Living in a close-knit community, we all have an important role in each other’s lives. At The Thompson, we come together for meals, to socialize, exercise, help, listen, find resources, or volunteer, and in these ways truly & uniquely contribute to each other’s lives.

Whether you participate as a daily patron or volunteer, a donor, staff, board member, town voter, or class facilitator, your contributions matter at The Thompson, and we thank you for all of the heart that you put into it! Together we’re creating a community where it is easier and more fun to age in place!

~ UPDATE ~

TSC Annual Appeal 2013

The Thompson Senior Center depends on annual appeal funds, grants, town support, and fundraising events (Holiday Bazaar & Valentine Auction) to maintain the daily operations and services of our vibrant center.

In total our annual expense budget for 2013 is $443,750. Therefore, reaching our goal for the annual appeal is very important. Thank you to all who support us in this way!

Goal: $80,000
Total Donations: $54,420 (as of 1/10/13)

A FRANK TALK ABOUT MENOPAUSE

A special evening presentation at The Thompson Center by Dr. Ellamarie Russo-DeMara, DO

Tuesday, March 12, 2013, 6:00 PM

Menopause is a natural part of aging, and today, women can expect to live one third of their lives after menopause. The physical changes that occur around menopause should not prevent you from enjoying this time in your life. Let’s take a journey together through the Menopause years with Dr. Ellamarie Russo-DeMara who will discuss symptoms, treatments and options. She is a gynecologist at Gifford Medical Center’s Bethel Health Center and Twin River Health Center in White River Junction. Dr. Russo-DeMara is specially certified as a menopause practitioner, a board certified ob/gyn and a graduate of the New York College of Osteopathic Medicine. She is also a mother of four, a breast cancer survivor, a fitness trainer and a member of the State Board of Health. A compassionate caregiver and eloquent speaker, she has been in practice for more than 20 years.

The 19th Annual Valentine Auction and Dinner is
Friday, February 8, 2013, at 5:30pm

Please contact Deanna Jones with questions or to purchase tickets (457-3277 or tsc-execdirector@comcast.net). You can find the catalog, a full list of donors & sponsors, and pictures from last year’s event on our website: www.thompsonseniorcenter.org
BEHIND THE SCENES

ADVISORY MEETING HIGHLIGHTS

- 3rd Annual Holiday Tea at the Jackson House - Thank you to Kathy & Rick Terwelw!
- Senior Solutions Helpline reminder - Eleanor Zue’s office being turned into a much-needed class/room/meeting area.
- Trip Committee meeting updates
- Monthly or Quarterly breakfast suggestions
- Comment card ideas
- “Koffee Klatches” - Current event discussion group idea

Please join our next meeting on Monday, February 4th at 1pm. This meeting is not only a chance to hear what will be happening in the coming month(s), but is also an opportunity to share your input and ideas. The meeting is facilitated by Fran Gillett, Advisory member of the board. Another board member volunteer participates monthly along with Deanna & a program staff member. All patrons and volunteers are invited to attend. Your feedback is appreciated!

CURIOUS ABOUT SOMETHING??
You asked:
How much money do the raffles and bingo games benefit TSC?

The (detailed) answer is:
The Bingo players not only enjoy their daily game of Bingo, they also contribute part of their winnings to TSC. In our last fiscal year which runs from October 1 to September 30, the Bingo players brought in $305 for our Center... that’s a lot of nickels, dimes, and quarters! Thanks go to all participants and volunteer callers for your contribution.

Thanks to our Marble Game Mayor, Eddie English, the Marble Game has given folks chances to win a pot of money when they purchase their 3 chances-to-play for $1.00 on most Mondays and Thursdays. Our largest “pot” to-date was over $200 and was divided 50/50 between TSC and lucky winner, Barbara Condict, last November. Congratulations Barbara! Thank you, Eddie, for your enthusiastic diligence in selling tickets. Your efforts and the players netted $301.50 for TSC last year (and we only played for about half of the year!)

Our monthly Birthday Raffle is another source of income. Not only do we have happy prize winners, but last year’s proceeds from the birthday raffle were $500. So every bingo number called, every shake of the marble game, and every raffle ticket purchased makes a difference. Thanks to all of you!

Please note: Katrin, the Community Care Coordinator, will be at TSC on Friday, February 8th, and Wednesday, February 13th. Please feel free to just stop by or call her at 457-3030 ext. 4 to make an appointment.

