HOLIDAY FUN AT THE THOMPSON!

Thompson Holiday Bazaar & Cookie Walk
Saturday, December 5th
9:00 am - 1:00 pm

Please join us for this annual holiday event where you'll find a great selection of unique holiday gifts, handmade pottery, ornaments, jewelry, knitted and felted items, wreaths, homemade goodies, jellies, pickles, and more! This year we have some new items such as tie-dye t-shirts, wrap bracelets, homemade treats for pets, and wooden centerpieces. Santa will visit and our famous Cookie Walk will be upstairs in the conference room. Arrive early to pick your favorites!

Raffle ticket prizes:
$500 credit from KMSframe2finish, Master Carpenters from Hartland, to be applied toward winterization related projects around your home or toward a larger project; Dinner for 4 in your home, catered by Chef Dresden Holmes, a chef for the Blue Sky Group, and private caterer. $200 value, includes shopping & preparing meal; Christmas tree of any size valued up to $70 from Maxham Tree farm, including delivery.

Tickets $5 each, or 6 for $20. Drawing December 5th, winner will be notified. All proceeds benefit The Thompson Center.

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WINTER TEA AT
THE JACKSON HOUSE INN
THURSDAY, JANUARY 7, 2016
2:00 - 4:00 PM

Kathy and Rick Terwelp of The Jackson House Inn welcome Thompson guests for the 6th Annual Holiday Tea. After the hustle and bustle of the holiday season, relax and enjoy a cup of tea and goodies with friends and our neighbors. Sign up is required as space is limited to 35.

RSVP by December 31 at the Thompson Center by calling 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.thompsonseniorcenter.org

CENTER HOURS
8 AM-3 PM, Monday-Friday

STAFF
Deanna Jones, Executive Director,
djones@thompsonseniorcenter.org
Paula Audsley, Outreach Manager,
paudsley@thompsonseniorcenter.org
Pam Butler, Program Director,
pbutler@thompsonseniorcenter.org
Jen Bloch, Marketing Coordinator,
jbloch@thompsonseniorcenter.org
Shari Borzekowski, Administrative &
Resource Assistant,
sborz@thompsonseniorcenter.org
Ryan Martin, Chef,
rmartin@thompsonseniorcenter.org
Siobhan Wright, Kitchen Assistant,
Meals on Wheels Coordinator
swright@thompsonseniorcenter.org
Drivers: Dwight Camp, Gordon Worth,
Jim Emery, Nelson Gilman

Senior Solutions (Formerly Council of
Aging for Southeastern Vermont)
SENIOR HELPLINE: 800-642-5119

Community Care Coordinators
Lonnie Larrow, RN and
Carla Kamel, MSW
Ottawa-Quechee Health Center, 457-5414

BOARD OF DIRECTORS
Tom Weschler—President
Liza Deignan—Vice President
Jerry Fredrickson—Treasurer
Sarah Roberts—Secretary
Frances Gillett - Advisory
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Peter Goulazian
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Peggy Kasden
Sally Kesseli
Holly Levison
Patsy Mathews
Susan Moore
Daphne Moritz
John Snyder
John Steinle
Tambrey Vutech

BEHIND THE SCENES

ADVISORY MEETING HIGHLIGHTS
• The flu clinic ran smoother this year with participants
  waiting in the dining room.
• Fiona Davis to host an ornament making class in December
• Pam is researching for Spring Trip and will do a targeted
  mailing to regular trip goers.
• Suggestions for lunch menu and reminder for people to be quieter on Birthday Day while reading birthday names.
• Reminder to sign-up for special days and arrive early if people wish to sit together.
• Suggestion that Holiday Bazaar raffle tickets be sold at Thanksgiving dinner.

Please join our next meeting on Monday, December 7 at 1:00 pm. All patrons and volunteers are invited to attend.

