Senior Center Month

September is recognized nationally as Senior Center month. According to the National Council on Aging (www.NCOA.org), senior center participants have higher levels of health, social interaction and life satisfaction. Research shows that older adults who participate in senior center programs can learn to manage and delay the onset of chronic disease and experience measurable improvements in their physical, social, spiritual, emotional, mental, and economic well-being. Besides providing nutritious and delicious meals, transportation, and hundreds of fun social and educational opportunities, the Thompson Senior Center strengthens our community by helping people stay at home longer. Home and community based services are estimated to be one-third the cost of institutional care, according the National Council on Aging. The Thompson staff and board also work with dozens of community partners to enhance local opportunities throughout our region and advocate for aging services at local and state levels. These are just a few of the many reasons to get involved and recognize senior centers nationwide for their important contributions!

Fall Prevention Awareness Program

In honor of fall prevention awareness week, the staff of Upper Valley Rehabilitation will discuss common risk factors for falling in the elderly population and how we maintain balance. Join us on September 18th at 1:00pm for this important talk. Discussion points will also include commonly seen diagnoses and how they can contribute to falls, and fall prevention.

Meet Eleanor Roosevelt: Wife, Mother and First Lady

A Vermont Humanities Council History Alive Speaker hosted by The Thompson Center

Thursday, October 11, 1:00PM

On what would have been her birthday, Mrs. Roosevelt talks about the four decades of her marriage to Franklin D. Roosevelt. With a frank, often humorous look at some of her struggles, she recalls her years as a timid young wife and mother, “life in a goldfish bowl” as First Lady, and her journey toward personal fulfillment.

Supported in part by the National Endowment for the Humanities (NEH) and the Vermont Humanities Council (VHC). Any views, findings, conclusions, or recommendations expressed in this program do not necessarily represent those of the NEH or the VHC.

Seniors, Falls, and Bears, Oh my!

Dinner and Special Guest Speaker - Ben Kilham

Tuesday, September 4, 5:30pm Dinner, talk to follow at 6:30pm

Ben Kilham is a wildlife biologist and Author of, Among the Bears: Raising Orphaned Cubs in the Wild. Kilham has spent thousands of hours with bear cubs, discovering many unknown facets of their behavior that have radically revised our understanding of animal behavior. He has gained national recognition through his book and his appearances on National Geographic Television, ABC’s Good Morning America, and the NBC Today Show.

Dinner Menu: Mixed Greens Salad, Roast Beef, Au Jus, Sour Cream and Chive Twice Baked Potato, Steamed Baby Vegetable Medley, Roll, Tiramisu Toffee Dessert, BYOB

Cost: $12.00 (dinner and talk). Please reserve your space in advance. RSVP by calling 457-3277 or sign up at the Center. (Note: For those unable to attend dinner but who wish to hear the talk, a donation toward the cost of our speaker would be greatly appreciated).
Our Thompson seniors rock on! Congratulations to our forever-young Sylvia Doten and Joyce Gilman.

Sylvia Doten just received her second black belt in karate in her 15th year of study. Adventurous and fun-loving, Joyce Gilman, just enjoyed a ride on the Wildcat Mountain Zip-rider at Pinkham Notch, New Hampshire.

These two energetic ladies know how to live!

HELP WANTED!
Volunteers are needed as substitutes for Meals on Wheels for the Bridgewater route.

Volunteers play a major role at the Thompson Senior Center. We can’t do it without you! Call Paula Audsley, Outreach Coordinator, 457-3277 x 19 for volunteer possibilities.

ADVISORY MEETING HIGHLIGHTS
- Bears in our garbage and possible solution.
- Early announcement of a Talk and dinner in upcoming election.
- Annual Meeting & Breakfast will be held October 17, 2012.
- AARP talk on Elder Issues in upcoming election.
- Corwin Sharpe appointed to Board to fill Peter Goulazian’s unexpired term.
- Possible Holiday Trips to replace Norman Rockwell Christmas Tour which was cancelled due to conflict with Bazaar.
- Enthusiasm for York, ME trip

Please join our next meeting on Monday, September 10th at 1pm. Your input is needed and appreciated!!

TOWN DAYS CONTINUE!
Residents of surrounding towns are invited for lunch at The Thompson for the reduced rate of $2.00 on the following Mondays. Bring your friends!

Reading September 10
Woodstock October 1

BEHIND THE SCENES

MEDITATION EQUIPMENT
Currently available at the Center: Canes, walkers, shower chairs, crutches, and wheelchairs - FREE Available: Aluminum indoor/outdoor ramp, call for details.

LOOKING FOR:
- Lift chair - electronic recliner style Contact Deanna with questions at 457-3277.

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.

