The Thompson Dinner Dance
A Gala Evening with Dinner, Dancing & Auction

Buy raffle tickets and you might be relaxing at this pool in Costa Rica while supporting the Thompson

The Thompson Dinner Dance at the Woodstock Inn Ballroom,
Sunday, February 28, 2016

Cocktails & Silent Auction: 5:00 PM

Dinner: 6:30 PM followed by Live Auction

Music & Dancing: 7:30 to 10:00 PM

An Elegant Evening of Dinner and Dancing The Thompson Dinner Dance is a gala evening with dinner, dancing and auction. Join us for this fun and festive event! This year, we’re pleased to be expanding to an elegant new venue, the Woodstock Inn Ballroom, and to be adding music and dancing by Sabrina Brown, Fred Haas and friends to the evening’s fabulous dinner and auction. Have some fun, it is black tie optional.

Read about all of the exciting live and silent auction items and check out the names of our incredible sponsors on our website. This event is our largest annual fundraiser and provides significant support to the operations of the senior center.

To make a reservation for the event, purchase raffle tickets or place a bid on an auction item, please email us at DinnerDance@ThompsonSeniorCenter.org or visit our website at http://www.thompsonseniorcenter.org/dinnerdance2016/
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, djones@thompsonseniorcenter.org
Paula Audsley, Outreach Manager, paudsley@thompsonseniorcenter.org
Pam Butler, Program Director, pbutler@thompsonseniorcenter.org
Jen Bloch, Marketing Coordinator, jbloch@thompsonseniorcenter.org
Shari Borzekowski, Administrative & Resource Assistant, sborz@thompsonseniorcenter.org
Ryan Martin, Chef, rmartin@thompsonseniorcenter.org
Siobhan Wright, Kitchen Assistant, Meals on Wheels Coordinator, swright@thompsonseniorcenter.org
Drivers: Dwight Camp, Goncon Worth, Jim Emery, Nelson Gilman

Senior Solutions (Formerly Council of Aging for Southeastern Vermont)

SENIOR HELPLINE: 800-642-5119

Community Care Coordinators
Lonnie Larrow, RN and Carla Kamel, MSW
Ottauquechee Health Center, 457-5414

BOARD OF DIRECTORS
Tom Weschler—President
Liza Deignan—Vice President
Jerry Fredrickson—Treasurer
Sarah Roberts—Secretary
Frances Gillett - Advisory
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Dave Bollinger
Bill Emmons
Peter Goulazian
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Peggy Kasden
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Holly Levison
Patsy Mathews
Susan Moor
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John Snyder
John Steinle
Tambrey Vutech

BEHIND THE SCENES

Maternity Leave Coverage News

At the printing of this newsletter, there is no baby news to share yet, but our Executive Director, Deanna, is expected to be on maternity leave for six weeks beginning around January 18th. During this time, members of The Thompson Board of Directors will be visiting during lunch each day to help staff, greet participants, and jump in wherever needed. Shari Borzekowski, our administrative and resource assistant, will also be expanding her work day to around 2pm during Deanna’s maternity leave. Any needs or concerns can be brought to the board members or to any of the staff like usual.

Menu Notes from Chef Ryan

Chef Ryan is introducing some new menu items this month. On the 24th we’ll try Italian pork stew. This stew is comprised of pan seared pork loin. The pork is braised in red wine, tomatoes, Italian herbs, anchovies and spices. This stew is served over farfalle (bow tie) pasta and topped with parmesan cheese and parsley. This new dish will be offered this month on the 24th and we’d love for you to come and try it!

Mahjong Kick Off

A few people have responded! Interested people should meet at The Thompson on Wednesday, February 3 at 1:00 pm. Bring your tiles, and at this meeting, players can decide on the best day to meet regularly. Please sign up in advance by calling Shari at The Thompson, 457-3277.

