

January Activities 2019

The Director's Corner

We would like to welcome Marguerite W., who came to Grasmere in December.

Please note that we can expect a shift in the weather any day 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.

Monthly Caregiver Meetings




Our Monthly Caregivers Meetings will be held Thursday, January 3rd and Thursday, January 17th from 4:00 to 5:00 p.m.

On January 3rd, guest speaker Attorney Franklin Drazen, will cover, Guardianship and Conservatorship: Understanding them, What the differences are, and How they are best utilized.

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
<p>Join us for Coffee & Social Hour every morning at 9:00am!</p>	<p>CLOSED</p> 	<p>10:00 Exercise & Stretch 10:30 Scruples Dominos Crafts 1:00 Exercise Free Style Word Puzzles Jarts Art</p>	<p>10:00 Exercise & Stretch 10:30 Trivial Pursuit Golf Cards Yoga with Victoria Exercise Free Style 1:00 Add a Word 1:30 Dominos</p>	<p>10:00 Exercise & Stretch 10:30 Jingo Cards 1:00 Exercise Free Style 1:30 Add a Word Match the Cards Find the Items</p>
<p>10:00 Exercise & Stretch 10:30 Word Pictures Ball Toss Skip Bo 1:00 Exercise Free Style 1:30 Elder Trivia Bowling Kennedy Center Visits</p>	<p>10:00 Exercise & Stretch 10:30 Keep Minds Alert Golf Pretty Nails 1:00 Exercise Free Style 1:30 Mind Joggers Crazy Eights</p>	<p>10:00 Exercise & Stretch 10:30 Rhyme Out Number & Dice Cards 1:00 Exercise Free Style 1:30 Hangman Balloon Toss</p>	<p>10:00 Exercise & Stretch 10:30 Outburst Pokeno 1:00 Exercise Free Style 1:30 Apples to Apples Strengthen Your Mind Ladder Toss Kennedy Center Visits</p>	<p>10:00 Exercise & Stretch 10:30 Tai Chi with Jonathan Pokeno 1:00 Exercise Free Style 1:30 Rephrase Art Work Cards</p> 
<p>10:00 Stretch & Strengthen 10:30 What is my Line Darts 1:00 Exercise Free Style 1:30 Word Expressions Bingo Trip</p> 	<p>10:00 Stretch & Strengthen 10:30 Let's Talk About It Skip Bo Pretty Nails 1:00 Strengthen Your Body 1:30 Bill Entertains</p>	<p>10:00 Stretch & Strengthen 10:30 Common Factor Cards Art 1:00 Strengthen Your Body 1:30 Building Words Uno Ball Toss</p>	<p>10:00 Stretch & Strengthen 10:30 Theme Pictures Fishing Art 1:00 Strengthen Your Body 1:30 Pitchpipers Entertain Color Bingo</p>	<p>10:00 Strength & Strengthen 10:30 Sharpen Your Senses Target Toss 1:00 Strengthen Your Body 1:30 Buzz Scavenger Hunt Cards</p>
<p>10:00 Exercise 10:30 You Be The Judge Circle Game Cards 1:00 Exercise 1:30 Strengthen Your Body Password Hit the Cans Kennedy Center Visits</p>	<p>10:00 Exercise 10:30 Toss and Talk Splash Art 1:00 Flexibility & Stretch 1:30 Bingo Anyone's Guess Art Trip</p>	<p>10:00 Exercise 10:30 Stir Crazy Skip Bo Art 1:00 Flexibility & Stretch 1:30 Who is It Ring Toss</p> 	<p>10:00 Exercise 10:30 Tai Chi with Jonathan Mini Shuffleboard 1:00 Flexibility & Stretch 1:30 Talk About Memories Cards Kennedy Center Visits</p>	<p>10:00 Exercise 10:30 Common Factor Pokeno Letter Bing 1:00 Flexibility & Stretch 1:30 Tom Entertains</p>
<p>10:00 Stretch & Strengthen 10:30 Mental Gymnastics Golf 1:00 Exercise Free Style 1:30 Sing a Long Balloon Toss Art</p> 	<p>10:00 Stretch & Strengthen 10:30 Talk About Memories Art Uno 1:00 Exercise Free Style 1:30 Outburst Uno</p>	<p>10:00 Stretch & Strengthen 10:30 Yoga with Victoria Art Domino 1:00 Exercise Free Style 1:30 Words, Words, Words Uno</p>	<p>10:00 Stretch & Strengthen 10:30 Think Fast Card Art 1:00 Exercise Free Style 1:30 A-Z Bingo</p>	

