



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 2013



## MAY 2013: OLDER AMERICANS MONTH

Since 1963, May has been the month to appreciate and celebrate the vitality and aspirations of older adults and their contributions to our communities. It is a proud tradition that shows our nation's commitment to honor older adults and their achievements.

This year's Older Americans Month theme—"Unleash the Power of Age!"—emphasizes the important role of older adults. Communities across the nation will recognize older Americans as productive, active, and influential members of society.

While the Thompson Center recognizes these things year-round, Older Americans Month is a great opportunity to show special appreciation! **Please join us for: a special lunch on Tuesday, May 7th including door prizes and other goodies; an evening of magical entertainment on May 29th (see below); and look for a special article in our column in *The Vermont Standard* on May 9th!**



OLDER AMERICANS MONTH CELEBRATION

DINNER AT THE THOMPSON AND  
PERFORMANCE BY MARKO THE MAGICIAN

WEDNESDAY, MAY 29, 2013  
5:30 PM (DINNER), 6:30 PM (PERFORMANCE)

Marko has astounded and amazed audiences throughout the area with his repertoire of tricks and stunts that defy logic! He will help us unleash the power of laughter and celebrate our ageless vitality. **Dinner menu:** Mesclun Greens with Vinaigrette, Chicken Parmesan, Steamed Vegetables w/ Lemon Caper Butter Sauce Garlic Bread, Chocolate-Hazelnut Truffle Tart.  
**Cost: \$15 Please sign up in advance by May 22nd.**

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## SUMMER TEA ~ LUNCHEON THURSDAY, JUNE 6, 12 NOON

Don't miss The Thompson Center's 3<sup>rd</sup> Annual Tea! We will be serving a variety of delicious sandwiches, along with cookies and cakes. Please RSVP by June 1<sup>st</sup> (457-3277), we will start a waiting list after the first 75 people sign up.  
Fancy hats are welcome and gentlemen are invited too! Suggested donation: \$5.00



The Thompson Center

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Phone: 802-457-3277  
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CENTER HOURS

8 AM-3 PM, Monday-Friday

STAFF

**Deanna Jones**, Executive Director,  
tsc-execdirector@comcast.net  
**Paula Audsley**, Outreach Manager,  
paulsley@comcast.net  
**Diana Leskovar**, Program Director,  
dleskovar@comcast.net  
**Pam Butler**, Asst. Program Director,  
pbutler-tsc@comcast.net  
**Ryan Martin**, Chef,  
tsc-chef@comcast.net  
**Siobhan Wright**, Kitchen Asst.,  
**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*  
*Vacant* —*Vice President*  
John Moore—*Treasurer*  
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Lynn Peterson, M.D.  
Liz Schellhorn  
Corwin Sharp  
Eldon Thompson  
Tom Weschler

BEHIND THE SCENES

ADVISORY MEETING HIGHLIGHTS

- Discussion of upcoming trips included:
  - Need to spread the word - everybody help!
  - Advance sign-up and payment essential to guarantee covering costs (paying non-refundable deposits & confirming trip when deposits are due)
- Discussion about rental fees for our building compared with other similar venues
- Universal appreciation for Easter Dinner and yummy dessert
- Donations are being collected at TSC to help Candle Klampert after devastating loss of her home and pets.

Please join our next meeting on Monday, May 6th at 1pm. All patrons and volunteers are invited to attend. Your feedback is appreciated!

CURIOUS ABOUT SOMETHING??

You asked:

Who donates the birthday roses, and how do you know how many to get?

The answer is:

The Thompson Center budgets for and gives the roses to our patrons as a gift. Pam orders them in advance from the Farmer’s Market and picks them up on birthday day. Page 11 of this newsletter lists the birthdays that we know about. Each month we go through this list and guess how many of these birthday folks will attend on birthday day. We’re usually pretty close, but sometimes birthdays pop up that we don’t know about. We often send roses with friends to people who can’t make it on birthday day (especially our friends at The Homestead, Mertens House, & The Terrace), and we apologize if we ever run short on roses. You can help though! If you don’t see your name on the birthday list, please let Paula know before birthday day and please make sure to sign up on the birthday day lunch sheet in advance. We want to celebrate you & your special day!

