



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



NOVEMBER 2013

## OVERCOME: BURNED, BLINDED, AND BLESSED

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

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

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



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

**Cost: \$15. Advance payment with reservation required.**

**Note:** Books available for sale and signing after event.

### HOLIDAY BAZAAR & COOKIE WALK SATURDAY, DECEMBER 7, 2013 9 AM – 1 PM

Join us at the Thompson Center Annual Holiday Bazaar where you'll find a great selection of holiday gifts, decorations, handmade pottery, and home-made 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 Dinner for four to reminisce with NBC News Correspondent Bob Hager, a French braid quilt made by Janet Maxham and Bonnie Atwood, and pottery by Miranda Thomas.**

**Location:** The Thompson Center,  
99 Senior Lane, Woodstock, VT 05091  
For more information call, 457-3277,  
see more on page 3.

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### 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.

### MEDICAL EQUIPMENT

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

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

### 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

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,  
djones@thompsonscenter.org  
**Paula Audsley**, Outreach Manager,  
paulsley@thompsonscenter.org  
**Diana Leskovar**, Program Director,  
dleskovar@thompsonscenter.org  
**Pam Butler**, Asst. Program Director,  
pbutler@thompsonscenter.org  
**Ryan Martin**, Chef,  
rmartin@thompsonscenter.org  
**Siobhan Wright**, Kitchen Asst.,  
**Gordon Worth**, Van driver  
**Jim Emery**, Van driver & maintenance  
**Nelson Gilman**, Medical driver

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

Patsy Mathews—*President*  
Pam Jaynes —*Vice President*  
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Dick Brodrick  
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Lisa Gramling  
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Barbara Kelley  
Joan Oppenheimer  
Lynn Peterson, M.D.  
Liz Schellhorn  
Corwin Sharp  
Eldon Thompson  
Tom Weschler

BEHIND THE SCENES

A note from the desk of  
Deanna Jones, Executive Director



Have you checked in through our computer system yet? Although many people said, “I’m not a computer person,” most have found the simple sign-in process easy to master. A swipe of your key card (or entering your first name and phone number if you forget your card) brings up the events of the day and the option to enter volunteer hours. If you haven’t been in to the Center since we switched from paper to the computerized system, we’ll ask you to fill out one of the bright yellow information sheets on your next visit to the Center.

After 5 weeks of using the new system, we have 411 patrons & volunteers active in the system from 31 different VT and NH towns! In addition to these folks, we’ve had 155 one-time guests over the age of 60 (and 28 one-time guests under age 60 ) sign-in to the system, (these “guests” are people who came for one event like flu shots, Oktoberfest, friends from Zack’s Place, Rutland Senior groups, or other visitors from out of town). In five weeks, we also had 71 volunteers log 680 hours! So much important information is now at our fingertips without any manual counting or piles of paper! Please let me know if you have ANY questions, and thank you for your patience & flexibility as we transition to this new system. ~ Deanna

ADVISORY MEETING HIGHLIGHTS

- Volunteers needed to wrap coffee cans for Holiday Cookie Walk
- New positive report on advantages of Sign In System
- Annual Meeting sign-up for October 30th
- Holiday trip planned to see White Christmas at the Northern Stage in December. 13 seats to be reserved.
- Possible new class called Bone Builders with Althea Derstine discussed - different focus and audience from Strength & Fitness
- Suggested name change of Brain Fitness Class to Brain Games

**Please join our next meeting on Monday, November 4, at 1pm.**  
All patrons and volunteers are invited to attend. Your feedback is needed and appreciated!

TOWN DAYS WRAP-UP!

Every year we celebrate each of our surrounding towns by having a special lunch and offering a discounted meal price for the residents of the town on that date. \$3 delicious lunch and good company, so invite your friends & neighbors to The Thompson! We’ve had Barnard, Bridgewater, Pomfret, & Reading Day. Next it’ll be:  
**Monday, November 4th -- Woodstock Day**

IN LOVING MEMORY & APPRECIATION



IN MEMORY OF

**Mickey Morgan**  
Lori & Roland Pease

**William Beebee**  
Sue & Pete Hottenstein

**John Steppacher**  
Margarete Pierce

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

*Thank you for your contributions in memory of these dear friends.*



FUEL ASSISTANCE  
INFORMATION

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



IN APPRECIATION

**White Cottage** - Hot dog rolls, hot dogs, coleslaw, tomatoes, whipped cream  
**Rachel Hochman & Mark Knott** - ground beef and laptop computer  
**Jerry Fredrickson & Dina Snider** - Weber Grill  
**Woodstock Elementary School** - Hot Sausages

