



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

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



MARCH 2013

Each March, The Thompson Center participates in “March For Meals,” a national campaign held during the month of March initiated and sponsored by the Meals On Wheels Association of America (MOWAA), to raise awareness about senior hunger and nutrition, and to encourage action on the part of local communities. Senior Nutrition Programs across the United States, like ours at The Thompson, promote March For Meals through public events, partnerships with local businesses, volunteer recruitment and fundraising initiatives.

Volunteers for the Thompson deliver between 25 – 30 meals each day (Monday through Friday) to seniors throughout the towns of Woodstock, Bridgewater, Barnard, and Pomfret. Although the nutritious and delicious daily meal is the primary service of our Meals on Wheels program, we believe the daily visits from our dedicated volunteers are equally important. As a part of our Meals on Wheels program, we also offer Meals for Pets in partnership with Lucy MacKenzie Humane Society.

If you have any questions about our program or you’re interested in volunteering as a Meals on Wheels driver or know of someone who would benefit from receiving home delivered meals, please contact Paula Audsley, Outreach Manager at 457-3277 or paudsley@comcast.net

Valentine Auction Success!

Thank you to all who participated in the 19th Annual Valentine Dinner and Auction. The auction raised approximately \$45,000 for the operations of TSC. A very special thanks goes to the auction co-chairs, Reinhart Jeck & Wittie Lynn, and all of the volunteers, donors, and sponsors! Visit our website or facebook page to see more pictures and a full listing of donors and volunteers!



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Pictures: Sepp Schenker & KyuHee Bussod volunteer in the kitchen. Joyce & Carl Hurd and Phyllis Bulmer & daughter, Blair, enjoying the festivities

HOSPICE VOLUNTEER TRAINING CLASS

PRESENTED AT THE THOMPSON CENTER BY
THE VISITING NURSE & HOSPICE OF VT AND NH AND BAYADA HOSPICE
THURSDAYS, APRIL 4 - MAY 23, 2013

The last good thing that may happen in a person’s life is a Hospice volunteer...

The Thompson Senior Center is offering a Hospice volunteer training program with The Visiting Nurse & Hospice of VT and NH and BAYADA Hospice. This is a joint training program that will allow the participants to be certified as Hospice volunteers with both agencies. All volunteers will receive Hospice training for eight consecutive weeks, beginning on Thursday, April 4th from 4:30-6:00pm. Hospice volunteers can help Hospice patients with a variety of tasks, including light meal preparation and housekeeping, running errands, gardening and companionship. Other volunteers help in the Hospice office with routine office tasks, or assist with bereavement correspondence. Regardless of the task, the impact Hospice volunteers make is huge. Please call The Thompson Center at 457-3277 to sign up or for further information.



A specialty of BAYADA Home Health Care



The Thompson Center

Woodstock Area Council on Aging
99 Senior Lane
Woodstock, VT 05091
Phone: 802-457-3277
Fax: 802-457-1259
www.thompsonseniorcenter.org

CENTER HOURS

8 AM-3 PM, Monday-Friday

STAFF

Deanna Jones, Executive Director,
tsc-execdiretor@comcast.net
Paula Audsley, Outreach Manager,
paulsley@comcast.net
Diana Leskovar, Program Director,
dleskovar@comcast.net
Pam Butler, Asst. Program Director,
pbutler-tsc@comcast.net
Ryan Martin, Chef,
tsc-chef@comcast.net
Siobhan Wright, Kitchen Asst.,
Gordon Worth, Van driver
Jim Emery, Van driver & maintenance
Nelson Gilman, Medical driver
Morris Stickney, Maintenance

Senior Solutions (Formerly Council of
Aging for Southeastern Vermont)
SENIOR HELPLINE: 800-642-5119

Community Care Coordinators:-
**Lonnie Larrow, RN, & Katrin
Tchana, MSW**, Ottauquechee Health
Center, 457-3030 ext 4

BOARD OF DIRECTORS

Cindy Carroll—*President*
Patsy Mathews—*Vice President*
John Moore—*Treasurer*
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Dick Atwood
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Frances Gillett - Advisory
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Pam Jaynes
Reinhart Jeck
Joan Oppenheimer
Lynn Peterson, M.D.
Liz Schellhorn
Corwin Sharp
Eldon Thompson
Tom Weschler

BEHIND THE SCENES

ADVISORY MEETING HIGHLIGHTS

- Roof repair scheduled for early spring
- Thanks to all who work to make the Valentines’ Dinner and Auction such a success!
- Several new and interesting trips planned for 2013
- Discussion about future possibility of Shuffleboard
- Discussion about solutions to fill the gap left by Eleanor Zue’s retirement.

