Generation to Generation Week at The Thompson
Creating Intergenerational Moments That Will Last a Lifetime
August 7 – 11, 2017, 10:30 am to 2:00 pm

The week of August 7th will be “Generation to Generation” week at The Thompson Senior Center with ArtisTree, Purple Crayon, and teacher, Barbara Leonard.

The proven benefits of intergenerational activities are numerous and meaningful to both generations. Join us for a week of kid and adult-friendly lunch menus, arts & crafts, music, games, ice cream, dancing, and more!

<table>
<thead>
<tr>
<th>Monday, 8/7</th>
<th>Tuesday, 8/8</th>
<th>Wednesday, 8/9</th>
<th>Thursday, 8/10</th>
<th>Friday, 8/11</th>
</tr>
</thead>
<tbody>
<tr>
<td>Morning Program, 10:30-noon</td>
<td>ArtisTree/Purple Crayon Kites with Fannie Make your own kite in this workshop for all ages</td>
<td>ArtisTree/Purple Crayon Paint ’n’ Party Step by step painting to complete your own masterpiece</td>
<td>BINGO</td>
<td>ArtisTree/Purple Crayon Instruments &amp; Music Together with Kathleen</td>
</tr>
<tr>
<td>Lunch</td>
<td>Chef Ryan’s famous macaroni and cheese, peas &amp; carrots, chocolate chip cookies and fruit</td>
<td>Pizza, tossed salad, Ice cream social dessert</td>
<td>Spaghetti &amp; meatballs, tossed salad, garlic bread, fruit salad</td>
<td>Hot dogs, potato salad, baked beans, watermelon, and a cookie</td>
</tr>
<tr>
<td>Afternoon Program, 1:00-2:00</td>
<td>Horseshoe lessons with Norm, ladder ball, and corn hole</td>
<td>Ice Cream Social &amp; contra dance lessons (also a reunion for the Special Friends project)</td>
<td>Story time: Write, Read, or Share a Story</td>
<td>Game day! Cribbage, Chess, Card games &amp; more</td>
</tr>
<tr>
<td></td>
<td>Breakfast for lunch – Pancakes, sausage, yogurt, &amp; fruit cups</td>
<td></td>
<td></td>
<td>Sing-a-long and wrap-up celebration</td>
</tr>
</tbody>
</table>

Other details:

Cost: FREE. Donations for meals are welcome, but not required for children.

Children who are 8 years old or older are invited to attend without a parent or caregiver. Children under age 8 are welcome with a parent or caregiver. If a younger child would like to attend, but a parent or caregiver is working please let us know and we’ll try to find them a one-on-one buddy. Participation will be on a first come, first serve basis and all families will be required to complete a permission slip.

Participants of all ages may attend all programs or just a few! Please sign up in advance for the days/programs. 457-3277

If transportation is an issue, please let us know so that we can try to accommodate.

Please contact Deanna Jones, Executive Director at The Thompson, with any questions. djones@thompsonseniorcenter.org 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.thompsonseniortcenter.org

CENTER HOURS
8 AM-3 PM, Monday-Friday

STAFF
Deanna Jones, Executive Director, djones@thompsonseniortcenter.org
Paula Audsley, Outreach Manager, paudlsley@thompsonseniortcenter.org
Pam Butler, Program Director, pbutler@thompsonseniortcenter.org
Jen Bloch, Marketing Coordinator, jbloch@thompsonseniortcenter.org
Shari Borzekowski, Administrative & Resource Assistant, sborzr@thompsonseniortcenter.org
Ryan Martin, Chef, rmartin@thompsonseniortcenter.org
Siobhan Wright, Kitchen Assistant, Meals on Wheels Coordinator, swright@thompsonseniortcenter.org
Drivers: Dwight Camp, Tom Morse, Nelson Gilman, Charlie Seitz

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

BEHIND THE SCENES

ADVISORY MEETING HIGHLIGHTS

- Program & trip updates
- Overview of the Generation to Generation week plans
- Suggestion to use larger plates for certain lunches
- Compliments to Tom Morse, Margarete Pierce, & Paula Audsley on how beautiful the front gardens are looking

Please join our next meeting on Monday, August 7 at 1:00 pm. All patrons and volunteers are invited to attend. Your feedback is needed and appreciated!

