



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



FEBRUARY 2015

The 2015 Valentine Dinner & Auction at The Thompson Center is bigger and better than ever!



You could be walking on this beach... And supporting The Thompson Center on the way!

Valentine Dinner & Auction at The Thompson Center, Saturday, February 7
Cocktails & Silent Auction: 5:30 pm
Dinner: 7:00 pm, Live Auction following dinner

~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.

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.

OUR 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.

Exciting Live and Silent Auction Items

Our Live and Silent Auctions include travel packages to exciting new destinations around the world, and more than 100 other fabulous items ranging from food and lodging to one-of-a-kind art pieces. Plus, we've added two High-end Raffles with a limited number of tickets for sale. Imagine winning a fabulous weeklong vacation in the Bahamas for just \$50, or a three-night stay at the Woodstock Inn for only \$25.



If you can't attend the event, you can still bid on auction items and buy raffle tickets!

Most important, 100% of the proceeds from the Valentine Dinner & Auction benefit the Thompson, and help to achieve its mission of supporting active and healthy aging in our area.

Dinner Prepared by Four Diamond Culinary Team

The Valentine Dinner & Auction begins at 5:30 p.m. on Saturday, February 7, with cocktails and Silent Auction. An elegant dinner prepared by the Four Diamond Culinary Team from The Woodstock Inn & Resort will be served at 7:00 p.m., followed by our exciting Live Auction. Don't miss it!

To make a reservation for the Valentine Dinner & Auction, purchase raffle tickets or place a bid on an auction item, download and return our **2015 Valentine RSVP Form** from our website or EMAIL auction@thompsonscenter.org.

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,
paudsley@thompsonscenter.org
Pam Butler, Asst. 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**
Ottawaquechee Health Center, 457-5414

BOARD OF DIRECTORS

Tom Weschler—*President*
Patsy Matthews—*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

*Congratulations Marie Willis as January 8th
Marble Game Winner!*



We need your vote on town meeting day in
Woodstock, Bridgewater, Pomfret and Barnard.
These towns provide important funding to operate
the senior center that we won't have without a
passing vote on our special articles. Thank you!

ADVISORY MEETING HIGHLIGHTS

- Deanna introduced John Steinle as a new board member
- Trip discussion and arrangements made for Green Mountain
Tours to come on January 13th to discuss in more detail
- Other topics discussed: less than perfect road repair job out
front, maintenance of sidewalk during winter, temperature of
food, level of crustiness of baguettes at lunch and a request for
closer attention on keeping the coffee flowing

Please join our next Meeting on Monday, February 2 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!



Meals for Pets is offered for our
patrons who have Meals on
Wheels deliveries. This partner-
ship with the Lucy MacKenzie
Humane Society allows us to de-
liver pet food for those who need
this service. Call Pam Butler at
457-3277 for more information.



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

Ethel Cone—large print books and cushions

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
Ottawaquechee Plumbing
Mark Knott, DDS
Woodstock Insurance Services
Lang McLaughry Spera Real Estate's Tambrey Vutech
Gateway Motors - car washes



IN MEMORY OF

ROBERT LEWIS

Paula Reynolds
Connecticut State Medical Society
Lawrence & Marilyn White
Karl & Phyllis Wood
Peter & Julie Oberstoetter
Lisa & Patrick Lemieux
Joan & Jerry Oppenheimer

JOHN CONLEY

Barbara Conley
Jerry & Joan Oppenheimer
Mona Hoadley
Dick & Linda Brackett

CHARLENE HALE

Dorothy Forthmann

PAUL LENETT

Thomas & Diana Hayes

Memorial Note: Please see previous/future newsletters for
other memorial gifts. Gifts are listed once in the monthly news-
letter 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.**

