



The Thompson Times

AT THE CENTER FOR SENIORS AND COMMUNITY

APRIL 2016

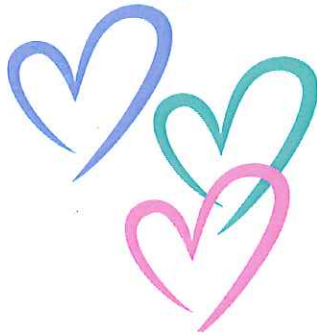
Volunteers, We Celebrate Your Service!

In April, volunteer week is celebrated across the nation to recognize ordinary people doing extraordinary things to improve their communities. The national theme -- **Celebrating Service** -- honors individuals who take action and meet critical needs. We count on and appreciate our volunteers year round, but on April 6th we'll take some time to celebrate the enormous contributions that volunteers make every day. All volunteers are invited to join us for breakfast at 8:30am.

**Celebrate
Service**
National Volunteer Week
April 10-16, 2016

POINTS OF LIGHT

Volunteering is
a work of heart



"Volunteering is a Work of Heart" Volunteer Appreciation Breakfast Wednesday, April 6, 2016 at 8:30 am

All volunteers are invited to the Center for a time of celebration, recognition, and a delicious breakfast.

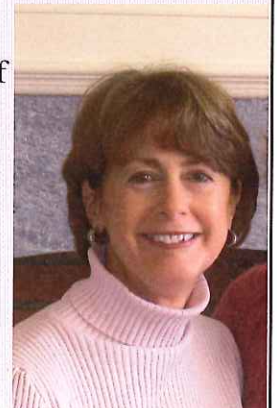
Please RSVP by March 30 to 457-3277.

Alive Inside: A Story of Music and Memory An Award Winning Alzheimer's Documentary Presented by Susan Moor Thursday, May 12, 1:30 pm

Alive Inside follows social worker Dan Cohen as he introduces iPods with personalized playlists to those who have Alzheimer's disease or related disorders. The filmmaker had planned to follow Mr. Cohen for one day but was so fascinated that it turned into a 3-year project. We all can think of a time we heard a song on the radio and it took us back to the first time we heard it, or brought us back to a happy time earlier in our lives. In *Alive Inside*, we can see this happening as familiar songs from their youth are played for nursing home residents. A piece of familiar music serves as a soundtrack for a mental movie that starts playing in the mind. It calls back memories of a particular person or place and the association is established between the two things – music and memories. This documentary powerfully shows the physical and emotional effects of music for these residents.

Alive Inside won the 2014 Sundance Film Festival Audience Award. It is a must-see if you know anyone with Alzheimer's disease or another type of dementia.

This documentary is 77 minutes in duration and is free and open to the public.



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, Gordon Worth,
Jim Emery, Nelson Gilman

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

Community Care Coordinators
Lonnie Larrow, RN and
Carla Kamel, MSW
Ottawaquechee Health Center, 457-5414

BOARD OF DIRECTORS

Tom Weschler—*President*
Liza Deignan—*Vice President*
Jerry Fredrickson—*Treasurer*
Sarah Roberts—*Secretary*
Dick Atwood
Dave Bollinger
Bill Emmons
Peter Goulazian
Anne Herz
Peggy Kasden
Sally Kesseli
Holly Levison
Patsy Mathews
Susan Moor
Daphne Moritz
John Snyder
John Steinle
Tambrey Vutech

BEHIND THE SCENES

The 2016 Thompson Dinner Dance A Fun and Fabulous Success!

The Thompson Senior Center is so grateful to our entire community for its generous support of the 2016 Thompson Dinner Dance. More than 160 people joined us in our new, Woodstock Inn location for a fun evening with good friends, delicious food, great music and dancing, and lively bidding on a host of terrific silent and live auction items. Through the efforts and support of more than 250 generous businesses, donors, and volunteers, the Thompson raised almost \$67,000—an amazing 11% increase over the amount we raised last year! Most important, all of the money raised goes directly to our mission to help seniors 'age well' in our community. Our heartfelt thanks to everyone who helped to make the 2016 Dinner Dance such a huge success!



We're looking for volunteers to fold newsletters on the 3rd Monday of every month starting at 8:30 am. Candidate must be patient and flexible. Please contact Paula if you are interested in helping us out with this important job. 457-3277.

