



# The Thompson Times

AT THE CENTER FOR SENIORS AND COMMUNITY

JULY 2017

## Castle Freeman, Jr Bookstock Presenter & Vermont Author Comes to The Thompson

**July 28th at 11:00 am  
at The Thompson**



**See insert for more details  
and a schedule of  
Bookstock, July 28- 30**

Join us as we help kick-off Bookstock on July 28th. Author Castle Freeman, Jr. will be at The Thompson Center at 11:00 am to discuss his latest book, *The Devil in the Valley*.

Set in the world of contemporary Vermont, this beguiling tale touches on temptation and greed, and explores what we're willing to trade to obtain the things we most desire. A memorable story that explores the super-natural while staying rooted deeply in our world, *The Devil in the Valley* is a powerful novel from a master at his craft.

Castle Freeman, Jr., was born in Texas, raised and educated in Chicago, New York, and Philadelphia. He came to south-eastern Vermont with his wife, Alice, on a whim and is still here 45 years later. He is the author of seven novels, something like eighty short stories, two story collections, and more than 100 essays, historical articles, op-ed matter, journalism, nature writing, and other nonfiction, most of it related in one way or another to the life of our state and its people.

Join us for an opportunity to learn more about his book and to chat with Freeman about the writing process. All are welcome to attend.

## Save the Date for: Generation to Generation Campaign 2017



The Gen2Gen campaign shines a light on the mutual benefits of intergenerational relationships.

The week of August 7th will be Gen2Gen week at the Thompson with ArtisTree and friends. Join us for Music Together, Creative Arts projects, a kid-friendly lunch menu throughout the week, horse-shoe lessons, ping pong games, ice cream social, and more! Children of all ages are invited to participate in various events throughout the week.

Participate with us to create meaningful Gen2Gen moments that last a lifetime by helping at least one young person to connect with an older adult and dine, create, & have some fun together.

## 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,  
paulsley@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*  
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Tambrey Vutech  
Wendy Wannop  
Tom Weschler

## BEHIND THE SCENES

### ADVISORY MEETING HIGHLIGHTS

- Update about work on Adult Day Services being established in this area
- Upcoming programs and events
- Update about work on "Aging at Home" support related to strategic plan
- User report about Lifeline that alerts "on the go" away from home
- New Thompson van has been purchased with awarded grant money and is anticipated to arrive by the end of June.

**Please join our next meeting on Monday, July 10th at 1:00 pm.** All patrons and volunteers are invited to attend. Your feedback is needed and appreciated!

### TOWN DAYS ARE BACK!

Residents of surrounding towns are invited for lunch at The Thompson for the reduced rate of \$3.00 on the following Mondays:

**Bridgewater** ~ Monday, July 10th  
**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.*



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@thompsonscenter.org**

**Brain Builder Answer: 100-9=91, 91x4=364, 364-7=357**



**Individual Medicare Counseling for New Enrollees**  
**Presented by a Senior Solutions Medicare Counselor**  
**Wednesday, July 5, 9:00 - 2:00 pm**  
**Thursday, July 27, 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 a Senior Solutions volunteer.

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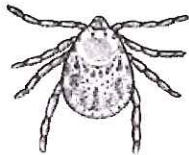


A Dartmouth-Hitchcock Affiliate

**Tobacco Cessation Workshop**  
**Wednesdays, July 5 - 26, 10:00 - 11:00 am**

Mt. Ascutney Hospital will be hosting a tobacco cessation workshop at the Thompson Senior Center for anyone who is interested in quitting smoking. This workshop is free and is open to everyone. Quit products will be provided free of charge (patches, gum, and lozenges!). The workshop will run every Wednesday from July 5<sup>th</sup> to July 26<sup>th</sup> from 10:00 - 11:00 am. **If you are interested in attending the workshop please call or email Samantha at 802-674-7089 or [CHO@Mahhc.org](mailto:CHO@Mahhc.org).** Registration is open until July 5<sup>th</sup>.