FEBRUARY BIRTHDAYS

1st Dick Atwood
1st Dick Colantuono
1st Craig Cota
2nd James Minnich
4th Tom Weschler
4th Fran Drury
4th Louise Hanson
5th Ann Blake
5th Gretchen Pear
6th Miranda Shackleton
6th Joan Blackwell
7th Mia Pine
7th Morris Stickney
7th Paul Eldredge
8th Liz Woodbury

9th Julie Johnston
10th Janice Standish
11th Jeannine Colby
12th Carol Towne
12th Pauline Holt
12th Hilda Kahn
14th Margaret Audsley
14th Phyllis LeBaron
17th Judith Persin
18th Linda Manning
18th Dennis Wright
19th Darlene Griggs
20th Gail Smith
20th Marlene Rand
20th Jim Lewis

21st Michelle Julien
22nd Harry Jorgensen
22nd Jerry Oppenheimer
23rd Beverly Ramsey
23rd Sherry Wian
24th Susan Botzow
24th Bernard Pierce
25th Sylvia Doten
26th Wayne Hinson
26th Susan Menendez
27th Kedric Harriman
28th Jane Simonds
29th Floyd Van Alstyne



Those who attend Birthday
day lunch with a February
birthday will receive a com-
plimentary meal on
Birthday Day. Please call to
make a reservation for lunch.
457-3277

WELLNESS PROGRAMS

ADVANCE DIRECTIVES

Monday afternoons

(No appointments on 2/16 and 2/23)

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.

**FREE VISION SCREENINGS OFFERED
AT THE THOMPSON**
Wednesday, February 18, 9 – 3 pm
Please call to make your appointment

Dr. Dean Barcelow of EyeCare for You in Bethel, VT will be returning to the Thompson Center to provide vision screenings at no cost. Vision screenings will include visual acuity (how well you see), an anterior segment evaluation (a look at the front of your eye), and a posterior segment evaluation (a look at the back of your eye). Vision screenings are not meant to take the place of regular eye care and each individual is encouraged to keep their regular appointments with their primary eye care provider. Please come prepared with any eye questions you may have as Dr. Barcelow has set aside some time at each 30 minute appointment to answer them.

**Wellness Clinic &
Blood Pressure Screenings**
Tuesday, February 24, 2015

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.

CAREGIVER SUPPORT GROUP

Wednesday, February 18, 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, 10:00 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

EVENTS

Early Stage Memory Loss

Panel Discussion

Wednesday, February 11, 2015, 5:00 – 6:00 pm
at the Norman Williams Public Library

This interactive program is designed to inform and answer questions about early memory loss. Our panelists are some of our community members who have been diagnosed with early memory loss and/or early Alzheimer's, along with their care partners. They can answer your questions to provide insight and clarity about the issues they face, what it feels like to have memory loss and moments of confusion. This one-hour event can help to dispel myths and negative stereotypes about Alzheimer's and related diseases that contribute to the stigma and secrecy about a diagnosis. Come to this event to listen or to ask questions. The panelists will speak about the diagnosis, complexities of daily life and lifestyle changes that have helped them cope with everyday activities to maintain independence. Our moderator is Susan Moor, Thompson Board Member, who has worked with family members and individuals experiencing early stage memory loss, Alzheimer's disease and related disorders. This Thompson Center program will be hosted by the Norman Williams Public Library, in the Mezzanine, on Wednesday, February 11, 2015, 5pm to 6pm. Watch for future Thompson programs at the library and in other community locations as a part of our *Center-Without-Walls and Aging in Community* initiative.

Tax Assistance at the Thompson

Do you need assistance with your tax return? The Thompson Center will offer individual tax preparation for seniors and low income persons. TCE Preparers (Tax Council for the Elderly) will complete your 2014 taxes free of charge during scheduled appointments on **Mondays from February 2nd through April 6th** (excluding Feb 16th---President's Day). On the day of your appointment, please come early to fill out a questionnaire.

