Thank You Veterans

Luncheon & Ceremony
November 9th at 11:45

Veterans are invited for a free lunch at the Thompson on Friday, November 9th. At 11:45 am 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. 457-3277

Menu: Meatloaf, Parsnip Mashed Potatoes, Gravy, Peas & Baby Carrots, Almond Cake with Orange Dried Apricot Sauce

Long Term Care Planning
Presented by Counselors at Law, Renée Harvey and James Thaxton of Caldwell Law
Tuesday, October 30, 1:00 pm

Everyone needs to consider long term care planning—proper planning can make a big difference. Unfortunately, many people wait until it is too late. How you approach your planning may depend on your income and resources. This session will cover the importance of planning for incapacity, some of the resource-neutral basics, and then explore considerations when planning to qualify for needs-based benefits through Medicaid. Advance registration is requested by calling The Thompson Center.

Renée A. Harvey, Counselor at Law, has worked in the New York, Vermont and New Hampshire legal systems since 1990. She is a graduate of Vermont Law School and is licensed to practice law in the state and federal courts of New Hampshire and Vermont. Her practice focuses on estate planning and settlement, she is a Respecting Choices® Advance Care Planning Certified Facilitator, and she is an experienced mediator and elder law practitioner.

James L. Thaxton, Counselor at Law, joined Caldwell Law in October 2015. Jamie received his Juris Doctorate and Master’s Degree in Environmental Law from Vermont Law School in 2001 and is licensed to practice law in the state and federal courts of New Hampshire. His responsibilities include Medicaid and estate planning, real estate transactions, and assisting clients with estate settlement. He is also a Respecting Choices® Advance Care Planning Certified Facilitator.
The Thompson Center
Woodstock Area Council on Aging
99 Senior Lane
Woodstock, VT 05091
Phone: 802-457-3277
Fax: 802-457-1259
www.thompsonseniorman.org

CENTER HOURS
8 AM-3 PM, Monday-Friday

STAFF
Deanna Jones, Executive Director
djones@thompsonseniorman.org
Paula Audsley, Outreach Manager
paula@thompsonseniorman.org
Pam Butler, Program Director
pbutler@thompsonseniorman.org
Jen Bloch, Marketing Coordinator
jbloch@thompsonseniorman.org
Shari Borzekowski, Administrative &
Resource Assistant, sborz@thompsonseniorman.org
Ryan Martin, Chef
rmartin@thompsonseniorman.org
Siobhan Wright, Kitchen Assistant &
Meals on Wheels Coordinator
swright@thompsonseniorman.org
Drivers: Dwight Camp, Tom Morse,
Charlie Seitz, Carl Hurd

Senior Solutions (Formerly Council of
Aging for Southeastern Vermont)
SENIOR HELPLINE: 800-642-5119

Community Care Coordinator
Carla Kamel, MSW
Ottawocoh Health Center, 457-5414

BOARD OF DIRECTORS
Liza Delgian—President
Ginny Eames—Vice President
David McGuire—Treasurer
Wendy Wannop—Secretary
Sam & Eleanor Grice—Advisory
Dick Atwood
Dave Bollinger
Susan Copeland
Jon Fullerton
Dolores Gilbert
Lisa Granling
Peter Goulazian
Karl Huck
Susan Inui
Lydia Lochy
Daphne Moritz
Steve Selbo
Tambrey Vuchet
Joby Thompson

BEHIND THE SCENES

ADVISORY MEETING HIGHLIGHTS

- A/C & heat changes
- Aging in Vermont conference
- Flu shot with VNH is not high dose
- Veggie VanGogh dates will be listed on calendar
- Reminder to join Wednesday morning handwork
  and Wednesday projects for holiday bazaar
- Upcoming program plans

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

November 6th is Election day. If you will need a
ride to vote, please call The Center to make
arrangements.

Meals on Wheels Drivers Needed!

Being a Meals on Wheels driver is a very heart warming
experience. Volunteers deliver hot, nutritious meals to home
-bound seniors Monday through Friday. Our delivery routes
generally take about an hour to complete and begin at 11:00
am. We have routes located in the Woodstock, Pomfret,
Barnard and Bridgewater areas. If you are interested,
please contact Siobhan Wright at 457-3277 or
swright@thompsonseniorman.org. Thank you!

Congratulations to Pauline Smith, our most
recent 50/50 marble game winner!

