



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



DECEMBER 2014



SEASONS GREETINGS FROM THE THOMPSON CENTER



**HOLIDAY
BAZAAR &
COOKIE WALK
SATURDAY, DEC 6,
9 AM – 1 PM**



**WINTER TEA AT THE JACKSON
HOUSE INN
TUESDAY, JANUARY 6, 2015
2:00 - 4:30 PM**

Kathy and Rick Terwelp of The Jackson House Inn welcome Thompson guests for the 5th Annual Holiday Tea. After the hustle and bustle of the holiday season, relax and enjoy a cup of tea and goodies with friends and our neighbors. **Sign up is required** as space is limited to 35. RSVP by December 30 at the Thompson Center, or by calling 457-3277.



Please join us for this annual event where you'll find a great selection of holiday gifts, wreaths, handmade pottery, ornaments, jewelry, knitted and felted items, homemade goodies, jams, jellies, pickles, and more! Santa will visit and our famous Cookie Walk will be upstairs in the conference room. Hundreds of cookies will fill over 200 cans. Arrive early to pick your favorites!

Raffle ticket prizes are a Winter Stars quilt 89"W x 113"L made by Janet Maxham, appraisal value \$1,000, a Simon Pierce large bowl, value \$120, by anonymous donor and a booklet of 5 Chair Massage Certificates with Greg Somerville, at the Thompson Senior Center, value \$100. Tickets are \$5, or 6 for \$20. **All proceeds benefit The Thompson Senior Center.**

MISSION

It is the mission of the Thompson Center to be a multi-generational 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.

~FUEL ASSISTANCE~

Seasonal Fuel Assistance Applications are processed all year long but benefits are paid to fuel dealers in November. If you need assistance applying for benefits, call the Senior Helpline at 800-642-5119. If you think you have applied but have questions about your benefits, call Economic Services Benefit Service Center 800-479-6151. Applications for the 2014-2015 heating season must be postmarked by February 28 for eligible households.

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

MEMORY TREE FOR THE HOLIDAYS

Each year a tree is set up in the foyer of the Thompson Center and is dedicated as a memory tree. For \$2 people can have an ornament placed on the tree with the name on it of someone they are remembering during the holidays.



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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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, Ottauquechee
Health Center, 457-5414

BOARD OF DIRECTORS

Tom Weschler—*President*
Patsy Mathews —*Vice President*
Jerry Fredrickson —*Treasurer*
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Susan Moor
Lynn Peterson, M.D.
Liz Schellhorn
John Steinle
John Snyder
Tambrey Vutech

BEHIND THE SCENES

ADVISORY MEETING HIGHLIGHTS

- Annual Meeting appreciation
- Report on Montpelier Senior Center conference
- Anne Frank programs in January
- Volunteer questions
- Rolls requested at lunch
- Concerns about road in front of the senior center– walk carefully!
- Special thanks to Sam Grice for the weight rack
- Special thanks to Janet Maxham for the quilt raffle item

Please join our next Meeting on Monday, December 1st at 1 pm. **We URGE all patrons (and especially trip goers)** to attend. It is an opportunity to give us your ideas before planning is completed!



Happy Holidays
From the Staff at
The Thompson Center

Winter

CLOSING POLICY

The Center is always closed when the Woodstock schools are cancelled. You can find out if the schools are closed after 6:15 AM by checking local news. We may also close when we feel driving conditions are not safe for our participants. If the weather seems questionable, please call the Center after 8 am and if we are closed, there will be a message on our machine. We also post on Facebook.



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. www.facebook.com/thompsonscenter

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

IN APPRECIATION & IN LOVING MEMORY

IN APPRECIATION

Audrey Fiedelholz - cards
Sam Grice - weight rack
Dick Lillian - medical equipment
Gary Smith - walker
Linda Grant - yarn
Joan Tarleton – yarn



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

IN MEMORY OF

JANE DEIGNAN

John & Kathryn Cardos

DICK STAPLES

Jane & Dick Leonard
Kedric & Catherine Harriman
Susan & Michael Brown
The Vermont Standard
Joyce Phillips
Joan & Ted Staples
Jean Conklin
Carl & Sally Kesseli
Pat Mangan
Ann & David Dibenedetto
Norman & Gloria Martin
Grace Staples
Janet & Perry Maxham
Ed & Karen McGee

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.

