



The Thompson Times

AT THE CENTER FOR SENIORS AND COMMUNITY

FEBRUARY 2017

THE THOMPSON DINNER DANCE

A GALA EVENING WITH DINNER, DANCING & AUCTION



Buy raffle tickets and you might be enjoying a 3-night retreat at The Woodstock Inn & Resort while supporting The Thompson. Raffle tickets are also available for a weekend stay in a luxurious Manhattan apartment. Raffle Tickets are priced at \$35 each or 4 for \$100.

THE THOMPSON DINNER DANCE AT THE WOODSTOCK INN BALLROOM ON SUNDAY, FEBRUARY 12, 2017
COCKTAILS & SILENT AUCTION: 5:00 PM, DINNER: 7:00 PM FOLLOWED BY LIVE AUCTION, MUSIC & DANCING

The Thompson Dinner Dance is a gala evening with dinner, dancing and auction. Join us for this fun and festive event! Last year's event was so wonderful we've decided to continue with the elegant venue of the Woodstock Inn Ballroom and will be offering music and dancing by Gerry Grimo and the East Bay Jazz Ensemble to the evening's fabulous dinner and auction. Have some fun; black tie is 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 or purchase raffle tickets, please email us at DinnerDance@ThompsonSeniorCenter.org or visit our website at www.thompsonseneiorcenter.org/dinnerdance2017

The Thompson Center

Woodstock Area Council on Aging
99 Senior Lane
Woodstock, VT 05091
Phone: 802-457-3277
Fax: 802-457-1259
www.thompsonsniiorcenter.org

CENTER HOURS

8 AM-3 PM, Monday-Friday

STAFF

Deanna Jones, Executive Director,
djones@thompsonsniiorcenter.org
Paula Audsley, Outreach Manager,
paulsley@thompsonsniiorcenter.org
Pam Butler, Program Director,
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Ryan Martin, Chef,
rmartin@thompsonsniiorcenter.org
Siobhan Wright, Kitchen Assistant, Meals
on Wheels Coordinator
swright@thompsonsniiorcenter.org
Drivers: Dwight Camp, Tom Morse,
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

Ottawaquechee Health Center, 457-5414

BOARD OF DIRECTORS

Liza Deignan—*President*

John Steidle—*Vice President*

Jerry Fredrickson—*Treasurer*

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Holly Levison

Susan Moor

Daphne Moritz

John Snyder

Tambrey Vutech

Wendy Wannop

Tom Weschler

BEHIND THE SCENES



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!

MISSION

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

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.

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!



Find us on
Facebook

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.

NEWS & EVENTS



Valentine Project Presented by ArtisTree at The Thompson February 1, 1:30 pm

Get ready for Valentine's Day in a unique and individual way by making ceramic roses! We will roll, squish and build roses for glazing. Make big and little ones that you can display separately for multiple valentines or together for that one special person.

Pre-registration required. 457-3277

I LOVE CHOCOLATE!

Thursday, February 2, 1:15 pm

Presented by Pat Harrison, Registered Dietician, Senior Solutions



Chocolate...a treat in all kinds of forms...M&Ms and Hershey Kisses, Lindt truffles to a good old fashioned chocolate bar, fresh from the oven chocolate chip cookies, steaming, hot cocoa on a cold winter day... it's a "pick me up" that's always a delight! But can it be good for us too?? *How wonderful would that be!* Just in time for Valentine's Day...Come to a demo/tasting with three different chocolate treats. Get some information on chocolate and it's delicious potential health benefits!



PAMPER YOURSELF AT THE THOMPSON TUESDAY, FEBRUARY 7, 9:00 TO NOON

Treat yourself by scheduling a 15 minute manicure, a 20 minute chair massage, or a 20 minute reflexology appointment. 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!**

Sing Street

**A special film presentation for Zack's Place and The Thompson
Thursday, February 9, 1:00 pm at Billings Farm
Depart Thompson Center at 12:40 pm**

Irish filmmaker John Carney's *Sing Street* isn't about the rise of a hot new band in Dublin in 1985. No one pays much attention to *Sing Street*: not club owners, booking agents, or label executives. The story is about 14-year old Conor pulling himself up out of bleak circumstances with the help of his older brother Brendan, who teaches him that the key to greatness in any endeavor is to risk being ridiculed. Ultimately, Carney's movie uses the real social problems of his home country as the backdrop for inspiration.

