A New Look at an Old Tradition

The Holiday Bazaar has been a tradition at the Thompson Center for dozens of years and has raised many thousands of dollars to support its operations. Year after year, volunteers and community members put together their hand-crafted items and homemade cookies in support of the Center.

The tradition continues this year with lots of new items in addition to the traditional wreaths, quilted items, knitted goods, and our famous cookie walk! Here are just a few of the things you’ll find:

- Pottery
- Jewelry
- Wreaths
- Quilted items
- Folk art crafts
- Knitted mittens, socks, sweaters
- Jams, Jellies, Pickles
- Hundreds of delicious cookies
- Pictures with Santa

Please join us on Saturday, December 3rd, from 9 am - 1 pm, for a unique and festive shopping experience! Thank you to all of our dedicated crafters and volunteers!

Holiday Tea
at The Jackson House Inn
Monday, December 19, 2011
2:30pm - 4pm

Kathy and Rick Terwelp of The Jackson House Inn welcome Thompson guests for the 2nd Annual Holiday Tea. Enjoy holiday cheer, tea and goodies with friends and our neighbors. Sign up is required as space is limited! RSVP by Dec. 12th at the Center, or by calling 457-3277.
**BEHIND THE SCENES**

A note from the desk of
Deanna Jones, Executive Director

What a treat it was to have some laughs at our Annual Meet-
ing with guest speaker, Beach Conger. I loved his warning about the condition of “seriousness” and his search for “old people” under our tables—he found none, so we already have “people who have been young for a long time.”

We are very happy to welcome Sarah Roberts as a new mem-
er of our Board of Directors. She replaces outgoing member, Macy Lawrence, who has been instrumental in developing marketing for our Center working closely with staff members during his tenure on the board. We’ve also had a change of officers on the board. We’re very thankful for the dedication of outgoing President, Jerry Fredrickson, and Vice President, Lisa Gramling. The new officers are Cindy Carroll, President, with Pam Jaynes, Vice President.

I look forward to a wonderful year together with you in 2012 and will share some goals for the year in the January newsletter! Happy Holidays to each of you!

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**IN MEMORY**

Donald & Judith Atwood
Mr. & Mrs. Daniel Moss
Julie Peet
Carol Powell

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**DECEMBER BIRTHDAYS**

16 — Ryan Martin
22 — Erlene Rogers
24 — John Audsley
25 — Leo Desmond
26 — Faye Dudley
27 — Katherine Webster
28 — Pat Hadley

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**HELP WANTED!**

Volunteers are needed as substitutes for Meals on Wheels and as regular drivers for the Bridge-
water route. Please contact volunteer coordina-
tor, Jen Bloch, at 457-3277 ext. 12.

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**FUEL ASSISTANCE INFORMATION**

For assistance with applications for home heating/fuel assistance or for more information, please call Eleanor Zue at the Center at 457-3277 on Tuesday, Thursday or Friday, or Senior Solu-
tions Help Line 1-800-642-5119.

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**IMPORTANT INFORMATION**

- Daily Valley News subscription — Woodstock Pharmacy
- Birthday Cakes — Diane Atwood, Jane Soule, Carol Powell
- Monthly book club selection — Yankee Bookshop
- Fall garden clean up — Jim & Noreen Huff, and Valerie Chase, Chase Site Services
- Grab bus — Upper Valley Rehab
- Christmas items & Afghan — Emily Hawkes
- Chocolate — Mary Sharpe
- Crutches — Kim Wood
- Carrots — Alex Audsley
- Laptop computer — Evangeline & Gerry Monroe
- Puzzles & books — Eleanor Grice
- Leeks — Rick Kuhlholm
- Walker, Cane, leg pick up — Stacia Selbo
- Brussels sprouts — Bob Foreman
- Flower arrangement — Woodstock Garden Club
- Thanksgiving helpers:
  - Potato peelers: Noreen, Perry, Dan, Paul, Fran, Dick B.
  - Servers: American Legion
  - Dishes: Geoff Dates
  - Kitchen help: Pete Jensen

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**BOARDS OF DIRECTORS**

Cindy Carroll—President
Pat Jaynes—Vice President
John Moore—Treasurer
Gerald Fredrickson—Secretary
Dick Atwood
Dick Colantuono
Elizabeth Deignan
Bob Foreman
Frances Gillett — Advisory
Peter Goulzian
Lisa Gramling
Reinhard Jeck
Patsy Mathews
Lynn Peterson, M.D.
Sarah Roberts
Joseph Shepherd
Edison Thompson

