



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



MAY 2015

OLDER AMERICANS MONTH

Older adults are a vital part of our society. Since 1963, communities across the country have shown their gratitude by celebrating Older Americans Month each May. The theme of this year's celebration is "Get into the Act," to focus on how older adults are taking charge of their health, getting engaged in their communities, and making a positive impact in the lives of others.

The theme also reflects on the 50th anniversary of the Older Americans Act. President Lyndon B. Johnson signed the Older Americans Act into law in July 1965. Since that time, the Act has provided a nationwide aging services network and funding that helps older adults live with dignity in the communities of their choice for as long as possible. These services include home-delivered and congregate meals, caregiver support, community-based assistance, preventive health services, elder abuse prevention, and much more.

By promoting and engaging in activity, wellness, and inclusivity, more Americans than ever before can "Get into the Act." While The Thompson provides programs and services to older adults year-round, Older Americans Month offers an opportunity to emphasize how older adults can access the home- and community-based services they need to live independently in their communities. It is also an occasion to highlight how older adults are engaging with and making a difference in those communities. Throughout the month, The Thompson will be conducting activities and providing tips on how to live active and fulfilling lives at every age.

Older Americans Month Luncheon, Tuesday, May 19, 2015 at 12:00pm, All patrons are invited to the Center for a time of celebration, recognition, and door prizes during lunch. Please sign-up in advance by calling 457-3277.



Photos: 1. Sam Grice & Norm Boynton playing horseshoes April 13th (before the snow is even gone! 2. Liz Hatfield leads Strength & Fitness class. She keeps it interesting with beach balls, weights, and a variety of exercises.

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.



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.

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

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

The Thompson Center

Woodstock Area Council on Aging
99 Senior Lane
Woodstock, VT 05091
Phone: 802-457-3277
Fax: 802-457-1259
www.thompsonseniorcenter.org

CENTER HOURS

8 AM-3 PM, Monday-Friday

STAFF

Deanna Jones, Executive Director,
djones@thompsonseniorcenter.org
Paula Audsley, Outreach Manager,
paudsley@thompsonseniorcenter.org
Pam Butler, Program Director,
pbutler@thompsonseniorcenter.org
Jen Bloch, Marketing Coordinator
jbloch@thompsonseniorcenter.org
Shari Borzekowski, Administrative
& Resource Assistant,
sborz@thompsonseniorcenter.org
Ryan Martin, Chef,
rmartin@thompsonseniorcenter.org
Siobhan Wright, Kitchen Assistant
**Drivers: Dwight Camp, Gordon
Worth, Jim Emery, Nelson Gilman**

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

BEHIND THE SCENES

A note from the desk of Deanna Jones, Executive Director

There are a few changes related to our Thompson staff and general operations to share with you this month. Diana Leskovar, our program director for 9 years, has made the decision to continue permanent care for her parents. She left temporarily last August and we have hoped she would be able to return to us, but she continues to be needed in Virginia. We know how blessed her parents are to have such a devoted daughter... as we were to have her on staff for 9 years! Thank you for your many years of service, Diana! A special thank you to Pam Butler, who has continued bringing us wonderful programs and events, is also well deserved!

Throughout the past few months, we took the opportunity to look at how staff could best serve our patrons and meet the needs of the Center. Instead of replacing Diana in the upstairs program office, you'll be seeing a new face in the lobby at the Senior Center at the second desk. On April 20th, Shari Borzekowski will join our staff team -- she'll be a "go-to" person for many of you and will be working every morning from 8:30am -12:30pm. She will be taking all reservations and payments for all programs, trips, & classes. She will also be in charge of lending out the medical equipment, helping with the computer system, and a variety of other services that people come to the Center to inquire about. Shari comes to us with excellent references and experience in administrative and customer service. Welcome Shari!

Another positive change that is underway already is that Siobhan Wright, in our kitchen, is taking over the management of the Meals on Wheels (MOW) program. Changes or new MOW orders can now go directly to Siobhan. She'll manage the delivery routes and driver's scheduling as well. This should improve efficiency for everyone by saving a step in the process of not having to go through the office first. Thank you to Paula Audsley for many years of overseeing the MOW program and to Siobhan for taking on this role.

