A HOLIDAY TRADITION

The HOLIDAY BAZAAR and COOKIE WALK has been a tradition at The Thompson Center for dozens of years and has raised thousands of dollars to support the operations of our Center. On Saturday, December 1, 2012, from 9 AM – 1 PM, please join us for this annual event where you’ll find a great selection of holiday gifts, wreaths, handmade pottery, ornaments, jewelry, knitted and felted items, homemade goodies, jams, jellies, pickles, and more! Santa will be in the living room for photos with the children and our famous Cookie Walk will be upstairs in the conference room. Hundreds of cookies will fill over 200 cans. Arrive early to pick your favorites!

Don’t forget to get your raffle tickets to win a Sleigh Ride or Carriage Ride for two from Kedron Valley Stables, a panoramic print from Mt. Tom by Wm. Hoyt, or Beaded Jewelry by Leslie Marceau. Purchase tickets at the Center for $1 per ticket or $5 for a book of 6 tickets! All proceeds benefit The Thompson Senior Center.

FAREWELL TO A FRIEND

Eleanor Zue of Senior Solutions will be retiring on December 27, 2012. For over 26 years, Eleanor empowered and assisted many seniors in our communities. Eleanor has been a consistent and helpful team member at The Thompson Center on Tuesday and Thursday of each week. She will be missed by Senior Solutions, Thompson Senior Center friends, and the seniors she has served throughout these many years. We will recognize Eleanor and her many contributions with a celebration during lunch on Thursday, December 6th at the Center. All are invited to thank Eleanor and wish her well.

Eleanor’s departure will be a loss for all of us. In her absence, Senior Solutions encourages all seniors to contact the Senior Helpline at 1-800-642-5119, whether you were a current client of Eleanor’s, or are new to Senior Solutions. The Helpline is staffed with very knowledgeable people who are able to serve seniors, Monday through Friday, 8:30 a.m. - 4:30 p.m. See page 3 for more information about the Senior Helpline.
BEHIND THE SCENES

A note from the desk of
Deanna Jones, Executive Director

Welcome to the new associate members and board members voted on at our Annual Meeting. Although each has been involved with the Center in various ways, all new board members met with Cindy Carroll and me for new board member orientation this month, and we’re excited to welcome each of them and have their fresh perspective and the experience that they bring.

Another welcome goes out to our newest staff member, Mark Stanglin, who will work both as a back-up driver and kitchen assistant as needed for vacations or sick days. Mark and his wife own and operate the Carriage House Inn on Woodstock Road. Welcome to the team, Mark!

Don’t miss the delicious new menu items on the December calendar as well as the Holiday breakfasts that we’ll be serving this month! Chef Ryan has created a new Winter Menu plan, and you’ll be seeing new delicious dishes throughout the winter. Invite a friend and come on out! We would love to see you!

I always love to hear ideas and suggestions so please be in touch!

(802) 457-3277 or tsc-execdirector@comcast.net  Happy Holidays!

Please note:
Katrin Tchana, the Community Care Coordinator from the Ottauquechee Health Center, will be at TSC in December on these dates:
- Friday, December 7th, from 10:30 – 2:00 pm
- Wednesday, December 12th, from 10:30 – 2:00 pm
- Friday, December 28th from 10:30 – 2:00 pm

She will be in the Senior Solutions office, and she invites every one to stop in and see her.

ADVISORY MEETING HIGHLIGHTS

- Food Shelf pie baking for Thanksgiving boxes
- Delicious Oktoberfest meals mentioned
- Christmas Carol trip had to be cancelled because we were below the minimum number needed to take the trip
- Trip planning committee will be re-convoked
- Meal donation suggestions raised to help compensate for increased food costs.
- Volunteer greeters for visiting groups
- Vial for Life discussed
- Karaoke, movie night, and dinner event suggestions
- Holiday Bazaar reminders
- Pre-ordered “Pies to Go by Siobhan” for Thanksgiving

Please join our next meeting on Monday, December 3rd at 1pm. Your input is needed and appreciated!

MISSION

It is the mission of the Thompson Center to be a multi-generational 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 resource and advocate for our senior population, providing timely support on issues that affect aging in our rural community.

TSC TRANSPORTATION PROGRAM

Medical Rides - $10 suggested donation per out-of-town trip. A minimum of 48 hours notice is requested for scheduling.

Local transportation to and from The Thompson and Woodstock stops - suggested donation of $1 per ride ($2 round trip if you get off at both ways). Please call the Center by 8:30AM to request rides for that day. 457-3277

MEDICAL EQUIPMENT

Currently available at the Center: Walkers, LOTS of shower chairs, crutches, & wheelchairs.