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:

Pomfret ~ Monday, August 7th
Reading ~ Monday, September 11th
Woodstock ~ Monday, October 2nd

Please note: The Thompson van can provide transportation for you and your friends. Please call to schedule.

Congratulations to Carol Towne who was our June Marble Game winner!

Sign up for the e-newsletter by emailing: jbloch@thompsonseniortcenter.org

Brain Builder Answer: A, D, M, P, U, V
Visit the Thompson Booth at the Taste of Woodstock!
Saturday, August 12, between 10:00 am – 5:00 pm

We’ll have cookies at our booth this year and plenty of information about the services of The Thompson. Lots of other food and festivities on Elm and Central Street in downtown Woodstock, too.

---

**Senior Solutions**

**Individual Medicare Counseling for New Enrollees**
*Presented by a Senior Solutions Medicare Counselor*

**Wednesday, August 9, 9:00 - 2:00 pm**

Are you almost 65 years of age and thinking about signing up for Medicare? Are you retiring and losing your health insurance benefits? Forget about everything you knew about health insurance. You’re in a new universe and help is available. Call The Thompson Center for your 1:1 counseling appointment with Jim Dean, a Senior Solutions volunteer.

---

**Emergency Preparedness Talk**
*Presented by Kevin Geiger, AICP CFM*

**Senior Planner Two-Rivers Ottauquechee Regional Commission**

**Wednesday, September 6, 1:00 pm**

Please join us for this important discussion about basic steps one can take to be alert for upcoming emergency conditions, that are typically weather related. Kevin will further discuss important pertinent information for one’s health and safety during common emergencies as well as an overview of town/state/federal systems that come into play during these emergencies and what they mean for you.

---

**Walk To End Alzheimer’s**
*With The Thompson Team*

**September 24, 2017**

**10:00 am, Lyman Park, White River Junction**

Held annually in more than 600 communities nationwide, the Alzheimer’s Association Walk to End Alzheimer’s® is the world’s largest event to raise awareness and funds for Alzheimer’s care, support and research. This inspiring event calls on participants of all ages and abilities to join the fight against the disease!

Visit our website to learn details and to sign up to join our team for the Upper Valley Walk to End Alzheimer’s.
On Golden Pond *Wait List Only*
At New London Barn Playhouse
Wednesday, August 23, 2:00 pm performance
(Depart on Thompson Van at 12:30 pm)
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.

Canyon Country Trip Document Meeting
Tuesday, September 19, 1:00pm

For those Thompson Travelers who will be joining the Canyon Country Trip, this is a reminder that final payment is due at Thompson no later than Monday, July 31st in order to reach Collette Travel by the deadline of August 3rd. Checks should be made payable to Collette Travel. Earlier payment is always appreciated.

On September 19th, a Collette travel representative will be at The Thompson to distribute Canyon Country travel documents, and to review trip details and answer any remaining questions pertaining to this trip. If you are traveling on this trip, please join us for this meeting.

Fall 2017 Trip Update:

It is with our deepest apologies that we inform you of our decision not to offer a big trip for fall 2017. We were hoping to go to the John Denver tribute & turkey dinner train ride, but due to the poor customer service response of the travel company regarding pricing, minimum participants, and availability, we will not be using their services. We appreciate your understanding as we pursue options for shorter and more economical day trips this fall. In the meantime please consider the following trip option:

Bugbee Senior Center is offering a Veteran’s Day Tribute Show at the Log Cabin, Holyoke, MA on Tuesday, November 7th. This will be a musical walk down memory lane honoring America’s heroes through a patriotic musical tribute. Cost: $91—Includes transportation from the Bugbee Center, full dinner, and show.

