



# *The Thompson Times*

AT THE CENTER FOR SENIORS AND COMMUNITY

AUGUST 2016

## **Aging in Community with The Thompson**



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

- Enjoy a delicious meal at our Center or delivered to your home
- Attend a program or class – stay fit, plan for retirement, learn a language, and much more
- Get a ride or take a trip – local rides, medical appointments, shopping, and pleasure trips
- Volunteer, socialize, and make new friends
- Find medical equipment lending, foot care, chair massage, or help with taxes
- Access resources – Don't know who to call? Start with The Thompson. We'll advise or point you in the right direction.

Call (802) 457-3277 Email: [info@thompsonscenter.org](mailto:info@thompsonscenter.org) Web: [www.thompsonscenter.org](http://www.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](http://www.thompsonscenter.org)

### CENTER HOURS

8 AM-3 PM, Monday-Friday

### STAFF

**Deanna Jones**, Executive Director,  
[djones@thompsonscenter.org](mailto:djones@thompsonscenter.org)  
**Paula Audsley**, Outreach Manager,  
[paudsley@thompsonscenter.org](mailto:paudsley@thompsonscenter.org)  
**Pam Butler**, Program Director,  
[pbutler@thompsonscenter.org](mailto:pbutler@thompsonscenter.org)  
**Jen Bloch**, Marketing Coordinator  
[jbloch@thompsonscenter.org](mailto:jbloch@thompsonscenter.org)  
**Shari Borzekowski**, Administrative &  
Resource Assistant,  
[sborz@thompsonscenter.org](mailto:sborz@thompsonscenter.org)  
**Ryan Martin**, Chef,  
[rmartin@thompsonscenter.org](mailto:rmartin@thompsonscenter.org)  
**Siobhan Wright**, Kitchen Assistant,  
Meals on Wheels Coordinator  
[swright@thompsonscenter.org](mailto: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*  
Sam Grice—*Advisory*  
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Dave Bollinger  
Bill Emmons  
Peter Goulazian  
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Peggy Kasden  
Sally Kesseli  
Holly Levison  
Patsy Mathews  
Susan Moor  
Daphne Moritz  
John Snyder  
John Steinle  
Tambrey Vutech

## BEHIND THE SCENES

### ADVISORY MEETING HIGHLIGHTS

- Upcoming program discussions
- Strategic planning update and idea
  - Help planning for Aging at Home
- Suggestions
  - Stave puzzle making - Norwich, VT trip
  - More musical groups

**Please join our next meeting on Monday, August 1 at 1:00 pm.**  
All patrons and volunteers are invited to attend.

### Aging with Grace Film Series

Friday, August 26, 3:30 pm

Norman Williams Public Library

*Anne Macksoud's Growing Old Along With Me*

Movie, Popcorn and Discussion

### TOWN DAYS CONTINUE

Residents of surrounding towns are invited for lunch at The Center for the reduced rate of **\$3.00** on the following Mondays:

**Pomfret** ~ Monday, August 8th

**Reading** ~ Monday, September 12th

**Woodstock** ~ Monday, October 3rd

*Please note: The Thompson van can provide transportation for you and your friends. Please call to schedule.*

### Medical Equipment

Did you know we have lots of medical equipment for you to have or to borrow for as long as you need? We have a supply of Commode Chairs, Walkers, Ramps, Shower Chairs, Depends in different sizes, Wheelchairs, Knee Scooters, and more!

Contact Shari at 457-3277 for more details.

You can also donate or find medical equipment at: [www.getATstuff.com](http://www.getATstuff.com) 1.888.827.2714



## EVENTS & PROGRAMS

**Getting Ready for Fall and Beyond  
Presented by Charlie Nardozzi  
Host of VPR's weekly Vermont Garden  
Journal Radio Show  
Thursday, September 15, 5:30 Dinner  
followed by 6:30 Presentation**



The waning days of August and subsequent approaching cool weather tells us fall will again be upon us. Garden coach and author Charlie Nardozzi will discuss the variety of chores you'll need to do this fall to insure a healthy garden next year. These include planting bulbs, garlic, trees and shrubs, protecting plants for the cold, evaluating what plants did well and which didn't for next year, and deciding about what new varieties to try in your 2017 garden. As always, there will be lots of time for questions.

