



JANUARY 2025

Age Well with The Thompson

Delicious meals, interesting and fun online programs, phone-in activities, medical equipment, foot clinics, advance directives, Medicare counseling, vetted referrals, and more -- we are here with the resources and experience to assist you and improve your day-to-day life where you want to be, at home.

One Number to Call

One number to call for any need — Thompson staff and volunteers are happy to help with any question — from shower chairs to Medicare and everything in between.

Vetted Service Providers

We partner with a wide variety of businesses and individuals to bring you any service you need to AGE WELL at HOME!

We check references and only suggest businesses or individuals who have happily agreed to be an Aging at Home service provider.

Age Well Programs and Outreach

Online classes and programs on a wide variety of topics bring our senior center to you at home. If access to the technology is a challenge, let us know and we'll direct you to resources to help get you connected!

Our Age Well e-newsletter is published every other month and provides readers with information on ways to age well at home and in their community through current and reliable information on health, lifestyle, diet, and resources. Call or email to sign-up.

We hope you'll connect with us in the new year and find the inspiration, friendship, support, and fun to make the most out of 2025. Visit us in person, or online at www.thompsonseniorcenter.org, or contact us at (802) 457-3277 or info@thompsonseniorcenter.org


Inspiration
 to
AGE WELL
 in the New Year

- Never stop learning & growing
- Maintain a positive outlook
- Be creative
- Create cheerful daily habits
- Be more conscious of your values
- Make new friends
- Give back/feel useful
- Exercise your body and your mind



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


Serving the Community From the Community.


802-457-1795


Council on Aging for Seniors/Assistants




25th Anniversary

like us on facebook 

Winter Weather Closing Policy

Our weather policy is to close the center if our school district is closed or delayed. We will post on Facebook if we are closed, and we will also change the voicemail message by 6:30am. Those who are registered for programs will also receive a call after 8am. Snow day meals are sent out in advance of any expected storm. Virtual programs continue as scheduled, if possible. This is a great time to remind everyone to register, so that you'll get a call from us. Also please note that we use our automated call system, the call comes from a Belmont, MA (617) number but will be Deanna Jones' voice on the recording.

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

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

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

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

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

BOARD OF DIRECTORS

Karen Rosene-Montella—*President*
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BEHIND THE SCENES

Thompson Winter Gala

Elegant Dinner, Auction, Dancing
Sunday, February 2, 2025
Live Music by House on Fire

RSVP at 802.457.3277 or www.thompsonscenter.org/gala2025

ADVISORY MEETING HIGHLIGHTS

- Deanna reported on the current construction and Thompson Center operations status.
- Cory reported on December programs and future events including VSO on Dec 8th, Fraud and Scam program in January, and a 2026 Collette River Cruise in the works.
- Participant comments/questions: enough interest in matinee play at Northern Stage to move forward with planning, questions about technical help contact Shari, appreciation for Deanna and staff.

Please join our next meeting on Monday, January 6, 1:00 pm at White Cottage immediately after lunch. All patrons and volunteers are invited to attend. Your feedback is needed and appreciated!

A final big thank you to all of our 2024 sponsors!
We are now gathering sponsorships for 2025.
Please contact Deanna if interested.

Thank You to our 2024 Sponsors!

UNDERWRITERS	DIAMOND SPONSORS	GOLD SPONSORS	SILVER SPONSORS
Mascoma Bank Anonymous	Renewal Resources, Woodstock Insurance, Ellaway, Sotheby's, MERTENS HOUSE, DAVIS STRADMAN PERCY & SLUKA, LLC Anonymous, Donna & Doug Calvey, Dawn & Edward D'Alelio, Gail & Allen Dougherty, Peter Goulazian, Mary Hawkins & Tom Weschler, Joe Kelley, Morgan Stanley, John Moore, Meg & Bruce Seely, Ellen & John Snyder, Lois Watson	Debra & Roger Amato, Laurie & John Chester, Max Comins, Barbara & Frank O'Connell, Dr. Peggy Stone, Sophia Stone	Susan & Les Berge, Brooke, Hague, Trotter Law, Isabelle Chicoine & Karim Houry, Chippers, A Davey Company, Covered Bridge Real Estate, Liza Deignan & Dan Belmont, J. Dillon Group, Priscilla Painton & Andrew Heyward, Jessica & Hunter Melville, Lana & Marc Reuss, Wendy & Jonathan Spector, Linda & Lauren Templeton, Wade Treadway Real Estate