For more details contact Regina Burg at 295-9068.
Butterfly “Sun Catchers”
ArtisTree Workshop
at The Thompson
Tuesday, August 1, 11:30 am

Savor the beauty of a butterfly to decorate a window or houseplant. Using a milk jug and some markers, you can turn the ordinary into extraordinary! Draw, cut and decorate your way to a unique and colorful masterpiece in this fun hour with ArtisTree. Pre-register for this workshop.

AARP Smart Driver Safety Course
Friday, September 15, 9:15 am to noon
(break for lunch) 1:00 to 2:00 pm

Instructor Bill Cherico returns to teach this four hour instructional course which is the nation’s largest refresher course designed specifically for older drivers. Registration begins at 9:15am. Your driver’s license is required and your AARP card for members.

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

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

“An Apple a Day…”
Presented by Pat Harrison, RD, Senior Solutions
With Hands on Cooking Demonstration
Wednesday, September 27, 1:30 pm

You know the saying “An apple a day….” but do they really help us stay healthy. The answer may be a definite YES!

Fiber, fluid, antioxidants, phyto nutrients, bulk, low in calories and even “nature’s toothbrush”! APPLES – fresh, crisp, crunchy, sweet or tart, a delicious, nutritious treat that says “welcome to Fall…”

We’ll talk apples, a little apple trivia and help prepare & then munch on some simple appetizers and finish off with a delectable apple dessert. Help us make a quick and easy Apple Crostata as an alternate to more time consuming apple pie! Get some ideas on how to incorporate health supporting apples into your diet. Pre-registration requested.
# PROGRAM CALENDAR - AUGUST 2017

<table>
<thead>
<tr>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
</tr>
</thead>
<tbody>
<tr>
<td>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.</td>
<td>9 Strength &amp; Fitness</td>
<td>9 W. Leb Shopping*</td>
<td>9 Strength &amp; Fitness</td>
<td>9 Pickle Ball</td>
</tr>
<tr>
<td>9-12:30 CCC Office Hours*</td>
<td>10 Double King Pede</td>
<td>10.30 Handwork Cir.</td>
<td>10 Cribbage</td>
<td>9 - 2:30 Foot Clinic*</td>
</tr>
<tr>
<td>10 Beginning Italian*</td>
<td>12 French Table</td>
<td>10:30 Italian Study</td>
<td>10:30 Italian Study</td>
<td>9 - 2:30 CCC Office Hours*</td>
</tr>
<tr>
<td>10-2:30 Ping Pong</td>
<td></td>
<td>12 Italian Table</td>
<td>12 Italian Table</td>
<td>10:30 ArtisTree/CCG Office Hours*</td>
</tr>
<tr>
<td>11:30 Butterfly Project with ArtisTree</td>
<td></td>
<td>1 Italian Intermediate</td>
<td>1 Italian Intermediate</td>
<td>10:30 Rock Painting</td>
</tr>
<tr>
<td>12 Spanish Table</td>
<td>2 Mahjong</td>
<td></td>
<td>2 Mahjong</td>
<td>12 German</td>
</tr>
<tr>
<td>12:30 Mahjong</td>
<td>3 Bone Builders</td>
<td></td>
<td>3 Bone Builders</td>
<td>Language Table</td>
</tr>
<tr>
<td>3 Bone Builders</td>
<td></td>
<td></td>
<td></td>
<td>Open Ping Pong</td>
</tr>
</tbody>
</table>

