



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



DECEMBER 2011

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.

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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, Office Manager
paudsley@comcast.net
Diana Leskovar, Prog Director
dleskovar@comcast.net
Pam Butler, Asst. Prog Director,
pbutler-tsc@comcast.net
Jen Bloch, Volunteer Coordinator,
tscvolunteers@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 Emery, Van driver & maintenance

Eleanor Zue, Senior Solutions,
Senior Advocate,
EZue@seniorsolutionsvt.org
SENIOR HELPLINE: 800-642-5119

Susan Jantos, Community Care
Coordinator, Ottauquechee Health Center,
Susan.Jantos@mahhc.org

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
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Lisa Gramling
Reinhart Jeck
Patsy Mathews
Lynn Peterson, M.D.
Sarah Roberts
Joseph Sheperd
Eldon Thompson

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 Meeting with guest speaker, Beach Conger. I loved his warning about the condition of “seriousity” and his search for “old people” under our tables -- he found none, since we only have “people who have been young for a long time.”

We are very happy to welcome Sarah Roberts as a new member 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 ’m 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!

ADVISORY MEETING HIGHLIGHTS

submitted by Fran Gillett, Advisory

- ◆ Discussion of budget cuts required due to rising expenses and declining income.
- ◆ Plans for Holiday Bazaar and Valentines’ Dinner and Auction on target.
- ◆ Holiday Bazaar Raffle tickets available at Front Desk.
- ◆ Christmas shopping trip to Steeplegate Mall near Concord NH is being planned.
- ◆ Jackson House Tea scheduled for December 19, 2:30 pm. **Sign up required** due to space limitations.
- ◆ Possible trip to Northern Stage Holiday Production of Annie under consideration.
- ◆ Books in library may be borrowed “for keeps” in order to make room for new donations.
- ◆ Donations of any kind require approval by a staff person before they can be left off.
- ◆ Other topics discussed (new and ongoing): marble game, bathroom door, greeter/hostess, regular patrons intermingling with groups who come for lunch, periodic reports on progress of fund-raising in Newsletter, possible danger of cane tips getting stuck in the new mats on the front steps, meal suggestions – crusty rolls for Birthdays and portion sizes.

Questions on any of the above should be directed to Deanna.
Please join our next meeting on Monday, December 5th at 1pm.

IMPORTANT INFORMATION

NEEDED
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. Thank you!



HELP WANTED!

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

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 Solutions Help Line 1-800-642-5119.

MISSION STATEMENT

It is the mission of the Thompson Center to be a multigenerational gathering place for our community. Our programs and activities will promote the physical, intellectual and social well-being of the adult community to enhance dignity, self-worth and independence. The Thompson Center will act as resource and advocate for our senior population providing timely support on issues that affect aging in our rural community.

IN APPRECIATION

Daily *Valley News* subscription -- Woodstock Pharmacy
Birthday Cakes — Diane Atwood, Jane Soule, Carol Powell
Monthly book club selection - Yankee Bookshop
Fall garden clean-up - Jim & Noreen Huff, and Valerie Chase, Chase Site Services
Grab bar - Upper Valley Rehab
Christmas items & afghan - Emily Hawkes
Chocolates - Mary Sharpe
Crutches - Kim Wood
Carrots - Alex Audsley
Laptop computer - Evangeline & Gerry Monroe
Puzzles & books - Eleanor Grice
Leeks - Rick Kuniholm
Walker, Cane, leg pick-up - Stacia Selbo
Brussel 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



IN MEMORY

Donald & Judith Atwood Mr. & Mrs. Daniel Moss Julia Peet Carol Powell	Harold Ricker Juanita Raymond Mary Cameron
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DECEMBER BIRTHDAYS

1 -- Jim Huff	16 — Ryan Martin
3 — Ginny Christy	22 — Erlene Rogers
6 — Rick Kuniholm	24 — John Audsley
8 — Lucile Appel	25 — Leo Desmond
8 — Helen Flower	26 — Faye Dudley
9 — Leon Stetson	26 — Katherine Webster
12 — Eleanor Zue	27— Marie Aldrich
13 — Mildred Gay	28 — Pat Hadley
14 — Grace Staples	

On December 22nd we will celebrate your special day!
Please join us!

