



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



MARCH 2014

MARCH FOR MEALS!

A NATIONWIDE CELEBRATION OF NEIGHBORS SERVING NEIGHBORS

Each March, The Thompson Center participates in “March For Meals,” a national campaign held during the month of March initiated and sponsored by the Meals On Wheels Association of America (MOWAA), to raise awareness about senior hunger and nutrition, 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.

Volunteers for the Thompson deliver between 25 – 30 meals each day (Monday through Friday) 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 important. As a part of our Meals on Wheels program, we also offer Meals for Pets in partnership with Lucy MacKenzie Humane Society.

If you have any questions about our program or you’re interested in volunteering as a Meals on Wheels driver or know of someone who would benefit from receiving home delivered meals, please contact Paula Audsley, Outreach Manager, at 457-3277 or email Paula at paudsley@thompsonscenter.org



A nationwide celebration of
neighbors serving neighbors
www.marchformeals.com

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 independence. In addition, our senior center will provide a gathering place for our community.



Search for “The Thompson Senior Center” and click “like” for regular updates, pictures, event reminders & invitations, and for tips and interesting articles about health, finances, and Aging in Place.

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

FUEL ASSISTANCE INFORMATION

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

TOWN MEETING DAY



The towns of Barnard, Bridgewater, Pomfret, and Woodstock provide support for a portion of our annual operations budget, but we need the vote of residents in each town for this support to be passed during Town Meetings.

According to the National Council on Aging, senior center participants have higher levels of health, social interaction and life satisfaction, and home and community based services are estimated to be one-third the cost of institutional care. With the population of Vermont aging rapidly, support for our senior centers is more critical than ever. In the past five months, the Thompson services have reached more than 30% of the residents ages 65 and over in the four towns mentioned above, plus dozens from other communities. We serve approximately 1,000 unique individuals with our programs, referrals, meals, and transportation. **Please consider voting and speaking up at your town meeting about the value of these services for seniors. Thank you for your vote!**

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The Thompson Center

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

CENTER HOURS

8 AM-3 PM, Monday-Friday

STAFF

Deanna Jones, Executive Director,
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*
Dick Brodrick
Frances Gillett - Advisory
Rachel Hochman
Barbara Kelley
Sally Kesseli
Holly Levison
Susan Moor
John Moore
Lynn Peterson, M.D.
Liz Schellhorn
Corwin Sharp
Tom Weschler

BEHIND THE SCENES

ADVISORY MEETING HIGHLIGHTS

- Town Petitions signatures discussed
- Deanna is back in the office part-time for the next six weeks.
Thank you to all who have welcomed baby Sawyer so warmly.
- Pentangle special offer for Louis Armstrong Program
- Valentine auction and summer trip updates provided

Please join our next meeting on Monday, March 3rd, at 1pm. All patrons and volunteers are invited to attend.

MARBLE GAME WINNER!!!

At the end of January, Lene Bennett selected the winning red marble and won half the pot of \$339. Congratulations Lene, and thank you to all those who play! Many people have asked Lene what she plans to do with the winnings. She smiled as she replied, “pay my vet bill”.

The National “Do Not Call Registry”
and Phone Scams ~ Alert!

The National Do Not Call Registry gives you a choice about whether to receive telemarketing calls at home. Most telemarketers should not call your number once it has been on the registry for 31 days. If they do, you can file a complaint at the registry website (www.donotcall.gov). You can register your home or mobile phone on the website or by calling toll free, 888-382-1222.

Scammers have been making phone calls claiming to represent the National Do Not Call Registry. The calls claim to provide an opportunity to sign up for the Registry. **These calls are not coming from the Registry or the Federal Trade Commission, and you should not respond to these calls!**

Reminder: Even if your number is registered, some organizations may still call you, such as charities, political organizations, and telephone surveyors. This information was copied from the Federal Trade Commission/National Do Not Call Registry website at www.donotcall.gov

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 conditions 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.

IN APPRECIATION

IN APPRECIATION

Linda Grant - Mailing seals for newsletter
Tita Manice - Hot Fudge sauce
Cecilia Hoyt - Cookies
Audsley Plumbing & Heating - Use of heated garage
Bill Emmons- eye glasses
Rachel Hochman - Birthday cards

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

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.*



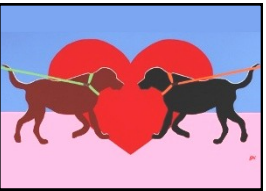
On March 27th we will
celebrate your special day!
**Those who attend with a
March birthday will receive a
complimentary meal
on birthday day.**

Please call to make a reservation for
lunch and join us!

