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@thompsonseniorcenter.org  Web: www.thompsonseniorcenter.org
The Thompson Center
Woodstock Area Council on Aging
99 Senior Lane
Woodstock, VT 05091
Phone: 802-457-3277
Fax: 802-457-1259
www.thompsonseniorcetner.org

CENTER HOURS
8 AM-3 PM, Monday-Friday

STAFF
Deanna Jones, Executive Director,
djones@thompsonseniorcetner.org
Paula Audsley, Outreach Manager,
paudsley@thompsonseniorcetner.org
Pam Butler, Program Director,
pbutler@thompsonseniorcetner.org
Jen Bloch, Marketing Coordinator
jbloch@thompsonseniorcetner.org
Shari Borzekowski, Administrative &
Resource Assistant,
sborz@thompsonseniorcetner.org
Ryan Martin, Chef,
rmartin@thompsonseniorcetner.org
Siobhan Wright, Kitchen Assistant,
Meals on Wheels Coordinator
swright@thompsonseniorcetner.org
Drivers: Dwight Camp, Gordon Worth,
Jim Emery, Nelson Gilman

Senior Solutions (Formerly Council of
Aging for Southeastern Vermont)
SENIOR HELPLINE: 800-64-2-5119

Community Care Coordinators
Lonnie Larrow, RN and
Carla Kanel, MSW
Ottauquechee Health Center, 457-5414

BOARD OF DIRECTORS
Tom Wesceler—President
Liza Deignan—Vice President
Jerry Fredrickson—Treasurer
Sarah Roberts—Secretary
Sam Grice—Advisory
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

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 Mackoud'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  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.

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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.

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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.
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.

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**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.
<table>
<thead>
<tr>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
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<tbody>
<tr>
<td>10:15 Memoir Group</td>
<td>1 Advisory Meeting</td>
<td>9 Strength &amp; Fitness</td>
<td>9 W. Leb Shopping*</td>
<td>9 Strength &amp; Fitness</td>
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<tr>
<td>1 Advance</td>
<td>1 Horseshoes</td>
<td>10 Double King Pede</td>
<td>10 Chair Massage*</td>
<td>12 Italian Table</td>
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<td>Directives*</td>
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<td>12 Spanish Table</td>
<td>10:30 Handwork Cir.</td>
<td>2 Mahjong</td>
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<td>12:30 Mahjong</td>
<td>12 French Table</td>
<td>3 Bone Builders</td>
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<td></td>
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<td>1 Scrabble</td>
<td>1 Learn to Tie-Dye*</td>
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<td>3 Bone Builders</td>
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</table>

| Pomfret Day* | 9 Strength & Fitness | 10 Tai Chi | 9 Strength & Fitness | 9 - 2:30 Foot Clinic* |
|             | 10:15 Memoir Group   | 10 Double King Pede | 10 Chair Massage*   | 10-12:30 CCC Office Hours* |
|             | 10:30 Journaling Class | 12 Spanish Table | 10:30 Handwork Cir. | 12 German Table       |
|             | 1 Advance            | 12:30 Mahjong       | 12 French Table     | 1:30 Water            |
| Directives* | 1 Horseshoes         | 1 Scrabble           | 12:30 Depart for Crazy for You* | Aerobics* |
|             |                       | 3 Bone Builders      |                      |                      |

| 10:15 Memoir Group | 9 Strength & Fitness | 8:30 Board Meeting | 9 Strength & Fitness | 10-12:30 CCC Office Hours* |
| 1 Advance          | 10 Double King Pede  |                     | 10:15 Low Vision     | 12 German Table         |
| Directives*        | 10-1 Individual Medicare Assistance* | 9 W. Leb Shopping* | Support Group         | 1:30 Water              |
| 1 Horseshoes       | 11:30 Commodities    | 9 - 2:30 Foot Clinic* | 10 Tai Chi          | Aerobics*               |
|                    | 12 Spanish Table     | 10 Tai Chi           | 10:30 Handwork Cir.  | 3:30 Aging with Grace Film Series at NWPL |
|                    | 12:30 Mahjong        | 12 French Table      | 12:45 Lucy Mac Visit | 2 Mahjong               |
|                    | 1 Scrabble            | 12:30 Caregiver Support Group | 3 Bone Builders     |                      |
|                    | 3 Bone Builders       |                      |                      |                      |

| 8:30 Newsletter Folding | 9 Strength & Fitness | 10 Tai Chi | Birthday Day*   | 10-12:30 CCC Office Hours* |
| 10:15 Memoir Group     | 10 Double King Pede  | 10 Chair Massage* | 9 Strength & Fitness | 12 German Table         |
| 10:30 Journaling Class | 10-12 Wellness Clinic | 10:30 Handwork Cir. | 12 Italian Table     | 1:30 Water              |
| Directives*            | 12 Spanish Table     | 12 French Table    | 1 Brent Buswell Music | Aerobics*               |
| 1 Horseshoes           | 12:30 Mahjong        | 2 Mahjong          | 2 Mahjong            | 3:30 Aging with Grace Film Series at NWPL |
|                       | 12:30 - 2:45 Foot Clinic* | 3 Bone Builders   | 3 Bone Builders      |                      |
|                       | 1 Scrabble            |                   |                      |                      |
|                       | 3 Bone Builders       |                   |                      |                      |

