

The Bulletin



Volume 142 February 21 to March 5, 2016

Nursing Care Doesn't Get Any Better Than This



People thinking about nursing homes need to consider several factors before they find the place that's right for them. Luckily, Taylor residents have a top-notch facility right here on the Laconia campus. Those who live and work here may take the type of nursing home care provided at Ledgeview for granted. But compared to other options available in the local area, Taylor stands head and shoulders above the rest.

"There is a great sense of community here," said Mary Ellen McCormack, coordinator for Taylor's Assisted Living. "We're a Continuing Care Retirement Community that promotes active living at all stages with an entire staff that is resident-centered and loves what they do. This is evidenced by both resident and family satisfaction."

"We have a low resident to staff ratio," said Holly Wentworth, Director of Health Services, which ensures the highest quality of life. In fact, seven of the health care team members have worked at Taylor between nine and 16 years.

(Continued on Page 2)

Early Desert Climbs Slideshow and Discussion: The Early Days of Rock Climbing on the Colorado Plateau by Ex-Mountaineering Guide and Taylor Resident George Hurley

Details on Page 3



Photo of George by Anne Skidmore

<http://athletes.50interviews.com/a-very-big-week/>



Taylor Community 2016 Music Series

Paul Dykstra, Piano
Sunday, March 20 at 3:00 p.m.

The accomplished pianist returns to Taylor with a solo concert of Romantic Era classics. Dykstra has an Associate Degree in Music, Piano Performance/Pedagogy (Western Board of Music/Conservatory Canada) and a Bachelor of Music in Performance, Piano (University of Alberta). He has been performing and teaching in Western Canada and New England since 1980.



Taylor Community's 2016 Music Series is generously sponsored by Bank of New Hampshire. Performances are free and open to the public with no reservations required.

This concert is generously sponsored by Taylor residents Nan and Ron Baker.



Taylor
your life, your community™

Staff Spotlight Susan Doubleday

Susan is the housekeeper for the Ledgeview Assisted Living Residents but she is so much more than that. She is compassionate, caring, and she truly pays attention to the rhythm of life on the unit she sees as "hers." Susan always has a ready smile and a positive word. She notices everything that has to do with the well being of her residents. She even takes time to walk with a blind resident every day. Susan takes pride in her work, to every last detail, even scrubbing the rubber treads on the stairs with a toothbrush. Who Susan is and what she does is what makes Taylor Community, Taylor Community. Thank you, Susan!

Nursing Care, continued from Page 1

Nursing resident Barbara Miles is thrilled with the staff. "They're very attentive and treat everyone equally," she said. She's been a Taylor resident for about six years and has lived at Ledgeview for a little over a year. "We have a fabulous activity department as well – they're all for the residents. We're a nice little family here." While physically Barbara is confined to a wheelchair, mentally she's a ball of fire. She's still very involved with the myriad of activities and friends visiting. "Once I'm up and in my chariot – I'm gone!"

Ledgeview offers spacious private rooms with a bright, welcoming atmosphere; a variety of recreational and social activities; an open visitor policy; and passed the New Hampshire State Inspection with a perfect score.

"The fact that our nursing care is far superior to other local options is why we encourage those residents with a Lifestyle contract to seriously consider converting to Continuing Care," said Paul Charlton, Marketing Director.

"You'll have peace of mind knowing you won't have to move away from your community, your friends and neighbors and perhaps your husband or wife. As residents you already know the high quality of care and service we offer here."

"I'm not saying there aren't some good nursing homes out there. In fact, the only way you'll know what facility is best is by checking them out for yourself. But I know if it were me – or more importantly my wife – who needed nursing care in the future, I'd want it to be here at Taylor." He invites residents to call the marketing office at 366-1400 to arrange a tour of Ledgeview and see what's available.

If nursing care is something you've put on the back burner ("I'm doing fine; it's nothing I need to worry about for many years to come.") maybe now is the time to bring it to the forefront.

And if you're not convinced yet, take a hint from Barbara, who advises folks to plan in advance. "It's important to be prepared. You don't want to be taxed with trying to find a place when you're not well."

"Where do you think you're going to live out your life?" she asked. "If you want it to be at Taylor, don't wait because none of us know what will happen day to day. I can tell you this was a great investment in my future."

Residents who are considering converting a Lifestyle agreement to Continuing Care are encouraged to contact Paul Charlton at 366-1230 to discuss this option.

Electronics Instruction: How Does It Work??!