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 local news. We
may 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. We also
post on Facebook.

Sign up for the e-newsletter by emailing Jen
Bloch at: jbloch@thompsonseniorman.org
in Vermont. Each bird is beautifully photographed, with an accompanying narrative devoted to that species. Tom Slaton, Editor Emeritus of Vermont Life magazine, offered the following review accolade:

"Brian's remarkable photographs reflect his lifelong love of nature and his special affinity for wild birds"

A native Vermonter, Brian developed a passion for nature and its wildlife during his youth, while roaming the fields, wetlands and forests of Vermont's Northeast Kingdom. Despite the demands of a medical profession, Brian's photography has received regional and national awards, and has been featured in a number of publications, including Vermont Life, Birders' World, Vermont Woodland, Natural New England, Livin' the Vermont Way, Tourist News (Maine), Vermont Outdoorsman, Ranger Rick and Turkey Call (NWTF).

People Skills ~ Basic Communication Tools for Successful Relationships
Presented by Rich Blackstock, Ph.D
Wednesday, November 28, 1:00 pm

This class is open and free to adults of all ages. Advanced registration is requested by calling The Thompson.

This one hour presentation will include: 1) facts about listening and why it is so difficult to listen—given our current culture; 2) facts about family life and why we don't learn about communication skills at home or in school; 3) opportunity to learn one of the skills of effective communication; i.e. reflective listening. Rich can offer a way of ending any argument or conflict in 60 seconds or less—which can be very helpful to husbands, wives, parents, kids—anyone who wants to end conflict and live in peace with almost everyone!

To read Rich Blackstock's biography, visit our website at www.thompsonseniorcenter.org

Thompson Holiday Bazaar & Cookie Walk
Saturday, December 2nd, 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.

RAFFLE ITEMS: 1. A queen-sized quilt with delicate water color palette by Janet Maxham, 2. Two one hour exercise sessions with Bari Ramirez, 3. Pending

Tickets are $5, or 6 for $20. All proceeds benefit The Thompson Senior Center.
Tech Tutoring at The Thompson Center
Provided by Norman Williams Public Library
Tuesdays, November 13 & 27, December 11
1:30 - 4:30 pm

We are happy to continue offering individual tech tutoring thanks to Norman Williams Public Library and Meg Brazill. Meg is offering 1:1 assistance for any one of your devices: cell phone, laptop, 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.

New Duplicate Bridge Club in the Upper Valley at The Quechee Club
*New Time* Mondays at 1:00 pm, Please arrive by 12:30 pm for sign-in, pairing, and table assignment

All are welcome... Bridge players, social Bridge players, kitchen Bridge players, aspiring Bridge players, new-to-duplicate Bridge players, experienced duplicate Bridge players. No partner necessary.

Cost: $8 per person, light refreshments and comfortable venue

Director: Dick Tray, ACBL sanctioned club game for all players

Contact: Karen Randle 802 225-6640 or randlebridge1430@gmail.com

Jewelry Repair at The Thompson
Every Tuesday, 1:00 - 2:00 pm

Is there jewelry in your jewelry box that needs a new clasp, or to be restrung? Yael Taylor, volunteer receptionist at the Thompson and local jewelry artist, is available to help for a nominal fee. Bring your jewelry to Yael to see if she can help you.

Monthly Art Project with ArtisTree at The Thompson
Wednesday, November 7, 1:30 pm

For November’s project we will be working with Indian corn to create a colorful work of art to bring seasonal joy and conversation to our fall gatherings. Please register in advance. 457-3277.

A Collaboration Between The Thompson Center and ArtisTree

Painting at ArtisTree
Instructor: Murray Ngoima
Session 2: Oct. 26 - Nov. 30
(no class on the 23rd)
Fridays, 10 - 11:30 am
Cost: $50 for 5 weeks or $10/class

Shirt Painting with Mary Wood
Tuesday, November 6, 1:00 pm
Cost: $5.00

Our creative Mary is at it again! She will bring her abundant collection of appliques and paints for another fun workshop at The Thompson. Please bring any shirt of your own choosing, and a pair of scissors, and register in advance by calling The Thompson.

BOOK GROUP
November 14th at 1:00 pm

Eleanor Oliphant is Completely Fine by Gail Honeyman. You may not like her at first, but by the time she and Raymond reach out to help an old man, you’ll cheer her on. The waxing salon visit and shopping expeditions will make you laugh out loud. The story is beautifully written and you won’t want it to end. See you on the 10th at 1:00 pm. We meet in a village home; call 457-2224 for directions.

