



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

MAY 2025

Welcome Back to The Thompson Building!

We're so excited to return for our "soft opening" with lunches and programs in our building beginning Monday, May 5th. As you return, you'll still notice some work happening around us as the final finishing touches happen inside and out. It's been a wonderfully successful project with our excellent builders, Estes & Gallop, on budget and a little ahead of schedule!

Our grand re-opening celebration will happen when everything is cleaned up and all of the finishing touches are complete, but we're so grateful to have a fully operational new kitchen, community dining room, and program spaces ready to use! Stay tuned for more celebratory details, donor appreciation events, and official Grand Re-opening event.

In May, as we finish up and all get to know our new space, we want to take the time to thank and celebrate our volunteers and the community partners who welcomed us into their spaces while we were out of our building – The Woodstock Area Jewish Community Congregation Shir Shalom, the Masonic Lodge, The White Cottage, The Woodstock Inn, The Norman Williams Public Library, and The Woodstock Rec Center.

These are the special lunches to take note of:

May 5th - Welcome Back Lunch Celebration

May 9th & 15th - Community Partner Appreciation Lunch

May 12th - Mother's Day Lunch

May 22nd - Birthday Bash & Older Americans Month Annual celebration (We will celebrate all of the birthdays we missed while our building was closed)

May 28th - Volunteer Appreciation Lunch

Please call for lunch reservations for EVERY day you would like to attend. This really helps us plan and prepare meals. See you soon!



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.



May is Older
Americans Month

Every May, the Administration for Community Living (ACL) leads the nation's observance of Older Americans Month (OAM), a time to recognize older Americans' contributions, highlight aging trends, and reaffirm our commitment to serving older adults.

The 2025 theme, Flip the Script on Aging, focuses on transforming how society perceives, talks about, and approaches aging. It encourages individuals and communities to challenge stereotypes and dispel misconceptions.

This year, join us in honoring older adults' contributions at our annual luncheon on Thursday, May 22nd as we celebrate Older Americans Month and our Birthday Bash to celebrate December through May birthdays. Please sign up in advance by calling 802-457-3277. Suggested donation is \$7.

The Thompson Center

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CENTER HOURS

8 AM-3 PM, Monday-Friday

STAFF

Deanna Jones, Executive Director,
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Cory van Gulden, Assistant Director,
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Case Manager,
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Pam Butler, Aging at Home Support,
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Siobhan Wright, Meals on Wheels &
Transportation Coordinator,
swright@thompsonseniorcenter.org
Andrew Geller, Chef,
ageller@thompsonseniorcenter.org

Culinary Assistants: Ed Esmond, Jan Umbra,
Lanie Orcutt, Louise Blakeney, Sally Weglarz

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

Carla Kamel, Community Care Coordinator,
carla@thompsonseniorcenter.org

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

BOARD OF DIRECTORS

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BEHIND THE SCENES



A Special Thank You
for these monthly ongoing donations:

Vermont Standard newspapers
Diane Zonay for birthday flowers

IN APPRECIATION

Sandwiches and Rutabaga Fries
made by Woodstock 8th graders

Medical Equipment:
In Memory of Anna King

IN MEMORY OF

Gordon Worth
Richard & Linda Brackett
Rhonda White
Dale & Jane Spooner
Ora E Paul Post 24
Woodstock Lodge 31
Wayne & Marie Oldenburg

James Smiddy
Renee Lent

Karen Kenney Harvey Class of 1961
Dale & Jane Spooner

ADVISORY MEETING HIGHLIGHTS

- Building construction is still on schedule.
- The timeline published in April newsletter is still current:
 - * The last Masonic Lodge lunch will be April 16th.
 - * The last Take-out lunch will be April 18th.
 - * A free lunch with the Barnard Silver Lake Progressive Club will be held at the Barnard Town Hall on April 30th. Space limited. Register with Cory if interested.
 - * The next in-person lunch at the Thompson will be Monday May 5th
- The May Newsletter will contain a more comprehensive schedule of the construction completion.
- Discussed upcoming programs
- Participant questions/comments

Please join our next meeting on Monday, May 5, 1:00 pm at The Thompson Center. All patrons and volunteers are invited to attend. Your feedback is needed and appreciated!

