



The Thompson Times

Your resource to age well

NOVEMBER 2019



Thank You Veterans!

Luncheon & Ceremony
Friday, November 8, 11:45 am

Veterans are invited for a free lunch at The Thompson where the American Legion will lead a short ceremony around the flag. A group picture will be taken. Reservations required.



Poppy Project With ArtisTree at The Thompson

Wednesday, November 6, 1:30 pm

We are trying something new for this year's Poppy Project on November 6th. Finnie will guide us in creating small paper poppies to place on a large wreath that we will make as a group. This wreath will then be displayed as part of our Veterans Day Ceremony at The Thompson flag pole on November 8th. Please sign-up in advance at 457-3277.



A Taste of Italy

November 5, 2019

5:30 pm Hors d'oeuvres and Wine Bar
6:30 pm dinner

Authentic Italian Culinary Menu
Created and Prepared by Special Guest Chef,
Chiara Tosi-Nelson, and Chef Ryan Martin

Music by Fred Haas and Friends

TICKETS \$50

*Sponsored by The Thompson Center Italian Study
Groups and Claremont Spice & Dry Goods*

For more information and to reserve your spot
online, visit our website:

www.thompsonscenter.org/italiandinner

MENU:

Antipasto

Puff Pastry Mini Pizzas

Primo

Amatriciana Fettuccine

Secondo

Pork Scaloppine

Insalata

Fennel with Oranges

Dolci

Coffee Semifreddo

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,
paulsley@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, Front Desk
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*
Sam & Eleanor Grice—*Advisory*
Dick Atwood
Dave Bollinger
Susan Copeland
Jon Fullerton
Dolores Gilbert
Lisa Gramling
Peter Goulazian
Karl Huck
Lydia Locke
Daphne Moritz
Steve Selbo
Tambrey Vutech
Joby Thompson

BEHIND THE SCENES

ADVISORY MEETING HIGHLIGHTS

- Program updates:
 - Nov 5th Italian themed fundraiser dinner
 - Johnson Audiology talk in December
 - The Panhandlers will be back with holiday music
- Annual Meeting is October 23
- Patron suggestions:
 - Offer skim milk instead of whole for coffee
 - Volunteers to park cars on busy days

Please join our next meeting on November 4th at 1:00 pm. All patrons and volunteers are invited to attend. Your feedback is needed and appreciated!



November 5th is election day. If you will need a ride to vote, please call The Thompson to make arrangements.

Meals on Wheels Drivers Needed!

Being a MOW driver is a very heartwarming experience for many. Volunteers deliver hot, nutritious meals to home-bound seniors Monday through Friday. Our delivery routes begin at 11:00 and may take up to an hour to complete. We are currently looking for someone to help us one day a week of your choice. If you are interested, please contact Siobhan Wright at 457-3277 or swright@thompsonscenter.org. Thank you!

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 2019-2020 heating season must be postmarked by February 28 for eligible households.

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.

Sheehey
FURLONG & BEHM PC



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



Painting with ArtisTree

With Instructor Murray Ngoima

**Look for the next series dates beginning
in January of 2020**

Holiday Bazaar Workshop Wednesdays at 10:00 am



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!

Tech Tutoring at The Thompson Provided by NWPL

Tuesday, Nov. 19 & Dec. 10, 12:45 - 2:45

We are happy to continue offering individual tech tutoring thanks to Norman Williams Public Library and Meg Brazill. Meg offers 1:1 assistance for any one of your devices: cell phone, lap top, iPad or tablet - free of charge. 45 minute appointments are available and you can book more appointments as you need them. Please call to schedule yours at The Thompson 457-3277.



Coffee is on at The Thompson Join us in the Morning!

At The Thompson, we enjoy the pleasures of good conversations and fellowship at our community noon meal – why not join us for coffee?

We invite our visitors to come in for complimentary coffee and muffins beginning at 8:30 am any weekday morning. Bring a friend, neighbor, business associate, or perhaps you will meet someone you know. Enjoy the comfort of our living room or dining room and enjoy a visit over a good mug of coffee.