THOMPSON TRANSPORTATION PROGRAM
Medical Rides - $10 suggested donation per out-of-town trip. A minimum of 48 hours notice is required 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

SEPTEMBER BIRTHDAYS
1st Lawrence Woodward 3rd Louise Fowler 15th Anna Hasson
2nd Helen Howe 5th Laura Robinson 16th Millie McGee
3rd Marian Levasseur 6th Janet Blood 23rd Cliff Geno
4th Phyllis Hickory 7th Ruth Ekberg 24th Cindy Carroll
5th Jim Gebhardt 13th Doris Frizzell 26th Charlotte Barr
6th 13th Jody Pindt 30th John Doten

On September 27th we will celebrate your special day! Music with Celtic Duo to follow birthday lunch! Please join us!

THANK YOU ALL!

SUMMER 2012
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ON GOING PROGRAMS

CAREGIVER SUPPORT GROUP
Wednesday, September 19th
(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 discussions. See you upstairs at 1:00 on Wednesday the 12th!

BOOK CLUB
Wednesday, September 12, 1:00 PM
The title for September is Invisible Cities by Ivan Calvino. In this short book, an imaginary Marco Polo tells an equally fictitious Kublai Kahn the story of his many travels through Kahn’s empire. It’s a remarkable work of imagination and should provide for a great discussion… See you at 1:00 on Wednesday the 12th!

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

SCORBLE 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!

NEWS & PROGRAMS

Medicare Intro/Review Class at The Thompson
Presented by Senior Solutions
Tuesday, September 11, 2012, 1:00-3:30PM
This class is for new enrollees AND current beneficiaries who would like a review of their Medicare Benefits. Senior Solutions-State Health Insurance staff will provide unbiased information about the Medicare system and the enrollee’s beneficiaries’ responsibilities.
Medicare has strict enrollment periods, and this class helps participants make timely decisions about drug plans and supplemental plans as well as many other issues.
The class is designed for Vermonters who are enrolled in Medicare, or are about to enroll for the first time, including those who are turning 65, retiring, losing insurance coverage soon, or have been disabled for two years and are Medicare eligible.
To register, please call: Senior Solutions at 1-800-642-5119 or 802-885-6636, or The Thompson Center at 457-3277.

Karaoke at the Thompson!
Wednesday, September 12th, 4:00 to 6:00PM
Join us for a fun evening of singing and laughter with Shane’s Karaoke. Words will scroll down our big screen T.V. to help us remember the words to our favorite “oldies”. Shane has a wide repertoire of songs, current and past, and will take requests. If people are feeling shy he will “jump start” the singing himself. If you are over 21 years of age you are welcome to bring your own beverage (BYOB) —– which may help reduce inhibitions. The Thompson Center will supply appetizers. Bring a friend, and don’t miss the fun!!

NEW!
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 2nd and 4th Tuesday of each month beginning on Tuesday, September 11th from 10-noon.

Celtic Duo
Thursday, September 27, 1:00PM
Brother and sister duo, Dan and Liz Faiella, will dazzle you with their musical talent. Liz fiddles and sings and Dan plays the guitar and the low whistle. Their repertoire is selected from Celtic and New England traditional music.

Seasonal Flu Shot Clinic
Tuesday, October 23, 9 AM -12 Noon
This walk-in clinic is run by the Visiting Nurse and Hospice of Vermont and New Hampshire and is open to all adults 18 and older. Please bring your Medicare Part B insurance card so we can bill them directly. Fee for all others is $25. For more information, call the Center at 457-3277.

FUEL ASSISTANCE INFORMATION
For assistance with applications or more information, please call Eleanor Zue at the Center, on Tuesday and Thursday 457-3277, or call Senior Solutions (formerly the Council on Aging) Senior Helpline at 1-800-642-5119.
Finding Our Families: A Series of Genealogical Workshops

Are you a fan of NBC’s Who Do You Think You Are? or PBS’s Faces of America? Professional Genealogist Denise Picard Lindgren will conduct three, two-hour workshops that will enable you to reconstruct your family history using state-of-the-art methods. Each workshop will include a presentation and time for questions and answers to suit the individual needs of the participants.

Free Introductory Session, September 6, 1:00–1:45PM

In this session you will have an opportunity to meet Denise Picard Lindgren, learn about her credentials, and determine if the series is right for you. Denise will present an overview of the three workshops and answer any questions. She will also provide some fun group exercises and, as a bonus, introduce the group to online genealogy, “Beyond Ancestry.com.”

Session 1: September 18th, 1:00PM “Look it Up.”

Learn where and how to find needed records to research your ancestry. If you have a laptop, please bring it with you.

Session 2: October 18th, 1:00PM “Sort It Out.”

Learn how to sort through records and determine which ancestor is truly yours. We often find persons with the right name, but wrong identity.

Session 3: November 15th, 1:00PM “Write It Down.”

