Do you ever wonder what that vegetable is that looks like a carrot but it’s a dirty yellow and is often gnarly and often unlikely to be uniform in its shape like a carrot?? It is the delicious parsnip that is grown right here in Vermont and is readily available during the winter months. In fact farmers often dig it up during the early spring months (March, April) since farmers believe letting the parsnip stay or hibernate in the ground during the winter months improves its taste and makes it sweeter so fresh crops are often relatively available in the early spring months. It is well worth trying the wonderful parsnip!! I recall having it as a child many years ago and very few people knew about it back then. I was not that fond of it then since my mom mainly steamed it. Now there are so many other ways to prepare parsnips and roasting them is one method I use frequently. They are also delicious in stews and soups. Parsnips are in the umbelliferae family. Some of its members include carrots, parsley, celeriac and fennel. Parsnips are thought to have originated in the Eastern Mediterranean region and grew wild over much of the European continent. When the parsnip was harvested back at that time its size was similar to that of a baby carrot which may well have been the wild variety. It came to be one of the most popular vegetables because of its sweetness and in fact was more popular than carrots. The parsnip eventually came to this country by way of the early settlers and was introduced to the Native Americans who readily accepted them and began to grow them. The settlers and the Native Americans used parsnip juice as a sweetener before the potato arrived and then the poor parsnip was often forgotten as a vegetable. Parsnips are a storehouse of beneficial nutrients: B-vitamins, Vitamin C, iron, potassium, calcium, copper and phosphorus and are a good source of fiber. They also do contain a powerful antioxidant, falcarindiol as well. They also do contain a powerful antioxidant, falcarindiol as well.

**See our trip brochure for more Information**

**Eleven Day River Cruise**
Czech Republic, Germany, Austria, Slovakia, Hungary.
August 27th, 2020

**Travel Desk Hours:**
Monday: 1:30 to 3:30

There are trip suggestion forms available. Sign up sheets on Travel Table.
Contact Kathryn Turnas via email at newjerseyred@gmail.com or leave a message with Sarah if she is not around.
I look forward to planning some fun trips to come.

**PARSNIP**

BRATTLEBORO SENIOR CENTER TRIPS 2020

**Boston Flower Show**
March 13th or March 15th
Adults: $75.00
Children under 16: $60.00
Includes transportation and admission.

**Virginia Beach & International Tattoo**
April 26th-May 2nd

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**See our trip brochure for more Information**

**Canadian Rockies & Glacier National Park**
September 1st-7th, 2020

**Spotlight on Tuscany**
November 5th-13th 2020

**Travel Desk Hours:**
Monday: 1:30 to 3:30

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BRATTLEBORO SENIOR MEALS

Chris McAvoy, Director
Ray Bronson, Kitchen Manager
Dean Lafayette, Assistant Cook
Susan Campbell, Kitchen Aide
Ray Kellett, Kitchen Aide
Jacqueline Lumbra- Substitute Kitchen Aide
Matt Albonizio- Substitute Kitchen Aide

Visit our website: www.brattleboroseniormeals.org
802-257-1236

**MOVIES**

**MOBILE MONDAYS**
Mondays, 9:30 a.m. or 10:00 a.m. Come sit in our comfy lounge, have a snack and enjoy a free show!
March 2nd- Mutiny on the Bounty @ 9:30 a.m.
March 9th- Scarlet Empress @ 10:00 a.m.
March 16th - Citizen Kane @ 9:30 a.m.
March 23rd- Captain Horatio Hornblower @ 9:30 a.m.
March 30th– Cover Girl @ 10:00 a.m.

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BRATTLEBORO SENIOR CENTER
Sarah Clark – Assistant Director, Recreation & Parks Department
Call – 802-257-7570
Email - sclark@brattleboro.org
For more information visit - www.brattleboro.org
Follow us on Facebook!
Doug Morse – Custodian

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### BIRTHDAY LUNCHEON

On **Thursday March 12th at 11:30 a.m.**, please join us for an appetizer table, Punch, Flank Steak, Garlic Mashed Potatoes, bread, broccoli and cake with ice cream. All are invited to attend. Those with birthdays in the month of March are invited to celebrate the occasion by sitting at the birthday table and waiving their donation for the day. They may invite one guest to sit with them, however, that guest is encouraged to make the regular donation. The suggested donation for seniors 60 years of age and over is $4.50. Entertainment will be provided. We ask that everyone that wishes to attend this dinner make reservations by 257-1236 or signing in at the Senior Center Kiosk.

