



From The Messenger, 2/4/21:

Dear Taylor Community,

What an exciting 24 hours it's been. Yesterday our team flawlessly executed our vaccine clinic plan, with 375 vaccines administered on our Laconia campus throughout the day. 287 of those were the first dose of vaccine for our Independent Living and Taylor Connection residents while the remaining 88 were the 2nd dose for Assisted Living Residents and some staff. Simply spectacular!

As if that news weren't exciting enough, this morning I'm thrilled to announce that today Taylor Community officially completes the purchase of Sugar Hill Retirement Community in Wolfeboro. As of midnight tonight, Sugar Hill will be a part of the Taylor Community family.

Taylor has been looking for ways to expand in Wolfeboro for a number of years, however it was not until Sugar Hill became available that this opportunity became a reality.

(Continued below right)

Taylor Community **BLUES!**



Perry Blue

Monday, February 22 at 6:30pm
(Zoom details Page 5)



Coffee Hours with Michael Fridays, 11am—Noon

With COVID restrictions still in place, it has been decided to begin a call-in Coffee Hour with Michael, Friday mornings at 11am via Zoom. Six to eight residents may attend.

This hour is an opportunity for residents to ask Michael any questions they may have, bring up ideas, or anything they want to chat about. Michael won't be approaching this hour with any agenda or information of his own, rather he is solely there for the residents and their thoughts. We will facilitate this hour via Zoom, however, if someone cannot join via Zoom we will be opening up the Welcome Center conference room to one resident (or one household) to tune in from there.

Anyone who wants to sign-up for the hour should contact Alana Persson, who will keep track of attendance. Alana can be reached at 366-1411 or apersson@taylorcommunity.org. Once a list is compiled, she'll send out the Zoom invites to everyone.



(Photo Credit: NH Union Leader)

We have been strategizing on how best to enhance the quality of life for residents in our Back Bay campus for quite some time. With the addition of Sugar Hill, we now have the necessary components we were looking for in order to responsibly grow and develop a full service retirement community complete with the added services and amenities that we offer on our campus in Laconia.

This is an incredibly exciting new chapter for Taylor Community. For over 100 years, this organization has been providing exceptional services and care to seniors while also working to become the employer of choice in the Lakes Region. With our feet now firmly planted in the Wolfeboro community, too, there will simply be no better place to live, work, play and retire, than at Taylor Community in New Hampshire's Lakes Region.

Thank you to our extraordinary team and Board of Trustees for bringing us to this historic day in Taylor Community's history.

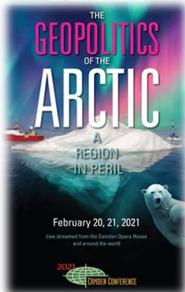
~Michael



Team Taylor and Team CVS Ready for the Vaccination Clinic February 3



We are very happy to report that as of February 3, 2021, 100% of Nursing and Assisted Living Residents at Taylor have received both doses of the coronavirus vaccine, and over 94% of Independent Residents (including Taylor Connection) have received their first dose.



The Camden Conference — The Geopolitics of the Arctic: A Region in Peril

The 2021 Camden Conference will explore the Arctic, one of the world's least-known regions. The Arctic already is undergoing dramatic, irreversible changes traceable to global warming, and as these changes impact the pace of climate change, they forewarn of the challenges ahead for human, animal and plant habitats in this and other regions.

We will examine how this transformation of the Arctic is creating a new arena for global power and competition. With the retreating ice mass will come new opportunities to pursue exploration and extraction of vast resources. Will there be unregulated competition, or cooperation among governments and industries? What kinds of security challenges will come with ice-free borders?

The territories of eight nations extend into the Arctic, but others — especially China — will assert rights of access and passage. Open waters will make shipping between Pacific and Atlantic ports much cheaper. What could all this mean for Maine with its accessible northern ports, maritime industry, and vulnerable location on a rising ocean? This live event will be pre-recorded and prepared for viewing on Touchtown Television Channel 98 on Saturday, February 27 (9:30am - 1:30pm) and Sunday, February 28 (9:30am - 12:00pm). For program Agenda, Suggested Reading and Suggested Movie List, please stop by the Resident Life Office for a packet.

