



The Thompson Times

AT THE CENTER FOR SENIORS AND COMMUNITY

FEBRUARY 2018

THE THOMPSON DINNER DANCE: A GALA EVENING WITH DINNER, DANCING & AUCTION



THE THOMPSON DINNER DANCE AT THE WOODSTOCK INN BALLROOM
ON SUNDAY, FEBRUARY 11, 2018

COCKTAILS & SILENT AUCTION: 5:00 PM

DINNER: 7:00 PM FOLLOWED BY LIVE AUCTION, MUSIC & DANCING

The Thompson Dinner Dance is a gala evening with dinner, dancing and auction. Join us for this fun and festive event! Last year's event was so wonderful we've decided to continue with the elegant venue of the Woodstock Inn Ballroom and will be offering music and dancing by Gerry Grimo and the East Bay Jazz Ensemble to the evening's fabulous dinner and auction. Have some fun - black tie is optional.

Read about all of the exciting live and silent auction items and check out the names of our incredible sponsors on our website. This event is our largest annual fundraiser and provides significant support to the operations of the senior center:

Purchase raffle tickets online by visiting our website at www.thompsonsSeniorcenter.org/auction 2018.

To make your reservation, call or email us at dinnerdance@thompsonsSeniorcenter.org or visit our website.



Buy raffle tickets and you might be enjoying a 3-night retreat at The Woodstock Inn & Resort while supporting The Thompson.

Tickets are priced at \$35 each or 4 for \$100.

Two fabulous "runner-up" prizes will be drawn as well – Gift baskets from Vermont Farmstead Cheese with a selection of fine artisanal foods.

The Thompson Center

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

CENTER HOURS

8 AM-3 PM, Monday-Friday

STAFF

Deanna Jones, Executive Director,
djones@thompsonscenter.org
Paula Audsley, Outreach Manager,
paudsley@thompsonscenter.org
Pam Butler, Program Director,
pbutler@thompsonscenter.org
Jen Bloch, Marketing Coordinator
jbloch@thompsonscenter.org
Shari Borzekowski, Administrative &
Resource Assistant,
sborz@thompsonscenter.org
Ryan Martin, Chef,
rmartin@thompsonscenter.org
Siobhan Wright, Kitchen Assistant, Meals
on Wheels Coordinator
swright@thompsonscenter.org
Drivers: Dwight Camp, Tom Morse,
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*
Ginny Eames—*Vice President*
Jerry Fredrickson —*Treasurer*
Wendy Wannop—*Secretary*
Sam & Eleanor Grice—*Advisory*
Dave Bollinger
Susan Copeland
Jon Fullerton
Dolores Gilbert
Lisa Gramling
Peter Goulazian
Anne Herz
Susan Inui
David McGuire
Susan Moor
Daphne Moritz
Tambrey Vutech
Joby Thompson
Tom Weschler

BEHIND THE SCENES



We need your vote on town meeting day in Woodstock, Bridgewater, Pomfret and Barnard. These towns provide important funding to operate the senior center that we won't have without a passing vote on our special articles. Thank you!

ADVISORY MEETING HIGHLIGHTS

- Auction planning well underway
- Town meetings & petitions discussed
- Upcoming programs being planned
- Suggestions for summer day trips

Please join our next meeting on Monday, February 5 at 1:00 pm. All patrons and volunteers are invited to attend. Your feedback is needed and appreciated!

We ♥ our volunteers!

We acknowledge *all of our volunteers* who have been braving all kinds of extreme winter weather to fulfill their duties at our Center. We particularly acknowledge our hearty Meals on Wheels volunteer drivers who have overcome perilous roads and driveways in the far reaches of our service area in brutal cold to bring a hot meal and a friendly face to those in need. Each and every one of you make a difference every day, and you deserve our gratitude for your service.

Thompson Annual Appeal

The Thompson Annual Appeal began in September and is still underway. If you haven't made an annual gift and would like to do so, we would be very appreciative. Annual Appeal gifts support the operations of the senior center and allow us to continue critical services like transportation, meals, and other programs. Mail or deliver a gift to 99 Senior Lane, Woodstock, VT, or donate online through our website. Thank you very much!

Brain Builder Answer: $9 \times 15 = 135$, $135 - 10 = 125$, $125 \times 7 = 875$,
 $875 + 50 = 925$

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

NEWS & EVENTS

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 call 457-3277 soon to schedule an appointment. Appointments are limited and will fill up quickly!