Congratulations to Norm Boynton who is our most recent Marble Game winner!

Reservations Required

Please sign-up in advance for special meals and Birthday Day. This month **Birthday Day will be on April 28th** and is the only lunch that requires a reservation.

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!

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

EVENTS & PROGRAMS

Medicare Class for New Enrollees Presented by Senior Solutions Thursday, April 7, 1:00 pm

State Health Insurance Plan (SHIP) counselor, Pati Kimball, will be presenting this class for those individuals who will be signing up for Medicare. Pati will discuss the different levels of Medicare coverage options such as supplement plans, and Advantage plans as well as the current prescription drug plans. Please call The Thompson Center to register in advance.

Solar Energy in Vermont ~ Informational Talk Tuesday, April 12, 1:00 pm

Note: This talk was previously scheduled on February 16 and was cancelled due to weather

SunCommon-er and Hartford resident Becca White will be giving a brief presentation about home and community solar in Vermont at the Thompson on Tuesday, April 12th at 1PM after lunch. She'll answer any and all of your questions about solar in Vermont and how you can take the next steps. Whether you own your home, or are a renter you can support solar by having panels on your home or becoming a member of a Community Solar Array. Energy from the sun can power our lives, heat and cool our homes, and even fuel our cars.

Spring Clean Your Legal Affairs Estate Attorney Daphne Moritz returns to The Thompson Center to present this invaluable three part series on April 19, May 6, and May 13 at 1:00 pm

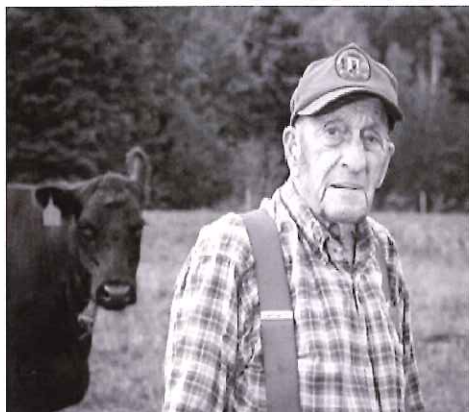
Spring is always a good time to take stock of our affairs whether we are cleaning our houses and preparing our garden beds, or clearing out our clutter. Spring is also a great time to get our legal houses in order. With estate planning, that means reviewing your existing documents which may have grown stale, and educating yourself on new aspects of the law which may not have been relevant to you only a few years ago. Whether you have already completed your estate planning, but you think it needs updating, or you are eager to learn more about the documents you should have, but on which you have not yet taken action, *Spring Cleaning your Legal Affairs* is a series for you.

April 19 th	Your Top Five Essential Estate Planning Documents
May 10 th	Long Term Care Planning and Aging Well (Including Residence Options); and
May 17 th	Advance Directives and Legacy Letters.

Come prepared with your questions about wills and trusts, long-term care concerns and Medicaid planning, health care powers of attorney, and advance directives.

Daphne Moritz is a partner in Melendy Moritz PLLC. She focuses her practice on estate planning, estate and trust administration, elder law, families with special needs, and related matters.

TRIPS & PROGRAMS



***Take Another Look* Art Opening** **April 1st at 5:30 pm in White River Junction**

Please join us at Open Door in White River Junction to celebrate the opening of *Take Another Look*, a multi-media exhibit capturing the lives of seniors through short films made by local youth and portraits by photographer David Hearne.

Doors open at 5:30 p.m. and there will be a short welcome and introduction by the exhibit organizers at 6:00 p.m. Light refreshments will be provided.

Take Another Look is a collaboration between United Valley Interfaith Project, ReThink Health, Community Access Television, and the Thompson Senior Center.

WHEN: Friday, April 1, 2016 from 5:30 PM to 8:00 PM

WHERE: Open Door - 18 North Main Street, White River Junction, VT 05001

Spring 2016 New York City Bus Tour

At the time of this publication, Diamond Tours has sent out trip itineraries for those who are on email. Others will receive yours in the mail.

