



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



# The Thompson Times

Your resource to age well

APRIL 2025



## Building Update

Great news! Our newly renovated and expanded building is almost ready for us to return! April is a big month with much to be done, and we will need time to move, set-up, and train on our new equipment and systems (kitchen equipment, phones, hearing loop for hearing aids, and more).

Here's the schedule for our return to in-person programs and meals:

- **April 1 - 18:** Off-site programs and meals continue. Meals on Wheels will be distributed from Woodstock Inn Country Club. Bone Builders and Yoga move to the Woodstock Recreation Center Little Theater the week of April 7. The last Masonic Lodge lunch is on April 16. Please see the calendar for full details.
- **April 21 - 24:** Staff training on kitchen equipment, set-up, and meal prep. Frozen Meals on Wheels will be delivered. No take-out or Masonic lunches.
- **April 25 - May 2:** Hot Meals on Wheels made and distributed from The Thompson kitchen. No in-person lunches this week as staff and volunteers adjust to the new kitchen. No take-out. A free lunch with the Barnard Silver Lake Progressive Club at Barnard Town Hall will be held on April 30.
- **April 25 - May 2:** Moving in furniture, setting up program spaces, and training on new systems.
- **May 1:** Volunteer wait staff training at The Thompson, 11:30 AM – 12:30 PM (lunch included).
- **May 5:** In-person lunches and programs resume at The Thompson!

We can't wait to welcome you back! Please make sure to check the weekly e-newsletters and May newsletter mailing for any changes or updates.



## TRANSPORTATION

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.

**Local transportation** to and from the Thompson Center is provided Monday through Friday between 8:30am – 3:00pm. Please call the Center to request rides with at least 24 hours notice. **Suggested minimum donation:** \$5 per ride round trip

**Medical Rides** to and from appointments to all Upper Valley providers can be arranged directly through Tri-Valley Transit at 802-728-3773. A minimum of 48 hours notice is requested for scheduling.

## Thank You to Our Transportation Sponsors & Grants



## MISSION

The Thompson helps older adults to age well in our rural community. We provide timely support and services, and are a resource and advocate on issues related to aging. Our programs and activities foster the physical, intellectual, and social well being of our adult community to enhance dignity, self-worth, and independence.



## April is Volunteer Appreciation Month



April is known as Volunteer Appreciation month as organizations take this opportunity to recognize and thank volunteers who lend their time, talent, voice and support to causes they care about.

All Thompson volunteers are invited to pick-up a free take-out meal any day between April 1 -16th. Please call in advance to schedule and pick up lunch and a small gift as a token of appreciation. A future in-person celebration of volunteers will be scheduled in our new building.

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[www.thompsons seniorcenter.org](http://www.thompsons seniorcenter.org)

8 AM-3 PM, Monday-Friday

**Deanna Jones**, Executive Director,  
djones@thompsonsniiorcenter.org  
**Cory van Gulden**, Assistant Director,  
cvang@thompsonsniiorcenter.org  
**Paula Audsley**, Business Office Manager,  
paudsley@thompsonsniiorcenter.org  
**Jen Bloch**, Marketing Coordinator,  
jbloch@thompsonsniiorcenter.org  
**Shari Borzekowski**, Aging at Home  
Resource Manager & HomeShare Vermont  
Case Manager,  
sborz@thompsonsniiorcenter.org  
**Pam Butler**, Aging at Home Support,  
pbutler@thompsonsniiorcenter.org  
**Siobhan Wright**, Meals on Wheels &  
Transportation Coordinator,  
swright@thompsonsniiorcenter.org  
**Andrew Geller**, Chef,  
ageller@thompsonsniiorcenter.org

**Drivers:** Tom Morse, Brian McGinty, Jim Robinson, Vern Clifford

Senior Solutions (Formerly Council of Aging  
for Southeastern Vermont)  
**SENIOR HELPLINE: 800-642-5119**

Karen Rosene-Montella—*President*  
Carolyn Kimbell—*Vice President*  
Beth Harper—*Treasurer*  
Richard Wacker—*Secretary*  
Mary Bourgeois  
Keri Cole  
Janet English  
Robin Gaby Fisher  
Rick Fiske  
Susan Ford  
Dolores Gilbert  
Greg Greene  
Roger Logan  
Dan Noble  
Thomas Phillips  
Sandy von Unwerth  
Paulette Watson  
Dennis Wright

## BEHIND THE SCENES

- Deanna reported on:
  - \* appreciation of staff and volunteers who help to continue providing meals while coordinating with offsite distribution centers.
  - \* update on current Thompson construction status
  - \* some plans for grand opening
- Cory reported on upcoming March programs and special meals
- Participant questions and comments include questions about logistics upon return to the Center.

