



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 2015

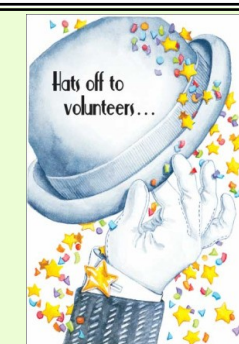
Volunteers, We Celebrate Your Service!



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 8th 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.

"Hats off to Volunteers" Volunteer Appreciation Breakfast Wednesday, April 8, 2015 at 8:30 am

All volunteers are invited to the Center for a time of celebration, recognition, and a delicious breakfast.
Please RSVP by April 1st to 457-3277.



IN APPRECIATION

Jim Sadwith – Tapes and DVDs
Fran Drury - Helped clean out craft room
Peggy Kasden - Shalach Manot, traditional gift basket of food



ONGOING DONATIONS:

Daily Valley News subscription -
Woodstock Pharmacy

The Vermont Standard Weekly Papers

Birthday Cakes - Diane Atwood, Jane Soule,
Carol Towne

Monthly book club selection - Yankee Bookshop

Transportation Sponsors:

Upper Valley Rehabilitation
Dead River Company
Connected-At-Home
Ottauquechee Plumbing
Mark Knott, DDS
Woodstock Insurance Services
Lang McLaughry Spera Real Estate's Tambrey Vutech
Gateway Motors - car washes
Ottauquechee Health Foundation

IN MEMORY OF

ROBERT LEWIS

Deborah Phillips

BERNICE ATWOOD

Karen & Ed McGee

Lucille Staples

Ted & Joan Staples

Grace Staples

RICHARD STAPLES

Ron & Ellen Willis

Memorial Note: Please see previous/future newsletters for other memorial gifts. Gifts are listed once in the monthly newsletter immediately following when they are received; this is not a complete listing of gifts for each individual.
Thank you for your contributions in memory of dear friends.

Living at the End of Life: An Open Community Discussion April 20, 4:00—6:00 pm on the Mezzanine at NWPL

Society does not make it easy to talk about end-of-life. This discussion aims to create a respectful, open, confidential space to explore our thoughts, beliefs and feelings about death, dying and related subjects.

Join us for refreshments and lively conversation as we explore death and ultimately how to make the most of our (finite) lives. This is not a bereavement support group or a grief counseling group. Everyone is welcome. Facilitated by Cynthia Stadler APRN, MSN, CHPN.



Cynthia Stadler is the Community Liaison for Bayada Hospice. Her education includes a BA in Art History from Grinnell College, a BSN from Creighton University, and an MSN from the University of Pennsylvania. She is a Certified Hospice and Palliative Care Nurse. Cynthia currently lives in Norwich with her husband (a geriatrician) and (almost launched) children.

This Aging in Community program is offered in collaboration with the Norman Williams Public Library.

The Thompson Center

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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
Pam Butler, Program Director,
pbutler@thompsonscenter.org
Jen Bloch, Marketing Coordinator
jbloch@thompsonscenter.org
Ryan Martin, Chef,
rmartin@thompsonscenter.org
Siobhan Wright, Kitchen Asst.,
Gordon Worth, Van driver
Jim Emery, Medical driver
Nelson Gilman, Back-up medical
driver

Senior Solutions (Formerly Council of
Aging for Southeastern Vermont)
SENIOR HELPLINE: 800-642-5119

Community Care Coordinators
**Lonnie Larrow, RN and
Carla Kamel, MSW**
Ottawaquechee Health Center, 457-5414

BOARD OF DIRECTORS

Tom Weschler—*President*
Patsy Mathews —*Vice President*
Jerry Fredrickson —*Treasurer*
Sarah Roberts—*Secretary*
Dick Atwood
Dick Brodrick
Frances Gillett - Advisory
Rachel Hochman
Peggy Kasden
Barbara Kelley
Sally Kesseli
Holly Levison
Susan Moor
Lynn Peterson, M.D.
Liz Schellhorn
John Snyder
John Steinle
Tambrey Vutech

BEHIND THE SCENES

ADVISORY MEETING HIGHLIGHTS

- Pam asked for suggestions for side trips to accompany Warren’s Lobster House.
- Dale Frates explained the upcoming Zack’s Place Musicale event, Zackston’s Abby and encouraged involvement from patrons in a variety of ways. This is a collaboration between Zack’s Place and Thompson Senior Center.
- Carol Towne talked about the need for early arrivals to wear coats in living and dining room due to cold spell. Dick Atwood explained the reason and consequent need for more heat pumps.



