



# The Thompson Times

AT THE CENTER FOR SENIORS AND COMMUNITY

NOVEMBER 2017

## VETERANS DAY



**VETERANS LUNCHEON &  
CEREMONY  
NOVEMBER 9TH AT 11:45**

Veterans are invited for a **free** lunch at the Thompson on **Thursday, November 9th**. At 11:45 the American Legion will lead a short ceremony around the flag. During the ceremony the finished poppies from our poppy project will be displayed in honor 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.**

### MENU:

**Chicken Ala King, Vegetable Medley,  
Biscuits, Tossed Salad, Oatmeal  
Cran-Raisin Cookies with Fruit**



## AGING AT HOME DAY OF SERVICE NOVEMBER 4, 2017



**Struggling to get some small odd jobs done around your home before winter?**

The Thompson is happy to help! We are offering the very first *Day of Service* as a part of the "pilot" phase of our new Aging at Home program.

### What is a *Day of Service*?

An opportunity for Thompson volunteers & staff to assist our 65+ community with odd jobs around their home. Helpers will be available for 1-2 hours for non-skilled odd jobs at your home on Saturday, November 4<sup>th</sup>.

A few examples of jobs for Days of Service include:

- Changing smoke detectors batteries
- Winterizing gardens – wrapping bushes, trimming plants, cleaning up flower beds
- Sweeping porches
- Stacking wood
- Raking leaves
- Breaking down cardboard boxes

### Important details:

You will need to provide any materials needed for your odd job (batteries for smoke detectors, burlap for wrapping bushes, etc.)

Jobs should be manageable for 2-3 helpers to complete in no more than 2 hours.

All project requests will be reviewed on a first come, first serve basis and will be approved by our Aging at Home committee. If a project is too large, or requires more skilled labor, we will refer you to a service provider.

Cost: \$20/per man hour. Example: An hour job that requires 2 people will be \$40. Grant money may be available to help offset this fee, upon request.

To sign-up for the Day of Service, call or email our Administrative & Resource Assistant, Shari, at [sborz@thompsonseneiorcenter.org](mailto:sborz@thompsonseneiorcenter.org) or (802) 457-3277. She will ask for details about your requested project. Requests **MUST BE** received by October 25<sup>th</sup> so that we can review requests and match up the best helpers for each project.



## 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](http://www.thompsonscenter.org)

### CENTER HOURS

8 AM-3 PM, Monday-Friday

### STAFF

**Deanna Jones**, Executive Director,  
[djones@thompsonscenter.org](mailto:djones@thompsonscenter.org)  
**Paula Audsley**, Outreach Manager,  
[paudsley@thompsonscenter.org](mailto:paudsley@thompsonscenter.org)  
**Pam Butler**, Program Director,  
[pbutler@thompsonscenter.org](mailto:pbutler@thompsonscenter.org)  
**Jen Bloch**, Marketing Coordinator  
[jbloch@thompsonscenter.org](mailto:jbloch@thompsonscenter.org)  
**Shari Borzekowski**, Administrative &  
Resource Assistant,  
[sborz@thompsonscenter.org](mailto:sborz@thompsonscenter.org)  
**Ryan Martin**, Chef,  
[rmartin@thompsonscenter.org](mailto:rmartin@thompsonscenter.org)  
**Siobhan Wright**, Kitchen Assistant, Meals  
on Wheels Coordinator  
[swright@thompsonscenter.org](mailto:swright@thompsonscenter.org)  
**Drivers: Dwight Camp, Tom Morse,**  
**Nelson Gilman, Charlie Seitz**

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*  
Sar Thomah Roberts—*Secretary*  
Sam & Eleanor Grice—*Advisory*  
Dick Atwood  
Dave Bollinger  
Ginny Eames  
Bill Emmons  
Peter Goulazian  
Anne Herz  
Peggy Kasden  
Holly Levison  
Susan Moor  
Daphne Moritz  
John Snyder  
Tambrey Vutech  
Wendy Wannop  
Tom Weschler

## BEHIND THE SCENES

### ADVISORY MEETING HIGHLIGHTS

- trip ideas
- suggestion box discussion
- review of Aging in Vermont conference in Killington

**Please join our next meeting on Monday, December 4 at 1:00 pm.** All patrons and volunteers are invited to attend. Your feedback is needed and appreciated!