TRIPS

The Thompson Center and Best of Times Travel Present: Pennsylvania Dutch Country, Philadelphia Flower Show, Longwood Gardens, The Hit Show *Jonah*, and More!

Tuesday, March 14 - Friday, March 17, 2017

Price per Person: \$769 Double Occupancy, \$949 Single

Final Payment is due by February 9th

Trip Details:

- Departure from The Thompson Center on a Fully Equipped Motor Coach
- 3 Nights Lodging at Heritage Hotel in Mountville, PA
- 6 Meals – 3 Full American Breakfast Buffets and 3 Dinners
- Ticket to the Musical *Jonah* – Set sail on an exhilarating journey with one of the Bible's most colorful prophets – Jonah! This sweeping production with breathtaking effects intertwines themes of love, mercy, obedience & second chances.
- Entry to Philadelphia Flower Show
- Entry to Longwood Gardens
- Dinner Theater featuring *Jesus Christ Superstar*
- Backcountry Touring in PA Dutch Country
- A Professional Best of Times Tour Director (including Gratuities), Bus Driver Gratuities are NOT included

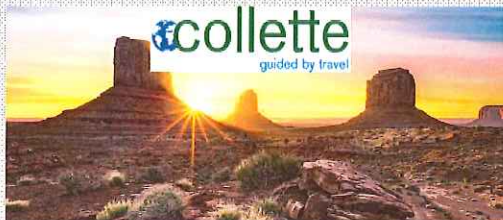
We must have a minimum of 24 people for this trip or it will be cancelled with all deposits returned. A \$50 per person deposit confirms your reservation. Final Payment is due February 9, 2017. If paying by credit card, payment in full is due upon registration. Trip Protection Program is Available for a fee of \$75 per person and ensures a full refund less the Trip Protection Fee regardless of the cancellation date. The Trip Protection Fee must be paid in full at time of deposit/registration. Cancellation Policy: Cancellations between February 9th and March 9th, 2017 will be charged 75% of the total trip fare. Cancellations after March 9th, will be charged 100% of the total fare. Visit our website for trip details or call Pam Butler at 457-3277

Stay Tuned for Details on Two Summer Trips

**Nature Cruise on Squam Lake with Lunch at Walter's Basin, Holderness, New Hampshire
Wednesday, July 12**

***On Golden Pond at New London Barn Playhouse Theater
Wednesday, August 23, 2:00 pm***

Trip details for our New Hampshire summer trips will be in the March newsletter!



**Deposits Due by March 27th
Final Payment Due by Aug 3rd**

The Thompson Center Presents Canyon Country 2017 Featuring Arizona & Utah

**Trip Highlights include Scottsdale, Grand Canyon, Lake
Powell, Bryce Canyon National Park, Las Vegas,
and much more!**

October 2 – 10, 2017

Visit our website for more details at www.thompsonscenter.org

PROGRAMS

Legal Advice Clinic at The Thompson Center

Friday, February 10, 2017

9:00 – 12:00 pm, 1:00 – 3:00 pm

The Senior Citizens Law Project of Vermont Legal Aid will hold a legal advice clinic for Vermonters over the age of 60. An attorney will be available for free legal advice or referrals on a variety of civil legal problems, including wills, powers of attorney, landlord-tenant issues, Medicaid, Medicare, Social Security, SSI (or other public benefits), debt collection, consumer issues, guardianship, divorce, foreclosure, small claims, and bankruptcy. Please note that advice cannot be given on criminal cases or problems affecting someone other than you.

The Senior Citizens Law Project provides legal services to Vermonters over 60. *To schedule your free 25 minute appointment, please call the Thompson Center.*



Birthday Celebration Music

Thursday, February 23, 1:00 pm

Guitar player Carl Brogan will entertain us with a medley of old time country and rock'n roll favorites immediately following our Birthday lunch celebration.



Save the Date! Coming in March...

Vermont's Bald Eagle Restoration Project

A special evening program presented by

Wildlife Biologist, John Buck

Wednesday, March 29, 2017

Details to follow on-line and in the March edition of
The Thompson Times



The Empty Bowls Project **Paint a Bowl and Help Raise Hunger Awareness** **Wednesday, March 16, 1:00 pm**

Empty Bowls is an international grass roots movement with the goal of raising money to help organizations fight hunger. We invite you to join us at The Thompson to decorate an empty pottery bowl created by local potters. Your handmade decorated pottery bowl will then be used at the Pomfret Empty Bowls Dinner at Pomfret Town Hall on Sunday, April 9 for a simple meal of soup and bread. 100% of the money collected on that evening will be donated to hunger fighting organizations. Look for details in the March edition of *The Thompson Times*.

