



The Thompson Times

AT THE CENTER FOR SENIORS AND COMMUNITY

SEPTEMBER 2016

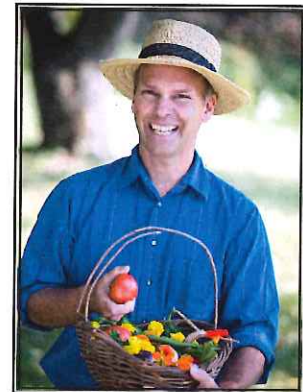
FIND BALANCE AT YOUR CENTER Through Learning, Fitness, Purpose and Friendship

**Senior Center
Celebration &
Chicken BBQ
September 9th**

September is recognized nationally as Senior Center month. This year's theme highlights the many ways individuals find balance and whole person wellness at senior centers. The balance found at senior centers is directly connected to the whole person wellness programming that senior centers strive to achieve. This year's theme includes eight dimensions of wellness within four categories: Learning, Fitness, Purpose and Friendship.

Taking a painting class, listening to a lecture or musical performance, volunteering, attending a fitness class, or laughing with friends are all opportunities that allow for a daily practice of maintaining balance. These are just a few of the many ways to get involved and find your balance at The Thompson Center. **Join us on September 9th at our noon meal as we celebrate National Senior Center Month with Chicken BBQ, Baked Beans, Potato Salad, Cole Slaw, Corn Bread, and Ice Cream with guest BBQ Chef, Nate Willard and family. We'll have raffles, music, horseshoes, and cornhole at 1:00 pm. RSVP 457-3277.**

**Getting Ready for Fall and Beyond
Presented by Charlie Nardozzi
Host of VPR's weekly Vermont Garden
Journal Radio Show
Thursday, September 15, 5:30 Dinner
Followed by 6:30 Presentation**



The waning days of August and subsequent approaching cool weather tells us fall will again be upon us. Garden coach and author Charlie Nardozzi will discuss the variety of chores you'll need to do this fall to insure a healthy garden next year. These include planting bulbs, garlic, trees and shrubs, protecting plants for the cold, evaluating what plants did well and which didn't for next year, and deciding about what new varieties to try in your 2017 garden. As always, there will be lots of time for questions.

Charlie Nardozzi is a nationally recognized garden writer, speaker, radio, and television personality. He has worked for more than 25 years bringing expert gardening information to home gardeners through radio, television, talks, tours, on-line, and the printed page. Charlie delights in making gardening information simple, easy, fun and accessible to everyone. His easy manner, and informative style engages listeners, viewers, and readers alike.

Menu: Frisée Salad w/ Bacon Lardons, Grilled Marinated Sirloin Tip Roast w/ Shallot and Red Wine Sauce, Parmesan Hasselback Potato Gratin, Roasted Butternut Squash w/ Spinach, Raisins and Pine Nuts, Apple and Pear Galette w/ Walnut Streusel, BYOB

Cost: \$25 per person. Please reserve your seat with your payment.

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

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**Drivers: Dwight Camp, Gordon Worth,
Jim Emery, Nelson Gilman**

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

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BEHIND THE SCENES

ADVISORY MEETING HIGHLIGHTS

- Review of suggestion box items
- Dining room windows need cleaning - John Snyder to recruit volunteers
- Trip suggestions to Vermont destinations discussed
- Meal portion sizes
- September Senior Center Month ideas - photo cut-outs and Chicken BBQ
- Birthday card ideas

Please join our next meeting on Monday, September 12 at 1:00 pm. All patrons and volunteers are invited to attend.

Quilt Raffle to Support The Thompson “Scrappy Spider Web” Design Made and Donated by Sue Geno

Currently on display at the Billings Farm and Museum Quilt exhibit, this amazing queen size quilt will become a family heirloom to one lucky winner on **October 26, 2016**. **Tickets are \$5 each or 6 tickets for \$20. Available at the Front Desk.**



Congratulations to Ana King who is our July Marble Game winner!

