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 315 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 required 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 ride 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 and a minimum of 3 riders must be booked. 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

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.
BEHIND THE SCENES

ADVISORY MEETING HIGHLIGHTS

- Discussed upcoming programming: Staff Appreciation Luncheon, Summer Tea, Dr. Lynn Peterson talk.

- All agreed the Volunteer Dinner Banquet was a success and requested for next year with entertainment starting during dessert.

Please join our next meeting on Monday, June 5th 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:

- Barnard ~ Monday, June 5th
- 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.

Looking for Santa’s Helpers!

Please join our Handiwork Circle on Wednesdays at 10:30 am in the Center’s living room and help us work on items for the Senior Center Holiday Bazaar. We are currently working on knitted items and jewelry, but if you have a craft you are willing to share please bring it with you. If you have good quality items you are willing to part with, we would love to see them too. Thank you all for your time and efforts.

Briana Maxham, Holiday Bazaar Chair

Brain Builder Answer: Radiowave
**Understanding Social Security and Your Benefits**  
**Presented by Financial Advisors Roger Webster and Kurt Schaefer**  
**CFP – Baystate Financial**  
**Wednesday, May 31, 1:00 PM**  

Please note that this late May program was scheduled after the publication of the May newsletter.

Attendees will learn about the advantages of delaying your social security benefits and the effect of earned income and taxation on these benefits. There will be plenty of time for question and answers in this presentation.

**Family Caregivers: Learn the Steps to Effective and Positive Caregiving**  
**A Three Part Series Presented by Susan Moor**  
**June 13, 20, 27 at 1:00 – 2:30 pm**

This is a three part series to learn about adapting to changes during the caregiving journey, what is going on in the brain to cause changes in memory, language, vision and other changes associated with dementia. This series will give you the tools to take control and understand which actions can make life easier for the caregiver as well as the person with increasing confusion in life’s activities.

Topics included:

- Brain Tour: understanding Alzheimer’s disease and related disorders, the brain changes and disease stages.
- How to work with challenging behaviors, repetition and changing abilities.
- Activities of Daily Living – bathing, dressing, eating, toileting. Learn the steps to simplify the process.
- Failure-free activities to provide structure, interest and self-esteem for the individual with dementia symptoms.
- Caring for the caregiver

This is a free event but registration is important so that there will be enough handouts for attendees to bring home.

**How Doctors Think: A Revolution in Medicine**  
**Presented by Lynn Peterson, MD**  
**Wednesday, June 28, 1:00 pm**

Gone are the days of Drs. Casey and Kildare, compassionate, sensitive doctors of the last century who did and knew everything. Advances in medical science have created the need for specialists and super-specialists: ‘scientists’ who care for the sick with all their human fears and concerns. How can medicine bridge the gap between science and caring?

Lynn Peterson, MD practiced surgery, taught medical students and did research for 40 years at Harvard and the Brigham before retiring to Woodstock. He began a program in medical ethics at Harvard and the Brigham designed to address the gap between knowing and caring. Since retiring he has been on Dartmouth’s faculty and its ethics committees as well as on the Board of Trustees at Mt Ascutney.
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

We will uncover the rich natural history of Squam Lake with an experienced naturalist educator and observe Loons and Bald Eagles and their nesting sites along with other wildlife. Learn how animals survive and adapt to their aquatic world. Gain an appreciation and deeper understanding of Squam Lake from mountain ranges to island stories to quiet spots during this memorable lake experience.

Our cruise will be 90 minutes in length on canopied pontoon boats with padded seats and will depart from the dock on Route 3 at the bridge, next to Walter's Basin Restaurant in downtown Holderness. Binoculars are available for wildlife viewing at no additional cost.

Travelers are encouraged to wear sneakers or something similar, and bring sunscreen and a light jacket. Payment is due at time of reservation to guarantee your seat.

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On Golden Pond
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.
The Thompson Center presents Southern Charm  
Featuring Charleston, Savannah, Jekyll Island,  
St. Augustine and More  
October 14 – 20, 2018

Please join us for a special travel presentation by Collette Travel on Tuesday, June 6, at The Thompson at 1pm. A Collette representative will discuss all trip details and 7 day itinerary, including payment and travel protection options.

Monthly Art Project with ArtisTree  
at The Thompson  
Wednesday, June 7, 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.

