



Woodstock Area Council on Aging
99 Senior Lane
Woodstock, VT 05091
(802) 457-3277
FAX: (802) 457-1259
www.thompsonscenter.org

Non-Profit Organization
Postage Paid
Permit No. 33
Woodstock, VT 05091



The Thompson Times
At The Center For Seniors And Community

October 2011

"VERMONTERS AT THEIR BEST"

The flood of 1927, much like the flood of 2011, destroyed many of the bridges and roads in Vermont, so transportation to the devastated area for President Coolidge was extremely difficult. Despite this, Coolidge reached his beloved home state only weeks after the flood. What he saw he described as "Vermont at her worst, but Vermonters at their best."

In the weeks following the flooding after Tropical Storm Irene hit our area on August 29, we have seen acts of heroism large and small. People in the close-knit community that the Thompson Center serves have responded with actions: pulling on boots, donating food and time and clothing, and wielding shovels and rakes. But we have responded in another crucial way: by listening. We have listened to each other's stories for weeks and they keep on coming.

Telling a story and having it heard is validating. It can be healing and cathartic, also. Each personal experience is different, but combined they form a fascinating picture of an event that we all witnessed together.

As members of our Memoir Club read their work after two weeks off due to Irene and Labor Day, it wasn't surprising that several of us wrote about the hurricane and flooding. Our accounts were very different in style and substance, but they all rang true.

Following are a few excerpts from our writings. Thank you to Sherry Belisle, Jane Soule, and John Leavitt.

"The river had become a living being, in control of everything in its path with a power beyond our comprehension. The roar of the water sounded as though it were coming from a dragon's mouth. Breathing gas tanks bobbed along the high waves. Hundreds of these huge pill-like structures were released from their beds, a prescription no pharmacist would ever fill. The river loved the taste of gas and oil. It drank both but left some

to pollute the pristine, clear water that had flowed between its Woodstock banks for thousands of years." -Sherry Belisle

"Vermont has been protected from the worst weather hazards since our Green Mountains create a topography that seems to have kept these tragedies from touching us. It was difficult to imagine that Irene would bring more than a good rain to Vermont. It was a hurricane of water that made Vermont vulnerable this time. I have never seen the rain come down as it did. Gone is any smugness that we might have felt untouchable. The pounding rain drenched the already saturated state and rivers rose to unimaginable heights taking homes and trees tumbling downstream to block bridges and culverts as well as sharp curves in the meandering brooks..." -Jane Soule

"...Then we went down into East Barnard where the culvert was full of water and the water was backed up into Sabra's field and Faith's field. It looked like a huge lake and the Community Hall was being flooded with water. ...I went up to Campbell House to pump out the cellar. The power was off now so I took my generator to run the sump pump. Down into the cellar where there was 8 inches of water and coming in fast. I ended up pumping it out five different times. I figured I pumped out about two feet of water in all. Then the telephone went dead so we had no phone and no power." -John Leavitt

Perhaps combining our voices will create a collective community story that makes some kind of sense. If you or someone you know (any age!) has written an account of the flood or your experiences over the past few weeks, please contact Cindy Parker at the Thompson Center about contributing to our community memoir about Irene.

You are invited to the Woodstock Area Council on Aging

Annual Meeting

Wednesday, October 19, 2011, 8:30 AM
Pastries and Coffee at 8:00 AM

Guest Speaker: Beach Conger, M.D.
author of *Bag Balm and Duct Tape* and *It's Probably Nothing: More Adventures of a Vermont Country Doctor*

Location: The Thompson Center,
99 Senior Lane, Woodstock, VT 05091

Brief business meeting to follow speaker. RSVP by October 7

REMEMBER WHEN...THERE WAS A FLOOD?

Thursday, October 20, 1:00 PM

Join Kathy Wendling and a staff facilitator to share memories of the floods of 1927, 1973, and 2011.
Bring pictures or written materials to share.

