The Thompson’s Annual Holiday Bazaar & Cookie Walk

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

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

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.

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

CENTER HOURS
8 AM-3 PM, Monday-Friday

STAFF
Deanna Jones, Executive Director, djones@thompsonseniorcenter.org
Paula Audsley, Outreach Manager, paudsley@thompsonseniorcenter.org
Pam Butler, Program Director, pbutler@thompsonseniorcenter.org
Jen Bloch, Marketing Coordinator, jbloch@thompsonseniorcenter.org
Shari Borzekowski, Administrative & Resource Assistant, sborz@thompsonseniorcenter.org
Ryan Martin, Chef, rmartin@thompsonseniorcenter.org
Siobhan Wright, Kitchen Assistant & Meals on Wheels Coordinator, swright@thompsonseniorcenter.org
Drivers: Dwight Camp, Tom Merse, 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
Sam & Eleanor Grice—Advisory
Dick Atwood
Dave Bullinger
Susan Copeland
Jon Fullerton
Dolores Gilbert
Lisa Gramling
Peter Goulazian
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@thompsonseniorcenter.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@thompsonseniorcenter.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 at 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.
World War III—How the Cold War Might Have Ended
Presented by OSHERA®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.
<table>
<thead>
<tr>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
</tr>
</thead>
<tbody>
<tr>
<td>3</td>
<td>9 Strength &amp; Fitness</td>
<td>8:30 Pickle Ball</td>
<td>9 Strength &amp; Fitness</td>
<td>10-12:30 CCC Office Hours*</td>
</tr>
<tr>
<td>8-3 Public Benefit Programs Screening*</td>
<td>9:30-12:30 Reflexology*</td>
<td>9:00 W. Leb Shopping*</td>
<td>9-11 Chair Massage*</td>
<td>Office Hours*</td>
</tr>
<tr>
<td>8:30 Pickle Ball</td>
<td>10 Double King Pede</td>
<td>9:30 Beginner Tai Chi</td>
<td>10 Cribbage</td>
<td>12 German Language Table</td>
</tr>
<tr>
<td>9 Strength &amp; Fitness</td>
<td>10 Beginning Italian</td>
<td>10:30 Handwork Cir.</td>
<td>10:00 Italian Study</td>
<td>1:30 Mah Jongg at NWPL</td>
</tr>
<tr>
<td>10:15 Memoir Group</td>
<td>12 Spanish Table</td>
<td>10:45 Advanced Tai Chi</td>
<td>12 Italian Table</td>
<td></td>
</tr>
<tr>
<td>1-3 Advanced Directives*</td>
<td>1 Jewelry Repair w/ Yael</td>
<td>12 French Table</td>
<td>1:30 Mah Jongg</td>
<td></td>
</tr>
<tr>
<td>1 Advisory Meeting</td>
<td>1:30 Mah Jongg</td>
<td>1:30 ArtisTree Project*</td>
<td>3 Bone Builders</td>
<td></td>
</tr>
<tr>
<td>11</td>
<td>9 Strength &amp; Fitness</td>
<td>8:30 Pickle Ball</td>
<td>Holiday Dinner*</td>
<td>9-2:30 Foot Clinic*</td>
</tr>
<tr>
<td>8-3 Public Benefit Screening*</td>
<td>10 Double King Pede</td>
<td>9:30 Beginner Tai Chi</td>
<td>9-11 Chair Massage*</td>
<td>10-12:30 CCC Office hours*</td>
</tr>
<tr>
<td>8:30 Pickle Ball</td>
<td>10 Beginning Italian</td>
<td>10:30 Handwork Cir.</td>
<td>10 Cribbage</td>
<td>12 German Language Table</td>
</tr>
<tr>
<td>9 Strength &amp; Fitness</td>
<td>12 Spanish Table</td>
<td>10:45 Advanced Tai Chi</td>
<td>10:00 Italian Study</td>
<td>1:30 Mah Jongg at NWPL</td>
</tr>
<tr>
<td>10:15 Memoir Group</td>
<td>1 Yankee Swap</td>
<td>12 French Table</td>
<td>12 Italian Table</td>
<td></td>
