A NEW YEAR AT THE THOMPSON!

Memory Issues and Aging/Taking Control
Is this normal or should I see a Doctor?
Presented by Susan Moor
Tuesday, January 5, 1:00 pm

If you are finding it increasingly difficult to perform daily tasks, having memory issues or are a friend of someone who is, this program will address these common concerns and issues as well as provide the tools to help to manage symptoms and maintain independence.

Issues to be discussed:
- The difference between normal aging and cognitive impairment that disrupts daily life
- Causes of dementia symptoms-reversible and irreversible
- Partnering with your doctor
- Maintaining independence
- Experiencing symptoms and managing them
- Living alone

This is first in a series of programs to be offered at The Thompson Center and it will include information to take home with you to help with these topics. There will be a Question and Answer period at the end of the program.

This program is open and free to all individuals who feel they are having increased difficulties, whether or not there has been a diagnosis. Bring a family member or friend.

Advanced registration is encouraged to ensure there are resource materials for all participants.

FallScape ~ A New Fall Prevention Program from Vermont Department of Health and Emergency Medical Services.
Introductory Talk ~ Wednesday, January 13 at 1:00 pm

Greetings Vermont Seniors! This winter, the Vermont Department of Health and Emergency Medical Services statewide are introducing a new program to prevent falls and injuries from falls. We all have a story about falls. Hopefully, for most of us, that’s where the story ends. Unfortunately, many are not so lucky and can land in the back of an ambulance. Over 95% of hip fractures are caused by a fall. For about 70% of seniors who fracture their hip in a fall, they’ll never return home.

Local EMT, Ashley Gabriel, and Paramedic, David Palmer, are trying to change that. They are trying to change the statistics on falls in Woodstock and the surrounding area with the clinically proven program “FallScape”. For Ashley and David, it’s about changing the “education of attention” as one FallScape participant put it. They are trying to reach seniors before they get called to homes through 911.

To continue reading about the FallScape program, see page 10.
Thank you to all of the volunteers, cookie bakers, and shoppers for making the Holiday Bazaar and Cookie Walk a success!

**ADVISORY MEETING HIGHLIGHTS**

- Great appreciation to Bazaar Chair, Brianna Maxham, Paula Audsley, and all volunteers
- Trip committee discussion including a survey idea
- Birthday card suggestion and ideas discussed
- Vegetarian meals

Please join our next meeting on Monday, February 1st at 1:00 pm. All patrons and volunteers are invited to attend.

**Mahjong Anyone?**

We have had a few people inquire about starting a Mahjong group at The Thompson. Do you play? If so, give Pam Butler a call and she will try and connect you with some people who share your interest to get a group started.

**Thompson Annual Appeal and Year-end Giving**

The Thompson Annual Appeal began in September and is still underway. If you haven't made an annual gift and would like to do so, we would be very appreciative. Annual Appeal gifts support the operations of the senior center and allow us to continue critical services like transportation, meals, and other programs. Mail or deliver a gift to 99 Senior Lane, Woodstock, VT, or donate online through our website. Thank you very much!

Sign up for the e-newsletter by emailing: jbloc@thompsonseniorgcenter.org
EXERCISE CLASSES
Please call the Thompson Center to register for classes in advance, 457-3277

Tai Chi's Slow, Gentle Exercise
Great for Mind and Body
Wednesdays, December 2, 9, 16 and January 6, 13, 20
Beginners/Intermediate 9:30 am
Upper Intermediate/Advanced 10:45 am

We will again have both an introductory tai chi class and a class for those who've been enjoying Anne Bower's classes here for a while. Both classes use movements based on Sun 73 tai chi—the youngest of the tai chi styles and the one most focused on health. We know from individuals' experiences as well as some clinical studies that tai chi can provide joint pain relief, greater balance, medation, and fall prevention. Many doctors now recommend it to their patients!

Classes meet on Wednesdays, with the next round of classes beginning December 2 and continue for 6 classes. The cost is $30 for the session.
Beginners and Intermediate 9:30-10:30
Upper Intermediate and Advanced 10:45-11:45
To inquire about the classes, contact Anne atanniebower@yahoo.com or 457-2877 (website: www.annebower.com).

