



# The Thompson Times

AT THE CENTER FOR SENIORS AND COMMUNITY



APRIL 2017

## Thank You Volunteers!

**Volunteer Appreciation  
Dinner Banquet**  
**Thursday, April 13 at 5:30 pm**

A red carpet event to celebrate  
and recognize our volunteers

**The Menu Includes:**

*Chicken Scaloppini over Linguine, Gilled Asparagus*

*Tossed Salad, Strawberry Mascarpone Roll*

With entertainment by Jerry Blakeney

Please RSVP by April 6 to 457-3277

In April, volunteer week is celebrated across the nation to recognize ordinary people doing extraordinary things to improve their communities. The national theme -- **Service Unites** -- captures the power of those agents of change to come together to build stronger, more vibrant communities through service. We count on and appreciate our volunteers year round, and on April 13th we'll take some time to celebrate the enormous contributions that volunteers make every day. All volunteers are invited to join us for a banquet at 5:30 pm.

### Effective Communication Strategies

**An Education Program by the Alzheimer's Association**

**Led by Pamela Beidler, Director of Programs and  
Research, Vermont Chapter**

**Wednesday, May 17 1-2:30 pm**

alzheimer's  association®

800.272.3900 | [alz.org](http://alz.org)®

Communication is more than just talking and listening – it's also about sending and receiving messages through attitude, tone of voice, facial expressions and body language. As people with Alzheimer's disease and other dementias progress in their journey and the ability to use words is lost, families need new ways to connect. Join us for this FREE program as we explore how communication takes place when someone has Alzheimer's, learn to decode the verbal and behavioral messages delivered by someone with dementia, and identify strategies to help you connect and communicate at each stage of the disease.

**Please register in advance by calling The Thompson Center.**



## 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,  
paulsley@thompsonscenter.org  
**Pam Butler**, Program Director,  
pbutler@thompsonscenter.org  
**Jen Bloch**, Marketing Coordinator  
jbloch@thompsonscenter.org  
**Shari Borzekowski**, Administrative &  
Resource Assistant,  
sborz@thompsonscenter.org  
**Ryan Martin**, Chef,  
rmartin@thompsonscenter.org  
**Siobhan Wright**, Kitchen Assistant, Meals  
on Wheels Coordinator  
swright@thompsonscenter.org  
**Drivers: Dwight Camp, Tom Morse,  
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**  
Ottauquechee Health Center, 457-5414

### BOARD OF DIRECTORS

Liza Deignan—*President*  
John Steinle—*Vice President*  
Jerry Fredrickson—*Treasurer*  
Sarah Roberts—*Secretary*  
Sam & Eleanor Grice—*Advisory*  
Dick Atwood  
Dave Bollinger  
Ginny Eames  
Bill Emmons  
Peter Goulazian  
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Peggy Kasden  
Holly Levison  
Susan Moor  
Daphne Moritz  
John Snyder  
Tambrey Vutech  
Wendy Wannop  
Tom Weschler

## BEHIND THE SCENES

### ADVISORY MEETING HIGHLIGHTS

- Discussed upcoming March for Meals activities
- Announced Volunteer Appreciation Banquet, dinner instead of breakfast this year
- Idea shared for schedule of Thompson Events on WCTV8
- Discussion about musical entertainment
- Upcoming programs announced

**Please join our next meeting on Monday, April 3rd at 1:30 pm.**  
All patrons and volunteers are invited to attend. Your feedback is needed and appreciated! **See page 5**

### MISSION

It is the mission of the Thompson Center to be a multigenerational gathering place for our 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. 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.

### Thank You to Our Transportation Sponsors and Grants:



Connected-at-Home



Dead River  
Company



Ottawuechee Plumbing



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.



## NEWS & EVENTS



### **Pomfret Empty Bowls Dinner** **Sunday, April 2, 4:00 - 7:00 pm** **Pomfret Town Hall**

Empty Bowls is an international grass roots movement with the goal of raising money to help organizations fight hunger. Earlier in the month The Thompson Center offered an opportunity for patrons to decorate an empty pottery bowl created by local potters to be used at the Pomfret Empty Bowls Dinner. We encourage you to join us on April 2nd and enjoy a simple meal of soup and bread. 100% of the money collected on that evening will be donated to hunger fighting organizations.

