Volunteers Needed!

Volunteer Receptionist needed - 3 openings

11:30 - 2:30 Fridays
8:00 - 11:30 Wednesday (November & December) (temporary position)
11:30 - 2:30 Every other Tuesday

This important position greets our seniors from the front desk, answers and transfers calls, and helps to schedule some classes/programs. Includes a delicious free lunch and unlimited coffee and rewarding conversation!

Location: Thompson Senior Center, 99 Senior Lane, Woodstock, VT 05091, 457-3277
info@thompsonseniorcenter.org

MEMORY TREE FOR THE HOLIDAYS

Each year a tree is set up in the foyer of the Thompson Center and is dedicated as a memory tree. For $2 people can have an ornament placed on the tree with the name on it of someone they are remembering during the holidays.

CELEBRATING OUR VETERANS

Take A Moment To Thank A Veteran

When you see someone in a uniform, Someone who serves us all,
Doing military duty, Answering their country’s call,
Take a moment to thank them For protecting what you hold dear;
Tell them you are proud of them; Make it very clear.

Just tap them on the shoulder, Give a smile, and say,
"Thanks for what you’re doing To keep us safe in the USA!"

By Joanna Fuchs

These pictures represent only a handful of the many wonderful veterans that we are blessed to know. We thank our veterans for their dedication and service to our country.
BEHIND THE SCENES

ADVISORY MEETING HIGHLIGHTS

• Congratulations to Ryan for winning third prize in the recent Chili Cook-off.
• Discussion about payment being required at the time a reservation is made for trips and dinners.
• Update on plans for the Holiday Bazaar on December 6. Please join our next Meeting on Monday, November 4th at 1 pm. We URGE all patrons (and especially trip goers) to attend. It is an opportunity to give us your ideas before planning is completed!

Birthday Music
Thursday, November 20
Join us for our monthly birthday celebration immediately after lunch when the Sweet Country Band performs again at The Thompson. Our newest van driver, Merv Combs, will play guitar and be joined by band members Lee Deyette and his sister Donna Greg on the fiddle and piano. The trio will perform classic country music favorites.

November 4th is Election Day. If you will need a ride please call The Thompson to make arrangements.

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 house-holds.

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. www.facebook.com/thompsonseniorcenter

Sign up for the e-newsletter by emailing: djones@thompsonseniorcenter.org

IN APPRECIATION & IN LOVING MEMORY

IN APPRECIATION

Dotti Forthman – couch pillow
Polly & Darrell Bingham – books on tape
White Cottage - vegetables and ice cream

SHARE THE HARVEST DONATIONS:
Brook Beard - chili powder
Linda Maxham - cider
John Audsley - hubbard squash
Bonnie Atwood - rosemary

ONGOING DONATIONS:
Daily Valley News subscription - Woodstock Pharmacy
Birthday Cakes - Diane Atwood, Jane Soule, Carol Towne
Monthly book club selection - Yankee Bookshop
Transportation Sponsors - Please see page 2

IN MEMORY OF

JANE DEIGNAN
Walter & Vivien Regan
Kathy & Charles English
Sally Foss
Jay Readhough
Jean Oakes
Jeffrey & Kathleen Trottier
Yvette Boivin
Kay Readhough

TRANSPORTATION SPONSORS
Upper Valley Rehabilitation
Dead River Company
Connected-At-Home
Ottauquechee Plumbing
Mark Knott, DDS
Woodstock Insurance Services
Lang McLaughry Spera Real Estate’s Tambrey Vutech
Gateway Motors - car washes

Memorial Note: Please see previous/future newsletters for other memorial gifts. Gifts are listed once in the monthly newsletter immediately following when they are received; this is not a complete listing of gifts for each individual.

Thank you for your contributions in memory of dear friends.

