

The Director's Corner


Winter is officially upon us!

Although we continue to have some warm days, I ask that all caregivers remind their loved ones to wear heavier coats, especially those who utilize the buses.

Grasmere by the Sea would like to welcome Michael G., Claretta B., and we'd like to announce the return of Helen C. Glad to have you all with us.

SATURDAY HOURS
TEMPORARILY POSTPONED



Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
CLOSED "HAPPY NEW YEAR"	10:00 Exercise & Stretch 10:30 Pictionary 1:00 Exercise Free Style 1:30 Outburst Table Games Nails	10:00 Exercise & Stretch 10:30 Think Fast Knitting Cards 1:00 Exercise Free Style 1:30 Sudoku Table Games	10:00 Exercise & Stretch 10:30 Word Search Balloon Toss Yoga with Victoria 1:00 Exercise Free Style 1:30 Elder Trivia Match the Cards Bingo	10:00 Exercise & Stretch 10:30 Tai Chi with Jonathan Wheel of Fortune 1:00 Exercise Free Style 1:30 1st Social of the New Year
8	9	10	11	12
10:00 Stretch & Strengthen 10:30 Reminisce with Alice Pokeno Toss and Talk 1:00 Exercise Free Style 1:30 Concentration Mental Gymnastics Numbers and Dice	10:00 Stretch & Strengthen 10:30 Add a Word Baking Club Dominos Art 1:00 Exercise Free Style 1:30 Bill Entertains	10:00 Exercise & Stretch 10:30 Knitting Jingo Letter Bingo 1:00 Exercise Free Style 1:30 Make a Winter Collage Nails Men's Club Trip	10:00 Exercise & Stretch 10:30 Family Feud Dominos Cards Art Intergenerational Program 1:00 Exercise Free Style 1:30 Jeopardy Cards	10:00 Exercise & Stretch 10:30 Wheel of Fortune 1:00 Exercise Free Style 1:30 Name That Tune Cards Bingo Nails NO SATURDAY HOURS 13
15	16	17	18	19
10:00 Exercise & Stretch 10:30 Talk About Memories Splash Skip Bo Art 1:00 Exercise Free Style 1:30 Find the Words Circle Game	10:00 Exercise & Stretch 10:30 Sharpen Your Senses Bean Bag Golf 1:00 Exercise Free Style 1:30 Concentration Bean Bag Toss Nails	10:00 Exercise & Stretch 10:30 Boggle Knitting Cards 1:00 Exercise Free Style 1:30 Words, Words, Words Ball Toss	10:00 Exercise & Stretch 10:30 Building Words Pet Therapy w/Hailey & Diane 1:00 Exercise Free Style 1:30 You Be The Judge Hit The Cans Spelling Bee	10:00 Exercise & Stretch 10:30 Word Expressions Keep Them Laughing Pokeno 1:00 Exercise Free Style 1:30 Is That Your Final Answer Trip
22	23	24	25	26
10:00 Stretch & Strengthen 10:30 Scruples Pokeno 1:00 Exercise Free Style 1:30 Apples to Apples Bingo Uno	10:00 Stretch & Strengthen 10:30 Common Factor Skip Bo Pretty Nails 1:00 Strengthen Your Body 1:30 Conversation Cards Food Committee Trip	10:00 Stretch & Strengthen 10:30 Knitting Do You Know Horseracing Technology Class 1:00 Strengthen Your Body 1:30 Woman's World Uno	10:00 Stretch & Strengthen 10:30 Building Words Theme Pictures Fishing Art 1:00 Strengthen Your Body 1:30 Do You Know Dominos	10:00 Strength & Strengthen 10:30 Anybody's Guess 1:00 Strengthen Your Body 1:30 News Review Clip Coupons Afternoon Cinema
29	30	31		
10:00 Exercise 10:30 Scrabble Buzzword Pokeno 1:00 Flexibility & Stretch 1:30 Hangman Craft Dominos	10:00 Flexibility Exercise 10:30 Trivial Pursuit Pokeno 1:00 Flexibility & Stretch 1:30 Paula Entertains	10:00 Flexibility Exercise 10:30 Let's Talk About It Dominos Art 1:00 Flexibility & Stretch 1:30 Feelings Winter Collage Balloon Toss	Join us for Coffee & Social Hour every morning at 9:00am!	

Monthly Caregiver Meetings

Our Monthly Caregivers Meetings will be held Thursday, January 4th, and Thursday, January 18th 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.

