

THE WELLFLEET WAVE

Newsletter of the Wellfleet Council on Aging
715 Old King's Highway • Wellfleet • 02667

COA STAFF DIRECTORY

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March/April 2015

GENERAL PHONE NUMBERS

508-349-2800 OR 349-0313

FAX: 508-349-0319

TRIPS

The Council on Aging has partnered with Funtastic Getaways to offer trips. Coming in March & April, choose from these FIVE trips:

- **Boston Flower Show** ~ March 14th ~ \$65
- **Reagle Players "A Little Bit of Ireland"** ~ Sunday, March 15th ~ Perfect for St. Patrick's Day weekend ~ includes lunch and show at the Reagle Music Theater in Waltham ~ \$115
- **"The Sweet Life"** ~ March 27th ~ Sugar party brunch & tour at Parker's Maple Barn, tour/candy making at Van Otis Chocolates, wintery tour/tasting at Flagg Hill Winery ~ \$95
- **Newport Playhouse "When The Cat's Away"** ~ April 16 ~ comedy/cabaret show and full lunch buffet ~ \$98
- **"Art In Bloom" festival of fine art & fresh flowers ~ Museum of Fine Arts, Boston** ~ April 27 ~ \$75

All trips include deluxe motorcoach transportation from Patriot's Square in Dennis, as well as gratuities for tour director/driver. Flyers with the details of each trip are available at the COA or can be emailed to you. Further details also available on their website at: <http://www.fungetaways1.com>

Are you remembering to check-in to **MySeniorCenter**, when you enter the COA? The more you scan, the more you help to drive up the attendance numbers which, in turn, help us get more grant money. **Congratulations to these "super-scanners":**

December: SHIRLEY LAUFFER January: BOB HENRY

DATES TO REMEMBER

Monday, April 20th

Closed for Patriot's Day

Monday, April 27th

Town meeting begins ~ 7 PM ~
at Wellfleet Elementary School

Wednesday, April 29th

No exercise classes

DROP THE SNOW SHOVEL AND COME TO THE COA!!
Don't let the weather get you down ~ come to the COA
for socialization and activities!

BURGLARS NOT WELCOMED ~ MARCH 12TH

CAPE REP THEATRE PERFORMANCE ~ APRIL 9TH

And other on-going activities: exercise, Scrabble,
intergenerational music & movement, luncheons, book
club.....JOIN US !!

♥ FOR YOUR HEALTH

♥ **ASK THE NURSE** ~ Visiting Nurses Association of Cape Cod, offers FREE services every **WEDNESDAY** from 12:30 to 2:30:

- Blood pressure
- Glucose monitoring
- Weight monitoring
- Nutrition advice & counseling
- Medication questions
- Information on area services
- Information on common communicable diseases
- Information on common medical problems
- Health & wellness questions

♥ **DR. CAMPO, PODIATRIST:** For all foot care problems and routine care. *NOTE: Most podiatry services are covered by Medicare & other insurance (prior approval needed for HMO's) ~ the balance of what insurance does not cover is patient's responsibility, including any co-payments mandated by your insurance carrier.* Appointments must be booked through the COA. March 13, 27 and April 10, 24.



▶ FOR YOUR ASSISTANCE

▶ **ARE YOU READY FOR MEDICARE?** Deb Ford of New York Life will be hosting Medicare Review Seminars on *Wednesday, March 18 and Wednesday, April 15 at 4 PM.* In this seminar, she will focus specifically on those individuals turning 65; however, all are welcome. Review of Medicare, the differences between Parts A and B, Medicare coverage and Part D prescription drug coverage. Call COA to reserve a spot for the Wednesday sessions or individual appointments are available for those unable to attend on above dates ~ call Deb Ford at 508-367-0061 to schedule.

▶ **DR. MARLENE DENESSEN:** Counseling services at the COA on Mondays. She is a senior professional and can help with all kinds of life situations. Try a free session with no obligation. If you decide to continue, her services are insurance billable. Call 508-896-7790 for an appointment.

▶ **FUEL ASSISTANCE:** Available to income-eligible Wellfleet residents ~ homeowners or renters. Applications taken BY APPOINTMENT ONLY. All applications are confidential. Please do not wait until you are low on fuel to apply!