TOWN DAYS CONTINUE

Residents of surrounding towns are invited for lunch at
The Center for the reduced rate of **\$3.00**
on the following Mondays:

Reading ~ Monday, September 12th
Woodstock ~ Monday, October 3rd

*Please note: The Thompson van can provide transportation
for you and your friends. Please call to schedule.*

Medical Equipment

Did you know we have lots of medical equipment for you to have
or to borrow for as long as you need? We have a supply
of Commode Chairs, Walkers, Ramps, Shower Chairs, Depends
in different sizes, Wheelchairs, Knee Scooters, and more!

Contact Shari at 457-3277 for more details.

You can also donate or find medical equipment
at: www.getATstuff.com 1.888.827.2714

SENIOR CENTER MONTH - FIND BALANCE

The 9th annual Falls Prevention Awareness Day (FPAD) will be observed on September 22, 2016, the first day of fall. The event raises awareness about how to prevent fall-related injuries among older adults. The theme of this year's event is *Ready, Steady, Balance: Prevent Falls in 2016*. The Thompson Center is offering 3 free events to raise awareness about falls prevention

Free Qigong and Introduction to Tai Chi Event Wednesday, September 7 at 9:30 am (We'll also have a 10:45 session for those with more experience at Tai Chi)

Why Qigong and Tai Chi? Because they're two of the best things you can do to prevent falls! Clinical studies have shown that the relaxation and mindfulness aspects of these two practices, along with the way they improve balance, posture, body alignment, and self awareness really reduce the risk of falls.

Please join us to try out Qigong and Tai Chi in a relaxed, fun atmosphere. Instructor Anne Bower promises easy lessons, useful handouts, and door prizes too!

A Falls Prevention Awareness Program Presented by Mt. Ascutney Hospital Physical Therapists Thursday, September 22, 1 - 3:00 pm

Are you worried about falling? One in three adults age 65 and older fall each year. The Vermont American Physical Therapy Association wants to help reduce your risk for falling! During September, *National Falls Awareness Month*, the Vermont APTA will present "Stay Steady Vermont," free balance screening events for adults over 65 throughout the state. Each event will offer an informational session followed by individual balance screenings by licensed Physical Therapists using the CDC-approved STEADI criteria.

Participants can participate in a brief balance screen and receive recommendations based on the results. **Pre-registration is needed to ensure that time is allotted for screening.** For more information and to register, please call The Thompson. 457-3277

FallScope ~ A New Fall Prevention Program from Vermont Department of Health and Emergency Medical Services Tuesday, September 27, 1:00 pm

The Vermont Department of Health and Emergency Medical Services statewide have introduced a new clinically proven program to prevent falls and injuries from falls. We all have a story about falls. Hopefully, for most of us, that's where the story ends. Unfortunately, many are not so lucky and can land in the back of an ambulance. Over 95% of hip fractures are caused by a fall. For about 70% of seniors who fracture their hip in a fall, they'll never return home.

Local EMT, Ashley Gabriel, and Paramedic, David Palmer, are trying to change that. They are trying to change the statistics on falls in Woodstock and the surrounding area with the clinically proven program "FallScope." For Ashley and David, it's about changing the "education of attention" as one FallScope participant put it. They are trying to reach seniors before they get called to homes through 911.

This program is offered at no cost through the Vermont Department of Health. Join us at this introductory talk and learn more.