Please join our next meeting on Monday, March 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!

Upstairs Hallway Gallery

The paintings hanging in our upstairs hallway were painted by **Trina Schart Hyman** (1939-2004). Trina was a local artist who lived most of her life in Lyme, NH. She is best known for the 150+ children's books she illustrated over the course of her career, including Caldecott medal winner "St. George and the Dragon" and Caldecott Honor Books "Little Red Riding Hood," and "A Child's Calendar." In addition to her illustrations, Trina painted portraits using area models as part of a painter's group which met in Bradford and Fairlee, VT from 1989-2004. The portraits on display at TSC are part of this collection and are on loan to us by her daughter, Katrin Tchana, your Community Care Coordinator. Please stop by to view and appreciate this collection on display at The Thompson.

Please note: Katrin, the **Community Care Coordinator**, will be at TSC on Wednesday March 6, 11-1:30, Friday March 15th 11-1:30, and Wednesday March 27, 11-1:30. 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 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.

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

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 Tambrey Vutech



THANK YOU ALL!

IN MEMORY OF



Harold Robinson

Malcolm Morgan
Deanna Jones



MEDICAL EQUIPMENT

Currently available at the Center: Walkers, LOTS of shower chairs, crutches, wheelchairs.
Also Available: Aluminum indoor/outdoor ramp, 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

MARCH BIRTHDAYS

5th Ruth Osmer	12th Louise Seagle	19th Stella Baron
8th Liz Hatfield	13th Bill Post	22nd Betty Putnam
9th Lorraine Kruse	15th Pat Osborne	25th David Worth
11th Jerry Fredrickson	17th Sue Rose	26th Marie Willis
	18th Pat Tilton	

On March 28th we will celebrate your special day! The Mill Band will provide musical entertainment after lunch! Please call to make a reservation for lunch and join us!



ONGOING PROGRAMS

CAREGIVER SUPPORT GROUP WEDNESDAY, MARCH 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.

Book CLUB

On **Wednesday, March 13, 1:00PM**, Anne Bower will lead a discussion on the book, *Swamplandia* by Karen Russell. This spooky, funny, adventure-filled novel centers around thirteen-year-old Ava's adventures trying to save her family's failing alligator farm. The writing style is zany, the characters are eccentric, and the setting is that weird territory--the Florida Everglades. Stephen King found *Swamplandia* to be "brilliant, funny, original," and the *New York Times* review highlighted the book's "dazzling level of linguistic invention." We hope you'll join us for this discussion.

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!

CHAIR MASSAGES AT THE THOMPSON WEDNESDAYS, MARCH 6, 13, & 27TH 10:00AM TO NOON

Beat the winter blues with a relaxing chair massage. Licensed massage therapists will be available 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 and make sure to cancel in advance if you can't make it so that someone else can take your spot!

Cost: 15 minute massage/\$15.00; 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, 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**

WELLNESS CLINIC & BLOOD PRESSURE SCREENINGS

TUESDAY, MARCH 26, 10:00 AM - NOON

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.

PROGRAMS

AARP DRIVER'S SAFETY COURSE FRIDAY, APRIL 12, 2013 9:00 - NOON AND 1:00 - 2:00PM (WITH BREAK FOR LUNCH)



Cost: \$12 AARP members (bring card); \$14 non-members

In this condensed Driver's Safety course instructor Estelle Schwartz will teach defensive driving techniques and talk about special considerations for older drivers (reaction time, etc.) A variety of safety tips will be reviewed. Please check with your insurance company to determine if they offer a premium discount for completing this class. A certificate will be given to you at the end of the day. Please bring your current driver's license and AARP card. Pen and paper will be provided.