MAY BIRTHDAYS

1st Betty Stetson	9th Keith Niles	16th Charlotte Danly	27th Jean Thompson
1st Suzanne Marier	9th Betsy Wheeler	16th Sharon Hall	27th Annie Rubright
1st Bebe Stoddard	9th Linda Harvey	16th Ann Wynia	27th Fran Bean
2nd Fredrick Stebbins	9th Peter Kaufman	17th Janet Belon	28th Erwin Fullerton
2nd Donald Allyn	10th Corwin Sharp	18th Thomas Morse	28th Barbara A. West
3rd Millie Cole	10th Sally Weglarz	18th Karen Watson	28th Jon Fullerton
3rd Rene Rowe	10th Roberta Roy	18th Cynthia Huveltdt	28th Fiona Blunden
3rd Edmond Cheramie	10th Peggy Levengood	19th Phyllis Kruse	28th Marilyn Kalanges
3rd Barbara Chamberlin	11th Richard Brackett	19th Susan Ford	28th Constance Campbell
4th Roger Scully	11th Mary Corrigan	19th Carol Rousseau	28th Joseph Curry
4th Alan Graham	11th Donald Corken	20th Ilene Haigh	29th Brian Maxham
5th Patricia Wittasek	11th Bruce Corkum	21st Susan Tomlet	29th John Saggese
5th Jody Himebaugh	11th Gail Emmerson	21st Ed Esmond	30th Phoebe Standish
5th Tom Read	11th Jodi Turner	21st Julia Stride	30th Dennis Cogswell
5th Frederick Ballou	11th Cindy Hall	21st Barbara Austin	31st Bonnie Reynolds
5th Barbara Butler	12th Joyce Breault	21st Carol Cunningham	
6th Eleanor Pizzani	12th Bud Spaulding	22nd Richard Schramm	
6th Ann Richardson	12th Jill Leavitt	22nd Kathy Beaird	
6th James Howe	13th Mary Brand	22nd Louise Blakeney	
6th Carolyn Kimbell	13th Mary Terry	23rd Louise Faherty	
7th Pauline Smith	13th Susan Rubel	23rd Leon Dunkley	
7th Gary Staples	13th Adelaide McCracken	23rd Danelle Sims	
7th Joyce Maura	13th Bob Horan	23rd Andrew Cleland	
7th Layton Merriam	14th George Krantz	24th Janet Salstrom	
8th Anne Bower	14th Hunter Melville	24th Tom List	
8th William Boardman	15th Patricia Hanlon	25th Rob Anderegg	
8th Philip Bell	15th Nancy Doten	26th Sherry Belisle	
8th Karen McGee	15th John Snyder	26th Siobhan Wright	
8th Blakeney Bartlett	15th Elizabeth Rivers	26th John Wannop	
9th Titia Ellis	15th Pamela Cavicchi	26th John Coogan	
9th Ray Kennedy	15th Deborah Bolduc	26th Tom Hough	
	16th Eleanor Grice	27th Barbara Winkler	

Please help with mailing costs for The Thompson Times!

Each year we ask that you make a donation for The Thompson Times. Your donation will allow us to continue to offer this publication as a timely way for you to learn about our exciting programs, meals, and trips. No one will be removed from the mailing list for failure to make a donation. Thank you!

Name: _____

Address: _____

Email: _____

Please make checks payable to The Thompson Senior Center, 99 Senior Lane, Woodstock, VT 05091

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
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
with Carla & Co-facilitator Anne Marinello
2nd 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 2nd 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
Tuesday, May 6th
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@thompsonseniorcenter.org or 802-457-3277 for more info or to schedule a presentation in your town.