NOVEMBER BIRTHDAYS

Those who attend Birthday day lunch with a November birthday will receive a complimentary meal on birthday day. Please call to make a reservation for lunch. 457-3277
WELLNESS PROGRAMS

Advance Directives
Monday afternoons beginning November 10

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.

CAREGIVER SUPPORT GROUP
Wednesday, November 19, 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.

Foot Care Clinic
with Mary Wood
Monthly, 9 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!

Wellness Clinic & Blood Pressure Screenings
Tuesday, November 25, 10 - 12 noon

Wellness clinics (blood pressure & consultation) with Michelle Chiesa, RN, Visiting Nurse and Hospice of Vermont and New Hampshire are held on the 4th Tuesday of each month from 10-noon.

Chair Massages at the Thompson
Wednesdays, 10:00 am to noon

Chair massages are offered on the 1st, 2nd, and 4th Wednesday of each month IF there are appointments. 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 therapists waiting! Cost: 20 minute massage/$20.00

CHRONIC PAIN
Self-Management

A FREE program offered by Mt. Ascutney Hospital. There is still room available in this class offered at The Thompson on Mondays, November 3 - December 8, 1:00 - 3:00 pm. To enroll call 802-674-7089.

Events

Annual Thanksgiving Dinner
Thursday, November 6, 12 noon, one seating only

Menu: Roasted turkey, mashed potato, gravy, cranberry sauce, stuffing, peas and carrots, pumpkin pie. Please sign up early. Suggested donation of $5 for those 60 and over. $7 for those under 60.

How ‘Bout A Little Humor and Some Laughs?
Wednesday, November 12, 1:00 pm

Self-proclaimed comedian David Shikes will debut at The Thompson for some much needed stand-up comedy. He is a popular favorite at The Springfield Senior Center and promises to be funny while remaining appropriate! David is a 5 time Boston marathon runner and an independent book seller who enjoys classical music…and comedy!

THOMPSON HOLIDAY BAZAAR
Saturday, Dec 6, 2014

Our plans for the Holiday Bazaar are underway. Raffle tickets at $5 each are available. Our raffle items are:

1. Winter Stars Quilt 89W” x 113L” made by Janet Maxham, appraisal value $1,000.
2. Simon Pierce Large Bowl, value $120, by anonymous donor
3. Booklet of 5 Chair Massage Certificates with Greg Somerville, at the Thompson Senior Center, value $100.

DO YOU: knit, Crochet, Sew, Crafts, Bake, Make Jams & Jellies, Pickles or Candy? While you are preserving, jam, jellies, pickles, etc., please make a few extra for our bazaar and bring them to the Center.

COFFEE CANS
We are looking for clean, small coffee cans for this year’s cookie walk. Please drop them off at the desk if you have any. SMALL PLASTIC containers will not be accepted. Thank you, Paula, Bazaar Chair.
**BOOK GROUP**

**Wednesday, November 12, 1:00 pm**

Our November read is *Haroun and the Sea of Stories* by Salman Rushdie. It's the Vermont Reads selection this year; you'll be captivated! In this delightful set of tales, the author leads the reader through a magical journey filled with creative characters, parallels and symbolism. Most of all he teaches us the importance of words and verbal expression. When Haroun's mom leaves him, and Haroun's father, a renowned storyteller, loses his ability to tell stories, Haroun finds himself on a heroic journey to save his father's storytelling ability and learn the importance of stories. With descriptive characters, unique settings, and flowing words, this fast-paced book is intriguing, humorous, and fun to read. See you on November 12th!

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**FOOT HEALTH**

**Presented by Podiatric Surgeon Samantha Harris**

**Tuesday, November 4 at 1 pm**

Gifford Medical Center podiatric surgeon Dr. Samantha Harris joins us to discuss foot health, disorders of the feet and shoe gear.

Podiatrists diagnose and treat disorders of the foot and ankle from ingrown toenails and diabetic foot care to reconstructive surgery.