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**The Facts about Tick-borne Disease in Vermont**  
**What you Need to Know**  
**Presented by Vermont Public Health Nurse, Wendy Walsh**  
**Thursday, July 6, 1:00 pm**

The objectives of this presentation will be for participants to have an understanding of the most common tick borne diseases in Vermont, how ticks behave in Vermont, and how to protect yourself and your family. Safe tick removal and what you should do when bitten by a tick will be included in this discussion.

## TRIPS



### **Nature of the Lakes Cruise on Squam Lake, Holderness, NH**

**Followed by Lunch With Lake View Dining at Walter's Basin Restaurant**

**Wednesday, July 12, 2017**

**Depart Thompson at 8:00 am on Coach Bus for a 10:30 am cruise, followed by lunch at 12:15 pm**

**Return to Woodstock approximately 4:00 pm**

**Cost: \$77 Transportation, Cruise, and Lunch**

*To all of our Thompson Travelers who will be joining us on our trip to Squam Lake on Wednesday, July 12<sup>th</sup>. Please note these following reminders:*

- Please arrive at The Thompson Center for 7:45 am board time and 8:00 am departure
- Our Lake cruise on canopied pontoon boats will be 90 minutes long. In the event of inclement boating conditions, an optional live animal program or narrated virtual tour slide show of the lake cruise will be offered at Squam Lakes Natural Science Center
- Please bring a jacket, in case of cooler temperatures on the water, sun protection, and sneakers or something similar is advised
- Binoculars will be available for wildlife viewing or you are welcome to bring your own
- Bottled water will be provided on our Coach bus

Your lunch menu options at Walter's Basin restaurant are as follows and all entrees are served with french fries and include a non-alcoholic beverage.

- Pulled Pork Sandwich
- Walnut and Cranberry Chicken Salad Sandwich
- Fried Haddock Sandwich
- Bacon Cheeseburger

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

**At New London Barn Playhouse**

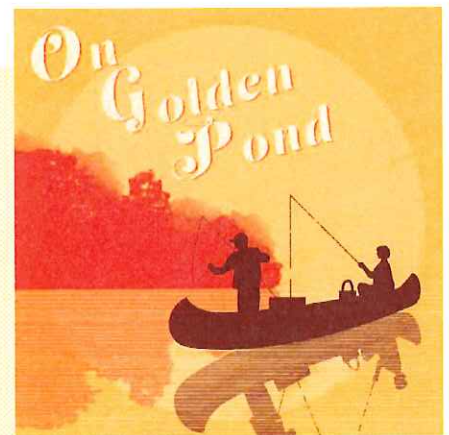
**Wednesday, August 23, 2:00 pm performance**

**(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.



# PROGRAMS & TRIPS

## **Monthly Art Project with ArtisTree at The Thompson Monday, July 10, 1:30 pm**



Celebrate World Oceans Day by creating some fantastically whimsical sea creatures! Using recycled materials we will turn an existing form into a big eyed, colorfully scaled creature to hang in your garden, house or porch.

## **Birthday Music Thursday, July 27 at 1:00 pm**



Vocalist Jerry Blakeney returns for our monthly birthday celebration to sing some of our country favorites.

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## ***Fall Trip Announced!***

### **Rocky Mountain High**

**A John Denver Tribute by Ted Vigil**

**In the White Mountains of New Hampshire**

**Wednesday, October 11, 2017**

***Further trip details will be available soon***



Experience NH's Fall Foliage as we travel to the White Mountains of NH during peak foliage season to see one of the most realistic Tribute shows to come across the stage. The legendary John Denver evokes memories of an era in music which was both inspiring and influential. His music is a combination of romance, country, and environmentalist. This brilliant song writer and two time Grammy award winner was truly a gifted performer.

Ted Vigil a man who, according to long-time John Denver guitar accompanist Steve Weisberg, resembles John both physically and musically, is carrying on the tradition honoring this colossal music icon. Our trip includes a roast turkey luncheon on New Hampshire's Turkey Train, along the scenic shores of Lake Winnepesaukee prior to the show.