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 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!

WINTER CLOSING POLICY

The Center is always closed when the Woodstock schools are cancelled. You can find out if the schools are closed after 6:15 AM by checking local news or online at www.overnet.com/schoolclosings. We may also close when we feel driving conditions are not safe for our participants. Call the Center after 8 AM; if we are closed, there will be a message on our machine.

BOOK CLUB

Wednesday, January 11, 1 PM



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

Evening Out



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.**



Following lunch (1pm) sing-a-long with Brent and Crista Buswell as they help us celebrate the season with favorite holiday tunes on the piano and accordion.

CLASSES

CROISSANTS, CAFÉ AU LAIT CLASSE DE FRANCAIS!

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 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.

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 anniebower@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.

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

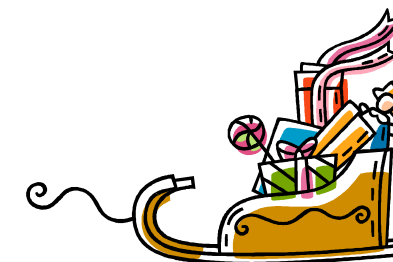
Cost: \$88.00 (includes theatre ticket and coach bus)

"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	Arrive at Bertucci's Restaurant
6:30 PM	Depart Bertucci's
9:30 PM	Arrive Woodstock



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, JC Penney, Coldwater Creek, and Talbots. Lunch on your own at Olive Garden. Minimum of 6 requested for sign up.

PROGRAMS

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

Tuesday, December 6, 1 PM

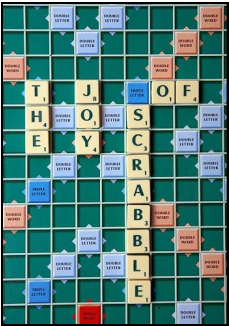
What are quilts? Just pretty bedcovers crafted from scraps of material? Or could they be history, stories of our lives, great works of art, commentary on the world around us? Could quilts and quilting even function as symbols of American identity?

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.

SCRABBLE ANYONE?

Monday,
December 5, 1 PM



Several people have expressed an interest in forming a Scrabble Club. We will convene with all interested people beginning Monday, December 5th at 1:00 PM. We have several scrabble boards to accommodate a nice group. Please sign up in advance so we can gauge interest.

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.

PROGRAMS & RESOURCES



LUCY 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!

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.

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.