IN LOVING MEMORY & APPRECIATION

IN APPRECIATION

Vermont Food Bank - Covid tests

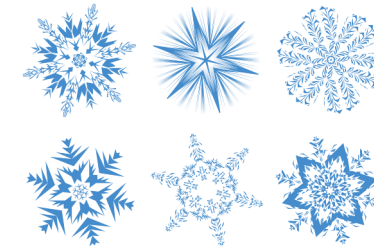


A Special Thank You for these monthly ongoing donations:

Vermont Standard newspapers
Diane Zonay for birthday flowers

IN MEMORY OF

John Gravel
Anonymous



JANUARY BIRTHDAYS

1st Mary Lee Camp	11th Joan Wutzl	23rd Gerard Jones
1st Dinny Templeton	11th Daniel Shoemaker	23rd Anne Sapio
1st Jeanette Veverka	12th Norma Flanders	23rd Sigrid Sihler
1st Edith White	12th Raymond Bourgeois	24th Suzan Harlow
1st Aiala Reizer	12th Marty Davis	24th Jerome Morgan
1st Fran Capossela	13th Kathleen Fiske	24th Robert Chalmers
1st Ella Ballou	13th Mary McCuaig	24th Donna Marzouk
2nd John Steinle	14th Anne Hildreth	25th Jane Philpin
2nd Jean Frank	15th Richard Wacker	25th Roberta Reuben
2nd Irvin Varkonyi	15th Nancy Kobert	25th Edith Hoose
2nd Joe Kashner	15th Florence Short	25th Don Payton
3rd Linda Brackett	15th John Staples	26th Paulette Watson
3rd John Leavitt	15th Susan Cournoyer	26th Barbara Otranto
3rd Laurie Marshall	16th Ellen Cooper	27th Margaret Brady
3rd Charles Humpstone	17th John Griggs	27th Margaret Fullerton
3rd Ann Bragdon	17th Avery Jones	27th Peggy Fraser
3rd Gerald Breault	19th Marsha Fraser	27th Renee Frate
5th Joyce Putnam	19th Sally Garmon	27th Coreda Steele
6th Rachel Kahn	19th Joey Anderson	27th Anne Jacobs
7th Lynn Peterson	19th Rose Smith	28th Nancy Heidt
7th Lydia Locke	20th William Rauscher	29th Sandra Birajiclian
7th Paula Staples	20th Akankha Perkins	29th Michael Kolakowski
9th Beverly Kenney	20th Janie Bell	30th Mary Wood
9th Carla Kamel	21st Joyce Babbitt	30th Cooper Jones
9th Susan Chiefsky	21st Joanna Nichols	30th Judith Moore
9th Linda Eton	22nd Norwood Long	31st Uldis Skuja
10th Joyce Hurd	22nd Joy Gray	31st Elmer Kruse
10th Nancy Nash-Cummings	22nd Rita Boynton	
10th Philip Frizzell Jr.	22nd Richard Kolb	
11th Molly McDermott	23rd Elizabeth Harley	
11th Janice Lillian		
11th David Purviance		

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
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.

Reflexology with Deb Neuhof, Certified Reflexologist

1st & 3rd Tuesdays, Call Shari for your appointment, \$35 for 30 minutes or \$65 for 60

Benefits Assistance at Shir Shalom

Tuesday, January 7th

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.



Don't Be Scammed – Play Bingo!

Thursday, January 9, 1:00 pm at Shir Shalom

Join the Securities division of the Vermont Department of Financial Regulation for this timely presentation on how to spot and avoid scams. Last year, the reported losses to scams in Vermont were more than nine (\$9) million dollars. Seniors are particularly vulnerable to scams and suffer the most significant losses of any age group. Unfortunately, this often means losing a substantial portion of your retirement savings which can have devastating, life-altering impact.

The 30 - 45 minute presentation incorporates a Scam & Fraud BINGO game to help reinforce the lessons (and to have fun and win some prizes).

Please register in advance by calling Cory at 802-457-3277



Building Update

Our building project is proceeding as planned. We have moved off-site to our temporary satellite locations. Meals are happening at the White Cottage and we ask that you please continue to make reservations for all meals and cancel if you're not able to make it. Parking and entering the building on the Dead River side of the building is best for meal patrons. Thank you for your support and flexibility during this exciting time. Please call our main number at 802-457-3277 with any questions.



Welcome to AARP Tax Aide for Tax Year 2024

We're looking forward to preparing your tax return in-person this year!

Appointments for tax preparation will be made by calling The Thompson Center at 802-457-3277 x3 after January 6, 2025. Plan on spending 1-2 hours at the Thompson's temporary location at Congregation Shir Shalom, 1680 West Woodstock Road while we prepare your return with you. Tax booklets will be available in advance, if you would like to get ready ahead of your appointment, just call first to ensure we have a booklet set aside for you.