DECEMBER BIRTHDAYS

James Huff 1st	Alfred Jones 7th	Deirdre Donnelly 16th
Carol Atwood 1st	Helen Flower 8th	Gordon Pine 17th
Ruth Hunter 1st	Leon Stetson 9th	Anthony Thacher 17th
Ginny Christy 3rd	Gerry Hawkes 9th	Edith Williams 18th
Stan Talbot 4th	Nicholas Couture 9th	Rose Mroszczyk 20th
Sandra Hack 4th	Jane Schmidlapp 10th	Lonnie Larrow 20th
James Bailey 4th	Glenda Osmer 11th	Judith Repp 21st
George Zimberg 4th	Eleanor Zue 12th	Erlene Rogers 22nd
Barbara Butler 4th	Gordon Tuthill 12th	Glen Barr 23rd
Guy Destefano 5th	Gerald Parker 13th	Charlene Hale 23rd
Rick Kuniholm 6th	Grace Staples 14th	Carolyn Gregory 23rd
Donald Munro 6th	Jane Smith 14th	Charles Gundersen 23rd
Mary Doubelday 6th	Margaret Kasden 14th	John Audsley 24th
Honore Hager 6th	Judith Reynolds 15th	Nancy Kendall 24th
Kathleen Eiselein 6th	Ryan Martin 16th	Leo Desmond 24th

Phil Camp 24th
Jack Moore 25th
Carl Kesseli 26th
Rodney Leonard 26th
Katherine Webster 26th
William Durkee 26th
Nancy Gray 28th
Colin Nevin 29th
Russell Audsley 29th
Rupert Leonard 29th
Hazel King 31st



Those who attend Birthday day lunch with a December birthday will receive a complimentary meal on birthday-day. Please call to make a reservation for lunch. 457-3277

WELLNESS PROGRAMS

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.

**Community Care Coordinator (CCC),
Katrin Tchana, has office hours at The
Thompson.**

*Times and dates noted on the Program
Calendar*

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

CAREGIVER SUPPORT GROUP Wednesday, December 17, 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.

Wellness Clinic & Blood Pressure Screenings Tuesday, December 23, 2014

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.

Medicare Open Enrollment Part "D" Assistance individual appointments at The Thompson are no longer available. Please call Senior Solution at 800-642-5119 or 802-885-2655 for assistance.

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.**

EVENTS

The Arctic, Fifty Years Ago A Photo Presentation and Talk Tuesday, December 9, 1:00 pm

Research Meteorologist, Roy Bates, will present a slide show of his photos taken from fifty years ago while conducting research in the Arctic. His research included studies of snow and ice properties and their effects on military systems from Barrow, Alaska, across the Arctic Basin, to Greenland and northern European cold region nations. While in Greenland, his research included work at Camp Century, a city built under the glacial snow cover. Now retired, Mr. Bates started a consulting firm, Weather Service Associates and resides in Woodstock.

The Night of Las Posadas, an Original Christmas Operetta by Will Ögmundson and Tom Dunn Friday, December 12 at 1:00 pm

The Alchemists' Workshop, a professional touring theatre company that features original works by New Hampshire writers is celebrating its 15th year with its most extensive tour ever. Starting on November 30th at the Boston Playwrights' Theatre on the campus of Boston University the original musical adaptation of Tomie dePaola of New London's classic holiday story, The Night of Las Posadas, by Sutton composer Will Ögmundson will perform 25 times over the next 3 weeks traveling as far north as Berlin, New Hampshire and as far west as Woodstock, Vermont. A cast of five professional singers and musicians tours with the show which features projected scenery from Tomie's illustrations for the book. Will thrilled Thompson guests with his piano concert in March of this year. Please call to reserve your seat.



Photo Caption: Opening night of Las Posadas—the cast and creative team with Tomie dePaola

HOLIDAY DINNER Friday, December 12 at 12:00 pm

Please join us for our annual Holiday meal at Noon on December 12th.
Menu: Baked Ham, Scalloped Potato, Pineapple Bread Pudding, Holiday Cranberry Chutney, Green Bean Almandine, Holiday Chocolate Berry Cake. **Advance sign-up is required. 457-3277.**



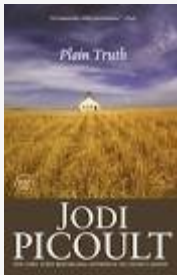
YANKEE SWAP Tuesday, December 16 at 1:00

Join our holiday fun with this annual event. Bring in a gently used, wrapped item to add to our collection of gifts. All are welcome, the more the merrier!

PROGRAMS

BOOK GROUP

The December read is Plain Truth by Jodi Picoult. This author is the master of preventing two sides of every issue and the reader can't decide with whom to align. The dilemma in this story is about a baby found in a barn in an Amish community. You presume guilt as you begin to read the story, but the circumstance complicates the truth. The mother is ready to accept punishment, but the lawyer called in to defend her learns as much about herself as she does about the case. We hope to see you at 1:00 on Wednesday, December 10th.