## IN APPRECIATION

**IN MEMORY OF**

Thank you!

Vermont Standard newspapers  
Diane Zonay for birthday flowers

## APRIL BIRTHDAYS

1st	Roland	Heijn	11th	Thomas	Dutton	22nd	Pamela	Burnett
1st	Steve	Shama	11th	David	Ballou	22nd	Allan	Stadler
1st	Gary	Bohn	11th	Ron	Ringenberg	23rd	Nancy	Zuba
1st	Robert	Burchess	11th	Hugh	Hermann	23rd	Stephen	Hill
2nd	Gail	Stickney	11th	Greg	DeCell	24th	Peter	Pickett
2nd	Douglas	Audsley	12th	Dorothea	Mongulla	24th	John	Bieling
2nd	Susan	George	12th	Estra	Berosini	24th	Timothy	Reeves
2nd	Beth	Hunt	12th	Preston	Bristow	24th	Jill	Dye
2nd	Patricia	Dubeau	12th	Sharon	O'Leary	25th	Pauline	Reeves
2nd	Sue	Fullerton	14th	Bea	Rivers	25th	Peter	Hughes
3rd	Marjorie	Van Alstyne	14th	Shari	Borzekowski	25th	Mary	Stringos
4th	Molly	Maxham	14th	Finnie	Trimpi	25th	John	Tatlock
4th	Lucas	Geller	14th	Edmund	Valenski	25th	Julie	Moncton
5th	Mona	Foster	14th	Dale	Johnson	26th	Charlie	English
5th	Keri	Bristow	14th	Judy	Danna	26th	Jean	Gove
5th	Karen	Fogel	15th	Betsy	Luce	26th	Alison	Clarkson
6th	Janice	Prindle	15th	Penny	Audsley	26th	Keri	Cole
6th	Fadia	Williamson	15th	Meme	Savelberg	27th	Jennifer	Dembinski
6th	Peggy	O'Neal	17th	Peter	Goulazian	27th	Joan	Oppenheimer
6th	Janet	Murgatroyd	17th	Tomoko	Liguori	27th	Joanna	Long
7th	Cynthia	Yanowitz	17th	Michael	Worth	27th	Bill	Terry
7th	Jerry	Blakeney	17th	Heather	O'Connell	27th	Gwen	Martin
7th	Sabra	Field	18th	Suzanne	Esty	27th	George	Butts
7th	David	Green	18th	Eamonn	Daniels	29th	Joyce	Blake
7th	Pamela	Crane	18th	Gerrie	Rikert	29th	Wayne	Stevens
8th	Judith	Dossett	19th	Barbara	Destefano	30th	Sharon	Butterfield
8th	Carol	Powell	19th	James	McClelland	30th	Jean	Benanti
8th	Rita	Post	19th	James	VanderWende			
8th	Celia	Quinones	19th	Norma	Sousa			
9th	Esther	Griffith	20th	Gil	Emery			
10th	Doris	Johnston	20th	Debra	Werner			
10th	Patricia	Payton	20th	Bettyanne	McGuire			
10th	Lisa	Lawlor	20th	Jacqueline	Von Unwerth			
10th	Craig	Barrett	22nd	Joanna	Frodin			
10th	Angelika	Pratt	22nd	Lyman	Shove			





## RESOURCES



## Aging at Home Membership Cards

One number to call for any need – a dedicated Thompson staff member for any “Aging at Home” questions, from shower chairs to long-term care insurance and everything in between.

