MARCH FOR MEALS!
A NATIONWIDE CELEBRATION OF NEIGHBORS HELPING NEIGHBORS

Each March, The Thompson Center participates in “March For Meals,” a national campaign held during the month of March initiated and sponsored by the Meals On Wheels America (www.mealsonwheelsamerica.org), to raise awareness about senior hunger and nutrition, and to encourage action on the part of local communities. Volunteers for the Thompson deliver between 30 – 35 meals each day (Monday through Friday) to seniors throughout the towns of Woodstock, Bridgewater, Barnard and Pomfret. Last year we delivered 8,424 Meals on Wheels.

The highlights of our March for Meals events this year:

- Community Champions Day, Friday, March 24th - town officials and local celebrities nationwide are asked to deliver meals during the nationally recognized week of March 20 through 24.
- Our 3rd annual Thank You Walk on March 8th. Join us at 1:30 pm as we “March” down Central Street to deliver special “Thank You’s” to local businesses for their support throughout the year.
- Watch for our Meals on Wheels column in the Vermont Standard and visit our Facebook page for pictures and testimonials from our recipients and volunteers.
- Pomfret residents: The Thompson will be providing lunch at The Pomfret town meeting again this year on Tuesday, March 7th, at the town hall. Enjoy a delicious soup, sandwich, and cookie prepared by our talented chef, and support the Thompson Meal program too!

TOWN MEETING DAY

The towns of Barnard, Bridgewater, Pomfret, and Woodstock provide support for a portion of our annual operations budget, but we need the vote of residents in each town for this support to be passed during Town Meetings.

According to the National Council on Aging, senior center participants have higher levels of health, social interaction and life satisfaction, and home and community based services are estimated to be one-third the cost of institutional care. With the population of Vermont aging rapidly, support for our senior centers is more critical than ever. In the past year, the Thompson services have reached more than 40% of the residents ages 65 and over in the four towns mentioned above, plus dozens from other communities. We serve approximately 1,500 unique individuals with our programs, referrals, meals, and transportation. Please consider voting and speaking up at your town meeting about the value of these services for seniors.
BEHIND THE SCENES

Thompson Dinner Dance 2017
Thank You to all of Our Sponsors and Donors

UNDERWRITERS
Townsend & Shoshana Belisle  Frank & Barbara O'Connell
Eastaway  Mascoma Savings Bank
Woodstock Inn & Resort

DIAMOND SPONSORS
Barnard Inn  Lynne Bertram  Chippers
Gail & Allen Dougherty  Ellaway Group  Ellen Snyder Design
Peter Goulazian  Heart Rock Kitchen
Joe Kelley - Financial Advisor at Morgan Stanley
Lois & Carl Kuniholm  Mertens House  N.I. Ferro
Michael & Nancy Sargent  Shackleton Thomas
Snyder Donegan Real Estate Group  Stone Dental
Harvey & Lois Watson  Tom Weschler & Mary Hawkins
Woodstock Insurance

GOLD SPONSORS
Armistead Senior Care  Patrick Bartlett Guide Services
Bentley's Restaurant  Louise & Bill Burgin  Cloudland Farm
Dead River Company  Carol Eggert  Jerry & Arleta Fredrickson
Janice Graham PC, CPA  Gerry Grimo Jazz Ensemble  Jill Hastings
Jackson House  Mark D. Knott DDS, PLC  Mutasia.com
Carmen D. Noradunghian Photography
506 On the River Inn  David & Sarah Roberts  Rob & Marty Rodgers
SP Land Company  Sheehy Furlong & Behm PC
Hazel & Christopher Stoddart  Vermont Farmstead Cheese
Paulette Watson  Woodstock Pharmacy

