



The Thompson Times

Your resource to age well

DECEMBER 2018

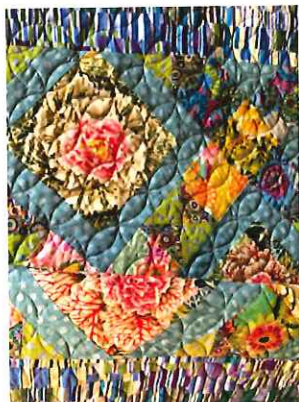


The Thompson's Annual Holiday Bazaar & Cookie Walk



Something for Everyone....Handmade
Pottery, Wreaths, Jewelry,
Centerpieces, Baked Goods, Jellies,
Pickles, Sewn Items, Ornaments, Art
Work, Hundreds of Cookies, and
SANTA!

Saturday
December 1, 2018
9:00 - 1:00 pm



Raffle Prizes:

1. Queen sized quilt with delicate water color palette by Janet Maxham
2. Two one-hour exercise sessions with Bari Ramirez
3. Pottery vase made by Veronica Delay

Tickets \$5 each or 6 for \$20. Drawing December 1st at 1:00 pm. Winners will be notified by phone. You don't need to be present to win.



The Thompson
Your resource to age well
The Thompson Center
99 Senior Lane
Woodstock, VT 05091



For more information call 802-457-3277 or email info@thompsonscenter.org



Holiday music will be provided by guitarist and wandering minstrel, Sandi Anderson of Sandiland Music.

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, Carl Hurd

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

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

BOARD OF DIRECTORS

Liza Deignan—*President*
Ginny Eames—*Vice President*
David McGuire—*Treasurer*
Wendy Wannop—*Secretary*
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Karl Huck
Susan Inui
Lydia Locke
Daphne Moritz
Steve Selbo
Tambrey Vutech
Joby Thompson

BEHIND THE SCENES

ADVISORY MEETING HIGHLIGHTS

- Aging in Vermont conference highlights
- Holiday Bazaar update
- Town petitions will be out during Thanksgiving meal
- Scotland House update
- Program announcements for December and beyond

Please join our next meeting on December 3rd at 1:00 pm. All patrons and volunteers are invited to attend.

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.



Volunteer Opportunity!

Being a Meals on Wheels driver is a very heart-warming experience. Volunteers deliver hot, nutritious meals to home-bound older Vermonters Monday through Friday. Our delivery routes generally take about an hour and are located in the Woodstock, Pomfret, Barnard and Bridgewater areas. **If you are interested, please contact Siobhan Wright at 457-3277 or swright@thompsonscenter.org.**

Thank you!

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@thompsonscenter.org

PROGRAMS & EVENTS

HOLIDAY DINNER

Thursday, December 13
12:00 pm



Please join us for our annual Holiday meal on December 13th. Menu: Baked Ham, Scalloped Potato, Pineapple Bread Pudding, Holiday Cranberry Chutney, Green Bean Almandine, Gingerbread Cake with Whipped Mascarpone frosting.

Advance sign-up is required. 457-3277.



YANKEE SWAP

Tuesday, December 11
1:00 pm

Join our holiday fun and bring a gently used, wrapped item to add to our collection of gifts. All are welcome, the more the merrier!

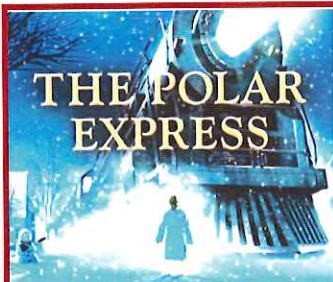


Cantabile Women's Chorus at The Thompson Thursday, December 13 at 1:00 pm

Cantabile Women's Chorus, under Director Kathy Sherlock-Green, will perform holiday favorites and samples from their upcoming concert *Person, Place, or Thing*, with accompanist Jeanne Chambers, on Thursday, December 13, 2018 at 1:00 pm at the Thompson Center.

The program will include popular carols, seasonal pieces from other religious traditions, and music in the round.

Cantabile's winter concert, *Person, Place, or Thing*, will include classical works, works by female composers, traditional tunes, and folk songs. Concerts will be held Saturday, January 26, 2019, at 3:00 pm at the First Congregational Church of Lebanon, NH and Sunday, January 27, 2019, at 3:00 pm at the Norwich Congregational Church in Norwich, VT.



