



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



## In Thanksgiving

NOVEMBER 2012

During this month of Thanksgiving we thought it would be nice to feature writings from a recent memoir group “prompt” on gratitude. A few submissions are copied in full.

“I am very grateful for my four daughters. In so many families it seems some members don’t get along. My daughters do. That’s not to say that they never disagree or that everything was peaceful and quiet when they were growing up. However, as adult women they and their families can all gather for any occasion and really enjoy each other’s company. Their children aren’t always “best buddies” with their cousins but they like and respect them. They appreciate each other’s good qualities and overlook idiosyncrasies and failings they might have. We can be sure that we can have a gathering and not have to tiptoe around one person’s feelings. I’m so grateful for peaceful and happy (though not quiet) family gatherings!”

~ Barbara Condict

“For each new morning with its light,  
For rest and shelter of the night,  
For health and food,  
For love and friends,  
For everything thy goodness sends.”  
~ Ralph Waldo Emerson



“Gratitude is an emotion of connectedness, which reminds us we are part of a larger universe with all living things.”  
~ Melanie A. Greenberg

“We lived for a number of years on Cape Cod in Brewster, Mass. This particular year in the late eighties we had invited all our immediate family for Thanksgiving, including my mother and mother-in-law. Our daughter and her family from New Hampshire had driven down Wednesday night. Our second daughter was to drive her grandmothers down from the Worcester area. All plans were in place with one exception—there was a heavy snowstorm on the East Coast. I called around to see if a sister-in-law near Worcester could add three more to her holiday table. She had a large crowd and this made it impossible.

Our Daughter set out. Two grandmothers didn’t say a word as she navigated close to 100 miles through treacherous conditions. We paced around our house ever so anxious for their safe arrival. Remember, in the late 80’s there were no cell phones.

Nothing can compare with our joy, relief and deep gratitude when the three arrived at our snowy but shoveled driveway and the driver burst into tears as all the tension was released.” ~ Sally Kesseli

### HOLIDAY BAZAAR & COOKIE WALK

*Saturday, December 1, 2012,  
9 AM - 1PM*

Join us at the Thompson Center Annual Holiday Bazaar where you’ll find a great selection of holiday gifts, decorations, handmade pottery, and homemade goodies. We’ll also have our famous Cookie Walk, quality cards, sewn items, ornaments, jams, jellies, pickles, candies, knitted items, and more!

Don’t forget to get your raffle tickets to win a Sleigh Ride or Carriage Ride for two, a panoramic print from Mt. Tom by Wm. Hoyt, and Beaded Jewelry by Leslie Marceau.

Location: The Thompson Center, 99 Senior Lane, Woodstock, VT 05091  
Call 457-3277 for more information.



#### IN THIS ISSUE

Contact information	2
Behind the Scenes/ Advisory notes	2
Programs & Events	4, 5
Calendars	6, 7
Trips	8
Classes	9
Ongoing Programs	10
In Memory/ In Appreciation/ Birthdays	11

The Thompson Center

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

CENTER HOURS

8 AM-3 PM, Monday-Friday

STAFF

**Deanna Jones**, Executive Director,  
tsc-execdiretor@comcast.net  
**Paula Audsley**, Outreach Manager,  
paudsley@comcast.net  
**Volunteer:** tscvolunteers@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.,  
**Nelson Gilman**, Medical driver  
**Morris Stickney**, Maintenance  
**Gordon Worth**, Van driver  
**Jim Emery**, Van driver & maintenance

**Eleanor Zue**, Senior Solutions, Senior Advocate,  
EZue@seniorsolutionsvt.org  
(Tues., Thurs. at the Thompson)  
**SENIOR HELPLINE:** 800-642-5119

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

BOARD OF DIRECTORS

Cindy Carroll—*President*  
Pam Jaynes—*Vice President*  
John Moore—*Treasurer*  
Gerald Fredrickson—*Secretary*  
Dick Atwood  
Dick Colantuono  
Elizabeth Deignan  
Bob Forman  
Frances Gillett - Advisory  
Lisa Gramling  
Reinhart Jeck  
Patsy Mathews  
Joan Oppenheimer  
Lynn Peterson, M.D.  
Sarah Roberts  
Corwin Sharp  
Joseph Sheperd  
Eldon Thompson

BEHIND THE SCENES

A note from the desk of  
Deanna Jones, Executive Director

We ended our fiscal year on September 30th and the October Annual meeting marks the end of the terms of some outstanding Directors on our board. I'd like to thank Dick Colantuono, Liza Deignan, Jerry Fredrickson, and Joe Sheperd for their outstanding dedication and support. They each made a unique difference here over the many years that they served on our board, and we're happy that they will continue volunteering in some capacity at the Center. Thank you, Dick, Liza, Jerry, and Joe!