Behind the Scenes

by Deanna Jones
Executive Director

I'd like to give a special thank you to our wonderful Thompson Center staff and volunteers who pulled together in amazing ways in order to keep meals going out and our building open and welcoming immediately following the flooding. We've also never been so thankful to hear the reassuring buzz from our beloved generator! Thank you again to those who gave the generator years ago. It made all the difference!

We're now approaching the beginning of our fiscal year (October 1st) and are looking forward to our Annual Meeting on October 19th. It gives us a unique chance to share more information about operations and goals of our center for the coming year. We're also excited about our interesting and entertaining guest speaker, Beach Conger, MD. I hope you'll plan to attend.

Our annual appeal has begun for 2011-2012. We feel it is critical to reach our goal of \$80,000 during this annual appeal, and I'll keep you posted on how we're doing with reaching this goal. Our operating expenses are approximately \$450,000 each year, and the annual appeal gifts are a critical portion of the annual income we work year-round to achieve. If you haven't received an annual appeal letter and would like to be added to our mailing list, please let us know.

As always, please be in touch with me at any time with questions or suggestions. I can be reached at (802) 457-3277 or via email at: tsc-execdiretor@comcast.net

Deanna Jones
Executive Director

Don't forget to look on our new website!
www.thompsonscenter.org

DID YOU KNOW...

ADVISORY MEETING HIGHLIGHTS

Submitted by Fran Gillet, Advisory

At our last meeting we talked about:

IRENE: Thanks to Perry for well water etc, Dayna Astbury for MOW help to Bridgewater, to everyone for patience and help - especially to all the Staff.

- Praise for the bulletin board with current advisories, for the pleasant dining room staff, and to Paula for the fall decor.
- Beach Conger, M.D. will speak at the Annual Meeting on the subject of aging.
- Rescheduling of programs due to Irene; collaboration with other agencies to plan future programs.
- Fund-raising letters out on schedule
- Marble Game on hold temporarily.
- Ruth Ekberg - new library volunteer.

Join our next meeting on **Monday, Oct. 3 at 1 PM!**

WELLNESS CLINIC & BLOOD PRESSURE SCREENINGS

Blood pressure readings with John Pinto, RN on **Tuesday, Oct. 11 from 10:00-noon.** Wellness clinic (blood pressure, glucose, cholesterol screenings) with Doug Davies, RN will be held on **Tuesday, Oct. 25 from 10-noon.**

CELEBRATE YOUR TOWN!

Residents of surrounding towns are invited for lunch at the Center for the reduced rate of \$2.00 on the following Mondays. Bring your friends!

Woodstock Oct. 3

THANK YOU!

An extra-special thank you to all our staff, patrons and volunteers for your extra help, patience and caring following Tropical Storm Irene.

PIECEMAKERS NEWS

The Piecemakers will gather on Fridays this fall instead of Mondays. The dates are October 14 and November 18 from 9 to noon. They will be preparing beautiful goods for our Holiday Bazaar.

IMPORTANT INFORMATION

✿ OCTOBER BIRTHDAYS

2--Jane Soule
2--Alfred Appel
2--Diana Leskovar
7--Lois Lantman
8--Diane Atwood
11--Peggy Westbrook
13--Kathy Harrington
16--Dottie Forthmann
17--Janet Cole
18--Therese Fullerton
19--Sarah Hadley
21--Bernice Atwood
23--Larry Roberts
24--Keith Blake
29--Vicki Strousse
30--Nelson Gilman
31--Madeline Jaquith

✿ IN MEMORY

Donald Atwood
James & Cornelia Kachadorian
Thelma Jillson
Sandra Simonds
Ralph Wright
Elsie Anderson
Malcolm Morgan
Pete & Barbara Sanderson
John & Donna Atwood
Keith & Ann Blake
John & Polly Timken
Nelson Lee & Lynn Bertram

Catherine Holt
Bill & Joan Soule
Morgan & Marjorie Vail
W. Bruce Dudley
Charlie & Patricia Soule

John Howard
Ted & Joan Staples

✿ IN APPRECIATION

Yankee Bookshop-Book Club Book
Woodstock Pharmacy-*Valley News*
Jane Soule-Birthday Cakes
Emily Schank--magazines
Dottie Forthman--sunflowers
Mary Sharpe--hearing aid batteries, chocolates
Helen Leonard--Cabot's Salt Water Taffy from Cape Cod
Loie Havill--Yarn
Food Shelf--meats, pasta, cheese, cookies
Dorothy Tallerico--cookies and candy
Jacqui Neuwirth-calendars

See page 10 for produce thank yous!