Please sign up in advance and make checks payable to AARP. Minimum of 8 participants required.

NEW! CarFit Program

(sponsored by AARP, AAA, and the American Occupational Therapy Association).

At 2:00PM on Friday, April 12th following the Driver's Safety Course, a trained professional will assist older drivers in their cars with a series of critical check-points, including: a clear line of sight over the steering wheel, adequate space between the front air bag/steering wheel and the driver's breastbone; properly adjusted head restraints, proper positioning on gas and brake pedals, proper seat belt use and fit, and safe positioning of mirrors to minimize blind spots. Adaptive Devices are available and discussed to help your vehicle become the perfect fit! Please call to schedule your 20 minute appointment.

"KEEP YOUR MIND SHARP" MONDAY, MARCH 11, 2013, 1:00PM

Kimberly J. Betts from the Dartmouth Aging Resource Center's Brain Café will lead a discussion on brain health and demonstrate activities to keep your mind sharp. She will also provide resources on memory loss, aging and dementia. (Reminder: Another opportunity to keep your mind sharp is the Brain Fitness class offered at The Thompson on Wednesdays at 1pm each week).

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

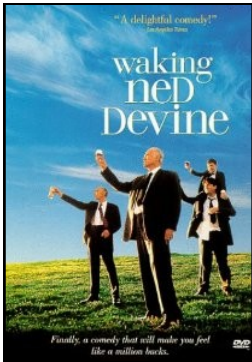
Menopause is a natural part of aging, and women can expect to live one third of their lives after menopause. The physical changes that occur around menopause should not prevent you from enjoying this time in your life. Let's take a journey together through the Menopause years with Dr. Ellamarie Russo-DeMara 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.

PROGRAMS

LIVE WEBCAST AT THE THOMPSON SENIOR SLUMBER: HOW TO MAINTAIN HEALTHY SLEEP WITH AGE

PRESENTED BY DANIEL HERRICK, MD,
AT THE DARTMOUTH-HITCHCOCK AGING RESOURCE CENTER AND VIEWED ONLINE AT TSC
THURSDAY, MARCH 21, 1:30–3:00 PM

Sleep related concerns are common among older adults. This live internet presentation will focus on sleep-related changes that are a normal consequence of aging, and how to distinguish those from symptoms suggestive of a sleep disorder or medical illness. Dr. Herrick will discuss ways to maintain optimal sleep hygiene and sleep health.



DINNER & A MOVIE

FEATURING
WAKING NED DEVINE

TUESDAY, MARCH 19,
5:30PM

Dinner will be served at 5:30pm followed by the movie at 6:30pm. In *Waking Ned Devine*,

After discovering that lucky local Ned Devine (Jimmy Keogh) croaked from the shock of hitting the jackpot in the national lottery, Jackie (Ian Bannen) and Michael (David Kelly) mastermind a scheme to impersonate the dead man and collect his prize money. But to pull it off, they'll need buy-in from the rest of Tullaigh Mohr's denizens -- and not everyone is willing to cooperate. Fionnula Flanagan co-stars in this quirky cinematic charmer. **Cost: \$5.00**

ROAST BEEF SUPPERS IN HARTLAND

Saturdays through March 16th beginning at 5PM at the Hartland Congregational Church. Depart TSC at 4:15PM on Thompson van with minimum of 5 riders.

Cost: \$14.00 for supper plus \$2.00 for transportation.

SMALL TOWN: A MEMOIR A BOOK DISCUSSION

BY LOCAL AUTHOR, MARGARET MERRILL
TUESDAY, MARCH 26, 1:00 PM

"Friends and neighbors flow through *Small Town*. In the course of half a century, Margaret Merrill, one time librarian at the Norman Williams Public Library, kept an eye on more than overdue books. In just over 300 pages she has recorded the comings and goings of folks in and around Woodstock, dressing them up--and down--in such familiar settings as St. James Church, the jailhouse, firehouse, cemetery and the library."

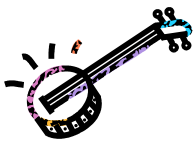
--Sara Widness, Special to *The Vermont Standard*

Books will be available to purchase.