Please state whether you are just joining us for lunch or joining us to celebrate your birthday. Those celebrating a birthday and sitting at the special birthday table may invite one guest to sit with them. You must call 257-1236 or 257-7570 to reserve your seat at the birthday table.

### VOLUNTEER OPPORTUNITIES

Meal drivers are needed to substitute all days during the month of March to Brattleboro, Dummerston and Guilford. Regular meal routes are available for Dummerston on Mondays and Tuesdays. Also Tuesdays, Wednesdays and Thursdays need regular driver in Brattleboro. All deliveries are completed between 10:45 and 12:30. Please call Chris if you have any questions.

**Lenten Meals**

Dine out on March 11th to benefit the Church's mission. Enjoy a delicious meal at our annual Lenten Meals and help support our mission and our community. Our volunteer luncheon is scheduled for April 30th.

**Arts, Crafts & Groups**

- **Mixed Fiber Arts Group**
  Join us **Tuesdays & Thursdays 9:30-Noon** in the Meeting Room and bring in a fiber art project that you are working on. Crochet, knitting, Swedish weaving, hand sewing and more are all welcome and you can always stay for lunch! There is no set fee to participate in this program, it is by donation.

- **The Watercolor and Water-Based Media Group**
  The Brush and Palette Painters meet every **Wednesday from 9:30 a.m. to 11:30 a.m.** This is a non-instructed group with a "workshop" approach and serious attitude toward improving one's skill. Newcomers and beginners are welcome. There is no set fee to participate in this program, it is by donation.

- **Wednesday Writing Group**
  The Wednesday Writers' Group is a self-guided group of writers who meet every **Wednesday from 9:15 to 10:30 a.m.** In addition to printing an annual collection of our writings, we contribute to local and various other publications. Our work encompasses poetry, memoirs, songs and stories. We welcome all who have a desire to write.

- **Tuesday - Talk, Experience, Listen & Learn**
  **Wednesdays at 1:00 p.m.** Sarah, or a volunteer, will facilitate a discussion group about various life and older adult related issues and topics. Bring things to talk about that you are struggling with, or help someone by coming in with a personal success story. Everyone is welcome!

### BRIDGE

**Bridge Monday, 10:00 p.m. – Noon:** Duplicate Bridge with Dennis $7 per person.

**Bridge Fridays at 10:00 a.m. – Noon:** Practice Bridge with Anne! Would you like to communicate better with your bridge partner? Bid and make more slams? Come to observe or play on Fridays 10-12. Bring your partner if you can but it is not necessary.

### Calling All Crafters!

We are looking to create more quilts to be displayed at the Brattleboro Senior Center. These quilts will be hung on the wall near the dance floor. We will meet every Friday morning at 10:00 a.m. beginning March 13th. Our first meeting will be picking a pattern and other details. If you are interested in helping make a group quilt please let Sarah know. You can email her at sclark@brattleboro.org or call 802-257-7570.

If you have any fabric or other quilting material that you are looking to donate please consider donating to this wonderful project!

In the next few months we would like to bring the games Cribbage and Pitch to the Senior Center! Our goal is to set a weekly day and time for both activities. If you have any interest in learning the games or playing please let Sarah know!
EXERCISE & SPORTS

STRENGTH TRAINING
Tuesdays and Thursdays at 9:30 a.m.-10:30 a.m.
Did you know that strength training has proven to significantly prevent and reduce the effects of osteoporosis? Strength training maintains muscle mass which enhances one’s quality of life.

BALANCE, FLEXIBILITY & MOVEMENT
Fridays at 9:30 a.m.-10:30 a.m.
These classes are based on Pilates Exercises to help strengthen the core and align the spine.

**Please note: If local school are cancelled due to weather, then there will be no morning classes with Cyndy.**

Suggested donation for Cyndy’s classes listed above are $3 a class or $5 for two classes.

EXERCISE & SPORTS

COUNTRY LINE DANCING LESSONS
Richard & Margo instruct Line Dancing Lessons on Wednesdays from 10:45 to 11:45 on the Dance Floor in the Senior Center. It is great exercise and lots of fun. There is no set fee to participate in this program, it is by donation. No experience needed!