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.

The Panhandlers Steel Drum Band Tuesday, December 17, 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.



Thanksgiving Dinner Thursday, November 14, ONE Seating at Noon Reservations Required

Menu: Roasted Turkey, Mashed Potato, Gravy, Squash, Cranberry Sauce, Stuffing, Peas & 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. 457-3277



A Note From Our Library Volunteer:

Due to lack of space on our library shelves, we cannot accept donated books published earlier than 2010 (both hardback and paperback).

Thank you, Priscilla

AGE WELL

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

Medicare Open Enrollment Medicare Part "D" Assistance **With Samantha Ball, Coordinator Windsor Community Health Clinic at MAH** **November 6, 13, 19, 26 and December 4, 8:30 am - 2:30 pm** **Call The Thompson for 1:1 Assistance**

1. Medicare card – the red white and blue card
2. Current 2015 Medicare Part D card & Green Mountain Care/VPharm card if you have one
3. All health insurance cards
 - If currently working from your current employer or spouse's employer if you are covered under your spouse's Employer Group Health Plan (EGHP)
 - If retired your former employer's retirement plan card
 - If currently on Medicare bring your Medigap supplemental plan or Medicare Advantage health insurance cards
4. A list of all medications/drugs - this information needs to be taken from pill bottles for accuracy
 - Name of the drug
 - Dosage (EX: 10 mg, 20 mcg, whether it's a cream or ointment)
 - Useage: How many pills of this drug taken each day - EX: 3 pills each day is 90 pills useage each month.
5. Any letters received from Medicare, state of Vermont: VPharm, Green Mountain Care/Medicaid and Social Security: Social Security retirement benefits, Social Security Disability Income (SSDI) or Supplemental Security Income (SSI)

Hearing Healthcare and Hearing Aid Updates **Presented by Johnson Audiology** **Monday, December 9, 1:00 pm**



Hearing loss affects over 36 million Americans and is the third most common health problem in the United States. Audiologist, Dr. Julie Johnson, will discuss the changing landscape of hearing healthcare and how to be a savvy hearing aid consumer and what to look for from a hearing aid provider.

Dr. Johnson, graduated from Gallaudet University in Washington, DC and completed her externship at the Mayo Clinic in Jacksonville, Florida. She moved to the Upper Valley in 2003 to join Dartmouth-Hitchcock Medical Center as a clinical Audiologist and later as a clinical coordinator. In 2014, Dr. Johnson established Johnson Audiology, a private practice providing hearing health care to continuing care facilities, including Kendal at Hanover. Dr. Johnson has a working proficiency in American Sign Language (ASL) and is Board Certified by the American Board of Audiology.

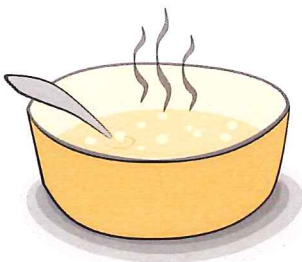
Dr. Rieke graduated with a Doctor of Audiology degree from Washington University School of Medicine in St. Louis, Missouri. She completed her externship at Dartmouth-Hitchcock Medical Center in 2009. She continues to see patients at DHMC and also works as a research Audiologist for a lab at Dartmouth College. Dr. Rieke is Board Certified by the American Board of Audiology and is a Fellow of the American Academy of Audiology. In addition, she conducts research related to cochlear changes from noise and ototoxicity. Dr. Rieke is also involved in research related to developing low-cost audiometric technology to improve global hearing healthcare in impoverished rural communities. For more information about their services, visit www.johnsonaudiology.org.