MISSION

It is the mission of the Thompson Center to be a multigenerational gathering place for our community. Our programs and activities will promote the physical, intellectual and social well-being of the adult community to enhance dignity, self-worth and independence. The Thompson Center will act as resource and advocate for our senior population, providing timely support on issues that affect aging in our rural community.

IMPORTANT INFORMATION

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  
Motorized Cart—Anne Bower  
Flower arrangements—Bayada  
Quilting materials—Susan Sarcia  
Dahlia bulbs & pea seeds—Ginny Christensen  
Lucite Frames—Mary Mercure

KIA SOUL - Transportation Sponsors:

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



IN MEMORY OF

Harold Robinson

Pat Mangan  
Samuel & Eleanor Grice

Faye Dudley

Pat Mangan

Ron Leonard

Pat Mangan

TSC TRANSPORTATION PROGRAM

**Medical Rides** - \$10 suggested donation per out-of-town trip. A minimum of 48 hours notice is requested for scheduling.

**Local transportation** to and from The Thompson and Woodstock stops - suggested donation of \$1 per ride (\$2 round trip if you get a ride both ways). Please call the Center by 8:30AM to request rides for that day. 457-3277

MEDICAL EQUIPMENT

**Currently available at the Center:** Bed rail, crutches, Aluminum indoor/outdoor ramp.

**IN NEED OF:** Wheelchairs, shower chairs, toilet chairs.

We’ve given away dozens in the last few months! It’s great to see them re-used!

Call for details. Contact Deanna at 457-3277.

You can also donate or find medical equipment at:  
www.getATstuff.com

MAY BIRTHDAYS

1st Betty Stetson  
1st Betty Bond  
3rd Charlotte Charbeneau  
4th Gladys Colby  
4th Vaughan Taylor  
9th Ariel Voepel  
10th Corwin Sharpe  
11th Dick Brackett  
14th Margaret Maynes

14th Geoff Dates  
15th Edna Luce  
15th Nancy Doten  
16th Eleanor Grice  
20th Polly Foley  
20th Carolyn Harrington  
22nd Bob March  
23rd Penny March

23rd Emma Robinson  
26th Sherry Belise  
26th Siobhan Wright  
26th Mona Hoadley  
27th Pat McCosker  
28th Erwin Fullerton  
29th Anne Niles  
30th Anne Marder



On May 23rd we will celebrate your special day! Please call to make a reservation for lunch and join us!

# ONGOING PROGRAMS

## CAREGIVER SUPPORT GROUP WEDNESDAY, MAY 15

(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.

## Book CLUB

On **Wednesday, May 8, 1:00PM**, Sherry Belisle will lead a discussion on Peter Gilbert's book, I Was Thinking; Travels in the World of Ideas. It is comprised of 60 essays culled from Gilbert's commentaries on Vermont Public Radio. You can read some, or all, and let the group know your favorites. Peter has great insights and memorable thoughts. A critic writes, "The book is perfect for anyone who enjoys ideas and loves learning." Please note: one hundred percent of the profits from the sale of this book is donated to the Vermont Humanities Council.

