



The Thompson Times

AT THE CENTER FOR SENIORS AND COMMUNITY

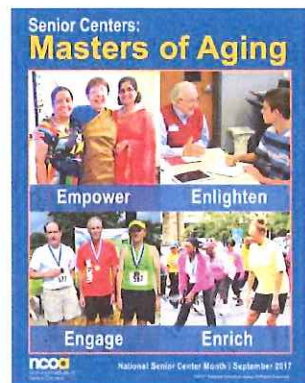
SEPTEMBER 2017

Senior Centers: Masters of Aging

September is recognized nationally as Senior Center month. This year's theme, "Senior Centers: Masters of Aging!" highlights the many ways that senior centers lead their aging communities and inspire individuals to master this phase of life and thrive!

Whether it is taking an exercise class, attending a social event, participating in memoir group or a painting class, or by having a meal or volunteering at The Thompson, you are enriching your experience of aging and empowering yourself to have a full, active and enjoyable life as a "Master of Aging!"

Join us on September 22nd at our noon meal as we celebrate National Senior Center Month with Chicken BBQ, 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.



A Playground for Empire: Historical Perspectives on Cuba and the U.S.A.

A Vermont Humanities Council Event

Hosted by The Thompson Center

Thursday, October 19, 7:00 pm

Dinner to precede lecture at 6:00 pm at The Thompson Center. Dinner is \$20 per person

Reservations required

The Spanish-American war of 1898 ended Spain's four hundred year rule of Cuba. Cuba became a U.S. protectorate and decades of instability followed, culminating in Batista's military dictatorship. The 1959 Cuban Revolution is one of the great underdog stories in history, in which a tiny band of young rebels prevailed against all odds. This nationalist revolution quickly fell under the sway of the USSR and Cuba's previously close ties with the U.S. were abruptly severed.

This illustrated presentation by novelist and lecturer Tim Weed, a long-time observer of the island, will highlight recent changes in light of Cuba's long struggle for sovereignty.

Tim Weed is an award-winning novelist and lecturer who teaches at GrubStreet in Boston and Western Connecticut State University.

Supported in part by the National Endowment for the Humanities (NEH) and the Vermont Humanities Council (VHC). Any views, findings, conclusions, or recommendations expressed in this program do not necessarily represent those of the NEH or VHC.

This talk is free, open to the public, and accessible to those with disabilities.



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

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Nelson Gilman, Charlie Seitz**

Senior Solutions (Formerly Council of Aging
for Southeastern Vermont)

SENIOR HELPLINE: 800-642-5119

Community Care Coordinators

Lonnie Larrow, RN and

Carla Kamel, MSW

Ottawaquechee Health Center, 457-5414

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Susan Moor

Daphne Moritz

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BEHIND THE SCENES

Thank You for a Successful Generation to Generation Week



It turned out to be a wonderfully successful week! Throughout the week we had 41 students in total participate (20-26 students each day), Ages 6-12. More than 40 adults participated throughout the week as well. Six grandparents and one great grandmother brought their grandchildren and attended with them. It was a fun week and exceeded our expectations in every way. Special thanks to camp teachers Barb Leonard & Jenn Gubbins, and Finnie Trimpi & Caitlyn Eastman from ArtisTree/Purple Crayon, and Jerry Fredrickson our affable and dependable set-up guy!

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



ADVISORY MEETING HIGHLIGHTS

- Thank you to all volunteers during Generation to Generation week. Parents and Seniors have been given feedback forms.
- Thank you to board members, staff and volunteers who worked the booth at Taste of Woodstock
- We are celebrating National Senior Center month with a special BBQ on September 22nd.
- Announced new programs and trips that will be detailed in September newsletter.

Please join our next meeting on Monday, September 11 at 1:00 pm. All patrons and volunteers are invited to attend. Your feedback is needed and appreciated!