SILVER SPONSORS
Mimi Baird  Jeffrey Bendis & Barbara Butler
John Barnes  Les & Susan Berge  Bethel Mills  Billings Farm & Museum
Dave Bollinger  Anne & Dick Brodick
Crystal & Bark Design/The Little Flower Shoppe  John & Laurie Chester
Discovery Bicycle Tours  Ellaway's Attic Selective Consignment
Ennis Construction  Chef Ted Fondules  Harper Environmental
Diana & Tom Hayes  Hull Maynard Hersey Insurance  Sal & Barbara Iannuzzi
Jasper & Prudence Floral & Events  Lawrence & Margaret Kaedon
Lake Sunapee Bank  Michael Mongulla CPA  Northern Stage
NFP Insurance  Ottwaquechee Physical Therapy Ottwaquechee Plumbing & Heating
Joan & Jerry Oppenheimer  Pentangle Arts Council  Lynn & Nancy Peterson
Kate Reeves  Rigali Orthodontix  Dr. Mark Stickney
Stonewall Manor  Subaru of Claremont
Two Rivers Ottwaquechee Regional Commission  Upper Valley Endodontics
Upper Valley Eye Associates Williamson Sotheby's International Realty
Woodstock Home & Hardware
Woodstock Sports  Woodstock Terrace

See even more donors on our website and visit our Facebook page for photos from the event.
Vermont’s Bald Eagle Restoration Project
A special dinner program presented by Wildlife Biologist, John Buck
Wednesday, March 29, 2017
Dinner at 6:00 p.m. followed by 7:00 p.m presentation
Cost: $22
Menu: Cuban Pork Chops with Mojo, Roasted Fingerling Potatoes, Watercress With Tomato and Avocado Salad, and Apple Galette

In light of so much recent news about eagles, and eaglet hatchings on Live Cam in Florida, The Thompson Center is thrilled to offer this new program brought to us by Vermont’s Fish & Wildlife Department. John’s slide presentation will include an overview of Bald Eagle biology, the Department’s restoration efforts that include hatching, habitat protection, and nest monitoring, and a summary of eagle population to date. This program is open to adults of all ages.

John Buck is a Wildlife Biologist, and Migratory Birds Biologist, in the Barre Office of Vermont Fish and Wildlife. John has worked for Fish & Wildlife since 1980. He holds a M.S. in wildlife biology from the University of Vermont. As one of the department's wildlife biologists, John is responsible for directing the recovery of threatened and endangered bird species including bald eagle, grasshopper sparrow, whip-poor-will, spruce grouse, common nighthawk and black tern. In addition, he also directs the management of bird species of special concern including black-backed woodpecker, golden-winged warbler and bicknell's thrush. John also is charged with monitoring post-recovery bird species, habitat management and conservation of bird species of greatest conservation need, habitat and facilities management of 11 wildlife management areas covering approximately 7,000 acres of land. During his time off, John enjoys participating in choral ensembles, playing guitar, home brewing, maple sugaring, sailing, hunting, fishing and photography.

Medicare Boot Camp for New Enrollees
Tuesday, March 14, 1 - 2:45 pm
Presented by Senior Solutions

Are you almost 65 years of age and thinking about signing up for Medicare? Are you retiring and losing your health insurance benefits? Come and learn when and how to enroll in Medicare. State Health Insurance Plan (SHIP) counselor, Patricia Coogan, will be presenting this class for those individuals who will be signing up for Medicare. Patricia will discuss the different levels of Medicare coverage options such as supplement plans, and Advantage plans as well as the current prescription drug plans. Please call The Thompson Center to register in advance.

TAX ASSISTANCE AT THE THOMPSON

Do you need assistance with your tax return? The Thompson Center will offer individual tax preparation for seniors and low income persons. TCE Preparers (Tax Council for the Elderly) will complete your 2016 taxes free of charge during scheduled appointments on Mondays, through April 10th. On the day of your appointment, please come early to fill out a questionnaire. Please call 457-3277 soon to schedule an appointment. Appointments are limited and will fill up quickly!
TRIPS & PROGRAMS

King Arthur Baking Class: Biscuits and Scones
Tuesday, April 4, Depart from the Thompson Center at 9:15 am, Return to Woodstock by 3:00 pm
Cost: $69 Includes Transportation and 3 Hour Baking Class. Lunch is on your own.
You are invited to join a Thompson private baking class where we will learn the heart of making feathery-light biscuits and tender scones in a state of the art baker’s classroom. Our 3 hour class will be followed by lunch on your own at King Arthur’s café, and some shopping. Maximum guests for this class is 16 – come alone or pair up with a friend. Please inform us if you need a ride. Payment reserves your seat.