Charlie Nardozzi is a nationally recognized garden writer, speaker, radio, and television personality. He has worked for more than 25 years bringing expert gardening information to home gardeners through radio, television, talks, tours, on-line, and the printed page. Charlie delights in making gardening information simple, easy, fun and accessible to everyone. His easy manner, and informative style engages listeners, viewers, and readers alike.

**Cost: \$25 per person. Please reserve your seat with your payment.**



**Visit the Thompson Booth at the Taste of Woodstock!  
Saturday, August 13, between 10:00 am – 5:00 pm**

We'll have cookies at our booth this year and plenty of information about the services of The Thompson. Lots of other food and festivities on Elm and Central Street in downtown Woodstock, too.

**Individual Medicare Assistance at The Thompson  
Continues on August 16 & September 20, 10:00 am - 1:00 pm**

Pati Kimball from Senior Solutions will hold office hours at The Thompson to discuss any of your Medicare questions. The following is a list of topics she can discuss with you:

- Medical drug plan
- State subsidies which can help with costs associated with Medical drug plans as well as Medicare Part B
- Extra help from social security through the low income subsidy for your Medicare drug plan
- Medicare supplement plans
- The annual enrollment period October 15-December 7 each year

**Appointments are recommended but walk-ins will be welcome.**





# TRIPS

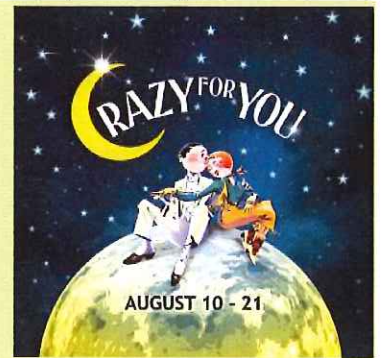
## Crazy For You

At New London Barn Playhouse

Wednesday, August 10, 2:00 performance

(Depart on Thompson Van at 12:30 pm)

A madcap romantic comedy bursting with the music of the incomparable George Gershwin. This sparkling new adaptation of 1930's Girl Crazy features jaw-dropping dancing and a cavalcade of immortal melodies, including 'Slap that Bass', 'I Got Rhythm', 'Nice Work if You Can Get It', 'Embraceable You', and 'Someone to Watch Over Me'.



At the Historic Ogunquit Playhouse in Ogunquit, Maine

Wednesday, September 28, 2:30 Show

9:15 am - Depart Thompson Senior Center on Coach Motor Bus

12:00 pm - 3-Course Plated Lunch at Jonathans in Ogunquit

2:30 pm - Show

7:30 pm - Arrive Back in Woodstock

Total Cost: \$127 (Ticket \$59, Transportation \$45, Meal \$23)

Payment deadline is August 19th

Choose from two delicious menu options which are served with a house salad, starch and vegetable, bread, butter, dessert & coffee or tea.

**Chicken Piccata** – boneless breast of chicken crumbed & sautéed with lemon, capers, butter and wine

**Seafarer's Cache** – shrimp, scallops, salmon, and white fish baked in a white wine & lemon, finished with seasoned bread crumbs.

**Please inform The Thompson of your menu selection when making your trip reservation.**

Pull up your boots and hold onto your hats when this all-dancing, all-singing, all-new production of the rip-roarin' musical comedy classic bursts onto the stage with rambunctious energy. This big, brawling, rollicking show is set in 1850s Oregon Territory and tells the story of Adam Pontipee and his backwoods brothers' unusual pursuit of brides. When Adam goes to town to get a wife, he miraculously convinces Milly to marry him that same day, and she immediately starts reforming her six rowdy brothers-in-law. When her plan to marry off the boys backfires, this exuberant rousing musical kicks into high gear with a combination of daredevil dancing and wonderful songs like "Goin' Courtin'" and "Wonderful Wonderful Day."

### 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.



## TRIPS & PROGRAMS



### **K-1 Express Scenic Gondola Ride Thursday, September 8 (Rain date Wednesday, Sept 14) Depart Thompson on Our Van at 10:15 am**

Please sign up and indicate if you will need transportation. Minimum of 12 reservations requested for this discounted package

Cost: \$22 includes transportation, round trip ticket and a \$10 meal voucher toward lunch at the Peak Lodge.

