



Happenings at the HUB May 2024



Wednesday Community Lunch

May 1

Meatloaf with **VT Beef**,
Mashed Potatoes and Gravy,
Tuscan Blend Vegetables,
Seasoned Peas
Warm WG Dinner Rolls
Chocolate Pie Parfait

May 8

Sweet & Sour Meatballs
over WG Rice Pilaf,
Stir Fry Vegetables,
Seasoned Broccoli,
WG Sliced Bread
Blueberry Bread Pudding

May 15

CLOSED
Staff Training

May 22

BBQ Grilled Chicken Thighs with
Garlic Mashed Potatoes,
Five Way Vegetables
Diced Carrots
WG Dinner Roll
Happy Birthday Carrot Cake

May 29

Mild Garden Chili
with **VT Beef**,
Seasoned Broccoli,
Warm Corn Bread
VT Maple Sundae

Serving 11:00 AM to Noon

\$5.00 age 60 and older \$8.00 under age 60

To Reserve your Meal or Order take-out
Call 802-888-5011

Summertime Social

Friday, May 24th

Chef Salad Boat
With Ham & Turkey
Texas Toast, Fresh Grapes,
Assorted Dressings,
Strawberry Shortcake
Ice Tea, Coffee, Milk

Serving 11am -12 pm

\$5.00 age 60 and older \$8.00 under age 60

To Reserve your Meal or Order Take-out
Call 802-888-5011

Monthly Blood Pressure Clinic Wednesday, May 22nd 10:30 – 11:00

Vermont History in May

May 1, 1898, Admiral George Dewey, native of Montpelier, Vermont, won the Battle of Manila Bay by destroying the Spanish fleet.

May 4, 1787, The first permanent settlement of Montpelier was formed by Colonel Jacob Davis and fellow settlers.

May 10, 1775, Fort Ticonderoga is captured by the Green Mountain Boys under the leadership of Ethan Allen.

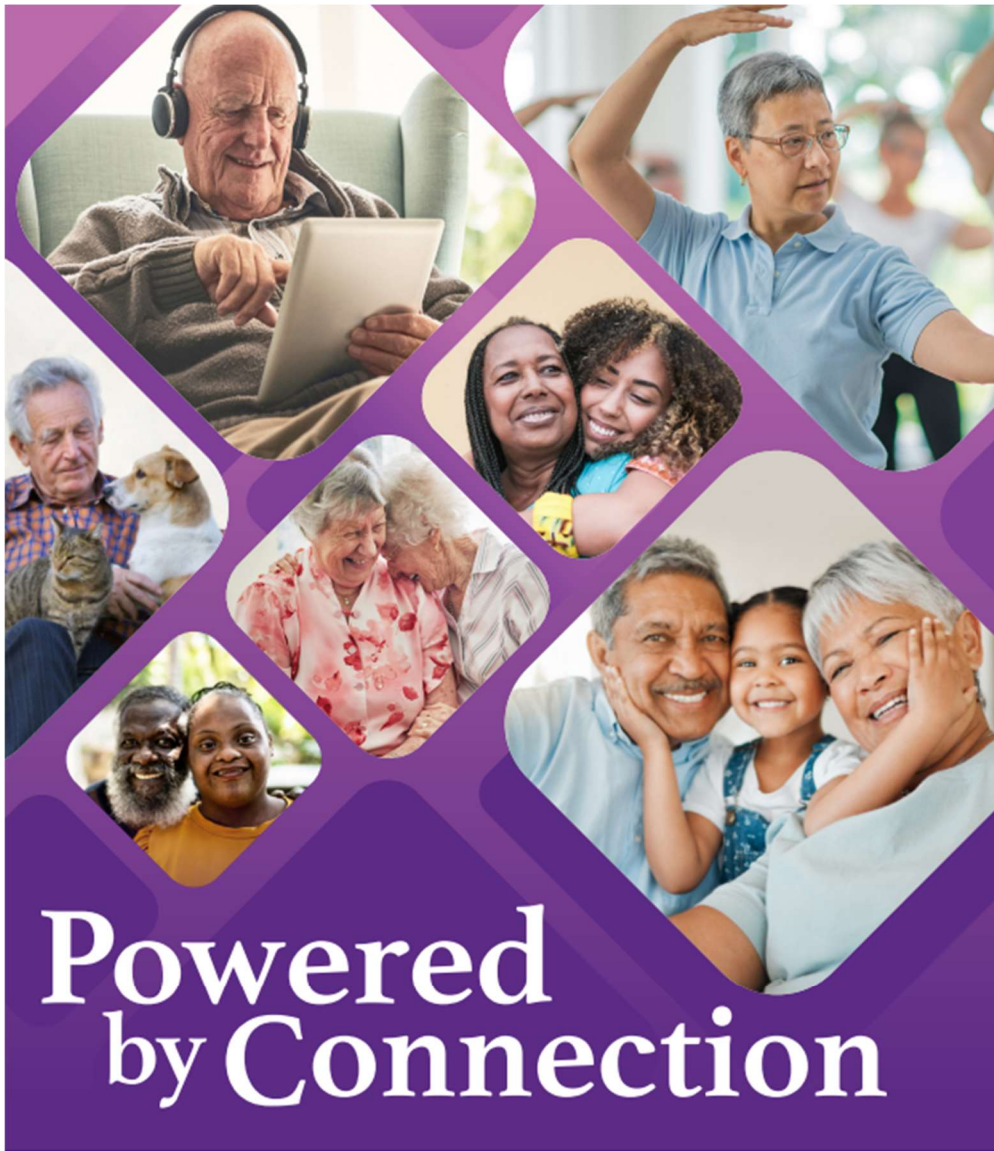
May 28, 1992, Three types of stones became Vermont's state stones. Marble, granite, and slate are all stones quarried across the state of Vermont.

