



Woodstock Area Council on Aging  
99 Senior Lane  
Woodstock, VT 05091  
(802) 457-3277  
FAX: (802) 457-1259  
www.thompsonseneiorcenter.org

Non-Profit Organization  
Postage Paid  
Permit No. 33  
Woodstock, VT 05091



*The Thompson Times*  
AT THE CENTER FOR SENIORS AND COMMUNITY

November 2011

## HAVE YOU VISITED OUR HOME ON THE INTERNET?

Here are some tips about what you'll find at [www.thompsonseneiorcenter.org](http://www.thompsonseneiorcenter.org)

Move through each page using the buttons along the top. The **yellow** highlighted button always shows where you are.

Find our **"Latest News"** on the HOME screen.

See pictures from events or read about new programs under **"What's New."**

Get a quick view of regularly scheduled programs by date on the **"Events Calendar"**.

Find our full newsletter on the HOME screen.

**Other things you can find or do on our website:**

- \* Review or print program calendars and menus.
- \* Make a donation to help support the Thompson, or make a "memorial" gift.
- \* Print a map to the Center or contact us.
- \* Learn about volunteer opportunities

**HOME** | PROGRAMS | MENU | VOLUNTEER | GIVING | ABOUT US | LOCATION/CONTACT

**What's New**  
Upcoming Trips (09/20/2011)  
Fly Fishing Derby (09/20/2011)  
"Irene Goodbye" Concert (09/18/2011)  
Pictures from the 20th Celebration (08/25/2011)  
Tips to Avoid Dehydration (06/08/2011)

**Events Calendar**  
October 2011  
Su Mo Tu We Th Fr Sa  
1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

**LATEST NEWS**  
The Center will be closed for Columbus day on Monday, October 10, 2011.  
**FLOOD ASSISTANCE & INFORMATION:**  
The Thompson building stayed safe and dry during the recent flooding from tropical storm Irene. We are open, delivering meals, and hosting programs. Please call us at 457-3277 for information on programs, meal deliveries or with any other questions.

**NEWSLETTER**  
Click here to read the September 2011 Thompson Times

**Click here for the Town of Woodstock OFFICIAL information page** -- this page answers questions about everything from water to local resources available to FEMA help. You can also reach Woodstock Dispatch at 457-2337.

You are invited to the Woodstock Area Council on Aging

**ANNUAL MEETING**  
Wednesday, October 19, 2011, 8:30 AM  
Continental Breakfast at 8:00 AM  
Guest speaker: **Beach Longor, MD**  
author of Bag Balm and Duct Tape and It's Probably Nothing: More Adventures of a Vermont Country Doctor  
Location: The Thompson Center  
99 Senior Lane, Woodstock VT  
Brief Business Meeting to follow speaker  
RSVP by October 7

**SENIOR CENTER SURVEY ONLINE**  
(Click here to begin the ONLINE survey for senior centers)  
The senior center survey was developed by the Thompson Forward Planning Committee

## Don't miss....the Annual Holiday Bazaar

SATURDAY, DECEMBER 3  
9 AM - 1 PM

We will have a great selection of holiday gifts, cookies, decorations, handmade pottery and homemade goodies. As always, the Cookie Walk, quality cards, Piecemakers Quilters' handcrafts, ornaments, jams, jellies, pickles, candies, sewn and knitted items and more!

Bring cookies and handcrafts for sale on Friday, Dec. 2.  
Raffle tickets will be on sale soon.

Location: The Thompson Center,  
99 Senior Lane, Woodstock, VT 05091

## Behind the Scenes

by Deanna Jones  
Executive Director

It is hard to believe we're already getting ready for the holidays, but here we are planning with lots to look forward to in the coming months!! The goods for the holiday bazaar look wonderful and we're excited about the raffle items and some other new ideas. Planning for the Valentine auction has already begun as well. Thank you to everyone who is already working on these two important events!

Our fiscal year came to an end on September 30th and so October 1st we started into our new budget. Closing the fiscal year and starting a new one takes a lot of effort behind the scenes. I appreciate all of the extra efforts Paula Audsley and the finance committee of the board put into planning. Please make sure to see a copy of our 2011 Annual Report if you haven't already.

Over the years we continue to show a Net Operating Loss and this year \$67,818 was used from the endowment to cover operating expenses. The Board and staff are committed to controlling expenses and sustaining fundraising revenue. We also hope to grow our endowment so that over the long term we will have sufficient funds to meet our shortfalls for operating needs and capital expenses. It is a challenge during these economic times as we also see demand for services increasing, but we know that our daily activities, meals, and transportation help many people stay active, healthy, and happy.

