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

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.thompsonseniorencenter.org

CENTER HOURS
8 AM-3 PM, Monday-Friday

STAFF
Deanna Jones, Executive Director, djones@thompsonseniorencenter.org
Paula Audsley, Outreach Manager, paudsley@thompsonseniorencenter.org
Pam Butler, Program Director, pbutler@thompsonseniorencenter.org
Jen Blosch, Marketing Coordinator, jbloch@thompsonseniorencenter.org
Shari Borzekowski, Administrative & Resource Assistant, sborz@thompsonseniorencenter.org
Ryan Martin, Chef, rmartin@thompsonseniorencenter.org
Siobhan Wright, Kitchen Assistant, Meals on Wheels Coordinator, swright@thompsonseniorencenter.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 Kanel, MSW
Ottaweechee Health Center, 457-5414

BOARD OF DIRECTORS
Liza Delignan—President
John Steinie—Vice President
Jerry Fredrickson—Treasurer
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Dave Bollinger
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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:

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.
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 8th, 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 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.

**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.thompsonseniorcenter.org

*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*
**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.
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<td>9:30 Tai Chi Beginner</td>
<td>9 Strength &amp; Fitness</td>
<td>10-12:30 CCC Office Hours*</td>
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<td>9 Strength &amp; Fitness</td>
<td>10 Double King Pede</td>
<td>10:30 Reflexology Appointments*</td>
<td>10:30 Italian Study</td>
<td>10 Painting at ArtisTree</td>
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<td>1:30 Advisory Meeting w/ special presentation by Collette Travel</td>
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<td>10:45 Tai Chi Advance</td>
<td>1:2 Mahjong</td>
<td>12 German Language Table</td>
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<td>1 Advanced Directives*</td>
<td>12 Spanish Table</td>
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<td>Open Ping Pong 1:30 Water Aerobics*</td>
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<td>9 Strength &amp; Fitness</td>
<td>12:30-2:30 Mahjong</td>
<td>1:30 ArtisTree Project*</td>
<td>Late Opening for Volunteer Appreciation Dinner Banquet* (There will be noon meal served today due to late opening)</td>
<td>9 - 2:30 Foot Clinic*</td>
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<td>9 Strength &amp; Fitness</td>
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<td>1 Book Group</td>
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<td><strong>Easter Lunch</strong></td>
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<td>8:30 Board Meeting</td>
<td>9 Strength &amp; Fitness</td>
<td>10-12:30 CCC Office Hours*</td>
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<td>10:30 Italian Study</td>
<td>Open Ping Pong 1:30 Water Aerobics*</td>
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<td><strong>10 Clay Class at ArtisTree</strong></td>
<td><strong>12:45 Lucy Mac Visit</strong></td>
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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.**
# MENU - APRIL 2017

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<td>3</td>
<td>Chef Salad w/ Lettuce, Tomato, Ham, Turkey, Cheese, Hard Boiled Egg, Carrot, Warm Berry Crisp</td>
<td>Beef Stroganoff over Egg Noodles, Roasted Seasonal Root Vegetables, Lemon Fool w/ Berries</td>
<td>Tossed Salad, Chicken Marsala, Rice Pilaf, Green Beans, Ginger Snap and fruit</td>
<td>Grilled Hot Dogs, Chef’s Slow Cooked Baked Beans, Cole Slaw, Rolled Blackberry Cake</td>
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<tr>
<td>10</td>
<td>Chef’s Choice</td>
<td>Three Onion, Mushroom and Ham Quiche, Roasted Potatoes, Tossed Salad, Lime and Spice Peach Cobbler</td>
<td>Volunteer Appreciation Banquet (no lunch served) Tossed Salad, Chicken Scaloppini over Linguine, Gilled Asparagus, Strawberry Mascarpone Roll</td>
<td>Tossed Salad, Cajun Blackened Tilapia, Brown Rice, Braised Collard Greens, Blueberry Pie</td>
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<td>17</td>
<td>Easter Lunch*</td>
<td>Italian Pork Stew, Garlic Bread, Tossed Salad, Berries and Cream Crepes</td>
<td>Tossed Salad, Roasted Tarragon Chicken Breast over Fettuccine with Asparagus &amp; Mushrooms, Fresh Fruit</td>
<td>Stuffed Peppers, Tossed Salad, Hot Fudge Sundae w/ Banana</td>
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<tr>
<td>24</td>
<td>Stuffed Meatloaf w/ Spinach &amp; Cheese, Parsnip Mashed Potatoes, Gravy Peas &amp; Baby Carrots, Fresh Fruit Parfait</td>
<td>Turkey Caesar Sandwich on Wheat Berry Bread, French Spring Soup w/ Leeks, Asparagus, Carrots, Potato, Brown Rice, Spinach, Berry Mousse w/ Fresh Berries</td>
<td>Tossed Salad Chicken Ala King, Vegetable Medley, Biscuits, Oatmeal Cran-raisin Cookies/ Fruit</td>
<td>Birthday Day* Grilled Maple-Garlic Marinated Pork Loin, Citrus Sweet Potato Mash, Green Bean Amandine, Cake &amp; Ice Cream</td>
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* Indicates that sign-up/reservations are required.

**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!

**Meal Pricing:**

- $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.
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

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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.

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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.

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

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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.

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 1 pm - 3 pm. 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
4th Tuesday, 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, 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 Alzheimer’s. 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
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.

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.
**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*

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**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

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**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.

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**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

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**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 *Outliers*. Would you like to learn how Asians working in see 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!*

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*P.S. Happy Birthday to the following members of our Community who have birthdays in October:*  
*Jake, Sue, and John*
## APRIL BIRTHDAYS

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**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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**Please help with mailing costs for The Thompson Times!**

Each year in April we ask that you make a donation for The Thompson Times. Your donation will allow us to continue to offer this publication as a timely way for you to learn about our exciting programs, meals, and trips. No one will be removed from the mailing list for failure to make a donation. Thank you!

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