</tr>
<tr>
<td>1-3 Advanced Directives*</td>
<td>1:30 Mah Jongg</td>
<td>1:30 ArtisTree Project*</td>
<td>1:30 Mah Jongg</td>
<td></td>
</tr>
<tr>
<td>17</td>
<td>9 Strength &amp; Fitness</td>
<td>8 Board Meeting</td>
<td>9 Strength &amp; Fitness</td>
<td>10-12:30 CCC Office Hours*</td>
</tr>
<tr>
<td>8:30 Newsletter Folding</td>
<td>10 Double King Pede</td>
<td>8:30 Pickle Ball</td>
<td>9-11 Chair Massage*</td>
<td>12 German Language Table</td>
</tr>
<tr>
<td>8-3 Public Benefit Programs Screening*</td>
<td>10 Beginning Italian</td>
<td>9:00 W. Leb Shopping*</td>
<td>10 Cribbage</td>
<td>Open Ping Pong</td>
</tr>
<tr>
<td>8:30 Pickle Ball</td>
<td>10-11 Veggie VanGo</td>
<td>9:30 Beginner Tai Chi</td>
<td>10:00 Italian Study</td>
<td>1:30 Mah Jongg at NWPL</td>
</tr>
<tr>
<td>9 Strength &amp; Fitness</td>
<td>11:30 Commodities</td>
<td>10:30 Handwork Cir.</td>
<td>12 Italian Table</td>
<td></td>
</tr>
<tr>
<td>10:15 Memoir Group</td>
<td>12 Spanish Table</td>
<td>10:45 Advanced Tai Chi</td>
<td>1:30 Mah Jongg</td>
<td></td>
</tr>
<tr>
<td>1-3 Advanced Directives*</td>
<td>1 Music with The Panhandlers</td>
<td>12 French Table</td>
<td>3 Bone Builders</td>
<td></td>
</tr>
<tr>
<td>18</td>
<td>1 Jewelry Repair w/ Yael</td>
<td>1:30 Mah Jongg</td>
<td>9-11 Chair Massage*</td>
<td>10-12:30 CCC Office Hours*</td>
</tr>
<tr>
<td>8:30 Pickle Ball</td>
<td>3 Bone Builders</td>
<td>1:30 ArtisTree Project*</td>
<td>10 Cribbage</td>
<td>12 German Language Table</td>
</tr>
<tr>
<td>9 Strength &amp; Fitness</td>
<td>8 Board Meeting</td>
<td>10:00 Italian Study</td>
<td>10:00 Italian Study</td>
<td>Open Ping Pong</td>
</tr>
<tr>
<td>9-30-12:30 Reflexology*</td>
<td>9:00 W. Leb Shopping*</td>
<td>12 Italian Table</td>
<td>12:45 Lucy Mac Visit</td>
<td>1:30 Mah Jongg at NWPL</td>
</tr>
<tr>
<td>10 Double King Pede</td>
<td>9:30 Beginner Tai Chi</td>
<td>1:30 Mah Jongg</td>
<td>1:30 Mah Jongg</td>
<td></td>
</tr>
<tr>
<td>10 Beginning Italian*</td>
<td>10:30 Handwork Cir.</td>
<td>3 Bone Builders</td>
<td>3 Bone Builders</td>
<td></td>
</tr>
<tr>
<td>10:15 Memoir Group</td>
<td>10:45 Advanced Tai Chi</td>
<td>1:30 Mah Jongg</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1-3 Advanced Directives*</td>
<td>12 French Table</td>
<td>3 Bone Builders</td>
<td></td>
<td></td>
</tr>
<tr>
<td>17</td>
<td>1:30 Mah Jongg</td>
<td>1:30 ArtisTree Project*</td>
<td>3 Bone Builders</td>
<td></td>
</tr>
<tr>
<td>18</td>
<td>3 Bone Builders</td>
<td>1:30 Mah Jongg</td>
<td>3 Bone Builders</td>
<td></td>
</tr>
<tr>
<td>24</td>
<td>CLOSED for Christmas</td>
<td>Birthday Day*</td>
<td>10-12:30 CCC Office Hours*</td>
<td></td>
</tr>
<tr>
<td>25</td>
<td>CLOSED for Christmas</td>
<td>8:30 Pickle Ball</td>
<td>12 German Language Table</td>
<td></td>
</tr>
<tr>
<td>26</td>
<td>8:30 Pickle Ball</td>
<td>10:30 Handwork Cir.</td>
<td>Open Ping Pong</td>
<td></td>
</tr>
<tr>
<td>27</td>
<td>10:30 Handwork Cir.</td>
<td>9-11 Chair Massage*</td>
<td>1:30 Mah Jongg at NWPL</td>
<td></td>
</tr>
<tr>
<td>28</td>
<td>Birthday Day*</td>
<td>10:00 Italian Study</td>
<td></td>
<td></td>
</tr>
<tr>
<td>31</td>
<td>CLOSED for New Year's Eve</td>
<td>10:00 Italian Study</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>1:30 Mah Jongg</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

