



The Thompson Times

AT THE CENTER FOR SENIORS AND COMMUNITY

MARCH 2018

MARCH FOR MEALS

A NATIONWIDE CELEBRATION OF NEIGHBORS HELPING



The month of March mobilizes hundreds of local Meals on Wheels programs across the country to reach out to their communities and build the support that will enable them to serve America's seniors all year long. The 16th annual March for Meals campaign gives the businesses, organizations, governments and volunteers who contribute so generously in their communities an opportunity to support homebound seniors in a variety of ways to make America stronger and healthier. Volunteers for The Thompson deliver between 30-35 meals each day (Monday through Friday) to seniors throughout the towns of Woodstock, Bridgewater, Barnard and Pomfret. Last year we delivered 9,609 Meals on Wheels.

The highlights of our March for Meals events this year:

- Our 4th annual **Thank You Walk** on March 1st. Join us at 1:00 pm as we "March" down Central Street to deliver special "Thank You's" to local businesses for their support throughout the year.
- Community Champions Day, Thursday, March 22nd - town officials and local celebrities nationwide are asked to deliver meals during the nationally recognized week of March 19 through 23.
- Pomfret residents: The Thompson will be providing lunch at The Pomfret town meeting again this year on Tuesday, March 6th, at the Town Hall. Enjoy a delicious soup, sandwich, and cookie prepared by our talented chef, and support the Thompson Meal program too!
- Watch for our Meals on Wheels column in the Vermont Standard and visit our Facebook page.

TOWN MEETING DAY

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

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

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,
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Ryan Martin, Chef,
rmartin@thompsonseniorcenter.org
Siobhan Wright, Kitchen Assistant, Meals
on Wheels Coordinator
swright@thompsonseniorcenter.org
**Drivers: Dwight Camp, Tom Morse,
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

BOARD OF DIRECTORS

Liza Deignan—*President*
Ginny Eames—*Vice President*
Jerry Fredrickson—*Treasurer*
Wendy Wannop—*Secretary*
Sam & Eleanor Grice—*Advisory*
Dave Bollinger
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Peter Goulazian
Anne Herz
Susan Inui
David McGuire
Susan Moor
Daphne Moritz
Tambrey Vutech
Joby Thompson
Tom Weschler

BEHIND THE SCENES

THE THOMPSON SENIOR CENTER IS GRATEFUL TO THESE BUSINESSES AND INDIVIDUALS FOR THEIR GENEROUS DONATIONS TO THE 2018 THOMPSON DINNER DANCE & AUCTION

37 Central Clothiers
3 Coffee Bums

Allen & Gail Dougherty
Angkor Wat
Ardmore Inn
ArtisTree Community Arts
Armistead Senior Care

Barnard General Store
Barnard Inn
Bayada Home Health Care
Bentleys
Bethel Mills
Bill & Louise Burgin
Billings Farm & Museum
Body by Bari, Certified
Personal Trainer
Brown Furniture

Canoe Club
Carmen Noradunghian
Wedding Photography
Charleston House
Chef Ted & Linda Fondulas
Chippers
Chris Campbell
Cloudland Farm
Clover Gift Shop
Creative Custom Sewing

Dale Gordon Salon
Darkside Snowboards
Dawn & Edward D'Alelio
Dead River Company
Dick & Anne Broderick

Ellaway Group
Ellen Snyder Design
Eyes On Elm

Farmhouse Pottery
Fat Hat Clothing Company
F H Gillingham & Sons
Frank Spindler
First Impressions
Footprints
Frank & Barbara O'Connell
Frameworks Studio of
Woodstock
Friends of Lucy Mackenzie
Humane Society

Green Mountain Plumbing
& Heating

Harper Environmental
Harrington Greenhouse
Harvey & Lois Watson
Heart Rock Kitchen
Hull Maynard Hersey
Insurance

Jake's Market
Jane Soule
Janice Graham & Company
Jerry Fredrickson
Joe Kelley
John & Laurie Chester
Jon & Margaret
Fullerton