### **Community Recycling & Shredding Event** **With Sustainable Woodstock** **Saturday, April 8, 10:00 am – 1:00 pm** **Union Arena, Woodstock**



On Saturday, April 8<sup>th</sup>, Sustainable Woodstock will be hosting their second annual community recycling event. They will have e-cycling and shredding, and will be collecting items that are not readily recyclable but have a value to someone. Bring anything from printer cartridges to light bulbs and paper to shred. Let them know if someone else's trash is your treasure and they will collect it for you. For more information contact Sally Miller at [sally@sustainablewoodstock.org](mailto:sally@sustainablewoodstock.org) or call 457-2991.



### **TAX ASSISTANCE AT THE THOMPSON**

Do you need assistance with your tax return? The Thompson Center will offer individual tax preparation for seniors and low income persons. TCE Preparers (Tax Council for the Elderly) will complete your 2016 taxes free of charge during scheduled appointments on **Mondays, through April 10th**. On the day of your appointment, please come early to fill out a questionnaire. **Please call 457-3277 soon to schedule an appointment.**

### **Looking for Santa's Helpers!**

Please join our Handiwork Circle on Wednesdays at 10:30 am in the Center's living room and help us work on items for the Senior Center Holiday Bazaar. We are currently working on knitted items and jewelry, but if you have a craft you are willing to share please bring it with you. If you have good quality items you are willing to part with, we would love to see them too. Thank you all for your time and efforts.

Briana Maxham, Holiday Bazaar Chair



## TRIPS & PROGRAMS

### **King Arthur Baking Class: Biscuits and Scones**

**Tuesday, April 4, Depart from the Thompson Center at 9:15 am, Return to Woodstock by 3:00 pm**

**Cost: \$69 Includes Transportation and 3 Hour Baking Class. Lunch is on your own.**

You are invited to join a Thompson private baking class where we will learn the heart of making feathery-light biscuits and tender scones in a state of the art baker's classroom. Our 3 hour class will be followed by lunch on your own at King Arthur's café, and some shopping. *Maximum guests for this class is 16 – come alone or pair up with a friend. Please inform us if you need a ride. Payment reserves your seat.*

### **Nature of the Lakes Cruise on Squam Lake, Holderness, NH Followed by Lunch With Lake View Dining at Walter's Basin Restaurant Wednesday, July 12, 2017**

**Depart Thompson at 8:00 am on Coach Bus for a 10:30am cruise  
Followed by lunch at 12:15 pm. Return to Woodstock approximately 4:00 pm.**

**Cost: \$77 Transportation, Cruise, and Lunch**

We will uncover the rich natural history of Squam Lake with an experienced naturalist educator and observe Loons and Bald Eagles and their nesting sites along with other wildlife. Learn how animals survive and adapt to their aquatic world. Gain an appreciation and deeper understanding of Squam Lake from mountain ranges to island stories to quiet spots during this memorable lake experience.

Our cruise will be 90 minutes in length on canopied pontoon boats with padded seats and will depart from the dock on Route 3 at the bridge, next to Walter's Basin Restaurant in downtown Holderness. Binoculars are available for wildlife viewing at no additional cost.

*Travelers are encouraged to wear sneakers or something similar, and bring sunscreen and a light jacket. Payment is due at time of reservation to guarantee your seat.*

### ***On Golden Pond***

**At New London Barn Playhouse**

**Wednesday, August 23, 2:00 performance (Depart on Thompson Van at 12:30pm)**

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

**Cost: \$34 Space is limited so please reserve your seat with payment**

A funny and bittersweet story about the complex, deeply felt ties binding one American family together. The tranquility of the idyllic New Hampshire lake where Ethel and Norman Thayer have spent the past 48 summers is about to be broken by the arrival of their daughter and her entourage. Love, family, and the passage of time intertwine in this Tony Award-winning play.



