

December Activities 2017




The Director's Corner

We would like to welcome Margaret D., who came to Grasmere in November. Please note that we can expect a shift in the weather any day now and possibly get snow. A reminder to everyone that although Grasmere's status will be listed on CT News 12, and WEBE 108, you can also directly call 203-365-6470. An outgoing message will be available by 6:30am detailing the status of the program on the day of inclement weather.





**SATURDAY HOURS
TEMPORARILY POSTPONED**

Monthly Caregiver Meetings

Our Monthly Caregivers Meetings will be held Thursday, December 7th, and Thursday, December 21st from 4:00 to 5:00 p.m. Activities will be conducted during meetings for those who bring a loved one. To register or for more information, call 203-365-6470.

	Tuesday	Wednesday	Thursday	Friday
Join us for Coffee & Social Hour every morning at 9:00am!				1 10:00 Exercise & Stretch 10:30 Tai Chi with Jonathan Outburst 1:00 Exercise Free Style 1:30 Apples to Apples Table Games Art
4 10:00 Stretch & Strengthen 10:30 Reminisce with Alice Pokeno Art 1:00 Exercise Free Style 1:30 Trivial Pursuit Numbers and Dice Art	5 10:00 Stretch & Strengthen 10:30 Add A Word Baking Club Bingo Art 1:00 Exercise Free Style 1:30 Jingo Pokeno	6 10:00 Exercise & Stretch 10:30 Fairfield Garden Club 1:00 Exercise Free Style 1:30 Find The Words Nails Men's Club Trip	7 10:00 Exercise & Stretch 10:30 Yoga With Victoria Dominos Cards Art Pet Therapy w/Hailey & Diane 1:00 Exercise Free Style 1:30 Family Feud Cards	8 10:00 Exercise & Stretch 10:30 Larry Entertains 1:00 Exercise Free Style 1:30 Sharpen Your Senses Circle Game Bingo Nails NO SATURDAY HOURS
11 10:00 Exercise & Stretch 10:30 Word Pictures Splash Skip Bo Art 1:00 Exercise Free Style Wellness Talk Elder Trivia Talk and Toss	12 10:00 Exercise & Stretch 10:30 Keep Minds Alert Pokeno Art 1:00 Exercise Free Style 1:30 Bill Entertains HAPPY HANUKKAH BEGINS AT SUNDOWN	13 10:00 Exercise & Stretch 10:30 Crafts Knitting Cards Mind Joggers 1:00 Exercise Free Style 1:30 Rhyme Out Ball Toss	14 10:00 Exercise & Stretch 10:30 Talk About Memories Pet Therapy w/Hailey & Diane Exercise Free Style Eagle Hill Students Visit 1:30 Find the Words Table Games Art Nail Spa	15 10:00 Exercise & Stretch 10:30 Outburst Tai Chi with Jonathan Art Pokeno 1:00 Exercise Free Style 1:30 Sing A Long Bingo Trip
18 10:00 Stretch & Strengthen 10:30 Apples to Apples Pokeno 1:00 Exercise Free Style 1:30 Talk about Memories Bingo Trip	19 10:00 Stretch & Strengthen 10:30 Rosary with Maureen Mental Gymnastics Skip Bo Pretty Nails Pet Therapy w/Hailey & Diane 1:00 Strengthen Your Body 1:30 Word Search Food Committee Trip	20 10:00 Stretch & Strengthen 10:30 Crafts Knitting Poker Who Is It Technology Class 1:00 Strengthen Your Body 1:30 Pictionary Bean Bag Toss	21 10:00 Stretch & Strengthen 10:30 Think Fast Conversation Cards Uno Art 1:00 Strengthen Your Body 1:30 Women's World Dominos	22 10:00 Strength & Strengthen 10:30 Scattergories Golf Talk About You Strengthen Your Body 1:00 1:30 Paula Entertains
25 CLOSED FOR THE HOLIDAY HAPPY HOLIDAYS	26 10:00 Flexibility Exercise 10:30 Yahtzee Pokeno 1:00 Flexibility & Stretch Pet Therapy w/Hailey & Diane 1:30 Is That Your Final Answer Art Trip	27 10:00 Flexibility Exercise 10:30 Keep Them Laughing Dominos Art 1:00 Flexibility & Stretch 1:30 Wheel of Fortune Winter Collage Balloon Toss	28 10:00 Flexibility Exercise 10:30 Building Words Pokeno 1:00 Flexibility & Stretch Pet Therapy w/Hailey & Diane 1:30 Scrabble Color Art	29 10:00 Flexibility Exercise 10:30 Tai Chi with Jonathan Common Factor Uno 1:00 Flexibility & Stretch 1:30 Strengthen Your Mind Fishing Cards