**Zackston’s Abby
Play Practices Have Begun!**

Enthusiastic Thompson patrons have signed on and practices will be on Fridays from March 13 through early May at 3:00 pm at The Thompson. There is still time to come and grab a part. Please note that there will be no Thompson van service after rehearsal.

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



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.

Community Care Coordinator (CCC), Carla Kamel, has office hours at The Thompson.
Times and dates noted on the Program Calendar

Sign up for the e-newsletter by emailing:
jbloch@thompsonscenter.org

IN APPRECIATION

APRIL BIRTHDAYS

| | | | | | | | | |
|------|----------|-------------|------|-----------|------------|------|-----------|-------------|
| 1st | Roland | Heijn | 11th | Ronald | Griffith | 22nd | Lyman | Shove |
| 1st | Margaret | Kannenstine | 11th | Thomas | DeGiacomo | 23rd | Pauly | Mathews |
| 3rd | Marjorie | Van Alstyne | 12th | Gladys | Deatte | 23rd | Sallie | Farlow |
| 4th | Rachel | Archer | 12th | Patsy | Mathews | 24th | Jane | Leonard |
| 4th | Don | Reich | 12th | Dorothea | Mongulla | 24th | Peter | Pickett |
| 6th | Janice | Prindle | 12th | Lou Ann | Cogswell | 24th | John | Bieling |
| 6th | Elaine | Chase | 14th | Bea | Rivers | 25th | David | Smith |
| 8th | Judith | Hughes | 14th | Edward | Evertz | 26th | Charlie | English |
| 8th | Carol | Powell | 15th | Ron | Miller | 26th | Richard | Breton |
| 8th | Rita | Post | 16th | Annabelle | Conner | 27th | Jennifer | Dembinski |
| 8th | Van | Bacon | 17th | Mimi | Bergstrom | 27th | Joan | Oppenheimer |
| 9th | Joan | Staples | 18th | Suzanne | Esty | 27th | Joanna | Long |
| 9th | Sarah | Mitchell | 18th | Ernie | Jillson | 27th | Sharon | Beauregard |
| 9th | Esther | Griffith | 19th | Barbara | Destefano | 28th | Ted | Staples |
| 10th | Audrey | Fiedelholz | 19th | James | McClelland | 29th | Katherine | Lynds |
| 10th | Doris | Johnston | 21st | William | Badger | | | |
| 11th | Thomas | Dutton | 22nd | Joanna | Frodin | | | |

On April 23rd 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.



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 28, 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? From The Thompson

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



Safely Dispose of Expired or Unused Prescription Drugs Call 802-457-1420

Make an appointment with Windsor County Sheriff Mike Chamberlain or Woodstock Town Police Chief Robbie Blish to pick up your expired or unused prescription drugs. For proper disposal, place prescriptions in their original containers and mark out your name or other personal information if desired. **Please note that sharps, needles and liquids will not be accepted.**

ADVANCE DIRECTIVES Monday afternoons

Would your loved ones know your wishes about medical care if you were unable to speak for yourself? There is a legal document called an Advance Directive that you can complete to give guidelines about your wishes and appoint someone to represent you if you are not able. We have arranged for a trained and caring volunteer to be at the Thompson Center every Monday from 1pm - 3pm. These volunteers will take the time to explain both the document and the simple process used to make your wishes known. The most important part of this process is talking to those you love about what matters most to you. You can call 457-3277 to schedule an appointment.

CAREGIVER SUPPORT GROUP Wednesday, April 15, 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, 9:00 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, 10:00 am to noon

Chair massages are offered 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



Dinner Program at The Thompson The CIA's Secret Weapon: Dave Roseman Thursday, April 9 Dinner at 5:30 pm Followed by 6:30 pm Presentation Cost: \$20, Reserve your Seat with Payment

Dave Roseman served as a senior official in the Central Intelligence Agency, retiring after 30 years, with the Agency's highest award for work "*absolutely essential to the successful execution of operations around the world and incredibly diverse and unique responsibilities...*" that earned him the name, "*CIA's secret weapon.*"