## 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!

## CHAIR MESSAGES AT THE THOMPSON WEDNESDAYS, MAY 1, 8, & 22ND 10:00AM TO NOON

Beat the winter blues with a relaxing chair massage. Licensed massage therapists will be available to provide chair massages at the Thompson **three times each month (on the 1st, 2nd, and 4th Wednesday of each month)**. 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!**

**Cost: 20 minute massage/\$20.00**

## FOOT CARE CLINIC with Mary Wood Monthly, 9 am - 2:30 pm on the 2nd Friday & 3rd Wednesday

Mary Wood, our wonderful retired RN runs the foot clinic. 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**

## WELLNESS CLINIC & BLOOD PRESSURE SCREENINGS TUESDAY, MAY 28, 10:00 AM - NOON

Wellness clinics (blood pressure, glucose, cholesterol screenings) with Michelle Chiesa, RN, Visiting Nurse and Hospice of Vermont and New Hampshire will be held on the 4<sup>th</sup> Tuesday of each month from 10-noon.

# NEWS & PROGRAMS



## SPRING CLEAN YOUR FINANCIAL AFFAIRS

### Retirement and Estate Planning Seminar— "Living Your Retirement"

Wednesday, May 22, 4:30 to 6:00PM

You are retired---Congratulations! Are you enjoying this major change in your life? Are you reaching your retirement goals? How do you know if you have saved enough so that you don't run out of money? Is it time to change your investment allocation? Should you give money to your kids now? How can you best give money to your favorite charities? Is your will or trust up to date? These questions, and many more, will be addressed in this seminar.

Presenters:

David Otto is a Certified Financial Planner who established Otto and Associates in 1991. Susan Otto Goodell joined the firm in 2007. She and her father divide their time between their offices in New York and Norwich, Vermont. Otto and Associates is a Fee-Only financial planning firm.



### Thank you, American Legion Ora Post 24, for our new flag!

**Photos:** Flag Dedication Ceremony on March 26th with Rodney Croft and Dick Brackett. Our flag was dedicated in memory of Harold Robinson. His daughters, Sue & Sandy with their family are pictured below.



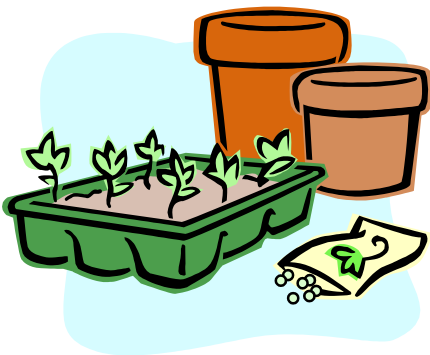
### Thank You, Cindy!

After more than nine years of service as a board member and volunteer we wish Cindy Carroll a fond farewell. Cindy has relocated to the Sonoma Valley of sunny California. **We'll miss you, Cindy, but thank you for your service, and we wish you all the best!**





PROGRAMS & TRIPS



CONTAINER GARDENING  
WEDNESDAY, MAY 15, 1:00PM

Althea Derstine, Thompson volunteer and UVM Extension Master Gardener, will present a novel way to grow vegetables. Do you think you don't have vegetable garden space? Come and learn some innovative ways to grow your favorite veggies in containers, including what you need in your pots and what plants will thrive. As usual, Althea will have door prizes, hand-outs, and some free plants as well.

SHOPPING TRIP TO BURLINGTON  
UNIVERSITY MALL & CHRISTMAS TREE SHOP  
FRIDAY, MAY 17, DEPART ON TSC VAN 8:30AM

University Mall is Vermont’s largest enclosed mall, featuring over 70 stores. Lunch will be on your own (Applebee’s restaurant is a popular option). Space is limited so please call in advance to reserve your seat. **Sign-up deadline is May 3rd. COST: \$10**  
Note: This trip requires a lot of walking so please wear comfortable shoes.

