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

**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.

**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 8:30AM 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 9am on the Stagecoach van (returning at approx. 12:15pm). 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.

**IN THIS ISSUE**
- Contact information 2
- Behind the Scenes/Advisory notes 2
- Emergencies continued 3
- Calendars 6, 7
- Programs & Trips 8
- Classes 9
- Wellness Programs 10
- In Memory/In Appreciation/Birthdays 11

**DINNER FEATURES TOP CHEFS**
One of the highlights of this special event is the fabulous meal prepared by several talented chefs and served in our dining room and living room (both rooms are transformed into an elegant dining setting complete with twinkling white lights). Each course of the dinner will feature a unique and talented chef - Ryan Martin (The Thompson Center), Jason Merrill (The Worthy Kitchen & Worthy Catering), and talented chefs from The Woodstock Inn.

**EXCITING SILENT AND LIVE AUCTION ITEMS**
Hundreds of items are donated by local vendors and individuals for the Silent Auction (before dinner) and Live Auction (after dinner). The following are a few examples of items donated this year:
- A Briggs and Stratton Portable Generator
- Framed Oil Painting by Annette Compton - “Waiting by the Covered Bridge,” a Miranda Thomas vase, a wonderful variety of overnight stays and dozen of gift certificates.

Please see the full catalog online at www.thompsonseniorcenter.org or request a paper copy by emailing auction@thompsonseniorcenter.org or by calling the Center at 457-3277. The catalog includes a full listing and descriptions of auction items and event sponsors.

The fun and festive tradition of the Valentine Dinner and Auction is happening for the 20th time this year! This annual fundraising event generates about $48,000 each year (about 13% of our total annual income) and is a critical part of our budget supporting meals on wheels and transportation, and helps us to provide many other services and resources. For ticket information please email: auction@thompsonseniorcenter.org or call the Center at 457-3277. This year’s event will take place on Saturday, February 22nd beginning at 5:30pm.

**The 20th Annual Valentine Dinner & Auction**

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On Christmas Eve, Sawyer Robert Jones, arrived -- healthy and happy at 8 pounds exactly and on his due date! Deanna and her family wish to thank everyone for their love and support.

Thank you to our wonderful neighbors, Kathy & Rick Terwelp for hosting the 4th Annual Holiday Tea at The Jackson House Inn.

See more Tea photos in this newsletter and on Facebook!

**ADVISORY MEETING HIGHLIGHTS**
- Birthday cards and birthday lunches (see page 11 for details)
- 2014 Trips (see page 8 for details)

Please join our next meeting on Monday, February 3rd, at 1pm. All patrons and volunteers are invited to attend. Your feedback is needed and appreciated!

**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.

**IN MEMORY OF**

**IN APPRECIATION**

**FEBRUARY BIRTHDAYS**

1st Dick Atwood
1st Dick Colantuono
2nd James Minnich
4th Tom Weschler
4th Marilyn Bailey
4th Frances Drury
5th Ann Blake
5th Leonard Johnson
6th Miranda Shackleton
7th Mia Pine
7th Morris Stickney
8th Liz Woodbury
10th Janice Standish
12th Carol Towne
12th Pauline Holt
13th Audrey Vittum
14th Margaret Audsley

14th Phylis LeBaron
15th Pauline Leavitt
17th Judith Persin
18th Linda Manning
19th Sandi Anderson
19th Darlene Griggs
20th Gail Smith
21st Robert Lewis
22nd Margo Harcher
23rd Beverly Ramsey
23rd Sherry Wian
24th Susan Botzow
25th Sylvia Doton
26th Wayne Hinson
27th Kedzie Harriman
29th Floyd VanAlstyne

**ONGOING DONATIONS:**
- Daily Valley News subscription - Woodstock Pharmacy
- 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

**MEALS FOR PETS**
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.

**BIRTHDAY Cakes**
- Diane Atwood, Jane Soule, Carol Towne

**IN APPRECIATION**
Helen Leonard - Oranges
Linda Maxham - Cake
Bo Gibbs - Candy
Pat Hanlon - Cookies
WUHS - Poinsettias MOW patrons
King’s Daughters - Poinsettia for Center & cyclamen for MOW patrons

**ONLINE**
Be sure to check out our website (www.thompsonseniorcenter.org) for the latest information.

**ONLINE**
Like us on Facebook!
**Wellness Programs**

**Wellness Clinic & Blood Pressure Screenings**

_Tuesday, February 25, 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.