Anne Frank's Neighbors: What Did They Do?
A Vermont Humanities Council Event
Hosted by The Thompson Center
Wednesday, January 7, 1:00 pm

Although Anne Frank's Diary is the most widely read nonfiction book in the world after the Bible, little attention has been paid to her neighbors—the people who lived alongside the Jewish population as persecution intensified. Mary Fillmore examines the choices they faced and the decisions they made in the face of those choices. Why did some people ignore the situation, while others felt compelled to resist? What can we learn from them as we face the humanitarian crises of our own time?

Under grant from the National Endowment for the Humanities (NEH). Any views, findings, conclusions or recommendations expressed in this program do not necessarily represent those of the NEH or the Vermont Humanities Council.

Two Workshops on Touch Skills for Caregivers Taught by Jenny Gelfan, MAed

Relaxing the Head, Neck and Shoulders – Monday, January 12 at 1 – 2:30 pm

You can help your friends and family relax and feel better. This workshop expands on your knowledge with easy to learn touch techniques that can help relieve headache, tight neck, or stiff shoulders without tiring your hands. We will practice seated and sometimes standing, clothed, with no oils. Come alone or bring a friend so you can practice on each other. Suggested donation \$20

Relaxing Through the Feet – Monday, January 26, 1- 2:30 pm

Did you know you can help the body, mind and soul by touching the feet? You can help your friends and family relax and feel better. This workshop expands on your knowledge with easy to learn touch techniques without tiring your hands. We will practice seated, clothed, with no oils. You only need to be willing to take off your shoes and to touch someone's feet. Come alone or bring a friend so you can practice on each other. Suggested donation \$20

Jenny has practiced and taught massage for decades. Please call The Thompson to sign up for one or both workshops.

EXERCISE CLASSES

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, 2:15 - 3:15 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.**

Kripalu Yoga Thursdays, 1:00 pm

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.**

Senior Skating at Union Arena

Seniors will be offered a discounted rate of \$4.00 for *any* public skate, and \$1.00 off any skate rental fee. For the public skate schedule, please visit www.unionarena.org or call (802) 457-2500.



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

~ Fall Session Extended ~
Wednesdays, November 5 to December 17,
(no class Thanksgiving week)
10:00 to 11:00 am

Those of us who enjoy tai chi's slow, gentle movements find our balance improves, and so do our coordination, blood pressure, even our sleep. We enjoy the companionship of our classmates as we help each other learn the various movements and undertake the discipline of learning something new.

Some people think--tai chi's not for me. It's too slow, it's too strange. But talk to people who do tai chi and you discover that the slowness is part of what helps improve balance and strength, that the strangeness disappears once you've had a few classes. After all--anything new can feel strange at first!

Now that the Centers for Disease Control has shown that our Tai Chi for Arthritis and Fall Prevention form is *one of the best things you can do to reduce your risk of falling*, more and more people are signing up for tai chi. We encourage you to give it a try.

We're changing the format of our class at the Thompson Center to incorporate some qi gong (coordinated breathing and stretching) forms and some fun exercises that introduce tai chi principles. **We'll continue learning the Tai Chi for Arthritis and Fall Prevention form during a major part of our sessions.**

Instructors Anne Bower and Jane Philpin will lead beginners and more experienced participants working together during class, but at times we'll break into smaller groups as well.

Cost: \$30 for new 6 week session

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

TRIPS AND PROGRAMS



**Vermont Symphony Orchestra Holiday Pops
At The Historic Paramount Theater,
Rutland, Vermont
Sunday, December 14, 3:00 pm
(Depart Thompson on a Premier Coach Bus at 1:45 pm
and return to Woodstock approximately 8:00 pm)
Cost: \$78.00 includes bus fare, tickets and buffet dinner at Mountain Top Inn
Tickets are still available with your payment.**

**Christmas Country Music Show with Sherri's Jubilee
Following December Birthday Lunch Celebration
Thursday, December 18, 1:00 pm**

Nashville recording artist, Sherri Lamberton, will bring her holiday performance to The Thompson after our Birthday Lunch celebration. Sherri has been performing at fairs, festivals, and campgrounds throughout New England for the past 20 years with her group, Sherri's Jubilee. While recording in Nashville, she has performed at the Nashville Palace, and the General Jackson Showboat. Come and get in the holiday spirit and enjoy some of your old country favorites.

