

## The Director's Corner

I would like to ask all caregiving family members to please take note of the second monthly caregiver's support meeting on Thursday May 18th.

Shanon Jordan from the Alzheimer's Association will be at Grasmere to facilitate a discussion, and to answer any questions caregivers might have.

Please feel free to join us.


**WE ARE OPEN SATURDAY  
MAY 13, 2017  
8:00am - 4pm**

## Monthly Caregiver Meetings



Our Monthly Caregivers Meetings will be held Thursday, May 4th, and Thursday, May 18th from 4:00 to 5:00 p.m.

Attorney Linda Eliovson will join us on the 4th, and Shanon Jordan (AACT) on the 18th.

Activities will be conducted during meetings for those who bring a loved one. To register or for more information, call 203-365-6470.

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
10:00 Stretch and Strengthen 10:30 Hangman Table Discussion Pokeno 1:00 Exercise Free Style 1:30 Park City Singers Entertain	10:00 Stretch & Strengthen 10:30 Pictionary Horsereading Nails 1:00 Exercise Free Style 1:30 Who is it Dominos Art <b>Trip</b>	10:00 Stretch and Strengthen 10:30 Crafts Poker Knitting Mental Gymnastics Art 1:00 Exercise Free Style 1:30 Family Feud Pokeno	10:00 Stretch & Strengthen 10:30 <b>Yoga with Victoria</b> Boggle Pallina 1:00 Exercise Free Style 1:30 Talk About Memories Dominos Art Skip Bo	10:00 Stretch & Strengthen 10:30 Client's Voice Concentration Pokeno <b>Baking Club</b> 1:00 Exercise Free Style 1:30 Spring Collage Find The Words Pretty Nails Crazy Eight
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
10:00 Stretch & Strengthen 10:30 Reminisce with Alice Uno Circle Game Art 1:00 Strengthen Your Body 1:30 Match Game Sing A Long Pallina <b>Trip</b>	10:00 Stretch & Strengthen 10:30 Words of the Wise Table Talk Number Game <b>Hailey &amp; Diane Visit</b> 1:00 Strengthen Your Body 1:30 <b>Bill Entertains</b>	10:00 Exercise & Stretch 10:30 Crafts Knitting Poker Wheel of Fortune 1:00 Exercise Free Style 1:30 Name That Tune Nails <b>Men's Club</b>	10:00 Exercise & Stretch 10:30 Trivial Pursuit Blackjack Art 1:00 Exercise Free Style 1:30 Apples to Apples Cards Nail Spa <b>Trip</b>	<b>SPECIAL BREAKFAST</b> 10:00 Exercise & Stretch 10:30 <b>Tai Chi with Jonathan</b> Sing A Long Trivia Art 1:00 Exercise Free Style 1:30 What's My Line Bingo Uno <b>G &amp; G Entertains</b>
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
10:00 Exercise & Stretch 10:30 You Be The Judge Skip Bo Art 1:00 Exercise Free Style 1:30 <b>Paula Entertains</b>	10:00 Stretch & Strengthen 10:30 Spanish 102 Conversation Cards <b>Hailey &amp; Diane Visit</b> 1:00 Skip Bo 1:30 Exercise Free Style Scattergories Mini Shuffleboard	10:00 Exercise & Stretch 10:30 Crafts Knitting Poker Yahtzee 1:00 Exercise Free Style 1:30 Casino Cards Sharpen Your Senses <b>Men's Club</b>	10:00 Exercise & Stretch 10:30 Building Words Rocket Toss <b>Hailey &amp; Diane Visit</b> 1:00 Exercise Free Style 1:30 Common Factor Talk and Toss Art Nail Salon	10:00 Exercise & Stretch 10:30 Is That Your Final Answer Art Pokeno 1:00 Exercise Free Style 1:30 <b>Mocktail Social</b>
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
10:00 Stretch & Strengthen 10:30 Do You Know Number Game Pokeno 1:00 Exercise Free Style 1:30 Scruples Skip Bo Nails <b>Trip</b>	10:00 Stretch & Strengthen 10:30 Theme Pictures <b>Rosary with Maureen</b> Skip Bo Pretty Nails 1:00 Strengthen Your Body 1:30 Word Expressions Bowling Pretty Nails <b>Trip</b>	10:00 Stretch & Strengthen 10:30 Crafts Knitting Poker Outburst <b>Technology Class</b> 1:00 Strengthen Your Body 1:30 Password Bean Bag Toss <b>Art</b>	10:00 Stretch & Strengthen 10:30 <b>Yoga with Victoria</b> <b>Hailey &amp; Diane Visit</b> Think Fast Blink Art 1:00 Strengthen Your Body 1:30 Brain Teasers Dominos <b>Trip</b>	10:00 Strength & Strengthen 10:30 <b>Tai Chi with Jonathan</b> Rephrase Basketball 1:00 Strengthen Your Body 1:30 Strengthen Your mind Spell It Bingo
<b>29</b>	<b>30</b>	<b>31</b>		
<b>MEMORIAL DAY OBSERVED CLOSED</b>	10:00 Flexibility Exercise 10:30 Jeopardy Cards Art Nails 1:00 Flexibility & Stretch 1:30 Wheel of Fortune Name That Tune <b>Trip</b>	10:00 Flexibility Exercise 10:30 Sudoku Dominos Name That Tune 1:00 Flexibility and Stretch 1:30 Let's Talk About It Balloon Toss Card <b>Trip</b>	Join us for Coffee & Social Hour every morning at 9:00am!	