Please bring: Valid picture ID for the taxpayer and spouse, Social Security card, copies of income tax you filed last year, proof of all income, W-2 forms (if you worked), 1099-R forms and statements for pensions and annuities, Social Security received, interest and dividend income, state rebates, IRA income and copy of your 2013 property tax bill. If you are filing for a Renter's Rebate, Homeowners Property tax rebate or 2013 Act 68 School Property tax payment application, you will need proof of income for everyone in your household.

Please call 457-3277 soon to schedule an appointment. Appointments are limited and will fill up quickly!

The Empty Bowls Project
Paint a Bowl and Help Raise Hunger Awareness
Wednesday, February 25, 1 pm



Empty Bowls is an international grass roots movement with the goal of raising money to help organizations fight hunger. We invite you to join us at The Thompson to decorate an empty pottery bowl created by potter Judi Greene. Your handmade decorated pottery bowl will then be used at the Pomfret Empty Bowls Dinner on Sunday, March 29 for a simple meal of soup and bread. 100% of the money collected on that evening will be donated to hunger fighting organizations. The Thompson will be providing transportation to the dinner event. Look for details in the March edition of *The Thompson Times*.

PROGRAMS AND CLASSES

BOOK GROUP

Wednesday, February 11, 1:00 pm

Our February read is the best seller The Signature of All Things by Elizabeth Gilbert. If you read Eat, Pray, Love by this author, expect something totally different. This is a fictional story of Alma Wittaker, a female botanist in the 19th century. The research is commendable; the scientific facts have been laid out in a manner almost poetic. The style of writing reminds one of Jane Austen. Begin it now for a lovely, long read.



GENEAOLOGY CLASS

“A Family History Valentine”

Mondays, February 2/9 ~ 3/9 (no class on 2/16) 2015, 1-2:30 pm

Cost: \$35 for 4 sessions

Minimum of 5 students requested

It is a commonplace in genealogy that oral family history is lost within the space of three generations. You—Your children—Your grandchildren—Gone. What memories do you have that you want your descendants to know? The best way to ensure that memories are passed down is to write them down. This needn't be an elaborate, intimidating process.

In this workshop you will select a small portion of your family history that you want to share. It could be about you, your children, your parents, your grandchildren—even a dear classmate or neighbor. We'll brainstorm how to best share that history, depending on what artifacts you do or do not have. At the end of the class, you will be well on your way to having “A Family History Valentine” to present to your loved ones. We'll finish our work together a bit past February 14th, but this present is so sweet that your recipients won't mind waiting.

A lifelong writer, editor, and teacher, Denise Picard Lindgren is also a professional genealogist who holds the Certificate in Genealogical Research from Boston University and has studied Advanced Genealogical Methods at the Salt Lake City Institute of Genealogy. New Hampshire.” She lectures throughout New England on genealogical topics and will next appear in April 2015 at the New England Regional Genealogical Conference in Providence, R. I. Contact her by email at NEGenealogist@gmail.com or find her on Facebook at www.facebook.com/denise.picardlindgren.3.

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.



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, 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, Beginning Feb 4,
9 am at Union Arena

It's been a few years since the Thompson Trotters have met for winter walking at the Union Arena. We invite adults of all ages to meet at the Arena at 9am each Wednesday to walk the inside circumference. Jerry Fredrickson will be the group's leader and direct walkers behind the bleachers on the south side of the building and continue the complete loop which includes some steps behind the north side bleachers. Dress warmly, bring a friend, and enjoy your own pace with the camaraderie of friends. 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 Fall Prevention, Mind and
Body Health

Next round of instruction begins March 4th,
10:00 - 11:00 am, 5 classes for \$25.00
Instruction by Anne Bower and Jane Philpin

Tai Chi's many health benefits have been proven by clinical studies, but each of us can feel those benefits personally--and really, that's what matters to US! This gentle form of movement challenges the mind and body to work together, increasing concentration and coordination. Class participants report improved sleep, better moods, a sense of greater energy after class. Tai chi improves our balance and that means we're less liable to fall. Now no one can keep ice from being slippery or that cute puppy from getting right under your feet. But when you have greater body awareness, better posture, can step with more agility, can breathe and relax as you move--all of which we work on in tai chi--you are more able to maintain balance and avoid falls. And while tai chi has us moving slowly and gently, it's got surprising ability to increase muscle tone--always a good thing! These same movements can release muscle stiffness, aches and pains. At the same time, because we learn not only individual movements but a sequence of movements, we work our brains--and we all want to maintain strong mental powers.