▶ **GOSNOLD COUNSELING:** By appointment at the Wellfleet COA ~ booked through the Gosnold Office in Provincetown 508-487-2449. **CONFIDENTIAL.**

▶ **LEGAL ASSISTANCE:** 60 years of age or older ~ By appointment on the second Wednesday of the month, from 10 - Noon. Conducted by Attorney Tom Kosman, of Legal Services for Cape Cod and the Islands. Free. March 11, April 8.

▶ **Town of Wellfleet Taxation Aid Program ~ Elderly or Disabled Taxation Aid Fund**
Wellfleet voters approved the establishment of the committee to assist our elderly and disabled low income residents with their property tax bills. The funding comes exclusively from voluntary contributions from property owners and anyone else who would like to help. Applications are available in several locations in Wellfleet: Town Hall, Senior Center, Library, and on the Town of Wellfleet Web Site (www.wellfleet-ma.gov). The staff of the COA is available for assistance with this confidential process. **May 29, 2015 filing deadline.**

▶ **TRANSPORTATION:** For Wellfleet residents 60+. Call us for more information. Monday - Wednesday: Medical appointments, Thursday: Wellfleet day, Friday: Orleans grocery shopping.

▶ **WELLFLEET ALZHEIMER'S ASSOCIATION:** Serves the Lower Cape from Provincetown to Chatham by raising funds to be used to alleviate the financial and emotional stress created by Alzheimer's disease or other memory deficiencies. The Association works with the Outreach staff of the Councils on Aging to identify patients and caregivers in need. All applications are confidential and are submitted by the Outreach worker at the COA in your town. Please call Wellfleet COA Outreach Coordinator Linda Balch for more information.



🍎 FOR YOUR DINING PLEASURE

🍎 **CONGREGATE LUNCHEON:** 60 years of age or older - every Wednesday at noon. Reservations required the day before by 11 AM ~ 508-349-2800, Ext. 207. Suggested voluntary donation. Brought to you by Elder Services of Cape Cod & the Islands.

🍎 **IRIS'S CAFÉ:** Every Thursday at 12:30 - \$7.50 per person, all luncheons include coffee & dessert, reservations required by Wednesday. Menu on last page of The Wave.

🍎 **MEALS ON WHEELS:** Sponsored by Elder Services, meal delivery to Wellfleet & Truro seniors.



Note: MEALS ON WHEELS IS IN NEED OF VOLUNTEERS DRIVERS!!

You can make a difference volunteering just one hour a week. Volunteers are needed to deliver meals to homebound seniors. Meals can be picked up between 9:30 and 10 AM at the Wellfleet Council on Aging. Total time commitment is 1-2 hours per week. Drivers are needed Monday - Friday. We are looking for individuals to "adopt a route" one day per week. Mileage reimbursement is available. Substitute drivers are welcome. Please contact Lisa Bergeron at 508-349-2800 ext 207.

🍎 **OUTER CAPE COMMUNITY COFFEE:** Coffee & Iris's fresh baked scones. Monday - Friday.

🍎 **SOUP TO GO:** Available Monday for the week. Menu on last page of The Wave. Packed to travel, \$4 pint.

★ FOR YOUR FUN AND ENTERTAINMENT

★ **BRIDGE:** Every Friday from 1-4. Beginners welcome. Non-competitive, casual & fun.

★ **CAPE REP THEATRE/BLUESTONE GROUP: I WISH YOU A WALTZ ~ A NEW MUSICAL REVUE:** *While two Middle Aged performers are touring in a revue around Italy, we get a glimpse of their unfolding renewed relationship and past marriages in a 55 minute musical revue combining classic favorites and unknown songs by Kander & Ebb, Jerry Herman, Cole Porter, Rogers & Hart, Lerner & Lane, Rogers & Sondheim, Adams & Strouse, Jones & Schmidt, Stephen Sondheim, Adam Guettel, Fields & Kern and Goldenberg & Alan & Marilyn Bergman. Conceived & directed by Robert R. Troie. Featuring local favorites Jared Hagan & Wendy Watson with Robert Wilder at the piano. Tuesday, April 9, 2 PM. Come for Iris's Café and stay for the show! We are delighted to have Bob & his cast return !! Call the COA to reserve your spot for this entertaining production!!*



★ **DENYA LeVINE INTERGENERATIONAL MUSIC & MOVEMENT:** Join fiddler Denya LeVine and the SeaBabies for this fun, musical event. Great interactive activity for grandparents and their grandkids, ages infant - 4. Tuesday, March 10 and Thursday, April 9, 10:15 - 11:15.

★ **QUILTING GROUP:** First and third Thursday, from 1-4 in our Conference Room.

