



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



APRIL 2014

Volunteers, We Celebrate Your Service!

In April, volunteer week is celebrated across the nation to recognize ordinary people doing extraordinary things to improve their communities. The national theme -- **Celebrating Service** -- honors individuals who take action and meet critical needs. We count on and appreciate our volunteers year round, but on April 30th we'll take some time to celebrate the enormous contributions that volunteers make every day. All volunteers are invited to join us for breakfast at 8:30am.

Volunteer Appreciation Breakfast Wednesday, April 30, 2014 at 8:30am

All volunteers are invited to the Center for a time of celebration, recognition, and a delicious breakfast.

Please RSVP by April 25th to 457-3277.



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

A Vermonter's Guide to Homesharing, presented by Kirby Dunn

Tuesday, April 22, 1:00pm



Homesharing is a simple idea where two or more people share a home to their mutual benefit, just like an old fashioned barter system. It is a way for someone with a spare room in their home to offer housing for another person, in exchange for services or monetary support. Each homesharing situation is different, ranging from a straight rental, to 100% barter for services. Services can include help with yard work, grocery shopping, or meal preparation. The key to a successful homeshare is finding a compatible match. The Vermonter's Guide to Homesharing walks people through the entire process---from placing an ad, to interviewing techniques, to developing a match agreement. The guidebook also offers suggestions on how to prevent problems before they occur.

HomeShare Vermont has over thirty years experience making homesharing matches in the Champlain Valley. It is a non-profit organization and a member agency of the United Way of Chittenden County. Kirby Dunn has been the Executive Director of HomeShare Vermont for 15 years.

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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,
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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
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John Moore
Lynn Peterson, M.D.
Liz Schellhorn
Corwin Sharp
Tom Weschler

BEHIND THE SCENES

ADVISORY MEETING HIGHLIGHTS

- Appreciation for Valentine Auction volunteers
- National “ March for Meals” program to raise awareness for MOW
- Enthusiasm expressed for the recent intergenerational book discussion led by Ann Bower
- Newsletter mailing, front door closing, trip day correction

Please join our next meeting on Monday, April 7th, at 1pm. All patrons and volunteers are invited to attend.

THOMPSON FUNDING UPDATE

February and March are important months for critical funding that keeps the operations of The Thompson Center going -- The Valentine Auction and the Town Meeting funding requests. Thank you very much to all of the voters in Barnard, Bridgewater, Pomfret, and Woodstock who voted yes for The Thompson!

The 20th Valentine Auction and Dinner was a successful and fun event raising approximately \$49,000 for the Center.

Thank you to all of the volunteers who worked tirelessly to pull off this event for the 20th year! Please see our website and Facebook page for more photos and a list of donors & sponsors.



Income Type and % of Budget	
Town Support (4 towns)	11%
Federal/State Grants	13%
Programs/User Fees	17%
Grants	23%
Fundraising (Valentine Auction, Holiday Bazaar, Annual Appeal)	36%



Thank You!

Pictures:
Auction item - flowers by Ellen Snyder, and, Joan Oppenheimer and Dick Colantuono at the Auction.

We’re often asked about our income sources and expenses at this time of year. Our annual expense budget is \$448,000. To the left is the breakdown of the types of income and how much of our budget they each cover. We strive to have diverse sources of income so that our programs wouldn’t be in jeopardy if one event or grant wasn’t successful, but you can see why each area is so important to us. Please contact Deanna Jones if you have any questions. Your input and ideas are welcome.

IN APPRECIATION

APRIL BIRTHDAYS

3rd	Marjorie	Van Alstyne	19th	James	McClelland
4th	Rachel	Archer	21st	Willaim	Badger
6th	Janice	Prindle	22nd	Ethel	Cone
6th	Elaine	Chase	22nd	Joanna	Froding
8th	Judith	Hughes	22nd	Lyman	Shove
8th	Carol	Powell	23rd	Pauly	Mathews
8th	Rita	Post	23rd	Sallie	Farlow
8th	Van	Bacon	24th	Jane	Leonard
9th	Joan	Staples	24th	Peter	Pickett
9th	Sarah	Mitchell	25th	David	Smith
9th	Esther	Griffith	25th	Barbara	Kwiecinski
10th	Audrey	Fiedelholz	26th	Charlie	English
10th	Doris	Johnston	26th	Richard	Breton
11th	Thomas	Dutton	27th	David	Luce
11th	Ronald	Griffith	27th	Jennifer	Dembinski
12th	Gladys	Deatte	27th	Joan	Oppenheimer
12th	Patsy	Mathews	27th	Joanna	Long
12th	Dorothea	Monguella	27th	Sharon	Beauregard
14th	Bea	Rivers	28th	Ted	Staples
14th	Edward	Evertz	29th	Katherine	Lynds
14th	Marjorie	Swain	29th	Jeannette	Dubuque
16th	Annabelle	Conner			
18th	Suzanne	Esty			
18th	Ernie	Jillson			

IN APPRECIATION

Gerry Sardweiss - Woodstock calendars
Joe & Hilda Conn - Bridge books & tapes
Gateway Motors & Charlie & Allen Hall - Car wash gift card

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
Gateway Motors - car washes



On April 24th we will celebrate your special day!