### Thompson Center Receptionist Meeting

**Monday, Oct. 16, 10:30 am or Thursday, Nov. 2, 1:00**

**Agenda:** New Aging at Home program information and refresher on reception procedures

Please R.S.V.P. for whichever meeting time you prefer.

**Paula Audsley at 802-457-3277.**

All Front Desk volunteers please plan to attend one of the meetings.



**November 7th is Election day. If you will need a ride to vote, please call The Center to make arrangements.**



### DID YOU KNOW?



The Thompson has a nice, little library that anyone is welcome to utilize. We have a wide variety of current authors and genres, a section of large print books, as well as, an enlarger at your disposal. The volunteer librarian, Priscilla Pannell, does a great job of rotating books so that we have a nice selection to offer. The next time you're looking for a good read, come to The Thompson!

### NEED MEDICAL EQUIPMENT?

The Thompson has a supply of durable medical equipment to be loaned out as needed, including walkers, rollators, canes, commodes, shower chairs, wheelchairs and other adaptive equipment. There is no charge and no time limit on borrowing these items. If you need it and we have it, you are welcome to borrow it, so be sure to check with us before purchasing. We also accept donations of these items when you are finished with them. Please contact Shari to donate or borrow medical equipment: (802) 457-3277 or [sborz@thompsonscenter.org](mailto:sborz@thompsonscenter.org)



## NEWS & EVENTS



### **Fiddler Adam Boyce Performs Accompanied by Guitarist and Vocalist Merv Comes Wednesday, November 1, 1:00 pm**

Adam Boyce has been called the foremost disciple of the late old-time fiddler Harold Luce of Chelsea. He started taking lessons from Luce in 1991, going on to play fiddle and piano with him for contra/square dances and many other occasions for over 20 years. Adam has become a recognized fiddler in his own right, as well as a dance caller, composer, historian, lecturer, published author, and sugarmaker. He has been a part of the Vermont Humanities Speakers' Bureau since 2001, and the New Hampshire Humanities To Go since 2005. Adam and his wife, Mary-Anne, live in West Windsor, Vermont.

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### **The Loons on Golden Pond Join us For This Award-Winning Video Tuesday, November 28, 1:00 pm**

*Never before has the life of the common loon been filmed so dramatically close, so beautifully and memorably as in this award winning, Emmy-nominated video adventure on Golden Pond.*

Be with a loon pair, mated for life, when they court, bathe, dive, hunt fish, close up. Stay with them as they patiently incubate their two olive-colored eggs: see how carefully they roll each egg in the nest, and how they protect them from danger. Thrill to their mournful calls and wild laughter in the wilderness night.

*Approximate run time is 60 minutes.*



### **Thompson Holiday Bazaar & Cookie Walk Saturday, December 2nd**

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.

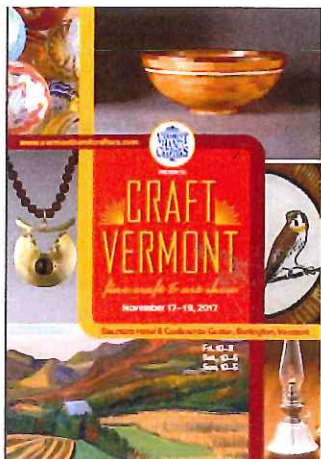
#### **RAFFLE ITEMS:**

- ♦ Floral Checker Board Quilt Pattern /King Size Quilt Made by Janet Maxham - value \$1,000
- ♦ Tocco Terra Pottery by Veronica Delay
- ♦ Sleigh Ride or Carriage Ride for Two ~ Kedron Valley Stables

Tickets are \$5, or 6 for \$20. **All proceeds benefit The Thompson Senior Center.**



## TRIPS



### **The Vermont Handcrafters' Holiday Fine Craft and Art Show**

**Friday, November 17, 2017**

**Sheraton Conference Center, Burlington, VT**

**Cost: \$16 for show entrance and transportation. Lunch is on your own.**

Depart Thompson on our van at 9:00 am. After the craft show we will have lunch on our own at a local restaurant followed by a stop at the Christmas Tree shop on the way home.