**Deposits Due by March 27th  
Final Payment Due by August 3rd**

**Book Before April 3 & Save \$170 Per  
Person /\$3,009 Double if booked by 4/3**

**The Thompson Center Presents  
Canyon Country 2017  
Featuring Arizona, Utah & Nevada  
October 2 – 10, 2017**

**9 days \* Meals: 7 Breakfasts, 4 Dinners**

**Trip Highlights include Scottsdale, Grand Canyon, Lake  
Powell, Bryce Canyon National Park, Las Vegas,  
and much more!**

Visit our website for more details at [www.thompsonseneiorcenter.org](http://www.thompsonseneiorcenter.org)



## PROGRAMS

### **Spring Flower Pot Project** **Presented by ArtisTree at The Thompson** **April 5, 1:30 pm**

Join Fiona Davis to create unique pinch and coil flower pots for our spring flowers! Pots will be taken back to ArtisTree for firing. Pots will be returned in May's 3rds crafting session when we will paint and plant them for a splash of spring color! Please sign up in advance by calling The Thompson, 457-3277.

### **Medicare Boot Camp for New Enrollees** **Tuesday, April 12, 5:30 pm** **Presented by Senior Solutions**



Are you almost 65 years of age and thinking about signing up for Medicare? Are you retiring and losing your health insurance benefits? Come and learn when and how to enroll in Medicare. State Health Insurance Plan (SHIP) counselor, Patricia Coogan, will be presenting this class for those individuals who will be signing up for Medicare. Patricia will discuss the different levels of Medicare coverage options such as supplement plans, and Advantage plans as well as the current prescription drug plans. **Please call The Thompson Center to register in advance.**

### **To our Thompson Travelers:** **Special Presentation at Our April Advisory Meeting**

Please plan on attending our April 3 Advisory Meeting when Matthew Voccola from Collette Travel will introduce trips we may want to consider for 2018. Matthew will discuss Collette's Southern Charm trip (that will include Charleston, Savannah, and St. Augustine), America's Music Cities and Ireland. This is the time that you can make your travel wishes known. Information on these trips and more will be available before this meeting.

**\*Please note that the time for this meeting will be 1:30 this month to accommodate Matthew's traveling schedule.**



### **AARP Smart Driver Safety Course** **Friday, May 19th, 9:00 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 9:00 am. **Your driver's license is required and your AARP card for members.**

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

Please call the Thompson Center to sign up in advance, 802 457-3277. Checks should be made out to AARP Smart Driver.

