



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

MARCH 2025



## Celebrate March for Meals with Us

The month of March mobilizes hundreds of local Meals on Wheels (MOW) programs across the country to reach out to their communities and build the support that will enable them to serve America's elder population all year long. As a member of the national organization, *Meals on Wheels America*, The Thompson participates in this annual celebration.

In 2024, we delivered 12,870 Meals on Wheels! Volunteers for The Thompson currently deliver 45 - 50 meals each day (Monday through Friday) to older Vermonters throughout the towns of Woodstock, Bridgewater, Barnard, and Pomfret.

### The highlights of our March for Meals events this year:

- On March 12th we celebrate March for Meals with a ceremonial reading of a resolution to recognize the importance of our Meals on Wheels programs at the Vermont State House - 1:00pm
- Our 11th annual *Thank You Walk* is on March 14<sup>th</sup>. Join us at 1:00 pm on *The Green in Woodstock* to "march" down Central Street to deliver thank you notes, cookies, and balloons to local business for their support throughout the year.
- Community Champions week is March 17-21 where town officials and local celebrities nationwide are asked to participate in meal deliveries and events.
- March 19<sup>th</sup> at 10:00 am will be our annual MOW driver meeting providing an opportunity for a review of requirements/procedures, to share ideas, and to celebrate the wonderful work of our MOW volunteers!
- Special Thanks to the Woodstock Farmers' Market for once again making our meals program the beneficiary of their "Round-Up" campaign!
- Watch for our Meals on Wheels column in the Vermont Standard and visit our Facebook page for videos and more.



### 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.

### TOWN MEETING DAY

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

With the population of Vermont aging rapidly, support for our senior centers is more critical than ever. We serve approximately 1800 unique individuals with our programs, referrals, meals, and transportation. **Please vote & consider speaking up at your town meeting about the value of these services for older Vermonters.**



## 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  
**Cory van Gulden**, Assistant Director, cvang@thompsonseniorcenter.org  
**Paula Audsley**, Business Office Manager, paudsley@thompsonseniorcenter.org  
**Jen Bloch**, Marketing Coordinator, jbloch@thompsonseniorcenter.org  
**Shari Borzekowski**, Aging at Home Resource Manager & HomeShare Vermont Case Manager, sborz@thompsonseniorcenter.org  
**Pam Butler**, Aging at Home Support, pbutler@thompsonseniorcenter.org  
**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

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

Dick & Bonnie Atwood- Advisory

## BEHIND THE SCENES

### ADVISORY MEETING HIGHLIGHTS

- Construction is moving along well. Still on track to begin in-house meals by April 1st.
- Update on meals now through April 1st:
  - meals are prepared at the Woodstock Inn Country Club
  - Take-out meals can still be picked up at the White Cottage, but must be ordered through Cory by 9:30 am.
  - “Meet up” meals are currently being offered at the Masonic Lodge Mondays & Wednesdays at noon. These must also be ordered through Cory.
- Colette Tours is offering a Christmas River Cruise for December 2026, the 10th thru the 18th. Contact Cory for more details. He also needs to know how many would be interested in going
- Lots of participant questions, some include:
  - Will they be able to cash in their birthday free-lunch coupons- a catch-up Birthday day will probably be provided when we get into our renovated building.
  - Will all programs return to the Center in April- most programs that can occur on the first floor will return. Special space for creative and language programs.

**Please join our next meeting on Monday, March 3, 1:00 pm at the Masonic Lodge.** All patrons and volunteers are invited to attend. Your feedback is needed and appreciated!

### Thompson Winter Gala a Success!

Thank you to our many donors, sponsors, and volunteers for making this event a huge success again this year. Visit our Facebook page for pictures from the event.