With the new budget year upon us, we have some challenges to face with funding. Transportation funding for this year from Senior Solutions (Federal & State funded) has been eliminated. We planned for this with the lease of the smaller sponsored vehicle and appreciate the rider donations to help support the transportation program. Having tested the smaller vehicle since January, we know that we can provide the needed services and have now eliminated one of our larger vans.

Lastly, with significantly rising food costs, the time has come to increase our suggested donation amount for meals. For those age 60 and over, the suggested donation will increase from \$4 to \$5. For those under age 60, the cost per meal will increase from \$6 to \$7. Please see me if this creates a hardship or if you have any questions or concerns.

Please note:

Katrin Tchana, the Community Care Coordinator from the Ottauquechee Health Center, will be at TSC in November on these dates:

- Wednesday, November 7, from 11-2:30pm
- Friday, November 16th, from 10:00-2:00pm
- Friday, November 30th from 10:00-2:00pm

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

ADVISORY MEETING HIGHLIGHTS

- Fiscal year ended very close to budget
- Repair work being done on siding and ridge pole
- Rack cards about the Thompson distributed around town
- One van and the Kia now supplying transportation needs
- Meal prices will be raised to compensate for increasing food costs and budget constraints due to funding changes
- Holiday Bazaar Crafts need more participants
- Pre-ordered "Pies to Go by Siobhan" being considered as new Bazaar feature
- Ryan's chili wins Second Prize at Cook-off

Please join our next meeting on Monday, November 4th at 1pm. Your input is needed and appreciated!

IMPORTANT INFORMATION

MEDICAL EQUIPMENT

**Currently available at the Center:** Canes, walkers, shower chairs, crutches, and wheelchairs - FREE  
**Available:** Aluminum indoor/outdoor ramp, call for details, small refrigerator/dorm size  
**Looking for:** Lift chair - electronic recliner style, more shower chairs. Contact Deanna at 457-3277.

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

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

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.

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  
Yarn & craft supplies - Kathleen Lanphear  
Knitted items - Carol Atwood  
Rolls - Nelson Gilman  
Canned goods - Harry Jorgensen  
Lift Recliner Chair - Bill Ellis  
Food donation from rehearsal dinner - Paul & Faith Sears  
Window treatments in dining room - Paul & Faith Sears

SHARE THE HARVEST

Karl Wood - Beans & Squash  
Carol Powell - Tomatoes  
Cathy & Charlie English - Lettuce  
John Audsley - Turnips & Tomatoes  
Dwight Camp - Tomatoes  
Paula Audsley - Tomatoes  
Sue Hottenstien - Cucumbers  
Crystal Blanchard - Duck eggs  
Eleanor Grice - Carrots  
Ted Taylor - Apples  
Bob Forman - Lettuce & Arugula



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



NOVEMBER BIRTHDAYS

1st Olive Greenough	8th Priscilla Britton	13th Beatrice Foley	28th Carolyn Maynard
1st Norm Boyton	8th Thelma Jillson	13th Taylor Schanck	28th Ruth Lewis
3rd Betty Ann Lantz	9th Margaret Thomas	22nd Helen Kaija	28th Pete Sanderson
7th Bunny Strong	9th Ginny Gould	25th Peg Maxham	
7th Polly Williams	10th Deanna Jones	27th Fred Doten	

On November 29th we will celebrate your special day! The Mill Band will provide music after lunch! Please join us!





# ONGOING PROGRAMS

## CAREGIVER SUPPORT GROUP

Wednesday, November 21st

(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

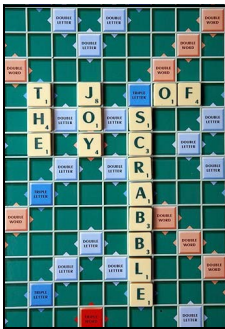
Ongoing, Mondays, 10:15 AM - Noon

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!

## SCRABBLE CLUB

Ongoing, Mondays, 1 PM

This newly formed group wants to have fun while keeping their brains active and challenged. The National Scrabble Association "cheat sheets" and playing boards are available. Let's play - the more the merrier!