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**Chair Massages**

_at the Thompson_

_Wednesdays, 10:00 am to noon_

Licensed massage therapist, Sara, provides chair massages at the Thompson on the 1st, 2nd, and 4th Wednesday of each month if there are appointments. 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

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**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.

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**CAREGIVER SUPPORT GROUP**

_Wednesday, February 19, 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.

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**Gut Check... What’s All the Talk About Colon Health?**

_Presented by Pat Harrison, Registered Dietician_

_Thursday, February 6, 1:00 PM_

Pat will discuss colon health and the role that bacteria and probiotics play in maintaining a natural balance in our digestive tract. Learn what supplements and foods have been linked to all sorts of health benefits because ultimately, a healthy gut is a happy gut.

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**Medical Equipment**

Currently available at the Center: 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: ww.getATstuff.com_

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**Vermont Reads Program at the Thompson Center**

_Wednesday, February 26, (time to be announced)_

Each year the Vermont Humanities Council selects a book for statewide distribution, encouraging citizens young and old to read and discuss it. This year’s book is _Wonder_, by R.J. Palacio—an entertaining and powerful read. Wonder’s hero is Auggie Pullman, a home-schooled boy about to start the adventure of going to regular school. But Auggie has a special challenge—he was born with a major facial birth defect. As you read Wonder you journey with Auggie through his first year in middle school as he faces many challenges. What will it take for him to be accepted? How will he and his fellow students grow and change?

Join Anne Bower as she leads a discussion group about this book on February 26th. Anne is a Board member at the Abbott Memorial Library in Pomfret. The library received a grant to sponsor programs in our area to discuss this book in a variety of settings. There will be 10 copies of Wonder in Pam & Deanna’s office at the end of January. They will be available for checkout at that time, but please return your copy promptly so others can read it. _Note: Participants will also be invited to join students from the Pomfret Elementary School for a tea, or lunch, in March and share their reactions to the book with young people._

---

**Sleigh Ride in South Woodstock**

_Tuesday, February 11, 2:00 PM_  
**Depart from the Thompson on the Van at 1:30 PM**

We enjoyed it so much last year, please join us again 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 30 minute ride through the fields and wooded areas of South Woodstock. There will be plenty of cozy blankets for your comfort and hot chocolate in the van following the sleigh ride. Please sign up early as seating is limited.  
**Cost: $10, due with reservation.**

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**Pamper Yourself on Valentine’s Day**

_Friday, February 14, 9:00 to noon_

Celebrate Valentine’s Day by scheduling a 15 minute manicure and/or a 20 minute chair massage. Several technicians from The Spa at the Woodstock Inn and Resort, including Sue Cole and Sara Smith, will share their time and talents to pamper you on this special day at The Thompson Center at no charge. Sign up early, these spots will fill up quickly!
Dinner and Concert Performance at The Thompson with William Ögmundson

William Ögmundson is an Emmy Award nominated composer and professional pianist who resides in New England. He has performed throughout the United States and Europe—most notably at St. Peter’s Basilica in the Vatican and The Notre Dame Cathedral in Paris—and his original compositions have been performed worldwide. William began performing at the age of five, and went on to win numerous piano competitions throughout his school years. In recent years William has begun to gain a reputation as a brilliant composer for the theatre. He has composed music and/or written lyrics for many original musical theatre productions, including the past seven productions of the Northern New England Repertory Theatre Company. He has been featured on New Hampshire Public Radio, and in September 2013 won the Moss Hart Memorial Award for New England.

Dinner menu: Waiting for menu from Ryan BYOB

Cost: $20.00 per person

Don’t miss this fun evening of good food and professional entertainment. Please sign up in advance and reserve your space with payment.

PROGRAMS

Tax Assistance at the Thompson

Do you need assistance with your tax return? The Thompson Center will offer individual tax preparation for seniors and low income persons. TCE Preparers (Tax Council for the Elderly) will complete your 2013 taxes free of charge during scheduled appointments on Mondays from February 3rd through April 7th (excluding the 17th—President’s Day). On the day of your appointment, please come early to fill out a questionnaire.

