



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



The Thompson Times

Your resource to age well

FEBRUARY 2025

Thompson Building Update



Our building expansion and renovation at 99 Senior Lane is at an exciting stage with the new section of the roof in place and new walls framed in. Thanks to our incredible builders, Estes & Gallop, we are on track with the kitchen and dining room scheduled to re-open around April 1st. The building project will continue through September 2025.

While we have to be out of our building, our services have continued, almost without interruption. We are so grateful for our hosts at the Woodstock Jewish Community Congregation Shir Shalom for continuing to host all of our wellness and aging at home related programs and services. You may have heard we experienced a frozen pipe at the White Cottage, our temporary kitchen and dining room location. Due to the extensive damage to the ceiling above the dining room area, now under repair, we are no longer able to offer in-person meals at the White Cottage. Take-out meals are available Monday through Friday (order in advance).



Bone Builders at Shir Shalom

Great news! Our good friends at the Masonic Lodge have opened up their building to us for in-person dining, and we'll be bringing take-out meals to enjoy together every Monday and Wednesday. If you would like to attend a meet-up lunch at the Masonic Lodge, please register in advance for a meal by calling or emailing Cory at cvang@thompsonscenter.org or (802) 457-3277 ext 2.

In Case We Missed You... For the last nine months the Capital Campaign Committee has been working hard to raise the necessary funds to make our building dreams come true. Because of our incredibly generous community, these dreams are becoming a reality.

We have worked very hard to include everyone, but of course we may have missed you, and if so, please accept our sincere apologies. Our community is an especially tight knit one and the idea that members who are able support the Capital Campaign at ANY level is exciting and comforting. Please know we are so very grateful for every donation, whether it is toward the capital campaign or toward our annual appeal for daily operations.

So, in case we somehow missed you, please reach out to any committee member to discuss the project, or simply send a donation to The Thompson earmarked for the Capital Campaign. We would love to hear from you.

In Gratitude, Deanna Jones, Carolyn Kimbell, Tom Phillips, Beth Harper, Susan Ford, Dan Noble, Dolores Gilbert, Liza Deignan



TRANSPORTATION

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.

Local transportation to and from the Thompson Center is provided Monday through Friday between 8:30am – 3:00pm. Please call the Center to request rides with at least 24 hours notice. **Suggested minimum donation: \$5** per ride round trip

Medical Rides to and from appointments to all Upper Valley providers can be arranged directly through Tri-Valley Transit at 802-728-3773. A minimum of 48 hours notice is requested for scheduling.

Thank You to Our Transportation Sponsors & Grants

MISSION

The Thompson helps older adults 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.



Carla Kamel is back in the role of Community Care Coordinator

The Community Care Coordinator Advisory Board is excited to announce the re-launch of the Community Care Coordinator (CCC) Position, an initiative designed to provide in-home care coordination for residents of Woodstock and surrounding towns. This project, created in partnership with Mt. Ascutney Hospital & Health Center (MAHHC), The Thompson Senior Center, the Ottawaquechee Health Foundation (OHF), the HUB, a project of the Woodstock Community Trust, and Mountain Views Supervisory Union, will help individuals, families, school-aged children, older adults, caregivers, and those with chronic conditions access vital healthcare services and community resources. The Community Care Coordinator serves as a key advocate for residents, ensuring

that healthcare providers and community organizations work together to meet the needs of the most vulnerable populations. Carla can be reached at 802.779.6000 or email at carla@thompsonscenter.org.