I feel these changes will be positive to both patrons and staff. Please feel free to visit me, call, or email with any ideas or concerns that you may have. Your feedback is always appreciated and helpful! Thank you! ~ Deanna Jones, 457-3277 ext 111, or djones@thompsonseniorcenter.org

ADVISORY MEETING HIGHLIGHTS

- Staffing updates shared
 - Warren's trip shopping idea discussed
 - Suggestion box will be placed in foyer
 - High school student visits during lunch on some Mondays
- Please join our next meeting on Monday, June 1st, at 1pm.**
All patrons and volunteers are invited to attend.

IN APPRECIATION

IN APPRECIATION

Janice Chamberlain - Afghans
Police Department – Cookies, Brownies,
Bread
Welch's True Value - Greeting Cards, Candy
Kiss the Cow Farm - Eggs

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
Four Seasons Sotheby's Realty Tambrey Vutech
Gateway Motors - car washes
Ottauquechee Health Foundation



IN MEMORY OF

BERNICE ATWOOD

The Brattleboro Memorial Hospital
Physical Therapy and Occupational
Therapy Department

Bonnie, Randy Mayhew and
Jeri Lynn Atwood

Stephen and Joan Tarleton

AUDREY VITTUM

Merle & Barbara Sanderson

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.

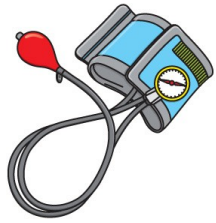
MAY BIRTHDAYS

1st	Betty	Stetson			
1st	Elizabeth	Bond			
2nd	Katrin	Tchana			
4th	Vivian	Mornis	13th	Bob	Forman
4th	Marilyn	Spets	13th	Vincent	Jones
4th	Roger	Scully	14th	Margaret	Maynes
4th	Jacqueline	Fischer	15th	Edna	Luce
5th	Patricia	Wittasek	15th	Patricia	Hanlon
5th	John	Blake	15th	John	Snyder
5th	Kaitlin	Reid	16th	Eleanor	Grice
6th	Eleanor	Pizzani	17th	Ben	Lewis
6th	Joan	Eaton	17th	Susan	Thumith
6th	Ann	Richardson	17th	Christine	Dunleavy
7th	Pauline	Smith	17th	JoAnn	Milza
7th	Virginia	Kurtz	17th	Janet	Belon
8th	Anne	Bower	20th	Cindy	Beam
8th	Mirjam	Pajala	20th	Polly	Foley
9th	Ariel	Voepel	20th	Carolynn	Harrington
9th	Donald	Carr	21st	Susan	Tomlet
10th	Corwin	Sharp	21st	Nancy	Doten
10th	Sally	Weglarz	22nd	Robert	March
11th	Richard	Brackett	22nd	Rodney	Croft
11th	Mary	Corrigan	22nd	Richard	Schramm
11th	Mae	Lewis	22nd	Kathy	Beaird
12th	Joyce	Breault	22nd	Carl	Thompson
12th	Bud	Spaulding	23rd	Patricia	March
13th	Mary	Brand	23rd	Louise	Faherty
			23rd	Emma	Robinson
			24th	Leonard	Bernstein
			24th	Bonnie	Willis
			24th	Harry	Buss
			25th	Marge	Grob
			25th	George	Lyons
			26th	Sherry	Belisle
			26th	Ira	Wade
			26th	Mona	Hoadley
			26th	Siobhan	Wright
			27th	Barbara	Winkler
			27th	Robert	Mitchell
			27th	Jean	Thompson
			27th	Pat	McCosker
			28th	Erwin	Fullerton
			28th	Babara	West
			29th	Ann	Niles
			29th	Milton	Hurwitz
			30th	Daniel	Kenney
			30th	Phoebe	Stadish
			30th	Anne	Marder
			30th	Joseph	Sheperd
			30th	Dennis	Cogswell
			31st	Phyllis	Wood
			31st	Pauline	Corrigan



On May 28th we will celebrate your special day! **Those who attend with an April birthday will receive a complimentary meal on birthday day.** Please call to make a reservation for lunch.

WELLNESS PROGRAMS



Do You Have High Blood Pressure? Do You Know? May 14 at 1:00 pm

When blood pressure is high, it starts to damage the blood vessels, heart, and kidneys. This can lead to heart attack, stroke, and other problems. Heart disease kills more women in the US than all cancers combined. Don't be part of that statistic! High blood pressure is called a "silent killer," because it doesn't usually cause symptoms while it is causing this damage...