### **WAIT LIST ONLY**

### **Vermont Symphony Orchestra Holiday Pops At the Historic Paramount Theater, Rutland, Vermont Sunday, December 10, 3:00 pm Matinee**

**Dinner will follow at the award winning Red Clover Inn**

**Depart Thompson at 1:45 pm and return to Woodstock approximately 7:30 pm . Cost \$70 includes transportation, tickets, and dinner**



VERMONT  
SYMPHONY  
ORCHESTRA

The Vermont Symphony Orchestra's 2017 Holiday Pops features festive music from around the world, a carol singalong, and a special appearance by the Bronze Ambassadors, an award-winning student bell choir from Newport. Syrian composer Suad Bushnaq will join us for a performance of her beautiful Tomorrow, bringing a message of hope and peace. Russia is well represented with Glazunov's "Winter" and selections from the Nutcracker, then back to America for Chadwick's Jubilee & Noel, and – of course – Sleigh Ride! The VSO will be led by Guest Conductor Anne Decker. A family style dinner will follow at the Red Clover Inn in Mendon.

*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 only with receipt of 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.



## PROGRAMS

### **Monthly Art Project with ArtisTree at The Thompson Mexican Painted Tin Ornaments Wednesday, November 1, 1:30 pm**



For November's crafting project, ArtisTree staff will teach us how to create an embossed tin design embellished by color, known as Mexican Tin Art. This a popular art form that has been passed down through the generations. Artists use tin to create sculptures, ornaments, and picture frames. Tin work, known in Mexico as hojalata, goes back to the 16th century. Tin art is produced when pieces of tin are cut, shaped, and embossed with a pattern. Pre-registration is requested.



### **Medicare Open Enrollment: 1:1 Assistance Available at The Thompson Thursdays, November 2 and 16, 9-12**

For 2018 Medicare coverage, the open enrollment period is from October 15 to December 7. During this annual enrollment period (AEP) you can make changes to various aspects of your coverage. A Senior Solutions volunteer will be available at The Thompson for individual assistance by appointment. To make an appointment, please call Shari at The Thompson and bring the following information to your scheduled appointment.

- A Medicare card (red, white and blue card w/ SSA# on it)
- Current 2017 Medicare Part D card or Medicare Advantage Card
- A list of prescription medications including drug name, dosage amount and quantity for a month's use.



### **Holiday Gift Making with ArtisTree A Generation to Generation Collaboration at The Thompson Monday, December 4, 3:30-5:00 pm**



Finnie Trimpi will lead this crafting work shop where we will create snow globes using a few simple household materials, add some sparkle... and give them a shake! These winter wonderlands make the perfect seasonal gift or decoration for your own home. **We invite students and Thompson friends to join us for this collaborative project.** Please call The Thompson to pre-register. *This program is free and open to children and adults of all ages.*

# PROGRAM CALENDAR - NOVEMBER 2017

Mon	Tue	Wed	Thu	Fri
		1	2	3
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,	* Indicates that sign-up/ reservations are required	<b>9 W. Leb Shopping*</b> 9:30 Beginner Tai Chi 10:30 Handwork Cir. 10:45 Advanced Tai Chi 12 French Table <b>1:00 Music</b> <b>1:30 ArtisTree Art Project*</b>	9 Strength & Fitness <b>9 - 12 pm 1:1 Medicare Counseling*</b> 10 Cribbage 10:00 Italian Study 12 Italian Table 1 Italian Intermediate <b>1 Reception Training</b> 2 Mahjong 3 Bone Builders	9 Pickle Ball <b>10-12:30 CCC Office Hours*</b> 10 - 11:30 Painting at ArtisTree* 12 German Language Table Open Ping Pong
6	7	8	9	10
9 Strength & Fitness 10:15 Memoir Group <b>1 Advisory Meeting</b>	9 Strength & Fitness 10 Double King Pedo 10 Beginning Italian* 12:30 Mahjong 3 Bone Builders	9:30 Beginner Tai Chi 10:30 Handwork Cir. 10:45 Advanced Tai Chi 12 French Table 1 Book Group	<b>Veterans Day Lunch*</b> 9 Strength & Fitness 10 Cribbage 10:00 Italian Study 12 Italian Table 1 Italian Intermediate 2 Mahjong 3 Bone Builders	CLOSED
13	14	15	16	17
9 Strength & Fitness 10:15 Memoir Group <b>1-3 Advanced Directives</b>	<b>Thanksgiving Dinner*</b> 9 Strength & Fitness 10 Double King Pedo 10 Beginning Italian* <b>10 Veggie VanGo at MAH</b> 10-2:30 Ping Pong 12 Spanish Table 12:30 Mahjong 3 Bone Builders	<b>8:30 Board Meeting</b> <b>9 W. Leb Shopping*</b> <b>9-2:30 Foot Clinic*</b> 9:30 Beginner Tai Chi 10:30 Handwork Cir. 10:45 Advanced Tai Chi 12 French Table 12:30 Caregiver Support Group	9 Strength & Fitness <b>9 - 12 pm 1:1 Medicare Counseling*</b> 10 Cribbage 10:00 Italian Study 10:15 Low vision Support Group 12 Italian Table 12:45 Lucy Mac 1 Italian Intermediate 2 Mahjong 3 Bone Builders	9 Pickle Ball <b>9 Vermont Handcrafter's Trip*</b> <b>10-12:30 CCC Office Hours*</b> 10 - 11:30 Painting at ArtisTree* 12 German Language Table Open Ping Pong
20	21	22	23	24
<b>8:30 Newsletter Folding</b> 9 Strength & Fitness 10:15 Memoir Group	9 Strength & Fitness 10 Double King Pedo 10 Beginning Italian* 10-2:30 Ping Pong 11:30 Commodities 12 Spanish Table 12:30 Mahjong 3 Bone Builders	10:30 Handwork Cir. 12 French Table	<b>Thanksgiving Day CLOSED</b>	CLOSED
27	28	29	30	
9 Strength & Fitness 10:15 Memoir Group	9 Strength & Fitness 10 Double King Pedo <b>10-12 Wellness Clinic</b> 10 Beginning Italian* 10-2:30 Ping Pong 12 Spanish Table 12:30 Mahjong <b>12:30 - 2:45 Foot Clinic*</b> <b>1:00 Loon Movie</b> 3 Bone Builders	9:30 Beginner Tai Chi 10:30 Handwork Cir. 10:45 Advanced Tai Chi 12 French Table	<b>Birthday Day*</b> 9 Strength & Fitness 10 Cribbage 10:00 Italian Study 12 Italian Table 1 Italian Intermediate 2 Mahjong 3 Bone Builders	