IMPORTANT INFORMATION

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

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 or online at www.sovernet.com/schoolclosings. We may also close when we feel driving conditions are not safe for our participants. Call the Center after 8 AM; if we are closed, there will be a message on our machine.

FEBRUARY BIRTHDAYS
1st Dick Colantuono
1st Dick Atwood
4th Jim Dubuque
5th Leonard Johnson
5th Anne Blake
6th Joan Blackwell
7th Morris Stickney
8th Liz Woodbury
10th Janice Standish
12th Carol Towne
14th Phyliss LeBaron
14th Margaret Audsley
15th Polly Leavitt
18th Linda Manning
18th David Johnston
25th Sylvia Doten
29th Floyd VanAlstyne

On February 28th we will celebrate your special day! The Second Wind band will provide musical entertainment after lunch! Please call to make a reservation for lunch and join us!

THANK YOU ALL!

MEDICAL EQUIPMENT
Currently available at the Center: Walkers, lots of shower chairs, crutches, wheelchairs. Also Available: aluminum indoor/outdoor ramps, and stair glide lift chairs, call for details. Contact Deanna at 457-3277. You can also buy, donate, or find medical equipment at: www.getATstuff.com

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
Poinsettias - WUHS Horticulture Class
Delivering soldier Christmas cards - Nancy Gray
Cyclamen plants for MOW patrons - Kings’ Daughters
Annual Stave puzzle gift - Eva Peterson

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 Tambrely Vutech
CAREGIVER SUPPORT GROUP

Wednesday, February 20
(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 memories and lively discussion. 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!

BOOK CLUB

On Wednesday, February 13, 1:00PM. Beryl Spencer will lead a discussion on the book, Founding Brother, The Revolutionary Generation, by Joseph J. Ellis. Ellis, winner of the Pulitzer Prize, calls the 1790’s “the most decisive decade in our nation’s history.” John Adams, Aaron Burr, Benjamin Franklin, Alexander Hamilton, Thomas Jefferson, James Madison, and George Washington came together to “define the new republic and direct its course for the coming centuries.”

HAPPY FEET!

with Mary Wood

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: $20

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

NEW! BRAIN FITNESS CLASSES

Wednesdays, Beginning February 13, 1:00PM
You have the power to improve your brain!
Neuroscientists have discovered that adults’ brains are constantly changing, growing new neurons and connections, and cognitive training produces proven benefits. Clinical trials have shown that brain exercises can improve overall brain functioning and help prevent the onset of brain disorders and memory impairment. Join Sara Smith, a lover of games and brain fitness exercises, each Wednesday for a variety of fun and challenging brain games and exercises. The brain is like any other muscle, use it, or lose it.
Cost: $3.00 per class (includes handouts and exercises you can do at home)

NEW! CHAIR MASSAGES AT THE THOMPSON

Wednesdays, February 6, 13, & 27th 10:00AM TO NOON
Beat the winter blues with a relaxing chair massage. Licensed massage therapists will be available beginning February 6th to provide chair massages at the Thompson three times each month (on the 1st, 2nd, and 4th Wednesday of each month). Reminder: Foot Care Clinic with Mary Wood is on the 3rd Wednesday. The benefits of having a massage on a regular basis are numerous. See for yourself!
Please call in advance to schedule your 15 to 20 minute massage.
Cost: 15 minute massage/$15.00; 20 minute massage/$20.00

LUCY MAC PET VISITS AT THE THOMPSON

Now once monthly!
Beginning Thursday, February 21, 1 PM
Our Meals For Pets Program partner, Lucy MacKenzie Humane Society, will now be visiting The Thompson each month with shelter pets. You don’t have to be a pet owner to enjoy the benefits of a wagging tail or a cuddly cat on your lap. Just stop by The Thompson and meet a shelter pet. Maybe you will want to make one your own!
Call Pam Butler at 457-3277 to find out more about our Meals For Pets Program.
Our Meals For Pets logo is used with permission from Mainely Labs. www.mainelylabs.com
**PROGRAMS**

**Sleigh Ride in South Woodstock!**
**TUESDAY, FEBRUARY 5, 1:30PM**

Join us for an old fashioned sleigh ride with Kedron Valley Stables. Our horse driven sleigh will depart from the Green Mountain Horse Association and take us on a beautiful 45 minute ride through the fields and wooded areas of South Woodstock. Please dress warmly, but there will be plenty of cozy blankets for your comfort and warm cocoa back at The Thompson. **Please sign up early as seating is limited. Depart from The Thompson on the van at 1:00PM. Cost: $10.00**

**“Second Wind”**
**THURSDAY, FEBRUARY 28, 1:00PM**

Accomplished musicians Terry Ray Gould and Suzi Hastings will entertain us with their popular mix of acoustic, folk rock, pop tunes and favorite songs from their album, “Steamroller Blues.”