**Congratulations to Barbara Sanderson who was our
July Marble Game winner!**

TOWN DAYS CONTINUE

Residents of surrounding towns are invited for lunch at The Thompson for the reduced rate of **\$3.00**

Reading ~ Monday, September 11th

Woodstock ~ Monday, October 2nd

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

NEWS & EVENTS

Emergency Preparedness Talk
Presented by Kevin Geiger, AICP CFM
Senior Planner Two-Rivers Ottawaquechee Regional Commission
Wednesday, September 6, 1:00 pm

Please join us for this important discussion about basic steps one can take to be alert for upcoming emergency conditions, that are typically weather related. Kevin will further discuss important pertinent information for one's health and safety during common emergencies as well as an overview of town/state/federal systems that come into play during these emergencies and what they mean for you.

Family Caregivers: Learn the Steps to Effective and Positive Caregiving
Part 2 in the Three Part Series Presented by Susan Moor
Tuesday, September 12, 1 – 2:30 pm

Dealing with "NO!"

Activities of Daily Living - Individuals may need help with the "Activities of Daily Living", which are the basic activities that we must perform every day in order to take care of ourselves. Typically, ADLs refer to the following tasks: • Bathing • Toilet Use • Control or Continence • Dressing and Grooming • Moving about Independently

Discussion will be centered around how to anticipate the ADLs and cope with them before frustration and accidents occur. Learn how to establish a structured, predictable environment to help relieve anxiety commonly known to trigger behavior issues in the memory impaired.

This program is free and pre-registration is encouraged so that there will be enough handouts for attendees to bring home.

Falls Prevention Awareness Program and Balance Screenings
Presented by MT. Ascutney Hospital Physical Therapists
Thursday, September 21, 1:00 - 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! September 22, 2017, the first day of fall, marks the 10th annual National Falls Prevention Awareness Day, sponsored by the National Council on Aging (NCOA). During September Vermont Physical Therapists 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.***

Please wear comfortable clothes and shoes. Contact Linda Hazard, PT at Ottawaquechee Health Center at 802-457-5409 if you have any questions pertaining to the balance screening.

TRIPS

Canyon Country Trip Document Meeting

Tuesday, September 19, 1:00pm

Learn details about our October, 2018 trip, Southern Charm - 1:30 pm

On September 19th, a Collette travel representative will be at The Thompson to distribute Canyon Country travel documents, and to review trip details and answer any remaining questions pertaining to this trip. If you are traveling on this trip, please join us for this meeting.



Northern Stage Presents: A Doll's House by Henrik Ibsen

A new version by Robert Kropf

Directed by Eric Bunge

Wednesday, September 20, 7:30 pm, \$37

**Transportation provided to and from
The Thompson Center**

Henrik Ibsen, the father of modern drama, argued that everyone, man or woman, had a right to be who they wanted to be. In *A Doll's House*, protagonist Nora epitomizes struggles against the constraints of social conformity as she confronts her identity and the state of her marriage. Though Ibsen was writing in the 19th century, his masterpiece remains just as relevant as when it was written.

K-1 Express Scenic Gondola Ride and Lunch at The Peak

Wednesday, October 4th

Depart Thompson on our van at 10:15 am

Cost: \$25 includes transportation, round trip lift ticket and a \$10 meal voucher toward lunch at the Peak Lodge. *Ages 6 and under and 80-plus ride free!

We are returning to the mountain again this year - a relaxing mile and a quarter ride in an enclosed 8-person gondola cabin to the top of 4,241-foot Killington Peak. Take a short walk to the Peak Lodge for top-of-the-world views and lunch off the menu.

The Vermont Handcrafters' Holiday Fine Craft and Art Show

Friday, November 17, 2017

Sheraton Conference Center, Burlington, VT

~Trip Details to Follow in October Newsletter~

Vermont Symphony Orchestra Holiday Pops At the Historic Paramount Theater, Rutland, Vermont

Sunday, December 10, 3:00 pm Matinee

Dinner will follow at the award winning Red Clover Inn

Details to follow in October Newsletter



VERMONT
SYMPHONY
ORCHESTRA

PROGRAMS



Monthly Art Project with ArtisTree at The Thompson Wednesday, September 13, 1:30 pm



On September 14, 1814 Francis Scott Key wrote the "Star Spangled Banner". September's craft project with ArtisTree will honor our flag. Each participant will stitch stripes and sew buttons to create a simple sewn star spangled banner in celebration of our American symbol. Pre-registration is requested.



