In commemoration of Veterans Day, ArtisTree and The Thompson Center will once again be offering a two day class where potter, Fiona Davis, will instruct us in the art of making clay Remembrance and Peace poppies. The finished product will have the option to be staked as demonstrated in this picture or worn on the lapel.

**Tuesday, November 1, 1:30 pm** - Following a template provided by the instructor we will create clay poppies in two sizes, one for staking and one to be worn. Upon completion, they will be taken back to be fired at ArtisTree.

**Tuesday, November 8, 1:30 pm** - We will have the option of glazing poppies in red, for remembrance, or white for peace.

On Thursday, November 10th, our poppies will be ready and delivered to the Thompson Center to be worn or staked in the Thompson front yard in honor of Veterans Day.

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**Veterans Eat Free!**

**November 10th at Noon**

Veterans are invited for a free lunch at The Thompson on Thursday, November 10th as a thank you for their wonderful service. During the luncheon the finished poppies, from our poppy project, will be staked on the front lawn of The Thompson in remembrance of American Veterans of all the wars in which our men and women have been engaged and are engaged today. After lunch, the poppies will go home with their creators for Veterans Day. Come and celebrate with us. A group picture will be taken. Reservations Required.
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

CENTRE HOURS
8 AM-3 PM, Monday-Friday

STAFF
Deanna Jones, Executive Director
djones@thompsonseniorcenter.org
Paula Andsley, Outreach Manager
pandsley@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
rmlain@thompsonseniorcenter.org
Stobhan Wright, Kitchen Assistant, Meals on Wheels Coordinator
swright@thompsonseniorcenter.org
Drivers: Dwight Camp, Gordon 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
Ottawa County Health Center, 457-5414

BOARD OF DIRECTORS
Tom Weschler—President
Liza Dignan—Vice President
Jerry Fredrickson—Treasurer
Sarah Roberts—Secretary
Sam Grice—Advisory
Dick Atwood
Dave Bollinger
Bill Emmons
Peter Goulazian
Anne Herz
Peggy Kasden
Sally Kesseli
Holly Levison
Patsy Mathews
Susan Moor
Daphne Moritz
John Snyder
John Steinle
Tambrey Vucetich

BEHIND THE SCENES

ADVISORY MEETING HIGHLIGHTS

- Discussion about shuffleboard, ping-pong, darts
- Updates from Deanna about Vermont Senior Center Association and Thompson Center strategic planning
- Suggestions related to cleaning
- Program updates and ideas

Please join our next meeting on Monday, November 7th at 1:00 pm. All patrons and volunteers are invited to attend. Your feedback is needed and appreciated!

November 8th is Election day. If you will need a ride to vote, please call The Center 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 already have questions about your benefits, call Economic Services Benefit Service Center 800-479-6151.

Wheelchairs Needed!

Do you have a wheelchair you are no longer using? We are a clearinghouse for medical equipment, and have a shortage of wheelchairs. Please contact Shari at 457-3277 or just bring it over any weekday 8:00 am -3:00 pm. Thank you!

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.

Community Care Coordinator (CCC), Carla Kamel, has office hours at The Thompson.
Times and dates noted on the Program Calendar
Making the Holidays Memorable  
Presented by Susan Moor  
Wednesday, November 9, 1:00 pm

The holidays will soon be upon us and for those people who have memory loss or those who are living with them, the holidays can disrupt the sanctuary of the calm and structured routine that suits them best. There are general themes for these families to follow so that holidays are safe, happy and memorable for everyone. We will be talking about ways to fulfill holiday expectations while lowering stress and affirming the values that are held so dear.

Since holidays are filled with emotion, learning the ways to find the peace and joy of the season without the stress, disappointments and challenges can be overwhelming. Susan Moor will be speaking about ways to prepare, simplify and enjoy the holiday season with opportunities for togetherness, sharing, laughter and memories. With some planning and adjusted expectations, your celebrations can be happy and memorable.

Thompson Holiday Bazaar & Cookie Walk
Saturday, December 3rd  
9:00 - 1:00 pm

Please join us for this annual holiday event where you’ll find a great selection of unique holiday gifts, handmade pottery, ornaments, jewelry, knitted and felted items, wreaths, homemade goodies, jams, jellies, pickles, and more! Santa will visit and our famous Cookie Walk will be upstairs in the conference room. For those generous volunteers who provide us with these delicious cookies we can use an extra dozen this year.