## BOOK CLUB

Wednesday, November 14, 1:00 PM

Please call Diana Leskovar for the November book. 457-3277



## HANDWORK CIRCLE

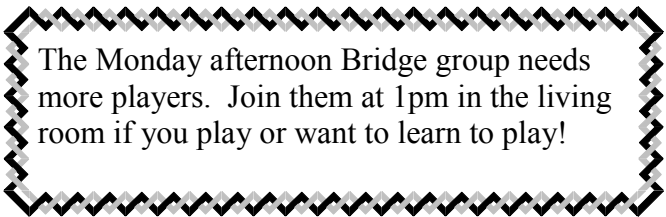
Need moral support starting or finishing a project? Join our handwork circle on

Wednesdays at 10:30 AM for tips, advice, coffee, and a few laughs.

## 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: \$15



The Monday afternoon Bridge group needs more players. Join them at 1pm in the living room if you play or want to learn to play!

# NEWS & PROGRAMS

## Program Highlights

For those of you who missed last month's program "Finding Reliable Health Information Online" we are sharing some of the top ten most useful consumer health websites from the Medical Library Association. For more information contact Cindy Stewart, MLS, Associate Director, Dartmouth Biomedical Library at (603) 650-4967 or at [cindy.stewart@dartmouth.edu](mailto:cindy.stewart@dartmouth.edu).

**Cancer.gov** (<http://www.cancer.gov/>) This is the official website for The National Institutes of Health (NIH), one of eight agencies that compose the Public Health Services (PHS) in the Department of Health and Human Services. (DHHS).

**Center for Disease Control and Prevention** (<http://www.cdc.gov/>) This is an agency of the DHHS that is dedicated to promoting "health and quality of life by preventing and controlling disease, injury, and disability." There are also health recommendations for travelers worldwide under "Travelers Health."

**Familydoctor** (<http://familydoctor.org>) This site is operated by the American Academy of Family Physicians (AAFP) and all the information on this site has been written and reviewed by physicians and patient education professionals at the AAFP.

**Healthfinder** (<http://www.healthfinder.gov/>) Menu lists on this site's home page provide links to online journals, medical dictionaries, minority health, and prevention and self-care.

**MayoClinic** (<http://www.mayoclinic.com/>) Editors of the site include more than 2,000 physicians, scientists, writers and educators at the Mayo Clinic.

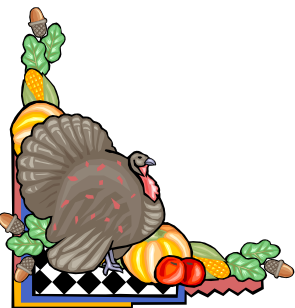
**MEDLINEplus** (<http://medlineplus.gov>) This site is a consumer oriented Website established by the National Library of Medicine. An alphabetical list of "Health Topics" consists of more than 300 diseases, conditions, and wellness issues. Consumer drug information is available by generic or brand name.

**NIH Senior Health** (<http://nihseniorhealth.gov/>) Aging related health information is easily accessible and easy to understand and type size can be increased for easier viewing. Well illustrated and readable, it includes some short videos and links out to MEDLINEplus for additional information.

## THANKSGIVING DINNER Thursday, November 8th

Join us for a delicious Thanksgiving Dinner!

Please sign up in advance. Space is limited!



First seating: 11:30 AM  
Second seating: 1:00 PM

Reservations are required.  
Thank you!

## 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 someone's name on it that they are remembering during the holidays.



## PROGRAMS

### START THE CONVERSATION WEDNESDAY NOVEMBER 7, 1:00PM

#### PRESENTED BY THE VISITING NURSE AND HOSPICE OF VT AND NH

In life we prepare for everything... college, marriage, children, and retirement. Despite the conversations we have for these important milestones, rarely do we have conversations about how we want to be cared for at the end of our lives. Talking is the single most important thing that you can do to prepare for the death of someone you love. While difficult, the end of life can be amazingly rich. Talking about this time makes a rich ending more likely. Often such conversations are avoided out of an understandable desire to spare each other's feelings. They need not be. The Visiting Nurse and Hospice of VT & NH have prepared helpful materials and resources to help you start the conversation with your loved ones.



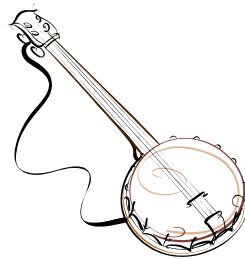
### FREE HEARING SCREENINGS Friday November 16, 9:00-3:00PM

An Avada Hearing Care Specialist will return to The Thompson to conduct a thorough hearing examination and provide consultations at no charge. Hearing instrument demonstrations will also be available. Call early to reserve your 45 minute appointment.