AARP Smart Driver Safety Course Friday, September 15, 9:15 am - 2:00 pm with Lunch Break

Instructor Bill Cherico returns to teach this four hour refresher course designed specifically for older drivers. **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 457-3277 to sign-up. Checks should be made payable to AARP Smart Driver.



Painting at ArtisTree
**A Collaboration Between
The Thompson Center and ArtisTree**
Instructor: Murray Ngoima
Friday mornings, 10:00 - 11:30 am
Session 1: Sept 15 - Oct 13, Cost \$50
Session 2: Oct 27 - Dec 1, Cost \$40
No Class on 11/10 or 11/24
\$10 Drop in Fee for either session

Come paint and learn about painting in ArtisTree's beautiful indoor and outdoor settings. Receive instructions in how to work with water-based mediums, or work on projects of your own choice amid supportive and congenial company. Explore the mediums of watercolor, acrylic, gouache, ink, and colored pencil. Materials are provided. All levels of experience are welcome! Bus transportation is provided by The Thompson to ArtisTree, with students returning to The Thompson in time for lunch.

To register please call The Thompson 457-3277.

"An Apple a Day..." Presented by Pat Harrison, RD, Senior Solutions With Hands on Cooking Demonstration Wednesday, September 27, 1:30 pm



You know the saying "An apple a day..." but do they really help us stay healthy. The answer may be a definite YES! Fiber, fluid, antioxidants, phyto nutrients, bulk, low in calories and even "nature's toothbrush"! APPLES – fresh, crisp, crunchy, sweet or tart, a delicious, nutritious treat that says "welcome to Fall..."

Help us make a quick and easy Apple Crostata. Get some ideas on how to incorporate health supporting apples into your diet. **Pre-registration requested.**

PROGRAM CALENDAR - SEPTEMBER 2017

Mon	Tue	Wed	Thu	Fri
				1
BINGO daily at 10:30 am except on birthday day and other special meal days. Location: Dining Room on Mon & Wed. Upstairs conference room on Tues, Thurs, Fri,	* Indicates that sign-up/ reservations are required			9 Pickle Ball 10-12:30 CCC Office Hours* 12 German Language Table Open Ping Pong 1:30 Water Aerobics*
4	5	6	7	8
CLOSED for Labor Day	9 Strength & Fitness 10 Double King Pedo 10 Beginning Italian* 10-2:30 Ping Pong 12 Spanish Table 12:30 Mahjong 3 Bone Builders	9 W. Leb Shopping* 9 Pickle Ball 9:30 Beginner Tai Chi 10:30 Handwork Cir. 10:45 Advanced Tai Chi 12 French Table 1 Emergency Preparedness Talk	9 Strength & Fitness 10 Cribbage 10:00 Italian Study 12 Italian Table 1 Italian Intermediate 2 Mahjong 3 Bone Builders	9 Pickle Ball 9 – 2:30 Foot Clinic* 10-12:30 CCC Office Hours* 12 German Language Table 1:30 Water Aerobics*
11	12	13	14	15
Reading Day* 9 - 2 Medicare 1:1 Counseling* 10 Journaling Class 10:15 Memoir Group 1 Bridge 1 Horseshoes 1 Advisory Meeting 1-3 Advanced Directives*	9 Strength & Fitness 10 Double King Pedo 10 Beginning Italian* 10-2:30 Ping Pong 12 Spanish Table 12:30 Mahjong 1-2:30 Family Caregivers: Part 3 3 Bone Builders 5:30 Medicare Boot-camp	9 Pickle Ball 9:30 Beginner Tai Chi 10:30 Handwork Cir. 10:45 Advanced Tai Chi 12 French Table 12:30 Caregiver Support Group 1 Book Group 1:30 ArtisTree Art Project*	9 Strength & Fitness 10 Cribbage 10:00 Italian Study 12 Italian Table 12:45 Lucy Mac Visit 1 Italian Intermediate 2 Mahjong 3 Bone Builders	9 Pickle Ball 9:15—2:00 AARP Driver Safety Course* 10-12:30 CCC Office Hours* 10 ArtisTree Painting* 12 German Language Table 1:30 Water Aerobics*
18	19	20	21	22
8:30 Newsletter Folding 10:15 Memoir Group 1 Bridge 1 Horseshoes	9 Strength & Fitness 10 Double King Pedo 10 Beginning Italian* 10-2:30 Ping Pong 11:30 Commodities 12 Spanish Table 12:30 Mahjong 1 Canyon Country Trip Meeting 3 Bone Builders	8:30 Board Meeting 9 W. Leb Shopping* 9-2:30 Foot Clinic* 9:30 Beginner Tai Chi 9 Pickle Ball 10:30 Handwork Cir. 10:45 Advanced Tai Chi 12 French Table 6:30 Depart for Northern Stage	9 Strength & Fitness 10 Cribbage 10:00 Italian Study 10:15 Low Vision Support Group 12 Italian Table 1 Italian Intermediate 1 - 3 Fall Prevention Program* 2 Mahjong 3 Bone Builders	Senior Center Month Celebration BBQ* 9 Pickle Ball 10-12:30 CCC Office Hours* 10 ArtisTree Painting* 12 German Language Table Open Ping Pong 1:30 Water Aerobics*
25	26	27	28	29
10:15 Memoir Group 1 Bridge 1 Horseshoes	9 Strength & Fitness 10 Double King Pedo 10-12 Wellness Clinic 10 Beginning Italian* 10-2:30 Ping Pong 12 Spanish Table 12:30 Mahjong 12:30 - 2:45 Foot Clinic* 3 Bone Builders	9 Pickle Ball 9:30 Beginner Tai Chi 10:30 Handwork Cir. 10:45 Advanced Tai Chi 12 French Table 1:30 Apple Program with Pat Harrison*	Birthday Day* 9 Strength & Fitness 10 Cribbage 10:00 Italian Study 12 Italian Table 1 Italian Intermediate 2 Mahjong 3 Bone Builders	9 Pickle Ball 10-12:30 CCC Office Hours* 10 ArtisTree Painting* 12 German Language Table Open Ping Pong 1:30 Water Aerobics*