## IN LOVING MEMORY & APPRECIATION

### IN APPRECIATION

Woodstock Inn Country Club - sandwiches for MOW's  
WUHS 9th Grade Class - veggie soup, cornbread, homemade butter  
Betty Putnam - calendars  
John Endicott - medical equipment  
Susanna Captain Richards - medical equipment  
Valentines Day Cards from Courtney and Charlotte  
Hollingsworth and the kids of the Taftsville Chapel  
Mennonite Fellowship



**A Special Thank You for these monthly ongoing donations:**

Vermont Standard newspapers  
Diane Zonay for birthday flowers

### MARCH BIRTHDAYS

1st Jane Hanley	10th Gail Dougherty	18th Beryl Spencer
1st Virginia Eames	10th Barbara Gerstner	18th Catherine Harriman
1st Jill Anderson	10th Natalie Billings	18th Gina McAllister
1st Rosa Smith	11th Jerry Fredrickson	19th Sally Olsen
1st Karen Fellows	11th Linda O'Neil	19th Michele Scelza
2nd Marilyn Syme	11th Richard Beda	19th Guy Edwards
3rd Norman Youknot	11th Lesley Marceau	20th Lauran Corson
3rd Faith Hunt	11th Bo Harron	20th John Reuben
3rd Joanne Shapp	12th Susan Ditto	21st Charlotte Donaldson
3rd Heinrich Savelberg	12th Karuna McLaughlin	22nd Betty Putnam
4th Donna Durgin	12th Beverlee Cook	22nd Jane Dutton
4th Pat Macri	13th Willem Post	22nd Francis Goodwin
5th Susan Harlow	13th Lucille Tancreti	22nd Carol Kashner
5th Deborah Neuhof	13th Faith Wishart	23rd David McGuire
5th Armande Boright	13th Nancy Morrison	23rd Sandra Audsley
5th Lyn Drigert	13th Patricia Campbell	24th Father Mike Augustinowitz
5th Louise Miele	13th Arleta Fredrickson	24th Adrian Garcia-Gonzalez
5th Martha Manning-Brown	13th Brent Turner	24th Daniel Jones
5th Beatrice Ziobro	14th Irene Schlerf	24th Elizabeth Sawyer
6th Karen Rosene-Montella	14th Joan Yankee	25th Sarah Ward
6th Holly Ballou	14th Paul Bouchard	26th Linda Willard
7th Jen Bloch	14th Deborah Jillson	27th Mervin Comes
7th Carol Burns	14th Deirdre Larson	27th John Gleason
7th Leo Plourde	14th Barbara Barry	27th Charlene Chalmers
7th John Dimitruk	15th Renette Bedard	28th Hillary Martin
8th Alexander Hadden	15th Kate Reeves	28th Joyce Dann
8th Liz Estabrook-Hatfield	15th Tom Ripley	28th Jeanne Parsons
8th Susan Lewis	15th Mare Boliek	28th Marv Gross
8th Barbara Simmons	16th Gloria Martin	29th Robert Parker
8th Linda Machalaba	16th John Dibble, Sr.	29th Janet Hewes
9th John Garren	16th Barbara Clark	30th Meg Johnson
9th Barbara Sanderson	16th Frances Ringenberg	30th Linda Caruso
9th Cecilia Hoyt	16th Steven Adams	30th Nancy Sperling
9th Larry Kasden	16h Sandra White	31st Susan Brown
9th Mimi Baird	16th Ellen Denton	31st Susan Fallon
9th Larry Derstine	17th Susan Rose	
9th Charles Poltenson	17th Mario Maura	
9th Robert Holtorf	18th Pat Tilton	



## 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.

### 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, March 4th**

**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.



## Montpelier Trip to the VT State House

**March 12<sup>th</sup>, Depart in the morning, details to follow**

Let's celebrate March for Meals with a ceremonial reading of a resolution to recognize the importance of our Meals on Wheels programs at the Vermont State House at 1:00 pm. Tour and lunch. Register in advance.



## What's on your Nightstand?

### The Not-A-Book-Club Book Club

**at Norman Williams Public Library**

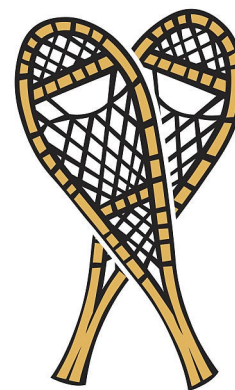
**Saturday, March 1, 10:30 am – 12 pm**



This is NOT the usual book club. We chat about books you are reading, the books you’ve loved, and the books you’ve always wanted to read.