Cost: \$25 for new 5 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

PROGRAMS and TRIPS



Introducing Carla Kamel The New Community Care Coordinator

Please welcome our new Community Care Coordinator, Carla Kamel, who brings with her extensive experience in community based care. She will be available at The Thompson every Friday by appointment from 10 a.m. to 12:30 pm. Carla can help facilitate access to health care, address barriers to healthcare such as financial challenges, lack of transportation, cognitive problems or mental status such as dementia or depression that can interfere with making appointments. Her role involves helping patients transition from hospital or rehab center to home. Also as part of the Blueprint for Health initiative she is available to provide education and support to people with chronic illnesses, as well as, provide support to caregivers of the elderly and disabled and support the Aging in Community initiative by making sure elders are matched with the resources they need to stay safe and comfortable.

Carla Kamel received her B.A. in Psychology and Counseling from Norwich University in 1998. She was a Primary Case Manager with the S.E. Council on Aging from 1998-2001, and for the past fourteen years, a Reach Up Case Manager with the State of Vermont.



Sing Along with Sherry and Name That Tune Following Birthday Lunch on Thursday, February 26, 1 pm

We will gather in the living room to enjoy your favorite love songs from the past. Our voices will accompany Sherry Belisle on the piano, while we name that tune!

Saturday Evening Out Opportunity for Roast Beef Suppers in Hartland!

One of our drivers, Jim Emery, has generously volunteered to take the van to Hartland for roast beef suppers departing from The Thompson Center on Saturday, February 14 and 21. We will depart TSC at 4:15 pm and a minimum of **5 riders** is needed. A sign-up sheet will be at our reception desk. Please confirm by Thursday on week of departure.

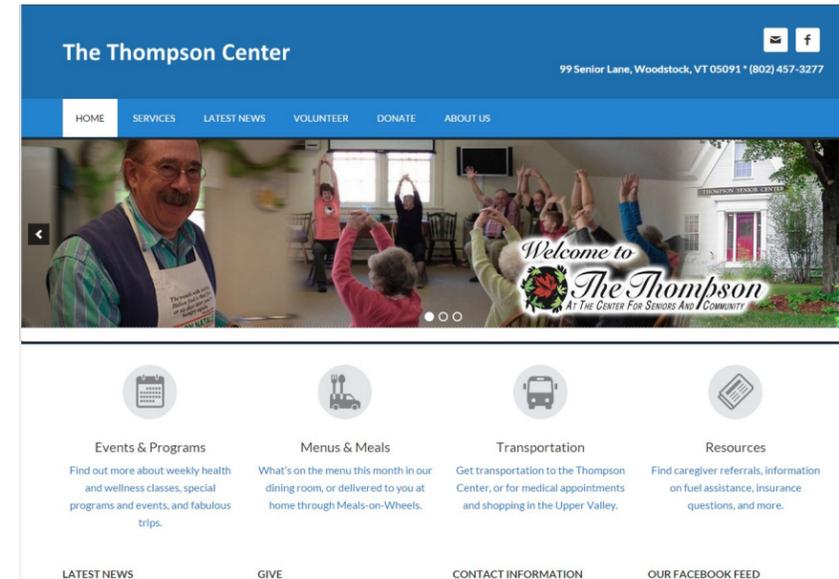
Cost: \$15.00 for supper, plus \$2.00 for transportation.