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 10:30am 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 12:30pm)
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
Canyon Country 2017
Featuring Arizona, Utah & Nevada
October 2 – 10, 2017
9 days * Meals: 7 Breakfasts, 4 Dinners
Trip Highlights include Scottsdale, Grand Canyon, Lake Powell, Bryce Canyon National Park, Las Vegas, and much more!
Visit our website for more details at www.thompsonseniorgcenter.org

Deposit: Due by March 27th
Final Payment Due by August 3rd
Book Before April 3 & Save $170 Per Person/$3,009 Double if booked by 4/3
PROGRAMS

Celtic Knot Project
Presented by ArtisTree at The Thompson
March 1, 1:30 pm

In recognition of Saint Patrick's Day this class will focus on the traditional Irish symbol, the celtic knot. Participants will be guided through a step by step process to create a colorful wall-worthy nod to Irish culture and tradition. Pre-register by calling Shari at 457-3277.

Fall Prevention Talk and Balance Screenings
Thursday, March 9, 1:00 – 3:00 pm

Have you fallen recently? About 30% of older people who have fallen lose their self-confidence and as a result begin to avoid venturing out and doing the things once enjoyed with confidence. If you feel unsteady when standing or walking or worry about falling, now is your opportunity to get back on track.

Ottauquechee Health Center Physical Therapists will be at The Thompson Center conducting free balance screenings. Participants will receive recommendations based on your individual screening results. Pre-registration is needed to ensure that time is allotted for screening. Contact Shari at 457-3277. Please wear comfortable clothes and shoes.

Contact Linda Hazard, PT, at the Ottauquechee Health Center, at 802-457-5409 if you have any questions pertaining to the balance screening.

The Empty Bowls Project
Paint a Bowl and Help Raise Hunger Awareness
Thursday, March 16, 1:00 pm

Empty Bowls is an international grass roots movement with the goal of raising money to help organizations fight hunger. We invite you to join us at The Thompson to decorate an empty pottery bowl created by local potters. Your handmade decorated pottery bowl will then be used at the Pomfret Empty Bowls Dinner at Pomfret Town Hall on Sunday, April 2nd from 4:00 – 7:00 pm for a simple meal of scup and bread. 100% of the money collected on that evening will be donated to hunger fighting organizations. Please register in advance by calling Shari at 457-3277.

Fiddler Beth Telford Performs on St. Patrick’s Day
Friday, March 17, 1:00 pm

Beth Telford is one of Vermont’s prominent fiddle players and has been playing fiddle for more than 20 years at festivals, dances, coffeehouses, and backyards in New England and beyond. Since 1996, she has concentrated on learning the tunes and stylings of Cape Breton music. For the past 3 years, she has organized and taught week-long Cape Breton fiddle camps with her mentor, Master Cape Breton Fiddler, Jerry Holland.
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<td>8:45 Tax Appts* 9 Strength &amp; Fitness 10:15 Memoir Group 1 Advisory Meeting</td>
<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>
<td>9 W. Leb Shopping* 9:30 Tai Chi Beginner 10:30 Handwork Cir. 10:45 Tai Chi Advance 12 French Table 1:30 ArtisTree Project*</td>
<td>9 Strength &amp; Fitness 10:30 Italian Study 12 Italian Table 1 Ongoing Italian 2 Mahjong 3 Bone Builders</td>
<td>10-12:30 CCC Office Hours* 10 Painting at ArtisTree 12 German Language Table Open Ping Pong 1:30 Water Aerobics*</td>
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<td>9 Strength &amp; Fitness 10 Double King Pede 10-2:30 Ping Pong 12 Spanish Table 12:30-2:30 Mahjong 3 Bone Builders</td>
<td>9:30 Tai Chi Beginner 10-12:30 Reflexology Appointments* 10:30 Handwork Cir. 10:45 Tai Chi Advance 12 French Table 1 Book Group 1:30 Thank You Walk</td>
<td>9 Strength &amp; Fitness 10:30 Italian Study 12 Italian Table 1 Ongoing Italian 1 Fall Prevention* 2 Mahjong 3 Bone Builders</td>
<td>9 – 2:30 Foot Clinic* 10-12:30 CCC Office Hours* 10 Painting at ArtisTree 12 German Language Table Open Ping Pong 1:30 Water Aerobics*</td>
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<td>9 Strength &amp; Fitness 10 Double King Pede 10-2:30 Ping Pong 11:30 Commodities 12 Spanish Table 12:30-2:30 Mahjong 3 Bone Builders</td>
<td>9:30 Tai Chi Beginner 10-12:30 Reflexology Appointments* 10:30 Handwork Cir. 10:45 Tai Chi Advance 12 French Table 1 Incontinence Talk</td>
<td>Birthday Day* 9 Strength &amp; Fitness 10:30 Italian Study 12 Italian Table 1 Ongoing Italian 1 Music Bingo 2 Mahjong 3 Bone Builders</td>
<td>10-12:30 CCC Office Hours* 10 Painting at ArtisTree 12 German Language Table Open Ping Pong 1:30 Water Aerobics*</td>
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<td>9 Strength &amp; Fitness 10 Double King Pede 10-2:30 Ping Pong 12 Spanish Table 12:30-2:30 Mahjong 3 Bone Builders</td>
<td>Late Opening for Wildlife Biologist, John Buck at 5:30 pm (There will be no noon meal served today due to late opening)</td>
<td>9 Strength &amp; Fitness 10:30 Italian Study 12 Italian Table 1 Ongoing Italian 2 Mahjong 3 Bone Builders</td>
<td>10-12:30 CCC Office Hours* 10 Painting at ArtisTree 12 German Language Table Open Ping Pong 1:30 Water Aerobics*</td>
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## MENU - MARCH 2017