FIND BALANCE through FRIENDSHIP

K-1 Express Scenic Gondola Ride

Thursday, September 8

Depart Thompson on a chartered school bus at 10:15 am

THIS TRIP IS NOW FULL



Some Trip Reminders:

- Payment of \$22 is due now. If you are 80 or over, your cost is just \$12
- The lunch voucher for Peak Lodge is a \$12.00 value but your lunch cost will likely exceed this amount so please be prepared
- Wear comfortable shoes and bring something for cool weather at the top of Killington
- Rain date is Wednesday, September 14

Seven Brides for Seven Brothers

At the Historic Ogunquit Playhouse in Ogunquit, Maine

Wednesday, September 28, 2:30 Show

9:15 am - Depart Thompson Senior Center on Coach Motor Bus

12:00 pm - 3-Course Plated Lunch at Jonathans in Ogunquit

2:30 pm - Show

7:30 pm - Arrive Back in Woodstock

Total Cost: \$127 (Ticket \$59, Transportation \$45, Meal \$23)



Pull up your boots and hold onto your hats when this all-dancing, all-singing, all-new production of the rip-roarin' musical comedy classic bursts onto the stage with rambunctious energy. This big, brawling, rollicking show is set in 1850s Oregon Territory and tells the story of Adam Pontipee and his backwoods brothers' unusual pursuit of brides. When Adam goes to town to get a wife, he miraculously convinces Milly to marry him that same day, and she immediately starts reforming her six rowdy brothers-in-law. When her plan to marry off the boys backfires, this exuberant rousing musical kicks into high gear with a combination of daredevil dancing and wonderful songs like "Goin' Courtin'" and "Wonderful Wonderful Day."

THOMPSON DAY TRIP POLICY

- ◆ To make your reservation, contact Shari at 457-3277 .
- ◆ Reservations are taken on a **first paid basis**. Your name will be entered on the trip sign-up sheet once we receive your payment. Checks will be deposited 30 days prior to trip date.
- ◆ If you cancel for any reason, payment cannot be returned unless we fill your spot from a waiting list. This is due to non-refundable fees charged to us by the bus company &/or destination.
- ◆ All are welcome to go on trips, but anyone needing extended assistance must bring a caregiver or companion.
- ◆ Please note the deadline for individual trip sign-ups. If we do not have the required number of people to cover our costs we will cancel the trip before losing our deposit.

FIND BALANCE through LEARNING

AARP Smart Driver Safety Course **Friday, September 9, 9:15 am to noon** **(break for lunch) 1:00 to 2:00 pm**

Instructor Bill Cherico returns to teach this four hour instructional course which is the nation's largest refresher course designed specifically for older drivers. Registration begins at 9:15am. **Your driver's license is required and your AARP card for members.**

Course Fee: \$15.00 for AARP members and \$20.00 for nonmembers.

Please call the Thompson Center to sign up in advance, 457-3277.
Checks should be made out to AARP Smart Driver.



The Joys of Online Shopping With Linda Bryant **Tuesday, September 13, 1:00 pm** **Pre-registration Required**

Whether you're looking for that perfect summer outfit or you're ready to take a vacation, you can get it all online. From clothing to swimming pools to airline tickets, purchasing online gives you a bigger selection, better price, and in less time and trouble than getting in your car and driving to numerous stores (sometimes quite a distance) to find what you're looking for.

Linda Bryant of Senior Circuit, LLC will be talking about this trend that is becoming quite popular. She will talk about the advantages of shopping online, as well as tips and tricks. She will be giving a live demonstration of purchasing items on two of the more popular sites, Amazon.com and eBay.

Bring a tablet or laptop if you own one.

Parkinson's Disease Event: Aware with Parkinson's **An educational event for people with Parkinson's, their care partners, and community** **Presented by the Parkinson's Center at Dartmouth-Hitchcock** **Monday, September 26, 8:30-2:30 pm**

Fireside Inn & Suites Conference Center, West Lebanon, NH

Contact the Parkinson's Center for more information at (603)653-6672 or

Diane.L.Sherman@hitchcock.org. Rides will be available from The Thompson with advance notice.



