



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



MAY 2012

WE KNOW HOW TO PLAY & STAY YOUNG!

As Dr. Beach Conger said when he looked around The Thompson Center last October, “I don’t find any old people here, just people who have been young for a long time.”

Since 1963, communities across the nation have joined in the annual commemoration of Older Americans Month—a proud tradition that shows our nation’s commitment to celebrating the contributions and achievements of older Americans.

The theme for **Older Americans Month 2012—*Never Too Old to Play!***—puts a spotlight on the important role older adults play in sharing their experience, wisdom, and understanding, and passing on that knowledge to other generations in a variety of significant and fun ways. We recognize and celebrate the value that older adults continue to bring to our communities through spirited participation in social and faith groups, service organizations, and other activities.



Lifelong participation in social, creative, and physical activities has proven health benefits, including retaining mobility, muscle mass, and cognitive abilities. But older adults are not the only ones who benefit from their engagement in community life. Studies show their interactions with family, friends, and neighbors across generations enrich the lives of everyone involved. Young people who have significant relationships with a grandparent or elder report that these relationships helped shape their values, goals, and life choices and gave them a sense of identity and roots.

While The Thompson provides services, support, and resources to older Americans year-round, Older Americans Month is a great opportunity to show special appreciation for some of our most beloved citizens. We have many reasons to celebrate them! Let’s have some FUN! We have lots of it planned for this month!

IN THIS ISSUE

Contact information	2
Behind the Scenes/ Advisory notes	2
Programs & Events	4, 8
Trips - New Trips!	5, 8
Calendars	6,7
Classes	9
Ongoing Programs	10
In Memory/ In Appreciation/ Birthdays	11



Older American’s Month --“Never too old to Play”!
Friday, May 18th, 1:00PM

The Thompson Center is pleased to host a fun and unforgettable performance by **Marko, Master Magician**. Marko has astounded and amazed audiences throughout the area with his repertoire of tricks and stunts that defy logic. Leave your inhibitions behind and come “play” with us. Please sign up in advance, we anticipate a crowd.



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,
tsc-execdiretor@comcast.net
Paula Audsley, Outreach Manager,
paudsley@comcast.net
Volunteer: tscvolunteers@comcast.net
Diana Leskovar, Prog Director,
dleskovar@comcast.net
Pam Butler, Asst. Prog Director,
pbutler-tsc@comcast.net
Ryan Martin, Chef,
tsc-chef@comcast.net
Siobhan Wright, Kitchen Asst.,
Nelson Gilman, Medical driver
Morris Stickney, Maintenance
Gordon Worth, Van driver
Jim Emery, Van driver & maintenance

Eleanor Zue, Senior Solutions, Senior Advocate, EZue@seniorsolutionsvt.org (Tues., Thurs. at the Thompson)
SENIOR HELPLINE: 800-642-5119

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

BOARD OF DIRECTORS

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

BEHIND THE SCENES

A note from the desk of
Deanna Jones, Executive Director

Have you seen the new KIA yet? The sponsors are now listed on the doors all around the car. A few months into the “pilot” phase, we are seeing a good savings in gas cost. We’re thankful to the KIA sponsors (see the full listing on page 11) and to each of the foundations who support our transportation program:
Ottauquechee Health Foundation, VTrans/Stagecoach, and the Council on Aging (Senior Solutions).



Some staff news to share -- we’re happy to announce that **Dwight Camp** has joined our team as a back-up van driver to fill in as needed when other drivers have time off. Welcome Dwight!

ADVISORY MEETING HIGHLIGHTS

Submitted by Fran Gillett, Advisory

- Ladies Room door problem solved
- Use of hand sanitizer urged due to recent prevailing illnesses
- Prompt attendance at 1 P.M. urged as a courtesy for outside speakers and programs
- Annual “lobster” trip plans may include York, Maine for something different this year
- New London Barn Playhouse performance of *Oklahoma* scheduled for August
- Bill Hoyt scheduled for 2nd program on gold mining
- Crafts class for Holiday Bazaar with Carolyn Johnston under way on Monday mornings

Please join our next meeting on Monday, May 7th at 1pm.