Strength & Fitness
Mondays, Tuesdays & Thursdays
9:00 to 10:00 am

This popular class is led by certified fitness instructor and personal trainer, Liz Hatfield. Liz incorporates aerobic, stretching, strength and weight bearing exercises. The benefits of these exercises include bone building, balance, and overall coordination.
She holds credentials for Group Fitness instruction in Aquatics, Spinning, TRX, Nordic Walking and Weight Training.
Cost: $3.00/class or 12 classes for $30 on a punch card.

Senior Skating at Union Arena

Seniors will be offered a discounted rate of $5.00 for any public skate, or $6.00 including rental skates. The public skate schedule is Tuesdays, 12:00 - 1:30 pm and Fridays, 1:20 - 2:40 pm. Check the online schedule for periodic changes at www.unionarena.org or call (802) 457-2500.

Bone Builders
Tuesdays and Thursdays, 3:00-4:00 pm

The Bone Builders exercise program, developed at Tufts University, addresses bone health for people of all ages. Women especially may have thinning of bones as early as age 40, but men are welcome in this class and will benefit as well.
Bone Builders classes, with instructor Althea Derschote, are ongoing on Tuesdays and Thursdays each week. Classes are free. Minimum of six participants required. Please sign up in advance.

Please Join our Walking Group!
Wednesdays at 9:00 am
Meet at Woodstock Union Arena

Cooler temperatures do not daunt us. Our group will continue to meet at Union Arena on Wednesday mornings where our route will be determined based on weather and temperatures. We will walk in the Arena on rainy and snowy days.

When it comes to finding tools for staying healthy, active, and involved, The Thompson is the place to start!
Spring 2016 New York City Bus Tour
Depart From The Thompson on Friday, April 15 and return on Tuesday April 19 – 5 days/4 nights
Cost: $564 per person based on double occupancy which includes gratuities for our bus driver, 3 destination tour guides in NY, and water and snacks for trip to NYC

Discover the city that never sleeps on a Diamond Tours bus trip to New York City.

Your trip includes:

- Transportation on a top quality 54 passenger motor coach
- 4 nights lodging including 4 consecutive nights in the NYC area
- 8 meals including: 4 continental breakfasts and 4 dinners
- Two guided tours of NYC: See Central Park, Rockefeller Center, Times Square, Wall Street, and the 9/11 Memorial
- NYC harbor cruise including visits to Ellis Island and Liberty Island – Home of the Statue of Liberty

For those of you considering this trip, you can log on to www.GroupTrips.com/thompsonseniorcenter to get additional information, pictures, and videos of our trip. Reminder: Published prices are based on a minimum of 30 travelers. Trip is subject to cancellation if less than 30 travelers for full refund. Your first deposit of $75 is due by an extended deadline of January 8, 2016. The new final balance due date is now 2/8/16. Individual travel insurance is available at www.travelconfident.com. Call Pam or Shari at The Thompson at (802)457-3277 to register.

Trip Policy: Payment at time of reservation is necessary to reserve your spot. If reservation is made without payment and the list is full, those who have not paid will be moved to a waiting list. Payment is nonrefundable unless we are able to fill your spot.
Intergenerational Friendship Project Update

Thank you to all of our Thompson friends that met with the Prosper Valley School second graders in November as part of the Intergenerational Friendship Project.

Upcoming Meetings:
- Thursday, January 14th at the Prosper Valley School
- Thursday, March 10th at The Thompson Center

Transportation is available upon request and the time of our meeting will be 1:00 pm.

Winter Tea at The Jackson House Inn
~FULL~ Wait List Only
Thursday, January 7, 2016
2:00 - 4:00 PM

Kathy and Rick Terwelp of The Jackson House Inn welcome Thompson guests for the 6th Annual Holiday Tea. After the hustle and bustle of the holiday season, relax and enjoy a cup of tea and goodies with friends and our neighbors. Sign up is required as space is limited to 35. Wait list only.

Tax Assistance at the Thompson

Do you need assistance with your tax return? The Thompson Center will offer individual tax preparation for seniors and low income persons. TCE Preparers (Tax Council for the Elderly) will complete your 2015 taxes free of charge during scheduled appointments on Mondays from February 1st through April 4th (excluding Feb 15th---President’s Day). On the day of your appointment, please come early to fill out a questionnaire.