ONGOING DONATIONS:

**Daily Valley News** subscription - Woodstock Pharmacy  
**Birthday Cakes** - Diane Atwood, Jane Soule, Carol Towne

**Monthly book club selection** - Yankee Bookshop  
**One Story** subscription - Boyd Bishop

SHARE THE HARVEST donations:

**Jerry Fredrickson** - Apples  
**Candle Klampert** - Tomatoes  
**Bob Forman** - Green beans, lettuce, onions

KIA SOUL - Transportation Sponsors:

Upper Valley Rehabilitation  
Dead River Company  
Ellaway’s Attic Consignment  
Ottauquechee Plumbing  
Mark Knott, DDS  
Woodstock Insurance Services  
Lang McLaughry Spera Real Estate’s Tambrey Vutech



Thank You!

NOVEMBER BIRTHDAYS

- |                                 |                                   |                                  |
|---------------------------------|-----------------------------------|----------------------------------|
| 1 <sup>st</sup> Barbara Condict | 8 <sup>th</sup> Priscilla Britton | 19 <sup>th</sup> Diane Frake     |
| 1 <sup>st</sup> Olive Greenough | 8 <sup>th</sup> Thelma Jillson    | 20 <sup>th</sup> Doris Dean      |
| 1 <sup>st</sup> Norm Boyton     | 9 <sup>th</sup> Margaret Thomas   | 21 <sup>st</sup> Pam Jaynes      |
| 3 <sup>rd</sup> Betty Ann Lantz | 11 <sup>th</sup> Ann Thomas       | 25 <sup>th</sup> Peg Maxham      |
| 4 <sup>th</sup> Sarah Roberts   | 10 <sup>th</sup> Deanna Jones     | 27 <sup>th</sup> Fred Doten      |
| 5 <sup>th</sup> Don Frakes      | 13 <sup>th</sup> Beatrice Foley   | 28 <sup>th</sup> Carolyn Maynard |
| 7 <sup>th</sup> Bunny Strong    | 13 <sup>th</sup> Taylor Schanck   | 28 <sup>th</sup> Pete Sanderson  |
| 8 <sup>th</sup> Judy Mahood     | 16 <sup>th</sup> Nathan Willard   |                                  |

*On November 21st we will celebrate your special day! Please call to make a reservation for lunch and join us!*



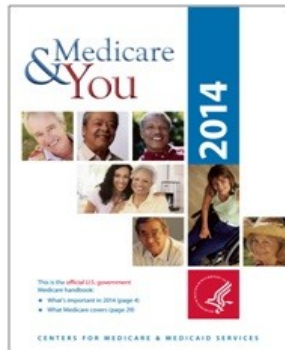
## WELLNESS PROGRAMS

### Wellness Clinic & Blood Pressure Screenings Tuesday, November 26, 10 - 12 noon

Wellness clinics (blood pressure & consultation) 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. Please note that the VNA is no longer offering glucose, cholesterol screenings in this setting.

### Open Enrollment Medicare Part "D" Assistance

**Tuesdays, October 22 to  
December 10, 2013  
1:00-3:00pm**



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

### Online Resources for Medicare and Supplemental Insurance

1. Visit the **National Council on Aging** website for great facts and frequently asked questions about Medicare, health insurance, and economic security: [www.ncoa.org/enhance-economic-security](http://www.ncoa.org/enhance-economic-security)
2. Visit the **State of Vermont** website (insurance page) for an excellent introduction to shopping for Medicare Supplemental insurance: [www.dfr.vermont.gov/insurance/insurance-consumer/shopping-medicare-supplemental-insurance](http://www.dfr.vermont.gov/insurance/insurance-consumer/shopping-medicare-supplemental-insurance)
3. The Health Insurance page on the **Vermont Senior Solutions** webpage: [www.seniorsolutionsvt.org/services/health-insurance](http://www.seniorsolutionsvt.org/services/health-insurance) or call 800-642-5119

**Online research not for you? Call the Thompson to schedule a one-on-one appt to sign-up or review your plan with an expert from Senior Solutions.**

### Chair Massages at the Thompson Wednesdays, Nov. 6, 13, 27 10:00am to noon

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

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

Cost: 20 minute massage/\$20.00

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

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

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

### CAREGIVER SUPPORT GROUP Wednesday, November 20, 12:30PM

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.