IMPORTANT INFORMATION



IN MEMORY OF
Lawrence Hickory

Ted and Joan Staples

George Price

Ted and Joan Staples

MEDICAL EQUIPMENT

Currently available at the Center: Canes, walkers, shower chairs, crutches, and wheelchairs - FREE
Available: Stair Chair glider, call for details
Looking for:
♦ Lift chair - electronic recliner style
Contact Deanna with questions at 457-3277.

Friendly Reminder

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

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

Thank you!

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
Tech Skills - WUHS Students
Spring Cards for Meals on Wheels - Cub Scout Troop 220
Daffodils - Sandra Simonds
Easter Plant - The King’s Daughters
Storage Containers - Susan Sarcia

KIA SOULE - Transportation Sponsors:

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

MAY BIRTHDAYS

- | | |
|--------------------------|-------------------------|
| 1 - Betty Stetson | 16 - Eleanor Grice |
| 1 - Betty Bond | 18 - Verna Davis |
| 3 - Charlotte Charbeneau | 20 - Polly Foley |
| 4 - Gladys Colby | 20 - Carolyn Harrington |
| 4 - Vaughan Taylor | 22 - Bob March |
| 9 - Ariel Voepel | 23 - Penny March |
| 10 - Corwin Sharpe | 23 - Emma Robinson |
| 11 - Dick Brackett | 26 - Siobhan Wright |
| 14 - Margaret Maynes | 26 - Mona Hoadley |
| 15 - Edna Luce | 27 - Pat McCosker |
| 15 - Nancy Doten | 28 - Erwin Fullerton |
| | 29 - Anne Niles |
| | 30 - Anne Marder |

On May 24th we will
celebrate your special day!
Please join us!

“I’d been going around thinking that it wasn’t much fun to get old, but you really can’t think that when you’re here!”

~ First time visitor at The Thompson,
March 2012



ONGOING PROGRAMS

CAREGIVER SUPPORT GROUP

Wednesday, May 16th

(Ongoing, on the third Wednesday of each month, 12:30 - 1:30 PM)

Support and education can make a critical difference for family members and caregivers of patients with memory loss or disorders such as Alzheimer's. Please join our confidential monthly support group (with complimentary lunch) and share ideas, concerns, and constructive feedback with others facing similar challenges.

JOIN OUR MEMOIR CLUB

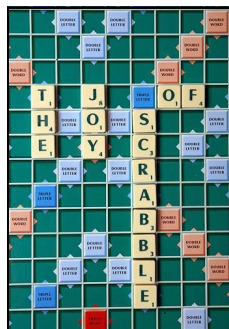
Ongoing, Mondays, 10:15 AM - Noon

In this informal group, we encourage one another as we record stories that may otherwise be lost or forgotten. Each person has an opportunity to read aloud one to two pages each week often triggering group memories and lively discussion. No pressure... reading is optional! Participants' goals may be to compile written memories in a book to be passed down, or to gather miscellaneous written memories as they come to mind. This group is fun and supportive -- come join us!

SCRABBLE CLUB

Ongoing, Mondays, 1 PM

This newly formed group wants to have fun while keeping their brains active and challenged. The National Scrabble Association "cheat sheets" and playing boards are available. Let's play - the more the merrier!



BOOK CLUB

Wednesday, May 9th, 1 PM



On May 9th we will be discussing *Life in a Jar*, a book written by one of Bookstock's featured authors, Jack Mayer. It is the inspiring story of a Polish Catholic woman, Irene Sendler, who organized a network of fellow social workers to save over 2500 Jewish children from the Warsaw ghetto. Communist Poland suppressed her story. More than 60 years later, three Protestant high school girls in Kansas discovered the history and created a project that is bringing the heroine's name to readers all over the world. The book is about Sendler of course but also about the students and how the project affected them. 60% of the sales of this book are donated to the foundation now established in Sendler's name.



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.

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 May & June. Call 457-3277 to schedule a half hour appointment with Mary between 9 - 2:30 pm on the 2nd Friday or the 3rd Wednesday of each month (see the calendar for dates). Your feet will thank you! Cost: \$15

NEWS



**Anywhere in Vermont,
2-1-1 can help.**

"When we lost our home to flooding, we weren't sure where to turn for help. 2-1-1 gave us the information and referrals we needed to help us get back on our feet."

I Wish I Knew Who and Where to Call . . .