Thompson Annual Appeal

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: jbloch@thompsonseniorcenter.org
**EXERCISE CLASSES**

Please call the Thompson Center to register for classes in advance, 457-3277

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**Tai Chi’s Slow, Gentle Exercise**
**Great for Mind and Body**

**Wednesdays, March 2, 9, 16, 23, 30 and April 6**

**Beginners/Intermediate 9:30 am**
**Upper Intermediate/Advanced 10:45 am**

*TWO FREE CLASSES IN FEB, SEE PAGE 10*

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, meditation, and fall prevention. Many doctors now recommend it to their patients!

Classes meet on Wednesdays, with the next round of classes beginning March 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 at anniebower@yahoo.com or 457-2877 (website: www.annebower.com).

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**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.

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**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.

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**Walking for Fitness: Getting Started**
**First, Second, and Fourth Wednesdays of the Month at 9:00 am**

**Meet at Woodstock Union Arena**

We offer a walking program for everyone, regardless of how fast or slow you walk. If you’re new to exercise, start slow and easy. At first, walk only as far or as fast as you find comfortable. If you can walk for only a few minutes, let that be your starting point. For example, you might try short daily sessions of 5 to 10 minutes and slowly build up to 15 minutes twice a week. Then, over several weeks, you can gradually work your way up to 30 to 60 minutes of walking most days of the week.

Please note: The Arena is cold this time of year so please dress warmly. Ride service is available upon request.

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**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 Derstine, are ongoing on Tuesdays and Thursdays each week. Classes are free. Minimum of six participants required. Please sign up in advance.

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**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.GrupTrips.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 upon registration. The final balance due date is 2/8/16. Individual travel insurance
is available at www.traveiconfident.com. Call Pam or Shari at The Thompson at (802)457-3277 to
register.

Trip update as of January 14: Twenty travelers have reserved a seat on this trip! Because trip cost is
based on 30 travelers, the tour operator is trying to combine our Thompson group with another group.
We appreciate your patience as we wait for a resolution by early February. In the meantime, we are still
accepting reservations. You will be notified immediately upon their decision.

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.
Pamper Yourself at The Thompson
Friday, February 5, 9:00 to Noon
Treat yourself by scheduling a 15 minute manicure and/or a 20 minute chair massage. Several technicians from The Spa at the Woodstock Inn and Resort will volunteer their time and talents to pamper you on this special day at The Thompson Center at no charge. Sign up early, these spots will fill up quickly!

Pianist William Ögmundson Returns for a Dinner and Concert Performance
Tuesday, March 22, 5:30 Dinner, 6:30 Performance
William Ögmundson is an Emmy Award nominated composer and professional pianist who resides in New England. He has performed throughout the United States and Europe---most notably at St. Peter’s Basilica in the Vatican and The Notre Dame Cathedral in Paris—and his original compositions have been performed worldwide. William began performing at the age of five, and went on to win numerous piano competitions throughout his school years. In recent years William has begun to gain a reputation as a brilliant composer for the theatre. He has composed music and/or written lyrics for many original musical theatre productions, including the past seven productions of the Northern New England Repertory Theatre Company. He has been featured on New Hampshire Public Radio, and in September 2013 won the Moss Hart Memorial Award for New England Theater Conference. One of William’s more recent compositions has been featured in American writer and illustrator, Anthony “Tomie” dePaola’s latest book The Magical World of Strega Nona.
Cost: $20 per person. Please reserve your seat with your payment.

