



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



JANUARY 2015

## See What's Happening in the New Year at The Thompson!



### 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.*

### A Question and Answer Discussion on Parkinson's Disease

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.

### 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.

### 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. **\*WAIT LIST ONLY\***



The Thompson Center

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CENTER HOURS

8 AM-3 PM, Monday-Friday

STAFF

**Deanna Jones**, Executive Director,  
djones@thompsonscenter.org  
**Paula Audsley**, Outreach Manager,  
paulsley@thompsonscenter.org  
**Diana Leskovar**, Program Director,  
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**Pam Butler**, Asst. Program Director,  
pbutler@thompsonscenter.org  
**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**  
Ottauquechee Health Center, 457-5414

BOARD OF DIRECTORS

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Lynn Peterson, M.D.  
Liz Schellhorn  
John Snyder  
John Steinle  
Tambrey Vutech

BEHIND THE SCENES



Thank you to all of the volunteers,  
cookie bakers, and shoppers for making the Holiday Bazaar and  
Cookie Walk a success!

ADVISORY MEETING HIGHLIGHTS

- Signatures needed on petitions for town funding
- Community Care Coordinator work
- Ottauquechee Health Center open house
- Concerns about the dip in the road near the sidewalk even after a little fixing was done by the town
- Bread & Rolls and the dietician review of menu
- Ice machine will need to be replaced

Please join our next Meeting on Monday, January 5th 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!

Volunteers Needed!

We are currently in need of a Meals on Wheels  
driver for either Mondays or Wednesdays.

Responsibilities Include:

- Deliver meals to homebound individuals.
- Act as liaison between the center and the Meals on Wheels patron.
- Notify the center office staff if any one on your route did not answer their door or you have other concerns.

Please contact our Outreach Manager, Paula Audsley  
for more information. Call 457-3277.

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

IN APPRECIATION & IN LOVING MEMORY

IN APPRECIATION

David Schwartzman—Wheel Chair Ramp  
Laurice Hoblin—Fabric  
Dave Roseman—Cookware

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

**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.



IN MEMORY OF

ROBERT LEWIS

Jane Wood  
Nancy Pike  
Byron & Jean Kelly  
Kathleen & Bert Eiselein  
Pat Mangan  
Shelley & Glenn Seward  
Joan Blackwell  
Charles & Frances Haywood  
Stephen & Stephanie Camiititi  
Debby & Steve Roecker  
Marilyn & Bud Spaulding  
King’s Daughter & Sons  
Nancy Bassett  
Alden Fiertz  
Joseph & Hilda Conn  
Paul & Bev Regan  
Roy & Joanne Bates  
Janet Allison  
Barbara & Donald Burney

RICHARD STAPLES

Roy & Joanne Bates

LOIS LANTHAM

Samuel & Eleanor Grice

CHARLENE HALE

Samuel & Eleanor Grice

JANUARY BIRTHDAYS

1st Esther Maynes	7th Janet Maxham	15th Raymond Stillson	22nd Joy Gray
1st Joan Lessard	7th Lynn Peterson	16th Richmond Maxham	23rd Elizabeth Harley
1st Mary Lee Camp	7th Alice Schou	17th Helen Leonard	23rd Rachel Hochman
2nd Alan Perkins	8th Jo Stanyon	17th Joyce Phillips	25th Jane Philpin
2nd John Steinle	8th Deb Berryman	17th Louise Thibodeau	25th Barbara Richardson
3rd Linda Brackett	9th Beverly Kenney	17th Lillian Phelan	26th Paulette Watson
3rd John Leavitt	10th Gina Moore	17th Helen Curtis	27th James Emery
3rd Perry Maxham	10th Joyce Hurd	18th Barbara Templeton	28th David Darakjy
3rd Carl Taylor	11th Molly McDermott	19th Marsha Fraser	28th Nancy Heidt
3rd Robert Hanlon	12th Sue Hottenstein	20th William Rauscher	29th Sharon Schellong
3rd Betty Hill	12th Constance Fitzcharles	20th Emily Hawkes	30th Mary Wood
5th Frederick Beebee	12th Alex Gratiot	20th Akannkha Perkins	30th Sue Geno
5th Olivia Breton	12th Norma Flanders	21st Elaine Davidson	30th Noah Chase
6th E.Stanley Corneille	13th Janet Smith	21st Barbara Gilbert	31st Uldis Skuja
6th Winona Kennedy	13th Kathleen Fiske	21st Lucia Stapleton	31st Elmer Kruse
	15th John Hunter	22nd Norwood Long	