Coin Collection Evaluation and Appraisal
with Ron Ringenberg
Tuesday, May 27, 1pm

Do you have old coins or a coin collection that you don’t know what to do with? Do you have a relative who wonders how to dispose of their coin collection? Bring your questions to the upcoming presentation: Coin Collection Evaluation and Appraisal, by Ron Ringenberg at the Thompson Senior Center - May 27th at 1 PM. Ron has enjoyed years of coin collecting and appraising. He’ll discuss managing coin collections as part of an estate, maximizing the possible value of coin collection inheritance and how to begin these processes. Register in advance by calling 802-457-3277 ext. 2.

Community Connections
with Deanna Jones, Thompson Executive Director, and
Carla Kamel, Community Care Coordinator
Wednesday, May 21st, 1:00pm

This month, Deanna and Carla are teaming up for Community Connections to talk about the exciting developments at The Thompson, as well as the challenges we’re all facing in today’s world. They’ll address some of the common questions we’ve been hearing and share a wide range of helpful resources available through our community. Topics will include new technology and support services at The Thompson, Social Security concerns, and essential resources for food, fuel, and health. We look forward to connecting with you!



Six-Week Writer’s Workshop
with Local Author Robin Fisher
Tuesday, May 20 - June 24, 1:00-3:00 pm

The Magic of Storytelling: The magic of good storytelling isn't magic at all. It's about digging deep and staying authentic. It's hard work and it's thrilling.

In this six-week course you will learn the basics of compelling storytelling: knowing how to communicate and listen on the deepest levels; character development, crafting cinematic scenes with mood, detail, description and dialogue. Ultimately, you will learn to trust your “voice” which sounds confusing but is simply letting your words and thoughts spill out onto the page in the way you think and speak. Please register in advance.

Robin Gaby Fisher is a Pulitzer Prize winning journalist and New York Times bestselling author who has written 12 non fiction books. Her latest book, Unmasked, with Paul Holes, debuted at No. 3 on the New York Times bestseller list. She retired as Director of the Journalism Program at Rutgers University, Newark campus, last year. She resides full-time in Woodstock with her husband, Loren, co-owner of the Focus Fine Art Photography gallery, and their Bernese Mountain Dog, appropriately named Pudge.



Walking Group **Mondays, beginning May 12th, 9:00 to 10:00 am**

Join Carla Kamel, Community Care Coordinator, for an invigorating walk to enjoy the fresh air, socialization, and improve overall wellbeing. Our starting point will be the East End Park for the best parking location to walk in the village.

Please Note: Wear comfortable shoes and bring a water bottle.

Please ensure that The Thompson has your email address or phone number for notification on walking route changes or inclement weather days. Register in advance by contacting Carla at carla@thompsonscenter.org.



Veterans Disability Assistance Available at The Thompson **Individual Appointments Coming in June**

Do you need assistance navigating the Veterans Administration (VA) for a disability? Even though the PACT Act assistance has expired, a local veteran and Thompson volunteer can help you with the application process as benefits are still available. For example; If you served in the National Guard you are eligible and if your service did not include a military conflict you are still eligible. Veterans who served on ships containing asbestos, experienced loud noise from artillery or aircraft, or those who were firemen on aircraft carriers are encouraged to let us help you with benefits assistance. Conditions such as heart disease related to hypertension or stent placement or those who were exposed to toxins and have cancer or asthma could qualify for benefits. Some veterans are receiving significant compensation each month for hearing loss. Could this be you? There is so much for you to learn if you are a veteran and we want to ensure that you receive the benefits you are entitled to.

Beginning in June 1:1 assistance will be available for veterans by appointment. Please call Cory to have your name added to a list and you will be notified with an appointment time.