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 2016 taxes free of charge during scheduled appointments on **Mondays, February 6 to April 10 including President's Day**. On the day of your appointment, please come early to fill out a questionnaire.

Please call 457-3277 soon to schedule an appointment. Appointments are limited and will fill up quickly!



PROGRAM CALENDAR - FEBRUARY 2017

Mon	Tue	Wed	Thu	Fri
		1	2	3
* Indicates that sign-up/reservations are required.	BINGO daily at 10:30 am except on birthday day and other special meal days. Location: Dining Room on Mon & Wed. Upstairs conference room on Tues, Thurs, Fri,	9 W. Leb Shopping* 9:30 Tai Chi Beginner/ Free Review 10:30 Handwork Cir. 10:45 Tai Chi Advance/ Free Review 12 French Table 1:30 ArtisTree Project	9 Strength & Fitness 10:30 Italian Study 12 Italian Table 1 Ongoing Italian 1:15 Chocolate Program 2 Mahjong 3 Bone Builders	10-12:30 CCC Office Hours* 12 German Language Table 1-3 Life in East Germany*
6	7	8	9	10
8:45 Tax Appts* 9 Strength & Fitness 10:15 Memoir Group 1 Advisory Meeting 1 Advanced Directives*	9 Strength & Fitness 9-12 Pamper Yourself* 10 Double King Pede 10-2:30 Ping Pong 12 Spanish Table 12:00 Mahjong 1:15 Depart for NWPL 3 Bone Builders	9:30 Tai Chi Beginner/ Free Review 10-12:30 Reflexology Appointments* 10:30 Handwork Cir. 10:45 Tai Chi Advance/ Free Review 12 French Table 1 Book Group	9 Strength & Fitness 10:30 Italian Study 12 Italian Table 12 Chief Blish Visit 1 Ongoing Italian 1 Movie: Sing Street at Billings Farm 2 Mahjong 3 Bone Builders	9-3 Legal Advice Clinic* 9 – 2:30 Foot Clinic* 10-12:30 CCC Office Hours* 10 Painting at ArtisTree 12 German Language Table 1-3 Life in East Germany*
13	14	15	16	17
8:45 Tax Appts* 8:30 Newsletter Folding 9 Strength & Fitness 10:15 Memoir Group	9 Strength & Fitness 10 Double King Pede 10-2:30 Ping Pong 12 Spanish Table 12:00 Mahjong 12-2 Woodstock Students Visit 3 Bone Builders	8:30 Board Meeting 9 W. Leb Shopping* 9-2:30 Foot Clinic* 9:30 Tai Chi Beginner/ Free Review 10:30 Handwork Cir. 10:45 Tai Chi Advanced/ Free Review 12 French Table 12:30 Caregiver Support Group	9 Strength & Fitness 10:15 Low Vision Support Group 10:30 Italian Study 12 Italian Table 12:45 Lucy Mac Visit 1 Ongoing Italian 2 Mahjong 3 Bone Builders	10-12:30 CCC Office Hours* 12 German Language Table 1-3 Life in East Germany*
20	21	22	23	24
CLOSED President's Day 8:45 Tax Appts*	9 Strength & Fitness 10 Double King Pede 10-2:30 Ping Pong 11:30 Commodities 12 Spanish Table 12:00 Mahjong 3 Bone Builders	10-12:30 Reflexology Appointments* 10:30 Handwork Cir. 12 French Table	Birthday Day* 9 Strength & Fitness 10:30 Italian Study 12 Italian Table 1 Ongoing Italian 1 Birthday Music 2 Mahjong 3 Bone Builders	10-12:30 CCC Office Hours* 12 German Language Table Open Ping Pong Table
27	28			
8:45 Tax Appts* 9 Strength & Fitness 10:15 Memoir Group	9 Strength & Fitness 10 Double King Pede 10-12 Wellness Clinic 10-2:30 Ping Pong 12 Spanish Table 12:00 Mahjong 12:30 - 2:45 Foot Clinic* 3 Bone Builders			