Learn about the most popular software to record your genealogical research in a way that will stand the test of time for future generations. Please sign up for this series in advance by calling 457-3277. A minimum of six participants is required.

How Do I Find Reliable Health Information Online?

Presented by Cindy Stewart, MLS, Associate Director, Dartmouth Biomedical Libraries

Thursday, October 4, 1:00PM

This workshop will introduce you to finding high quality health information on the Internet. While Google is a great tool, there are specific web sites that offer reliable health and wellness information. This workshop will review some of these sites, including MedlinePlus and NIH Senior Health, as well as show you where to find drug information, health news, and more. You will also learn tips for evaluating the quality of online health information. Hands on time will be included. Prerequisite: some familiarity with using computers and searching the Internet. If you have a laptop computer, feel free to bring it but it is not required for this workshop.

FRENCH CLASSES

Mondays, September 10 to October 29 (no class on October 8th)
8:45 to 10:00 AM, Cost: $85.00
Instructor: Judy Mahood
Email: judymahood@comcast.net

Please call to indicate your interest as soon as possible. Judy would like a minimum of four students to conduct this class.

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.

ITALIAN STUDY GROUP

Ongoing, Thursdays, 10:30 AM - Noon
Cost: $11/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

Tuesdays, September 11 - October 16, 10:45 - noon, Cost: $75
Instructor: Jennifer Roby

This class will be conducted primarily in Spanish with emphasis on building conversational skills. It will be geared toward beginning and intermediate learners. Instructor Jennifer Roby teaches Spanish part-time at the Albert Bridge School in Brownsville and has tutored children and adults of all ages. Minimum: 4 students. For more information call Diana Leskovar at 457-3277.

STRENGTH & FITNESS

Weekly classes, Monday, Tuesday & Thursday 9 to 10:00 AM

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.

ITALIAN CLASSES

Wednesday, September 5, 12, 19, 26; October 3, 10

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 awareness. The mind is engaged in remembering, analyzing, and synthesizing a series of coordinated movements, resulting in improved concentration. The repetitive movements also calm the spirit—creating a sense of unity.

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@cvahoo.com, or view www.annebower.com.

Cost: $30.00 (six classes)
THE FRYEBURG FAIR

Tuesday, October 2, 2012
Depart from The Thompson Center on Premier Coach Bus at 8:00AM

NOTE: The Thompson Center will be closed on October 2nd for this trip and all staff will be going to the Fair. Please join us! (Extra Meals on Wheels will go out on Monday)

The Fryeburg Fair, Maine’s Blue Ribbon Classic, is celebrating its 162nd year with talented musicians and entertainers, performances in five different locations, a Waterwheel Park, a Christmas Tree Park, a Draft Horse Park, and a host of demonstrations and agricultural events. A program of events for October 2nd will be distributed for the bus ride to the Fair. Admission free (Senior Day). Lunch on own at the fair. Departure fair at 4:00PM. Please pack a snack for the bus ride home. Water and coolers will be available on the bus. Let’s hope for good weather, foliage viewing should be good! Cost: $45.00

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 Aus 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)

Please reserve your space, with payment, by November 21st.

2012 Elections and Issues That Effect Older Vermonters
Tuesday, October 16, 1:00PM

Greg Marchildon, State Director for AARP Vermont, will discuss issues in the 2012 elections that could impact older Vermonters. These important issues include Social Security, Medicare and Medicaid at the federal level, and health care reform and electric utility issues at the state level.

Greg will be traveling down from Burlington, Vermont, where he lives with his wife and two sons. He represents more than 130,000 Vermonters in mid-life and retirement as the Director of AARP Vermont. Please join us and bring your questions and concerns.

November/December SNEAK PEAK
Watch for details in upcoming newsletters for: Special guest performance at the Thompson by Pentangle hosted Flamenco Dance troupe on November 9th; The Temptations at Lebanon Opera House on November 30th; and the Northern Stage holiday performance of Peter Pan (date and time TBA).

THOMPSON HOLIDAY BAZAAR NEWS

Our plans for the Holiday Bazaar are underway for Saturday, December 1, 2012

Holiday Raffle tickets $1.00 each or 6 for $5.00 and are available. Raffle items are:
Sleigh ride or Carriage ride for two from Kedron Valley Stables, Artwork Print by WmB. Hoyt, Beaded Jewelry by Leslie Marceau

Our Next Bazaar Meeting is scheduled for Friday, September 28, 2012 at 10:30 A.M.

We need volunteers to make this event a successful one. DO YOU: Knit, Crochet, Sew, Crafts, Bake, Make 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.

We will be having workshops on Friday afternoons during September and October at 1:00pm. Just to name a few workshops: Painting small gourds, Zipper pins, Wool flower pins, Paper notebooks and cards, Dolls. We will have guest craft instructors as well.