Senior Learning Network Virtual Programs

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



“Life on the Edge”: Rocky Mountain National Park **Tuesday, May 6, 2:00 pm**

The alpine zone of Rocky Mountain National Park boasts a diverse biodiversity, including a variety of hardy plants like alpine wildflowers, low-growing shrubs, and lichen, alongside animals like bighorn sheep, mountain goats, ptarmigan birds, and small mammals adapted to the harsh, high-elevation environment with its extreme temperature fluctuations and thin air; this unique ecosystem is often

referred to as alpine tundra, with a noticeable patchiness in vegetation due to the challenging conditions. Join us for this program, “Life on the Edge, where we will learn about biodiversity in the alpine and what threatens it and the research that is done to study and to mitigate those threats.



How inventions during WW1 Changed America: **Army Women’s Museum** **Tuesday, May 13, 2:00 pm**

Join the U.S. Army Women’s Museum for an exploration of six modern and everyday items that will unlock the history and legacies of the “Great War.” While seemingly unrelated at first, these familiar objects have a direct connection to events that took place over 100 years ago. A doughboy, a Salvation Army Doughnut Lassie, an Army Nurse, and Woodrow Wilson all come to life for students as they experience the sacrifices of men and women in World War I and the impact their service has on our lives today.



Bering Land Bridge, Alaska **Tuesday, May 20, 2:00 pm**

Bering Land Bridge National Preserve protects a small remnant of a once giant landmass that connected Asia to North America during the last ice age. In the preserve you can find rolling tundra, lakes, lava fields, winding rivers, hot springs, and miles of coastline. Arctic animals, plants, and people live harmoniously on this land as they have for time immemorial.



POP! Goes the West! Whitney Art Museum **Tuesday, May 27, 2:00 pm**

We are fortunate to catch this new art exhibition from the Whitney at Buffalo Bill Center of the West! Explore the compelling intersections between popular culture and the American West. Surround yourself with the iconic work of Andy Warhol and other artists who combine the styles and attitudes of the Pop Art movement

with western subject matter. *POP!* features eye-catching artwork with bright colors and bold designs. Artists depict a West that is both familiar and unexpected, filled with Indians and cowgirls, wildlife and highways, horses and pickup trucks, cell phones and tourists, along with lariats, guns, geysers, and more!

ACTIVE AGING

All in person exercise classes return to the Thompson Center beginning May 5th

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 **Join this Inspiring Group!** **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 **Thursdays – In person and Zoom** **10:30 – 11:30 am** **Tuesdays – Zoom Class Only** **10:30 – 11:30 am**

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 Returns to The Thompson **Wednesdays at The Thompson**



We are excited to bring Tai Chi back to the Thompson Center, starting Wednesday, May 7th. Join Instructor Anne Bower from 9:30-10:30 for a rejuvenating, relaxing beginner tai chi class, with a gentle form based on Sun style tai chi. Both seated and standing forms will be practiced. Great benefits for core strength, balance, coordination, focus, joint mobility.

For those with more experience, Anne will have a Sun 73 Forms class on Wednesdays from 10:40-11:40. In this class we take on a longer tai chi form with some fun challenges--punches and kicks and movements in many directions. Each person can make adjustments so that the movements become more comfortable.

The cost of each class is \$3, payable to the Thompson Senior Center. Check out Anne's website: <http://www.annebower.studio> and if you have questions for her send an email to: anniebower71@gmail.com.

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.

CREATIVE AGING



Art with Finnie at ArtisTree **Pressed Flower Glass Votives – A May Day Craft** **Thursday, May 1, 1:30 pm**

Celebrate the beauty of spring and the tradition of May Day by creating your own pressed flower glass votive! In this relaxing workshop, you'll design a delicate candle holder using real pressed flowers—perfect for bringing a little light and nature into your home or gifting to someone special.

Register in advance by calling 802-457-3277.

Painted Vase Class **Tuesday, May 13, 1:30pm**

April showers bring May flowers! If you join us, for the painted vase class, you will be ready for those beautiful bouquets! All supplies provided. Choice of glass vases for \$15 or bring your own vase for \$10. All levels welcome!

Please call the Thompson to sign up in advance.