### THE MILL BAND

#### THURSDAY, NOVEMBER 29, 1:00 PM

The popular MILL BAND returns to the Thompson for our November birthday celebration. If you're a fan of bluegrass, classic country, or gospel music, you won't want to miss this toe tapping good time!



### Flamenco Dance Project At TSC Friday, November 9<sup>th</sup> 1:15PM

A special preview performance of the **Flamenco Dance Project** at the Thompson Center. Enjoy a dynamic company of artists as they showcase Flamenco dance and music. See their full performance at Pentangle, November 9th at 7:30pm!



### "Remember When", with Kathy Wendling Thursday, November 15<sup>th</sup>, 1:00PM

Are you having trouble 'remembering when'? Do you find yourself apologizing for forgetting people's names, as you wonder how you know them? Short term memory loss is a fact of aging, but sometimes memory impairment can seriously affect daily life. Kathy would like to facilitate an honest discussion on memory loss and encourage people to share their experiences and coping strategies. Please note: Kathy will be retiring as the facilitator of this program, so she can fully enjoy this phase of her life. She has led many interesting and stimulating programs over the course of ten years and she will be missed. We wish her all the best!

## CLASSES

### FRENCH CLASSES

Watch for dates & times for new series  
in the December newsletter

Instructor: Judy Mahood  
Email: [judymahood@comcast.net](mailto:judymahood@comcast.net)

#### Advanced Beginner

Students in this class will participate in a variety of activities that will enhance their French language skills and familiarize them with the French culture. Students will learn some useful vocabulary and expressions for travel and will have an opportunity to refresh their rusty or forgotten skills.

Please contact Judy if you are interested in the next session.

### ITALIAN STUDY GROUP

Thursdays, November 1st & 8th  
10:30 AM - Noon

Cost: \$33 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

Watch for dates and times for an  
early spring series.

Instructor: Susan Copeland

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

### STRENGTH & FITNESS

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 - WIN, WIN, WIN

Wednesdays, October 17, 24, 31 and  
November 7, 14, 28

Note: There will be no Tai Chi classes for the month of December. Winter class dates are:  
January 2, 9, 16, 23, 30, and February 6.

Clinical evidence is confirming that tai chi benefits your body, mind, and spirit. Tai Chi movements help with body coordination, muscle tone, balance, and overall concentration.

Tai Chi also helps reduce the symptoms of arthritis, fibromyalgia, joint pain and stiffness, as well as depression.

#### Tai Chi for Beginners, 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 Sun style Tai Chi. The form is easy to learn and is appropriate for beginners and those needing review.

#### Tai Chi for Continuing Students, 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](mailto:anniebower@yahoo.com); or view [www.annebower.com](http://www.annebower.com).

Cost: \$30.00 (six classes)



## TRIPS

### **The Temptations, Lebanon Opera House, Lebanon, NH.**

**Friday, November 30<sup>th</sup> 7:30PM (Depart on Thompson Shuttle at 6:30PM, or drive on own)**  
LIVE! With their fine-tuned choreography—and even finer harmonies—The Temptations became THE renowned male vocal group of the 1960's. They have weathered the storm of a changing culture and consumer tastes with rare dignity and grace. **Cost: \$49.50 (gas donation appreciated, if taking the van)**

### ***A CHRISTMAS CAROL* AT NORTH SHORE MUSIC THEATRE, BEVERLY, MA**



**Saturday, December 8, 2012**

**Depart from The Thompson Center on Premier Coach Bus at 8:30AM**

Enjoy this holiday favorite with dazzling special effects, colorful costumes and traditional songs. *A Christmas Carol* tells the tale of the miserly Ebenezer Scrooge, who is visited by ghosts of Christmases Past, Present and Future and ultimately discovers the true spirit of the holiday season. This popular musical adaptation of the Charles Dickens novel is brought to life in the intimate setting of the North Shore Theatre in the round. We will enjoy a deluxe buffet lunch at the Beverly Depot, a Reader's Choice award winning restaurant housed in a historic 1890's train station. Buffet will include Chicken Marsala, Roast Beef Au Jus, roasted potatoes, fresh garden salad, rolls, drink, and dessert.