The coach bus will arrive at The Thompson Center on Friday, April 15 at 7:30 a.m. for an 8:00 a.m. sharp departure. Water and snacks will be provided on the bus to New York City, and please feel free to bring snacks of your own. Paula Audsley will be your Thompson Center Trip Companion. Your motor coach is equipped with a restroom and your driver will be stopping at a public restroom approximately every 2-1/2 hours. You will also be given name tags, lanyards and two luggage tags per person upon arrival at The Thompson Center. Safe travels everyone and enjoy your trip to the Big Apple!

Memorial Day Flag Ceramics **At The Thompson With ArtisTree** **Mondays, May 3 and 24 at 1:30 pm**

Fiona and her students will roll out the clay in May and using templates or working free hand, we will craft our own flags. You can design your own using your own symbols or create your own Old Glory. Once fired, the flags can be painted to take home the same day or glazed for the second firing.

New Insights into Parkinson's Disease for the Non-scientist **Presented by Diane Sherman, PhD, Coordinator,** **Neurology Resource Center/Parkinson's Center** **Wednesday, May 4, 1:00 pm**

Parkinson's disease is a "movement disorder" but so much more. It causes motor symptoms such as tremor, stiffness and gait issues, but also affects mood and behavior, sleep and cognition. And the avenues of research are as varied as the symptoms! Dr. Sherman will discuss some of the interesting research into the causes of and treatments for Parkinson's.

EXERCISE CLASSES

Please call the Thompson Center to register for classes in advance, 457-3277

Tai Chi's Slow, Gentle Exercise Great for Mind and Body Wednesdays, April 13, 20, 27, May 4, 11, 18, 25

**Beginners/Intermediate 9:30 am
Upper Intermediate/Advanced 10:45 am**

We will again have both an introductory tai chi class and a class for those who've been enjoying Anne Bower's classes here for a while. Both classes use movements based on Sun 73 tai chi--the youngest of the tai chi styles and the one most focused on health. We know from individuals' experiences as well as some clinical studies that tai chi can provide joint pain relief, greater balance, meditation, and fall prevention. Many doctors now recommend it to their patients!

Classes meet on Wednesdays, with the next round of classes beginning April 13 and continue for 7 classes. The cost is \$35 for the session.

Beginners and Intermediate 9:30-10:30

Upper Intermediate and Advanced 10:45-11:45

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. **Minimum of six participants required. Please sign up in advance.**

Strength & Fitness

**Mondays, Tuesdays & Thursdays
9:00 to 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.

Walking for Fitness: Getting Started First, Second, and Fourth Wednesdays of the Month at 9:00 am

Meet at Woodstock Union Arena

With spring upon us, we will continue to meet at the Union Arena and on nice days we will walk outside. Our walking program is for everyone regardless of how fast or slow you walk. At first walk only as far as you find comfortable and then from there slowly build on your duration. Remember, 5 minutes of exercise is better than none at all and we welcome your attendance.

Please note: We ask that you register in advance when possible by calling the Thompson Center. This will enable group leader Jerry Fredrickson to know who to anticipate.