# MENU - NOVEMBER 2017

Mon	Tue	Wed	Thu	Fri
		<b>1</b>	<b>2</b>	<b>3</b>
<b>Meal Pricing:</b> ~ \$ 7 charge for those under age sixty ~ \$ 5 suggested donation for ages sixty and over	* indicates that sign-up/reservations are required (Birthday Day & special holiday meals)	Stuffed Meatloaf with Spinach and Cheese, Parsnip Mashed, Potatoes, Gravy, Peas & Baby Carrots, Sorbet & Fruit	Chicken Marsala, Rice Pilaf, Cucumber & Tomato Salad, Green Beans, Ginger Snap and fruit	Tossed Salad, Penne Pasta w/ Sweet Italian Sausage, Spinach, Tomatoes, Pesto, Garlic bread, Fresh Fruit Parfait
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
Chicken Caesar Wrap, Pumpkin Soup, Cottage Cheese, Berry Crisp	Macaroni & Cheese, Beets, Lime and Spice Peach Cobbler	Swedish Meatballs over Egg Noodles, Broccoli and Carrots, roll, Fresh Fruit Salad	<b>Veterans Day Lunch*</b> Tossed Salad, Chicken Ala King, Vegetable Medley, Biscuits, Oatmeal Cran-Raisin Cookies/Fruit	<b>CLOSED</b>
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
Roast Beef Sandwich with Cheddar, Lettuce, Tomato on Multi-Grain Roll, Kale Soup, Ice Cream	<b>Thanksgiving Dinner*</b> Roasted Turkey, Mashed Potatoes, Gravy, Squash, Cranberry Sauce, Stuffing, Peas & Carrots, Roll, Pumpkin Pie	Tortellini with Asparagus and Lemon Topped with Grilled Chicken Served w/ Tossed Salad, Pumpkin Chip Cookie	Cheese Pizza, Greek Salad w/ Lettuce, Cucumber, Pepper, Olives, Feta Cheese, Chocolate Chip Cookie and Fruit	Open-Faced Hot Turkey & Gravy Sandwich, Salad, Chocolate Cake
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
Chicken Milanese Sandwich with Mozzarella, Arugula and Tomato on a Multigrain Roll, Vegetable Minestrone Soup, Fruit Crisp	Multigrain Spaghetti & Meatballs, Garlic Bread, Tossed Salad, Fresh Fruit Salad and Lemon Cookie	Tilapia Florentine (Spinach and Cheese), Herb Roasted Potatoes, Lime Carrots, Coconut Cream Pie	<b>Thanksgiving Day CLOSED</b>	<b>CLOSED</b>
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	
Grilled Hamburger on Bun, Macaroni Salad, Cole Slaw, Fresh Fruit	Pan Seared Chicken Breast, Creamy Cheddar Polenta, Spinach Supreme (Spinach, Sour Cream, Parmesan and Monterey Jack Cheese), Applesauce Cake	Traditional Lasagna, Tossed Salad, Garlic Bread, Fresh Fruit Salad	<b>Birthday Day*</b> Roast Beef, Au Jus, Scalloped Potato, Broccoli w/ Hollandaise Sauce, Roll, Cake & Ice Cream	<b>Vegetarian meals &amp; Gluten Free are available upon request. Please contact chef in advance. 2% Milk, Coffee, Tea and Juices available</b>

