

Woodstock Area Council on Aging 99 Senior Lane Woodstock, VT 05091 (802) 457-3277 FAX: (802) 457-1259 www.thompsonseniorcenter.org Non-Profit Organization Postage Paid Permit No. 33 Woodstock, VT 05091



Seniors, Falls, and Bears, Oh my!

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. Upper Valley Rehab has been serving the Woodstock community for 15 years.

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*

Ben Kilham is a wildlife biologist and Author of, *A 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).

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.

SEPTEMBER 2012



IN THIS ISSU	E
Contact information	2
Behind the Scenes/ Advisory notes	2
Programs & Events	4, 5
Calendars	6, 7
Trips	8
Holiday Trip details!	
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.thompsonseniorcenter.org

CENTER HOURS 8 AM-3 PM, Monday-Friday

STAFF

Deanna Jones, Executive Director, tsc-execdirector@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 Rvan 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

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 funloving, 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 on September 4th with Ben Kilham from Lyme, NH.
- 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!

September 10 Reading **October 1** Woodstock

MEDICAL 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 guestions at 457-3277. l

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 outof-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

SEPTEMBER BIRTHDAYS

1st Lawrence Woodward 2nd Helen Howe 2nd Marian Levasseur 2nd Phyllis Hickory 3rd Jim Gebhardt

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

IMPORTANT INFORMATION

IN APPRECIATION

One Story subscription - Boyd BishopVegetable Gardens - Noreen HuffFlowers, Gladiolas - John AudsleyFlowers, Callalilies, & chocolate - Mary SharpeFlowers, Paula AudsleyVCR Movies - Ellaway's AtticPiano playing throughout summer - Jonathan EvansSHARE THE HARVESTBob Forman - Lettuce, Parsley, Green BeansMary & John Wilfert - Squash, LettuceCarl Kesseli - Lettuces, CucumbersLynn Peterson - Blueberries, Green BeansDick & Linda Brackett - SquashGerry Fields - ZucchiniBonnie Atwood- SquashJody Pindt - Green Beans, Apples, PeachesDan Bellmore - RadishesRuth Beebee - SquashAnne Bower - CucumbersLiz Schellhorn - SquashAnne Bower - CucumbersLiz Schellhorn - SquashMark Knott, DDSPeople's United BankWoodstock Insurance ServicesLang McLaughry Spera Real Estate's Tambrey VutechTHANK YOU ALLI:	Daily <i>Valley News</i> subscription -Woodstock Pharmacy Birthday Cakes - Diane Atwood, Jane Soule, Carol Towne Monthly book club selection - Yankee Bookshop
Flowers, Callalilies, & chocolate - Mary Sharpe Flowers - Paula Audsley VCR Movies - Ellaway's Attic Piano playing throughout summer - Jonathan Evans SHARE THE HARVEST Bob Forman - Lettuce, Parsley, Green Beans Mary & John Wilfert - Squash, Lettuce Carl Kesseli - Lettuces, Cucumbers Lynn Peterson - Blueberries, Green Beans Dick & Linda Brackett - Squash Gerry Fields - Zucchini Bonnie Atwood- Squash Jody Pindt - Green Beans, Apples, Peaches Dan Bellmore - Radishes Ruth Beebee - Squash Anne Bower - Cucumbers Liz Schellhorn - Squash 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	Vegetable Gardens - Noreen Huff
Piano playing throughout summer - Jonathan Evans SHARE THE HARVEST Bob Forman - Lettuce, Parsley, Green Beans Mary & John Wilfert - Squash, Lettuce Carl Kesseli - Lettuces, Cucumbers Lynn Peterson - Blueberries, Green Beans Dick & Linda Brackett - Squash Gerry Fields - Zucchini Bonnie Atwood- Squash Jody Pindt - Green Beans, Apples, Peaches Dan Bellmore - Radishes Ruth Beebee - Squash Anne Bower - Cucumbers Liz Schellhorn - Squash 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	Flowers, Callalilies, & chocolate - Mary Sharpe Flowers - Paula Audsley
Bob Forman - Lettuce, Parsley, Green Beans Mary & John Wilfert - Squash, Lettuce Carl Kesseli - Lettuces, Cucumbers Lynn Peterson - Blueberries, Green Beans Dick & Linda Brackett - Squash Gerry Fields - Zucchini Bonnie Atwood- Squash Jody Pindt - Green Beans, Apples, Peaches Dan Bellmore - Radishes Ruth Beebee - Squash Anne Bower - Cucumbers Liz Schellhorn - Squash 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	
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	 Bob Forman - Lettuce, Parsley, Green Beans Mary & John Wilfert - Squash, Lettuce Carl Kesseli - Lettuces, Cucumbers Lynn Peterson - Blueberries, Green Beans Dick & Linda Brackett - Squash Gerry Fields - Zucchini Bonnie Atwood- Squash Jody Pindt - Green Beans, Apples, Peaches Dan Bellmore - Radishes Ruth Beebee - Squash Anne Bower - Cucumbers
	Upper Valley Rehabilitation Dead River Ellaway's Attic Consignment Ottauquechee Plumbing Mark Knott, DDS People's United Bank Woodstock Insurance Services