Please bring: Valid picture ID for the taxpayer and spouse, Social Security card, copies of income tax you filed last year, proof of all income, W-2 forms (if you worked), 1099-R forms and statements for pensions and annuities, Social Security received, interest and dividend income, state rebates, IRA income and copy of your 2013 property tax bill. If you are filing for a Renter’s Rebate, Homeowners Property tax rebate or 2013 Act 68 School Property tax payment application, you will need proof of income for everyone in your household.

Please call 457-3277 soon to schedule an appointment. Appointments are limited and will fill up quickly!
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<td>BINGO daily at 10:30 am except on birthday day and other special meal days.</td>
<td>*Indicates that sign-up/reservations are required</td>
<td>9 W. Leb Shopping*</td>
<td>9 Strength &amp; Fitness</td>
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<td>9 Strength &amp; Fitness</td>
<td>10 Double King Pede</td>
<td>9:30 Tai Chi Beginner</td>
<td>10:30 Italian Study</td>
<td>9 – 2:30 Foot Clinic*</td>
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<td>10:15 Memoir Group</td>
<td>12 Spanish Table</td>
<td>10 Chair Massage*</td>
<td>10:30 Journaling Class</td>
<td>10-12:30 CCC Office Hours*</td>
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<td>1 Bridge</td>
<td>1 Scrabble</td>
<td>10:30 Handwork Cir.</td>
<td>12 Italian Table</td>
<td>10 Painting at ArtsTree*</td>
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<td>1 Advance Directives*</td>
<td>1 Memory &amp; Aging</td>
<td>10:45 Tai Chi Advanced</td>
<td>1 Ongoing Italian Class</td>
<td>12 German Table</td>
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<td>1 Advisory Meeting</td>
<td>Talk w/ Susan Moor*</td>
<td>12 French Table</td>
<td>2 Winter Tea*</td>
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<td>3 Bone Builders</td>
<td>1 Living with Visual Impairment Talk</td>
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<td>1 Book Group</td>
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<td>1 Falls Prevention Talk</td>
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<td>8:30 Board Meeting</td>
<td>9 Strength &amp; Fitness</td>
<td>10-12:30 CCC Office Hours*</td>
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<tr>
<td>Martin Luther King Day</td>
<td>10 Double King Pede</td>
<td>10 W. Leb Shopping*</td>
<td>10 Cribbage</td>
<td>10 Painting at ArtsTree*</td>
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<td>11:30 Commodities</td>
<td>9 – 2:30 Foot Clinic*</td>
<td>10:15 Low Vision Support Group</td>
<td>12 German Table</td>
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<td>9:30 Tai Chi Beginner</td>
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<td>3 Bone Builders</td>
<td>10:45 Tai Chi Advanced</td>
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<td>12:30 Caregiver Support Group</td>
<td>12:45 Lucy Mac Visit</td>
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<td>25</td>
<td>9 Strength &amp; Fitness</td>
<td>9 Walking Group</td>
<td>BIRTHDAY DAY*</td>
<td>10-12:30 CCC Office Hours*</td>
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# Menu - January 2016