Arrive back in Woodstock at approximately 7:00PM. Coolers will be available on the bus if you would like to bring a snack for the ride home. **Cost: \$102.00 (includes coach bus, theatre ticket, and deluxe buffet lunch)**  
**NEW NOTE: Minimum of 40 needed for this trip to be able to go - please let us know by October 23rd!**

**Peter Pan, Northern Stage, White River Junction, VT.**

**Friday, December 21<sup>st</sup> 2:00PM**  
(Depart on Thompson Shuttle at 1:15PM)

Don't want to grow up? Join Peter Pan, Tinker Bell and their pals on an unforgettable trip to Never Never Land. Based on the play by James M. Barrie this is one of the world's most celebrated musicals. You will enjoy popular songs such as, "I Won't Grow Up", "I'm Flying", and "Never Never Land." Professional Broadway performers join talented local children in this timeless tale. **Cost: \$40.00 (includes gas donation)** Note: Price goes up for this holiday performance on **December 26<sup>th</sup>** so see it with us!



### **DAY TRIP POLICY**

- ♦ To make your reservation, contact Diana or Pam at 457-3277 .
- ♦ Reservations are taken on a first paid basis and are not considered confirmed until full payment has been received. 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

### **An Alzheimer's Association Workshop:**

**"Know the 10 signs: Early Detection Matters" presented by, Susan Moor**  
**Tuesday, November 13, 1:00 to 2:30PM**

This workshop provides attendees with an understanding of the difference between age-related memory loss and Alzheimer's and what to do if they or someone they know has signs of the disease. Participants will view video footage of real people who are living with the early stages of dementia and their families. This workshop will address fears and myths associated with Alzheimer's disease and cover warning signs, risk factors, getting a diagnosis, and the benefits of early detection. A guided discussion will follow the video. Susan Moor has been intensively working in the field of dementia since 2005, first in Social Services in Adult Day Health, then as Early Stage Program Coordinator with the Alzheimer's Association. She is currently actively involved in developing and facilitating support groups for those with memory issues and their care partners. She and her husband reside in Woodstock, VT. **Please call the Center at 457-3277 to sign up for this workshop. Cost: free**

### **Jeopardy at the Thompson, with Shane Roy**

**Monday, November 19, 1:00 to 3:00PM**

Sharpen your cognitive skills and get ready to slam the buzzer----just like the TV show! Shane Roy (who was here in September with his Karaoke set-up) will moderate the game of Jeopardy in our living room. People will divide up into small groups and Shane will review the rules and directions. Then, the fun will begin! (Prizes available for winners). Please sign up in advance by calling 802 457-3277. A donation toward the cost of the program appreciated.



### **Holiday Bazaar News**

**Please consider donating homemade jams, pickles, etc. and clean coffee cans (no plastic, please) with lids for the cookie walk. If you would like to bake cookies for the cookie walk, they can be dropped off here on Friday, November 30.**

### **Senior Skate, Woodstock Union Arena**

**Wednesdays,  
10:00 to 11:00AM**

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



### **The Christmas Revels, An Irish Celebration of the Winter Solstice** **Wednesday, December 12, 7:00PM**

Dress rehearsal performance at the Hopkins Center for the Arts, Hanover, NH. Dress Rehearsal, free tickets available on a first come first served basis. Quantities are limited, so please call early to reserve your ticket (transportation is not provided).

### **Wellness Clinic & Blood Pressure Screenings**

Wellness clinics (blood pressure, glucose, cholesterol screenings) with Michelle Chiesa, RN, Visiting Nurse and Hospice of Vermont and New Hampshire will be held on the 4<sup>th</sup> Tuesday of each month from 10-noon.