THE MILL BAND

RETURNS FOR MARCH BIRTHDAY DAY MUSIC

THURSDAY, MARCH 28, 2013
1:00PM



Join us for the toe tapping music and sweet harmonies of The Mill Band. They play classic country, folk, bluegrass, and gospel music.

CLASSES

ITALIAN STUDY GROUP

Thursdays, Dates: March 7, 14, 21, & 28.
10:30 AM - Noon

Cost: \$44.00 (for 4 classes), \$11/per class
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 Copeland
New Time: 10:30 to 11:45AM.

Dates: March 5, 12, 19, 26 and April 2, 9.
Cost: \$65.00

This class will be conducted in Spanish and English with an emphasis on building conversational skills. It will be geared toward advanced beginners. Instructor Susan Copeland teaches Spanish and English at the Dartmouth College Rassias Center and is a retired high school Spanish teacher. The class will use *Spanish for Mastery 1 ¿Qué tal?* (1994) which can be purchased online.

Please call the Thompson Center to sign up in advance.

FRENCH CLASS

Spring series to begin, watch for dates
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

BRAIN FITNESS CLASSES, WEDNESDAYS, 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. 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. \$3.00 per class (includes handouts and exercises you can do at home)

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.

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 needing 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!

TRIPS

2013 TRIPS-AT-A-GLANCE

Friday, March 1, 2013: Vermont Flower Show, Champlain Valley Expo, Essex Junction, VT.
ITINERARY: We will depart the Thompson Center at 8:30AM, on a Premier Coach bus and spend approximately three hours at the show, including lunch on your own (either brown bag or purchase from available vendors), make a short stop at the Christmas Tree Shop in Williston, VT, and arrive back to Woodstock by 4:00PM. Cost: \$40.00

Wednesday, June 5, 2013: Trip to scenic Franconia Notch to enjoy lupines in bloom, popular local attractions, and a trip on the Cog Railway. Price & departure time to be determined.

Tuesday, July 9, 2013: Lunch at Warren’s Lobster House in Kittery, Maine and trip to the Fuller Garden, an Estate Garden featuring a large variety of roses, a Japanese Garden, a conservatory with orchids, and much more. Price & departure times to be determined.

Wednesday, October 9, 2013: Fall Foliage trip on the Winnepesaukee Railroad, with lunch served on the train by Harts Turkey Farm. Price & departure times to be determined.

In-the-works: Several local trips for music, comedy, theatre and/or shopping, and a December overnight trip to New York City to see the Rockettes, sponsored by Yankee Holiday Travel. May 9-16, 2014 Norwegian Cruise Line from Boston to Bermuda. Prices and itineraries are still to be determined. Please call the Thompson Center for more information and ask for Diana or Pam.

PREPARING FOR MAJOR SURGERY IN LATER LIFE PRESENTED BY KENNETH M. DOLKART, MD

(AT THE DARTMOUTH-HITCHCOCK AGING RESOURCE CENTER)
THURSDAY, MARCH 28, 1:30–3PM

Depart Thompson Center at 12:30PM.
***Due to limited space at the Aging Resource Center, sign up is required by 3/21/13**
The weeks and days leading up to major surgery can be a stressful time for the person having surgery and for their loved ones. Fortunately, there are ways that you can prepare ahead of time for a faster recovery. Come learn what you can do to plan ahead and what to expect before and after a major surgery.

THOMPSON DAY TRIP POLICY

- ◆ To make your reservation, contact Diana or Pam at 457-3277 .
- ◆ Reservations are taken on a **first paid basis. Your name will be entered on the trip sign-up sheet once we receive your payment (Note: we can no longer sign you up without a payment, due to the risk of last minute cancellations).** Checks will be deposited 30 days prior to trip date.
- ◆ 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.
- ◆ All are welcome to go on trips, but anyone needing extended assistance must bring a caregiver or companion.