**\*Ages 6 and under and 80 plus ride free!**

Enjoy a relaxing mile and a quarter ride in an enclosed 8-person gondola cabin to the top of 4,241-foot Killington Peak. Once your gondola cabin arrives at the peak, take a short walk to the Peak Lodge for top-of-the-world views and lunch off the menu.

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### **Learn to Tie-Dye Wednesday, August 3, 1:00 pm**

Join Deanna, Cooper & Brady Jones for a fun afternoon of tie-dying. No previous experience necessary. Please bring an item of clothing from home that you would like to tie-dye. This is a great way to give your old whites a new look. Please RSVP by July 27. Cost is \$3.00 for tie-dye supplies.



### **AARP Smart Driver Safety Course Friday, September 9, 9:15 am to noon (break for lunch) 1:00 to 2:00 pm**

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 9:15am. **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, 457-3277. Checks should be made out to AARP Smart Driver.

# PROGRAM CALENDAR - AUGUST 2016

Mon	Tue	Wed	Thu	Fri
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
10:15 Memoir Group <b>1 Advisory Meeting</b> <b>1 Advance Directives*</b> 1 Horseshoes	9 Strength & Fitness 10 Double King Pedo 12 Spanish Table 12:30 Mahjong 1 Scrabble 3 Bone Builders	<b>9 W. Leb Shopping*</b> 10 Chair Massage* 10:30 Handwork Cir. 12 French Table <b>1 Learn to Tie-Dye*</b>	9 Strength & Fitness 12 Italian Table 2 Mahjong 3 Bone Builders	<b>10-12:30 CCC Office Hours*</b> 12 German Table 1:30 Water Aerobics*
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
<b>Pomfret Day*</b> 10:15 Memoir Group 10:30 Journaling Class <b>1 Advance Directives*</b> 1 Horseshoes	9 Strength & Fitness 10 Double King Pedo 12 Spanish Table 12:30 Mahjong 1 Scrabble 3 Bone Builders	10 Tai Chi 10 Chair Massage* 10:30 Handwork Cir. 12 French Table <b>12:30 Depart for Crazy for You*</b>	9 Strength & Fitness 12 Italian Table 2 Mahjong 3 Bone Builders	<b>9 – 2:30 Foot Clinic*</b> <b>10-12:30 CCC Office Hours*</b> 12 German Table 1:30 Water Aerobics
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
10:15 Memoir Group <b>1 Advance Directives*</b> 1 Horseshoes	9 Strength & Fitness 10 Double King Pedo <b>10-1 Individual Medicare Assistance*</b> 11:30 Commodities 12 Spanish Table 12:30 Mahjong 1 Scrabble 3 Bone Builders	<b>8:30 Board Meeting</b> <b>9 W. Leb Shopping*</b> <b>9 – 2:30 Foot Clinic*</b> 10 Tai Chi 10:30 Handwork Cir. 12 French Table 12:30 Caregiver Support Group	9 Strength & Fitness 10:15 Low Vision Support Group 12 Italian Table <b>12:45 Lucy Mac Visit</b> 2 Mahjong 3 Bone Builders	<b>10-12:30 CCC Office Hours*</b> 12 German Table
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
<b>8:30 Newsletter Folding</b> 10:15 Memoir Group 10:30 Journaling Class <b>1 Advance Directives*</b> 1 Horseshoes	9 Strength & Fitness 10 Double King Pedo <b>10-12 Wellness Clinic</b> 12 Spanish Table 12:30 Mahjong <b>12:30 - 2:45 Foot Clinic*</b> 1 Scrabble 3 Bone Builders	10 Tai Chi 10 Chair Massage* 10:30 Handwork Cir. 12 French Table	<b>Birthday Day*</b> 9 Strength & Fitness 12 Italian Table <b>1 Brent Buswell Music</b> 2 Mahjong 3 Bone Builders	<b>10-12:30 CCC Office Hours*</b> 12 German Table 1:30 Water Aerobics* <b>3:30 Aging with Grace Film Series at NWPL</b>
<b>29</b>	<b>30</b>	<b>31</b>		
10:15 Memoir Group <b>1 Advance Directives*</b> 1 Horseshoes	9 Strength & Fitness 10 Double King Pedo 12 Spanish Table 12:30 Mahjong 1 Scrabble 3 Bone Builders	10:30 Handwork Cir. 12 French Table	<b>BINGO daily at 10:30 am except on birthday day and other special meal days. Location: Dining Room on Mon &amp; Wed. Upstairs conference room on Tues, Thurs, Fri,</b>	<b>* Indicates that sign-up/ reservations are required.</b>