Please be sure to bring the following items:

- Last year's tax return envelope that contains the printed returns (Federal and Vermont) AND all of your supporting documents. It will be helpful to review these documents to ensure you are bringing the same information for 2024.
- Driver's license or picture ID and Social Security Card for you and your dependents
- Applicable tax documents you have received in January and February such as: your social security statement, 1099s for all retirement income, broker statements for sales of stocks/bonds, records of estimated tax payments, and your Vermont Property Tax bill for 2024-25.

Thank you!

Tax Aide Team (Althea, Dave, Jane, Richard, Tom, Ron and Karen)



Eat Smart, Move More, Weigh Less Online January 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 series):

Tuesday, January 7, 2025, 12:00 pm to 1:00 pm online

Wednesday, January 8, 2025, 8:30 pm to 9:30 pm

Senior Learning Network Virtual Programs

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



The Cold War & The Carter Administration Tuesday, Jan 7, 2pm

Carter comes to the presidency during a time of détente with the Soviet Union, but other fronts of the Cold War pose critical challenges that he and his administration confront with the powers provided by the Constitution. But every decision is a calculated risk! Was President Carter able to maintain détente with the Soviets while improving relations with their communist nemesis China? What factor did President Carter's commitment to promoting human rights play in all of this? Analysis of primary sources and facilitated dialogue will help attendees answer these questions and better understand the civic aspects of the American Presidency. **(from the Carter Presidential Library)**

"Life on the Edge": Rocky Mountain National Park Tuesday, Jan. 14, 2pm



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.



Montezuma's Castle National Historic Monument Tuesday, Jan. 21, 2pm

Located in Camp Verde, Arizona, Montezuma Castle National Monument protects the well-preserved living spaces of the Sinagua Indians.

Like an ancient five-story apartment building, Montezuma Castle towers above the desert below, a stone-and-mortar marvel of early architectural engineering. Experts have determined that the Castle was built over three centuries and provided shelter for the Sinagua Indians during flood seasons. However, contrary to the belief of the European-Americans who discovered the structure, there's no historical connection to the Aztec emperor for whom it's named—the structure was abandoned more than 40 years prior to his birth. Today, approximately 350,000 people per year visit the Castle, browse the museum, and stroll through the scenic sycamore grove and the towering trees offer welcome shade and a critical habitat for hundreds of native plants and animals.

Presidential Inaugurations on the National Mall Tuesday, Jan. 28, 2pm



Every presidential inauguration is a moment in our nation's history and each president has left their own legacy that shaped the country. Some presidents are honored with monuments and memorials for future generations to reflect on their life and legacy, including many iconic sites in the nation's capital. In honor of the presidential inauguration, follow the journeys of past presidents through places and stories found in national parks in D.C. and across the country. The National Park Service has been at the center of planning presidential inaugurations for more than 80 years. The National Park Service are responsible for the care, maintenance and preservation of some of the most important locations used during inaugurations, from viewing areas on the National Mall to the inaugural parade route on Pennsylvania Avenue to the site of the presidential reviewing stand near President's Park. Two administrative units of the National Park Service—National and Memorial Parks and President's Park—play an important role in planning inauguration event support in DC.

The Ping Pong Place at the Little Theater

Mondays, Wednesdays, and now Fridays!
**Drop in play, 10am to 11:30am at
the Little Theater. 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 at Shir Shalom
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 at Shir Shalom

**Thursdays – In person & 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 on Wednesdays Virtual from January - March 2025 Beginner Class is 9:30 am Advanced Class is 10:40 am.

\$3 per session payable to the Thompson



Enjoy the coordination, focus, and core strength of seated tai chi. This form improves breathing and reduces stress. We will also have time for some standing and stepping practice for those who want it. The standing form contributes more balance improvement, but both forms are definitely mind-body exercises with multiple benefits.

Class instructor Anne Bower has been teaching for twenty years. She provides lots of encouragement and helps each person learn at their own rate.

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

Bone Builders at Shir Shalom 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 Printmaking Class Wednesday, January 8, 1:30 pm

Join Finnie for a fun Gel Plate Printmaking workshop at Artistree (painting studio), where you'll create beautiful, one-of-a-kind prints using gel plates. In this hands-on session, you'll learn how to layer colors, textures, and patterns to produce unique artwork. This workshop is perfect for all skill levels, offering a creative and enjoyable experience with plenty of opportunities for creative play. *please note we will be using acrylic paints.

Please register in advance by calling Cory at 802-457-3277.