Along with great book recommendations, our discussions have ranged from the design and appeal of book jackets, the eBook revolution, which books we reread and why, modern writers, the craft of writing, and the elements of great writing.

Summaries of past book selections are posted on the Library’s Book discussion group page. We all come away energized and eager for more. We hope you will join us – either in person (masks encouraged) or via Zoom. Please email [programs@normanwilliams.org](mailto:programs@normanwilliams.org) for the link to join.



## Winter Snowshoe

**Marsh Billings Rockefeller National Historical Park**

**March 5, 10:30 am – 12 pm, Free**

Travel through the enchanting forest of Mt. Tom on Snowshoes. Whether you’re a beginner or have some experience, everyone is welcome to learn the basics while discovering our local winter landscape. This guided snowshoe experience will meet at the Marsh-Billings-Rockefeller Forest Center. Snowshoes and trekking poles will be provided by Marsh-Billings-Rockefeller NHP. To register and for more information visit: [go.nps.gov/WinterNaturalist](http://go.nps.gov/WinterNaturalist) or call 802-457-3368.

**Dartmouth Aging Resource Center Presents:**  
**Virtual Event – Learning to Look: Conversations about Art**  
 Friday March 7, 11 am – 12 pm  
 Call Cory to sign up. Space is limited


Visual art can inspire and challenge us. It can also offer a focal point for rich conversations about life and ideas. Join this interactive virtual program facilitated by docents from the Hood Museum of Art to learn how to think critically about visual art in the company of your peers. Each time we will explore different works of art from the Hood Museum’s collection across time and cultures. No prior experience talking about art necessary. Curiosity is the only prerequisite!

This program is presented in collaboration with the Hood Museum of Art and Dartmouth Arts and Humanities program.

**You will receive a zoom link for this class 60 minutes before the class starts. The zoom link will be sent directly from the Aging Resource Center to the email you registered with.**

**Dartmouth Aging Resource Center Presents:**  
**Dementia Resource Team Outing to AVA Gallery in Lebanon, NH**  
 Monday, March 17, 1-3 pm

Join Dartmouth’s Aging Resource Centers team in a visit to the AVA Gallery. This is a great way for caregivers to visit with other caregivers and for your loved one to engage in some fun activities. Entrance is free, thanks to generous donors. Please contact the Dementia Resource Team at [dementiareources@hitchcock.org](mailto:dementiareources@hitchcock.org) or call 603-653-4383 for more information or to register.



**Eat Smart, Move More, Weigh Less**  
**Online March 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, March 3, 12-1pm or 8:15pm - 9:15pm  
 Tuesday, March 4, 7-8pm,  
 Thursday, March 6, 6-7pm  
 Friday, March 7, 1:15pm - 2:15pm

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



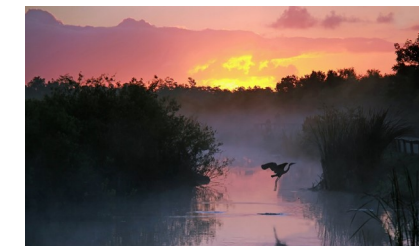
**Exploring The Southwest**  
**The Coronado Expedition of 1540**  
 Tuesday, March 4, 2:00 pm

Join us at the Coronado National Monument in Arizona, as we discuss The Coronado Expedition of 1540-1542, which was the first major Spanish exploration of the American Southwest. It begins with a look at the life and times of Francisco Vasquez de Coronado, the leader of the expedition. We then cover the logistics and route they took and end with a look at the effects of the Colombian Exchange on our lives today.