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 will not be accepted. Thank you, Paula, Bazaar Chair
**PROGRAM CALENDAR - SEPTEMBER 2012**

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<td>Labor Day</td>
<td>Closed</td>
<td>No regular programs - Open only for Special Dinner* &amp; Guest Speaker Event</td>
<td>9 W. Leb Shopping* 9:30 Tai Chi (Beginners) 10:30 Hardwork Cir. 10:40 Tai Chi (continuing students) 12 French Table</td>
<td>9 Strength &amp; Fitness 10 Cribbage 10:30 Italian Study Group 12 Italian Table 1 Genealogy (Free Introductory Session)</td>
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<td>READING DAY*</td>
<td>8:45 French Class 9 Strength &amp; Fitness 10:15 Memoir Club 1 Advisory Meeting 1 Bridge 1 Scrabble</td>
<td>9:30 Tai Chi (Beginners) 10:30 Hardwork Cir. 10:40 Tai Chi (continuing students) 12 French Table 1 Book Club 4 Karaoke Night</td>
<td>9 Strength &amp; Fitness 10 Cribbage 10:30 Italian Study Group 12 Italian Table</td>
<td>9 - 2:30 Foot Clinic* 12 German Table 1 Holiday Bazaar Crafts with Paula</td>
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<td>8:30 Newsletter folding</td>
<td>8:45 French Class 9 Strength &amp; Fitness 10:15 Memoir Club 1 Bridge 1 Scrabble</td>
<td>8 Board Meeting 9 W. Leb Shopping* 9 - 2:30 Foot Clinic* 9:30 Tai Chi (Beginners) 10:30 Hardwork Cir. 10:40 Tai Chi (continuing students) 12 French Table 12:30 Caregiver Support Group</td>
<td>9 Strength &amp; Fitness 10 Cribbage 10:30 Italian Study Group 12 Italian Table 1 Genealogy*</td>
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<td>BIRTHDAY*</td>
<td>12 German Table 10:30 Holiday Baazaar Meeting 1 Holiday Bazaar Crafts with Paula 1 Talk &amp; Listen with Linda Grant</td>
<td>12 German Table 1 Holiday Bazaar Crafts with Paula</td>
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* Please Sign Up/ Reservations Required

**MENU - SEPTEMBER 2012**

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<td>Labor Day</td>
<td>Closed</td>
<td>Dinner Program* (No Lunch Service) 5:30pm Dinner &amp; Guest Speaker*</td>
<td>Mixed Greens Salad, Roast Beef, Au Jus, Sour Cream and Chive Twice Baked Potato, Steamed Baby Vegetable Medley, Rolls, Tiramisu Toffee Dessert, BYOB</td>
<td>Grill Day Hot Dogs and Cheese Burgers, Potato Salad, Coleslaw, Angel food cake w/ Berries</td>
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<td>BBQ Chicken legs, Potato Salad, Fire-cracker salad, Frosted Banana Bars</td>
<td>Spinach &amp; Cheese Ravioli w/ Meat sauce, Garlic Bread, Broccoli &amp; Cauliflower, Garlic Bread, Fresh Fruit Salad</td>
<td>Chef’s Choice</td>
<td>BLT Wraps, Carrot Ginger soup, Cherry Cheese Delight</td>
<td>Grilled Pesto Chicken Breast, Lemon Risotto with Peas Marinated Vegetable Salad, Peach Shortcake</td>
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<td>Spaghetti &amp; Meatballs, Mediterranean Vegetables, Garlic Bread, Fresh Fruit Parfait</td>
<td>Tossed Salad, Spinach, Ham &amp; cheese Quiche, Roasted Sweet Potato Fries, Apple Enchilada Dessert</td>
<td>Chef Salad w/ Lettuce, Tomato, Ham, Turkey, Cheese, Hard Boiled Egg, Carrot, Ice Cream Sandwich Cookies</td>
<td>Sweet and Sour Chicken, Vegetable Stir-fry, Rice, Coconut Macaroons w/ pineapple</td>
<td>Tossed Salad, Turkey Sandwich, Caldo Verde, (Spicy Portuguese Kale and Potato soup w/ sausage), Strawberry Cake</td>
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<td>Chicken Quesadillas w/ Tomato Avocado Salsa, Roasted Vegetable Mélange, Chef Choice Dessert</td>
<td>Stuffed Meatloaf w/ Spinach and Cheese, Mashed Potato, Gravy, Green Beans, Strawberry Sundae</td>
<td>Tossed Salad, Chipped Beef and Egg Gravy on Mashed Potato, Brussel Sprouts, Brownies</td>
<td>Birthday*</td>
<td>Chef’s Choice</td>
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**MEAL PRICING:**
- $6 charge for those under age sixty
- $4 suggested donation for ages sixty and over

*Please call ahead with special dietary needs.*

Menu is subject to change based on availability of food items.