MISSION
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. Our programs and activities will promote the physical, intellectual, and social well-being of the adult community to enhance dignity, self-worth, and independence. In addition, our senior center will provide a gathering place for our community.

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 out-of-town trip. A minimum of 48 hours notice is requested for scheduling. Schedule with Paula at 457-3277.

Local transportation to and from your home to The Thompson and other Woodstock stops - suggested donation of $1 per ride ($2 round trip if you get a ride both ways). Please call the Center by 8:30AM to request rides for that day. 457-3277

Monthly shopping trips to West Lebanon depart from TSC on the 1st and 3rd Wednesday of each month at 9am on the Stagecoach van (returning at approx. 12:15pm). Stops at various locations. Sign up with the Thompson at least 24 hours in advance. The Thompson funds these trips with Stagecoach so any donation is greatly appreciated. Call 457-3277.

OLDER AMERICANS MONTH
Older adults are a vital part of our society. Since 1963, communities across the country have shown their gratitude by celebrating Older Americans Month each May. The theme of this year’s celebration is “Get into the Act,” to focus on how older adults are taking charge of their health, getting engaged in their communities, and making a positive impact in the lives of others.

The theme also reflects on the 50th anniversary of the Older Americans Act. President Lyndon B. Johnson signed the Older Americans Act into law in July 1965. Since that time, the Act has provided a nationwide aging services network and funding that helps older adults live with dignity in the communities of their choice for as long as possible. These services include home-delivered and congregate meals, caregiver support, community-based assistance, preventive health services, elder abuse prevention, and much more.

By promoting and engaging in activity, wellness, and inclusivity, more Americans than ever before can “Get into the Act.” While The Thompson provides programs and services to older adults year-round, Older Americans Month offers an opportunity to emphasize how older adults can access the home- and community-based services they need to live independently in their communities. It is also an occasion to highlight how older adults are engaging with and making a difference in those communities. Throughout the month, The Thompson will be conducting activities and providing tips on how to live active and fulfilling lives at every age.

Older Americans Month Luncheon, Tuesday, May 19, 2015 at 12:00pm, All patrons are invited to the Center for a time of celebration, recognition, and door prizes during lunch. Please sign-up in advance by calling 457-3277.

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

Photos: 1. Sam Grice & Norm Boynton playing horseshoes April 13th (before the snow is even gone!) 2. Liz Hatfield leads Strength & Fitness class. She keeps it interesting with beach balls, weights, and a variety of exercises.
There are a few changes related to our Thompson staff and general operations to share with you this month. Diana Leskovar, our program director for 9 years, has made the decision to continue permanent care for her parents. She left temporarily last August and we have hoped she would be able to return to us, but she continues to be needed in Virginia. We know how blessed her parents are to have such a devoted daughter... as we were to have her staff for 9 years! Thank you for your many years of service, Diana! A special thank you to Pam Butler, who has continued bringing us wonderful programs and events, and is also well deserved!

Throughout the past few months, we took the opportunity to look at how staff could best serve our patrons and meet the needs of the Center. Instead of replacing Diana in the upstairs program office, you’ll be seeing a new face in the lobby at the Senior Center at the second desk. On April 20th, Shari Borzekowski will join our staff team—she’ll be a “go-to” person for many of you and will be working every morning from 8:30am-12:30pm. She will be taking all reservations and payments for all programs, trips, & classes. She will also be in charge of lending out the medical equipment, helping with the computer system, and a variety of other services that people come to the Center to inquire about. Shari comes to us with excellent references and experience in administrative and customer service. Welcome Shari!

Another positive change that is underway already is that Siobhan Wright, in our kitchen, is taking over the management of the Meals on Wheels (MOW) program. Changes or new MOW orders can now go directly to Siobhan. She’ll manage the delivery routes and driver’s scheduling as well. This should improve efficiency for everyone by saving a step in the process of not having to go through the office first. Thank you to Paula Audsley for many years of overseeing the MOW program and to Siobhan for taking on this role.

I feel these changes will be positive to both patrons and staff. Please feel free to visit me, call, or email with any ideas or concerns that you may have. Your feedback is always appreciated and helpful!

Thank you! ~ Deanna Jones, 457-2777 ext 111, djones@thompsonseniorcenter.org
**Free Hearing Screenings and Equipment Demonstration on Friday, May 8 from 9:00 a.m. - 2:30 pm**

Aria Hearing returns to provide free hearing screens and equipment demonstrations including the Captioned Telephone (CapTel) which is a new telephone technology that allows people to receive word-forward captions of their telephone conversations. Call to reserve your 30 minute free appointment.