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

PROGRAM CALENDAR - APRIL 2016

Mon	Tue	Wed	Thu	Fri
				1
BINGO daily at 10:30 am except on birth-day day and other special meal days. Location: Dining Room on Mon & Wed. Upstairs conference room on Tues, Thurs, Fri,	* Indicates that sign-up/reservations are required.			10-12:30 CCC Office Hours* 10 Painting at Artistree* 12 German Table 1:30 Water Aerobics* 5:30 Take A Look Opening in White River Junction
4	5	6	7	8
8:45 Tax Appts* 9 Strength & Fitness 10:15 Memoir Group 1 Bridge 1 Advance Directives*	9 Strength & Fitness 10 Double King Ped 12 Spanish Table 1 Scrabble 3 Bone Builders	8:30 Volunteer Appreciation Breakfast* 9 Walking Group 9 W. Leb Shopping* 9:30 Tai Chi Beginner 10 Chair Massage* 10:30 Handwork Cir. 10:45 Tai Chi Advanced 12 French Table 1 Mahjong*	9 Strength & Fitness 12 Italian Table 1 Medicare Class* 3 Bone Builders	9 – 2:30 Foot Clinic* 10 Painting at ArtisTree* 10-12:30 CCC Office Hours* 12 German Table
11	12	13	14	15
8:45 Tax Appts* 9 Strength & Fitness 10:15 Memoir Group 1 Bridge 1 Advance Directives*	9 Strength & Fitness 10 Double King Ped 12 Spanish Table 1 Scrabble 1 Solar Energy Talk 3 Bone Builders	9 Walking Group 9:30 Tai Chi Beginner 10 Chair Massage* 10:30 Handwork Cir. 10:45 Tai Chi Advanced 12 French Table 1 Book Group 1 Mahjong*	9 Strength & Fitness 12 Italian Table 1 Meet & Greet Fire Chief 3 Bone Builders	10-12:30 CCC Office Hours* 12 German Table NYC Bus Trip* April 15-19
18	19	20	21	22
8:30 Newsletter Folding 9 Strength & Fitness 10:15 Memoir Group 1 Bridge 1 Advance Directives*	9 Strength & Fitness 10 Double King Ped 11:30 Commodities 12 Spanish Table 1 Scrabble 1 Spring Cleaning Legal Affairs 3 Bone Builders	8:30 Board Meeting 9 W. Leb Shopping* 9 – 2:30 Foot Clinic* 9:30 Tai Chi Beginner 10:30 Handwork Cir. 10:45 Tai Chi Advanced 12 French Table 12:30 Caregiver Support Group 1 Mahjong*	9 Strength & Fitness 10:15 Low Vision Support Group 12 Italian Table 12:45 Lucy Mac Visit 3 Bone Builders	12 German Table 1:30 Water Aerobics*
25	26	27	28	29
9 Strength & Fitness 10:15 Memoir Group 10:30 Journaling Class 1 Bridge 1 Advance Directives*	9 Strength & Fitness 10 Wellness Clinic* 10 Double King Ped 12 Spanish Table 12:30 - 2:45 Foot Clinic* 1 Scrabble 3 Bone Builders	9 Walking Group 9:30 Tai Chi Beginner 10 Chair Massage* 10:30 Handwork Cir. 10:45 Tai Chi Advanced 12 French Table 1 Mahjong*	BIRTHDAY DAY* 9 Strength & Fitness 10:30 Italian Study 12 Italian Table 1 Ongoing Italian Class 3 Bone Builders	10-12:30 CCC Office Hours* 10 Painting at ArtisTree* 12 German Table 1:30 Water Aerobics*

MENU - APRIL 2016

Mon	Tue	Wed	Thu	Fri
				1
Meal Pricing: ~ \$ 7 charge for those under age sixty ~ \$ 5 suggested donation for ages sixty and over	Menu is subject to change based on availability of food items. Please call ahead with special dietary needs.	* Vegetarian meals & Gluten Free are available daily upon request. Please contact our chef in advance. 2% Milk, Coffee, tea, and juices available	* Indicates that sign-up/reservations are required (Birthday Day & special holiday meals)	Tossed Salad, Bangers & Mashed, Onions & Gravy, Peas, Carrots, Fruit Short Cake
4	5	6	7	8
Chicken Caesar Wrap, Hearty Vegetable Minestrone, Chocolate Chip Cookies and Fruit	Tossed salad, Multigrain Spaghetti & meatballs, Garlic bread, Fresh fruit Salad	Grilled Hot Dog, on a bun, Chef's Slow Cooked Baked Beans, Cole Slaw, Chef's Choice Dessert	Salmon en Croute w/ Spinach and Mushrooms, New Potatoes, Cucumber/Dill Salad, Brownie Sundae	Chef's Choice
11	12	13	14	15
Philly Cheese Steak Sandwiches w/ peppers & onions, Sweet Potato Fries, Coleslaw, Chef's choice dessert	Three Onion, Mushroom and Ham Quiche, Roasted Potatoes, Tossed Salad, Lime and Spice Peach Cobbler	Tossed Salad, Grilled Pesto Chicken Breast, Lemon Risotto with Peas, Marinated Vegetable Salad, Fruit Crisp	Stuffed Meatloaf w/ Spinach & Cheese, Parsnip Mashed Potatoes, gravy, Peas & baby carrots Almond Cake w/ Orange Dried Apricot Sauce	Italian Pork Stew, Garlic Bread, Tossed Salad, Berries and Cream Crepes
18	19	20	21	22
Chef's Choice	Reubens, Beer Battered Onion Rings, Marinated Vegetable Salad, Sorbet w/ Fresh Berries	Lasagna, Tossed Salad, Garlic Bread, Fresh Fruit Salad	Grilled Pork Apple Burgers with Caramelized Pineapple on a Multigrain Sandwich Roll, Firecracker salad, Sweet Potato Fries, Lemon Mousse with fresh Berries	Chili, Corn Bread, Cole Slaw, Hot Fudge Sundae w/ Banana
25	26	27	28	29
Turkey Sandwich w/ lettuce, tomato, cheese on a multigrain bun, Apple & Squash Soup, Warm Berry Crisp	Pan seared Chicken breast, Creamy cheddar polenta, Spinach supreme (spinach, sour cream, parmesan and Monterey Jack cheese) Apple Ginger Crumble	Tossed Salad, Cajun Blackened Tilapia, Brown Rice, Braised Collard Greens, Peach Shortcake	Birthday Day* Grilled Baja style Pork Loin Chimichurri Sauce, Spicy Sweet Potato Salad, Braised Greens, Roll, Cake & Ice Cream	Tossed Salad, Supreme Pizza w/ peppers, onions, mushrooms, olives, pepperoni, Coconut Macaroons w/ Pineapple