PARKING NOTICE:

 Please remember that the parking lot beside The Thompson building, near the kitchen and ramp, is reserved for parking only for those with a handicap parking permit. There are many deliveries, drop-offs, and meals on wheels drivers, in addition to The Thompson vans, that go in and out of that parking lot every day. So, unless you have a handicap permit, please do not leave your vehicle in the side lot. Drivers may make drop-offs to use the ramp, but because parking space is limited please move cars to the main parking lot if you’re able to. Please see Deanna if you have any questions.

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



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.

MARCH BIRTHDAYS

1st Charles Luetke	13th Bill Post
2nd Barbara Blaiklock	15th Pat Osborne
2nd Bert Eiselein	17th Sue Rose
4th Bill Ellis	15th Renette Bedard
5th Edward Thumith	18th Cathy Harriman
8th Liz Hatfield	18th Pat Tilton
9th Lorriane Kruse	19th Stella Baron
9th Barbara Sanderson	22nd Betty Putnam
7th Jim Hasson	25th David Worth
9th Cecilia Hoyt	26th Marie Willis
9th Larry Kasden	26th Linda Willard
11th Jerry Fredrickson	28th Oliver Wittasek
12th Candle Klampert	28th David Thomas
12th Louise Seagle	

WELLNESS PROGRAMS

Wellness Clinic & Blood Pressure Screenings Tuesday, March 25, 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.

UPCOMING HEALTH & WELLNESS OPPORTUNITIES AT THE THOMPSON

Tuesday, March 4th at 1pm - Vial of L.I.F.E Talk (emergency medical information to keep at home) See page 5 for details.

Monday, March 10th at 1pm - Aging and Vision Talk with Dr. Chris Fields, OD. See page 3 for details.

Friday, March 21st from 9- 2:30pm - Free Hearing Screenings by appointment. See page 5 for details.

MEDICAL EQUIPMENT

Currently available at the Center: 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

CAREGIVER SUPPORT GROUP Wednesday, March 19, 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.

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.**

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

NEWS & EVENTS



Edward Everett: The Other Speaker at Gettysburg

Tuesday, April 8, 2014, 1:00 pm

A Vermont Humanities Council Event Hosted by The Thompson Center

Had you stopped President Lincoln on his way to Ford's Theater and asked, "Who delivered the Gettysburg Address?" Lincoln would have honestly replied: "Why, the Honorable Edward Everett from Massachusetts." Under a grant from the National Endowment for the Humanities (NEH). Jim Cooke, in the character of Edward Everett, offers a unique view of the events surrounding the consecration of the National Cemetery at Gettysburg. Recalling his invitation to speak, the painstaking research that went into his Gettysburg Address and his tour of the battlefields, Everett recounts his time with President Lincoln on that momentous occasion. Any views, findings, conclusions, or recommendations expressed in this program do not necessarily represent those of the NEH or the Vermont Humanities Council.



PC Basics for Mature People

**4 classes: Fridays, March 14, 21, 28 & April 4
1:00 to 2:30pm (with short break)**

Learn about your Windows computer, how it works and how to use it more efficiently. In four sessions you will learn about hardware, software, e-mail, the internet, and how to organize your files and pictures. Instructor Jürgen Ewert is a retired engineer who recently started his own business, "International Research and Consulting," that he runs from his home in Woodstock.



Cost: \$40.00. Please sign up in advance for this class series to ensure a minimum of 4 people and a maximum of 10. Also, please bring your laptop if you have one.

Aging and Vision

**Presented by Dr. Chris Fields, OD
Monday, March 10, 2014, 1:00pm**

Dr. Fields will be joining us for an up-to-date discussion of aging, vision and eye health. He will be discussing how our visual needs change as we age and what we can do to improve our vision and slow down the aging changes that naturally occur.

Dr. Fields is a 1994 graduate of the Pennsylvania College of Optometry and completed his residency at the Wilmington, DE, Veterans Administration Medical Center. He has extensive eye care clinical experience in managing ocular diseases such as glaucoma, macular degeneration, retinal vascular disease, and dry eye.

