



The Thompson Times

AT THE CENTER FOR SENIORS AND COMMUNITY

JUNE 2017

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.

The Thompson Center operates a door-to-door transportation program for seniors and disabled community members from Barnard, Bridgewater, Pomfret, and Woodstock.



Thank You to Our Transportation Sponsors and Grants:



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,
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Paula Audsley, Outreach Manager,
paulsley@thompsonscenter.org
Pam Butler, Program Director,
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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*

John Steinle—*Vice President*

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Susan Moor

Daphne Moritz

John Snyder

Tambrey Vutech

Wendy Wannop

Tom Weschler

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

NEWS & EVENTS

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.

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

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.

On Golden Pond

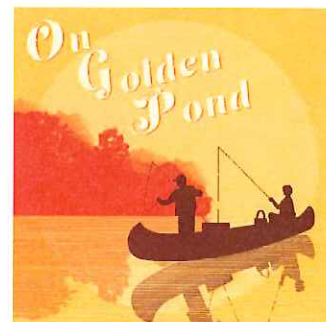
At New London Barn Playhouse

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.

PROGRAMS



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.

PROGRAM CALENDAR - JUNE 2017

Mon	Tue	Wed	Thu	Fri
			1	2
BINGO daily at 10:30 am except on birthday day and other special meal days. Location: Dining Room on Mon & Wed. Upstairs conference room on Tues, Thurs, Fri,	* Indicates that sign-up/ reservations are required.		9 Strength & Fitness 10:30 Italian Study 12 Italian Table 1 Italian Intermediate 2 Mahjong 3 Bone Builders	10-12:30 CCC Office Hours* 10 Painting at ArtisTree 12 German Language Table Open Ping Pong 1:30 Water Aerobics*
5	6	7	8	9
Barnard Day* 9 Strength & Fitness 10:15 Memoir Group 1 Horseshoes 1 Advisory Meeting	9 Strength & Fitness 10 Double King Pede 10 Beginning Italian* 10-2:30 Ping Pong 12 Spanish Table 12:30 Mahjong 1 Collette Travel Presentation 3 Bone Builders	9:30 Tai Chi Beginner 10:30 Handwork Cir. 10:45 Tai Chi Advance 12 Summer Tea* 12 French Table 1:30 ArtisTree Project*	9 Strength & Fitness 10:30 Italian Study 12 Italian Table 1 Italian Intermediate 2 Mahjong 3 Bone Builders	9 – 2:30 Foot Clinic* 10-12:30 CCC Office Hours* 12 German Language Table Open Ping Pong 1:30 Water Aerobics*
12	13	14	15	16
9 Strength & Fitness 10:15 Memoir Group 1-3 Advanced Directives* 1 Bridge 1 Horseshoes	9 Strength & Fitness 10 Double King Pede 10 Beginning Italian* 10-2:30 Ping Pong 12 Spanish Table 12:30 Mahjong 1 Caregivers Program with Susan Moor* 3 Bone Builders	9:30 Tai Chi Beginner 10:30 Handwork Cir. 10:45 Tai Chi Advanced 12 Staff Appreciation Potluck* 12 French Table 1 Book Group	9 Strength & Fitness 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	Father's Day Lunch* 10-12:30 CCC Office Hours* 12 German Language Table Open Ping Pong 1:30 Water Aerobics*
19	20	21	22	23
8:30 Newsletter Folding 9 Strength & Fitness 10:15 Memoir Group 1 Bridge 1 Horseshoes	9 Strength & Fitness 10 Double King Pede 10 Beginning Italian* 10-2:30 Ping Pong 11:30 Commodities 12 Spanish Table 12:30 Mahjong 1 Caregivers Program with Susan Moor* 1:30 Pickle Ball* 3 Bone Builders	8:30 Board Meeting 9 W. Leb Shopping* 9-2:30 Foot Clinic* 9:30 Tai Chi Beginner 10:30 Handwork Cir. 10:45 Tai Chi Advance 12 French Table 12:30 Caregiver Support Group	Birthday Day* 9 Strength & Fitness 10:30 Italian Study 12 Italian Table 1 Italian Intermediate 1 Brent Buswell Music 2 Mahjong 3 Bone Builders	10-12:30 CCC Office Hours* 12 German Language Table Open Ping Pong 1:30 Water Aerobics*
26	27	28	29	30
9 Strength & Fitness 10:15 Memoir Group 1 Bridge 1 Horseshoes	9 Strength & 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* 1 Caregivers Program with Susan Moor* 1:30 Pickle Ball* 3 Bone Builders	9:30 Tai Chi Beginner 10:30 Handwork Cir. 10:45 Tai Chi Advance 12 French Table 1 "How Doctors Think" Program	9 Strength & Fitness 10:30 Italian Study 12 Italian Table 1 Italian Intermediate 2 Mahjong 3 Bone Builders	10-12:30 CCC Office Hours* 12 German Language Table Open Ping Pong 1:30 Water Aerobics*