**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 Wednesdays, 10:00 am to noon**

Chair massages are offered on the 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. Cost: 20 minute massage/$20.00

**Wellness Clinic & Blood Pressure Screenings Tuesday, May 26, 10 - 12 noon**

Wellness clinics (blood pressure & consultation) with Michelle Chiessa, RN, Visiting Nurse and Hospice of Vermont and New Hampshire are held on the 4th Tuesday of each month from 10-noon.

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**WELLNESS PROGRAMS**

**Do You Have High Blood Pressure? Do You Know? May 14 at 1:00 pm**

When blood pressure is high, it starts to damage the blood vessels, heart, and kidneys. This can lead to heart attack, stroke, and other problems. Heart disease kills more women in the US than all cancers combined. Don’t be part of that statistic! High blood pressure is called a “silent killer,” because it doesn’t usually cause symptoms while it is causing this damage...

Do you have high blood pressure? What can you do to decrease your risk of damage?

Come get some tips! Pat Harrison, a dietitian from Senior Solutions will be here for a brief chat on hypertension on May 14 at 1:00 pm. Join us & get some ideas on how you can help your body to stay healthy.

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**NEWS & EVENTS**

**Older Americans Month Luncheon Tuesday, May 19, 2015 at 12:00pm**

All patrons are invited to the Center for a time of celebration, recognition, and door prizes during lunch.

Menu: Tossed salad, spaghetti & meatballs, garlic bread, vegetable medley, fresh fruit salad.

Please sign-up in advance by calling 457-3277.

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**Exciting Dollar-for-Dollar Matching Opportunity**

Lois & Harvey Watson have been faithful friends and generous supporters of The Thompson Center for many years. They’ve taken an active interest in the services we offer and want to help to make sure that we are sustained into the future. As with many donors, it is important to them that we are managed well and that people who use the Center also believe in and give generously to support the meals and programs.

With their grant donation this year, they’ve given us the exciting opportunity both to help increase awareness regarding the cost to run our meal program and as well as to increase support through a matching gift. They will match dollar-for-dollar (up to $10,000) any money raised for the meal program.

Did you know? Because of the funding that we receive through the Older Americans Act, we are not allowed to “charge” seniors for meals and can only ask for a “suggested donation” (we ask for a suggestion donation of $5 per meal for seniors). Many people don’t realize that the donations that we receive for our meals and the grants we receive don’t cover the cost to produce these meals. For example, the total meal donations received from patrons last year were $36,812, while our food costs alone were $54,342. This, along with many other operational expenses, is why we fundraise throughout the year.

So, our question to you: Are you donating what you can for meals when you dine with us, or could you give a little extra the next time you’re at a meal to help us raise matching dollars? Have you given to our annual appeal yet? If not, could you note that it is for the meals program when you do? Please consider these things and let Deanna know if you have any questions or ideas.

Thank you for taking an interest in the Center and for helping us to keep it running and sustainable!
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 (Medicaid) will also be available. Please call to reserve your one hour appointment with Medicare counselor, Rick Greenspan.

Hood Museum Tour
Friday, May 1 ~ Depart Thompson Center on van at 9:30 am
Artists Chrissy Orcott and Murray Ngoima invite you to join them with the Thompson art class on a visit to the Dartmouth College Hood Museum. Chrissy and Murray will be your guides as you tour various exhibits throughout the museum. Immediately following the tour your group will visit the Courtyard Cafe at the Hopkins Center where a delicious variety of food will be available for purchase. Arrive back at Thompson by 2:00 pm. Cost: $5 for transportation plus lunch cost. Free admission to Hood Museum. Please call to reserve your seat on the van or inform Thompson staff if you will be driving on your own.

Art Class Concludes for the Summer
Our Friday Art Class will conclude for the summer on Friday, May 22nd. Please look for details for upcoming Fall classes. We thank Chris Orcott and Murray Ngoima for their time and dedication to students on Friday mornings!

Zack’s Place Theater Guild Presents
Tea for Tut
May 19, 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 ancient Egyptian artifacts from King Tut’s Tomb. Tea, Tut and Mystery….music, dancing and romance! We’ll be Leaving on a Jet Plane on May 19th 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!

Space is limited so please reserve your seat.

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

Strength & Fitness
Weekly classes,
Monday, Tuesday & Thursday
9 to 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. Cost: $3.00/class or 12 classes for $30 on a term basis.

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 Dersch, are ongoing on Tuesdays and Thursdays each week. Classes are free. Minimum of six participants required. Please sign up in advance.