Please bring: Valid picture ID for the taxpayer and spouse, Social Security card, copies of income tax you filed last year, proof of all income, W-2 forms (if you worked), 1099-R forms and statements for pensions and annuities, Social Security received, interest and dividend income, state rebates, IRA income and copy of your 2013 property tax bill. If you are filing for a Renter’s Rebate, Homeowners Property tax rebate or 2013 Act 68 School Property tax payment application, you will need proof of income for everyone in your household.

Please call 457-3277 soon to schedule an appointment. These appointments fill up quickly!

CLASSES & PROGRAMS

Please call the Thompson Center to register for classes in advance, 457-3277

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.

Bone Builders

Mondays at 3:00 pm and Thursdays at 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 Derman, are ongoing on Monday and Thursday each week. Classes are free. Minimum of six participants required. Please sign up in advance.

Please note: New time on Monday.

Individualized Computer and iPad Instruction

Do you need one-on-one instruction on the use of an iPad, or computer programs such as power point, excel, Microsoft office, photo shop, etc.? Do you need instructional support as you learn about email, internet explorer, internet computer security or other software? If so, please call Diana or Pam for details and to schedule your private consultation at the Thompson Center. 457-3277. Bring your iPad or lap top to the appointment, if you have one.

Tai Chi

For Health and Balance

Next Session: Feb 26, March 5, 12, 19, 26, Apr. 2, 9

Beginner Level (B) ~ Wednesdays, 10:40-11:40AM; 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: anniebower@yahoo.com; 457-2877 or website: www.annebower.com.

Advanced Level (Adv) ~Wednesdays, 10:40-11:40AM; 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: anniebower@yahoo.com; 457-2877 or website: www.annebower.com.

Cost for series of 7 classes: $35.00

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Please note: New time on Monday.
TRIPS, TRIPS, TRIPS

The Six Wives of Henry VIII
Presented by the Vermont Humanities Council at the Norwich Congregational Church
Wednesday, February 5, 2014, at 7:00pm
Depart from The Thompson at 6:00 pm on the Thompson van
Transportation Cost: $5.00

Author and scholar Kavita Finn examines the lives of Catherine of Aragon, Anne Boleyn, Jane Seymour, Anne of Cleves, Katherine Howard, and Katherine Parr, their backgrounds, their marriages to the king, and how they have been depicted both during their time and today.

Saturday Evening Out Opportunity for
Roast Beef Suppers in Hartland!

One of our drivers, Jim Emery, has generously volunteered to take the van to Hartland for roast beef suppers departing from The Thompson Center on Saturdays in February beginning on Saturday February 1st. We will depart TSC at 4:15PM and a minimum of 5 riders is needed. A sign-up sheet will be at our reception desk or call Pam or Diana. Cost: $14.00 for supper, plus $2.00 for transportation.

2014 Trips-At-A-Glance

♥ Boston Flower Show, sponsored by the Hartford Parks and Recreation Department, March 13th, Premier Coach Bus departs Bugbee Senior Center at 8:30AM. Cost: $70.00, call 802 295-5036 for details, or to reserve your space. All are welcome.

♥ Art in Bloom 2014, The Boston Museum of Fine Art’s spring display of fine art and floral designs, featuring guided tours and workshops, Monday, April 28th. Depart the Thompson Center on a Premier Coach bus at approximately 8:00AM.

♥ Brunch at the Inn at Shelburne Farms, followed by a guided tour of the farm. May date to be determined.

♥ Cirque du Soleil—Amaluna, Boston, MA, June 20th, with stunning performances, incredible costumes, and enchanting music. Depart the Thompson Center on Premier Coach Bus at approximately 10:30AM. (Note: tickets are limited)

♥ Kiss Me, Kate, Music and Lyrics by Cole Porter, New London Barn Theatre, August 15th matinee; depart on the Thompson Center bus at approximately 12:30PM.

Note: Further details on the above trips/events will be forthcoming. Call Diana for more information, or watch for details in upcoming newsletter publications.

PROGRAMS

BOOK GROUP
Wednesday, February 12, 1:00pm
The Thompson Center book group will meet February 12th to discuss the New York Times Best Book of the Year, Unaccustomed Earth by Jhumpa Lahiri. It is a collection of 8 stories that take us from Cambridge to Seattle to India and Thailand, rendering the most intricate workings of the heart and mind.

The Book Group welcomes newcomers!

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.

