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.

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.

MARCH FOR MEALS!
A NATIONWIDE CELEBRATION OF NEIGHBORS SERVING NEIGHBORS
March 2014

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@thompsonseniorcenter.org.

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!
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.

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.

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 – eyeglasses
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 Knot, DDS
Woodstock Insurance Services

Lang McLaughry Spera Real Estate’s Tambrely Vutech

IN APPRECIATION

March Birthday:

1st Charles Luette
2nd Barbara Blaiklock
2nd Bert Eiselein
3rd Bill Ellis
5th Edward Thummit
8th Liz Hatfield
9th Lorriane Kruse
9th Barbara Sanderson
7th Jim Hasson
9th Cecilia Hoyt
9th Larry Kasden
11th Jerry Fredrickson
12th Candie Klampert
12th Louise Seagle
13th Bill Post
15th Pat Osborne
17th Sue Rose
15th Renette Bedard
18th Cathy Harriman
18th Pat Tilton
19th Stella Baron
22nd Betty Putnam
25th David Worth
26th Marie Willis
26th Linda Willard
28th Oliver Wittasek
28th David Thomas

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!
**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.

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**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.

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**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.

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**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

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**Feet 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.

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**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 Wednesdays 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

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**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.

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**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.

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**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.
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 Outstanding Composer. William has composed musical theatre scores and arrangements for several Broadway 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 Outstanding Composer. 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 Outstanding Composer. William has composed musical theatre scores and arrangements for several Broadway 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 Outstanding Composer. 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 Outstanding Composer. William has composed musical theatre scores and arrangements for several Broadway 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 Outstanding Composer.

**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 Outstanding Composer. 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 Outstanding Composer. 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 Outstanding Composer.

**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 copies 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 10:00 AM**

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 - 2:00 PM**

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.

**Tai Chi for Health and Balance**

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

**Beginner Level (B) ~ Wednesdays, 9:30—10:30 AM**

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, 10:40-11:40 AM**

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: anniejbower@yahoo.com; 457-2877 or website: www.anniejbower.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 25, 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.

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
Dine in the private “Capital Room” of the popular Common Man Restaurant 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 potato toes, 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

