

April Activities 2019

The Director's Corner

Grasmere on Park would like to welcome those participants who chose to join the program during the month of February. They are: Della M., Johnnie J., Ann G. and Ann N.

On behalf of everyone at Grasmere, we welcome you and thank you for choosing us as a place to spend some of your days.









Monthly Caregiver Meetings

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


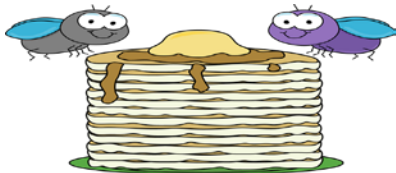

On April 18th, guest speaker Steven Rubin from the Drazen Law Firm will cover: How to keep term care from becoming a long term financial crisis.

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	5
10:00 Exercise & Stretch 10:30 Wheel of Fortune Art Mini Bowling 1:00 Exercise Free Style 1:30 Categories Bingo 	10:00 Exercise & Stretch 10:30 Password Anyone's Guess Hopscotch 1:00 Exercise Free Style 1:30 Toss and Talk Anyone's Guess	10:00 Exercise & Stretch 10:30 Strengthen Your Mind Art Cards 1:00 Exercise Free Style 1:30 Building Words Bullseye	10:00 Exercise & Stretch 10:30 Yoga with Victoria Art Bean Bag Toss 1:00 Exercise Free Style 1:30 Reminisce Bingo	10:00 Exercise & Stretch 10:30 Scattergories Cards 1:00 Exercise Free Style 1:30 Women's World Match The Cards Find The Items
8	9	10	11	12
10:00 Exercise & Stretch 10:30 Think Fast Ball Toss Skip Bo 1:00 Exercise Free Style 1:30 Pictionary Bowling Kennedy Center Visits	10:00 Exercise & Stretch 10:30 Who is It Golf Pretty Nails 1:00 Exercise Free Style 1:30 Bill Entertains	10:00 Exercise & Stretch 10:30 Word Search Number & Dice Cards 1:00 Exercise Free Style 1:30 Mental Gymnastics Balloon Toss Uno	10:00 Exercise & Stretch 10:30 Fairfield Garden Club Visits 1:00 Exercise Free Style 1:30 Boggle Cards Ladder Toss 	10:00 Exercise & Stretch 10:30 Tai Chi with Jonathan Pokeno 1:00 Exercise Free Style 1:30 Grandma's & Grandpa's Entertain Wellness Talk with Michako Kennedy Center Visits
15	16	17	18	19
10:00 Stretch & Strengthen 10:30 Larry Entertains Rhyme Out 1:00 Exercise Free Style 1:30 Refresh Your Math Skills Mind Joggers Blink	10:00 Stretch & Strengthen 10:30 Mind Joggers Skip Bo Pretty Nails 1:00 Strengthen Your Body 1:30 Keep Minds Alert Hit the Cans Pokeno	10:00 Stretch & Strengthen 10:30 Elder Trivia Cards Art 1:00 Strengthen Your Body 1:30 Word Pictures Uno Ball Toss	10:00 Stretch & Strengthen 0:30 Tai Chi with Jonathan Fishing Art 1:00 Strengthen Your Body 1:30 Food Jingo Numbers and Dice	10:00 Strength & Strengthen 10:30 Add a Word Scavenger Hunt 1:00 Strengthen Your Body 1:30 Words of The Wise Cards
22	23	24	25	26
10:00 Exercise 10:30 A to Z Nails Cards 1:00 Exercise 1:30 Strengthen Your Body 20 Questions Golf Kennedy Center Visits Trip	10:00 Exercise 10:30 Rephrase Art 1:00 Flexibility & Stretch 1:30 Trivial Pursuit Cards Trip 	10:00 Exercise 10:30 Find the Words Skip Bo Art 1:00 Flexibility & Stretch 1:30 Mental Gymnastics Ring Toss	10:00 Exercise 10:30 Concentration Pokeno 1:00 Flexibility & Stretch 1:30 Strengthen Your Mind Blackjack Cards Mocktail Social	10:00 Exercise 10:30 Tai Chi with Jonathan Family Feud Pokeno Letter Bingo 1:00 Flexibility & Stretch 1:30 Keep Them Laughing Star Number Toss Kennedy Center Visits
29	30	Join us for Coffee & Social Hour every morning at 9:00am!		
10:00 Stretch & Strengthen 10:30 Do You Know Golf 1:00 Exercise Free Style 1:30 Park City Singers Entertain	10:00 Stretch & Strengthen 10:30 Scrabble Art Uno 1:00 Exercise Free Style 1:30 The Common Factor Bingo			

