Did you know that the Thompson transportation program provides on average 295 rides each month? Here are some important details about our transportation opportunities:

**Local transportation** to and from your home to The Thompson Center and other local stops are provided Monday through Friday between 8:30am – 3:00pm. Please call the Center by 8:30AM to request rides for that day. Local stops in Woodstock at the grocery store, pharmacy, Health Center, etc. can be arranged with the driver. Suggested minimum donation: $1 per ride ($2 round trip)

**Medical Rides** to and from appointments to all Upper Valley providers can be arranged through the Thompson vehicles or with a volunteer driver. A minimum of 48 hours notice is requested for scheduling. When scheduling your appointments, please be aware that we try to arrange Lebanon/Dartmouth-Hitchcock trips on Tuesday/Thursday. Suggested minimum donation per medical appointment (round trip): $10

**West Lebanon Shopping Trips** depart from the Thompson Center on the first and third Wednesday of each month at 9 am on the Stagecoach van (returning at approximately 12:15pm). Stops at various locations throughout W. Leb. can be arranged with the driver on the day of the trip. Please sign up at least 24 hours in advance. The Thompson funds these trips with Stagecoach so any donation is greatly appreciated.

Please note: Although we give priority to seniors and disabled and those in our service area, we try to accommodate others on our routes whenever possible. Please contact our Outreach Manager, Paula Audsley, with any questions or to schedule a ride. 457-3277

Thank you to everyone who supports our operations (including transportation) through the Annual Appeal and in other ways. The following Transportation Sponsors and Grantors provide support specifically for the transportation program: (Sponsors) Dead River Company, Connected-At-Home, Ottauquechee Plumbing, Mark Knott, DDS, Woodstock Insurance Services, Upper Valley Rehabilitation, Lang McLaughry Real Estate’s Tambrey Vutech, and Gateway Motors. (Grants): Glad Rags, The Ottauquechee Health Foundation, and Woodstock Rotary.

**Dinner and Documentary Presentation: Freedom & Unity: The Vermont Movie**

**July 9, 2014, 5:30pm dinner, movie & talk 6:15 - 8:00pm**

Freedom & Unity: The Vermont Movie is the first-ever documentary series about Vermont. The six-part film is a collaboration of three dozen critically acclaimed Vermont filmmakers, led by award-winning filmmaker Nora Jacobson. Advisors for the film include well known historians, educators, curators, authors, artists, politicians, and activists. Since declaring its own independence in 1777, Vermont has been a beacon, a haven, a refuge, an idea, a symbol, a state shaped by independent and courageous decision-makers, thinkers, political leaders, workers, artists, immigrants and innovators. It is the first state to outlaw slavery, to allow same sex civil unions, to call for the impeachment of President Nixon, and to protect the environment with Act 250. This is the state in which conservatives and liberals are not only neighbors—they frequently depend on each other for survival. In Freedom and Unity: The Vermont Movie, filmmakers and historians set out to understand Vermont’s iconoclastic spirit: where it comes from, how it shapes our present, and how it lays the groundwork for the future. The film, a collaboration of many artists and professionals, offers a new and interesting portrayal of the state of Vermont from the 1600’s to today. More information on the filmmakers and advisors can be found on the website: www.thevermontmovie.com.

Award winning Filmmaker and Project Initiator, Nora Jacobson, and Producer/ Historian Dorothy Tod, will introduce Part I of the film and be on hand to answer questions.

Localvore Menu: Arugula Salad, Pan Seared Misty Knoll Chicken Breast w/Herb Jus, Potato-Vegetable Hash, Roll, Strawberries Romanov. RSVP & advance payment required. Cost: $20, BYOB
**BEHIND THE SCENES**

**ADVISORY MEETING HIGHLIGHTS**

- Lobster trip definitely at Warrens
- Dinner rolls requested on Birthday Day
- King Arthur trip requested and will be planned
- Promptness urged for all events, including Bingo
- Problem of slippery front steps being addressed

Please join our next meeting on Monday, July 7, at 1 pm. We URGE all participants (and especially trip goers) to attend. It is an opportunity to give us your ideas before planning is completed! We seek your input and hope you’ll attend

**THOMPSON DAY TRIP POLICY**

To make your reservation, send or deliver payment for the trip. Contact Diana or Pam at 457-3277 with questions.