| 10:15 Memoir Group     | 9 Strength & Fitness | 10:30 Handwork Cir. | BINGO daily at 10:30 am except on birthday day and other special meal days. Location: Dining Room on Mon & Wed. Upstairs conference room on Tues, Thurs, Fri. |
| 1 Advance              | 10 Double King Pede  | 12 French Table     |                      |                      |
| Directives*            | 12 Spanish Table     |                    |                      |                      |
| 1 Horseshoes           | 12:30 Mahjong        |                    |                      |                      |
|                       | 1 Scrabble            |                    |                      |                      |
|                       | 3 Bone Builders       |                    |                      |                      |

* Indicates that sign-up/reservations are required.
### MENU - AUGUST 2016

<table>
<thead>
<tr>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
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<th>Fri</th>
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<tbody>
<tr>
<td>1</td>
<td>Grill Day</td>
<td>Vegetarian Lasagna,</td>
<td>Tossed Salad, Sweet</td>
<td>Chef's Choice</td>
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<td></td>
<td></td>
<td>Steamed Antiguan</td>
<td>and Sour Chicken with</td>
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<td></td>
<td></td>
<td>Vegetables, Garlic</td>
<td>Stir Fried Vegetables,</td>
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<td></td>
<td></td>
<td>Bread, Black</td>
<td>Scallion Brown Rice,</td>
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<td></td>
<td></td>
<td>Raspberry Ice Cream</td>
<td>Coconut Meringues,</td>
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<td></td>
<td></td>
<td>w/ Berries</td>
<td>with Pineapple</td>
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<tr>
<td>8</td>
<td>Stuffed Meatloaf w/</td>
<td>Puff Pastry Chicken</td>
<td>Asian Pork Burgers w/</td>
<td>Grilled Sweet Italian</td>
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<tr>
<td>Pomfret Day*</td>
<td>Spinach &amp; Cheese,</td>
<td>Pot Pie, Tossed</td>
<td>sweet and sour bbq</td>
<td>Sausage with Peppers</td>
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<tr>
<td></td>
<td>Smashed Potatoes,</td>
<td>Salad, Austrian</td>
<td>sauce, Herb Roasted</td>
<td>&amp; Onions on a roll,</td>
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<tr>
<td></td>
<td>Gravy, Green Beans,</td>
<td>Raspberry Bars</td>
<td>Steak Fries, Sweet and</td>
<td>Potato Salad, Fire</td>
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<tr>
<td></td>
<td>Lemon Meringue Pie</td>
<td></td>
<td>Sour Asian Slaw, Peach</td>
<td>Cracker Salad, Fresh Fruit</td>
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<td></td>
<td></td>
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<td>Rhubarb Coffee Cake</td>
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<tr>
<td>15</td>
<td>Ham Salad Sandwiches, Kale Salad, Chocolate Cookies</td>
<td>Egg Salad on greens, 4 bean Salad, Carrot Cake</td>
<td>Beer Battered Haddock and Steak Fries, Cole Slaw Pickle, 4 Bean Salad, Fresh Fruit Salad</td>
<td>Chicken Burrito w/ Vegetable corn salad, Ice cream cone</td>
</tr>
<tr>
<td>22</td>
<td>Spaghetti &amp; meatballs, Garlic bread, Tossed Salad, Fresh Fruit salad</td>
<td>Baked Potato and Salad Bar, Coconut Cream Pie</td>
<td>Birthday Day* Grilled Mojito Turkey Breast, Scallion Polenta Cake, Crunchy Avocado Salad, Roll, Cake &amp; Ice Cream</td>
<td>Chef's Choice</td>
</tr>
<tr>
<td>29</td>
<td>Tossed Salad Spinach, Artichoke &amp; Cheese Quiche, Roasted Sweet Potato fries, Oatmeal Cran-raisin cookies/fruit</td>
<td>Tossed Salad, Tuscan Chicken w/ Peppers and Tomatoes, over Pasta, Roll, Ice Cream w/ fruit compote</td>
<td>Meal Pricing: $7 charge for those under age sixty $5 suggested donation for ages sixty and over</td>
<td>Menu is subject to change based on availability of food items. Please call ahead with special dietary needs.</td>
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<td>31</td>
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* Vegetarian meals & Gluten Free are available daily upon request. Please contact our chef in advance.

2% Milk, Coffee, tea, and juices available

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**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 or 457-2877 (website: www.annebower.com).

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.

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.

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
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 4th 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.
**Weekly Game Schedule**

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

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

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

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

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

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**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.

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**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 the 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

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

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

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@thompsonseniorncenter.org