## Generation to Generation Week

<table>
<thead>
<tr>
<th>7</th>
<th>8</th>
<th>9</th>
<th>10</th>
<th>11</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pomfret Day*</td>
<td>9 Strength &amp; Fitness</td>
<td>9 Strength &amp; Fitness</td>
<td>9 Pickle Ball</td>
<td>9 Pickle Ball</td>
</tr>
<tr>
<td>10:15 Memoir Group</td>
<td>10 Double King Pede</td>
<td>10 Cribbage</td>
<td>9 - 2:30 Foot Clinic*</td>
<td>9 - 2:30 CCC Office Hours*</td>
</tr>
<tr>
<td>10:30 ArtisTree/CCG Office Hours*</td>
<td>10 Beginning Italian*</td>
<td>10:30 Italian Study</td>
<td>10:30 Low Vision</td>
<td>10:30 Rock Painting</td>
</tr>
<tr>
<td>Purple Crayon</td>
<td>10:30 ArtisTree/CCG Office Hours*</td>
<td>10:30 Italian Study</td>
<td>Support Group</td>
<td>12 German</td>
</tr>
<tr>
<td>Kites with Finnie</td>
<td>Purple Crayon</td>
<td>10:30 Italian Study</td>
<td>10:30 Italian Study</td>
<td>Language Table</td>
</tr>
<tr>
<td>1 Bridge</td>
<td>Paint 'n' Party</td>
<td>10:30 Italian Study</td>
<td>12 Italian Table</td>
<td>Open Ping Pong</td>
</tr>
<tr>
<td>1 Horseshoes and Yard Games</td>
<td>12:30 Mahjong</td>
<td>12:45 Lucy Mac Visit</td>
<td>12:45 Lucy Mac Visit</td>
<td>1 Sing-a-long and Wrap Up</td>
</tr>
<tr>
<td>1 Advisory Meeting</td>
<td>3 Bone Builders</td>
<td>1 Italian Intermediate</td>
<td>1 Italian Intermediate</td>
<td>2 Mahjong</td>
</tr>
<tr>
<td>3 Bone Builders</td>
<td></td>
<td>2 Mahjong</td>
<td>2 Mahjong</td>
<td>3 Bone Builders</td>
</tr>
<tr>
<td>1 Board Meeting</td>
<td></td>
<td>3 Bone Builders</td>
<td></td>
<td></td>
</tr>
<tr>
<td>8:30 Board Meeting</td>
<td>9 W. Leb Shopping*</td>
<td>9 W. Leb Shopping*</td>
<td>9 Pickle Ball</td>
<td>9 Pickle Ball</td>
</tr>
<tr>
<td>9-2:30 Foot Clinic*</td>
<td>9 Pickle Ball</td>
<td>9 Pickle Ball</td>
<td>9 Pickle Ball</td>
<td>9 Pickle Ball</td>
</tr>
<tr>
<td>9-2:30 Foot Clinic*</td>
<td>10:30 Handwork Cir.</td>
<td>10:30 Handwork Cir.</td>
<td>10:30 Handwork Cir.</td>
<td>10:30 Handwork Cir.</td>
</tr>
<tr>
<td>12:30 Departure for On Golden Pond*</td>
<td>12 French Table</td>
<td>12 French Table</td>
<td>12 French Table</td>
<td>12 French Table</td>
</tr>
<tr>
<td>12:30 - 2:45 Foot Clinic*</td>
<td>12:30 Departure for On Golden Pond*</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3 Bone Builders</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