Recliner with lift.

Also Available: Aluminum indoor/outdoor ramp, and Stair glide lift chairs, call for details. Contact Deanna at 457-3277.

IN MEMORY OF

Diane Blanchard  
Glady's Dratte

David Blackwell  
Mary Cameron

Joan Burdge  
Mary Cameron

December Birthdays

1st James Huff  
9th Leon Stetson

3rd Ginny Christy  
12th Eleanor Zue

5th Margaret Fladd  
13th Mildred Gay

6th Harry Fladd  
14th Grace Staples

6th Rick Kuniholm  
16th Ryan Martin

8th Lucile Appel  
22nd Erlene Rogers

8th Helen Flower

On December 27th we will celebrate your special day! Please join us!

IN APPRECIATION

Daily Valley News subscription - Woodstock Pharmacy
Birthday Cakes - Diane Atwood, Jane Soule, Carol Towne
Monthly book club selection - Yankee Bookshop
One Story subscription - Boyd Bishop
Flower pens/pencils - Tiffany Martin
Aprons & craft items - Marjorie Swain
Holiday Center pieces - Sue Lily (Red Horse Inn)
Medical equipment - Ken Holden
Medical equipment - Mildred d’Entremont
Medical equipment - Helen Curtis
Medical equipment - Bill & Kathy Emmons
Bratwurst - Bill Post
Pens - TD Bank
Yarn - Pat Hesterberg
Potato Salad - Woodstock Fire Dept
Thanksgiving Kitchen helpers & peelers - Perry Maxham, Joyce & Nelson Gilman, Dick Brackett, Dan Kenney, Carl Keselli

SHARE THE HARVEST

Potatoes and leeks - Carl & Rick Kuniholm

KIA SOUL - Transportation

Sponsors:
Upper Valley Rehabilitation
Dead River
Ellaway’s Attic Consignment
Ottauquechee Plumbing
Mark Knott, DDS
People’s United Bank
Woodstock Insurance Services
Lang McLaughry Spera Real Estate’s Tammy Vutcher

Page 2 The Thompson Times
**ONGOING PROGRAMS**

**CAREGIVER SUPPORT GROUP**
*Wednesday, December 19*
(ongoing, on 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 AM - Noon*

In this informal group, we encourage one another as we record stories that may otherwise be lost or forgotten. Each person has an opportunity to read aloud one to two pages each week often triggering group discussion. No pressure… reading is optional! Participants’ goals may be to compile written memories in a book to be passed down, or to share miscellaneous written memories as they come to mind. This group is fun and supportive -- come join us!

**BOOK CLUB**

The book club takes a break in December, but if you want to get a head start on January’s read, get Ann Patchett’s *State of Wonder*. Jane Philipin will lead.

An ordinary scientist from Minnesota is sent to the Amazon jungle to find her missing colleague and to check up on the ruthless Dr. Annick Swenson, a surly researcher studying an amazing tribe whose women go on bearing children into old age. Wonderful characters, poison arrows, loss, sacrifice, wonder and beauty, and much to ponder regarding the development of new drugs.

**HAPPY FEET!**
*with Mary Wood*

**BOOK CLUB**

Monthly, 9 am - 2:30 pm on the 2nd Friday & 3rd Wednesday

Mary Wood, our wonderful retired RN runs the foot clinic. Call 457-3277 to schedule a half hour appointment with Mary between 9 - 2:30 pm on the 2nd Friday or the 3rd Wednesday of each month (see the calendar for dates). Your feet will thank you! Cost: $15

**HANDWORK CIRCLE**

Need moral support starting or finishing a project? Join our handwork circle on Wednesdays at 10:30 AM for tips, advice, coffee, and a few laughs.

**SCRABBLE CLUB & BRIDGE CLUB**
*Ongoing, Mondays, 1 PM*

**WELLNESS CLINIC & BLOOD PRESSURE SCREENINGS**

Wellness clinics (blood pressure, glucose, cholesterol screenings) with Michelle Chiesa, RN, Visiting Nurse and Hospice of Vermont and New Hampshire will be held on the 4th Tuesday of each month from 10-noon. Please note December clinic is scheduled for the 11th @ 10:00 AM to Noon.

**NEWS & PROGRAMS**

**Senior HelpLine 1-800-642-5119**

If you are a Vermonter aged 60 or older, or a family caregiver, please take note of the information below, and save this phone number.

On weekdays between 8:30 A.M. and 4:30 P.M., friendly experts are waiting to answer your questions about aging issues and resources. This service is free and confidential.