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<tr>
<td><strong>Meat Pricing:</strong></td>
<td>* Vegetarian meals &amp;</td>
<td>Tossed Salad, Chicken</td>
<td>Reubens, Sweet</td>
<td>Salmon en Croute,</td>
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<td>$7 charge for those</td>
<td>Gluten Free are available daily upon</td>
<td>and Potatoes w/ Garlic</td>
<td>Potato Fries,</td>
<td>w/ Spinach and</td>
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<td>under age sixty</td>
<td>request. Please contact our chef in</td>
<td>Parmesan Cream</td>
<td>Marinated Vegetable</td>
<td>Mushrooms, New</td>
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<td>$5 suggested donation for</td>
<td>advance. 2% Milk, Coffee, tea,</td>
<td>Sauce, Lime Carrots,</td>
<td>Salad, Strawberry</td>
<td>Potatoes</td>
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<td>ages sixty and over</td>
<td>and juices available</td>
<td>Warm Berry Crumble</td>
<td>Cake</td>
<td>Cucumber/Dill Salad,</td>
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<td>Sorbet w/ Fruit</td>
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<td>Chili, Corn Bread,</td>
<td>Tossed Salad Spinach,</td>
<td>Tossed Salad, Hearty</td>
<td>Tossed Salad, Shepherds' Pie,</td>
<td>Puff Pastry Chicken</td>
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<td>Cole Slaw, Hot</td>
<td>Ham &amp; Cheese Quiche, Roasted Sweet</td>
<td>Beef and Vegetable</td>
<td>Vegetable Medley, Poached Pears</td>
<td>Pot Pie, Tossed</td>
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<td>Fudge Sundae w/ Banana</td>
<td>Potato Fries, Black Raspberry Ice Cream</td>
<td>Stew, Roll, Pineapple Upsidedown Cake</td>
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<td>Salad, Caramel</td>
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<td>w/ Berries</td>
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<td>Pumpkin Tiramisu</td>
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<td>Tuscan White Bean Soup,</td>
<td>Tossed Salad, Meatloaf, Mashed Potato,</td>
<td>Tossed Salad, Cajun</td>
<td>Dijon Crusted Chicken</td>
<td>St. Patrick’s Day*</td>
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<td>Tossed Salad, Roll,</td>
<td>Gravy, Green Beans, Strawberry Sundae</td>
<td>Blackened Tilapia, Brown Rice, Braised</td>
<td>Breasts, Horse Radish</td>
<td>Corned Beef, Cabbage, Baby</td>
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<td>Blueberry Pie</td>
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<td>Colard Greens, Ginger Snap and Fruit</td>
<td>Mashed Potato, Gravy, Spinach, Berries</td>
<td>Carrots, New Potatoes, Guinness</td>
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<td>and Cream Roll</td>
<td>Stout Cake</td>
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<tr>
<td>Chicken Caesar</td>
<td>Chipped Beef and Egg Gravy on Mashed</td>
<td>Vegetarian Lasagna, Steamied Antiguan</td>
<td>BIRTHDAY DAY*</td>
<td>Beer Battered</td>
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<td>Wraps, Hearty</td>
<td>Potato, Dijon Braised</td>
<td>Vegetables, Garlic Bread, Black</td>
<td>Orange and Herb</td>
<td>Haddock Steak</td>
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<td>Vegetable</td>
<td>Brussel Sprouts, Warm Apple Crisp</td>
<td>Raspberry Ice Cream w/ Berries</td>
<td>Roasted Turkey, Breast, Parsnip</td>
<td>Fries, Coleslaw</td>
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<td>Minestrone,</td>
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<td>Mashed Potato, Gravy, Balsamic Roasted</td>
<td>Warm Apple Crisp</td>
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<td>Cottage Cheese,</td>
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<td>Asparagus, Roll, Cake and Ice Cream</td>
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<td>Chocolate Chip</td>
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<td>Cookie and Fruit</td>
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<td>Grilled Hot Dogs,</td>
<td>Tossed Salad, Spaghetti &amp; Meatballs,</td>
<td>Dinner Event (No lunch served)</td>
<td>Sweet and Sour Pork, Stir fried</td>
<td>Chef’s Choice</td>
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<td>Chef’s Slow Cooked</td>
<td>Garlic Sautéd Vegetable Medley</td>
<td>Cuban Pork Chops with Mojo, Roasted</td>
<td>Vegetables, Brown Rice, Coconut</td>
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<td>Baked Beans, Cole Slaw,</td>
<td>Fresh Fruit salad</td>
<td>Fingerling Potatoes, Watercress</td>
<td>Meringues w/ Pineapple</td>
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<td>Fresh Fruit Salad</td>
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<td>With Tomato and Avocado Salad, and</td>
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<td>Apple Galette</td>
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**Reservations Required**