Boston Flower Show Seaport World Trade Center Offered by Bugbee Senior Center

**Thursday, March 12, Depart Bugbee at 8:00am on Premier Coach Bus
Cost: \$59 includes transportation and show entry. Lunch is on your own**

In celebration of this year's theme, Season of Enchantment, twelve displays will feature hats and wands created and decorated with horticultural elements of the designer's choice incorporating flowers, foliage, nuts and seeds. For more information contact the Bugbee Senior Center at 295-9068 or visit www.bostonflowershow.com.

PROGRAMS and INFO



Have You Visited Us Online?

Here are a few things you can see and do on our **new website**:

- View or print the menu and program calendar
- Announcements & news
- Donate or make memorial gifts with a credit card or Paypal account
- Check out our Facebook newsfeed
- Find all staff email addresses

PAMPER YOURSELF ON VALENTINE'S DAY
FRIDAY, FEBRUARY 13, 9:00 TO NOON

Celebrate Valentine's Day by scheduling a 15 minute manicure and/or a 20 minute chair massage. Several technicians from The Spa at the Woodstock Inn and Resort will volunteer their time and talents to pamper you on this special day at The Thompson Center at no charge. Sign up early, these spots will fill up quickly!

Camping with Elephants: A Safari through the Wilds of Botswana Wednesday, February 4, 1 pm

Scientist and adventurer traveler, Daniel Hopkins, joins us to talk about his recent camping safari he led for the Osher Institute of Lifelong Learning at Dartmouth. His expedition-style safari included the exploration of the game parks of Botswana and Victoria Falls. In this narrated slide show, he will describe the experience of camping in the African bush and discuss the natural history and conservation of lions, elephants, wild dogs and abundant wild bird life he encountered.

For more information about Daniel Hopkins fascinating work, please visit www.grasstracksafaris.com



Do You Have Your Wedding Dress?

The Woodstock History Center is preparing an exhibit ~ *Love in Woodstock: 200 Years of Wedding Gowns*. Working collaboratively, we would like to bring a fashion show of wedding gowns to The Thompson and visit the History Center's exhibit of gowns from the 1840s to the 1960s. If you're willing to lend a gown to be exhibited on a mannequin please send a photo of your gown via email to info@woodstockhistorical.org or mail a photo to the Woodstock History Center, 26 Elm Street, Woodstock, VT 05091. If you would like your gown to be modeled in our spring fashion show, please contact Pam Butler at The Thompson Center. Details to follow...

PROGRAM CALENDAR - FEBRUARY 2015

Mon	Tue	Wed	Thu	Fri
2	3	4	5	6
8:45 Tax Appts* 9 Strength & Fitness 10:15 Memoir Group 1 Bridge 1 Advance Directives* 1 Advisory Meeting 1 Genealogy Class*	9 Strength & Fitness 10 Double King Pede 12 Spanish Table 1 Scrabble 3 Bone Builders	9 W. Leb Shopping* 9 Walking Program 10-12 Chair Massages* 10:30 Handwork Cir. 12 French Table 1 Safari Program	9 Strength & Fitness 10 Cribbage 10:30 Italian Class 12 Italian Table	Closed for Valentine Auction Set-up
9	10	11	12	13
8:45 Tax Appts* 9 Strength & Fitness 10:15 Memoir Group 1 Bridge 1 Advance Directives* 1 Genealogy Class*	9 Strength & Fitness 10 Double King Pede 12 Spanish Table 1 Scrabble 3 Bone Builders	9 Walking Program 10-12 Chair Massages* 10:30 Handwork Cir. 12 French Table 1 Book Group 5 Memory Loss Discussion (at Norman Williams Library)	9 Strength & Fitness 10 Cribbage 10:30 Italian Class 12 Italian Table 1:15 Beginning Italian 3 Bone Builders	9 – 2:30 Foot Clinic* 9-12 Valentine Manicures & Massages* 10 Art class* 10-12:30 CCC Office Hours* 12 German Table
16	17	18	19	20
President's Day Closed	8:30 Newsletter Folding 9 Strength & Fitness 10 Double King Pede 11:30 Commodities 12 Spanish Table 1 Scrabble 3 Bone Builders	8:30 Board Meeting 9 Walking Program 9 W. Leb Shopping* 9 – 2:30 Foot Clinic* 9 - 3 Vision* Screenings 10:30 Handwork Cir. 12 French Table 12:30 Caregiver Group	9 Strength & Fitness 10 Cribbage 10:30 Italian Class 12 Italian Table 1:15 Beginning Italian 3 Bone Builders	10 Art class* 10-12:30 CCC Office Hours* 12 German Table
23	24	25	26	27
8:45 Tax Appts* 9 Strength & Fitness 10:15 Memoir Group 1 Bridge 1 Genealogy Class*	9 Strength & Fitness 10 Double King Pede 10-12 Wellness Clinic 12 Spanish Table 1 Scrabble 3 Bone Builders	9 Walking Program 10-12 Chair Massages* 10:30 Handwork Cir. 12 French Table 1 Empty Bowls Program	BIRTHDAY DAY* 9 Strength & Fitness 10 Cribbage 10:30 Italian Class 12 Italian Table 1 Music with Sherry 1:15 Beginning Italian 3 Bone Builders	10-12:30 CCC Office Hours* 12 German Table
			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 are required