**Here are the Top Ten reasons to call the Senior HelpLine:**
1. You have Medicare questions
2. Your aging family member needs help
3. You’re 60 or older and have questions about public/state benefits
4. You’re exploring long term care options
5. You need medical or non-medical transportation (transportation requests may be forwarded to the Thompson Senior Center)
6. You have questions about nutrition or wellness
7. You’re a provider looking for programs to refer seniors
8. You need appropriate housing
9. You need help managing your bills/finance
10. You’re a caregiver for an older person and feel stressed

Please note: If you have an emergency issue, you should call 9-1-1.
If you have some other urgent after hours need, please call 2-1-1.

The Senior HelpLine is cooperatively run by the five non-profit Area Agencies on Aging that serve Vermont. Your call will automatically be routed to the agency that serves the area you’re calling from. Senior Solutions is the agency serving Windham and Windsor counties.

The Senior HelpLine (1-800-642-5119) is available for Vermonters aged 60 and up, and their family caregivers and others who help them. Give it a try; you might be surprised by all that’s available for you and your loved ones.

**Holiday Events on Wednesday, December 12, 2012**

**HOLIDAY DINNER AND MUSIC AT 12:00 PM**

Please join us for our annual Holiday meal at Noon on December 12th. The menu is:
Baked Ham, Scalloped Potato, Pineapple Bread Pudding, Holiday Cranberry Chutney, Green Bean Almondine, Devil’s Food Peppermint Cake. **Advance sign-up is required**. 457-3277.

The Woodstock Union High School Chorus will be ing caroling here for our holiday dinner!

**YANKEE SWAP 1:00 PM**

After this special dinner, continue the holiday fun at our annual Yankee Swap.

If you can, please bring in a gently used, wrapped item to add to our collection of gifts.
PROGRAMS

Spa Day at The Thompson
December 19, 9:00 AM to 12:00 PM
Don’t let the holiday time get you down or stressed out. Pamper yourself with a relaxing chair massage. Several providers from The Spa at the Woodstock Inn and Resort have generously offered to share their time and talents with us as a holiday gift. Please call the Senior Center to reserve your 20 minute appointment. Slots will fill up soon!
(802) 457-3277.

Covered Bridges of New England

A slide show presented by Photographer/Author Jeffrey Blackman

Tuesday, December 11, 1:00 PM
Jeffrey Blackman’s photography has been featured in numerous high-profile publications including Life, Newsweek, National Geographic Traveler, American Preservation, and Polo Magazine, among others. He has photographed the ice festival in Sapporo, Japan; the marble quarries of Pietrasanta, Italy; Formula One in Monaco; and NASCAR races throughout the US. He is also the author of Covered Bridges of New England, Out of Gas, End Zone (an extensive photo essay about the NFL), and Barns of New England.

You will have an opportunity to purchase a signed copy of his book, Covered Bridges of New England after his program.

MEMORY TREE FOR THE HOLIDAYS

Each year a tree is set up in the foyer of the Thompson Center and is dedicated as a memory tree. Ornaments are $2 and each name will be placed on the tree for those who are being remembered.

Lucy Mac Pets
Bring Holiday Cheer to The Thompson
Tuesday, December 18, 1:00 PM
Lucy Mackenzie Humane Society recognizes that love for a pet knows no age limit. Please join us on December 18th when our partners in our Meals For Pets project come for a holiday season visit with some of the shelter animals. Learn about their Sophie’s for Seniors program whereby local senior citizens may adopt an older pet from Lucy Mac for a reduced adoption fee. Lucy Mac will continue to work with the adopter to facilitate veterinary care and transportation to appointments, and general training. If the owner should pre-decease the pet, Lucy Mackenzie will take care of the pet for as long as it takes to find another loving home. It’s a win/win situation, resulting in quality retirement companionship for both.

A Very Special Sale!
Thursday, December 13, 11 AM to 2 PM
Complete your holiday shopping with a lovely gift from Operation Yellow Bead. Pam Butler and Diana Hayes will present this special sale of beautiful bracelets and earrings from the full collection. All items are priced at $15 - $20 and are gift boxed. Proceeds will be donated to Trout Unlimited to help the Vermont Chapter of the National “Healing Waters” Program for our wounded warriors and veterans.

