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.

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.

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.

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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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.
BEHIND THE SCENES

A D V I S O R Y  M E E T I N G  H I G H L I G H T S

- 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 Bowes
- 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.

T H O M P S O N  F U N D I N G  U P D A T E

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

<table>
<thead>
<tr>
<th>Income Type</th>
<th>% of Budget</th>
</tr>
</thead>
<tbody>
<tr>
<td>Town Support (4 towns)</td>
<td>11%</td>
</tr>
<tr>
<td>Federal/State Grants</td>
<td>13%</td>
</tr>
<tr>
<td>Programs/User Fees</td>
<td>17%</td>
</tr>
<tr>
<td>Grants</td>
<td>23%</td>
</tr>
<tr>
<td>Fundraising (Valentine Auction, Holiday Bazaar, Annual Appeal)</td>
<td>36%</td>
</tr>
</tbody>
</table>

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 won’t be jeopardized if one event or grant wasn’t successful, but you can see which area is so important to us. Please contact Deanna Jones if you have any questions. Your input and ideas are welcome.

Thank You!

In Appreciation

April Birthdays

<table>
<thead>
<tr>
<th>Name</th>
<th>Date of Birth</th>
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</thead>
<tbody>
<tr>
<td>Marjorie Van Alstyne</td>
<td>3rd March</td>
</tr>
<tr>
<td>Rachel Archer</td>
<td>4th March</td>
</tr>
<tr>
<td>Janice Prindle</td>
<td>6th March</td>
</tr>
<tr>
<td>Elaine Chase</td>
<td>6th March</td>
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<tr>
<td>Judith Hughes</td>
<td>8th March</td>
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<tr>
<td>Carol Powell</td>
<td>8th March</td>
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<tr>
<td>Rita Post</td>
<td>8th March</td>
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<tr>
<td>Van Bacon</td>
<td>8th March</td>
</tr>
<tr>
<td>Joel Staples</td>
<td>9th March</td>
</tr>
<tr>
<td>Sarah Mitchell</td>
<td>9th March</td>
</tr>
<tr>
<td>Esther Griffith</td>
<td>9th March</td>
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<tr>
<td>Audrey Fiedelholtz</td>
<td>10th March</td>
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<tr>
<td>Doris Johnston</td>
<td>10th March</td>
</tr>
<tr>
<td>Thomas Dutton</td>
<td>11th March</td>
</tr>
<tr>
<td>Ronald Griffith</td>
<td>11th March</td>
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<tr>
<td>Gladys Dearte</td>
<td>12th March</td>
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<tr>
<td>Patsy Mathews</td>
<td>12th March</td>
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<tr>
<td>Dorothea Monguella</td>
<td>13th March</td>
</tr>
<tr>
<td>Bea Rivers</td>
<td>14th March</td>
</tr>
<tr>
<td>Edward Evertz</td>
<td>14th March</td>
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<tr>
<td>Marjorie Swain</td>
<td>14th March</td>
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<tr>
<td>Annabelle Conner</td>
<td>16th March</td>
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<tr>
<td>Suzanne Esty</td>
<td>18th March</td>
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<tr>
<td>Ernie Jillson</td>
<td>18th March</td>
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</tbody>
</table>

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.

In Appreciation

Transportation Sponsors:
- Upper Valley Rehabilitation
- Dead River Company
- Ellaway’s Attic Consignment
- Ottauquechee Plumbing
- Mark Knott, DDS
- Woodstock Insurance Services
- Lang McLaughry
- Spira Real Estate’s Tambrey Vutech
- Gateway Motors - car washes

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

ONLINE DONATIONS:
- Daily Valley News subscription - Woodstock Pharmacy
- Birthday Cakes - Diane Atwood, Jane Soule, Carol Towne
- Monthly book club selection - Yankee Bookshop

Thank You!
**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.

**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

**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.

**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

**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 1-3pm. Look for more information on community posters and in local newspapers.

**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 Strouse 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
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 Parisen, 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.

**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 laptop to the appointment, if you have one.

**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 Dermane, 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.**

**T’ai 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

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**Medicare Counseling**

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

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TRIPS, TRIPS, TRIPS

The 39th Annual Art in Bloom, at the Museum of Fine Arts in Boston
Monday, April 28, 2014 (depart the Thompson Center on Premier Coach at 5:00am)
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 by 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 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, 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!

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!