Those who attend with an April birthday will receive a complimentary meal on birthday day.

Please call to make a reservation for lunch.



Thank You!



Please help with mailing costs for The Thompson Times!

Each year in April we ask that you make a donation for The Thompson Times. Your donation will allow us to continue to offer this publication as a timely way for you to learn about our exciting programs, meals, and trips. No one will be removed from the mailing list for failure to make a donation. Thank you!

Name: _____

Address: _____

Email: _____

Please make checks payable to The Thompson Senior Center, 99 Senior Lane, Woodstock, VT 05091

WELLNESS PROGRAMS

Wellness Clinic & Blood Pressure Screenings Tuesday, April 22, 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.

Have you completed your Vial of LIFE?

For questions or assistance with filling out *yours*, call Pam Butler at 457-3277, extension 16.



Prescription drug take back day scheduled Saturday, April 26, 2014

As a means to provide a safe, convenient, and responsible way to dispose of unwanted or expired medications, the Woodstock Police Department will be open as a drop-off site on Saturday April 26th from 10am-2pm. Look for more information on community posters and in local newspapers.

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, April 16, 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**

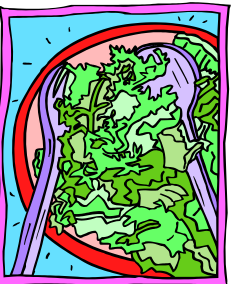
Had you stopped President Lincoln on his way to Ford's Theater and asked, "Who delivered the Gettysburg Address?" Lincoln would have honestly replied: "Why, the Honorable Edward Everett from Massachusetts." Under a grant from the National Endowment for the Humanities (NEH). Jim Cooke, in the character 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.



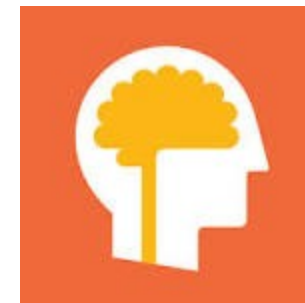
Let us grow Lettuce

**Presented by Vermont Extension Master Gardener Denise Picard Lindgren
Thursday, April 10, 1pm**

Among gourmet delights, there is little to compare with freshly picked lettuce that is free of pesticides and other contaminants. And as the *Old Farmer's Almanac* tells us, "Garden lettuce is far superior, in both taste and vitamin A content, to supermarket brands." Come learn how easy and fast it is to grow various types of lettuce in the ground, in raised beds, or in containers. We will start lettuce seeds that you can transplant later in the season. Please bring a shallow plastic container such as the kind in which salad greens are packaged. Please call to pre-register as space is limited.



Introduction to Lumosity April 30, 12:45 to 1:45PM



Lumosity is a leader in the science of brain training, collaborating with researchers from 36 top Universities around the world. Published studies have documented the positive effects of Lumosity on brain development. Let us help you get started building your personalized training program. Vicki Strousse is a two year veteran in the use of Lumosity and she admits to being "addicted". She will walk you through the program in one or more sessions, with the goal of having you work independently with confidence.

Come learn how to challenge your brain with a scientifically designed program! Please sign up in advance by calling the Thompson Center at 457- 3277

PROGRAMS

Medicare Counseling April 8, 15, May 6, 20, 1:00 to 3:00pm

If you are approaching age 65 and you have questions concerning how to sign up for Medicare, help is available at no cost. Medicare Counseling by a Vermont SHIP (State Health Insurance Assistance Program) Medicare Counselor from Senior Solutions is provided at The Thompson Center every month on an as-needed basis. Call The Thompson at 457-3277 for available dates in April for your free one-hour consultation appointment. All new or current Medicare beneficiaries should bring the following:

- 1. A Medicare card if you have one
- 2. Any other health insurance cards: Ex: EGHP plans, retiree plans, COBRA etc.; A copy of other health insurance plans if requesting comparison to Medicare costs.
- 3. A list of prescription medications including drug name, the dosage amount and quantity of medication for a month's use.
- 4. Monthly income and assets to see if there is eligibility for any assistance programs such as the Medicare Sav-

Fraud Forum Presented by Vermont Attorney General's Office and AARP Vermont Wednesday May 7, 1:00 to 2:30pm

Don't be a target...or a victim!