We will be offering raffle prizes once again this year; a handmade quilt from Bonnie Atwood, Janet Maxham, and Emily Schanck, a three month gym membership to the Woodstock Recreation Center, and a six foot Christmas tree. Tickets are $5, or 6 for $20. All proceeds benefit The Thompson Senior Center.

Thank You!

Thank you to everyone who completed an Aging at Home Survey. Our goal was to collect 400 surveys, and we're so pleased to have received 500 responses! Thank you for your thoughtful and insightful input. Stay tuned for exciting things as we begin analyzing the needs and pursuing the suggestions made!
TRIPS

Vermont Symphony Orchestra
Holiday Pops
At the Historic Paramount Theater
in Rutland, Vermont
Sunday, December 11, 3:00 pm Matinee
Depart Thompson at 1:45 pm and return to
Woodstock approximately 7:30 pm
Cost: $70 includes transportation*, tickets, dinner

This Trip is now FULL

The Vermont Symphony Orchestra Chorus joins the VSO for a festive celebration of the season. In addition to excerpts from Messiah, traditional favorites, and a carol sing-a-long, the program includes a marvelous piece by Sowah Mensah from Ghana that features African percussion. Nothing gets you in the mood for the holidays like joyful music, so make merry with your symphony orchestra this Christmas!

Dinner will follow at the award winning Red Clover Inn in Mendon (Vermont Chamber of Commerce Restaurateur of the Year, 2015, and winner of Wine Spectator Award of Excellence, 2013 & 2015).

*In order to keep the cost down and still offer a nice meal, we’ve chartered a Butler school bus for this short trip to Rutland. Please note that tickets are pre-paid and non-refundable. We will not be able to refund cancellations unless we can re-sell your ticket. Your reservation is guaranteed upon receipt of your payment.

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.
Palliative and Hospice Care – What You Need to Know
Wednesday, November 16, 1:00 pm

Visiting Nurse & Hospice of VT and NH and Thompson Wellness Clinic nurse, Mary Ann Conrad, will present an overview of palliative and hospice care and clarify what each service will provide. Please bring your questions as there will be plenty of time for discussion.

CALLING ALL SERIOUS SHOPPERS!
University Mall, Christmas Tree Shop
Tuesday, November 29
- Depart TSC at 8:45 am on Stagecoach Bus
- Shopping at Mall – 10:00-12:00
- Lunch – On Your Own in Williston Shopping Area
- Shopping at Christmas Tree Shop
- Leave Burlington – 2:00 pm
- Cost for transportation: $25 plus lunch on your own

University Mall is Vermont’s largest enclosed mall and features over 70 stores including Bon-Ton, JC Penny, Kohls and Sears. After a morning of shopping, there will be lunch on your own in Williston (Chili’s Grill, Longhorn Steakhouse or Ninety-Nine Pub are popular options) and then off to The Christmas Tree Shop for some more shopping before returning home. Please call to reserve your ride, and note that there will be lots of walking so please wear comfortable shoes.

Please note: A minimum of 16 shoppers is required or the trip will have to be cancelled. Payment is due at time of sign-up.

GAME DAY!

Game Day at The Thompson
Tuesday, December 13, 1:00 pm

We are planning our next Game Day, which will be an afternoon program due to the time of year. If you have a shuffle board set, a magnetic dart set, or even a ping pong table that we can borrow, please call Pam or Shari at The Center. Many games available to play including new Wii Bowling. We look forward to your participation!
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<td>9 W. Leb Shopping*</td>
<td>Thanksgiving Dinner*</td>
<td>10-12:30 CCC Office Hours*</td>
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<td>10 Ongoing Italian</td>
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<td><strong>VETERANS DAY</strong></td>
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<td>9 W. Leb Shopping*</td>
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<td>10-12:30 CCC Office Hours*</td>
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<td><strong>Thanksgiving Day</strong></td>
<td>9:00 Shopping Trip*</td>
<td>9 W. Leb Shopping*</td>
<td>9 Strength &amp; Fitness</td>
<td>BINGO daily at 10:30 am except on birthday day and other special meal days. Location: Dining Room on Mon &amp; Wed. Upstairs conference room on Tuesday, Thursday, Friday.</td>
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## MENU - NOVEMBER 2016