Volunteers can help with a variety of non-skilled, small odd jobs. In addition, handyman help for small jobs is available through the Thompson. Suggested donation is \$35/hour. Call our Aging at Home Resource Manager, Shari, to see if your small odd job can be done! (802) 457-3277

**Foot Clinic at Shir Shalom**  
**Call Shari for your appointment, Cost \$35**

Beverly Sinclair has been a practicing registered nurse for 22 years and providing local foot care service for older Vermonters for the past 8 years.

**Caregiver Support Group  
at Shir Shalom  
with Carla & Co-facilitator Anne Marinello  
2<sup>nd</sup> Tuesday of each month, 12:00 pm  
*Virtual participation still available***

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 on the 2<sup>nd</sup> Tuesday of each month, and share ideas, concerns, and constructive feedback with others facing similar challenges. **Please sign up in advance by calling Shari.**

**Advance Directive Assistance  
by appointment**

Would your loved ones know your wishes about medical care if you were unable to speak for yourself? An Advance Directive spells out your wishes and appoints someone to represent you if you are not able. A trained and caring volunteer will take the time to explain this simple process. Call Shari for an appointment.

**Benefits Assistance at Shir Shalom**  
**Tuesday, April 1st**  
**9:30am –12:30 pm by appointment**

As temperatures start to drop, there are programs available to help you stretch your budget. You might be eligible for:

- Seasonal Fuel Assistance to help pay heating and energy bills
- 3SquaresVT monthly benefits to pay for groceries (if you're eligible for one, you're eligible for the other!)
- Free weatherization services to improve your home's energy efficiency (you're eligible if you get fuel assistance!)
- Crisis Fuel Assistance if you've hit your monthly heating budget

Individual assistance is available by appointment with Senior Solutions Benefits Counselor, Liz Carey. Call Shari for your appointment.

## HomeShare is working in our Community!



The collaboration between HomeShare Vermont and the Thompson Aging at Home program is creating more possibilities for HomeShare! More applications in our wider service area means more opportunities for successful matches. Hosts can request service to help around the house and/or some additional income while Guests can live in a private bedroom in someone's home at an affordable rent. Contact Shari at [sborz@thompsonscenter.org](mailto:sborz@thompsonscenter.org) or 802-457-3277 for more info or to schedule a presentation in your town.

**Reflexology with Deb Neuhof, Certified Reflexologist**  
1st & 3rd Tuesdays, Call Shari for your appointment, \$35 for 30 minutes or \$65 for 60

## PROGRAMS & TRIPS



**Day trip to Hood Museum of Art**  
Tuesday, April 8, 10:00 am

Join us for a trip to the Hood Museum of Art where we will enjoy a curated tour by museum staff. The tour will start at 10am and be focused on one or two exhibits and go for about an hour. This will be a car pool trip so if you have room in your vehicle please let us know if you can accommodate anyone else. Please call Cory to Register at 802 457 3277 ext. 2.



**Community Lunch Meet-up  
at Barnard Town Hall  
Wednesday, April 30, 12:00 pm**

Please join the Barnard Silver Lake Progressive Club and The Thompson for a special, free community lunch at the Barnard Town Hall on Wednesday, April 30, 2025. Lunch will be served at Noon.

**Menu:**

Sepp's Soup (turkey soup)  
Pineapple and cottage cheese salad  
Brownies  
Coffee, Tea

Please sign-up by Monday, April 28, 2025, by calling the Thompson 802-457-3277



**Dartmouth Health Aging Resource Center Presents**  
***What the Future Holds: Long-Term Care Discussion – A virtual Event***  
**Friday, April 4, 1-2:30 pm**  
**James Thaxton, Esq.**

It is imperative that older adults, these approaching retirement age, and the families of those needing long-term care take advantage of the planning opportunities that exist today. We will discuss estate planning that everyone should have and options for paying for your long-term care, including Medicaid. You will have the opportunity to hear about typical issues and problems that can be addressed by adequate planning. This discussion is also very helpful for those who will be serving as agents or caregivers to loved ones. To register and receive your Zoom link please email [agingcenter@hitchcock.org](mailto:agingcenter@hitchcock.org) or call 603.653.3460



**Eat Smart, Move More, Weigh Less**  
**Online April 2025 Classes Now Available**  
**Register in advance.**

Eat Smart, Move More, Weigh Less is a 15-week weight-management program that uses strategies proven to work. Each lesson informs, empowers and motivates you to live mindfully as you make choices about eating and physical activity.