## \* Reservations Required \*

Please sign-up in advance for special meals and Birthday Day. This month includes **Veterans Day Lunch on November 9, Thanksgiving Dinner on the 14th, and Birthday Day on the 30th.** 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.

**Also, please remember to cancel if you can't make it so that others can attend! Thank You**



# EXERCISE CLASSES

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

## 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.

## BRAIN BUILDER

### Pay Attention (Medium)

**Read and memorize the following series of letters:**

**Letters: L, S, R, U, C, Z**

**Now cover the letters and try to recall them in the reverse order in which were listed above.**

## 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

**Beginner Class 9:30 - 10:30 am**

**Advanced Class 10:45 - 11:45am**

**Nov 1, 8, 15, 29 & Dec 6, 13**

**Cost is \$18**

The July 2017 *Consumer Reports* featured an article, "To Prevent Falls, Try Tai Chi." TSC's seniors have found that tai chi really does help your balance. This gentle, slow exercise also helps with arthritis, back pain, high blood pressure, blood sugar control, sleep problems, and concentration. Posture improves and so does stress reduction. As the article emphasizes, tai chi can be more effective for fall prevention than physical therapy, stretching exercises, yoga, and balance training! We apply our tai chi moves to actions in daily life (walking, housework, yardwork, etc.), and we're also practicing deep breathing, body alignment, and strengthening our leg and core muscles. TSC's instructors have many years of experience and love seeing the progress class participants make. "Each person makes adjustments for their own body," Anne Bower explains. "Tai chi is not about learning the moves perfectly but about learning them in a way that makes sense for your own structure." Give tai chi a try! Your first class is always free. Hand-outs are provided and you can also purchase a DVD to practice at home.

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

For more information contact Anne at [anniebower@yahoo.com](mailto:anniebower@yahoo.com) or 457-2877

## Open Pickle Ball Woodstock Athletic Club Fridays, 9:00 - 10:30 am



**Cost:** \$10 per 1.5 hr court time session. Walk-ins welcome and equipment is provided. Ride service available from The Thompson with advance notice.



## WELLNESS PROGRAMS

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

***November Meeting: General Discussion  
About Living with Low Vision***

The Vermont Association for the Blind and Visually Impaired is offering this 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** **4th Tuesday, 10 - 12 noon**

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

### **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. 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.

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

### **CAREGIVER SUPPORT GROUP** **Wednesday, November 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 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.



## CLASSES & PROGRAMS



### 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!



### Painting at ArtisTree A Collaboration Between The Thompson Center and ArtisTree

**Instructor: Murray Ngoima**

**Friday mornings, 10:00 - 11:30 am**

Session 2: Oct 27 - Dec 1, Cost \$40

No Class on 11/10 or 11/24

\$10 Drop in Fee for either session

To register call The Thompson 457-3277.

### Come Visit our Gratitude Tree And Share Your Thoughts....



The month of November evokes thoughts of upcoming holidays, family gatherings, and the many blessings in our lives. We are creating our first Thompson Gratitude Tree where we invite you to share your thoughts on who

and what makes you feel grateful. Cut-out leaves will be available to write on and hang on the tree for everyone to read, enjoy and reflect. Please join us in getting started this holiday season.

