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
**Belated Happy Birthday: William Lockwood.**

William Lockwood was born on November 7, 1926. He is a valued member of our community. We wish him many happy returns and join his family and friends in celebrating his birthday. 

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**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.

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**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.

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**PIECEMAKERS NEWS**

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

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**IMPRESSIVE VOLUNTEER HOURS!**

Volunteer leadership and support is crucial to the Thompson Center’s ability to offer programs and services that promote the physical, intellectual, and social well-being of our adult community.

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**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 published, to recall those that have been forgotten. We try to write and read aloud one to two pages each week, and lively discussion ensues.

**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 10:00.

**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 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 Intersec-**
**tion 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.
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 “dictée,” 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, email her at 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
2:40 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 Council (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 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.

**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.

If you cannot make the presentation but would like more information please call 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 Donagoe 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.
### ACTIVITIES-NOVEMBER 2011

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<td>10 Double King Pede</td>
<td>12 Spanish Table</td>
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**MEAL PRICING:**
- $6 for those under age sixty
- $4.60 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!