8th Annual Summer Tea and Luncheon  
Wednesday, June 7th  
12:00 pm

Don’t miss The Thompson Center’s 8th Annual Tea. Fancy hats are welcome and gentlemen are invited too. Please RSVP by May 31 (457-3277), we will start a waiting list after the first 75 people sign up.  
Menu: Hearty tea sandwiches, and a variety of pastries, cookies, punch, and tea.  
Suggested donation: $5.00

Annual Staff Appreciation Pot-luck Lunch  
Wednesday, June 14, 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. Please make your regular lunch donation if you can’t make a dish to share. Sign-up requested.
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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 conference room on Tues, Thurs, Fri.</strong></td>
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<td>Meal Pricing:</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>
<td>Tossed Salad, Lime Herb Chicken, Roasted Potatoes, Succotash, Yogurt Cake w/ Peach Puree</td>
<td>Chef Salad w/ Lettuce, Tomato, Ham, Turkey, Cheese, Hard Boiled Egg, Carrot, Roll, Chocolate Cupcakes</td>
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<td>Barnard Day*</td>
<td>Quiche w/ Asparagus, Leeks &amp; Gruyere Cheese, Roasted Potatoes, Tossed Salad, Warm Berry Cobbler</td>
<td>Summer Tea* Smoked salmon Sandwiches, Cucumber &amp; Watercress Sandwiches, Ham Salad Sandwiches, and Assorted Pastries &amp; Cookies, Tea, and Punch</td>
<td>Chicken Quesadillas w/ Tomato Avocado Salsa, Roasted Vegetable Mlange, Apple Crunch Pie</td>
<td>Chef's Choice</td>
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<td>Grilled Hot Dog on a Bun, Chef's Slow Cooked Baked Beans, Cole Slaw, Chef's Choice Dessert</td>
<td>Tossed Salad, Chicken Marsala, Rice Pilaf, Green Beans, Ginger Snap &amp; Fruit</td>
<td>Staff Appreciation Pot Luck Lunch*</td>
<td>Pan Seared Chicken Breast, Creamy Cheddar Polenta, Spinach Supreme (Spinach, Sour Cream, Parmesan and Monterey Jack Cheese) Chef's Choice Dessert</td>
<td>Father's Day Lunch* Build Your Own Burger Bar, Potato Salad, Three Bean Salad, Ice Cream Cones</td>
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<td>Chicken Salad, Broccoli Salad, Tortellini Salad, Lettuce, Tomato, Coconut Macaroons w/ Pineapple</td>
<td>Tossed Salad, Penne Pasta w/ Sweet Italian Sausage, Spinach, Tomatoes, Pesto, Fresh Fruit Parfait</td>
<td>Beer Battered Haddock and Chips, Kale Salad, Ginger Snap &amp; Fruit</td>
<td>Birthday Day* Turkey Piccata, Roasted Summer Vegetable Medley, Roasted Garlic Mashed Red Skins Potatoes, Summer Chutney, Roll, Cake and Ice Cream</td>
<td>Philly Cheese Steak Sandwiches w/ Peppers &amp; Onions, Sweet Potato Fries, Coleslaw, Chef's Choice Dessert</td>
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<td>Chef's Choice</td>
<td>Chicken Milano w/ Basil and Sundried Tomatoes served over Fettuccine, Tossed Salad, Fresh Fruit Salad</td>
<td>Salmon en Croute, w/ Spinach and Mushrooms, New Potatoes, Cucumber/Dill Salad, Coconut Cream Pie</td>
<td>Tossed Salad, Shepherd's Pie, Vegetable Medley, Apple Pie</td>
<td>BBQ Chicken Legs Potato Salad, Firecracker Salad, Peanut Butter and Chocolate Sandwiches</td>
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* Reservations Required *

Please sign-up in advance for special meals and Birthday Day. This month includes Barnard Day on June 5th, Summer Tea on the 7th, Father’s Day on the 16th, and Birthday Day on the 22nd. 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

Find a nine-letter word in the following grid. Two consecutive letters cannot be diagonal to each other.
Theme: radio and TV

D  I  O  H
A  R  W  A
E  E  E  V
B  Q  D  J

Answer on page 2

Tai Chi's Slow, Gentle Exercise
Great for Mind and Body
Wednesdays
Beginners/Intermediate 9:30 am
Upper Intermediate/Advanced 10:45 am
Classes rescheduled from March - June 7&14

Call The Thompson for Summer Schedule

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.

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

Water Aerobics Class
Woodstock Athletic Club
Fridays, May 26 - July 28
1:30 - 2:15 pm
Cost: $80 for 10 week class

The Thompson Center will provide shuttle service to and from class if needed. Please register in advance by calling 457-3277. Payment is due at time of reservation and must be received prior to the start of class series.

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.

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

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

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

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

Low Vision Support Group
Every 3rd Thursday of the Month
10:15 - 11:45 am
June Discussion:
Part II 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.

Thompson Pickle Ball Clinic
Get Your Game On!
Tuesdays, Beginning 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.

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.

