



The Thompson Times

AT THE CENTER FOR SENIORS AND COMMUNITY

JULY 2016

Summer Evening Events

Warm breezes, music, time with friends, and yummy food... What better way to spend a summer evening.

Game Night at The Thompson Monday, July 18, 5:30 - 8:00 pm

In response to suggestions we've received, we'll be having an evening opening at our Center. All are welcome to enjoy the facility and good company. There will be games available (Boggle, Scrabble, cards, Cribbage, Mahjong, Horseshoes) or bring a game of your choice. Bring a dish or snack to share and BYOB. The Center will supply cold beverages, paper products and utensils. Transportation provided, if needed. Must sign-up in advance. 457-3277.



Pentangle Brown Bag Concert Series



July 7 – The Twangtown Paramours

July 14 – Amber Rubarth

July 21 – Chris Pierce

July 28 – Hayley Reardon

Bring your picnic dinner and enjoy live music on the Village Green. Beer and wine on sale courtesy of Bentley's restaurant. For more information visit: pentanglearts.org.

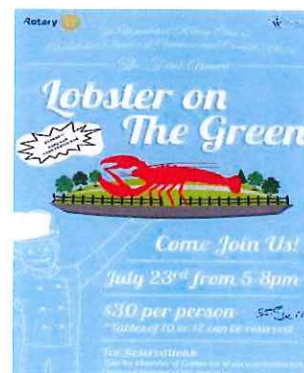
All Thursday concerts are now at 5:30 pm. Rain location will be Woodstock Town Hall Theater. Transportation provided by The Thompson to and from your house. Call to sign up in advance. 457-3277

Lobster on The Green

*Sponsored by Woodstock Rotary Club and
Woodstock Chamber of Commerce*

Saturday July 23 from 5:00- 8:00 pm

Cost: \$30 per person, tickets available through any Rotarian or call the Center to join a shared table with friends from The Thompson (seats 10-12). We will provide transportation, if needed, must sign-up in advance. 457-3277



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
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Shari Borzekowski, Administrative &
Resource Assistant,
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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*
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Patsy Mathews
Susan Moor
Daphne Moritz
John Snyder
John Steinle
Tambrey Vutech

BEHIND THE SCENES

New Advisory meetings kicked-off June 6th with co-chairs, Sam and Eleanor Grice

- Suggestion box items were discussed
 - New trip ideas
 - Yard work updates
 - Donated or drop-off items need staff approval
- Discussed current programs & evening event ideas
- Having an agenda for this meeting was well received
- Strategic planning discussion on long term planning for seniors & senior center
 - Ideas shared about what home services could be provided for seniors and what other services could be provided here or at home

Please join our next meeting on Monday, July 11 at 1:00 pm.
All patrons and volunteers are invited to attend.



Bingo Callers Needed!

Do you know a neighbor, student, grandchild, anyone interested in volunteering an hour a week calling Bingo? We really could use your help on Tuesday or Thursday mornings 10:30 - 11:30 am. Please contact Paula Audsley at 457-3277 ext. 119 if you are interested. Thank you!

TOWN DAYS CONTINUE

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

Bridgewater ~ Monday, July 11th
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

FREE MEDICARE BOOTCAMP

Learn What You Need to Know About Medicare!

Thursday, July 14, 5:00 - 7:00 pm

At The Norman Williams Public Library

Are you... turning 65? ... retiring? ... losing insurance coverage soon? ... disabled for two years and Medicare eligible? ... wondering about your choices for open enrollment? This is your opportunity to get free, unbiased information about the Medicare system and your responsibilities. Medicare has strict enrollment periods, and you will need to make choices about drug plans and supplemental plans.

The class is for Vermonters who are new to Medicare. Family members who help these beneficiaries may also find it useful. Medicare has strict enrollment periods and Medicare Boot Camp prepares participants make timely decisions about drug plans and supplemental plans, as well as, many other issues.

