



The Thompson Times

AT THE CENTER FOR SENIORS AND COMMUNITY

JUNE 2016

Transportation Spotlight!

With very limited public transportation in our rural area, getting around can be tricky, especially if you've given up your keys (21% of Vermonters over the age of 65 no longer drive).

Did you know that the Thompson transportation program provides on average 315 rides each month?

Here are some important details about our transportation opportunities:

Local transportation to and from your home to The Thompson Center and other local stops are provided Monday through Friday between 8:30am – 3:00pm. Please call the Center by 8:30am to request rides for that day. Local stops can be arranged daily with the driver, and longer grocery shopping trips to Mac's are accommodated on Wednesdays and Fridays. Suggested minimum donation: \$1 per ride (\$2 round trip)

Medical Rides daily to and from appointments to all Upper Valley providers can be arranged through the Thompson vehicles or with a volunteer driver. A minimum of 48 hours notice is required for scheduling. When scheduling your medical appointments, please be aware that we try to arrange Lebanon/Dartmouth-Hitchcock trips on Tuesday/Thursday. Suggested minimum donation per medical ride round trip): \$10

West Lebanon Shopping Trips depart from the Thompson Center on the first and third Wednesday of each month at 9 am on the Stagecoach van (returning at approximately 12:15pm). Stops at various locations throughout W. Leb. can be arranged with the driver on the day of the trip. Please sign up at least 24 hours in advance and a minimum of 3 riders must be booked. All ages welcome. The Thompson funds these trips with Stagecoach so any donation is greatly appreciated.

Please contact our Outreach Manager, Paula Audsley, with any questions or to schedule a ride. 457-3277
Please note: Although we give priority to seniors and disabled and those in our service area, we try to accommodate others on our routes whenever possible.

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



Thank You to Our Transportation Sponsors and Grants:



Continuing
Care
Community



Ottawquechee Plumbing



Connected-at-Home



Dead River
Company



Council on Aging for Southeastern Vermont



GRANTS, FUNDING AND SUPPORT BECAUSE GOOD HEALTHCARE MATTERS TO US ALL.



MARK D. KNOTT DDS



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,
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Paula Audsley, Outreach Manager,
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Pam Butler, Program Director,
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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*
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Dave Bollinger
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Sally Kesseli
Holly Levison
Patsy Mathews
Susan Moor
Daphne Moritz
John Snyder
John Steinle
Tambrey Vutech

BEHIND THE SCENES

New Advisory Committee Meetings Kick-off Monday, June 6, 1:00 pm

All participants are invited to join us on the first Monday of
each month at 1:00 pm, starting June 6th.

TOWN DAYS ARE BACK!

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

Barnard ~ Monday, June 6th
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.

Reservations Required

Please sign-up in advance for special meals and Birthday Day. This
month includes **Staff Appreciation Potluck on June 2, Barnard
Day on June 6, Summer Tea on June 8, Father's Day on June 17,
and Birthday Day on June 23.**

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!

EVENTS & PROGRAMS

Living with Mid-Stage Alzheimer's: Seminars For Caregivers Three Part Series on June 7, 14 and 21 from 5:30 pm to 7:30 pm

When someone is diagnosed with Alzheimer's, friends and family members have many questions. This 3-part series is designed to provide caregivers with the knowledge, tools and strategies needed to cope with a diagnosis of Alzheimer's or related dementia. Each of the three programs are 1-1/2 to 2 hours in length and a power point presentation is utilized along with the talk. Changes in care giving during the mid-stage of the disease are discussed in detail and will help prepare you for ensuring the best possible care for the diagnosed person.

Some of the topics to be discussed:

- Partnering with your doctor
- Travel
- Preparing for emergencies, trips to hospital
- Wandering, changes in sleep patterns, personality changes
- Accessing respite care
- Home Safety
- Communication, changing relationships
- Dressing, bathing and toileting
- Stigma
- Healthy lifestyle
- Managing challenging behaviors

Program will be held at The Thompson Center. Attendance at all three programs is strongly encouraged.

alzheimer's  association®

800.272.3900 | alz.org®



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.