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<td>* Indicates that sign-up/reservations are required (Birthday Day &amp; special holiday meals)</td>
<td>Meal Pricing: * $7 charge for those under age sixty * $5 suggested donation for ages sixty and over</td>
<td>Menu is subject to change based on availability of food items. Please call ahead with special dietary needs.</td>
<td>CLOSED New Year's Day</td>
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<td>4</td>
<td>Tossed Salad, Macaroni and Cheese w/ Ham, Broccoli and Cauliflower, Sorbet w/ Fresh Berries</td>
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<td>Tacos w/ Ground Beef Cheese, Lettuce, Tomato, Salsa, Sour Cream, Red Beans and Rice, Roasted Vegetables, Chocolate Chip Cookies and Fruit</td>
<td>Chef's Choice</td>
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<td>5</td>
<td>Tossed Salad, Hearty Beef &amp; Vegetable Stew, Roll, Frosted Banana Bars</td>
<td>Tossed Salad, Roasted Tarragon Chicken Breast over Fettuccine with Asparagus &amp; Mushrooms, Fresh Fruit</td>
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<td>11</td>
<td>Chicken Caesar Wrap, Hearty Vegetable Minestrone, Brownie Sundaes</td>
<td>Chipped Beef and Egg Gravy cn Mashed Potato, Dijon Braised Brussel Sprouts, Warm Apple Crisp</td>
<td>Spinach&amp; Cheese Ravioli w/ Meat sauce, Broccoli &amp; Cauliflower, Garlic Bread, Fresh Fruit Salad</td>
<td>BLT Wraps, Carrot Ginger soup, Cherry Cheese Cake</td>
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<td>18</td>
<td>CLOSED Martin Luther King Day</td>
<td>Quiche w/ Asparagus Leek &amp; Gruyere Cheese, Roasted Potatoes, Tossed Salad, Lime and Spice Peach Cobbler</td>
<td>Sweet and Sour Chicken, Steamed Rice, Stir Fried Vegetables, Blueberry Cake</td>
<td>Tossed Salad, Chili, Crn Bread, Meringues w/ Pineapple</td>
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<td>25</td>
<td>Chef's Choice</td>
<td>Meatloaf, Smashed Potato, Gravy, Green Beans, Mixed fruit Cobbler</td>
<td>Tossed Salad, Chicken Parmesan over Multigrain Pasta, Garlic Bread, Tuscan Blend Vegetables, Fresh Fruit Salad</td>
<td>Birthday Day* Tossed Salad, Cajun Blackened Tilapia, Brown Rice, Braised Collard Greens, Ginger Snap and fruit</td>
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* Vegetarian meals & Gluten Free are available daily upon request. Please contact our chef in advance.

* Birthday meal on 1/28 is the only special meal requiring advance sign-up this month.

2% Milk, Coffee, tea, and juices available
MEMORY TREE GIFTS
IN LOVING MEMORY OF
RAYMOND JILLSON
FRANK JENNE
LUCILLE HARLOW
EVA JENNE
HENRY HOWE
LYNN STAPLES BENETTI
RONNIE FULLERTON
PAMELA PINNEY
MARIAN PAGE
NANCY, MARY, DICK, BARB,
TOM, BILL, TIMMY SAWYER
JOAN PAIGE JENNE
CHARLES ENGLISH
LEON & EDNA COBB
MAITLAND & TINA BLAKE
LARIS & HENNA BLAKE
ROD & EVALYN ENGLISH
FRANK & SUSIE BROWN

Meals on Wheels Recipients
Reminder to Keep Walkways and Driveways Clear
As winter sets in, we ask that all meal recipients make sure that their walkways and driveways are safe to travel on. As volunteers make the effort to get meals to you, please consider their safety in navigating the ice and snow. If you need help with snowplowing or ice removal, please let us know. We appreciate your cooperation!

A Collaboration Between
The Thompson Center and ArtisTree

Painting at ArtisTree
Instructor: Murray Ngoima
Friday mornings, 10:00 - 11:30
January 15 - February 12

Come paint and learn about painting in the beautiful surroundings, inside and out, at ArtisTree in South Pomfret. Work with water-based media with instruction and/or on projects of your own choosing, in supportive and congenial company. The media offered include watercolor, acrylic, gouache, ink, and colored pencil. Materials provided. Complete beginners to experienced painters, all welcome!

Transportation provided as needed on The Thompson van at 9:30 a.m. from Woodstock to ArtisTree, returning to The Thompson in time for lunch. $50 for five classes or $12 per class. (5 participants minimum, 12 participants maximum).

Birthday Music on January 28, 1:00 pm
The Mill Band returns to help us ring in the new year's first birthday celebration. Join us upstairs immediately following our birthday lunch celebration.
WELLNESS PROGRAMS

Chair Massages at The Thompson
10:00 am to noon

Greg Somerville’s chair massages will be offered on the 1st, 2nd and 4th Wednesdays of the month. The benefits of having a massage on a regular basis are numerous. See for yourself!