PROGRAM CALENDAR - NOVEMBER 2019

Mon	Tue	Wed	Thu	Fri
				1
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 re-quired			9 Reflexology* 10-12:30 CCC Office Hours* 12 German Language Table
4	5	6	7	8
10:15 Memoir Group 1 Advisory Meeting 1 VNH Movie & Discussion	Late Opening for A Taste of Italy Fundraising Dinner Beginning at 5:30 pm (There will be no noon meal served today due to late opening)	8:30 Medicare 1:1 Appts* 9 W. Leb Shopping* 9:30 Beginner Tai Chi 9:30 WUHS Project w/ Julie Brown 10 Bazaar Workshop 10:30 Handwork Cir. 10:45 Advanced Tai Chi 12 French Table 1:30 Poppy Project* 2-4 pm Dementia Care Training*	9 Strengthen & Stretch 10-12 Chair Massage* 10 Cribbage 10:00 Italian Study 12 Italian Table 1 Italian Intermediate 1:30 Mah Jongg 3 Bone Builders	Veterans Day Lunch* 9:30 - 3:30 Foot Clinic* 10-12:30 CCC Office hours* 12 German Language Table 1:30 Water Aerobics*
11	12	13	14	15
CLOSED for Veterans Day	9 Strengthen & Stretch 10-11 Veggie VanGo 10 Double King Pedé 10 Beginning Italian 12 Spanish Table 1 Housing Presentation 1:30 Mah Jongg 3 Bone Builders 4-6:30 Yoga Pain Clinic*	8:30 Medicare 1:1 Appts* 9:30 Beginner Tai Chi 10 Bazaar Workshop 10:30 Handwork Cir. 10:45 Advanced Tai Chi 12 French Table 1 Grocery Tour*	Thanksgiving Dinner* 9 Strengthen & Stretch 10-12 Chair Massage* 10 Cribbage 10:00 Italian Study 12 Italian Table 12:45 Lucy Mac Visit 1 Italian Intermediate 1:30 Mah Jongg 3 Bone Builders	9 Reflexology* 10-12:30 CCC Office Hours* 12 German Language Table 1:30 Water Aerobics*
18	19	20	21	22
8:30 Newsletter Folding 10:15 Memoir Group	8:30 Medicare 1:1 Appts* 9 Strengthen & Stretch 10 Double King Pedé 10 Beginning Italian 11:30 Commodities 12 Spanish Table 12:45 pm Tech Tutoring* 1 Madagascar Slide Show 1:30 Mah Jongg 3 Bone Builders	8 Board Meeting 8:30-10:30 Falls Prevention Clinic* 9 W. Leb Shopping* 9:30 Beginner Tai Chi 10 Bazaar Workshop 10:30 Handwork Cir. 10:45 Advanced Tai Chi 12 French Table 12:30 Caregiver Support Group	Birthday Day* 9 Strengthen & Stretch 10-12 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 Water Aerobics*
25	26	27	28	29
10:15 Memoir Group	8:30 Medicare 1:1 Appts* 9 Strengthen & Stretch 10-12 Wellness Clinic 10 Double King Pedé 10 Beginning Italian 12 Spanish Table 12-3 Foot Clinic* 1:30 Mah Jongg 3 Bone Builders	10 Bazaar Workshop 10:30 Handwork Cir. 12 French Table	CLOSED for Thanksgiving	CLOSED