Dr. Harris is one of four Gifford podiatrists practicing in three locations – Sharon, Randolph and Berlin. A graduate of the Ohio College of Podiatric Medicine, Dr. Harris completed her residency in podiatric medicine and surgery at Mercy St. Vincent Medical Center in Toledo, Ohio. After completing her training, she returned to her native Tennessee to practice before joining Gifford this summer.

She works out of the Gifford Health Center at Berlin and provides all types of foot and ankle care. Dr. Harris enjoys a previous career as a physical therapist, enabling herself with a broad knowledge of the body.

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**JOURNALING CLASS**

**Thursday, November 6 & 13**

**10:30 am to 12:00 pm**

Sue Geno, a retired psychologist, has been journaling most of her life. She is excited to share her passion for this age-old art form, which is on the decline in our busy world of emails and Internet. Sue will talk about different types of journals, share resources, and discuss how journaling can be fun, creative, and spiritually rewarding.

Whether you have kept a journal, always wanted to try, or are just plain curious about the process, this group will stimulate the writer in you. Please bring a journal or writing paper and a favorite pen. There is no charge for this class. Class size is limited to 10 participants. Please sign up in advance.

Sue hopes to offer another class in the Spring. Stay tuned for details.

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**Exercise Classes**

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

**Strength & Fitness**

**Weekly classes, Monday, Tuesday & Thursday 9 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.

Cost: $3.00/class or 12 classes for $30 on a punch card.

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**Bone Builders**

**Tuesdays and Thursdays, 2:15 - 3:15 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 Dernstine, 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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**Kripalu Yoga**

**Thursdays, 1:00 pm**

This gentle yoga class is for everyone---standers, sitters, experienced and inexperienced. Annie Frates will guide the class through a variety of yoga exercises that will help people gain flexibility, improve posture and spine health, develop strength, and increase breath awareness. Cost: $5.00 per class.

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

**~ Fall Session Extended ~**

**Wednesday, November 5 to December 17, (no class Thanksgiving week) 10:00 to 1:00 am**

Those of us who enjoy tai chi’s slow, gentle movements find our balance improves, and so do our coordination, blood pressure, even our sleep. We enjoy the companionship of our classmates as we help each other learn the various movements and undertake the discipline of learning something new.

Some people think--tai chi’s not for me. It’s too slow, it’s too strange. But talk to people who do tai chi and you discover that the slowness is part of what helps improve balance and strength, that the strangeness disappears once you’ve had a few classes. After all--anything new can feel strange at first!

Now that the Centers for Disease Control has shown that our Tai Chi for Arthritis and Fall Prevention form is one of the best things you can do to reduce your risk of falling, more and more people are signing up for tai chi. We encourage you to give it a try.

We’re changing the format of our class at the Thompson Center to incorporate some qi gong (coordinated breathing and stretching) forms and some fun exercises that introduce tai chi principles. We’ll continue learning the Tai Chi for Arthritis and Fall Prevention form during a major part of our sessions.

Instructors Anne Bower and Jane Phillip will lead beginners and more experienced participants working together during class, but at times we’ll break into smaller groups as well.

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

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**EXERCISE CLASSES**

Please call the Thompson Center to register for classes in advance, 457-3277
Vermont Symphony Orchestra Holiday Pops
At The Historic Paramount Theater, Rutland Vermont
Sunday, December 14, 3:00 pm
(Depart Thompson on a Premier Coach Bus at 1:45 pm and return to Woodstock approximately 8:00 pm)
Cost: $78.00 includes bus fare, tickets and buffet dinner

Two sleigh rides, a skating party, and a sojourn through the Twelve Days of Christmas (cleverly adapted to various musical styles) are part of our joyful holiday journey with the VSO and VSO Chorus. “Full Gallop,” a fanfare by Burlington composer T.L. Read, starts us off at a festive clip. Excerpts from “The Messiah” and the Nutcracker are along the way, as are shepherds, traditional carols, a singalong, and a celestial harp.