This workshop is in partnership with Senior Solutions whose staff provides unbiased information about the Medicare system at Medicare Boot Camp. There is no fee. **Space is limited, so please call in advance to the Senior HelpLine for registration. 1-800-642-5119.**

This event is co-hosted by the Ottauquechee Health Foundation, the Norman Williams Public Library, and Thompson Senior Center.



Individual Medicare Assistance at The Thompson Beginning Tuesday, July 12, 10:00 am - 2:00 pm

Pati Kimball from Senior Solutions will hold office hours at The Thompson beginning this July 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.

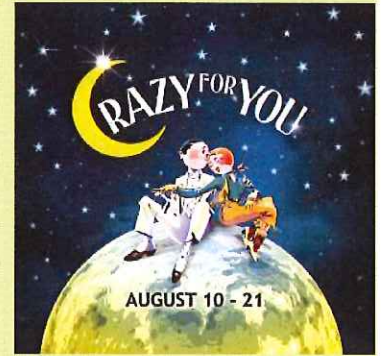


TRIPS

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'.



Cost: \$34 for ticket includes transportation. The van is now full. More tickets may be available for those who would like to carpool. Contact Pam if you are interested in driving on your own.



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



Take Me Out to the Ballgame!

Boston Red Sox vs. The Detroit Tigers

Game Day: Wednesday, July 27, 1:35 pm at Fenway Park

Price: \$134.10 for transportation from Lebanon and game ticket. This price is a 10% discount offered for a limited number of seats offered through Milne Travel.

Suggested gratuity for the bus driver \$2-3.00 per person is additional.

Lunch on your own at Fenway concessions or vendors.

Board the Dartmouth coach in Lebanon at 9:15 am at the Milne Travel Office, 24 Airport Road. Anticipated game time 3-4 hours but can be longer. Bus will depart Fenway 15 minutes after game ends. Due to limited parking passes, passengers are dropped off near Gate B, and the walk to Right Field Upper E Section is approximately a 15-20 minute walk, and your Milne tour director will be advised where the bus will wait for return pick-up.

Milne Travel's Red Sox Optional Weather Assurance Protection

\$12.50 per person. Provides you with coverage should the game be cancelled due to weather. If game is cancelled due to weather, patrons will have the option to receive a credit toward another Milne Travel Motor coach in same year or transportation to the make-up game should they provide a motor coach to the make-up game. Patron must notify Milne Travel within 24hrs of game cancellation in order to guarantee. If game is cancelled due to weather without the protection, you would keep the game ticket, and can pay for transportation to the make-up game should a motor coach be made available to the make-up game. For further clarification call Milne Travel at 802-479-0541.

A Visit Back in Time to the Fullerton Farm

A Museum of Farm Life Artifacts

Wednesday, July 6, 2016

Depart TSC on van at 1:30 pm visit for 1.5 hours

Polly and Erwin Fullerton have been lifelong collectors of ordinary working tools and everyday items from years of farming on the family homestead. They have invited us to their South Woodstock home where we will see extensive collections relating to Erwin's work in dairy, raising horses, hogs and poultry, ice harvesting, logging, haying and sugaring. No doubt, a highlight of our visit will be the old Glenside stove and the accompanying kitchen tools as part of "Grandma's kitchen". As Erwin proudly says about his passion for collecting – "And everything has a story"!

Story Telling with Jools Skeet

***A Program Brought to The Thompson
by Zack's Place***

Fridays, July 1 and 29 at 11:00 am

Jools Skeet started telling stories in Spain as a means of teaching English to language students, has recently begun revisiting favorite tales through her storytelling venture - **the tree in me**. Born in the UK, she has lived 8 years in Vermont and loves the way stories can rekindle the imagination and transport listeners to magical places!

Memorial Day Flag Ceramics

At The Thompson With ArtisTree

Wednesdays, July 13 and 20 at 1:30 pm

***This is a rescheduled class previously
planned in May***

Fiona and her students will roll out the clay in July 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.

