



# The Thompson Times

AT THE CENTER FOR SENIORS AND COMMUNITY

AUGUST 2017

**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!

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

**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](mailto: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.thompsonscenter.org

### CENTER HOURS

8 AM-3 PM, Monday-Friday

### STAFF

**Deanna Jones**, Executive Director,  
djones@thompsonscenter.org  
**Paula Audsley**, Outreach Manager,  
paudsley@thompsonscenter.org  
**Pam Butler**, Program Director,  
pbutler@thompsonscenter.org  
**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, 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*  
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Bill Emmons  
Peter Goulazian  
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Susan Moor  
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

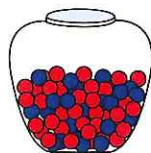
**Please join our next meeting on Monday, August 7 at 1:00 pm.**  
All patrons and volunteers are invited to attend. Your feedback is needed and appreciated!

### 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@thompsonscenter.org**

**Brain Builder Answer: A, D, M, P, U, V**



## NEWS & EVENTS

### **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.

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### **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.

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### **Emergency Preparedness Talk Presented by Kevin Geiger, AICP CFM Senior Planner Two-Rivers Ottawaquechee 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.

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**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.



# TRIPS

## ***On Golden Pond \*Wait List Only\****

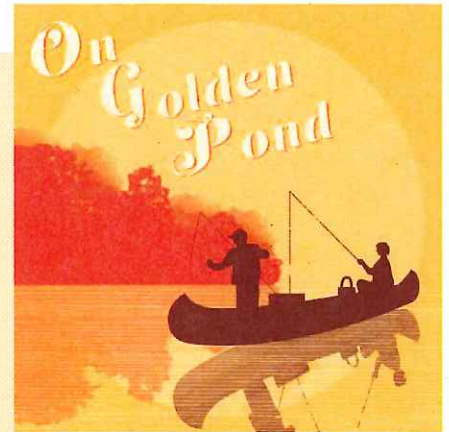
**At New London Barn Playhouse**

**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 31<sup>st</sup>** in order to reach Collette Travel by the deadline of August 3<sup>rd</sup>. 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 7<sup>th</sup>. 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.*



# PROGRAMS

**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**

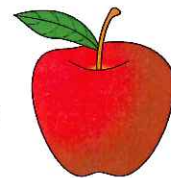
Instructor Bill Cherico returns to teach this four hour instructional course which is the nation’s largest refresher course designed specifically for older drivers. Registration begins at 9:15am. **Your driver’s license is required and your AARP card for members.**

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.**

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**“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

Mon	Tue	Wed	Thu	Fri
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</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>	9 Strength & Fitness 10 Double King Pede 10 Beginning Italian* 10-2:30 Ping Pong <b>11:30 Butterfly Project with ArtisTree</b> 12 Spanish Table 12:30 Mahjong 3 Bone Builders	<b>9 W. Leb Shopping*</b> 9 Pickle Ball 10:30 Handwork Cir. 12 French Table	9 Strength & Fitness 10 Cribbage 10:30 Italian Study 12 Italian Table 1 Italian Intermediate 2 Mahjong 3 Bone Builders	9 Pickle Ball <b>10-12:30 CCC Office Hours*</b> 12 German Language Table Open Ping Pong
<b>Generation to Generation Week</b>				
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
<b>Pomfret Day*</b> 10:15 Memoir Group <b>10:30 ArtisTree/ Purple Crayon Kites with Finnie</b> 1 Bridge <b>1 Horseshoes and Yard Games</b>	9 Strength & Fitness 10 Double King Pede 10 Beginning Italian* <b>10:30 ArtisTree/ Purple Crayon Paint 'n' Party</b> 12:30 Mahjong 3 Bone Builders <b>1 Ice Cream Social &amp; Contra dance Lessons</b>	<b>9-2 Individual Medicare*</b> 9 Pickle Ball <b>10:30 Bingo with Barb</b> 10:30 Handwork Cir. 12 French Table <b>1 Read, Write or Share a Story</b>	9 Strength & Fitness 10 Cribbage 10:30 Italian Study <b>10:30 ArtisTree/ Purple Crayon Music Together</b> 12 Italian Table 1 Italian Intermediate <b>1 Game Day</b> 2 Mahjong 3 Bone Builders	9 Pickle Ball <b>9 – 2:30 Foot Clinic*</b> <b>10-12:30 CCC Office Hours*</b> <b>10:30 Rock Painting</b> 12 German Language Table <b>1 Sing-a-long and Wrap Up</b>
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
10:15 Memoir Group 1 Bridge 1 Horseshoes <b>1-3 Advanced Directives*</b> <b>1 Advisory Meeting</b>	9 Strength & Fitness 10 Double King Pede 10 Beginning Italian* 10-2:30 Ping Pong 11:30 Commodities 12 Spanish Table 12:30 Mahjong 3 Bone Builders	<b>8:30 Board Meeting</b> <b>9 W. Leb Shopping*</b> <b>9-2:30 Foot Clinic*</b> 9 Pickle Ball 10:30 Handwork Cir. 12 French Table 12:30 Caregiver Support Group	9 Strength & Fitness 10 Cribbage 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	9 Pickle Ball <b>10-12:30 CCC Office Hours*</b> 12 German Language Table Open Ping Pong
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
<b>8:30 Newsletter Folding</b> 10:15 Memoir Group 1 Bridge 1 Horseshoes	9 Strength & Fitness 10 Double King Pede 10 Beginning Italian* <b>10-12 Wellness Clinic</b> 10-2:30 Ping Pong 12 Spanish Table 12:30 Mahjong <b>12:30 - 2:45 Foot Clinic*</b> 3 Bone Builders	9 Pickle Ball 10:30 Handwork Cir. 12 French Table <b>12:30 Departure for On Golden Pond*</b>	<b>Birthday Day*</b> 9 Strength & Fitness 10 Cribbage 10:30 Italian Study 12 Italian Table <b>1 Music with Carl Brogan</b> 1 Italian Intermediate 2 Mahjong 3 Bone Builders	9 Pickle Ball <b>10-12:30 CCC Office Hours*</b> 12 German Language Table Open Ping Pong <b>1:30 Water Aerobics*</b>
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	
10:15 Memoir Group 1 Bridge 1 Horseshoes	9 Strength & Fitness 10 Double King Pede 10 Beginning Italian* 10-2:30 Ping Pong 12 Spanish Table 12:30 Mahjong 3 Bone Builders	9 Pickle Ball 10:30 Handwork Cir. 12 French Table	9 Strength & Fitness 10 Cribbage 10:30 Italian Study 12 Italian Table 1 Italian Intermediate 2 Mahjong 3 Bone Builders	<b>* Indicates that sign-up/reservations are required.</b>