Legal Advice Clinic at The Thompson Tuesday, February 13 9:00 am - 3:00 pm



The Senior Citizens Law Project of Vermont Legal Aid will hold a legal advice clinic for Vermonters over the age of 60. An attorney will be available for free legal advice or referrals on a variety of civil legal problems, including wills, powers of attorney, landlord-tenant issues, Medicaid, Medicare, Social Security, SSI (or other public benefits), debt collection, consumer issues, guardianship, divorce, foreclosure, small claims, and bankruptcy. Please note that advice cannot be given on criminal cases or problems affecting someone other than you.

The Senior Citizens Law Project provides legal services to Vermonters over 60. To schedule your free 25 minute appointment, please call the Thompson Center. 457-3277.

Tech Tutoring at The Thompson Provided by Norman Williams Public Library February 6 & 20, 12:45 - 3:45 pm Please bring your own device

We are happy to continue offering individual IT tutoring thanks to Norman Williams Public Library and Meg Brazil who will be taking David Sullivan's place. Meg is offering 1:1 assistance for any one of your devices: cell phone, lap top, iPad or tablet - free of charge. Forty-five minute appointments are available and you can book more appointments as you need them. Please call to schedule yours at Thompson 457-3277.

CARE (Citizen Assistance Registration for Emergencies) Would you Need Help in a Disaster?

Emergencies can take many forms, from natural disasters to human-caused events such as a major traffic accident that closes a road or takes out the power for hours at a time. For elders or people with physical or mental disabilities, such events can become life-threatening if they are prolonged and no one is available to help. The **CARE Program (Citizen Assistance Registration for Emergencies)**, administered by the **United Ways of Vermont, Vermont 211 and E-911**, are working together to identify Vermont residents who would require special assistance in an emergency. If you or know someone who would need special help in a crisis, please complete the form found on their website at www.911.vermont.gov/care and return it to Vermont 211. Your information will be entered into a database linked to the E-911 system, and the records will be updated each year. All records are confidential and will only be shared with groups involved in helping to keep people safe in an emergency. You must send a new form each year to keep your registration up-to-date. This form may be completed, printed and mailed to: Vermont 211 PO Box 111 Essex Junction, VT 05453

TRIPS & PROGRAMS

Noises Off

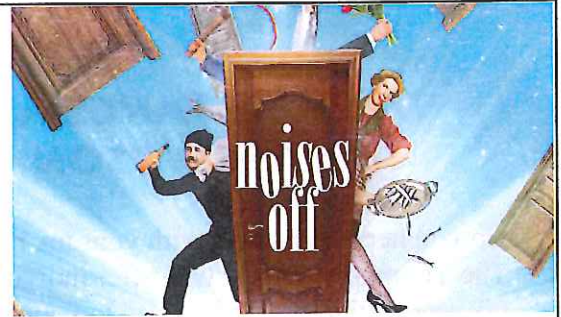
by Michael Frayn

Directed by Peter Hackett

Northern Stage – Barrette Center For the Arts

Thursday, April 19 at 2:00 pm

Cost: \$52 includes transportation on The Thompson Van, Depart Thompson at 12:45 pm



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

Murder for Two

Music, Lyrics, and Book by Joe

Kinosian & Kellen Blair

At New London Barn Playhouse

Wednesday, August 22, 2:00 pm

performance

(Depart Thompson Van at 12:30 pm)

Cost: \$34/person

Equal parts Agatha Christie, Groucho Marx, and Cole Porter, this hilarious musical whodunit is an affectionate and ingenious homage to the old-fashioned murder mystery. Lavishly praised by the critics during its New York premiere, this whirlwind 90-minute duet boasts a cast of exactly two: one performer to investigate the crime, the other to play all of the suspects. And of course they both play the piano... Murder for Two: putting the "laughter" back in "manslaughter"!



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.

PROGRAMS

Soup and Chocolate Winter Delights for the Heart and Soul



**Presented by Pat Harrison
RD – Senior Solutions**

**Wednesday February 14th
1:15 pm**

Come share your culinary skills as we
prepare two hearty soups:

***Zucchini Vegetable Chowder
(with Cheddar Cheese)***

and

Vegetable Tortellini Soup

And as the soup pot bubbles, we'll focus on
Valentine's Day and **CHOCOLATE** and
help prepare a chocolate treat that will delight!



