



The Thompson Times

AT THE CENTER FOR SENIORS AND COMMUNITY

JANUARY 2017

KNOW YOUR RESOURCES - *Stay Safe*



Citizen Assistance Registry in Case of an Emergency (CARE)

Would you need help in an emergency or evacuation? If you are a Vermont resident and have a disability or other special circumstances which may cause you to need special help in an emergency, you can register with the **Citizens Assistance Registration for Emergencies (CARE)**, a collaborative effort offered by United Way, 9-1-1, and Vermont 2-1-1. Copies of the CARE registration form can be found at The Thompson which can be mailed electronically or via the postal service directly to Vermont 211, as indicated on the form, or returned to The Thompson Center for us to mail on your behalf. Information from this form will be entered into the E911 database.

Red Cross Home Fire Preparedness Campaign

The American Red Cross New Hampshire & Vermont Region is making homes fire resistant for Vermont and New Hampshire residents through the **Red Cross Home Fire Preparedness Campaign**. At no cost to you, they would like to demonstrate some simple changes in the home that will help you protect your family against fire. In addition, the Red Cross will install a FREE smoke alarm within your home.

You can visit www.redcross.org/nhvt and click on Smoke Alarm Installation Request on the left side of your screen which will direct you to an application OR you can call the American Red Cross at 1-800-464-6692. A Red Cross representative will take your information and participants will then be notified to schedule an appointment for a FREE in-home smoke alarm installation.

Website for Traffic and Road Conditions

<http://newengland511.org/> For information on traffic & road conditions (includes NH, ME, & VT)

Note: 511 is an online resource only and not a phone number.

The Thompson Center

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

CENTER HOURS

8 AM-3 PM, Monday-Friday

STAFF

Deanna Jones, Executive Director,
djones@thompsonscenter.org
Paula Audsley, Outreach Manager,
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Ryan Martin, Chef,
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Siobhan Wright, Kitchen Assistant, Meals
on Wheels Coordinator
swright@thompsonscenter.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 Steinle—*Vice President*

Jerry Fredrickson—*Treasurer*

Sarah Roberts—*Secretary*

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Dave Bollinger

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Peter Goulazian

Anne Herz

Peggy Kasden

Holly Levison

Susan Moor

Daphne Moritz

John Snyder

Tambrey Vutech

Wendy Wannop

Tom Weschler

BEHIND THE SCENES

Another Successful Year at the Thompson Holiday Bazaar

The annual holiday bazaar and cookie walk at The Thompson Center was a success this year raising over \$5,652 to benefit the operations of our Center. Thank you to all of the volunteers, cookie bakers, and shoppers for making the Holiday Bazaar and Cookie Walk a success!



Congratulations to our Holiday Bazaar Raffle Ticket Winners

Quilt - Eric Fritz

Three month gym membership - Candle Klampert

Christmas Tree - Janice Elder

ADVISORY MEETING HIGHLIGHTS

- Spring Trip ideas discussed -Philadelphia Flower Show, Longwood Gardens possible if we find a tour company to book
- New programs - Reflexology, game day, new musician
- Menu items are subject to change based on availability of ingredients
- Corn Chowder at the Holiday Bazaar was delicious!
- Special recognition for Holiday Bazaar volunteers and a big thank you to our volunteer chairperson, Briana Maxham, the Woodstock Terrace, and Paula Audsley, for the extra time and effort put into making the event a success!

Please join our next meeting on Monday, February 6 at 1:00 pm. All patrons and volunteers are invited to attend. Your feedback is needed and appreciated!

Congratulations to our most recent Marble Game winner, Tim Maxham, who won \$40.00.



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.

Sign up for the e-newsletter by emailing:
jbloch@thompsonscenter.org

NEWS & EVENTS



All Things Snowflake! **Presented by ArtisTree at The Thompson** **Wednesday, January 4, 1:30 pm**



Embrace the season's weather and bring beauty to your walls in this fun snowflake crafting extravaganza. Join ArtisTree in making snowflake paintings and cuttings which you can send to loved ones afar or hang on your walls for your own enjoyment. **Pre-registration required.**

Life In East Germany: **Growing Up And Living For 40 Years Behind The Iron Curtain** **Presented by Jürgen Ewert, Osher Lifelong Learning Institute Instructor** **Fridays, January 6 – February 17, 1:00-3:00 pm**

Cost: \$20, minimum of 5 students requested, please pre-register by calling The Thompson