After the performance we will travel to Chittenden, Vermont, in the Killington region, to enjoy a buffet dinner at Mountain Top Inn, majestically set on 350 acres with sweeping views of a mountain lake and Green Mountain National Forest. Our group will be dining in the Barn, a rustically elegant and unique venue with the lake and Green Mountains as the backdrop. Cost: $78.00. Your reservation is guaranteed upon receipt of payment due no later than November 7th.

The Historic Paramount Theatre, a brief history:
In the early part of the 20th century, many called The Playhouse Theatre of Rutland, Vermont one of the finest theatres in America and very few, reportedly, were more artistically designed or appointed. Built in 1912 & 1913 by George T. Chaffee, The Playhouse Theatre opened on January 16, 1914. The classical style exterior architecture of the building reflected the “City Beautiful” movement of the time, while the interior took on the look of a Victorian opera house. Top performers traveling via the Rutland Railroad between Montreal and Boston, would stop to perform in The Playhouse. Minstrel shows, grand and light opera, and vaudeville, and appearances by Tom Thumb, Will Rogers, Sarah Bernhardt, Ethel Barrymore, and The Great Houdini, delighted local audiences. When "talking pictures" came to town, The Playhouse embraced the movie phenomenon, and as a motion picture theatre, was renamed The Paramount, in 1931. The onset of World War II brought patriotic and inspirational films to the stage. Later, rallies to raise pledges for war bonds were conducted in the theatre. In the 1970s, however, like many small theatres across the country, The Movies, as the theatre was then known, paralleled the decline of the film industry, and closed its doors in 1975. The theatre sat empty and neglected for nearly a decade until a group was formed to purchase the building for use as a performing arts center. After extensive historic research and restoration the theatre was completed in February 2000. Once again, the Paramount Theatre has assumed its role as an arts, cultural, and educational leader, and as a significant and valuable community resource.
PROGRAM CALENDAR - NOVEMBER 2014

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<td>9 Strength &amp; Fitness 10:15 Memoir Group 1 Bridge 1 Advisory Meeting 1 Chronic Pain Workshop*</td>
<td>9 Strength &amp; Fitness 10 Double King Pede 12 Spanish Table 1 Scrabble 1 Podiatrist Talk 2:15 Bone Builders</td>
<td>9 W. Leb Shopping* 10 Tai Chi* 10-12 Chair Massages* 10:30 Handwork Cir. 11:30 - 2 CCC Office 12 French Table</td>
<td>Thanksgiving Lunch* 9 Strength &amp; Fitness 10 Cribbage 10:30 Italian Class 10:30 Journaling Class 12 Italian Table 1 Yoga* 1:15 Beginning Italian 2:15 Bone Builders</td>
<td>9:00-11:30 Shirt Decorating* 10 Artleşme class* 12 German Table</td>
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<tr>
<td>9 Strength &amp; Fitness 10:15 Memoir Group 1 Bridge 1 Advance Directives 1 Chronic Pain Workshop*</td>
<td>Veteran’s Day Closed</td>
<td>9 Tai Chi* 10-12 Chair Massages* 10:30 Handwork Cir. 11:30 - 2 CCC Office Hours 12 French Table 1 Book Group 1 Comedian</td>
<td>9 Strength &amp; Fitness 10 Cribbage 10:30 Italian Class 10:30 Journaling Class 12 Italian Table 1 Yoga* 1:15 Beginning Italian 2:15 Bone Builders</td>
<td>9 – 2:30 Foot Clinic* 10 Artleşme class* 12 German Table</td>
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<td>8:30 Newsletter Folding 9 Strength &amp; Fitness 10:15 Memoir Group 1 Bridge 1 Advance Directives 1 Chronic Pain Workshop* 7 Monday School</td>
<td>9 Strength &amp; Fitness 10 Double King Pede 11:30 Commodities 12 Spanish Table 1 Scrabble 2:15 Bone Builders</td>
<td>8:30 Board Meeting (off-site) 9 W. Leb Shopping* 9 – 2:30 Foot Clinic* 10 Tai Chi* 10-12 Chair Massages* 10:30 Handwork Cir. 12 French Table 12:30 Caregiver Group</td>
<td>BIRTHDAY DAY* 9 Strength &amp; Fitness 10 Cribbage 10:30 Italian Class 10:30 Journaling Class 12 Italian Table 1 Yoga* 1:15 Beginning Italian 2:15 Bone Builders</td>
<td>10 Artleşme class* 12 German Table</td>
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<td>9 Strength &amp; Fitness 10:15 Memoir Group 1 Bridge 1 Advance Directives 1 Chronic Pain Workshop* 7 Monday School</td>
<td>9 Strength &amp; Fitness 10 Double King Pede 12 Spanish Table 1 Scrabble 2:15 Bone Builders</td>
<td>10-12 Chair Massages* 10:30 Handwork Cir. 12 French Table</td>
<td>Thanksgiving Day CLOSED</td>
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MENU - NOVEMBER 2014