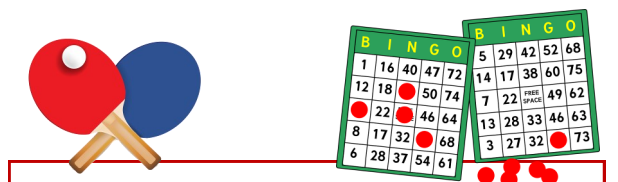


Tablet Program

We're excited to announce the opportunity to share free tablets and training with first time tech users! This will be for people that do not already have a tablet and are interested in understanding the benefits of owning one and using technology for the first time.

We will have three classes that will focus on setting a tablet up and using it for emails, photos, telehealth, and finally more advanced tasks like paying bills online, managing calendars and more.

Participants will receive the tablet for free thanks to a grant from the Maine Council of Aging and the Hannafords CHEF grant. If you are interested, please contact Cory at the Thompson. More details coming soon



Weekly Game Schedule:

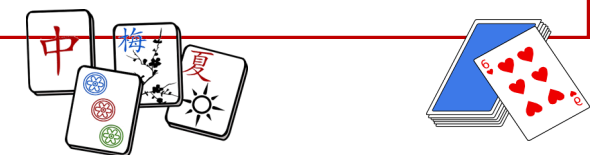
**Bingo at the White Cottage
Monday & Friday at 10:00 am**

**Ping Pong at the Little Theater
Mon, Wed, Fri at 10:00 am**

**Mahjong at the library
Tuesday & Friday at 1:00 pm**

**Bridge at the library
Wednesday at 1:00 pm**

**Cribbage at the White Cottage
Thursday at 10:00 am**



PROGRAM CALENDAR - JANUARY 2025				
Mon	Tue	Wed	Thu	Fri
		1	2	3
RESERVATIONS REQUIRED FOR ALL PROGRAMS & MEAL		CLOSED for New Years Day	10 Cribbage at WC 10:30 Strength, Stretch, Stability at SS 3 Bone Builders at SS	10 Ping Pong at the Little Theater 10:30 Bingo at WC 1 Mahjong at NWPL
6	7	8	9	10
10 Ping Pong at the Little Theater 10 BINGO at WC 1 Gentle Yoga at SS 1 Advisory Meeting at WC	9:30 Benefits Counseling at SS 1 Mahjong at NWPL 2 SLN: The Cold War & Carter Admin- home viewing only 3 Bone Builders at SS	9:30 Beginner Tai Chi - virtual 10 Ping Pong at the Little Theater 10:30 Handwork Circle at WC 10:40 Advanced Tai Chi virtual 1 Gentle Yoga at SS 1 Bridge at NWPL 1:30 Art with Finne at ArtisTree	10 Cribbage at WC 10:30 Strength, Stretch, Stability at SS 1 Fraud Program at SS 3 Bone Builders at SS	10 Ping Pong at the Little Theater 10:30 Bingo at WC 1 Mahjong at NWPL
13	14	15	16	17
10 Ping Pong at the Little Theater 10 BINGO at WC 1 Gentle Yoga at SS	12 Caregiver Support Group at SS 1 Mahjong at NWPL 2 SLN: Life on the Edge - home viewing only 3 Bone Builders at SS	9:30 Beginner Tai Chi - virtual 10 Ping Pong at the Little Theater 10:30 Handwork Circle at WC 10:40 Advanced Tai Chi - virtual 1 Gentle Yoga at SS 1 Bridge at NWPL	8:30-3 Foot Clinic at SS 10 Cribbage at WC 10:30 Strength, Stretch, Stability at SS 3 Bone Builders at SS	10 Ping Pong at the Little Theater 10:30 BINGO at WC 1 Mahjong at NWPL
20	21	22	23	24
CLOSED for Martin Luther King Jr. Day	9:30 Commodities at WC 1 Mahjong at NWPL 2 SLN: Montezuma's Castle- home viewing only 3 Bone Builders at SS	9:30 Beginner Tai Chi - virtual 10 Ping Pong at the Little Theater 10:30 Handwork Circle at WC 10:40 Advanced Tai Chi - virtual 1 Gentle Yoga at SS 1 Bridge at NWPL	Birthday Day 10:00 Cribbage at WC 10:30 Strength, Stretch, Stability at SS 3 Bone Builders at SS	10 Ping Pong at the Little Theater 1 Mahjong at NWPL
27	28	29	30	31
10 Ping Pong at the Little Theater 10 BINGO at WC 1 Gentle Yoga at SS	1 Mahjong at NWPL 2 SLN: Presidential Inaugurations - home viewing only 3 Bone Builders at SS	9:30 Beginner Tai Chi - virtual 10 Ping Pong at the Little Theater 10:30 Handwork Circle at WC 10:40 Advanced Tai Chi - virtual 1 Gentle Yoga at SS 1 Bridge at NWPL	10:00 Cribbage at WC 10:30 Strength, Stretch, Stability at SS 3 Bone Builders at SS	10 Ping Pong at the Little Theater 10 BINGO at WC 1 Mahjong at NWPL

