MEDICAL EQUIPMENT
Currently available at the Center: Bed rail, crutches, Commode chairs, walkers, Depends.
IN NEED OF: Wheelchairs, wheeled walkers, and recliner lift chairs.

We've given away dozens in the last few months! It's great to see them re-used! Contact Deanna at 457-3277 for more details. You can also donate or find medical equipment at: www.getATstuff.com

WINTER CLOSING POLICY
The Center is always closed when the Woodstock schools are cancelled. You can find out if the schools are closed after 6:15 AM by checking local news. We may also close when we feel driving conditions are not safe for our participants. If the weather seems questionable, please call the Center after 8 am and if we are closed, there will be a message on our machine. We also post on Facebook.

TSC TRANSPORTATION PROGRAM
The Thompson Center operates a door-to-door transportation program for seniors and disabled community members from the towns of Barnard, Bridgewater, Pomfret, and Woodstock.

Medical Rides - $10 suggested donation per out-of-town trip. A minimum of 48 hours notice is requested for scheduling. Schedule with Paula at 457-3277.

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

Monthly shopping trips to West Lebanon depart from TSC on the 1st and 3rd Wednesday of each month at 9 am on the Stagecoach van (returning at approx. 12:15 pm). Stops at various locations. Sign up with the Thompson at least 24 hours in advance. The Thompson funds these trips with Stagecoach so any donation is greatly appreciated. Call 457-3277.

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CELEBRATE THE HOLIDAYS WITH US!

HOLIDAY BAZAAR & COOKIE WALK
SATURDAY, DECEMBER 7, 2013, 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 visit 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!

Raffle tickets prizes:
- Dinner for four to reminisce with NBC News Correspondent Bob Hager, a French braid quilt made by Janet Maxham and Bonnie Atwood, and pottery by Miranda Thomas. Tickets are $5, or 6 for $20.
- All proceeds benefit The Thompson Senior Center.

Location: The Thompson Center, 99 Senior Lane, Woodstock, VT 05091
For more information call, 457-3277

HOLIDAY TEA AT THE JACKSON HOUSE INN
WEDNESDAY, JANUARY 8, 2014
2:30 – 4:30 PM

Kathy and Rick Terwelp of The Jackson House Inn welcome Thompson guests for the 4th Annual Holiday Tea. After the hustle and bustle of the holiday season, relax and enjoy a cup of tea and goodies with friends and our neighbors. **Sign up is required** as space is limited to 35. RSVP by January 3rd at the Thompson Center, or by calling 457-3277.

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BEHIND THE SCENES

ADVISORY MEETING HIGHLIGHTS

- Program and trip discussions; Fall Foliage trip feedback
- Volunteer receptionist meeting planned
- Suggestion for afternoon movies discussed (will try Friday afternoons during the winter months)
- Discussion about vegetables served and suggestions made to replace Mediterranean style vegetables
- Our leased Kia was rear-ended and had to be replaced. We now have a Ford Focus from Gateway Motors which will give us more room for walkers in the back.
- Pies will be sold for Thanksgiving

Please join our next meeting on Monday, December 2, at 1pm. All patrons and volunteers are invited to attend. Your feedback is needed and appreciated!

HELP WANTED!

Volunteers are needed for the reception desk: Regular Monday Morning, 8:00 to 11:30 AM shift, and substitutes.

Volunteers play a major role at the Thompson Center. We can’t do it without you! Please call Paula Audsley, Outreach Manager, 457-3277 x 19 to discuss fun and rewarding volunteer roles.

MISSION

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. Our programs and activities will promote the physical, intellectual, and social well being of the adult community to enhance dignity, self-worth, and independence. In addition, our senior center will provide a gathering place for our community.

IN LOVING MEMORY & APPRECIATION

FROM THE STAFF AT THE THOMPSON CENTER

Wishing you a Safe and Happy Holiday Season

IN MEMORY OF

William Beebee
Charlotte and Bert Croft

Please see previous newsletters for other memorial gifts. Gifts are listed once in the monthly newsletter immediately following when they are received; this is not a complete listing of gifts for each individual.

Thank you for your contributions in memory of dear friends.

FUEL ASSISTANCE INFORMATION

For assistance with applications or more information, please call Senior Solutions (formerly the Council on Aging) Senior Helpline at 1-800-642-5119

Meals for Pets is offered for our patrons who have Meals on Wheels deliveries. This partnership with the Lucy MacKenzie Humane Society allows us to deliver pet food for those who need this service. Call Pam Butler at 457-3277 for more information.