Do you have questions about using your electronic device? If your answer is "Yes" then this is the program for you! In collaboration with the "Women in Technology" Group at Lakes Region Community College (ironically an all-male group), we have arranged a two-part instructional session for you. Students from this group will come to the Elm Room at Woodside to work with residents in small groups providing one-on-one instruction in the use of iPads, Smartphones, email, Facebook, etc. Bring your device with you, and there will be someone here to help.

Class space is limited; please make your reservation today by calling Diane Poh at 366-1203. Additional classes will be scheduled as needed.

Session I
Tuesday, March 1
11:00AM - Noon

Session II
Thursday, March 10
11:00AM - Noon



LRGHealthcare
care. compassion. community.

Osteopathic Manipulative Treatment
Wed., March 16 at 2PM
Woodside Elm Room



Osteopathic Manipulative Treatment (OMT) is a specific type of hands-on medical diagnosis and treatment utilized by osteopathic physicians, using hands to diagnose, treat and prevent illness.

OMT includes many different techniques ranging from very light touch, specific stretching, gentle pressure and resistance. OMT can be used to ease pain, promote healing and increase overall mobility. OMT can also help with:

- Asthma
- Sinus disorders
- Carpal Tunnel Syndrome
- Migraines
- Injury relief

University of New England students currently doing clinical rotation at LRGH are pleased to tell us more about OMT, and what it can do for you.



The Lakes Region Chordsmen

**Monday, February 22
7:00PM, Woodside**

Join us at Woodside as our local barbershop chapter The Lakes Region Chordsmen perform, bringing the sweet sounds of four-part harmony sung in the a cappella barbershop style. Please RSVP at 524-5600.

Not-to-Miss On Campus Activities for March



Monday – March 7 – Hayley LaPoint – Forecasting NH

In 2014 Hayley LaPoint joined WMUR News 9 in Manchester, NH as the weekend evening meteorologist. She joined WMUR from Hearst sister station WPTZ-TV NBC 5 in Plattsburgh, NY, which is part of the Burlington, VT television market. Hayley is a 2009 graduate of Lyndon State College where she earned a Bachelor's degree in Meteorology and an Associate's degree in TV News. Born and raised north of Boston in Topsfield, MA, Hayley has been interested in weather since she was a young child. She would often spend hours in front of the family camcorder with a large map pointing out the next big weather system coming up the coast. Hayley realized her love for storytelling in high school while on stage acting and singing in many theatre productions. Combining these passions, along with her love for geography and public service, made becoming a broadcast Meteorologist the ideal career path.

Presentation will begin at 6:30PM at Woodside. Please RSVP at 524-5600.

Wednesday – March 16 – “Early Desert Climbs” – A slideshow and discussion about the early days of rock climbing on the Colorado Plateau, presented by Ex-Mountaineering Guide and Taylor Resident George Hurley

This slide show presentation begins with the first ascent of Shiprock in October of 1939. George Hurley entered the desert climbing game in the 1950's. In 1962, Hurley, along with Lyton Kor and Huntley Ingalls made the first ascent of the 900-foot Titan and returned in 1966 with TM Herbert and Tom Condon to capture the second ascent. From 1966 to 1988, George Hurley and Bill Forrest made first ascents of most of the spires in the Valley of the Gods in the southeast corner of Utah. In the 1980's Hurley, Earl Wiggins and Katy Cassidy climbed towers near Moab. Included in the slideshow are photographs of the first ascent of the Titan (1962), Standing Rock (1962) and Castleton Tower (1961). **Lecture will begin at 6:30 PM at Woodside. Please RSVP at 524-5600.**



Monday – March 21 – The O'Brien Clan – Gaelic Music

O'Brien siblings Benjamin, Jonathan, Timothy, Michael and Susannah form the O'Brien Clan. Benjamin is the guitarist and lead vocalist and has a background as a professional musician entertaining, teaching and leading at local restaurants, churches and schools. The “Clan” will bring to you Celtic music, singing & playing guitar, performing traditional Irish tunes from Irish jigs, waltzes & traditional folk songs, to more contemporary Celtic music by bands such as Gaelic Storm. **Musical presentation begins at 6:30 at Woodside. Please RSVP at 524-5600.**

TRIPS FLIER – MARCH 2016

UNLESS OTHERWISE STATED DATE SIGN-UP CAN BEGIN: MONDAY, FEBRUARY 22

Please note: There is a \$10 fee charged for cancellations within 72 hours of the trip.
Non-residents pay a \$10 fee for going on Taylor Community trips.