The Polar Express

*A classic holiday story shown on the big screen at
The Grange Theater*

Saturday, December 15: 1:00 pm matinee

Depart Thompson van at 12:30 pm

Cost: \$7

This is the story of a young hero boy on Christmas Eve who boards a powerful magical train that's headed to the North Pole and Santa Claus's home. What unfolds is an adventure which follows a doubting boy, who takes an extraordinary train ride to the North Pole; during this ride, he embarks on a journey of self-discovery which shows him that the wonder of life never fades for those who believe.

The Panhandlers Steel Drum Band Holiday Performance Tuesday, December 18, 1:00 pm

The Thompson is pleased to present the 10 member Panhandlers Band, Vermont's largest steel drum band. Under the leadership of talented band director Jennifer Cohen, the repertoire of the Panhandlers primarily consists of toe tapping, rhythmic music of the islands that brings to mind soft breezes, rustling palms, and sandy beaches. For this performance, imagine holiday lights on those rustling palms when these talented and energetic musicians perform some of your favorite holiday tunes to invoke the spirit of the season.



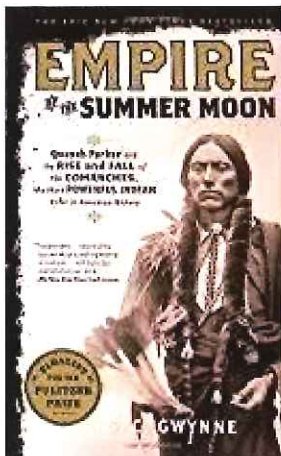
Tech Tutoring at The Thompson Center

Provided by Norman Williams Public Library

Tuesday, 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, 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.



Book Group

January 9th at 1:00 pm

There will be no meeting
in December

On January 9th we will be discussing *Empire of the Southern Moon* by S.C. Gwynn. This is the story of the Comanche nation, the Texas Rangers who fought them and a captured three year old white girl who ultimately became the

mother of the Comanche chief. See you on the 9th at 1:00 pm. We meet in a village home; call 457-2224 for directions.

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, December 5, 1:30 pm

Needle felting will be December's project where we bring to life a mischievous woodland gnome with natural wool roving and a simple dry felting technique. *Please register in advance by calling The Thompson*



Porter Music Boxes Wednesday, December 19 1:00 pm

Much to our delight, a stunning Porter music box was donated to our Center by the Cotsakos Family. We've enjoyed it so much that we've invited the Porter Music Box Company to come speak. Porter has been making and restoring music boxes and for the past 44 years and is the only manufacturer of large metal disc music boxes in the United States. Dwight Porter will discuss the humble beginnings of his company and show us some of his antique treasures at this Thompson Center presentation.

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.

AGE WELL

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

World War III– How the Cold War Might Have Ended

Presented by OSHER@Dartmouth Instructor, Jurgen Ewert

Mondays, February 4 - March 25, 1:00 - 3:00 pm. Cost: \$20, minimum of 5 students

Pre-register by calling The Thompson

This course is based on Robert Stone's film, *World War III*, - a 1998 German alternate history television pseudo-documentary - and class discussion will examine the state of the world in 1989 and the potential for a gloomy end to the Cold War.

Instructor Jurgen Ewert writes:

After leaving East Germany in August 1989 I was not expecting any substantial changes. Michail Gorbachev's rise to power in 1985 had changed the politics of the Soviet Union. Hungary opened the border to Austria in June 1989 and the East German government was desperately looking for help from the Soviet Union.

Gorbachev had made it clear at the 40th anniversary of East-Germany in October, 1989, that the Honecker regime could not expect help from its "Big Brother".

I pondered on the following:

How did the hardliners in the Soviet Union assess the situation created by Gorbachev's politics of Glasnost and Perestroika?

Were there plans for a coup d'état in 1989?

Was there a possibility for a military conflict between the Warsaw Pact and NATO after a possible coup d'état in 1989?

How close did Eastern Bloc countries come to civil war?

The Warsaw Pact and NATO were equipped with a giant arsenal capable of destroying the world – could World War III have happened?

Fortunately the coup d'état in the Soviet Union did not take place in 1989 but the hardliners were still powerful enough in 1991 to give it a try.

Course content will include PowerPoint slides, on-line content and video.

Aging and Driving

Wednesday, January 9, 1:00 pm

Presented by Valori Petrin, Occupational Therapist, Kendal at Hanover

In this presentation, we will discuss how aging affects driving, describe the skills needed to continue to drive safely, the warning signs of unsafe driving and what to do if a person you know is no longer safe to drive.

Valorie Petrin has been an OT at Kendal at Hanover for the past 20 of her 22 year career, and has completed over 400 driving safety screens. She is a Certified Aging in Place Specialist and is commonly known as the "Adaptive Equipment Queen" among her patients and peers.