Kedron Valley Garage
Kedron Valley Inn
Kelli Guss
King Arthur Flour

Lake Sunapee Bank
Lawrence & Margaret Kasden
Leanne Tapley
Lynn Bertram
Lynn & Nancy Peterson

Maplefield's Mobil
Maple Leaf Inn
Margaret Edwards
& David Green
Margarete Pierce
Margaret E. Stone, DDS
Mark D. Knott, DDS

Mascoma Savings Bank
Mertens House
Michael & Nancy Sargent
Mini Baird
Montshire Museum of Science
Mont Vert Cafe
Mountain Creamery
Mundy Wilson Piper
& Win Piper
Mutasia Children's
Entertainment

Northern Stage
NFP
NT Ferro Jewelers

On the River Inn
Opera North
Okemo Mountain Resort
Ottawaquechee Physical
Therapy
Ottawaquechee Plumbing
& Heating

Patrick Bartlett Guide Services
Phlox
Pizza Chef of Woodstock
Reading Greenhouse
& Garden Center
Red Wagon Toy Company
Reinhart Jack
Rigall Orthodontix

Salon del Sol
Salvatore & Barbara Iannuzzi

Sarah & David Roberts
Shackleton Thomas
Soulfully Good Cafe
SP Land Killington
Stonewall Manor
Susan Moor
Susan & Les Berge

Tambrey Vutech
The Golf Dudes
The Jackson House Inn
The Prince & The Pauper
The Taftsville Country Store
Thistle Hill Farm
Thompson Senior Center
Board

Three Tomatoes Trattoria
Tita Manice
TLC Homecare
Tocco Terra Pottery
Two Rivers Ottawaquechee
Regional Commission

Unicorn
Union Arena Community
Center
Upper Valley Endodontics
Upper Valley Rehab

Vermont Farmstead Cheese
Company
Vermont Institute of Natural
Science (VINS)

Ward Brothers
Welch's True Value Hardware
Whippletree
William Raveis Real Estate
Williamson Group Sotheby's
International Realty
Woodstock Beverage
Woodstock Farmer's Market
Woodstock Home &
Hardware
Woodstock Inn & Resort
Woodstock Insurance
Woodstock Pharmacy
Woodstock Sports
Woodstock Terrace

Zuri's Salon

Giving Tree for Meals on Wheels

Liza & Dan Bellmore
Les & Susan Berge
Linda Chisari
Donna Crawford
Kevin & Diane Dugan
Ginny Eames
& Dick Coluntano
Robert & Janet Forman
Jerry & Arleta Fredrickson
Frank & Elaine Leibly
Brian & Chris Lessard
Henry & Mary Pat
Mulholland

Gina Moore
Tom & Susan Scibetta
Shear Images
Orson St. John
& Connie Anderson
Larry & Dinny Templeton
The Village Butcher
Tom & Paulette Watson
Tom Weschler
& Mary Hawkins
Vermont Flannel
Ken & Tambrey Vutech

100% OF THE PROCEEDS FROM THE AUCTION GOES DIRECTLY
TO THE SUPPORT OF MEALS ON WHEELS, TRANSPORTATION
PROGRAMS, AND OTHER VITAL SERVICES AND PROGRAMS
PROVIDED BY THE THOMPSON.

Visit our Facebook page for photos from the event.



Find us on
Facebook

NEWS & EVENTS

Diabetes and Eye Health Presented by Dr. Peter Lapre Wednesday, March 7, 1:15 pm

Dr. Lapre will discuss diabetes and how it can affect vision and the health of the eyes. His presentation will also include discussion on how to avoid diabetic eye problems and what treatments are available if diabetic eye disease should occur. The goal of his talk is to inform his audience as well as empowering his listeners to learn more about diabetes and its affect on eye health.

Dr. Lapre is a graduate of the University of Maine at Orono and New England College of Optometry. He began his career in his private practice in 1988, and has worked at the Opthamology Clinic at Darthmouth-Hitchcock. He has been practicing at the Mount Ascutney Hospital Opthamology Clinic since 2012. His practice focus is on primary eye care with treatment of eye disease and correction of vision problems.