## Birthday Day*

<table>
<thead>
<tr>
<th>28</th>
<th>29</th>
<th>30</th>
<th>31</th>
</tr>
</thead>
<tbody>
<tr>
<td>10:15 Memoir Group</td>
<td>9 Strength &amp; Fitness</td>
<td>9 Strength &amp; Fitness</td>
<td>* Indicates that sign-up/reservations are required.</td>
</tr>
<tr>
<td>1 Bridge</td>
<td>10 Double King Pede</td>
<td>10 Cribbage</td>
<td></td>
</tr>
<tr>
<td>1 Horseshoes</td>
<td>10 Beginning Italian*</td>
<td>10:30 Italian Study</td>
<td></td>
</tr>
<tr>
<td></td>
<td>10-2:30 Ping Pong</td>
<td>12 Italian Table</td>
<td></td>
</tr>
<tr>
<td></td>
<td>12 Spanish Table</td>
<td>1 Italian Intermediate</td>
<td></td>
</tr>
<tr>
<td></td>
<td>12:30 Mahjong</td>
<td>2 Mahjong</td>
<td></td>
</tr>
<tr>
<td></td>
<td>3 Bone Builders</td>
<td>3 Bone Builders</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>30</th>
<th>31</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>9 Pickle Ball</td>
<td>9 Pickle Ball</td>
<td></td>
</tr>
<tr>
<td>10:30 Handwork Cir.</td>
<td>10:30 Handwork Cir.</td>
<td></td>
</tr>
<tr>
<td>12 French Table</td>
<td>12 French Table</td>
<td></td>
</tr>
<tr>
<td>12:30 Mahjong</td>
<td>12:30 Mahjong</td>
<td></td>
</tr>
<tr>
<td>3 Bone Builders</td>
<td>3 Bone Builders</td>
<td></td>
</tr>
</tbody>
</table>
# MENU - AUGUST 2017

<table>
<thead>
<tr>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Meal Pricing:</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>$7 charge for those</td>
<td>Beer Battered</td>
<td>Reubens, Beer</td>
<td>Grilled Chicken BLT</td>
<td>Tacos w/ Ground</td>
</tr>
<tr>
<td>under age sixty</td>
<td>Haddock and Chips,</td>
<td>Battered Onion</td>
<td>with Lettuce, Tomatoes, Grilled Onions,</td>
<td>Beef Cheese, Lettuce, Tomato, Salsa,</td>
</tr>
<tr>
<td>donation for ages</td>
<td>Kale Salad, Ginger</td>
<td>Rings, Marinated</td>
<td>Caper Mayo, Three</td>
<td>Sour Cream, Red Beans and Rice,</td>
</tr>
<tr>
<td>sixty and over</td>
<td>Snap and Fruit</td>
<td>Vegetable Salad,</td>
<td>Bean Salad, Fruit</td>
<td>Roasted Vegetables, Chocolate Chip</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Sorbet w/ Fresh Berries</td>
<td></td>
<td>Cookies and Fruit</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7</td>
<td>Pizza Tossed Salad,</td>
<td>Spaghetti &amp; Meatballs,</td>
<td>Hot Dogs, Potato</td>
<td>Breakfast for Lunch -</td>
</tr>
<tr>
<td></td>
<td>Ice Cream Social</td>
<td>Tossed Salad,</td>
<td>Salad, Baked Beans,</td>
<td>Pancakes, Sausage, Yogurt, &amp; Fruit Cups</td>
</tr>
<tr>
<td></td>
<td>Dessert at 1pm</td>
<td>Garlic Bread, Fruit</td>
<td>Watermelon, and a Cookie</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Salad</td>
<td></td>
<td></td>
</tr>
<tr>
<td>14</td>
<td>Tossed Salad,</td>
<td>Tuna Pasta Salad,</td>
<td>Cheese Burger w/ Lettuce, Tomato, Onion,</td>
<td>Vegetable &amp; Chicken</td>
</tr>
<tr>
<td></td>
<td>Roasted Tarragon Chicken</td>
<td>Pea Salad, Cucumber</td>
<td>Steak Fries, Cilantro, Lime Coleslaw,</td>
<td>Stir Fry, Coconut</td>
</tr>
<tr>
<td></td>
<td>Breast over Fettuccine</td>
<td>Salad, Lettuce &amp; Tomato,</td>
<td>Ice Cream Cone</td>
<td>Macaroons w/ Pineapple</td>
</tr>
<tr>
<td></td>
<td>with Asparagus &amp;</td>
<td>Fresh Fruit</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Mushrooms, Fresh Fruit</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>21</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chef’s Choice</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>28</td>
<td>Beef Stroganoff over</td>
<td>Chicken Salad,</td>
<td>Salisbury Steak,</td>
<td>Broccoli, Harn and</td>
</tr>
<tr>
<td></td>
<td>Egg Noodles, Roasted</td>
<td>Broccoli Salad,</td>
<td>Mashed Potatoes,</td>
<td>Cheddar Calzone,</td>
</tr>
<tr>
<td></td>
<td>Seasonal Root Vegetables</td>
<td>Tortellini Salad,</td>
<td>Gray, Mediterranean Vegetables,</td>
<td>Tossed Salad, 4 Bean</td>
</tr>
<tr>
<td></td>
<td>Lemon</td>
<td>Lettuce, Tomato, Cake</td>
<td>Strawberry Rhubarb Pie</td>
<td>Salad, Sorbet and Berries</td>
</tr>
<tr>
<td></td>
<td>Fool w/ Berries</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Menu is subject to change based on availability of food items. Please call ahead with special dietary needs.