Please call in advance to schedule your 20 minute massage and make sure to cancel in advance if you can’t make it so that someone else can take your spot and we don’t keep our massage therapist waiting!

Cost: 20 minute massage/$20.00

WELLNESS CLINIC IS BACK!

We welcome our new VNA Wellness Clinic nurse, Mary Ann Conrad, on the fourth Tuesday of each month from 10 am-12 pm. Mary Ann comes to us with over 30 years of vast nursing experience and recently retired from DHMC where she worked in Neuroscience, Same Day Surgery, and Primary Care. We look forward to welcoming Mary Ann and offering our monthly wellness clinic once again.

ADVANCE DIRECTIVE CLINIC
Monday afternoons

Would your loved ones know your wishes about medical care if you were unable to speak for yourself? There is a legal document called an Advance Directive that you can complete to give guidelines about your wishes and appoint someone to represent you if you are not able. We have arranged for a trained and caring volunteer to be at the Thompson Center every Monday from 1 pm - 3 pm. These volunteers will take the time to explain both the document and the simple process used to make your wishes known. The most important part of this process is talking to those you love about what matters most to you. You can call 457-3277 to schedule an appointment.

CAREGIVER SUPPORT GROUP
Wednesday, January 20, 12:30 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) on the 3rd Wednesday of each month, and share ideas, concerns, and constructive feedback with others facing similar

Smiles Program
Free Oral Health Pilot Program
1/18, 2/15, 3/7, 4/4, 5/2
9:00 am—1:30 pm

Adults of all ages are invited to schedule a free oral health screening and fluoride varnishing with a licensed Public Health Dental Hygienist. During the tax season (Feb 1st-April 11th) oral health screening appointments will take place at the Simmons building. The 1/28 appointment will be the last one at the Thompson until 5/2. Call for appointments or transportation. 457-3277. Sponsored by OHF and partners

Foot Care Clinic
with Mary Wood
Monthly, 9:00 am - 2:30 pm
on the 2nd Friday & 3rd Wednesday

Mary Wood, retired RN, runs the foot clinic. Call 457-3277 to schedule a half hour appointment with Mary on the 2nd Friday, or 3rd Wednesday of each month (see the calendar for dates). Your feet will thank you!

A waiting list is kept for each day; PLEASE make sure to let us know if you can’t make your appointment. Cost: $15, please bring your own towel.

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BOOK GROUP

Wednesday, January 13 at 1:00 pm
Our January book club selection is The Rosie Project by Graeme Simsion. A professor of genetics has never been on a second date; he lacks a grasp of social rituals and body language. When his friend suggests he'd make a wonderful husband, he prepares a "Wife Project" that includes an extensive questionnaire to use. Spontaneous, wild, fiery Rosie Jarman does not fit his standards at all but her quest to find her biological father engages him and he comes to the realization that love is not always what looks good on paper. We will talk about Aspergers and Autism. See you on Wednesday, January 13 at 1:00.

Continuation from Cover

FallScape ~ A New Fall Prevention Program from Vermont Department of Health and Emergency Medical Services.
Introductory Talk ~ Thursday, January 13 1:00 pm

Through the FallScape program, EMTs or Paramedics like Ashley and David meet with older adults in their homes, discussing falls and losses of balance. Unlike some other home visiting programs, FallScape EMTs and Paramedics won't be telling people to move the throw rug or risk losing their independence. They'll be asking you about your falls history and helping guide you to a fall prevention plan that works for you. Through two home visits and weekly phone calls, FallScape has been proven to reduce falls in older adults by 50%. Half as many falls means more time with family, more getting out and about, and staying independent longer.

This program is offered at no cost through the Vermont Department of Health. Join us at this introductory talk and learn more.

Door prizes of winter safety items will be awarded.

Living with a Visual Impairment

Wednesday, January 6, 1:00 pm
Presented by Melinda Underwood
M.Ed., VRT
Vermont Association for the Blind and Visually Impaired

Learn about resources and strategies for living with a visual impairment. Participants will have an opportunity to try adaptive equipment and ask questions about the vision rehabilitation process.