Having recently celebrated my one year anniversary as the Director of our wonderful Center, I'm very thankful for a board, staff, volunteers, patrons, and supporters who believe in our mission, share common goals, and have become a part of my extended family! Thank you for a wonderful first year!

Please be in touch at any time with questions or suggestions. I can be reached at (9802) 457-3277 or via email at: [tsc-execdirector@comcast.net](mailto:tsc-execdirector@comcast.net).

Deanna Jones  
Executive Director

## DID YOU KNOW...

### ADVISORY MEETING HIGHLIGHTS

Submitted by Fran Gillett, Advisory

- Thompson won 1st prize at Chili Cook-off
- Strength and Fitness program payment now on a punch card system
- Extra food from lunch available for \$3 "Grab-and-Go"
- Cooperation between the Thompson and the Food Shelf for home deliveries
- Planning committee at work for Holiday Bazaar – Dec.3
- Former Rockette to talk about her experiences Nov. 29
- Ron Rhodes of Connecticut River Watershed Council to present a program on floods (see page 10)
- Other topics discussed: the marble game, bathroom doors, vegetable consistency, location for a possible compost heap, staff person must be present when retrieving items from the basement.

Join our next meeting on **Monday, Nov. 7 at 1 PM!**

### HELP WANTED!

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

### HOLIDAY BAZAAR NEWS

Please consider donating homemade jams, pickles, etc. and clean coffee cans (no plastic, please) with lids for the cookie walk. If you would like to bake cookies for the cookie walk, they can be dropped off here on Friday, Dec. 2.

### PIECEMAKERS NEWS

The Piecemakers will gather on Friday, November 18 from 9 to noon. They will be preparing beautiful goods for our Holiday Bazaar.

## IMPORTANT INFORMATION

### ❖ NOVEMBER BIRTHDAYS

1--Olive Greenough  
1--Norm Boynton  
1--Beatrice Foley  
3--Betty Ann Lantz  
7--Bunny Strong  
7--Polly Williams  
8--Priscilla Britton  
8--Thelma Jillson  
9--Margaret Thomas  
9--Ginny Gould  
10--Deanna Jones  
13--Taylor Schanck  
22--Helen Kaija  
25--Peg Maxham  
27--Fred Doten  
28--Carolyn Maynard  
28--Ruth Lewis  
28--Pete Sanderson

### ❖ IN MEMORY

Donald Atwood  
Dorothy Forthman  
Samuel & Eleanor Grice  
Stephan & Joan Tarleton

Catherine Holt  
Raymond Soule  
David & Mary Charland  
Mary Cameron  
Sandra Simonds

Dean Goodwin  
Samuel & Eleanor Grice

William Lockwood  
Mary Cameron

Kay Sutherland  
Charlotte & Bert Croft

### ❖ IN APPRECIATION

Yankee Bookshop-Book Club Book  
Woodstock Pharmacy-*Valley News*  
Ruth Beebe-apples  
Bob Forman-tomatoes, beans, cukes, peppers  
Penny March-tomatoes  
Sharon Schellong-ketchup  
Tita Langlands-Tomatoes, celery, basil  
Jim & Noreen Huff-use of grill  
Jackson House-use of grill  
Geoff Dates-chili prep help  
Carl Taylor-Bratwurst for German celebration

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 a resource and advocate for our senior population, providing timely support on issues that affect aging in our rural community.

### FACTS

The Thompson Center  
99 Senior Lane  
Woodstock, VT 05091  
Tel: (802) 457-3277  
Fax: (802) 457-1259  
[www.thompsonscenter.org](http://www.thompsonscenter.org)

#### HOURS:

8-3 Monday-Friday

#### DIRECTIONS:

We are located two miles west of the village across from the Woodstock Union High School just off Route 4.

Woodstock Area Council on Aging is a non-profit 501C3 organization. Contributions are tax-deductible. Dedicated to serving Barnard, Bridgewater, Woodstock and Pomfret.