* Reservations Required *

Please sign-up in advance for special meals and Birthday Day. This month includes Pomfret Day on August 7th, and Birthday Day on the 24th. 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.

Also, please remember to cancel if you can’t make it so that others can attend! Thank You
Tai Chi’s Slow, Gentle Exercise
Great for Mind and Body
Wednesdays
Beginners/Intermediate 9:30 am
Upper Intermediate/Advanced 10:45 am
No classes at The Thompson throughout the Summer

To inquire about local summer classes, contact Anne at anniebower@yahoo.com or 457-2877 (website: www.anniebower.com).

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.

Strength & Fitness
Tuesdays & Thursdays
9:00 - 10:00 am
No Monday Class July 3 - Oct 9
Resuming Oct 16

This popular class is led by certified fitness instructor and personal trainer, Liz Hatfield. Liz incorporates aerobic, stretching, strength and weight bearing exercises. The benefits of these exercises include bone building, balance, and overall coordination.

She holds credentials for Group Fitness instruction in Aquatics, Spinning, TRX, Nordic Walking, and Weight Training.

Cost: $3.00/class or 12 classes for $30 on a punch card.

Bone Builders
Tuesdays and Thursdays, 3:00-4:00 pm

The Bone Builders exercise program, developed at Tufts University, addresses bone health for people of all ages. Women especially may have thinning of bones as early as age 40, but men are welcome in this class and will benefit as well.

Bone Builders classes, with instructor Althea Derstine, are ongoing on Tuesdays and Thursdays each week. Classes are free.
WELLNESS PROGRAMS

Low Vision Support Group
Every 3rd Thursday of the Month
10:15 - 11:45 am
August Topic: Traveling with a Visual Impairment

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.

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 1pm - 3pm. These volunteers will take the time to explain both the document and the simple process used to make your wishes known. 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.

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

CAREGIVER SUPPORT GROUP
Wednesday, August 16, 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.
BOOK GROUP
No Meetings over the Summer
September 13th at 1:00 pm

The Book Group is taking the summer off. Please email Sherry Belisle at sherry.belisle@gmail.com with titles you are interested in by August 1 for the September discussion. Thank you!

Mahjong at The Thompson

We have been thrilled by the enthusiastic response to Mahjong and our group is growing! So that we may be fair to seasoned players and those who are just learning, we have established Tuesdays as a teaching day for beginners. Thursday games will be devoted to experienced players. If you are interested in learning, we ask that you call Shari at The Thompson Center where your name will be put on a waitlist. When we have 3 new players, group leader, Gail Lavin Stickney, will begin a Tuesday teaching table for the new players. Thanks for your patience as we begin this new plan of teaching in our best efforts to accommodate all who are interested in Mahjong.