Aging at Home: Spring Clean-Up Days of Service Saturday, March 31st & May 19th

What is a Day of Service?

An opportunity for Thompson volunteers & staff to assist our 65+ community with odd jobs around their home. Helpers will be available for 1-2 hours for non-skilled odd jobs at your home. A few examples of jobs for Days of Service include changing smoke detector batteries, sweeping porches, stacking wood, raking leaves.

Important details:

You will need to provide any materials needed for your odd job and they should be manageable for 2-3 helpers to complete in no more than 2 hours.

Cost: \$20/per person/hour.

To sign-up, call or email Shari at sborz@thompsonscenter.org or (802) 457-3277.

Who knew?!?!.....Uber exists in the Woodstock Area!!

In early 2017, ride sharing arrived in the Greater Upper Valley. Started by a handful of local drivers using their own vehicles and popular platforms such as Uber and Lyft, transportation options in the UV stepped into the 21st century. All drivers are subject to rigorous background checks while vehicle age and conditions are scrutinized. They provide services locally and across the region, and as far as Boston, New York and Canada! Regular cars and full-sized SUVs are available.

They have three drivers living in the Woodstock/Quechee area. Often they will be 'on duty' at home, so they can serve the Woodstock region, but the Uber system/app is a little tricky about showing drivers available in our area so they have provided other ways to connect with them for rides. Sarah and Jamie live in Quechee. Dennis lives in White River. You can call them directly to schedule a ride. Sarah 802.281.8855 or Jamie 603.359.0746 or Dennis 802.282.5563, they can also be reached at rideshare@uvrides.com
Or Facebook <https://www.facebook.com/uvrideshare/>

***The Thompson has a group that will review and test this service within the next two months. When this is done The Thompson will know how to incorporate Uber into our transportation offerings.

TRIPS

Collette Travel Presentation on Tuesday, March 20 at 11:00 am



The Thompson Center Presents Southern Charm Discovery Featuring Charleston, Jekyll Island & Savannah

October 14 – 20, 2018

7 days - 9 meals: 6 breakfasts, 3 dinners

Please join us for a special travel presentation by Collette Travel on Tuesday, March 20, at The Thompson at 11 am. A Collette representative will discuss all trip details and 7 day itinerary, including payment and travel protection options. *Deposits for this trip are due before April 14, 2018 for savings of \$100 per person.*

For complete trip details visit our website: www.thompsonscenter.org/trips

Noises Off

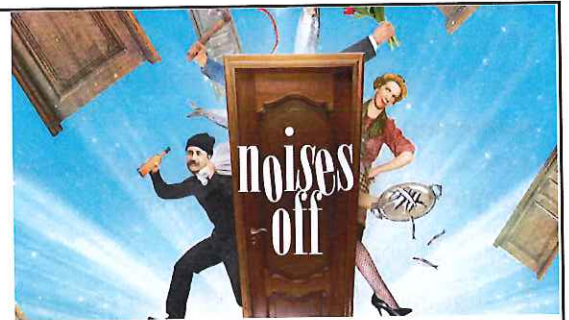
by Michael Frayn

Directed by Peter Hackett

Northern Stage – Barrette Center For the Arts

Thursday, April 19 at 2:00 pm

Cost: \$52 includes transportation on The Thompson Van, Depart Thompson at 12:45 pm



Called the funniest farce ever written, Noises Off presents a manic menagerie as a cast of itinerant actors rehearse a flop called Nothing's On. Doors slamming, on and offstage intrigue, and an errant herring all figure in the plot of this hilarious and classically comic play. "The most dexterously realized comedy ever about putting on a comedy. A spectacularly funny, peerless backstage farce. This dizzy, well-known romp is a festival of delirium." – The New York Times

Murder for Two

Music, Lyrics, and Book by Joe
Kinosian & Kellen Blair

At New London Barn Playhouse

Wednesday, August 22, 2:00 pm

performance

(Depart Thompson Van at 12:30 pm)

Cost: \$34/person

Equal parts Agatha Christie, Groucho Marx, and Cole Porter, this hilarious musical whodunit is an affectionate and ingenious homage to the old-fashioned murder mystery. Lavishly praised by the critics during its New York premiere, this whirlwind 90-minute duet boasts a cast of exactly two: one performer to investigate the crime, the other to play all of the suspects. And of course they both play the piano... Murder for Two: putting the "laughter" back in "manslaughter"!