The trips have descriptors – **Easy, Moderate, and Independent** – indicating the degree of mobility [walking, standing, stepping, etc.] required in order to safely participate and enjoy the trip. If a trip requires pre-paid tickets or entry fees, you cannot be reimbursed if you cancel from the trip OR if Taylor needs to cancel the trip due to weather conditions that make driving unsafe.

Please Note: All pick-up times are an approximation as circumstances may arise that could alter times by a few minutes.



Friday – March 4 – Tour of the new Huot Technical Center and lunch with the Huot Culinary Arts Department [Moderate]. The Huot Technical Center is a regional program for students at Laconia, Gilford, Belmont, Inter-Lakes, Franklin and Winnisquam Regional High Schools and provides career and technical education programs. The new 32,000-square-foot Huot building was completed in 2013 as part of a \$16.8 million project which also included an upgrade to the science labs and Football Stadium. The building was named after Joseph Oliva Huot (August 11, 1917 - August 5, 1983).

Huot was a U.S. Representative from New Hampshire and was born in Laconia. He was a member of the Board of Education, served as Mayor of Laconia, a delegate to the Democratic National Convention and was elected to the 89th Congress. Following the tour of the facility, lunch will be served by the Culinary Arts Department at the Huot Technical Center. **The bus will begin picking up residents on the Laconia campus at 10:15AM.**

Friday – March 11 – “Boys’ Day Out” with Lunch at MaryAnn’s Diner and a visit to Dusty Old Cars [Moderate]. Opened in 1989 by the Andreoli Family, MaryAnn’s Diner offers one of the most unique atmospheres this State has to offer. With 6,500 square feet of nothing but 50’s and 60’s décor, MaryAnn’s Diner is truly a “blast from the past.” Winner of NH Magazine’s Best of NH for their Breakfast and the best Retro diner by Phantom Gourmet, we are sure to enjoy our stop here.



Dusty Old Cars specializes in classic and antique automobiles. Each of their cars has a story, and whether they find them sitting in a museum, hiding in a barn, or lying in pieces in a field, they do their best to bring them back to life and send them to a great new home. They buy cars from all over the United States and try to keep a wide variety of vehicles in stock.

Unlike many restoration shops and dealers, they are proud to say that they don’t sell perfect cars. Instead, they find the cars that need a little love but still have the potential to be fun daily drivers, unique hot rods, or even show winners. With over 450 cars in stock, there will be plenty to view. **The bus will begin picking up residents on the Laconia campus at 10:00AM.**



Friday – March 18 – Laconia Historical and Museum Society’s “Mystery History Tour” Series and Luncheon [Easy]. Brenda’s love for History continues... There are so many wonderful historic spots in Laconia with incredible stories to be told. LHMS Executive Director, Pat Tierney, has agreed to act as our Tour Guide around the city to point out various locations that are important in Laconia’s history. He will share photographs and interesting historic tidbits with our group. Following the tour, we will enjoy lunch at a wonderfully re-purposed building from Laconia’s past that has quite the story to be told! **The bus will begin picking up residents on the Laconia Campus at 10:00AM.**



TRADITIONAL
MADE-TO-ORDER
ITALIAN FOOD

Wednesday – March 23 – Dining Out at Faro Italian Grille [Easy]. Enjoy fresh, delicious Italian cuisine at this impressive Italian Restaurant serving traditional, made-to-order Italian food. At Faro Italian Grille, you will find authentic Italian cuisine, a lovely atmosphere and a beautiful view of Lake Winnipesaukee. Faro's offers a wide selection of menu choices, some of which include traditional Italian Pizzas, Chicken Piccata, Braised Lamb and Pan-Roasted Salmon. **The bus will begin picking up residents on the Laconia Campus at 4:30PM.**



Courtesy of Faro Italian Grille

Friday – March 25 – Currier Gallery of Arts – Killer Heels – The Art of the High-Heeled Shoe [Moderate]. A fashionista's dream, *Killer Heels: The Art of the High-Heeled Shoe* will present 300 years of fabulous footwear, revealing high heels as both stunning architectural creations and works of art in their own right. About 100 contemporary and 50 historical high heels will be on view, including shoes by noted designers Prada, Alexander McQueen, Jean Paul Gaultier, Miu Miu, Christian Louboutin, Ferragamo, Manolo Blahnik and more. Drawn from the collections of the Brooklyn Museum and the Bata Shoe Museum in Toronto, the exhibition includes six films created specifically for the show by noted artists, each exploring the cultural, social and aesthetic qualities that make the high heel so fascinating (tickets \$8/person, in addition to regular Museum admission of \$10.00 to be paid at the door). Lunch will be at the Currier Winter Café. Following lunch, we will enjoy ice cream at Ben & Jerry's. **The bus will begin picking up residents on the Laconia campus at 9:15AM.**



Benefits to the students:

- ~ Real world writing practice
- ~ Additional connection to their community
- ~ Learn about their similarities/differences with a different generation.