He began his career at the Agency as an attorney, leading to his responsibility for reviewing the legality of operations worldwide. He was later asked to join the Agency's most secretive Operations Directorate where he spent most of his career. Mr. Roseman is known as an expert on negotiating and dispute resolution, and also served as the government expert on conducting an intelligence service within a democracy. His skills have been requested by, and he has worked with, heads of powerful intelligence agencies, Presidents of nations, the United Nations, a King and other royalty, a Nobel Peace Prize winner, generals, ambassadors and many others worldwide, with the results of his work in effect on five continents. His work includes negotiating the fundamental post 9/11 agreements that ended the publicly acknowledged disputes between CIA and the FBI and the Department of Defense; handling counterterrorism, and handling clandestine activities in such areas of conflict as Somalia, Afghanistan and Yemen. Official U.S. Government commendations include those for developing "*groundbreaking changes which left a lasting impact on the entire Intelligence Community*" and from the senior FBI national security official, for serving as "*an inspiration to our national security workforce.*"

His presentation will address the secretive and often misunderstood world of espionage and the CIA including the unique authorities of the Agency and its domestic authority. Mr. Roseman has made presentations to thousands throughout the world. They are informative and entertaining. He will allow ample time for questions and answers from his audience.

Menu: Mixed greens salad with maple balsamic vinaigrette, braised beef brisket with bourbon-peach glaze, creamy garlic mashed potatoes, caramelized baby vegetables and caramel almond ice cream torte.

APRIL IN PARIS French for Everybody

No need to buy a plane ticket.

Come to the Thompson Center to welcome Spring with some French conversation
~we welcome all levels of experience~

Friday, April 17, 9:30 to 11:00
\$15 includes "café et croissants."

Questions can be directed to judymahood@comcast.net



PROGRAMS

Lifeline Talk Tuesday, April 7, 1:00 pm

Lifeline Specialists Tami Musty and Tara Eaglestone from Dartmouth-Hitchcock Lifeline Program will discuss all the current equipment available, including Lifeline's newest model, **GoSafe**. This is the only mobile solution featuring Auto Alert fall detection technology. Please note the GoSafe button can only be worn around the neck and requires AT+T cell coverage to work outside the home. Bring your questions as these two specialists will be on hand to help you.



LIFELINE AND GOOD NEIGHBOR GRANTS

If you or someone you know is interested in getting Lifeline but cannot afford it, the Ottauquechee Health Foundation might be able to help through their Good Neighbor Grants program. For more information, give them a call at 802-457-4188 or email: ohf@sover.net For those attending the Lifeline program at The Thompson on April 7th, a representative from OHF will be available to answer any questions or provide applications, if needed.

Parkinson's: Beyond the Best-Known Symptoms Presented by Diane Sherman, Neurology Program Coordinator The Parkinson's Center – DHMC Tuesday, April 14, 1:00 pm

Parkinson's disease is known as a movement disorder causing tremor, rigidity, slowness and gait problems. It's symptoms, progression and responses to treatment vary from person to person. Come learn about other symptoms of this chronic illness and strategies for dealing with them, and the resources available through the Parkinson's Center.

Note: This program has been re-scheduled from its original date of January 28th



AARP Smart Driver Safety Course Friday, April 24 9:15 am to noon (break for lunch) 1:00 to 2:00 pm

Instructor Bill Cherico returns to teach this four hour instructional course which is the nation's largest refresher course designed specifically for older drivers. Registration begins at 9:15am. **Your driver's license is required and your AARP card for members.**

Course Fee: \$15.00 for AARP members 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 Smart Driver.



The Second Wind Music Duo Thursday, April 30th, 1:00 pm

The Second Wind Music duo of Terry Ray Gould (guitar and vocals) and Suzi Hastings (vocals, percussion and guitar) return to The Thompson to perform immediately following our noon lunch. Their song list covers all genres of popular music and easy listening.

CLASSES & PROGRAMS

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

Strength & Fitness Weekly classes, Monday, Tuesday & Thursday 9 to 10:00 am

This popular class is led by certified fitness instructor and personal trainer, Liz Hatfield. Liz incorporates aerobic, stretching, strength and weight bearing exercises. The benefits of these exercises include bone building, balance, and overall coordination. Cost: \$3.00/class or 12 classes for \$30 on a punch card.