Do you have high blood pressure? What can you do to decrease your risk of damage? Come get some tips! Pat Harrison, a dietitian from Senior Solutions will be here for a brief chat on hypertension on May 14 at 1:00 pm. Join us & get some ideas on how you can help your body to stay healthy.

Get Your Medical Questions Answered by a Gifford Medical Center Health Care Provider

Do you have a medical question that you would like answered by a medical professional? Tune in to the Royalton Community Radio program, "On Call", on Tuesday evenings from 6 -7 pm on FM channel 96.5. If there is a specific topic you would like to hear about, call Nikki Gewirz, P.A. at 802-763-2700 or email her at mgewirz@giffordmed.org.

CAREGIVER SUPPORT GROUP Wednesday, May 20, 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.

Free Hearing Screenings and Equipment Demonstration on Friday, May 8 from 9:00 a.m.- 2:30 pm

Aria Hearing returns to provide free hearing screens and equipment demonstrations including the Captioned Telephone (CapTel) which is a new telephone technology that allows people to receive word-for-word captions of their telephone conversations. Call to reserve your 30 minute free appointment.

Foot Care Clinic with Mary Wood Monthly, 9:00 am - 2:30 pm on the 2nd Friday & 3rd Wednesday.

Mary Wood, retired RN, runs the foot clinic. Call 457-3277 to schedule a half hour appointment with Mary on the 2nd Friday, or 3rd Wednesday of each month (see the calendar for dates). Your feet will thank you!

A waiting list is kept for each day; **PLEASE** make sure to let us know if you can't make your appointment. **Cost: \$15, please bring your own towel.**

Chair Massages at the Thompson Wednesdays, 10:00 am to noon

Chair massages are offered on the 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. Cost: 20 minute massage/\$20.00

Wellness Clinic & Blood Pressure Screenings Tuesday, May 26, 10 - 12 noon

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

NEWS & EVENTS

Older Americans Month Luncheon Tuesday, May 19, 2015 at 12:00pm

All patrons are invited to the Center for a time of celebration, recognition, and door prizes during lunch.
Menu: Tossed salad, spaghetti & meatballs, garlic bread, vegetable medley, fresh fruit salad.
Please sign-up in advance by calling 457-3277.



Exciting Dollar-for-Dollar Matching Opportunity

Lois & Harvey Watson have been faithful friends and generous supporters of The Thompson Center for many years. They've taken an active interest in the services we offer and want to help to make sure that we are sustained into the future. As with many donors, it is important to them that we are managed well and that people who use the Center also believe in and give generously to support the meals and programs.

With their grant donation this year, they've given us the exciting opportunity both to help increase awareness regarding the cost to run our meal program and as well as to increase support through a matching gift. **They will match dollar-for-dollar (up to \$10,000) any money raised for the meal program.**

Did you know? Because of the funding that we receive through the Older Americans Act, we are not allowed to "charge" seniors for meals and can only ask for a "suggested donation" (we ask for a suggestion donation of \$5 per meal for seniors). Many people don't realize that the donations that we receive for our meals and the grants we receive don't cover the cost to produce these meals. For example, the total meal donations received from patrons last year were \$36,812, while our food costs alone were \$54,342. This, along with many other operational expenses, is why we fundraise throughout the year.

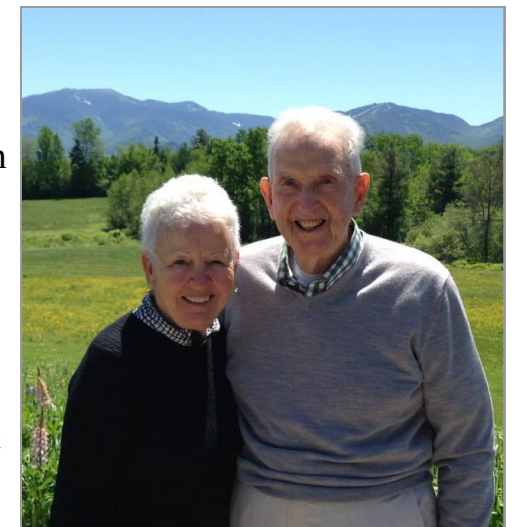
So, our question to you: Are you donating what you can for meals when you dine with us, or could you give a little extra the next time you're at a meal to help us raise matching dollars? Have you given to our annual appeal yet? If not, could you note that it is for the meals program when you do? Please consider these things and let Deanna know if you have any questions or ideas.