PROGRAMS

NUTRITION AND EYE HEALTH PRESENTED BY DR. CHRIS FIELDS, OD MONDAY, MARCH 18, 1:00 PM

Dr. Fields will be joining us for an up-to-date discussion of nutrition and eye health. He will be discussing the “Six Essential Nutrients Your Eyes Needs”, and will thoroughly explain how proper nutrition can not only help you to see better, but is clinically used to manage ocular and sight threatening diseases such as macular degeneration, diabetic eye disease, and glaucoma. Dr. Fields is a 1994 graduate of the Pennsylvania College of Optometry and completed his residency as an Eye Doctor at the Wilmington, DE Veterans Administration Medical Center. He has extensive eye care clinical experience in managing ocular diseases such as glaucoma, macular degeneration, retinal vascular disease, and dry eye. Dr. Fields is in private practice at Fields of Vision Eye Care, in Lebanon, New Hampshire.

GENEALOGY THURSDAYS AT THE THOMPSON

(EVERY OTHER THURSDAY BEGINNING MARCH 7TH THROUGH MAY 16TH, 1:00–3:00 PM)

Spend some time this spring researching your family tree. Professional genealogist Denise Picard Lindgren will be leading “Genealogy Thursdays” at the Thompson, which will meet every other week for six two-hour sessions. In the first half-hour Denise will present a genealogical web site, method, or problem for discussion. The remainder of the time is for your own research, with Denise and other members of the class available to assist you. All levels of experience are welcome. **Classes will meet every other Thursday beginning on March 7th through May 16th from 1-3PM. Cost is \$85** for the six class session and a minimum of 8 students is requested. Participants should bring a laptop or notebook computer to connect to the Internet. Denise Picard Lindgren holds a Certificate in Genealogical Research from Boston University and has recently completed Advanced Methods with Dr. Tom Jones at the Salt Lake Institute of Genealogy. She is a Life Benefactor of the New England Historic Genealogical Society and a member of the National Genealogical Society, New York Genealogical & Biographical Society, Utah Genealogical Association, and the Genealogical Society of Vermont.

TAX ASSISTANCE AT THE THOMPSON

Do you need assistance with your tax returns? The Thompson Center will offer individual sessions with TCE Preparers (Tax Council for the Elderly) free of charge to complete your 2012 taxes. This program will be offered Mondays from February 4th through April 8th except on February 18th (Presidents Day). If you are unable to travel to the Center, special arrangements can be made to accommodate a home appointment. On the day of your appointment, please come early to fill out a questionnaire. PLEASE BRING: Valid picture ID for 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 and prebates, IRA income, and copy of your 2012 property tax bill. If you are filing for a Renter’s Rebate, Homeowner Property tax rebate or 2012 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!

PROGRAM CALENDAR - MARCH 2013				
Mon	Tue	Wed	Thu	Fri
				1
* Please Sign up/Reservations Required	BINGO daily at 10:30 am except on birthday day and other special meal days.			12 German Table
4	5	6	7	8
9 Tax appointments* 9 Strength & Fitness 10:15 Memoir Club 1 Advisory Meeting	Town Meeting Day Call for rides to vote! 9 Strength & Fitness 10:00 Double King Ped 10:30 Spanish Class* 12 Spanish Table	9 W. Leb Shopping* 10-12 Chair Massages* 9:30 Tai Chi (B) 10:30 Handwork Cir. 10:40 Tai Chi (CS) 12 French Table 1 Brain Fitness Class*	9 Strength & Fitness 10 Cribbage 10:30 Italian Study Group 1 Genealogy*	9 – 2:30 Foot Clinic* 12 German Table
11	12	13	14	15
9 Tax appointments* 9 Strength & Fitness 10:15 Memoir Club 1 Brain Strengthening talk with Kimberly Betts	9 Strength & Fitness 10 Double King Ped 10:30 Spanish Class* 12 Spanish Table 6 Menopause Talk	10-12 Chair Massages* 9:30 Tai Chi (B) 10:30 Handwork Cir. 10:40 Tai Chi (CS) 12 French Table 1 Book Club 1 Brain Fitness Class*	9 Strength & Fitness 10 Cribbage 10:30 Italian Study Group	Breakfast Day* (served at 9:00am) (No lunch)
18	19	20	21	22
8:30 Newsletter Folding 9 Tax appointments* 9 Strength & Fitness 10:15 Memoir Club 1 Macular Degeneration Talk with Dr. Fields	9 Strength & Fitness 10 Double King Ped 10:30 Spanish Class* 11:30 Commodities 12 Spanish Table 5:30 Dinner & Movie Waking Ned Devine	8 Board Meeting 9 W. Leb Shopping* 9 – 2:30 Foot Clinic* 9:30 Tai Chi (B) 10:30 Handwork Cir. 10:40 Tai Chi (CS) 12 French Table 12:30 Caregiver Support Group 1 Brain Fitness Class*	9 Strength & Fitness 10 Cribbage 10:30 Italian Study Group 1 Genealogy* 1:30 Senior Slumber webcast	12 German Table
25	26	27	28	29
9 Tax appointments* 9 Strength & Fitness 10:15 Memoir Club	9 Strength & Fitness 10 - 12 Wellness Clinic 10 Double King Ped 10:30 Spanish Class* 12 Spanish Table 1 Author Talk with Peggy Merrill, Small Town	10-12 Chair Massages* 9:30 Tai Chi (B) 10:30 Handwork Cir. 10:40 Tai Chi (CS) 12 French Table 1 Brain Fitness Class*	BIRTHDAY DAY* 9 Strength & Fitness 10 Cribbage 10:30 Italian Study Group 12:30 Aging Resource Center trip* 1 Mill Band music	12 German Table