Classes are held ONLINE, using Zoom. The program is accessible on a desktop, laptop, smartphone, iPad, and tablets. Classes will meet on the same day and time for the full 15 weeks. The general enrollment cost of the program is \$250 but you can call The Thompson for your Voucher/Coupon code for your class registration.

**Available Classes for Registration (start date of 15-week online series):**

**Monday, April 21, 12:00 pm to 1:00 pm**  
**Tuesday, April 22, 12:00 to 1:00 pm**  
**Thursday, April 24, 6:00 pm to 7:00 pm**  
**Friday, April 25, 1:15 pm to 2:15 pm**  
**Sunday, April 27, 7:00 pm to 8:00 pm**

## Senior Learning Network Virtual Programs

Home viewing only. Call 802-457-3277 in advance to register and receive your Zoom link.



**Tour of The Petroleum Museum, Permian Basin**  
**Tuesday, April 1, 2:00 pm**

Founded in 1975 by over 500 community leaders under the leadership of George T Abell, the Museum tells the story of petroleum and the rugged lives of men and women who sought a better life. The Petroleum museum is the largest museum dedicated to the petroleum industry and its pioneers, and welcomed over one million visitors worldwide. A visit to the Petroleum

Museum is an amazing journey through over 230 million years of history. The mission of the museum is to share the petroleum and energy story and its impact on our lives.



**“ Stars of the Vikings”- Mystic Seaport Museum**  
**Tuesday, April 8, 2:00 pm**

We are looking forward to once again visiting one of our favorite museums- The Mystic- with Brian Koehler! Join us as we learn about the stars and constellations as seen by Norse people in the European region of Scandinavia. We will hear stories about these ancient seafarers, and explore Norse legends that sought to explain phenomena in the sky, including the Milky Way,

eclipses, and the Aurora Borealis.



**The Civil Rights Trail- Selma Interpretive Center**  
**Tuesday, April 15, 2:00 pm**

In 1996, Congress established the Selma to Montgomery National Historic Trail to commemorate the people, places, and marches of the 1965 Selma to Montgomery Voting Rights Movement and the Selma to Montgomery March. After decades of struggling with Southern Jim Crow laws and to exercise their right to vote, Black citizens were finally successful in fulfilling that right with the signing of the 1965 Voting Rights Act. Join Park Ranger Theresa Hall with the National Park Service, the Selma to Montgomery National Historic Trail for an introduction to the Voting Rights Movement and the Trail that commemorates it on Tuesday, April 15,



**Federal One: Saving the Arts in the Great Depression/ FDR Presidential Library and Museum**  
**Tuesday, April 22, 2:00 pm**

One of the lesser known aspects of the WPA- the Federal One Project, helped to ensure that the American creative spirit continued on in writing, visual arts, dance, and performance during the dark days of the Great Depression. Join us as we learn about examples of the New Deal murals, writings, performances, and why the arts were so important to the WPA and the country.



## The Ping Pong Place at the Little Theater Mondays, Wednesdays, and Fridays Drop in play, 10am to 11:30am All are welcome!

Please come to learn to play, refresh your skills, or up your game! Practice your hand/eye coordination and laugh a lot. Come play singles or doubles on our two tables. Questions? Linda at 802-457-3428.

## Gentle Yoga No classes last 2 weeks in April Offered by Yoga Instructor, Kathryn Mills Mondays & Wednesdays, 1:00-2:00 pm Cost: 6 class punch card for \$90 or \$20 per class

Gentle Yoga is geared specifically for those new to yoga or those who are interested in a gentle practice. This class incorporates simple flowing sequences to warm up the body, as well as slower paced seated, standing, and reclining poses focusing on developing/increasing alignment, strength, balance, and flexibility. Modifications are offered and props are optional. No experience or flexibility required. Bring a mat if you have one, and a blanket if you like. *Pre-registration is required by calling The Thompson.*

## Strength, Stability, Stretching

**Tuesdays – Zoom Class Only 10:30 – 11:30 am**  
**Thursdays – Zoom class until May 10:30 – 11:30**

This class includes exercises that will help you in your everyday life so that you can continue to do the things you enjoy and stay independent as you age. This popular class involves a combination of strength, cardio, balance, flexibility and brain training exercises.