It is the mission of the Thompson Center to be a multigenerational gathering place for our community. Our programs and activities will promote the physical, intellectual and social well-being of the adult community to enhance dignity, self-worth and independence. The Thompson Center will act as a resource and advocate for our senior population, providing timely support on issues that affect aging in our rural community.

FACTS

The Thompson Center
99 Senior Lane
Woodstock, VT 05091
Tel: (802) 457-3277
Fax: (802) 457-1259
www.thompsonscenter.org

HOURS:

8-3 Monday-Friday

DIRECTIONS:

We are located two miles west of the village across from the Woodstock Union High School just off Route 4.

Woodstock Area Council on Aging is a non-profit 501C3 organization. Contributions are tax-deductible. Dedicated to serving Barnard, Bridgewater, Woodstock and Pomfret.

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Jim Emery, Medical Driver
Morris Stickney, Maintenance
Nelson Gilman, Medical Driver

BOARD OF DIRECTORS

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Lynn Peterson, M.D.
Joseph Shepard
Eldon Thompson

FALL PROGRAMS

IN APPRECIATION

Thank you for sharing your harvest!

Kathy English--cucumbers and lettuce
Jim Emery--lettuce
Charlotte Barr--Squash
Sue Hottenstein--lettuce, squash
Ruth Beebee--zucchini, squash, apples
Dale Harrington--Squash and zucchini
Pam Jaynes--zucchini, butternut squash
Phyllis Palmer--String beans, zucchini
Sally Kesseli--cucumbers
John Leavitt--cucumbers
Mavis Shaw--zucchini
Anne Bower--Corn, beets and cucumbers
Bob Forman--Green Beans, cherry tomatoes, beets, turnips, thai basil, yellow beans, carrots, pole beans, tomatoes
Charlotte Barr--Squash, zucchini
Joe Herbert, Bill & Tita Langlands--Zucchini, garlic
Brooke Baird--summer squash
John Connelly--beans
White Cottage Snack Bar--4 bags lettuce
Phil Swanson--Zucchini and cucumbers
Carol Powell--tomatoes, cucumbers
Dick & Linda Brackett--cucumbers, summer squash
Rhonda Beebee--Apples, peppers

FUEL ASSISTANCE INFORMATION

Although winter may seem far away, it is time to think about Fuel/Home Heating Assistance applications now. For assistance with applications or more information, please call Eleanor Zue at the Center, or Senior Solutions (formerly the Council on Aging) Senior Help Line at 1-800-642-5119.

HEALTHIER LIVING WORKSHOP

Fridays, Oct. 14-Nov. 18, 9:30-Noon

Are you sick and tired of being sick and tired? Do you have an ongoing health condition that is affecting your life such as diabetes, a heart condition, asthma, pain? This free six-week workshop will teach you how to deal with symptoms and to manage your health. Also learn about techniques for relaxation, problem solving, better communications, good diet, and more. Like any skill, managing illness must be learned and practiced. Please sign up in advance. FREE.

CAREGIVER SUPPORT GROUP

Please note new day of the week!

Wednesday, October 19

(ongoing, the third Wednesday of each month 12:30- 1:30 PM)

Support and education can make a critical difference for family members and caregivers of patients with memory loss or disorders such as Alzheimer's. Please join our confidential monthly support group (with complimentary lunch) and share ideas, concerns, and constructive feedback with others facing similar challenges.