Please plan to join us on this voyage into the future of global affairs in the Arctic and our planet.

Important Reminder from Dr. Chan

State of NH Epidemiologist Dr. Benjamin Chan recently reminded us that until very high levels of vaccination are achieved throughout the state and the country, the primary way to control the spread of coronavirus will be to wear masks and practice social distancing. *Don't let your guard down yet!*



In Memoriam

Virginia Knowlton
May 13, 1927 — January 31, 2021
Taylor Resident Since 2016

Ann Jordan
April 13, 1927 — February 4, 2021
Taylor Resident Since 2017

Priscilla Bourgault
March 5, 1925 — February 6, 2021
Taylor Resident Since 2004

Olyve Buckley
July 26, 1921 — February 7, 2021
Taylor Resident Since 1989



Dial-A-Ride Transportation Availability

Monday — Friday

8:30am – 3:30pm

Medical/doctor appointments, shopping and everyday errands.



Tuesday & Thursday

10:00am

Gilford shopping, your choice of one: Walmart, Hannaford, Shaw's, or TJ Maxx

Remember to request your ride 24 hours in advance, and please always wear a mask.

Call 366-1234.



Welcome New Staff

Jennifer "Jenna" Enright, Tilton, joins us as LPN. She earned her credentials at Wesley College in Dover, DE. Jenna has worked in many locations with a nursing agency and truly enjoyed all of them — but she's loved geriatrics since nursing school.

She has 3 fantastic kids and a beautiful Pitbull puppy, Hazel. They enjoy kayaking, swimming, archery, skiing, sledding, and shooting sports, and can't wait until camping season again! Jenna has heard wonderful things about Taylor Community and is excited to be part of the team!

Kelly Wentworth, Laconia, joins us as LNA. She loves animals and shopping, and also traveling, although she hasn't been outside of the U.S. She enjoys walks and swimming in the summer, her favorite season!

Welcome to Taylor Community!



A Special Valentines Gift from Lakes Region Symphony Orchestra

Although they can't play concerts yet, Lakes Region Symphony Orchestra offers you this gift:



**String Quartet
Valentines Love Songs**

<https://www.youtube.com/watch?v=k3wSHcJEQek&feature=youtu.be>

Curbside Shopping Services:



Back Bay News and Events



Fee-Free Shopping Service

Taylor's Care Management group is ready to assist with your shopping needs free of charge, including groceries, medications and liquor store purchases.



Please place your list in your newspaper tube no later than 9am Tuesday mornings. Blank shopping forms can be found in the Community House or obtained via email.

Back Bay Nurse Visits



Care Management Nurse Heather Bell is available for nursing consultations and blood pressure checks at the Community House on the last Wednesday of each month from 2—4pm. There is no charge for these services.

Reach Heather by phone at 366-1340 or email hbelle@taylorcommunity.org.

February 8 Resident Town Hall

The Resident Town Hall of February 8 is now available on Touchtown TV (Channel 98) at 10am and 5pm through February 15.



It can also be found under the Resident Section of the Taylor Community website.

The next Town Hall will again be pre-recorded, and held on March 8. Please send any questions you may have in advance to VP—Finance Ed Soucy at 366-1229 or esoucy@taylorcommunity.org.

Raised Garden Beds

With Spring approaching, anyone who did not have a raised garden bed last year, and that would like one this year, should contact John Larson at 524-7131. At this point, there are a couple of raised beds available.



Also, because of the demand and shortages of materials last year, and expected continued demand this year, John recommends that all gardeners get out and get their fertilizer, peat moss, manure, and seeds before this year's supply is gone.

Remember, most gardening tools — such as shovels, rakes, and pitch forks — are in the shed and are available for use.



Fitness News and Events



Virtual Fitness Classes — TV98 Daily

8am: Chair Yoga and Tai Chi (alternating)

9am: Strength & Stretch and Functional Strength (alt.)

1pm: Strength & Stretch

YouTube: https://www.youtube.com/channel/UCk84K5PusF_a5Aq2IbO2-aA?view_as=subscriber

Looking for a TED Talk?