PROGRAMS

Dinner and Concert Performance at The Thompson with William Ögmundson Tuesday, March 11, 5:30 dinner, 6:30 performance

William Ögmundson is an Emmy Award nominated composer and professional pianist who resides in New England. He has performed throughout the United States and Europe---most notably at St. Peter’s Basilica in the Vatican and The Notre Dame Cathedral in Paris—and his original compositions have been performed worldwide. William began performing at the age of five, and went on to win numerous piano competitions throughout his school years. In recent years William has begun to gain a reputation as a brilliant composer for the theatre. He has composed music and/or written lyrics for many original musical theatre productions, including the past seven productions of the Northern New England Repertory Theatre Company. He has been featured on New Hampshire Public Radio, and in September 2013 won the Moss Hart Memorial Award for New England.



Dinner menu: Spring greens salad with vinaigrette, pasta with asparagus, peas, ricotta and lemon topped with pan seared chicken breast, strawberry rhubarb strudel. BYOB.

Cost: \$20.00 per person. Don’t miss this fun evening of good food and professional entertainment. Please sign up in advance and reserve your space with payment.



**Saint Patty’s Day Music,
following lunch
Monday, March 17, 1:00pm**

Local piano instructor, Sherry Belisle, will entertain us after lunch with popular Irish tunes--and invite us to sing along. Don’t forget to wear green!



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!

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.**



Individualized Computer and iPad Instruction

Do you need one-on-one instruction on the use of an iPad, or computer programs such as PowerPoint, Excel, Microsoft Office, PhotoShop, etc.? Do you need instructional support as you learn about email, internet explorer, internet computer security or other software? If so, please call Diana or Pam for details and to schedule your private consultation at the Thompson Center. 457-3277. Bring your iPad or lap top to the appointment, if you have one.

Tai chi For Health and Balance

Next Session: Feb 26, March 5, 12, 19, 26, Apr. 2, 9

Beginner Level (B) ~ Wednesdays, 9:30—10:30AM; 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; 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: anniebower@yahoo.com; 457-2877 or website: www.annebower.com.

Cost for series of 7 classes: \$35.00

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

Please note: New time on Monday.

TRIPS, TRIPS, TRIPS

Boston Flower Show

Sponsored by the Hartford Parks and Recreation Department, **March 13th**, Premier Coach Bus departs Bugbee Senior Center at 8:30AM. Cost: \$70.00, call 802 295-5036 for details, or to reserve your space. All are welcome.

Brunch at the Inn at Shelburne Farms, followed by Farm Tour Wednesday, May 28, 2014 (depart Thompson Center at 9:30am on Butler bus)

Choose from a delicious selection of menu options as we dine in the private dining room, overlooking gardens and beautiful rolling pastures. Following brunch we will meet at the Welcome Center where we will receive a private tour of the farm in an old style open farm wagon. Return to Woodstock by approximately 4:30pm. Cost: \$15.00 (brunch on your own)
Note: This trip is limited to 24 people so please reserve your space in advance, with payment.

The 38th Annual Art in Bloom, at the Museum of Fine Arts in Boston Friday, April 28, 2014 (depart the Thompson Center on Premier Coach at 8:00am)

Each spring the Museum of Fine Arts in Boston celebrates the season with *Art in Bloom*, a festival of flowers featuring New England garden clubs and professional designers, who create vibrant floral displays throughout the galleries. These amazing arrangements draw their inspiration from over 50 masterpieces throughout the Museum. Our group can take advantage of on-going tours in each gallery, which encompass a brief talk on the artwork as well as the floral arrangement. Guests can move from one tour to another as they like. A map will be provided in advance to help orient people to specific galleries and displays. People are free to browse on their own (or take a break at any one of the Museum's courtyards or dining locations) from 11:00am, until our departure at 3:00PM. **Cost: \$80.00** (includes entrance fee, round trip Coach Bus, and a hearty brown bag lunch). Return to Woodstock at approximately 6:00PM. **Please reserve your space on this trip, with your payment, by April 14th.**
Note: Coolers will be available on the bus to store your lunch and any additional snacks you may bring for the ride home.

Cirque Du Soleil-----"AmaLuna"---Marine Industrial Park, Boston, MA. Friday, June 20, 2014

A Cirque du Soleil show is an experience unlike any other, with stunning performances, incredible costumes and enchanting music. Sign up for this trip soon, space is limited.