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<td><strong>8:45 - 1:45 Tax Assistance</strong></td>
<td><strong>9 Strength &amp; Fitness</strong></td>
<td><strong>10:15 Memoir Club</strong></td>
<td><strong>1 Bridge</strong></td>
<td><strong>1 Advisory</strong></td>
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<td><strong>3 Bone Builders</strong></td>
<td><strong>Town Meeting Day</strong></td>
<td><strong>9 Strength &amp; Fitness</strong></td>
<td><strong>10:00 Double King Pede</strong></td>
<td><strong>12 Spanish Table</strong></td>
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<td><strong>1 Yoga</strong></td>
<td><strong>1 Scrabble</strong></td>
<td><strong>1 Vial of LIFE Talk</strong></td>
<td><strong>9 W. Leb Shopping</strong></td>
<td><strong>9:30 Tai Chi (B)</strong></td>
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<td><strong>10:00 Chair Massages</strong></td>
<td><strong>10:30 Handwork Cir.</strong></td>
<td><strong>10:40 Tai Chi (Adv.)</strong></td>
<td><strong>12:30 CCC Office Hours</strong></td>
<td><strong>12 French Table</strong></td>
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<td><strong>12 Bone Builders</strong></td>
<td><strong>9 Strength &amp; Fitness</strong></td>
<td><strong>10 Cribbage</strong></td>
<td><strong>10:30 Italian Class</strong></td>
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<td><strong>12 – 2:30 CCC Office Hours</strong></td>
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<td><strong>10:00 Double King Pede</strong></td>
<td><strong>12:00 Computer basics</strong></td>
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<td><strong>Late opening at 3pm for evening event (no lunch)</strong></td>
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<td><strong>Chipped Beef and Egg Gravy on Mashed Potato, Di- jon Braised Brussels Sprouts, Lemon Meringue Pie</strong></td>
<td><strong>Dinner Event (No lunch served)</strong></td>
<td><strong>Spring greens salad w/ vinaigrette, pasta w/ asparagus, peas, ricotta and lemon topped with pan seared chicken breast, straw- berry Rhubarb strudel</strong></td>
<td><strong>Tossed Salad, Lime Herb Chicken, Roasted Potatoes, Sufferin' Succotash, Yogurt Cake w/ Peach Puree</strong></td>
<td><strong>Chef’s Choice</strong></td>
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<td><strong>St. Patrick’s Day</strong></td>
<td><strong>St. Patrick’s Day</strong></td>
<td><strong>Comed Beef, Cabbage, Baby Carrots, New Potatoes, Guinness Stout Cake</strong></td>
<td><strong>Tossed Salad, Chicken Parmesan over Multi-grain Pasta, Garlic Bread, Tuscan Blend Vegetables, Fresh Fruit Salad</strong></td>
<td><strong>Tossed Salad, Corn Chowder, Turkey Cranberry Wraps, Pumpkin Whoopie Pies</strong></td>
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<td><strong>Morning for ages sixty</strong> and those under age sixty**</td>
<td><strong>(Birthday Day &amp; special holiday meals)</strong></td>
<td><strong>Stuffed Meatloaf w/ Spinach &amp; Cheese, Parsnip Mashed Potatoes, gravy, Peas &amp; baby carrots Almond Cake w/ Orange Dried Apricot Sauce</strong></td>
<td><strong>Tossed Salad, Beef Stroganoff, Roasted Seasonal Root Vegetables, Brownie Sundaes</strong></td>
<td><strong>Vegetarian Lasagna, Steamed Tuscan Style Vegetables, Garlic Bread, Coconut Macaroons w/ Pine-apple</strong></td>
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<td><strong>3 Bone Builders</strong></td>
<td><strong>3 Bone Builders</strong></td>
<td><strong>BIRTHDAY DAY</strong></td>
<td><strong>Tossed Salad, Beef Spinach, Ham &amp; cheese Quiche, Roasted Sweet Potato Fries, Black Raspberry Ice Cream w/ Berries</strong></td>
<td><strong>Birthday Day</strong></td>
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<td><strong>3 Bone Builders</strong></td>
<td><strong>BINGO daily at 10:30 am except on birthday day and other special meal days.</strong></td>
<td><strong>9 Strength &amp; Fitness</strong></td>
<td><strong>Tossed Salad Spinach, Ham &amp; cheese Quiche, Roasted Sweet Potato Fries, Black Raspberry Ice Cream w/ Berries</strong></td>
<td><strong>Chefs Choice</strong></td>
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<tr>
<td><strong>9 Strength &amp; Fitness</strong></td>
<td><strong>3 Bone Builders</strong></td>
<td><strong>9 Strength &amp; Fitness</strong></td>
<td><strong>Tossed Salad Spinach, Ham &amp; cheese Quiche, Roasted Sweet Potato Fries, Black Raspberry Ice Cream w/ Berries</strong></td>
<td><strong>Menu is subject to change based on availability of food items. Please call ahead with special dietary needs.</strong></td>
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<td><strong>10:15 Memoir Club</strong></td>
<td><strong>1 Bridge</strong></td>
<td><strong>10:12 Chair Massages</strong></td>
<td><strong>10:30 Handwork Cir.</strong></td>
<td><strong>10:00 Double King Pede</strong></td>
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<td><strong>12 Bone Builders</strong></td>
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<td><strong>9 – 2:30 CCC Office Hours</strong></td>
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<td><strong>12 German Table</strong></td>
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<td><strong>1 Computer basics</strong></td>
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**Programs are subject to change based on attendance. Sign-up/reservations are required (Birthday Day & special holiday meals).**

**These programs are subject to change based on attendance or availability of equipment. Sign-up/reservations are required (Birthday Day & special holiday meals).**