- Reservations are taken on a first paid basis. Your name will be entered on the trip sign-up sheet once we receive your payment. We do this to prevent you from missing out without a payment, due to the risk of last minute cancellations, empty seats, etc. Checks will be deposited 30 days prior to trip date.
- If you cancel for any reason, payment cannot be returned unless we fill your spot from a waiting list. This is due to non-refundable fees charged to us by the bus company &/or destination.
- All are welcome to go on trips, but anyone needing extended assistance must bring a caregiver or companion.
- Please note the deadline for individual trip sign-ups. If we do not have the required number of people to cover our costs we will need to cancel the trip before losing our deposit(s).

**WISH LIST**

In an effort to make our conference room more user friendly for a variety of groups and presenters, we are looking for a 3-4 tier dumbell rack for the weights that we have been storing on the floor. If you have one you would like to donate, or if you could lead us to a used one for sale, we would be most grateful.

**MISSION**

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. Our programs and activities will promote the physical, intellectual, and social well being of the adult community to enhance dignity, self-worth, and independence. In addition, our senior center will provide a gathering place for our community.
Wellness Clinic & Blood Pressure Screenings
Tuesday, July 22, 10 - 12 noon
Wellness clinics (blood pressure & consultation) with Michelle Chiesa, RN, Visiting Nurse and Hospice of Vermont and New Hampshire are held on the 4th Tuesday of each month from 10-noon.

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

Heart to Heart
Friday, July 11, 1:00pm
July’s topic is Shopping: then and now. Come talk about how you did your shopping years ago, what the stores were like, and how that’s changed. All are welcome! We’ll meet at 1:00pm in the living room.

MEDICAL EQUIPMENT
Currently available at the Center: Crutches, Commode chairs, walkers, bed rails, ramps, shower chairs, stair chair lift, Depends.

IN NEED OF: Wheelchairs and recliner lift chairs. Please note: We’re not currently able to accept crutches, commode chairs, or shower chairs. We’re out of room in the basement at the moment!

We’ve given away dozens in the last few months! It’s great to see them re-used! Contact Deanna at 457-3277 for more details. You can also donate or find medical equipment at: www.getATstuff.com

WELLNESS PROGRAMS
CAREGIVER SUPPORT GROUP
Wednesday, July 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.

Foot Care Clinic
with Mary Wood
Monthly, 9 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.

Chair Massages at the Thompson
Wednesday, 10:00am to noon
Licensed massage therapist, Sara, provides chair massages at the Thompson on the 1st, 2nd, and 4th Wednesdays of each month. If there are appointments. 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

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.

The North Country Chordsmen Perform at The Thompson
Thursday, July 11, 1:00pm
The North Country Chordsmen is an award winning a cappella men’s chorus singing in the barbershop tradition. In its 30 plus year history the chorus has entertained audiences throughout New England, New York, Quebec, the Maritimes and Ireland. Their music is a blend of tunes from the early 19th century to present day. Please join us in welcoming this renowned group of talented voices.

Fall Risk and Footwear, presented by James Bannister
Tuesday, July 15, 1:00pm
As we get older our risk for falling increases, but there are simple things you can do to reduce your risk of falling and getting hurt. Some strategies include turning on a light when you get up during the night, keep walkways clear, have your eyes checked regularly, get regular exercise, AND choose appropriate footwear. A lot of what we’ve been told about selecting the “right” footwear, is wrong. Come learn what shoes (if any) are appropriate for various situations and how this has a big impact on your safety.

James has worked as a physical therapist for over 20 years in direct patient care, and as a manager and director for home care agencies in Massachusetts, New Hampshire and Vermont. Over the course of his career he has developed expertise in evaluating fall risk and applying proven methods to minimize fall risk for seniors. James is now the Owner/Director of Active Balance Rehab—a Certified In-Home Therapy Provider, based in Bethel, Vermont.