PROGRAM CALENDAR - DECEMBER 2018

Mon	Tue	Wed	Thu	Fri
3	4	5	6	7
8-3 Public Benefit Programs Screening* 8:30 Pickle Ball 9 Strength & Fitness 10:15 Memoir Group 1 Advisory Meeting	9 Strength & Fitness 9:30-12:30 Reflexology* 10 Double King Pedé 10 Beginning Italian 12 Spanish Table 1 Jewelry Repair w/ Yael 1:30 Mah Jongg 3 Bone Builders	8:30 Pickle Ball 9:00 W. Leb Shopping* 9:30 Beginner Tai Chi 10:30 Handwork Cir. 10:45 Advanced Tai Chi 12 French Table 1:30 ArtisTree Project*	9 Strength & Fitness 9-11 Chair Massage* 10 Cribbage 10:00 Italian Study 12 Italian Table 1 Italian Intermediate 1:30 Mah Jongg 3 Bone Builders	10-12:30 CCC Office Hours* 12 German Language Table 1:30 Mah Jongg at NWPL
10	11	12	13	14
8-3 Public Benefit Programs Screening* 8:30 Pickle Ball 9 Strength & Fitness 10:15 Memoir Group 1-3 Advanced Directives*	9 Strength & Fitness 10 Double King Pedé 10 Beginning Italian 12 Spanish Table 1 Jewelry Repair w/ Yael 1 Yankee Swap 1:30 Tech Help* 1:30 Mah Jongg 3 Bone Builders	8:30 Pickle Ball 9:30 Beginner Tai Chi 10:30 Handwork Cir. 10:45 Advanced Tai Chi 12 French Table	Holiday Dinner* 9 Strength & Fitness 9-11 Chair Massage* 10 Cribbage 10:00 Italian Study 12 Italian Table 1 Italian Intermediate 1 Cantabile Chorus 1:30 Mah Jongg 3 Bone Builders	9-2:30 Foot Clinic* 10-12:30 CCC Office hours* 12 German Language Table 1:30 Mah Jongg at NWPL
17	18	19	20	21
8:30 Newsletter Folding 8-3 Public Benefit Programs Screening* 8:30 Pickle Ball 9 Strength & Fitness 10:15 Memoir Group	9 Strength & Fitness 9:30-12:30 Reflexology* 10 Double King Pedé 10 Beginning Italian* 10-11 Veggie VanGo 11:30 Commodities 12 Spanish Table 1 Music with The Panhandlers 1 Jewelry Repair w/ Yael 1:30 Mah Jongg 3 Bone Builders	8 Board Meeting 8:30 Pickle Ball 9:00 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 1 Porter Music Boxes	9 Strength & Fitness 9-11 Chair Massage* 10 Cribbage 10:00 Italian Study 12 Italian Table 12:45 Lucy Mac Visit 1:30 Mah Jongg 3 Bone Builders	10-12:30 CCC Office Hours* 12 German Language Table Open Ping Pong 1:30 Mah Jongg at NWPL
24	25	26	27	28
CLOSED	CLOSED for Christmas	8:30 Pickle Ball 10:30 Handwork Cir. 12 French Table	Birthday Day* 9 Strength & Fitness 9-11 Chair Massage* 10 Cribbage 10:00 Italian Study 12 Italian Table 1:30 Mah Jongg 3 Bone Builders	10-12:30 CCC Office Hours* 12 German Language Table Open Ping Pong 1:30 Mah Jongg at NWPL
31				
CLOSED for New Year's Eve			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