### STAFF

Deanna Jones, Executive Director  
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Eleanor Zue, Senior Advocate  
Ryan Martin, Chef [tsc-chef@comcast.net](mailto:tsc-chef@comcast.net)  
Linda Stickney, Assistant Cook  
Siobhan Wright, Kitchen Assistant  
Gordon Worth, Van Driver  
Jim Emery, Medical Driver  
Morris Stickney, Maintenance  
Nelson Gilman, Medical Driver

### BOARD OF DIRECTORS

Gerald Fredrickson, President  
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Macy Lawrence  
Patsy Mathews  
Joan Oppenheimer  
Lynn Peterson, M.D.  
Joseph Sheperd  
Eldon Thompson

## FALL PROGRAMS & RESOURCES

### CAREGIVER SUPPORT GROUP

Please note new day of the week!  
**Wednesday, November 16**  
 (ongoing, 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-NOON  
 (Note earlier time)

In this informal group, we encourage one another as we record stories that may otherwise be lost or forgotten. We try to write and read aloud one to two pages each week, and lively discussion ensues. 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!

### WELLNESS CLINIC & BLOOD PRESSURE SCREENINGS

Blood pressure readings with Eleanor Pizzani, RN on **Tuesday, Nov. 8 from 10:00-noon**. Wellness clinic (blood pressure, glucose, cholesterol screenings) with Doug Davies, RN will be held on **Tuesday, Nov. 22 from 10-noon**.

### FUEL ASSISTANCE INFORMATION

It is time to think about Fuel/Home Heating Assistance applications now. For assistance with applications or more information, please call Eleanor Zue at the Center, or Senior Solutions (formerly the Council on Aging) Senior Help Line at 1-800-642-5119.

### TIPS TO REDUCE YOUR RISK OF FALLING

As a follow up to our September balance program we offer the following safety tips from Dartmouth Hitchcock Medical Center.

1. **Exercise each day.** You can increase your strength and balance at any age. Doing strengthening and balance exercises alone can reduce your risk of falling.
2. **Take care of health and medications.** Make sure you have regular medical visits and tell your primary care provider if you have any change in your health. Make sure you are taking medications correctly and if you have symptoms of dizziness, notify your health care provider.
3. **Make your home safe.** In the winter, use a hiking stick or ski pole or ice grips for a cane. Also use gripping devices on bottom of your shoes. In your home, remove clutter, install grab bars and hand rails.

### NEED HELP UNDERSTANDING MEDICARE?

The "open enrollment" period for Medicare, when you can switch your health of 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 to make sure it is still your best option. Medicare is complicated and can be confusing. If you need help, please contact the following people:

**Melanie Ferrell, Senior Advocate** (802) 359-4086 (Wed.-Fri)  
**Eleanor Zue, Social Services Worker** (802) 295-9068 (Mon and Wed. 10-2)  
**Senior Helpline** (802) 642-5119  
**VT State Health Insurance Program** (802) 885-6636  
**Medicare hotline:** 1-800-MEDICARE  
**Medicare website:** www.medicare.gov

## FALL PROGRAMS

### NEW! GRAB & GO PROGRAM



#### Delicious, nutritious food "to go!"

Without a reservation system, and with no plans to implement one, our kitchen staff has a daily challenge in knowing how much food to prepare. They're excellent guessers, and all leftovers have traditionally been packaged as frozen meals for our meals-on-wheels patrons who receive meals for the weekend. However, we currently have fewer patrons receiving weekend meals.

Therefore, in an effort to use prepared food in the best possible way, we are offering a new option for our daily lunch diners: \$3 Grab-and- go leftovers. If we have extras on any given day, we'll package the main meal and have it ready to take with you when you leave. This is a great option if you left a spouse at home, want to bring it to a neighbor, or loved the meal so much that you want it again for dinner!

Depending on the meal and the number of people who attend lunch, we may not be able to offer this every day. The \$3 price applies only to extra food after the noon meal. Take-out meals picked up before the noon service are not considered "extra" and the suggested donation remains \$4 per meal for those age 60 and over, and \$6 for those under age 60. Please see Deanna or Ryan if you have any questions.



### LEGISLATIVE FORUM ON SENIOR ISSUES

Wednesday, November 2, 10-11:30 AM

The Community of Vermont Elders (COVE) and The Thompson Center are pleased to co-sponsor a legislative forum on senior issues. The forum will provide an opportunity for seniors, their families, and those who provide services for them to meet with legislators to discuss issues of concern to Vermont elders. Coffee and juice will be served and participants are invited to stay for lunch at The Thompson immediately following at 12:00 PM. Suggested donation of \$4 for those 60 and older and \$6 for those under 60. Please RSVP to The Thompson Center at 457-3277, or by calling Meghan Lewia at COVE, (802)229-4731.

### 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 with her, 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 our tai chi classes and regularly attends the Spanish table for lunch.