Jürgen Ewert presents a very personal account detailing an extraordinary life living behind the Iron Curtain and how his omnipresent party doctrine influenced his life, family, co-workers and friends. His personal story is interwoven through a time line of historic political events spanning 40 years. From his early years in school as a “Young Pioneer”, to his participation in the “Free German Youth” movement that was encouraged by a teacher, his young life’s path was determined. His formative college years began in 1968, the year of The Prague Spring, and his early career earned him a job at an East Berlin electronics company where he joined a “Socialist Collective”. It wasn’t until a 1987 visit to West Germany and the United States two years later, that his life changed completely. While watching the fall of the Berlin Wall on television in Florida, it was then that he knew his free life had begun.

During this class, Jürgen will discuss how politics influences our daily lives and how circumstances created by governments can shape our decisions.

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 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 2016 property tax bill. If you are filing for a Renter's Rebate, Homeowners Property tax rebate or 2016 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!

TRIPS & PROGRAMS

Reflexology Presentation Presented by Deborah Neuhof, Certified Reflexologist Tuesday, January 10, 1:00 pm



Reflexology is a science which deals with the principle that there are reflex areas in the feet and hands which correspond to all of the glands, organs and parts of the body. Stimulating these reflexes properly can help many health problems in a natural way, a type of preventative maintenance. Reflexology is considered a serious advance in the health field. You are invited to treat your whole body to an introductory session of learning about various reflexology pressure points and techniques demonstrated on the FACE*EARS*HANDS*FEET, to help you de-stress and relax and improve circulation, to bring balance and overall holistic well-being.

Deborah will be offering reflexology appointments at The Thompson beginning on January 11th by advance appointment. Please refer to our calendar.



The Thompson Center presents Canyon Country Featuring Arizona & Utah

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

October 2 – 10, 2017

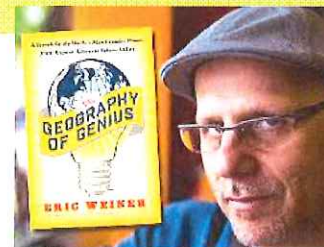
If you missed the October travel presentation, please join us for a presentation by Collette Travel on **Tuesday, January 17th at The Thompson at 10:30 am**. A Collette representative will discuss all trip details and 9-day itinerary, including payment and travel protection options.



BOOK GROUP

Wednesday, January 11 at 1:00 pm

In January we'll be talking about the Geography of Genius by Eric Weiner. The premise of the book is that the preponderance of geniuses have lived in certain areas of the world over time (Athens, Florence etc.). Whether you reach that conclusion or not, you'll enjoy the travelogue told with humor. You'll find an insight in every paragraph and learn facts that you'll want to share. If you wish, before you begin the book, write your own definition of genius. Write your definition of creativity. Write what you think are the circumstances that make geniuses appear. See you on Wednesday, January 11 at 1:00.



THOMPSON DAY TRIP POLICY

- ◆ To make your reservation, contact Shari at 457-3277.
- ◆ Reservations are taken on a **first paid basis**. Your name will be entered on the trip sign-up sheet once we receive your payment. Checks will be deposited 30 days prior to trip date.
- ◆ If you cancel for any reason, payment cannot be returned unless we fill your spot from a waiting list. This is due to non-refundable fees charged to us by the bus company &/or destination.
- ◆ All are welcome to go on trips, but anyone needing extended assistance must bring a caregiver or companion.
- ◆ Please note the deadline for individual trip sign-ups. If we do not have the required number of people to cover our costs we will cancel the trip before losing our deposit.

PROGRAMS



Stuff and Nonsense
Presented by Story Teller Beth Crowe
Tuesday, January 17, 1:00

Beth Crowe returns with another story sure to get the conversation flowing. "Do You Want to Buy an Ancestor?"... not sure, but I bet you have a box of photographs somewhere that might have a story of their own. Bring an ancestor and let's talk! All are welcome to join this lively discussion.

Internet Basics: Answers for Beginners to Intermediate Users

January 23 & 24, 1:00 - 2:30 pm

Cost: \$15 for both classes includes a take home lesson guide

Advance registration required



The internet can be a confusing place. You may have many questions: What is a browser? How do I search for something? What is a URL and where do I type it? All these questions and more will be answered by Linda Bryant of Senior Circuit. Please bring your device with you if you have one.