---

**STAFF**

Deanna Jones, Executive Director, tsce-execdirector@comcast.net
Pam Audsley, Office Manager, paudsley@comcast.net
Diana Leskovar, Pro Director, dleskovar@comcast.net
Pam Butler, Volunteer Coordinator, tsce-volunteer@comcast.net
Ryan Martin, Chef, tsc-chef@comcast.net
Linda Stickney, Asst. Cook
Siobhan Wright, Kitchen Asst.
Nelson Gilman, Medical driver
Morris Stickney, Maintenance
Gordon Worth, Van Driver
Jim Emerly, Van driver & maintenance

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**IN APPRECIATION**

Alex Audsley
Donald & Judith Atwood
Eleanor Grice
Alex Audsley
Dick Colantuono
Bill Dworkin
Donald Martin
Kim Wood
Eleanor Zue
Mary Cameron

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**HOLIDAY BAZAAR ITEMS**

Please consider donating homemade jams, pickles, crafts, pottery, jewelry items, or cookies, to our annual holiday bazaar and cookie walk. Items and cookies can be dropped off at the Center on Friday, December 2nd.

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The Thompson Times

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ONGOING PROGRAMS

CAREGIVER SUPPORT GROUP
Wednesday, December 21
(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 ensemble into a novel of power and wisdom and beauty. The book club doesn’t meet in December, so have fun reading all those books you choose for yourself. On January 11th, we’ll be discussing The Tiger’s Wife, by Tea Obrecht. Although it’s a first novel by a young writer, Obrecht is a major talent; she has a wonderful way with words. Brilliantly using myth and legend from the Balkans, the author tells the story of a young doctor and her grandfather against the backdrop of war. As a child, she accompanied him to the zoo every week, and he read to her from a worn copy of Rudyard Kipling’s The Jungle Book. Later, he told her stories of his own encounter over many years with “the deathless man,” a vagabond who claimed to be immortal and appeared never to age. But the most extraordinary story of all is the one her grandfather never told her, the one Natalia must discover for herself. The book is filled with wondrous moments, small scenes that assemble into a novel of power and wisdom and beauty.

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.

TRIP PAYMENT POLICY
Reservations will be made on a first come basis with payment. If you call to make a reservation, we will put your name on the waiting list until payment is received. We will not cash your check until thirty days prior to the trip when final payments are due to vendors. If you need to cancel for any reason payment cannot be returned unless we are able to fill your spot from a waiting list.

HOLIDAY EVENTS

Annie at Northern Stage,
White River Junction Vermont
Wednesday, December 14, 2011, 7:30 PM
Depart on TSC Van at 6:30 PM
Cost: $35.00 (includes gas donation)

Join Annie as she escapes from the orphanage, meets her trusty canine pal Sandy and battles killers and crooks on her way to a new home with Daddy Warbucks. Classic songs include “It’s a Hard Knock Life,” “Tomorrow,” and “You’re Never Fully Dressed without a Smile.” Please sign up in advance, space is limited.

YANKEE SWAP
Thursday, December 15, 1:00PM
Join our holiday fun with this annual event. Bring in a gently used, wrapped item to add to our collection of gifts. Ellaway’s Attic generously contributes some items to make gift opening all the merrier.

STAFF FAVORITE HOLIDAY FOODS
Pam – Spirited cranberry sauce
Deanna – Pumpkin cheesecake
Paula – Yule log
Diana – Apple pie
Jen – Pumpkin roll
Siobhan – Roast Duck
Ryan – Garlic herb buttered lemon stuffed turkey
Gordon – Standing rib roast
Jim – Lemon meringue pie

What’s yours?
Recipes will be shared at the front desk!

HOLIDAY DINNER AND MUSIC
Wednesday, December 14, Noon
Please join us for our annual Holiday meal at Noon on December 14th. The menu is: Baked Ham, Scalloped Potato, Pineapple Bread Pudding, Holiday Cranberry Chutney, Green Bean Almondine, Devils Food Peppermint Cake. Advance sign-up is required.

Recipes will be shared at the front desk!
**CLASSES**

**CROISSANTS, CAFÉ AU LAIT…. CLASSE DE FRANÇAIS!**

Monday, December 5, 2011
8:30 AM to 10:00 AM
Cost: $10.00

Enjoy a French breakfast and refresh your French language skills in this friendly, small group session. Please call The Thompson to reserve your space.

**ITALIAN STUDY GROUP**

Ongoing, Thursdays, 10:30 AM - Noon (No December classes. Begin next session, January 5, 2012)
Instructor: Evangeline Monroe
Cost: $11/class

In this study group we will focus on building comprehension and fluency. Group members will be encouraged to meet after class for lunch at noon. 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, November 15 - December 6, 2011
10:45 - Noon
Instructor: Jennifer Roby
Cost: $50

This class will be conducted primarily in Spanish with emphasis on building conversational skills. It will be geared toward beginner 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.