Bone Builders Tuesdays and Thursdays, 3:00-4:00 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 Tuesdays and Thursdays each week. Classes are free. **Minimum of six participants required. Please sign up in advance.**

Walking Group at Union Arena Wednesdays, 9 am at Union Arena

The Wednesday walkers will continue to walk at the Union Arena through the month of April and then meet as a group to determine how to continue in the nicer weather of spring. Adults of all ages are welcome. *If leaving from the Thompson Center, we will provide you with a ride to and from the Arena, with advance notice.*

Tai Chi's Slow, Gentle Exercise Great for Mind and Body

Our next round of the Wed. 10 - 11 Tai chi class, taught by Anne Bower and Jane Philpin, begins April 15th and will run through May 27th. The seven one-hour sessions cost a total of \$35.

We know from clinical studies that tai chi improves balance, memory, coordination, mood, and blood sugar levels. It helps prevent falls, can lower blood pressure, and learning it gives a great sense of satisfaction

Each class participant makes adjustments for his or her own body; sometimes we do seated tai chi, though usually we're on our feet. The mood in class is relaxed and fun--we laugh a lot, strive to learn, help each other.

Come give it a try!

For more information on how tai chi can benefit you, contact Anne Bower at anniebower@yahoo.com, or check out her website: www.annebower.com

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.

TRIPS, TRIPS, TRIPS



**Vermont's Green Mountain Tours Presents:
The Mormon Tabernacle Choir on June 29, 2015
Depart from The Thompson Center approximate 2:00 pm
Return approximately 12:00 pm**

The Mormon Tabernacle Choir will be performing at the Saratoga Performing Arts Center (SPAC) in Saratoga Springs, New York on Monday, June 29 at 7:30pm. The Choir, who has performed before presidents and kings, has sold millions of records and won scores of awards, will be performing at SPAC for only this one evening. They will perform a varied repertoire that will include classical, popular and patriotic works – from Bach to Broadway. Cost: \$255/person. **For 10 plus people, the tour price is \$230.*

Your tour package includes:

- Premium Box Seats at SPAC
- Dinner at Maestro's, located in the historic former Rip Van Dam Hotel, the largest remaining pre-civil war hotel in Saratoga Springs
- Luxurious Premier Coach transportation from The Thompson Center **

Your 50% deposit is due at time of reservation with Vermont's Green Mountain Tours, with the total balance due by May 15, 2105.

**Initial 50% deposit will be based upon \$255 per person or \$127.50. Your remaining balance will be less if trip cost is reduced to \$230 per person based on number of reservations.*

Payment can be mailed to: Vermont's Green Mountain Tours, PO Box 2021, Georgia, VT 05468.

For more information contact Keith at 802-527-0496.



**SAVE THE DATE!
Warren's Lobster House Trip
Wednesday, August 5, 2015
More details to follow...**

Hood Museum Tour

**Friday, May 1 ~ Depart Thompson Center on van at 9:30 am
Tour will include lunch on your own at the Courtyard Cafe.**

Arrive back at Thompson by 2:00 pm

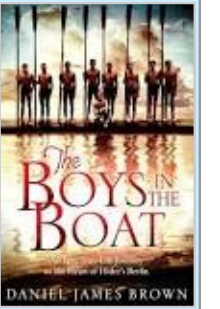
Cost: \$5 for transportation plus lunch cost. Free admission to Hood

Artists Chrissy Orcott and Murray Ngoima invite you to join them with the Thompson art class on a visit to the Dartmouth College Hood Museum. Chrissy and Murray will be your guides as you tour various exhibits throughout the museum. Immediately following the tour your group will visit the Courtyard Cafe at the Hopkins Center where a delicious variety of food will be available for purchase. Please call to reserve your seat on the van.

PROGRAMS

BOOK GROUP Wednesday, April 8, 1:00 pm

Daniel James Brown's book is an outstanding account of the University of Washington 9 man crew that captured the gold medal in the 1936 Berlin Olympics. It is more than about rowing, however. It's a story of life and how these men dealt with and rose above their roots and the difficult era. Although it's non-fiction (the research is amazing), it reads like fiction. You won't be able to put it down!



Skills to Enhance Your Life Experience

Wednesdays, April 8 - 29, 3:00 - 5:00 pm

This Class is offered at The Thompson Center through Collaboration with The Learning Lab. To Register email: tllwoodstock@gmail.com

Cost: \$35.00

Do you want to feel more vitality, zest and joy? You probably already know your health is essential to your happiness. In this course you can learn simple ways to improve your health and wellbeing.

You will be introduced to a method that increases strength, flexibility and energy. Also you can learn how to make natural anti-inflammatory healing medicines in your kitchen and a technique to change your stress response. Specific questions regarding your health conditions will be anonymously submitted. Holistic treatment solutions will be discussed in class.