In today's automated, push-button world, many Vermonters cling to, and respond best, to human connection for information and help. This is where dialing 2-1-1 has assured and informed many thousands of Vermonters --- just as the Senior Helpline has been doing for so many years.

2-1-1 is a free, confidential service that provides information and referral 24/7, for questions about health, community, and human services. 2-1-1 call specialists provide answers about the everyday challenges everyone faces at some point in their lives, often the very basic of needs: food, shelter, fuel assistance, transportation, financial and legal assistance, medical care, and family support services.

A program of the United Ways of Vermont, Vermont 2-1-1 has become an invaluable resource for Vermonters who would otherwise have no idea where, or to whom to turn. While 2-1-1 can't solve every problem or challenge, the call specialists will go "above and beyond" to connect a caller to help in one or two phone calls. If there is an immediate need or crisis, a caller can be transferred directly to a service provider. If a caller permits it, a follow-up call will often provide even more assistance, as the more immediate needs are taken care of and other circumstances can then be addressed. 2-1-1's database can also be found at www.vermont211.org, but a phone call is *always* the better way to get your questions answered and issues solved. If we are busy when you call, you can leave a message and we will get back to you within a few minutes.

Vermont 2-1-1 answered over 52,000 calls in 2011, and the database now carries over 840 agencies and organizations, and over 2,400 individual programs. 2-1-1 works closely with a number of partners, including the Agency of Human Services, Department of Health, the Military-Family-Community Network, Vermont Emergency Management, Homeland Security, the School Planning Crisis Team, and of course, all the Area Agencies on Aging.

Asking for help is not always easy, but dialing 2-1-1 will make this as comforting and effortless as possible. Some day, you, or a family member, or a neighbor, or a co-worker, will need help --- and 2-1-1 will be there.

Jim Tonkovich

*SE Vermont Regional Resource Manager
Vermont 211*

Save the Date: JULY 18th Trip to York, Maine

Trip will include lunch at the popular **Fox's Lobster House**, a tour of the 23rd Annual Decorators show house, and a scenic drive around York with narration about historic landmarks.



Got Drugs?

National Take-Back Initiative
April 28, 2012, 10:00 AM - 2:00 PM
Woodstock Police Department

Pills & Capsules only (no needles, creams, ointments)

PROGRAMS & TRIPS

Incontinence: Leaking the Truth Thursday, May 17, 1:00PM

"Incontinence" is the term doctors use when a person leaks urine or loses bladder control. Incontinence is a very common problem, it can happen to *anyone*. But it is *not* a normal part of aging. If you have this problem, you don't have to "just live with it." There are treatments and things you can do on your own to stop or reduce urine leakage.

Dr. Richard W. Graham, a world renowned Urologist joined Gifford Medical Center in May 2005. He has been specializing in Urologic medicine for over 20 years. Join us for an informal educational session to discuss incontinence, its causes and options. Many people with incontinence can regain bladder control or at least reduce the amount of leakage they have. The key is to speak up about it.



New Technology from the Vermont Department of Libraries

Tuesday, May 8th, 1:00PM

Do you love to read but have trouble seeing the "fine print"? Are physical disabilities (arthritis, surgery, etc.) making it difficult to hold a book? Do you like audio books but don't have a computer or i-pod? Lydia Borsh, the Circulation Manager at the **Norman Williams Library**, will describe a special program offered through the Vermont Department of Libraries. This newest technology is available to you at no cost.

Watch for these Upcoming Programs!

Gold Panning Part II—this hands-on demonstration will be held at the Thompson Senior Center. A date will be determined based on an approved panning license and weather.

Garden Tours- we will tour two or three of our area's renowned gardens. We don't have to travel far to appreciate the beauty and artistry of local master gardeners. Dates will depend on the accelerated growing season and weather. Note: Watch for updates in local publications (Standard, newsletter) or call Diana Leskovar at 457-3277 ext. 21.

PIANIST LAURENCE WERNER PERFORMS

Thursday, May 10, 1PM

Mr. Werner has been composing original piano music since 2007. His most popular piece is "Tropical Breeze" which takes one back to the easy listening sounds of the 1940s and Cole Porter. Please join us for his return to The Thompson with another original performance.