TRIPS & PROGRAMS

Celtic Knot Tying with ArtisTree At The Thompson Wednesday, March 14, 1:30 pm



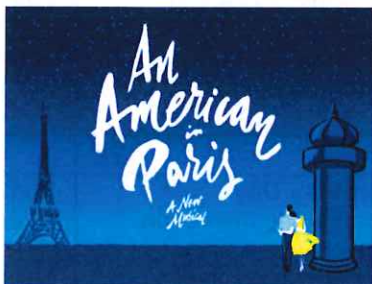
This month we will learn how to tie a Celtic heart knot. By adding some beads and a clasp we can create a fun bracelet or necklace to wear or give. Bring a friend and celebrate Saint Patrick's Day in traditional Irish style! *Adults of all ages are welcome and advance registration is appreciated.*



Medicare Boot Camp for New Enrollees Wednesday, March 14, 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.



An American in Paris At the Historic Ogunquit Playhouse in Ogunquit, Maine Wednesday, August 1, 2018 With a Lobster Dinner at Fosters

All inclusive cost: \$153 per person. Payment will guarantee your reservation and no later than June 1st

One of the most captivating musicals ever to be adapted for the stage, *An American in Paris* is inspired by the Academy Award-winning film and features the music of George and Ira Gershwin. The Ogunquit Playhouse is proud to be the first regional theatre in the U.S. to produce this new musical, which won four Tony Awards in 2015. Hoping to start a new life, World War II veteran Jerry Mulligan chooses newly-liberated Paris as the place to make a name for himself as a painter. But Jerry's life becomes complicated when he meets Lise, a young Parisian shop girl with her own secret - and realizes he is not her only suitor. The stunning combination of classic music, timeless story, breathtaking dance and a beautiful, all-new, design created exclusively for the Ogunquit Playhouse results in a spectacular musical that includes the Gershwin songs "I Got Rhythm," "Liza," "S Wonderful," and many more.