Whether you are a veteran of Red Sox games or you are planning your first trip to Fenway Park, what better season than the 2016 Boston Red Sox season to catch a Red Sox game. In 2016, the Boston Red Sox look to add a World Series Championship to their storied and rich history.

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.

TRIPS

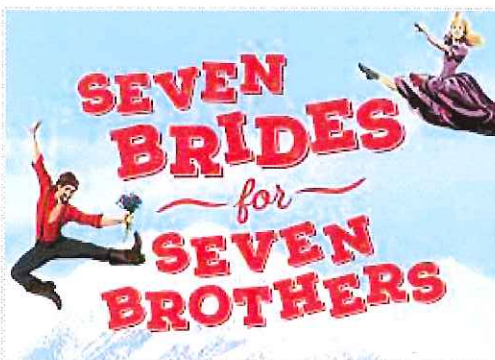
Crazy For You

**At New London Barn Playhouse
Wednesday, August 10, 2:00 performance
(Depart on Thompson Van at 12:30 pm)**

***Please notify the Thompson kitchen if you would
like an earlier lunch before departing***

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. Space is limited so please reserve your seat with payment.



**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**

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."

The Ogunquit Playhouse is one of Maine's cultural jewels and a cornerstone of America's theatrical heritage, bringing the best talent from Broadway, television and film to its stage. Over its 80-year history of producing the highest quality theatre, it has earned the title of "America's Foremost Summer Theatre" and is one of the last of the great Summer Theatres from the Straw Hat Circuit still producing traditional live musical theatre in a unique National Historic Register building.

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.

PROGRAMS & TRIPS

5th Annual Staff Appreciation Pot-luck Lunch Thursday, June 2, 12:00 pm

Join the fun and share your favorite dish, salad, or dessert at this once a year special event to show the TSC staff how much they're appreciated. Coordinated by Dick & Bonnie Atwood & Jane Soule. Please make your regular lunch donation if you can't make a dish to share. Sign-up requested.

7th Annual Summer Tea and Luncheon Wednesday, June 8th 12:00 pm



Don't miss The Thompson Center's 7th Annual Tea. Fancy hats are welcome and gentlemen are invited too. Please RSVP by June (457-3277), we will start a waiting list after the first 75 people sign up. **Menu:** Hearty tea sandwiches, and a variety of pastries, cookies, punch, and tea. **Suggested donation: \$5.00**

The How, What, When, Where and Whys of Composting Presented by Vermont Extension Master Gardener, Phil Hammond Wednesday, June 1, 1:00 pm

The following are just some of the questions that will be included in this presentation: How does compost get made? How do I make a compost bin and do I need one? How do I use compost? What can we put into a compost pile? What is cold composting and what is hot composting? When is compost ready to use? Where should I put a compost bin? When is compost ready to use? Why should I compost?

Following the presentation, Ham Gillett, Outreach Coordinator from Southern Windsor/Windham Counties Waste Management District, will discuss Act 148: Vermont's Universal Recycling & Composting Law and the importance of composting in complying with regulations.

Dine and Spine With Rebecca Nash, DPT Tuesday, June 21, 1:00 pm

Join Rebecca Nash, Doctor of Physical Therapy, after a delicious Thompson noon meal, for a discussion on common physical changes that we experience as we age. She will also discuss strategies we can use to manage these changes to prevent a worsening condition.

Tour of Casella Waste Management Service in Rutland , Tuesday, June 28th Depart Thompson on Van at 9:30 am. After our tour we will have lunch off the menu at The Vermont Tap House, Cost: \$5 plus cost of lunch.

Zero-Sort Recycling, Casella's trademarked single-stream recycling system, helps customers and communities reduce costs and ease participation by placing all recyclable materials into a single bin. Casella then sorts the materials in state-of-the-art processing facilities and prepares them to be remarketed. Join us for a tour of the sorting facility and get your re-cycling questions answered.

Please note that there is a flight of stairs to the observation deck and education room.