"Remember When"

**Remembering Our First Cars
Thursday, May 24th, 1:00PM**

Most of us have fond memories of our first car ---including how much it cost, what it looked like, and travel/road stories. Join us as we share these memories and pictures, if you have them. If you happen to still have your "old friend" parked away and/or covered, drive it to the Center for TRUE show-and-tell.

Note: "Remember When" will resume its regular schedule on the third Thursday of the month, in June.

CLASSES

FRENCH CLASSES

New Series will be offered in the Fall. Please email Judy with inquiries or to indicate your interest.

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

Advanced Beginner

Students in this class will participate in a variety of activities that will enhance their French language skills and familiarize them with the French culture.

Beginner

Did you study French in school but remember very little of what you learned? Would you like to learn some useful vocabulary and expressions for travel? This introductory/beginning level class will offer the basics in French language skills for students with no previous experience. The class is also appropriate for people who would like to refresh their rusty or forgotten skills.

SPANISH CLASS Tuesdays, April 24 to May 22

10:45 - Noon

Cost: \$64

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.

ITALIAN STUDY GROUP Ongoing, Thursdays, 10:30 AM - Noon

Cost: \$11/class

Instructor: Evangeline Monroe

In this study group we will focus on building comprehension and fluency. All levels of fluency are welcome. Evangeline is a retired Foreign Service officer who reported on Italian politics while serving at the U.S. Embassy in Rome from 1989 to 1991. For more information call Diana Leskovar at 457-3277.

STRENGTH & FITNESS

Weekly classes

**on Monday, Tuesday, and Thursday
9:00 AM**

Our popular strength and fitness class, led by Liz Hatfield, is scheduled each Monday, Tuesday, and Thursday from 9:00 - 10:00 AM. The class is offered for \$3.00/class or 12 classes for \$30 on a punch card.

TAI CHI

For Health, Fun, and Relaxation

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

Beginners' Class

Wednesdays, 9:30-10:30AM, May 2, 9, 16.

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

Upper Level Class

Wednesdays, 10:40 -11:40AM, May 2, 9, 16.

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

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

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

PROGRAMS & TRIPS

Women in the Whitehouse Series —Part I Grace Coolidge, presented by Author and Historian Cyndy Bittinger Tuesday, May 15, 1:00PM

Cyndy Bittinger was the Executive Director of the Coolidge Foundation in Plymouth for eighteen years until her retirement. She wrote a modern biography on Grace Goodhue Coolidge, the only first lady to hail from Vermont. Her talk will draw upon archival material saved by the Coolidge family and her personal interviews with John Coolidge, Grace and Calvin's son, before he died in 2000.



Cyndy is a faculty member at The Community College of Vermont where she teaches Vermont History and has taught Women in United States History. Her series on Vermont women runs yearly on Vermont Public Radio where she is a commentator on Vermont history. Her new book on Vermont history should be out this summer.



A New Look at the Calvin Coolidge Education Center and Museum

Wednesday, May 23, Depart TSC at 8:45 AM

Cost: \$12.00 includes admission to museum and transportation

Visit the village of Plymouth Notch where Calvin Coolidge was born, grew up, and was sworn in as our 30th President by his father. See the brand new museum exhibit *More Than Two Words: Calvin Coolidge's Life and Legacy*, which features newsreels of the era, artifacts, and photographs. (Wait until you see Grace Coolidge with Santa Claus!) Collections Manager, Kate Bradley, will surprise us with a close up look at some of Grace Coolidge's personal items. Stroll through this well-preserved village to see Coolidge's birthplace, the homestead, barn, general store, church, cheese factory, and schoolhouse. For those who choose not to walk in the village, you are welcome to stay at the Education Center. **Lunch on your own at Long Trail Brewery will follow! Please call to reserve your space on the Thompson van.**

Going Fishin' Again!

Wednesday, May 16, Depart The Thompson at 10:30 AM

May is the month to join the SECOND Annual Thompson Senior Center Fishin' Derby! The Intrepid Fly Casters and the lookers on will meet at Hayes' Pond in South Woodstock on Wednesday, May 16th at 10:30 am. Hayes' Pond is stocked with rainbows and brookies and a few hold over browns. It is a flies only 'catch and release' designated pond but a 2 fish keeper limit has been set for the derby. Basic casting instruction is free!