# PROGRAM CALENDAR - JULY 2017

Mon	Tue	Wed	Thu	Fri
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
<b>CLOSED in Observance of Holiday</b>	<b>Independence Day CLOSED</b>	<b>9 W. Leb Shopping*</b> <b>9-2 Individual Medicare Counseling*</b> <b>10-11 Tobacco Cessation Workshop*</b> 10:30 Handwork Cir. 12 French Table	9 Strength & Fitness 10 Cribbage 10:30 Italian Study 12 Italian Table 1 Italian Intermediate <b>1 Tick Program</b> 2 Mahjong 3 Bone Builders	<b>10-12:30 CCC Office Hours*</b> 12 German Language Table <b>Open Ping Pong</b> <b>1:30 Water Aerobics*</b>
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
<b>Bridgewater Day*</b> 10:15 Memoir Group 1 Bridge 1 Horseshoes <b>1:30 ArtisTree Project*</b> <b>1 Advisory Meeting</b> <b>11-3 Advanced Directives*</b>	9 Strength & Fitness 10 Double King Pede <b>10 Beginning Italian*</b> <b>10-2:30 Ping Pong</b> 12 Spanish Table 12:30 Mahjong <b>1:30 Pickle Ball*</b> 3 Bone Builders	<b>Bastille Day*</b> <b>8 Depart for Squam Lake Cruise*</b> <b>10-11 Tobacco Cessation Workshop*</b> 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>9 – 2:30 Foot Clinic*</b> <b>10-12:30 CCC Office Hours*</b> 12 German Language Table <b>Open Ping Pong</b> <b>1:30 Water Aerobics*</b>
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
<b>8:30 Newsletter Folding</b> 10:15 Memoir Group 1 Bridge 1 Horseshoes	9 Strength & Fitness 10 Double King Pede <b>10 Beginning Italian*</b> <b>10-2:30 Ping Pong</b> 11:30 Commodities 12 Spanish Table 12:30 Mahjong <b>1:30 Pickle Ball*</b> 3 Bone Builders	<b>8:30 Board Meeting</b> <b>9 W. Leb Shopping*</b> <b>9-2:30 Foot Clinic*</b> <b>10-11 Tobacco Cessation Workshop*</b> 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	<b>10-12:30 CCC Office Hours*</b> 12 German Language Table <b>Open Ping Pong</b> <b>1:30 Water Aerobics*</b>
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
10:15 Memoir Group 1 Bridge 1 Horseshoes	9 Strength & Fitness 10 Double King Pede <b>10 Beginning Italian*</b> <b>10-12 Wellness Clinic</b> <b>10-2:30 Ping Pong</b> 12 Spanish Table 12:30 Mahjong <b>12:30 - 2:45 Foot Clinic*</b> 3 Bone Builders	<b>10-11 Tobacco Cessation Workshop*</b> 10:30 Handwork Cir. 12 French Table	<b>Birthday Day*</b> <b>9-2 Individual Medicare Counseling*</b> 9 Strength & Fitness 10 Cribbage 10:30 Italian Study 12 Italian Table 1 Italian Intermediate <b>1 Music with Jerry Blakeney</b> 2 Mahjong 3 Bone Builders	<b>10-12:30 CCC Office Hours*</b> 12 German Language Table <b>Open Ping Pong</b> <b>1:30 Water Aerobics*</b>
<b>31</b>				
10:15 Memoir Group 1 Bridge 1 Horseshoes			<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>	<b>* Indicates that sign-up/reservations are required.</b>