CHRONIC PAIN SELF-MANAGEMENT WORKSHOP

PRESENTED BY MT. ASCUTNEY HOSPITAL COMMUNITY HEALTH OUTREACH DEPARTMENT  
AT THE THOMPSON CENTER

MONDAY EVENINGS, BEGINNING MAY 13-JUNE 24, 5:30 - 8:00 PM  
(NO CLASS ON MAY 27 – MEMORIAL DAY HOLIDAY)

This free workshop was developed for people with chronic pain and it is designed to provide information and practical skills on managing chronic pain. Chronic pain is defined as lasting longer than 3-6 months and may include neck, shoulder, and back pain; fibromyalgia, repetitive strain injury, chronic pelvic pain; whiplash injuries; post surgical pain that lasts beyond 6 months, pain caused by trauma; and stroke pain. People with persistent headaches, Crohn’s disease, irritable bowel syndrome, diabetic neuropathy, and muscular pain due to MS may benefit from this workshop. **Each participant will receive take home materials: Living a Healthy Life with Chronic Conditions, Chronic Pain Workbook, CD of the Moving Easy Program.** This is a research and evidence-based program developed by staff at Memorial University of Newfoundland and in partnership with Stanford School of Medicine.

Advanced registration is required. Please call Lauren Hastings at Mt. Ascutney Hospital at (802)674-7089, or Pam Butler at The Thompson for more information.

CLASSES

Please call the Thompson Center to register for classes in advance, 457-3277

ITALIAN STUDY GROUP  
Thursdays, Dates: May 16, 23, 30  
10:30 AM - Noon  
Cost: \$33.00 (for 3 classes), \$11/per 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.

SPANISH CLASS  
Instructor: Susan Copeland  
Dates: watch for new series dates  
This class will be conducted in Spanish and English with an emphasis on building conversational skills. It will be geared toward advanced beginners. Instructor Susan Copeland teaches Spanish and English at the Dartmouth College Rassias Center and is a retired high school Spanish teacher. The class will use Spanish for Mastery 1 ¿Qué tal? (1994) which can be purchased online.

FRENCH CLASS  
Mondays, 10:00 to 11:15 AM,  
April 22, 29, May 6, 13, Cost: \$50.00  
Instructor: Judy Mahood  
  
Students in this class will be involved in a variety of exercises that will enhance their French language skills and familiarize them with the French culture. email: judymahood@comcast.net

BRAIN FITNESS CLASSES, WEDNESDAYS, 1:00PM  
You have the power to improve your brain!  
Neuroscientists have discovered that adults’ brains are constantly changing, growing new neurons and connections, and cognitive training produces proven benefits. Brain exercises can improve overall brain functioning and help prevent the onset of brain disorders and memory impairment. Join Sara Smith, a lover of games and brain fitness exercises, each Wednesday for a variety of fun and challenging brain games and exercises. \$3.00 per class (includes handouts and exercises you can do at home)

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.

TAI CHI  
FOR TOTAL WELLNESS  
April 24, May 1, 8, 15, 22, 29  
  
Tai Chi helps reduce the symptoms of diabetes, arthritis, fibromyalgia, joint pain and stiffness, as well as depression. Tai Chi movements also help with body coordination, muscle tone, balance, concentration, and stress reduction.

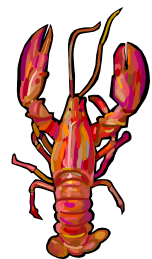
Tai Chi for Beginners (B),  
9:30 – 10:30AM (dates above)  
This class will learn the form known as “Tai Chi for Arthritis”; designed by a doctor and based on the Sun style Tai Chi. The form is easy to learn and is appropriate for beginners and those needing review.  
Tai Chi for Continuing Students (CS),  
10:40 –11:40AM (dates above)  
This class will continue to practice parts one and two of Tai Chi for arthritis and begin to learn Yang 24, the most popular Tai Chi form in the world.  
For more information, contact instructor Anne Bower at: 802 457-2877; [anniebower@yahoo.com](mailto:anniebower@yahoo.com); or view [www.anniebower.com](http://www.anniebower.com).  
Cost: \$30.00 (six classes) Try one class for free!

UPCOMING TRIPS - Sign up Soon!