Weekly Game Schedule

Bingo
Daily at 10:30 am
(based on availability of caller)

Horseshoes
Mondays at 1:00 pm

Bridge
Mondays at 1:00 pm
(Except 1st Monday of month)

Pickle Ball
Wednesdays & Fridays
9:00 - 10:30 am
(at WAC)

Double King Pede
Tuesdays at 10:00 am

Cribbage
Thursdays 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

Carl Brogan
Birthday Music
Thursday, August 24
1:00 pm

Join us for our monthly birthday lunch as we celebrate August birthdays with a delicious meal and the rock-in-roll and country sounds of Carl Brogan. Menu for the day includes Lemon Basil Grilled Turkey Breast, Lemon and Fresh Herb Sauce, Grilled Asparagus, Garlic Smashed Potato, Roll, Cake and Ice Cream. RSVP for meal only.
IN APPRECIATION

Jody Loring - Quilt Hoop Stand
Miranda Shackleton - Medical Equipment
Bob McFadden - Medical Equipment
Billings Farm - Ice Cream Cups
Lynn Peterson - Lettuce
Mavis Shaw - Lettuce
Jean Tucker - Rhubarb
Grete Heller - Yarn
Ellaways - 2 coat racks
Lene Bennett - Games

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
Muffins - Boris at Mountain Creamery

IN MEMORY OF

Patricia Mangan
Helen Leonard
Kilborn Church
Allen & Gail Dougherty
James Goodrich
Ed Hayes
Lorene DeMelo

On August 24th we will celebrate your special day with a delicious meal! Please call to make a reservation for a complimentary lunch!

AUGUST BIRTHDAYS

1st Laurie Heijin
2nd Linda Maxham
2nd Allan Atwood
2nd Dolores Gilbert
3rd Bonnie Atwood
3rd Ted Taylor
3rd Yael Taylor
3rd Margarete Pierce
3rd Ruth Emery
4th Loretta Parker
4th Bernadette Darakhy
5th Sarah Foss
5th Joby Thompson
5th Kathy Connor
6th Douglas Holtz
6th Samuel Grice
7th Joyce Gilman
7th Carol Cornelle
8th Drew Ewald
8th Laura Griggs
9th Joseph Rubino
9th Jean Kirby
10th Margaret Nielsen
10th Maria Nitzsche
11th Deborah Heimann
11th Dan Leavitt
11th Gary Wood
12th Rick White
13th Veronica Delay
13th Muriel Poirier
13th Pauline Barse
14th Judy Wiggins
14th Rick Fiske
14th Anne Nestler
14th Alice Gunderson
14th Sandy Gilmour
15th Suzanne Skuja
15th James Sherman
16th Robert Geaves
16th Kathy Skuja
16th Janet Eiler
17th Phyllis Morris
17th Ralph Lancaster
18th Mary Mercure
18th Kathy Avellino
18th Maria Rea
19th Wittie Lynn
19th Marilyn Gamage
21st Lisa Gramling
22nd Lucille McCarthy
22nd Pam Sheperd
22nd Lucille Staples
22nd Jill Hastings
22nd Jeannie Killam
23rd Ellen Satterthwaite
23rd Priscilla Sands
23rd Diana Hayes
23rd Ralph Robinson
24th Alden Fieritz
25th Carolyn Robinson
25th Margaret Edwards
25th Anna Diehl
26th Anne Brodrick
27th Marjorie Forgione
27th Louis Grob
27th Merrill Kruse
27th Pamela Barrows
27th Sandy Palmer
28th Jean Goldsborough
28th Edel Freitag
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. 1:15pm). Stops at various locations. Sign up with the Thompson at least 24 hours in advance. The Thompson funds these trips with Stagecoach so any donation is greatly appreciated. Call 457-3277

Find us on Facebook
Search for “The Thompson Senior Center” and click “like” for regular updates, pictures, event reminders & invitations, and for tips and interesting articles about health, finances, and Aging in Place.

Thank You to Our Transportation Sponsors and Grants:

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.