★ **SCRABBLE:** Join other Scrabble enthusiasts, every Thursday immediately after Iris's Café.

★ **THE WELLFLEET RED "MAD HATTERS":** We would like to invite any ladies 50 years plus to join our "Tea Party" at 2 PM, the second Monday of every month. Please call Deirdre Poole, the "Queen Mum" at 860-655-1410 for more information. March 9 and April 13.

★ **WELLFLEET WAVE BOOK CLUB:** For March 19th ~ 1:30 ~ **My Beloved World** by **Sonya Sotomayor** ~ "This is a page-turner, beautifully written and novelistic in its tale of family, love and triumph. It hums with hope and exhilaration. This is a story of human triumph." ~ NPR
For April 16th ~ 1:30 ~ **Elizabeth is Missing** by **Emma Healey** ~ "A knockout debut.... Ms. Healey's audacious conception and formidable talent combine in a bravura performance that sustains its momentum and pathos to the last." ~ *Wall Street Journal*

☺ FOR YOUR WELL-BEINGEXERCISE CLASSES WITH MELISSA SHANTZ

No exercise
classes on
April 29th

☺ **ARTHRITIS FOUNDATION EXERCISE CLASS:** Monday & Wednesday, 12:30-1:30, taught by Melissa Shantz. **NEW 8-WEEK SESSION March 2nd - April 22nd** ~ Gentle class will be geared towards osteo-arthritis, rheumatoid arthritis, fibromyalgia and osteoporosis. Drop-in fee of \$7 or pay up front for full session/big savings (8 weeks, two times a week = 16 sessions) for \$70. **Arthritis class is NOT part of Melissa's mix and match priced program.**

For Balance/General Exercise & Strength Training

NEW 10-WEEK EXERCISE SESSION ~ Monday, March 23rd through Friday, May 29th

FEE SCHEDULE FOR CLASSES ~ Mix & match your days/classes:

FOR BALANCE/GENERAL EXERCISE AND/OR STRENGTH TRAINING

CLASSES ONLY ~ discounted rates for multiple sessions ~ 1X per week for \$50, 2X per week \$70, 3X per week \$85, 4X per week \$100 ~ Drop-in's welcome, \$7 per class drop-in rate ~ mid-session drop-in's will NOT be pro-rated ~

☺ **BALANCE/GENERAL EXERCISE CLASS:** Basic exercise to help with balance & aid in stability, head to toe limbering, strengthening, seated & standing exercise, light weight work available ~ Mondays, Wednesdays & Fridays, 10:15 - 11:15 AM

☺ **STRENGTH TRAINING CLASS:** Low-impact aerobic/strengthening class, 1 hour of isolations, stretching, strengthening and low impact aerobics, optional end of class weight work ~ Thera-bands & weights available ~ every day except Thursday, 8:45 - 10 AM.

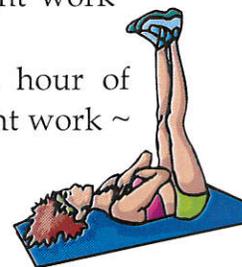
☺ **STRETCH AND STRENGTHEN WITH MEL'S MAT CLASS:** *A little each of: Pilates, core work, centering & meditation ~ arthritis friendly ~ Thursday mornings 8:45 - 10 ~ \$7.00 per class ~ NOTE: no class March 12th*

Note: Physician's approval absolutely required for all exercise classes

☺ **WALKING MEDITATION** ~ **on hiatus until the Spring thaw!!**

☺ **"VIBRANT HEALTH WORKSHOPS WITH DR. RHYS PRESTON"** ~ Informative monthly workshops with Dr. Rhys Preston ~ chiropractor, certified personal trainer and nutrition counselor. Ongoing, **third Thursday of every month from 11 - 12:30**, with a different informative topic to share, based on his philosophy that "healing is a journey not a destination". **March 19th ~ DISEASE STARTS IN THE GUT:** Acid-stopping medications (of the "little purple pill" variety) work by interfering with the proton pump and stopping the production of hydrochloric acid in stomach cells. Diseases associated with low gastric acidity include: asthma, celiac, eczema, and many others. Practical applications and solutions provided that will prevent disease and create everlasting health.

April 16th ~ HEART DISEASE: Heart disease has been the leading cause of death in the U.S. (as well as Europe, Russia, and China) for many decades. One American dies of heart disease approximately every 30 seconds, and one from a heart attack every minute. Because of their relative longevity, more women than men die from heart disease. There are food combinations that act as the 'silent killer' to the heart and food combinations that will prevent heart disease.