PROGRAM CALENDAR - JULY 2016

Mon	Tue	Wed	Thu	Fri
				1
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,	* Indicates that sign-up/ reservations are required.			Patriotic Lunch 10-12:30 CCC Office Hours* 11 Story Telling with Jools Sheet 12 German Table 1:30 Water Aerobics*
4	5	6	7	8
Independence Day CLOSED	9 Strength & Fitness 10 Double King Ped 12 Spanish Table 12:30 Mahjong 1 Scrabble 3 Bone Builders	9 W. Leb Shopping* 10 Tai Chi 10 Chair Massage* 10:30 Handwork Cir. 12 French Table 1:30 Fullerton Farm Trip*	9 Strength & Fitness 10:30 Italian Study 12 Italian Table 1 Ongoing Italian Class 2 Mahjong 3 Bone Builders 5:30 Brown Bag	9 – 2:30 Foot Clinic* 10-12:30 CCC Office Hours* 12 German Table 1:30 Water Aerobics*
11	12	13	14	15
Bridgewater Day* 10:15 Memoir Group 10:30 Journaling Class 1 Bridge 1 Advisory Meeting 1 Advance Directives* 1 Horseshoes	9 Strength & Fitness 10-2 Individual Medicare Assistance* 10 Double King Ped 12 Spanish Table 12:30 Mahjong 1 Scrabble 3 Bone Builders	Bastille Day Lunch* 10 Tai Chi 10 Chair Massage* 10:30 Handwork Cir. 12 French Table 1:30 Ceramics Class*	9 Strength & Fitness 10:30 Italian Study 12 Italian Table 1 Ongoing Italian Class 2 Mahjong 3 Bone Builders 5 – 7 Medicare Program at NWPL 5:30 Brown Bag	10-12:30 CCC Office Hours* 12 German Table 1:30 Water Aerobics*
18	19	20	21	22
8:30 Newsletter Folding 10:15 Memoir Group 1 Bridge 1 Advance Directives* 1 Horseshoes 5:30 Game Night	9 Strength & Fitness 10 Double King Ped 11:30 Commodities 12 Spanish Table 12:30 Mahjong 1 Scrabble 1 E-Reader Class* 3 Bone Builders	8:30 Board Meeting 9 W. Leb Shopping* 9 – 2:30 Foot Clinic* 10 Tai Chi 10:30 Handwork Cir. 12 French Table 12:30 Caregiver Support Group 1:30 Ceramics Class*	9 Strength & Fitness 10:15 Low Vision Support Group 10:30 Italian Study 12 Italian Table 1 Ice Cream Social* 1 Drumming w/ Sayon 1 Ongoing Italian Class 2 Mahjong 3 Bone Builders 5:30 Brown Bag	10-12:30 CCC Office Hours* 12 German Table 1:30 Water Aerobics*
25	26	27	28	29
10:15 Memoir Group 10:30 Journaling Class 1 Bridge 1 Advance Directives* 1 Horseshoes	9 Strength & Fitness 10 Double King Ped 10 Wellness Clinic 12 Spanish Table 12:30 - 2:45 Foot Clinic* 12:30 Mahjong 1 Scrabble 3 Bone Builders	9:15 Depart Red Sox Game 10 Chair Massage* 10:30 Handwork Cir. 12 French Table	Birthday Day* 9 Strength & Fitness 10:30 Italian Study 12 Italian Table 1 Ongoing Italian Class 2 Mahjong 3 Bone Builders 5:30 Brown Bag	10-12:30 CCC Office Hours* 11 Story Telling with Jools Sheet 12 German Table 1:30 Water Aerobics*

