

May Activities 2018

The Director's Corner

Welcome everyone to Grasmere on Park!

We made a smooth transition from One Post Road to 4200 Park Avenue on April 17, 2018.

Our new space is huge and very functional. Being in close proximity to the rest of the campus will allow for better support, and more opportunities for different activities.





We extend a warm and special welcome to our new clients in the program who have chosen to spend some of their time with us. They are: Lois H., Dorothy M. and Mary Jane C.





Monthly Caregiver Meetings

Our Monthly Caregivers Meetings will be held Thursday, May 3rd, and Thursday, May 17th 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.

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
Join us for Coffee & Social Hour every morning at 9:00am!	10:00 Exercise & Stretch 10:30 Toss and Talk You Be the Judge Cards 1:00 Exercise Free Style 1:30 Mini Bowling Bingo Discussion Group	10:00 Exercise & Stretch 10:30 Talk About Memories Dominos 1:00 Exercise Free Style 1:30 Brain Games Uno Balloon Toss	10:00 Exercise & Stretch 10:30 Keep Them Laughing Bean Bag Toss Yoga with Victoria 1:00 Exercise Free Style 1:30 Feelings Match the Cards Bingo	10:00 Exercise & Stretch 10:30 70's Art Work 1:00 Exercise Free Style 1:30 Cinco De Mayo Social 
7	8	9	10	11
10:00 Stretch & Strengthen 10:30 Words, Words, Words Cards 1:00 Exercise Free Style 1:30 Think Fast Dominos Numbers and Dice Trip	10:00 Stretch & Strengthen 10:30 Boggle Pokeno Art 1:00 Exercise Free Style 1:30 Bill Entertains Uno 	10:00 Exercise & Stretch 10:30 Alphabet Trivia Letter Bingo 1:00 Exercise Free Style 1:30 Elder Trivia Pallina Nails Men's Club	10:00 Exercise & Stretch 10:30 Strengthen Your Mind Golf Cards Art 1:00 Exercise Free Style 1:30 A-Z Bowling	10:00 Exercise & Stretch 10:30 Tai Chi with Johnathan Cards Mother's Day Luncheon 1:00 Exercise Free Style 1:30 Mother's Day Bingo J-I-N-G-O
14	15	16	17	18
10:00 Exercise & Stretch 10:30 Round Table Discussion Balloon Toss Skip Bo Art 1:00 Exercise Free Style 1:30 The Common Factor Circle Game Trip	10:00 Exercise & Stretch 10:30 Give Me Your Answer Bean Bag Golf Exercise Free Style 1:00 You Be the Judge 1:30 Balloon Toss Blink	10:00 Exercise & Stretch 10:30 What Was the Year Trivia Cards 1:00 Exercise Free Style 1:30 Word Expressions Ball Toss	10:00 Exercise & Stretch 10:30 Rhyme Out Indoor Golf 1:00 Exercise Free Style 1:30 Who Is It Numbers and Dice Art	10:00 Exercise & Stretch 10:30 Woman's World Pokeno 1:00 Exercise Free Style Wellness Talk 1:30 Paula Entertains Discussion
21	22	23	24	25
10:00 Stretch & Strengthen 10:30 Sharpen Your Senses Pokeno 1:00 Exercise Free Style 1:30 Round Table Discussion Bingo Uno 	10:00 Stretch & Strengthen 10:30 Trivia Skip Bo Pretty Nails 1:00 Strengthen Your Body 1:30 Add a Word Food Committee	10:00 Stretch & Strengthen 10:30 Brain Games Crazy Eights Technology Class 1:00 Strengthen Your Body 1:30 Scrabble Uno	10:00 Stretch & Strengthen 10:30 Outburst Keep Them Laughing Fishing Art 1:00 Strengthen Your Body 1:30 Hangman Dominos Trip	10:00 Strength & Strengthen 10:30 Give Me Your Answer Tai Chi with Johnathan 1:00 Strengthen Your Body 1:30 New Member Social
28	29	30	31	
CLOSED MEMORIAL DAY HOLIDAY	10:00 Exercise 10:30 Scattergories Pokeno 1:00 Flexibility & Stretch 1:30 Bingo Let's Discuss It Dominos Trip	10:00 Exercise 10:30 Why Do We Say It Target Toss 1:00 Flexibility & Stretch 1:30 Senior Paper Capers Mental Gymnastics	10:00 Exercise 10:30 Yoga with Victoria Joggin' Your Noggin' 1:00 Flexibility & Stretch 1:30 The Year Was 1980 Cards Color Bingo	