Holiday Bazaar Workshop
Wednesdays, 1:00 pm

Jane Soule will be holding a special craft workshop for items to be made and sold in the Holiday Bazaar. All are welcome to participate. Bring ideas!
AGE WELL

The Thompson is committed to helping community members age well at home

Medicare Open Enrollment: 1:1 Assistance Available
at The Thompson With Eleanor Zue
Thursdays, 10:00 am – 2:00 pm by appointment
November 1, 8, 15, 29

The 2019 Medicare Open Enrollment period is from October 15 to December 7. During this Open Enrollment Period (OEP) you can make changes to various aspects of your coverage. If you need assistance, don’t wait!

To make an appointment, please call Shari at The Thompson and bring the following information to your scheduled appointment:
- Your new Medicare card for those who have received them. Bring your old card if you have not.
- Current 2018 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.

You should ask these questions to prepare for the OEP:
- Is the cost (premium) of my plan changing?
- Will my plan still cover the drugs I need?
- Are there any drug restrictions?
- How does my plan coordinate with any state or federal benefits, if I receive these? (Examples: V-Pharm, Extra Help-Low Income Subsidy, or Medicaid)
- Is there a plan that fits my needs better than my current one?

Help is also available by calling the Senior Solutions Helpline at 1-800-642-5119 or by visiting www.medicare.gov – the official U.S. government site for Medicare.

How Do I Find Reliable Health Information Online?
Presented by Amanda Scull from Matthew-Fuller Library, DHMC
Tuesday, November 27, 1:00 – 2:30 pm

While Google is a great tool, there are specific websites that offer reliable health and wellness information for all ages. This workshop will help participants browse sites for drug information, health news, and more. You will also learn tips for evaluating online health information. Hands-on time is included in this workshop.

*Please bring any one of your devices if you have one; cell phone, lap top, iPad, or tablet. If you don’t have a device, there will be a PowerPoint presentation to watch.

Vetted Service Providers

We at The Thompson Center partner with a wide variety of businesses and individuals to bring you any service you need to AGE WELL at HOME! We check references and only suggest those who have happily agreed to be an Aging at Home service provider. Contact Shari, Administrative & Resource Assistant at 457-3277.
<table>
<thead>
<tr>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
</tr>
</thead>
</table>
| **BINGO daily at 10:30 am except on birthday day and other special meal days. Location changes based on the day's schedule.** | * Indicates that sign-up/reservations are required | **9 Strength & Fitness**  
9-11 Chair Massage*  
10 Cribbage  
10-2 Medicare 1:1 Assistance*  
10:00 Italian Study  
12 Italian Table  
1 Italian Intermediate  
2 Mah Jongg  
3 Bone Builders | **10-12:30 CCC Office Hours**  
10 Painting at ArtisTree*  
12 German Language Table  
1 Mah Jongg at NWPL  
1:30 Water Aerobics* | **8-3 Public Benefit Screening**  
8:30 Pickle Ball  
8:45 Depart for Tafts Corner Shopping Trip*  
9 Strength & Fitness  
10:15 Memoir Group  
1 Advisory Meeting  |
| **5**           | **6**                                    | **7**                                    | **8**                                    | **9**                                    |
| **12**          | **13**                                   | **14**                                   | **15**                                   | **16**                                   |
| **10**          | **11**                                   | **12**                                   | **13**                                   | **14**                                   |
| **20**          | **21**                                   | **22**                                   | **23**                                   | **24**                                   |
| **26**          | **27**                                   | **28**                                   | **29**                                   | **30**                                   |