MENU - FEBRUARY 2017

Mon	Tue	Wed	Thu	Fri
		1	2	3
Meal Pricing: \$7 charge for those under age sixty \$5 suggested donation for ages sixty and over	* Vegetarian meals & Gluten Free are available daily upon request. Please contact our chef in advance. 2% Milk, Coffee, tea, and juices available	Lasagna, Tossed Salad, Garlic Bread, Fresh Fruit Salad	Mulligatawny Soup (Curried Chicken and Apple Soup With Rice) Tossed Salad, Roll, Carrot Cake	Tossed Salad, Bangers & Mashed, Onions & Gravy, Peas, Carrots, Berry Turnover
6	7	8	9	10
Chef's Choice	Chicken Ala King, Vegetable Medley, Biscuits, Oatmeal Cran-raisin cookies/ Fruit	Stuffed Meatloaf w/ Spinach and Cheese, Mashed Potato, Gravy, Green Beans, Blueberry Pie	Grilled Pesto Chicken Breast, Lemon Risotto with Peas Marinated Vegetable Salad, Strawberry Shortcake	Tossed Salad, Supreme Pizza w/ Peppers, Onions, Mushrooms, Olives, Pepperoni, Coconut Macaroons w/ Pineapple
13	14	15	16	17
Grilled Hot Dogs, Chef's Slow Cooked Baked Beans, Cole Slaw, Fresh Fruit Salad	Valentine's Day Spinach Salad w/ Strawberries, Roasted Tarragon Chicken Breast over Fettuccine with Asparagus & Mushrooms, Meringue Cookies	Tacos w/ Ground Beef Cheese, Lettuce, Tomato, Salsa, Sour Cream, Red Beans and Rice, Roasted Vegetables, Coconut Cream Pie	Quiche with Asparagus, Leeks, and Gruyere Cheese, Roasted Rotatoes, Tossed Salad, Warm Berry Crisp	Chicken Caesar Wrap, Hearty Vegetable Minestrone, Brownie Sundaes
20	21	22	23	24
CLOSED President's Day	Chicken Parmesan over Multigrain Pasta, Garlic Bread, Steamed Vegetables, Fresh Fruit Parfait	Ham, White Bean, Almonds, Cranberries, and Kale Salad, Roll, Cottage Cheese, Fruit Cobbler	Birthday Day* Roast Beef, Au Jus, Twiced Baked Potato w/ Sour Cream and Chives, Pan-Roasted Broccoli w/ Garlic, Roll, Cake and Ice Cream	Chef's Choice
27	28			
Tossed Salad, Hearty Turkey and Vegetable Soup, Pumpkin Whoopie Pies	Macaroni and Cheese w/ Ham, Beets, Poached Pears			Menu is subject to change based on availability of food items. Please call ahead with special dietary needs.

Reservations Required

Please sign-up in advance for special meals and Birthday Day. This month includes **Valentine's Day on the 14th** and **Birthday Day on the 23rd**. Volunteers, if you are working and eating on that day you will also need to sign-up at the front desk. Our fire code limits us to 80 guests. Thank you!

EXERCISE CLASSES

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

BRAIN BUILDER

Find a seven-letter word in the following grid starting from the shaded cells. Two consecutive letters cannot be diagonal to each other.

Theme: school

Z	A	A	R
Y	G	E	B
B	L	U	Z
C	A	E	V

Water Aerobics Class
Woodstock Athletic Club
Fridays, March 3 - May 5
1:30 - 2:15 pm
Cost: \$80 for 10 week class

The Thompson Center will provide shuttle service to and from class if needed. Please register in advance by calling 457-3277. Payment is due at time of reservation and must be received prior to the start of class series.

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.

Tai Chi's Slow, Gentle Exercise
Great for Mind and Body
Wednesdays, March 1, 8, 15, 22, 29
Beginners/Intermediate 9:30 am
Upper Intermediate/Advanced 10:45 am

The first 3 Wednesdays in February will be free, review classes. New participants will be best served by waiting to join the March session.

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!

Cost: \$3.00/class with all of the proceeds going to support programs at The Thompson.

To inquire about the classes, contact Anne at anniebower@yahoo.com or 457-2877 (website: www.anniebower.com).

Strength & Fitness
Mondays, Tuesdays & Thursdays
9:00 - 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.