**Please call to
Pre-register at
457-3277.**

Diabetes and Eye Health Presented by Dr. Peter Lapre Wednesday, March 7, 1:15 pm

Dr. Lapre will discuss diabetes and how it can affect vision and the health of the eyes. His presentation will also include discussion on how to avoid diabetic eye problems and what treatments are available if diabetic eye disease should occur. The goal of his talk is to inform his audience as well as empowering his listeners to learn more about diabetes and its affect on eye health.

Dr. Lapre is a graduate of the University of Maine at Orono and New England College of Optometry. He began his career in his private practice in 1988, and has worked at the Opthamology Clinic at Dartmouth-Hitchcock. He has been practicing at the Mount Ascutney Hospital Opthamology Clinc since 2012. His practice focus is on primary eye care with treatment of eye disease and correction of vision problems.

Happy Valentine's Day!

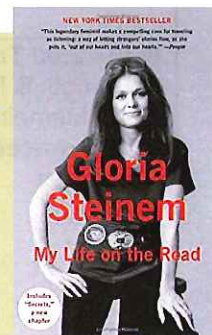
**Pamper Yourself at The Thompson
Thursday, February 15, 9:00 to Noon**

Treat yourself by scheduling a 15 minute manicure, a 20 minute chair massage, or a 20 minute reflexology appointment. Several technicians from The Spa at the Woodstock Inn and Resort will volunteer their time and talents to pamper you on this special day at The Thompson Center at **no charge**. Sign up early, these spots will fill up quickly!

Surrounding text in hearts: KISS ME, BE MINE, DREAM, ANGEL, SWEETIE, MY PET, CUTIE, LOVE, FOREVER, HUGS.

BOOK GROUP Wednesday, February 14th at 1:00 pm

The book we will read for the February 14th meeting is Gloria Steinem's *My Life on the Road*. It's the moving, funny and profound story of how surprising encounters help shaped both her own growth and the revolution she helped to create. From her early social activism for women in India to our own country's Indian people, she tells of listening to strangers' voices and putting them "out of her head and into her heart." She writes well, and though we think we know her complete story, we have much to learn from her travels.



PROGRAM CALENDAR - FEBRUARY 2018

| Mon | Tue | Wed | Thu | Fri |
|---|--|---|---|--|
| | | | 1 | 2 |
| 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 | | 9 Strength & Fitness 10 Cribbage 10:00 Italian Study 12 Italian Table 1 Italian Intermediate 2 Mahjong 3 Bone Builders | 10-12:30 CCC Office Hours* 10 Painting at ArtisTree* 11:30 Pickle Ball 12 German Language Table 1 German Class* Open Ping Pong |
| 5 | 6 | 7 | 8 | 9 |
| 8:30 - 2:00 Tax Appts* 9 Strength & Fitness 10:15 Memoir Group 1 Advisory meeting | 9 Strength & Fitness 10 Double King Pedo 10 Beginning Italian* 10-2:30 Ping Pong 12 Spanish Table 12:30 Mahjong 12:45 - 3:45 Tech Help* 3 Bone Builders | 9 W. Leb Shopping* 9:30 Beginner Tai Chi 10:30 Handwork Cir. 10:45 Advanced Tai Chi 12 French Table 1:30 ArtisTree Art Project* | 9 Strength & Fitness 10 Cribbage 10:00 Italian Study 12 Italian Table 1 Italian Intermediate 2 Mahjong 3 Bone Builders | 9-2:30 Foot Clinic* 10-12:30 CCC Office Hours* 10 Painting at ArtisTree* 11:30 Pickle Ball 12 German Language Table 1 German Class* Open Ping Pong |
| 12 | 13 | 14 | 15 | 16 |
| 8:30 - 2:00 Tax Appts* 9 Strength & Fitness 10:15 Memoir Group 1-3 Advanced Directives | 9 Strength & Fitness 9-3 Legal Advice Clinic 10 Double King Pedo 10 Beginning Italian* 10 Veggie VanGo at MAH 10-2:30 Ping Pong 12 Spanish Table 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 1:15 Soup & Chocolate program* | 9 Strength & Fitness 9-12 Pamper Yourself* 10 Cribbage 10:00 Italian Study 10:15 Low vision Support 12 Italian Table 12:45 Lucy Mac Visit 1 Italian Intermediate 2 Mahjong 3 Bone Builders | 10-12:30 CCC Office Hours* 10 Painting at ArtisTree* 11:30 Pickle Ball 12 German Language Table 1 German Class* Open Ping Pong |
| 19 | 20 | 21 | 22 | 23 |
| CLOSED President's Day 8:30 - 2:00 Tax Appts* | 9 Strength & Fitness 10 Double King Pedo 10 Beginning Italian* 10-2:30 Ping Pong 11:30 Commodities 12 Spanish Table 12:30 Mahjong 12:45 - 3:45 Tech Help* 3 Bone Builders | 8:30 Board Meeting 9 W. Leb Shopping* 9-2:30 Foot Clinic* 10 Reflexology* 10:30 Handwork Cir. 12 French Table 12:30 Caregiver Support Group | Birthday Day* 9 Strength & Fitness 10 Cribbage 10:00 Italian Study 12 Italian Table 1 Italian Intermediate 2 Mahjong 3 Bone Builders | 10-12:30 CCC Office Hours* 11:30 Pickle Ball 12 German Language Table 1 German Class* Open Ping Pong |
| 26 | 27 | 28 | | |
| 8:30 Newsletter Folding 8:30 - 2:00 Tax Appts* 9 Strength & Fitness 10:15 Memoir Group | 9 Strength & Fitness 10-12 Wellness Clinic 10 Double King Pedo 10 Beginning Italian* 10-2:30 Ping Pong 12 Spanish Table 12:30-2:45 Foot Clinic* 12:30 Mahjong 3 Bone Builders | 10 Reflexology* 9:30 Beginner Tai Chi 10:30 Handwork Cir. 10:45 Advanced Tai Chi 12 French Table | | |