UPCOMING TOWN DAYS!
Residents of surrounding towns are invited for lunch at The Thompson for the reduced rate of $2.00 on the following Mondays:
- Bridgewater – Monday, July 14th
- Pomfret – Monday, August 11th
- Reading – Monday, September 8th
- Woodstock – Monday, October 6th

Are you getting
The Thompson e-newsletter weekly?
Sign up for the eNewsletter by emailing: djones@thompsonseniorcenter.org or by calling (802) 457-3277.
Dinner and a Movie Returns with *Philomena*
Tuesday, July 29
5:30 dinner followed by 6:30 movie

After dinner, we’ll move to the living room to watch *Philomena*, a 2013 drama film, based on the book *The Lost Child of Philomena Lee* by journalist Martin Sixsmith. Starring Judi Dench and Steve Coogan, it tells the true story of Philomena Lee’s 50-year-long search for her son. Rex Reed of The New York Observer gave the film a glowing review and named it the Best Film of 2013 saying: “It’s profoundly moving and thoroughly mind provoking, but despite the poignant subject matter, I promise you will not leave Philomena depressed. I’ve seen it twice and felt exhilarated, informed, enriched, absorbed and optimistic both times.” Cost: $5.00

Thank you to all of the potluck cooks, bakers, and donaters for staff appreciation day. What wonderful food and fun!

Thank you, Gladys Deatte, for the donation of her lovely antique card table that she had refinished for us (shown here).

**July Birthday Day Music ~ Thursday, July 24, 1:00pm**

The popular Mill Band returns on Birthday day! Join us after lunch for the classic country, folk, and gospel sounds of The Mill Band!

Thank you, Robert and Deanne Teatts, for the donation of a bottle of Baron De Lillau (white wine).

**Kripalu Yoga**
**Thursdays, 1:00pm**

This gentle yoga class is for everyone---standers, sitters, experienced and inexperienced. Annie Frates will guide the class through a variety of yoga exercises that will help people gain flexibility, improve posture and spine health, develop strength, and increase breath awareness.

Cost: $5.00 per class.

**MEMOIR Group**
**Ongoing, Mondays, 10:15 AM - Noon**

In this informal group, we encourage one another as we record stories that may otherwise be lost or forgotten. Each person has an opportunity to read aloud one to two pages each week often triggering group memories and lively discussion.

**Bone Builders**
**Tuesdays and Thursdays, 2:15 - 3:15pm**

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.

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

**Individualized iPad Instruction**

Do you need one-on-one instruction on the use of an iPad? If so, please call Diana or Pam for details and to schedule your private consultation at the Thompson Center. 457-3277.

**New Program**

*Strength & Fitness* Weekly classes, Monday, Tuesday & Thursday 9 to 10:00AM

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.

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

**Tai Chi and Qigong**
**New Class Combination**

Instructor Anne Bower and Jane Philpin are excited to offer a new approach to tai chi, with all students participating in one class. At times everybody will work together, at other times they’ll divide into subgroups. Anne and Jane will continue focusing on the introductory Sun style, used in previous classes (using the short “tai chi for arthritis and fall prevention” format) but will incorporate a number of qigong exercises that encourage deep breathing, relaxation, and mindfulness. This is a great class for anyone who wants to improve balance and coordination and reduce stress. Both tai chi and qigong are low-impact exercises known to help with high blood pressure, diabetes, osteoporosis, and back pain—and both are really good for the brain too!

Cost: $30.00 (for six classes)

**MEMOIR Group**
**Ongoing, Mondays, 10:15 AM - Noon**

In this informal group, we encourage one another as we record stories that may otherwise be lost or forgotten. Each person has an opportunity to read aloud one to two pages each week often triggering group memories and lively discussion.

**Bone Builders**
**Tuesdays and Thursdays, 2:15 - 3:15PM**

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 Athea Derstine, are ongoing on Tuesdays and Thursdays each week. Classes are free. Minimum of six participants required. Please sign up in advance.
**TRIPS, TRIPS, TRIPS**