SCENIC TRIP TO THE  
WHITE MOUNTAINS  
WEDNESDAY, JUNE 5, 2013



We will travel to the scenic mountaintop village of Sugar Hill, NH. to visit two popular tourist attractions, Harmon’s Cheese and Country Store (home of “the world’s great-est cheddar cheese”) and the Sugar Hill Sampler Shop and Museum. These historic landmarks are located on a Lupine covered hilltop that offers one of the most famous views in the White Mountains. We will enjoy brunch at the popular Polly’s Pancake Parlor and then travel to Bretton Woods to ride the Cog Railroad, and complete the day with an early dinner at Chef Joe’s Bistro in Franconia, NH. Depart the Thompson Center on Premier Coach Bus at 8:00AM.  
**Sign-up deadline is May 22<sup>nd</sup>.** Cost: \$96.00 (includes coach bus, brunch, Cog RR, and dinner).



WARREN’S LOBSTER HOUSE & FULLER GARDENS  
TUESDAY, JULY 9, 2013

Trip to Kittery Maine to dine at Warren’s Lobster House, followed by a tour of the Fuller Garden in North Hampton, NH. This estate garden features a large variety of roses, a Japanese Garden, a conservatory with orchids, and more. Depart the Thompson Center on Premier Coach Bus at 8:30AM. **Sign-up deadline is June 25<sup>th</sup>.** Cost: \$74.00 (Please select your menu option when you call to sign up).

FOLIAGE TRIP ON THE WINNIPESAUKEE RAILROAD  
WEDNESDAY, OCTOBER 9, 2013

Fall foliage trip on the Winnepesaukee Railroad, with lunch served on the train by Harts Turkey Farm. Depart the Thompson Center on Premier Coach Bus at 8:00AM.  
**Sign-up deadline is September 25<sup>th</sup>.** Cost: \$56.00

IN-THE-WORKS:

July 10, 2013, 2 pm matinee —New London Barn Playhouse, *Singing in the Rain*.  
August 2013—Weston Playhouse—*42nd Street*  
December 2013— (one overnight) Rockettes trip to New York City, facilitated by Yankee Holiday Travel.  
May 9-16, 2014—Norwegian Cruise Line from Boston to Bermuda. Prices and itineraries are still to be deter-mined.

THOMPSON DAY TRIP POLICY

- ♦ To make your reservation, contact Diana or Pam at 457-3277 .
- ♦ Reservations are taken on a **first paid basis**. **Your name will be entered on the trip sign-up sheet once we receive your payment (Note: we can no longer sign you up without a payment, due to the risk of last minute cancellations).** Checks will be deposited 30 days prior to trip date.
- ♦ If you cancel for any reason, payment cannot be returned unless we fill your spot from a waiting list. This is due to non-refundable fees charged to us by the bus company &/or destination.
- ♦ All are welcome to go on trips, but anyone needing extended assistance must bring a caregiver or companion.
- ♦ Please note the deadline for individual trip sign-ups. If we do not have the required number of people to cover our costs we will cancel the trip before losing our deposit.

PROGRAMS



TWO PART DOCUMENTARY OF  
LEWIS & CLARK: THE JOURNEY OF THE CORPS OF DISCOVERY

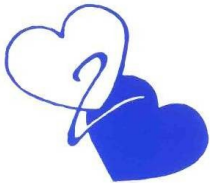
TUESDAY, MAY 7, 1:00 TO 3:00PM, AND  
THURSDAY, MAY 9, 1:00 TO 3:00PM

This highly rated documentary produced by Director Ken Burns tells the story of the most important explora-tion expedition in American history. The professional cast for this production is impressive!  
“This is an unforgettable adventure story that chronicles the extreme hardships and perils these brave men faced on their quest for discovery” ~ Viewer

STORYTELLER AT THE WOODSTOCK TERRACE  
MAY 23, 3:00PM

Simon Brooks is a professional storyteller who takes his listeners to a time and place, far away, drawing from a world of stories. He has achieved acclaim for his expressive storytelling and recordings.  
Note: We will try to provide van service for this excursion. If we are not able to we encourage people to car-pool on their own. **Please sign up in advance.**

DISCUSSION GROUP  
“HEART TO HEART”  
FRIDAY, MAY 10, 10:30 –12 NOON



If you’ve missed *Remember When* and *Talk and Listen*, a new discussion group, called “*Heart to Heart*” led by, Katrin Tchana meets on the second Friday of every month, from 10:30 to 12:00.

