



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



MARCH 2015



MARCH FOR MEALS! A NATIONWIDE CELEBRATION OF NEIGHBORS SERVING NEIGHBORS

Each March, The Thompson Center participates in “March For Meals,” a national campaign held during the month of March initiated and sponsored by the Meals On Wheels Association of America (MOWAA), to raise awareness about senior hunger and nutrition, and to encourage action on the part of local communities. Volunteers for the Thompson deliver between 25 – 30 meals each day (Monday through Friday) to seniors throughout the towns of Woodstock, Bridgewater, Barnard and Pomfret. Last year we delivered 7,121 Meals on Wheels.

Some marketing efforts planned for March include:

- Elected Official Day—town officials are asked to deliver meals during the nationally recognized week of March 16 through 20
- “Wheels for Meals” Fundraiser—The Thompson, along with local businesses will ask for \$1 donations. In return, your name will be prominently displayed on our “wheel”.
- “March” down Central Street where Thompson staff members and others will deliver Thank You’s to local businesses for their support.
- Other fun activities!



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



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

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

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.

TOWN MEETING DAY



The towns of Barnard, Bridgewater, Pomfret, and Woodstock provide support for a portion of our annual operations budget, but we need the vote of residents in each town for this support to be passed during Town Meetings.

According to the National Council on Aging, senior center participants have higher levels of health, social interaction and life satisfaction, and home and community based services are estimated to be one-third the cost of institutional care. With the population of Vermont aging rapidly, support for our senior centers is more critical than ever. In the past year, the Thompson services have reached more than 35.4% of the residents ages 65 and over in the four towns mentioned above, plus dozens from other communities. We serve approximately 1,300 unique individuals with our programs, referrals, meals, and transportation. **Please consider voting and speaking up at your town meeting about the value of these services for seniors. Thank you for your vote!**

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
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, MSW
Ottauquechee 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

21st Annual Valentine Auction

The 21st Annual Valentine Auction and Dinner was a terrific success raising about \$61,000 (net) towards our \$450,000 annual operating budget for the Center. See pictures from the event on our Facebook page.

Special Thanks to:

Claire Mayock of Heart Rock Kitchens
The Woodstock Inn
Anything Printed
Change the World Kids
Auction Chair, Holly Levison and
All of our Volunteers, Donors, and Attendees!



A new online service to help people who receive Social Security benefits with information for their tax returns: If you didn't receive or misplaced your SSA-1099 or SSA-1042S, you can get an instant replacement. Setting up an account is easy, secure, and convenient. Go to <http://www.socialsecurity.gov/myaccount/>

Congratulations John Ditchos, our most recent Marble Game Winner!

IN APPRECIATION & IN LOVING MEMORY

IN APPRECIATION

Deanna Busch - Assorted bathroom accessories
Fran Gillett, Janet Maxham, Bonnie Atwood, Emily Schanck - Helped clean out craft room
Carol Towne– Votive candle holders

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

Sue Hottenstein
John & Marybeth Brand

JOHN CONLEY

Coleman & Cecilia Hoyt

ADELINE JARVIS

Lynn & Nancy Peterson
Ruth Turner

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.