December Lunch Menu 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				(1) CHICKEN NOODLE SOUP BEEF STEW BROWN RICE GREEN PEAS BUTTERMILK BISCUIT DOUBLE CHOCOLATE TRIFLE
(4) ESCAROLE & BEAN SOUP LEMON ROSEMARY CHICKEN BAKED YAM GARLIC BROCCOLINI GARLIC ROLL MINT BROWNIES	(5) BEEF ORZO SOUP SALMON W/CILANTRO BUTTER RICE PLAF RAINBOW SWISS CHARD LEMON POUND CAKE	(6) BAKED POTATO SOUP HALIBUT W/PARMESAN TOPPING POTATOES O'BRIEN CALIFORNIA BLEND VEGETABLES TAPIOCA PUDDING	(7) WISCONSIN CHEESE SOUP MEATLOAF W/GRAVY MASHED POTATOES BAKED BUTTERNUT SQUASH GINGERBREAD CAKE	(8) FISH CHOWDER KIELBASA, SAUERKRAUT & POTATOES CHOPPED COUNTRY COLESLAW CHOCOLATE CREAM PUFF (9) NO SATURDAY HOURS
(11) BUTTERNUT SQUASH SOUP CHICKEN MARSALA GARLIC ORZO/BROCCOLINI GARLIC BREAD PINEAPPLE UPSIDE DOWN CAKE	(12) BEEF VEGETABLE SOUP STUFFED CABBAGE RED POTATOES STEAMED CARROTS BLONDE BAR	(13) FIVE BEAN SOUP IRISH LAMB STEW ROASTED VEGETABLES WHEAT DINNER ROLL LEMON MERINGUE TART	(14) MUSHROOM BISQUE CHICKEN CACCIATORE HERB RICE BAKED BEANS GARLIC ROLL LINZER COOKIE	(15) CHICKEN & CORN CHOWDER BEEF STROGANOFF BUTTERED EGG NOODLES WHEAT DINNER ROLL CHERRY COBBLER
(18) CARROT GINGER SOUP MAPLE GLAZED SALMON FRIED RICE JAPANESE BLEND VEGETABLES PEACH HALVES	(19) FIVE ONION SOUP HONEY MUSTARD CHICKEN MASHED POTATOES BROCCOLI BUTTERMILK BISCUIT BLUEBERRY COBBLER	(20) POTATO LEEK SOUP AUTUMN BEEF STEW WHITE RICE SAUTEE SPINACH DINNER ROLL CHOCOLATE CAKE	(21) CHICKEN RICE SOUP CHEESE RAVIOLI MARINARA HONEY GLAZED CARROTS GARLIC KNOT APPLE PIE	(22) CORN CHOWDER LEMON DILL HALIBUT PARSLIED RED POTATOES SAUTEE MIX VEGETABLES PUMPKIN CHEESECAKE
(25) CLOSED HAPPY HOLIDAYS	(26) BLACK BEAN SOUP SPAGHETTI W/MEATBALLS SAUTEE ZUCCHINI GARLIC BREADSTICK OATMEAL RAISIN COOKIES	(27) PASTA FAGIOLI SOUP MEATLOAF WITH GRAVY BAKED SWEET POTATOES ROASTED CAULIFLOWER DINNER ROLL RICE PUDDING	(28) SWEET POTATO BISQUE CRAB CAKE W/REMOLADE COUNTRY STYLE GREEN BEANS LINGUINI AIOLI WHEAT DINNER ROLL APPLE CRISP	(29) CHICKEN NOODLE SOUP BEEF STEW STEAMED BROWN RICE GREEN PEAS BUTTERMILK BISCUIT DOUBLE CHOC TRIFLE

ALL MEALS MEET UNITED STATES DEPT OF AGRICULTURE NUTRITIONAL REQUIREMENTS
KOSHER DIETARY LAWS ARE STRICTLY OBSERVED
LUNCH CONSIST OF ONE SERVING OF MEAT/OR MEAT ALTERNATE, ONE SERVING OF VEGETABLES, ONE SERVING OF FRUIT (or 1 serving each of two different vegetables)
2 SLICES BREAD/MARGARINE/WATER/COFFEE/TEA
8oz. 1% MILK

SPECIAL MENUS CAN BE ARRANGED TO ACCOMMODATE SPECIAL MEDICAL NEEDS

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 THREE ITEMS FOR BREAKFAST AND HAVE THE RIGHT TO REFUSE 1 ITEM