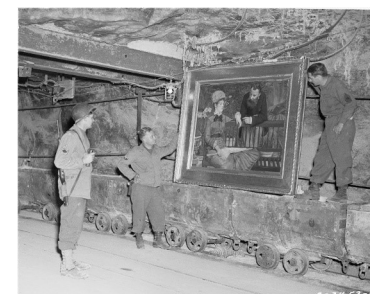
**Black Homesteaders in Nebraska: Audacious Dreams**  
 Tuesday, March 11, 2:00 pm

The Homestead Act of 1862 provided African Americans with the prospect of land and home ownership, an attractive alternative to racial violence and social disenfranchisement in the post-Reconstruction South. In Nebraska, independent Black homesteaders built successful farms from eastern tall-grass prairies to the arid Sandhills in the west. Black homesteaders also created intentional communities like Audacious. There, homesteaders built a post office, a church, school and formed an unbeatable baseball team. While Audacious succumbed to plummeting crop prices and prolonged droughts, its residents’ hard work and determination remain an inspiration today. In this lesson, a park ranger will discuss with students how Nebraska’s geography and history shaped and was shaped by the experiences of Black homesteaders.



**Everglades National Park**  
**Join us for another fun trip to the Everglades!**  
 Tuesday, March 18, 2:00 pm

Located at the confluence of temperate North America and the tropical Caribbean, Everglades National Park is home to representative flora from both climes. The optimal growing conditions that are prevalent throughout south Florida foster a lush growth of plant life that sustains a diverse complex of flora. The Everglades host a number of endemic and legally protected species. Although nine distinct ecosystems have been identified within Everglades National Park, their boundaries overlap within the dynamic landscape, which is subject to the elements of south Florida. Join us as we learn about out the plants, animals, adaptations and life cycles of these beautiful lands.



**Monuments Men: National Museum of the U.S. Army**  
 Tuesday, March 25, 2:00 pm

During World War II, a team of historians, museum professionals, scholars, architects, and archivists came together to protect European cultural sites from war damage. Known as the Monuments, Fine Arts, and Archives section, the team spread out throughout Europe and the Pacific to ensure that sites of cultural significance would be preserved and protected for future generations. This work earned them the nickname the Monuments Men.



**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 at Shir Shalom**

**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**  
**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 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 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**  
**Clay Bowls Part 1**  
**Friday, March 7, 1:30 pm**



Join Finnie for a two-part workshop where you'll create your own unique hand-built clay bowls. In March, we'll focus on shaping and forming your bowls using traditional hand-building techniques. Then, in April, we'll return to glaze your creations. No prior experience is necessary—just bring your creativity and leave with beautiful, one-of-a-kind pieces!

Register in advance by calling 802-457-3277.



**Special St. Patrick's Day Holiday**  
**Meal at the Masonic Lodge**  
**Monday, March 17, 12 pm**

Join us for a traditional Irish meal and music on St. Patrick's Day. Our menu consists of corned beef and cabbage, boiled potatoes and carrots, whole grain roll, short bread cookies and fresh fruit served buffet style.

RSVP in advance by calling Cory, 802-457-3277.

**Let's Paint Together**  
**at the Masonic Lodge**  
**March 12 & 26, 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 - MARCH 2025

