Transportation Spotlight!

With very limited public transportation in our rural area, getting around can be tricky, especially if you’ve given up your keys (21% of Vermonters over the age of 65 no longer drive).

Did you know that the Thompson transportation program provides on average 340 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 can be arranged daily with the driver, and longer grocery shopping trips to Mac’s are accommodated on Wednesdays and Fridays. Suggested minimum donation: $1 per ride ($2 round trip).

- **Medical Rides** daily 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 medical 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. All ages welcome. The Thompson funds these trips with Stagecoach so any donation is greatly appreciated.

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 (The Ellaway Group),
Four Seasons’ Realtor Tambrey Vutech,
Ottauquechee Plumbing,
Upper Valley Rehabilitation,
Woodstock Dentistry, Mark Knott, DDS,
Woodstock Insurance Services, and
Gateway Motors (car washes).

**Grants:**
- The Ottauquechee Health Foundation, and
- Woodstock Rotary.
BEHIND THE SCENES

ADVISORY MEETING HIGHLIGHTS

- Receptionist training to be scheduled
- Advisory meeting notes will be posted on our lobby bulletin board
- Conversation about terminology of patrons versus members
- Suggestion box now located in lobby

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

Have You Visited Our Cozy Library?

Located on the 2nd floor of our Center, you’ll find a nice variety of fiction & non-fiction books carefully arranged by volunteer librarians: Sally & Carl Kesseli and Mia & Gordon Pine.

Some of the special features of our library are:
- An Enlarger/Reading Machine (donated by NWPL, pictured below left)
- A collection of Aging Resource literature & Dementia related material
- Local & Vermont History (donated by Kathy Wendling)

AND

Free Wi-Fi
Check it out!

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:

Barnard – Monday, June 8
Bridgewater – Monday, July 13
Pomfret – Monday, August 10
Reading – Monday, September 14
Woodstock – Monday, October 5

Please note: The Thompson van can provide transportation for you and your friends.

IN APPRECIATION

Taylor & Emily Schanck-netted bags
Jackson House Inn-Orchid (faux plant)
Arta Granling-medical equipment
Gwen Taylor-puzzles
Toppy Gould-medical equipment

ONGOING 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

Transportation Sponsors:
Upper Valley Rehabilitation
Dead River Company
Connected-At-Home
Ottauquechee Plumbing
Mark Knott, DDS
Woodstock Insurance Services
Four Seasons Sotheby’s Realty
Tambrey Vutech
Gateway Motors - car washes
Ottauquechee Health Foundation

IN MEMORY OF

ROBERT LEWIS
Lawrence Roberts, Jr.

Memorial Note: Please see previous/future newsletters for other memorial gifts. Gifts are listed once in the monthly newsletter immediately following when they are received; this is not a complete listing of gifts for each individual. Thank you for your contributions in memory of dear friends.

On June 25 we will celebrate your special day!

Those who attend with a June birthday will receive a complimentary meal on birthday day.

Please call to make a reservation for lunch.

IN APPRECIATION

Those who attend with a June birthday will receive a complimentary meal on birthday day.

Please call to make a reservation for lunch.

IN MEMORIAM

JUNE BIRTHDAYS

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<tr>
<th>2nd</th>
<th>Betty</th>
<th>Jillian</th>
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Thank you for your contributions in memory of dear friends.
WELLNESS PROGRAMS

CAREGIVER SUPPORT GROUP
Wednesday, June 17, 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.

Get Your Medical Questions Answered by a Gifford Medical Center Health Care Provider
Do you have a medical question that you would like answered by a medical professional? Tune in to the Royalton Community Radio program, “On Call”, on Tuesday evenings from 6:00 - 7:00 pm on FM channel 96.5. If there is a specific topic you would like to hear about, call Nikki Gewirz, P.A. at 802-763-2700 or email her at ngewirz@giffordmed.org.