WELLNESS PROGRAMS

CAREGIVER SUPPORT GROUP **Wednesday, February 15, 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 Alzheimers. 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.

Low Vision Support Group **Every 3rd Thursday of the Month** **10:15 - 11:45 am**

February's Discussion:

Accessing the National Federation of the Blind's (NFB) Newsline demonstration. *The Newsline system is available to anyone who is part of the Talking Book library program and it allows people to access national and statewide newspapers via the telephone at no cost.*

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 VABVI.

ReFlex * ReLax* ReNew **Offered by Deborah Neuhof** **Certified Reflexologist** **February 8 & 22, 10:00 - 12:30 pm**

Experience Reflexology techniques to de-stress and promote a balanced, wholistic well-being.

Face*Ears*Hands*Feet

Select one or all four: 25 min/\$30

Loose clothing recommended

Call in advance for your 25 minute appointment.

Foot Care Clinics **Monthly, 9:00 am - 2:30 pm** **on the 2nd Friday & 3rd Wednesday** **And 12:30 to 2:50 pm on the** **4th Tuesday**

In addition to Mary Wood's clinic on the second Friday and third Wednesday of each month, we are happy to offer more foot clinic availability with our wellness clinic nurse, Mary Ann Conrad. Mary Ann will be offering an additional foot clinic on the fourth Tuesday of the month from 12:30 to 2:50 pm following her wellness clinic hours.

Both clinics will now be \$20 and patrons are asked to bring their own towel. As always, please inform us in advance if you cannot make your appointment.

Wellness Clinic & **Blood Pressure Screenings** **Tuesday, February 28, 10 - 12 noon**

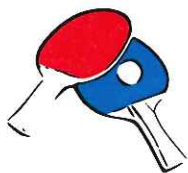
Wellness clinics (blood pressure & consultation) with VNA Wellness Clinic nurse, Mary Ann Conrad, held on the 4th Tuesday of each month from 10-noon.

ADVANCE DIRECTIVE CLINIC **2nd Monday of the Month**

Appts will be offered on Feb 6th

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 2nd 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.

CLASSES & PROGRAMS



Open Times for Ping Pong

Come enjoy a game of Ping Pong with friends! The table will be available on

***Tuesdays from 10:00 am - 2:30 pm**

and Fridays all day beginning February 24th.

Other times may be available upon request.

*Dependent on scheduled programming/check our program calendar.

The Art of Patsy Highberg: In Living Color Tuesday, February 7, 1:15 pm At NWPL

The February exhibition on the mezzanine will be paintings by local artist, Patsy Highberg. Patsy surrounds herself with bright colors – they enhance and enrich her life and her paintings reflect that. Annette Compton was Patsy's mentor and teacher for over 20 years. Depart Thompson at 1:15 on our van.

Welcome Woodstock Police Chief, Robbie Blish Thursday, February 9, 12:00 pm

Chief Blish will join us for lunch and then speak about important things we need to know concerning public safety and answer any concerns you may have. All are welcome!

Medicare Boot Camp for New Enrollees Tuesday, March 14, 1 - 2:45 pm Presented by Senior Solutions

Are you almost 65 years of age and thinking about signing up for Medicare? Are you retiring and losing your health insurance benefits? Come and learn when and how to enroll in Medicare. State Health Insurance Plan (SHIP) counselor, Patricia Coogan, will be presenting this class for those Individuals who will be signing up for Medicare. Patricia will discuss the different levels of Medicare coverage options such as supplement plans, and Advantage plans as well as the current prescription drug plans. **Please call The Thompson Center to register in advance.**



Painting at ArtisTree | Collaboration Between The Thompson Center and ArtisTree

Friday mornings

10:00 - 11:30 am

Instructor: Murray Ngoima

Session 2: Mar 3 - Apr 7 (6 weeks)

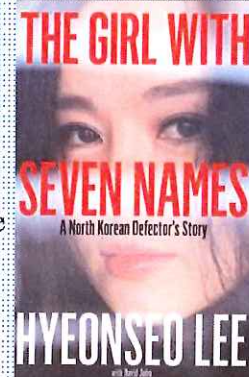
A Valentine's Day Visit From Woodstock Elementary Students Tuesday, February 14, 2017, 12:00 pm

What could be sweeter than children's joy on Valentine's Day? Second graders from WES will join us for lunch on this day of Love celebration, and then perform a song for us. After lunch, we will be decorating cookies together and all are welcome to join us.