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<td>* Vegetarian meals &amp; Gluten Free are available daily upon request. Please contact our chef in advance. 2% Milk, Coffee, tea, and juices available.</td>
<td>Tossed Salad, Hearty Beef and Vegetable Stew, Roll, Blueberry Cake</td>
<td>Tossed Salad, Penne Pasta w/ Sweet Italian Sausage, Spinach, Tomatoes, Pesto, Fresh Fruit Parfait</td>
<td>Thanksgiving Dinner* Roasted Turkey, Mashed Potato, Gravy, Squash, Cranberry Sauce, Stuffing, Peas and Carrots, Pumpkin Pie</td>
<td>Turkey Soup, Salad, Cottage Cheese, Bread, Fruit Crisp</td>
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<td>Reubens, Sweet Potato Fries, Marinated Vegetable Salad, Strawberry Cake</td>
<td>Chicken Caesar Wrap, Hearty Vegetable Mimo- stone, Cottage Cheese, Rum Raisin Rice Pudding</td>
<td>Bangers &amp; Mashed, Onions &amp; Gravy, Peas, Carrots, Fresh Fruit</td>
<td>Veterans Day Lunch* Tossed Salad, Roasted Tarragon Chicken Breast over Fettuccine with Asparagus &amp; Mushrooms, Berry Turnover</td>
<td>Veterans Day Closed</td>
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<td>Tacos w/ Ground Beef Cheese, Lettuce, Tomato, Salsa, Sour Cream, Red Beans and Rice, Roasted Vegetables, Chocolate Chip Cookies and Fruit</td>
<td>Tossed Salad, Chicken Parmesan over Multigrain Pasta, Garlic Bread, Tuscan Blend Vegetables, Fresh Fruit Salad</td>
<td>Beer Battered Haddock, Steak Fries, Coleslaw, Warm Apple Crisp</td>
<td>Birthday Day* Roast Beef, Au Jus, Scalloped Potato, Broccoli with Hollandaise, Roll, Cake and Ice Cream</td>
<td>Chicken, Bacon and Potato Soup, Biscuit, Tossed Salad, Chef's Choice Dessert</td>
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<td>Chef's Choice</td>
<td>Meatloaf, Smashed Potato, Gravy, Peas &amp; Carrots, Peach Rhubarb Crisp</td>
<td>Grilled Hot Dogs, Chef's Slow Cooked Baked Beans, Cole Slaw, Chef's Choice Dessert</td>
<td>Thanksgiving Day CLOSED</td>
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<td>Tossed Salad, Supreme Pizza w/ Peppers, Onions, Mushrooms, Olives, Pepperoni, Coconut Macaroons w/ Pineapple</td>
<td>Tossed Salad Spinach, Ham &amp; Cheese Quiche, Roasted Sweet Potato fries, Black Raspberry Ice Cream w/ Berries</td>
<td>Lasagna, Tossed Salad, Garlic Bread, Fresh Fruit Salad</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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### Homemade Pies for Sale!

During the week of Thanksgiving the kitchen will be offering homemade pies for sale. Siobhan has generously offered to make apple, pumpkin and blueberry pies for $12.00 a piece. Make your holiday planning easier and purchase one of our delicious homemade pies!

### Reservations Required

Please sign-up in advance for special meals and Birthday Day. This month includes Thanksgiving Dinner on the 3rd, Veterans Day Lunch on the 10th, and Birthday Day on the 17th. 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 CLASS**

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

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**Weekly Game Schedule**

**Bingo**  
Daily at 10:30 am

**Double King Pede**  
Tuesdays at 10:00

**Scrabble**  
Tuesdays at 1:00 pm

**Mahjong**  
Tuesdays at 12:30 pm  
Thursdays at 2:00 pm

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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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**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, 11/30, 12/7 & 14, 1/4, 11, 18**  
Beginners/Intermediate 9:30 am  
Upper Intermediate/Advanced 10:45 am

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

Cost: $3.00/class ($27 for 9 sessions) 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).

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**BRAIN BUILDERS**

In the following grid, sort the even numbers in descending order as quickly as possible.

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WELLNESS PROGRAMS

CAREGIVER SUPPORT GROUP
Wednesday, November 16, 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.

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.

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.

Low Vision Support Group
Every 3rd Thursday of the Month
10:15 - 11:45 am
November’s Guest Speaker: Bob Lanoue, VABVI board member, will share his own story of visual impairment.

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.

Wellness Clinic & Blood Pressure Screenings
Tuesday, November 22, 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.

When it comes to finding tools for staying healthy, active, and involved, The Thompson is the place to start!
Glen Campbell Movie
I'll Be Me
Saturday, November 12, 3:00 pm
at Pentangle Arts Theater

This film documents this amazing journey as Glen Campbell and his family attempt to navigate the wildly unpredictable nature of Glen's progressing Alzheimer's disease using love, laughter and music as their medicine of choice. Panel discussion to follow.

Open to the public at no charge - donations will be accepted at the door.