In “Heart to Heart” we will take a look at the different pieces of our lives, like a jigsaw puzzle, and think about how they fit together to make up the big picture. In April, our discussion topic will be “Friendship”. Come share how your experiences of friendship have shaped your life, and listen to what they have meant for other people. We look forward to hearing your stories! Everyone is welcome.

PROGRAM CALENDAR - MAY 2013				
Mon	Tue	Wed	Thu	Fri
		1	2	3
* Please Sign up/ Reservations Required	BINGO daily at 10:30 am except on birthday day and other special meal days.	9 W. Leb Shopping* 9:30 Tai Chi (B) <b>10-12 Chair Massages*</b> 10:30 Handwork Cir. 10:40 Tai Chi (CS) 12 French Table <b>1 Brain Fitness Class*</b>	9 Strength & Fitness 10 Cribbage 12 Italian Table <b>4:30 – 6:00 Hospice Training*</b>	12 German Table
6	7	8	9	10
9 Strength & Fitness <b>10 French Class*</b> 10:15 Memoir Club 1 Advisory Meeting	9 Strength & Fitness 10:00 Double King Pedé <b>12 Older American’s Month Luncheon with door prizes!*</b> 12 Spanish Table <b>1 Lewis &amp; Clark Expedition (documentary)</b>	<b>10-12 Chair Massages*</b> 9:30 Tai Chi (B) 10:30 Handwork Cir. 10:40 Tai Chi (CS) 12 French Table <b>1 Book Club</b> <b>1 Brain Fitness Class*</b>	9 Strength & Fitness 10 Cribbage 12 Italian Table <b>1 Lewis &amp; Clark Expedition (documentary)</b> <b>4:30 – 6:00 Hospice Training*</b>	9 – 2:30 Foot Clinic* <b>10:30 Heart to Heart</b> 12 German Table
13	14	15	16	17
9 Strength & Fitness <b>10 French Class*</b> 10:15 Memoir Club <b>12 Mother’s Day Lunch</b> <b>5:30 Chronic Pain workshop*</b>	9 Strength & Fitness 10 Double King Pedé 12 Spanish Table	8 Board Meeting <b>9 W. Leb Shopping*</b> <b>9 – 2:30 Foot Clinic*</b> 9:30 Tai Chi (B) 10:30 Handwork Cir. 10:40 Tai Chi (CS) 12 French Table 12:30 Caregiver Group <b>1 Brain Fitness Class*</b> <b>1 Container Gardening</b>	9 Strength & Fitness 10 Cribbage 10:30 Italian Study Group 12 Italian Table <b>12:30 Lucy Mac Pet Visits</b> <b>4:30 – 6:00 Hospice Training*</b>	<b>8:30 Shopping Trip*</b> 12 German Table
20	21	22	23	24
<b>8:30 Newsletter Folding</b> 9 Strength & Fitness 10:15 Memoir Club <b>5:30 Chronic Pain workshop*</b>	9 Strength & Fitness 10 Double King Pedé 11:30 Commodities 12 Spanish Table	9:30 Tai Chi (B) <b>10-12 Chair Massage*</b> 10:30 Handwork Cir. 10:40 Tai Chi (CS) 12 French Table <b>1 Brain Fitness Class*</b> <b>4:30 Retirement &amp; Estate Planning</b>	<b>BIRTHDAY DAY*</b> 9 Strength & Fitness 10 Cribbage 10:30 Italian Study Group <b>3 Trip to Terrace for Storyteller*</b> <b>4:30 – 6:00 Hospice Training*</b>	12 German Table
27	28	29	30	31
<b>Memorial Day Closed</b>	9 Strength & Fitness <b>10 - 12 Wellness Clinic</b> 10 Double King Pedé 12 Spanish Table	9:30 Tai Chi (B) 10:40 Tai Chi (CS) <b>NO LUNCH—open 1pm</b>  <b>5:30 Dinner and Marko the Magician*</b>	9 Strength & Fitness 10 Cribbage 10:30 Italian Study Group	12 German Table