JOIN OUR MEMOIR CLUB

Ongoing, Mondays, 10:15-NOON
(Note earlier time)

In this informal group, we encourage one another as we record stories that may otherwise be lost or forgotten. We try to write and read aloud one to two pages each week, and lively discussion ensues. No pressure...reading is optional! Participants' goals may be to compile written memories in a book to be passed down, or to gather miscellaneous written memories as they come to mind. This group is fun and supportive--come join us!

FALL PROGRAMS

FREE LEGAL ADVICE CLINIC FOR SENIORS

Friday, October 7, 9:00-12:00 and 1:00-2:00

Half- hour appointments

An attorney for the Senior Citizens Law Project of Vermont Legal Aid will conduct a legal advice clinic for Vermonters age 60 and older at the Thompson Senior Center in Woodstock. This clinic is sponsored by Vermont Legal Aid and by Senior Solutions (formerly the Council on Aging for Southeastern Vermont.) Examples of the types of problems that can be handled are wills, powers of attorney, landlord-tenant issues, Medicaid, Medicare, Social Security, SSI, other public benefits, debt collection, consumer, guardianship, divorce, foreclosure, small claims, bankruptcy, and any other civil legal matter. However, the attorney can't help with criminal cases or problems and it must be your own problem not a neighbor or family member's problem. Please call to sign up for your free 20-minute consultation.

LEGISLATIVE FORUM ON SENIOR ISSUES

Wednesday, November 2, 10-11:30 AM

The Community of Vermont Elders (COVE) and The Thompson Center are pleased to co-sponsor a legislative forum on senior issues. The forum will provide an opportunity for seniors, their families, and those who provide services for them to meet with legislators to discuss issues of concern to Vermont elders. Coffee and juice will be served and participants are invited to stay for lunch at The Thompson immediately following at 12:00 PM. Suggested donation of \$4 for those 60 and older and \$6 for those under 65. Please RSVP to The Thompson Center at 457-3277, or by calling Meghan Lewia at COVE, (802)229-4731.

SEASONAL FLU CLINIC

Tuesday, October 25, 9 AM-12 Noon

This walk-in flu clinic is run by the Visiting Nurse and Hospice of Vermont and New Hampshire and is open to all adults 18 and older. Please bring your Medicare Part B insurance card so we can bill them directly. Fee for all others is \$25. For more information, call the Center at 457-3277.

NOT JUST FOR KIDS! ADULT IMMUNIZATIONS...YOU'RE NEVER TOO OLD!

Tuesday, October 25, 1PM

Ann Bradley, RN, BSN, Med, will discuss adult immunizations. Getting immunized is a lifelong, life-protecting job. Don't leave your healthcare provider's office without making sure you've had all the vaccinations that you need. This is an information session designed to discuss vaccine-preventable disease, based on current recommendations for adults by the Centers for Disease Control and Prevention.

FALL PROGRAMS

FRENCH CLASS

Please note time change!
Mondays 4:00-5:15 PM
September 12-October 24
 (no class Columbus Day, Oct. 10)
Cost: \$75
Instructor: Judy Mahood

In this class students will be involved in a variety of activities with the goal of improving their ability and confidence in speaking French. These activities may include reviewing grammar rules (toujours des exceptions!), oral drills, the French "dictée," short readings, phonetics for correct pronunciation, some French history, art, geography, cuisine...and the "Expression du Jour." The ambiance of the class is casual, friendly and encouraging. **Please register in advance.** Contact the instructor at: judymahood@comcast.net if you have questions.

ITALIAN STUDY GROUP

Fall session begins September 15
Thursdays, 10:30-12:00 PM
Cost: \$11/class
Instructor: Evangeline Monroe

In this study group we will focus on building comprehension and fluency. Group members will be encouraged to meet after class for lunch at noon. All levels of fluency are welcome. Evangeline is a retired Foreign Service officer who reported on Italian politics while serving at the U.S. Embassy in Rome from 1989 to 1991. For more information call Diana Leskovar at 457-3277.