Free Medicare Assistance Available
Mondays, May 4 and 11, June 8, 15, 22, 1:00 - 3:00 pm
We are currently taking appointments for people needing assistance with Medicare plans, including those people turning 65 who will be new enrollees. Assistance for people enrolling in Choices for Care Long-Term Care (Medicaid) will also be available. Please call 457-3277 to reserve your one hour appointment with Medicare counselor, Rick Greenspan.

Wellness Clinic & Blood Pressure Screenings
Tuesday, June 23, 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 10:00 am - noon.

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.

Chair Massages at the Thompson Center
Wednesdays, 10:00 am to noon
Chair massages are offered on the 1st, 2nd and 4th Wednesday 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

Smiles for Seniors Coming to the Thompson Center!
Who: Adults 65 years and older living on a fixed income.
Where: Thompson Senior Center
When: Mondays beginning in June
Want more information? Call Sherry Thornburg, Ottauquechee Health Foundation 802-457-4188

6th Annual Summer Tea and Luncheon
Tuesday, June 30, 12:00 pm
Don’t miss The Thompson Center’s 6th Annual Tea. Fancy hats are welcome and gentlemen are invited too. Please RSVP by June 23 (457-3277), we will start a waiting list after the first 75 people sign up.
Menu: Hearty tea sandwiches, and a variety of tarts, biscotti, tea cakes, punch, and tea.
Suggested donation: $5.00

NEWS & EVENTS

4th Annual Staff Appreciation Pot-luck Lunch
Wednesday, June 10, 2015
12:00 pm
Join the fun and share your favorite dish, salad, or dessert at this once a year special event to show the TSC staff how much they’re appreciated. Coordinated by Dick & Bonnie Atwood & Jane Soule. Please make your regular lunch donation if you can’t make a dish to share. Sign-up requested.

FREE, OPEN TO ALL, LIGHT REFRESHMENTS SERVED.
AN AGING IN COMMUNITY PROGRAM SPONSORED BY:
Norman Williams Public Library, the Ottauquechee Health Foundation, and the Thompson Senior Center
Journaling Class Returns
Mondays, 10:30 am - 12:00 pm
June 1, 15, 29
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 different types of journals, share resources, and discuss how journaling can be fun, creative, and spiritually rewarding.
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.

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

Zack’s Place Theater Guild Presents
Tea for Tut
June 2, 5:30 pm at WUHS
Join Zack’s Place and the Thompson Senior Center participants in a trip across the Atlantic to explore The Thompson Hotel at Zackton Abbey in Yorkshire, England. Help us solve the mystery of the missing Egyptian artifacts from King Tut’s Tomb. Tea, Tut and Mystery….music, dancing and romance! We’ll be Leaving on a Jet Plane on June 2nd at 5:30 pm, so bring your boarding pass, your passport, your friends and Be Our Guest for a night full of fun and surprises! Free to All, Donations Gratefully Accepted!

Movie Night is back!
Quartet
Monday, June 15, 2015
5:30 pm Dinner, 6:30 pm Movie
Lifelong friends Wilf and Reggie, together with former colleague Cissy, are residents of Beecham House, a home for retired opera singers. Every year on Giuseppe Verdú’s birthday, the residents unite to give a concert to raise funds for their home. But when Jean Horton, a former grande dame of the opera fallen on hard times, also Reggie’s ex-wife and the fourth and most celebrated member of their former quartet, moves into the home to everyone’s surprise, the plans for this year’s concert start to unravel.
QUARTET is a wickedly comic film about redefining old age and growing old with hope; demonstrating how art illuminates life and the human spirit remains undimmed even as the brightest stars start to fade. Quartet is actor Dustin Hoffman’s directorial debut, and was nominated for a 2013 Golden Globe for Maggie Smith’s performance.
Menu: Springtime pasta primavera with grilled chicken breast, grilled garlic toast, tossed salad and keylime pound cake. Cost: $5.