Thank you for taking an interest in the Center and for helping us to keep it running and sustainable!

Mother's Day Luncheon

Monday, May 11, 12:00pm

Menu: Quiche with asparagus, leeks, and gruyere cheese, roasted potatoes, strawberry spinach salad with goat cheese, plum almond tart.
Please sign-up in advance by calling 457-3277



PROGRAMS and CLASSES



Complimentary Cleansing Facials and More for Mother's Day Monday, May 11, 1 pm following Mother's Day Lunch

Mary Kay representative LouAnn Cogswell is offering a special treat for ladies in recognition of Mother's Day. Ladies will meet in a group (it's more fun that way!) in front of their own individual mirrors and products and will be guided to begin with a satin hands treatment. Next will come the satin lips treatment followed by a guided cleansing facial, and finally, a little out-the-door color makeover. *Space is limited so please reserve your seat.*

Zack's Place Theater Guild Presents *Tea for Tut* May 19, 5:30 pm at WUHS

Join Zack's Place and the Thompson Senior Center participants in a trip across the Atlantic to explore The Thompson Hotel at Zackton Abbey in Yorkshire, England. Help us solve the mystery of the missing ancient Egyptian artifacts from King Tut's Tomb. Tea, Tut and Mystery....music, dancing and romance! We'll be Leaving on a Jet Plane on May 19th at 5:30 pm, so bring your boarding pass, your passport, your friends and Be Our Guest for a night full of fun and surprises! Free to All, Donations Gratefully Accepted!



Free Medicare Assistance Available

Mondays, May 4 and 11, June 8, 15, 22, 1:00—3:00 pm

We are currently taking appointments for people needing assistance with Medicare plans, including those people turning 65 who will be new enrollees. Assistance for people enrolling in Choices for Care Long-Term Care (Medicaid) will also be available. Please call to reserve your one hour appointment with Medicare counselor, Rick Greenspan.

Hood Museum Tour

Friday, May 1 ~ Depart Thompson Center on van at 9:30 am

Artists Chrissy Orcutt and Murray Ngoima invite you to join them with the Thompson art class on a visit to the Dartmouth College Hood Museum. Chrissy and Murray will be your guides as you tour various exhibits throughout the museum. Immediately following the tour your group will visit the Courtyard Cafe at the Hopkins Center where a delicious variety of food will be available for purchase. Arrive back at Thompson by 2:00 pm. Cost: \$5 for transportation plus lunch cost. Free admission to Hood Museum- *Please call to reserve your seat on the van or inform Thompson staff if you will be driving on your own.*

Art Class Concludes for the Summer

Our Friday Art Class will conclude for the summer on Friday, May 22nd. Please look for details for upcoming Fall classes. We thank Chris Orcutt and Murray Ngoima for their time and dedication to students on Friday mornings!



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

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.**

Wednesday Walkers Wednesdays, 9 am at Union Arena

These hearty walkers, with Jerry Fredrickson, will continue to meet at the Union Arena on Wednesdays in May at 9 am. With the groups agreement Jerry would like to explore some Woodstock Village Green or Woodstock Country Club golf course routes as the weather improves. Your suggestions for new walking routes outside are welcome! Adults of all ages are welcome. *If leaving from the Thompson Center, we will provide you with a ride to and from the Arena, with advance notice.*

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

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

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

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

Come give it a try!

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

Water Aerobics Class ~ Come See What it's All About Tuesday, May 5, 1:00 p.m.

Certified personal trainer and fitness expert, Bari Ramirez, will be discussing her upcoming water aerobics class for seniors that will begin in early summer at the Woodstock Sports and Fitness Center. Bari will explain what her class is all about and answer any questions you may have about the exercises. This may just be the class for you.

TRIPS, TRIPS, TRIPS



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

Tickets are still available for The Mormon Tabernacle Choir who will be performing at the Saratoga Performing Arts Center (SPAC) in Saratoga Springs, New York on Monday, June 29 at 7:30pm. The Choir 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 (*please note that pick-up is subject to change and be from Rutland if there are less than 10 people traveling from The Thompson*)

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

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

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

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



Warren's Lobster House and Kittery Shopping Trip **Wednesday, August 5, 2015**

We return to Warren's Lobster House picturesque setting overlooking the Piscataqua River in Kittery Maine. Lunch will include an entrée from the popular "Captain's Menu"---with a choice of: Crab Crusted Salmon, Top Sirloin Steak, 1 1/2 lb. Lobster, Baked Stuffed Lobster Tails, Grilled Chicken with Memphis BBQ, or Haddock Cape Anne, along with the salad bar, dessert, and beverage choice. Immediately following lunch we will visit the Kittery Premium Outlets, where upon our arrival, complimentary coupon books for shopping discounts will be waiting. Our shopping trip would not be complete without a visit to the Kittery Trading Post, a favorite stop for outdoor enthusiasts. Shoppers will enjoy vast selection of brand name recreational gear, clothing, footwear and specialty gifts for the entire family.