SPANISH CLASS

Dates to be rescheduled. Please call Diana at ext. 21 for details
Instructor: Jennifer Roby
Cost: \$75

This class will be conducted primarily in Spanish with emphasis on building conversational skills. It will be geared toward beginner to intermediate learners. Instructor Jennifer Roby teaches Spanish part-time at the Albert Bridge School in Brownsville and has tutored children and adults of all ages.

STRENGTH & FITNESS

CLASS ADDED

Mondays, Tuesdays and Thursdays
9:00 AM

Note: new fee schedule

We have added a day to our popular Strength and Fitness schedule--adding Mondays, along with Tuesdays and Thursdays 9:00-10:00 AM. We have developed a new fee schedule to support the costs of this program and promote ease of use. **Beginning in October the class will be offered at \$3.00/class or 12 classes for \$30.00 (save \$6.00!)**

TAI CHI

Wednesdays, 10:30-11:30 AM
Oct. 5, 12, 19, 26, Nov. 2, 16, 30, Dec. 7, 14,
21, Jan. 4, 11, 18, 25
Cost: \$45.00

Instructor: Anne Bower

In our Fall/Winter tai chi class, both beginning and experienced students will work together (and sometimes separately) to learn the form called "tai chi for arthritis and fall prevention" which was developed from the traditional Sun style.

Clinical studies have shown that tai chi helps alleviate symptoms of arthritis, osteoporosis, diabetes, stress, fibromyalgia, and depression. It reduces frequency and seriousness of falls, too. If you've never taken tai chi, this is a great time to start. For more information, visit instructor Anne Bower's website: www.annebower.com, email her at anniebower@yahoo.com, or call 457-2877.

"ALIVE, ALIVE-O"

Dates to be rescheduled. Please call Diana at ext. 21 for details

Instructor: Karen Swanson

Stretch, strengthen, breathe and balance to big band and classical music! Based on the ancient science of yoga, and applying The Gold Rule internally, we will move with kindness, optimism and good cheer. Breathing practice for anxiety and pain, stretches for arthritis and other challenges and movement to strengthen our core and sense of balance.

FALL & WINTER TRIPS

New Policy! Please contact Diana (ext. 21) or Pam (ext. 16) DIRECTLY to reserve your space on all trips! Thank you!



FALL FOLIAGE TRIP TO THE ADIRONDACKS



Wednesday, October 12

Depart Thompson Center on Premiere Coach bus at 9:00 AM

Return to Woodstock by 5:30 PM

Cost: \$67.00 (includes coach bus, round trip ferry, lunch, and museum tour)

We will travel to Grand Isle, VT. and enjoy a scenic ferry ride across Lake Champlain to Plattsburgh, N.Y. We will enjoy lunch at Panera Bread. After lunch we will observe breathtaking views as we travel to the North Star North Country Underground Railroad Museum, a world class museum revealing the hidden history of the Champlain Line of the Underground Railroad. This interactive tour will reveal poignant exhibits and compelling stories of fugitives from slavery, who passed through New York and the Champlain Valley on their way to Canada.

A stop by Ausable Chasm, located next door to the museum, will highlight the autumn colors as they outline the Chasm's rock formation and waterfalls. Our group will have the option to photograph this natural formation from a bridge overlook, or enjoy the views from inside the bus. Our travels home will take us to Peru, NY, with a stop at Rulf's Orchard. This quaint orchard sells fresh apples, berries and baked goodies; including their famous Apple Cider donuts (they sell over 250,000 a year). **Please reserve your space on this trip with your payment. Thank you.**

RADIO CITY CHRISTMAS SPECTACULAR STARRING THE ROCKETTES

Wang Theatre, Boston

Friday, December 16, 2:00 Matinee

Depart Thompson Center on Premier Coach bus at 10:30 AM

Return to Woodstock by 9:30 PM

Cost: \$88.00 (includes theatre ticket and coach bus)

"If you've never seen it, go. If you have seen it before, go again. Tweaked from head to toe, the latest 'spectacular' boasts fantastic new effects, costumes, and musical numbers." ~The Daily News

Traditional show favorites will take center stage, including "Parade of the Wooden Soldiers" and "The Living Nativity," complete with live animals on stage. The audience will be brought to their feet with a NEW Rockette finale "Let Christmas Shine," which honors and celebrates the Rockettes as the stars of the show.