## FALL PROGRAMS

### FRENCH CLASS

Watch for dates on new series after the holidays!

**Instructor: Judy Mahood**

In this class students will be involved in a variety of activities with the goal of improving their ability and confidence in speaking French. These activities may include reviewing grammar rules (toujours des exceptions!), oral drills, the French “dictee,” short readings, phonetics for correct pronunciation, some French history, art, geography, cuisine...and the “Expression du Jour.” The ambiance of the class is casual, friendly and encouraging. **Please register in advance.** Contact the instructor at: judymahood@comcast.net if you have questions.

### ITALIAN STUDY GROUP

Ongoing, Thursdays, 10:30-12:00 PM

Cost: \$11/class

**Instructor: Evangeline Monroe**

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, Nov. 15-December 6

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 to 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

#### CLASS ADDED

Mondays, Tuesdays and Thursdays  
9:00 AM

**Note: new fee schedule**

We have added a day to our popular Strength and Fitness schedule--adding Mondays, along with Tuesdays and Thursdays 9:00-10:00 AM. We have developed a new fee schedule to support the costs of this program and a punch card to promote ease of use. **Beginning in October the class will be offered at \$3.00/class or 12 classes for \$30.00.**

### TAI CHI

Wednesdays, 10:30-11:30 AM

Nov. 2, 16, 30, Dec. 7, 14, 21,

Jan. 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](http://www.annebower.com), email her at [anniebower@yahoo.com](mailto:anniebower@yahoo.com), or call 457-2877.

### GENTLE YOGA

Beginning November 7

**Class can be offered Mondays and/or Thursdays at 1:15. Please indicate your preference. Cost: \$5/**

**class. Instructor: Karen Swanson**

Stretch, strengthen, breathe and balance to big band and classical music! Based on the ancient science of yoga, and applying The Gold 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.

## FALL & WINTER TRIPS

**New Policy! Please contact Diana (ext. 21) or Pam (ext. 16) DIRECTLY to reserve your space on all trips! Thank you!**

### Evening Out

#### ACOUSTIC @ HOME WITH BROOKS HUBBARD AND THE MOONTONES

Lebanon Opera House

Thursday, November 3, 7:00 PM

(Depart on the Thompson shuttle 6:00 PM)

The Moontones is a folk-based musical quartet that plays a wonderful mixture of original folk music along with memorable classics, spanning decades. Local singer-songwriter Brooks Hubbard will share the stage with this quartet and move the audience with his original lyrics. “I want to make people happy with my music and I want people to relate to it....so be happy, live life, and la la la love it!” ~Brooks Hubbard

Cost: Free (donations are accepted at the door)

Please note: We are grateful to Lebanon Opera House for organizing these free concerts which feature local talent and provide an opportunity for everyone to enjoy an evening of fine music. Thanks also to Citizens Bank for underwriting the cost of these concerts.

#### 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 and 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.**

**(Please note earlier departure time to account for traffic and restroom stop)**

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

## PROGRAMS

### CONNECTICUT RIVER WATERSHED COUN- CIL (CRWC) PROGRAM

Tuesday, November 8th, 1:00 PM

The CRWC makes the news regularly--sometimes in relation to chemicals polluting a stream, sewage overflows, observations about fishery or wildlife issues on the river, or a range of other important issues related to rivers and streams. Ron Rhodes, River Steward, will share information, stories, and updates on a variety of topics, including the devastation from Tropical Storm Irene and respond to your thoughts and questions.

Ron is a newly appointed Upper Connecticut River Steward, spending most of his time in the Upper Valley and the North Country of New Hampshire---two areas he knows well from his years as a licensed N.H. fishing guide and his decade of service on the Boards of Trout Unlimited and the White River Partnership. He also teaches a fly fishing class at Dartmouth College.

### Evening In MOVIE NIGHT AT THE THOMPSON CENTER

Wednesday, November 30, 5:30 PM

Enjoy the new release movie *The Conspirator* in the comfort of the Thompson Center living room (on our 58" flat screen TV) with your friends and neighbors. The evening will begin with a buffet style dinner prepared by Chef Ryan. The movie will begin at approximately 6:30 PM. Please sign up in advance. No van transportation service available. Cost: \$5.00



### MIXED MEDIA ART STUDIO SERIES AT ARTISTREE *New!*

A six-week studio art class series will meet at Artistree (on route 12, Mount Tom Building) in collaboration with The Thompson Senior Center.