**PROGRAM CALENDAR - NOVEMBER 2018**
<table>
<thead>
<tr>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
</tr>
</thead>
<tbody>
<tr>
<td>Meal Pricing: $7 charge for those under age sixty</td>
<td>*Vegetarian meals &amp; Gluten Free available daily upon request. Please contact our chef in advance. 2% Milk, Coffee, tea, and juices available</td>
<td>Boneless Pork Chops with Apple Cider Glaze, Herb Roasted Potatoes, Harvest Vegetable Medley, Apple Cookies</td>
<td>Caprese Salad, Penne Pasta w/ Sweet Italian Sausage, Spinach, Tomatoes, Pesto, Fresh Fruit Salad</td>
<td></td>
</tr>
<tr>
<td>Grilled Hot Dog, on a Bun, Chef’s Slow Cooked Baked Beans, Cole Slaw, Fresh Fruit</td>
<td>Chicken and Potatoes w/ Garlic Parmesan Cream Sauce, Lime Carrots, Warm Berry Crumble</td>
<td>Beer Battered Haddock, Steak Fries, Coleslaw, Warm Apple Crisp</td>
<td>Quiche w/ Asparagus, Leeks &amp; Gruyere Cheese, Roasted Potatoes, Tossed Salad, Lemon Cookie and Fruit</td>
<td>Veterans Day Lunch* Meatloaf, Parsnip Mashed Potatoes, Gravy, Peas &amp; Baby Carrots Almond Cake w/ Orange Dried Apricot Sauce</td>
</tr>
<tr>
<td>5</td>
<td>6</td>
<td>7</td>
<td>8</td>
<td>9</td>
</tr>
<tr>
<td>Veterans Day Closed</td>
<td>Macaroni and Cheese w/ Ham, Broccoli &amp; Cauliflower, Poached Pears</td>
<td>Thanksgiving Dinner* Roasted Turkey, Mashed Potatoes, Gravy, Squash, Cranberry Sauce, Stuffing, Peas &amp; Carrots, Roll, Pumpkin Pie</td>
<td>Cucumber &amp; Tomato Salad, Chicken Parmesan over Multigrain Pasta, Garlic Bread, Fresh Fruit Parfait</td>
<td>Hearty Turkey and Vegetable Soup, Roll, Tossed Salad, Chef’s Choice Dessert</td>
</tr>
<tr>
<td>12</td>
<td>13</td>
<td>14</td>
<td>15</td>
<td>16</td>
</tr>
<tr>
<td>Cajun Blackened Tilapia, Brown Rice, Braised Collard Greens, Ginger Snap and Fruit</td>
<td>Beef Bourguignon, Roll Tossed Salad, Lemon Meringue Pie</td>
<td>Chef’s Choice</td>
<td>CLOSED for Thanksgiving</td>
<td>CLOSED</td>
</tr>
<tr>
<td>19</td>
<td>20</td>
<td>21</td>
<td>22</td>
<td>23</td>
</tr>
<tr>
<td>Chef’s Choice</td>
<td>Chicken Milano w/ Basil and Sundried Tomatoes served over Fettucine, Tossed Salad, Fresh Fruit Salad</td>
<td>Cheese Pizza, Greek Salad w/ Lettuce, Cucumber, Pepper, Olives, Feta Cheese Sorbet and Fruit</td>
<td>Birthday Day* Roast Beef Au Jus, Sour Cream and Chive Twice Baked Potato, Asparagus with Hollandaise, Roll, Cake and Ice Cream</td>
<td>Breakfast Day* Egg &amp; Veggie Burrito, Maple Sausage, Yogurt and Fruit</td>
</tr>
<tr>
<td>26</td>
<td>27</td>
<td>28</td>
<td>29</td>
<td>30</td>
</tr>
</tbody>
</table>

**Annual Thanksgiving Dinner on Wednesday, 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 charge for those under 60 years of age.

**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 each. Make your holiday planning easier and purchase one of our delicious homemade pies!
**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 Meditation in Motion!**  
*On Wednesdays*

**Beginner Class** 9:30 - 10:30 am  
**Advanced Class** 10:45 - 11:45 am  
*Nov. 28; Dec. 4, 12, 19; Jan. 9, 16, 23, 30*

Cost: 8 Classes for $24

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. For more information you can check out Anne’s website: www.annebower.com or email at

---

**Water Aerobics Class**  
*Woodstock Athletic Club*

**Fridays, Through Nov. 9, 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.

---

**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.

---

**When it comes to finding tools for staying healthy, active, and involved, The Thompson is your resource to age well.**

---

**Open Pickle Ball**  
*Woodstock Athletic Club*

Mondays & Wednesdays, 8:30 am - 10:00 am  
Fridays - schedule to be announced. Call the Athletic Club at 457-6656

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.
HEALTHY AGING

Foot Care Clinics
Monthly, 9:00 am - 2:30 pm on the 2nd Friday & 3rd Wednesday
And 12:30 to 2:50 pm on every other Month on 4th Wednesday– Nov. 28

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 is offering an additional foot clinic every other month on the fourth Wednesday of
the month from 12:30 to 2:50 pm following her wellness clinic hours.