MARCH BIRTHDAYS

1 st	Charles	Luetke	11 th	Linda	O'Neil	18 th	Catherine	Harriman
2 nd	Barbara	Blaiklock	11 th	Gayle	Bielanski	19 th	Iain	Worth
2 nd	Bert	Eiselein	12 th	Mary	Klampert	20 th	Peter	Hall
3 rd	Joan	Hadden	13 th	Willem	Post	22 nd	Betty	Putnam
3 rd	Meg	Johnson	13 th	Byron	Kelly	23 rd	Emily	Jones
4 th	Mary	Cameron	13 th	Jacqueline	Neuwirth	23 rd	Sayon	Camara
4 th	William	Ellis	13 th	Deborah	Phillips	24 th	David	Crocker
4 th	Heidi	Talbert	13 th	Lucille	Tancreti	25 th	David	Worth
5 th	Edward	Thumith	13 th	Faith	Wishart	26 th	Marie	Willis
5 th	Susan	Harlow	14 th	Irene	Schlerf	26 th	Linda	Willard
7 th	Jen	Bloch	14 th	Polly	Bacon	27 th	Charlotte	Croft
7 th	James	Hassen	14 th	Joan	Yankee	27 th	Ann	Sadowsky
8 th	Liz	Hatfield	15 th	Renette	Bedard	27 th	Mervin	Comes
8 th	Alexander	Hadden	15 th	Ernest	Kendall	27 th	Joan	McGee
8 th	Narissa	Willever	15 th	Patricia	Osborne	28 th	Oliver	Wittasek
9 th	John	Garren	16 th	Paul	Milza	28 th	David	Thomas
9 th	Barbara	Sanderson	16 th	John	Dibble	29 th	Robert	Parker
9 th	Lorraine	Kruse	17 th	Susan	Rose	29 th	Robert	Rand
9 th	Cecilia	Hoyt	18 th	Pat	Tilton	30 th	Claude	Richter
9 th	Larry	Kasden	18 th	Yvonne	Delong			
11	Jerry	Fredrickson	18 th	Beryl	Spencer			

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.

Skin Cancer—What you Should Know Tuesday, March 10, 1 pm

Nikki Gewirz, an NCCPA-certified Physician Assistant at the Gifford Medical Center, is a graduate of the State University of New York Stony Brook Medical University. She will be discussing ways to prevent skin cancer, the different treatments for skin cancers, and what to look for when you are monitoring your skin for changes.

Are you Troubled By Incontinence? Wednesday, March 25, 1 pm

Dr. Richard Graham, MD returns to the Thompson to discuss different treatment options for incontinence for males and females and different ways to change behaviors to benefit bladder health. A graduate of the Medical College of Virginia, Dr. Richard Graham is board certified and has 27 years of experience with a wide variety of minimally invasive surgeries.

Wellness Clinic & Blood Pressure Screenings Tuesday, March 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, March 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 & CLASSES

Tax Assistance at the Thompson

The Thompson Center is offering individual tax preparation for seniors and low income persons. free of charge during scheduled appointments on **Mondays through April 6th.**

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!



FACEBOOK CLASS Fridays, March 6 - 27 1:30 - 2:30 pm \$40 for 4 sessions Instructor: Jürgen Ewert

Session 1: March 6, 2015

How do I establish and manage a Facebook account?

Session 2: March 13, 2015

Which features of Facebook are useful to stay in touch with family and friends?

Session 3: March 20, 2015

How do I include family and friends and how do I find people with the same interest on Facebook?

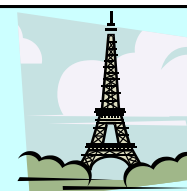
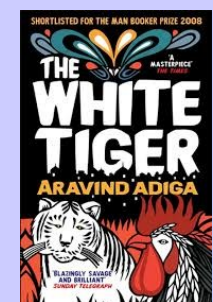
Session 4: March 27, 2015

How can I avoid getting unwanted friend requests and notifications?

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.

BOOK GROUP Wednesday, March 11, 1:00 pm

On March 11th at 1PM we will discuss The White Tiger by Aravind Adiga. It's about a comic taxi driver in India: all he learns and accomplishes in his native India. The book is narrative genius with a mischief and personality all its own. Amoral, irreverent, deeply endearing, and utterly contemporary, this novel is an international publishing sensation.



APRIL IN PARIS

No need to buy a plane ticket.

Come to the Thompson Center to welcome Spring with some French conversation and croissants.

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

Please register by April 10.

PROGRAMS



Zach’s Place Casting Call Performance Practices Begin Friday, March 13, 3:00 pm

All work will take place at
The Thompson Center



We’re searching for fun-loving seniors with a passion for writing, acting, singing, and dancing to participate in Zack’s Place Theater Guild’s upcoming production.

Our performance will take place in late May or mid June.