◆ FOR YOUR SUPPORT

◆ **ALZHEIMER'S/DEMENTIA CAREGIVER'S SUPPORT GROUP:** facilitated by Alzheimer's Family Support Center Executive Director Dr. Molly Perdue. Loved ones with Mild Cognitive Impairment or early-stage Alzheimer's are welcome, for whom separate support will be provided. Second Tuesday of each month, 3 - 4:30 PM. March 10, April 14. Call the COA or the Support Center for more information 508-737-7934 **please note new time**



◆ **CAREGIVER'S SUPPORT GROUP:** If you are a caregiver for someone in the Outer Cape area, you don't have to go it alone. This COA sponsored support group can be a powerful tool. Providing participants with many benefits. Comprised of fellow caregiver's and knowledgeable group leaders, there is a wealth of information, resources and peer support available. Meetings are held at the COA on the 1st and 3rd Tuesday of the month, from 10-11:30 AM. The meetings are free and all are welcome. March 3, 17 & April 7, 21.

THINK SPRING! Until then, a reminder of our REVISED INCLEMENT WEATHER REMINDER: When the snow flies, please know that we operate on the same schedule as the Nauset School System – if schools are cancelled for Nauset, ALL OUR PROGRAMS WILL BE CANCELLED AS WELL ~ if there is a delayed opening for school, we will be open as usual. Cancellations are broadcast on local radio and TV stations. Additionally, we often need time in the morning to get the walks and parking lots clear. For everyone's safety, we recommend you **CALL US FIRST** during bad weather before venturing out.



BURGLARS NOT WELCOMED

The Perps & The Crime-Solvers

1. *Presented by two of Cape Cod's "professional" housebreakers & the guy who helped nab them. You'll hear first (via specially produced video from the county jail in Bourne) from two men who have committed dozens of recent home breaks on the Cape. Up next will be John Szucs, who currently runs the Bureau of Criminal Investigation in Barnstable Village. Investigator Szucs will examine the forensics utilized to bring these criminals to justice. It seldom happens quickly, of course, and can leave dozens of break-in victims frustrated and far from whole. Sponsored by the COA, Wellfleet Police Department & Barnstable County Sheriff's Office. Coffee and donuts served. Please call and reserve your spot for on of the Cape's most popular senior presentations. Thursday, March 12th, 9:30 – 11 AM at the COA.*



VOLUNTEER OPPORTUNITY
Iris is seeking a dishwasher to help with Thursday café luncheon, approximately 11 AM – 2 PM.
Free meal ~ guaranteed laughter & good time.
Contact the COA if interested.