FRENCH CLASSES

Instructor: Judy Mahood
Email: judymahood@comcast.net

Start the New Year with a fun and informative immersion class. It will be held one day for 2 ½ hours. Look for details in our January newsletter or contact Judy at judymahood@comcast.net

ITALIAN STUDY GROUP

Thursdays, December 6 & 13
10:30 AM - Noon
Cost: $22 for 2 classes
Instructor: Evangeline Monroe

In this study group we will focus on building comprehension and fluency. 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

Watch for dates and times for an early spring series.
Instructor: Susan Copeland

This class will be conducted primarily in Spanish with emphasis on building conversational skills. It will be geared toward beginning and intermediate learners. Instructor Susan Copeland taught Spanish part-time in Hartford High School in Hartford, VT and has worked with the Rassias Foundation teaching both English and Spanish. The class will be using Communicating In Spanish (Novice Level) by Conrad Schmitt and Protase Woodford (Jan 1, 1991), and 5-Minute Spanish by Berlitz (Jul 15, 2009) (CD optional). Minimum: 4 students. Please sign up in advance by calling 457-3277.

STRENGTH & FITNESS

Tai Chi for Total Wellness

Wednesdays, January 2, 9, 16, 23, 30, and February 6. March 6, 13, 20, 27, April 3 & 10. (Note: No classes in December)

T'ai Chi helps reduce the symptoms of diabetes, arthritis, fibromyalgia, joint pain and stiffness, as well as depression. T’ai chi movements also help with body coordination, muscle tone, balance, concentration, and stress reduction.

Tai Chi for Beginners, 9:30 – 10:30 AM (dates above)

This class will learn the form known as “T’ai Chi for Arthritis”; designed by a doctor and based on the Sun style T’ai Chi. The form is easy to learn and is appropriate for beginners and those needing review.

Tai Chi for Contining Students, 10:40 – 11:40 AM (dates above)

This class will continue to practice parts one and two of T’ai Chi for arthritis and begin to learn Yang 24, the most popular Tai Chi form in the world.

For more information, contact instructor Anne Bower at: 802 457-2877; anniebower@yahoo.com; or view www.annebower.com.

Cost: $30.00 (six classes)

Come try one class for free!
TRIPS

TRIP TO RHODE ISLAND,
“ FROM GILDED AGE TO TODAY’S GOURMET”
SUNDAY, MAY 5 TO WEDNESDAY, MAY 8, 2013

Notch Above Tour Package Includes:
- Wine Tour and Tasting at Newport Vineyards
- Free time at Bannister’s Wharf
- Oyster Farm Tour
- Tour at Smith’s Castle
- Bakery Tour and Demonstration
- Cooking demonstration at Geppetto’s
- Baggage service for 1 piece of luggage per traveler
- Full-time escort
- Roundtrip transportation on a luxury motorcoach
- Taxes and Gratuities

Detailed itinerary is available at The Thompson

Pricing Information: (based on 38 paid travelers)
Per Person Double Occupancy: $748.00
Per Person Triple Occupancy: $681.00
Per Person Quad Occupancy: $647.00
Per Person Triple Occupancy: $681.00
Per Person Single Occupancy: $950.00

Please call Heidi Cunningham at Travel Associates for further information (802) 457-1600. Terms: Reservations should be made with a $250.00* non-refundable deposit by January 4, 2013. *subject to exceptions (contact Heidi for details).

New! Art Learning Collaborative

FRIDAY, JANUARY 11 TO FEBRUARY 1, 10:00 TO NOON

Do you have art supplies you’ve been meaning to use? Do you have an art project you haven’t had the motivation to finish? Would you like to make art in the company of friends? Get back into doing the kinds of arts and crafts you like, and learn new tricks through professional, individualized instruction. Beginners and experts are welcome, and any art form is accepted – painting, drawing, quilting, and crafts. Don’t have any art supplies or previous knowledge? No problem! Wendy will provide art and craft supplies as well as instruction to anyone who wants to learn or relearn something new. Come make art, socialize, and learn in a supportive, welcoming environment.

Wendy is a graduate of the University of Vermont’s Art Education Program. She has a strong interest in alternative, hands-on education and has interned and worked teaching art in a variety of settings with diverse populations. She has taught art in public and private schools, summer camps, specialized centers and institutions, as well as privately. Wendy is also a practicing artist and has shown her art in venues around the Upper Valley and Burlington, Vermont. Wendy is currently living and working in the Upper Valley as an artist and educator.

Cost: $48.00 (make up class scheduled, February 8th, if needed)

Materials required: any art supplies you wish to use. If you have no art supplies, you may pay an extra $15 for the class series and use Wendy’s fine art painting and drawing supplies.

Minimum 3 students required. Please call the Thompson to sign up in advance, 457-3277.