Itinerary:

11:00am	Depart the Thompson Center on Premier Coach Bus
12:45pm	Dine in the private "Capital Room" of the popular <i>Common Man Restaurant</i> in Concord, NH. Select from three entry choices: Roast turkey, pan gravy, cranberry sauce; Grilled steak tips with soy ginger glaze; or Apple walnut chicken. Lunch selections include fresh baked rolls, green garden salad with tomatoes and cucumbers, traditional whipped potatoes, coffee, tea and chocolate cake for dessert.
2:30pm	Depart Restaurant for Boston
4:30 to 6:45	Performance
7:00pm	Depart for Woodstock (arrive back at approximately 10:00pm)

Please reserve your space on this trip (and indicate your menu choice), with payment, by **June 13th**. Coolers will be available for storing leftovers or snacks for the ride home.
Cost: \$127.00 (includes coach bus, deluxe lunch, and prime circus seating)

PROGRAMS



New! AARP Smart Driver Course

Friday, April 11, 2014
9:00 to noon (break for lunch); 1:00 to 2:00PM

After two years of planning, research, and testing AARP is pleased to announce a new and improved driver safety course. The new curriculum is the result of years of research, input from dedicated volunteers, and insight from experts across the transportation and driver safety industries. It is the nation's largest refresher course designed specifically for older drivers. This new course was launched nationwide in January of this year. Instructor Bill Cherico, from Plymouth, has completed the formal training and based on demand, has agreed to offer it for the second time at the Thompson Center.

New Course Fee: \$15.00 for AARP members (bring in your card) and \$20.00 for nonmembers. Please call the Thompson Center to sign up in advance, 802 457-3277. Checks should be made out to AARP.

FREE HEARING SCREENINGS Friday, March 21, 2014 9:00am-2:30pm

Hearing Care Specialist Chris Gulick returns to The Thompson to offer thorough hearing examinations and hearing instrument demonstrations. Please sign up for your 30 minute appointment.

Do You Have a Vial of L.I.F.E. (Life Saving Information For Emergencies)? and...have you completed yours?

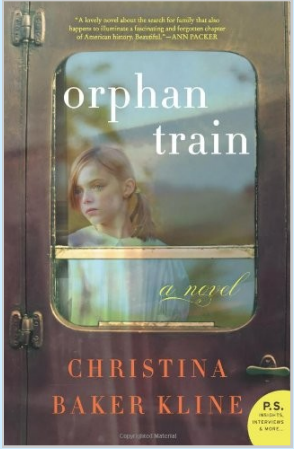
Tuesday, March 4, 1:00 PM

You may have seen these vials around The Thompson Center that resemble a prescription medicine container. By completing this Vial of LIFE, you will give emergency medical workers important information about yourself such as your medical history, allergies, and the location of important medical documentation, in the event of an emergency and when you can't speak for yourself. Woodstock ambulance EMT Bill Luth will discuss the Vial of LIFE, and its importance and how to fill one out. It could save your life!

BOOK GROUP

Wednesday, March 12, 1:00pm

This month the book group will discuss *Orphan Train*, by Christina Baker Kline. Between 1854 and 1929, the so-called orphan trains ran regularly from cities along the East Coast to the Midwest. Thousands of abandoned children could be adopted by a kind and loving family, or face a childhood of hard labor and servitude, depending on their luck. Vivian Daly was one such child, sent by rail from New York City to an uncertain future. Later in life Vivian leads a quiet, peaceful existence on the coast of Maine, but in her attic, hidden in trunks, are vestiges of a turbulent past. This novel is a powerful tale of upheaval and resilience, second chances, and unexpected friendship.



The book group welcomes newcomers!