Storytelling Workshop with Rev. Derek van Gulden **Wednesday, May 28, 1pm**

Do you enjoy storytelling and or listening to a good story? We all do! Please join us Wednesday, May 28th at 1pm to listen to Storyteller Derek van Gulden tell stories and give some pointers on creating enthralling and enjoyable stories. Please call The Thompson to sign up in advance.

PROGRAM CALENDAR - MAY 2025				
Mon	Tue	Wed	Thu	Fri
			1	2
	RESERVATIONS REQUIRED FOR ALL PROGRAMS & MEALS		10:30 Strength, Stretch, Stability via Zoom 1:30 Art with Finnie at ArtisTree 3 Bone Builders at the Little Theater	10 Ping Pong at the Little Theater 1 Mahjong at NWPL
5	6	7	8	9
Cinco de Mayo 10 Ping Pong at the Little Theater 1 Gentle Yoga 1 Advisory Meeting	9:30 Benefits Assistance 1 Mahjong 2 SLN: Rocky Mountain National park 3 Bone Builders	9:30 Beginner Tai Chi 10 Ping Pong at the Little Theater 10 Advanced Tai Chi 12 French Table 1 Gentle Yoga 1 Bridge	10:30 Strength, Stretch, Stability 3 Bone Builders	Community Partner Appreciation Day 10 Ping Pong at the Little Theater 1 Mahjong
12	13	14	15	16
Mother's Day Lunch 9 Walking Group 10 Ping Pong at the Little Theater 1 Gentle Yoga	12 Caregiver Support Group 1 Mahjong 1:30 Painted Vase Class 2 SLN: Army Women's Museum 3 Bone Builders	9:30 Beginner Tai Chi 10 Ping Pong at the Little Theater 10 Advanced Tai Chi 12 French Table 1 Gentle Yoga 1 Bridge	Community Partner Appreciation Day 8:30-3 Foot Clinic 10:30 Strength, Stretch, Stability 3 Bone Builders	10 Ping Pong at the Little Theater 1 Mahjong
19	20	21	22	23
9 Walking Group 10 Ping Pong at the Little Theater 1 Gentle Yoga	9:30 Commodities 1 Mahjong 1 Writer's Workshop 2 SLN: Bering Land Bridge, Alaska 3 Bone Builders	8:30 Board Meeting 9:30 Beginner Tai Chi 10 Ping Pong at the Little Theater 10 Advanced Tai Chi 12 French Table 1 Gentle Yoga 1 Bridge 1 Community Con- nections with Deanna and Carla	Older Americans Lunch/Birthday Day 10:30 Strength, Stretch, Stability 3 Bone Builders	10 Ping Pong at the Little Theater 1 Mahjong
26	27	28	29	30
CLOSED for Memorial Day	1 Mahjong 2 SLN: Whitney Art Museum 1 Coin Talk 1 Writer's Workshop	Volunteer Appreciation Lunch 9:30 Beginner Tai Chi 10 Ping Pong at the Little Theater 10 Advanced Tai Chi 12 French Table 1 Bridge 1 Gentle Yoga 1 Storytelling Work- shop	10:30 Strength, Stretch, Stability 3 Bone Builders	10 Ping Pong at the Little Theater 1 Mahjong
All programs are at The Thompson Center unless listed otherwise.				