May 29, 1933, The US Supreme Court settled the border dispute between Vermont and New Hampshire. The Court ruled New Hampshire owns the river and Vermont's border ends at the riverbank.

vermonthistoryexplorer.org

Meals on Wheels of Lamoille County Supports the Americans with Disabilities Act.

If you feel you have been discriminated against in the nutrition program, please call the **Central Vermont Council on Aging 1-802-477-1364**



Armed Forces and Memorial Day

R	E	C	A	E	P	L	O	R	I	N	T	C	E
M	A	R	I	N	E	S	O	M	O	A	C	O	T
R	O	R	D	N	I	C	A	Y	D	V	A	U	U
P	F	D	M	P	R	O	U	D	A	Y	I	N	L
R	F	E	M	E	D	A	L	S	F	L	R	T	A
O	I	T	C	R	E	S	L	L	T	A	T	R	S
I	C	A	R	A	M	E	R	I	C	A	U	Y	T
R	E	C	E	T	N	E	M	T	I	M	M	O	C
R	R	I	C	O	H	E	E	A	R	M	Y	I	E
A	I	D	R	A	I	R	F	O	R	C	E	R	M
W	A	E	U	T	I	I	N	F	A	N	T	R	Y
O	A	D	I	D	R	A	U	G	T	S	A	O	C
M	E	I	T	O	S	O	L	D	I	E	R	A	I
S	P	T	E	A	T	H	O	N	O	R	O	A	F

INFANTRY	COMMITMENT	COAST GUARD	LOYALTY	AMERICA
COUNTRY	DEDICATED	OFFICER	SOLDIER	PROUD
MEDALS	NAVY	PEACE	HONOR	MARINES
RECRUIT	ARMY	AIR FORCE	WARRIOR	SALUTE

Play this puzzle online at : <https://thewordsearch.com/puzzle/9082/>

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[ACL.gov/OAM](https://acl.gov/OAM)
#OlderAmericansMonth



Central Vermont Council on Aging Senior Help Line: 1-802-477-1364 Information and Assistance Specialists are available Monday-Friday to answer your questions about Aging Services, Housing, Transportation, Medicare, 3 Squares, Fuel Assistance, and more.