Aging at Home Services Launched

Our newly launched support services for Aging at Home may be just what you need to stay safely and successfully living in your own home. Those who attended our Annual Meeting heard details about our new plans, but for those who were unable to attend here is a summary:

We have dedicated staff available during all hours of operation for ANY Aging at Home related question. We have improved our process for referrals and now check references for all service providers that we refer. Working closely with the Woodstock Area Job Bank, the Ottauquechee Health Foundation, and the Community Care Coordinators, we are being careful not to duplicate services while providing referrals to trusted service providers.

November 4th we held our first ever Day of Service to help with odd jobs around the house. 10 helpers went out into the community to sweep porches and garages, bag leaves, and put away bird feeders and lawn furniture for the winter. Participant and volunteer feedback was terrific and this light assistance was greatly appreciated. Watch for more Days of Service in 2018. The next one will be on January 6, 2018. If you could use a hand with taking out your Christmas tree, packing up decorations, or other small jobs let us know! Throughout the year, helpers will be available for 1-2 hours for non-skilled odd jobs again in the Spring, Summer, and Fall on designated days.

We’re also piloting what we’re calling Quick Fixes if your odd job can’t wait for a Day of Service. Examples of a Quick Fix might be changing a lightbulb in a high ceiling bathroom fixture or carrying water softener salt or wood pellets inside for you. Please note that we do ask for a small fee of $20/per person/hour for Days of Service and Quick Fixes to help offset the cost of administering these services, but grant money is available if that fee is prohibitive.

Our Administrative Assistant and Aging at Home Coordinator, Shari Borzekowski, is ready and waiting for your call, and we’re all here to help. Suggestions and ideas are welcome too! Transportation will be the next big project we take on as we continue to grow our Aging at Home support.
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 approximately $5,500.00 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 - Shari Borzekowski
Tocco Terra Pottery - Donna Hay
Sleigh or Carriage Ride - Geri Jensen

ADVISORY MEETING HIGHLIGHTS

- Holiday Bazaar review and ideas for next year.
- Special appreciation for Paula Audsley
- January program announcements
- Update from the Tristate Learning Collaborative on Aging Conference

Please join our next meeting on Monday, January 8 at 1:00 pm. All patrons and volunteers are invited to attend. Your feedback is needed and appreciated!

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.

Brain Builder Answer: Margaret Taylor, Jane Pierce, Anna Harrison, Letitia Tyler, Sarah Polk

Sign up for the e-newsletter by emailing: jbloch@thompsonseniorcenter.org
Accidental Collapse of Germany
Presented by Jürgen Ewert, Osher Lifelong Learning Institute Instructor
Fridays, January 12 - February 16, 2018
1:00 - 3:00 pm, Cost: $20 for the series

Jürgen will analyze the events in East Germany that were causing the fall of the Berlin Wall in 1989 by using information provided by Mary Elise Sarotte in her book "The Collapse." He will contribute thoughts based on his own life experience. Since he was already residing in the United States when the Berlin Wall fell he developed a different view of German politics than most former East Germans. Advance registration required by calling The Thompson. 457-3277.

Armchair Travel Presentation:
A Plant Hunting Trip to the Dolomites
Presented by Patsy Highbert and Mark Binder
Thursday, January 18, 1:00 pm

Patsy Highbert has been an avid and accomplished gardener for over forty years. Her beautiful Woodstock gardens include an alpine rock garden created from a band of limestone indigenous to our area of Vermont. Her passion for rock gardening and a yearn to hike in the northern Italian Alps spurred the interest for her recent trip to the Dolomites, also known as the "Pale Mountains". Together with her friend, Mark Birder, Patsy will share her photos from her plant hunting adventure.

Mark Binder is a professional gardener whose training began at Longwood Gardens in Pennsylvania. In 2006 he completed a Masters Degree in botany at the Royal Botanic Garden, Edinburgh. Mark also works as a director/cameraman for the medical non-profit, Global Health Media Project.