IN APPRECIATION

Jim & Margaret Bradley - Jigsaw puzzles
Lee & Brenda Garsh - apples
Dottie Forthmann - chair cushions
Thanksgiving dinner kitchen helpers:
- Carl Kesseli
- Dick Brackett
- Dan Kenney
- Kay Camp
- Jane Soule
- Janet Maxham
- Perry Maxham
- Sarah Roberts

ONGOING DONATIONS:
- 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
- Transportation Sponsors:
  - Upper Valley Rehabilitation
  - Dead River Company
  - Ellaway’s Attic Consignment
  - Ottauquechee Plumbing
  - Mark Knott, DDS
  - Woodstock Insurance Services
  - Lang McLaughry Spera Real Estate’s Tambre Yutech

Thank You!

December Birthdays

1st James Huff 13th Mildred Gay 23rd Glen Barr
3rd Ginny Christy 14th Grace Staples 24th Leo Barr
6th Don Mono 16th Ryan Martin 26th Carl Kesseli
6th Rick Kuniholk 17th Gordon Pine 26th Katherine Webster
8th Lucile Appel 20th Rose Mroszczyk 27th Marie Aldrich
12th Eleanor Zue 22nd Erlene Rogers 28th Pat Hadley

On December 19th we will celebrate your special day! Please call to make a reservation for lunch and join us!
**WELLNESS PROGRAMS**

**Wellness Clinic & Blood Pressure Screenings**  
**Tuesday, December 17, 10 - 12 noon**

Wellness clinics (blood pressure & consultation) with Michelle Chiesa, RN, Visiting Nurse and Hospice of Vermont and New Hampshire are held on the 4th Tuesday of each month from 10-noon, but will be held on the 17th this month due to the holiday schedule.

**Open Enrollment Medicare Part “D” Assistance**  
**Tuesdays, through December 10, 2013**  
**1:00-3:00pm**

Christine Tschummi from Senior Solutions will provide one-on-one assistance with Medicare part “D” enrollment. This free service is for new members as well as existing members who would like to make changes or review their current plan. Please bring your Medicare card and/or any pertinent insurance cards. Christine will also need a list of your current medications and dosages. Please sign up in advance for your one hour appointment. 457-3277

**DO YOU NEED A LIFELINE?**

**Thursday January 9, 2014, 1:00 pm**

Presented by Dartmouth-Hitchcock Medical Center Lifeline Program

Lifeline Specialist Tara Eaglestone will be talking about the Lifeline experience and explain how Lifeline can support independent living for older adults. She will discuss the current products, including new wireless Home Safe equipment for people who have given up their landline phone service, how and when they work, and how to get them. Different models of Lifeline products will be available to try on. If you cannot make the presentation but would like more information, please call toll free 1-888-699-4034.

**Chair Massages**  
**at the Thompson**  
**Wednesdays, December 4, 11**  
**10:00am to noon**

Licensed massage therapists, Sara or Jim, will be available to provide chair massages at the Thompson. The benefits of having a massage on a regular basis are numerous. See for yourself!

Please call in advance to schedule your 20 minute massage and make sure to cancel in advance if you can’t make it so that someone else can take your spot and we don’t keep our massage therapists waiting!

Cost: 20 minute massage/$20.00

**Foot Care Clinic**  
**with Mary Wood**  
**Monthly, 9 am - 2:30 pm**  
**on the 2nd Friday & 3rd Wednesday.**

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

A waiting list is kept for each day; PLEASE make sure to let us know if you can’t make your appointment. Cost: $15, please bring your own towel.

**CAREGIVER SUPPORT GROUP**

**Wednesday, December 18, 12:30 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) on the 3rd Wednesday of each month, and share ideas, concerns, and constructive feedback with others facing similar challenges.

**OVERCOME: BURNED, BLINDED AND BLESSED**

**Thursday, December 5, 2013, Dinner event and author talk**  
**5:30 dinner, 6:30 talk with Carmen Tarleton**

Carmen Tarleton, Inspirational Speaker and Award Winning Author of Overcome: Burned, Blinded, and Blessed will share her powerful story of surviving extreme violence, severe physical trauma, and ultimately victory over catastrophic loss. Tarleton’s physical recovery has been reported extensively. With over 60 surgeries and a full face transplant in Boston earlier this year, Tarleton chooses to focus on her emotional journey, with lessons of survival, resilience and forgiveness. She is receiving wide acclaim for her speaking events, media interviews, and featured articles in national publications.