Check out *The One-Minute Secret to Forming a New Habit*, by Christine Carter. You know how resolutions often go: you set a goal and start strong— then the motivation runs out and feelings of frustration and shame creep in. The struggle is real — but what if it doesn't have to be? Sociologist Christine Carter shares a simple step to shift your mindset and keep you on track to achieving your grandest ambitions.

[https://www.ted.com/talks/](https://www.ted.com/talks/christine_carter_the_1_minute_secret_to_forming_a_new_habit)

[christine carter the 1 minute secret to forming a new habit](https://www.ted.com/talks/christine_carter_the_1_minute_secret_to_forming_a_new_habit)

From Russ Jones — Enhanced Hamstring Stretch

- 1) Extend your right foot a comfortable distance in front of you.
- 2) Pull the ball of the right foot back towards your body so only the back of the right heel is touching the floor.
- 3) Straighten the right leg.
- 4) Fold at the waist and reach out with your right wrist towards your right big toe. You do not have to touch the wrist and toe.
- 5) Gently glide up and down a couple of times reaching for the big toe with the wrist.
- 6) As you return to the upright position flatten the right foot.
- 7) Fold at the waist reaching for the right pinky toe with the right index finger. Hold momentarily.
- 8) Repeat on the left side.



Congratulations to our virtual “Bingo and a Cocktail” winners: Barbara Wood and Mo Marsh from our Back Bay campus and Ray Chambers and Nancy Bird from our Laconia campus.

Why You Should Be Using a Humidifier for Winter Sleep

The Cleveland Clinic reports that dry air may cause problems including:

- Dry eyes
- Sore throat
- Dry nasal passages
- Bloody nose
- Make colds and flus worse
- Chapped skin and lips
- Itchy, dry skin
- Worsened asthma and allergy symptoms



5 Benefits of using a humidifier during sleep:

Humidifiers may be beneficial for adults and children during sleep. Sleep itself aids in repair, rejuvenation and maintenance of our immune system. Adding a humidifier to your bedroom can bolster the effects sleeping naturally provides. Here are some of the benefits you can get from sleeping with a humidifier in your room.

1. **Air that is not too dry may help you avoid colds and flu:** Viral colds and flu can feel awful and can severely affect your sleep. Research has found that a humidity level of 40% or higher decreased infectivity levels of influenza virus to about 14%. At < 23% humidity, almost 75% of the virus retained infectivity (Noti et al., 2013). Higher humidity allows viruses a better chance of attaching to water vapor droplets and falling out of the air, instead of viruses clinging to us and infecting us directly.
2. **Higher humidity may help loosen congestion:** Dry air may cause mucus to become dry and thick, which can result in clogged nasal passages. Humidifiers may help by adding moisture to the area, which might help break up phlegm in your nose and chest.
3. **Cold and flu symptoms may be alleviated:** If you do get the flu or a cold, using a humidifier while you sleep may help you recover faster. In addition to loosening congestion, it may help lubricate your nasal passages, allowing you to breathe a lot easier. This may also help alleviate a sore throat and, for some people, sinus headaches, and restore a restful sleep.
4. **Moist air may help prevent dry skin:** Dry air may cause dry skin. When your skin is dry, it may crack and wrinkle more easily. One way to help is to have acceptable levels of moisture in the air, so your skin can absorb it. Skin-related conditions that cause itchy skin such as eczema can disturb sleep.
5. **It can help keep your hair and scalp healthy:** Since it is made up of collagen, your hair needs a certain amount of moisture. When exposed to dry air for too long, your hair might become dry and brittle. Acceptable levels of humidity may help with this.

Source: excerpted from an article by Christina Vanvuren

ZOOM Programming

Brenda Kean: 366-1226 or bkean@taylorcommunity.org

Cracker Barrel Coffee Hours
Each Tuesday at 10am via teleconference



Please contact Brenda or refer to her LINK LETTER for the number and access code.

New! David Hill — The L.L.Bean Kayak Adventure
Monday, February 15 at 6:30pm



Join us as Storyteller David Hill shares his story of a full moon kayak adventure on the Connecticut River that didn't quite go as planned. We have all had times when we prepared, planned and re-checked our work —

sure that everything would run smoothly, only to find out that mother nature has other plans! I am sure you will enjoy this story of adventure, suspense and surprise, along with a few laughs! This presentation will also be available in the Resident Section of our website at a later time.