# MENU - AUGUST 2016

Mon	Tue	Wed	Thu	Fri
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
Chicken Salad, Broccoli Salad, Tortellini Salad, Lettuce, Tomato, Lemon Mousse w/ Berries	<b>Grill Day</b> Hot Dogs & Burgers, Potato Salad, Cole Slaw, Strawberry Short Cake	Vegetarian Lasagna, Steamed Antiguan Vegetables, Garlic Bread, Black Raspberry Ice Cream w/ Berries	Tossed Salad, Sweet and Sour Chicken with Stir Fried Vegetables, Scallion Brown Rice, Coconut Meringues with Pineapple	Chef's Choice
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
<b>Pomfret Day*</b> Tossed Salad, Roasted Tarragon Chicken Breast over Fettuccine with Asparagus & Mushrooms, Fresh Fruit	Stuffed Meatloaf w/ Spinach & Cheese, Smashed Potatoes, Gravy, Green Beans, Lemon Meringue Pie	Puff Pastry Chicken Pot Pie, Tossed Salad, Austrian Raspberry Bars	Asian Pork Burgers w/ sweet and sour bbq sauce, Herb Roasted Steak Fries, Sweet and Sour Asian Slaw, Peach Rhubarb Coffee Cake	Grilled Sweet Ital- ian Sausage with Peppers & Onions on a roll, Potato Salad, Fire Cracker Salad, Fresh Fruit
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
Ham Salad Sand- wiches, Kale Salad, Chocolate Cookies	Bbq Chicken, Cole Slaw, Macaroni Salad, Cream Puffs	Egg Salad on greens, 4 bean Salad, Carrot Cake	Beer Battered Haddock and Steak Fries, Cole Slaw Pickle, 4 Bean Salad, Fresh Fruit Salad	Chicken Burrito w/ Vegetable corn salad, Ice cream cone
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
Tossed Salad, Grilled Tuna & Vegetables in herb butter, Brown Rice, Cherry Cheese- cake	Spaghetti & meatballs, Garlic bread, Tossed Salad, Fresh Fruit salad	Baked Potato and Salad Bar, Coconut Cream Pie	<b>Birthday Day*</b> Grilled Mojito Turkey Breast, Scallion Polenta Cake, Crunchy Avocado Salad, Roll, Cake & Ice Cream	Chef's Choice
<b>29</b>	<b>30</b>	<b>31</b>		
Tossed Salad, Turkey Sandwich, Caldo Verde, (Spicy Portu- guese Kale and Potato soup w/ sausage), Fruit Crisp	Tossed Salad Spinach, Artichoke & Cheese Quiche, Roasted Sweet Potato fries, Oatmeal Cran-raisin cookies/fruit	Tossed Salad, Tuscan Chicken w/ Peppers and Toma- toes, over Pasta, Roll, Ice Cream w/ fruit compote	<b>Meal Pricing:</b> " \$ 7 <u>charge</u> for those under age sixty " \$ 5 suggested <b>donation</b> for ages sixty and over	<b>Menu is subject to change based on availability of food items.</b>  <b>Please call ahead with special die- tary needs.</b>

\* Vegetarian meals & Gluten Free are available daily upon request. Please contact our chef in advance.

2% Milk, Coffee, tea, and juices available

## Reservations Required

Please sign-up in advance for special meals and Birthday Day. This month includes **Pomfret Day on Aug 8,** and **Birthday Day on Aug 25.**

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!



## EXERCISE CLASSES

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

### *New Pricing*

**Tai Chi's Slow, Gentle Exercise  
Great for Mind and Body**

**Nine Week Session Plus a Special Day  
Sept 7 - Special Introductory Day- FREE!**

**September 21 - November 16**

**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 on September 21.

**Cost: \$3.00/class (\$27 for 9 sessions) with all of the proceeds going to support programs at The Thompson.**

To inquire about the classes, contact Anne at [anniebower@yahoo.com](mailto:anniebower@yahoo.com) or 457-2877 (website: [www.anniebower.com](http://www.anniebower.com)).