PROGRAM CALENDAR - JUNE 2016

Mon	Tue	Wed	Thu	Fri
		1	2	3
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.	9 Walking Group 9 W. Leb Shopping* 10 Tai Chi 10 Chair Massage* 10:30 Handwork Cir. 12 French Table 1 Composting Talk	9 Strength & Fitness 10:30 Italian Study 12 Staff Appreciation Pot-luck* 12 Italian Table 1 Ongoing Italian Class 3 Bone Builders	10-12:30 CCC Office Hours* 12 German Table 1:30 Water Aerobics*
6	7	8	9	10
Barnard Day* 9 Strength & Fitness 10:15 Memoir Group 1 Bridge 1 Advisory Meeting 1 Advance Directives* 1 Horseshoes	9 Strength & Fitness 10 Double King Ped 12 Spanish Table 12:30 Mahjong* 1 Scrabble 3 Bone Builders 5:30 Alzheimer's Seminar	9 Walking Group 10 Tai Chi 10 Chair Massage* 10:30 Handwork Cir. 12 Spring Tea* 12 French Table 1 Book Group	9 Strength & Fitness 10:30 Italian Study 12 Italian Table 1 Ongoing Italian Class 3 Bone Builders	10-12:30 CCC Office Hours* 12 German Table 1:30 Water Aerobics*
13	14	15	16	17
9 Strength & Fitness 10:15 Memoir Group 10:30 Journaling Class 1 Bridge 1 Advance Directives* 1 Horseshoes	9 Strength & Fitness 10 Double King Ped 12 Spanish Table 12:30 Mahjong* 1 Scrabble 3 Bone Builders 5:30 Alzheimer's Seminar	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	9 Strength & Fitness 10:15 Low Vision Support Group 10:30 Italian Study 12 Italian Table 12:45 Lucy Mac Visit 1 Ongoing Italian Class 3 Bone Builders	9 – 2:30 Foot Clinic* 10-12:30 CCC Office Hours* 12 Father's Day* 12 German Table 1:30 Water Aerobics*
20	21	22	23	24
8:30 Newsletter Folding 9 Strength & Fitness 10:15 Memoir Group 1 Bridge 1 Advance Directives* 1 Horseshoes	9 Strength & Fitness 10 Double King Ped 11:30 Commodities 12 Spanish Table 12:30 Mahjong* 1 Scrabble 1 Dine & Spine 3 Bone Builders 5:30 Alzheimer's Seminar	9 Walking Group 10 Tai Chi 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 3 Bone Builders	10-12:30 CCC Office Hours* 12 German Table 1:30 Water Aerobics*
27	28	29	30	
9 Strength & Fitness 10:15 Memoir Group 10:30 Journaling Class 1 Bridge 1 Advance Directives* 1 Horseshoes	9 Strength & Fitness 9:30 Casella Waste Trip* 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 Walking Group 10 Tai Chi 10 Chair Massage* 10:30 Handwork Cir. 12 French Table	9 Strength & Fitness 10:30 Italian Study 12 Italian Table 1 Ongoing Italian Class 3 Bone Builders	