**Parkinson's Disease Question and Answer
Presented by Diane Church, PhD, Coordinator, Parkinson's Center at DHMC
Wednesday, January 28, 2015, 1:00 pm**

Parkinson's symptoms, progression and responses to treatment vary from person to person to such an extent that some have called Parkinson's a "designer disease". Do you have questions about Parkinson's? Join this question-and-answer session to learn more about this chronic illness and the resources available through the Parkinson's Center.

Diane Church received her PhD in Biology from Yale University in 1988, and completed a postdoctoral research fellowship with the Jane Coffin Childs Memorial Fund for Medical Research at the University of Wisconsin in 1992. She was an instructor and research associate at Dartmouth College for 14 years, and then joined the DHMC staff in 2006.

CLASSES AND INFO

**Holistic Health, Part One
Skills for Physical, Mental and Emotional Wellbeing
Mondays, January 12-February 23 (no class on 1/19 and 2/16) 5-7 pm
Cost: \$40, Payable to The Learning Lab
This Class is offered at The Thompson Center through Collaboration with The Learning Lab. To Register email at tllwoodstock@gmail.com**

Charles & Teresa Baltzell LAc., Orthomolecular Medicine and acupuncture physicians have recently moved back home to Vermont. "Holistic Health" is an experiential series introducing you to the lifestyle enhancement skills they have taught their patients since 1985. You can learn about; measurably changing your heart rate variability, neurologically modifying your stress response; making the most powerful anti-inflammatory natural medicine in your kitchen and an ancient lost exercise that rejuvenates. Questions regarding prevention, root cause and alternative treatment options for any health condition can be discussed. Participants can expect to feel better with less pain and greater vitality, flexibility and understanding.

**NEW
Computer
Class!**

**Using E-mail Securely and with Confidence
Fridays, January 9 - 30, 1:30 - 2:30 pm**

This next computer class will address the following questions:

1. Setting up and using e-mail
2. How many e-mail addresses do I need?
3. Is it good practice to use the e-mail address suggested by my internet provider?
4. What kind of e-mail service should I use?
5. Review of available free e-mail services (Gmail, gmx, Yahoo, AOL)
6. How do I organize my e-mails?

Instructor Jürgen Ewert is a retired engineer who started his own business, "International Research and Consulting," that he runs from his home in Woodstock. **Cost: \$40.00. Please sign up for this class in advance to ensure a minimum of four students and a maximum of ten. Also, please bring your laptop to each session.**

NEW session!

**BEGINNING ITALIAN CLASS
Thursdays, January 8 - February 26, 1:00 pm**

Back by popular demand, Veronica will be offering another Beginning Italian session this winter. This class will focus on basic Italian through conversation, some grammar, and "hands-on" learning with word games, props, and exercises. The class will meet following lunch, where an ongoing group of Italian speakers enjoy lunch and relaxed Italian conversation at the "Italian Table". Instructor Veronica Delay has studied Italian for over 20 years, both in Italy and the United States, and has taught Italian in a variety of settings. **Cost: \$80.00 (8 classes). Please register for this class in advance, 457-3277.**