The Thompson Center Presents **Canyon Country 2017** **Trip Highlights include Scottsdale, Grand Canyon,** **Lake Powell, Bryce Canyon National Park,** **Las Vegas, and much more!**

Please join us for a special travel presentation by Collette Travel on **Tuesday, October 4, 2016 at The Thompson at 1pm** when a Collette representative will discuss all trip details of the 9-day itinerary, including payment and travel protection options. Canyon Country 2017 to Arizona and Utah will be October 2-10, 2017. If you're interested in this trip, please plan to attend this informational talk.

PROGRAM CALENDAR - SEPTEMBER 2016

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. Up-stairs conference room on Tues, Thurs, Fri,	* Indicates that sign-up/reservations are required.		9 Strength & Fitness 10:30 Italian Study 12 Italian Table 1 Ongoing Italian 2 Mahjong	10-12:30 CCC Office Hours* 12 German Language Table 1:30 Water Aerobics*
5	6	7	8	9
Labor Day CLOSED	9 Strength & Fitness 10 Double King Pede 12 Spanish Table 1 Mahjong 1 Scrabble 3 Bone Builders	9 W. Leb Shopping* 9:30 Free Qigong & Introduction to Tai Chi Event 10:30 Handwork Cir. 12 French Table	9 Strength & Fitness 10:15 Depart for K-1 Gondola Ride* 10:30 Italian Study 12 Italian Table 1 Ongoing Italian 2 Mahjong 3 Bone Builders	Senior Center Month Celebration* 9 – 2:30 Foot Clinic* 9:15 AARP* 10-12:30 CCC Office Hours* 12 German Language Table 1 Music & Games 1:30 Water Aerobics
12	13	14	15	16
Reading Day* 10:15 Memoir Group 1 Advance Directives* 1 Horseshoes 1 Advisory Meeting	9 Strength & Fitness 10 Double King Pede 12 Spanish Table 1 Mahjong 1 Scrabble 1 Online Shopping Talk 3 Bone Builders	10:30 Handwork Cir. 12 French Table 1 Book Group	Late Opening for 5:30 Charlie Nardozzi Dinner Program* No lunch served	10-12:30 CCC Office Hours* 10 Painting at ArtisTree 12 German Language Table 1:30 Water Aerobics*
19	20	21	22	23
8:30 Newsletter Folding 10:15 Memoir Group 10:30 Journaling Class 1 Advance Directives* 1 Horseshoes	9 Strength & Fitness 10 Double King Pede 10 Individual Medicare Assistance* 11:30 Commodities 12 Spanish Table 1 Mahjong 1 Scrabble 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 Advanced 12 French Table 12:30 Caregiver Support Group	Birthday Day* 9 Strength & Fitness 10:30 Italian Study 12 Italian Table 1 Ongoing Italian 1 Falls Prevention Program 2 Mahjong 3 Bone Builders	10-12:30 CCC Office Hours* 10 Painting at ArtisTree 12 German Language Table 1:30 Water Aerobics*
26	27	28	29	30
8:30 Parkinson's Event (off-site) 10:15 Memoir Group 1 Advance Directives* 1 Horseshoes	9 Strength & Fitness 10-12 Wellness Clinic 10 Double King Pede 12 Spanish Table 12:30 - 2:45 Foot Clinic* 1 Mahjong 1 Scrabble 1 Fallscape Program 3 Bone Builders	9:15 Depart for Seven Brides for Seven Brothers* 9:30 Tai Chi Beginner 10:30 Handwork Cir. 10:45 Tai Chi Advanced 12 French Table	9 Strength & Fitness 10:30 Italian Study 12 Italian Table 1 Ongoing Italian 1 Mill Band 2 Mahjong 3 Bone Builders	10-12:30 CCC Office Hours* 10 Painting at ArtisTree 12 German Language Table 1:30 Water Aerobics*