“Second Wind” can be heard in pubs, restaurants and other popular destinations throughout the area. Join us after Birthday Day lunch for their debut at TSC.

**ITALIAN STUDY GROUP**
**THURSDAYS, DATES: FEBRUARY 14, 21, 28**
10:30 AM - NOON
Cost: $33.00 (for 3 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**
**INSTRUCTOR: SUSAN COPENLAND**
**WEDNESDAY, FEBRUARY 6**

Join us as we celebrate the Chinese New Year (the year of the snake) when Chef Ryan will prepare an enticing Asian celebration meal. Tai Chi Instructor Anne Bower will demonstrate the art of Tai Chi in the dining room directly following lunch.

**FRENCH CLASS**
**Mondays, 9:00 to 10:15AM**
February 25, March 4, 11, & 18
Cost: $50.00
Instructor: Judy Mahood
Students in this class will be involved in a variety of exercises that will enhance their French language skills and familiarize them with the French culture. email: judymahood@comcast.net

**Spanish for Mastery 1**
**THURSDAYS, MARCH 6, 13, 20, 27, APRIL 3, 10, AND APRIL 24, MAY 1, 8, 15, 22, 29**
9:30 AM to 10:40 AM
Cost: $30.00 (six classes) Series starting March 6th

**“Steamroller Blues”**

Join us for an old fashioned sleigh ride with Kedron Valley Stables. Our horse driven sleigh will depart from the Green Mountain Horse Association and take us on a beautiful 45 minute ride through the fields and wooded areas of South Woodstock. Please dress warmly, but there will be plenty of cozy blankets for your comfort and warm cocoa back at The Thompson. **Please sign up early as seating is limited. Depart from The Thompson on the van at 1:00PM. Cost: $10.00**

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**Pamper Yourself with a Manicure**
**TUESDAY, FEBRUARY 12 9:00AM TO NOON**

Pamper yourself for Valentine’s Day with a luxurious manicure by Sue Cole. When Sue isn’t generously donating her time to the Thompson Center she works at The Spa at the Woodstock Inn and Resort. Sue’s loving manner and positive attitude makes her pampering sessions all the more special! Please call to reserve your 20 minute manicure in advance. Spaces fill up quickly. Cost: Free

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**THURSDAYS, MARCH 6, 13, 20, 27, APRIL 3, 10, AND APRIL 24, MAY 1, 8, 15, 22, 29**
9:30 AM to 10:40 AM
Cost: $30.00 (six classes) Series starting March 6th

**TAI CHI FOR TOTAL WELLNESS**

Next two Sessions: March 6, 13, 20, 27, April 3, 10, and April 24, May 1, 8, 15, 22, 29

Tai Chi helps reduce the symptoms of diabetes, arthritis, fibromyalgia, joint pain and stiffness, as well as depression. Tai Chi movements also help with body coordination, muscle tone, balance, concentration, and stress reduction.

**TAI CHI FOR BEGINNERS (B), 9:30 – 10:30AM (dates above)**
This class will learn the form known as “Tai Chi for Arthritis”, designed by a doctor and based on the Sun style Tai Chi. The form is easy to learn and is appropriate for beginners and those needling review.

**TAI CHI FOR CONTINUING STUDENTS (CS), 10:40 – 11:40AM (dates above)**
This class will continue to practice parts one and two of Tai 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) Series starting March 6th and April 24th
Come try one class for free!
On Thursday, February 16, Physical Therapists from The Thompson Center will present a program on the importance of good posture in the aging population. Please join us for this presentation and get some tips on how to achieve good posture.

Thursday, February 16, 1:00PM

Poor posture can affect balance, mobility, and avoid postural pain!

Cost: $40.00

If you cancel for any reason, payment cannot be returned unless we fill your spot from a waiting list. This is due to non-refundable fees charged to us by the bus company &/or destination.