Itinerary:

9 a.m. Depart Thompson Center on Premium Coach Bus

12-1:30 p.m. Lunch at Warrens

2-3:15 p.m. Shopping at Outlets

6:00 p.m. Arrive in Woodstock

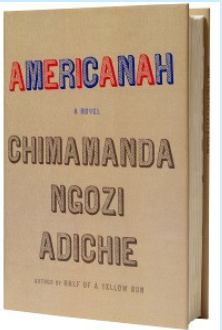
Please call to reserve your space on this trip followed by prompt payment and mention your menu selection. The deadline for reservations is July 22nd. **Cost: \$82.00 Includes Meal and Transportation.**

Please Note: We must have a minimum of 35 paid reservations by July 22nd, or the trip will be cancelled. So please sign up soon!

PROGRAMS

BOOK GROUP **Wednesday, May 13, 1:00 pm**

On May 13th, at 1 p.m., The Thompson Book Discussion group will share their views about Chimamanda Ngozi Adichie's 2013 novel *Americanah*. The book follows Nigerian born Ifemelu, now a writer in New Jersey, as she struggles to honestly confront issues of love, race, and personal development. Meanwhile, her former lover Obinze, married and successful in business, has his own difficulties back in Nigeria. The novel moves between these two characters and two settings. Adichie writes with humor and insight, and makes her settings and characters come alive vividly. *Newcomers welcomed!*



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

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

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

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

April 29th Your Top Five Essential Estate Planning Documents

May 6th Long Term Care Planning and Aging Well (Including Residence Options); and

May 13th Advance Directives and Legacy Letters.

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

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

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

Music by The Peapickers with Special Guest, Fiddler Adam Boyce **Tuesday, May 12 at 1:00 pm**

Bob Dean and the Peapickers return to The Thompson with *special guest*, Adam Boyce on the fiddle. Adam is an award winning fiddler as well as a composer, piano player, contra dance prompter and square dance caller. Please join us for some good ole fashion, toe tappin' music.

PROGRAM CALENDAR - MAY 2015				
Mon	Tue	Wed	Thu	Fri
				1
BINGO daily at 10:30 am except on birth-day day and other special meal days.		*Indicates that sign-up/ reservations are required		10-12:30 CCC Office Hours* 9:30 HOOD Museum Trip* 12 German Table 3 Play Practice
4	5	6	7	8
9 Strength & Fitness 10:15 Memoir Group 1 Bridge 1 Advance Directives* 1 Advisory Meeting	9 Strength & Fitness 10 Double King Pede 12 Spanish Table 1 Scrabble 1 Water Aerobics Intro 3 Bone Builders	9 Walking Program 10 Tai Chi* 10:30 Handwork Cir. 12 French Table 1 Spring Cleaning Your Affairs	9 Strength & Fitness 10 Cribbage 10:30 Italian Study 12 Italian Table 1 Beginning Italian 3 Bone Builders	9 – 2:30 Foot Clinic* 9 – 2:30 Hearing Screenings* 10 Art Class 10-12:30 CCC Office Hours* 12 German Table 3 Play Practice
11	12	13	14	15
9 Strength & Fitness 10:15 Memoir Group 12 Mother’s Day Lunch* 1 Hands on Facials* 1 Bridge 1 Advance Directives*	9 Strength & Fitness 10 Double King Pede 12 Texas BBQ 12 Spanish Table 1 Scrabble 1 Music with the Peapickers 3 Bone Builders	9 Walking Program 9 W. Leb Shopping* 9 – 2:30 Foot Clinic* 10 Tai Chi* 10:30 Handwork Cir. 12 French Table 1 Book Group 1 Spring Cleaning Your Affairs	9 Strength & Fitness 10 Cribbage 10:30 Italian Study 12 Italian Table 1 Beginning Italian 1 Hypertension Presentation 3 Bone Builders	10-12:30 CCC Office Hours* 10 Art Class 12 German Table 3 Play Practice
18	19	20	21	22
8:30 Newsletter Folding 9 Strength & Fitness 10:15 Memoir Group 1 Bridge 1 Advance Directives*	9 Strength & Fitness 10 Double King Pede 11:30 Commodities 12 Older American’s Month Lunch* 12 Spanish Table 1 Scrabble 3 Bone Builders 5:30 Tea for Tut at WUHS	8:30 Board Meeting 9 Walking Program 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
25	26	27	28	29
Memorial Day Closed	9 Strength & Fitness 10 Double King Pede 10-12 Wellness Clinic 12 Spanish Table 1 Scrabble 3 Bone Builders	9 Walking Program 10 Tai Chi* 10-12 Chair Massages* 10:30 Handwork Cir. 12 French Table	BIRTHDAY DAY* 9 Strength & Fitness 10 Cribbage 10:30 Italian Study 12 Italian Table 3 Bone Builders	10-12:30 CCC Office Hours* 12 German Table