Spring Cleaning Your Legal Affairs A Three Part Series at The Thompson Center, 1:00 pm

Spring is always a good time to take stock of our affairs whether we are cleaning our houses and preparing our garden beds, or clearing out our clutter. Spring is also a great time to get our legal houses in order. With estate planning, that means reviewing your existing documents which may have grown stale, and educating yourself on new aspects of the law which may not have been relevant to you only a few years ago.

Whether you have already completed your estate planning, but you think it needs updating, or you are eager to learn more about the documents you should have, but on which you have not yet taken action, Spring Cleaning your Legal Affairs is a series for you.

Join attorneys Daphne Moritz and Denise Clark for their presentation: Spring Cleaning your Legal Affairs.

| | |
|------------------------|---|
| April 29 th | Your Top Five Essential Estate Planning Documents |
| May 6 th | Long Term Care Planning and Aging Well (Including Residence Options); and |
| May 13 th | Advance Directives and Legacy Letters. |

Come prepared with your questions about wills and trusts, long-term care concerns and Medicaid planning, health care powers of attorney, and advance directives.

Daphne Moritz is a partner in Melendy Moritz PLLC. She focuses her practice on estate planning, estate and trust administration, elder law, families with special needs, and related matters.

Denise Clark has been providing legal counsel and education for over 20 years. She focuses her practice in the areas of estate planning, elder law, guardianship and estate and trust administration.

| PROGRAM CALENDAR - APRIL 2015 | | | | |
|--|--|--|--|---|
| Mon | Tue | Wed | Thu | Fri |
| | | 1 | 2 | 3 |
| BINGO daily at 10:30 am except on birth-day day and other special meal days. Location: Dining Room on Mon & Wed. Upstairs conference room on Tues, Thurs, Fri. | *Indicates that sign-up/reservations are required | 9 W. Leb Shopping* 9 Walking Program 10 Tai Chi* 10-12 Chair Massages* 10:30 Handwork Cir. 12 French Table | Easter Lunch* 9 Strength & Fitness 10 Cribbage 10:30 Italian Study 12 Italian Table 1 Beginning Italian 3 Bone Builders | 10-12:30 CCC Office Hours* 10 Art Class 12 German Table |
| 6 | 7 | 8 | 9 | 10 |
| 8:45 Tax Appts* 9 Strength & Fitness 10:15 Memoir Group 1 Bridge 1 Advance Directives* 1 Advisory Meeting | 9 Strength & Fitness 10 Double King Pede 12 Spanish Table 1 Scrabble 1 Lifeline Talk 3 Bone Builders | 8:30 Volunteer Appreciation Breakfast* 9 Walking Program 10 Tai Chi* 10-12 Chair Massages* 10:30 Handwork Cir. 12 French Table 1 Book Group 3 Holistic Class | Late Opening for 5:30 CIA Dinner Program* | 9 – 2:30 Foot Clinic* 10 Art Class 10-12:30 CCC Office Hours* 12 German Table 3 Play Practice |
| 13 | 14 | 15 | 16 | 17 |
| 9 Strength & Fitness 10:15 Memoir Group 1 Bridge 1 Advance Directives* | 9 Strength & Fitness 10 Double King Pede 12 Spanish Table 1 Scrabble 1 Parkinson's Presentation 3 Bone Builders | 8:30 Board Meeting 9 Walking Program 9 W. Leb Shopping* 9 – 2:30 Foot Clinic* 10 Tai Chi* 10:30 Handwork Cir. 12 French Table 12:30 Caregiver Group 3 Holistic Class | 9 Strength & Fitness 10 Cribbage 10:30 Italian Study 12 Italian Table 12:45 Lucy Mac Visit 1 Beginning Italian 3 Bone Builders | 9:30 April in Paris* 10-12:30 CCC Office Hours* 12 German Table 3 Play Practice |
| 20 | 21 | 22 | 23 | 24 |
| 8:30 Newsletter Folding 9 Strength & Fitness 10:15 Memoir Group 1 Bridge 1 Advance Directives* 4 End of Life Talk at Norman Williams Public Library | 9 Strength & Fitness 10 Double King Pede 11:30 Commodities 12 Spanish Table 1 Scrabble 3 Bone Builders | 9 Walking Program 10 Tai Chi* 10-12 Chair Massages* 10:30 Handwork Cir. 12 French Table 3 Holistic Class | BIRTHDAY DAY* 9 Strength & Fitness 10 Cribbage 10:30 Italian Study 12 Italian Table 1 Beginner Italian 3 Bone Builders | 9:15 AARP Class* 10-12:30 CCC Office Hours* 12 German Table 3 Play Practice |
| 27 | 28 | 29 | 30 | |
| 9 Strength & Fitness 10:15 Memoir Group 1 Bridge 1 Advance Directives* | 9 Strength & Fitness 10 Double King Pede 10-12 Wellness Clinic 12 Spanish Table 1 Scrabble 3 Bone Builders | 9 Walking Program 10 Tai Chi* 10-12 Chair Massages* 10:30 Handwork Cir. 12 French Table 1 Spring Cleaning Affair 3 Holistic Class | 9 Strength & Fitness 10 Cribbage 10:30 Italian Study 12 Italian Table 1 Beginner Italian 1 Music 3 Bone Builders | |