# PROGRAM CALENDAR - APRIL 2017

Mon	Tue	Wed	Thu	Fri
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
<b>8:45 Tax Appts*</b> 9 Strength & Fitness 10:15 Memoir Group <b>1:30 Advisory Meeting w/ special presentation by Collette Travel</b>	9 Strength & Fitness <b>9:15 King Arthur Baking Class*</b> 10 Double King Pede <b>10-2:30 Ping Pong</b> 12 Spanish Table 12:30-2:30 Mahjong 3 Bone Builders	<b>9 W. Leb Shopping*</b> 9:30 Tai Chi Beginner <b>10-12:30 Reflexology Appointments*</b> 10:30 Handwork Cir. 10:45 Tai Chi Advance 12 French Table <b>1:30 ArtisTree Project*</b>	9 Strength & Fitness 10:30 Italian Study 12 Italian Table 1 Italian Intermediate 2 Mahjong 3 Bone Builders	<b>10-12:30 CCC Office Hours*</b> 10 Painting at ArtisTree 12 German Language Table <b>Open Ping Pong</b> <b>1:30 Water Aerobics*</b>
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
<b>8:45 Tax Appts*</b> 9 Strength & Fitness 10:15 Memoir Group <b>1 Advanced Directives*</b>	9 Strength & Fitness 10 Double King Pede <b>10-2:30 Ping Pong</b> 12 Spanish Table 12:30-2:30 Mahjong <b>1:15 Pickle Ball intro</b> 3 Bone Builders	9:30 Tai Chi Beginner <b>10-12:30 Reflexology Appointments*</b> 10:30 Handwork Cir. 10:45 Tai Chi Advance 12 French Table 1 Book Group <b>5:30 pm Medicare Bootcamp*</b>	<b>Late Opening for 5:30 Volunteer Appreciation Dinner Banquet*</b>  <b>(There will be no noon meal served today due to late opening)</b>	<b>9 – 2:30 Foot Clinic*</b> <b>10-12:30 CCC Office Hours*</b> 12 German Language Table <b>Open Ping Pong</b> <b>1:30 Water Aerobics*</b>
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
<b>Easter Lunch*</b> <b>8:30 Newsletter Folding</b> 9 Strength & Fitness 10:15 Memoir Group 10:30 Journaling Class	9 Strength & Fitness 10 Double King Pede <b>10-2:30 Ping Pong</b> 11:30 Commodities 12 Spanish Table 12:30-2:30 Mahjong 3 Bone Builders	<b>8:30 Board Meeting</b> <b>9 W. Leb Shopping*</b> <b>9-2:30 Foot Clinic*</b> 9:30 Tai Chi Beginner 10:30 Handwork Cir. 10:45 Tai Chi Advanced 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 Italian Intermediate 2 Mahjong 3 Bone Builders	<b>10-12:30 CCC Office Hours*</b> 12 German Language Table <b>Open Ping Pong</b> <b>1:30 Water Aerobics*</b>
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
9 Strength & Fitness 10:15 Memoir Group	9 Strength & Fitness 10 Double King Pede <b>10-2:30 Ping Pong</b> <b>10-12 Wellness Clinic</b> <b>10 Clay Class at ArtisTree*</b> 12 Spanish Table 12:30-2:30 Mahjong <b>12:30 - 2:45 Foot Clinic*</b> 3 Bone Builders	9:30 Tai Chi Beginner 10:30 Handwork Cir. 10:45 Tai Chi Advance 12 French Table	<b>Birthday Day*</b> 9 Strength & Fitness 10:30 Italian Study 12 Italian Table 1 Italian Intermediate 2 Mahjong 3 Bone Builders	<b>10-12:30 CCC Office Hours*</b> 10 Painting at ArtisTree 12 German Language Table <b>Open Ping Pong</b> <b>1:30 Water Aerobics*</b>
			<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 - APRIL 2017

Mon	Tue	Wed	Thu	Fri
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
Chef Salad w/ Lettuce, Tomato, Ham, Turkey, Cheese, Hard Boiled Egg, Carrot, Warm Berry Crisp	Beef Stroganoff over Egg Noodles, Roasted Seasonal Root Vegetables, Lemon Fool w/ Berries	Tossed Salad, Chicken Marsala, Rice Pilaf, Green Beans, Ginger Snap and fruit	Grilled Hot Dogs, Chef's Slow Cooked Baked Beans, Cole Slaw, Rolled Black-berry Cake	Tossed Salad, Grilled Tuna & Vegetables in Herb Butter, Brown Rice, Cherry Cheesecake
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
Chef's Choice	Grilled Pesto Chicken Breast, Lemon Risotto with Peas Marinated Vegetable Salad, Strawberry Shortcake	Three Onion, Mushroom and Ham Quiche, Roasted Potatoes, Tossed Salad, Lime and Spice Peach Cobbler	<b>Volunteer Appreciation Banquet (no lunch served)</b> Tossed Salad, Chicken Scaloppini over Linguine, Grilled Asparagus, Strawberry Mascarpone Roll	Tossed Salad, Cajun Blackened Tilapia, Brown Rice, Braised Collard Greens, Blueberry Pie
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
<b>Easter Lunch*</b> Baked Ham, Scalloped Potato, Pineapple Bread Pudding, Green Bean Amandine, Coconut Cupcakes	Lime Herb Chicken, Roasted Potatoes, Succotash, Yogurt Cake w/ Peach Puree	Italian Pork Stew, Garlic Bread, Tossed Salad, Berries and Cream Crepes	Tossed Salad, Roasted Tarragon Chicken Breast over Fettuccine with Asparagus & Mushrooms, Fresh Fruit	Stuffed Peppers, Tossed Salad, Hot Fudge Sundae w/ Banana
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
Stuffed Meatloaf w/ Spinach & Cheese, Parsnip Mashed Potatoes, Gravy Peas & Baby Carrots, Fresh Fruit Parfait	Turkey Caesar Sandwich on Wheat Berry Bread, French Spring Soup w/ Leeks, Asparagus, Carrots, Potato, Brown Rice, Spinach, Berry Mousse w/ Fresh Berries	Tossed Salad Chicken Ala King, Vegetable Medley, Biscuits, Oatmeal Cran-raisin Cookies/ Fruit	<b>Birthday Day*</b> Grilled Maple-Garlic Marinated Pork Loin, Citrus Sweet Potato Mash, Green Bean Amandine, Cake & Ice Cream	Cheese Pizza, Greek Salad w/ Lettuce, Cucumber, Pepper, Olives, Feta Cheese, Chocolate Chip Cookie and Fruit
		* Indicates that sign-up/reservations are required.	<b>Meal Pricing:</b> \$7 charge for those under age sixty \$5 suggested donation for ages sixty and over	* 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 **Volunteer Appreciation Banquet on the 13th, Easter Dinner on the 17th and Birthday Day on the 27th**. 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

