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

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 insulate 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.thompsonseniorcenter.org

CENTER HOURS
8 AM-3 PM, Monday-Friday

STAFF
Deanna Jones, Executive Director, djones@thompsonseniorcenter.org
Paula Audsley, Outreach Manager, paudsley@thompsonseniorcenter.org
Pam Butler, Program Director, pbutler@thompsonseniorcenter.org
Jen Bloch, Marketing Coordinator, jbloch@thompsonseniorcenter.org
Shari Borzekowski, Administrative & Resource Assistant, sborz@thompsonseniorcenter.org
Ryan Martin, Chef, rmartin@thompsonseniorcenter.org
Siobhan Wright, Kitchen Assistant, Meals on Wheels Coordinator swright@thompsonseniorcenter.org
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
Ottauquechee Health Center, 437-5414

BOARD OF DIRECTORS
Tom Weschler—President
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John Steinle
Tammy Vutech

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
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

**FallScape ~ 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 or falls in Woodstock and the surrounding area with the clinically proven program “FallScape.” For Ashley and David, it’s about changing the “education of attention” as one FallScape 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

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**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."

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**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.
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.
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<td><strong>BINGO daily at 10:30 am except on birthday day and other special meal days. Location: Dining Room on Mon &amp; Wed. Upstairs conference room on Tues, Thurs, Fri.</strong></td>
<td><em>Indicates that sign-up/reservations are required.</em></td>
<td>9 Strength &amp; Fitness</td>
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<td>10-12:30 CCC Office Hours*</td>
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<td>10 Painting at ArtisTree</td>
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*Page 6 THE THOMPSON TIMES*
### MENU - SEPTEMBER 2016

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

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.

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.

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
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  
Appointment 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.
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

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!
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 Church II
Footprints - Edris, Sudie, Kate, Elizabeth, Tonia
Nancy Bassett
James & Linda Breeze
Jean Conklin
Randi Harron
Nancy Pike
James & Phyllis Bulmer

SEPTEMBER BIRTHDAYS

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

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