MENU - SEPTEMBER 2017

Mon	Tue	Wed	Thu	Fri
				1
Meal Pricing: * \$ 7 charge for those under age sixty * \$ 5 suggested donation for ages sixty and over	* indicates that sign-up/reservations are required (Birthday Day & special holiday meals)	Menu is subject to change based on availability of food items. Please call ahead with special dietary needs	Vegetarian meals & Gluten Free are available upon request. Please contact chef in advance. 2% Milk, Coffee, Tea and Juices available	Breakfast Day* French Toast, Maple Sausage, Fruit and Yogurt
4	5	6	7	8
CLOSED for Labor Day	Grill Day Hot Dogs & Burgers, Potato Salad, Cole Slaw, Strawberry Short Cake	Tortellini with Asparagus and Lemon topped with Grilled Chicken Served w/ Cucumber, Tomato Salad, Lime and Spice Peach Cobbler	Beef Bourguignon, Roll, Tossed Salad, Chef's Choice Dessert	Chef's Choice
11	12	13	14	15
Reading Day* Meatloaf, Mashed Potato, Gravy, Green Beans, Strawberry Sundae	Grilled Pesto Chicken Breast, Lemon Risotto with Peas Marinated Vegetable Salad, Blueberry Crisp	Cauliflower, Chevre and Onion Quiche, Herb Roasted Potatoes, Broccoli Salad, Sorbet and Fruit	Italian Basil Pasta Salad, Waldorf Salad, Chicken Salad Plate with Lettuce and roll, Chef's Choice Dessert	Grilled Tuna & Vegetables in Herb Butter, Brown Rice, Oatmeal Cranberry, Cookie and Fruit
18	19	20	21	22
Turkey Sandwich w/ Lettuce, Tomato, Cheese on a Multigrain Bun, Apple & Squash Soup, Warm Berry Crisp	Traditional Lasagna, Panzanella Salad, Fresh Fruit Salad	Chicken Milano w/ Basil and Sundried Tomatoes served over Fettuccine, Cucumber Salad, Fresh Fruit Salad	Tossed Salad, Bangers & Mashed, Onions & Gravy, Peas, Carrots, Fruit Short Cake	Senior Center Month Celebration* Chicken BBQ, Potato Salad, Cole Slaw, Corn Bread, Ice Cream Cone
25	26	27	28	29
Chef's Choice	Chicken Parmesan over Multigrain Pasta, Garlic Bread, Spinach Pie, Fresh Fruit Parfait	Salmon en Croute w/ Spinach and Mushrooms, New Potatoes, Cucumber/Dill Salad, Brownie Sundae	BIRTHDAY DAY* Honey Glazed Ham, Pineapple Chutney, Mascarpone Mashed Potatoes, Green Bean Amandine Roll, Cake and Ice Cream	Philly Cheese Steak Sandwiches w/ peppers & onions, Sweet Potato Fries, Cole-slaw, Fresh Fruit