Tai Chi’s Slow, Gentle Exercise Great for Mind and Body
Our next round of the Wed. 10 - 11 Tai chi class, taught by Anne Bower and Jane Philipin, begins April 15th and will run through May 27th. The seven one-hour sessions cost a total of $35.
We know from clinical studies that tai chi improves balance, memory, coordination, mood, and blood sugar levels. It helps prevent falls, can 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, contact Anne Bower at anniebower@yahoo.com, or check out her website: www.annebower.com

Wednesday Walkers
Wednesdays, 9 am at Union Arena
These hearty walkers, with Jerry Fredrickson, will continue to meet at the Union Arena on Wednesdays in May at 9 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.

Water Aerobics Class ~ Come See What it’s All About
Tuesday, May 5, 1:00 p.m.
Certified personal trainer and fitness expert, Bari Ramirez, will be discussing her upcoming water aerobics class for seniors that will begin in early summer at the Woodstock Sports and Fitness Center. Bari will explain what her class is all about and answer any questions you may have about the exercises. This may just be the class for you.

Mary Kay representative LouAnn Cogswell is offering a special treat for ladies in recognition of Mother’s Day. Ladies will meet in a group (it’s more fun that way!) in front of their own individual mirrors and products and will be guided to begin with a satin hands treatment. We will follow this with a full of fun and surprises! Free to All, Donations Gratefully Accepted!

More for Mother’s Day
Monday, May 11, 1 pm following Mother’s Day Lunch
Complimentary Cleansing Facials and

Programs and Classes
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 entree 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, the largest Premium Box Seats at SPAC

Dinner at Maestro’s, located in the historic former Rip Van Dam Hotel, the largest remaining pre-civil war hotel in Saratoga Springs

Luxurious Premier Coach transportation from The Thompson Center (please note that pick-up is subject to change and be from Rutland if there are less than 10 people traveling from The Thompson)

Your 50% deposit is due at time of reservation with Vermont’s Green Mountain Tours, with the total balance due by May 15, 2105.

*Initial 50% deposit will be based upon $255 per person or $127.50. Your remaining balance will be less if trip cost is reduced to $230 per person based on number of reservations.

Payment can be mailed to: Vermont’s Green Mountain Tours, PO Box 2021, Georgia, VT 05468.

For more information contact Keith Neal at 802-527-0496.

Music by The Peapickers with Special Guest, Fiddler Adam Boyce

Tuesday, May 12 at 1:00 pm

Bob Dean and the Peapickers return to The Thompson with special guest, Adam Boyce on the fiddle. Adam is an award winning fiddler as well as a composer, piano player, contra dance prompter and square dance caller. Please join us for some good ole fashion, toe tappin’ music.
## PROGRAM CALENDAR - MAY 2015