May Lunch Menu 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	BEEF VEGETABLE SOUP (1) STUFFED CABBAGE RED POTATOES STEAMED CARROTS BLONDE BAR	BUTTERNUT SQUASH SOUP (2) HOMESTYLE BEEF STEW BOW TIE PASTA ROASTED VEGETABLES LEMON MERINGUE TART	MUSHROOM BISQUE (3) HOG DOG W/SAUERKRAUT BUNS BAKED BEANS LINZER COOKIE	CHICKEN & CORN CHOWDER (4) BEEF STROGANOFF BUTTERED EGG NOODLES CARROTS CHERRY COBBLER
CARROT GINGER SOUP (7) CILANTRO LIME SALMON FRIED RICE JAPANESE BLEND VEGETABLES PEACH HALVES	FIVE ONION SOUP (8) MEATLOAF WITH GRAVY MASHED POTATOES BROCCOLI BLUEBERRY COBBLER	POTATO LEEK SOUP (9) IRISH LAMB STEW WHITE RICE SAUTEE SPINACH BUTTERMILK BISCUIT CHOCOLATE CAKE	CHICKEN RICE SOUP (10) HERB ROASTED TURKEY CORNBREAD STUFFING HONEY GLAZED CARROTS APPLE PIE	CORN CHOWDER (11) LEMON DILL HALIBUT PARSLIED RED POTATOES SAUTEE MIX VEGETABLES STRAWBERRY CHEESECAKE
ITALIAN WEDDING SOUP (14) HONEY CHICKEN QUARTER MASHED POTATOES BROCCOLI PEANUT BUTTER BROWNIES	BLACK BEAN SOUP (15) SPAGHETTI W/MEATBALLS TOASTED ORZO SAUTEE ZUCCHINI AMBROSIA	TOMATO BISQUE (16) MEATLOAF WITH GRAVY BAKED SWEET POTATOES ROASTED CAULIFLOWER RICE PUDDING	PASTA FAGIOLI SOUP (17) CHICKEN PARMESAN COUNTRY STYLE GREEN BEANS LINGUINI AIOLI APPLE CRISP	CREAM OF BROCCOLI SOUP (18) HOMESTYLE BEEF STEW STEAMED BROWN RICE GREEN PEAS DOUBLE CHOCOLATE TRIFLE
ESCAROLE & BEAN SOUP (21) VEGETARIAN LASAGNA BAKED YAM GARLIC BROCCOLI MINT BROWNIES	BEEF ORZO SOUP (22) COD FISH PICCATA RICE PILAF RAINBOW SWISS CHARD LEMON POUND CAKE	BAKED POTATO SOUP (23) CHICKEN CORDON BLEU POTATOES O'BRIEN CALIFORNIA BLEND VEGETABLES TAPIOCA PUDDING	WISCONSIN CHEESE 9 SOUP (24) TURKEY TETRAZZINI MASHED POTATOES BAKED BUTTERNUT SQUASH GINGERBREAD CAKE	MANHATTAN FISH CHOWDER (25) COUNTRY FRIED STEAK CHOPPED COUNTRY COLESLAW POTATO WEDGES CHOCOLATE CREAM PUFF
CLOSED (28) MEMORIAL DAY HOLIDAY	BEEF VEGETABLE SOUP (29) CORNED BEEF RED POTATOES STEAMED CARROTS BLONDE BAR	BUTTERNUT SQUASH SOUP (30) HOMESTYLE BEEF STEW BOW TIE PASTA ROASTED VEGETABLES LEMON MERINGUE TART	MUSHROOM BISQUE (31) HOT DOG W/SAUERKRAUT BUN BAKED BEANS LINZER COOKIE	

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-