* Reservations Required *

Please sign-up in advance for special meals and Birthday Day. This month includes **Reading Day on September 11th, National Senior Center BBQ on the 22nd and Birthday Day on the 28th**. Volunteers, if you are working and eating on that day you will also need to sign-up at the front desk. Our fire code limits us to 80 guests.

Also, please remember to cancel if you can't make it so that others can attend! **Thank You**

EXERCISE CLASSES

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

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

Read and memorize the following series of letters:

Letters: M, D, P, U, A, V

Now cover the letters and try to recall them in alphabetical order

**Strength & Fitness
Tuesdays & Thursdays
9:00 - 10:00 am**

Resuming Monday Classes Beginning October 16

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.

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

Beginner Class 9:30 - 10:30 am

Advanced Class 10:45 - 11:45am

Sept. 6, 13, 20, 27 and Oct. 4, 11, 18

Cost is \$21

The July 2017 issue of *Consumer Reports* features an article titled, "To Prevent Falls, Try Tai Chi." Many at our senior center have found that what the article suggests is true—tai chi really does help your balance. This gentle, slow exercise gives many other benefits—helping with arthritis, back pain, high blood pressure, blood sugar control, sleep problems, and concentration. Posture improves and so does one's ability to let go of stress. As the *Consumer Reports* article emphasizes, tai chi can be more effective for fall prevention than physical therapy, stretching exercises, yoga, and balance training! We can apply our tai chi moves to actions in daily life (walking, housework, yardwork, etc.), and that even as we are exercising we're also practicing deep breathing, body alignment, and slowly strengthening our leg and core muscles.

Our senior center instructors have many years of experience and love seeing the progress class participants make. "Each person makes adjustments for their own body," Anne Bower explains. "Tai chi is not about learning the moves perfectly but about learning them in a way that makes sense for your own structure." Tai chi students have fun as they learn and that adds to the relaxation effect.

We encourage you to give tai chi a try. Your first class is always free. Hand-outs are provided and you can also purchase a DVD with which to practice at home. Those already taking tai chi are ready to welcome you to their learning community..

Cost: \$3.00/class with all of the proceeds going to support programs at The Thompson.

For more information contact Anne at anniebower@yahoo.com or 457-2877

**Open Pickle Ball
Woodstock Athletic Club
Wednesdays and Fridays
9:00 - 10:30 am**



Cost: \$10 per 1.5 hr court time session. Walk-ins welcome and equipment is provided. Ride service available from The Thompson with advance notice.

WELLNESS PROGRAMS

Low Vision Support Group Every 3rd Thursday of the Month

10:15 - 11:45 am

September Topic:

**Emergency Planning for Disasters
Like Fire and Flood**

The Vermont Association for the Blind and Visually Impaired is offering this support group where participants can share experiences, challenges, and successes of living with a visual impairment at this ongoing monthly meeting. Learn about adaptive aids and strategies that support independence. Led by a Certified Vision Rehabilitation Therapist from VABVI.



Seasonal Flu Clinic Thursday, October 12 9:00 am - 12:00 pm

Adults 18 years and older are eligible. Please bring your Medicare Part B insurance card for direct billing. Fee for all others is \$25.

CAREGIVER SUPPORT GROUP Wednesday, September 20, 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.

Wellness Clinic & Blood Pressure Screenings 4th Tuesday, 10 - 12 noon

Wellness clinics (blood pressure & consultation) with VNA Wellness Clinic nurse, Mary Ann Conrad, held on the 4th Tuesday of each month from 10-noon.