Birthday Music on Thursday, January 26 at 1:00 pm

Please join vocalist Jerry Blakeney when he sings our old country favorites immediately following our Birthday lunch celebration.

Palliative and Hospice Care – What You Need to Know

Presented by Dr. Cristine Maloney, Medical Director of

Visiting Nurse & Hospice of VT and NH

Tuesday, January 31, 1:00 pm



Dr. Maloney will discuss the differences and similarities of palliative and hospice care. Included in her talk will be information about advance directives and Clinician Order for Life Sustaining Treatment (COLST) forms and how to get these important documents completed. There will be plenty of time for your questions and discussion at the conclusion of her talk.

Dr. Maloney is board certified in both internal medicine and hospice and palliative medicine. She was an attending physician at Gifford Medical Center practicing both primary care internal medicine and palliative care.

Please note The Thompson offers an Advance Directives Clinic on the second Monday of every month from 1:00 - 3:00 pm by appointment. Call 457-3277.

PROGRAM CALENDAR - JANUARY 2017

Mon	Tue	Wed	Thu	Fri
2	3	4	5	6
CLOSED In Observance of New Years	9 Strength & Fitness 10 Double King Pedo 12 Spanish Table 12:00 Mahjong 3 Bone Builders	9 W. Leb Shopping* 9:30 Tai Chi Beginner 10:30 Handwork Cir. 10:45 Tai Chi Advanced 12 French Table 1:30 Snowflake Project*	9 Strength & Fitness 10:30 Italian Study 12 Italian Table 1 Ongoing Italian 2 Mahjong 3 Bone Builders	10-12:30 CCC Office Hours* 12 German Language Table 1-3 Life in East Germany*
9	10	11	12	13
9 Strength & Fitness 10:15 Memoir Group 1 Advanced Directives*	9 Strength & Fitness 10 Double King Pedo 12 Spanish Table 12:00 Mahjong 1 Reflexology Presentation 3 Bone Builders	9:30 Tai Chi Beginner 10-12:30 Reflexology Apts* 10:30 Handwork Cir. 10:45 Tai Chi Advanced 12 French Table 1 Book Group	9 Strength & Fitness 10:30 Italian Study 12 Italian Table 1 Ongoing Italian 2 Winter Tea* 2 Mahjong 3 Bone Builders	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*
16	17	18	19	20
CLOSED Martin Luther King Day	9 Strength & Fitness 10 Double King Pedo 10:30 Canyon Trip Talk 11:30 Commodities 12 Spanish Table 12:00 Mahjong 1 Story Teller Beth Crowe 3 Bone Builders	8:30 Board Meeting 9 W. Leb Shopping* 9-2:30 Foot Clinic* 9:30 Tai Chi Beginner 10:30 Handwork Cir. 10:45 Tai Chi Advanced 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* 10 Painting at ArtisTree 12 German Language Table 1-3 Life in East Germany*
23	24	25	26	27
8:30 Newsletter Folding 9 Strength & Fitness 10:15 Memoir Group 1-2:30 Internet Basics Class*	9 Strength & Fitness 10-12 Wellness Clinic 10 Double King Pedo 12 Spanish Table 12:30 - 2:45 Foot Clinic* 12:00 Mahjong 1-2:30 Internet Basics Class* 3 Bone Builders	9:30 Tai Chi Beginner 10-12:30 Reflexology Apts* 10:30 Handwork Cir. 10:45 Tai Chi Advanced 12 French Table	Birthday Day* 9 Strength & Fitness 10:30 Italian Study 12 Italian Table 1 Ongoing Italian 1 Jerry Blakeney Music 2 Mahjong 3 Bone Builders	10-12:30 CCC Office Hours* 10 Painting at ArtisTree 12 German Language Table 1-3 Life in East Germany*
30	31			
9 Strength & Fitness 10:15 Memoir Group	9 Strength & Fitness 10 Double King Pedo 12 Spanish Table 12:00 Mahjong 1 VNA Hospice Talk 3 Bone Builders		* Indicates that sign- up/reservations are required.	BINGO daily at 10:30 am except on birthday day and other special meal days. Location: Din- ing Room on Mon & Wed. Upstairs con- ference room on Tues, Thurs, Fri,