MENU - JUNE 2016

Mon	Tue	Wed	Thu	Fri
		1	2	3
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.	Lasagna, Tossed Salad, Garlic Bread, Fresh Fruit Salad	Staff Appreciation Pot Luck Lunch*	Chicken Salad, Broccoli Salad, Tortellini Salad, Lettuce, Tomato, Lemon Mousse w/ Berries
6	7	8	9	10
Barnard Day* Tossed Salad, Meatloaf, Mashed Potato, Gravy, Green Beans, Strawberry Sundae	Tossed Salad, Lime Herb Chicken, Roasted Potatoes, Succotash, Yogurt Cake w/ Peach Puree	Spring Tea* Smoked salmon sandwiches, cucumber & watercress sandwiches, ham salad sandwiches, and assorted pastries & cookies, tea, and punch	Pork Apple Burgers with Caramelized Pineapple on a Multi-grain Sandwich Roll, Firecracker salad, Sweet Potato Fries, Berries and Cream Crepes	Vegetable & Chicken stir fry, Coconut Macaroons w/ Pineapple
13	14	15	16	17
Chef Salad w/ Lettuce, Tomato, Ham, Turkey, Cheese, Hard Boiled Egg, Carrot, roll, chocolate cupcakes	Tossed Salad, Spaghetti & meatballs, Garlic Sautéed Vegetable Medley, Fresh Fruit salad	Grilled Chicken Greek slaw pita sandwiches, Couscous salad, Greek butter cookies	Baked Fish and Chips, Kale Salad, Ginger Snap and fruit	Father's Day Lunch* Build Your Own Burger Bar, Potato salad, Three bean salad, Ice cream cones
20	21	22	23	24
Tossed Salad, Penne Pasta w/ Sweet Italian Sausage, Spinach, Tomatoes, Pesto, Fresh Fruit Parfait	Grilled Pesto Chicken Breast, Lemon Risotto with Peas Marinated Vegetable Salad, Strawberry Shortcake	Tacos w/ Ground Beef Cheese, Lettuce, Tomato, Salsa, Sour Cream, Red Beans and Rice, Roasted Vegetables, Chocolate Chip Cookies and Fruit	Birthday Day* Roast Beef, Au Jus, Sour cream and Chive Twice Baked Potato, Asparagus with Hollandaise, Roll, Cake and Ice Cream	Chef's Choice
27	8	29	30	
Tossed Salad, Grilled Tuna & Vegetables in herb butter, Brown Rice, Cherry Cheesecake	Reubens, Beer Battered Onion Rings, Marinated Vegetable salad, Sorbet w/ Fresh Berries	Tossed Salad Spinach and Artichoke, Quiche, Roasted Sweet Potato fries, Black Raspberry Ice Cream w/ Berries	Salmon en Croute, w/ Spinach and Mushrooms, New Potatoes, Cucumber/Dill Salad, Coconut Cream Pie	* 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 **Staff Appreciation Pot-luck on June 2, Barnard Day on June 6, Summer Tea on June 8, Father's Day on June 17, and Birthday Day on June 23.** 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 Summer Schedule

Tai Chi's Slow, Gentle Exercise

Great for Mind and Body

Wednesdays, June 8, 15, 22, July 6, 13, 20

and August 10, 17, 24

10:00 am- 11:00 am

Cost: \$45 for 9 classes

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).

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

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.

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

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, June 28, 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, June 15, 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

Weekly Game Schedule

Bingo - Daily at 10:30 am

Bridge - Mondays at 1:00 pm

Horseshoes - Mondays at 1:00 pm

Double King Pede - Tuesdays, 10:00

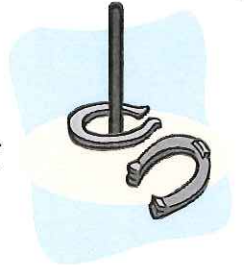
Scrabble - Tuesdays at 1:00 pm

Mahjong - Tuesdays at 12:30 pm

~Sign-up is encouraged~

It's time for horseshoes!

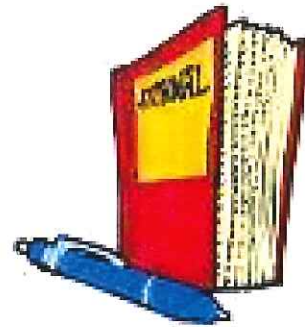
The horseshoe pits are open and you can play anytime, but every Monday (weather permitting) at 1:00 pm a group will play following lunch. Everyone is welcome regardless of your experience level! Talk to Norm Boynton or Jim Emery if you're interested.