Please pack a lunch for the ride down. Coolers and water will be available. After the show we will stop in Woburn for a delicious dinner at Bertucci's Restaurant. (order off menu on your own.) **Please reserve your space on this trip with your payment. Thank you.**

PROGRAMS

Evening In MOVIE NIGHT AT THE THOMPSON CENTER

Wednesday, October 26, 5:30 PM

Enjoy the new release movie *Jane Eyre* in the comfort of the Thompson Center living room (on our 58" flat screen TV) with your friends and neighbors. The evening will begin with a buffet style dinner prepared by Chef Ryan. The movie will begin at approximately 6:30 PM. Please sign up in advance. No van transportation service available. Cost: \$5.00

Evening Out ACOUSTIC @ HOME WITH BROOKS HUBBARD AND THE MOONTONES

Lebanon Opera House

Thursday, November 3, 7:00 PM
(Depart on the
Thompson shuttle 6:00 PM)

The Moontones is a folk-based musical quartet that plays a wonderful mixture of original folk music along with memorable classics, spanning decades. Local singer-songwriter Brooks Hubbard will share the stage with this quartet and move the audience with his original lyrics. "I want to make people happy with my music and I want people to relate to it...so be happy, live life, and la la la love it!" ~Brooks Hubbard

Cost: Free (donations are accepted at the door)

Please note: We are grateful to Lebanon Opera House for organizing these free concerts which feature local talent and provide an opportunity for everyone to enjoy an evening of fine music. Thanks also to Citizens Bank for underwriting the cost of these concerts.



MIXED MEDIA ART STUDIO SERIES AT ARTISTREE

New!

Two six-week studio art class series will meet at Artistree (on route 12, Mount Tom Building) in collaboration with The Thompson Senior Center.

Session One:

Tuesdays, September 20--October 25

10:00 to 12:00 PM

Session Two:

Tuesdays, November 1--December 6

10:00 to 12:00 PM

Come join us for a fun and informative series of classes in the Artistree Open Studios. All levels are welcome to brush up on skills and experiment with new materials and art forms. Expect to have fun and learn new skills and techniques in a relaxed and comfortable environment. There will be instruction each week on a chosen subject, including landscape painting, still life, work from photographs, portraiture, plein aire work, etc. Historical art references will be provided along with demonstrations using a variety of art materials, including charcoal, pencil, pen and ink, pastels, watercolors, acrylics/oils, etc. Students also have the option to work on their own projects, with their own materials, with personalized instruction.

Cost: \$90/per session or \$165 for both sessions (materials and any additional fees will be discussed at the first class)

Note: Thompson Center van transportation can be arranged if needed. Scholarship money is available on a first come/need basis. Please call Artistree to reserve your space in this class: 802 457-3500 or sign up online at: www.artistreevt.org.

PROGRAMS

KEEPING THE WILD IN OUR VALLEY:

Moose, Bear and Bobcat in a
Changing Landscape

Tuesday, October 18, 1 PM

Josette Carter of Linking Lands Alliance will present a program on identifying key habitats and travel corridors supporting our large, far-roaming wildlife species and what we can do to keep wildlife connected and thriving as our region continues to grow.

FREE HEARING SCREENINGS

Friday, October 7, 9 AM - 3 PM

For those of you who missed the opportunity to have a free hearing screening at The Thompson, an Avada Hearing Care Specialist will return to conduct a thorough hearing examination and provide consultations at no charge. Hearing instrument demonstrations will also be available. Call early to reserve your 45 minute appointment.

HONEYMOONERS QUARTET

Thursday, October 27, 1 PM

The Honeymooners A Cappella Quartet returns to The Thompson on the day of our monthly birthday celebration, Thursday October 27th. Composed of two married couples, the group enjoys performing a wide variety of A Cappella music including doo-wop, barbershop, gospel and novelty songs...with lots of humor and some choreography. You never know what their next song might be, but when you hear it, you may be tempted to sing along.