**STRENGTH & FITNESS**

Weekly classes on Monday, Tuesday, and Thursday
9:00 AM

Our popular strength and fitness class, led by Liz Hatfield, is scheduled each Monday, Tuesday, and Thursday from 9:00 - 10:00 AM. The class is offered for $3.00/class or 12 classes for $30 on a punch card.

**TAI CHI**

Wednesdays, 10:30 - 11:30 AM
December 7, 14, 21, January 4, 11, 18, 25
Cost: $45.00
Instructor: Anne Bower

Beginning and experienced students will work together to learn the form called “tai chi for arthritis and fall prevention” which was developed from the traditional Sun style.

Clinical studies have shown that tai chi helps alleviate symptoms of arthritis, osteoporosis, diabetes, stress, fibromyalgia, and depression. It reduces frequency and seriousness of falls, too. If you’ve never taken tai chi, this is a great time to start. For more information, visit instructor Anne Bower’s website: www.annebower.com, email her at aniebower@yahoo.com, or call 457-2877.

**GENTLE YOGA**

Call Diana (ext. 21) for dates
Class can be offered Mondays and/or Thursdays at 1:15. Please indicate your preference.
Cost $5/session.
Instructor: Karen Swanson

Stretch, strengthen, breathe and balance to big band and classical music! Based on the ancient science of yoga, and applying The Golden Rule internally, we will move with kindness, optimism and good cheer. Breathing practice for anxiety and pain, stretches for arthritis and other challenges and movement to strengthen our core and sense of balance.

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**TARGET AND STEEPLEGATE MALL SHOPPING TRIP**

Monday, December 5, 2011
Depart Thompson at 8:30AM and return by 4:00PM (on the Thompson Van)
Cost: $15, plus lunch on your own cost

Calling all shoppers! It’s time to start your holiday shopping at the Steeplegate Mall and the Target shopping center in Concord, New Hampshire. An impressive selection of shopping options awaits you in 75 stores including Bon Ton, JCPenney, Coldwater Creek, and Talbots. Lunch on your own at Olive Garden. Minimum of 6 requested for sign up.

**WINTER TRIPS**

**RADIO CITY CHRISTMAS SPECTACULAR STARRING THE ROCKETTES**

Wang Theatre, Boston
Friday, December 16, 2:00 Matinee
Depart Thompson Center on Premier Coach bus at 10:00 AM
Return to Woodstock by 9:30 PM
Cost: $88.00 (includes theatre ticket and coach bus)

“If you’ve never seen it, go. If you have seen it before, go again. Tweaked from head to toe, the latest ‘spectacular’ boasts fantastic new effects, costumes, and musical numbers.” – The Daily News

Traditional show favorites will take center stage, including “Parade of the Wooden Soldiers” and “The Living Nativity,” complete with live animals on stage. The audience will be brought to their feet with a NEW Rockette finale “Let Christmas Shine,” which honors and celebrates the Rockettes as the stars of the show.

Please pack a lunch for the ride down.
Coolers of water will be available. After the show we will stop in Woburn for a delicious dinner at Bertucci’s Restaurant (order off menu on your own).

Please reserve your space on this trip with your payment. Thank you!

**Itinerary:**

10:00 AM  Depart Thompson Center
1:30 PM  Arrive Wang Theater
2-4:00 PM  Performance
5:00 PM  Depart Bertucci’s Restaurant
6:30 PM  Depart Bertucci’s
9:30 PM  Arrive Woodstock

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PIECING AND PATCHING: THE INTERSECTION OF QUILTS, HISTORY AND POETRY

Tuesday, December 6, 1 PM

What are quilts? Just pretty bedcovers crafted from scraps of material? Or could they be history, stories of our lives, great works of art, commentary on the world around us? Could quilts and quilting even function as symbols of American identity?

Anne Bower’s talk will explore the history and beauty of quilts, looking at the many purposes quilts have served. She’ll include some lines of poetry that emphasize different aspects of what quilts can “mean,” and discuss how quilts have come to be valued as art. She’ll bring a few quilts of hers, and encourages those coming to the talk to bring their own experiences with quilting and some actual quilts or quilted items to the discussion.

Anne is a retired associate professor of English (Ohio State University), who has written articles and books about quilting, community cookbooks, food and culture, literature, and teaching. Here at the Thompson Center, she teaches tai chi classes and regularly attends the Spanish table for lunch.

CHRISTMAS REVELS DRESS REHEARSAL FREE TICKETS

Wednesday, December 14, 6:30 PM

A limited number of complimentary tickets have been set aside for the Thompson Center to distribute on a first come, first served basis to the final dress rehearsal for the Christmas Revels on Wednesday, December 14, 6:30pm.