PROGRAM CALENDAR - MARCH 2018

Mon	Tue	Wed	Thu	Fri
			1	2
* Indicates that sign-up/ reservations are required	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,		9 Strength & Fitness 9-11 Chair Massage* 10 Cribbage 10:00 Italian Study 12 Italian Table 1 Thank you Walk 1 Italian Intermediate 2 Mahjong 3 Bone Builders	10-12:30 CCC Office Hours* 11:30 Pickle Ball 12 German Language Table Open Ping Pong
5	6	7	8	9
8:30 - 2:00 Tax Appts* 9 Strength & Fitness 10:15 Memoir Group 1 Advisory meeting	9 Strength & Fitness 10 Double King Ped 10 Beginning Italian* 10-2:30 Ping Pong 12 Spanish Table 12:30 Mahjong 12:45 - 3:45 Tech Help* 3 Bone Builders	9 W. Leb Shopping* 9:30 Beginner Tai Chi 10:30 Handwork Cir. 10:45 Advanced Tai Chi 12 French Table 1:15 Diabetes Program	9 Strength & Fitness 9-11 Chair Massage* 10 Cribbage 10:00 Italian Study 12 Italian Table 1 Italian Intermediate 1 MOW Driver Meeting 2 Mahjong 3 Bone Builders	9-2:30 Foot Clinic* 10-12:30 CCC Office Hours* 10 Painting at ArtisTree* 11:30 Pickle Ball 12 German Language Table Open Ping Pong 1:30 Water Aerobics*
12	13	14	15	16
8:30 - 2:00 Tax Appts* 9 Strength & Fitness 10:15 Memoir Group 1-3 Advanced Directives	9 Strength & Fitness 10 Double King Ped 10 Beginning Italian* 10 Veggie VanGo at MAH 10-2:30 Ping Pong 12 Spanish Table 12:30 Mahjong 3 Bone Builders	9:30 Beginner Tai Chi 10:30 Handwork Cir. 10:45 Advanced Tai Chi 12 French Table 1 Book Group 5:30 Medicare for New Enrollees 1:30 ArtisTree Art Project*	9 Strength & Fitness 9-11 Chair Massage* 10 Cribbage 10:00 Italian Study 10:15 Low vision Support 12 Italian Table 12:45 Lucy Mac Visit 1 Fiddler Program 1 Italian Intermediate 2 Mahjong 3 Bone Builders	10-12:30 CCC Office Hours* 10 Painting at ArtisTree* 11:30 Pickle Ball 12 German Language Table Open Ping Pong 1:30 Water Aerobics*
19	20	21	22	23
8:30 - 2:00 Tax Appts* 8:30 Newsletter Folding 9 Strength & Fitness 10:15 Memoir Group	9 Strength & Fitness 10 Double King Ped 10 Beginning Italian* 10-2:30 Ping Pong 11 Collette Travel Presentation 11:30 Commodities 12 Spanish Table 12:30 Mahjong 12:45 - 3:45 Tech Help* 3 Bone Builders	8:30 Board Meeting 9 W. Leb Shopping* 9-2:30 Foot Clinic* 10:30 Handwork Cir. 12 French Table 12:30 Caregiver Support Group	Birthday Day* Community Champion Day 9 Strength & Fitness 9-11 Chair Massage* 10 Cribbage 10:00 Italian Study 12 Italian Table 1-3 Reflexology* 1 Italian Intermediate 2 Mahjong 3 Bone Builders	10-12:30 CCC Office Hours* 10 Painting at ArtisTree* 11:30 Pickle Ball 12 German Language Table Open Ping Pong 1:30 Water Aerobics*
26	27	28	29	30
8:30 - 2:00 Tax Appts* 9 Strength & Fitness 10:15 Memoir Group	9 Strength & Fitness 9:30-12:30 Reflexology* 10 Double King Ped 10 Beginning Italian* 10-2:30 Ping Pong 12 Spanish Table 12:30 Mahjong 3 Bone Builders	9:30 Beginner Tai Chi 10:30 Handwork Cir. 10:45 Advanced Tai Chi 12 French Table	9 Strength & Fitness 9-11 Chair Massage* 10 Cribbage 10:00 Italian Study 12 Italian Table 1 Italian Intermediate 2 Mahjong 3 Bone Builders	10-12:30 CCC Office Hours* 10 Painting at ArtisTree* 11:30 Pickle Ball 12 German Language Table Open Ping Pong 1:30 Water Aerobics*