# MENU - JULY 2017

Mon	Tue	Wed	Thu	Fri
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
<b>CLOSED in Observance of Holiday</b>	<b>Independence Day CLOSED</b>	<b>Grill Day</b> Hot Dogs & Burgers, Potato Salad, Cole Slaw, Strawberry Short Cake	Tossed Salad, Chicken Parmesan over Multigrain Pasta, Garlic Bread, Fresh Fruit Parfait	Italian Basil Pasta Salad, Waldorf Salad, Chicken Salad Plate with Lettuce and Roll, Chef's Choice Dessert
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
<b>Bridgewater Day*</b> Reubens, Beer Battered Onion Rings, Marinated Vegetable Salad, Sorbet w/ Fresh Berries	Lasagna, Tossed Salad, Garlic Bread, Fresh Fruit Salad	<b>Bastille Day Lunch*</b> Nicoise Salad, Antipasto Plate, Cake w/ Berries	Chicken Caesar Wrap, Hearty Vegetable Minestrone, Chocolate Chip Cookies and Fruit	<b>Chef's Choice</b>
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
Tossed Salad, Penne Pasta w/ Sweet Italian Sausage, Spinach, Tomatoes, Pesto, Fresh Fruit Parfait	Meatloaf, Smashed Potato, Gravy, Peas & Carrots, Hot Fudge Sundae with Banana	Grilled Tuna & Vegetables in Herb Butter, Brown Rice, Oatmeal Cranberry, Cookie and Fruit	Stuffed Peppers, Tossed Salad, Fruit Short Cake	Grilled Chicken Greek Slaw Pita Sandwiches, Couscous Salad, Greek Butter Cookies
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
Tossed Salad, Supreme Pizza w/ Peppers, Onions, Mushrooms, Olives, Pepperoni, Coconut Macaroons w/ Pineapple	Dijon Crusted Chicken Breasts, Horse Radish Mashed Potato, Gravy, Spinach, Jelly Roll	Three Onion, Mushroom and Ham Quiche, Roasted Potatoes, Tossed Salad, Lime and Spice Peach Cobbler	<b>Birthday Day*</b> Grilled Baja style Pork Loin Chimichurri Sauce, Spicy Sweet Potato Salad, Braised Greens, Roll, Cake & Ice Cream	Grilled Salmon Burger On Multigrain Roll, Potato Salad, Grilled Vegetable Salad, Warm Berry Crisp
<b>31</b>				
<b>Chef's Choice</b>		<b>Meal Pricing:</b> " \$ 7 charge for those under age sixty " \$ 5 suggested donation for ages sixty and over	<b>* indicates that sign-up/reservations are required (Birthday Day &amp; special holiday meals)</b>	<b>Menu is subject to change based on availability of food items. Please call ahead with special dietary needs.</b>

### \* Reservation Required \*

Please sign-up in advance for special meals and Birthday Day. This month includes **Bridgewater Day on July 10th, Bastille Day on July 12th and Birthday Day on the 27th**. Volunteers, if you are working and eating on that day you will also need to sign-up at the front desk. Our fire code limits us to 80 guests.

**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

Get the given result with calculations using the provided numbers. You can use some or all five numbers and four arithmetic operations: addition, subtraction, multiplication, and division.

**Numbers: 4 7 9 20 100**  
**Result: 357**

Answer on page 2

**Thompson Pickle Ball Clinic**  
**Get Your Game On!**  
**Tuesdays, June 20 – July 18**  
**(no class on July 4<sup>th</sup>)**  
**At The Woodstock Athletic Club**  
**Court Time Begins at 1:30 pm**

First 4 week series - \$32 equipment provided  
*Please inform The Thompson Center at time of registration if you will need transportation*

**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**

### **July Discussion: Part 3 Video: Living with Someone with Low Vision**

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, July 19, 12:30 pm**

Support and education can make a critical difference for family members and caregivers of patients with memory loss or disorders such as 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

**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 the Alzheimer's Association website to learn more (website address) or call the Thompson to sign up to join our team for the Upper Valley Walk to End Alzheimer's.

## **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**

**Tuesdays at 1:30 pm  
(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**

## **BOOK GROUP**

***No Meetings over the Summer***  
**September 13th at 1:00 pm**

The Book Group will be 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!

# IN APPRECIATION

## IN APPRECIATION

Gina Moore - vases  
 Mary Ellen Haff - books and yarn  
 Therese Fullerton - medical equipment in memory of  
 Yvonne Rogers  
 Tina Miller - medical equipment in memory of her  
 mother, Pat Osborne  
 Andrea Twigg-Smith, Joan Columbus, Pat Whitney,  
 Marcelle & Jack Derevensky, Bob & Honee Hager -  
 medical equipment  
 Erwin Fullerton - rhubarb

### 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



*On July 27 we will celebrate your special day with a delicious meal! Please call to make a reservation for a complimentary*