January Lunch Menu 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	CLOSED (1) 	MUSHROOM BISQUE (2) CHICKEN CACCIATORE SPAGHETTI BAKED BEANS LINZER COOKIE	BUTTERNUT SQUASH SOUP (3) BAKED FISH W/CRUMB TOPPING BOW TIE PASTA ROASTED VEGETABLE MEDLEY LEMON MERINGUE PIE	CHICKEN & CORN CHOWDER (4) BEEF STROGANOFF BUTTER EGG NOODLES WHOLE KERNEL CORN CHERRY COBBLER
GINGER CARROT SOUP (7) CILANTRO LIME SALMON SESAME NOODLES JAPANESE VEGETABLES BLEND PEACH HALVES	FIVE ONION SOUP (8) MEATLOAF W/GRAVY MASHED POTATOES BROCCOLI BLUEBERRY COBBLER	POTATO LEEK SOUP (9) FISH CROQUETTES FRENCH FRIES BAKED BEANS CHOCOLATE CAKE	CHICKEN RICE SOUP (10) STUFFED SHELLS MARINARA CORNBREAD STUFFING HONEY GLAZED CARROTS APPLE PIE	CORN CHOWDER (11) LEMON DILL HALIBUT PARSLEY RED POTATOES SAUTEE MIXED VEGETABLES PUMPKIN CHEESECAKE
ITALIAN WEDDING SOUP (14) SWEET & SOUR CHICKEN FRIED RICE JAPANESE BLEND VEGETABLES EGG ROLL PEANUT BUTTER BROWNIE	MINISTRONE SOUP (15) LEMON GARLIC CODFISH TOASTED ORZO SAUTEE ZUCCHINI AMBROSIA	POTATO LEEK SOUP (16) BBQ CHICKEN QUARTER BAKED BEANS COLESLAW RICE PUDDING	PASTA FAGIOLI SOUP (17) CRAB CAKE W/REMOULADE SAUCE COUNTRY STYLE GREEN BEANS CAPELLINI AIOLI APPLE CRISP	CREAM OF BROCCOLI SOUP (18) FLOUNDER FLORENTINE STEAMED BROWN RICE GREEN PEAS DOUBLE CHOCOLATE TRIFLE
ESCAROLE & BEAN SOUP (21) VEGETABLE LASAGNE BAKED YAM GARLIC BROCCOLINI MINT BROWNIES	CHICKEN & CORN CHOWDER (22) BEEF STROGANOFF BUTTER EGG NOODLES WHOLE KERNEL CORN CHERRY COBBLER	CHICKEN ORZO SOUP (23) COUNTRY FRIED CHICKEN CUTLET BAKED BEANS THREE BEAN SALAD TAPIOCA PUDDING	WISCONSIN CHEESE SOUP (24) MEATLOAF W/GRAVY MASHED POTATOES ROOT BLEND VEGETABLES GINGERBREAD CAKE	TURKEY NOODLE SOUP (25) HALIBUT W/PARMESAN CRUMB TOPPING POTATOES O'BRIEN CALIFORNIA BLEND VEGETABLE LEMON CUPCAKE
ITALIAN WEDDING SOUP (28) EGGPLANT ROLLATINI GARLIC ORZO BROCCOLI PINEAPPLE UPSIDE DOWN CAKE	BEEF VEGETABLE SOUP (29) STUFFED CABBAGE RED POTATOES STEAMED CARROTS CREAM CHEESE BROWNIES	MUSHROOM BISQUE (30) CHICKEN CACCIATORE SPAGHETTI BAKED BEANS GARLIC BREAD LINZER COOKIE	BUTTERNUT SQUASH SOUP (31) HOME STYLE BEEF STEW BOW TIE PASTA ROASTED VEGETABLE MEDLEY LEMON MERINGUE PIE	

ALL MEALS MEET UNITED STATES DPT 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-