## NEWS & EVENTS

### Osteopenia and Osteoporosis and the Bone Builders Exercise Program Thursday, November 7, 1:00pm

Althea Derstine, who is a retired nurse and a Bone Builders instructor, will speak on the prevention and treatment of osteopenia and osteoporosis. She will describe the Bone Builders exercise program, developed at Tufts University, and explain how the program addresses bone health for people of all ages. Women especially may have thinning of bones as early as age 40. There will be an opportunity to sign up for Bone Builders classes if you are interested. Men can sign up as well.

**Bone Builders classes will be Mondays and Thursdays from 2:00 to 3:00pm, beginning November 18<sup>th</sup>. Classes are free. Minimum of six participants required. Please sign up in advance.**

*Please note: The Bone Builders program incorporates weights and is different from the Strength and Fitness class we offer three times each week. Come to this informational session to learn more.*

### Annual Thanksgiving Dinner Thursday, November 14, 12 noon, one seating only



**Menu:** Roasted turkey, mashed potato, gravy, cranberry sauce, stuffing, peas and carrots, pumpkin pie. **Please sign up early. Suggested donation of \$5 for those 60 and over. \$7 for those under 60.**

**Music after Lunch:** Sherry Belisle will entertain us with popular tunes on the piano and invite people to "name that tune." Sherry began playing the piano at age 8 and has been teaching piano in the Woodstock area for 42 years.

### HOLIDAY BAZAAR & COOKIE WALK Saturday, December 7, 2013 9AM - 1 PM

**DO YOU:** Knit, Crochet, Sew, Bake, Make Crafts, Jams & Jellies, Pickles or Candy? While you are preserving, jam, jellies, pickles, etc., please make a few extra for our bazaar and bring them to the Center.

### COFFEE CANS

We are looking for clean, small coffee cans for this year's cookie walk. Please drop them off at the desk if you have any. Small plastic containers and large cans cannot be accepted.

Thank you, Paula, Bazaar Chair.

### MEMORY TREE FOR THE HOLIDAYS



Each year a tree is set up in the foyer of the Thompson Center and is dedicated as a memory tree. For \$2 people can have an ornament placed on the tree with the name on it of someone they are remembering during the holidays.

# PROGRAMS

## An Introduction to the *MOVE FOR WELL BEING PROGRAM* Presented by Gary Eley, co-chair of MOVE Tuesday, November 5, 1:00pm

This is NOT an exercise program! It is a motivational program where you learn how to enhance and track your existing wellness activities (walking, gardening, and participation in Thompson Tai Chi, yoga, Strength and Fitness classes) by combining them with the MOVE program, making you eligible for monthly cash prizes. Come learn more!

MOVE for well-being is an exciting and fun filled year-round initiative for Vermonters 50 and older to participate in a physical fitness program leading to well-being. MOVE is free of charge and welcomes persons at any physical fitness level. MOVE offers the motivation and encouragement towards making regular physical activity enjoyable and a “way of life.” MOVE is a partnership between the Vermont Senior Games Association (VSGA) and the Center on Aging at UVM.

## New! AARP Smart Driver Course Friday, November 15, 2013 9:00 to noon (break for lunch) and 1:00 to 2:00pm



After two years of planning, research, and testing AARP is pleased to announce a new and improved driver safety course. The new curriculum is the result of years of research, input from dedicated volunteers, and insight from experts across the transportation and driver safety industries. It is the nation’s largest refresher course designed specifically for older drivers. This new course is scheduled to launch nationwide on January 1, 2014, but instructor Bill Cherico, from Plymouth, has completed the formal training and has agreed to offer it at the Thompson Center before the formal launch date.

New Course Fee: \$15.00 for AARP members (bring in your card) and \$20.00 for nonmembers. Checks should be made out to AARP. Note: The popular Car Fit program will be available following the course. Call Diana for more details or to sign up for a 20 minute time slot.