Foot Care Clinics Monthly, 9:00 am - 2:30 pm on the 2nd Friday & 3rd Wednesday And 12:30 to 2:50 pm on the 4th Tuesday

In addition to Mary Wood's clinic on the second Friday and third Wednesday of each month, we are happy to offer more foot clinic availability with our wellness clinic nurse, Mary Ann Conrad. Mary Ann will be offering an additional foot clinic on the fourth Tuesday of the month from 12:30 to 2:50 pm following her wellness clinic hours.

Both clinics will now be \$20 and patrons are asked to bring their own towel. As always, please inform us in advance if you cannot make your appointment.

ADVANCE DIRECTIVE CLINIC 2nd Monday of the Month

Would your loved ones know your wishes about medical care if you were unable to speak for yourself? There is a legal document called an Advance Directive that you can complete to give guidelines about your wishes and appoint someone to represent you if you are not able. We have arranged for a trained and caring volunteer to be at the Thompson Center every 2nd Monday from 1pm - 3pm. These volunteers will take the time to explain both the document and the simple process used to make your wishes known. You can call 457-3277 to schedule an appointment.

Join the Thompson Team! September 24th 10:00 am at Lyman Park, White River Junction



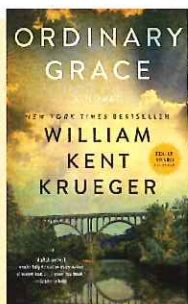
Visit our website to learn details and to sign up to join our team for the Upper Valley Walk to End Alzheimer's.

ONGOING CLASSES & PROGRAMS

BOOK GROUP

September 13th at 1:00 pm

This is a dear coming of age tale set in small town America in 1961. The author paints lovely word pictures in the telling.



The story carries a message and an energy that rings true with things to ponder while providing moments of introspection that remain long after closing the cover on the final chapter. This is one of those books to savor again and again.

It's a good choice for joining the book club conversation if you've been holding back. We hope to see you on Wednesday, September 13th at 1:00.

Christmas Icicle Crafting Project Friday, October 6 10:00 am – 12:00 pm

Candy Elssa will teach the art of making an icicle crafted from 4 mm fire-polished crystal beads and seed beads using a variation of the Spiral stitch. The Icicle is approximately 12 cm long by 1.5 cm at it's widest point. The Christmas Icicle looks lovely on a tree or in a window and will make a great gift or family heirloom.

Call Thompson to pre-register. 457-3277

Medicare Boot Camp for New Enrollees Tuesday, September 12, 5:30 pm Presented by Senior Solutions



Are you almost 65 year 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.**

Weekly Game Schedule

Bingo

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

Horseshoes

Mondays at 1:00 pm

Bridge

Mondays at 1:00 pm
(Except 1st Monday of month)

Pickle Ball

Wednesdays & Fridays
9:00 - 10:30 am
(at WAC)

Double King Pede

Tuesdays at 10:00 am

Cribbage

Thursdays 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

Call The Thompson for individual counseling appointments by a Senior Solutions Medicare Counselor
Monday, Sept. 11 and Oct. 16, 9:00 - 2:00

IN APPRECIATION

IN APPRECIATION

Ellaways-coat racks
 Tina Martin- medical equipment
 Sandy Pariseau- medical equipment
 Linda Manning- medical equipment
 Joanne Bates- medical equipment
 Pat Gould- medical equipment
 Woodstock Insurance-scratch pads
 Darleen Griggs-birthday cake
 John Audsley-radishes
 Mavis Shaw-lettuce
 Pat Gould-rhubarb
 Lynn Peterson-lettuce
 Eleanor & Sam Grice-string beans
 Carol Powell-zucchini
 Billings Farm-jams and pickles

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



*On Sept 28th we will celebrate
 your special day with a delicious
 meal! Please call to make a reservation for
 a complimentary lunch!*

SEPTEMBER BIRTHDAYS

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



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

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



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.

Thank You to Our Transportation Sponsors and Grants:



Ottawaquechee Plumbing



MISSION

The Thompson helps seniors to age well in our rural community. We provide timely support and services, and are a resource and advocate on issues related to aging. Our programs and activities foster the physical, intellectual, and social well being of our adult community to enhance dignity, self-worth, and independence.