MENU - DECEMBER 2018

Mon	Tue	Wed	Thu	Fri
3	4	5	6	7
Turkey Chili, Coleslaw, Cornbread, Apple Turnover	Stuffed Meatloaf w/ Spinach and Cheese, Mashed Potato, Gravy, Green Beans, Brownie	Italian Pork Stew, Garlic Bread, Tossed Salad, Berries and Cream Crepes	Salmon en Croute w/ Spinach and Mushrooms, New Potatoes, Cucumber/Dill Salad, Strawberry Sundae	Chicken Caesar Wrap, Hearty Vegetable Minestrone, Chocolate Chip Cookies
10	11	12	13	14
Chicken Marsala, Rice Pilaf, Green Beans, Blueberry Pie	Reubens, Beer Battered Onion Rings, Roasted Vegetable Medley, Fresh Fruit	Grilled Cheese, Tomato Soup, Fresh Fruit Salad	Holiday Dinner* Baked Ham, Scalloped Potato, Pineapple Bread Pudding, Holiday Cranberry Chutney, Green Bean Almandine, Holiday Cake	Chef's Choice
17	18	19	20	21
Shepherd's Pie, Vegetable Medley, Chocolate Cookies	Pan seared Chicken Breast, Creamy Cheddar Polenta, Spinach Supreme (Spinach, Sour Cream, Parmesan and Monterey Jack Cheese), Fruit	Cauliflower, Chevre and Onion Quiche, Herb Roasted Potatoes, Mixed Greens Salad, Sorbet and Fruit	Tossed Salad, Bangers & Mashed, Onions & Gravy, Peas, Carrots, Fruit Short Cake	Breakfast Day* (Served at 9 am) Eggs Benedict, Hollandaise, Home Fries, Yogurt & Fruit
24	25	26	27	28
Christmas Eve Closed	Christmas Closed	Tuna Vegetable Packets, Rice, Chef's Choice Dessert	Birthday Day* Spiced Roast Pork, Roasted Brussel Sprouts, Roasted Garlic Mashed Red Skin Potatoes, Cranberry Apple Chutney, Roll, Cake and Ice Cream	Breakfast Day* Egg Muffins with Sausage Spinach and Cheese, Home Fries, Yogurt & Fruit
31				
CLOSED			Meal Pricing: \$7- charge for those under age sixty \$5-Suggested donation for ages sixty and over	* Vegetarian meals & Gluten Free available daily upon request. Please contact our chef in advance. 2% Milk, Coffee, tea, and juices available

Reservations Required

Please sign-up in advance for special meals and Birthday Day. This month includes **Holiday Dinner on the 13th, Birthday Day on the 27th and Breakfast Day on the 21st & 28th..** 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!

ACTIVE AGING

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.



New in January 2019! **Fall Prevention Clinic** **at The Thompson** **Provided by** **Upper Valley Rehab** **Physical Therapists**

Falls are *not* a normal part of aging and can result in more serious injuries over time, but the risks can be reduced by working on all the possible causes. Upper Valley Rehab will be offering a Fall Prevention Clinic at the Thompson Center and will provide free comprehensive fall risk Screenings for people who have fallen or who have a fear of falling. At the Clinic/Assessment, a licensed physical therapist will ask participants to complete a fall assessment screen which will include a history of previous falls and what might be causing them. Additionally, a therapist will screen participant's gait, balance, range of motion, strength and sensation and ask questions regarding home environment, fear of falling concerns, and pertinent medical history that can contribute to falls. This total assessment will include your screen results, which can be sent to your primary care physician, and recommendations for treatment if needed. Each comprehensive assessment is about fifteen minutes and will require an appointment.

Look for further details about the Upper Valley Rehab Fall Prevention Clinic schedule on The Thompson website and in the January issue of *The Thompson Times* newsletter.

Tai Chi's Meditation in Motion!

On Wednesdays

Beginner Class 9:30 - 10:30 am

Advanced Class 10:45 - 11:45 am

Dec. 5, 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 anniebower@yahoo.com.

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.

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.

Caregiver Support Group Wednesday, Dec. 19, 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.

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!



Wellness Clinic & Blood Pressure Screenings Jan. 23, 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

Advanced Directives 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.

Foot or Hand Reflexology Offered by Deborah Neuhof Certified Reflexologist December 4 & 18 and January 8 & 22 9:30 - 12:30 pm

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

This Trip is Full - Wait List Only

Vermont Symphony Orchestra Holiday Pops At the Historic Paramount Theater, Rutland, VT Sunday, December 16, 2018 3:00 pm

- Please arrive at The Thompson by 1:30 pm for a 1:45 pm departure
- 3:00 pm matinee to be immediately followed by dinner at the Red Clover Inn
- Expected return to Woodstock, approximately 7:30 pm

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.

This Trip is Full



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

***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



**V E R M O N T
S Y M P H O N Y
O R C H E S T R A**

Dinner to follow at the Red Clover Inn in Mendon

~ Menu ~

First Course

Choice of
House Made Squash Soup
Or
Fresh Mixed Green Salad with
Maple Balsamic
Vinaigrette Dressing

Second Course ~ Family Style

Coq Au Vin Chicken with Jus Da Vainde
Pork Cutlet with Applesauce
Brussel Sprouts
Chive whipped Potatoes
Roasted Spaghetti Squash
Corn bread stuffing