Please call by 9:30am for reservations for all meals.				
MENU - MAY 2025				
Mon	Tue	Wed	Thu	Fri
			1	2
Suggested donation for guests ages 60 and over is \$7 For guests under age 60, the meal price is \$12 2% milk, juice, cof- fee, tea with meals	*menu subject to change based upon product availability* *Please make requests for substitutions 24 hours in advance		MOW ONLY Baked Fish of the Day with Lemon and Fresh Herbs, Rice Pilaf, Mixed Vegetables, Greek Style Salad with Croutons, Carrots, Cucumber, Sweet Peppers, Olives & Tomatoes, Cookie	MOW ONLY Chicken Salad served on a bed of local Mixed Greens with Carrots, Cucumber, Tomatoes, Pickled Red Onion and Croutons, House Made Maple Vinaigrette, Roll, Fresh Fruit, Brownie
5	6	7	8	9
Cinco De Mayo Enchilada Casserole with Ground Beef, Black Beans, Corn Jack & Cheddar Cheese, Corn Chips & Salsa, Garden Salad Fruit, Churros with Whipped Cream	Tuna Salad Sandwich on Whole Wheat Bread with Lettuce & Tomato, Cucumber and Red Onion Salad with Fresh Herbs, Fresh Fruit Salad and a Cookie	Chicken Parmesan with Marinara & Provolone Cheese, Pasta Tossed with Fresh Herbs & Olive Oil, Steamed Mixed Vegetables, ' Garlic Bread, Fresh Fruit Salad	Patty Melt (Beef) Sandwich with Caramelized Onions & Mushrooms & Cheddar Cheese on Whole Wheat Bread, Broccoli Slaw, Fruit Salad, Cookie	Community Partner Appreciation Day Mac and Cheese with Peas, Chicken and Toasted Bread Crumb Crust, Mixed Green Salad, Fresh Fruit, Ice Cream
12	13	14	15	16
Mother's Day Lunch Swedish Meatballs with Egg Noodles, Steamed Seasonal Vegetables, Garden Salad with Fresh Vegetables & House Made Dressing, Strawberry Shortcake	Roasted Mild Italian Sausage Link with Peppers & Onions, Pasta Casserole with Garden Vegetables & Parmesan Cheese, Caesar Salad, Fresh Fruit, Cookie	Baked Chicken Breast with Fresh Rosemary and Garlic, Roasted Red Potatoes, Cauliflower, Broccoli and Carrots, Dinner Roll, Brownie	Community Partner Appreciation Day Vegetable Frittata with Zucchini, Tomato, Broccoli and Roasted Sweet Peppers and Cheddar Cheese, Mixed Green Salad, Roll, Fresh Fruit, Hedgehog Cookies	Grilled Hot Dog on a Wheat Bun, Cole Slaw, Potato Chips, Baked Beans, Fresh Fruit, Ice Cream Sundae
19	20	21	22	23
Beef Bolognese with Linguini Pasta, Sautéed Green Beans with Almonds & Parmesan Cheese, Dinner Roll, Fresh Fruit, Apple Crisp	Grilled Chicken Breast Seasoned with Fresh Herbs & Lemon Brown Rice Pilaf, Baked Squash with Zucchini & Corn, Fresh Fruit Salad, Rice Pudding	Beef Stew with Pota- toes, Peas, Carrots & Mushrooms, Mashed Potatoes, Mixed Green Salad with Garden Vegetables & Fresh Croutons, Whole Grain Roll, Mixed Fruit Salad	Older Americans Lunch/Birthday Day Baked Ham with Roasted Pineapple & Maple Glaze, Cole Slaw, Savory Baked Beans, Corn Bread, Gingerbread Birthday Cake and Ice Cream	Teriyaki Chicken, Steamed Jasmine Rice, Mixed Vegetables, Garden Salad with Pine- apple, Carrots, Cucum- ber and Sesame Ginger Dressing, Cookies
26	27	28	29	30
CLOSED for Memorial Day	Chicken Tortilla Soup with Tomato, Black Beans, Corn, Sweet Peppers, Topped with Sour Cream, Tortilla Chips, Garden Salad with Green Goddess Dressing, Dinner Roll, Hot Fudge Sundae	Volunteer Appreciation Lunch Grilled Maple Mustard Chicken Breast, Roast- ed Potatoes, Mixed Garden Vegetables, Whole Wheat Roll Brownie and Fresh Fruit	Stuffed Peppers with Ground Turkey, Zucchini, Butternut Squash, Cauliflower and Quinoa, Tomato Sauce, Mixed Grain Pilaf, Fresh Fruit, Pumpkin Bread	Cheeseburger on a Whole Wheat Bun with Lettuce, Tomato, Red Onion, Pickles and House Spread, Baked Potato Wedges, Cole Slaw, Mixed Fruit Cobbler