MENU - JULY 2016

Mon	Tue	Wed	Thu	Fri
				1
Meal Pricing: " \$ 7 <u>charge</u> 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		Tossed Salad, Bangers & Mashed, Onions & Gravy, Peas, Carrots, Strawberry Short Cake
4	5	6	7	8
Independence Day CLOSED	BBQ Chicken, Pinto Beans, Potato Salad, Cole Slaw, Coconut Cream Pie	Tossed Salad, Macaroni and Cheese w/ Ham, Broccoli & Cauliflower, Poached Pears	Chicken Tostadas, Roasted Vegetable Medley, Almond Joy Sundae	Chef's Choice
11	12	13	14	15
Bridgewater Day* Chicken Caesar Wrap, Hearty Vegetable Minestrone, Cottage Cheese, Hot Fudge Sundae with banana	Tossed Salad, Beef Stroganoff, Roasted Vegetable Medley, Fresh Fruit	Bastille Day Lunch* Nicoise Salad, Antipasto Plate, Chocolate Eclairs	Grilled Salmon Burger On Multigrain Roll, Potato Salad, Grilled Vegetable Salad, Warm Berry Crisp	Tossed Salad, Supreme Pizza w/ Peppers, Onions, Mushrooms, Olives, Pepperoni, Sausage, Coconut Macaroons w/ Fresh Pineapple
18	19	20	21	22
Italian Basil Pasta Salad, Waldorf Salad, Chicken Salad Plate with Lettuce and roll, Chef's Choice Dessert	Reubens, Beer Battered Onion Rings, Mediterranean Vegetable Salad, Sorbet w/ Fresh Berries	Tossed Salad Spinach, Ham & cheese Quiche, Roasted Sweet Potato fries, Lemon Ricotta Bars	Tossed Salad Chicken Ala King, Vegetable Medley, Biscuits, Ice Cream Social*	Grilled Chicken Greek Slaw Pita Sandwiches, Couscous Salad, Greek Butter Cookies
25	26	27	28	29
Chef's Choice	Dijon Crusted Chicken Breasts, Horse Radish Mashed Potato, Gravy, Spinach, Jelly Roll	Spinach and Cheese Ravioli w/ Meat Sauce, Broccoli and Cauliflower, Garlic Bread, Fresh Fruit Salad	Birthday Day* Grilled Baja style Pork Loin, Chimichurri Sauce, Spicy Sweet Potato Salad, Braised Greens, Roll, Cake & Ice Cream	Philly Cheese Steak Sandwiches on a Whole Wheat Roll, w/ Peppers and Onions, Sweet Potato Fries, Broccoli Sakad, Fozen Lemon Mousse Pie

Reservations Required

Please sign-up in advance for special meals and Birthday Day. This month includes **Bridgewater Day on July 11, Bastille Day Lunch on July 13, Father's Day on July 15, Ice Cream Social on July 21 and Birthday Day on July 28.**

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

**Tai Chi's Slow, Gentle Exercise
Great for Mind and Body
Continues on Wednesdays, July 6, 13, 20
and August 10, 17, 24
10:00 am- 11:00 am**

Our summer session will combine both the beginner and intermediate students. 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!

To inquire about the classes, contact Anne at anniebower@yahoo.com or 457-2877 (website: 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.**

Water Aerobics Class

Woodstock Athletic Club

Fridays, June 3 - August 5

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

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.

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

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, July 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.

CAREGIVER SUPPORT GROUP Wednesday, July 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 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.

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.

Smiles Program Free Oral Health Pilot Program Mondays, 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. Oral health screening appointments will now 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 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**

~Sign-up is encouraged~



Learn to Use An E-Reader This Summer!

Tuesday, July 19, 1:00 pm

***Please bring your tablet computer
to class if you have one***

Cost: \$8.00

Join Linda Bryant of Senior Circuit, LLC for a presentation on how to use an e-reader. Did you know that any tablet computer can be used to read books? You can even download books free from your local library. Summer is here, and so is vacation time. There's nothing nicer than curling up with a good book on your vacation. Now you don't have to worry about carrying around those heavy books. All you need is a tablet computer, and you can store hundreds of books all on one convenient device. Linda will show you how to decide which tablet is right for you, as well as how to download a book from Amazon.com and your local library. *Pre-registration required by calling 457-3277.*



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.