 Strength & Fitness
Weekly classes, Mondays, Tuesday & Thursday
9:00 to 10:00 am
This popular class is led by certified fitness instructor and personal trainer, Liz Hartfield. 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.

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.

New! Water Aerobics Class
Woodstock Health and Fitness Center
Fridays, Beginning June 12, 1:30 – 2:15
Cost: $8/class (series of 8 classes is $64)
The Thompson Center will provide shuttle service to and from class if needed, departing at 1:15pm.
Water aerobics is a safe and low impact way to exercise your body. It can be a cardiovascular aerobic work-out to the degree you choose, by making it easier or more challenging for yourself. Fitness Instructor, Bari Ramirez will be using water weights for strength, which are optional. The most important aspect of water aerobics is that it can provide a greater range of flexibility from working in the water. The water creates a nice resistance for your body to move through and because of that you can move your muscles and joints farther and more protected than if you were on land, all in the comfort of an 82 degree pool.
Please note: A minimum of 10 students is requested for this class.

Tai Chi’s Slow, Gentle Exercise
Great for Mind and Body
~No Classes in June~
Our next round of the Wednesday, 10:00 - 11:00 Tai Chi class, taught by Anne Bower and Jane Philpin, runs July 1 through July 29. The five one-hour sessions cost a total of $25.
We know from clinical studies that Tai Chi improves balance, memory, coordination, mood, and blood sugar levels. It helps prevent falls, lower blood pressure, and learning it gives a great sense of satisfaction.
Each class participant makes adjustments for his or her own body; sometimes we do seated Tai Chi, though usually we’re on our feet. The mood in class is relaxed and fun—we laugh a lot, strive to learn, help each other.
Come give it a try!
For more information on how tai chi can benefit you, contract Anne Bower at annie-bower@yahoo.com, or check out her

Wednesday Walkers
Wednesday, 9:00 am at Union Arena
These hearty walkers, with Jerry Fredrickson, will continue to meet at the Union Arena on Wednesdays in June at 9:00 am. With the groups agreement Jerry would like to explore some Woodstock Village Green or Woodstock Country Club golf course routes as the weather improves. Your suggestions for new walking routes outside are welcome! Adults of all ages are welcome. If leaving from the Thompson Center, we will provide you with a ride to and from the Arena, with advance notice.

BOOK GROUP
Wednesday, June 10, 1:00 pm
Inspired by our May spirited conversation about Blacks in Nigeria and America, we decided to delve deeper by reading the autobiography of Frederick Douglass. The book Classic Slave Narratives contains 4 stories of blacks including Douglass’, a 1749 text of “The Life of Olaudah Equiano,” “The History of Mary Prince, A West Indian Slave” and “Incident in the Life of a Slave Girl.” One of the outstanding black history professors of our time, Henry Louis Gates, Jr. compiled the edition. Newcomers are welcomed!

QUARTET is actor Dustin Hoffman’s directorial debut, and was nominated for a 2013 Golden Globe for Best Director. The movie tells the story of Wilf and Reggie, two former opera singers who are now residents of Beecham House, a retirement home for opera singers. Wilf and Reggie, along with their former colleague Cissy, are now living in the same home and are preparing for a concert to raise funds for the home.

QUARTET is a light-hearted and inspiring film that shows the power of music and friendship. The movie is a reminder that even after retirement, we can still have a purpose and a passion in life.

QUARTET is a light-hearted and inspiring film that shows the power of music and friendship. The movie is a reminder that even after retirement, we can still have a purpose and a passion in life.
**TRIPS, TRIPS, TRIPS**

**Love in Woodstock: 200 Years of Wedding Gowns and Accessories**

Woodstock History Center, Tuesday, June 16, 1:15 pm

*Departure from The Thompson Center*

Join us when we visit the Woodstock History Center's much anticipated new exhibit. The exhibit includes 19 wedding gowns and a variety of fans and other accessories. The gowns, which range from the 1780s to the present, cover a wide array of sartorial styles and range from charmingly casual and simplistic dresses to lavish gowns. Interpretive panels explaining early matrimonial customs, as well as wedding collages — showing local couples, their friends, and their families — comprise the backdrop for the exhibit.