BOOK GROUP Wednesday, February 8th at 1:00 pm

This month's book is The Girl With Seven Names by Hyeonseo Lee.

Unlike many memoirs about escaping North Korea, this one is told by a woman who grew up on the border with China in comfortable means. As a teen, on a whim, she crossed the line one day and found herself alone in a country with a very different culture. After ten dangerous years alone as an alien there, she fled to South Korea. In this honest tale, you will learn much about the three countries and will be inspired by Ms. Lee's strength, her determination and resilience. See you on the 8th. **Newcomers are welcome!**



IN LOVING MEMORY & APPRECIATION

IN APPRECIATION

Alden Fiertz - Medical Equipment
Jim Lewis - Blue Hubbard Squash

ONGOING DONATIONS:

Daily Valley News subscription -
Woodstock Pharmacy

The Vermont Standard Paper
Birthday Cakes - Diane Atwood,
Jane Soule, Carol Towne

Monthly book club selection -
Yankee Bookshop

Muffins - Boris at Mountain Creamery



**Special thank you to
the Jackson House for
hosting another
wonderful Winter Tea!**

IN MEMORY OF

Ellen Bartlett

James Bartlett

Ed Frizzell

WUHS Class of 1949
Barry and Susan Feinberg

Mickey Morgan

Lorene DeMelo

FEBRUARY BIRTHDAYS

1st	Dick	Atwood	14th	Margaret	Audsley	21st	Linda	Atwood
1st	Dick	Colantuono	14th	Phyllis	Frechette	22nd	Harry	Jorgensen
2nd	James	Minnich	14th	Maryanne	Murphy	22nd	Louann	Rodenbeck
2nd	Jim	Fish	15th	Linda	Greenan	24th	Susan	Botzow
4th	Tom	Weschler	16th	Corey	Mitchell	24th	Bernard	Pierce
4th	Marilyn	Bailey	16th	Charles	Seitz	25th	Sylvia	Doten
5th	Ann	Blake	16th	Susan	Bitzer	26th	Wayne	Hinson
5th	Gretchen	Pear	17th	Judith	Persin	26th	Francis	Stoddard
6th	Miranda	Shackleton	17th	Donna	Dunscombe	27th	Kedric	Harriman
7th	Mia	Pine	18th	Linda	Manning	28th	Jane	Simonds
7th	Lois	Lorimer	18th	Cornelia	Sanderson	28th	Larry	Templeton
8th	George	Burgess	18th	Susan	Copeland	28th	Paul	Otavsky
9th	Julie	Johnston	19th	Darlene	Griggs			
9th	Frances	Lancaster	19th	Rhonda	White			
9th	John	Wiegand	19th	Ronald	Gaetgens			
10th	Janice	Standish	20th	Gail	Smith			
10th	Sharon	Blake	20th	Marlene	Rand			
11th	Jeannine	Colby	20th	Phyllis	Regione			
12th	Carol	Towne	20th	Mary Ann	Conrad			
12th	Pauline	Holt						
12th	Rusty	Rodriguez						
12th	Hilda	Conn						
13th	Robert	Flower						
13th	Alberta	Bailey						



*On February 23rd we will celebrate your special day with a delicious meal!
Please call to make a reservation for lunch and join us!*



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

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

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Thank You to Our Transportation Sponsors and Grants:



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Continuing
Care
Community



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.

TSC TRANSPORTATION PROGRAM

The Thompson Center operates a door-to-door transportation program for seniors and disabled community members from the towns of Barnard, Bridgewater, Pomfret, and Woodstock.

Medical Rides - \$10 suggested donation per out-of-town trip. A minimum of 48 hours notice is requested for scheduling. Schedule with Paula at 457-3277.

Local transportation to and from your home to The Thompson and other Woodstock stops - suggested donation of \$1 per ride (\$2 round trip if you get a ride both ways). Please call the Center by 8:30AM to request rides for that day. 457-3277

Monthly shopping trips to West Lebanon depart from TSC on the 1st and 3rd Wednesday of each month at 9am on the Stagecoach van (returning at approx. 12:15pm). Stops at various locations. **Sign up with the Thompson at least 24 hours in advance.** The Thompson funds these trips with Stagecoach so any donation is greatly appreciated. Call 457-3277