Please sign-up in advance for special meals and Birthday Day. This month includes St. Patrick’s Day on the 17th and Birthday Day on the 23rd. 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. Thank you!
**EXERCISE CLASSES**

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

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**BRAIN BUILDER**

*Pay Attention*
*(Medium Difficulty)*

Read and memorize the following series of letters

Letters: I, Y, H, X, O, P

Now, cover the letters and try to recall them in the reverse order in which they were listed above.

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**Water Aerobics Class**
**Woodstock Athletic Club**
**Fridays, March 3 - May 5**
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.

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**Tai Chi's Slow, Gentle Exercise**
**Great for Mind and Body**
**Wednesdays, March 1, 8, 15, 22, 29**
**Next Session: Apr 5, 12, 19, 26**
**Beginners/Intermediate 9:30 am**
**Upper Intermediate/Advanced 10:45 am**

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).

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**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.

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**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.

Plumbing Issues?... You Can Find Relief
Wednesday, March 22, 1:00 pm
Presented by Rebecca Nash
Doctor of Physical Therapy

Please join Dr. Nash, for an enlightening discussion on the subject of incontinence, an issue that affects both genders and people of all ages. Learn about the different types of incontinence and how posture plays an integral role in pelvic floor health. The discussion will also include simple tips for improving the symptoms of incontinence.

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. The most important part of this process is talking to those you love about what matters most to you. You can call 457-3277 to schedule.

Wellness Clinic &
Blood Pressure Screenings:
4th Tuesday, 10-12 noon
No clinic in March

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
March Discussion:
Balance strategies for those with low vision/chair yoga

The Vermont Association for the Blind and Visually Impaired is offering this new 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.

ReFlex * ReLax* ReNew
Offered by Deborah Neuhoef
Certified Reflexologist
March 8 & 22, 10:00 - 12:30 pm

Experience Reflexology techniques to de-stress and promote a balanced, wholistic well-being.
Face*Ears*Hands*Feet
Select one or all four: 25 min/$30
Loose clothing recommended
Call in advance for your 25 minute appointment.
**Parking notice**

- Handicap access is in back of building near the kitchen. No parking in handicap parking near the kitchen/without a sticker/tag.
- Front of building is for drop off/pick-up only. No stopping in cross walk.
- When parking in main parking lot please be conscientious about parking close enough to the next car as to NOT take two spaces. We're having a full parking lot many days each week and will have more spaces available if everyone takes note of how they're parking.