Those who attend Birthday day lunch with a January 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.

#### ~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.**

### 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.**

### CAREGIVER SUPPORT GROUP Wednesday, January 21, 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, January 27, 2015

Wellness clinics (blood pressure & consultation) with Michelle Chiesa, RN, Visiting Nurse and Hospice of Vermont and New Hampshire are held on the 4<sup>th</sup> Tuesday of each month from 10-noon.

#### 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.

### 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

### 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 [tlwoodstock@gmail.com](mailto:tlwoodstock@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.

### 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!

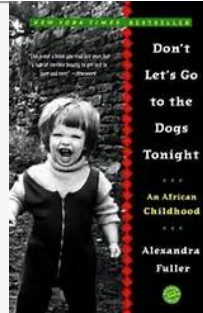
### A Murder of Crows A PBS Documentary DVD (approximately one hour in length) Monday, January 12, 1:00 pm at The Thompson

Crows do not have the best of reputations. They are generally dismissed as spooky – Hitchcock used them quite successfully to frighten moviegoers. But their image is about to take a real turn. New research has shown they are among the most intelligent animals in the world, able to use tools as only elephants and chimpanzees do, able to recognize each other's voices and 250 distinct calls. They are very social, mate for life, and are able to recognize individual humans and pick them out of a crowd up to two years later. Crow experts around the world sing their praises, and present us with captivating new footage of crows, as we have never seen them before.

## PROGRAMS AND CLASSES

### BOOK GROUP Wednesday, January 14, 1:00 pm

In January the book club will be discussing *Don't Let's Go to the Dogs Tonight* subtitled "*An African Childhood*" by Alexandra Fuller. Whether whites or blacks are ruling, it's all difficult, and for this British family, it means moving from place to place in unsettling conditions. You will become immersed in the beauty, the sounds and the smells of Rhodesia. You will learn to flow in the language and slang of southern Africa. It will be a great discussion at 1:00 pm on Wednesday, January 14th. Feli Leonard leads.



### GENEALOGY CLASS "A Family History Valentine" Mondays, February 2/9 ~ 3/9 (no class on 2/16) 2015, 1-2:30pm 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 14<sup>th</sup>, 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](mailto:NEGenealogist@gmail.com) or find her on Facebook at [www.facebook.com/denise.picardlindgren.3](http://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](http://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, 2:15 - 3:15 pm \*Please note time change to 3:00-4:00 beginning January 13th.

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. Contact the Thompson Center for the new year yoga schedule.**

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

~ Winter Session ~  
Wednesdays, January 7—February 4,  
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](mailto:anniebower@yahoo.com), or check out her website: [www.annebower.com](http://www.annebower.com)



## PROGRAMS and INFO

### SCAM ALERTS

We've been alerted to an increase in incidents of scams in the Woodstock community, as well as, a host of holiday related scams. Also to note is the IRS scam which has been, and still is, very prevalent here in VT and across the nation. Below is a link to Fraud Watch Network which outlines the latest scams and frauds. The Attorney General's CAP program is still the place to call to report questionable call, emails, door to door, etc. VT Attorney General's Consumer Assistance Program. Consumer Hotline: Toll Free In VT (800) 649-2424 or (802) 656-3183. Here's a link to their newsletter with a lot of current info you may want to share.