Mon	Tue	Wed	Thu	Fri
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
8-3 Tax Appts at SS 10 Ping Pong at the Little Theater <b>12 Meet-up Lunch at ML</b> 1 Gentle Yoga at SS <b>1 Advisory Meeting at ML</b> <b>1 Public Skate at Union Arena</b>	<b>9:30 Benefits Counseling at SS</b> <b>10-12 Needlepoint Get-Together at NWPL</b> 1 Mahjong at NWPL <b>2 SLN: Exploring the Southwest</b> 3 Bone Builders at SS	9:30 Beginner Tai Chi -virtual 10 Ping Pong at the Little Theater <b>10:30 Snowshoe at Billings</b> 10 Advanced Tai Chi virtual <b>12 Meet-up Lunch at ML</b> 1 Gentle Yoga at SS 1 Bridge at NWPL <b>2 Public Skate Union Arena</b>	<b>9:30 Senior Art Group at AVA Gallery</b> 10:30 Strength, Stretch, Stability at SS <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 <b>11 Learning to Cook/Art virtual</b> 1 Mahjong at NWPL <b>1:30 ArtisTree</b>
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
8-3 Tax Appts at SS 10 Ping Pong at the Little Theater <b>12 Meet-up Lunch at Masonic Lodge</b> 1 Gentle Yoga at SS <b>1 Public Skate at Union Arena</b>	<b>12 Caregiver Support Group at SS</b> <b>10-12 Needlepoint Get-Together at NWPL</b> 1 Mahjong at NWPL <b>2 SLN: Black Home-steaders in Nebraska</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> <b>1 Trip to State House</b> 1 Gentle Yoga at SS 1 Bridge at NWPL <b>2 Public Skate Union Arena</b>	<b>9:30 Senior Art Group at AVA Gallery</b> 10:30 Strength, Stretch, Stability at SS <b>2-4 Knitters Meet-Up at NWPL</b> <b>2-4 Bridge at NWPL</b> 3 Bone Builders at SS	10 Beginner Tai Chi -virtual 10 Ping Pong at the Little Theater 1 Mahjong at NWPL <b>1 pm March for Meals Thank You Walk</b>
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
8-3 Tax Appts at SS 10 Ping Pong at the Little Theater <b>12 St. Patrick's Special Meal at ML</b> 1 Gentle Yoga at SS <b>1 Public Skate at Union Arena</b> <b>1-3 Dementia Resource Team Outing to AVA Gallery</b>	<b>9:30 Commodities 10-12 Needlepoint Get-Together at NWPL</b> 1 Mahjong at NWPL <b>2 SLN: Everglades National Park</b> 3 Bone Builders at SS	8:30 Board Meeting 9:30 Beginner Tai Chi -virtual <b>10 MOW Driver Meeting at ML</b> 10 Ping Pong at the Little Theater 10 Advanced Tai Chi- virtual <b>12 Meet-up Lunch at ML</b> 1 Gentle Yoga at SS 1 Bridge at NWPL <b>2 Public Skate Union Arena</b>	<b>8:30-3 Foot Clinic at SS</b> <b>9:30 Senior Art Group at AVA Gallery</b> 10:30 Strength, Stretch, Stability at SS <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>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
8-3 Tax Appts at SS 10 Ping Pong at the Little Theater <b>12 Meet-up Lunch at ML</b> 1 Gentle Yoga at SS <b>1 Public Skate at Union Arena</b>	<b>10-12 Needlepoint Get-Together at NWPL</b> 1 Mahjong at NWPL <b>2 SLN: Monuments men</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> <b>4-5:30 Zentangle at NWPL</b>	<b>9:30 Senior Art Group at AVA Gallery</b> 10:30 Strength, Stretch, Stability at SS <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>31</b>	<p><b>Congregation Shir Shalom = SS</b></p> <p><b>Norman Williams Public Library = NWPL    Masonic Lodge = ML</b></p> <p><b>RESERVATIONS REQUIRED FOR ALL PROGRAMS &amp; MEALS</b></p>			
8-3 Tax Appts at SS 10 Ping Pong at the Little Theater <b>12 Meet-up Lunch at Masonic Lodge</b> 1 Gentle Yoga at SS <b>1-2:40 Public Skate at Union Arena</b>				