MENU - DECEMBER 2011				
Mon	Tue	Wed	Thu	Fri
			1	2
Meals served: <ul style="list-style-type: none"> ♦ daily at noon ♦ 2% milk, juice & Coffee ♦ Menu is subject to change based on availability & food donations 	Meal Pricing: <ul style="list-style-type: none"> ♦ \$ 6 charge for those under age sixty ♦ \$ 4 suggested donations for ages sixty and 	* indicates that sign-up/reservations are required (Holiday Dinner & Birthday Day).	Tossed Salad, Spinach Cheese Chicken Rolls, Lemon Risotto w/ Peas, Roasted Vegetable Casse- role, Chocolate Cream Pie	Tossed Salad, Grilled Cheese, Creamy Tomato Soup, Apple Turnovers
5	6	7	8	9
Chef's Choice	Chipped Beef and Egg Gravy on Mashed Potato, Brussel Sprouts, Fresh Fruit Parfait	Quiche w/ Smoked Turkey & Broccoli, Roasted Potatoes, Roasted Vegetable Medley, Coconut Cream Pie	Tossed Salad, Penne Pasta w/ Sweet Italian Sausage, Spinach, Tomatoes, Pesto, Chef's Choice Dessert	Chicken Tostadas, Roasted Vegetable Medley, Italian Cream Cake w/ Berries
12	13	14	15	16
Tossed Salad, Supreme Pizza w/ peppers, onions, mushrooms, olives, pepperoni, Chef's Famous Chocolate Chip Cookies w/ Fresh Fruit	Pan seared Chicken breast, Creamy cheddar polenta, Spinach supreme (spinach, sour cream, parmesan and monterey jack cheese), Citrus Ricotta Squares	HOLIDAY DINNER* Baked Ham, Scalloped Potato, Pineapple Bread Pudding, Holiday Cranberry Chutney, Green Bean Almondine, Devils Food Peppermint Cake	Singapore Curry Chicken, Rice, Stir Fried Vegetables, Sorbet w/ Fruit	BLT Wraps, Apple & Squash Soup, Cannoli Cake
19	20	21	22	23
Chicken Divan w/ Penne Pasta, Tuscan Vegetables, Coconut Macaroons w/ Pineapple	Asian Pork Burgers, Roasted Steak Fries, Asian style slaw, Almond Joy Sundae	Ham & Swiss Wrap w/ lettuce & tomato, Corn Chowder, Coleslaw, Molasses Cookie w/ fruit	Birthday Day* Dijon Crusted Chicken Breasts, Horse Radish Mashed Potato, Gravy, Spinach, Cake and Ice Cream	CLOSED
26	27	28	29	30
CLOSED	Tossed Salad, Macaroni and Cheese w/ Ham, Broccoli & Cauliflower, Poached Pears	Stuffed Meatloaf w/ Spinach & Cheese, Parsnip Mashed Potatoes, gravy, Peas & baby carrots, Pecan Pie Cookie Bars w/ fruit	Tossed Salad, Pan Seared Tilapia, Foliage Succotash, Pumpkin Cranberry Bread Pudding	Tossed Salad, Turkey Sandwich, Caldo Verde, (Portuguese Kale and Potato soup w/ spicy sausage), Cherry Crunch Pie

PROGRAM CALENDAR - DECEMBER 2011				
Mon	Tue	Wed	Thu	Fri
			1	2
* Please sign up/Reservations required	BINGO daily at 11 am except on birthday day and other special meal days.		9 Strength & Fitness 10 Cribbage 12 Italian Table	10 Senior Skate 12 German Table
5	6	7	8	9
8:30 French Breakfast* 8:30 Steeplegate Mall shopping trip* 9 Strength & Fitness 10:15 Memoir Club 1 Bridge 1 Advisory 1 Scrabble	9 Strength & Fitness 10:00 Double King Ped 10:45 Spanish 12 Spanish Table 1 Quilt program	9 W. Leb Shopping* 10:30 Handwork Cir. 10:30 Tai Chi 12 French Table	9 Strength & Fitness 10 Cribbage 12 Italian Table 1 Winter Cane Safety	10 Senior Skate 12 German Table 1:00 Talk and Listen 9 – 2:30 Foot Clinic*
12	13	14	15	16
9 Strength & Fitness 10:15 Memoir Club 1 Bridge 1 Scrabble	9 Strength & Fitness 10 Double King Ped 10 – 12 Blood Pressure Screening 12 Spanish Table 1 Lucy Mac program	10:30 Handwork Cir. 10:30 Tai Chi 12 HOLIDAY DINNER* 12 French Table 1 Music w/Buswells 6:30 Annie Trip*	9 Strength & Fitness 10 Cribbage 12 Italian Table 1 Yankee Swap	10 Senior Skate 10 Rockette trip departure* 12 German Table
19	20	21	22	23
8:30 Newsletter folding 9 Strength & Fitness 10:15 Memoir Club 1 Bridge 1 Scrabble 2:30 Holiday Tea*	9 Strength & Fitness 10 Double King Ped 11:30 Commodities 12 Spanish Table	8 Board Meeting 9 W. Leb Shopping* 9 – 2:30 Foot Clinic* 10:30 Handwork Cir. 10:30 Tai Chi 12 French Table 12:30 Caregiver Support	BIRTHDAY DAY* 9 Strength & Fitness 10 Cribbage 12 Italian Table	CLOSED
26	27	28	29	30
CLOSED	9 Strength & Fitness 10 Double King Ped 10 – 12 Wellness Clinic 12 Spanish Table	10:30 Handwork Cir. 12 French Table	9 Strength & Fitness 10 Cribbage 12 Italian Table	10 Senior Skate 12 German Table