MENU - FEBRUARY 2015

Mon	Tue	Wed	Thu	Fri
2	3	4	5	6
BLT Wraps, Apple & Squash Soup, Cannoli Cake	Pesto Olive Chicken, Herb Roasted Red Potatoes, Mediterranean Vegetables Casserole, Citrus Ricotta Squares	Tossed Salad, Hearty Beef & Vegetable stew, Roll, Pumpkin Cake w/ Cream Cheese Frosting	Spinach & Cheese Ravioli w/ Meat sauce, Garlic Bread, Broccoli & Cauliflower, Fresh Fruit Salad	Closed for Valentine Auction Set-up
9	10	11	12	13
Chef's Choice	Multigrain Spaghetti & meatballs, Garlic bread, Tossed Salad, Fresh Fruit salad and Lemon Cookie	Salmon en Croute, w/ Spinach and Mushrooms, New Potatoes, Cucumber/Dill Salad, Frosted Banana Bars	Tossed Salad, Bangers & Mashed, Onions & Gravy, Peas, Carrots, Fruit Short Cake	Valentine's Day Mixed Green Salad, Lemony Chicken with Spinach, Artichokes & Roasted Potatoes, Strawberry Cream Puffs
16	17	18	19	20
President's Day Closed	Tossed Salad, Macaroni and Cheese w/ Ham, Stewed Tomatoes, Fresh Fruit Parfait	Tossed Salad Chicken Ala King, Vegetable Medley, Biscuits, Oatmeal Cran-raisin cookies/fruit	Tacos w/ Ground Beef Cheese, Lettuce, Tomato, Salsa, Sour Cream, Red Beans and Rice, Roasted Vegetables, Chef's choice dessert	Tossed Salad, Corn Chowder, Turkey Cranberry Wraps, Pumpkin Whoopie Pies
23	24	25	26	27
Chicken Caesar wrap, Hearty Vegetable Minestrone, Cottage Cheese, Hot Fudge Sundae with banana	Rubens, Beer Battered Onion Rings, Mediterranean Vegetables, Sorbet w/ Fresh Berries	Pan Seared Chicken breast, Creamy Cheddar Polenta, Spinach supreme (spinach, sour cream, parmesan and Monterey Jack) Cookies and Fruit	Birthday Day* Roast Beef, Au Jus, Sour Cream and Chive Mashed Potato, Roasted Asparagus, Roll, Cake and Ice Cream	Chef's Choice
		Meal Pricing: \$ 7 charge for those under age sixty \$ 5 suggested donation for ages sixty and over	*Indicates that sign-up/reservations are required (Birthday Day & Special holiday meals)	Menu is subject to change based on availability of food items. Please call ahead