## BETTER BALANCE CLINIC Presented by Mt. Ascutney Hospital Rehabilitation Services Tuesday, November 19, 1-2:30pm

The Vermont American Physical Therapy Association’s (APTA) annual initiative to help raise awareness in the community and reduce the risk for falling will be offering "Stay Steady Vermont", free balance screening events for adults over 65 throughout the state. Licensed Physical Therapists from Mt. Ascutney Hospital and Health Center will be offering an informational session followed by individual balance screenings. Participants can participate in a brief balance screening and receive recommendations based on the results. Please call The Thompson Center to pre-register for your personal balance screening assessment.

# 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.

## MEMOIR CLUB Ongoing, Mondays, 10:15 AM - Noon

In this informal group, we encourage one another as we record stories that may otherwise be lost or forgotten. Each person has an opportunity to read aloud one to two pages each week often triggering group memories and lively discussion. No pressure... reading is optional!

## Senior Skate at Union Arena Fridays, 9:30 to 10:30am (excluding Nov. 29, Dec. 27, and Jan. 3)



Sharpen your skates (and your skills) and enjoy skating with friends and family---for free! Seniors are welcome to stay for an additional hour when the ice is open to “moms and tots”--- 10:30 to 11:30am. The ice rink is open from October 20<sup>th</sup> to March 14<sup>th</sup>, excluding holidays.

## Tai chi For Health and Balance

**Beginner Level (B)** ~ Wednesdays, 9:30—10:30AM; Nov. 6, 13. **Next Session:** Dec. 4, 11, 18; Jan. 8, 15, 22. Beginners and moderately experienced students will enjoy this series, which will explore seated, standing in place, and moving tai chi. The class uses forms that are based on the Sun style tai chi---the youngest of the tai chi families and the style most oriented towards health. Clinical studies have shown that tai chi helps improve balance and reduce falls. In fact, the Center for Disease Control recommends tai chi for fall prevention.

**Advanced Level (Adv)** ~Wednesdays, 10:40-11:40AM; Nov. 6, 13. **Next Session:** Dec. 4, 11, 18; Jan. 8, 15, 22. This class is for those who have already learned the Sun Style “tai chi for arthritis and fall prevention,” parts 1 and 2. The class will continue to review these forms and will explore Yang 24 forms. The instructor Anne Bower can be reached at: [anniebower@yahoo.com](mailto:anniebower@yahoo.com); 457-2877 or website: [www.annebower.com](http://www.annebower.com).

Cost for series of 6 classes: \$30.00

## Did you know?

The Thompson Center has ongoing language tables during our noon time meals, where people can share food, fun, and be exposed to the language of their choice.

The regular schedule is:  
Tuesday - Spanish Language Table  
Wednesday - French Language Table  
Thursdays - Italian Language Table  
Friday - German Language Table

*The groups meet from noon to 1:00,  
and all ability levels are welcome!*



## UPCOMING TRIPS - Sign up Soon!



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

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

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

**Cost: \$38.00 (includes gas/transportation)** Please sign up by November 30<sup>th</sup>---space is limited.

**Shopping Trip to King Arthur Flour,  
Norwich, VT  
Wednesday, November 13,  
(Depart on Thompson Center Van  
at 9:00 am)**

Tour King Arthur Flour's new, expanded building and take advantage of some great holiday gift ideas with an additional 10% discount on purchases of \$40 or more (excluding bakery items, appliances and books). We will have an opportunity to hear a short history of this thriving business and observe any bakery demonstrations going on that day. There will be ample time to shop and eat lunch at the café. You may also bring your own lunch and buy a "goodie" to top off a scrumptious day! **Cost: \$5.00 donation. (lunch is on your own)** Please sign up in advance.

### LAST CHANCE -- New York City Holiday Trip Sponsored by Vermont Green Mountain Tours

**December 14-16, 2013**

**New York City and the 32<sup>nd</sup> Deluxe Christmas Tour**

Package includes two nights' lodging at the Roosevelt Hotel in Midtown Manhattan; 7 meals (2 full breakfasts/3 luncheons/2 dinners); tickets for "The Rockettes"; visitor's pass for the 9/11 Memorial; New York City highlights tour with local guide; baggage service; free time to enjoy the city, and Premier Coach transportation. Cost per person: \$975.00 double, \$929.00 triple, \$900.00 quad., \$1,148.00 single.

**For more information or to register (deadline is October 31<sup>st</sup>) contact:**

Vermont's Green Mountain Tours, PO Box 2021, Georgia, VT. 05468

Phone: (802) 527-0496 or (800) 877-4311; Email: [tourdirector@greenmntntoursvt.com](mailto:tourdirector@greenmntntoursvt.com)

Website: [www.greenmntntoursvt.com](http://www.greenmntntoursvt.com) Note: Trip brochures are available at the Thomson Center.