Happy Holidays
From the Staff at
The Thompson Center

WINTER CLOSING POLICY
The Center is always closed when the Woodstock schools are cancelled. You can find out if the schools are closed after 6:15 AM by checking local news. We may also close when we feel driving conditions are not safe for our participants. If the weather seems questionable, please call the Center after 8 am and if we are closed, there will be a message on our machine. We also post on Facebook.

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

Sign up for the e-newsletter by emailing:
jbloch@thompsonseniorcenter.org
**EXERCISE CLASSES**

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

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**Tai Chi's Slow, Gentle Exercise**  
**Great for Mind and Body**  
**Wednesdays, December 2, 9, 16 and January 6, 13, 20**  
**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!

Classes meet on Wednesdays, with the next round of classes beginning December 2 and continue for 6 classes. The cost is $30 for the session.  
Beginners and Intermediate 9:30-10:30  
Upper Intermediate and Advanced 10:45-11:45  
To inquire about the classes, contact Anne at anniebower@yahoo.com or 457-2877 (website: www.anniebower.com).

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**Strength & Fitness**  
**Mondays, Tuesdays & Thursdays**  
**9:00 to 10:00 am**

This popular class is led by certified fitness instructor and personal trainer, Liz Hatfield. Liz incorporates aerobic, stretching, strength and weight bearing exercises. The benefits of these exercises include bone building, balance, and overall coordination. She holds credentials for Group Fitness instruction in Aquatics, Spinning, TRX, Nordic Walking and Weight Training.

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

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

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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. Minimum of six participants required. Please sign up in advance.
Vermont Symphony Orchestra

Holiday Pops
At the Historic Paramount Theater in Rutland, Vermont
Sunday, December 13, 3:00 pm
Depart Thompson at 1:45 pm and return to Woodstock approximately 7:30 pm
Cost: $66.00 includes transportation on Butler school bus, tickets and dinner

This popular trip has been sold out—wait list only

Everyone loves a holiday story! So get comfy as the VSO shares music from favorite Christmas movies, a masquerade ball, a fractured fairy tale, and of course the Nutcracker. Comedian and Moth Story SLAM host Hillary Boone emcees a program that also features some of her own humorous family sketches, plus an amazing youth soloist, the VSO brass, and a carol sing-a-long.

Dinner will follow at the award winning Red Clover Inn in Mendon, (Vermont Chamber of Commerce Restaurateur of the Year, 2015, and winner of Wine Spectator Award of Excellence, 2013 & 2015).

Please note that tickets are pre-paid and non-refundable. We will not be able to refund cancellations unless we can re-sell your ticket. Your reservation is guaranteed upon receipt of payment no later than November 30th.

~Menu~

First Course
Choice of
House Made Squash Soup
Or
Fresh Mixed Green Salad with Maple Balsamic Vinaigrette Dressing

Second Course ~ Family Style
Roasted Herbed Chicken with Cranberry Chutney
Roasted Pork Loin with a Cider Sage Glaze
Brussels Sprouts
Chive Whipped Potatoes
Corn Bread Stuffing

Third Course
Warm Apple Cobbler

Coffee, Tea and Lemonade Offered
Cash bar available

Spring 2016 New York City Bus Tour
Depart From The Thompson on Friday, April 15 and return on Tuesday April 19 — 5 days/4 nights
Cost: $564 per person based on double occupancy which includes gratuities for our bus driver, 3 destination tour guides in NY, and water and snacks for trip to NYC

Discover the city that never sleeps on a Diamond Tours bus trip to New York City.