Tuesdays, November 1--December 6  
10:00 to 12:00 PM

All levels are welcome to brush up on skills and experiment with new materials and art forms. Expect to have fun and learn new skills and techniques in a relaxed and comfortable environment. There will be instruction each week on a chosen subject, including landscape painting, still life, work from photographs, portraiture, plein aire work, etc. Historical art references will be provided along with demonstrations using a variety of art materials, including charcoal, pencil, pen and ink, pastels, watercolors, acrylics/oils, etc. Students also have the option to work on their own projects, with their own materials, with personalized instruction.

Cost: \$90 (materials and any additional fees with be discussed at the first class)

**Note: Thompson Center van transportation can be arranged if needed. Scholarship money is available on a first come/need basis. Please call Artistree to reserve your space in this class: 802 457-3500 or sign up online at: [www.artistreevt.org](http://www.artistreevt.org).**

## PROGRAMS

### OH, TO BE A ROCKETTE!

Jann Macdonald shares her experiences from the stage

Tuesday, November 29, 1 PM

What was it like to be a Rockette? What was it like to be on the grand stage at Radio City Music Hall in the Big Apple? Imagine hearing "You're on"! as you moved through the heavy brocade curtains in to the blazing klieg lights and orchestra sounds. Join us for a nostalgic look back from one dancer's personal experience.

### EATING YOUR FAVORITE FOODS WITHOUT FEAR

Presented by Virginia Morse,  
RD, CD, CDE  
Thursday November 17, 1:00 PM

Eating well with diabetes can be enjoyable and delicious. Virginia Morse from the Nutrition and Diabetes Clinic at Mt. Ascutney Hospital and Health Center will review some basics and finer points of healthy dining with diabetes and leave plenty of time to address your diabetes self management questions.

### THANKSGIVING DINNER

Thursday, November 10

Join us for a delicious family-style Thanksgiving Dinner! There will be seatings at 11:30 and 1 PM. Please sign up in advance: space is limited! Reservations are required. Thank you.

### DO YOU NEED A LIFELINE?

Tuesday, November 15, 1 PM  
Presented by Dartmouth-Hitchcock  
Medical Center Lifeline Program

Senior Lifeline Specialist Tami Musty will be talking about the Lifeline experience and explain how Lifeline can support independent living for older adults. She will discuss the current products, how and when they work and how to get them. Different models of Lifeline products will be available to try on.

If you cannot make the presentation but would like more information please call toll free 1-888-699-4034.

### BOOK CLUB Wednesday, November 9, 1 PM



This is the book that is on every book club list right now! Room by Emma Donague is a fascinating study of a mother who has been abducted and the son she bears while in a one room shed in which they are imprisoned. Imagine being a parent living in an 11 x 11 foot room for years, trying to survive while keeping your baby growing, safe and entertained. For little Jack, life is good since he knows nothing else. He is the story's narrator.

One of the book's central ideas is that when you know no better, you always think the world that you live in is normal and it will still represent home to you. Jack's eventual escape into what he terms "Outer Space" raises interesting questions of perception to consider.

### HANDWORK CIRCLE Wednesdays at 10:30 AM

Could you use some moral support or a "knit fixer" for your current handwork project? Join this great group which gathers weekly to encourage and admire each other's projects, meanwhile trying to get some work done! No need to sign up...just show up!