### The Thompson Center Group Cruise — Norwegian Cruise Line Boston to Bermuda -- 7 nights -- May 9 to 16, 2014 "Best Bermuda Itineraries" ~ Porthole Cruise Magazine

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

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

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

## PROGRAMS

**Poetry Reading  
Tuesday, November 12,  
1:00pm**

Ann Thomas will read from her books of poetry, *Safe House*, and her most recent one, *All Summer's Ahead*. Her daughter Miranda, a renowned artist and potter, illustrated her recent book, which will be available for sale and signing. Note: Time permitting we will invite participants to read a special poem of their own.



*Photo: Ann in 1946, during her 2nd year at Oxford University. Drawn by her father, Arthur Davis.*

**Discussion Group ~ "Heart to Heart"  
Friday, November 8, 1:00 —2:00 pm**

If you've missed *Remember When* and *Talk and Listen*, a new discussion group, called "Heart to Heart" led by, Katrin Tchana meets one Friday every month. **November's topic:** Dogs and Cats and Horses - Stories about animal friends you have known. Come share your stories and bring photos if you would like to.

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

Nov. 8 -- *Heart to Heart* Group at 1:00 pm  
Nov. 13 -- Office hours from 11:45 - 2:00pm  
Nov. 20 -- Caregiver Support Group at 12:30  
Nov. 25 -- Office hours from 11:45 - 2:00pm

*Also noted on the Program Calendar*

### Bridge or Scrabble Anyone?

Several people have inquired about resurrecting a regular group of bridge players, as well as a group of scrabble players. Mondays afternoons at 1:00PM fits the Thompson Center's schedule. If you are interested please call Diana at 457-3277 ext. 21.

**Scarf Tying Demonstration  
with Gretchen Kaija  
Monday, November 25, 1:00 pm**

Back by popular demand, our favorite college coed Gretchen Kaija will demonstrate many creative and fun ways to wear scarves---just in time for winter! Gretchen will bring in a variety of scarves for styling, and encourages people to bring in their favorites as well.

**Special treat: Gretchen plans to bring in pictures and artifacts from her travels to Madagascar and Rwanda.** Don't miss this fun afternoon!

**BOOK CLUB  
Wednesday, November 13, 1:00pm**

This month the group, lead by Anne Bower, will discuss *Ragtime*, by E.L. Doctorow. This work of historical fiction takes place in the New York City area from 1900 to 1917. The novel blends fictional and historical figures into a framework of events, characters and ideas that are important in American history. The Modern Library ranked *Ragtime* 86 on a list of 100 best English-language novels of the 20<sup>th</sup> century. *Time* magazine included the novel in its 100 best English-language novels from 1923 to 2005. This group is open to all---newcomers are welcome.

### The Christmas Revels 2013 -- An Appalachian Celebration of the Winter Solstice

**Free Tickets for Dress rehearsal  
Wednesday, December 11, 7:00pm**

Performance at the Hopkins Center for the Arts at Dartmouth College, Hanover, NH. Tickets are free on a first come, first serve basis. Quantities are limited, so call early to reserve your ticket. Please make sure to utilize any free tickets you take or return them so that others can enjoy this free performance. (Transportation not provided).