Your trip includes:

- Transportation on a top quality 54 passenger motorcoach
- 4 nights lodging including 4 consecutive nights in the NYC area
- 8 meals including: 4 continental breakfasts and 4 dinners
- Two guided tours of NYC: See Central Park, Rockefeller Center, Times Square, Wall Street, and the 9/11 Memorial
- NYC harbor cruise including visits to Ellis Island and Liberty Island – Home of the Statue of Liberty

Prices are based on a minimum of 30 travelers. Trip subject to cancellation if less than 30 travelers for full refund. First deposit of $75 due with reservation by 12/21/15. Balance due on 2/15/16. Individual travel insurance available at www.travelconfident.com Call Pam or Shari at Thompson to reserve.
YANKEE SWAP
Wednesday, December 9 at 1:00

Join our holiday fun with this annual event. Bring in a gently used, wrapped item to add to our collection of gifts. All are welcome, the more the merrier!

HOLIDAY DINNER
Wednesday, December 9 at Noon

Please join us for our annual Holiday meal on December 9th. Menu: Baked Ham, Scalloped Potato, Pineapple Bread Pudding, Holiday Cranberry Chutney, Green Bean Almandine, Holiday Chocolate Berry Cake.

Advance sign-up is required. 457-3277.

Duty's Faithful Child:
A Visit with Louisa May Alcott
Wednesday, December 2, 1:00 pm

A Vermont Humanities Council History Alive Event
Hosted by The Thompson Center

Famous as the author of *Little Women* and other books for young people, Louisa May Alcott was herself a fascinating character. Her life was formed in the intellectual and philosophical hotbed of 19th-century Concord, Massachusetts, home of Emerson, Thoreau, Hawthorne, and her own philosopher father, Amos Bronson Alcott. Jeanne Austin draws on the life and writings of this remarkable woman, shaping them into an exciting and educational living history experience.

Jeanne Austin has played roles in off-broadway, regional stock and dinner theater, made radio and television commercials, and appeared in theatrical and television movies.

*This program is free and open to the public. Any views, findings, conclusions, or recommendations expressed in this program do not necessarily represent those of the NEH or the Vermont Humanities Council.*

MEMORY TREE FOR THE HOLIDAYS

Each year a tree is set up in the foyer of the Thompson Center and is dedicated as a memory tree. For $2 people can have an ornament placed on the tree with the name on it of someone they are remembering during the holidays.
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<td>Butternut Squash &amp; Apple Soup, Cottage Cheese, Turkey Sandwich, Fruit salad</td>
<td>Puff Pastry Chicken Pot Pie, Tossed Salad, Sorbet w/ Fresh Berries</td>
<td>Grilled Pork Apple Burgers with Caramelized Pineapple on a Multigrain Sandwich roll, 4 Bean Salad, Sweet Potato Fries, Chef's Choice Dessert</td>
<td>Breakfast Day French Toast, Maple Sausage, Home Fries, Fruit and Yogurt</td>
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<td>Pesto Olive Chicken, Herb Roasted Red Potatoes, Mediterranean Vegetables Casserole, Citrus Ricotta Squares</td>
<td>Spaghetti &amp; meatballs, Garlic Bread, Tuscan Vegetables, Fresh Fruit salad</td>
<td>Holiday Dinner* Baked Ham, Scalloped Potato, Pineapple Bread Pudding, Holiday Cranberry Chutney, Green Bean Amandine, Holiday Chocolate Berry Cake</td>
<td>Tossed Salad, Pan Seared Tilapia, Foliage Succotash, Pumpkin Cake w/ Cream Cheese frosting</td>
<td>Chicken Marsala, Rice Pilaf, Green Beans, Blueberry Pie</td>
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<td>Tossed Salad, Ziti (a little spicy, with broccoli, tomatoes, Italian sausage) Monterey Ranch Bread, Mixed Fruit Cobbler</td>
<td>Tossed Salad Spinach, Artichoke &amp; Cheese Quiche, Roasted Sweet Potato Fries, Hot Fudge Sundae with banana</td>
<td>Chicken Milano w/ Basil and Sun dried Tomatoes served over Fettuccine, Tossed Salad, Apple Pie</td>
<td>Birthday Day* Roast Beef, Au Jus, Sour Cream and Chive Twice Baked Potato, Roasted Asparagus, Roll, Cake and Ice Cream (Please RSVP)</td>
<td>Chef's Choice</td>
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<td>Chicken Salad Sandwich, Caldo Verde, (Portuguese Kale and Potato soup w/ sausage), Molasses Cookie w/ Fruit</td>
<td>Stuffed Meatloaf w/ Spinach &amp; Cheese, Parsnip Mashed Potatoes, gravy, Peas &amp; Baby carrots Almond Cake w/ Peach Puree</td>
<td>Breakfast Day (Served at 9 am) Eggs Benedict, Hollandaise, Home Fries, Yogurt &amp; Fruit</td>
<td>CLOSED Christmas Eve</td>
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<td>Reubens, Beer Battered Onion Rings, Roasted Vegetable Medley, Fresh Fruit</td>
<td>Pan Seared Chicken Breast, Creamy Cheddar Polenta, Spinach Supreme (spinach, sour cream, Parmesan and Monterey Jack Cheese) Chef's Choice Dessert</td>
<td>Chef's Choice</td>
<td>CLOSED New Year's Eve</td>
<td>Menu is subject to change based on availability of food items. Please call ahead with special dietary needs.</td>
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* Indicates that sign-up/reservations are required (Birthday Day & special holiday meals)