To participate in our performance, please contact
Zach’s Place or The Thompson Center



Empty Bowls VIII Sunday, March 29, 4:00—7:00 pm Pomfret Town Hall Thompson Van Service is Available

Choose a bowl in which to enjoy the simple meal of soup and bread. Keep the bowl as a reminder that there are always Empty Bowls in the world. There are two ways of contributing, either a donation of a non-perishable food item for the Woodstock Community Food Shelf , or \$5 in exchange for a meal in the bowl you painted or borrowed. The \$5 also allows you to keep the bowl. *For more information call or to make reservations call: 802.457.3277*



AARP Smart Driver Safety Course Friday, April 24th 9:15am 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.



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, 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 March 4 - April 1
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

TRIPS



**Vermont's Green Mountain Tours Presents:
The Mormon Tabernacle Choir on June 29, 2015
Depart from The Thompson Center....details to follow!**

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 **

Details on dates for reservations and deposit will be advertised soon.....

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...**



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

**Thursday, March 12, Depart Bugbee at 8:00 am 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 CLASSES



Next Session!

**Artists of Woodstock
Fridays, March 6-April 10
10:00 am—12:00 pm
6 week session \$60.00**

An invitation to discover the pleasure of making art that is your own, to enjoy the process and share the outcomes in the company of others at The Thompson Center. We will work with drawing materials, water-based paints and collage media. Our approach is personalized, guiding you towards carrying out your own intentions and developing your own vision.

Students are asked to bring work aprons and all other materials will be provided.

Sign-up is required. New Students are always welcome!

**Ocular Nutrition Update
Presented by Dr. Chris Fields, OD – Fields of Vision Eyecare
Monday, March 16, 2015 1 pm**

Dr. Chris Fields returns to The Thompson and will be presenting an update on ocular nutrition and how we can slow the progression of ocular diseases such as Macular Degeneration and Diabetic Retinal Disease. He will also discuss how to enhance our natural vision through improved nutrition. Please bring your questions for this open format discussion.

**An Early Spring Garden Exploration
A Photo Presentation of
Patsy Highberg's Gardens
Thursday, March 26,
immediately following Birthday
Celebration Lunch, at 1:00 pm**

Put some color into your winter and come on a "walk" through my garden. My slide show will include pictures of spring trilliums, orchids, and rock alpine plants and bulbs. Abundant, colorful zinnias and marigolds flourish in summer. And finally, In fall you will see more colorful bulbs and the rich autumn colors that nature paints the shrubs and trees. The beautiful photos were taken by local photographer Lynn Bohannon.