3 rd	Louise Fowler
5^{th}	Laura Robinson
6^{th}	Janet Blood
7^{th}	Ruth Ekberg
13 ^t	^h Doris Frizzell
13 ^t	^h Jody Pindt

- 15th Anna Hasson 18th Millie McGee
- 23rd Cliff Geno
- 24th Cindy Carroll
- 26th Charlotte Barr
- 30th John Doten



ONGOING 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 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, September 12, 1:00 PM

The title for September is *Invisible Cities* by Ivano Calvino. In this short book, an imaginary Marco Polo tells an equally fictitional 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 upstairs 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

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!

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, choleste screenings) with Michelle Chiesa, RN, Visiting Nu and Hospice of Vermont and New Hampshire will held on the 2nd and 4th Tuesday of each month begi ning on Tuesday, September 11th from 10-noon.

Seasonal Flu Shot Clini

Tuesday, October 23, 9 AM -12 Noon

This walk-in flu clinic is run by the Visiting Nurse and Hospice of Vermont and New Hampshire and open to all adults 18 and older. Please bring your Medicare Part B insurance card so we can bill then directly. Fee for all others is \$25. For more inform tion, call the Center at 457-3277.

NEWS & PROGRAMS

Medicare Intro/Review Class at The Thompson **Presented by Senior Solutions** Tuesday, September 11, 2012, 1:00-3:30PM

	CELTIC DUO
	THURSDAY, SEPTEMBER 27, 1:00PM
	THORSDAL, SEI TEMBER 27, 1.001 W
j	Brother and sister duo, Dan and Liz Faiella, will dazzle
ol	you with their musical talent. Liz fiddles and sings and
rse	Dan plays the guitar and the low whis-
be	tle. Their repertoire is selected from
n-	Celtic and New England
	traditional music.
-•	
С	
	FUEL ASSISTANCE
	INFORMATION
	For assistance with applications or more information,
is	please call Eleanor Zue at the Center, on Tuesday and
	Thursday 457-3277. or call Senior Solutions (formerly
1	the Council on Aging) Senior Helpline at 1-800-642-
a-	5119.

PROGRAMS

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. Cost: \$60 for three sessions



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 20th, 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.

CLASSES

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, 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@yahoo.com; or view www.annebower.com.

Cost: \$30.00 (six classes)

TRIPS

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.