Third Course

Warm Apple Cobbler with Whipped Cream

Coffee, Tea and Lemonade Offered
Cash bar available

IN LOVING MEMORY & APPRECIATION

IN APPRECIATION

Jules & Karen St. Arnaud -
Medical Equipment
Donna Jones - Medical Equipment
Elaine Chase - Medical Equipment
In Memory of Marian Carter -
Medical Equipment
In Memory of Annette Brown -
Medical Equipment
Hellinger Family - Medical
Equipment
Joyce & Bob Evans - Medical
Equipment
Eigenbrod Family - Flowers
Schanck Family - Flowers
Carol Atwood - Vermont Raised
Turkeys



Happy Holidays

ONGOING DONATIONS:

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

IN MEMORY OF

Taylor Schanck

Richard & Linda Brackett
Janet & Perry Maxham
Ted & Joan Staples
Sheila Satzow
Dalen, Midstol & Tellefsen
Families

Gladys Deatte

Sam & Lindsay Heath
Jim & Noreen Huff

Ruth Beebee

Jim & Noreen Huff

DECEMBER BIRTHDAYS

st	James	Huff	8th	Peter	Brock	16h	Deirdre	Donnelly	23rd	Charles	Gundersen
st	Carol	Atwood	8th	Laurence	Werner	16th	Deborah	Hewitt	23rs	Marcia	Peterson
st	Ruth	Hunter	8th	Anne Marie	Hestnes-Harris	16th	Pat	Hesterberg	24th	John	Audsley
st	Bertha	Boynton	8th	Frank	Barth	16th	Karl	Huck	24th	Nancy	Kendall
nd	Dave	Bollinger	9th	Leon	Stetson	16th	Tom	Hitchcock	24th	Leo	Desmond
rd	Dave	Cowdrey	9th	Kristi	Rollins	17th	Gordon	Pine	24th	Phil	Camp
rd	Beverly	Humpstone	9th	Gerry	Hawkes	17th	Anthony	Thatcher	24th	Eileen	Duffy
rd	John	Hitchcock	9th	Nicholas	Couture	17th	Janice	Wakefield	24th	Patti	Beda
th	Stan	Talbot	9th	Virginia	Wagoner	17th	Donna	Crawford	25th	Carol	Williams
th	Sandra	Hack	10th	Helen	Flower	18th	Edith	Williams	25th	Carol	Heil
th	James	Bailey	10th	Lalita	Karoli	18th	Jeff	Rivera	26th	Carl	Kesseli
th	George	Zimberg	10th	John	Croteau	19th	Harvey	Watson	26th	Rodney	Leonard
th	Barbara	Butler	11th	Glenda	Osmer	18th	Joan	Fike	26th	Katherine	Webster
th	Penny	Wiltz	11th	Margaret	Bradley	19th	Meg	Seely	26th	William	Durkee
th	Jim	Farrell	11th	Boots	Churchill	19th	Jim	Lawrence	26th	Katherine	Sawyer
th	Sheila	Murray	11th	Jim	Duff	19th	Ava	Harvey	26th	Kathleen	Ladd
th	Candie	Gammill	12th	Eleanor	Zue	19th	Karen	Weinstein	27th	Evelyn	Paglia
th	Rick	Kuniholm	12th	Gordon	Tuthill	20th	Rose	Mroszczyk	27th	Johnna	Dana
th	Donald	Munro	12th	Lydia	Montano	20th	Rose	Larrow	27th	Christopher	Cassidy
th	Mary	Doubleday	12th	Luciana	Gardner	20th	Lonnie	Steiner	28th	Nancy	Gray
th	Honore	Hager	13th	Gerald	Parker	20th	Edward	Bosse	29th	Colin	Nevin
th	Kathleen	Eiselein	13th	Sue	Meador	20th	Bert	Repp	29th	Russell	Audsley
th	Jeannie	Rickert	14th	Grace	Staples	21st	Judith	Henderson	29th	Elisha	Morgan
th	Carolyn	Martin	14th	Margaret	Kasden	21st	Doris	Rogers	29th	Suzanne	Milord
th	Katherine	Donahue	15th	Judith	Reynolds	22nd	Erlene	Egbert	30th	Orville	Wright
th	Debbie	Urbina	15th	Myron	Beebee	22nd	Carol	Chalom	31st	Hazel	King
th	Marjorie	Royce	15th	Deborah	Rice	22nd	Karen	Barr	31st	Richard	Greenspan
th	Christopher	Sparkes	16th	Ryan	Martin	23rd	Glenn	Gregory	31st	Carolyn	Bernstein
						23rd	Carolyn		31st	Hildur	Colot

On December 27th we will celebrate your special day with a delicious, complimentary meal! Please call to make a reservation for lunch and join us!





The Thompson

Your resource to age well

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

Thank You to Our Transportation Sponsors and Grants



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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.