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
Cory van Gulden, Assistant Director,
cvang@thompsonscenter.org
Paula Audsley, Business Office Manager,
paudsley@thompsonscenter.org
Jen Bloch, Marketing Coordinator,
jbloch@thompsonscenter.org
Shari Borzekowski, Aging at Home
Resource Manager & HomeShare Vermont
Case Manager,
sborz@thompsonscenter.org
Pam Butler, Aging at Home Support,
pbutler@thompsonscenter.org
Siobhan Wright, Meals on Wheels &
Transportation Coordinator,
swright@thompsonscenter.org
Andrew Geller, Chef,
ageller@thompsonscenter.org

Culinary Assistants: Ed Esmond, Lanie
Orcutt, Louise Blakeney, Sally Weglarz

Drivers: Tom Morse, Brian McGinty,
Jim Robinson, Vern Clifford

Carla Kamel, Community Care Coordinator,
carla@thompsonscenter.org

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

BOARD OF DIRECTORS

Karen Rosene-Montella—*President*
Carolyn Kimbell—*Vice President*
Beth Harper—*Treasurer*
Richard Wacker—*Secretary*
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Rick Fiske
Susan Ford
Dolores Gilbert
Greg Greene
Roger Logan
Dan Noble
Thomas Phillips
Sandy von Unwerth
Paulette Watson
Dennis Wright
Dick & Bonnie Atwood- Advisory

BEHIND THE SCENES

Thompson Winter Gala 2025 *Dinner, Dancing, Auction with Friends...* *Sunday, February 2nd at 5:30 pm, Woodstock Inn*

The Thompson Winter Gala is our largest annual fundraiser and provides significant support to the operations of our senior center. Thank you to our many donors, sponsors, and volunteers for making this event a success every year. For more information, visit our website at www.thompsonscenter.org/gala2025.

ADVISORY MEETING HIGHLIGHTS

- Deanna provided construction update.
- Water damage at the White Cottage prevents further use for in-house dining and congregating. Other options are being considered. MOW and take-out only meals will be provided through the White Cottage.
- Our Winter Gala is coming up on Feb. 2nd and quite a bit of staff time needs to be spent preparing for our largest fundraiser..
- Cory is the point person for general questions and anything about programs and lunches so that Deanna can remain focused on the building project.
- Cory will find and promote local events happening at ArtisTree, the Library, etc. Sign-up for our weekly eNews if you don't receive it.
- Participant questions and comments include where to find copies of the newsletter- extra copies will be at White Cottage, Suggested going to Bugbee for lunch occasionally. Someone asked about how to sign up for tax prep- call Shari. Someone suggested attending the Vermont Flower Show. Under the present situation, Cory couldn't promise to organize that group travel event this year but it looking into this and more for after the gala.

Please join our next meeting on Monday, February 3, 1:00 pm at the Masonic Lodge. All patrons and volunteers are invited to attend. Your feedback is needed and appreciated!



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

Meals on Wheels Recipients Reminder to Keep Walkways & Driveways Clear

As winter sets in, we ask that all meal recipients make sure that their walkways and driveways are safe to travel on. As volunteers make the effort to get meals to you, please consider their safety in navigating the ice and snow. If you need help with snowplowing or ice removal, please let us know. We appreciate your cooperation!

IN LOVING MEMORY & APPRECIATION

IN APPRECIATION

Darlene Griggs - dish scrubbers
Dr. Mark Knott - toothbrushes/tooth
paste for holiday gift bags
Vermont Food Bank - calendars for
holiday gift bags
First Congregational Church - paper
bags



A Special Thank You
for these monthly ongoing donations:

Vermont Standard newspapers
Diane Zonay for birthday flowers

IN MEMORY OF

Carl Kesseli
Richard & Linda Brackett

Charles Luetke
Peggy Lichtenstein

Dale Richards
David Westphalen & Susan
Dotson

David Laughlin
Janet Mayberry

Deane Jillson
Paula Audsley & Tom Morse
Cynthia M. Long
William & Barbara Hyde

Jack & Gina Moore
Bo & Randi Harron

Edwin & Dorothy Thompson

David & Patricia Thompson
Barbara Knutson
Cynthia Hall
Peter Thompson
John Thompson