“Carmen’s story is one of tragedy and triumph. She is truly an example of the strength and beauty of the human spirit. Carmen went from victim to survivor and teaches us all that we can overcome the unimaginable and create the lives we would like to live.” ~Jennifer Radics, Executive Director, Alisa Ann Ruch Burn Foundation

Menu: Chef Ryan’s famous puff pastry chicken pot pie, tossed salad, Pumpkin Tiramisu.

Cost: $15. Advance payment with reservation required. Note: Books available for sale and signing after event.

**Financial Health During Retirement**  
**Wednesday, December 11, 4:30 to 6:00 pm**

Most of us envision retirement as a time to relax, spend time with loved ones, travel or start a new hobby. But it’s difficult to reap the rewards of our hard-earned years of work without some careful financial planning. A national survey of pre-retirees revealed that while “funding a comfortable retirement” was a financial priority there was a gap in confidence between seeing their retirement goals and achieving them. Only half of U.S. investors (53%) surveyed were confident that they will be able to do so. In addition, those in retirement regretted not being better prepared and were looking for ways to improve their current situation. This seminar will focus on both pre-retirees and those already retired. The discussion will include sources of retirement income, best ways to generate income from current savings and how to determine the level of savings you need to generate a desired amount of income in retirement.

Presenter Sally Boyle, a CFP and the principal of SJ Boyle Wealth Planning, is a Registered Investment Advisor in the State of New Hampshire and has over 20 years experience in the field of Financial Planning.

Please call to register in advance for this free seminar. A minimum of 10 participants is required.
PROGRAMS

HOLIDAY DINNER & YANKEE SWAP
Thursday, December 12, 2013

HOLIDAY DINNER, 12:00 pm
Please join us for our annual Holiday meal at Noon on December 12th.
Menu: Baked Ham, Scalloped Potato, Pineapple Bread Pudding, Holiday Cranberry Chutney, Green Bean Almandine, Devils Food Peppermint Cake. Advance sign-up is required, 457-3277.

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. You never know what you’ll go home with!

December 12th Music
Thursday, December 19, 1:00pm
Musician Kerry Rosenthal will play new and familiar tunes on her guitar and sing a variety of folk, country, and classic favorites.
Join us in the living room after birthday lunch on the 19th.

A Child’s Christmas in Wales,
by Dylan Thomas, Read by Ham Gillett
Tuesday, December 17, 1:00 pm
A Child’s Christmas in Wales was first published in Harper’s Bazaar some fifty years ago. It is a showcase for Dylan Thomas’s genius for language and remains the poet’s most popular prose work to this day. Don’t miss this memorable holiday event.

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. For $2 people can have an ornament placed on the tree with the name of it of someone they are remembering during the holidays.

Strength & Fitness
Weekly classes, Monday, Tuesday & Thursday 9 to 10:00AM
This popular class is led by certified fitness instructor and personal trainer, Liz Hatfield. Liz incorporates aerobic, stretching, strength and weight bearing exercises. The benefits of these exercises include bone building, balance, and overall coordination.
Cost: $3.00/class or 12 classes for $30 on a punch card.

Kripalu Yoga, with Annie Frates
TUESDAYS, 1:00 - 2:00PM
This gentle yoga class is for everyone—standers, sitters, experienced and inexperienced. Annie will guide the class through a variety of yoga exercises that will help people gain flexibility, improve posture and spine health, develop strength, and increase breath awareness.
Cost: $5.00 per class.

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 memories and lively discussion. No pressure—reading is optional!

Senior Skate at Union Arena
Fridays, 9:30 to 10:30am (excluding Nov. 29, Dec. 27, and Jan. 3)
Sharpen your skates (and your skills) and enjoy skating with friends and family— for free! Seniors are welcome to stay for an additional hour when the ice is open to “moms and tots”—10:30 to 11:30am. The ice rink is open from October 20th to March 14th, excluding holidays.