# May Lunch Menu 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
(1) GARDEN VEGETABLE SOUP BEEF & BEAN BURRITO BASMATI RICE W/PEAS ROASTED YELLOW SQUASH BANANA CAKE	(2) SPLIT PEA SOUP OVEN FRIED CHICKEN RED BOILED POTATOES STEAMED CABBAGE BREAD PUDDING	(3) HOMESTYLE CHICKEN SOUP KIELBASA, SAUERKRAUT POTATO CASSEROLE CALIFORNIA BLEND VEGETABLES APPLE PIE	(4) MUSHROOM BARLEY SOUP CURRY CHICKEN GARLIC MASHED POTATOES SESAME GREEN BEANS CARROT CAKE CUPCAKE	(5) CHICKEN TORTILLA SOUP CHEESE QUESADILLA MEXICAN RICE CORN NIBLETS TRES LECHES CAKE
(8) CREAM OF MUSHROOM BISQUE BAKED FISH W/CRUMB TOPPING WILD RICE SUMMER SUCCOTASH PEANUT BUTTER BROWNIE	(9) TURKEY RICE SOUP CHOPPED CHICKEN SALAD MASHED POTATOES FRESH STEAMED CARROTS BANANA BREAD PUDDING	(10) CREAM OF CAULIFLOWER SOUP HAMBURGER ON A BUN CORN ON THE COB SAUERKRAUT & ONIONS BAKED BEANS WATERMELON	(11) NAVY BEAN SOUP CHICKEN CACCIATORE LINGUINI SEASONED SPINACH CARROT CAKE NO NUTS	(12) CORN CHOWDER APRICOT GLAZED SALMON LYONNAISE POTATOES BROCCOLI STRAWBERRIES ROMANOFF  (13) TOMATO BISQUE, TURKEY BURGER WITH LETTUCE/TOMATO, SWEET POTATO FRIES, BANANA PUDDING PARFAIT
(15) CHICKEN TORTILLA SOUP SOFT BEEF TACO MASHED POTATOES COLESLAW BLUEBERRY COFFEE CAKE	(16) EGG DROP SOUP GENERAL TSO CHICKEN JASMINE RICE GREEN PEAS LEMON CUPCAKE	(17) CREAM OF BROCCOLI SOUP HOT DOG ON A BUN POTATO SALAD & BAKED BEANS SAUERKRAUT & ONIONS WATERMELON	(18) SUMMER VEGETABLE SOUP SANTA FE TURKEY SALAD BROCCOLI GARLIC TOAST COCONUT CAKE	(19) BAKED POTATO SOUP BEEF CHILI CON CARNE RICE PILAF BROCCOLI STRAWBERRY CHEESE CAKE
(22) BEEF VEGETABLE SOUP STUFFED PORTOBELLO W/PECANS ROASTED SWEET POTATOES STEAMED CARROTS ANGEL FOOD CAKE W/STRAWBERRIES	(23) LENTIL SOUP BAKED ORANGE FISH MASHED POTATOES ZUCCHINI & SQUASH MANGO BLUEBERRY MEDLEY	(24) CREAM OF ONION SOUP HOT DOG ON A BUN BAKED BEANS/SAUERKRAUT LETT & TOM WATERMELON	(25) CARROT APPLE SOUP BRUSCHETTA VEAL CUTLET RED ROASTED POTATOES ITALIAN FLAT BEANS TIRAMISU CUPCAKES	(26) SOUTHWESTERN TOMATO SOUP CORNMEAL FRIED FISH STEAK FRIES CHOPPED COUNTRY COLESLAW BLACK FOREST PARFAIT
(29) <b>MEMORIAL DAY OBSERVED</b>  <b>CLOSED</b>	(30) BLACK BEAN SOUP FLANK STEAK BAKED POTATO CORN ON THE COB CHOC CHIP ICE CREAM	(31) CREAM OF BROCCOLI SOUP PHILLY CHEESE BURGER SWEET POTATO FRIES SAUERKRAUT & ONIONS WATERMELON		

ALL MEALS MEET UNITED STATES DEPT OF AGRICULTURE NUTRITIONAL REQUIREMENTS

SPECIAL MENUS CAN BE ARRANGED TO ACCOMMODATE SPECIAL MEDICAL NEEDS

KOSHER DIETARY LAWS ARE STRICTLY OBSERVED

A SNACK IS SERVED MID MORNING, 4 OZ OF FULL-STRENGTH JUICE & 1.1 OZ ENRICHED FLOUR GRAHAM CRACKER

LUNCH CONSIST OF ONE SERVING OF MEAT/OR MEAT ALTERNATE, TWO SERVINGS OF VEGETABLES (or any combination of vegetables, fruit and juice)

2 SLICES BREAD/MARGARINE/WATER/COFFEE/TEA

8oz. 1% MILK

**PLEASE NOTE THAT PARTICIPANTS ARE OFFERED SIX ITEMS FOR LUNCH AND HAVE THE RIGHT TO REFUSE 2 OF THE 6 ITEMS**

**PLEASE NOTE THAT PARTICIPANTS ARE OFFERED FOUR ITEMS FOR BREAKFAST AND HAVE THE RIGHT TO REFUSE 1 ITEM**