MENU - NOVEMBER 2019

Mon	Tue	Wed	Thu	Fri
				1
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			Fish Florentine (spinach and cheese), herb roasted potatoes, Lime carrots, Fruit Cobbler
4	5	6	7	8
Tossed Salad, Chicken Marsala, Rice Pilaf, Green Beans, Strawberry Rhubarb Pie	Italian Fundraising Dinner (no lunch served) Refer to cover for menu.	Grilled Tuna & Vegetables in Herb Butter, Brown Rice, Oatmeal Cranberry, Cookie and Fruit	Asian Pork Burgers on Multigrain Round w/ Lettuce and Sweet & Sour BBQ Sauce, Roasted Steak Fries, Asian Slaw, Chocolate Chip Cookies and Fruit	Veterans Day Lunch* Open Faced Turkey Melt with Apples and Cheddar, Butternut Squash and Apple Bisque Coleslaw, Fresh Fruit Parfait
11	12	13	14	15
CLOSED for Veterans Day	Quiche w/ Asparagus Leek & Gruyere Cheese, Roasted Potatoes, Tossed Salad, Lime and Spice Peach Cobbler	Curried Coconut Chicken, Stir Fried Vegetables, Crispy Asian Slaw, Scallion Brown Rice, Pear Ginger Crumble	Thanksgiving Dinner* Roasted Turkey, Mashed Potato, Gravy, Cranberry Sauce, Stuffing, Peas and Carrots, Pumpkin Pie	Turkey, Vegetable and Noodle Soup Potato Leek Soup Tossed Salad, Roll, Chocolate Cake
18	19	20	21	22
Chef's Choice	Multigrain Spaghetti & Meatballs, Garlic Bread, Tossed Salad, Fresh Fruit Salad	Tossed Salad, Tuscan Chicken w/ Peppers and Tomatoes, served over Brown rice, Peach Rhubarb Coffee Cake	Birthday Day* Roast Beef, Au Jus, Sour Cream and Chive Mashed Potato, Roasted Asparagus, Roll, Cake and Ice Cream	Corn Chowder and Vegetable Minestrone Roll, Tossed Salad, Cookie with Fruit
25	26	27	28	29
Dijon Crusted Chicken Breasts, Horse Radish Mashed Potato, Gravy, Spinach, Berries and Cream Roll	Stuffed Meatloaf w/ Spinach and Cheese, Mashed Potato, Gravy, Green Beans, Strawberry Sundae	Vegetarian Chili, Corn Bread, Cole Slaw, Hot Fudge Sundae w/ Banana	CLOSED for Thanksgiving	CLOSED



Thompson Cafe Soup Days

We're trying something new! On Friday, November 15th and November 22nd, our regular noon meal will have a slightly different format. Chef Ryan will be offering a special soup and salad buffet. Diners can join us at noon as they usually do, but anyone is welcome to come and go between 12 - 1pm to dine in or pick up for take-out. Chef Ryan will offer two types of soup, rolls or crackers, and a hearty salad. *Try something new with us at the Thompson Cafe Fridays!*

HEALTHY 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.

Strengthen and Stretch Class

Modified Schedule on Tuesdays & Thursdays

Led by Certified Fitness Trainer, Liz Hatfield

9:00 - 10:00 am

While Liz is on a short medical leave the schedule has been modified.

Please call The Thompson for details.

This popular class incorporates aerobics, stretching, strength and weight bearing exercises. The benefits of these exercises include strengthening, bone building, balance and overall conditioning and coordination.



Water Aerobics Class

Woodstock Athletic Club

Fridays, No class on 11/1 & 11/29

1:30 - 2:15 pm, Cost \$72 for 9 week class

The Thompson will provide shuttle service to and from class if needed. Please register in advance with payment by calling 457-3277.

Tai Chi for your Balance, Coordination, and Relaxation

**Beginner 9:30 am, Advanced 10:45 am
Every Wednesday except 11/27 & 12/25**



Our Thompson Tai Chi classes provide a weekly hour of enjoyable time when you can improve your balance, body alignment, coordination, memory, and pleasure in movement. The slow, gentle steps of tai chi have surprising ability to strengthen the legs, while the arm gestures engage muscles in the back and core. Many class participants find tai chi a great stress reducer! Instructors Anne and Jane offer encouragement and really enjoy teaching.

Fall classes for the remainder of 2019 will start up Wednesday, Sept. 4th, right after Labor Day. The beginner/intermediate class runs from 9:30-10:30 and the more advanced group meets from 10:45-11:45. If you have questions, please call Anne at 457-2877. We'll have classes every Wednesday except Oct. 23, Nov. 27, and Dec. 25. **Cost is \$3 per class.**

**Yoga Pain Clinic with Karobi Sachs CSYT, RYT
500, E-RYT 500**

**Offered by Central Street Yoga & Meditation
at The Thompson Center**

Tuesday, November 12, 4:00 – 6:30 pm

Please register at <https://svaroopaa.org/ypc-taftsville-191112> or

by calling The Thompson Center

Do you live in pain? Looking for an alternative way to manage your pain? Learn how to live a pain-free life! Svaroopaa® yoga can reduce and eliminate pain – come and see how. Find out how yoga can help you with your aches and pains. Learn what is going on from yoga's perspective and experience a few body-friendly yoga poses selected specifically for those in attendance. At the end of the program, you will know if classes or private therapy sessions will be likely to help you.