CLASSES & PROGRAMS

Tai chi
For Health and Balance
Beginner Level (B) – Wednesdays, 10:40-11:40AM;
Next Session: Dec. 4, 11, 18; Jan. 8, 15, 22
This class is for those who have already learned the Sun Style “tai chi for arthritis and fall prevention,” parts 1 and 2. The class will continue to review these forms and will explore Yang 24 forms. The instructor Anne Bower can be reached at: anneebower@yahoo.com; 457-2877 or website: www.anneebower.com.
Cost for series of 6 classes: $30.00

Advanced Level (Adv) – Wednesdays, 10:40-11:40AM;
Next Session: Dec. 4, 11, 18; Jan. 8, 15, 22
This class is for those who have already learned the Sun Style “tai chi for arthritis and fall prevention,” parts 1 and 2. The class will continue to review these forms and will explore Yang 24 forms. The instructor Anne Bower can be reached at: anneebower@yahoo.com; 457-2877 or website: www.anneebower.com.
Cost for series of 6 classes: $30.00

Bone Builders
Mondays and Thursdays, 2:00 pm
The Bone Builders exercise program, developed at Tufts University, addresses bone health for people of all ages. Women especially may have thinning of bones as early as age 40, but men are welcome in this class and will benefit as well.
Bone Builders classes, with instructor Althea Dertime, are ongoing on Monday and Thursday each week from 2:00 to 3:00pm. Classes are free. Minimum of six participants required. Please sign up in advance.
Please note: The Bone Builders program incorporates weights and is different from the Strength and Fitness class we offer three times each week.

For Health and Balance
MEMOIR CLUB
Strength & Fitness
Kripalu Yoga, with Annie Frates
A Child’s Christmas in Wales
December Birthday Day Music
Phantom of the Opera, Movie showing at the Thompson Center
HOLIDAY DINNER, 12:00 pm
YANKEE SWAP, 1:00 pm

December Birthday Day Music
Thursday, December 19, 1,00pm
Musician Kerry Rosenthal will play new and familiar tunes on her guitar and sing a variety of folk, country, and classic favorites.
Join us in the living room after birthday lunch on the 19th.

Phantom of the Opera, Movie showing at the Thompson Center
Friday, December 27, 1:00pm
Enjoy Broadway’s longest running musical in the comfortable living room of the Thompson Center. For 25 years Phantom has been the Broadway musical all others are measured against. It is a timeless story, with an unforgettable score and spellbinding effects. Please sign up in advance, so we can plan for “goodies.”
**TRIPS & NEWS**

**Irving Berlin’s White Christmas, Northern Stage Theatre, White River Junction**

**Thursday, December 19, 2:00pm**  
*Depart on the Thompson Center bus at 1:00 pm*

Enjoy a true Vermont Christmas, filled with romance and song! Two WWII veterans take their song-and-dance act to a Vermont lodge as they pursue the singing Haynes sisters.

Cost: $38.00 (includes gas/transportation)  
Please sign up by November 30th—space is limited.

**The Thompson Center Group Cruise — Norwegian Cruise Line**

**Boston to Bermuda — 7 nights — May 9 to 16, 2014**  
*Best Bermuda Itineraries* — *Porthole Cruise Magazine*

Get ready to be tickled pink—pink sand, that is! Depart from Boston on the Norwegian Dawn, the only cruise line that sails to Bermuda from Boston. A full brochure is available at the Thompson Center, or call Heidi Cunningham at Travel Associates for more details or to make reservations (802) 457-1600.

Mid-ship ocean view stateroom with porthole (block of rooms reserved), $835.00 per person, based on double occupancy. Balcony stateroom, prices available upon request.

A $250.00 deposit per person is due at the time of booking, with final payment due by January 23, 2014. Note: Group pricing is only available until December 9, 2013.

**Trips to watch for in the new year:**

- 2nd Annual Winter Sleigh Ride in South Woodstock
- Cirque Du Soleil “AmaLuna” in Boston on June 20, 2014.

**Fun Facts & Reminders:**

- The Marble Game “pot” is up to $142. We play on most Mondays & Thursdays. $1 gives you 3 chances to draw a marble if your ticket is pulled. A red marble is a winner and the pot is split between the winner and the Thompson Center.
- Our MySeniorCenter software shows we’ve served 750 people from September 4 - November 14, 2013. We’ve had people from 31 towns come through our doors. 20% of patrons are between the ages of 70-74 (our largest age group), 28% are younger than age 70. There are 133 super seniors age 80 or better. Next month we’ll share some more fun facts about our most popular programs.
- Tax season is just around the corner, check the January newsletter for the tax appointment schedule.

**BOOK CLUB**

**Wednesday, December 11, 10:00pm**

The Thompson Center’s Book group will meet on December 11th at 1:00pm to discuss *The Unlikely Pilgrimage of Harold Fry* by Rachel Joyce. This work of fiction is on every book club’s list.