MENU - JANUARY 2017

Mon	Tue	Wed	Thu	Fri
2	3	4	5	6
CLOSED In Observance of New Years	Chipped Beef and Egg Gravy on Mashed Potato, Dijon Braised Brussel Sprouts, Warm Apple Crisp	Greek Chicken Stew With Cauliflower and Olives, Tossed Salad, Bread, Rum Raisin Rice Pudding	Spinach & Cheese Ravioli w/ Meat Sauce, Garlic Bread, Broccoli & Cauliflower, Fresh Fruit Salad	Pork Apple Burgers with Caramelized Pineapple on a Multigrain Sandwich Roll, Coleslaw, Four Bean salad, Sweet Potato Fries, Fresh Fruit Salad
9	10	11	12	13
Beer Battered Haddock, Steak Fries, Coleslaw, Warm Berry Crumble	Hearty Beef and Vegetable Stew, Tossed Salad, Fresh Fruit Parfait	Tossed Salad Spinach, Artichoke & Cheese Quiche, Roasted Sweet Potato Fries, Oatmeal Cran-raisin Cookies w/ Fruit	Tossed Salad, Ziti (a little spicy, with Broccoli, Tomatoes, Italian sausage) Monterey Ranch Bread, Mixed Fruit Cobbler	Chef's Choice
16	17	18	19	20
CLOSED Martin Luther King Day	Reubens, Beer Battered Onion Rings, Marinated Vegetable salad, Sorbet w/ Fresh Berries	Almond-Crusted Tilapia, Roasted Potatoes & Veggie Blend, Fruit and Cookies	Meatball Hoagies, Sweet Potato Fries, Coleslaw, Cookie Fruit Basket	Tossed Salad, Lime Herb Chicken, Roasted Potatoes, Succotash, Yogurt Cake w/ Peach Puree
23	24	25	26	27
Chef's Choice	Tossed Salad, Beef Stroganoff, Roll, Blueberry Cake	Chinese New Year Sweet & Sour Chicken, Stir Fry Veggies, Rice, Sugar Cookie, Fortune Cookies & Mandarin Oranges	Birthday Day* Herb Roasted Pork Loin w/ Peaches Roasted Red Skinned Potatoes, Springtime Vegetables, Cake & Ice Cream	Pan Seared Chicken Breast, Creamy Cheddar Polenta, Spinach Supreme (Spinach, Sour Cream, Parmesan and Monterey Jack Cheese) Chef's Choice Dessert
30	31			
Turkey Sandwich, Corn Chowder, Fruit	Dijon Crusted Chicken Breasts, Horse Radish Mashed Potato, Gravy, Spinach, Jelly Roll	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	Menu is subject to change based on availability of food items. Please call ahead with special dietary needs.

Nutrition News from Pat Harrison

Registered Dietician, Pat Harrison, will be offering various nutrition tips and recipes each month. Hand-outs will be on the foyer table at The Thompson or call Pam if you would like information mailed to you. This month's topic is Vitamin A - where you can find it in your diet, how much is enough, and what are some ideas for including more Vitamin A sources in your diet...Think **Cinnamon Sweet Potato Slices** as one example! This yummy and nutritious recipe is available at The Thompson this month.

Reservations Required

Please sign-up in advance for special meals and Birthday Day. This month includes **Birthday Day on the 26th**. 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

Each group of words has **TWO** words which do not belong. Can you find them both?

Example: Lily - Jane - Tulip - Rose

Jane does not belong as it's the only one which is not a flower. **Tulip** also does not belong because it's the only one which is not a girl's name.

1. Dodge - Ford - Lincoln - Hoover

2. King - Earl - Knight - Bishop

3. Yellow - Green - Dead - Black

When it comes to finding tools for staying healthy, active, and involved, The Thompson is the place to start!

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.

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

Wednesdays, Jan 4, 11, 18, 25

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 next round of classes on March 1, 8, 15, 22, 29 for \$15.

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).

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.

WELLNESS PROGRAMS

CAREGIVER SUPPORT GROUP **Wednesday, January 18, 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**

This months discussion:
It's all in how you say it - blind, low vision, or visually impaired

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.

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

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.

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, January 24, 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.

ReFlex * ReLax* ReNew **Offered by Deborah Neuhof** **Certified Reflexologist** **January 11 & 25, 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.

CLASSES & PROGRAMS

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!



Painting at ArtisTree A Collaboration Between The Thompson Center and ArtisTree Friday mornings, 10:00 - 11:30 Instructor: Murray Ngoima

- Session 1: Jan 13 - Feb 10 (5 weeks)**
Session 2: Mar 3 - Apr 7 (6 weeks)
Session 3: Apr 28 - June 2 (6 weeks)

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.