## TAKE-OUT MENU - MARCH 2025

Mon	Tue	Wed	Thu	Fri
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
<b>12 Meet-up Lunch at Masonic Lodge</b> Butternut Squash Soup with a Turkey & Cheddar Sandwich Panini Style, Mixed Green Salad, Fresh Fruit, Cookie	Beef Stew with Potatoes, Carrots and Peas, Broccoli Slaw, Whole Grain Dinner Roll, Fresh Fruit, Coffee Cake	<b>12 Meet-up Lunch at Masonic Lodge</b> Sweet and Sour Chicken with Pineapple, Sweet Peppers and Red Onion, Steamed Brown Rice, Garden Salad with Sesame Dressing, Brownie, Fresh Fruit	Baked Fish of The Day, Mixed Grain Pilaf, Steamed Broccoli, Whole Grain Roll, Fresh Fruit	Beef Lasagna with Fresh Herbs and Parmesan Cheese, Ratatouille, Garden Salad, Garlic Bread, Mixed Fruit Salad
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
<b>12 Meet-up Lunch at Masonic Lodge</b> Chicken Noodle Soup, Mixed Green Salad, Cottage Cheese, Fresh Fruit, Whole Grain Dinner Roll, Cookie	Cheese Ravioli with Beef Bolognese Sauce (Cloudland Farms), Basil Pesto and Parmesan Cheese, Garlic Bread, Mixed Green Salad, Fresh Fruit	<b>12 Meet-up Lunch at Masonic Lodge</b> Roasted Pork Loin, Mashed Potatoes, Succotash, Mixed Green Salad, Wheat Dinner Roll, Key Lime Pie, Fresh Fruit	Japanese Style Chicken Curry (Mild) with Carrots and Potatoes, Steamed Brown Rice, Mixed Green Salad, Wheat Dinner Roll, Sesame Cabbage Slaw, Fresh Fruit	Cheeseburgers on a Wheat Bun, Lettuce, Tomato, onion & pickles, Potato Salad, Five Bean Salad, Fresh Fruit, Cookie
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
<b>St. Patrick's Day Special Holiday Meal</b> Chicken Parmesan, Baked Ziti with Zucchini, Corned Beef and Cabbage, Boiled Potatoes and Carrots, Whole Grain Dinner Roll, Short Bread Cookies, Fresh Fruit	Chicken Parmesan, Baked Ziti with Zucchini, Mushrooms, Tomato, and Sweet Peppers with Mozzarella Cheese and Fresh Basil, Garden Salad, Fresh Fruit	<b>12 Meet-up Lunch at Masonic Lodge</b> Split Pea Soup with a Ham & Cheese Sandwich, Cole Slaw, Whole Grain Roll, Fresh Fruit, Brownie	Baked Chicken Leg Quarter, Rice Pilaf, Sautéed Mixed Vegetables, Garden Salad, Fresh Fruit	Southwestern Style Pork Chili with Corn, Beans, Tomato and Sweet Peppers, Corn Bread, Mixed Green Salad, Fruit Salad, Apple Pie
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
<b>12 Meet-up Lunch at Masonic Lodge</b> Roasted Chicken Breast with Fresh Herbs and Lemon, Rice Pilaf, Steamed Mixed Vegetables, Garden Salad, Dinner Roll, Fresh Fruit	Italian Wedding soup with Orzo Pasta, Kale, Tomato, Roasted Sweet Peppers, Beef Meatballs, Garlic Bread, Cottage Cheese, Fresh Fruit, Apple Pie	<b>12 Meet-up Lunch at Masonic Lodge</b> Enchilada Casserole with Local Ground Beef (Cloudland Farms) Queso Fresco, Tomatoes and Roasted Corn, Black Beans and Rice, Corn Chips and Salsa, Pumpkin Pie, Fruit	<b>Birthday Day</b> Baked Ham, Green Beans, Scalloped Potatoes, Garden Salad, Birthday Cake, Fresh Fruit	Chicken and Biscuits, Pulled Chicken, Carrots, Peas and fresh Herbs in Gravy over a Buttermilk Biscuit, Fresh Mixed Green Salad, Fresh Fruit
<b>31</b>	<p>Spaghetti and Meat Sauce (Cloudland Farms Beef), Mixed Green Salad, Roasted Vegetables with Fresh Herbs and Olive Oil, Fruit, Garlic Bread</p> <p><b>Call Cory, 802-457-3277, ext. 2, to order take-out. Schedule ahead or call by 9:30am, with pick-up at 11:30am at the White Cottage</b></p> <p><b>Lunch Meet-up at Masonic - order take-out by 9:30. Take-out lunches for those registered will be delivered directly to the Masonic Lodge</b></p>			
		<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>	