Join Zoom Meeting

[https://zoom.us/j/94000513015?](https://zoom.us/j/94000513015?pwd=TW1GNENGQVTRXpueVp3U0lLUZrZz09)

[pwd=TW1GNENGQVTRXpueVp3U0lLUZrZz09](https://zoom.us/j/94000513015?pwd=TW1GNENGQVTRXpueVp3U0lLUZrZz09)

Meeting ID: 940 0051 3015

Passcode: 779064

BLUES

Monday Blues! — Perry Blue
Monday, February 22 at 6:30pm



Perry Blue is an acoustic music duo featuring Jim Perry on guitar/keyboards/voice and Johnny Blue Horn on trumpet/voice. Perry Blue plays an eclectic repertoire of styles, including songs from many eras. Pop, blues, country, folk — it's all there!

Join Zoom Meeting:

[https://zoom.us/j/9566112983?](https://zoom.us/j/9566112983?pwd=T2MzKzNMWS9tNlIdaTUdhcWw5T1djUT09)

[pwd=T2MzKzNMWS9tNlIdaTUdhcWw5T1djUT09](https://zoom.us/j/9566112983?pwd=T2MzKzNMWS9tNlIdaTUdhcWw5T1djUT09)

Meeting ID: 956 6111 2983

Passcode: 009382

Kindness Korner



Little Free Library Exchange House — Have you seen it?

Have you noticed a crate full of magazines and books on the corner of Ledges Drive and Kinsman Drive over the last 8 months? From her office, Tammy Stevens has watched John and Carol Ford carry the crate out and back from their house every day. Many residents have enjoyed

borrowing magazines and books, having access to material they may not otherwise have.

Tammy presented the idea of a weather-proof library house to Michael and Kirk and the idea took off!

Thanks to Michael, Kirk, Ken Lorden and ultimately Ken Mertz (who designed and built the new book exchange) for making Tammy's idea a reality!



Making Valentines Day Special — Thank You, Stephanie!

Stephanie Whiting hand made cards for all of Taylor's assisted living and nursing residents; the photo here is a sample of their beauty. They are blank and given so that they might send a Valentine. Stephanie has been very busy making these for nursing homes in the area. Thank you to Carole Judge for making the connection!



Gentle Reminder:



Virtual Programming • Channel 98 at 2pm

touchtown



Mon., Feb. 15 – Who is Mona Lisa? – Leonardo da Vinci's "Mona Lisa" is probably the world's most famous painting. But whose portrait actually is it? There are two clues to the identity of the mysterious young woman, but they are mutually exclusive. Can the riddle ever be solved? <https://www.youtube.com/watch?v=e5F1v osAV0&t=26s> 0:42

Tues., Feb. 16 – Absolute History — Edwardian Lace – The continuing winter forces Alex and Peter down a copper mine, while Ruth makes lace. The copper mine is located at the King Edward Mine in Cornwall, and the lace-making takes place at Honiton. <https://www.youtube.com/watch?v=xZdMiFW7s4M> 0:58



Wed., Feb. 17 – Absolute History — The Very First Printers – The team's year on the farm is coming to an end. First they have to bring in the wheat harvest, the most crucial part of the Victorian Farm calendar.

Ruth explores the craft of straw plaiting and discovers the art of printing. Alex and Peter try their hand at a home brew. The team brings in the wheat harvest with the help of some extra labor, and celebrates with a harvest festival. <https://www.youtube.com/watch?v=dPmK-mGslsM> 0:58

Thurs., Feb. 18 – Absolute History — Messenger Pigeons – The team face the farming conditions of 1944, when Britain had been at war for five long years and the fields surrounding Manor Farm filled up with thousands of troops as the Allies assembled the largest naval task force in history for the D-Day landings. This wasn't the only way farmers helped the D-Day preparations. Racing pigeons were requisitioned by the military to carry vital intelligence to and from occupied France. Ruth revives the traditional craft of basket making to create a pigeon transporter while Alex and Peter head out into the English Channel to find out how birds were trained for their long missions. <https://www.youtube.com/watch?v=dvSsX34sUvs> 0:54



