computer, or for someone who may have received one as a gift. Please call Diana at ext. 21 to leave your name and number and we will return your call and provide you with a paired mentor.



Remember When, with Kathy Wendling Thursday, March 15, 1:00PM

“Town Meetings”- Local government and local decisions; come discuss past and present Town Meeting formats and procedures and memorable Town Meetings from your past.

PROGRAM CALENDAR - MARCH 2012				
Mon	Tue	Wed	Thu	Fri
			1	2
* Please sign up/ Reservations required	BINGO daily at 11 am except on birthday day and other special meal days.		9 Strength & Fitness 10 Cribbage 10:30 Italian Study Group 12 Italian Table	10 Senior Skate 12 German Table 1 Talk and Listen
5	6	7	8	9
8:45 French Class 8:45 Tax Assistance 10:15 Memoir Club 1 Bridge 1 Advisory 1 Scrabble	9 Strength & Fitness 10:00 Double King Pedé 10:45 Spanish Class 12 Spanish Table 1 STOLEN - Movie	9 W. Leb Shopping* 9:30 Tai Chi (Beginner) 10:30 Handwork Cir. 10:40 Tai Chi (Upper level class) 12 French Table	9 Strength & Fitness 10 Cribbage 12 Italian Table	9 – 2:30 Foot Clinic* 9 - 3 Hearing Screenings* 10 Senior Skate 12 German Table
12	13	14	15	16
8:45 Tax Assistance 9 Strength & Fitness 10:15 Memoir Club 1 Bridge 1 Scrabble	9 Strength & Fitness 10 Double King Pedé 10 – 12 Blood Pressure Screening 10:45 Spanish Class 12 Spanish Table 1 Local Author Cameron Clifford	9:30 Tai Chi (Beginner) 10:30 Handwork Cir. 10:40 Tai Chi (Upper level class) 12 French Table 1 Book Club	Crazy Sweater Day 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
19	20	21	22	23
8:45 Tax Assistance 9 Strength & Fitness 10:15 Memoir Club 12 St. Patrick's Day lunch & music w/ Will Wright* 1 Bridge 1 Scrabble	8:30 Newsletter folding 9 Strength & Fitness 10 Double King Pedé 10:45 Spanish Class 11:30 Commodities 12 Spanish Table	8 Board Meeting 9 W. Leb Shopping* 9:30 Tai Chi (Beginner) 9 – 2:30 Foot Clinic* 10:30 Handwork Cir. 10:40 Tai Chi (Upper level class) 12 French Table 12:30 Caregiver Support	BIRTHDAY DAY* 9 Strength & Fitness 10 Cribbage 10:30 Italian Study Group 12 Italian Table	10 Senior Skate 12 German Table
26	27	28	29	30
8:45 Tax Assistance 9 Strength & Fitness 10:15 Memoir Club 1 Bridge 1 Scrabble	9 Strength & Fitness 10 Double King Pedé 10 – 12 Wellness Clinic 10:45 Spanish Class 12 Spanish Table 1 Medications Program	8 State House Visit 9:30 Tai Chi (Beginner) 10:30 Handwork Cir. 10:40 Tai Chi (Upper level class) 12 French Table	9 Strength & Fitness 10 Cribbage 10:30 Italian Study Group 12 Italian Table	10 Senior Skate 12 German Table 1 Talk and Listen

MENU - MARCH 2012				
Mon	Tue	Wed	Thu	Fri
			1	2
* 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		Chef's Choice	Chicken Tostadas, Roasted Vegetable Medley, Almond Joy Sundae
5	6	7	8	9
Tossed Salad, Pesto Olive Chicken, Herb Roasted Red Potatoes, Mediterranean Vegetables, Lemon Meringue Pie	Stuffed Meatloaf w/ Spinach & Cheese, Parsnip Mashed Potatoes, gravy, Peas & baby carrots Almond Cake w/ Orange Dried Apricot Sauce	Ham & Swiss Wrap w/ lettuce & tomato, Corn Chowder, Coleslaw, Molasses Cookie w/ fruit	Chicken Tacos, Red Beans & Rice, Roasted Vegetables, Fruit Cobbler w/ Vanilla Ice Cream	Baked Tilapia, Baked Potato, Broccoli and Carrots, Lemon Fool w/ Berries
12	13	14	15	16
Tossed Salad, Chili, Corn Bread, Brownies & Fruit	Tossed Salad Chicken Ala King, Vegetable medley, Biscuits, Oatmeal cranraisin cookies/fruit	Vegetarian Lasagna, Steamed Tuscan Style Vegetables, Garlic Bread, Coconut Macaroons w/ Pineapple	Singapore Curry Chicken, Rice, Stir Fried Vegetables, Sorbet w/ Fruit	Tossed Salad, Grilled Cheese, Creamy Tomato Soup, Banana Upside down cake
19	20	21	22	23
St. Patrick's Day* Corned Beef, Cabbage, Baby Carrots, New Potatoes, Guinness Stout Cake	Quiche w/ Smoked Turkey & Broccoli, Roasted Potatoes, Roasted Vegetable Medley, Pumpkin Cranberry Bread Pudding	Tossed Salad, Penne Pasta w/ Sweet Italian Sausage, Spinach, Tomatoes, Pesto, Chef's Choice Dessert	BIRTHDAY DAY* Maple Pork chops, Baked Potato, Lime Carrots, Maple Cider Jus, Cake and Ice Cream	Chicken Salad, Broccoli Salad, Tortellini Salad, Lettuce, Tomato, Streusel Peach Pie
26	27	28	29	30
Chef's Choice	Grilled Hot Dogs, Chef's Slow Cooked Baked Beans, Cole Slaw, Fruit Tarts	Tossed Salad, Beef & vegetable stew, Jelly Roll	Tossed Salad, Chicken Parmesan, Garlic Bread, Steamed Vegetables, Fresh Fruit Salad	Tossed Salad, Salmon en Croute, w/ Spinach and Mushrooms, New Potatoes, Cucumber/ Dill Salad, Jello w/ fruit