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**Weekly Game Schedule**

**Bingo**
**Daily at 10:30 am**
(based on availability of caller)

**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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**Mahjong Lessons For Beginners**

If you are interested in learning this intriguing game, The Thompson Center will be offering free lessons. Based on your interest, time and dates will be determined. For more information please contact our group leader Gail Stickney glavinstickney@yahoo.com

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

**Friday mornings**
**10:00 - 11:30 am**
**Instructor: Murray Ngoima**
**Session 3: Apr 28 - June 2 (6 weeks)**

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**BOOK GROUP**
**Wednesday, March 8th at 1:00 pm**

This month’s book is *The Girl With Seven Names* by Hyeonseo Lee.

Unlike many memoirs about escaping North Korea, this one is told by a woman who grew up on the border with China in comfortable means. As a teen, on a whim, she crossed the line one day and found herself alone in a country with a very different culture. After ten dangerous years alone as an alien there, she fled to South Korea. In this honest tale, you will learn much about the three countries and will be inspired by Ms. Lee’s strength, her determination and resilience. See you on the 8th. Newcomers are welcome!
IN APPRECIATION
Polly Holt - printer
Wendy Winsor in memory of June Mitchell - medical equipment
Carol Powell - printer
Welch's True Value - candy

Congratulations to Laura Robinson who is our most recent Marble Game winner!

On March 23rd we will celebrate your special day with a delicious meal! Please call to make a reservation for lunch and join us!

IN MEMORY OF
JACK MOORE
Randy Harron
Bo Harron

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

MARCH BIRTHDAYS

1st Charles Luetke
1st Jane Hanley
1st Virginia Eames
2nd Barbara Blalock
2nd Nathaniel Kennedy
2nd Janice Elder
3rd Joan Hadden
4th Phil Mallon
4th Heidi Talbert
4th Donna Durgin
5th Edward Thumith
5th Susan Harlow
5th Deborah Neuhof
7th Jen Bloch
8th Alexander Hadden
8th Narissa Willever
8th Mark Powers
8th Susan Lewis
9th John Garren
9th Barbara Sanderson
9th Cecilia Hoyt
9th Larry Kasden
9th Mimi Baird
10th Donald Wieche
10th Janice Grant
11th Jerry Fredrickson
11th Linda O'Neil
11th Vernon Fish
11th Richard Beda

12th Mary Klampert
12th Susan Ditto
12th Jean Strong
13th Willem Post
13th Byron Kelly
13th Jacqueline Neuwirth
13th Deborah Phillips
13th Lucille Tancerti
13th Faith Wishart
13th John Wolfgang Campbell
13th Patricia Rivers
14th Irene Schlerf
14th Polly Bacon
14th Joan Yankee
14th Harriet Stehouwer
15th Renette Bedard
15th Ernest Kendall
15th Patricia Osborne
15th Phil Lewis
15th Paul Milza
16th Gloria Martin
16th Jack Dibble
16th Patrick Morris
17th Susan Rose
17th Pat Tilton
17th Yvonne Delong
17th Beryl Spencer
17th Catherine Harriman
17th Jessica Martin
21st Peter Hall
22nd Betty Pitnam
23rd Emily Jones
23rd Sayon Camara
23rd Lorraine Bottino
24th Andrea Robinson
25th Lori Morgan
25th Mary Godette
25th Marie Willis
26th Linda Willard
26th Macy Lawrence
26th Christa Blanchard
27th Charlotte Croft
27th Ann Sudowsky
28th Oliver Wittasek
28th David Thomas
29th Robert Parker
29th Robert Rand
30th Claude Richter
30th Meg Johnson
31st Susan Brown
31st Stephen Duclos

THE THOMPSON TIMES PAGE 11
**Thank You to Our**
**Transportation Sponsors and Grants:**

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- Vermont
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- Dead River Company
- Ottawaquah Plumbing
- Senior Solutions
- Armisted Senior Care

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**FUEL ASSISTANCE**
Seasonal fuel assistance applications are processed all year long but benefits are paid to fuel dealers in November. If you need assistance applying for benefits, call the Senior Helpline at 800-642-5119. If you think you have applied but have questions about your benefits, call Economic Services Benefit Service Center 800-479-6151.

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**TSC TRANSPORTATION PROGRAM**
The Thompson Center operates a door-to-door transportation program for seniors and disabled community members from the towns of Barnard, Bridgewater, Pomfret, and Woodstock.

**Medical Rides** - $10 suggested donation per one-way 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