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

July 28th at 11:00 am  
at The Thompson

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 southeastern 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.

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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, horseshoe 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.
**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!*

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**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.*

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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.

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**Sign up for the e-newsletter by emailing:**

jbloch@thompsonseniorcenter.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.

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 5th to July 26th 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. Registration is open until July 5th.

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.
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 12th. 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.
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.

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 Winnipesaukee prior to the show.
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<td>3</td>
<td>Closed in Observance of Holiday</td>
<td>Independence Day CLOSED</td>
<td>9 W. Leb Shopping* 9-2 Individual Medicare Counseling* 10-11 Tobacco Cessation Workshop* 10:30 Handwork Circ. 12 French Table</td>
<td>9 Strength &amp; Fitness 10 Cribbage 10:30 Italian Study 12 Italian Table 1 Italian Intermediate 1 Tick Program 2 Mahjong 3 Bone Builders</td>
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<td>10</td>
<td>Bridgewater Day* 10:15 Memoir Group 1 Bridge 1 Horseshoes 1:30 ArtisTree Project* 1 Advisory Meeting 11-3 Advanced Directives*</td>
<td>9 Strength &amp; Fitness 10 Double King Pede 10 Beginning Italian* 10-2:30 Ping Pong 12 Spanish Table 12:30 Mahjong 1:30 Pickle Ball* 3 Bone Builders</td>
<td>Bastille Day* 8 Depart for Squam Lake Cruise* 10-11 Tobacco Cessation Workshop* 10:30 Handwork Circ. 12 French Table</td>
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<td>17</td>
<td>8:30 Newsletter Folding 10:15 Memoir Group 1 Bridge 1 Horseshoes</td>
<td>9 Strength &amp; Fitness 10 Double King Pede 10 Beginning Italian* 10-2:30 Ping Pong 11:30 Commodities 12 Spanish Table 12:30 Mahjong 1:30 Pickle Ball* 3 Bone Builders</td>
<td>8:30 Board Meeting 9 W. Leb Shopping* 9-2:30 Foot Clinic* 10-11 Tobacco Cessation Workshop* 10:30 Handwork Circ. 12 French Table 12:30 Caregiver 3:10 Support Group</td>
<td>9 Strength &amp; 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</td>
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<td>10:15 Memoir Group 1 Bridge 1 Horseshoes</td>
<td>9 Strength &amp; Fitness 10 Double King Pede 10 Beginning Italian* 10-12 Wellness Clinic 10-2:30 Ping Pong 12 Spanish Table 12:30 Mahjong 12:30 - 2:45 Foot Clinic* 3 Bone Builders</td>
<td>10-11 Tobacco Cessation Workshop* 10:30 Handwork Circ. 12 French Table</td>
<td>Birthday Day* 9-2 Individual Medicare Counseling* 9 Strength &amp; Fitness 10 Cribbage 10:30 Italian Study 12 Italian Table 1 Italian Intermediate 1 Music with Jerry Blakeney 2 Mahjong 3 Bone Builders</td>
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<td>31</td>
<td>10:15 Memoir Group 1 Bridge 1 Horseshoes</td>
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<td>BINGO daily at 10:30 am except on birthday day and other special meal days. Location: Dining Room on Mon &amp; Wed. Upstairs conference room on Tues, Thurs, Fri,</td>
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* Indicates that sign-up/reservations are required.
**MENU - JULY 2017**