**Cost: \$5 per in-person class payable to The Thompson Center. Virtual attendees are asked to donate to Liz directly.**

## Tai Chi Continues by Zoom for Now



During the construction at the Thompson Senior Center you can still take tai chi classes. The beginner or intro class can be experienced via Zoom either Monday from 9:30-10:30 or Friday from 10-11. The Sun 73 Forms class is also via Zoom but on Wednesdays from 10-11.

Links for these classes can be found on the "classes" page of Anne Bower's website: <http://www.annebower.studio> and you can also email her for information: [anniebower71@gmail.com](mailto:anniebower71@gmail.com). \$3 per session payable to the Thompson.

***When it comes to finding tools for staying healthy, active, and involved, The Thompson is the place to start!***

## Bone Builders

**Tuesdays and Thursdays, 3:00-4:00 pm**

The Bone Builders exercise program is based on research conducted and published by Tufts University which shows that strength training just twice a week dramatically reduces the risk of fractures and can even reverse the negative effects of osteoporosis. The Bone Builders program is beneficial exercise for everybody. It includes stretching, balance work, and weight lifting. New students are always welcome and are asked to call The Thompson to register and obtain a medical clearance document to be signed by your medical provider.

## Art with Finnie at ArtisTree Clay Bowls Part 2: Glazing Session Thursday, April 3, 1:30 pm



Join us for the second part of our Clay Bowl Workshop, where you'll bring your handmade bowls to life with beautiful glazes! In this session, you can choose between underglazing or standard glazes to decorate and finish your clay piece. Whether you're looking for a matte finish or a glossy shine, we'll guide you through the process step by step. Don't miss out on the opportunity to finish your creations!

Register in advance by calling 802-457-3277.



## Let's Paint Together at the Masonic Lodge April 2 & 9, 1:00 pm

Join us for in person lunch at the Masonic Lodge and stay to catch up with friends and share in some artistic enjoyment. Joanna Nichols has offered to lend her talents in this regular workshop. You're encouraged to bring your own art supplies but some will be supplied along with some lite refreshments. Call to sign-up in advance.

## Senior Art Group AVA Gallery Lebanon, NH Thursdays from 9:30 AM - 2 PM



Senior Art is a free weekly program for seniors looking for encouragement and camaraderie as they find their inner artist! Beginners and experienced artists are welcome. For questions about this program please email [nick@avagallery.org](mailto:nick@avagallery.org).