### **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.**

### **Brain Builder**

Read and memorize the following series of letters:

**W, I, J, M, E, R**

Now cover the letters and try to recall them in alphabetical order.

### **Note: New Summer Schedule**

**Strength & Fitness**

**Now Tuesdays & Thursdays Only**

**Until Mid September**

**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.**

### **New Class!**

**Water Aerobics Class  
Woodstock Athletic Club**

**Fridays, Sept 2 - Nov 4**

**1:30 - 2:15 pm**

**Cost: \$80 for 10 week class**

**The Thompson Center will provide  
shuttle service if needed**

**Call 457-3277 to register**



# WELLNESS PROGRAMS

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

### ***~Guest Speaker at August Meeting~***

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.

**Dan Norris from VABVI will be a guest speaker at our August group meeting and will discuss VABVI services and share his own experiences of living with a visual impairment.**

## **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.

## **Wellness Clinic & Blood Pressure Screenings** **Tuesday, August 23, 10 - 12 noon**

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

## **CAREGIVER SUPPORT GROUP** **Wednesday, August 17, 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 Alzheimers. 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.

## **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**

## **Foot Care Clinics** **Monthly, 9:00 am - 2:30 pm** **on the 2nd Friday & 3rd Wednesday** **And 12:30 to 2:45 pm on the** **4th Tuesday**

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 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 and patrons are asked to bring their own towel. As always, please inform us in advance if you cannot make your appointment.



## CLASSES & PROGRAMS

### Weekly Game Schedule

**Bingo - Daily at 10:30 am**

**Horseshoes - Mondays at 1:00 pm**

**Double King Pedo - Tuesdays, 10:00**

**Scrabble - Tuesdays at 1:00 pm**

**Mahjong - Tuesdays at 12:30 pm &  
Thursdays at 2:00 pm**



### HANDWORK CIRCLE

The Handiwork Circle group invites anyone to join them on **Wednesdays at 10:30** in the living room. You do not need to be a knitter, all projects welcome. Enjoy some coffee and companionship. Contact Jane Soule at 457-2442 with any questions.

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***Painting at ArtisTree***  
**A Collaboration Between**  
**The Thompson Center and ArtisTree**  
**Instructor: Murray Ngoima**  
**Friday mornings, 10:00 - 11:30 am**  
**Session 1: Sept 16 - Oct 14**  
**Session 2: Oct 28 - Dec 9**

**(NO CLASSES November 11/Veterans Day or November 25)**

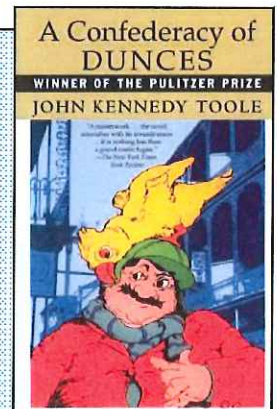
Come paint and learn about painting in the beautiful surroundings, inside and out, at ArtisTree in South Pomfret. Work with water-based media with instruction and/or on projects of your own choosing, in supportive and congenial company. The media offered include watercolor, acrylic, gouache, ink, and 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) maximum). **Call Shari at The Thompson to register for class and a ride if you need one. 457-3277.**

### BOOK GROUP

**Wednesday, September 14 at 1:00 pm**  
**No meeting in August**

Our September's read is *A Confederacy of Dunces* by John Kennedy Toole. This book is quite simply a comic masterpiece, a novel brimming with original characters, absurd situations, and at its heart a blustery, vulnerable mama's boy named Ignatius J. Reilly. He believes in aesthetics and real meaning, in what he perceives to be the truth. For this reason, he is a true literary hero. The book won a Pulitzer Prize. You won't read it for the plot; it's all about the zany characters. All newcomers are welcome!





# IN APPRECIATION

## IN APPRECIATION

Pat Gould - burger and hot dog rolls  
 Erwin Fullerton - rhubarb  
 Ann Bower - lettuce  
 Lou Ann Cogswell - 3 hanging baskets  
 for birthday raffle



### 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

### Mildred (Millie) McGee

Marilyn & Bud Spaulding  
 Green Mt. Girls #113 (waves)  
 Richard & Jane Leonard  
 Lucille Staples  
 Grace Staples  
 Roy & Joanne Bates

On August 25 we will celebrate your day  
 with a complimentary meal!  
 Please make a reservation by calling 457-277.