MENU - SEPTEMBER 2016

Mon	Tue	Wed	Thu	Fri
			1	2
Meal Pricing: ** \$ 7 charge for those under age sixty ** \$ 5 suggested donation for ages sixty and over	Menu is subject to change based on availability of food items. Please call ahead with special dietary needs.	* Vegetarian meals & Gluten Free are available daily upon request. Please contact our chef in advance. 2% Milk, Coffee, tea, and juices available	Tacos w/ Ground Beef Cheese, Lettuce, Tomato, Salsa, Sour Cream, Red Beans and Rice, Roasted Vegetables, Warm Berry Crisp	Breakfast Day Pancakes, Sausage Fruit, Yogurt and Granola
5	6	7	8	9
Labor Day Closed	Tossed Salad, Chicken Parmesan over Multigrain Pasta, Garlic Bread, Fresh Fruit Parfait	Tossed Salad, Hearty Beef & Vegetable stew, Frosted Banana Bars	Salmon en Crouete, w/ Spinach and Mushrooms, New Potatoes, Cucumber/Dill Salad, Warm Apple Crisp	Senior Center Month Celebration* Chicken BBQ, Baked Beans, Potato Salad, Cole Slaw, Corn Bread, Ice Cream Cone
12	13	14	15	16
Reading Day* Traditional Lasagna, Tossed Salad, Garlic Bread, Fresh Fruit Salad	Quiche w/ Asparagus Leek & Gruyere Cheese, Roasted Potatoes, Tossed Salad, Lime and Spice Peach Cobbler	Tossed Salad, Lime Herb Chicken, Roasted Potatoes, Sufferin' Succotash, Yogurt Cake w/ Peach Puree	Charlie Nardoizzi Dinner* (No Lunch Served) Frisée Salad w/ Bacon Lardons, Grilled Marinated Sirloin Tip Roast w/ Shallot and Red Wine Sauce, Parmesan Hasselback Potato Gratin, Roasted Butternut Squash w/ Spinach, Raisins and Pine Nuts, Apple and Pear Galette w/ Walnut Streusel	Chef's Choice
19	20	21	22	23
Tossed Salad, Hearty Turkey Vegetable Noodle Soup, Roll, Gingerbread pear cake	Meatloaf, Smashed Potato, Gravy, Peas & Carrots, Hot Fudge Sundae with banana	Baked Tilapia, Baked Potato, Broccoli and Carrots, Lemon Fool w/ Berries	BIRTHDAY DAY* Honey Glazed Ham, Pineapple Chutney, Mascarpone Mashed Potatoes, Green Bean Amandine Roll, Cake and Ice Cream	Cheese Pizza, Greek Salad w/ lettuce, cucumber, pepper, olives, feta cheese, Chocolate Chip Cookie and fruit
26	27	28	29	30
Chef's Choice	Reubens, Beer Battered Onion Rings, Mediterranean Vegetable Salad, Sorbet w/ Fresh Berries	Pan Seared Chicken breast, Creamy Cheddar Polenta, Spinach supreme (spinach, sour cream, parmesan and Monterey Jack Cheese) Chef's Choice Dessert	Chef Salad w/ Lettuce, Tomato, Roast Beef, Turkey, Cheese, Hard Boiled Egg, Carrot, Roll, Ice Cream Sandwich Cookies	Stuffed Peppers, Tossed Salad, Fruit Short Cake

Reservations Required

Please sign-up in advance for special meals and Birthday Day. This month includes **Senior Center Celebration on Sept 9, Reading Day on Sept 12, Dinner Program on Sept 15 and Birthday Day on Sept 22.**

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!

FIND BALANCE through FITNESS

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

Tai Chi's Slow, Gentle Exercise Great for Mind and Body

**Nine Week Session Plus a Special Day
Sept 7 - Special Introductory Day— FREE!
Wednesdays, September 21 - November 16
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 (\$27 for 9 sessions) 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.anniebower.com).

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.

Brain Builder

Sort the following words in three different categories and name the categories.

Words:

*Lily; manor; nonagon; circle; palace;
peony; dandelion; decagon; chateau;
farm; periwinkle; oval*

Strength & Fitness

Tuesdays & Thursdays

**Monday Classes Resume on October 17th
9:00 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.

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.