Both clinics are $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
Nov 28, 10 - 12 noon

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

Chair Massage at The Thompson
Thursdays, 9-11 am, $15 for 15 minutes

Massage Therapist, Sara Smith, will offer 15 minute massages or you can ask for more or less time when making your
reservation. Be kind to yourself and treat your body to a chair massage by calling
The Thompson. 457-3277

CAREGIVER SUPPORT GROUP
Wednesday, Nov. 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.

ADVANCE DIRECTIVE CLINIC
2nd Monday of the Month

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.

Public Benefits Program
Screening Available at
The Thompson Center
Offered by Senior Solutions
Mondays, 8:00 am – 3:00 pm
by appointment

Greetings! My name is Peggy
Ramel, and I am an outreach
intern with Senior Solutions. I am available on
Mondays at the Thompson to meet with you to
determine if you may be eligible to apply for
certain public benefit programs. In addition to
program eligibility screening, I am available to
help you apply for programs that will provide
health care coverage, increase your access to
nutritious food, and reduce your monthly electric
bill. Please contact Shari to schedule an
appointment with me, as I would love to meet
with you!

Foot or Hand Reflexology
Offered by Deborah Neuhof
Certified Reflexologist
November 6 & 20, 9:30 - 12:30 pm
Also available by special appointment on
the morning of Oct. 30

Experience Reflexology techniques to de-
stress and promote a balanced, wholistic
well-being. 30 min/$30, Loose clothing
recommended. Call in advance for your 30
minute appointment.
TRIPS

Tafts Corner Shopping Center Trip
Monday, November 5, 2018
Depart TSC at 8:45 AM on The Thompson Van
Shop until noon when we will take a break for lunch.
Lunch – On Your Own in Shopping Area
Cost for transportation: $10 (Lunch not included)
Depart for Woodstock by 2:00 pm, or earlier

We are returning to the Christmas Tree shop among other Tafts Corner favorites for a day of pre-holiday shopping. Please wear comfortable shoes. **Please note: Register early as seating on our van is limited.**

Vermont Symphony Orchestra
Holiday Pops
At the Historic Paramount Theater, Rutland, VT
Sunday, December 16, 2018 3:00 pm
Dinner will follow at the award winning Red Clover Inn
Depart Thompson at 1:45 pm and return to Woodstock approximately 7:30pm
Cost: $72 Includes transportation, tickets, and dinner

José Daniel Flores-Caraballo leads the Orchestra and Chorus in a festive program that ranges from an a cappella version of “Jingle Bells” to the blockbuster “Many Moods of Christmas.” We pay tribute to the late great Robert De Cormier with three of his iconic arrangements, and present the Vermont premiere of a sweet ballad, “Little Tree” by Steve Murray. Never fear, the audience has a role to play…. And of course Holiday Pops can’t officially ring in the season without “Sleigh Ride.” Join us for the celebration!

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 will be guaranteed with receipt of payment.

Springtime Tulip River
Cruise Discovery - April 4 - 12, 2019
Featuring Dutch and Belgian Waterways
9 days - 20 Meals: 7 Breakfaests, 6 Lunches,
7 Dinners

Highlights: Amsterdam, 7-Night River Cruise, Volendam, Arnhem, Middelburg, Ghent, Bruges,
Antwerp, Kinderdijk Windmills, Keukenhof Gardens

**Final payment due at The Thompson by December 1st for December 5th due date at Collette - check or credit card**

For a complete itinerary, fees, and more information visit https://gateway.gocollette.com/link/887097, or call The Thompson Center for a color brochure. 457-3277
IN LOVING MEMORY & APPRECIATION

IN APPRECIATION
Barbara Folk - tiny painted cards for Holiday Bazaar
E. Barnard Community Club - apple crisp ice cream, stuffing
Lynn Peterson - beans
Linda and Dick Brackett - zucchini
Mario Maura - cucumbers and patty pan squash
Bob Foreman - cucumbers and beans
Ad Aisop Donation from cookie sale
John Audsley - tomatoes
Joyce Dann - tomatoes
Masonic Temple - turkeys
Marge Gray - lots of wool fabric

ONGOING DONATIONS:
Daily Valley News subscription - Woodstock Pharmacy
The Vermont Standard Paper
Birthdays & Cakes - Diane Atwood & Jane Soule
Monthly book club selection - Yankee Bookshop
Muffins - Mountain Creamery

IN MEMORY OF
Millie McGee
Green Mountain Girls
Gladys Deatte
John & Peg Audsley
Jean Conklin
Carla Kamel
Ruth Beebee
John & Peg Audsley
Edith Williams

The Thompson is pleased to provide recognition to an important Sponsor!
Different sponsors are featured here each month. Visit our website to see a complete list.