A holiday tradition for more than three decades, The Christmas Revels return to Dartmouth College’s Hopkins Center with drama, music, and dance in celebration of the winter solstice. The year Revels are an Elizabethan Celebration.

Van service is not available.

LAUNCH MAC VISITS THE THOMPSON!

Tuesday December 13, 1:00PM

Please join us after our noon meal when Lucy Mackenzie Humane Society visits to talk about their Food Shelf for Pets Program, Jake’s Emergency Medical Fund, and “Sophies for Seniors” program. You don’t want to miss the four legged friends who will be joining us!

SENIOR SKATE IS BACK!

Woodstock Union Arena
Fridays with exception of 11/25 and 12/23
10:00-11:00AM
$4.00 fee and $2.50 skate rental (now half price!)
For more info, call the Union Arena at 457-2500

CANE SAFETY FOR WINTER CONDITIONS

Thursday, December 8, 1:00 PM

A representative from Keene Medical Products will be installing ice grips on canes for winter safety at no charge on a first come first serve basis. There will also be literature available on a variety of medical products. Be prepared this winter!

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 whom they are remembering during the Holidays.

NEED HELP UNDERSTANDING MEDICARE?

The “open enrollment” period for Medicare, when you can switch your health or prescription coverage, starts October 15 and ends December 7, 2011. This is the time to take a look at your current coverage and compare it with other available plans. For assistance with forms or other questions, you can contact:

- Eleanor Zue at the Center at 457-3277 on Tuesday, Thursday or Friday,
or
- Senior Solutions Help Line: 1-800-642-5119
- Medicare Hotline: 1-800-MEDICARE
- Medicare website: www.medicare.gov

START THE NEW YEAR WITH A FREE HEARING SCREENING

Friday January 6, 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.
### MENU - DECEMBER 2011

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<thead>
<tr>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
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<td><strong>Meals served:</strong></td>
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<td>daily at noon</td>
<td>2% milk, juice &amp; Coffee</td>
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<td>Menu is subject to change based on availability &amp; food donations</td>
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<td><strong>Meal Pricing:</strong></td>
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<td>$6 charge for those under age sixty</td>
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<td>$4 suggested donations for ages sixty and up</td>
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<td>* indicates that sign-up/reservations are required (Holiday Dinner &amp; Birthday Day).</td>
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<tr>
<td>Tossed Salad, Spinach Cheese, Chicken Rolls, Lemon Risotto w/ Peas, Roasted Vegetable Casserole, Chocolate Cream Pie</td>
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<td>Tossed Salad, Grilled Cheese, Creamy Tomato Soup, Apple turnovers</td>
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<td><strong>Chef’s Choice</strong></td>
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<td>Chipped Beef and Egg Gravy on Mashed Potato, Brussel Sprouts, Fresh Fruit Parfait</td>
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<td>Quiche w/ Smoked Turkey &amp; Broccoli, Roasted Potatoes, Roasted Vegetable Medley, Coconut Cream Pie</td>
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<td>Tossed Salad, Penne Pasta w/ Sweet Italian Sausage, Spinach, Tomatoes, Pesto, Chef’s Choice Dessert</td>
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<td>Chicken Tostadas, Roasted Vegetable Medley, Italian Cream Cake w/ Berries</td>
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<td><strong>Tossed Salad, Supper Pizza w/ peppers, onions, mushrooms, olives, pepperoni, Chef’s Famous Chocolate Chip Cookies w/ Fresh Fruit</strong></td>
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<td><strong>HOLIDAY DINNER</strong></td>
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<tr>
<td>Pan seared Chicken breast, Creamy cheddar polenta, Spinach supreme (spinach, sour cream, parmesan and monterey jack cheese), Citrus Ricotta Squares</td>
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<td>Singapore Curry Chicken, Rice, Stir Fried Vegetables, Sorbet w/ Fruit</td>
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<td>BLT Wraps, Apple &amp; Squash Soup, Cannoli Cake</td>
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<tr>
<td><strong>Chicken Divan w/ Penne Pasta, Tuscan Vegetables, Coconut Macaroons w/ Pineapple</strong></td>
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<tr>
<td>Asian Pork Burgers, Roasted Steak Fries, Asian style slaw, Almond Joy Sundae</td>
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<tr>
<td>Ham &amp; Swiss Wrap w/ lettuce &amp; tomato, Corn Chowder, Coleslaw, Mollases Cookie w/ fruit</td>
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<tr>
<td>Birthday Day* Dijon Crusted Chicken Breasts, Horse Radish Mashed Potato, Gravy, Spinach, Cake and Ice Cream</td>
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<tr>
<td>Tossed Salad, Pan Seared Tilapia, Fiddle Succotash, Pumpkin Cranberry Bread Pudding</td>
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### PROGRAM CALENDAR - DECEMBER 2011

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