MENU - FEBRUARY 2018

| Mon | Tue | Wed | Thu | Fri |
|---|---|--|--|---|
| | | | 1 | 2 |
| * Vegetarian meals & Gluten Free are available daily upon request. Please contact our chef in advance. 2% Milk, Coffee, tea, and juices available | Menu is subject to change based on availability of food items. Please call ahead with special dietary needs. | Meal Pricing: \$7- charge for those under age sixty \$5-Suggested donation for ages sixty and over | Puff Pastry Chicken Pot Pie, Tossed Salad, Warm Apple Crisp | Ham Salad Sandwich, Kale and White Bean Soup, Lemon Cookie and Fruit |
| 5 | 6 | 7 | 8 | 9 |
| Stuffed Peppers w/ Beef and Rice, Tossed Salad, Hot Fudge Sundae w/ Banana | Chicken Milano w/ Basil and Sundried Tomatoes served over Fettuccine, Tomato & Mozzarella Salad, Fresh Fruit Salad | Cajun Blackened Tilapia, Brown Rice, Braised Collard Greens, Blueberry Pie | Sweet and Sour Pork, Stir Fried Vegetables, Brown Rice, Coconut Meringues w/ Pineapple | Chef's Choice |
| 12 | 13 | 14 | 15 | 16 |
| Turkey Sandwich w/ Lettuce, Tomato, Cheese on a Multigrain Bun, Apple & Squash Soup, Warm Berry Crisp | Stuffed Meatloaf with Spinach and Cheese, Parsnip Mashed Potatoes, Gravy, Peas & Baby Carrots, Sorbet & Fruit | Valentine's Day Arugula and Strawberry Salad, Lemony Chicken with Asparagus and Mushroom Mini Lasagna, Raspberry Cream Puffs | Cauliflower Salad, Grilled Tuna & Vegetables in Herb Butter, Brown Rice, Cherry Cheesecake | Beefy Baked Ravioli, Garlic Bread, Greek Salad w/ Mixed Greens, Roasted Red Peppers, Olives, Tomato, Cucumber, Feta Cheese, Fresh Fruit |
| 19 | 20 | 21 | 22 | 23 |
| CLOSED President's Day | Broccoli Salad, Chicken Marsala, Rice Pilaf, Green Beans, Ginger Snap and Fruit | Quiche w/ Asparagus, Leeks & Gruyere Cheese, Roasted Potatoes, Tossed Salad, Warm Peach Cobbler | Birthday Day* Roast Beef Au Jus, Sour Cream and Chive Twice Baked Potato, Asparagus with Hollandaise, Roll, Cake and Ice Cream | Pork Apple Burgers with Caramelized Pineapple on a Multigrain Sandwich Roll, Coleslaw, Four Bean Salad, Sweet Potato Fries, Fresh Fruit Salad |
| 26 | 27 | 28 | | |
| Chef's Choice | Salisbury Steak, Gravy, Mashed Potato, Green Beans and Carrots, Apple Crisp | Chicken Quesadillas, Bean Salad, Fruit | | * Indicates that sign-up/reservations are required (Birthday Day & special holiday meals) |