March 2015 ~ COA Activities

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 8:45 Strength Training</p> <p>9 Marlene Denessen</p> <p>10:15 Balance/Exercise</p> <p>12:30 Arthritis Exercise</p> <p><i>new 8-week session for arthritis exercise begins today!!</i></p>	<p>3 8:45 Strength Training</p> <p>10 Caregiver's Support Grp.</p>	<p>4 8:45 Strength Training</p> <p>9 Gosnold Counseling</p> <p>10:15 Balance/Exercise</p> <p>12 Congregate Luncheon</p> <p>12:30 Ask A Nurse</p> <p>12:30 Arthritis Exercise</p>	<p>5 8:45 Stretch & Strengthen</p> <p>11:30 Gosnold Counseling</p> <p>12:30 Iris's Café</p> <p>1 Quilting</p> <p>2 Scrabble</p>	<p>6 8:45 Strength Training</p> <p>10:15 Balance/Exercise</p> <p>1 Bridge</p>
<p>9 8:45 Strength Training</p> <p>10:15 Balance/Exercise</p> <p>12:30 Arthritis Exercise</p> <p>2 Red Hat Society</p>	<p>10 8:45 Strength Training</p> <p>10:15 Denya LeVine & SeaBabies</p> <p>3 Alzheimer's/Dementia Caregiver's Support Grp.</p>	<p>11 8:45 Strength Training</p> <p>9 Gosnold Counseling</p> <p>10 Legal Aid</p> <p>10:15 Balance/Exercise</p> <p>12 Congregate Luncheon</p> <p>12:30 Ask A Nurse</p> <p>12:30 Arthritis Exercise</p> <p>4 Friends of the COA</p>	<p>12 9:30 BURGLARS NOT WELCOMED</p> <p>11:30 Gosnold Counseling</p> <p>12:30 Iris's Café</p> <p>2 Scrabble</p>	<p>13 8:45 Strength Training</p> <p>9 Dr. Campo</p> <p>10:15 Balance/Exercise</p> <p>1 Bridge</p>
<p>16 8:45 Strength Training</p> <p>9 Marlene Denessen</p> <p>10:15 Balance/Exercise</p> <p>12:30 Arthritis Exercise</p>	<p>17 8:45 Strength Training</p> <p>10 Caregiver's Support Grp.</p>	<p>18 8:45 Strength Training</p> <p>9 Gosnold Counseling</p> <p>10:15 Balance/Exercise</p> <p>12 Congregate Luncheon</p> <p>12:30 Ask A Nurse</p> <p>12:30 Arthritis Exercise</p> <p>4 Are You Ready for Medicare</p>	<p>19 8:45 Stretch & Strengthen</p> <p>11 Vibrant Health</p> <p>11:30 Gosnold Counseling</p> <p>12:30 Iris's Café</p> <p>1 Quilting</p> <p>1:30 Book Club ~ <i>My Beloved World</i></p> <p>2 Scrabble</p>	<p>20 8:45 Strength Training</p> <p>10:15 Balance/Exercise</p> <p>1 Bridge</p>
<p>23 8:45 Strength Training</p> <p>10:15 Balance/Exercise</p> <p><i>new 10-week session for strength training and balance begins today!!</i></p> <p>12:30 Arthritis Exercise</p>	<p>24 8:45 Strength Training</p> 	<p>25 8:45 Strength Training</p> <p>9 Gosnold Counseling</p> <p>9:30 COA Board</p> <p>10:15 Balance/Exercise</p> <p>12 Congregate Luncheon</p> <p>12:30 Ask A Nurse</p> <p>12:30 Arthritis Exercise</p>	<p>26 8:45 Stretch & Strengthen</p> <p>11:30 Gosnold Counseling</p> <p>12:30 Iris's Café</p> <p>2 Scrabble</p>	<p>27 8:45 Dr. Campo</p> <p>8:45 Strength Training</p> <p>10:15 Balance/Exercise</p> <p>1 Bridge</p>
<p>30 8:45 Strength Training</p> <p>9 Marlene Denessen</p> <p>10:15 Balance/Exercise</p> <p>12:30 Arthritis Exercise</p>	<p>31 8:45 Strength Training</p>	<p>25 8:45 Strength Training</p> <p>9 Gosnold Counseling</p> <p>9:30 COA Board</p> <p>10:15 Balance/Exercise</p> <p>12 Congregate Luncheon</p> <p>12:30 Ask A Nurse</p> <p>12:30 Arthritis Exercise</p>	<p>26 8:45 Stretch & Strengthen</p> <p>11:30 Gosnold Counseling</p> <p>12:30 Iris's Café</p> <p>2 Scrabble</p>	<p>27 8:45 Dr. Campo</p> <p>8:45 Strength Training</p> <p>10:15 Balance/Exercise</p> <p>1 Bridge</p>