TAI CHI WITH STEVE
Wednesdays at 10:00 a.m. Tai Chi is a powerful tool in healing abilities at levels at the Gibson-Aiken Center. Contact Michael Hertz mhertz@sover.net or Sarah Clark sclark@brattleboro.org with questions. There is no set fee to participate in this program, it is by donation.

Mondays: 1 p.m. – 3:00 p.m.
Tuesdays: 10 a.m.– Noon (Beginners)
Noon – 3:00 p.m. (Advanced)
Wednesday: 9:00 - Noon
Thursdays: 1:30 - 3:00 p.m.
Fridays: 1:20 - 3:00 p.m.

~Schedule subject to change based on school cancellations, early releases, holidays and weather~

BOWLING
A friendly group looking for beginners and experienced bowlers. Meet at Brattleboro Bowl, Putney Road at 9:00 a.m. on Thursdays for three games for $10.00. We are always looking for substitutes. For more information call Nancy Dalzell at 802-722-4020.

ICE SKATING SCHEDULE
The Skating Facility will open for the season on Saturday, October 26th, 2019 and close for the season on Sunday, March 8th, 2020. The schedule is subject to change during the Christmas and February School Vacation Weeks For more information please call 257-2311 or 254-5808. Monday 7:00 p.m - 9:00 p.m (Dollar Night)

Tuesday 10:30 am - 12:00 pm (Adults Only)
Wednesday 10:30 am - 12:00 pm (Adults Only)
Friday 10:30 am - 12:00 pm (Adults Only)
1:00pm - 3:00 pm (Adults Only)
3:30pm - 5:30 pm (Adults Only)

Fridays are a "Open to Everyone" Skating Night

Suggested donation for Cyndy’s classes listed above are $3 a class or $5 for two classes.

MACABEES CANCELLATION
The Macabees will not be performing at the Annual Journees de la Jeunesse on March 13th at 7:00 p.m. in the Gibson-Aiken Center. They will be performing March 20th at 7:00 p.m. in the Gibson-Aiken Center.

BLOOD PRESSURE CLINIC
First Wednesday of the month.
March 4th at 11:30 a.m.
This free clinic is staffed by Rescue, Inc. **This event is scheduled monthly, but if there is an emergency during this time frame, Rescue Inc will not be able to attend or notify Sarah.**

ICED CLIMATE CANCELLATION
The Somersworth Ice Skating Rink will be closed for the month of March due to a lack of business at the rink.

MADONNA CANCELLATION
The Madonnas have cancelled their appearance at the Concert on March 1st. For more information call 802-722-4020.

TAI CHI WITH STEVE
Wednesday, March 4th at 11:30 a.m.

FRIEDELL CANCELLATION
The Frie deell Festival has been cancelled for the 2020 season.

BRATTLEBORO MUSEUM & ART CENTER
Join us on Tuesday, March 3rd at 1:00 p.m. at the Brattleboro Museum & Art Center as we explore the Scholastic Art and Writing Awards that will be on display in three of the galleries. The Scholastic Art and Writing Awards is where Vermont middle and high school show off their talents. In the Center Gallery we will explore the exhibit called “Ask the town-wide community with the Connecticut lions to wa- Participants are invited to come and chat with the artists.”

BRATTLEBORO SENIOR CENTER
March 2nd - Dr. Seuss's Birthday
March 14th - National Pi Day
March 17th - St. Patrick's Day

THE GREAT COURSES
(Science and History)
March 2nd– Lecture 8: The Downtfall of Sumer
March 9th– Lecture 9: Egypt: Divine Rule in the Black land
March 16th– Lecture 10: Society and Culture of Egypt
March 23rd– Lecture 11: Early Mediterranean Civilizations
March 30th– Lecture 12: Mysteries of the Indus Valley

THE GREAT COURSES
(Art and Music)
March 1st - Lecture 1: The Big History of Civilizations (Science and History)
March 11th - Lecture 2: Discobolus-Motion in Sculpture
March 18th - Lecture 18: Parthenon Marbles– Metopes and Friese
March 25th - Lecture 19: Greek Vase Painting- "Death of Sarpedon"
March 24th - Lecture 20: Aphrodite of Knidos
March 31st– Lecture 21: Lacoon– Three- Dimensional Narrative