## BRAIN BUILDER

**Sort the following words in four different categories and name the categories**

**Words:**

**Dice; February; mandible; scapula  
June; triangle; Legos; sternum  
teddy bear; mandolin; bowling  
March; April; ulna  
tenor tuba; bagpipe**

**Water Aerobics Class  
Woodstock Athletic Club  
Fridays, March 3 - May 5  
1:30 - 2:15 pm  
Cost: \$80 for 10 week class**

The Thompson Center will provide shuttle service to and from class if needed. Please register in advance by calling 457-3277. Payment is due at time of reservation and must be received prior to the start of class series.

**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.

**Tai Chi's Slow, Gentle Exercise  
Great for Mind and Body  
Wednesdays, Apr 5, 12, 19, 26  
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!

**Cost: \$3.00/class 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)).



**Strength & Fitness  
Mondays, Tuesdays & Thursdays  
9:00 - 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.**



## WELLNESS PROGRAMS

### **Foot Care Clinics** **Monthly, 9:00 am - 2:30 pm** **on the 2nd Friday & 3rd Wednesday** **And 12:30 to 2:50 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 2:50 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.

### **Wellness Clinic &** **Blood Pressure Screenings** **4th Tuesday, 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.

### **Low Vision Support Group** **Every 3rd Thursday of the Month** **10:15 - 11:45 am** ***April Discussion:*** **Memory Skills and Poetry Month**

The Vermont Association for the Blind and Visually Impaired is offering this 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.

### **ADVANCE DIRECTIVE CLINIC** **2nd Monday of the Month**

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 2nd 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, April 19, 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.

### **ReFlex \* ReLax\* ReNew** **Offered by Deborah Neuhof** **Certified Reflexologist** **April 5 & 12 , 10:00 - 12:30 pm**

Experience Reflexology techniques to de-stress and promote a balanced, wholistic well-being.

#### **Face\*Ears\*Hands\*Feet**

Select one or all four: 25 min/\$30

Loose clothing recommended

Call in advance for your 25 minute appointment.



# ONGOING CLASSES & PROGRAMS



## Clay Class at ArtisTree

With Fiona Davis

Ceramics Director

April 25 – May 30

Tuesdays, 10:00 – 11:30 am

\$75 for all 6 weeks or \$15 per class

Come explore working with clay in ArtisTree's well-equipped ceramics studio. Learn basic hand building skills, including pinching, coiling, and working with slabs, to create functional and sculptural work in clay. You will have opportunities to decorate and glaze your pieces to bring your work to completion.

All levels of experience are welcome. Bus transportation is provided from The Thompson to ArtisTree, with students returning to The Thompson in time for lunch. Register at The Thompson or call ArtisTree - 457-3500

**NEW!**

## Pickle Ball Introductory Clinic

Tuesday, April 11, 1:15 – 2:15 pm

Woodstock Athletic Club

Transportation from Thompson  
provided upon request

Have you been hearing about Pickle Ball and wondering what people are all excited about? It's a fun paddle sport that combines many elements of tennis, badminton, and ping-pong for all ages and skill levels. Head Tennis Pro, Tom Hopewell will be offering this free (to be confirmed) introductory clinic and we hope to have regular court time in the near future.

Pre-registration is requested by calling The Thompson Center. Please wear loose fitting clothing, and sneakers -preferably flat soled.