Water Aerobics Class

Woodstock Athletic Club

Fridays, Sept 2 - Nov 4

1:30 - 2:15 pm

Cost: \$80 for 10 week class

**The Thompson Center will provide
shuttle service if needed**

Call 457-3277 to register

WELLNESS PROGRAMS

Low Vision Support Group **Every 3rd Thursday of the Month** **10:15 - 11:45 am**

September's Group is postponed due to a Thompson evening event - Join us in October

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.

CAREGIVER SUPPORT GROUP **Wednesday, September 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.

Individual Medicare Assistance **September 20, 10:00 am - 1:00 pm** ***Wait list only for September - we are working on getting more assistance for individuals***

Pati Kimball from Senior Solutions will hold office hours at The Thompson to discuss any of your Medicare questions. The following is a list of topics she can discuss with you:

- Medical drug plan
- State subsidies which can help with costs associated with Medical drug plans as well as Medicare Part B
- Extra help from social security through the low income subsidy for your Medicare drug plan
- Medicare supplement plans
- The annual enrollment period October 15-December 7 each year

Appointments are required.

Wellness Clinic & Blood Pressure Screenings **Tuesday, September 27, 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.

Chair Massages at The Thompson **Will Resume in October** **10:00 am to noon**

September appointments have been postponed. Chair Massage at The Thompson will resume in October on the 1st, 2nd and 4th Wednesday of the month.

Please call in advance to schedule your 20 minute massage. Cost: 20 minute massage/\$20.00

Foot Care Clinics **Monthly, 9:00 am - 2:30 pm** **on the 2nd Friday & 3rd Wednesday** **And 12:30 to 2:45 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 2:45 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.

Seasonal Flu Clinic on Friday, October 7, 9:00 am - 12:00 pm



Adults 18 years and older are eligible. Please bring your Medicare Part B insurance card so we can bill them directly. Fee for all others is \$25.

FIND BALANCE through PURPOSE

Weekly Game Schedule

Bingo - Daily at 10:30 am

Horseshoes - Mondays at 1:00 pm

Double King Pede - Tuesdays, 10:00

Scrabble - Tuesdays at 1:00 pm

**Mahjong - Tuesdays at 1:00 pm &
Thursdays at 2:00 pm**

Thank you to our terrific
volunteers who ran our booth at
the Taste of Woodstock!



Painting at ArtisTree
A Collaboration Between
The Thompson Center and ArtisTree
Instructor: Murray Ngoima
Friday mornings, 10:00 - 11:30 am
Session 1: Sept 16 - Oct 14
Session 2: Oct 28 - Dec 9



(NO CLASSES November 11 or November 25)

Come paint and learn about painting in the beautiful surroundings, inside and out, at ArtisTree in South Pomfret. Work with water-based media with instruction and/or on projects of your own choosing, in supportive and congenial company. The media offered include watercolor, acrylic, gouache, ink, and colored pencil. Materials provided. Complete beginners to experienced painters, all welcome!

Transportation provided as needed on The Thompson van at 9:30 a.m. from Woodstock to ArtisTree, returning to The Thompson in time for lunch. \$50 for five classes or \$12 per class. (5 participants minimum) maximum). **Call Shari at The Thompson to register for class and a ride if you need one. 457-3277.**

BOOK GROUP

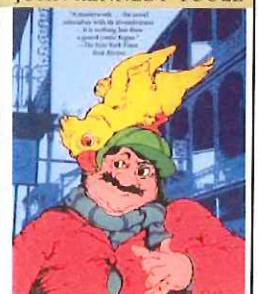
Wednesday, September 14 at 1:00 pm

Our September's read is *A Confederacy of Dunces* by John Kennedy Toole. This book is quite simply a comic masterpiece, a novel brimming with original characters, absurd situations, and at its heart a blustery, vulnerable mama's boy named Ignatius J. Reilly. He believes in aesthetics and real meaning, in what he perceives to be the truth. For this reason, he is a true literary hero. The book won a Pulitzer Prize. You won't read it for the plot; it's all about the zany characters. All newcomers are welcome!