Drumming with Sayon July 21, 1:00 pm Immediately following our Ice Cream Social

Did you know we have a talented musician on staff at The Thompson? Join Sayon Camara of Guinea, West Africa, a djembe drum aficionado, and his wife, Lev, for a cultural conversation and exchange of the traditional village music, song and language of Sayon's homeland.



BOOK GROUP

Wednesday, September 14 at 1:00 pm

No meeting in July and 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!

A Confederacy of DUNCES

WINNER OF THE PULITZER PRIZE

JOHN KENNEDY TOOLE



IN APPRECIATION

IN APPRECIATION

George Wilson - medical equipment
 Bernard Strong - medical equipment
 Lucy Lewin - medical equipment
 John Leavitt - rhubarb
 Bonnie & Dick Atwood - rhubarb
 Ruth Chandelier - rhubarb
 Mountain Creamery - muffins
 Marguerite Pierce - gardening
 Marilyn Syme - help with Summer Tea
 Anne Bower - lettuce
 Rhonda Beebee - dahlia bulbs
 Joe & Janet Herrick - James, the vacuum



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

Mary Cameron
 James & Noreen Huff
 Helen Leonard

Nancy Day
 Margaret Pierce



JULY BIRTHDAYS

1st	John	Gravel	14th	Lysle	Chase	25th	Nancy	Anderson
2nd	Barbara	Kelley	14th	Nancy	Schullinger	25th	Barbara	Simon
2nd	Kimberly	Christensen	14th	Ellen	Ahrens	25th	Beatrice	Gyra
2nd	Leslie	Friedman	14th	Jennifer	Kirkman	26th	Sally	Kesseli
3rd	Neil	Jillson	14th	Jennifer	Brock	26th	Marilyn	Wilhelm
3rd	Odette	Hazen	15th	Judith	Topolski	26th	Wendy	Otavsky
4th	Gerald	Vandewater	16th	Priscilla	Pannell	26th	Richard	Cole
5th	Gordon	Worth	18th	David	Doubleday	26th	Patricia	Brent-Sorenson
5th	Trudi	Brock	18th	Airell	Jenks	27th	Jackie	Durkee
5th	Dorothy	Lord	18th	Wendy	Winsor	27th	Gail	Moore
5th	Albert	Pristaw	19th	Edwin	English	28th	Thomas	Watson
5th	Betsy	Hallahan	19th	Mary Jane	Wentworth	28th	Jenny	Lamb
6th	Helga	Cognato	20th	Ralph	Lessard	28th	Janice	Fleetwood-Bean
7th	Ernest	Forgione	20th	Joanne	Hershey	28th	Gordon	Holmes
7th	Carol	Rauscher	20th	Michael	Mongulla	29th	Carol	Jones
7th	Judith	Pierce	20th	Patricia	Whitney	30th	Eric	Johnston
8th	Bud	Futschik	21st	Joseph	Herrick	30th	Nancy	Pike
8th	Howard	Jonas	21st	Adolf	Schlerf	31st	Pam	Butler
9th	Frances	Gillett	21st	David	Sleeper	31st	Carl	Hurd
9th	Rosemary	Smith	21st	Marcelle	Derevensky	31st	Jean	Silva
10th	Ann	McKelvie	22nd	Fern	Kruse	31st	Bob	Hazen
10th	Louis	Carini	22nd	Holly	Levison			
11th	Lene	Bennett	23rd	Margaret	Wieche			
11th	Joan	Lang	23rd	William	Barrows			
12th	Robert	Lewis Sr	24th	Robert	McFadden			
12th	Susan	Maxham	24th	Juanita	Barrett			
12th	Joanne	Keyler	25th	Wesley	Frost			
13th	Robert	Griggs Jr.	25th	Jay	Richardson			
14th	Gerry	Fields	25th	Claire	Dibble			
			25th	Lloyd	Osmer			

On July 28 we will celebrate your day
 with a complimentary meal!
 Please make a reservation by calling
 457-277.



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

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.



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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

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