2% Milk, Coffee, tea, and juices available
A Collaboration Between The Thompson Center and ArtisTree

Painting at ArtisTree
Instructor: Murray Ngoima
Friday mornings, 10:00—11:30
November 6 - December 11

Come paint and learn about painting in the beautiful surroundings, inside and out, at ArtisTree in South Pomfret. Work with water-based media with instruction and/or on projects of your own choosing, in supportive and congenial company. The media offered include watercolor, acrylic, gouache, ink, and colored pencil. Materials provided. Complete beginners to experienced painters, all welcome!

Transportation provided as needed on The Thompson van at 9:30 a.m. from Woodstock to ArtisTree, returning to The Thompson in time for lunch. $50 for five classes or $12 per class. (5 participants minimum, 12 participants maximum).

Brent Buswell Returns on Birthday Day

Join us for some holiday music and sing-along with Brent Buswell and his family immediately following our December birthday lunch celebration on the 17th.

Community Care Coordinator (CCC), Carla Kamel, has office hours at The Thompson.
Times and dates noted on the Program Calendar

Senior Skating at Union Arena
Seniors will be offered a discounted rate of $5.00 for any public skate, or $6.00 includes rental skates. The public skate schedule is Tuesdays, 12:00 - 1:30 pm and Fridays, 1:20 - 2:40 pm. Check the online schedule for periodic changes at www.unionarena.org or call (802) 457-2500.

Holiday Ornament Workshop
Tuesdays, Dec 1 & 8
1:30pm

ArtisTree Ceramics Director, Fiona Davis returns to The Thompson to offer a holiday ornament workshop. Join us to create keepsakes and ornaments for yourself, friends or family. We will use white earthenware, texture sheets, and your imagination. Great for gifts, hanging on the tree or attached to a special gift. Come back the following week to glaze. Pre-registration requested. 457-3277. This program is free and offered at The Thompson through the generosity of ArtisTree.

BOOK GROUP
No meeting in December
Wednesday, January 13 at 1:00 pm

In "one of the funniest and most heartfelt baseball stories in recent memory", Howard Frank Mosher returns to Kingdom Common, Vermont, to spin a touching coming-of-age tale in an America that has almost disappeared. From this remote village, noted for its fervent devotion to the Red Sox, comes Ethan "E.A." Allen, a young man with a chance to change baseball history. Homeschooled, fatherless, and living on the wrong side of the tracks, E.A. is haunted by a dark mystery in his family's past until a drifter named Teddy arrives in his life, determined to teach E.A. everything he knows about baseball.
Filled with an engaging array of rambunctious, memorable characters and brimming with faith, Waiting for Teddy Williams is an irresistible read that reminds us that dreams—no matter how far-fetched—sometimes do come true.
Wellness Programs

CAREGIVER SUPPORT GROUP
Wednesday, December 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 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.