Fri., Feb. 19 – Absolute History — The Founding Fathers of Paleontology — The story of two 19th-century scientists who revealed one of the most significant and exciting events in the natural history of this planet: the existence of dinosaurs. <https://www.youtube.com/watch?v=rtXdemthgmo> 0:56

Mon., Feb. 22 – Absolute History — Dead Sea Scrolls – Ever since their discovery in 1947, the Dead Sea Scrolls have captured the imagination and interest of scholars and the public. After more than fifty years of research, the diverse perspectives of biblical

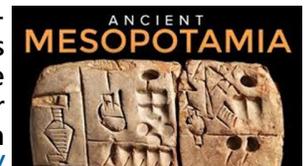


scholarship, science, and technology will bring this legendary find to life. <https://www.youtube.com/watch?v=IKfIkiCm8Co> 0:49



Tues., Feb. 23 – History — Beneath the Mysterious Canals of Venice – Join Lawrence Fishburne as he uncovers the truth behind the strangest mysteries of all time in History's Greatest Mysteries: Solved. <https://www.youtube.com/watch?v=-ElkqoZLxvg&t=20s> 0:43

Wed., Feb. 24 – Ancient Mesopotamia — Environmental factors helped agriculture, architecture and eventually a social order emerge for the first time in ancient Mesopotamia. <https://www.youtube.com/watch?v=egjAaecmB8k> 0:48



Thurs., Feb. 25 – The Hope Diamond — It is the most famous and valuable gemstone in the world. It has been the plaything of kings and sultans. It has decorated the throats of

heiresses and empresses. It is the Hope Diamond, and at 45 and a half carats, it is the largest blue diamond in the world. It is said that the Hope Diamond is not only beautiful... but cursed. According to legend, it was stolen from the eye of a Hindu idol. And it came with a price: a curse that destroyed careers, lives, marriages, and empires in its long journey through time. It is alleged to have brought generations of the wealthy Hope family to bankruptcy. A wealthy Washington socialite, the last private person to own it lost her young son to a freak auto accident in the 1920s. Get up-close with the legendary gem at its home in the Smithsonian Institution, and trace its incredible history with Curator Jeffrey Post. And explore rare clips, photos and contemporary accounts from its notorious past. IN SEARCH OF HISTORY explores the bizarre legends and the even stranger facts behind THE HOPE DIAMOND. <https://www.youtube.com/watch?v=pTT6Gn5QPM4> 0:41

Fri., Feb. 26 – History — Underwater Aztec Pyramids – Join Lawrence Fishburne as he uncovers the truth behind the strangest mysteries of all time in History's Greatest Mysteries: Solved. <https://www.youtube.com/watch?v=3EXvsiKBLzA&t=43s> 0:43



Stay tuned for exciting enhancements
to touchtown, coming soon!

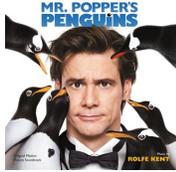
Virtual Programming • Channel 98 at 6:30pm

touchtown



Mon., Feb. 15 – *Bee Movie* – Fresh out of college, Barry the Bee (Jerry Seinfeld) finds the prospect of working with honey uninspiring. He flies outside the hive for the first time and talks to a human (Renée Zellweger), breaking a cardinal rule of his species. Barry learns that humans have been stealing and eating honey for centuries, and he realizes that his true calling is to obtain justice for his kind by suing humanity for theft. <https://www.youtube.com/watch?v=iwWMcvP-4k> 1:38

Tues., Feb. 16 – *Mr. Poppers Penguins* – Mr. Popper (Jim Carrey) is a successful real estate developer in Manhattan. He lives in a posh apartment on Park Avenue, and is on the fast track to a partnership in a prestigious company. However, his life changes radically when he receives a final gift from his late father — a live penguin, which is soon joined by five more penguins. The birds' antics soon win over Mr. Popper, and as he bonds with the penguins, his chilly relationship with his ex-wife (Carla Gugino) and kids begins to thaw. <https://www.youtube.com/watch?v=DO8aDRIFxyY> 1:29



Wed., Feb. 17 – *Ratatouille* – Remy dreams of becoming a great chef, despite being a rat in a definitely rodent-phobic profession. He moves to Paris to follow his dream, and with the help of hapless garbage boy Linguini he puts his culinary skills to the test in the kitchen but he has to stay in hiding at the same time, with hilarious consequences. Remy eventually gets the chance to prove his culinary abilities to a great food critic but is the food good? A Pixar animation. <https://www.youtube.com/watch?v=H7Apf1NxXkY> 1:34