PROGRAM CALENDAR - NOVEMBER 2013				
Mon	Tue	Wed	Thu	Fri
				1
BINGO daily at 10:30 am except on birthday day and other special meal days.	* Please Sign up/ Reservations Required			12 German Table
4	5	6	7	8
WOODSTOCK DAY* 9 Strength & Fitness 10:15 Memoir Club 1 Advisory Meeting 1 Bridge	9 Strength & Fitness 10:00 Double King Pede 12 Spanish Table 1 Yoga* 1 Intro to MOVE independent exercise program 1-3 Medicare D Assistance*	9 W. Leb Shopping* 9:30 Tai Chi (B)* 10-12 Chair Massages* 10:30 Handwork Cir. 10:40 Tai Chi (Adv.)* 12 French Table	9 Strength & Fitness 10 Cribbage 10:30 Italian Class 12 Italian Table 1 Bone Builders Introduction with Althea Derstine	9 – 2:30 Foot Clinic* 12 German Table 1 Heart to Heart
11	12	13	14	15
Veterans' Day Closed	9 Strength & Fitness 10 Double King Pede 12 Spanish Table 1 Poetry reading with Ann Thomas 1 Yoga* 1-3 Medicare D Assistance*	9 King Arthur trip departure* 9:30 Tai Chi (B)* 10-12 Chair Massages* 10:30 Handwork Cir. 10:40 Tai Chi (Adv.)* 11:45-2 CCC office hrs 12 French Table 1 Book Club	9 Strength & Fitness 10 Cribbage 10:30 Italian Class 12 Italian Table 12 Thanksgiving lunch* (one seating)	12 German Table 9- 2:00 AARP Driver Course*
18	19	20	21	22
8:30 Newsletter Folding 9 Strength & Fitness 10:15 Memoir Club 2 Bone Builders	9 Strength & Fitness 10 Double King Pede 11:30 Commodities 12 Spanish Table 1 Yoga* 1 Balance Screening 1-3 Medicare D Assistance*	8 Board Meeting 9 W. Leb Shopping* 9 – 2:30 Foot Clinic* 10:30 Handwork Cir. 12 French Table 12:30 Caregiver Group	BIRTHDAY DAY* 9 Strength & Fitness 10 Cribbage 10:30 Italian Class 12 Italian Table 2 Bone Builders	12 German Table
25	26	27	28	29
9 Strength & Fitness 10:15 Memoir Club 11:45-2 CCC office hrs 1 Scarf Tying 2 Bone Builders	9 Strength & Fitness 10 Double King Pede 10 - 12 Wellness Clinic 12 Spanish Table 1 Yoga* 1-3 Medicare D Assistance*	10-12 Chair Massages* 10:30 Handwork Cir. 12 French Table	THANKSGIVING CLOSED	THANKSGIVING CLOSED

MENU - NOVEMBER 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	Menu is subject to change based on availability of food items.	<u>Please call ahead with special dietary needs.</u>	Shepherd's Pie, Tuscan Style Vegetables, Hot Fudge Sundae w/ banana
4	5	6	7	8
Chef's Choice	Chipped Beef and Egg Gravy on Mashed Potato, Dijon Braised Brussel Sprouts, Sorbet & Fruit	Tuna Melt, Tomato, Vegetable Barley Soup, Cup Cake	Chicken Parmesan, Garlic Bread, Steamed Vegetables, Magic Cookie Bar w/ fruit	Tossed Salad, Turkey Sandwich, Caldo Verde, (Spicy Portuguese Kale and Potato soup w/ sausage), Strawberry Cake
11	12	13	14	15
Veterans' Day Closed	Stuffed Meatloaf w/ Spinach and Cheese, Mashed Potato, Gravy, Green Beans, Strawberry Sundae	Spinach& Cheese Ravioli w/ Meat sauce, Garlic Bread, Broccoli & Cauliflower, Garlic Bread, Fresh Fruit Salad	Thanksgiving Dinner Roasted Turkey, Mashed Potato, Gravy, cranberry sauce, Stuffing, peas and carrots, Pumpkin Pie	Tossed Salad, Macaroni and Cheese w/ Ham, Broccoli & Cauliflower, Fruit Salad
18	19	20	21	22
Grilled Salmon Burger, Roasted Steak Fries, Marinated Vegetable Salad, Ice Cream Sandwich Cookies	Pan Seared Chicken breast, Creamy Cheddar Polenta, Spinach supreme (spinach, sour cream, parmesan and Monterey Jack Cheese) Chef's Choice Dessert	Grilled Hot Dogs, Chef's Slow Cooked Baked Beans, Cole Slaw, Berry Cobbler	Birthday Day* Roast Beef, Au Jus, Sour Cream and Chive Twice Baked Potato, Roasted Asparagus, Roll, Cake and Ice Cream	Chef's Choice
25	26	27	28	29
Tossed Salad, Supreme Pizza w/ peppers, onions, mushrooms, olives, pepperoni, Coconut Macaroons w/ Pineapple	Tossed Salad Ham & Cheese Quiche, Roasted Sweet Potato fries, Black Raspberry Ice Cream w/ Berries	Fish Florentine (spinach and cheese), herb roasted potatoes, Lime carrots, Warm Apple Crisp	THANKSGIVING CLOSED	THANKSGIVING CLOSED