MENU - MARCH 2018

Mon	Tue	Wed	Thu	Fri
			1	2
* Vegetarian meals & Gluten Free are available daily upon request. Please contact our chef in advance. 2% Milk, Coffee, tea, and juices available	Menu is subject to change based on availability of food items. Please call ahead with special dietary needs.	Meal Pricing: \$7- charge for those under age sixty \$5-Suggested donation for ages sixty and over	Kale Salad, Chicken Parmesan over Multigrain Pasta, Garlic Bread, Fresh Fruit Parfait	Three Onion, Mushroom and Spinach, Quiche, Roasted Potatoes, Tossed Salad, Chef's Gingerbread Cake
5	6	7	8	9
Chef's Choice	Broccoli Salad, Hearty Beef & Vegetable stew, Roll, Ice Cream	Dijon Crusted Chicken Breasts, Horseradish Mashed Potato, Gravy, Spinach, Cornbread, Jelly Roll	Tossed Salad, Penne Pasta w/ Sweet Italian Sausage, Spinach, Tomatoes, Pesto, Garlic Bread, Fresh Fruit Salad	Orange Tilapia, Rice Pilaf, Sauté Broccoli, Blonde Brownie with Raspberries and Cream
12	13	14	15	16
Tacos w/ Ground Beef, Cheese, Lettuce, Tomato, Salsa, Sour Cream, Red Beans and Rice, Roasted Vegetables, and Fresh Fruit	Chicken Ala King, Vegetable Medley, Biscuits, Oatmeal Cran-Raisin Cookies/ Fruit	Bangers & Mashed, Onions & Gravy, Peas, Carrots, Fruit Short Cake	St Patrick's Day* Corned Beef, Potatoes, Cabbage and Carrots, Irish Soda Bread, Guinness Stout Cake	Cheese Pizza, Greek Salad w/ lettuce, cucumber, pepper, olives, feta cheese Fresh Fruit
19	20	21	22	23
Tortellini with Asparagus and Lemon topped with Grilled Chicken Served w/ Tossed Salad, Lime and Spice Peach Cobbler	Chipped Beef and Egg Gravy on Mashed Potato, Dijon Braised Brussel Sprouts, Roll Apple & Squash Soup, Warm Berry Crisp	Chicken Caesar Wrap, Hearty Vegetable Minestrone, Blueberry Cake	Birthday Day* Turkey Piccata, Roasted Brussel Sprouts, Roasted Garlic Mashed Red Skin Potatoes, Cranberry Apple Chutney, Roll, Cake and Ice Cream	Chef's Choice
26	27	28	29	30
Chili, Corn Bread, Cole Slaw, Hot Fudge Sundae w/ Banana	Reuben's, Beer Battered Onion Rings, Marinated Vegetable Salad, Sorbet w/ Fresh Berries	Italian Pork Stew, Garlic Bread, Pinto Bean & Spinach Salad, Berries and Cream Crepes	Philly Cheese Steak Sandwiches w/ Peppers & Onions, Sweet Potato Fries, Bean Salad, Fresh Fruit	Salmon en Crouete w/ Spinach and Mushrooms, New Potatoes, Cucumber/ Dill Salad, Brownie Sundae

Reservations Required

Please sign-up in advance for special meals and Birthday Day. This month includes **St. Patrick's Day on the 15th** and **Birthday Day on the 22nd**. Volunteers, if you are working and eating on that day you will also need to sign-up at the front desk. Our fire code limits us to 80 guests. Thank you!

EXERCISE CLASSES

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

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

The Right Count

In the following grid, sort the odd numbers in ascending order as quickly as possible

67	24	96	80
13	18	22	53
60	99	17	75
1	30	28	65

Strength & Fitness

**Mondays, Tuesdays & Thursdays
9:00 - 10:00 am**

This popular class is led by certified fitness instructor and personal trainer, Liz Hatfield. Liz incorporates aerobic, stretching, strength and weight bearing exercises. The benefits of these exercises include bone building, balance, and overall coordination.

She holds credentials for Group Fitness instruction in Aquatics, Spinning, TRX, Nordic Walking, and Weight Training.

Cost: \$3.00/class or 12 classes for \$30 on a punch card.

Tai Chi's Meditation in Motion!

On Wednesdays

Beginner Class 9:30 - 10:30 am

Advanced Class 10:45 - 11:45 am

Feb 28; March 7, 14, 21, 28; April 4, 11

7 classes for \$21

Tai Chi has come into its own as more and more doctors and health organizations recognize the many benefits it provides to those who practice regularly.

Our Tai Chi classes at the Thompson exercise mind and body together. Join our lively, supportive group to learn a short, simplified form of Tai Chi that can help your concentration, balance, mood, blood pressure too. Clinical studies show it's especially effective for FALL PREVENTION and ARTHRITIS.

Tai Chi's slow, gentle movements have a meditative quality, so that even as we concentrate to learn, we reduce the stresses and tensions of daily life.

Come try a class at no cost. If you like it, you can then sign up for a series of classes.

Classes at the Thompson are co-led by Anne Bower and Jane Philpin. Anne has been teaching Tai Chi for 15 years and previously taught literature at the Ohio State University; Jane is a trained meditation specialist and has been teaching Tai Chi for 5 years. For more information you can check out Anne's website: www.annebower.com.