HANDWORK CIRCLE Wednesdays at 10:30 AM

Could you use some moral support or a "knit fixer" for your current handwork project? Join this great group which gathers weekly to encourage and admire each other's projects, meanwhile trying to get some work done! No need to sign up...just show up!

POOL ANYONE?

At The Bugbee Senior Center
Rescheduled!

Monday, October 17, Depart Thompson
Center at 11:00AM

When was the last time you shot a game of pool? Some of you may remember when The Thompson had its own pool table. We are taking a jaunt to Bugbee for their monthly birthday lunch celebration, followed by a game or two of pool in their beautiful pool room. Rumor has it that Gordon, Jim, and Helen are players! Sign up even if you just want to enjoy a good lunch and be a supporting spectator. Who knows, with enough interest perhaps we can get a tournament going in the future.

BOOK CLUB

Wednesday, October 12, 1 PM

Our next book is *Someone Knows My Name*, by Lawrence Hill. It's the fictional story of a black woman, kidnapped from Africa as a child. She is enslaved in South Carolina but escapes during the Revolutionary War. In Manhattan, she is employed by the British to record the names of blacks who have earned their freedom to go to Nova Scotia. Eventually she returns to her homeland where she becomes a storyteller entrusted with her village's ancestral tales. At the end of her life, she moves to London where, to the British Parliament, she bears witness to the injustices of slavery. Although the book is historical fiction, it is rich in authentic detail. Aminata Diallo is a heroine you will never forget.



VTEL COMPUTER TRAINING

Not tech savvy? No worries. VTEL will be offering a free computer and Internet training class at the Thompson Center for residents throughout our service area. Along with expanding high-speed internet service to every last one of us, VTEL wants to educate customers on internet use, including shopping on-line, sharing photos with family and friends, laughing at videos on You Tube, watching movies on Netflix, and connecting with friends and family over e-mail in the comfort of your home. Please call The Thompson for dates and time and leave your name and number to reserve a space.

ACTIVITIES-OCTOBER 2011

MON	TUES	WED	THURS	FRI
3 Woodstock Day* 9 Strength & Fitness 10:15 Memoir Club 1 Bridge 1 Advisory 4 French Class 5 Weight Watchers	4 9 Strength & Fitness 10-12 Artistree Class* 10 Double King Pede 12 Spanish Table	5 9:00 W. Leb. shopping* 10:30 Handwork Cir. 10:30 Tai Chi 12 French Table	6 9 Strength and Fitness 10 Cribbage 10:30 Italian Study* 12 Italian table	7 9 Bowling* 9-12 and 1-2 Free Legal Advice Clinic* 9-3 Free Hearing Screenings* 12 German Table 1 Talk and Listen***
10 CLOSED-COLUMBUS DAY	11 9 Strength & Fitness 10 Double King Pede 10-12 Artistree Class* 10-12 Blood Pressure Screening 12 Spanish Table	12 9 Fall Foliage Trip* 10:30 Handwork Cir. 10:30 Tai Chi 12 French Table 1 Book Club	13 9 Strength and Fitness 10 Cribbage 10:30 Italian Study* 12 Italian Table	14 Oktoberfest* 9 Bowling* 9:30-12 Healthier Living* 9-2:30 Foot Clinic* 9 Piecemakers 12 German Table
17 9 Newsletter folding 9 Strength & Fitness 10:15 Memoir Club 11 Bugbee Pool Trip* 1 Bridge 4 French Class 5 Weight Watchers	18 9 Strength & Fitness 10-12 Artistree Class* 10 Double King Pede 11:30 Commodities 12 Spanish Table 1 PM Wildlife Program	19 8 Annual Meeting* Board Meeting 9:00 W. Leb. shopping* 9-2:30 Foot Clinic* 10:30 Handwork Cir. 10:30 Tai Chi* 12 French Table 12:30 Caregiver Support Group*	20 9 Strength and Fitness 10:30 Italian Study 10 Cribbage 12 Italian Table 1 Remember When? Floods	21 9 Bowling* 9:30-12 Healthier Living* 12 German Table 1 Talk and Listen***
24 9 Strength & Fitness 10:15 Memoir Club 1 Bridge 4 French Class 5 Weight Watchers	25 9-12 Walk in Flu Clinic 9 Strength & Fitness 10-12 Artistree Class* 10-12 Wellness Clinic 10 Double King Pede 12 Spanish Table 1 Immunization Talk	26 10:30 Handwork Cir. 10:30 Tai Chi* 12 French Table 5:30 Movie Night*	27 Birthday Day* 9 Strength and Fitness 10:30 Italian Study* 10 Cribbage 12 Italian Table 1 Honeymooners Quartet	28 9 Bowling* 9:30-12 Healthier Living* 12 German Table
31 9 Strength & Fitness 10:15 Memoir Club 1 Bridge 4 French Class 5 Weight Watchers		***call Diana to confirm dates	BINGO DAILY AT 11 EXCEPT BIRTHDAY DAY and OTHER SPECIAL MEAL DAYS	* Please sign up/Reservations Required