MENU - JUNE 2017

Mon	Tue	Wed	Thu	Fri
			1	2
Meal Pricing: " \$ 7 charge for those under age sixty " \$ 5 suggested donation for ages sixty and over	* indicates that sign-up/reservations are required (Birthday Day & special holiday meals)	Menu is subject to change based on availability of food items. Please call ahead with special dietary needs.	Tossed Salad, Lime Herb Chicken, Roasted Potatoes, Succotash, Yogurt Cake w/ Peach Puree	Chef Salad w/ Lettuce, Tomato, Ham, Turkey, Cheese, Hard Boiled Egg, Carrot, Roll, Chocolate Cupcakes
5	6	7	8	9
Barnard Day* Multigrain Spaghetti & Meatballs, Garlic Bread, Tossed Salad, Fresh Fruit Salad and Lemon Cookie	Quiche w/ Asparagus, Leeks & Gruyere Cheese, Roasted Potatoes, Tossed Salad, Warm Berry Cobbler	Summer Tea* Smoked salmon Sandwiches, Cucumber & Watercress Sandwiches, Ham Salad Sandwiches, and Assorted Pastries & Cookies, Tea, and Punch	Chicken Quesadillas w/ Tomato Avocado Salsa, Roasted Vegetable Mlange, Apple Crunch Pie	Chef's Choice
12	13	14	15	16
Grilled Hot Dog on a Bun, Chef's Slow Cooked Baked Beans, Cole Slaw, Chef's Choice Dessert	Tossed Salad, Chicken Marsala, Rice Pilaf, Green Beans, Ginger Snap and Fruit	Staff Appreciation Pot Luck Lunch*	Pan Seared Chicken Breast, Creamy Cheddar Polenta, Spinach Supreme (Spinach, Sour Cream, Parmesan and Monterey Jack Cheese) Chef's Choice Dessert	Father's Day Lunch* Build Your Own Burger Bar, Potato Salad, Three Bean Salad, Ice Cream Cones
19	20	21	22	23
Chicken Salad, Broccoli Salad, Tortellini Salad, Lettuce, Tomato, Coconut Macaroons w/ Pineapple	Tossed Salad, Penne Pasta w/ Sweet Italian Sausage, Spinach, Tomatoes, Pesto, Fresh Fruit Parfait	Beer Battered Haddock and Chips, Kale Salad, Ginger Snap and Fruit	Birthday Day* Turkey Piccata, Roasted Summer Vegetable Medley, Roasted Garlic Mashed Red Skin Potatoes, Summer Chutney, Roll, Cake and Ice Cream	Philly Cheese Steak Sandwiches w/ Peppers & Onions, Sweet Potato Fries, Coleslaw, Chef's Choice Dessert
26	27	28	29	30
Chef's Choice	Chicken Milano w/ Basil and Sundried Tomatoes served over Fettuccine, Tossed Salad, Fresh Fruit Salad	Salmon en Croute, w/ Spinach and Mushrooms, New Potatoes, Cucumber/Dill Salad, Coconut Cream Pie	Tossed Salad, Shepherd's Pie, Vegetable Medley, Apple Pie	BBQ Chicken Legs Potato Salad, Firecracker Salad, Peanut Butter and Chocolate Sandwiches

* 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

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.

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).



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.

WELLNESS PROGRAMS

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 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 4th Tuesday of each month from 10-noon.

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.

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

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

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.



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

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



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

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	8th	Noreen	Huff			
2nd	Betty	Jillson	8th	Yvonne	Rogers			
2nd	Larry	Luce	10th	Sally	Alloway			
2nd	Nancy	Bebo	10th	Charlotte	Hollingsworth			
2nd	John	McDonald	12th	Donald	Corrigan			
2nd	Janice	Kowalski	12th	Judith	Cayer			
3rd	Lorraine	Dayton	12th	Elie	Parks	20th	Sandra	Pariseau
3rd	Pearl	Corrigan	13th	Eldon	Thompson	20th	Jane	Graham
3rd	Linda	Hitchcock	13th	Jean	Garren	21st	Louine	Walker
4th	Carole	Pye	14th	Bud	Leavitt	22nd	John	Mathews
4th	Marcea	Ewald	14th	Bette Anne	Sailer	22nd	Richard	Leonard
5th	Janet	Herrick	15th	Mary	Sharpe	22nd	Judith	Smith
5th	Timothy	Maxham	15th	Polly	Fullerton	23rd	Viola	Peeler
6th	Jennifer	Martel	17th	Robert	Topolski	25th	Ann	Debevoise
6th	Missy	Cunningham	17th	Lillian	Weed	26th	Doris	Lebaron
7th	Ruth	Beebee	18th	Mary	Boudro	26th	Carl	Winchell
7th	Glenna	Barr	19th	Mae	Knudson	26th	Meg	Matz
7th	Jane	Curtis	19th	Emily	Schanck	27th	Bob	Lanoué
7th	Christopher	Bacon	19th	Joanne	Bates	29th	Grete	Heller
						29th	Susan	Lewis
						30th	Constance	Byam-Shaw





Woodstock Area Council on Aging
99 Senior Lane
Woodstock, VT 05091
(802) 457-3277
FAX: (802) 457-1259
www.thompsonsseiorcenter.org

Non-Profit Organization
Postage Paid
Permit No. 33
Woodstock, VT 05091

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.



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@thompsonsseiorcenter.org

~ 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!