Wellness Clinic Update

Our wellness clinic nurse, Michelle Chiesa will be leaving VNA this month for another position and we wish her well, with our gratitude. We have been assured by VNA that our monthly wellness clinic will continue once Michelle’s replacement is hired and candidates are now being interviewed. In the meantime, we appreciate your patience and understanding.

Advance Directive Clinic
Monday afternoons

Would your loved ones know your wishes about medical care if you were unable to speak for yourself? There is a legal document called an Advance Directive that you can complete to give guidelines about your wishes and appoint someone to represent you if you are not able. We have arranged for a trained and caring volunteer to be at the Thompson Center every Monday from 1pm - 3pm. These volunteers will take the time to explain both the document and the simple process used to make your wishes known. The most important part of this process is talking to those you love about what matters most to you. You can call 457-3277 to schedule an appointment.

Chair Massages at The Thompson
10:00 am to noon

Greg Somerville’s chair massages will be offered on the 1st, 2nd and 4th Wednesdays of the month. The benefits of having a massage on a regular basis are numerous. See for yourself!

Please call in advance to schedule your 20 minute massage and make sure to cancel in advance if you can’t make it so that someone else can take your spot and we don’t keep our massage therapists waiting!

Cost: 20 minute massage/$20.00

Smiles Program
Free Oral Health Pilot Program
December 21, 9:00 am—1:30 pm

Adults of all ages are invited to schedule a free oral health screening and fluoride varnishing with a licensed Public Health Dental Hygienist. Dental goodie bags are given to all participants. This program has received rave reviews from all who participate! Call 457-3277. Sponsored by OHF and partners.

Foot Care Clinic with Mary Wood
Monthly, 9:00 am - 2:30 pm on the 2nd Friday & 3rd Wednesday

Mary Wood, retired RN, runs the foot clinic. Call 457-3277 to schedule a half hour appointment with Mary on the 2nd Friday, or 3rd Wednesday of each month (see the calendar for dates). Your feet will thank you!

A waiting list is kept for each day; PLEASE make sure to let us know if you can’t make your appointment. Cost: $15, please bring your own towel.
JANUARY PROGRAMS

Memory Issues and Aging/Taking Control
Is this normal or should I see a Doctor?
Presented by Susan Moor
Tuesday, January 5, 1:00 pm

If you are finding it increasingly difficult to perform daily tasks, having memory issues or are a friend of someone who is, this program will address these common concerns and issues as well as provide the tools to help to manage symptoms and maintain independence.

Issues to be discussed:

- The difference between normal aging and cognitive impairment that disrupts daily life
- Causes of dementia symptoms-reversible and irreversible
- Partnering with your doctor
- Maintaining independence
- Experiencing symptoms and managing them
- Living alone

This is first in a series of programs to be offered at The Thompson Center and it will include information to take home with you to help with these topics. There will be a Question and Answer period at the end of the program.

This program is open and free to all individuals who feel they are having increased difficulties, whether or not there has been a diagnosis. Bring a family member or friend.

Advanced registration is encouraged to ensure there are resource materials for all participants.

Living with a Visual Impairment
Wednesday, January 6, 1:00 pm
Presented by Melinda Underwood M.Ed., VRT
Vermont Association for the Blind and Visually Impaired

Learn about resources and strategies for living with a visual impairment. Participants will have an opportunity to try adaptive equipment and ask questions about the vision rehabilitation process.