MENU-OCTOBER 2011

MON	TUES	WED	THURS	FRI
3 Tossed Salad, Pan Seared Tilapia, Foliage Succotash, Pumpkin Cranberry Bread Pudding	4 Multigrain Spaghetti & meatballs, Garlic bread, Mediterranean Vegetables, Fresh Fruit salad	5 Tossed Salad, Grilled Cheese, Creamy Tomato Vegetable Soup, Brownies & Fruit	6 Chicken Tostadas, Roasted Vegetable Medley, Italian Cream Cake w/ Berries	7 Grilled Tuna & Vegetables in herb butter, Scallion Brown Rice, Caramel Pumpkin Tiramisu
10 CLOSED-COLUMBUS DAY	11 Salisbury Steak, Mashed Potato, Gravy, Mediteranean Vegetables, Lemon Meringue Pie	12 Baked Ziti w/Sausage & Peppers, Tuscan Blend Vegetables, Peach Parfait	13 CHEF'S CHOICE	14 Oktoberfest* Tossed salad, Jagerschnitzel,(Pork cutlet with a mushroom gravy) Spaetzle, (homemade German Pasta) Apfel-Rotkohl,(braised red cabbage and apples) Hornchen (A pastry Horn filled with fruit preserves)
17 Turkey Quesadillas w/ Tomato Avocado Salsa, Roasted Vegetable Melange, Rum Raisin Rice Pudding	18 Chipped Beef and Egg Gravy on Mashed Potato, Mediterranean Roasted Vegetables, Fruit Salad	19 Tossed Salad, Chicken and Vegetable Noodle Soup, Biscuit, Coconut Cream Pie	20 Asian Pork Burgers, Roasted Steak Fries, Mediterranean Vegetables, , Black Forest Cake	21 Chicken Salad, Broccoli Salad, Tortellini Salad, Lettuce, Tomato, Sorbet w/ Berries
24 Chicken Divan w/ Penne Pasta, Tuscan Vegetables, Coconut Macaroons w/ Pineapple	25 Smoked Turkey and Broccoli Quiche Roasted Sweet Potato fries, Roasted Vegetables, Hot Fudge Sundae with banana	26 Tossed Salad, Macaroni and Cheese w/ Ham, Butter Beets, Peach Cobbler	27 Birthday Day* Herb Roasted Turkey Breast, Parsnip Mashed Potatoes, Green Beans Amandine, Cake and Ice Cream	28 Chef's Choice
31 Halloween Bombay Chicken, Scallion Rice, Stir Fried Vegetables, Famous Chocolate Chip Cookies w/ Fruit			Menu subject to change at chef's discretion. Thank you for your understanding!	* Please sign up/Reservations Required Served daily: 2% Milk, Juice, Coffee