This year our guest will be **Cathi Comar, the Executive Director of the American Museum of Fly Fishing** in Manchester Village, Vermont. The museum serves as a repository for and conservator of the world's largest collection of angling and angling related objects, manuscripts and art. President John Adams' tackle wallet is among them. The mid-day program Cathi has put together for the TSC Derby will be of interest to all lovers of the outdoors as well as to anglers. We will break for a box lunch prepared by Chef Ryan at 12:30 pm. Prizes and trophies will be awarded. Anyone 'hooked' on fishing will be welcome to stay on for an hour or so after the presentation.



TRIPS

Lake George Cruise

Wednesday, June 13th

Cruise Lake George in style! Enjoy one of Lake George Steamboat Company's most popular cruises, an elegant buffet luncheon aboard the Lac du Saint Sacrament. Live entertainment will be provided as we dine and enjoy the scenic waterway. Historic points of interest will be shared along with the popular music program. Following our cruise we will board the Coach Bus and enjoy a scenic ride to the top of Prospect Mountain. There will be photo opportunities at several scenic overlooks.



Depart The Thompson Senior Center on Premier Coach Bus at 9:00AM and arrive back in Woodstock, VT at approximately 5:00PM.

Cost: \$65.00

Note: The Lake George Steamboat Company has been operating on Lake George for 159 years and they are very proud of their perfect safety record.

Woodstock Union High School GREENHOUSE VISIT

Thursday, May 3, 9:30 Departure,
back for lunch!

Remember those hardworking students who came to The Thompson and cleaned our gardens, raked, and mulched tirelessly and delivered poinsettias for the holidays? Our young friends in the horticulture class have invited us across the street to view their own gardens in the school greenhouses. We are apt to see pansies, Easter lilies, geraniums, and petunias. Let's support their hard work and sign up for a visit.

IRIS GARDEN TOUR

Monday, June 3, Depart TSC at 9:30AM

COST: \$3, plus lunch on your own
Marita Johnson of Springfield, VT grows 225 different varieties of bearded irises in her yard with Mt. Ascutney as the backdrop. From white to nearly black, Marita's irises cover the full spectrum of colors. Join us for this garden tour by calling to reserve your seat on The Thompson van. We will stop for lunch at the Springfield Royal Diner for a bit of nostalgia and a great meal.

OKLAHOMA at The New London Barn Playhouse

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



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

Cost: \$35.00 (includes gas donation)

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

PROGRAM CALENDAR - MAY 2012				
Mon	Tue	Wed	Thu	Fri
	1	2	3	4
* Please Sign up/Reservations Required	9 Strength & Fitness 10:00 Double King Pedé 10:45 Spanish Class 12 Spanish Table 1 Horseshoes	8:30 Volunteer Breakfast* 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 9:30 WUHS Greenhouse visit* 10 Cribbage 10:30 Italian Study Group 12 Italian Table	12 German Table
7	8	9	10	11
9 Strength & Fitness 10:15 Memoir Club 1 Advisory Meeting 1 Bridge 1 Scrabble	9 Strength & Fitness 10:00 Double King Pedé 10 – 12 Blood Pressure Screening 10:45 Spanish Class 12 Spanish Table 1 Library Program 1 Horseshoes	9:30 Tai Chi (Beginner) 10:30 Handwork Cir. 10:40 Tai Chi (Upper level class) 12 French Table 1 Book Club	9 Strength & Fitness 10 Cribbage 10:30 Italian Study Group 12 Italian Table 1 Pianist Laurence Werner	9 – 2:30 Foot Clinic* 12 German Table 1 Talk and Listen
14	15	16	17	18
9 Strength & Fitness 10:15 Memoir Club 12 Mother's Day Lunch* 1 Bridge 1 Scrabble	9 Strength & Fitness 10 Double King Pedé 10:45 Spanish Class 12 Spanish Table 11:30 Commodities 1 First Lady Series - with Cyndy Bittinger 1 Horseshoes	8 Board Meeting 9 W. Leb Shopping* 9 – 2:30 Foot Clinic* 9:30 Tai Chi (Beginner) 10:30 Fishing Trip* 10:30 Handwork Cir. 10:40 Tai Chi (Upper level class) 12 French Table 12:30 Caregiver Support Group	9 Strength & Fitness 10 Cribbage 10:30 Italian Study Group 12 Italian Table 1 Incontinence: Leaking the Truth	12 German Table 1 MARKO THE MAGICIAN
21	22	23	24	25
8:30 Newsletter folding 9 Strength & Fitness 10:15 Memoir Club 1 Bridge 1 Scrabble	9 Strength & Fitness 10 – 12 Blood Pressure Screening 10 Double King Pedé 10:45 Spanish Class 12 Spanish Table 1 Horseshoes	8:45 Coolidge Trip Departure* 10:30 Handwork Cir. 12 French Table	BIRTHDAY DAY* 9 Strength & Fitness 10 Cribbage 10:30 Italian Study Group 12 Italian Table 1 Remember When	12 German Table 1 Talk and Listen
28	29	30	31	
Memorial Day CLOSED	9 Strength & Fitness 10 Double King Pedé 12 Spanish Table 1 Horseshoes	10:30 Handwork Cir. 12 French Table	9 Strength & Fitness 10 Cribbage 10:30 Italian Study Group 12 Italian Table	BINGO daily at 10:30 am except on birthday day and other special meal days.