MENU - MARCH 2013				
Mon	Tue	Wed	Thu	Fri
				1
* 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			Vegetarian Lasagna, Steamed Tuscan Style Vegetables, Garlic Bread, Berries and Cream Crepes
4	5	6	7	8
Tossed Salad, Turkey Sandwich, Caldo Verde, (Spicy Portuguese Kale and Potato soup w/ sausage), Strawberry Cake	Grilled Hot Dogs, Chef's Slow Cooked Baked Beans, Cole Slaw, Chef's Choice Dessert	Tossed Salad, Fire Island Ziti (a little spicy, with broccoli, tomatoes, Italian sausage) Monterey Ranch Bread, Berry Baskets	Tossed Salad, Pesto Olive Chicken, Herb Roasted Red Potatoes, Mediterranean Vegetables, Lemon Meringue Pie	Tossed Salad, Salmon en Croute, w/ Spinach and Mushrooms, New Potatoes, Cucumber/Dill Salad, Brownie Sundaes
11	12	13	14	15
Chef's Choice	Chipped Beef and Egg Gravy on Mashed Potato, Dijon Braised Brussel Sprouts, Sorbet & Fruit	Chef Salad w/ Lettuce, Tomato, Ham, Turkey, Cheese, Hard Boiled Egg, Carrot, Italian Cream Cake	Spaghetti & meatballs, Garlic bread, Mediterranean Vegetables, Fresh Fruit salad	Breakfast Day* Eggs Benedict, Hollandaise, Home Fries, Yogurt & Fruit
18	19	20	21	22
St Patrick's Day* Corned Beef, Cabbage, Baby Carrots, New Potatoes, Guinness Stout Cake	Tossed Salad, Chili, Corn Bread, Meringues w/ Pineapple	Chicken Divan w/ Penne Pasta, Tuscan Vegetables, Chef's Choice Dessert	Tossed Salad, Hearty Beef & Vegetable stew, Jelly Roll	Tuna Melt, Tomato, Vegetable Barley Soup, Cup Cake
25	26	27	28	29
Split Green Pea Soup w/ Ham Tossed Salad, Biscuit, Cookies & Fruit	Stuffed Meatloaf w/ Spinach & Cheese, Parsnip Mashed Potatoes, gravy, Peas & baby carrots Almond Cake w/ Orange Dried Apricot Sauce	Quiche w/ Asparagus Leek & Gruyere Cheese, Roasted Potatoes, Roasted Vegetable Medley, French Chocolate Macaroons with Chocolate Ganache	Birthday Day* Herb Roasted Turkey Breast, Gravy, Green Bean Aman-dine, Herb Roasted Red Skin Potatoes, Roll, Cake and Ice Cream	Chef's Choice

Menu is subject to change based on availability of food items.
Please call ahead with special dietary needs