Reservations Required

Please sign-up in advance for special meals and Birthday Day. This month **Birthday Day will be on April 28th** and is the only lunch that requires a reservation.

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!

CLASSES & PROGRAMS

Water Aerobics Class

Woodstock Athletic Club

Fridays, March 4 - May 20th
(please note: no class on April 8th & 15th)

1:30 - 2:15 pm

Cost: \$80 for 10 week class
The Thompson Center will provide
shuttle service if needed

~This class is currently full~

A Collaboration Between The Thompson Center and ArtisTree



Painting at ArtisTree
Instructor: Murray Ngoima
Friday mornings, 10:00 - 11:30 am
Next Session: April 29- May 27

Come paint and learn about painting in the beautiful surroundings, inside and out, at ArtisTree in South Pomfret. Work with water-based media with instruction and/or on projects of your own choosing, in supportive and congenial company. The media offered include watercolor, acrylic, gouache, ink, and colored pencil. Materials provided. Complete beginners to experienced painters, all welcome!

Transportation provided as needed on The Thompson van at 9:30 a.m. from Woodstock to ArtisTree, returning to The Thompson in time for lunch. \$50 for five classes or \$12 per class. (5 participants minimum, 12 participants maximum).

Weekly Game Schedule

Bingo - Daily at 10:30 am

Bridge - Mondays at 1:00 pm

Double King Pede - Tuesdays, 10:00

Scrabble - Tuesdays at 1:00 pm

Mahjong - Wednesdays at 1:00 pm

~Sign-up is encouraged~

Journaling Group

The Second and Fourth Mondays of each Month beginning April 25

10:30 am-12:00 pm

Facilitated by Sue Geno

The Journaling Group supports personal journeys of discovery, creativity and reflection in a nurturing, open environment. We draw upon prompts, poetry, images and natural objects to inspire and practice a variety of journal modes-- writer's journals, daybooks, spiritual journals, nature journals, artistic journals and more. We work collaboratively to shape our direction as a group, and sometimes even to create collaborative writing or art. Bring your journal in whatever form you keep it, along with your favorite tools, a willingness to experiment, and your own ideas. You'll be invited but never expected to share anything, and we do not critique each other's work. We do set one ground rule: confidentiality. All levels of experience are welcome. *Newcomers are always welcome!*

Mahjong Update

We are extremely grateful to Thompson friend and board member Peggy Kasden for volunteering her time and expertise in teaching our new Mahjong students in March. Players will be meeting regularly beginning on April 6th on Wednesdays at 1:00 pm at The Thompson. If you wish to join the group, please contact Gail Stickney at glavinstickney@yahoo.com

WELLNESS PROGRAMS

Chair Massages at The Thompson **10:00 am to noon**

Greg Somerville's chair massages will be offered on the 1st, 2nd and 4th Wednesdays of the month. The benefits of having a massage on a regular basis are numerous. See for yourself!