Water Aerobics Class Woodstock Athletic Club

Fridays, March 9 - May 18

(No Class on 4/6)

1:30 - 2:15 pm

Cost: \$80 for 10 week class

The Thompson Center will provide shuttle service to and from class if needed. Please register in advance by calling 457-3277. Payment is due at time of reservation and must be received prior to the start of class series.



Open Pickle Ball Woodstock Athletic Club

Fridays, 11:30 - 1:00 pm

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

ADVANCE DIRECTIVE CLINIC 2nd Monday of the Month

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.

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

March Discussion: Movies and/or Memory Skills

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.

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

The Wellness Clinic has been cancelled this month and will resume as scheduled on April 24th.

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 or Hand Reflexology Offered by Deborah Neuhof Certified Reflexologist March 22, 1-3 pm & 27, 9:30-12:30 pm

Experience Reflexology techniques to de-stress and promote a balanced, wholistic well-being.
30 min/\$30, Loose clothing recommended
Call in advance for your 30 minute appointment.

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

Chair Massage is Back At The Thompson! Thursdays, beginning Mar. 1, 9- 11 am \$15 for 15 minutes

Massage Therapist Sara Smith will offer 15 minute massages, or you can ask for more or less time at the time of your reservation. Be kind to yourself and treat yourself to a chair massage by calling The Thompson.

CAREGIVER SUPPORT GROUP Wednesday, March 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 Alzheimer's. 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.

CLASSES & PROGRAMS

Fiddler Beth Telford Performs For St. Patrick's Day



Thursday, March 15, 1:00 pm

Beth Telford is one of Vermont's prominent fiddle players and has been playing fiddle for more than 20 years at festivals, dances, coffeehouses, and backyards in New England and beyond. Since 1996, she has concentrated on learning the tunes and stylings of Cape Breton music. For the past 3 years, she has organized and taught week-long Cape Breton fiddle camps with her mentor, Master Cape Breton Fiddler, Jerry Holland.

Weekly Game Schedule

Bingo

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

Pickle Ball

Fridays at 11:30 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 TO ARTISTS

artistree
community arts center & gallery

ArtisTree is planning an exhibition of the work of artists who are suffering or have suffered moderate to advanced Alzheimer's and other dementias. The gallery would like to exhibit works from three artists that will aptly demonstrate the changes in the visual brain from pre-dementia through the disease progression. The exhibition is for visual art mediums only.

Location and Dates: The Gallery at ArtisTree in South Pomfret hopes to schedule the exhibit for late 2018. Exact dates are to be determined.

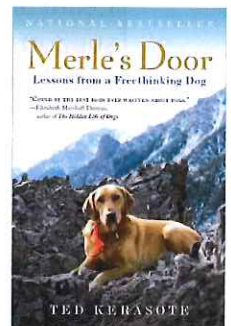
Requirements:

Contact: To learn more and apply for consideration, please contact Adrian Tans gallery@artsitreevt.org or (802) 457-3500

BOOK GROUP

Wed, March 14th at 1:00 pm

Our March book is *Merle's Door* by Ted Kerasote. The author is a nationally recognized outdoor nature writer who lives in Wyoming. Merle was a wild dog, found along the San Juan River in Utah, and adopted by Kerasote. Not just a man/dog story, Kerasote includes fascinating research data on lupine forebears, biological differences, evolution, behavior and intelligence in the animal-human relationships. It also includes a cat! We hope to see you at 1:00 pm on Wednesday, March 14th.



Tech Tutoring at The Thompson Provided by Norman Williams Public Library March 6 & 20, 12:45 - 3:45 pm Please bring your own device

We are happy to continue offering individual tech tutoring thanks to Norman Williams Public Library and Meg Brazill who will be taking David Sullivan's place. Meg is offering 1:1 assistance for any one of your devices: cell phone, lap top, iPad or tablet - free of charge. Forty-five minute appointments are available and you can book more appointments as you need them. Please call to schedule yours at Thompson 457-3277.