**A Confederacy of
DUNCES**

WINNER OF THE PULITZER PRIZE

JOHN KENNEDY TOOLE



IN APPRECIATION

IN APPRECIATION

Barb Holmes: medical equipment in memory of Nancy Day
 Carol Powell: flower centerpieces
 Nell Singer & Family: books
 Joe Haynes: medical equipment
 Gerry Fields: medical equipment
 Lynn Peterson: zucchini, kale
 Mavis Shaw: zucchini
 Don Munro: zucchini
 Anonymous: red onions, lettuce, cakes

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



IN MEMORY OF

JACK MOORE

Randi Harron

MILDRED (MILLIE) MCGEE

Ry & Joanne Bates
 Helen Flower
 Ted & Joan Staples

GLADYS (GLADIE) CLEVELAND

James & Boots Churchill
 Footprints - Edris, Sudie, Kate, Elizabeth, Tonia
 Nancy Bassett
 James & Linda Breece
 Jean Conklin
 Randi Harron
 Nancy Pike
 James & Phyllis Bulmer

SEPTEMBER BIRTHDAYS

1st	Beverly	Audsley	12th	John	Ditcheos	24th	Cindy	Carroll
1st	Anne	Herz	13th	Jody	Pindt	24th	Juris	Kaugerts
1st	Althea	Derstine	14th	Bo	Gibbs	24th	Nancy	Randall
1st	Elizabeth	Goldsborough	14th	Dory	Bayer	24th	Clover	Durfee
2nd	Helen	Howe	14th	Patricia	Bernardi	25th	Wayne	Thompson
2nd	Marian	Whitaker	15th	Jane	Lasure	25th	Charles	Malerich
2nd	Donald	Lovejoy	15th	Mary	Hawkins	26th	Kathleen	Kjerulff
2nd	Donna	Peck	16th	Martha	Leonard	26th	Joanne	Smith
3rd	Louise	Fowler	16th	Jenepher	Lingelbach	26th	Tom	Smith
3rd	James	Gebhardt	17th	Roberta	Morse	26th	Angel	Rubino
4th	Elizabeth	Schellhorn	18th	Felicitas	Leonard	27th	Isaac	Jacobs
4th	David	Roseman	18th	Lesley	Scales	27th	Len	Brown
5th	Joy	Corduff	19th	Mary	Church	17th	Elliott	Bearse
5th	Laura	Robinson	19th	Elizabeth	McElligott	28th	Ida	Cogswell
5th	Harold	Eaton	19th	Vivian	Webster	29th	Prudence	Schuler
5th	Michael	Burnett	19th	Madeline	Riederer	19th	Kilborn	Church
6th	Bobbie	Fleming	20th	Patsy	Highberg	29th	Anita	Clark
7th	Ruth	Ekberg	22nd	Daniel	Bruce	30th	John	Doten Jr
7th	Barbara	Scully	22nd	Evangeline	Monroe	30th	George	Sadowsky
7th	Kathleen	Camp	22nd	Karen	Hawkes	30th	Nancy	Peterson
7th	Virginia	Jackson	22nd	Roswell	Harlow II			
9th	Tambrey	Vutech	22nd	Sandra	Thompson			
9th	Patty	MacDonald	23rd	Pia	Nichols			
10th	Sandra	LaCoss	23rd	Audrey	Putnam			
11th	John	Moore	23rd	Cliff	Geno			



On September 22 we will celebrate your day with a complimentary meal! Please make a reservation by calling 457-277.



The Thompson

At The Center For Seniors And Community

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

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

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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.



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@thompsonscenter.org

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