## Weekly Game Schedule

### Bingo

Daily at 10:30 am

(based on availability of caller)

### Double King Pede

Tuesdays at 10:00 am

### Mahjong

Tuesdays at 12:30 pm

Thursdays at 2:00 pm

### Ping Pong

Tuesdays, 10:00 am - 2:30 pm

Fridays - all day



## Painting at ArtisTree

A Collaboration Between  
The Thompson Center  
and ArtisTree

Friday mornings

10:00 – 11:30 am

Instructor: Murray Ngoima

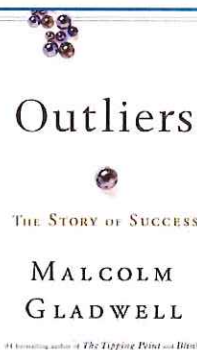
Session 3: Apr 28 - June 2

## BOOK GROUP

Wednesday, April 12th at 1:00 pm

Like Eric Weiner's search in *The Geography of Genius*, Malcolm Gladwell addresses what makes people successful in *The Outliers*. Would you like to learn how Asians working in rice paddies developed a culture that makes them excel at math or why the work ethic Jewish immigrants making clothes led them to becoming successful lawyers? Individual stories may surprise you.

Before you begin to read, write down how you would define success and what components you think are necessary for that to happen. We'll have a lively discussion about it all on April 12 at 1:00! **Newcomers are welcome!**





# APRIL BIRTHDAYS

1st	Roland	Heijn	13th	Elva	Fish	23rd	Sallie	Farlow
1st	Patricia	Mattson	14th	Marjorie	Swain	23rd	Nancy	Zuba
1st	Margaret	Kannenstine	14th	Bea	Rivers	24th	Jane	Leonard
2nd	Gail	Stickney	14th	Shari	Borzekowski	24th	Peter	Pickett
2nd	Louis	Vanderstreet	15th	Ron	Miller	24th	John	Bieling
2nd	Muriel	Walker	15th	Betsy	Luce	14th	Timothy	Reeves
3rd	Marjorie	Van Alstyne	16th	Annabelle	Conner	25th	David	Smith
4th	Lloyd	Nice	17th	Mimi	Bergstrom	25th	Arlene	Midgley
4th	Louise	Seaton	17th	Peter	Goulazian	25th	Martin	Hanley
6th	Janice	Prindle	17th	Raymond	Racicot	25th	Maruta	Kajaks-Grots
6th	Elaine	Chase	18th	Suzanne	Esty	15th	Pauline	Reeves
6th	Norman	Martin	18th	Ernest	Jillson	26th	Charlie	English
6th	Peggy	O'Neal	18th	Janet	Wilson	26th	Richard	Breton
8th	Judith	Hughes	19th	Barbara	Destefano	26th	Jean	Gove
8th	Carol	Powell	19th	Ruth	Zamenhof	27th	Jennifer	Dembinski
8th	Rita	Post	19th	Barbara	Folk	27th	Joan	Oppenheimer
8th	Van	Bacon	20th	Gil	Emery	27th	Joanna	Long
9th	Joan	Staples	20th	Patricia	Alden	27th	Sharon	Beauregard
9th	Esther	Griffith	20th	Debra	Werner	27th	Brian	Matheny
10th	Doris	Johnston	21st	William	Badger	27th	Ted	Staples
11th	Thomas	Dutton	21st	John	Staab	28th	Katherine	Lynds
11th	Ronald	Griffith	21st	Andrew	Brisson	29th	Joyce	Blake
11th	Dale	Rodenbeck	22nd	Joanna	Frodin			
12th	Gladys	Deatte	22nd	Lyman	Shove			
12th	Patsy	Mathews	22nd	Pamela	Burnett			
12th	Dorothea	Mongulla	22nd	Robert	Backlund			
12th	Lou Ann	Cogswell	23rd	Pauly	Mathews			

*On April 27th we will celebrate your special day with a delicious meal!  
Please call to make a reservation for lunch and join us!*



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Patricia Campbell - stereo & medical equipment  
Aging in Hartland - knee scooter  
Joanne Keyler - medical equipment  
Karen Morgan - medical equipment  
Christine Tschummi - medical equipment  
Karin Silverman - medical equipment  
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