CAREGIVER SUPPORT GROUP
Wednesday, June 21, 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**

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**It's time for horseshoes!**
The horseshoe pits are open and you can play anytime, but every Monday (weather permitting) at 1:00 pm a group will play following lunch. Everyone is welcome regardless of your experience level! Talk to Norm Boynton if you're interested.

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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

**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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**A Collaboration Between The Thompson Center and ArtisTree**

**Painting at ArtisTree**
Instructor: Murray Ngoima
Friday mornings, 10:00 - 11:30 am

Session 3: April 28 - June 2

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**BOOK GROUP**

Wednesday, June 14th at 1:00 pm

Geraldine Brooks is one of the best writers of our time. Foreign Correspondence: A Pen Pal's Journey from Down Under to All Over is her memoir of growing up in Australia, then traveling the world. Like many of us, Brooks had pen pals in her youth. She chose ones from the Middle East, Europe, and America to broaden her somewhat sheltered experience. Twenty years later, she found these letters in her father's basement and decided to follow up on the writers. Join us on June 14th for a great discussion!
IN APPRECIATION

Lynne Tracy - greeting cards
Joyce Blake - medical equipment
Ryan and Sarah Brass - wedding flowers
Dottie Forthmann - embroidery thread
Lisa Usilton - medical equipment
AARP Tax Aide - toner cartridges
Sandy Pariseau - medical equipment
Jean Garren - card shuffler
Laura Robinson - daffodils

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

IN MEMORY OF

Ed McGee
Bob & Mae Lewis
Imants & Karen Vitols
Richard & Bonnie Sargent

Marie Adrich
John & Peg Audsley
Jeanne Hull
Jane & Richard Leonard
Bob & Mae Lewis

Marjorie Swain
Louise & Wilfred Rameau

Peg Maynes
Bob & Mae Lewis

Kilborn Church
James Church & Ruth Leiter (Boots)
Nancy Bassett
Main Street Congregational Church
Nancy Pike
Kathleen Eiselein
Joan & Jerry Oppenheimer

Miriam Olmstead Hammond
Ted & Joan Staples

On June 22 we will celebrate your special day with a delicious meal! Please call to make a reservation for a complimentary lunch!

JUNE BIRTHDAYS

1st  Ernest  Harper
2nd  Betty  Jillson
2nd  Larry  Luce
2nd  Nancy  Beto
2nd  John  McDonald
2nd  Janice  Kowalski
3rd  Lorraine  Dayton
3rd  Pearl  Corrigan
3rd  Linda  Hitchcock
4th  Carole  Pye
4th  Marcey  Ewald
5th  Janet  Herrick
5th  Timothy  Maxham
6th  Jennifer  Martel
6th  Missy  Cunningham
7th  Ruth  Beebee
7th  Glenna  Bar-
7th  Jane  Curtis
7th  Christopher  Bacon
8th  Noreen  Huff
8th  Yvonne  Rogers
10th  Sally  Alloway
10th  Charlotte  Hollingsworth
12th  Donald  Corrigan
12th  Judith  Cayer
12th  Elie  Parks
13th  Eldon  Thompson
13th  Jean  Garren
14th  Bud  Leavitt
14th  Bette Ann  Sailer
15th  Mary  Sharpe
15th  Polly  Fullerton
17th  Robert  Topolski
17th  Lillian  Weed
17th  Mary  Boudro
19th  Mae  Knudson
19th  Emily  Scharnick
19th  Joanne  Bates
20th  Sandra  Pariseau
20th  Jane  Graham
21st  Louise  Walker
22nd  John  Mathews
22nd  Judith  Leonard
22nd  Judith  Smith
23rd  Viola  Peel
25th  Ann  Debevoise
26th  Doris  Lebaron
26th  Carl  Winchell
26th  Meg  Matz
27th  Bob  Lamoue
29th  Grete  Keller
29th  Susan  Lewis
30th  Constance  Byam-Shaw
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.

~ MARBLE GAME GUIDELINES ~

The marble game is a fun game of chance that benefits the Center since we receive half of the ticket money and the person who draws a red marble wins the other half.

THE GAME (for those who choose to play): Tickets will be sold in the foyer area on Mondays and Thursdays from 11:30 - noon. Tickets will not be sold at the tables in order to respect lunch time conversation and minimize interruptions. Those who choose to play will get three tickets for $1.00. Marbles will be placed in an opaque container (100 clear marbles, 5 red marbles, 1 yellow marble). At 1 pm, we will draw three tickets. If your ticket number is called, you can pick a marble. The clear ones that are drawn are removed, increasing odds of winning. If you draw a red one, you receive half the pool of money from accumulated ticket sales. If you draw a yellow marble you get a second chance and can draw another marble! When a red marble is drawn, play ends for the day and a new game will start on the next scheduled day. Thanks for playing and good luck!

Find us on Facebook

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

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