Margaret Audsley
Paula Audsley

Ruth Wiegand
John Wiegand

Alan Dougherty
Rhonda & Dan Bruce

Janet & Perry Maxham
Paula Audsley & Tom Morse

Anna King
Rhonda & Dan Bruce

FEBRUARY BIRTHDAYS

| | | |
|------------------------|---------------------------|-----------------------------|
| 1st Dick Atwood | 9th John Wiegand | 20th Marlene Rand |
| 1st Craig Cota | 9th Zoe Potter | 20th Jim Lewis |
| 2nd Dorothy Wardwell | 9th Nicole Rikert | 20th Esther Mesler |
| 2nd Juan Florin | 10th Janice Standish | 20th Joe De Foor |
| 2nd Kathy Westney | 10th Sharon Blake | 21st Linda Atwood |
| 2nd Debbie Knight | 11th Jeannine Colby | 22nd Jerry Oppenheimer |
| 3rd Thomas Phillips | 11th Christa Prescott | 22nd Cynthia Stevens |
| 3rd Christina Martin | 12th Carol Towne | 22nd Vivian Coburn-Stebbins |
| 4th Tom Weschler | 13th Alberta Bailey | 23rd Sherry Wian |
| 4th Marilyn Bailey | 13th Kathy Marzalek | 23rd Peter Morone |
| 4th Darryl Attkisson | 13th Stephen Furbish | 23rd Ralph Kurek |
| 5th Ann Blake | 13th Iona Thomas | 24th Carl McCuaig |
| 5th Gretchen Pear | 13th Dennis Richardson Sr | 24th Kathleen Tucker |
| 5th Deirdre Brennan | 14th Phyllis Frechette | 25th Sylvia Doten |
| 5th Nick Schoville | 14th Marge DuMond | 25th Don Amero |
| 5th Jeffrey Kahn | 14th Jeffrey Bender | 26th Susan Menendez |
| 6th Miranda Shackleton | 14th Kenneth Darling | 26th James Hollinshead |
| 6th Charlotte Harvey | 16th Corey Mitchell | 27th Kedric Harriman |
| 6th Denise Glatzer | 16th Susan Bitzer | 27th Floyd Westover |
| 6th Gail Nelson | 16th Arthur Treanor | 27th David Mora |
| 6th Chandler Hewitt | 16th Hillary White | 27th Will Adler |
| 6th William Cournoyer | 17th Judy Ruffing | 27th Martie McNabb |
| 6th Mary Hutchins | 17th Linda Ward | 28th Jane Simonds |
| 7th Mia Pine | 18th Linda Manning | 28th Larry Templeton |
| 7th Sharon DiLorenzo | 18th Dennis Wright | 29th Floyd Van Alstyne |
| 7th Susan Reilly | 18th Susan Copeland | 29th Elisa D'Andrea |
| 8th Darlene Levy | 19th Darlene Griggs | |
| 8th Jim Carlson | 19th Rhonda White | |
| 9th Frances Lancaster | 19th Shari Casey | |

Aging at Home Membership Cards



One number to call for any need – a dedicated Thompson staff member for any “Aging at Home” questions, from shower chairs to long-term care insurance and everything in between.

Volunteers can help with a variety of non-skilled, small odd jobs. In addition, handyman help for small jobs is available through the Thompson. Suggested donation is \$35/hour. Call our Aging at Home Resource Manager, Shari, to see if your small odd job can be done! (802) 457-3277

Foot Clinic at Shir Shalom

Call Shari for your appointment, Cost \$35

Beverly Sinclair has been a practicing registered nurse for 22 years and providing local foot care service for older Vermonters for the past 8 years.

Caregiver Support Group at Shir Shalom

with Carla & Co-facilitator Anne Marinello
2nd Tuesday of each month, 12:00 pm
Virtual participation still available

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 on the 2nd Tuesday of each month, and share ideas, concerns, and constructive feedback with others facing similar challenges. **Please sign up in advance by calling Shari.**

Advance Directive Assistance by appointment

Would your loved ones know your wishes about medical care if you were unable to speak for yourself? An Advance Directive spells out your wishes and appoints someone to represent you if you are not able. A trained and caring volunteer will take the time to explain this simple process. Call Shari for an appointment.