**Warren’s Lobster House Trip**  
**Tuesday, July 22, 2014**

Depart from the Thompson Center on Premier Coach at 9:00am for a day trip to Maine for Lobster! Warren’s Lobster House has become a New England tradition, celebrating 74 years of fine food and service and the seacoasts finest salad bar, with over 60 selections. Its waterfront location presents a picturesque setting overlooking the Piscataqua River. Lunch will include an entree from the popular “Captain’s Menu”—with a choice of: Crab Crusted Salmon, Top Sirloin Steak, 1 1/2 lb. Lobster, Baked Stuffed Lobster Tails, Grilled Chicken with Memphis BBQ, or Haddock Cape Anne, along with the salad bar, dessert, and beverage choice. We will enjoy an opportunity to stretch and stroll around Warren’s outside deck, browse the Captain’s gift shop, or walk a short distance over the newly constructed bridge (with scenic overlooks) connecting Kittery, Maine with Portsmouth, New Hampshire—before traveling back to Woodstock, VT. Our estimated arrival time at the Center will be approximately 5:00pm. Please call to reserve your space on this trip (followed by prompt payment) and mention your menu selection. The deadline for signing up is July 7th. Cost: $80.00  Note: We must have a minimum of 35 paid reservations by July 7, or the trip will be cancelled.

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**Kiss Me, Kate**  
**At New London Barn Playhouse**  
**Friday, August 15, 2014, 2:00 performance (depart on Thompson Van at 12:30pm)**

As Cole Porter’s most successful musical and a true American masterpiece, Kiss Me Kate has been enchanting audiences for over 65 years. Enjoy the backstage/onstage antics of two feuding romantic couples during a touring production of Taming of the Shrew, and savoır such irresistible classics as “Brush Up Your Shakespeare”, “So In Love”, and “Another Openin’, Another Show”.

As Cole Porter’s most successful musical and a true American masterpiece, Kiss Me Kate has been enchanting audiences for over 65 years. Enjoy the backstage/onstage antics of two feuding romantic couples during a touring production of Taming of the Shrew, and savour such irresistible classics as “Brush Up Your Shakespeare”, “So In Love”, and “Another Openin’, Another Show”.

Cost: $30.00 (includes gas & ticket). Space is limited so please reserve your space with payment.

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**King Arthur Flour Shopping Trip, Norwich, VT.**  
**Wednesday, August 20, Depart on Thompson Center Van at 9:00 am**

Shop in King Arthur Flour’s newly expanded building and take advantage of their large inventory of baked goods and supplies, with an additional 10% discount on purchases of $40 or more (excluding bakery items, appliances and books). We will have an opportunity to observe any bakery demonstrations going on that day, shop, and eat lunch at the café. You may also bring your own lunch and buy a “goodie” to top off a scrumptious day! Cost: $5.00 gas donation. (Lunch is on your own) Please sign up in advance.

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**Fall Foliage Cruise on Lake Winnipesaukee**  
**Wednesday, October 8, 2014**

Enjoy a narrated cruise aboard the M/S Mount Washington, a 230 foot steel superstructure that spans 4 levels and accommodates up to 1,200 passengers. The Mount Washington’s history dates back to 1872, then known as the Steampship Mount Washington. Lake Winnipesaukee is New Hampshire’s largest lake, covering 72 square miles of sparkling clean, spring fed water. The surrounding mountain ranges offer spectacular scenery, particularly during foliage season.

A deluxe buffet luncheon will be served during the two and a half hour cruise. Depart the Thompson Center at 8:30am on a Premier Coach Bus. Arrive back in Woodstock at approximately 6:00pm. Cost: $65.00 The deadline for signing up is September 23rd.

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**The Ancient Practice of Dowsing, presented by Jerry Burt**  
**Thursday, July 17, 10:00pm**

Dowsing, as practiced today, may have originated in Germany during the early 15th century. Dowsing has been used to locate ground water, buried metals or ores, gemstones, oil, gravesites, and many other objects and materials. Skeptics claim the practice is superstitious has no scientific explanation or credibility. Mystics have even used this ancient practice to search for answers to unsolved questions. Whether you believe it, or not, the tradition continues and the dowsing tools used today resemble the devices used centuries ago.

Jerry Burt has been dowsing for over 30 years. He regularly attends Dowsing Conventions (yes, there is such a thing) and uses the practice in many realms of his life.  
*Note: This program may not appeal to the scientifically minded.*

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**JOURNALING CLASS**  
**Thursdays, September 11 to October 2, 10:30am to 12:00pm**

Sue Geno, a retired psychologist, has been journaling most of her life. She is excited to share her passion for this age old art form, which is on the decline in our busy world of emails and Internet. Sue will talk about the different types of journals, share resources, and discuss how journaling can be fun, creative, and spiritually rewarding.