# MENU - AUGUST 2017

Mon	Tue	Wed	Thu	Fri
	1	2	3	4
<b>Meal Pricing:</b> * \$ 7 charge for those under age sixty * \$ 5 suggested donation for ages sixty and over	Beer Battered Haddock and Chips, Kale Salad, Ginger Snap and Fruit	Reubens, Beer Battered Onion Rings, Marinated Vegetable Salad, Sorbet w/ Fresh Berries	Grilled Chicken BLT with Lettuce, Tomatoes, Grilled Onions, Caper Mayo, Three Bean Salad, Fruit Crisp	Tacos w/ Ground Beef Cheese, Lettuce, Tomato, Salsa, Sour Cream, Red Beans and Rice, Roasted Vegetables, Chocolate Chip Cookies and Fruit
7	8	9	10	11
Chef Ryan's Famous Macaroni and Cheese, Peas & Carrots, Chocolate Chip Cookies and Fruit	Pizza, Tossed Salad, Ice Cream Social Dessert at 1pm	Spaghetti & Meatballs, Tossed Salad, Garlic Bread, Fruit Salad	Hot Dogs, Potato Salad, Baked Beans, Watermelon, and a Cookie	Breakfast for Lunch – Pancakes, Sausage, Yogurt, & Fruit Cups
14	15	16	17	18
Chef Salad w/ Lettuce, Tomato, Roast Beef, Turkey, Cheese, Hard Boiled Egg, Carrot, Roll, Ice Cream Sandwich Cookies	Tossed Salad, Roasted Tarragon Chicken Breast over Fettuccine with Asparagus & Mushrooms, Fresh Fruit	Tuna Pasta Salad , Pea Salad, Cucumber Salad, Lettuce & Tomato, Fresh Fruit	Cheese Burger w/ Lettuce, Tomato, Onion, Steak Fries, Cilantro Lime Coleslaw, Ice Cream Cone	Vegetable & Chicken Stir Fry, Coconut Macaroons w/ Pineapple
21	22	23	24	25
Chef's Choice	Stuffed Meatloaf w/ Spinach & Cheese, Parsnip Mashed Potatoes, gravy, Peas & baby carrots Almond Cake w/ Orange Dried Apricot Sauce	BBQ Chicken, Pinto Beans, Potato Salad, Cole Slaw, Coconut Cream Pie	Birthday Day* Lemon Basil Grilled Turkey Breast, Lemon and Fresh Herb Sauce, Grilled Asparagus, Garlic Smashed Potato, Roll, Cake & Ice Cream	Grilled Sweet Italian Sausage w/ Roll, Sautéed Onions and Peppers, Potato Salad, Cole Slaw, Berry Crisp
28	29	30	31	
Beef Stroganoff over Egg Noodles, Roasted Seasonal Root Vegetables, Lemon Fool w/ Berries	Chicken Salad, Broccoli Salad, Tortellini Salad, Lettuce, Tomato, Cake	Salisbury Steak, Mashed Potatoes, Gravy, Mediterranean Vegetables, Strawberry Rhubarb Pie	Broccoli, Ham and Cheddar Calzone, Tossed Salad, 4 Bean Salad, Sorbet and Berries	* indicates that sign-up/ reservations are required (Birthday Day & special holiday meals)

**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**



# EXERCISE CLASSES

Please call the Thompson Center to register for classes in advance, 457-3277

## BRAIN BUILDER

Read and memorize the following series:

Letters: M, D, P, U, A, V

Now cover the letters and try to recall them in alphabetical order.