April Lunch Menu 2019



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
(1) GINGER CARROT SOUP CILANTRO LIME SALMON SESAME NOODLES JAPANESE VEGGIE BLEND PEACH HALVES	(2) FIVE ONION SOUP HONEY MUSTARD CHICKEN MASHED POTATOES BROCCOLI BLUEBERRY COBBLER	(3) POTATO LEEK SOUP HOT DOG W/SAUERKRAUT BAKED BEANS COLESLAW CHOCOLATE CAKE	(4) CHICKEN RICE SOUP STUFFED SHELLS MARINARA CORNBREAD STUFFING HONEY GLAZED CARROTS APPLE PIE	(5) CORN CHOWDER VEAL SCALOPINI PARSLEY RED POTATOES SAUTEE MIXED VEGGIES PUMPKIN CHEESECAKE
(8) ITALIAN WEDDING SOUP SWEET & SOUR CHICKEN FRIED RICE JAPANESE BLEND VEGGIES PEANUT BUTTER BROWNIE	(9) MINISTRONE SOUP SPAGHETTI W/MEATBALLS TOASTED ORZO SAUTEE ZUCCHINI AMBROSIA	(10) POTATO LEEK SOUP BBQ CHICKEN QUARTERS BAKED BEANS COLESLAW RICE PUDDING	(11) PASTA FAGIOLI SOUP CRAB CAKE W/REMOULADE SAUCE COUNTRY STYLE GREEN BEANS CAPELLINI AIOLI HEART DAY DESERT	(12) CREAM OF BROCCOLI SOUP HOMESTYLE BEEFSTEW STEAMED BROWN RICE GREEN PEAS DOUBLE CHOCOLATE TRIFLE
(15) ESCAROLE & BEAN SOUP VEGETABLE LASAGNE BAKED YAM GARLIC BROCCOLINI MINT BROWNIES	(16) CORN CHOWDER HAWAIIAN CHICKEN BUTTER EGG NOODLES WHOLE KERNEL CORN CHERRY COBBLER	(17) CHICKEN ORZO SOUP HOT DOG W/SAUERKRAUT BAKED BEANS THREE BEAN SALAD TAPIOCA PUDDING	(18) WISCONSIN CHEESE SOUP MEATLOAF W/GRAVY MASHED POTATOES ROOT BLEND VEGETABLES GINGERBREAD CAKE	(19) TURKEY NOODLE SOUP HALIBUT W/PARMESAN CRUMB TOPPING POTATOES O'BRIEN CALIFORNIA BLEND VEGETABLES LEMON CUPCAKE
(22) ITALIAN WEDDING SOUP CHICKEN MARSALA GARLIC ORZO BROCCOLI PINEAPPLE UPSIDE DOWN CAKE	(23) BEEF VEGETABLE SOUP STUFFED CABBAGE RED POTATOES STEAMED CARROTS CREAM CHEESE BROWNIES	(24) MUSHROOM BISQUE CHICKEN CACCIATORE SPAGHETTI BAKED BEANS LINZER COOKIE	(25) BUTTERNUT SQUASH SOUP BAKED FISH W/CRUMB TOPPING BOW TIE PASTA ROASTED VEGETABLE MEDLEY LEMON MERINGUE PIE	(26) CHICKEN & CORN CHOWDER BEEF STROGANOFF BUTTER EGG NOODLES WHOLE KERNEL CORN CHERRY COBBLER
(29) GINGER CARROT SOUP CILANTRO LIME SALMON SESAME NOODLES JAPANESE VEGETABLE BLEND PEACH HALVES	(30) FIVE ONION SOUP MEATLOAF W/GRAVY MASHED POTATOES BROCCOLI BLUEBERRY COBBLER			

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-