MARCH ARTIST OF THE MONTH

Frank Morgan



April 2015 ~ COA Activities

Monday	Tuesday	Wednesday	Thursday	Friday
<p>WELLFLEET FIRE DEPARTMENT PANCAKE BREAKFAST ~ April 11th ~ Wellfleet COA 9 - 11 AM</p> 	<p>8:45 Strength Training 10:15 Balance/Exercise 12:30 Arthritis Exercise</p>	<p>8:45 Strength Training 9 Gosnold Counseling 10:15 Balance/Exercise 12 Congregate Luncheon 12:30 Ask A Nurse 12:30 Arthritis Exercise</p>	<p>8:45 Stretch & Strengthen 11:30 Gosnold Counseling 12:30 Iris's Café 1 Quilting 2 Scrabble</p>	<p>8:45 Strength Training 10:15 Balance/Exercise 1 Bridge</p>
<p>6 8:45 Strength Training 10:15 Balance/Exercise 12:30 Arthritis Exercise</p> 	<p>7 8:45 Strength Training 10 Caregiver's Support Grp.</p>	<p>8 8:45 Strength Training 9 Gosnold Counseling 10 Legal Aid 10:15 Balance/Exercise 12 Congregate Luncheon 12:30 Ask A Nurse 12:30 Arthritis Exercise</p>	<p>8:45 Stretch & Strengthen 10 Denya LeVine & SeaBabies 11:30 Gosnold Counseling 12:30 Iris's Café 2 I WISH YOU A WALTZ MUSICAL REVIEW 2 Scrabble</p>	<p>10 8:45 Strength Training 8:45 Dr. Campo 10:15 Balance/Exercise 1 Bridge</p>
<p>13 8:45 Strength Training 9 Marlene Denessen 10:15 Balance/Exercise 12:30 Arthritis Exercise 2 Red Hat Society</p>	<p>14 8:45 Strength Training 3 Alzheimer's/Dementia Caregiver's Support Grp.</p>	<p>15 8:45 Strength Training 9 Gosnold Counseling 10:15 Balance/Exercise 12 Congregate Luncheon 12:30 Ask A Nurse 12:30 Arthritis Exercise 4 Are You Ready for Medicare?</p>	<p>8:45 Stretch & Strengthen 9 Vibrant Health 11:30 Gosnold Counseling 12:30 Iris's Café 1 Quilting 1:30 Book Club ~ <i>Elizabeth is Missing</i> 2 Scrabble</p>	<p>17 8:45 Strength Training 10:15 Balance/Exercise 1 Bridge</p>
<p>20 CLOSED TODAY FOR PATRIOT'S DAY</p> 	<p>21 8:45 Strength Training 10 Caregiver's Support Grp.</p>	<p>22 8:45 Strength Training 9 Gosnold 10:15 Balance/Exercise 12 Congregate Luncheon 12:30 Ask A Nurse 12:30 Arthritis Exercise</p>	<p>8:45 Stretch & Strengthen 11:30 Gosnold Counseling 12:30 Iris's Café 2 Scrabble</p>	<p>24 8:45 Strength Training 9 Dr. Campo 10:15 Balance/Exercise 1 Bridge</p>
<p>27 8:45 Strength Training 9 Marlene Denessen 10:15 Balance/Exercise 12:30 Arthritis Exercise</p> <p>TOWN MEETING BEGINS 7 PM ELEMENTARY SCHOOL</p>	<p>28 8:45 Strength Training</p>	<p>29 9 Gosnold 9:30 COA Board 12 Congregate Lunch 12:30 Ask A Nurse</p>	<p>8:45 Stretch & Strengthen 11:30 Gosnold Counseling 12:30 Iris's Café 2 Scrabble</p>	<p>COA ARTIST OF THE MONTH Fran Klugman</p> 

Wellfleet Council on Aging
715 Old King's Highway
Wellfleet, MA 02667

COA Board Members:

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Evelyn Sheffres ~ Vice-Chair
Patricia Shannon ~ Secretary
Ernie Bauer
Sarah Multer
Fred Nass
Brian Quigley
Dian Reynolds
Evelyn Savage
Maureen Schraut ~FCOA Liason
Robin Slack

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Sandy Wonders ~ Clerk
Peter Hall
Sarah Multer
Marge Piercy
Roger Putnam

Thank you to the Friends of the Council on Aging for providing supplemental printing costs for THE WAVE.

IRIS'S CAFÉ

Every Thursday at 12:30 - \$7.50 per person, all luncheons include coffee & dessert, reservations required by Wednesday

March 5th	Broccoli quiche, mushroom barley pilaf, mixed green salad
March 12th	St. Patrick's Day ~ Corned beef & cabbage dinner
March 19th	Happy Spring !!! Pasta primavera, mixed green salad
March 26th	Pan seared pork tenderloin, butternut squash, sautéed cabbage
April 2nd	Easter ~ Poached salmon with yogurt dill sauce, egg noodle casserole, asparagus
April 9th	Chicken parmesan, pasta, green salad
April 16th	Fresh cod fish cakes, baked bean casserole, cole slaw
April 23rd	Curried chicken with coconut raisin rice, vegetable
April 30th	Tuna noodle casserole, mixed green salad

IRIS'S SOUP TO GO

Prepared on Monday, packed to travel ~ \$4.00 pint

March 2nd	White bean tomato & Italian sausage	April 6th	Pureed kale
March 9th	Potato leek	April 13th	Southwestern corn
March 16th	Chicken vegetable	April 20th	Cream of chicken with potatoes & broccoli (<i>Tuesday due to holiday</i>)
March 23rd	Mediterranean lentil w/tomato & spinach	April 27th	Pureed carrot with lemon & ginger
March 30th	Cabbage with linguica		