Journaling Group on 2nd & 4th Mondays

10:30 am - 12:00 pm

Facilitated by Sue Geno

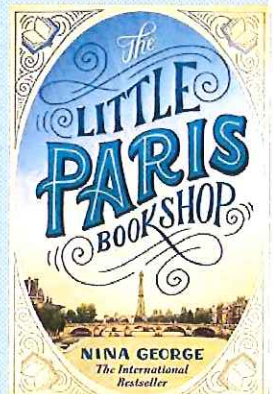


The Journaling Group supports personal journeys of discovery, creativity and reflection in a nurturing, open environment. We draw upon prompts, poetry, images and natural objects to inspire and practice a variety of journal modes-- writer's journals, daybooks, spiritual journals, nature journals, artistic 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!*

BOOK GROUP

Wednesday, June 8 at 1:00 pm

Our June read is The Little Paris Bookshop by Nina George. If you were in Paris, would you consider going to a bookshop located on a barge on the Seine? The owner, Monsieur Perdu, acts as a therapist, prescribing certain books for different patrons. The book is rich in literary allusions and in probing the human emotions. One review calls it "a love letter to books." Join us on Wednesday, June 8th for what is sure to be an interesting discussion.



IN APPRECIATION

IN APPRECIATION

Bridgewater Thrift Store - large tuna can
 Fran Gillett - medical equipment &
 scrapbooking supplies
 Suzanne Lyon – Lifesongs scrapbooks



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

Dick & Jane Leonard
 Joann Cameron
 Kathy & Charles English
 Susan Staples
 George Staples

Loraine Kruse

Elmer Kruse

Congratulations to our Marble Game winners:

Joyce Gilman on March 21
 Tim Maxham on April 5
 Linda Robertson on April 25



JUNE BIRTHDAYS

1st	Ernest	Harper	8th	June	Vonada	19th	Carolyn	Johnston
2nd	Betty	Jillson	8th	Yvonne	Rogers	19th	Joanne	Bates
2nd	Carol	Nettleship	10th	Sally	Alloway	20th	Sandra	Pariseau
2nd	Larry	Luce	12th	Donald	Corrigan	21st	Louine	Walker
2nd	Nancy	Bebo	12th	Judith	Cayer	22nd	Patricia	Mangan
2nd	John	McDonald	12th	Elie	Parks	22nd	John	Mathews
3rd	Eric	Johnson	13th	Eldon	Thompson	22nd	Richard	Leonard
3rd	Lorraine	Dayton	13th	Jean	Garren	23 rd	Viola	Peeler
3rd	Pearl	Corrigan	13th	Courtney	Maxham	25th	Ann	Debevoise
4th	Carole	Pye	14th	Bud	Leavitt	25th	Anna	King
4th	Janet	Forman	14th	Doris	Earle	26th	Doris	Lebaron
4th	Marcea	Ewald	14th	Patricia	Dickinson	26th	Carl	Winchell
5th	Janet	Herrick	14th	Bette Anne	Sailer	27th	Deborah	Spear
5th	Timothy	Maxham	15th	Mary	Sharpe	29th	Grete	Heller
6th	Jennifer	Martel	15th	Polly	Fullerton	29th	Susan	Lewis
6th	Missy	Cunningham	17th	Robert	Topolski			
7th	Ruth	Beebee	17th	Lillian	Weed			
7th	Glenna	Barr	18th	Mary	Boudro			
7th	Debbi	Castellini	18th	Becky	Longley			
7th	Jane	Curtis	19th	Mae	Knudson			
8th	Noreen	Huff	19th	Emily	Schanck			

On June 23 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.thompsonsseiorcenter.org

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

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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@thompsonsseiorcenter.org

~ MARBLE GAME GUIDELINES ~

The marble game is a fun game of chance that benefits the Center since we receive half of the ticket money and the person who draws a red marble wins the other half.

THE GAME (for those who choose to play): Tickets will be sold in the foyer area on Mondays and Thursdays from 11:30 - noon. Tickets will not be sold at the tables in order to respect lunch time conversation and minimize interruptions. Those who choose to play will get three tickets for \$1.00. Marbles will be placed in an opaque container (100 clear marbles, 5 red marbles, 1 yellow marble). At 1 pm, we will draw three tickets. If your ticket number is called, you can pick a marble. The clear ones that are drawn are removed, increasing odds of winning. If you draw a red one, you receive half the pool of money from accumulated ticket sales. If you draw a yellow marble you get a second chance and can draw another marble! When a red marble is drawn, play ends for the day and a new game will start on the next scheduled day. Thanks for playing and good luck!