Thurs., Feb. 18 – *Dr. No 007* – In the film that launched the James Bond saga, Agent 007 (Sean Connery) battles mysterious Dr. No, a scientific genius bent on destroying the U.S. space program. As the countdown to disaster begins, Bond must go to Jamaica, where he encounters beautiful Honey Ryder (Ursula Andress), to confront a megalomaniacal villain in his massive island headquarters. <https://www.youtube.com/watch?v=Fc7VOzP6s5U> 1:38



Fri., Feb. 19 – *Suddenly* – In advance of a presidential visit to the small town of Suddenly, California, a trio of FBI agents enters the Benson family's home to assess potential security risks. Once inside, leader John Baron (Frank Sinatra) reveals himself as a psychopathic assassin, and he kidnaps the family in order to use their house as his vantage point in his plot to kill the president. Sheriff Tod Shaw (Sterling Hayden) matches wits with the assassin and his gang in an attempt to save the day. <https://www.youtube.com/watch?v=4MBLJcr-dt0> 1:16



Mon., Feb. 22 – *With Six You Get Eggroll* – Abby McClure (Doris Day) starts dating Jake Iverson (Brian Keith), and soon they're planning a wedding. But the relationship is complicated, as widow Abby's three sons clash with the daughter Jake fathered with his late wife. One night, a misunderstanding lands Abby in jail, and when the four children learn of the incident, they help Jake bring her home. Though they wouldn't have planned it this way, these new family members just might be getting over their growing pains. https://www.youtube.com/watch?v=ffFbP_OFNCQ&t=446s 1:42

Tues., Feb. 23 – *It's a Wonderful World* – Private eye Guy Johnson (James Stewart) is charged with tracking every move of boozing tycoon Willie Heyward (Ernest Truex) — and ensuring that the mogul comes to no harm. But Guy runs into trouble when, after a bender, Heyward is accused of murder and Guy gets roped in as an accessory. Desperate to prove his innocence, Guy makes a daring escape from a prison train and, while on the run, kidnaps poet Edwina Corday (Claudette Colbert), who gradually warms to his cause. <https://www.youtube.com/watch?v=HPRG3av9peM> 1:26



Wed., Feb. 24 – *Made for Each Other* – Young lawyer John Mason (James Stewart) cuts short his honeymoon with new wife Jane (Carole Lombard) when his curmudgeonly boss, Judge Doolittle (Charles Coburn), demands he return to work. Doolittle, who had wanted John to marry his daughter Eunice (Ruth Weston), gives the partnership John had been angling for to his daughter's new beau, Carter (Donald Briggs). But when tragedy strikes the young couple, John finds he must beg his recalcitrant boss for the money to save the day. <https://www.youtube.com/watch?v=ZWT32FvLP1Y> 1:31

Thurs., Feb. 25 – *You're Never Too Young* – When barber's assistant Wilbur (Jerry Lewis) unwittingly becomes involved in a heist, he tries to get away by train. He is unaware that gangster Noonan (Raymond Burr) has slipped a stolen diamond into his pocket. Unable to pay the fare, Wilbur dresses up as a young boy and sits with teacher Nancy (Diana Lynn). When one of Nancy's colleagues sees Wilbur, she concludes that Nancy is cheating on Bob (Dean Martin), her fiancé. Wilbur remains disguised to prove Nancy's innocence and evade Noonan. <https://www.youtube.com/watch?v=DYUF2hqp3w> 1:42



Fri., Feb. 26 – *Paws to the Rescue* – Harry Burton is flying to Washington DC to testify against his former employer, which could hurt the whole tobacco industry. For two days, Harry and his wife Shelly have let their kid Charlie alone in the big house, only with their maid Maria and their dogs Samson and Hercules. But two thugs are breaking into the house to threaten Charlie's life and force Harry to change his testimony. Alternate title *Little Heroes*. <https://www.youtube.com/watch?v=et-nexbXX6o> 1:30



Introducing the new dinner menu at Woodside.