January Lunch Menu 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
(1) CLOSED HAPPY NEW YEAR	(2) BEEF ORZO SOUP SALMON W/CILANTRO BUTTER RICE PILAF RAINBOW SWISS CHARD LEMON POUND CAKE	(3) BAKED POTATO SOUP HALIBUT W/PARMESAN TOPPING POTATOES O'BRIEN CALIFORNIA BLEND VEGETABLES TAPIOCA PUDDING	(4) WISCONSIN CHEESE SOUP MEATLOAF W/GRAVY MASHED POTATOES BAKED BUTTERNUT SQUASH GINGERBREAD CAKE	(5) MANHATTAN FISH CHOWDER KIELBASA, SAUERKRAUT & POTATOES CHOPPED COUNTRY COLESLAW CHOCOLATE CREAM PUFF
(8) ITALIAN WEDDING SOUP CHICKEN MARSALA GARLIC ORZO BROCCOLI GARLIC BREAD PINEAPPLE UPSIDE DOWN CAKE	(9) BEEF VEGETABLE SOUP CORNEED BEEF RED POTATOES STEAMED CARROTS BLONDE BAR	(10) BUTTERNUT SQUASH SOUP BAKED FISH W/CRUMB TOP BOW TIE PASTA ROASTED VEGETABLES WHEAT DINNER ROLL LEMON MERINGUE TART	(11) MUSHROOM BISQUE CHICKEN CACCIATORE SPAGHETTI GARLIC ROLL LINZER COOKIE	(12) CHICKEN & CORN CHOWDER BEEF STROGANOFF WHOLE KERNEL CORN WHEAT DINNER ROLL CHERRY COBBLER NO SATURDAY HOURS (13)
(15) CARROT GINGER SOUP MAPLE GLAZED SALMON FRIED RICE JAPANESE BLEND VEGETABLES PEACH HALVES	(16) FIVE ONION SOUP HONEY MUSTARD CHICKEN MASHED POTATOES BROCCOLI DINNER ROLL BLUEBERRY COBBLER	(17) POTATO LEEK SOUP FISH CROQUETTES TARTAR SAUCE WHITE RICE/SAUTEE SPINACH BUTTERMILK BISCUIT CHOCOLATE CAKE	(18) CHICKEN RICE SOUP CHEESE RAVIOLI MARINARA CORNBREAD STUFFING HONEY GLAZED CARROTS GARLIC KNOT APPLE PIE	(19) CORN CHOWDER LEMON DILL HALIBUT PARSLIED RED POTATOES SAUTEE MIX VEGETABLES PUMPKIN CHEESECAKE
(22) ITALIAN WEDDING SOUP HONEY CHICKEN QUARTER MASHED POTATOES BROCCOLI PEANUT BUTTER BROWNIES	(23) BLACK BEAN SOUP SPAGHETTI W/MEATBALLS SAUTEE ZUCCHINI GARLIC BREADSTICK OATMEAL RAISIN COOKIES	(24) PASTA FAGIOLI SOUP BBQ CHICKEN QUARTER BAKED SWEET POTATOES ROASTED CAULIFLOWER DINNER ROLL RICE PUDDING	(25) SWEET POTATO BISQUE CRABCAKE W/REMOLAUDE SAUCE COUNTRY STYLE GREEN BEANS LINGUINI AIOLI WHEAT DINNER ROLL APPLE CRISP	(26) CHICKEN NOODLE SOUP FLOUNDER FLORENTINE STEAMED BROWN RICE GREEN PEAS BUTTERMILK BISCUIT DOUBLE CHOCOLATE TRIFLE
(29) ESCAROLE & BEAN SOUP VEGETARIAN LASAGNA BAKED YAM GARLIC BROCCOLINI GARLIC ROLL MINT BROWNIES	(30) BEEF ORZO SOUP SALMON W/CILANTRO BUTTER RICE PILAF RAINBOW SWISS CHARD LEMON POUND CAKE	(31) BAKED POTATO SOUP HALIBUT W/PARMESAN TOPPING POTATOES O'BRIEN CALIFORNIA BLEND VEGETABLES TAPIOCA PUDDING	(28) 	(29) 

ALL MEALS MEET UNITED STATES DPT OF AGRICULTURE NUTRITIONAL REQUIREMENTS SPECIAL MENUS CAN BE ARRANGED TO ACCOMMODATE SPECIAL MEDICAL NEEDS

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

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