Reservations Required

Please sign-up in advance for special meals and Birthday Day. This month includes **Valentine's Day on the 14th and Birthday Day on the 22nd**. 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.

BRAIN BUILDER

Countdown (Hard)

Get the given result with calculations using the provided numbers. You can use some or all of the six numbers and four arithmetic operations: addition, subtraction, multiplication, and division.

Numbers: 1 7 9 10 15 50

Result: 925

Answer on Page 2

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 - Medication in Motion! On Wednesdays

Beginner Class 9:30 - 10:30 am

Advanced Class 10:45 - 11:45 am

**Feb 28; March 7, 14, 21, 28; April 4, 11
7 classes for \$21**

Tai Chi has come into its own as more and more doctors and health organizations recognize the many benefits it provides to those who practice regularly.

Our Tai Chi classes at the Thompson exercise mind and body together. Join our lively, supportive group to learn a short, simplified form of Tai Chi that can help your concentration, balance, mood, blood pressure too. Clinical studies show it's especially effective for FALL PREVENTION and ARTHRITIS.

Tai Chi's slow, gentle movements have a meditative quality, so that even as we concentrate to learn, we reduce the stresses and tensions of daily life.

Come try a class at no cost. If you like it, you can then sign up for a series of classes.

Classes at the Thompson are co-led by Anne Bower and Jane Philpin. Anne has been teaching Tai Chi for 15 years and previously taught literature at the Ohio State University; Jane is a trained meditation specialist and has been teaching Tai Chi for 5 years. For more information you can check out Anne's website: www.annebower.com.

NEW!

**Water Aerobics Class
Woodstock Athletic Club
Fridays, March 2 - May 4**

1:30 - 2:15 pm

Cost: \$80 for 10 week class

The Thompson Center will provide shuttle service to and from class if needed. Please register in advance by calling 457-3277. Payment is due at time of reservation and must be received prior to the start of class series.

**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**

February Discussion: Recreation and Accessible Games

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 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 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.

Holistic Reflexology **Offered by Deborah Neuhoof** **Certified Reflexologist**

February 21 & 28, 10:00 - 12:30 pm

Experience Reflexology techniques to de-stress and promote a balanced, wholistic well-being.

25 min/\$30, Loose clothing recommended
Call in advance for your 25 minute appointment.

CAREGIVER SUPPORT GROUP **Wednesday, February 21, 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

Valentine Art Project with ArtisTree at The Thompson on Wednesday, February 7, 1:30 pm



Lets' feel the LOVE!...Using simple printmaking techniques participants will first create a "plate" and then print multiple colorful patterns. We will then add "L" "O" "V" "E" to four of the "best" prints and collage them together for the final masterpiece. Use as a reminder in your own home or give the gift of LOVE to someone special in celebration of Valentine's day.

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



Session 2: March 9 – April 6 (5-weeks)
Session 3: April 27 – June 1 (6-weeks)
\$50 for Session 2 & \$60 for Session 3
\$10 Drop In Fee. Register at 457-3277.

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

Age at Home: Day of Service

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 set days advertised throughout the year. A few examples of jobs for Days of Service include changing smoke detector batteries, sweeping porches, stacking wood, raking leaves.

Important details:

You will need to provide any materials needed for your odd job and they should be manageable for 2-3 helpers to complete in no more than 2 hours.

Cost: \$20/per person/hour.

A Spring clean-up day will be scheduled in the Spring. To sign-up, call or email Shari at sborz@thompsonscenter.org or (802) 457-3277.