MENU - MAY 2012				
Mon	Tue	Wed	Thu	Fri
	1	2	3	4
* indicates that sign-up/reservations are required Menu is subject to change based on availability of food items. Please call ahead with special dietary needs.	Tossed Salad Spin-ach, Ham & cheese Quiche, Roasted Sweet Potato fries, Black Raspberry Ice Cream w/ Berries	Fish Florentine (spinach and cheese), herb roasted potatoes, Lime carrots, Warm Apple Crisp	Tossed Salad, Chicken Parmesan over Multigrain Pasta, Garlic Bread, Tuscan Blend Vegetables, Fresh Fruit Salad	Tacos, Red Beans & Rice, Roasted Vegetables, Brownies & Fruit
7	8	9	10	11
Turkey Sandwich w/ lettuce & tomato, Corn Chowder, Coleslaw, Ice Cream w/ fruit compote	Lasagna, Steamed Tuscan Style Vegetables, Garlic Bread, Coconut Macaroons w/ Pineapple	Chicken Tostadas, Roasted Vegetable Medley, Italian Cream Cake w/ Berries	Tuna Pasta Salad, Pea Salad, Cucumber Salad, Lettuce & Tomato, Fresh Fruit Parfait	Chef's Choice
14	15	16	17	18
Mother's Day Lunch* BBQ Chicken legs, Potato Salad, Fire-cracker salad, Warm Apple Crisp	Chili, Corn Bread, Cole Slaw, Hot Fudge Sundae w/ Banana	Sweet & Sour Chicken & Vegetable Stir fry, Scallion Brown Rice, Blueberry Almond Cake	Stuffed Meatloaf w/ spinach and cheese, Mashed Potato, Gravy, Green Beans, Strawberry Sundae	Tossed Salad, Supreme Pizza w/ peppers, onions, mushrooms, olives, pepperoni, Chef's Famous Chocolate Chip Cookies w/ Fresh Fruit
21	22	23	24	25
Tossed Salad, Beef & vegetable stew, Chef's Choice Dessert	Pan seared Chicken breast, Creamy cheddar polenta, Spinach supreme(spinach, sour cream, parmesan and Monterey jack cheese) Sorbet w/ Fresh Berries	Tossed Salad, Fish Chowder, Biscuit, Streusel Peach Pie	Birthday Day* Herb Roasted Pork Loin w/ Peaches Roasted Red Skinned Potatoes, Springtime Vegetables, Cake & Ice Cream	Broccoli Salad, Turkey Waldorf Salad, Lettuce, Tomato, Cucumber, Cottage Cheese, Rum Raisin Rice Pudding
28	29	30	31	
Memorial Day CLOSED	Grill Day Hot Dogs & Burgers, Potato Salad, Cole Slaw, Strawberry Short Cake	Chef's Choice	Salmon en Croute, w/ Spinach and Mushrooms, New Potatoes, Cucumber/Dill Salad, Coconut Cream Pie	Meal Pricing: ** \$ 6 charge for those under age sixty ** \$ 4 suggested donation for ages sixty and over