MENU - MAY 2013				
Mon	Tue	Wed	Thu	Fri
		1	2	3
<b>Meal Pricing:</b> ♦ <b>\$ 7 charge for those under age sixty</b> ♦ <b>\$ 5 suggested donation for ages sixty and over</b>	<b>* indicates that sign-up/ reservations are required (Birthday Day &amp; special holiday meals)</b>	Tossed Salad, Corn Chowder, Turkey Cranberry Wraps, Pumpkin Whoopie Pies	Almond-crusted Tilapia, Roasted Potatoes & Veggie Blend, Rolls, Fruit topped Cookies	Tossed Salad Spinach, Ham & cheese Quiche, Roasted Sweet Potato fries, Black Raspberry Ice Cream w/ Berries
6	7	8	9	10
Tossed Salad, Grilled Cheese, Creamy Tomato Vegetable Soup, Brownies & Fruit	<b>*Special Lunch</b> Chipped Beef and Egg Gravy on Mashed Potato, Dijon Braised Brussel Sprouts, Sorbet & berries	Vegetable Lasagna, Steamed Fresh Vegetable Medley, Garlic Bread, Fresh Fruit	BLT Wraps, Cream of Asparagus soup, Pineapple Cottage Cheese, Peach Shortcake	Chili, Corn Bread, Cole Slaw, Hot Fudge Sundae w/ Banana
13	14	15	16	17
<b>Mother’s Day Lunch</b> Tossed Salad, Pesto Olive Chicken, Herb Roasted Red Potatoes, Vegetable Medley, Peach Rhubarb Coffee Cake	Salisbury Steak, Mashed Potato, Gravy, Mediterranean Vegetables Strawberry Rhubarb Pie	Tossed Salad, Spaghetti & meatballs, Garlic bread, Broccoli, Fresh Fruit salad	<b>Chef’s Choice</b>	Fish Chowder, Corn Bread, Coleslaw, Streusel Peach Pie
20	21	22	23	24
BBQ Chicken legs, Potato Salad, Firecracker salad, Peanut Butter and Chocolate Sandwiches	Tossed Salad, Hearty Beef & vegetable stew, Roll, Chef’s Choice Dessert	Chicken Quesadillas w/ Tomato Avocado Salsa, Roasted Vegetable Mélange, Fruit Crisp	<b>BIRTHDAY DAY*</b> Grilled Mojito Turkey Breast, Scallion Polenta Cake, Crunchy Avocado Salad, Cake & Ice Cream	<b>Chef’s Choice</b>
27	28	29	30	31
<b>Memorial Day Closed</b>	<b>Grill Day</b> Hot Dogs & Burgers, Potato Salad, Cole Slaw, Strawberry Short Cake	<b>Marko Magic &amp; Dinner* (No Lunch Served)</b> Mesclun Greens with Vinaigrette, Chicken Parmesan, Steamed Vegetables w/ Lemon Caper Butter Sauce Garlic Bread, Chocolate-Hazelnut Truffle Tart	Salmon en Croute, w/ Spinach and Mushrooms, New Potatoes, Cucumber/Dill Salad, Coconut Cream Pie	Chef Salad w/ Lettuce, Tomato, Ham, Turkey, Cheese, Hard Boiled Egg, Carrot, French Bread, Lemon Fool

Menu is subject to change based on availability of food items.  
Please call ahead with special dietary needs