IN LOVING MEMORY & APPRECIATION

IN APPRECIATION

Helen Howe - valentine's candy
 Janet Martell & Gerri Rhoades - lift
 reclining chair
 Sharon Hall - medical equipment
 John Mathews - medical equipment in
 memory of Patsy Mathews
 The Brock Family - medical equipment
 Craig & Joan Hadden - medical equipment
 Bo Gibbs - notecards

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

**A Special Thank You to our
 generous friends at The
 Woodstock Inn for their time
 on Pamper Yourself Day**

**Sue Cole
 Deb Neuhoef
 Rebecca Mitchell
 Stephanie Dent**

**Congratulations to Carol
 Towne who is our most recent
 Marble Game winner!**

*On March 22nd we will celebrate your
 special day with a delicious meal!
 Please call to make a reservation
 for lunch and join us!*



IN MEMORY OF

Ted Taylor

William & Florence Zopfi Jr
 Jim & Ellen Cooper
 Deborah & Stephen Hanson
 Thomas Hulting
 Sue Harrison
 Robert & Audrey Burge
 Blake & Judith Jaskowiak
 Nancy & Jerry Gale
 John & Patricia Ophaug
 Danial Koehler
 Jennifer Vettel
 Robert & Georgia Plattner
 Richard & Julie Rideout
 Calvin & Phyllis Clark

Patsy Mathews

Joan & Ted Staples
 Jerry & Joan Oppenheimer
 Alden & Mary Fiertz
 Sandra VonUnwerth

MARCH BIRTHDAYS

1st	Charles	Luetke	12th	Mary	Klampert	18th	Pat	Tilton
1st	Jane	Hanley	12th	Susan	Ditto	18th	Yvonne	Delong
1st	Virginia	Eames	12th	Jean	Strong	18th	Beryl	Spencer
1st	Colleen	Lannon	12th	Willem	Post	18th	Catherine	Harriman
2nd	Barbara	Blaiklock	13th	Byron	Kelly	18th	Jessica	Martin
2nd	Janice	Elder	13th	Jacqueline	Neuwirth	21st	Peter	Hall
3rd	Joan	Hadden	13th	Deborah	Phillips	22nd	Betty	Putnam
4th	Phil	Mallon	13th	Lucille	Tancreti	23rd	Emily	Jones
4th	Heidi	Talbert	13th	Faith	Wishart	23rd	Lorraine	Bottino
4th	Donna	Durgin	13th	John	Wolfgang	23rd	David	McGuire
5th	Susan	Harlow	13th	Patricia	Campbell	24th	David	Crocker
5th	Deborah	Neuhof	13th	Andrea	Rivers	25th	Lori	Morgan
7th	James	Hasson	14th	Irene	Schlerf	25th	Mary	Godette
7th	Jen	Bloch	14th	Polly	Bacon	26th	Marie	Willis
8th	Alexander	Hadden	14th	Harriet	Stehouwer	26h	Linda	Willard
8th	Mark	Powers	14th	Renette	Bedard	26h	Macy	Lawrence
8th	Susan	Lewis	15th	Ernest	Kendall	26th	Christa	Blanchard
9th	John	Garren	15th	Phil	Lewis	26th	Charlotte	Croft
9th	Barbara	Sanderson	15th	George	Bailey	27th	Ann	Sadowsky
9th	Cecilia	Hoyt	16th	Paul	Milza	27th	Brandi	Stapleton
9th	Larry	Kasden	16th	Gloria	Martin	28th	Oliver	Wittasek
9th	Mimi	Baird	16th	Jack	Dibble	28th	David	Thomas
10th	Donald	Wieche	16th	Patrick	Morris	28th	Hillary	Martin
11th	Jerry	Fredrickson	17th	Susan	Rose	29th	Robert	Parker
11th	Linda	O'Neil	17th	Mario	Maura	30th	Claude	Richter
11th	Vernon	Fish				30th	Meg	Johnson
11th	Richard	Beda				31st	Susan	Brown
						31st	Stephen	Duclos



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.thompsonseneiorcenter.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



Council on Aging for Southeastern Vermont



Call Us: 802-457-4213



OTTAWAQUECHEE HEALTH FOUNDATION

GRANTS, FINANCIAL AND SUPPORT SERVICES FOR HEALTHY AGING IN RURAL AREAS



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.