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 2017 taxes free of charge during scheduled appointments on Mondays, February 5th to April 9th 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 2017 property tax bill. If you are filing for a Renter's Rebate, Homeowners Property tax rebate or 2017 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

Noises Off
by Michael Frayn
Directed by Peter Hackett
Northern Stage – Barrette Center For the Arts
Thursday, April 19 at 2:00 pm
Details to Follow

Called the funniest farce ever written, Noises Off presents a manic menagerie as a cast of itinerant actors rehearse a flop called Nothing’s On. Doors slamming, on and offstage intrigue, and an errant herring all figure in the plot of this hilarious and classically comic play. “The most dexterously realized comedy ever about putting on a comedy. A spectacularly funny, peerless backstage farce. This dizzy, well-known romp is a festival of delirium.” – The New York Times

The Thompson Center Presents
Southern Charm Discovery
Featuring Charleston, Jekyll Island & Savannah

October 14 – 20, 2018
7 days - 9 meals: 6 breakfasts, 3 dinners

Book by April 7, 2018 and save $100 per person/ $2,649 dbl occupancy includes round trip airfare from Logan, taxes and fees/surcharges, hotel transfers

For complete trip details visit our website: www.thompsonseniorcenter.org/trips

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.
Monthly Art Project with ArtisTree at The Thompson
Wednesday, January 3, 1:30 pm

As we settle in for a long winter’s respite, let’s celebrate the beauty of the season. Come and create a winter wonderland masterpiece in a guided painting tutorial. Using acrylic paints and canvases, artist Frannie Trinipi will walk us through the steps to create a wintry sky with a silhouette foreground of sloping land and evergreen trees. Add a sprinkle of snowflakes if you wish to finish off your winter scene. Pre-registration requested by calling The Thompson. This program is open and free to adults of all ages.

BOOK GROUP
Wednesday, January 10th at 1:00 pm

The Warmth of Other Suns by Isabel Wilkerson is a 600 page volume, so we are taking two months for the reading. The author is a Pulitzer Prize winning newspaper writer who was compelled to write "the biggest under-reported story of the 20th century": the migration of over one million blacks to big cities in the north and west. Wilkerson interviewed over 1,200 people and took ten years of research to complete this amazing story. Get your copy now and reserve Wednesday, January 10 for a great discussion.

Fiddler Adam Boyce Performs
Accompanied by Guitarist and Vocalist Merv Comes
Wednesday, January 10, 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.

Benefits and Services for Aging Veterans and Their Spouses
Presented by Bobbie Surott Kimberly, LICSW, CTRS, VHA-CM and Veterans Affairs Senior Non-Institutional Care Social Worker
Wednesday, January 24, 1:00 pm

Have you or someone in your family ever served in the US Military? You or they may be entitled to benefits and services from the Department of Veterans Affairs (VA) that can make a huge difference in your life. These include health care; community-based care (nursing, home, adult day, and home care services); medication coverage; glasses, hearing aids, dental care; durable equipment; medical alert systems; housing adaptations; vehicle modifications; burial or cremation and access to other special programs. Bring your questions and learn from an expert in the VA system.

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<td>9 Strength &amp; Fitness 10 Double King Pede 10 Beginning Italian* 10-2:30 Ping Pong 12 Spanish Table 12:30 Mahjong 3 Bone Builders</td>
<td>9 W. Leb Shopping* 10:30 Handwork Cir. 12 French Table 1:30 ArtisTree Art Project*</td>
<td>9 Strength &amp; Fitness 10 Cribbage 10:00 Italian Study 12 Italian Table 1 Italian Intermediate 2 Mahjong 3 Bone Builders</td>
<td>10-12:30 CCC Office Hours* 11:30 Pickle Ball 12 German Language Table Open Ping Pong</td>
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<td>9:30 Beginner Tai Chi 10:30 Handwork Cir. 10:45 Advanced Tai Chi 12 French Table 1 Book Group 1 Fiddler Program</td>
<td>9 Strength &amp; Fitness 10 Cribbage 10:00 Italian Study 12 Italian Table 1 Italian Intermediate 2 Mahjong 2 Winter Tea* 3 Bone Builders</td>
<td>9-2:30 Foot Clinic* 10-12:30 CCC Office Hours* 11:30 Pickle Ball 12 German Language Table Open Ping Pong 1 German Class*</td>
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<td>8:30 Board Meeting 9 W. Leb Shopping* 9-2:30 Foot Clinic* 9:30 Beginner Tai Chi 10:30 Handwork Cir. 10:45 Advanced Tai Chi 12 French Table 12:30 Caregiver Support Group</td>
<td>9 Strength &amp; Fitness 10 Cribbage 10:00 Italian Study 10:15 Low vision Support 12 Italian Table 1 Italian Intermediate 1 Armchair Travel Presentation 2 Mahjong 3 Bone Builders</td>
<td>10-12:30 CCC Office Hours* 10 Painting at ArtisTree* 11:30 Pickle Ball 12 German Language Table Open Ping Pong 1 German Class*</td>
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<td>8:30 Newsletter Folding 9 Strength &amp; Fitness 10-12 Wellness Clinic 10 Double King Pede 10 Beginning Italian* 10-2:30 Ping Pong 12 Spanish Table 12:30-2:45 Foot Clinic* 12:30 Mahjong 1 Reflexology Presentation 3 Bone Builders</td>
<td>9:30 Beginner Tai Chi 9-12 Reflexology* 10:30 Handwork Cir. 10:45 Advanced Tai Chi 12 French Table 1 VA Program</td>
<td>Birthday Day* 9 Strength &amp; Fitness 10 Cribbage 10:00 Italian Study 12 Italian Table 1 Italian Intermediate 2 Mahjong 3 Bone Builders</td>
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<td>9 Strength &amp; Fitness 10 Double King Pede 10 Beginning Italian* 10-2:30 Ping Pong 12 Spanish Table 12:30 Mahjong 3 Bone Builders</td>
<td>9:30 Beginner Tai Chi 9-12 Reflexology* 10:30 Handwork Cir. 10:45 Advanced Tai Chi 12 French Table</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 Tues, Thurs, Fri,</td>
<td>* Indicates that sign-up/reservations are required</td>
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* The Thompson Times
# MENU - JANUARY 2018