The Maple Team wants to be your Penpal!

A group of 75 students from the Laconia Middle School, working under the direction of 7th grade English teachers Maureen Offinger and Rebecca Sims, are looking to be matched with Taylor Residents. The group plans to write a letter every four weeks and await a response from their Taylor Penpal. All mail will be of the "snail mail" variety - no email.

Benefits to the Taylor Resident Penpal:

- ~ Additional connection to your community
- ~ An opportunity to form a bridge between generations

Interested? Call Brenda at 366-1226 to sign up.



Beer Tasting / Super Bowl Party Enjoyed at Woodside Theater

Over 30 people attended Jim MacMillan's Feb. 7 presentation on local beers. A history of beer stewardship was presented, along with the opportunity to sample and rate 10 beers, as a pre-game event before Super Bowl 50. Many stayed after the tasting for pizza and to watch the big game in the Woodside Theater with friends.



Save Money on Your Hospital Bill

One Taylor resident recently learned how, and asked that we provide this information to you in The Bulletin. The following information is provided on LRGHealth-care's website, under Frequently Asked Questions:

Q. If I have a patient responsibility, are there ways to save on my bill?

- A. Yes, the HealthLink-Patient Advantage Program makes healthcare more accessible and affordable for you and your family.

HealthLink-Patient Advantage Program offers access to discounts* for patients with health insurance:

- If you choose to pay the total cost, co-pay or deductible in advance; at the time of service or within 48 hours of discharge; you will receive a 30% discount.
- If you wait to receive a statement, and your balance is more than \$100, and you pay within 20 days of the statement date; you will receive a 15% discount.
- If your balance is more than \$100, and you choose to set up an automatic payment plan via a credit card at the time of service or within 20 days of your statement date, you will receive an 8% discount.

**Discounts are subject to change*

Taylor Community 2015 Provider Tax

The tax letter provided to residents by Ed Soucy, VP-Finance, with the last issue of your Bulletin inadvertently omitted the breakdown of charges.

The Provider Tax charged *by resident per month* was \$21.00 for each month of 2015, a total of \$252.00 for the calendar year.

Staff Enjoy First Sunshine Auction of 2016



Staff are so pleased that Sunshine Fund Auctions are back! The first auction of 2016, ending at Noon on February 11, netted a total of \$478.00 for the Sunshine Fund.

Residents may donate certain furniture and certain other items to be used in these silent auctions for staff. If you have items that you would like to donate, please call Paula at 366-1240.

Monetary donations are accepted at any time. If you would like to have a recurring donation added to your monthly fees, contact Ed Soucy at 366-1229.

The Sunshine Fund is the only vehicle whereby Taylor Community residents can give appreciative remuneration to staff members. Tipping or gifts to staff members are not allowed.

Welcome New Staff

Sara Nelson, Campton, joins us as LNA. Sara earned her certification at Lakes Region Community College. Sara enjoys outdoor activities, especially softball and hockey, and loves to travel.

Julie Pitman, Laconia, joins us as LNA. Julie earned her certification at Manchester Community College. She also works as an EMT with a 911 squad in Stowe, VT. Julie is an avid rock climber, plays the guitar and has been singing all her life. She enjoys traveling; her most recent trip was to Don Pedro Island, FL, where she fell in love with the beauty and warm ocean water of the Gulf Stream.

APOLOGIES to Matt Whitney, Facilities Remodeler, introduced incorrectly in the last issue of The Bulletin as Mark. **Sorry, Matt!**

Welcome to Taylor Community!

Scam Alert

A resident brought to our attention a mailing received from a company called American Water Resources of New Hampshire. This mailing offered insurance for the water service line from the street to her home, and warned of costly future maintenance and repair costs. *Very small print on the reverse side suggested responsibility for these costs may vary.*

It is the responsibility of Taylor Community to maintain all Taylor residences. Please simply destroy this mailing if you receive one.