## AUGUST BIRTHDAYS



1st	Laurie	Heijn	11th	Deborah	Heimann	19th	Wittie	Lynn
2nd	Linda	Maxham	11th	Dan	Leavitt	19th	Marilyn	Gamage
2nd	Allan	Atwood	13th	Veronica	Delay	21st	Lisa	Gramling
2nd	Dolores	Gilbert	13th	Muriel	Poirier	22nd	Lucille	McCarthy
2nd	Nedra	Gramling	13th	Pauline	Bearse	22nd	Pam	Sheperd
3rd	Bonnie	Atwood	14th	Judy	Wiggin	22nd	Lucille	Staples
3rd	Ted	Taylor	14th	Rick	Fiske	23rd	Ellen	Satterthwaite
3rd	Yael	Taylor	14th	Anne	Nestler	23rd	Priscilla	Sands
3rd	Margarete	Pierce	14th	Alice	Gundersen	23rd	Diana	Hayes
3rd	Ruth	Emery	14th	Elizabeth	McCredie	23rd	Ralph	Robinson
4th	Loretta	Parker	14th	Sandy	Gilmour	24th	Alden	Fiertz
4th	Bernadette	Darakjy	15th	Suzanne	Skuja	25th	Carolyn	Robinson
5th	Sarah	Foss	16th	Reinhart	Jeck	25th	Margaret	Edwards
5th	Joby	Thompson	16th	Kathy	English	25th	Anna	Diehl
5th	Kathy	Connor	16th	June	Mitchell	26th	Anne	Brodrick
6th	Douglas	Holtz	17th	Kedra	Greaves	27th	Marjorie	Forgione
6th	Samuel	Grice	17th	Esther	Maynes	27th	Louis	Grob
7th	Joyce	Gilman	17th	Janet	Eller	27th	Merrill	Kruse
7th	Carol	Corneille	17th	Phyllis	Morris	27th	Pamela	Barrows
8th	Drew	Ewald	17th	Lillian	deGiacomo	27th	Sandy	Palmer
9th	Joseph	Rubino	18th	Mary	Mercure	27th	Carol	Scott
9th	Jean	Kirby	18th	Kathy	Avellino	28th	Elaine	Tracy
10th	David	Wheadon	18th	Diana	Perkett	28th	Jean	Goldsborough
10th	Margaret	Nielsen	18th	Bill	Rea	28th	Emily	Carlson



### Birthday Music on August 25, 1:00 pm

Brent Buswell returns to help us celebrate August birthdays. Join us in our living room immediately following our birthday lunch celebration.





*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](http://www.thompsonscenter.org)

Non-Profit Organization  
Postage Paid  
Permit No. 33  
Woodstock, VT 05091

## MISSION

The Thompson Center will act as resource and advocate for our senior population providing timely support on issues that affect aging in our rural community. Our programs and activities will promote the physical, intellectual, and social well being of the adult community to enhance dignity, self-worth, and independence. In addition, our senior center will provide a gathering place for our community.



Find us on  
**Facebook**

Search for "The Thompson Senior Center" and click "like" for regular updates, pictures, event reminders & invitations, and for tips and interesting articles about health, finances, and Aging in Place.

**Sign up for the e-newsletter by emailing:**  
**[jbloch@thompsonscenter.org](mailto:jbloch@thompsonscenter.org)**

## TSC TRANSPORTATION PROGRAM

The Thompson Center operates a door-to-door transportation program for seniors and disabled community members from the towns of Barnard, Bridgewater, Pomfret, and Woodstock.

**Medical Rides** - \$10 suggested donation per out-of-town trip. A minimum of 48 hours notice is requested for scheduling. Schedule with Paula at 457-3277.

**Local transportation** to and from your home to The Thompson and other Woodstock stops - suggested donation of \$1 per ride (\$2 round trip if you get a ride both ways). Please call the Center by 8:30AM to request rides for that day. 457-3277

**Monthly shopping trips to West Lebanon** depart from TSC on the 1st and 3rd Wednesday of each month at 9am on the Stagecoach van (returning at approx. 12:15pm). Stops at various locations. **Sign up with the Thompson at least 24 hours in advance.** The Thompson funds these trips with Stagecoach so any donation is greatly appreciated. Call 457-3277