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<td>New Year's Day</td>
<td>Macaroni &amp; Cheese, Beets, Fruit Salad</td>
<td>Tossed Salad, Shepherd's Pie, Vegetable Medley, Apple Pie</td>
<td>Italian Pork Stew, Garlic Bread, Tossed Salad, Berries and Cream Crepes</td>
<td>Chef's Choice</td>
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<td>Corn Chowder, Cole Slaw, Blue Berry Cake</td>
<td>Tossed Salad, Hearty Beef &amp; Vegetable Stew, Roll, Frosted Banana Bars</td>
<td>Salmon en Croute w/ Spinach and Mushrooms, New Potatoes, Cucumber/ Dill Salad, Brownie Sundae</td>
<td>Tortellini with Asparagus and Lemon topped with Grilled Chicken Served w/ Tossed Salad, Lime and Spice Peach Cobbler</td>
<td>Tossed Salad, Penne Pasta w/ Sweet Italian Sausage, Spinach, Tomatoes, Pesto, Garlic Bread, Fresh Fruit Parfait</td>
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<td>Martin Luther King Day</td>
<td>Closed</td>
<td>Dijon Crusted Chicken Breasts, Horse Radish Mashed Potato, Gravy, Spinach, Jelly Roll</td>
<td>Chopped Beef and Egg Gravy on Mashed Potato, Dijon Braised Brussel Sprouts, Warm peach Crisp</td>
<td>Tacos w/ Ground Beef, Cheese, Lettuce, Tomato, Salsa, Sour Cream, Red Beans and Rice, Roasted Vegetables, Chocolate Chip Cookies and Fruit</td>
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<td>Chef's Choice</td>
<td>Reubers, Beer Battered Onion Rings, Marinated Vegetable Salad, Fruit Parfait</td>
<td>Cauliflower, Chevre and Onion Quiche, Herb Roasted Potatoes, Mixed Greens salad, Sorbet and Fruit</td>
<td>Birthday Day*</td>
<td>Grilled Maple-Garlic Marinated Pork Loin, Citrus Sweet Potato Mash, Green Bean Amandine, Cake &amp; Ice Cream</td>
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<td>Grilled Hot Dogs on Bun, Chef's Slow Cooked Baked Beans, Cole Slaw, Fresh Fruit</td>
<td>Tossed Salad, Spaghetti &amp; Meatballs, Garlic Sautéed Vegetable Medley Fresh Fruit Salad</td>
<td>Beer Battered Haddock and Steak Fries, Kale Salad, Ginger Snap and Fruit</td>
<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>Menu is subject to change based on availability of food items. Please call ahead with special dietary needs.</td>
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**Reservations Required**

Please sign-up in advance for special meals and Birthday Day. This month includes **Birthday Day on the 25th.** 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

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
Beginner Class 9:30 - 10:30 am
Advanced Class 10:45 - 11:45 am
Jan. 10, 17, 24, 31; Feb. 7, 14
Cost is $21 for 6 Classes

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 or 457-2877

Open Pickle Ball
Woodstock Athletic Club
Fridays, 11:30 - 1:00 pm

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
January Discussion: Word of the Year:
The Power of Reflection and Looking Ahead

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.