Reflexology with Deb Neuhof, Certified Reflexologist

1st & 3rd Tuesdays, Call Shari for your appointment, \$35 for 30 minutes or \$65 for 60

Benefits Assistance at Shir Shalom

Tuesday, February 4th
9:30am –12:30 pm by appointment

As temperatures start to drop, there are programs available to help you stretch your budget. You might be eligible for:

- Seasonal Fuel Assistance to help pay heating and energy bills
- 3SquaresVT monthly benefits to pay for groceries (if you’re eligible for one, you’re eligible for the other!)
- Free weatherization services to improve your home’s energy efficiency (you’re eligible if you get fuel assistance!)
- Crisis Fuel Assistance if you’ve hit your monthly heating budget

Individual assistance is available by appointment with Senior Solutions Benefits Counselor, Liz Carey. Call Shari for your appointment.

HomeShare is working in our Community!



The collaboration between HomeShare Vermont and the Thompson Aging at Home program is creating more possibilities for HomeShare! More applications in our wider service area means more opportunities for successful matches. Hosts can request service to help around the house and/or some additional income while Guests can live in a private bedroom in someone's home at an affordable rent. Contact Shari at sborz@thompsonseniorcenter.org or 802-457-3277 for more info or to schedule a presentation in your town.



Please join our gracious hosts at the Norman Williams Public Library for the following programs:

Weekly:

Needlepoint Get-Togethers - Tuesdays 10-12 noon – An informal gathering to stitch and visit
 Knitters Meet-up – Thursdays 2-4 pm – A time to join friends, chat and knit. All levels welcome
 Bridge with NWPL Friends – Thursdays 2-4 pm (Email Peggy Fraser at fraserusa@gmail.com to join)

Monthly:

Zentangle Time – Last Wednesday of the month, 4-5:30 pm. A time to practice Zentangle with others without formal instruction. Zentangle is a relaxing art form that involves drawing structured patterns to create non-representational images. Benefits include reducing stress, improved focus, and developing dexterity.

Coming in March... Join us for another Music Game Sing-a-Long at the Norman Williams Public Library. Play “Name that Tune” with Anne Marie Bohn on vocals, accompanied by Sherry Belisle on piano.



Fraud/Scam Talk

Feb 12, 10:30-12 noon at Shir Shalom

Please join us for a talk on Fraud/Scam prevention with Southeastern Vermont Community Action and Mascoma Bank on Wednesday, February 12th 10:30 – 12noon at Shir Shalom. Pizza will be provided by SEVCA. Please call the Thompson Center to register in advance.



Welcome to AARP Tax Aide for Tax Year 2024

We're looking forward to preparing your tax return in-person this year!

Appointments for tax preparation will be made by calling The Thompson Center at 802-457-3277 x3 after January 6, 2025. Plan on spending 1-2 hours at the Thompson's temporary location at Congregation Shir Shalom, 1680 West Woodstock Road while we prepare your return with you. Tax booklets will be available in advance, if you would like to get ready ahead of your appointment, just call first to ensure we have a booklet set aside for you.

Please be sure to bring the following items:

- Last year's tax return envelope that contains the printed returns (Federal and Vermont) AND all of your supporting documents. It will be helpful to review these documents to ensure you are bringing the same information for 2024.
- Driver's license or picture ID and Social Security Card for you and your dependents
- Applicable tax documents you have received in January and February such as: your social security statement, 1099s for all retirement income, broker statements for sales of stocks/bonds, records of estimated tax payments, and your Vermont Property Tax bill for 2024-25.

Thank you!

Tax Aide Team (Althea, Dave, Jane, Richard, Tom, Ron and Karen)



Eat Smart, Move More, Weigh Less Online February 2025 Classes Now Available Register in advance.

Eat Smart, Move More, Weigh Less is a 15-week weight-management program that uses strategies proven to work. Each lesson informs, empowers and motivates you to live mindfully as you make choices about eating and physical activity.

Classes are held ONLINE, using Zoom. The program is accessible on a desktop, laptop, smartphone, iPad, and tablets. Classes will meet on the same day and time for the full 15 weeks. The general enrollment cost of the program is \$250 but you can call The Thompson for your Voucher/Coupon code for your class registration.