HEALTHY AGING

Fall Prevention Clinic

At The Thompson Provided by Upper Valley Rehab Physical Therapists
Next Clinic Date: November 20
8:30-10:30 by appointment

Call The Thompson for your personal fall assessment screening with a licensed Physical Therapist. 457-3277

Chair Massage at The Thompson Thursdays, 10-12, \$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

3rd Wednesday of each month, 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 Directives Clinic

2nd Monday of the month

Rescheduling due to holiday—call for date

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

Deborah Neuhof, Certified Reflexologist
Fridays, Nov. 1 & 15, 9:00 - 12:00 pm

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

Wellness and Foot Care Clinics with Carmen Sleeper, RN

Blood Pressure:

Tuesday, November 26

10:00 am - 12:00 pm

Foot Clinics (by appointment):

Friday, November 8

9:30 am - 3:30 pm

Tuesday, November 26

12:30 - 3:00 pm

Please call 457-3277 to make your foot care appointment. \$20/bring a towel

Grocery Tour with

Sheryl C. Hoehner, MS, RDN, LDN

Wednesday, November 13, 1:00 pm

Do you or a family member have type II diabetes or pre-diabetes? Do you want to learn more about healthy eating, shopping, and cooking? Have you ever wished you could visit the grocery store with a registered dietitian? This is your chance. We will tour Mac's grocery store in Woodstock with Sheryl C. Hoehner MS, RDN, LDN. Sheryl will take us through the store making stops to discuss carbohydrate counting, the benefits of including fiber, healthy fats and the best options for meat and seafood just to name a few.

We'll then head back to The Thompson Center to taste a few items we picked up along the way. Please register in advance as there will be limited enrollment.

Sheryl is a registered dietitian with many years of experience. She started her career working at the USDA as part of a team doing nutrition research. She has also worked as a clinical dietitian at Johns Hopkins Children's Hospital as well as serving for almost 23 years in the United States Army. She has also worked as a grocery store dietitian for over 20 years. She has taught hundreds of nutrition and cooking classes for folks of all ages. Her passion is helping people to Eat Well: making choices that are easy, tasty, healthy, and affordable.

TRIPS



Vermont Symphony Holiday Pops at Rutland's Paramount Theater

Sunday, December 15, 2019

Depart Thompson at 1:45 pm for the 3:00 pm Matinee

Cost: \$61 Includes transportation, tickets, and dinner

Woodstock's **506 On the River Inn** will host a multi-entrée dinner in their unique and cozy dining room immediately following arrival from the theater.

The Vermont Family Style Menu Includes:

Caesar Salad

Statler Chicken with Lemon Cream & Cranberry Relish

Roasted Salmon with Peperonata (a rustic tomato sauce)

Herb Crusted Pork Loin with Maple Honey Mustard

Roasted Green Beans

Dessert Sampler Plate of:

Chocolate Mousse, Panna Cotta, Vermont Berry Crisp, Chocolate Stout Cake, Seasonal Pie



**VERMONT
SYMPHONY
ORCHESTRA**

New Trip for Fall 2020!

Collette Travel presents:

**Mackinac Island – featuring the Grand
Hotel & Chicago**

September 18 – 25, 2020

8 days – 11 meals



Trip Highlights include Chicago, Millennium Park, Charlevoix Mushroom Houses, Mackinac Island, Grand Hotel, Frankenmuth, Ford Museum and Greenfield Village.

\$3,249 per person/double and includes round trip airfare from Logan Intl Airport.

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.