Sponsored by the Ottauquechee Health Foundation with partners Pentangle Arts and the Thompson Center.

Annual Thanksgiving Dinner
Thursday, November 3, 12:00 pm

ONE Seating
Reservations Required

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

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.

For the gardeners out there who missed Charlie Nardozzi's September 15th presentation at The Thompson, use this address to sign up for his monthly newsletter!

http://gardeningwithcharlie.com/newsletter/

BOOK GROUP
Wednesday, November 9 at 1:00 pm

We're reading Circling the Sun, an historical novel by Paula McLain. It's a biography of Beryl Markham, the first person, a woman at that, to fly the Atlantic, west to east. This work focuses on her early life, however. She grew up in Kenya and became the first licensed female horse trainer. Her mother and a brother left when she was just 4, she was pushed into marriage at 16, and she became part of a famous love triangle. Hope to see you on November 9th at 1:00.
IN LOVING MEMORY & APPRECIATION

IN APPRECIATION
Chippers - wood chips
Farmhouse Inn - flowers
Janet Smith - medical equipment
Peter Brock - medical equipment
Nancy Heidt - medical equipment
Elva Fish - medical equipment
Kathy Dudley - cooler
Linda Manning - medical equipment
Patsy Matthews - printer

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
Maggie Hutt
   Carol Powell
Jack Griggs
   Carol Powell
Esther Maynes
   Patricia Tilton
Gladys (Gladie) Cleveland
   The Sharp Book Club

SHARE THE HARVEST
Laura Robinson - cherry tomatoes, herbs, tomatoes
Janet & Bob Foreman - pole beans, tomatoes, squash
Joe Haines - apples
Lynn Peterson - tomatoes
John Audsley - tomatoes
Anne Bower - tomatoes, cucumbers
Pat Gould - apples
Joe Haynes - apples
Mike Maxham - cider

NOVEMBER BIRTHDAYS
1st     Norman      Boynton
1st     Barbara     Condict
1st     Olive       Greenough
2nd    Lyle        Hall
2nd    Elizabeth   Deignan
2nd    Doug        Phillips
3rd    Lindsay     Heath
3rd    Betty Ann   Lantz
3rd    Ruth        Wiegend
4th    Sarah       Roberts
4th    Dorcas      Freeman
5th    Don         Frakes
5th    Carole      Pickett
5th    Joan        Columbus
6th    Faith       Wills
6th    Nancy       Winn
7th    Bernard     Strong
7th    Craig       Hadden
8th    Judy        Mahood
8th    Thelma      Jilson
9th    Margaret    Thomas
9th    Bruce       Gould
9th    James       Bradley
10th   Deanna      Jones
10th   Richard     Eary
10th   Betty Lou   Skottet
10th   William     Emmons
10th   Stacey      Forest Helm
11th   Susan       Moor
11th   Coleman     Hoyt
12th   Rhonda      Bruce
12th   Constance   Burnham
12th   Patricia    Powers
13th   Taylor      Schanck
13th   Loie        Havill
14th   Constance   Hitchcock
14th   Patricia    Gould
15th   John        Brand
16th   Nathan      Willard
17th   Margaret    McCracken
17th   Jack        Derevensky
17th   Carol       White
18th   Cherl       Bergeron
19th   Diane       Frake
19th   Rose        Kwiatkowski
20th   Philip      Tomlet
21st   Pamela      Jaynes
21st   Sophia      Stone
21st   Mary        Croft
21st   Theresa     Baribeau
21st   Marilyn     Spaulding
21st   Josephine   Royle
22nd   Eileen      Mallon
22nd   Theo        Howe
22nd   Nancy       Jonas
22nd   Neal        Campbell
23rd   Joan        Harvey
23rd   Elizabeth   Marciano
24th   Carolyn     Maynard
24th   Elizabeth   Frederick
25th   Margaret    Maxham
26th   Jim         Smiddy
26th   Beverly     Regan
27th   Richard     Erdrick
27th   Fred        Doten
27th   James       Ford
17th   Valentine   Melnicenko
28th   Merle       Sanderson
29th   Mary        Costella
29th   Charles     Rattigan
29th   Carole      Szarkes
29th   Lloyd       Cook

On November 17th we will celebrate your special day with special music after a delicious lunch! Please call to make a reservation for lunch and join us!

THE THOMPSON TIMES PAGE 11
Thank You to Our Transportation Sponsors and Grants:

- Cedar Hill
- Continuing Care Community
- Ottauquechee Plumbing
- Connected-at-Home
- Woodstock Insurance
- Dead River Company
- Senior Solutions

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