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<td>Grilled Pesto Chicken Breast, Lemon Risotto with Peas Marinated Vegetable Salad, Rum Raisin Rice Pudding</td>
<td>Spaghetti &amp; meatballs, Garlic bread, Vegetable Medley, Fresh Fruit salad</td>
<td>Grilled Hot Dogs, Chef’s Slow Cooked Baked Beans, Cole Slaw, Chef’s Choice Dessert</td>
<td>Thanksgiving* Dinner Roasted Turkey, Mashed Potato, gravy, cranberry sauce, Stuffing, peas and carrots, Pumpkin Pie</td>
<td>Tacos w/ Ground Beef Cheese, Lettuce, Tomato, Salsa, Sour Cream, Red Beans and Rice, Roasted Vegetables, Black Forest Cake</td>
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<tr>
<td>Tossed Salad, Turkey Soup, Roll, Gingerbread pear cake</td>
<td>Veterans Day Closed</td>
<td>Chef’s Choice Stuffed Meatloaf w/ Spinach and Cheese, Mashed Potato, Gravy, Green Beans, Strawberry Sundae</td>
<td>Tossed Salad, Supreme Pizza w/ peppers, onions, mushrooms, olives, pepperoni, Coconut Macaroons w/ Pineapple</td>
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<tr>
<td>Chicken Caesar Wrap, Hearty Vegetable Minestrone, Brownie Sundaes</td>
<td>Chipped Beef and Egg Gravy on Mashed Potato, Dijon Braised Brussels Sprouts, Warm Apple Crisp</td>
<td>Dijon Crusted Chicken Breasts, Horseradish Mashed Potato, Gravy, Spinach, Jelly Roll</td>
<td>Birthday Day* Grilled Baja style Pork Loin, Chimichurri Sauce, Citrus Sweet Potato Mash, Brised Greens, Roll, Cake &amp; Ice Cream</td>
<td>Breakfast Day* Blueberry Pancakes, Maple Sausage, Fruit and Yogurt</td>
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<td>Tossed Salad, Turkey Sandwich, Caldo Verde, (Spicy Portuguese Kale and Potato soup w/ sausage), Coconut Cream Pie</td>
<td>Quiche w/ Asparagus Leek &amp; Gruyere Cheese, Roasted Potatoes, Tossed Salad, Lime and Spice Peach Cobbler</td>
<td>Salmon en Croule, w/ Spinach and Mushrooms, New Potatoes, Cucumber/Dill Salad, Coconut Cream Pie</td>
<td>Thanksgiving Day Closed</td>
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* Indicates that Sign-up/Reservations 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.

Please call ahead with special dietary needs. * indicates that sign-up/reservations are required (Birthday Day & special holiday meals)

Meal Pricing: $7 charge for those under sixty, $5 suggested donation for ages sixty and over