MEMORY TREE GIFTS IN LOVING MEMORY OF:

LUCILE
BILL BEEBEE
PAMELA PINNEY
GREENBLAT FAMILY
FAYE & RALPH BURG
HARRY & ANNE PRISTAW
SAM & SOPHIE PRISTAW
BOB SHARPE
DENNY
ELLEN BARTLETT
FRANK FIELDS
LYNN STAPLES BENETTI
JACK & CLAIRE COHEN
LORRAINE
DR. CHARLES & BELINDA DRAKE
MASON & MARJORIE DRAKE
LT. JOHN A. DRAKE
JONATHON HERZ
STEPHEN HERZ
HENRY HOWE
RONNIE FULLERTON
MARY CAMERON
HARLAN HOLT
BETSY
PETE
VEDA
WANDA
GLORIA E. BALLOU
LEWIS FAMILY
RAYMOND JILLSON
JOAN
RUTH DRAKE & BILL LINCOLN



IN LOVING MEMORY & APPRECIATION

IN APPRECIATION

Joyce Phillips - hand lotion
 Tom & Linda Hitchcock - plants
 Kings Daughters - Cyclomens

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



IN MEMORY OF

Esther Maynes

Anne Herz

Marjorie Behr

Harriet Goodwin

Ed Frizzell

Richard & Jane Leonard
 Ted & Joan Staples
 Joey Homes

JANUARY BIRTHDAYS

1st	Sharon	Corrigan	13th	Janet	Smith	25th	Dory	Rice
1st	Joan	Lessard	13th	Kathleen	Fiske	25th	Larry	White
1st	Mary Lee	Camp	15th	John	Hunter	25th	Constance	Creed
1st	Cynthia	Jones	16th	Richmond	Maxham	26th	Paulette	Watson
2nd	Alan	Perkins	17th	Helen	Leonard	27th	James	Emery
2nd	John	Steinle	17th	Joyce	Phillips	27th	Margaret	Brady
3rd	Linda	Brackett	17th	Sara	Tuthill	27th	Margaret	Fullerton
3rd	John	Leavitt	17th	Louise	Thibodeau	28th	David	Darakjy
3rd	Carl	Taylor	18th	Barbara	Templeton	28th	Nancy	Heidt
3rd	Robert	Hanlon	18th	Darrell	Thompson	28th	Russell	Crane
3rd	Betty	Hill	19th	Marsha	Fraser	28th	Dianne	O'Connor
3rd	Laurie	Marshall	19th	Becky	Watson	29th	Sharon	Schellong
5th	Frederick	Beebee	19th	Rick	Corso	30th	Mary	Wood
5th	Olivia	Breton	20th	William	Rauscher	20th	Sue	Geno
7th	Janet	Maxham	20th	Akankha	Perkins	20th	Noah	Chase
7th	Lynn	Peterson	20th	Janie	Bell	31st	Uldis	Skuja
7th	Alice	Schou	21st	Barbara	Gilbert	31st	Elmer	Kruse
8th	Joanne	Stanyon	21st	Lucia	Stapleton	31st	Leona	Webster
8th	Deb	Berryman	21st	Jim	Stehouwer	31st	Lance	Brien
8th	Lyle	Bellimer	22nd	Joy	Gray	31st	Jean	Kelly
8th	Joan	Williamson	22nd	Rita	Boynton			
9th	Beverly	Kenney	23rd	Elizabeth	Harley			
9th	Beth	Crowe	23rd	Mary Ellen	Schwartz			
10th	Gina	Moore	23rd	Rachel	Hochman			
10th	Joyce	Hurd	23rd	Miranda	Holt			
11th	Molly	McDermott	23rd	Anne	Sapio			
12th	Sue	Hottenstein	24th	Joan	Reese			
12th	Constance	Fitzcharles	25th	Jane	Philpin			
12th	Alex	Gratiot	25th	Barbara	Richardson			
12th	Norma	Flanders	25th	John	Whitney			



On January 26th we will celebrate your special day with a delicious meal! Please call to make a reservation for lunch and join us!



The Thompson
AT THE CENTER FOR SENIORS AND COMMUNITY

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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Save the Date and Join Us!

The Thompson Dinner Dance

A Gala Evening
With Dinner, Dancing and Auction

Sunday, February 12, 2017, 5:00 PM

The Woodstock Inn Ballroom

SUPPORT THE THOMPSON!

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