Senior Skate, Woodstock Union Arena
WEDNESDAYS, 10:00 TO 11:00AM

Join a fun and committed group of skaters each week as they socialize, exercise, and sharpen their skills (and skates). Free for those 55 years and older.
### PROGRAM CALENDAR - DECEMBER 2012

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<td>9 Strength &amp; Fitness 10:15 Memoir Club 1 Advisory Meeting 1 Bridge 1 Scrabble</td>
<td>9 Strength &amp; Fitness 10:00 Double King Pede 12 Spanish Table</td>
<td>9 W. Leb Shopping* 10:30 Handwork Cir. 12 French Table</td>
<td>9 Strength &amp; Fitness 10 Cribbage 10:30 Italian Study Group 12 Retirement Party Lunch for Eleanor Zoe 12 Italian Table</td>
<td>12 German Table</td>
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<td>9 Strength &amp; Fitness 10:15 Memoir Club 1 Bridge 1 Scrabble</td>
<td>9 Strength &amp; Fitness 10:00 Double King Pede 10:00 Wellness Clinic 12 Spanish Table 1 Covered Bridge Slideshow</td>
<td>10:30 Handwork Cir. 12 HOLIDAY DINNER with music by WUHS chorus* 12 French Table 1 Yankee Swap</td>
<td>9 - 2:30 Foot Clinic* 12 German Table</td>
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<td>8:30 Newsletter Folding 9 Strength &amp; Fitness 10:15 Memoir Club 1 Bridge 1 Scrabble</td>
<td>8 Board Meeting 9 W. Leb Shopping* 9 Spa Day 9 -2:30 Foot Clinic* 10:30 Handwork Cir. 12 French Table 12 Caregiver Support Group</td>
<td>9 Strength &amp; Fitness 10 Cribbage 1 Christmas music with the Buswell family</td>
<td>8:30 Holiday Breakfast Closed at noon 1:15 departure to Peter Pan at the Northern Stage*</td>
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<td>Christmas Eve CLOSED</td>
<td>Christmas Day CLOSED</td>
<td>10:30 Handwork Cir. 12 French Table</td>
<td>BIRTHDAY DAY* 9 Strength &amp; Fitness 10 Cribbage</td>
<td>8:30 Holiday Breakfast Closed at noon</td>
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<td>New Year’s Eve CLOSED</td>
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* Please Sign up/Reservations Required

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### MENU - DECEMBER 2012

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<tr>
<td>Grilled Chicken Breast Sandwiches, Bean salad, Potato Salad, Brownies and Fruit</td>
<td>Lasagna, Crusty Bread, Vegetables, Fresh Fruit Parfait</td>
<td>Tilapia w/ Lemon, Onions, Peppers baked in foil, Vegetables, Baked Potato, Ginger Almond Cookies</td>
<td>Turkey Quesadillas w/ Tomato Avocado Salsa, Roasted Vegetable Melange, Chocolate Cake</td>
<td>BLT’s, Broccoli Soup, Ice Cream</td>
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<td>Tossed Salad, Chicken Cacciatori over Spaghetti, Garlic Bread, Oatmeal raisin cookies</td>
<td>Reubens, Sweet Potato Fries, Roasted Vegetables, Warm Apple Crisp</td>
<td>HOLIDAY DINNER* Baked Ham, Scalloped Potato, Pineapple Bread Pudding, Holiday Cranberry Chutney, Green Bean Amandine, Devils Food Peppermint Cake</td>
<td>Baked Chicken Chimichangas, Red Beans, and Rice, South Western Roasted Vegetables, Cherry Crunch Pie</td>
<td>Split Green Pea Soup w/ Ham Tossed Salad, Biscuit, Cranberry Bread Pudding</td>
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| Chicken Pot Pie, Tossed Salad, Chef’s Famous Chocolate Chip Cookies w/ Fresh Fruit | Beef Stroganoff, Egg Noodles, Roasted Seasonal Root Vegetables, Poached Pears | Singapore Curry Chicken, Rice, Stir Fried Vegetables, Sorbet w/ Fruit | Chef’s Choice | Breakfast Day* (served at 8:30am)
Asparagus Mushroom Cheese, Frittata, w/ Bacon, Home Fries, Fruit Salad, Yogurt |
| 24  | 25  | 26  | 27  | 28  |
| Christmas Eve Closed | Christmas Day Closed | Chef's Choice | Birthday Day* Herb Rubbed Roast Beef, Green Bean Casserole, Mashed Potatoes, Roll, Cake and Ice Cream | Breakfast Day* (served at 8:30am)
French Toast, Hash browns, Sausage, Fruit Salad, Yogurt |
| 31  |     |     |     | New Year’s Eve Closed |

* indicates that sign-up/reservations are required (Birthday Day & special holiday meals)

Meal Pricing:
- $7 charge for those under age sixty
- $5 suggested donation for ages sixty and over

Menu is subject to change based on availability of food items.

Please call ahead with special dietary needs.

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