<https://www.uvm.edu/consumer/?Page=newsletter.html>

AARP Fraud Watch Network:  
<http://www.aarp.org/money/scams-fraud/fraud->

### MEMORY TREE GIFTS IN LOVING MEMORY OF

Lynn Staples Benetti  
Joseph Mornis  
Joan L. Alderfer  
Suzanne T. Winton  
Henry Howe  
Elizabeth Hayes  
Richard (Ric) Boyden  
Joan D. Myers  
Raymond  
L. Dudley Leavitt  
Josephine Leavitt



### Congratulations to our Holiday Bazaar Raffle Winners!

Winter Stars Quilt - Margaret Thomas  
Simon Pierce Large Bowl - Lynn McMorris  
Chair Massage Gift Certificate Booklet - Beverly Kenney



### Meals on Wheels Recipients Reminder to Keep Walkways and Driveways Clear

As winter sets in, we ask that all meal recipients make sure that their walkways and driveways are safe to travel on. As volunteers make the effort to get meals to you, please consider their safety in navigating the ice and snow. If you need help with snowplowing or ice removal, please let us know. We appreciate your cooperation!

### Artists of Woodstock Fridays, Jan 9—Feb 20, 2015 (no class Feb 6th) 10:00 am—12:00 pm 6 week session \$60.00

Students in this ongoing series of classes will work with drawing materials, water-based paints and collage media (photographs, fabric, tile mosaic, handmade paper etc.). Handmade books and small cardboard or paper sculpture may be included along with options proposed by participants. There are no prerequisites for this course. All prior experience is welcome. Encouragement, support and instruction will be provided in the use of tools, materials and media.

**Students are asked to bring work aprons and all other materials will be provided.**  
**Cost: \$10.00 per class. Sign-up is required.**

## CLASSES and PROGRAMS

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

#### Relaxing the Head, Neck and Shoulders – Monday, January 12, 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. **Advance registration is requested.**

### *Still Room !* **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 is Full!* **BEGINNING ITALIAN CLASS** **Thursdays, Jan 15 - March 12,** **(no class on the 5th)** **1:15—2:45 pm**

Back by popular demand, Veronica will be offering another Beginning Italian session this winter. This class will focus on basic Italian through conversation and some grammar using textbooks and workbooks. 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 - JANUARY 2015				
Mon	Tue	Wed	Thu	Fri
			1	2
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		New Year's Day Closed	12 German Table
5	6	7	8	9
9 Strength & Fitness 10:15 Memoir Group 1 Bridge 1 Advance Directives* 1 Advisory Meeting	9 Strength & Fitness 10 Double King Pedé 12 Spanish Table 1 Scrabble 2:00 Winter Tea* 2:15 Bone Builders	9 W. Leb Shopping* 10 Tai Chi* 10-12 Chair Massages* 10:30 Handwork Cir. 12 French Table 1:00 Anne Frank Program*	9 Strength & Fitness 10 Cribbage 10:30 Italian Class 12 Italian Table 2:15 Bone Builders	9 – 2:30 Foot Clinic* 10 Artistree class* 12 German Table 1:30 Computer Class*
12	13	14	15	16
9 Strength & Fitness 10:15 Memoir Group 1 Bridge 1 Advance Directives* 1 Touch Skills Workshop* 1 A Murder of Crows Documentary 5 Holistic Health*	9 Strength & Fitness 10 Double King Pedé 12 Spanish Table 1 Scrabble 3 Bone Builders	10 Tai Chi* 10-12 Chair Massages* 10:30 Handwork Cir. 12 French Table 1 Book Group	9 Strength & Fitness 10 Cribbage 10:30 Italian Class 12 Italian Table 1:15 Beginning Italian* 3 Bone Builders	10 Artistree class* 12 German Table 1:30 Computer Class*
19	20	21	22	23
Martin Luther King Day Closed	9 Strength & Fitness 10 Double King Pedé 11:30 Commodities 12 Spanish Table 1 Scrabble 3 Bone Builders	8:30 Board Meeting 9 W. Leb Shopping* 9 – 2:30 Foot Clinic* 10 Tai Chi* 10:30 Handwork Cir. 12 French Table 12:30 Caregiver Group	BIRTHDAY DAY* 9 Strength & Fitness 10 Cribbage 10:30 Italian Class 12 Italian Table 1:15 Beginning Italian* 3 Bone Builders	10 Artistree class* 12 German Table 1:30 Computer Class*
26	27	28	29	30
9 Strength & Fitness 10:15 Memoir Group 1 Bridge 1 Advance Directives* 1 Touch Skills Workshop* 5 Holistic Health*	9 Strength & Fitness 10 Double King Pedé 10-12 Wellness Clinic 12 Spanish Table 1 Scrabble 3 Bone Builders	10 Tai Chi* 10-12 Chair Massages* 10:30 Handwork Cir. 12 French Table 1 Parkinson's Q&A*	9 Strength & Fitness 10 Cribbage 10:30 Italian Class 12 Italian Table 1:15 Beginning Italian* 3 Bone Builders	10 Artistree class* 12 German Table 1:30 Computer Class*