PROGRAM CALENDAR - MARCH 2014				
Mon	Tue	Wed	Thu	Fri
3	4	5	6	7
8:45 - 1:45 Tax Assistance* 9 Strength & Fitness 10:15 Memoir Club 1 Bridge 1 Advisory 3 Bone Builders	Town Meeting Day 9 Strength & Fitness 10:00 Double King Ped 12 Spanish Table 1 Yoga* 1 Scrabble 1 Vial of LIFE Talk	9 W. Leb Shopping* 9:30 Tai Chi (B)* 10-12 Chair Massages * 10:30 Handwork Cir. 10:40 Tai Chi (Adv.)* 12 - 2:30 CCC Office Hours 12 French Table	9 Strength & Fitness 10 Cribbage 10:30 Italian Class 12 Italian Table 2 Bone Builders	12 German Table
10	11	12	13	14
8:45 - 1:45 Tax Assistance* 9 Strength & Fitness 10:15 Memoir Club 1 Bridge 1 Aging and Vision 3 Bone Builders	Late opening at 3pm for evening event (no lunch) 5:30 Dinner and Concert with William Ögmundson	9:30 Tai Chi (B)* 10-12 Chair Massages* 10:30 Handwork Cir. 10:40 Tai Chi (Adv.)* 12 French Table 1 Book Club	9 Strength & Fitness 10 Cribbage 10:30 Italian Class 12 Italian Table 2 Bone Builders	9 – 2:30 Foot Clinic* 12- 2:30 CCC Office Hours 12 German Table 1 Computer basics*
17	18	19	20	21
St. Patrick's Day 8:30 Newsletter Folding 8:45 - 1:45 Tax Assistance* 9 Strength & Fitness 10:15 Memoir Club 1 Bridge 1 St. Patty's Day music with Sherry Belisle 3 Bone Builders	9 Strength & Fitness 10 Double King Ped 11:30 Commodities 12 Spanish Table 1 Yoga* 1 Scrabble	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 12:30 Lucy Mac Pet visit 2 Bone Builders	9-2:30 Hearing Screenings* 12 German Table 1 Computer basics*
24	25	26	27	28
8:45 - 1:45 Tax Assistance* 9 Strength & Fitness 10:15 Memoir Club 1 Bridge 3 Bone Builders	9 Strength & Fitness 10 - 12 Wellness Clinic 10 Double King Ped 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	BIRTHDAY DAY* 9 Strength & Fitness 10 Cribbage 10:30 Italian Class 12 Italian Table 2 Bone Builders	12- 2:30 CCC Office Hours 12 German Table 1 Computer basics*
31				
8:45 - 1:45 Tax Assistance* 9 Strength & Fitness 10:15 Memoir Club 1 Bridge 3 Bone Builders			BINGO daily at 10:30 am except on birthday day and other special meal days.	* Indicates that Sign up/Reservations Required

MENU - MARCH 2014				
Mon	Tue	Wed	Thu	Fri
3	4	5	6	7
Chicken Tostadas, Roasted Vegetable Medley, Almond Joy Sundae	Dijon Crusted Chicken Breasts, Horse Radish Mashed Potato, Gravy, Spinach, Jelly Roll	Tossed Salad, Macaroni and Cheese w/ Ham, Broccoli & Cauliflower, Poached Pears	Tossed Salad Chicken Ala King, Vegetable Medley, Biscuits, Oatmeal Cran-raisin cookies/fruit	Tossed Salad, Bangers & Mashed, Onions & Gravy, Peas, Carrots, Fruit Short Cake
10	11	12	13	14
Chipped Beef and Egg Gravy on Mashed Potato, Dijon Braised Brussel Sprouts, Lemon Meringue Pie	Dinner Event (No lunch served) Spring greens salad w/ vinaigrette, pasta w/ asparagus, peas, ricotta and lemon topped with pan seared chicken breast, strawberry Rhubarb strudel	Tossed Salad, Lime Herb Chicken, Roasted Potatoes, Sufferin' Succotash, Yogurt Cake w/ Peach Puree	Salmon en Crouete, w/ Spinach and Mushrooms, New Potatoes, Cucumber/Dill Salad, Coconut Cream Pie	Chef's Choice
17	18	19	20	21
St. Patrick's Day* Corned Beef, Cabbage, Baby Carrots, New Potatoes, Guinness Stout Cake	Tossed Salad, Chicken Parmesan over Multigrain Pasta, Garlic Bread, Tuscan Blend Vegetables, Fresh Fruit Salad	Stuffed Meatloaf w/ Spinach & Cheese, Parsnip Mashed Potatoes, gravy, Peas & baby carrots Almond Cake w/ Orange Dried Apricot Sauce	Tossed Salad, Corn Chowder, Turkey Cranberry Wraps, Pumpkin Whoopie Pies	Vegetarian Lasagna, Steamed Tuscan Style Vegetables, Garlic Bread, Coconut Macaroons w/ Pineapple
24	25	26	27	28
Chicken Caesar Wrap, Hearty Vegetable Minestrone, Cottage Cheese, Hot Fudge Sundae with banana	Tossed Salad, Beef Stroganoff, Roasted Seasonal Root Vegetables, Brownie Sundaes	Tossed Salad Spinach, Ham & cheese Quiche, Roasted Sweet Potato fries, Black Raspberry Ice Cream w/ Berries	Birthday Day* Roast Beef, Au Jus, Sour Cream and Chive Mashed Potato, Roasted Asparagus, Roll, Cake and Ice Cream	Almond-crusted Tilapia, Roasted Potatoes & Veggie Blend, Fruit topped Cookies
31				
Chef's Choice		Meal Pricing: ♦ \$ 7 charge for those under age sixty ♦ \$ 5 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.	* indicates that sign-up/reservations are required (Birthday Day & special holiday meals)