*White Cottage = WC Congregation Shir Shalom = SS Norman Williams Public Library = NWPL

MENU - JANUARY 2025				
Mon	Tue	Wed	Thu	Fri
		1	2	3
Suggested donation for guests ages 60 and over is \$7 For guests under age 60, the meal price is \$12 2% milk, juice, coffee, tea with all meals	*menu subject to change based upon product availability* *Please make requests for substitutions 24 hours in advance	CLOSED for New Year's Day	Honey Garlic Chicken Breast with Fresh Herbs, Brown Rice Pilaf, Steamed Green Beans, Whole Wheat Roll, Fresh Fruit, Cookie	Turkey Soup with Garden Vegetables and Fresh Herbs, Garden Salad with Carrots, Beets and Orange, Dinner Roll, Pumpkin Bread with Whipped Cream
6	7	8	9	10
Minestrone Style Soup with Chicken White Beans, Orzo Pasta, Garden Vegetables and Spinach, Half Grilled Cheese Sandwich with Basil Pesto on a Whole Grain Roll, Fresh Fruit	Pork Enchilada Casserole with Jack Cheese, Black Beans, Corn and Sweet Peppers, Spanish Rice Pilaf, Garden Salad with Homemade Ranch Dressing, Ice Cream, Fresh Fruit	Breaded Chicken Breast and White Country Gravy, Rice Pilaf, Steamed Mixed Vegetables, Butter-milk Biscuits, Fresh Fruit	Salisbury Steak with Mushrooms and Onion gravy, Mashed Potatoes, Mixed Garden Vegetables, Dinner Roll, Fresh Fruit	Bratwurst with Grain Mustard Sauce, Red Cabbage Slaw with Apples, Craisins, Red Onion and Maple, Potato Salad, Fresh Fruit, Cookie
13	14	15	16	17
French Onion Soup, Half Egg Salad Sandwich on Whole Wheat Bread, Lemon Bread with Whipped Cream, Fresh Fruit	Cheeseburgers on a Wheat Bun, Lettuce, Tomato, Onion & Pickles, House Spread, Baked French Fries, Fresh Fruit	Chicken Tikka Masala, Coconut Basmati Rice, Sautéed Squash with Peppers and Onions, Fresh Fruit, Ice Cream, Dinner Roll	Swedish Meatballs with Mushrooms and Sweet Onions, Egg noodles, Mixed Green Salad, Dinner Roll, Cookie, Fresh Fruit	Pulled Pork with BBQ Sauce, Macaroni and Cheese, Stewed Green Beans, Fresh Fruit, Brownie
20	21	22	23	24
CLOSED for Martin Luther King Jr. Day	Beef Barley Soup, Garden Salad with Carrots, Cucumber and Beets, Cottage Cheese, Whole Grain Dinner Roll, Fresh Fruit, Cookie	Philly Cheesesteak Sandwich with Mushrooms, Peppers and Onions on a Whole Wheat Hoagie Roll, Coleslaw, Fresh Fruit	Birthday Day Chicken Parmesan Pasta Casserole with Squash, Peppers and Onions, Green Beans, Birthday Cake with Ice Cream, Fresh Fruit	Southwestern Style Pork Chili with Corn, Beans, Tomato Topped Corn Bread, Garden Salad, Ice Cream Sundae
27	28	29	30	31
Ham and Cheese Panini Style Sandwich, Broccoli Slaw with Almonds, Craisins and Carrots, Fresh Fruit, Cookie	Chicken Fricassee French White Stew with Carrots, Mushrooms and Peas, Rice Pilaf, Lemon Cake, Fresh Fruit	Banh Mi Sandwich with Quick Pickled Cucumbers and Carrots, Fresh Scallions and Cilantro with a Roasted Garlic Spread, Rice Noodle Salad, Fresh Fruit, Green Tea Ice Cream	Baked Bone-in Chicken, Potato Salad, Sautéed Corn with Sweet Peppers and Onions, Corn Bread, Fresh Fruit	Cheese Tortellini with Chicken and Fresh Herbs, Garden Vegetables, Whole Grain Roll, Ice Cream, Fresh Fruit