# ACTIVITIES-NOVEMBER 2011

MON	TUES	WED	THURS	FRI
	1 9 Strength & Fitness 10-12 Artistree Class* 10 Double King Pede 12 Spanish Table	2 9:00 W. Leb. shopping* 9-2:30 Foot Clinic* 10 Legislative Forum 10:30 Handwork Cir. 10:30 Tai Chi 12 French Table	3 9 Strength and Fitness 10 Cribbage 10:30 Italian Study* 12 Italian table 6 Depart for Moon-tones*	4 9 Bowling* 9:30-12 Healthier Living* 12 German Table
7  9 Strength & Fitness 10:15 Memoir Club 1 Bridge 1 Advisory	8 9 Strength & Fitness 10 Double King Pede 10-12 Artistree Class* 10-12 Blood Pressure Screening 10:45 Spanish 12 Spanish Table 1 CRWC Program	9 10:30 Handwork Cir. 10:30 Tai Chi 12 French Table 1 Book Club	10 9 Strength and Fitness 10 Cribbage 10:30 Italian Study* 12 Italian Table	11  <b>CLOSED-VETERAN'S DAY</b>
14  9 Strength & Fitness 10:15 Memoir Club 1 Bridge	15 9 Strength & Fitness 10-12 Artistree Class* 10 Double King Pede 10:45 Spanish 11:30 Commodities 12 Spanish Table 1 Lifeline Talk	16 8 Board Meeting 9:00 W. Leb. shopping* 9-2:30 Foot Clinic* 10:30 Handwork Cir. 10:30 Tai Chi* 12 French Table 12:30 Caregiver Support Group*	9 Strength and Fitness 10:30 Italian Study* 10 Cribbage 12 Italian Table 1 Diabetes Program	9 Piecemakers 9 Bowling* 9:30-12 Healthier Living* 12 German Table 1 Talk and Listen
21 9 Newsletter folding 9 Strength & Fitness 10:15 Memoir Club 1 Bridge	22 9 Strength & Fitness 10-12 Artistree Class* 10-12 Wellness Clinic 10:45 Spanish 10 Double King Pede 12 Spanish Table	23 10:30 Handwork Cir. 10:30 Tai Chi* 12 French Table	<b>HAPPY THANKSGIVING!</b>	<b>CLOSED</b>
9 Strength & Fitness 10:15 Memoir Club 1 Bridge	29 9 Strength & Fitness 10-12 Artistree Class* 10 Double King Pede 10:45 Spanish 12 Spanish Table 1 Rockette Program	30 10:30 Handwork Cir. 10:30 Tai Chi* 12 French Table 5:30 Movie Night*		* Please sign up/Reservations Required

# MENU-NOVEMBER 2011

MON	TUES	WED	THURS	FRI
	1 Spinach & Cheese Ravioli w/ Meat sauce, Garlic Bread, Broccoli & Cauliflower, Garlic Bread, Fruit Salad	2 Turkey Club Sandwich, Apple & Squash Soup, Apple Pie Squares	3 Grilled Hot Dogs, Chef's Slow Cooked Baked Beans, Cole Slaw, Chef's Choice Dessert	4 Tossed Salad, Salmon en Croute, w/ Spinach and Mushrooms, New Potatoes, Cucumber/ Dill Salad, Pumpkin Whoopie Pies
7 Chicken Quesadillas w/ Tomato Avocado Salsa, Roasted Vegetable Melange, Chef's Famous Chocolate Chip Cookies w/ Fruit	8 Reubens, Sweet Potato Fries, Roasted Vegetables, Mystery Cake	9 Tossed Salad, Pea Soup w/ Ham, Cottage Cheese, Biscuit, Carrot Cake	10 <b>Thanksgiving*</b> 11:30 & 1:00 Roasted Turkey, Mashed Potato, Gravy, cranberry sauce, Stuffing, peas and carrots, Pumpkin Pie	11  <b>CLOSED-VETERAN'S DAY</b>
14 Tossed Salad, Beef & Vegetable stew, Biscuits, Peanut butter cookies	15 Chicken Parmesan, Garlic Bread, Steamed Vegetables, Magic Cookie Bar w/ fruit	16 Tossed Salad, Stuffed Peppers, Roasted Vegetables, Mixed fruit Cobbler with Vanilla ice cream	17 <b>Birthday Day*</b> Maple Porkchops Maple Cider Jus, Baked Potato, Lime Carrots, Cake and Ice Cream	18  CHEF'S CHOICE
21 Tossed Salad, Sweet Italian Sausage Casserole over Orzo (rice-like pasta), Garlic Bread, Fresh Fruit Parfait	22 Stuffed Meatloaf w/ spinach and cheese, Mashed Potato, Gravy, Green Beans, Strawberry Sundae	23 Baked Tilapia, Baked Potato, Broccoli and Carrots, Blueberry Sheet Pie	24  <b>HAPPY THANKSGIVING!</b>	25  <b>CLOSED</b>
28 Tossed Salad, Pesto Olive Chicken, Herb Roasted Red Potatoes, Mediterranean Vegetables, Cherry Cheese Delight	29 Quiche w/ Spinach, Bacon, Mushrooms, Roasted Potatoes, Roasted Vegetables, Pumpkin cake w/ creamcheese frosting	30 Shepard's Pie, Tuscan Style Vegetables, Hot Fudge Sundae w/ banana	<b>Menu subject to change at chef's discretion. Thank you for your understanding!</b>	* Please sign up/Reservations Required  Served daily: 2% Milk, Juice, Coffee

MEAL PRICING:  
\$6 for those under age sixty  
\$4 sixty and over (suggested donation)

Please sign up for special meals or if you are with a large group.  
Please indicate allergies or restrictions when calling to sign up.  
Thank you!