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 2015 property tax bill. If you are filing for a Renter’s Rebate, Homeowners Property tax rebate or 2015 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>CLOSED</td>
<td>8:30 Newsletter</td>
<td>8:30 Board Meeting</td>
<td>9 Strength &amp; Fitness</td>
<td>10-12:30 CCC</td>
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<td>President's Day</td>
<td>Folding</td>
<td>9 W. Leb Shopping*</td>
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<td>9 Strength &amp; Fitness</td>
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<td>1 Solar Talk</td>
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<td>12:45 Lucy Mac Visit</td>
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<td>8:45 Tax Appts*</td>
<td>BINGO daily at 10:30 am except on birthday</td>
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<td>10:15 Memoir Group</td>
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* Indicates that sign-up/reservations are required.
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<td>Puff Pastry Chicken Pot Pie, Tossed Salad, Warm Apple Crisp</td>
<td>Cauliflower, Chevre and Onion Quiche, Herb Roasted Potatoes, Mixed Greens salad, Sorbet and Fruit</td>
<td>Tortellini with Asparagus and Lemon topped with Grilled Chicken Served w/ Tossed Salad, Lime and Spice Peach Cobbler</td>
<td>Salmon En Croute with Spinach and Mushrooms, New Potatoes, Cucumber and Dill Salad, Fresh Fruit Parfait</td>
<td>Grilled Ham and Swiss Sandwich on Wheatberry Bread with Tomato, Broccoli and Cheese Potato Soup, Creamy Fruit Salad</td>
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<td>Dijon Crusted Chicken Breasts, Horse radish Mashed Potato, Gravy, Spinach, Cornbread, Jelly Roll</td>
<td>Multigrain Spaghetti &amp; meatballs, Garlic bread, Tossed Salad, Fresh Fruit salad and Lemon Cookie</td>
<td>Spinach, Mushroom and Red Onion Pizza, Tossed Salad, Mixed Berry Cobbler</td>
<td>Pork Apple Burgers with Caramelized Pineapple on a Multigrain Sandwich roll, 4 Bean Salad, Sweet Potato Fries, Chef's Choice Dessert</td>
<td>Valentine's Day Arugula and Strawberry Salad, Lemony Chicken with Asparagus and Mushroom Mini Lasagna, Raspberry Cream Puffs</td>
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<td>CLOSED President's Day</td>
<td>Stuffed Meatloaf with Spinach and Cheese, Parsnip Mashed Potatoes gravy, Peas &amp; Baby carrots Almond Cake w/ Peach Puree</td>
<td>Citrus Roasted Chicken Leg, Baked Potato, Caramelized Seasonal Vegetables, Berries and Cream Crepes</td>
<td>Tossed Salad, Bangers &amp; Mashed, Onions &amp; Gravy, Peas, Carrots, Fruit Short Cake</td>
<td>Chef's Choice</td>
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<td>Turkey, Vegetable, And Noodle Soup, Tossed Salad, Chocolate Cake</td>
<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>
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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
We need your vote on town meeting day in Woodstock, Bridgewater, Pomfret and Barnard. These towns provide important funding to operate the senior center that we won’t have without a passing vote on our special articles. Thank you!

**New! Water Aerobics Class is Back!**
**Woodstock Sports and Fitness Center**
**Fridays, March 4 - May 20th**
*(please note: no class on April 8th and 15th)*
**1:30 - 2:15 pm**
**Cost: $80 for 10 week class**
**The Thompson Center will provide shuttle service to and from class if needed**

Water aerobics is a safe and low impact way to exercise your body. It can be a cardiovascular aerobic work-out to the degree you choose by making it easier or more challenging for yourself. Fitness Instructor Bari Ramirez will be using water weights for strength, which are optional. The most important aspect of water aerobics is that it can provide a greater range of flexibility from working in the water. The water creates a nice resistance for your body to move through and because of that you can move your muscles and joints farther and more protected than if you were on land, all in the comfort of an 82 degree pool. **Reservations can be made by calling The Thompson Center. Payment is due at time of reservation and must be received prior to the start of the class series. Please note: A minimum of 10 students is requested for this class.**

**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**
**March 11 - April 8**

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 February 25, 1:00 pm**
The Peapickers return to help celebrate our February birthday celebration. Join us upstairs immediately following our birthday lunch.
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. Cost: 20 minute massage/$20.00

Wellness Clinic &
Blood Pressure Screenings
Tuesday, February 23, 10 - 12 noon

Wellness clinics (blood pressure & consultation) with VNA Wellness Clinic nurse, Mary Ann Conrad, held on the 4th Tuesday of each month from 10-noon.

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 1pm - 3pm. 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.

Low Vision Support Group
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

CAREGIVER SUPPORT GROUP
Wednesday, February 17, 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 challenges.

Smiles Program
Free Oral Health Pilot Program
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. Call OHF for appointments. 457-4188.