*Please call to reserve your seat on the van or indicate if you will be driving on your own.*

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**Bugbee Senior Center Trip to GYPSY at New London Barn Playhouse**

Wednesday, June 24, 2015

Cost: $91

A Premier Coach bus leaves Bugbee Senior Center at 11:00 am. Your ticket package includes transportation and lunch at Coach House restaurant with a choice of two menu entrees: (1) Lemon roasted chicken, whipped potatoes, spinach, haricots vert, mustard jus, or (2) Horseradish crusted cod, crispy leeks, rosemary roasted potatoes, tarragon cream sauce; a choice of coffee, tea, or soda, followed by Chef’s seasonal dessert offering. Please contact the Bugbee Senior Center at 802-295-9068 for your reservation.

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**Warren’s Lobster House and Kittery Shopping Trip**

Wednesday, August 5, 2015

We return to Warren’s Lobster House picturesque setting overlooking the Piscataqua River in Kittery Maine. Lunch will include an entrée 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. Immediately following lunch we will visit the Kittery Premium Outlets, where upon our arrival, complimentary coupon books for shopping discounts will be waiting. Our shopping trip would not be complete without a visit to the Kittery Trading Post, a favorite stop for outdoor enthusiasts. Shoppers will enjoy vast selection of brand name recreational gear, clothing, footwear and specialty gifts for the entire family.

**Itinerary:**
- 9:00 am Depart Thompson Center on Premium Coach Bus
- 12:00 - 1:30 pm Lunch at Warrens
- 2:00 - 3:15 pm Shopping at Outlets
- 6:00 pm Arrive in Woodstock

*Please call to reserve your space on this trip followed by prompt payment and mention your menu selection. The deadline for reservations is July 22nd.* Cost: $82.00 Includes Meal and Transportation.

*Please Note: We must have a minimum of 35 paid reservations by July 22nd, or the trip will be cancelled. So please sign up soon!*
### PROGRAM CALENDAR - JUNE 2015

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<th>Tue</th>
<th>Wed</th>
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<tr>
<td>9 Strength &amp; Fitness</td>
<td>9 Strength &amp; Fitness</td>
<td>9 W. Leb Shopping*</td>
<td>9 Strength &amp; Fitness</td>
<td>10:12-10:30 CCC Office Hours*</td>
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<td>10/15 Memoir Group</td>
<td>10 Double King Pede</td>
<td>9 Walking Program</td>
<td>10 Cribbage</td>
<td>12 German Table</td>
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<td>10:30 Journaling Class</td>
<td>12 Spanish Table</td>
<td>10-12 Chair Massage*</td>
<td>10:30 Italian Study</td>
<td>12 John Conley memorial lunch</td>
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<td>1 Bridge</td>
<td>1 Scrabble</td>
<td>10:30 Handwork Cir.</td>
<td>12 Italian Table</td>
<td>3 Play Practice</td>
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<td>1 Advance Directives*</td>
<td>3 Bone Builders</td>
<td>12 French Table</td>
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<td>1 Advisory Meeting</td>
<td>1 Arctic Program</td>
<td>1 Chronic Pain Workshop*</td>
<td>1 Medicare Appts *</td>
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<td>1 Horseshoes</td>
<td>5:30 Zach’s Play</td>
<td>10 Double King Pede</td>
<td>1 Chronic Pain Workshop*</td>
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<td>3:50 Caregiver Panel Discussion</td>
<td>9 – 2:30 Foot Clinic*</td>
<td>9 Strength &amp; Fitness</td>
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<td>Lemony Chicken with Spinach</td>
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<td>10:15 Memoir Group</td>
<td>10 Double King Pede</td>
<td>Artichoke &amp; Roasted Potatoes, Strawberry Cake</td>
<td>12 Italian Table</td>
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<td>1 Bridge</td>
<td>12 Spanish Table</td>
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<td>1 Horseshoes</td>
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<td>1 Chronic Pain Workshop*</td>
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<td>1 Horseshoes</td>
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### MENU - JUNE 2015