* Indicates that sign-up/reservations are required.

BINGO daily at 10:30 am except on birthday day and other special meal days. Location changes based on the day's schedule.
<table>
<thead>
<tr>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
</tr>
</thead>
<tbody>
<tr>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
</tr>
<tr>
<td>Turkey Chili, Coleslaw, Cornbread, Apple Turnover</td>
<td>Stuffed Meatcalf w/ Spinach and Cheese, Mashed Potato, Gravy, Green Beans, Brownie</td>
<td>Italian Pork Stew, Garlic Bread, Tossed Salad, Berries and Cream Crepes</td>
<td>Salmon en Croute w/ Spinach and Mushrooms, New Potatoes, Cucumber/Dill Salad, Strawberry Sundae</td>
<td>Chicken Caesar Wrap, Hearty Vegetable Minestrone, Chocolate Chip Cookies</td>
</tr>
<tr>
<td>10</td>
<td>11</td>
<td>12</td>
<td>13</td>
<td>14</td>
</tr>
<tr>
<td>Chicken Marsala, Rice Pilaf, Green Beans, Blueberry Pie</td>
<td>Reubens, Beer Battered Onion Rings, Roasted Vegetable Medley, Fresh Fruit</td>
<td>Grilled Cheese, Tomato Soup, Fresh Fruit Salad</td>
<td>Holiday Dinner* Raked Ham, Scalloped Potato, Pineapple Bread Pudding, Holiday Cranberry Chutney, Green Bean Almandine, Holiday Cake</td>
<td>Chef's Choice</td>
</tr>
<tr>
<td>17</td>
<td>18</td>
<td>19</td>
<td>20</td>
<td>21</td>
</tr>
<tr>
<td>Shepherd's Pie, Vegetable Medley, Chocolate Cookies</td>
<td>Pan seared Chicken Breast, Creamy Cheddar Polenta, Spinach Supreme (Spinach, Sour Cream, Parmesan and Monterey Jack Cheese), Fruit</td>
<td>Cauliflower, Chevre and Onion Quiche, Herb Roasted Potatoes, Mixed Greens Salad, Sorbet and Fruit</td>
<td>Tossed Salad, Bangers &amp; Mashed, Onions &amp; Gravy, Peas, Carrots, Fruit Short Cake</td>
<td>Breakfast Day* (Served at 9 am) Eggs Benedict, Hollandaise, Home Fries, Yogurt &amp; Fruit</td>
</tr>
<tr>
<td>24</td>
<td>25</td>
<td>26</td>
<td>27</td>
<td>28</td>
</tr>
<tr>
<td>Christmas Eve Closed</td>
<td>Christmas Closed</td>
<td>Tuna Vegetable Packets, Rice, Chef's Choice Dessert</td>
<td>Birthday Day* Spiced Roast Pork, Roasted Brussel Sprouts, Roasted Garlic Mashed Red Skin Potatoes, Cranberry Apple Chutney, Roll, Cake and Ice Cream</td>
<td>Breakfast Day* Egg Muffins with Sausage Spinach and Cheese, Home Fries, Yogurt &amp; Fruit</td>
</tr>
<tr>
<td>31</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>CLOSED</td>
<td></td>
<td></td>
<td>Meal Pricing: $7-charge for those under age sixty $5-Suggested donation for ages sixty and over</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>
</tr>
</tbody>
</table>

**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!
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
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.

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.

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.
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
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

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.

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.

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
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.
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

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. Amaud - 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 Raiseć Turkeys

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

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