Woodside Bistro Dinner Menu

Fresh Bread, One Starter, Two Sides, Dessert & Coffee

Starter

Please Ask Your Server About Tonight's Featured Soup

Woodside Bistro Signature Salad

Baby Greens, Candied Walnuts, Dried Cranberries, Crispy Fried Onions, Gorgonzola Cheese & Maple Sherry Vinaigrette

Entrees

Cauliflower Steak

Oven Roasted Cauliflower with Olive Oil, Fresh Herbs, Manchego & Pannesan Cheese
Basil Pesto or Plum Tomato Sauce

\$16.95

Pain de Viande

Seasoned Ground Veal, Pork & Beef Slow Baked to Perfection
& Topped With a Wild Mushroom Demi Sauce

\$16.95

Chicken Piccata

Pan Seared All-Natural Chicken Breast
In a White Wine Lemon Caper Sauce

\$17.95

Faroe Island Salmon

North Atlantic Faroe Island Salmon Baked with a Panko Pecan Crust & Honey Mustard
Or Broiled with Lemon Butter & Herbs

\$23.95

Sides

Please Ask Your Server About Tonight's Featured Potato, Grain & Seasonal Vegetable Offering

Please Ask To See Our Dessert & Tonight's Featured Special Menu

 - Vegetarian Option

* Please Inform Your Server if A Person In Your Party Has A Food Allergy Before Ordering

* Consuming raw or undercooked MEATS, POULTRY, SEAFOOD, SHELLFISH or EGGS may increase your risk of foodborne illness, especially if you have certain medical conditions

For your safety we offer delivery for
dinner every Tuesday & Thursday



FOOD DELIVERY



We Care

Glendale Dining is Committed To Providing The Best Food & Service Possible to Our Residents & Guests. Your Safety Is Important To Us

Glendale
DINING SERVICES



Your Safety is Important to US!
Please Ask About our Food Delivery Options

UPCOMING SPECIALS



Please check the Taylor Messenger for Weekly Sandwich & Soup Specials

SIGNATURE SANDWICHES

All Sandwiches come with Housemade Chips & Pickle



GRILLED CHEESE SANDWICHES

Classic \$2.50

Just like Mom's, Made with American Cheese & Grilled to Perfection

Fresco \$4.50

Roasted Red Peppers, Pesto, Mozzarella & Provolone Cheese

BCT \$4.75

Applewood Bacon, Vermont Cheddar & Backyard Farm Tomatoes

Virginia Ham & Cheese \$4.75

Shaved Thin & Trim Virginia Ham and Provolone Cheese



PANINI SANDWICHES

Garden \$4.75

Grilled Zucchini, Squash, Bell Peppers, Mushrooms, Tomato, Pesto & Provolone Cheese

Woodside \$5.50

Shaved Thin & Trim Turkey, Bacon, Backyard Farms Tomatoes & Vermont Cheddar

Chicken Parmesan \$5.95

Breaded Chicken Cutlet, Marinara & Provolone Cheese

Pastrami & Swiss \$6.50

Old Neighborhood Pastrami, Kraut, Pub Mustard & Swiss Cheese

Mon. 2/15/2021

Korean Beef Bulgogi

\$9.95

Sweet Korean Marinated Tender BBQ Beef in a Sweet and Savory Sauce with Pear juice. Served over Jasmine Rice, Scallion and Toasted Sesame Seeds

Tue. 2/16/2021

Dominican Sancocho

\$9.95

Chicken, Pork and Beef Stew with Root Vegetables, Corn Cobettes, Plantains, Yams and Yucca. Finished with Avocado

Wed. 2/17/2021

Maple Glazed Turkey Breast

\$9.95

With Pecan Stuffing. Green Beans and Carrots, Whipped Potatoes and Gravy

Thurs. 2/18/2021

Chicken Broccoli Alfredo & Ziti

\$9.95

Served with Garlic Bread

Fri. 2/19/2021

Tempura Ahi Tuna

\$12.95

Steamed Jasmine Rice, Wasabi Cream and Chef's Veg

Sat. 2/20/2021

Four Cheese Gnocchi Bake

\$8.95

With Herb Encrusted Chicken. Served with a Side Salad

Sun. 2/21/2021

Brunch Plate

\$10.95

Classic Eggs Benedict, Shredded Hash Browns, Asparagus and Fresh Fruit Cup

Mon. 2/22/2021

Chicken Harvest Bowl

\$9.95

Brown Rice, Roasted Corn, Red Onion, Roasted Root Vegetables, Feta, Almonds & Lemon Pepper Chicken. Finished with Greek Dressing