| MENU - APRIL 2015 | | | | |
|---|--|--|--|--|
| Mon | Tue | Wed | Thu | Fri |
| | | 1 | 2 | 3 |
| Meal Pricing: ▪ \$7 charge for those under sixty ▪ \$5 suggested donations for ages sixty and over | Menu is subject to change based on availability of food items. Please call ahead with special dietary needs | Spinach& Cheese Ravioli w/ Meat sauce, Garlic Bread, Broccoli & Cauliflower, Garlic Bread, Fresh Fruit Salad | Easter Lunch* Baked Ham, Scalloped Potato, Pineapple Bread Pudding, Green Bean Amandine, Coconut Cupcakes | Grilled Jammin' Salmon Burgers, Potato Salad, Grilled Vegetable Salad, Almond Joy Sundae |
| 6 | 7 | 8 | 9 | 10 |
| Chef's Choice | Meatloaf, Smashed Potato, Gravy, Peas & Carrots, Mixed fruit Cobbler | Puff Pastry Chicken Pot Pie, Tossed Salad, Sorbet w/ Fresh Berries | CIA SPECIAL DINNER*(No Lunch served) Mixed greens salad with, maple balsamic vinaigrette, Braised Beef Brisket with Bourbon-Peach Glaze, Creamy Garlic Mashed Potatoes, Caramelized Baby vegetables, Caramel Almond Ice cream Torte | Chicken Marsala, Rice Pilaf, Green Beans, Strawberry Rhubarb Pie |
| 13 | 14 | 15 | 16 | 17 |
| Chicken Quesadillas w/ Tomato Avocado Salsa, Roasted Vegetable Melange, Apple Crunch Pie | Tossed Salad, HeartyBeef & Vegetable stew, Roll, Frosted Banana Bars | Quiche w/ Asparagus Leek & Gruyere Cheese, Roasted Potatoes, Tossed Salad, Citrus Ricotta Squares | Grilled Hot Dogs, Chef's Slow Cooked Baked Beans, Cole Slaw, Fresh fruit Parfait | Pan Seared Chicken breast, Creamy Cheddar Polenta, Spinach Supreme (spinach, sour cream, parmesan and monterrey jack) Blueberry Cake |
| 20 | 21 | 22 | 23 | 24 |
| Tortellini with Asparagus and Lemon topped with Grilled Chicken Served w/ Tossed Salad, Lime and Spice Peach Cobbler | Shepherd's Pie, Tuscan Vegetable Medley, Poached Pears | Reubens, Sweet Potato Fries, Marinated Vegetable Salad, Chefs Choice Dessert | BIRTHDAY DAY* Orange and Herb Roasted Turkey Breast, Parsnip Mashed Potato, Gravy, Balsamic Roasted Asparagus, Roll, Cake and Ice Cream | Tossed Salad, Cajun Blackened Tilapia, Brown Rice, Braised Collard Greens, Peach Shortcake |
| 27 | 28 | 29 | 30 | |
| Tossed Salad, Grilled Ham and Cheddar with Tomato on Wheat berry bread, Homemade Creamy Tomato Soup, 4 Bean Salad, Apple Turn-overs | Multigrain Spaghetti & meatballs, Garlic bread, Vegetable, Fruit Crisp | Chef's Choice | Chicken Tostadas w/ Lettuce tomato, black olives, cheese, Salsa and Sour Cream Roasted Vegetable Medley, Chocolate Chip Cookie and fruit | *Indicates that Sign-up/ Reservations are required (Birthday Day & special holiday meals) |