Veggie VanGo 2nd Tuesday of the Month 10:00 am - 11:00 am Mt. Ascutney Hospital



VeggieVanGo, a mobile nutrition program of the Vermont Foodbank, will be coming to Mt. Ascutney Hospital once a month to provide **FREE fresh produce** for people facing hunger. So if you know of an individual, family or patient who might benefit from receiving a delivery of fresh, healthy veggies, you can help by telling sharing this information and encouraging them to pick up their **FREE** vegetables. And if you, or members of your family could benefit from the program, we hope you'll come too!

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!



IN LOVING MEMORY & APPRECIATION

IN APPRECIATION

In memory of Jane Kendall - medical equipment
David Forgione - medical equipment
Alex Tsouknakis - cookies and pastries
Susan Copeland - ham



Special thank you to
the Jackson House for
hosting another
wonderful Winter Tea!

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

Ted Taylor

Charlie & Kathy English
The Germanic-American Institute
Volker & Ulrike Arendt
Larry & Betsy Luce
Diane & David McClure
Jill Omalley
Reinhart Jeck & Wittie Lynn
Kim Spillum Interior Designs
Sanjeev Arora & Silvia Weyerbrock

Beverly Tallent
James & Linda Smiddy

Carolyn Harrington

Polly Foley

FEBRUARY BIRTHDAYS

| | | | | | | | | |
|------|----------|------------|------|----------|-----------|------|----------|-------------|
| 1st | Dick | Atwood | 11th | Jeannine | Colby | 19th | Ronald | Gaetgens |
| 1st | Dick | Colantuono | 12th | Carol | Towne | 20th | Gail | Smith |
| 1st | Morey | Weiss | 12th | Pauline | Holt | 20th | Marlene | Rand |
| 2nd | James | Minnich | 12th | Rusty | Rodriguez | 20th | Phyllis | Regione |
| 2nd | Jim | Fish | 12th | Hilda | Conn | 20th | Mary Ann | Conrad |
| 2nd | Kathy | Hankins | 13th | Robert | Flower | 20th | Carol | Ackley |
| 4th | Tom | Weschler | 13th | Alberta | Bailey | 21st | Linda | Atwood |
| 4th | Marilyn | Bailey | 14th | Margaret | Audsley | 22nd | Harry | Jorgensen |
| 4th | Barbara | Bartlett | 14th | Phyllis | Frechette | 22nd | Louann | Rodenbeck |
| 4th | Joan | Turner | 14th | Maryanne | Murphy | 22nd | Louise | Schwebel |
| 5th | Ann | Blake | 14th | Marge | DuMond | 24th | Susan | Botzow |
| 5th | Gretchen | Pear | 15th | Linda | Greenan | 24th | Bernard | Pierce |
| 6th | Miranda | Shackleton | 15th | Corey | Mitchell | 24th | Suzanne | Deedy |
| 7th | Mia | Pine | 16th | Charles | Seitz | 25th | Sylvia | Doten |
| 7th | Lois | Lorimer | 16th | Susan | Bitzer | 26th | Wayne | Hinson |
| 8th | George | Burgess | 17th | Judith | Persin | 25th | Francis | Stoddard |
| 8th | Debbie | Bridge | 17th | Joan | Lessard | 27th | Kedric | Harriman |
| 8th | James | Carlson | 18th | Linda | Manning | 27th | Floyd | Westover |
| 9th | Julie | Johnston | 18th | Cornelia | Sanderson | 28th | Jane | Simonds |
| 9th | Frances | Lancaster | 18th | Susan | Copeland | 28th | Larry | Templeton |
| 9th | John | Wiegand | 18th | Gerry | Sandweiss | 29th | Floyd | Van Alstyne |
| 10th | Janice | Standish | 19th | Sandi | Anderson | | | |
| 10th | Sharon | Blake | 19th | Darlene | Griggs | | | |
| | | | 19th | Rhonda | White | | | |

On February 22nd we will celebrate your special day with a delicious meal! Please call to make a reservation for lunch and join us!





Woodstock Area Council on Aging
99 Senior Lane
Woodstock, VT 05091
(802) 457-3277
FAX: (802) 457-1259
www.thompsonseniorcenter.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 is greatly appreciated. Call 457-3277



Find us on
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.

Thank You to Our Transportation Sponsors and Grants:



Ottawaquechee Plumbing



MISSION

The Thompson helps seniors to age well in our rural community. We provide timely support and services, and are a resource and advocate on issues related to aging. Our programs and activities foster the physical, intellectual, and social well being of our adult community to enhance dignity, self-worth, and independence.