PROGRAM CALENDAR - APRIL 2025				
Mon	Tue	Wed	Thu	Fri
	1	2	3	4
	9:30 <b>Benefits Counseling at SS</b> 10-12 <b>Needlepoint Get-Together -NWPL</b> 10:30 Strength, Stretch, Stability virtual 1 Mahjong at NWPL <b>2 SLN: Petroleum Museum</b> 3 Bone Builders at SS	9:30 Beginner Tai Chi -virtual 10 Ping Pong at the Little Theater 10 Advanced Tai Chi virtual <b>12 Meet-up Lunch at ML</b> <b>1 Let's Paint Together</b> 1 Gentle Yoga at SS 1 Bridge at NWPL <b>2 Public Skate Union Arena</b>	9:30 <b>Senior Art Group at AVA Gallery</b> 10:30 Strength, Stretch, Stability at SS <b>1:30 Art at ArtisTree</b> <b>2-4 Knitters Meet-Up at NWPL</b> <b>2-4 Bridge at NWPL</b> 3 Bone Builders SS	10 Beginner Tai Chi -virtual 10 Ping Pong at the Little Theater 1 Mahjong at NWPL <b>1 Long Term Care Virtual Program</b>
7	8	9	10	11
8-3 <b>Tax Appts at SS</b> 10 Ping Pong at the Little Theater <b>12 Meet-up Lunch at ML</b> 1 Gentle Yoga at the Little Theater <b>1 Public Skate at Union Arena</b> <b>1 Advisory Meeting at ML</b>	<b>10 Trip to Hood Museum</b> <b>12 Caregiver Support Group at SS</b> 10-12 <b>Needlepoint Get-Together-NWPL</b> 10:30 Strength, Stretch, Stability-virtual 1 Mahjong at NWPL <b>2 SLN: Stars of the Vikings</b> 3 Bone Builders at the Little Theater	9:30 Beginner Tai Chi -virtual 10 Ping Pong at the Little Theater 10 Advanced Tai Chi virtual <b>12 Meet-up Lunch at ML</b> <b>1 Let's Paint Together</b> 1 Gentle Yoga at the Little Theater 1 Bridge at NWPL <b>2 Public Skate Union Arena</b>	9:30 <b>Senior Art Group at AVA Gallery</b> 10:30 Strength, Stretch, Stability-virtual <b>2-4 Knitters Meet-Up at NWPL</b> <b>2-4 Bridge at NWPL</b> 3 Bone Builders at the Little Theate	10 Beginner Tai Chi -virtual 10 Ping Pong at the Little Theater 1 Mahjong at NWPL
14	15	16	17	18
10 Ping Pong at the Little Theater <b>12 Meet-up Lunch at ML</b> 1 Gentle Yoga at the Little Theater <b>1 Public Skate at Union Arena</b>	9:30 <b>Commodities</b> 10-12 <b>Needlepoint Get-Together– NWPL</b> 10:30 Strength, Stretch, Stability-virtual 1 Mahjong at NWPL <b>2 SLN: The Civil Rights Trail</b> 3 Bone Builders at the Little Theater	8:30 Board Meeting 9:30 Beginner Tai Chi-virtual 10 Ping Pong at the Little Theater 10 Advanced Tai Chi- virtual <b>12 Meet-up Lunch at ML</b> 1 Gentle Yoga at the Little Theater 1 Bridge at NWPL <b>2 Public Skate Union Arena</b>	8:30-3 <b>Foot Clinic SS</b> 9:30 <b>Senior Art Group at AVA Gallery</b> 10:30 Strength, Stretch, Stability virtual <b>2-4 Knitters Meet-Up at NWPL</b> <b>2-4 Bridge at NWPL</b> 3 Bone Builders at the Little Theater	10 Beginner Tai Chi -virtual 10 Ping Pong at the Little Theater 1 Mahjong at NWPL
Set-up and Training at Thompson building (no meals or programs on-site)				
21	22	23	24	25
10 Ping Pong at the Little Theater <b>1 Public Skate at Union Arena</b>	10-12 <b>Needlepoint Get-Together- NWPL</b> 10:30 Strength, Stretch, Stability-virtual 1 Mahjong at NWPL <b>2 SLN: FDR Presidential Library</b> 3 Bone Builders at the Little Theater	9:30 Beginner Tai Chi–virtual 10 Ping Pong at the Little Theater 10 Advanced Tai Chi—virtual 1 Bridge at NWPL <b>2 Public Skate Union Arena</b> 4-5:30 Zentangle at NWPL	9:30 <b>Senior Art Group at AVA Gallery</b> 10:30 Strength, Stretch, Stability virtual <b>2-4 Knitters Meet-Up at NWPL</b> <b>2-4 Bridge at NWPL</b> 3 Bone Builders at the Little Theater	10 Beginner Tai Chi -virtual 10 Ping Pong at the Little Theater 1 Mahjong at NWPL
Set-up and Training at Thompson building (no meals or programs on-site)				
28	29	30		
10 Ping Pong at the Little Theater <b>1 Public Skate at Union Arena</b>	10-12 <b>Needlepoint Get-Together- NWPL</b> 10:30 Strength, Stretch, Stability-virtual 1 Mahjong at NWPL	9:30 Beginner Tai Chi–virtual 10 Ping Pong at the Little Theater 10 Advanced Tai Chi—virtual <b>12 Free Meet-up Lunch at Barnard Town Hall</b> 1 Bridge at NWPL <b>2 Public Skate Union Arena</b> 4-5:30 Zentangle at NWPL	<b>RESERVATIONS REQUIRED FOR ALL PROGRAMS &amp; MEALS</b>	