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 of someone they are remembering during the holidays.

NOVEMBER BIRTHDAYS

| 1st | Norman Boynton | 7th | Gail Mahood | 16th | Paul Wildasin | 23rd | Joan Harvey |
| 1st | Barbara Condict | 8th | Judy Mahood | 17th | Margaret McCracken | 23rd | Elizabeth Marciano |
| 1st | Helen Earle | 8th | Thelma Jillson | 17th | Jack Derevensky | 23rd | Nancy Mills |
| 2nd | Lyle Hall | 8th | Betty Bowen | 17th | Bonnie Gallagher | 23rd | Robert Leister |
| 2nd | Elizabeth Deignan | 9th | Margaret Thomas | 18th | Sally Patterson | 24th | Carolyn Maynard |
| 2nd | Doug Phillips | 9th | Bruce Gould | 18th | Carol White | 24th | Michael Beirne |
| 2nd | Jeanne Ward | 9th | James Bradley | 18th | Chergeron | 24th | Elizabeth Frederick |
| 3rd | Lindsay Heath | 10th | Deanna Jones | 18th | Roy Bates | 24th | Jules St. Arnaud |
| 3rd | Betty Ann Lantz | 10th | Betty Lou Skottet | 19th | Diane Prate | 25th | Margaret Mashum |
| 3rd | Ruth Wiegand | 10th | William Emmons | 19th | Rose Kwiatkowski | 26th | Min Smiddy |
| 3rd | Eileen Orcutt | 11th | Susan Moore | 19th | Doris Dean | 26th | Beverly Regar |
| 3rd | Chiara Tos-Nelson | 11th | Coleman Hoyt | 19th | Ron Baker | 27th | Richard Brodick |
| 4th | Sarah Roberts | 11th | Grace Hedderman | 20th | Philip Tomlet | 27th | Fred Doten |
| 4th | Dorcas Freeman | 12th | Rhonda Bruce | 20th | Barbara Fagerberg | 27th | James Ford |
| 5th | Don Francies | 12th | Constance Burnham | 20th | Dawn Kranz | 27th | Lorraine Crawford |
| 5th | Carol Pickett | 12th | Patricia Powers | 20th | Regina Lawrence | 27th | Valentina Melnikenkov |
| 5th | Joan Columbus | 12th | Taylor Scharack | 21st | Pamela Jaynes | 27th | Terry Heath |
| 5th | Wallace Orcutt | 13th | Taylor Scharack | 21st | Sophia Stone | 27th | Claudia Towndend |
| 6th | Margaret Levesque | 13th | Liz Hainil | 21st | Mary Croft | 28th | Merle Sanderson |
| 6th | Faith Willis | 13th | Hlyn Bradley | 21st | Josephine Royle | 29th | Mary Costella |
| 6th | Nancy Stahura | 14th | Constance Hitchcock | 21st | James Rachardor | 29th | Rhoda Moore |
| 6th | Nancy Winn | 14th | Patricia Gould | 21st | Jeanne Fallon | 29th | Charles Rattigan |
| 7th | Bernard Strong | 14th | Allen Buswell | 22nd | Eileen Mallon | 29th | Carol Sparkes |
| 7th | Craig Hadden | 16th | Nathan Willard | 22nd | Nancy Jonas | 29th | Anita Richardson |
| 7th | Craig Hadden | 16th | Nathan Willard | 22nd | Neal Campbell | 29th | Lloyd Cook |
| 7th | Craig Hadden | 16th | Nathan Willard | 22nd | Neal Campbell | 30th | Mario Gattoma |

On November 29th we will celebrate your special day with a delicious, complimentary meal! Please call to make a reservation for lunch and join us!
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

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 2018-2019 heating season must be postmarked by February 28 for eligible households.