Every 3 seconds someone's identity is stolen! Vermonters are being targeted every day by all types of scams. People over 50 are especially vulnerable and account for more than half of all victims. Whether it's bogus investment deals, the Grandparent Scam, e-mail ploys, lottery scams, or the newest ID Theft scheme - sophisticated con-artists are busy at work coming up with new ways to get you to hand over your hard-earned money. It's important to keep up to date on the latest scams and schemes to help protect you and the people you care about.

Join representatives from the Vermont Attorney General's office and AARP Vermont for tips, information and discussion on the latest scams and how to protect yourself from becoming the next victim. Please RSVP to 457-3277.



Introduction to Skype and Facetime Thursday, May 29, 1:30 to 3:30pm



In this class you will receive help installing and becoming familiar with using Skype and/or FaceTime on your computer or mobile device. These online applications allow you to make voice calls over the internet. You can chat with your friends instantly, video call them by using your webcam and actually see them! For this class you will need a mobile device, iPad or laptop (with speaker's built-in or separate and a camera/webcam), a notebook and pen, and a few contact names with addresses and phone numbers. The instructor, Sandy Pariseau, is the owner of *Computer Training for Adults*. Serving the Upper Valley communities of Vermont and New Hampshire since 2010---offering needed help and information. Please call the Thompson Center to register in advance for this **free** class. Space is limited to 8 people.

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

Temporarily cancelled due to instructor injury. Call for start-up dates. This gentle yoga class is for everyone---standers, sitters, experienced and inexperienced. Annie Frates 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: April 23, 30, May 7, 14, 21, 28
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 6 classes: \$30.00

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

The 38th Annual Art in Bloom, at the Museum of Fine Arts in Boston

Monday, 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.

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.

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 pota 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.

Lucy Mackenzie

Cabin Fever Italian Dinner

Saturday, April 5,

Depart TSC on van at 4:15PM

Let's support our *Meals For Pets* partners by attending their Italian dinner fundraiser. Tickets for Thompson patrons are \$10.00 plus \$2 for van transportation. Reservations and payment due by March 26th for this popular event.

Pamper Day

(rescheduled from Valentine's Day)

Friday, April 25, 9:00 to noon

Celebrate spring with a 15 minute manicure and/or a 20 minute chair massage. Several technicians from The Spa at the Woodstock Inn and Resort, including Sue Cole and Sara Smith, will share their time and talents to pamper you at no charge.

Sign up early, these spots will fill up quickly!

Community Care Coordinator (CCC), Katrin

Tchana, has office hours at The Thompson.

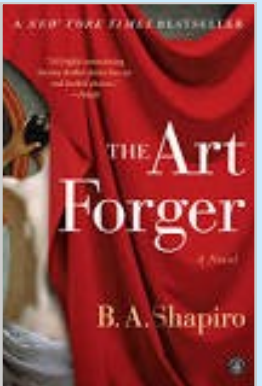
Times and dates noted on the Program Calendar

BOOK GROUP

Wednesday, April 9, 1:00pm

This month Joanie Yankee will lead the book group in a discussion about *The Art Forger*, by B.A. Shapiro.

Almost 25 years after the largest unsolved art theft in history, one of the stolen Degas paintings is delivered to the studio of a young artist. She bargains with a powerful gallery owner by agreeing to forge the painting in exchange for a one-woman show in his gallery. This is a thrilling novel about seeing, and not seeing, the secrets that lie beneath the canvas.



The book group welcomes newcomers!