Answer on page 2

**Open Pickle Ball**  
**Woodstock Athletic Club**  
**New Summer Schedule**  
**Wednesdays and Fridays**  
**9:00 - 10:30 am**



Cost: \$10 per 1.5 hr court time session. Walk-ins welcome and equipment is provided. Ride service available from The Thompson with advance notice.

**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.

**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](mailto:anniebower@yahoo.com) or 457-2877 (website: [www.anniebower.com](http://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.



**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.

**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 4<sup>th</sup> Tuesday of each month from 10-noon.

**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.

***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.



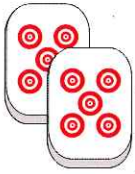
# ONGOING CLASSES & PROGRAMS

## 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](mailto: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.



**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.*

## 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



# IN APPRECIATION

## 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 Bennette - 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	Heijn	11th	Deborah	Heimann	19th	Wittie	Lynn
2nd	Linda	Maxham	11th	Dan	Leavitt	19th	Marilyn	Gamage
2nd	Allan	Atwood	11th	Gary	Wood	21st	Lisa	Gramling
2nd	Dolores	Gilbert	12th	Rick	White	22nd	Lucille	McCarthy
3rd	Bonnie	Atwood	13th	Veronica	Delay	22nd	Pam	Sheperd
3rd	Ted	Taylor	13th	Muriel	Poirier	22nd	Lucille	Staples
3rd	Yael	Taylor	13th	Pauline	Bearse	22nd	Jill	Hastings
3rd	Margarete	Pierce	14th	Judy	Wiggin	22nd	Jeannie	Killam
3rd	Ruth	Emery	14th	Rick	Fiske	23rd	Ellen	Satterthwaite
4th	Loretta	Parker	14th	Anne	Nestler	23rd	Priscilla	Sands
4th	Bernadette	Darakjy	14th	Alice	Gundersen	23rd	Diana	Hayes
5th	Sarah	Foss	14th	Sandy	Gilmour	23rd	Ralph	Robinson
5th	Joby	Thompson	15th	Suzanne	Skuja	24th	Alden	Fiertz
5th	Kathy	Connor	15th	James	Sherman	25th	Carolyn	Robinson
6th	Douglas	Holtz	16th	Reinhart	Jeck	25th	Margaret	Edwards
6th	Samuel	Grice	16th	Kathy	English	25th	Anna	Diehl
7th	Joyce	Gilman	17th	Kedra	Greaves	26th	Anne	Brodrick
7th	Carol	Corneille	17th	Janet	Eller	27th	Marjorie	Forgione
8th	Drew	Ewald	17th	Phyllis	Morris	27th	Louis	Grob
8th	Laura	Griggs	17th	Ralph	Lancaster	27th	Merrill	Kruse
9th	Joseph	Rubino	18th	Mary	Mercure	27th	Pamela	Barrows
9th	Jean	Kirby	18th	Kathy	Avellino	27th	Sandy	Palmer
10th	Margaret	Nielsen	18th	Diana	Perkett	28th	Jean	Goldsborough
10th	Maria	Nitzsche	18th	Bill	Rea	28th	Edel	Freitag





# The Thompson

AT THE CENTER FOR SENIORS AND COMMUNITY

Woodstock Area Council on Aging  
99 Senior Lane  
Woodstock, VT 05091  
(802) 457-3277  
FAX: (802) 457-1259  
www.thompsonseniorcenter.org

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

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## TSC TRANSPORTATION PROGRAM

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

**Medical Rides** - \$10 suggested donation per out-of-town trip. A minimum of 48 hours notice is requested for scheduling. Schedule with Paula at 457-3277.

**Local transportation** to and from your home to The Thompson and other Woodstock stops - suggested donation of \$1 per ride (\$2 round trip if you get a ride both ways). Please call the Center by 8:30AM to request rides for that day. 457-3277

**Monthly shopping trips to West Lebanon** depart from TSC on the 1st and 3rd Wednesday of each month at 9am on the Stagecoach van (returning at approx. 12:15pm). Stops at various locations. **Sign up with the Thompson at least 24 hours in advance.** The Thompson funds these trips with Stagecoach so any donation is greatly appreciated. Call 457-3277



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:



Ottauquechee Plumbing



## 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.