Low Vision Support Group

New In January 2016
Beginning January 21
Every 3rd Thursday of the Month
10:15 - 11:45 am

The Vermont Association for the Blind and Visually Impaired is offering this new support group where participants can share experiences, challenges, and successes of living with a visual impairment at this ongoing monthly meeting. Learn about adaptive aids and strategies that support independence. Led by a Certified Vision Rehabilitation Therapist from
IN APPRECIATION

Susan Lewis - knitted items for Bazaar
Cathy Harriman - knitted items for Bazaar
Sue Geno - items for Bazaar
Sandy Vonunwerth - medical equipment
Audrey Fiedelholtz - items for Bazaar
Carol Nettleship - angels for Bazaar
Dwight & Kay Camp - 3 poinsettias

ONGOING DONATIONS:
Daily Valley News subscription - Woodstock Pharmacy
The Vermont Standard Weekly Papers
Birthday Cakes - Diane A:wood, Jane Soule,
Carol Towne
Monthly book club selection - Yankee Bookshop

IN MEMORY OF

Bert Eiselein
Joseph & Hilda Conn

TRANSPORTATION SPONSORS:
Upper Valley Rehabilitation
Dead River Company
Gateway Motors – car washes
Connected-At-Home
Ottauquechee Health Foundation
Ottauquechee Plumbing
Mark Knott, DDS
Cedar Hill Continuing Care Community

JANUARY BIRTHDAYS

1st Sharon Corrigan 12th Sue Hottenstein 22nd Norwood Long
1st Joan Lessard 12th Constance Fitzcharles 22nd Joy Gray
1st Mary Lee Camp 12th Alex Grant 22nd Rita Boynton
1st Cynthia Jones 12th Norma Flanders 22nd Elizabeth Harley
2nd Alan Perkins 13th Janet Smith 23rd Mary Ellen Schwartz
2nd John Steinle 13th Kathleen Fiske 23rd Rachel Hochman
2nd Linda Brackett 13th John Hunter 23rd Miranda Holt
2nd John Leavitt 15th Raymond Stillson 25th Jane Philip
3rd Carl Taylor 15th Ruth Quackenbush 25th Barbara Richardson
3rd Robert Hanlon 15th Cathy Quackenbush 25th John Whitney
3rd Betty Hill 16th Richard Maxham 25th Dory Rice
3rd Laura Marshall 17th Helen Leonard 26th Paulette Watson
5th Frederick Beebee 17th Joyce Phillips 27th James Emery
5th Olivia Breton 17th Sara Thibodeau 17th Margaret Brady
6th Winona Kennedy 17th Louise Curtis 17th Margaret Fullerton
7th Janet Maxham 17th Helen Templeton 28th David Darkey
7th Lynn Peterson 18th Barbara Lewis 18th Nancy Heidt
7th Alice Jorgensen 18th Jane Lewis 19th Sharon Schellong
8th Jo Stanyon 19th Marsha Fraser 30th Mary Wood
8th Deb Berryman 20th William Rauscher 30th Sue Geno
8th Lyle Bellmer 20th William Perkins 30th Noah Chase
8th Joan Williamson 20th Akankha Stott 31st Uldis Skuja
9th Beverly Kenney 20th Welton Bell 31st Elmer Kruse
9th Beth Crowe 20th Janie Bell 31st Leona Webster
9th Carla Karnel 20th Emily Hawkes 31st Lance Brien
10th Gina Moore 21st Eliane Davidson 31st Jean Kelly
10th Joyce Hurst 21st Barbara Gilbert 17th Lillian Phelan
11th Jane Adelson 21st Lucia Stapleton
11th Molly McDermott 21st Jim Stehouwer

On January 28 we will celebrate your day!
Those who attend with a January birthday will receive a complimentary meal!
Please make a reservation by calling 457-3277.

THE THOMPSON TIMES PAGE 11
Save the Date and Join Us!

The Thompson Dinner Dance

A Gala Evening
with Dinner, Dancing & Auction
Sunday, February 28, 2016, 5:00 PM

The Woodstock Inn Ballroom
Cocktails & Dinner
Live Music & Dancing
Silent & Live Auctions
Black Tie Optional

SUPPORT THE THOMPSON!

RSVP (802) 457-3277 or
DinnerDance@ThompsonSeniorCenter.org