MENU - MAY 2015				
Mon	Tue	Wed	Thu	Fri
				1
Meal Pricing: <ul style="list-style-type: none"> \$7 charge for those under sixty \$5 suggested donations for ages sixty and over 	Menu is subject to change based on availability of food items. Please call ahead with special dietary needs	*Indicates that Sign-up/ Reservations are required (Birthday Day & special holiday meals)	2% Milk, Assorted Juices, Coffee, & Tea served with all meals	Philly Cheese Steak Sandwiches w/ peppers & onions, Sweet Potato Fries, Coleslaw, Chef's choice dessert
4	5	6	7	8
Meatball Hoagies, Sweet Potato Fries, Coleslaw, Cookie Fruit Basket	Cinco De Mayo Fiesta Lasagna w/ chicken, refried beans, vegetables, cheese, South Western Tossed salad w/ avocado, red onion, tomato, lime vinaigrette, Mexican Brownies	Chipped Beef and Egg Gravy on Mashed Potato, Dijon Braised Brussel Sprouts, Warm Apple Crisp	Tossed Salad, Roasted Tarragon Chicken Breast over Fettuccine with Asparagus & Mushrooms, Fresh Fruit	Tossed Salad, Chili, Corn Bread, Brownies & Fruit
11	12	13	14	15
Chef Salad w/ Lettuce, Tomato, Ham, Turkey, Cheese, Hard Boiled Egg, Carrot, Roll, Peanut Butter and Chocolate Sandwiches	Crunchy Tacos w/ Beef, lettuce, tomatoes, cheese, Sour cream & Salsa, Roasted Vegetable Medley, Southwestern Spiced Rice, Churros with fruit	Stuffed Meatloaf w/ Spinach and Cheese, Mashed Potato, Gravy, Green Beans, Strawberry Sundae	Cheese Pizza, Greek Salad w/ lettuce, cucumber, pepper, olives, feta cheese, Chocolate Chip Cookie and fruit	Pesto Olive Chicken, Herb Roasted Red Potatoes, Mediterranean Vegetables Casserole, Citrus Ricotta Squares
18	19	20	21	22
Chef’s Choice	Tossed Salad Spinach, Artichoke & cheese Quiche, Roasted Sweet Potato fries, Hot Fudge Sundae with banana	Tossed Salad, Chicken Parmesan over Multigrain Pasta, Garlic Bread, Tuscan Blend Vegetables, Fresh Fruit Salad	Salmon en Croute, w/ Spinach and Mushrooms, New Potatoes, Cucumber/Dill Salad, Raspberry Austrian Bars	Asian Pork Burgers on Multigrain Round w/ Lettuce and Sweet & Sour BBQ Sauce, Roasted Steak Fries, Asian Slaw,
25	26	27	28	29
Memorial Day Closed	Grill Day Hot Dogs & Burgers, Potato Salad, Cole Slaw, Strawberry Short Cake	Tossed Salad, Tuscan Chicken w/ Peppers and Tomatoes, Roll, Peach Rhubarb Coffee Cake	Birthday Day* Herb Roasted Pork Loin w/ Peaches Roasted Red Skinned Potatoes, Springtime Vegetables, Cake & Ice Cream	Chicken Salad, Broccoli Salad, Tortellini Salad, Lettuce, Tomato, Chef’s Choice Dessert