<table>
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<tr>
<th>Mon</th>
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<tr>
<td><strong>BINGO daily at 10:30 am except on birthday day and other special meal days.</strong></td>
<td><strong>Indicates that sign-up/reservations are required</strong></td>
<td><em><em>10-12:30 CCC Office Hours</em> 9:30 HOOD Museum Trip</em> 12 German Table 3 Play Practice**</td>
<td><strong>NOTE:</strong></td>
<td><strong>Closed</strong></td>
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<tr>
<td><strong>9 Strength &amp; Fitness 10:15 Memoir Group 1 Bridge 1 Advance Directives</strong></td>
<td><strong>1 Advisory Meeting</strong></td>
<td><em><em>9 Strength &amp; Fitness 10 Tai Chi</em> 10:30 Handwork Cir. 12 French Table 1 Spring Cleaning Your Affairs</em>*</td>
<td><em><em>9 Strength &amp; Fitness 10 Tai Chi</em> 10:30 Handwork Cir. 12 French Table 1 Beginning Italian 3 Bone Builders</em>*</td>
<td><em><em>12:30 CCC Office Hours</em> 12 German Table 3 Play Practice</em>*</td>
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<td><strong>9 Strength &amp; Fitness 10 Double King Pede 12 Spanish Table 1 Scrabble 1 Water Aerobics Intro 3 Bone Builders</strong></td>
<td><em><em>9 Walking Program 10 Tai Chi</em> 10:30 Handwork Cir. 12 French Table 1 Spring Cleaning Your Affairs</em>*</td>
<td><em><em>9 Strength &amp; Fitness 10 Tai Chi</em> 10:30 Italian Study 12 Italian Table 1 Beginning Italian 3 Bone Builders</em>*</td>
<td><em><em>9 - 2:30 Foot Clinic</em> 9 - 2:30 Hearing Screenings</em> 10 Art Class 10-12:30 CCC Office Hours* 12 German Table 3 Play Practice**</td>
<td><strong>Closed</strong></td>
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<td><strong>9 Strength &amp; Fitness 10 Double King Pede 12 Spanish Table 1 Scrabble</strong></td>
<td><em><em>9 W. Leb Shopping</em> 9 - 2:30 Foot Clinic</em> 10 Tai Chi* 10:30 Handwork Cir. 12 French Table 1 Book Group 1 Spring Cleaning Your Affairs**</td>
<td><em><em>9 Strength &amp; Fitness 10 Tai Chi</em> 10:30 Italian Study 12 Italian Table 1 Beginning Italian 1 Hypertension Presentation 3 Bone Builders</em>*</td>
<td><em><em>10-12:30 CCC Office Hours</em> 10 Art Class 12 German Table 3 Play Practice</em>*</td>
<td><strong>CLOSED</strong></td>
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<td><strong>9 Strength &amp; Fitness 10 Double King Pede 12 Texas BBQ 12 Spanish Table 1 Scrabble 1 Music with the Peapickers 3 Bone Builders</strong></td>
<td><em><em>9 Walking Program 9 Tai Chi</em> 10:30 Handwork Cir. 12 French Table 12:30 Caregiver Group 1 Spring Cleaning Your Affairs</em>*</td>
<td><em><em>9 Strength &amp; Fitness 10 Tai Chi</em> 10:30 Italian Study 12 Italian Table 1 Beginning Italian</em>*</td>
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<td><strong>8:30 Newsletter Folding 9 Strength &amp; Fitness 10:15 Memoir Group 1 Bridge 1 Advance Directives</strong></td>
<td><em><em>9 Walking Program 10 Tai Chi</em> 10:30 Handwork Cir. 12 French Table 12:30 Caregiver Group 5:30 Tea for Tut at WUN</em>*</td>
<td><em><em>9 Strength &amp; Fitness 10 Tai Chi</em> 10:30 Italian Study 12 Italian Table 12:45 Lucy Mac Visit 3 Bone Builders</em>*</td>
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<td><strong>Closed</strong></td>
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<td><strong>9 Strength &amp; Fitness 10 Double King Pede 10-12 Wellness Clinic 12 Spanish Table 1 Scrabble 3 Bone Builders</strong></td>
<td><em><em>8:30 Board Meeting 9 Walking Program 10 Tai Chi</em> 10:30 Handwork Cir. 12 French Table 12:30 Caregiver Group</em>*</td>
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<td><strong>Memorial Day Closed</strong></td>
<td><em><em>Walking Program 10 Tai Chi</em> 10-12 Chair Massages</em> 10:30 Handwork Cir. 12 French Table**</td>
<td><em><em>BIRTHDAY DAY</em> 9 Strength &amp; Fitness 10 Tai Chi</em> 10:30 Italian Study 12 Italian Table 3 Bone Builders**</td>
<td><em><em>10-12:30 CCC Office Hours</em> 12 German Table</em>*</td>
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## MENU - MAY 2015

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<tr>
<td><strong>Meal Pricing:</strong></td>
<td><strong>Meal is subject to change based on availability of food items. Please call ahead with special dietary needs:</strong></td>
<td><strong>2% Milk, Assorted Juices, Coffee, &amp; Tea served with all meals:</strong></td>
<td><strong>Philly Cheese Steak Sandwiches w/ peppers &amp; onions, Sweet Potato Fries, Coleslaw, Chef’s choice dessert</strong></td>
<td><strong>Closed</strong></td>
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<td><strong>$7 charge for those under sixty:</strong></td>
<td><strong>$5 suggested donations for ages sixty and over:</strong></td>
<td><strong>Indicates that sign-up/reservations are required (Birthday Day &amp; special holiday meals):</strong></td>
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<tr>
<td><strong>Meatball Hoagies, Sweet Potato Fries, Coleslaw, Cookie Fruit Basket</strong></td>
<td><strong>Cinco De Mayo Fiesta Lasagna w/ chicken, refried beans, vegetables, cheese, South Western Tossed salad w/ avocado, red onion, tomato, lime vinaigrette, Mexican Brownies</strong></td>
<td><strong>Chipped Beef and Egg Gravy on Mashed Potato, Dijon Braised Brussel Sprouts, Warm Apple Crisp</strong></td>
<td><strong>Tossed Salad, Roasted Tarragon Chicken Breast over Fettucine with Asparagus &amp; Mushrooms, Fresh Fruit</strong></td>
<td><strong>Tossed Salad, Chili, Corn Bread, Brownies &amp; Fruit</strong></td>
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<td><strong>September 18th</strong></td>
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<td><strong>September 22nd</strong></td>
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<td><strong>Wellness Clinic 12:00 - 1:00 PM</strong></td>
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