Available Classes for Registration (start date of 15-week online series):

Sunday, February 2, 8:15 pm to 9:15 pm, Tuesday, February 4, 6:00 pm to 7:00 pm,

Wednesday, February 5, 7:15 pm to 8:15 pm, Thursday, February 6, 12:00 pm to 1:00 pm

Senior Learning Network Virtual Programs

Home viewing only. Call 802-457-3277 in advance to register and receive your Zoom link.



"We Return Fighting": The Harlem Hell fighters in World War I National Museum of the United State Army

Tuesday, February 4, 2:00 pm

On Dec. 27, 1917, the all-Black 369th Infantry Regiment docked in Brest, France. In the 191 days the men spent on the front lines no ground was lost and no man was captured. Their actions earned them the nickname "Hellfighters." Explore the commitment, challenges, and bravery of the Harlem Hellfighters. Learn how their actions, along with the thousands of other Black World War I veterans, contributed to the Allied victory. Examine the legacy of their service and its impact on the civil rights movement.



"Small Cave No More": Jewel Cave National Monument

Tuesday, February 11, 2:00 pm

Learn about one of the longest caves in the world! Hundreds of feet beneath our tour routes, Jewel Cave's passageways descend deep enough to intersect the Madison Aquifer. At these points, cave explorers have discovered 14 underground lakes! When our exploration teams add new mileage to the cave, they encounter passageways and formations that have never before been seen by human eyes. The first discovered lake in Jewel Cave, Hourglass Lake, was encountered by an exploration team in 2015. Over 220 miles long, Jewel Cave is known for its length and the unique crystal formations that cover the cave walls. Join a ranger to learn about the cave formation, discovery, and modern exploration.



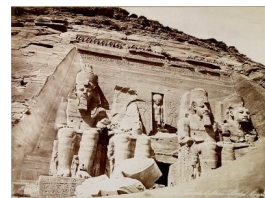
Martin Van Buren National Historic Site

Tuesday, February 18, 2:00 pm

"All in all, he's a riddle that must puzzle the devil." - Davy Crockett

Today, Martin Van Buren is an obscure man, often little more than a footnote. In pre-Civil War America, however, it was impossible not to have an opinion of him. Van Buren was central to the creation of America's political parties and to the largest crisis of his time, slavery. The above quote is from Davy Crockett, one of many Americans trying to understand the Red Fox of Kinderhook.

Join us as we learn about this historic site, Lindenwald, an estate he purchased in his hometown of Kinderhook in 1839. After his presidency, Lindenwald became not only a family home, but a political base.



"Freer in Egypt": National Museum of Asian Art

Tuesday, February 25, 2:00 pm

Charles Lang Freer developed an interest in Ancient Near Eastern objects in 1902 when he began to collect examples of the region's ceramic vessels, such as glazed jars from the Parthian period (247 BCE-224 CE) and ancient Egyptian statuettes in faience (e.g., F1902.24). His interest increased over the years and culminated in 1906 when he embarked on his first trip to Egypt.

In 1906, Freer made his first trip to Egypt. The journey started in Detroit in November and after a stop in New York and Philadelphia, he reached Naples on November 29, 1906. From there he sailed with the SS Oceana and reached Alexandria on December 8, 1906. Freer traveled throughout Egypt for about two months until January 1907, allowing him to develop his first impressions of the country.

The Ping Pong Place

at the Little Theater
Mondays, Wednesdays, and now Fridays!
Drop in play, 10am to 11:30am at
the Little Theater. All are welcome!

Please come to learn to play, refresh your skills, or up your game! Practice your hand/eye coordination and laugh a lot. Come play singles or doubles on our two tables. Questions? Linda at 802-457-3428.