Low Vision Support Group
New In January 2016
Thursdays, Beginning January 21
10:15 - 11:45 am

The Vermont Association for the Blind and Visually Impaired is offering this new support group where participants can share experiences, challenges, and successes of living with a visual impairment at this ongoing monthly meeting. Learn about adaptive aids and strategies that support independence. Led by a Certified Vision Rehabilitation Therapist from VABVI.
IN APPRECIATION

Kathy Fiske - yarn
Gina Moore - automated blood pressure cuff
SGI Group - rollator walker & Halloween candy
Bettyann McGuire - medical equipment
White Cottage - ice cream, hot dogs, rolls, fries, fish, chicken
Catherine Harriman - applesauce
Margaret Fullerton - kale, parsley, sage
Audrey Fiedelholtz - purses for the Holiday Bazaar
Linda Grant - ornaments
Priscilla Sands - necklaces

ONe aN DONATIONS:

Daily Valley News subscription - Woodstock Pharmacy
The Vermont Standard Weekly Papers
Birthday Cakes - Diane Atwood, Jane Soule, Carol Towne
Monthly book club selection - Yankee Bookshop

IN MEMORY OF

Bert Eiselein
Nancy Pike
Nancy Lewis

Special thanks to those who helped with our Thanksgiving dinner preparations by peeling potatoes, setting tables, and in the kitchen: Dan Kenney, Mary Mercure, Joyce Gilman, Helen Howe, Catherine Harriman, and Kay Camp

TRANSPORTATION SPONSORS:
Upper Valley Rehabilitation
Dead River Company
Gateway Motors – car washes
Connected-At-Home
Ottawechee Health Foundation
Ottawechee Plumbing
Mark Knott, DDS
Cedar Hill Continuing Care Community

DECEMBER BIRTHDAYS

1st James Huff 9th Leon Stetson
1st Carol Atwood 9th Kristi Rollins
1st Ruth Hunter 9th Gerry Hawkes
1st Jan Burtch 9th Nicholas Couture
2nd Dave Bollinger 9th Glenda Osmer
2nd Stan Talbot 11th Margaret Bradley
4th Sandra Hack 11th Boots Churchill
4th James Bailey 11th Eleanor Zue
4th George Zimberg 12th Margaret Tuhill
4th Barbara Butler 12th Gordon Parker
4th Penny Wiltz 13th Gerald Gamage
6th Rick Kuniholm 13th William Staples
6th Donald Munro 14th Grace Stetson
6th Mary Doubelday 14th Margaret Rollins
6th Honore Hager 15th Judith Hawkes
6th Kathleen Eiselein 16th Ryan Reynolds
7th Alfred Jones 16th Deirdre Martin
7th Carolyn Martin 16th Deborah Donnelly
8th Marjorie Royce 16th Pat Hewitt
8th Christopher Sparkes 16th Karl Hesterberg
17th Gordon Pine
17th Anthony Thacher
18th Edith Williams
19th Meg Seely
20th Rose Mroszczysz
20th Lonnie Larrow
21st Judith Repp
21st Candy Parker
22nd Erlene Rogers
23rd Glen Barr
23rd Carolyn Gregory
23rd Charles Gunderson
24th John Audsley
24th Nancy Kendall
24th Leo Desmond
24th Phil Camp
25th Jack Moore
26th Carl Kesseli
26th Rodney Leonard
26th Katherine Webster
26th William Durkee
26th Katherine Sawyer
28th Nancy Gray
29th Colin Nevin
29th Russell Audsley
31st Hazel King

On December 17 we will celebrate your day! Those who attend with a December birthday will receive a complimentary meal! Please make a reservation by calling 457-3277.
MISSION
It is the mission of the Thompson Center to be a multi-generational 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.

FUEL ASSISTANCE
Seasonal Fuel Assistance Applications are processed all year long but benefits are paid to fuel dealers in November. If you need assistance applying for benefits, call the Senior Helpline at 800-642-5119. If you think you have applied but have questions about your benefits, call Economic Services Benefit Service Center 800-479-6151. Applications for the 2014-2015 heating season must be postmarked by February 28 for eligible households.

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