MENU - APRIL 2025				
Mon	Tue	Wed	Thu	Fri
	1	2	3	4
	Turkey Club Sandwich with Cheddar Cheese, Bacon, lettuce, Tomato, Pickles and Lemon Herb Spread, Pasta Salad, Fresh Fruit, Cookie	Salisbury Steak and Onion Gravy, Mashed Potatoes, Local Vegetables, Garden Salad with Carrots, Craisins, Almonds and Cucumber, Pumpkin Pie, Fresh Fruit	Waldorf Chicken Salad on a Bed of Mixed Greens with Grapes, Walnuts, Celery, Red Onion and Fresh Herbs with a Creamy Style Dressing, Roll, Fresh Baked Cookies	Tomato Soup with a Fresh Mozzarella and Basil Pesto Sandwich, Cottage Cheese, Fresh Fruit, Lemon Pound Cake
7	8	9	10	11
Baked Cod with Lemon and Fresh Herbs, Local Vegetables, Saffron Rice Pilaf, Caesar Salad with Carrots, Cucumber, Parmesan & Croutons	Turkey Meatloaf with Gravy, Baked Potato, Roasted Squash, Whole Wheat Roll, Fresh Fruit	Chicken Cacciatori, Braised Chicken with Sweet Peppers, Mushrooms and Onions in Tomato Sauce, Rice Pilaf, Garden Salad with Homemade Dressing, Fresh Fruit	Beef Barley Soup, Garden Salad with Carrots, Cucumber and Beets, Cottage Cheese, Whole Grain Dinner, Roll, Fresh Fruit, Cookie	Cheese Ravioli with Marinara Sauce, Pesto and Parmesan Cheese, Mixed Green Salad with Garden Vegetables and Homemade Dressing, Dinner Roll, Fresh Fruit Parfait
14	15	16	17	18
Ham Salad Sandwich on a whole Grain Hoagie Roll with Lettuce, Tomato, Pickles, Potato Salad, Fresh Fruit	Southwestern Style Chili with Local Pork, Black Beans, Corn & Tomatoes, Corn Bread with Maple Butter, Broccoli Slaw, Fresh Fruit	Maple Garlic Chicken Thighs with Fresh Herbs and Lemon, Steamed Basmati Rice with Toasted Almonds, Craisins and Fresh Herbs, Roasted Vegetable Medley, Dinner Roll, Fresh Fruit	Stuffed Peppers with Ground Turkey, Zucchini, Butternut Squash, Cauliflower and quinoa, Tomato Sauce, Mixed Grain Pilaf, Fresh Fruit, Pumpkin Bread	<b>Easter Dinner</b> Baked Ham, Mashed Potatoes, Maple Glazed Carrots, Garden Salad, Whole Grain Dinner Roll, Brownie, Fresh Fruit
21	22	23	24	25
Frozen MOW only	Frozen MOW only	Frozen MOW only	Frozen MOW only	<b>MOW only</b> Clam Chowder Soup Garden Salad with Garbanzo Beans, Beets, Orange Segments, Carrots and Cucumber, Cottage Cheese, Whole Grain Dinner Roll, Peach Cobbler
28	29	30		
<b>MOW only</b> Cheeseburger on a Whole Wheat Bun with Lettuce, Tomato, Red Onion, Pickles and House Spread, Potato Salad, Tomato, Cucumber and Red Onion Salad, Mixed Fruit Cobbler	<b>MOW only</b> Linguini and Meat Balls with Marinara Sauce, Spinach Salad with Toasted Almonds, Craisins, Carrots, Radish and Tomatoes with Maple Mustard Dressing, Fruit Salad	<b>MOW only</b> Split Pea Soup, Ham and Cheese Sandwich on Whole Wheat Bread (half), Cole Slaw, Fresh Fruit, Cookie  <i>See menu on pg 3 for the meet-up lunch at Barnard Town Hall</i>	<b>Suggested donation for guests ages 60 and over is \$7</b>  <b>For guests under age 60, the meal price is \$12</b>  <b>2% milk, juice, coffee, tea with all meals</b>	<b>*menu subject to change based upon product availability*</b>  <b>*Please make requests for substitutions 24 hours in advance</b>