Gentle Yoga

Join this Inspiring Group at Shir Shalom
Offered by Yoga Instructor, Kathryn Mills
Mondays & Wednesdays, 1:00-2:00 pm
Cost: 6 class punch card for \$90
or \$20 per class

Gentle Yoga is geared specifically for those new to yoga or those who are interested in a gentle practice. This class incorporates simple flowing sequences to warm up the body, as well as slower paced seated, standing, and reclining poses focusing on developing/increasing alignment, strength, balance, and flexibility. Modifications are offered and props are optional. No experience or flexibility required. Bring a mat if you have one, and a blanket if you like. *Pre-registration is required by calling The Thompson.*

Strength, Stability, Stretching

at Shir Shalom

Thursdays – In person & Zoom 10:30 – 11:30 am
Tuesdays – Zoom Class Only 10:30 – 11:30 am

This class includes exercises that will help you in your everyday life so that you can continue to do the things you enjoy and stay independent as you age. This popular class involves a combination of strength, cardio, balance, flexibility and brain training exercises.

Cost: \$5 per in-person class payable to The Thompson Center. Virtual attendees are asked to donate to Liz directly.

Tai Chi on Wednesdays
Virtual from January - March 2025
Beginner Class is 9:30 am
Advanced Class is 10:40 am.
\$3 per session payable to the Thompson



Enjoy the coordination, focus, and core strength of seated tai chi. This form improves breathing and reduces stress. We will also have time for some standing and stepping practice for those who want it. The standing form contributes more balance improvement, but both forms are definitely mind-body exercises with multiple benefits.

Class instructor Anne Bower has been teaching for twenty years. She provides lots of encouragement and helps each person learn at their own rate.

When it comes to finding tools for staying healthy, active, and involved, The Thompson is the place to start!

Bone Builders at Shir Shalom

Tuesdays and Thursdays, 3:00-4:00 pm

The Bone Builders exercise program is based on research conducted and published by Tufts University which shows that strength training just twice a week dramatically reduces the risk of fractures and can even reverse the negative effects of osteoporosis. The Bone Builders program is beneficial exercise for everybody. It includes stretching, balance work, and weight lifting. New students are always welcome and are asked to call The Thompson to register and obtain a medical clearance document to be signed by your medical provider.

Art with Finnie at ArtisTree Community Arts Center
Hand Felted soaps and baubles
Wednesday, February 5, 1:30 pm



Join Finnie for a fun and creative workshop where you'll learn the art of felted soaps! This hands-on activity combines wool and soap to create beautiful, unique, and functional pieces of art. Felted soaps make wonderful, natural exfoliators, and they can be used as decorative items or gifts.

Please register in advance by contacting Cory at 802-457-3277.



Tablet Program

We're excited to announce the opportunity to share free tablets and training with first time tech users! This will be for people that do not already have a tablet and are interested in understanding the benefits of owning one and using technology for the first time.

We will have three classes that will focus on setting a tablet up and using it for emails, photos, telehealth, and finally more advanced tasks like paying bills online, managing calendars and more.

Participants will receive the tablet for free thanks to a grant from the Maine Council of Aging and the Hannafords CHEF grant. Cory will schedule classes directly with those who are signed up. Contact him with any questions. 802-457-3277.



Public Ice Skating at Union Arena Community Center

Enjoy Public Skate open sessions on the following February days:

Mondays - 1-2:40 pm
 Wednesdays - 2-3:40 pm
 Sundays - 11-12 noon

Ages 60+ \$5
 Ages 70+ Free

(Skates available for rent if needed)

(Schedules subject to change)