Please call in advance to schedule your 20 minute massage. Cost: 20 minute massage/\$20.00

Wellness Clinic & Blood Pressure Screenings **Tuesday, April 26, 10 - 12 noon**

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

ADVANCE DIRECTIVE CLINIC **Monday afternoons**

Would your loved ones know your wishes about medical care if you were unable to speak for yourself? There is a legal document called an Advance Directive that you can complete to give guidelines about your wishes and appoint someone to represent you if you are not able. We have arranged for a trained and caring volunteer to be at the Thompson Center every 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. The most important part of this process is talking to those you love about what matters most to you. You can call 457-3277 to schedule an appointment.

Low Vision Support Group **Every 3rd Thursday of the Month** **10:15 - 11:45 am**

The Vermont Association for the Blind and Visually Impaired is offering this new support group where participants can share experiences, challenges, and successes of living with a visual impairment at this ongoing monthly meeting. Learn about adaptive aids and strategies that support independence. Led by a Certified Vision Rehabilitation Therapist from VABVI.

CAREGIVER SUPPORT GROUP **Wednesday, April 20, 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.



Smiles Program **Free Oral Health Pilot Program** **April 4 and May 2** **9:00 am—1:30 pm**

Adults of all ages are invited to schedule a free oral health screening and fluoride varnishing with a licensed Public Health Dental Hygienist. During the tax season (Feb 1st-April 11th) oral health screening appointments will take place at the Simmons building. Call OHF for appointments. 457-4188.

Sponsored by OHF and partners.

Foot Care Clinics **Monthly, 9:00 am - 2:30 pm** **on the 2nd Friday & 3rd Wednesday** **~More Appointments Available!~**

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 beginning on April 26th with our wellness clinic nurse, Mary Ann Conrad. Mary Ann will be offering an additional foot clinic on the fourth Tuesday of the month from 12:30 to 2:45 pm following her wellness clinic hours.

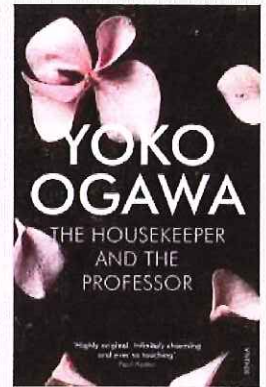
Both clinics will now be \$20 beginning in April and patrons are asked to bring their own towel. As always, please inform us in advance if you cannot make your appointment.

PROGRAMS

BOOK GROUP

Wednesday, April 13 at 1:00 pm

Our next book club read is The Housekeeper and the Professor by Yoko Agawa. The language and story are beautifully spare, as is the case with most Asian authors. Math, for the Professor, is not a drab science; it's a work of art and a mode of prayer. It draws in his housekeeper and her son. Published as "The Gift of Numbers" in Japan (and made into a movie there), it is a story worth telling. Think of numbers as a way of communicating the specialness of prime ones. **Newcomers are welcome!**



A Meet and Greet with Woodstock Fire Department Chief, David Green

Thursday, April 14, 1:00 pm

Chief Green wants to meet our community members and will be available to talk about fire safety or questions you may have. Please join us as at The Thompson as we welcome our new Fire Chief.

AARP Smart Driver Safety Course **Friday, May 20th, 9:00 am to noon** **(break for lunch) 1:00 to 2:00PM**



Instructor Bill Cherico returns to teach this four hour instructional course which is the nation's largest refresher course designed specifically for older drivers. Registration begins at 9:00 am. **Your driver's license is required and your AARP card for members.**

Course Fee: \$15.00 for AARP members and \$20.00 for nonmembers.

Please call the Thompson Center to sign up in advance, 802 457-3277.

Checks should be made out to AARP Smart Driver.