Community Care Coordinator (CCC), Katrin Tchana, has office hours at The Thompson. Times and dates noted on the Program Calendar.
### PROGRAM CALENDAR - APRIL 2014

<table>
<thead>
<tr>
<th>Mon</th>
<th>Tue</th>
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<td>1</td>
<td>9 Strength &amp; Fitness</td>
<td>9 W. Leb Shopping*</td>
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<td>9 Strength &amp; Fitness</td>
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<td></td>
<td>10:00 Double King Pede</td>
<td>9:30 Tai Chi (B)*</td>
<td>9:10 Cribbage</td>
<td>9:00 Office Hours</td>
</tr>
<tr>
<td></td>
<td>12 Spanish Table</td>
<td>10:30 Chair Massages</td>
<td>10:30 Italian Class</td>
<td>12 German Table</td>
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<td>1 Yoga*</td>
<td>10:30 Handwork Ctr.</td>
<td>12 Italian Table</td>
<td>1 Computer basics*</td>
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<td></td>
<td>1 Scrabble</td>
<td>10:40 Tai Chi (Adv.)*</td>
<td>2 Bone Builders</td>
<td>Saturday, 4/5 - Lucy Mac Italian Dinner</td>
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**8:45 - 1:45 Tax Assistance***

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<td>9:2 - Smart Driver</td>
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<td>10:15 Memoir Club</td>
<td>10:10 Chair Massages*</td>
<td>10:30 Cribbage</td>
<td>10:00 Office Hours</td>
<td>2 - Smart Driver</td>
</tr>
<tr>
<td>1 Bridge</td>
<td>10:30 Italian Class</td>
<td>10:30 Italian Class</td>
<td>12 German Table</td>
<td>12:00 Office Hours</td>
</tr>
<tr>
<td>1 Advisory Meeting</td>
<td>9:30 Italian Table</td>
<td>12 Italian Table</td>
<td>12 German Table</td>
<td>12 German Table</td>
</tr>
<tr>
<td>3 Bone Builders</td>
<td>12:30 Lucy Mac Pet visit</td>
<td>2 Bone Builders</td>
<td>9 - 2 Smart</td>
<td>Driver</td>
</tr>
</tbody>
</table>

**8:30 Newsletter Folding**

<table>
<thead>
<tr>
<th>14</th>
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</thead>
<tbody>
<tr>
<td>9 Strength &amp; Fitness</td>
<td>10:00 Double King Pede</td>
<td>9 W. Leb Shopping*</td>
<td>9 W. Leb Shopping*</td>
<td>10:00 Double King Pede</td>
</tr>
<tr>
<td>10:15 Memoir Club</td>
<td>10:00 Double King Pede</td>
<td>9 – 2:30 Foot Clinic*</td>
<td>8 Board Meeting</td>
<td>9 Strength &amp; Fitness</td>
</tr>
<tr>
<td>1 Bridge</td>
<td>10:30 Handwork Ctr.</td>
<td>12:30 Caregiver Group</td>
<td>9 Strength &amp; Fitness</td>
<td>10 Cribbage</td>
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<td>3 Bone Builders</td>
<td>12:30 Caregiver Group</td>
<td>12:00 Office Hours</td>
<td>12 German Table</td>
<td>10:30 Office Hours</td>
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</table>

**8:30 Volunteer Breakfast***

<table>
<thead>
<tr>
<th>28</th>
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</thead>
<tbody>
<tr>
<td>9 Strength &amp; Fitness</td>
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<td>9 Strength &amp; Fitness</td>
</tr>
<tr>
<td>9 W. Leb Shopping*</td>
<td>9 W. Leb Shopping*</td>
<td>9:30 Tai Chi (B)*</td>
</tr>
<tr>
<td>10:12 Chair Massages*</td>
<td>10:10 Chair Massages*</td>
<td>10:30 Italian Class</td>
</tr>
<tr>
<td>10:30 Handwork Ctr.</td>
<td>10:10 Chair Massages*</td>
<td>12 Italian Table</td>
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<tr>
<td>10:40 Tai Chi (Adv.)*</td>
<td>10:30 Italian Class</td>
<td>2 Bone Builders</td>
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<tr>
<td>11:45- 2 CCC Office Hours</td>
<td>12 Italian Table</td>
<td>1 Garden program</td>
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<tr>
<td>12:30 Liverpool</td>
<td>12:30 Lucy Mac Pet visit</td>
<td>12 German Table</td>
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</tbody>
</table>

### MENU - APRIL 2014

<table>
<thead>
<tr>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
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<th>Fri</th>
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<td>3</td>
<td>4</td>
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</tr>
<tr>
<td><strong>8:45 - 1:45 Tax Assistance</strong>*</td>
<td><strong>8:45 - 1:45 Tax Assistance</strong>*</td>
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<tr>
<td><strong>10:00 Double King Pede</strong></td>
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<tr>
<td><strong>1 Scrabble</strong></td>
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<tr>
<td><strong>1 VT Homeschooling talk</strong></td>
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</tr>
</tbody>
</table>

**SPECIAL MEALS**

*Indicates that sign-ups are required (Birthday Day & special holiday meals)

**BIRTHDAY DAY***

**Easter Lunch***

**8:30 Newsletter Folding**

**8:30 Volunteer Breakfast***

**BINGO daily at 10:30 am except on birthday day and other special meal days.***

**Meal Pricing:**

+ $7 charge for those under age sixty
+ $5 suggested donation for ages sixty and over

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