PROGRAM CALENDAR - NOVEMBER 2012				
Mon	Tue	Wed	Thu	Fri
			1	2
BINGO daily at 10:30 am except on birthday day and other special meal days.	* Please Sign up/ Reservations Required		9 Strength & Fitness 10 Cribbage 10:30 Italian Study Group 12 Italian Table	12 German Table 1 Holiday Bazaar Crafts with Paula 1 Talk and Listen with Linda Grant
5	6	7	8	9
9 Strength & Fitness 10:15 Memoir Club 1 Advisory Meeting 1 Bridge 1 Scrabble	9 Strength & Fitness 10:00 Double King Pede 10:45 Spanish Class 12 Spanish Table	9 W. Leb Shopping* 9:30 Tai Chi (Beginners) 10:30 Handwork Cir. 10:40 Tai Chi (continuing students) 12 French Table 1 Start the Conversation talk with VNA	9 Strength & Fitness 10 Cribbage 10:30 Italian Study Group 11:30 First Seating* 1:00 Second Seating* THANKSGIVING DINNER	9 - 2:30 Foot Clinic* 12 German Table 1 Holiday Bazaar Crafts with Paula 1 Flamenco Dance Project
12	13	14	15	16
Veteran's Day Closed	9 Strength & Fitness 10 Double King Pede 10:45 Spanish Class 12 Spanish Table  1 Know the 10 signs: Early Detection (Alzheimer Association Workshop)	9 – 2:30 Foot Clinic* 9:30 Tai Chi (Beginners) 10:30 Handwork Cir. 10:40 Tai Chi (continuing students) 12 French Table 1 Book Club	9 Strength & Fitness 10 Cribbage 1 Genealogy* 1 Remember When	9 - 3 Hearing Screenings* 12 German Table 1 Holiday Bazaar Crafts with Paula
19	20	21	22	23
8:30 Newsletter folding 9 Strength & Fitness 10:15 Memoir Club 1 Bridge 1 Scrabble 1 JEOPARDY with Shane Roya	9 Strength & Fitness 10 Double King Pede 11:30 Commodities 12 Spanish Table	9 W. Leb Shopping* 10:30 Handwork Cir. 12 French Table 12:30 Caregiver Support Group	Thanksgiving Day Closed	Closed
26	27	28	29	30
9 Strength & Fitness 10:15 Memoir Club 1 Bridge 1 Scrabble	9 Strength & Fitness 10 Double King Pede 12 Spanish Table 1 Wellness Clinic	8 Board Meeting 9:30 Tai Chi (Beginners) 10:30 Handwork Cir. 10:40 Tai Chi (continuing students) 12 French Table	BIRTHDAY DAY* 9 Strength & Fitness 10 Cribbage 12 Italian Table 1 The Mill Band	12 German Table 1 Decorating & Holiday Bazaar set-up 6:30 departure for The Temptations at the Lebanon Opera House*

MENU - NOVEMBER 2012				
Mon	Tue	Wed	Thu	Fri
			1	2
* indicates that sign-up/reservations are required (Birthday Day & special holiday meals)	Meal Pricing: ♦ \$ 7 charge for those under age sixty ♦ \$ 5 suggested donation for ages sixty and over	Menu is subject to change based on availability of food items.  Please call ahead with special dietary needs.	Tossed Salad, Beef & Vegetable Stew, Oatmeal Cran Raisin Cookies/fruit	Tossed Salad, Supreme Pizza w/ peppers, onions, mushrooms, olives, pepperoni, Blueberry Almond Cake
5	6	7	8	9
Salmon burger, Roasted Steak Fries, Marinated Vegetable Salad, Rum Raisin Rice Pudding	Spinach & Cheese Ravioli w/ Meat sauce, Garlic Bread, Broccoli & Cauliflower, Garlic Bread, Cranberry Mousse	Chef's Choice	Thanksgiving Dinner* Roasted Turkey, Mashed Potato, Gravy, cranberry sauce, Stuffing, peas and carrots, Pumpkin Pie	Turkey Soup, Bread, Salad, Streusel Peach Pie
12	13	14	15	16
Veteran's Day Closed	Chipped Beef and Egg Gravy on Mashed Potato, Macaroons w/ Pine-apple	Tossed Salad, Chili, Corn Bread, Hot Fudge Sundae w/ Banana	Salmon en Croute, w/ Spinach and Mushrooms, Lentils, Jelly Roll	Pan seared Chicken breast, Creamy cheddar polenta, Spinach supreme (spinach, sour cream, parmesan and Monterey jack cheese) Warm Apple Strudel
19	20	21	22	23
Tossed Salad, Penne Pasta w/ Sweet Italian Sausage, Spinach, Tomatoes, Pesto, Chef's Choice Dessert	Quiche w/ Spinach, Bacon, Mushrooms, Roasted Potatoes, Roasted Vegetables, Pumpkin Cake w/ Cream Cheese frosting	Apple & Squash Soup, Ham Sandwich, Apple Pie Squares	Thanksgiving Day Closed	Closed
26	27	28	29	30
Tossed Salad, Pea Soup w/ Ham, Cottage Cheese, Biscuit, Carrot Cake	Grilled Hot Dogs, Chef's Slow Cooked Baked Beans, Cole Slaw, Fruit Tarts	Gnocci Alfredo with peas and ham Tuscan Style, Vegetables Lemon Meringue Pie	Birthday Day* Maple Pork Chops, Baked Potato, Lime Carrots, Maple Cider Jus, Cake and Ice Cream	Chef's Choice