MENU - JANUARY 2015				
Mon	Tue	Wed	Thu	Fri
			1	2
Meal Pricing: <ul style="list-style-type: none"> <li>\$7 charge for those under sixty</li> <li>\$5 suggested donations for ages sixty and over</li> </ul>	*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 with special dietary needs.	New Year's Day Closed	Tossed Salad, Ziti (a little spicy, with broccoli, tomatoes, Italian sausage) Monterey Ranch Bread, Mixed Fruit Cobbler
5	6	7	8	9
Tossed Salad, Shepherd's Pie, Vegetable Medley, Poached Pears	Chipped Beef and Egg Gravy on Mashed Potato, Dijon Braised Brussel Sprouts, Warm Apple Crisp	Almond Tilapia, Roasted Potatoes & Veggie Blend, Fruit topped Cookies	Philly Cheese Steak Sandwiches w/ peppers & onions, Sweet Potato Fries, Coleslaw, Chef's Choice Dessert	Turkey Sandwich on Multigrain Flat Roll, Caldo Verde, (Spicy Portuguese Kale and Potato soup w/ sausage), Coconut
12	13	14	15	16
Chef's Choice	Lasagna, Steamed Antiguan Vegetables, Garlic Bread, Chocolate Chip Cookies and Fruit	Tossed Salad Spinach, Artichoke & cheese Quiche, Roasted Sweet Potato fries, Black Raspberry Ice Cream w/ Berries	Tossed Salad, Supreme Pizza w/ peppers, onions, mushrooms, olives, pepperoni, Coconut Macaroons w/ Pineapple	Chicken Enchiladas, Red Beans and Rice, Roasted Vegetables, Magic Cookie Bar w/ Fruit
19	20	21	22	23
Martin Luther King Day Closed	Dijon Crusted Chicken Breasts, Horse Radish Mashed Potato, Gravy, Spinach, Jelly Roll	Chef Salad w/ Lettuce, Tomato, Ham, Turkey, Cheese, Hard Boiled Egg, Carrot, Lemon Curd Bars	Birthday Day* Herb Roasted Pork Loin w/ Peaches Roasted Red Skinned Potatoes, Roasted Asparagus, Cake & Ice Cream	Puff Pastry Chicken Pot Pie, Tossed Salad, Caramel Pumpkin Tiramisu
26	27	28	29	30
Chicken Caesar Wrap, Hearty Vegetable Minestrone, Cottage Cheese, Rum Raisin Rice Pudding	Stuffed Meatloaf w/ Spinach and Cheese, Mashed Potato, Gravy, Green Beans, Strawberry Sundae	Chef Salad w/ Lettuce, Tomato, Ham, Turkey, Cheese, Hard Boiled Egg, Carrot, Lemon Curd Bars	Asian Pork Burgers on Multigrain Round w/ Lettuce and Sweet & Sour BBQ Sauce, Roasted Steak Fries, Asian Slaw, Jelly Roll	Chef's Choice