Tue. 2/23/2021

Pulled Pork Quesadilla

\$8.95

Served with Pico, Warm Queso Sauce, Yellow Rice and Small Side Salad

Wed. 2/24/2021

Marinated Leg of Lamb

\$11.95

Roasted Just Right! Served with Jus Lie Mashed Sweet Potatoes, and Broccoli

Thurs. 2/25/2021

Shepherd's Pie

\$9.95

Ground Beef, Cream Style Corn & Fluffy Potatoes. Small Wedge Salad and a Roll

Fri. 2/26/2021

BBQ Glazed Salmon

\$11.95

Sweet Herbed BBQ, with Macaroni and Cheese with Chef's Vegetable and Corn Bread

Sat. 2/27/2021

Grilled Nathan's Twin Hot Dogs

\$7.95

With Apple and Onion Relish on Grilled Buttered Buns. Served with Baked Beans & Cole Slaw

Sun. 2/28/2021

Brunch Plate

\$10.95

Banana Pancakes with Walnuts, Chef's Hash, Shirred Egg and Orange Cream Sunrise Smoothie



Your Safety is Important to US



Food Delivery

Woodside Phone # 366-1481



SIGNATURE SALADS

Wedge

Iceberg Wedge, Tomato, Applewood Bacon & Creamy Blue Cheese Dressing.

FULL SIZE **HALF SIZE**

\$4.95

\$3.50

Woodside House Salad

Baby Green Leaf, Grape Tomatoes, Shaved Red Onion, English Cucumbers, Grilled Chicken & Balsamic Vinaigrette

\$5.95

\$4.50

Apple & Spinach Salad

Baby Spinach, Thin & Trim Diced Turkey, Local Apples, Strawberries and Fat Free Raspberry Vinaigrette

\$6.95

\$5.50

Asian Chicken Salad

Romaine, Red Cabbage, Matchstick Carrots, Corn, Edamame, Grilled Chicken & Asian Vinaigrette

\$6.95

\$5.50

Chef Salad

Romaine Lettuce, Grape Tomatoes, English Cucumbers, Hard Boiled Eggs, Shredded Cheese, Diced Virginia Ham & Turkey

\$6.95

\$5.50



WOODSIDE GRILL MENU

BURGERS

Burgers are served on a toasted brioche roll

Woodside Classic

Bibb Lettuce, Maine Sliced Tomatoes & Shaved Red Onion

\$5.75

Shroom Burger

Sautéed Mushrooms & Vermont Cheddar Cheese

\$6.50

Bacon Blue

Great Hill Blue Cheese, Bacon, Bibb Lettuce, Sliced Maine Tomatoes & Shaved Red Onion

\$6.95

SANDWICHES

Vegetable Burger

Brown Rice & Vegetables on a Brioche Roll

\$4.75

The Larson

Two Eggs, Bacon & Cheese on Brioche Roll

\$4.75

* Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs, may increase your risk of foodborne illness, especially if you have certain medical conditions.

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STEAK SANDWICHES

Steak Sandwiches are served on a toasted sub roll

The Original

Shaved Sirloin Steak topped with Melted American Cheese

\$6.00

Western

Shaved Sirloin Steak, Bacon, Caramelized Onions, BBQ Sauce & Provolone Cheese

\$6.95

Deluxe

Shaved Sirloin Steak, Salami, Onions, Peppers, Mushrooms & Provolone Cheese

\$6.95

SIDES

French or Sweet Fries

\$1.75

Onion Rings

\$2.50

Housemade Chips

\$1.25

* Before placing your order, please inform your server if a person in your party has a food allergy.



GLENDALE DINING IS COMMITTED TO PROVIDING THE BEST FOOD & SERVICE POSSIBLE TO OUR RESIDENTS & GUESTS. YOUR SAFETY IS IMPORTANT TO US

WE CARE