| PROGRAM CALENDAR - FEBRUARY 2025 | | | | |
|--|---|--|--|---|
| Mon | Tue | Wed | Thu | Fri |
| 3 | 4 | 5 | 6 | 7 |
| 8-3 Tax Assistance 10 Ping Pong at the Little Theater 12 Meet-up Lunch at Masonic Lodge 1 Gentle Yoga at SS 1 Advisory Meeting at Masonic Lodge 1-2:40 Public Skate at Union Arena | 9:30 Benefits Counseling at SS 10-12 Needlepoint Get -Together at NWPL 1 Mahjong at NWPL 2 SLN: "We Return Fighting" 3 Bone Builders at SS | 9:30 Beginner Tai Chi -virtual 10 Ping Pong at the Little Theater 10:40 Advanced Tai Chi virtual 12 Meet-up Lunch at Masonic Lodge 1 Gentle Yoga at SS 1:30 Art at ArtisTree 1 Bridge at NWPL 2-3:40 Public Skate at the Union Arena | 10:30 Strength, Stretch, Stability at SS 2-4 Knitters Meet-Up at NWPL 2-4 Bridge at NWPL 3 Bone Builders at SS | 10 Ping Pong at the Little Theater 1 Mahjong at NWPL |
| 10 | 11 | 12 | 13 | 14 |
| 8-3 Tax Assistance 10 Ping Pong at the Little Theater 12 Meet-up Lunch at Masonic Lodge 1 Gentle Yoga at SS 1-2:40 Public Skate at Union Arena | 12 Caregiver Support Group at SS 10-12 Needlepoint Get -Together at NWPL 1 Mahjong at NWPL 2 SLN: "Small Cave No More" 3 Bone Builders at SS | 9:30 Beginner Tai Chi -virtual 10 Ping Pong at the Little Theater 10:30 Fraud/Scam Talk at SS 10:40 Advanced Tai Chi virtual 12 Meet-up Lunch at Masonic Lodge 1 Gentle Yoga at SS 1 Bridge at NWPL 2-3:40 Public Skate at the Union Arena | 10:30 Strength, Stretch, Stability at SS 2-4 Knitters Meet-Up at NWPL 2-4 Bridge at NWPL 3 Bone Builders at SS | 10 Ping Pong at the Little Theater 1 Mahjong at NWPL |
| 17 | 18 | 19 | 20 | 21 |
| CLOSED for Presidents Day 8-3 Tax Assistance | 9:30 Commodities 10-12 Needlepoint Get -Together at NWPL 1 Mahjong at NWPL 2 SLN: Martin Van Buren National Historic Site 3 Bone Builders at SS | 9:30 Beginner Tai Chi -virtual 10 Ping Pong at the Little Theater 10:40 Advanced Tai Chi -virtual 12 Meet-up Lunch at Masonic Lodge 1 Gentle Yoga at SS 1 Bridge at NWPL 2-3:40 Public Skate at the Union Arena | 8:30-3 Foot Clinic at SS 10:30 Strength, Stretch, Stability at SS 2-4 Knitters Meet-Up at NWPL 2-4 Bridge at NWPL 3 Bone Builders at SS | 10 Ping Pong at the Little Theater 1 Mahjong at NWPL |
| 24 | 25 | 26 | 27 | 28 |
| 8-3 Tax Assistance 10 Ping Pong at the Little Theater 12 Meet-up Lunch at Masonic Lodge 1 Gentle Yoga at SS 1-2:40 Public Skate at Union Arena | 10-12 Needlepoint Get -Together at NWPL 1 Mahjong at NWPL 2 SLN: "Freer in Egypt" 3 Bone Builders at SS | 9:30 Beginner Tai Chi- virtual 10 Ping Pong at the Little Theater 10:40 Advanced Tai Chi - virtual 12 Meet-up Lunch at Masonic Lodge 1 Gentle Yoga at SS 1 Bridge at NWPL 2-3:40 Public Skate at the Union Arena 4-5:30 Zentangle Time at NWPL | 10:30 Strength, Stretch, Stability at SS 2-4 Knitters Meet-Up at NWPL 2-4 Bridge at NWPL 3 Bone Builders at SS | 10 Ping Pong at the Little Theater 1 Mahjong at NWPL |
| *White Cottage = WC Congregation Shir Shalom = SS Norman Williams Public Library = NWPL | | | | RESERVATIONS REQUIRED FOR ALL PROGRAMS & MEAL |