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
4th Tuesday, 10 - 12 noon

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

ADVANCE DIRECTIVE CLINIC
2nd Monday of the Month

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 1 pm - 3 pm. 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.

Holistic Reflexology Presentation with Focus on Hand Reflexology and Self-Help
Presented by Deborah Neuhoef
Certified Reflexologist
Tuesday, January 23, 1:00 pm

Deborah is resuming her practice at The Thompson and invites you to this introductory presentation to learn more about reflexology pressure points and techniques and how to give yourself self-help for overall well-being.

Deborah will be offering reflexology sessions at The Thompson beginning on January 24th by advance appointment. Please refer to our calendar.

CAREGIVER SUPPORT GROUP
Wednesday, January 17, 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.
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 19 - Feb 16 (5-weeks)
Session 2: March 9 - April 6 (5-weeks)
Session 3: April 27 - June 1 (6-weeks)

Weekly Game Schedule
Bingo
Daily at 10:30 am
(based on availability of caller)
Pickle Ball
Fridays at 11:30 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

MEMORY TREE GIFTS
IN LOVING MEMORY OF:
Henry H. Howe  Jack Moore
Stephen Herz  Yvonne Rogers
Jonathan Herz  Doyle Smith
Ronnie Fullerton  William Beebee
Lynn Staples Benetti  Ray Jilson
Ellen Bartlett  Jacob Dayton
Gayle Chorsky

WAIT LIST ONLY
WINTER TEA AT
THE JACKSON HOUSE
THURSDAY, JAN. 11, 2:00 - 3:30
Kathy and Rick Terwelp of The Jackson House Inn welcome Thompson guests for the 7th Annual Winter Tea. After the hustle and bustle of the holiday season, relax and enjoy a cup of tea and goodies with friends and our neighbors.

Tech Coaching: Resolving Your Technology Questions Side by Side
Wednesdays, 3:00 – 5:00 pm by Appointment at Dartmouth-Hitchcock
In recent weeks we have been very fortunate to have NWPL’s David Sullivan at The Thompson to provide individual tutoring for technology support and we are glad to know of this additional resource offered at Dartmouth’s Aging Resource Center. "Tech Coaching" is where you and a high school student can work out your questions side by side. Tech Coaches are able to answer questions on a range of topics, from creating accounts on Skype to downloading applications on your smartphone.

Note: Appointments with a Tech Coach may be scheduled by calling the Aging Resource Center at 603.653.3460.
IN APPRECIATION
Craig Stedman - kitchen baking rack
John Ditcheos - Vermont flag
Barbara Darling - medical equipment
David Schwartzman - medical equipment
Woodstock Pharmacy - candy
Deb Rice - medical equipment
Ellen Satterthwaite - ceke
Sally Alloway - placemats
Betsy Goldsborough - AARP Real Pad

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
Jane Leonard
Ted & Joan Staples
Pauline Morrill and Gene VanHouten
Kedric & Catherine Harriman
Precast Concrete Products, Inc.
Joan Harvey
Mr. & Mrs. Albert Girard II
Robert & Barbara Mort
Clover Durfee
Virginia & Ed Paige
Alpine Env Consultants, Inc.
Karen McGee
Billings Farm & Museum
Prosper Homemakers Club
Dennis & Julie Murphy
Swanny Seizup
Dead River Company

Pat Mangan  Jack Wahlquist
Karen McGee  Ad & Mervis Shaw

Ted Taylor
Martha Woodworth

JANUARY BIRTHDAYS

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<td>Mary Lee Camp</td>
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<td>Kathleen Fiske</td>
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<td>John Whitney</td>
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On January 25th we will celebrate your special day with a delicious meal! Please call to make a reservation for lunch and join us!
SAVE THE DATE AND JOIN US FOR OUR ANNUAL

Thompson Dinner Dance
Sunday, February 11, 2018
5:00 p.m.
The Woodstock Inn Ballroom

THANK YOU FOR SUPPORTING
THE THOMPSON SENIOR CENTER!

(802) 457-3277
DinnerDance@ThompsonSeniorCenter.org