Intergenerational Friendship Project **Final meeting: Thursday, May 26, 1-2:30 pm** **Prosper Valley School**

Thompson friends of Prosper Valley second graders will meet for the final time at the Prosper Valley School for a tea party and book presentation. Friendship partners are also invited on a school field trip to Shelburne Museum on June 1st. Details of that trip will be forthcoming. *Please inform Pam Butler if you are not able to attend this last meeting by emailing her at pbuter@thompsonseneiorcenter.org.*



Picture of the Family Memory Museum

APRIL BIRTHDAYS

1st	Roland	Heijn	12th	Gladys	Deatte	22nd	Lyman	Shove
1st	Patricia	Mattson	12th	Patsy	Mathews	22nd	Pamela	Burnett
1st	Margaret	Kannenstine	12th	Dorothea	Mongulla	23rd	Pauly	Mathews
2nd	Ashley	Moore	12th	Lou Ann	Cogswell	23rd	Sallie	Farlow
3rd	Marjorie	Van Alstyne	14th	Bea	Rivers	23rd	Nancy	Zuba
4th	Rachel	Archer	14th	Shari	Borzekowski	24th	Jane	Leonard
4th	Don	Reich	15th	Hannah	Harkins	24th	Peter	Pickett
4th	Lloyd	Nice	15th	Ron	Miller	24th	John	Bieling
4th	Louise	Seaton	15th	Betsy	Luce	25th	David	Smith
5th	Mariana	Popitan	16th	Annabelle	Conner	25th	Arlene	Midgley
6th	Janice	Prindle	17th	Mimi	Bergstrom	25th	Martin	Hanley
6th	Elaine	Chase	17th	Peter	Goulazian	26th	Charlie	English
8th	Judith	Hughes	18th	Suzanne	Esty	26th	Richard	Breton
8th	Carol	Powell	18th	Ernest	Jillson	27th	Jennifer	Dembinski
8th	Rita	Post	18th	Janet	Wilson	27th	Joan	Oppenheimer
8th	Van	Bacon	19th	Barbara	Destefano	27th	Joanna	Long
9th	Joan	Staples	19th	James	McClelland	27th	Sharon	Beauregard
9th	Sarah	Mitchell	20th	Kevin	Geiger	28th	Ted	Staples
9th	Esther	Griffith	20th	Gil	Emery	29th	Katherine	Lynds
10th	Audrey	Fiedelholtz	21st	William	Badger	29th	Joyce	Blake
10th	Doris	Johnston	21st	John	Staab			
11th	Thomas	Dutton	22nd	Joanna	Frodin			
11th	Ronald	Griffith						
11th	Thomas	de Giacomo						
11th	Dale	Rodenbeck						

On April 28 we will celebrate your day!

Those who attend with a April birthday will receive a complimentary meal!

Please make a reservation by calling 457-3277.



Please help with mailing costs for The Thompson Times!

Each year in April we ask that you make a donation for The Thompson Times. Your donation will allow us to continue to offer this publication as a timely way for you to learn about our exciting programs, meals, and trips. No one will be removed from the mailing list for failure to make a donation. Thank you!

Name: _____

Address: _____

Email: _____

Please make checks payable to The Thompson Senior Center, 99 Senior Lane, Woodstock, VT 05091



The Thompson
AT THE CENTER FOR SENIORS AND COMMUNITY

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

7

7

L

L

IN APPRECIATION

Loie Havill - aprons/dish towels
Hans Meijer & Candee Christoforides-
medical equipment in memory of Cal Callaham
Nancy Heidt - medical equipment in husband
John's memory
Joe Rubino - medical equipment
Terry Aquilino - groceries for MOWs
Sarah Gilroy - groceries for MOWs
Jerry Pendelton - Ensure and Replete



TRANSPORTATION SPONSORS:

Upper Valley Rehabilitation
Dead River Company
Gateway Motors – car washes
Connected-At-Home
Ottawaquechee Health Foundation
Ottawaquechee Plumbing
Mark Knott, DDS
Cedar Hill Continuing Care Community
Woodstock Insurance

ONGOING DONATIONS:

Daily Valley News subscription -
Woodstock Pharmacy
The Vermont Standard Paper
Birthday Cakes - Diane Atwood,
Jane Soule, Carol Towne
Monthly book club selection -
Yankee Bookshop

IN MEMORY OF

Jeff Robinson

Ted & Joan Staples

Richard “Dick” Hastings

Gray Perkins

Jack Moore

Joan Lang
Joyce & Nelson Gilman
Betty Jamieson
Bo & Randi Harron
Rebecca Talcott
Jane & Richard Leonard
Lorene DeMelo
Jean Conklin
Ted & Joan Staples

Daphne Gratiot

Ted & Joan Staples

Cal Callaham

Ted & Joan Staples

Otis Robinson

Ted & Joan Staples