LANGDON PLACE OF KEENE
Join us on March 11th at 1:00 p.m. as staff from the Langdon place paint finger nails, lotion hands and shape nails! Staff will also share and explain the services they provide which include Assisted Living, secure memory care unit, short-term rehabilitation, daily support for our short term rehab patients’ acute conditions with IV therapy, cardiac, respiratory and wound care and much more! Come enjoy the pamper session and learn about the beautiful Langdon Place!
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| 2. Chicken Ranch  
  Mashed Potato  
  Roast Brussels Sprouts  
  Pineapple  
  Whole Grain Roll | 3. Eggplant Parmesan with ricotta cheese  
  California Mixed Vegetables  
  Garlic Bread  
  Chocolate Pudding | 4. Ham Salad Sub  
  Pineapple Cole slow  
  Pasta salad with vegetables  
  Watermelon | 5. Beef Stew  
  Biscuits  
  Spinach  
  Tropical Fruit | 6. Baked Salmon  
  Rice Pilaf  
  Asparagus  
  Peaches  
  Bread |
| 9. Quiche Lorraine  
  Kale Salad  
  Sweet and Asian Salad  
  Mandarin Oranges  
  Whole Grain Bread | 10. Chicken Parmesan  
  Pasta Puttanesca  
  Garlic Bread  
  Fruit Salad | 11. Meatloaf  
  Mashed Potatoes with Gravy  
  Green Beans, Bread  
  Mango | *12. Birthday Celebration!*  
  flank Steak  
  Garlic Mashed potato  
  Bread, Broccoli  
  Cake and ice Cream | 13. Seafood Newburg  
  Over Egg Noodles  
  Buttered Corn  
  Creamed Spinach  
  Cannelloni Bread |
| 16. Baked Chicken  
  Bakad Potato  
  Sesame Broccoli  
  Bread  
  Apple Crisp | *17. Corned Beef & Cabbage  
  Glazed Carrots  
  Boiled Potatoes  
  Rye Bread  
  Shaneck Pie | 18. SALAD BAR  
  Turkey, Chicken, hard cooked eggs, tomatoes, cucumbers, peppers, onions, olives, Creations, Assorted salads, Rolls  
  Fruit Salad | 19. Macaroni & Cheese  
  Au gratin Potatoes  
  Peas and Carrots, Bread  
  Apple Pie  
  Rye Bread | 20. Stuffed Whitefish  
  Macaroni and cheese  
  Butternut Squash  
  Baked Potato  
  Whole grain Roll  
  Applesauce |
| 23. BBQ Chicken  
  Cauliflower  
  Sweet Potato, bread  
  Vanilla Pudding with mangos | 24. Roast Pork  
  Butter nut Squash  
  Baked Potato  
  Whole grain Roll  
  Applanation | 25. Shepherd’s Pie  
  Raspberry Beets  
  Sugar Snap Peas  
  Broccoli | 26. Baked Ham with Pineapple  
  Au gratin Potatoes  
  Peas and Carrots, Bread  
  Apple Pie  
  Brean | 27. Shrimp Aviano  
  Citrus Rice  
  Carrots and Parnips  
  Garlic Bread  
  Pine apple |
| 30. Beef Stew with veggies  
  Biscuit  
  Spinach  
  Pears  
  Cookie | 31. Vegetable Frittata  
  Roast Potato  
  Roast Squash  
  Cherry Crisp | *Reservation requests for March 17th and March 12th* | All meals are served with 1% milk. Some special diets can be accommodated with advance notice. | All congregate lunches are served between 12 noon and 1:20 PM. Take out meals can be arranged by calling 257-1236 before 9AM and are subject to availability. |

**Special Events & Programs**

- **3rd Tuesday** | 1:00 p.m. Trip to the Brattleboro Museum & Art Center
- **4th Wednesday** | 11:30 a.m. Blood Pressure Clinic with Rescue Inc  
  New date & Time
- **11th Wednesday** | 10:30 a.m. Senior Medicare Patrol  
  Free help with Medicare
- **11th Wednesday** | 1:00 p.m. Langdon Place
- **12th Thursday** | 11:30 a.m. Birthday Lunch  
  **Don’t forget to sign up in advance**
- **12th Monday** | 12:45 p.m. Nickel Bingo with Sarah
- **17th Tuesday** | Noon St. Patrick’s Day Lunch
- **18th Wednesday** | 11:45 a.m. Gin Mill Bill
- **25th Wednesday** | Noon Medicare Minute
- **26th Thursday** | Nickel Bingo with Sarah