Recent Additions to the Woodside Library

Fiction:



The Promise, by Robert Crais
What I Loved, by Siri Hustvedt
Fatal Error, by J.A. Jance
Stella Bain, by Anita Shreve

Enjoy Large Print:

a Good Book! **The Smoke Jumper**, by Nicholas Evans
At First Sight, by Nicholas Sparks

Fitness Corner

Beginner Yoga for Back Pain continues on a new schedule February 29. Join Gayle Burns, Taylor RN and Reiki Master, Mondays and Wednesdays from 4:00 - 5:00PM in the Fitness Center at Woodside for this awesome class. The cost of this 6-week session is \$60; please register with Tammy at 366-1206.





WOODSIDE THEATER



Saturday Nights - 7:00 PM

Movie titles are posted outside the Theater, in the elevators, on the Information Board and on Touchtown

Sunday Matinees - 1:00 PM

Feb. 21: French Kiss

Feb. 28: Ice Castles

**Please extend a warm “Taylor Welcome”
to the following new residents:**

Rod & Gail Dyer 2/12 Taylor Connection

Clint & Sylvia Quackenbush 2/15 Ledges

Dottie O’Leary 2/17 Taylor Home

Welcome to the Community!

March Birthdays

| | | | |
|------|-----------|------------|-------------------|
| 3/1 | Millard | Smith | Ledges |
| 3/2 | Betty | Derby | Woodside |
| 3/3 | Butch | Ayles, Jr. | Meeting House |
| 3/4 | Davie | Pace | Woodside |
| 3/5 | Priscilla | Bourgault | Ledges |
| 3/5 | Bonnie | Doherty | Ledges |
| 3/7 | Jim | Doherty | Ledges |
| 3/7 | Doris | Citron | Ledges |
| 3/7 | Betty | Kemper | Meeting House |
| 3/8 | Magdalene | Livingston | Back Bay |
| 3/9 | Philip | Goddard | Meeting House |
| 3/9 | Vincent | Kuharic | Woodside |
| 3/10 | Ginny | Peterson | Ledges |
| 3/10 | Joe | Woodward | Ledgeview |
| 3/10 | Connie | Ketchum | Taylor Home |
| 3/13 | Peter | Millham | Ledges |
| 3/13 | Joan | Allison | Ledges |
| 3/14 | Cook | Anderson | Ledges |
| 3/16 | Lois | Paull | Back Bay |
| 3/17 | Ginny | Anthony | Ledges |
| 3/17 | Priscilla | George | Meeting House |
| 3/17 | Jim | Cunningham | Woodside |
| 3/17 | Merle | Kincade | Ledgeview |
| 3/18 | David | Bell | Ledges |
| 3/19 | Bob | Ilgenfritz | Ledges |
| 3/19 | Jean | Pearson | Woodside |
| 3/21 | Frank | Greene | Ledgeview |
| 3/22 | Virginia | Daigle | Ledges |
| 3/23 | Hutch | Taylor | Ledgeview |
| 3/25 | Richard | Ogden | Ledges |
| 3/26 | Ann | Hasbany | Meeting House |
| 3/27 | Laura | Whitworth | Taylor Home |
| 3/29 | Gail | Dyer | Taylor Connection |
| 3/30 | Bob | Francis | Woodside |
| 3/31 | Gloria | Wood | Meeting House |

Campus Happenings

LRGHealthcare Class: Better Choices, Better Health

Mon., Feb. 22 @10:00am, Woodside

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Lakes Region Chordsmen

Mon., Feb. 22 @ 7:00pm, Woodside

See Details Page 3.

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Coffee Hour

Tues., Feb. 23 @ 10:00am, Fireside Dining Room

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Red Cross Blood Drive

Fri., Feb. 26, 1:00 - 6pm, Woodside

Appointments are recommended. Please schedule online at redcrossblood.org or call 1-800-733-2767.

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Community Social & Buffet

Sat., Feb. 27 @ 5:00pm, Woodside

Please RSVP at 366-1449 by Wed., Feb. 24.

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IRA Sunday Nite Social & Feb. Birthday Celebration

Sun., Feb. 28 @ 4:30pm, Woodside

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Entertainer Kevin Farley

Mon., Feb. 29 @ 3:00pm, Taylor Home Atrium

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Coffee Hour

Tues., Mar. 1 @ 10:00am, Fireside Dining Room

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How to Use Your Electronic Devices! Session I

Tues., Mar. 1 @ 11:00am, Woodside

See Details Page 2.

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Men’s Breakfast

Wed., Mar. 2 @ 8:00 a.m., Woodside Birch Room

Cook Anderson speaks: *My Obsession with Birds*

Please RSVP to Allan Clemow at 556-9007 by 2/28.