### Annual Thanksgiving Dinner Tuesday, November 14, 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. \$7 for those under 60.**

### Weekly Game Schedule

#### **Bingo**

**Daily at 10:30 am**

**(based on availability of caller)**

#### **Pickle Ball**

**Fridays**

**9:00 - 10:30 am**

**(at WAC)**

#### **Double King Pede**

**Tuesdays at 10:00 am**

#### **Cribbage**

**Thursdays at 10:00 am**

#### **Mahjong**

**Tuesdays at 12:30 pm**

**Thursdays at 2:00 pm**

#### **Ping Pong**

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

**Fridays - all day**



# IN APPRECIATION

## IN APPRECIATION

Thread - Grete Heller  
 Elisa Sawyer - Medical Equipment  
 Pat & Curtis Blake - Puzzles & Games  
 Michael Maxham - Apple Cider  
 Carol Powell - Flowers  
 Tina Martin - Eyeglasses  
 Yankee Bookshop - Books  
 In Memory of Jean Chase - Medical Equipment  
 Laura Robinson - tomatoes & herbs  
 Lynn Peterson - lettuce and beans  
 Linda Maxham - cider  
 Jerry Frerickson - apples  
 Mavis Shaw - lettuce  
 Dick Brackett - zucchini  
 Nelson Gilman - zucchini  
 Joyce Gilman - cherry tomatoes  
 Peggy Kasden - pears

## 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



## 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.

## NOVEMBER BIRTHDAYS

1st	Norman	Boynton	11th	Susan	Moor	22nd	Eileen	Mallon
1st	Barbara	Condict	11th	Coleman	Hoyt	22nd	Nancy	Jonas
1st	Helen	Earle	12th	Rhonda	Bruce	22nd	Neal	Campbell
2nd	Elizabeth	Deignan	12th	Constance	Burnham	23rd	Joan	Harvey
2nd	Doug	Phillips	12th	Patricia	Powers	23rd	Elizabeth	Marciano
2nd	Jeanne	Ward	13th	Taylor	Schanck	23rd	Nancy	Mills
3rd	Lindsay	Heath	13th	Loie	Havill	23rd	Robert	Leister
3rd	Betty Ann	Lantz	13th	Ellyn	Bradley	24th	Carolyn	Maynard
3rd	Ruth	Wiegand	14th	Constance	Hitchcock	24th	Elizabeth	Frederick
3rd	Eileen	Orcutt	14th	Patricia	Gould	25th	Margaret	Maxham
4th	Sarah	Roberts	14th	Daniel	Johnson	26th	Jim	Smiddy
4th	Dorcas	Freeman	15th	John	Brand	26th	Beverly	Regan
5th	Don	Frakes	16th	Nathan	Willard	27th	Richard	Brodrick
5th	Carole	Pickett	17th	Margaret	McCracken	27th	Fred	Doten
5th	Joan	Columbus	17th	Jack	Derevensky	27th	James	Ford
5th	Wallace	Orcutt	17th	Bonnie	Gallagher	27th	Lorraine	Crawford
6th	Faith	Wills	18th	Carol	White	27th	Valentina	Melnichenko
6th	Nancy	Winn	18th	Cheri	Bergeron	28th	Merle	Sanderson
7th	Bernard	Strong	18th	Roy	Bates	29th	Mary	Costella
7th	Craig	Hadden	19th	Diane	Frake	29th	Rhoda	Moore
8th	Judy	Mahood	19th	Rose	Kwiatkowski	29th	Charles	Rattigan
8th	Thelma	Jillson	19th	Ron	Baker	29th	Carole	Sparkes
9th	Margaret	Thomas	20th	Philip	Tomlet	29th	Lloyd	Cook
9th	Bruce	Gould	20th	Regina	Lawrence			
9th	James	Bradley	21st	Pamela	Jaynes			
10th	Deanna	Jones	21st	Sophia	Stone			
10th	Richard	Eary	21st	Mary	Croft			
10th	Betty Lou	Skottet	21st	Josephine	Royle			
10th	William	Emmons						
10th	Stacey	Forest Helm						

*On Nov. 30th we will celebrate your special day with a delicious meal! Please call to make a reservation for a complimentary lunch!*



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

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

## 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

## Winter Closing Policy

The Center is always closed when the Woodstock schools are cancelled. You can find out if the Woodstock schools are cancelled after 6:15 AM by checking [www.sovernet/schoolclosings](http://www.sovernet/schoolclosings) or [www.vpr.net](http://www.vpr.net) or calling the school at 457-1317. We also close when we feel driving conditions are not safe for our participants. Call the Senior Center after 8 AM. If we are closed, there will be a message on our machine.

## Thank You to Our Transportation Sponsors and Grants:



Ottawaquechee Plumbing



## FUEL ASSISTANCE

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