| MENU (TAKE-OUT ONLY) - FEBRUARY 2025 | | | | |
|--|--|--|--|---|
| Mon | Tue | Wed | Thu | Fri |
| 3 | 4 | 5 | 6 | 7 |
| *12 Meet-up Lunch at Masonic Lodge Grilled Hot Dog, Potato Salad with Hard egg and Peas, Cole Slaw, Fresh Fruit Salad, Cookie | Pork Stew with Peas and Carrots, Mashed Potatoes, Roasted Squash, Dinner Roll, Fresh Fruit, Cookie | 12 Meet-up Lunch at Masonic Lodge New England Style Clam Chowder Soup, Garden Salad with Croutons, Sweet Peppers, Carrots and Olives, Dinner Roll, Fresh Fruit Parfait with Granola | Hawaiian Style Huli Huli Chicken Steamed Jasmine Rice, Baked Pineapple Sesame Green Beans, Dinner Roll, Fresh Fruit | Lentil Soup, ½ Chicken Salad Sandwich on Wheat Bread with Lettuce and Tomato, Chef's Choice Cookie, Fresh Fruit |
| 10 | 11 | 12 | 13 | 14 |
| 12 Meet-up Lunch at Masonic Lodge Hamburger Steak with Onion Gravy, Mashed Potatoes, Mixed Summer Vegetables, Pumpkin Pie, Fresh Fruit | Broccoli Corn Chowder with Chicken, Garden Salad with Citrus Vinaigrette, Dinner Roll, Fresh Fruit, Cookie | 12 Meet-up Lunch at Masonic Lodge Baked BBQ Style Chicken Leg Quarters, Cole Slaw, Garden Pea Salad, Baked Beans, Whole Wheat Dinner Roll | Eggplant Parmesan, Steamed Vegetables, Caesar Salad with Chicken, Dinner Roll, Fresh Fruit Parfait with Granola and Maple Syrup | Valentine's Day Lunch Baked Ham with Roasted Pineapple and Maple Glaze, Cole Slaw, Green Beans, Whole Wheat Dinner Roll, Strawberry Shortcake |
| 17 | 18 | 19 | 20 | 21 |
| CLOSED for Presidents Day | Cheese Ravioli with Chicken, Peas and Mushrooms, Garden Salad, Dinner Roll, Cheese-cake Topped with Mixed Berry Compote | 12 Meet-up Lunch at Masonic Lodge Beef Stroganoff with Mushrooms and Pearl Onions, Egg Noodles, Summer Garden Salad, Dinner Roll, Fresh Fruit | Baked Cod with White Wine Sauce, Saffron Rice Pilaf, Sautéed Swiss Chard, Dinner Roll, Fresh Fruit, Lemon Pound Cake | Penne Pasta with Beef Bolognese Sauce using Cloudland Farms Beef, Local Vegetables, Tossed Mixed Green Salad with Garden Vegetables, Fresh Fruit and a Cookie |
| 24 | 25 | 26 | 27 | 28 |
| 12 Meet-up Lunch at Masonic Lodge Roasted Chicken Breast with Lemon and Fresh Herbs, Brown Rice Pilaf, Mixed Vegetables, Whole Grain Dinner Roll, Fresh Fruit, Brownie | Pulled Pork with House Made BBQ Sauce, Cole Slaw, Corn Bread, Apple Pie | 12 Meet-up Lunch at Masonic Lodge Stuffed Peppers with Seasonal Vegetables, Ground Turkey Spinach and Tomato Sauce, Brown Rice Pilaf, Fresh Mixed Greens Salad with Country Herb Dressing, Fruit Salad, Cookie | Birthday Day Chicken Parmesan, Angel Hair Pasta, Tossed Garden Salad Fresh Fruit, Birthday Cake | Cheeseburger on a Whole Wheat Bun with Lettuce, Tomato, Red Onion and Pickles, Cole Slaw, Baked Beans, Fresh Fruit, Brownie |
| Call Cory, 802-457-3277, ext 2, to order take-out. Schedule ahead or call by 9:30am, with pick-up at 11:15am at the White Cottage *Lunch Meet-up at Masonic - order take-out in advance. Take-out lunches for those registered will be delivered to the Masonic Lodge | | | Suggested donation for guests ages 60 and over is \$7 For guests under age 60, the meal price is \$12 2% milk, juice, coffee, tea with all meals | *menu subject to change based upon product availability* *Please make requests for substitutions 24 hours in advance |