IN LOVING MEMORY & APPRECIATION

IN APPRECIATION



Stephanie Stringos - cereal bars for
Meals on Wheels
Cindy Ansardy - medical equipment
Ann Blake - peaches
Kathy Roy - medical equipment
Hillary Martin & Bruce Kanfer -
medical equipment
Marilyn Bailey - medical equipment
Donna Durgin - Christmas cactus
White Cottage - food

ONGOING DONATIONS

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

IN MEMORY OF

Patsy Matthews

John Matthews

Share the Harvest:

Tom Morse - cucumbers, tomatoes
Carol Powell - cucumbers, tomatoes
Alberto Santana - maple syrup
Sue Thompson - apples & veggies
Patsy Highberg - cucumbers
Peggy Kannenstine - apples, pears
Joyce Dan - veggies, apples
Ann Bower - cucumbers
Jerry Frederickson - apples



NOVEMBER BIRTHDAYS

1st Norman Boynton	9th Bruce Gould	19th Rose Kwiatkowski	26th Beverly Regan
1st Barbara Condict	9th James Bradley	19th Doris Dean	27th Richard Brodrick
1st Helen Earle	10th Deanna Jones	19th Ron Baker	27th Fred Doten
2nd Elizabeth Deignan	10th Richard Eary	20th Philip Tomlet	27th James Ford
2nd Doug Phillips	10th William Emmons	20th Dawn Krantz	27th Valentina Melnichenko
2nd Jeanne Ward	10th Stacey Forest Helm	20th Regina Lawrence	27th Samantha Fitzgerald
3rd Lindsay Heath	11th Susan Moor	20th Angela Tessier	27th Terry Heath
3rd Betty Ann Lantz	11th Coleman Hoyt	21st Pamela Jaynes	27th Claudia Townsend
3rd Ruth Wiegand	11th Grace Hedderman	21st Sophia Stone	28th David Smith
3rd Eileen Orcutt	12th Rhonda Bruce	21st Mary Croft	28th Merle Sanderson
3rd Chiara Tosi-Nelson	12th Constance Burnham	21st Josephine Royle	28th Sara Cooke
3rd Theodore Rhodes	12th Patricia Powers	21st James Kachadorian	28th Dora White
4th Sarah Roberts	13th Loie Havill	21st Jeanne Fallon	29th Mary Costella
4th Dorcas Freeman	13th Ellyn Bradley	22nd Nancy Jonas	29th Rhoda Moore
4th Jordan Oldenburg	13th Elizabeth Hollingshead	22nd Neal Campbell	29th Charles Rattigan
5th Carole Pickett	14th Constance Hitchcock	23rd Joan Harvey	29th Carole Sparkes
5th Joan Columbus	14th Patricia Gould	23rd Elizabeth Marciano	29th Anita Richardson
5th Wallace Orcutt	14th Allen Buswell	23rd Nancy Mills	29th Lloyd Cook
5th Margaret Levesque	14th Susan Zuccotti	23rd Robert Leister	30th Mario Gattorna
6th Faith Wills	14th Carol Corette	24th Carolyn Maynard	30th Robert Evans
6th Nancy Stahura	16th Nathan Willard	24th Michael Beirne	
6th Nancy Winn	16th Paul Wildasin	24th Elizabeth Frederick	
6th Suzan Mulder	16th Phil Dechert	24th Jules St. Arnaud	
7th Bernard Strong	17th Jack Derevensky	24th Virginia Palmer	
7th Craig Hadden	17th Bonnie Gallagher	25th Margaret Maxham	
7th Gail Bernard	18th Carol White	26th Jim Smiddy	
8th Judy Mahood	18th Cheri Bergeron		
8th Betty Bowen	18th Roy Bates		
9th Margaret Thomas	19th Diane Frake		

*On November 21 we will
celebrate your special day
with a delicious, complimen-
tary 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

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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 - \$20 suggested donation per out-of-town trip. A minimum of 48 hours notice is requested for scheduling. Schedule with Paula at 457-3277.

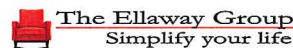
Local transportation to and from your home to The Thompson and other Woodstock stops - suggested donation of \$5 per ride round trip. Please call the Center by 8:30AM to request rides for that day. 457-3277

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

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.

Thank You to Our Transportation Sponsors and Grants



Like us on Facebook

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.