PROGRAM CALENDAR - APRIL 2014				
Mon	Tue	Wed	Thu	Fri
	1	2	3	4
	9 Strength & Fitness 10:00 Double King Ped 12 Spanish Table 1 Yoga* 1 Scrabble	9 W. Leb Shopping* 9:30 Tai Chi (B)* 10-12 Chair Massages * 10:30 Handwork Cir. 10:40 Tai Chi (Adv.)* 12 French Table	9 Strength & Fitness 10 Cribbage 10:30 Italian Class 12 Italian Table 2 Bone Builders	11:30 - 2 CCC Office Hours 12 German Table 1 Computer basics* Saturday, 4/5 - Lucy Mac Italian Dinner
7	8	9	10	11
8:45 - 1:45 Tax Assistance* 9 Strength & Fitness 10:15 Memoir Club 1 Bridge 1 Advisory Meeting 3 Bone Builders	9 Strength & Fitness 10:00 Double King Ped 12 Spanish Table 1 Yoga* 1 Scrabble 1 Humanities Council ~ Other Gettysburg Speaker	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 1 Garden program	9 - 2 Smart Driver Class 9 – 2:30 Foot Clinic* 11:30- 2 CCC Office Hours 12 German Table
14	15	16	17	18
9 Strength & Fitness 10:15 Memoir Club 1 Bridge 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* 10:30 Handwork Cir. 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	12 German Table
21	22	23	24	25
8:30 Newsletter Folding 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 1 VT Homesharing talk	9:30 Tai Chi (B)* 10-12 Chair Massages* 10:30 Handwork Cir. 10:40 Tai Chi (Adv.)* 11:45- 2 CCC Office Hours 12 French Table	BIRTHDAY DAY* 9 Strength & Fitness 10 Cribbage 10:30 Italian Class 12 Italian Table 2 Bone Builders	9- 12 Pamper Day 12 German Table
28	29	30		
8 Boston trip* 9 Strength & Fitness 10:15 Memoir Club 1 Bridge 3 Bone Builders	9 Strength & Fitness 10 Double King Ped 12 Spanish Table 1 Yoga* 1 Scrabble	8:30 Volunteer Breakfast* 9:30 Tai Chi (B)* 10-12 Chair Massages* 10:30 Handwork Cir. 10:40 Tai Chi (Adv.)* 11:45- 2 CCC Office Hours 12 French Table 12:45 Lumosity Demo	BINGO daily at 10:30 am except on birthday day and other special meal days.	* Indicates that Sign up/ Reservations Required

MENU - APRIL 2014				
Mon	Tue	Wed	Thu	Fri
	1	2	3	4
* Indicates that sign-up/ reservations are required (Birthday Day & special holi-day meals)	Grilled Hot Dogs, Chef's Slow Cooked Baked Beans, Cole Slaw, Chef's Choice Dessert	Tossed Salad, Hearty Beef and Vegetable Stew, Blueberry Cake	Turkey Quesadillas w/ Tomato Avocado Salsa, Roasted Vegetable Melange, Pumpkin Whoopie Pies	Tossed Salad, Grilled Cheese, Creamy Tomato Soup, 4 Bean Salad, Apple Turnovers
7	8	9	10	11
Spinach & Cheese Ravioli w/ Meat sauce, Garlic Bread, Broccoli & Cauli-flower, Fresh Fruit Salad	Reubens, Sweet Potato Fries, Mari-nated Vegetable Salad, Strawberry Cake	Tossed Salad, Tus-can Chicken w/ Pep-pers and Tomatoes, Roll, Ice Cream w/ fruit compote	Asian Pork Burgers Herb Roasted Steak Fries, Sweet and Sour Asian Slaw, Peach Rhubarb Cof-fee Cake	Chef's Choice
14	15	16	17	18
Tuna Melt, Tomato, Vegetable Barley Soup, Cup Cake	Tossed salad, Multigrain Spaghetti & meatballs, Garlic bread, Fruit Crisp	Bombay Curry Chicken, Rice, Stir Fried Vegetables, Coconut Macaroons w/ pineapple	Blt Wraps, Carrot Ginger soup, Cherry Cheese Cake	Grilled Jammin' Salmon Burgers, Potato Salad, Grilled Vegetable Salad, Almond Joy Sundae
21	22	23	24	25
Easter Lunch* Baked Ham, Scal-loped Potato, Pine-apple Bread Pud-ding, Green Bean Amandine, Coconut Cake	Lemony Chicken with Spinach, Arti-chokes & Roasted Potatoes, Chef's Choice Dessert	Curried Crab Quiche, Cobb Salad w/ lettuce, ham, chicken, avocado, tomato, cheese, Mixed fruit Cobbler	BIRTHDAY DAY* Orange and Herb Roasted Turkey Breast, Parsnip Mashed Potato, Gravy, Balsamic Roasted Asparagus, Cake and Ice Cream	Chef's Choice
28	29	30		
Tossed Salad, Penne Pasta w/ Sweet Italian Sau-sage, Spinach, To-matoes, Pesto, Cit-rus Ricotta Squares	Meatloaf, Smashed Potato, Gravy, Peas & Carrots, Hot Fudge Sundae with banana	Cheese Pizza, Greek Salad w/ let-tuce, cucumber, pep-per, olives, feta cheese, Chocolate Chip Cookie and fruit	Meal Pricing: ♦ \$ 7 <u>charge</u> 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