Near retirement, the protagonist receives a letter from a woman he knew years before, who did him a great favor, and who is now dying. Harold decides to walk to her house, believing that as long as he continues to walk, Queenie will stay alive. Ask anyone who has read it; the book is sure to be one of their favorites.

This group is open to all—newcomers are welcome.

**PROGRAMS**

**Discussion Group — “Heart to Heart”**

**Friday, December 13, 1:00 — 2:00 pm**

If you’ve missed *Remember When and Talk and Listen*, a new discussion group, called “Heart to Heart” led by, Katrin Tchana meets on the second Friday of every month. This discussion group is similar to a memoir group, but with shared stories instead of written memories. All are welcome and are invited to bring photos or other memorabilia.

**Community Care Coordinator (CCC) at The Thompson**

**Friday, Dec. 6 – Office Hours, 11:30 – 2:00 pm**

**Friday, Dec. 13 – Heart to Heart Group at 1pm**

**Wednesday, Dec. 18 – Caregiver Support Group at 12:30 pm**

**Friday, Dec. 27 – Office hours 11:30 – 2:00 pm**

Also noted on the Program Calendar

**Bridge Group**

A bridge group has started playing on Monday afternoons at 1pm. Join them in the living room if you wish to play or would like to learn.

**Scrabble Update**

We are hoping to form a regular group of scrabble players on Tuesday afternoons at 1:00PM. Call Diana if you are interested. 457-3277

**Baby Jones Celebration**

**Tuesday, December 3, 12:00 noon**

Join us as we celebrate Executive Director, Deanna Jones’ baby (due date December 24th). Together we will share good food and good cheer as we collectively look forward to this little being’s arrival into the world.

A journal will be available for patrons to sign, write notes, share words of wisdom, favorite stories, etc. Please, no presents, just your attendance and good wishes are appreciated.
### PROGRAM CALENDAR - DECEMBER 2013

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<td>9 Strength &amp; Fitness</td>
<td>9 Strength &amp; Fitness</td>
<td>9 W. Leb Shopping*</td>
<td>Late opening 2pm</td>
<td>11:30 - 2 CCC Office Hours</td>
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<td>10:15 Memoir Club</td>
<td>10:15 Memoir Club</td>
<td>9:30 Tai Chi (B)*</td>
<td>Dinner Event and Carmen Tarleton Talk 5:30pm</td>
<td>12 German Table</td>
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| 1 Bridge | 1 Bridge | 10:12 Chair Massages* | Holiday Bazaar - Saturday, the 7th, 9 am - 1 pm | 1 Set-up for Holi-
| 2 Bone Builders | 12 Baby Celebration | 10:30 Handwork Cir. | | bazaar & Cookie Walk |
| Luncheon | 10:40 Tai Chi (Adv.*) | 12 French Table | | |
| 12 Spanish Table | 1 - 3 Medicare D Assistance* | | | |
| 1 Yoga* | 1 Scrabble | | | |
| 3 Medicare D Assistance* | 1 Scrabble | | | |
| 1 Bridge | 1 Bone Builders | | | |

### MENU - DECEMBER 2013

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<td>Singapore Curry Chicken, Rice, Stir Fried Vegetables, Sorbet w/ Fruit</td>
<td>Reubens, Sweet Potato Fries, Roasted Vegetables, &quot;It’s a Boy!&quot; Cake</td>
<td>Tossed Salad, Salmon en Croûte, w/ Spinach and Mushrooms, New Potatoes, Cucumber/Dill Salad, Brownie Sundaes</td>
<td>Carmen Tarleton Dinner Event (No Lunch Served)</td>
<td>Tossed Salad, Corn Chowder, Turkey Cranberry Wraps, Pumpkin Whoopie Pies</td>
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<td>Chicken Tostadas w/ Crispy Tortilla, Lettuce, Tomato, Cucumber, Black Olives, Cheese, Salsa, Guacamole, Southwestern Corn and Black Bean &quot;Succotash&quot;, Berry Cookie Baskets</td>
<td>Beef Stroganoff, Egg Noodles, Roasted Seasonal Root Vegetables, Poached Pears</td>
<td>Dijon Crusted Chicken Breasts, Horseradish Mashed Potato, Gravy, Braised Greens, Coconut Meringues w/ Pineapple</td>
<td>Holiday Dinner* Baked Ham, Scalloped Potato, Pineapple Bread Pudding, Holiday Cranberry Chutney, Green Bean Amandine, Devils Food Peppermint Cake</td>
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<td>9 – 2:30 Foot Clinic*</td>
<td>12 German Table</td>
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| 10:00 Double King Pede | 10:30 Italian Class | 10:30 Italian Class | 1 Heart to Heart | 1 Set-up for Holi-
| 12 Baby Celebration | 12 Italian Table | 12 Italian Table | | bazaar & Cookie Walk |
| 12 Spanish Table | 1 Yemen Swap | 12 Bone Builders | | |
| 1 Yoga* | 1 Scrabble | | | |
| 1 Bridge | 1 Bone Builders | | | |