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<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
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<tbody>
<tr>
<td>Tossed Salad, Turkey Sandwich, Caldo Verde, (Spicy Portuguese Kale and Potato Soup w/ sausage), Coconut Macaroons w/ Pineapple</td>
<td>Tossed Salad, Meatloaf, Mashed Potato, Gravy, Green Beans, Strawberry Sundae</td>
<td>Multigrain Spaghetti &amp; meatballs, Garlic bread, Tossed Salad, Fresh Fruit salad and Lemon Cookie</td>
<td>Grilled Jammin’ Salmon Burgers, Potato Salad, Grilled Vegetable Salad, Almond Joy Sundae</td>
<td>BBQ Chicken legs, Potato Salad, Firecracker salad, Peanut Butter and Chocolate Sandwiches w/ Fruit</td>
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<td>Chef’s Choice</td>
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<td>French Toast, Maple Sausage, Fruit and Yogurt</td>
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<td>French Onion Soup, Cheese and Chive Mashed Potato, Roasted Asparagus, Roll, Cake and Ice Cream</td>
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<tr>
<td>Chicken Burritos w/ cheese, Peppers, onions, Salsa and Sour Cream Roasted South Western Salad, Margarita Cup cake</td>
<td>Chicken Salad, Broccoli Salad, Tortellini Salad, Lettuce, Tomato, Chef’s Choice Dessert</td>
<td>Vegetarian Lasagna, Steamed Antiguan Vegetables, Garlic Bread, Coconut Chocolate Chip Cookies and Fruit</td>
<td>Grilled Pesto Chicken Breast, Lemon Risotto with Peas Marinated Vegetable Salad, Peach Shortcake</td>
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<td>Father’s Day Lunch</td>
<td>Barbecue Beef Brisket, Pinto beans, Potato Salad, Cole-slaw, Banana Pudding</td>
<td>Tossed Salad, Spinach, Ham &amp; cheese Quiche, Roasted Sweet Potato Fries, Black Raspberry Ice Cream w/ Berries</td>
<td>Tossed Salad, Cajun Blackened Tilapia, Brown Rice, Braised Collard Greens, Warm Berry Crisp</td>
<td>Birthday Day*</td>
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<td>Barbecue Beef Brisket, Pinto beans, Potato Salad, Cole-slaw, Banana Pudding</td>
<td>Tossed Salad, Spinach, Ham &amp; cheese Quiche, Roasted Sweet Potato Fries, Black Raspberry Ice Cream w/ Berries</td>
<td>Tossed Salad, Spinach, Ham &amp; cheese Quiche, Roasted Sweet Potato Fries, Black Raspberry Ice Cream w/ Berries</td>
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<td>Tuna Pasta Salad, Pea Salad, Cucumber Salad, Lettuce &amp; Tomato, Fresh Fruit Parfait</td>
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<td>Tuna Pasta Salad, Pea Salad, Cucumber Salad, Lettuce &amp; Tomato, Fresh Fruit Parfait</td>
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*Indicates that sign-up/ reservations are required

BiNGO daily at 10:30 am except on birthday day and other special meal days.

Location: Dining Room on Mon. & Wed. Upstairs conf room on Tues, Thurs, Fri.

Meal Pricing:
- $7 charge for those under sixty
- $5 suggested donations for ages sixty and over

Menu is subject to change based on availability of food items. Please call ahead with special dietary needs

*Indicates that Sign-up/ Reservations are required (Birthday Day & special holiday meals)