Checks will be deposited 30 days prior to trip date.
### Program Calendar - February 2013

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<td>9 Tax appointments* 9 Strength &amp; Fitness 9:00 Double King Pede 12 Spanish Table 1 Sleight Ride departure*</td>
<td>9 W. Leb Shopping* 9-12 Chair Massages* 9:30 Tai Chi (B) 10:30 Handwork Cir. 10:40 Tai Chi (CS) 12 French Table 12 Chinese New Year and Tai Chi demo</td>
<td>Closed for Valentine’s Day Auction</td>
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<td>9 Tax appointments* 9 Strength &amp; Fitness 9-12 Manicures with Sue Cole* 10 Double King Pede 12 Spanish Table</td>
<td>9-12 Chair Massages* 10:30 Handwork Cir. 12 French Table 1 Book Club 1 Brain Fitness Class</td>
<td>Valentine’s Day* 9 Strength &amp; Fitness 10 Cribbage 10:30 Italian Study Group 1 Alzheimer’s workshop*</td>
<td>Breakfast Day* (served at 9:00am) 9:00-2:30 Foot Clinic*</td>
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<td>Closed President’s Day 8:30 Newsletter Folding 9 Strength &amp; Fitness 10 Double King Pede 11:30 Commodities 12 Spanish Table</td>
<td>8 Board Meeting 9 W. Leb Shopping* 9-2:30 Foot Clinic* 10:30 Handwork Cir. 12 French Table 12:30 Caregiver Support Group 1 Brain Fitness Class</td>
<td>9 Strength &amp; Fitness 10 Cribbage 10:30 Italian Study Group 1 Lucy Mac Pet Visits 1 Alzheimer’s workshop*</td>
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<td>9 French Class* 9 Tax appointments* 9 Strength &amp; Fitness 10:15 Memoir Club 1 Bridge 1 Scramble</td>
<td>9-12 Chair Massages* 10:30 Handwork Cir. 12 French Table 1 Brain Fitness Class</td>
<td>BIRTHDAY DAY* 9 Strength &amp; Fitness 10 Cribbage 10:30 Italian Study Group 1 Music with the Second Wind Band 1 Alzheimer’s workshop*</td>
<td>BINGO daily at 10:30 am except on birthday day and other special meals days.</td>
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### Menu - February 2013

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<td></td>
<td>Asian Pork Burgers, Roasted Steak Fries, Mediterranean Vegetables, Ice Cream w/ fruit compote</td>
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<td>Turkey Quesadillas w/ Tomato Avocado Salsa, Roasted Vegetable Mélange, Rum Raisin Rice Pudding</td>
<td>Tossed Salad, Meatloaf, Smashed Potato, Gravy, Green Beans, Mixed fruit Cobbler</td>
<td>Chinese New Year Soup &amp; Bread, Chicken, stewed rice, stir fried vegetables, cookie &amp; fruit</td>
<td>Closed for Valentine’s Day Auction</td>
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<td>BLT Wraps, Hearty Vegetable Mínestroni, Cottage Cheese, Pumpkin Cake w/Cream Cheese frosting</td>
<td>Tossed Salad, Chicken Cacciatore over Spaghetti, Garlic Bread, Oatmeal Cran-raisin Cookies w/Fruit</td>
<td>Shepherd’s Pie, Tuscan Vegetable Medley, Black Forest Cake</td>
<td>Valentine’s Day* Mesclun Herb Salad, Pan Seared Salmon, Citronette Cream, Asparagus, Herb Roasted Potatoes, Strawberry Lemon Cream Puffs</td>
<td>Breakfast Day* (served at 9:00am) 9:00-2:30 Foot Clinic*</td>
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<td>Closed President’s Day</td>
<td>Tossed Salad Spinach, Ham &amp; Cheese Quiche, Roasted Sweet Potato fries Apple Enchilada Dessert</td>
<td>Tossed Salad, Turkey and Vegetable Noodle Soup, Biscuit, Coconut Cream Pie</td>
<td>Chef’s Choice</td>
<td>Lemony Chicken with Spinach, Artichokes &amp; Roasted Potatoes, Strawberry Cake</td>
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<td>Chicken Tostadas, Roasted Vegetable Medley, Chef’s Choice Dessert</td>
<td>Reubens, Beer-battered Onion Rings, Roasted Vegetables, Fudge Sunday w/banana</td>
<td>Tossed Salad, Corn Chowder, Turkey Cranberry Wraps, Pumpkin Whoopie Pies</td>
<td>Birthday Day* Grilled Baja style Pork Loin, Warm Spicy Sweet Potato Salad, Braised Greens, Cake &amp; Ice Cream</td>
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Menu is subject to change based on availability of food items. Please call ahead with special dietary needs.