Community Care Coordinator (CCC), Katrin Tchana, has office hours at The Thompson. Times and dates 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
Scrabble players convene in the dining room on Tuesday afternoons at 1:00PM. Call Diana if you are interested or have any questions. 457-3277

Birthday Day Music
by Bob Dean & The Peapickers!
The Peapickers return for some toe-tappin’ music for our monthly birthday celebration on Thursday, February 27th at 1:00pm. Please join us after our birthday lunch.

Photos from the 4th Annual Holiday Tea at The Jackson Inn
**PROGRAM CALENDAR - FEBRUARY 2014**

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<tr>
<td>8:45 - 1:45 Tax Assistance*</td>
<td>9 Strength &amp; Fitness</td>
<td>10:00 Double King Pede</td>
<td>12 Spanish Table</td>
<td>1 Yoga*</td>
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<tr>
<td>8:30 Newsletter Folding</td>
<td>9 Strength &amp; Fitness</td>
<td>10 Double King Pede</td>
<td>11:30 Commodities</td>
<td>12 Spanish Table</td>
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<tr>
<td>President’s Day CLOSED</td>
<td>8 Board Meeting</td>
<td>9 W. Leb Shopping*</td>
<td>9 – 2:30 Foot Clinic*</td>
<td>10:30 Boardwork Cir.</td>
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<tr>
<td>8:45 - 1:45 Tax Assistance*</td>
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<tr>
<td>President’s Day CLOSED</td>
<td>10:00 Boardwork Cir.</td>
<td>10:30 Italian Class</td>
<td>12:30 Italian Table</td>
<td>12:30 Lucy Mac Pet visit</td>
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**BINGO daily at 10:30 am except on birthday day and other special meal days.**

* Indicates that Sign-up/Reservations Required

**MENU - FEBRUARY 2014**

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<tr>
<td>Tossed Salad, Turkey and Vegetable</td>
<td>Noodle Soup, Biscuit, Coconut Cream Pie</td>
<td>Reuben, Beer Battered Onion Rings, Vegetables, Sorbet w/ Fresh Berries</td>
<td>Vegetarian Lasagna, Steamed Antiguan Vegetables, Garlic Bread, Coconut Chocolate Chip Cookies and Fruit</td>
<td>Tossed Salad, Hearty Beef &amp; Vegetable stew, Frosted Banana Bars</td>
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<tr>
<td>Ham &amp; Swiss Wrap w/ lettuce &amp; tomato, Caldo Verde, (Portuguese Kale and Potato soup w/ sausage), Molasses Cookie w/ fruit</td>
<td>Spaghetti &amp; meatballs, Garlic bread, Vegetables, Fresh Fruit salad</td>
<td>Tossed Salad, Cheesy Chicken Empanadas, Black Beans and Rice, Roasted Vegetable Medley, Cherry Cheese Cake</td>
<td>Baked Tilapia, Baked Potato, Broccoli and Carrots, Lemon Foul w/ Berries</td>
<td>Valentine’s Day Mixed Green Salad, Lemony Chicken with Spinach, Artichokes &amp; Roasted Potatoes, Strawberry Cream Puffs</td>
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<td>President’s Day CLOSED</td>
<td>Pesto Olive Chicken, Herb Roasted Red Potatoes, Vegetables Casserole, Citrus Ricotta Squares</td>
<td>Tossed Salad, Chili, Corn Bread, Brownies &amp; Fruit</td>
<td>Tossed Salad, Supreme Pizza w/ peppers, onions, mushrooms, olives, pepperoni, Coconut Macaroons w/ Pineapple</td>
<td>Closed for Valentine Auction Set-up</td>
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<tr>
<td>Asian Pork Burgers, Roasted Steak Fries, Vegetable Medley, Pink Lemonade Bars</td>
<td>Tossed Salad, Spinach, Artichoke &amp; cheese Quiche, Roasted Sweet Potato fries, Hot Fudge Sundae with banana</td>
<td>Chef Salad w/ Lettuce, Tomato, Ham, Turkey, Cheese, Hard Boiled Egg, Carrot, Italian Cream Cake</td>
<td>Birthday Day* Grilled Baja style Pork Loin, Spicy Sweet Potato Salad, Braised Greens, Cake &amp; Ice Cream</td>
<td>Tossed Salad, Salmon en Croute, w/ Spinach and Mushrooms, New Potatoes, Cucumber/ Dill Salad, Rum Raisin Rice Pudding</td>
</tr>
</tbody>
</table>

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

**Meal Pricing:**

- $5 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.