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<td>CLOSED in Observance of Holiday</td>
<td>Independence Day CLOSED</td>
<td>Grill Day Hot Dogs &amp; Burgers, Potato Salad, Cole Slaw, Strawberry Short Cake</td>
<td>Tossed Salad, Chicken Parmesan over Multigrain Pasta, Garlic Bread, Fresh Fruit Parfait</td>
<td>Italian Basil Pasta Salad, Waldorf Salad, Chicken Salad Plate with Lettuce and Roll, Chef's Choice Dessert</td>
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<td>Bridgewater Day* Reubens, Beer Battered Onion Rings, Marinated Vegetable Salad, Sorbet w/ Fresh Berries</td>
<td>Lasagna, Tossed Salad, Garlic Bread, Fresh Fruit Salad</td>
<td>Bastille Day Lunch* Nicoise Salad, Antipasto Plate, Cake w/ Berries</td>
<td>Chicken Cacao Wraps, Hearty Vegetable Minestrone, Chocolate Chip Cookies and Fruit</td>
<td>Chef's Choice</td>
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<td>Tossed Salad, Penne Pasta w/ Sweet Italian Sausage, Spinach, Tomatoes, Pesto, Fresh Fruit Parfait</td>
<td>Meatloaf, Smashed Potato, Gravy, Peas &amp; Carrots, Hot Fudge Sundae with Banana</td>
<td>Grilled Tuna &amp; Vegetables in Herb Butter, Brown Rice, Oatmeal Cranberry, Cookie and Fruit</td>
<td>Stuffed Peppers, Tossed Salad, Fruit Short Cake</td>
<td>Grilled Chicken Greek Salad Pita Sandwiches, Couscous Salad, Greek Butter Cookies</td>
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<td>Tossed Salad, Supreme Pizza w/ Peppers, Onions, Mushrooms, Olives, Pepperoni, Coconut Macaroons w/ Pineapple</td>
<td>Dijon Crusted Chicken Breasts, Horse Radish Mashed Potato, Gravy, Spinach, Jelly Roll</td>
<td>Three Onion, Mushroom and Ham Quiche, Roasted Potatoes, Tossed Salad, Lime and Spice Peach Cobbler</td>
<td>Birthday Day* Grilled Baja style Pork Loin Chimichurri Sauce, Spicy Sweet Potato Salad, Braised Greens, Roll, Cake &amp; Ice Cream</td>
<td>Grilled Salmon Burger On Multigrain Roll, Pinto Salad, Grilled Vegetable Salad, Warm Berry Crisp</td>
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<td>Chef's Choice</td>
<td>Meal Pricing:  * $7 charge for those under age sixty  * $5 suggested donation for ages sixty and over</td>
<td>* indicates that sign-up/reservations are required (Birthday Day &amp; special holiday meals)</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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* **Reservations 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 4th)
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

Tai Chi’s Slow, Gentle Exercise
Great for Mind and Body
Wednesdays
Beginners/Intermediate 9:30 am
Upper Intermediate/Advanced 10:45 am
No classes at The Thompson throughout the Summer

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

We will again have both an introductory tai chi class and a class for those who’ve been enjoying Anne Bower’s classes here for a while. Both classes use movements based on Sun 73 tai chi—the youngest of the tai chi styles and the one most focused on health. We know from individuals’ experiences as well as some clinical studies that tai chi can provide joint pain relief, greater balance, meditation, and fall prevention. Many doctors now recommend it to their patients!

Cost: $3.00/class with all of the proceeds going to support programs at The Thompson.

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

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

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

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

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

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

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

Low Vision Support Group
Every 3rd Thursday of the Month
10:15 - 11:45 am
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 their ongoing monthly meeting. Learn about adaptive aids and strategies that support independence. Led by a Certified Vision Rehabilitation Therapist from VABVI.

Foot Care Clinics
Monthly, 9:00 am - 2:30 pm on the 2nd Friday & 3rd Wednesday
And 12:30 to 2:50 pm on the 4th Tuesday

In addition to Mary Wood’s clinic on the second Friday and third Wednesday of each month, we are happy to offer more foot clinic availability with our wellness clinic nurse, Mary Ann Conrad. Mary Ann will be offering an additional foot clinic on the fourth Tuesday of the month from 12:30 to 2:50 pm following her wellness clinic hours.

Both clinics will now be $20 and patrons are asked to bring their own towel. As always, please inform us in advance if you cannot make your appointment.

ADVANCE DIRECTIVE CLINIC
2nd Monday of the Month
Would your loved ones know your wishes about medical care if you were unable to speak for yourself? There is a legal document called an Advance Directive that you can complete to give guidelines about your wishes and appoint someone to represent you if you are not able. We have arranged for a trained and caring volunteer to be at the Thompson Center every 2nd Monday from 1 pm - 3 pm. These volunteers will take the time to explain both the document and the simple process used to make your wishes known. You can call 457-3277 to schedule an appointment.

Wellness Clinic & Blood Pressure Screenings
4th Tuesday, 10 - 12 noon

Wellness clinics (blood pressure & consultation) with VNA Wellness Clinic nurse, Mary Ann Conrad, held on the 4th Tuesday of each month from 10-noon.

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

CAREGIVER SUPPORT GROUP
Wednesday, 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.
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 nation-wide, 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.

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**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

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**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.

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**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 with titles you are interested in by August 1 for the September discussion. Thank you!
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 Towre
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 Kuznickas
Geoff Detty
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 Piatner
Bob & Fiona McEwan
Catherine Wood
Donna Hadley-Fisk
Candice & Kenneth Gammill
Barbara & John Buono
Chester Marcus
Clyver Darbee
Charles & Kathy English
Michael & Peggy Lewin

William Gamache
Deborah Phillips

Marie Aldrich
Jean Conklin

JULY BIRTHDAYS

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

THE THOMPSON TIMES PAGE 11
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

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.