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Book Discussion with Lorraine Murray

Wed., Mar. 2 @ 10:30 a.m.

Woodside 3rd Floor Lounge

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Entertainment: Broadway North Dance Studio

Sat., Mar. 5 @ 2:00pm, Taylor Home Atrium

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Save the Dates!

Diabetes Self-Care Mini Introductory Class

Mon., Mar. 7 @ 2:00pm, Woodside

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Forecasting NH Weather with Hayley LaPoint

Mon., Mar. 7 @ 6:30pm, Woodside

Special thanks to the ladies at Taylor Home, for their cheerful good help in the folding and stuffing of The Bulletin for distribution these last few issues. Also to John and Cook for delivery to the Ledges.

Much appreciated!

WOODSIDE CAFÉ

Monday through Friday from 11am - 2pm and Saturday from 9am - 1pm.

Dinner is served Tuesdays and Thursdays from 5 - 7pm. **Reservations requested, but not required, by 4pm for Dinner so that we may better serve you** at 366-1481.

Menu for Week of February 22nd

| | |
|-----------------|--|
| Monday | Entrée: Teriyaki Chicken Sides: Scented Rice, Broccoli |
| Tuesday | Entrée: Herb Baked Haddock Sides: Broccoli, Garlic Bread |
| Tuesday Dinner | Sautéed Monkfish with White Wine Butter Sauce, Cheddar Mashed Potatoes and Asparagus (\$20) or Black & Blue Steak Tips, Garlic Mashed Potatoes and Spaghetti Squash (\$18). Choice of Garden Salad or Carrot Ginger Soup. Dessert: Chef's Choice, SF/GF Brownie Sundae |
| Wednesday | Entrée: Grilled Salmon Sides: Baked Potato, Cauliflower |
| Thursday | Entrée: Marinated Grilled Chicken Sides: Mashed Potatoes, Grilled Tomatoes |
| Thursday Dinner | Sautéed Salmon with Brown Butter and Lemon over Brown Rice, Baby Carrots (\$18) or Sliced Braised Beef Brisket with Braised Vegetables and Potatoes (\$17). Choice of Caprese Salad or Lentil Soup. Dessert: Chef's Choice, SF/GF Brownie Sundae |
| Friday | Entrée: Fried Scallops Sides: French Fries, Coleslaw |

Menu for Week of February 29th

| | |
|-----------------|--|
| Monday | Entrée: Beefy Mac 'n Cheese Sides: Broccoli, Steamed Carrots |
| Tuesday | Entrée: Pork Stir Fry Sides: Pork Fried Rice, Asian Vegetable Blend |
| Tuesday Dinner | BBQ Short Ribs, Sweet Potato Fries and Coleslaw (\$20) or Grilled Cod, Stewed Potatoes and Steamed Broccoli (\$17). Choice of Spinach Salad or Beef Barley Soup. Dessert: Chef's Choice, SF/GF Blueberry Crisp |
| Wednesday | Entrée: Stuffed Shells Sides: Green Beans, Garlic Breadstick |
| Thursday | Entrée: Chicken Cordon Bleu Sides: Home Fries, Broccoli |
| Thursday Dinner | Cheese Tortellini in Homemade Marinara, Garden Peas (\$15) or Veal Oscar, topped with Fresh Crabmeat, Asparagus & Hollandaise Sauce, Garlic Mashed Potatoes and Snow Peas (\$21). Choice of Roasted Tomato & Onion Salad or Potato Cheddar Soup. Dessert: Chef's Choice, SF/GF Blueberry Crisp |
| Friday | Entrée: Fried Cod Sides: French Fries, Green Beans |

Menus subject to change without notice

The **March Community Social & Buffet** is rescheduled to **March 19** due to the Easter holiday.

An **Easter Buffet** will be held at Woodside **March 27**. Do consider joining us!

Menus for both events will be provided in Bulletin Volume 143.

THE LAKE ROOM at LEDGEVIEW

Breakfast is served from 7:30 – 9:00am daily.

Lunch/Dinner from 12:00 noon – 1:00pm daily, and Supper from 5:00 – 6:30pm, Mon., Wed., Fri., Sat. and Sun. (please join us at the Woodside Café Tuesday and Thursday nights). **Please RSVP at 366-1202.**

Dial-A-Ride operates for residents at the Laconia Campus Mon., Wed., and Fri. from 8am to 7pm, and on Tues. and Thurs. from 8am to 7:30pm. Please call 366-1234 for a ride.