## IN MEMORY OF

### Patricia Mangan

The Prosper Valley School PTO  
 Patricia Kuzmickas  
 Geoff Derry  
 Barbara Kelley  
 Paula & Alex Audsley  
 Edward & Susan Toll  
 Richard & Jane Leonard  
 Therese Fullerton  
 Jerry & Patricia Barrett-Day  
 Ted & Joan Staples  
 Therrien & Lefebvre Families and  
 The Melanson Company  
 Samuel & Barbara Laverack  
 SIMBEX  
 Joanne & Roy Bates  
 Marie Willis  
 Henry Howard  
 Wendy & John Wannop  
 Dale & Jane Spooner  
 Patricia Alden  
 Lucille Staples  
 Bob & Honore' Hager  
 Richard & Julie Rideout  
 Everett & Molly Leonard

### Ed McGee

Wendy & John Wannop

### Kilborn Church

From Ellaway Friends  
 Nancy Lewis  
 Deborah Phillips  
 Robert & Georgia Plattner  
 Bob & Fiona McElwain  
 Catherine Wood  
 Donna Hadley-Fisk  
 Candice & Kenneth Gammill  
 Barbara & John Bruno  
 Chester Marcus  
 Clover Durfee  
 Charles & Kathy English  
 Michael & Peggy Levensgood

### William Gamage

Deborah Phillips

### Marie Aldrich

Jean Conklin

## JULY BIRTHDAYS

1st	John	Gravel	13th	Robert	Griggs, Jr	22nd	Holly	Levison
2nd	Barbara	Kelley	14th	Gerry	Fields	23rd	Margaret	Wieche
2nd	Kimberly	Christensen	14th	Lysle	Chase	23rd	William	Barrows
2nd	Leslie	Friedman	14th	Nancy	Schullinger	23rd	Virginia	Trampe
3rd	Neil	Jillson	14th	Ellen	Ahrens	24th	Robert	McFadden
3rd	Odette	Hazen	14th	Jennifer	Kirkman	25th	Wesley	Frost
5th	Gordon	Worth	14th	Jennifer	Brock	25th	Claire	Dibble
5th	Trudi	Brock	14th	Chris	Prior	25th	Lloyd	Osmer
5th	Albert	Pristaw	15th	Judith	Topolski	25th	Nancy	Anderson
5th	Betsy	Hallahan	16th	Priscilla	Pannell	25th	Barbara	Simon
5th	Carol	Nartowicz	16th	Wendy	Wannop	25th	Beatrice	Gyra
6th	Norman	Martin	17th	David	Doubleday	26th	Sally	Kesseli
6th	Helga	Cognato	18th	Airell	Jenks	26th	Marilyn	Wilhelm
7th	Ernest	Forgione	18th	Wendy	Winsor	26th	Wendy	Otavsky
7th	Carol	Rauscher	18th	Karen	Purviance	26th	Richard	Cole
7th	Judith	Pierce	19th	Edwin	English	26th	Patricia	Brent-Sorenson
8th	Bud	Futschik	19th	Mary Jane	Wentworth	27th	Jackie	Durkee
8th	Howard	Jonas	19th	Marilyn	White	27th	Gail	Moore
9th	Frances	Gillett	19th	Ralph	Ward	28th	Thomas	Watson
9th	Rosemary	Smith	19th	Ken	Ackley	28th	Jenny	Lamb
10th	Ann	McKelvie	20th	Ralph	Lessard	28th	Janice	Fleetwood-Bean
10th	Louis	Carini	20th	Joanne	Hershey	28th	Gordon	Holmes
11th	Lene	Bennett	20th	Michael	Mongulla	29th	Carol	Jones
11th	Joan	Lang	20th	Patricia	Whitney	30th	Eric	Johnston
12th	Robert	Lewis Sr	21st	Joseph	Herrick	30th	Nancy	Pike
12th	Susan	Maxham	21st	Adolf	Schlerf	31st	Pam	Butler
12th	Joanne	Keyler	21st	David	Sleeper	31st	Carl	Hurd
			21st	Marcelle	Derevensky	31st	Jean	Silva
			22nd	Fern	Kruse	31st	Bob	Hazen



# 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

## 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.