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<td>Tossed Salad Spinach, Ham &amp; cheese Quiche, Roasted Sweet Potato fries, Black Raspberry Ice Cream w/ Berries</td>
<td>Multigrain Spaghetti &amp; meatballs, Garlic bread, Fresh Fruit salad and Lemon Cookie</td>
<td>Grilled Pesto Chicken Breast, Lemon Risotto with Peas Marinated Vegetable Salad, Chef’s Choice Desert</td>
<td>Birthday Day* Maple Pork Chops, Baked Potato, Lime Carrots, Maple Cider Jus, Cake and Ice Cream</td>
<td>Breakfast Day* (served at 8:30am) French Toast, Hash browns, Sausage, Fruit Salad, Yogurt (no lunch)</td>
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</table>
| 10:00 Double King Pede | 10:30 Italian Class | 10:30 Italian Class | 1 Heart to Heart | 1 Set-up for Holi-
| 12 Baby Celebration | 12 Italian Table | 12 Italian Table | | bazaar & Cookie Walk |
| 12 Spanish Table | 1 Yemen Swap | 12 Bone Builders | | |
| 1 Yoga* | 1 Scrabble | | | |
| 1 Bridge | 1 Bone Builders | | | |

### MENU - DECEMBER 2013

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<tr>
<td>BLT Wraps, Hearty Vegetable Minestrone, Cottage Cheese, Pumpkin Cake w/Cream Cheese frosting</td>
<td>Christmas Eve Closed</td>
<td>Christmas Day Closed</td>
<td>Tossed Salad, Hearty Beef &amp; Vegetable stew, Oatmeal Cran Raisin Cookies/fruit</td>
<td>Tossed Salad, Bangers &amp; Mashed (Bratwurst &amp; potatoes), Onions &amp; Gravy, Peas, Carrots, Fruit Short Cake</td>
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### PROGRAM CALENDAR - DECEMBER 2013

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<tr>
<td>9 Strength &amp; Fitness</td>
<td>9 Strength &amp; Fitness</td>
<td>9 W. Leb Shopping*</td>
<td>Late opening 2pm</td>
<td>11:30 - 2 CCC Office Hours</td>
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<tr>
<td>10:15 Memoir Club</td>
<td>10:15 Memoir Club</td>
<td>9:30 Tai Chi (B)*</td>
<td>Dinner Event and Carmen Tarleton Talk 5:30pm</td>
<td>12 German Table</td>
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</table>
| 1 Bridge | 1 Bridge | 10:12 Chair Massages* | Holiday Bazaar - Saturday, the 7th, 9 am - 1 pm | 1 Set-up for Holi-
| 2 Bone Builders | 12 Baby Celebration | 10:30 Handwork Cir. | | bazaar & Cookie Walk |
| Luncheon | 10:40 Tai Chi (Adv.*) | 12 French Table | | |
| 12 Spanish Table | 1 - 3 Medicare D Assistance* | | | |
| 1 Yoga* | 1 Scrabble | | | |
| 3 Medicare D Assistance* | 1 Scrabble | | | |
| 1 Bridge | 1 Bone Builders | | | |

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<tr>
<td>Christmas Eve CLOSED</td>
<td>Christmas Day CLOSED</td>
<td>9 Strength &amp; Fitness</td>
<td>11:30 - 2 CCC Office Hours</td>
<td>Carmen Tarleton</td>
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<tr>
<td>9 Strength &amp; Fitness</td>
<td>10 Cribbage</td>
<td>10:30 Italian Class</td>
<td>12 German Table</td>
<td>Dinner Event (No</td>
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<tr>
<td>10:15 Memoir Club</td>
<td>12 Italian Table</td>
<td>12 Italian Table</td>
<td>1 Set-up for Holi-</td>
<td>Lunch Served)</td>
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<tr>
<td>1 Bridge</td>
<td>2 Bone Builders</td>
<td>2 Bone Builders</td>
<td>bazaar &amp; Cookie Walk</td>
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<td>New Year’s Eve CLOSED</td>
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