**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 - MARCH 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	9 Strength & Fitness 10 Double King Pedo 12 Spanish Table 1 Scrabble 3 Bone Builders	9 W. Leb Shopping* 9 Walking Program 10 Tai Chi* 10-12 Chair Massages* 10:30 Handwork Cir. 12 French Table	9 Strength & Fitness 10 Cribbage 10:30 Italian Study 12 Italian Table 1:15 Beginning Italian 3 Bone Builders	10-12:30 CCC Office Hours* 10 Art Class 12 German Table 1:30 Facebook Class*
9	10	11	12	13
8:45 Tax Appts* 9 Strength & Fitness 10:15 Memoir Group 1 Bridge 1 Advance Directives*	9 Strength & Fitness 10 Double King Pedo 12 Spanish Table 1 Scrabble 1 Skin Cancer Program 3 Bone Builders	9 Walking Program 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 Study 12 Italian Table 1:15 Beginning Italian 3 Bone Builders	9 – 2:30 Foot Clinic* 10 Art Class 10-12:30 CCC Office Hours* 12 German Table 1:30 Facebook Class* 3 Play Practice
16	17	18	19	20
8:45 Tax Appts* 9 Strength & Fitness 10:15 Memoir Group 1 Bridge 1 Advance Directives* 1 Chris Field's Presentation	St. Patrick's Day 8:30 Newsletter Folding 9 Strength & Fitness 10 Double King Pedo 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* 10 Tai Chi* 10:30 Handwork Cir. 12 French Table 12:30 Caregiver Group	9 Strength & Fitness 10 Cribbage 10:30 Italian Study 12 Italian Table 12:45 Lucy Mac Visit 3 Bone Builders	10-12:30 CCC Office Hours* 10 Art Class 12 German Table 1:30 Facebook Class*
23	24	25	26	27
8:45 Tax Appts* 9 Strength & Fitness 10:15 Memoir Group 1 Bridge 1 Advance Directives*	9 Strength & Fitness 10 Double King Pedo 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 Incontinence Program	BIRTHDAY DAY* 9 Strength & Fitness 10 Cribbage 10:30 Italian Study 12 Italian Table 1 Garden Slide Show 3 Bone Builders	10-12:30 CCC Office Hours* 10 Art Class 12 German Table 1:30 Facebook Class* 3 Play Practice
30	31			
8:45 Tax Appts* 9 Strength & Fitness 10:15 Memoir Group 1 Bridge 1 Advance Directives*	9 Strength & Fitness 10 Double King Pedo 12 Spanish Table 1 Scrabble 3 Bone Builders		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 - MARCH 2015				
Mon	Tue	Wed	Thu	Fri
2	3	4	5	6
Tossed Salad, Turkey and Vegetable Noodle Soup, Biscuit, Chocolate Cake	Chipped Beef and Egg Gravy on Mashed Potato, Dijon Braised Brussel Sprouts, Strawberry Sundae	Spinach, Mushroom, Red Onion, Olive, Cheese Pizza, Tossed Salad, Cupcake	Tacos w/ Ground Beef Cheese, Lettuce, Tomato, Salsa, Sour Cream, Red Beans and Rice, Roasted Vegetables, Chef's Choice Dessert	Citrus Roasted Chicken Leg, Baked Potato, Caramelized Seasonal Vegetables, Berries and Cream Crepes
9	10	11	12	13
Asian Pork Burgers on Multigrain Round w/ Lettuce and Sweet & Sour BBQ Sauce, Roasted Steak Fries, Asian Slaw, Chocolate Chip Cookies and Fruit	Tossed Salad, Chicken Parmesan over Multigrain Pasta, Garlic Bread, Tuscan Blend Vegetables, Fresh Fruit Salad	Tossed Salad, Chili, Corn Bread, Yogurt Cake w/ Peach Puree	Turkey Sandwich on multigrain flat roll, Caldo Verde (Spicy Portuguese Kale and Potato soup w/ sausage), Warm Mixed Berry Crisp	Chef's Choice
16	17	18	19	20
Sweet and Sour Chicken, Vegetable Stir fry, Rice, Coconut Macaroons w/ Pineapple	St. Patrick's Day* Corned Beef, Cabbage, Baby Carrots, New Potatoes, Guinness Stout Cake	Tossed Salad Spinach, Artichoke & Cheese Quiche, Roasted Sweet Potato Fries, Hot Fudge Sundae with Banana	Grilled Pesto Chicken Breast, Lemon Risotto with Peas Marinated Vegetable Salad, Rum Raisin Rice Pudding	Almond-Crusted Tilapia, Roasted Potatoes & Veggie Blend, Fruit topped Cookies
23	24	25	26	27
Chicken Caesar Wraps, Hearty Vegetable Minestrone, Cottage Cheese, Pumpkin Cake w/ Cream Cheese frosting	Tossed Salad, Beef Stroganoff, Roasted Seasonal Root Vegetables, Brownie Sundaes	Puff Pastry Chicken Pot Pie, Tossed Salad, Warm Apple Crisp	Birthday Day* Grilled Baja Style Pork Loin, Citrus Sweet Potato Mash, Braised Greens, Cake & Ice Cream	Tossed Salad, Ziti (a little spicy, with broccoli, tomatoes, Italian sausage) Monterey Ranch Bread, Mixed Fruit cobbler
30	31			
Chef's Choice	Dijon Crusted Chicken Breasts, Horse Radish Mashed Potato, Gravy, Spinach, Jelly Roll	Meal Pricing: <ul style="list-style-type: none"> \$7 charge for those under sixty \$5 suggested donations 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 with special dietary needs.