PROGRAM CALENDAR - DECEMBER 2014				
Mon	Tue	Wed	Thu	Fri
1	2	3	4	5
9 Strength & Fitness 10:15 Memoir Group 11:30 - 2 CCC Office 1 Bridge 1 Advisory Meeting 1 Advance Directives* 1 Chronic Pain Workshop*	9 Strength & Fitness 10 Double King Pedes 12 Spanish Table 1 Scrabble 2:15 Bone Builders	9 W. Leb Shopping* 10 Tai Chi* 10-12 Chair Massages* 10:30 Handwork Circle 12 French Table	9 Strength & Fitness 10 Cribbage 10:30 Italian Class 12 Italian Table 1 Yoga* 2:15 Bone Builders	9 Breakfast* 10 Artistree class* 12 German Table
8	9	10	11	12
9 Strength & Fitness 10:15 Memoir Group 1 Bridge 1 Advance Directives* 1 Chronic Pain Workshop*	9 Strength & Fitness 10 Double King Pedes 12 Spanish Table 1 Scrabble 1 Arctic Program* 2:15 Bone Builders	10 Tai Chi* 10-12 Chair Massages* 10:30 Handwork Circle 11:30 - 2 CCC Office Hours 12 French Table 1 Book Group	9 Strength & Fitness 10 Cribbage 10:30 Italian Class 12 Italian Table 1 Yoga* 2:15 Bone Builders	9 – 2:30 Foot Clinic* 10 Artistree class* 12 German Table 12 Holiday Dinner* 1 Los Posadas Christmas Musical*
15	16	17	18	19
8:30 Newsletter Folding 9 Strength & Fitness 10:15 Memoir Group 1 Bridge 1 Advance Directives* 7 Monday School	9 Strength & Fitness 10 Double King Pedes 11:30 Commodities 12 Spanish Table 1 Scrabble 1 Yankee Swap 2:15 Bone Builders	8:30 Board Meeting 9 W. Leb Shopping* 9 – 2:30 Foot Clinic* 10 Tai Chi* 10:30 Handwork Circle 12 French Table 12:30 Caregiver Group 1 Lucy Mac Visit	BIRTHDAY DAY* 9 Strength & Fitness 10 Cribbage 10:30 Italian Class 12 Italian Table 1 Sherri's Jubilee 1 Yoga* 2:15 Bone Builders	10 Artistree class* 12 German Table
22	23	24	25	26
9 Strength & Fitness 10:15 Memoir Group 1 Bridge 1 Advance Directives* 7 Monday School	9 Strength & Fitness 10 Double King Pedes 10-12 Wellness Clinic 12 Spanish Table 1 Scrabble 2:15 Bone Builders	Christmas Eve CLOSED	Christmas Day CLOSED	CLOSED
29	30	31		
9 Strength & Fitness 10:15 Memoir Group 1 Bridge 1 Advance Directives*	9 Strength & Fitness 10 Double King Pedes 12 Spanish Table 1 Scrabble 2:15 Bone Builders	New Years Eve (open half day) 9 Breakfast*	BINGO daily at 10:30 am except on birthday day and other special meal days. Location: Dining Room on Mon & Wed. Upstairs conference room on Tues, Thurs, Fri.	* Indicates that Sign-up/Reservations Required

MENU - DECEMBER 2014				
Mon	Tue	Wed	Thu	Fri
1	2	3	4	5
Sweet and Sour Chicken, Steamed Rice, Stir Fried Vegetables, Cookie and Fruit	Reubens, Sweet Potato Fries, Roasted Vegetables, Blueberry Buckle	Spinach& Cheese Ravioli w/ Meat sauce, Garlic Bread, Broccoli & Cauliflower, Garlic Bread, Fresh Fruit	Grilled Salmon Burger, Roasted Steak Fries, Marinated Vegetable Salad, Ice Cream Sandwich Cookies	Breakfast Day* (served at 9:00am) Asparagus, Mushroom Frittata, Bacon, Fruit & Yogurt
8	9	10	11	12
Baked Tilapia, Baked Potato, Broccoli and Carrots, Lemon Fool w/ Berries	Spaghetti & meatballs, Garlic bread, Tossed Salad, Fresh Fruit salad and Lemon Cookie	Tossed Salad, Chicken Vegetable Noodle soup, Roll, Chef Choice Dessert	Chef's Choice	Holiday Dinner* Baked Ham, Scaloped Potato, Pineapple Bread Pudding, Holiday Cranberry Chutney, Green Bean Amandine, Holiday Chocolate Berry Cake
15	16	17	18	19
Tossed Salad, Chili, Corn Bread, Brownies & Fruit	Pan seared Chicken breast, Creamy cheddar polenta, Spinach supreme(spinach, sour cream, parmesan and Monterey Jack cheese) Berry Crisp	Tossed Salad, Macaroni and Cheese w/ Ham, Butter Beets, Sorbet w/ Fresh Berries	BIRTHDAY DAY* Turkey Piccata, Braised Greens, Herb Roasted Red Skin Potatoes, Roll, Cake and Ice Cream	Tossed Salad, Hearty Beef and Vegetable Stew, Roll, Blueberry Cake
22	23	24	25	26
Chicken Gumbo, Rice, Tossed Salad, Chocolate Cake	Beef Stroganoff, Egg Noodles, Roasted Seasonal Root Vegetables, Poached Pears	Christmas Eve CLOSED	Christmas Day CLOSED	CLOSED
29	30	31		
Chef's Choice	Tossed Salad Spinach, Ham&cheese Quiche, Roasted Sweet Potato fries, Black Raspberry Ice Cream w/ Berries	New Year's Eve Breakfast Day* (served at 9:00am) Eggs Benedict, Hollandaise, Home Fries, Yogurt & Fruit	*indicates that sign-up/reservations are required (Birthday Day & special holiday meals) Please call ahead with special dietary needs.	Meal Pricing: \$ 7 charge for those under age sixty \$ 5 suggested donation for ages sixty and over