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.
**BOOK GROUP**
*Wednesday, February 10 at 1:00 pm*

February 10th is *The Headmaster's Wife* by Thomas Christopher Greene. You'll begin by hearing from Arthur, the headmaster of a small boarding school. The writing is complex and beautiful, and the author does a great job of examining Arthur's thoughts and emotions. Suddenly, everything turns on its head and you won't be able to put the book down. A suspenseful novel that will generate good conversation.

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**Valentine's Day Ceramics**
*At the Thompson With ArtisTree*
*February 2 and 9 at 1:30 pm*

Get ready for Valentine's Day in a unique and individual way by making ceramic hearts that you can decorate and glaze. Make big and little ones that you can hang together or separately. The choice is yours. Tuesdays, February 2 and 9 @ 1:30

Please pre-register at The Thompson.

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**Solar Energy in Vermont ~ Informational Talk**
*Tuesday, February 16, 1:00 pm*

SunCommon-er and Hartford resident Becca White will be giving a brief presentation about home and community solar in Vermont at the Thompson on Tuesday, February 16 at 1pm after lunch. She'll answer any and all of your questions about solar in Vermont and how you can take the next steps. Whether you own your home, or are a renter you can support solar by having panels on your home or becoming a member of a Community Solar Array. Learn how energy from the sun can power our lives, heat and cool our homes, and even fuel our cars.

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**Tai Chi Practice Sessions**

Tai Chi Students please note: Jane Philpin will be offering two free Tai Chi practice sessions at The Thompson Center on Wednesdays, February 3 and 17 from 10:30-11:30 am.
IN APPRECIATION

Shirley Fenner - medical equipment
Patty Wilson - medical equipment
Edythe Wright - medical equipment
Barbara O'Connell - medical equipment
Kings Daughters - flowers
John Hiers at UHS - flowers

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

IN MEMORY OF

JEFF ROBINSON
Patricia Mangan

LUCILLE HARLOW
Patricia Mangan

BEVERLEY RAMSEY
Sandra Wilson Family

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

February Birthdays

1st Dick Atwood 9th Frances Lancaster
1st Dick Colantuono 10th Janice Standish
1st Craig Cota 10th Sharon Blake
2nd James Minnich 10th Jeannine Colby
2nd Jim Fish 11th Carol Towne
3rd Jeanne Merrill 12th Pauline Holt
4th Tom Wescott 12th Rusty Rodriguez
4th Marilyn Bailey 12th Hilda Conn
4th Louise Hansson 13th Robert Flower
4th Barbara Bartlett 14th Margaret Frechette
5th Ann Blake 14th Phyllis Murphy
5th Gretchen Pear 14th Maryanne Greenan
6th Miranda Shackleton 15th Linda Mitchell
6th Molly Hutchns 16th Corey Persin
7th Mia Pine 17th Judith Dunscombe
7th Paul Eldredge 17th Donna Manning
7th Andrew Salamon 18th Linda Wright
8th George Burgess 18th Dennis Sanderson
8th Liz Woodbury 18th Cornelia
9th Julie Johnston

On February 25 we will celebrate your day!
Those who attend with a February birthday will receive a complimentary meal!
Please make a reservation by calling 457-3277.
MISSION
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. Our programs and activities will promote the physical, intellectual, and social well being of the adult community to enhance dignity, self-worth, and independence. In addition, our senior center will provide a gathering place for our community.

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. We may also close when we feel driving conditions are not safe for our participants. If the weather seems questionable, please call the Center after 8 am and if we are closed, there will be a message on our machine. We also post on Facebook.

FUEL ASSISTANCE
Seasonal Fuel Assistance Applications are processed all year long but benefits are paid to fuel dealers in November. If you need assistance applying for benefits, call the Senior Helpline at 800-642-5119. If you think you have applied but have questions about your benefits, call Economic Services Benefit Service Center 800-479-6151. Applications for the 2014-2015 heating season must be postmarked by February 28 for eligible households.

Search for “The Thompson Senior Center” and click “like” for regular updates, pictures, event reminders & invitations, and for tips and interesting articles about health, finances, and Aging in Place.