Whether you have kept a journal, always wanted to try, or are just plain curious about the process, this group will stimulate the writer in you. For the first class it is suggested that each participant bring a passage from a published journal, to share with the group. Also, please bring a journal or writing paper and a favorite pen.

There is no charge for this class. Class size is limited to 10 participants. Please sign up in advance.

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**New Bulletin Board - Share Your Photos With Us!**

One of our patrons had a terrific idea for one of our lobby bulletin boards… a grandchild brag book, but on our wall! All you have to do is bring in a photo of your grandchild, or grandchildren, with a name on the back, and we will post them on our board.

What better way to share your photos with us? Thank you to Joy Curduff for suggesting this fun idea! Photos can be dropped off in a marked envelope on console table in Pam and Diana’s office. (We’ll share the photos for a month or so)
# PROGRAM CALENDAR - JULY 2014

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<td><strong>BINGO daily at 10:30 am except on birthday day and other special meal days. Location: Dining Room on Mon. &amp; Wed. Upstairs conf room on Tues., Thurs, Fri.</strong></td>
<td>9 Strength &amp; Fitness</td>
<td>10:00 Double King Pede</td>
<td>12 Spanish Table</td>
<td>1 Scrabble</td>
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<td>9 W. Leb Shopping*</td>
<td>10:12 Chair Massages*</td>
<td>10:30 Handwork Circ.</td>
<td>11:30 - 2 CCC Office Hours</td>
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<td><strong>Bridgewater Day</strong></td>
<td>9 Strength &amp; Fitness</td>
<td>10 Double King Pede</td>
<td>11:30 Commodities</td>
<td>12 Spanish Table</td>
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<td>8 Board Meeting</td>
<td>9 W. Leb Shopping*</td>
<td>9:30 - 12:30 Foot Clinic*</td>
<td>9:30 Handwork Circ.</td>
<td>12 French Table</td>
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<td><strong>8:30 Newsletter Folding</strong></td>
<td>9 Strength &amp; Fitness</td>
<td>10 Double King Pede</td>
<td>10 - 12 Wellness Clinic</td>
<td>12 Spanish Table</td>
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<td>9:00 Warren's Lobster Trip departure</td>
<td>12:30 Dinner and Movie night</td>
<td>10:12 Chair Massages*</td>
<td>10:30 Handwork Circ.</td>
<td>12 French Table</td>
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* Indicates that Sign up/ Reservations Required

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# MENU - JULY 2014

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<td><strong>Meal Pricing:</strong></td>
<td>7:00 Charge for those under age sixty</td>
<td>7:00 Suggested donation for ages sixty and over</td>
<td>Shepherd's Pie, Vegetable Medley, Fresh Fruit Salad</td>
<td>Grilled Sweet Italian Sausage on Bun w/ Peppers and Onions, Macaroni Salad, Spinach Strawberry Salad, Ice cream cone</td>
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<td><strong>New England Clam Chowder, Corn Bread, Tossed Salad, Strewesel Peach Pie</strong></td>
<td>9 Strength &amp; Fitness</td>
<td>10 Double King Pede</td>
<td>12 German Table</td>
<td>1 Heart to Heart</td>
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<td><strong>Reubens, onion rings, Mediterranean vegetable salad, fruit mousse tart</strong></td>
<td>10:30 - 2 CCC Office Hours</td>
<td>12 German Table</td>
<td>1 Music with the Mill Band</td>
<td>2:15 Bone Builders</td>
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<td><strong>Chef's Choice</strong></td>
<td>Quiche w/ Smoked Turkey &amp; Broccoli, Roasted Potatoes, Roasted Vegetable Medley, Lemon Ricotta Cheesecake squares</td>
<td>Chicken pot pie w/ Puff Pastry, Tossed Salad, Strawberry Shortcake</td>
<td>Summer Stuffed Peppers w/ Beef, Brown Rice, Vegetables, Tossed Salad, Chef's Famous Chocolate Chip Cookies w/ Fresh Fruit</td>
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* indicates that sign-up/ reservations are required (Birthday Day & special holliday meals) Please call ahead with special dietary needs.