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

PROGRAMS

November/December SNEAK PEAK



	RAM CALE			
Mon	Tue	Wed	Thu	Fri
3	4	5	6	7
Labor Day Closed	No regular programs - Open <u>only</u> for Special Dinner* & Guest Speaker Event 5:30 Dinner* 6:30 Guest Speaker, Ben Kilham	9 W. Leb Shopping* 9:30 Tai Chi (Beginners) 10:30 Handwork Cir. 10:40 Tai Chi (continuing students) 12 French Table	 9 Strength & Fitness 10 Cribbage 10:30 Italian Study Group 12 Italian Table 1 Genealogy (Free Introductory Session) 	12 German Table 1 Holiday Bazaar Crafts with Paula
10	11	12	13	14
READING DAY* 8:45 French Class 9 Strength & Fitness 10:15 Memoir Club 1 Advisory Meeting 1 Bridge 1 Scrabble	9 Strength & Fitness 10:00 Double King Pede 10 - 12 Wellness Clinic 10:45 Spanish Class 12 Spanish Table 1 Horseshoes 1 Medicare Intro/ Review*	9:30 Tai Chi (Beginners) 10:30 Handwork Cir. 10:40 Tai Chi (continuing students) 12 French Table 1 Book Club 4 Karaoke Night	9 Strength & Fitness 10 Cribbage 10:30 Italian Study Group 12 Italian Table	9 - 2:30 Foot Clinic* 12 German Table 1 Holiday Bazaar Crafts with Paula
17	18	19	20	21
8:30 Newsletter folding 8:45 French Class 9 Strength & Fitness 10:15 Memoir Club 1 Bridge 1 Scrabble	 9 Strength & Fitness 10 Double King Pede 10:45 Spanish Class 11:30 Commodities 12 Spanish Table 1 Horseshoes 1 Fall Prevention Program 	8 Board Meeting 9 W. Leb Shopping* 9 – 2:30 Foot Clinic* 9:30 Tai Chi (Beginners) 10:30 Handwork Cir. 10:40 Tai Chi (continuing students) 12 French Table 12:30 Caregiver Support Group	9 Strength & Fitness 10 Cribbage 10:30 Italian Study Group 12 Italian Table 1 Genealogy*	12 German Table 1 Holiday Bazaar Crafts with Paula
24	25	26	27	28
8:45 French Class 9 Strength & Fitness 10:15 Memoir Club 1 Bridge 1 Scrabble	9 Strength & Fitness 10 Double King Pede 10:45 Spanish Class 10 - 12 Wellness Clinic 12 Spanish Table 1 Horseshoes	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 10:30 Italian Study Group 12 Italian Table 1 Celtic Duo Music	12 German Table 10:30 Holiday Ba- zaar Meeting 1 Holiday Bazaar Crafts with Paula 1 Talk & Listen with Linda Grant
* Please Sign up/ Reservations Required	BINGO daily at 10:30 am except on birthday day and other special meal days.			

MENU - SEP Mon Tue 3 4 Grill Da **Dinner Program*** Labor Day (No Lunch Service) Hot Do 5:30pm Dinner & Guest Cheese Closed Speaker* tato Sal Angel for Mixed Greens Salad, Roast Beef, Au Jus, Sour Berries Cream and Chive Twice Baked Potato, Steamed Baby Vegetable Medley, Roll, Tiramisu Toffee Dessert, BYOB 10 11 BBQ Chicken legs, Spinach& Cheese Ravioli Chef's Potato Salad, Firew/ Meat sauce, Garlic cracker salad, Bread, Broccoli & Cauli-Frosted Banana Bars flower, Garlic Bread, Fresh Fruit Salad 17 18 Spaghetti & Meat-Tossed Salad, Spinach, Chef Sa balls, Mediterranean Ham & cheese Quiche, Tomato Vegetables, Garlic Cheese Roasted Sweet Potato Egg, Ca Bread, Fresh Fruit fries, Apple Enchilada Parfait Dessert Ice Crea Cookies 25 24 Chicken Quesadillas Stuffed Meatloaf w/ Spin-Tossed w/ Tomato Avocado ach and Cheese, Mashed Chipped Salsa, Roasted Vege-Potato, Gravy, Green Gravy o table Mélange, Chef Beans, Strawberry Sundae tato, Br Choice Dessert Brownie

Meal Pricing:

• \$ 6 <u>charge</u> for those under age sixty

+ \$ 4 suggested donation for ages sixty and over

TEMBER 2012				
Wed	Thu	Fri		
5 ay ogs and e Burgers, Po- alad, Coleslaw, food cake w/	6 Chicken Tostadas, Roasted Vegetable Medley, Italian Cream Cake	7 Salmon en Croute, w/ Spinach and Mush- rooms, New Potatoes, Cucumber/Dill Salad, Coconut Cream Pie		
12	13	14		
Choice	BLT Wraps, Carrot Ginger soup, Cherry Cheese Delight	Grilled Pesto Chicken Breast, Lemon Risotto with Peas Marinated Vegetable Salad, Peach Shortcake		
19	20	21		
alad w/ Lettuce, o, Ham, Turkey, e, Hard Boiled carrot, eam Sandwich es	Sweet and Sour Chicken, Vegetable Stir-fry, Rice, Coconut Macaroons w/ pineapple	Tossed Salad, Turkey Sandwich, Caldo Verde, (Spicy Portu- guese Kale and Po- tato soup w/ sau- sage), Strawberry Cake		
26	27	28		
d Salad, ed Beef and Egg on Mashed Po- russel Sprouts, ies	Birthday Day* Pork Roast with Apples, Cider jus, Roasted Vegetables, Baked Potato, Cake and Ice Cream	Chef's Choice		
er.	Menu is subject to change based on availability of food items. Please call ahead with special dietary needs. * indicates that sign-up/reservations are required (Birthday Day & special holiday meals)			