Thank You Volunteers!

Volunteer Appreciation
Dinner Banquet
Wednesday, May 9th at 6:30 pm

A red carpet event to celebrate and recognize our volunteers.

The Menu Includes:
Parmesan Crusted Pork Chop, Roasted Fingerling Potatoes with Fresh Herbs, Balsamic Roasted Asparagus, Berries and Cream Crepe

Music will be Provided
Please RSVP by May 2nd to 457-3277

In April thousands of organizations take an opportunity to recognize and thank volunteers who lend their time, talent, voice and support to causes they care about in their community.

Throughout the month of April we will be showing our appreciation to our various groups of volunteers with special goodies and a weekly raffle, culminating in our Volunteer Appreciation Banquet on May 9th. All volunteers are invited to join us for dinner at 5:30 pm for a special time to celebrate the enormous contributions that these generous people make each day.

April 2 - 6 Receptionist & Committee/Board Appreciation week
April 9 - 13 Wait Staff & Kitchen Helpers Appreciation Week
April 16 - 20 Office Helpers, Library, Bingo, Newsletter Folders Appreciation Week
April 23 - 27 Drivers/Medical Rides & Meals on Wheels Appreciation Week
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
jbloc王国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, 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
Ottauquechee 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
Susan Copeland
Jon Fullerton
Dolores Gilbert
Lisa Gramling
Peter Goulazian
Anne Herz
Susan Inui
David McGuire
Susan Moor
Daphne Moritz
Tambrey Vutech
Joby Thompson
Tom Wescrher

BEHIND THE SCENES

Congratulations to Don Lovejoy who is our
50/50 Marble Game winner!

ADVISORY MEETING HIGHLIGHTS

- Marble game frequency will remain 2 x/week on
  Monday and Thursday
- Dinner Dance report
- Thank You Walk for March for Meals was enjoyed
  by all
- Reminder for Town Meeting votes
- Dinner program about 251 Club

Please join our next meeting on Monday, April 2nd at 1:30 pm.
All patrons and volunteers are invited to attend. Your feedback is
needed and appreciated!

Thank You to Our
Transportation Sponsors and Grants

Woodstock
Insurance
Ottawaquechee
Plumbing & Heating
VERMONT
Connected-at-Home
Dead River
Company

Spring Cleaning Day at The Thompson
With Spring just around the corner now is a perfect
time to plan a spring cleaning day at The
Thompson. The Center will be closed on Friday,
April 27th for a day of deep cleaning and
organizing. Please note however that all off site
programming will continue as scheduled.

Sign up for the e-newsletter by emailing:
jbloc王国thompsonseniorcenter.org
Earth Day Recycling
Sponsored by Sustainable Woodstock Recycling Action Group
Saturday, April 28
9:00am – 12:00pm
Woodstock Union High School parking lot

Items to be collected:

Shredding (Vermont Shred)
Any paper that can be recycled can be shredded
Paper clips and staples are okay, no binder clips
Remove from three-ring binders
Limit – 10 boxes, suggested donation $5/box
CDs and floppy discs shredded off-site
Hard drives destroyed offsite ($8/drive with certificate of destruction)

E-cycling (Good Point Recycling)
Computers, monitors, printers, peripherals
Televisions, VCRS, DVD players
Free for consumers, charities, school districts, and small businesses
See regulations at Vermont e-cycles -

We will not be collecting batteries or lightbulbs this year.

The event is free, but donations will be accepted. For more information, contact sally@sustainablewoodstock.org or call 457-2911.

One Town at a Time
Presented by Mike Leonard
A Special Dinner Program Presentation
Wednesday, May 30, 2018
6:00 pm Dinner, followed by 7:00 pm Presentation
Cost: $20 for dinner and program, Reservations at 457-3277

Join Woodstock native, Mike Leonard, as he discusses the documentary film he is working on titled, *One Town at a Time*, which focuses on his personal experience traveling through Vermont’s rural heritage as part of the 251 Club. The 251 Club of Vermont – an organization dedicated to visiting all 251 towns and cities in the State of Vermont – has existed since 1954. First suggested by Dr. Arthur Peach in an issue of *Vermont Life* as a means of getting to know the state better, the 251 Club has grown to boast a membership of over 6,000. The club is a loose collection of Vermontophiles with no real membership requirements or rules – only to have a passion about exploring Vermont.

Mike was inspired to join the 251 Club in 2006 when he was 20 years old. With two of his high school friends, he took on ‘The Quest’ of visiting all 251 towns and cities and made it further challenging by doing it in a summer between college semesters. *One Town at a Time* is Mike’s upcoming documentary film which recounts his 2006 summer journey, combining retro footage with contemporary footage along with interviews of other intrepid 251 Club members.

We urge you to reserve your seat early and join Mike as he discusses his experience in the 251 Club, his interest in revisiting the club in order to pursue *One Town at a Time*, and a discussion which is sure to entertain Vermontophiles and non-Vermontophiles alike.
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

The Thompson Center Presents
Southern Charm Discovery
Featuring Charleston, Jekyll Island & Savannah
October 14 – 20, 2018
7 days - 9 meals: 6 breakfasts, 3 dinners

Book by April 7, 2018 and save $100 per person/ $2,649 double occupancy includes round trip airfare from Logan, taxes and fees/surcharges, hotel transfers

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

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

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”!
Celtic Knot Tying with ArtisTree
At The Thompson
Wednesday, April 4, 1:30 pm
This class has been rescheduled from March 14th

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.

Plumbing Issues?... You Can Find Relief
Wednesday, April 11, 1:00 pm
Presented by Rebecca Nash, Doctor of Physical Therapy

Please join Dr. Nash, for an enlightening discussion on the subject of incontinence, an issue that affects both genders and people of all ages. Learn about the different types of incontinence and how posture plays an integral role in pelvic floor health. The discussion will also include simple tips for improving the symptoms of incontinence.

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 is due 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.
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<td>9:30 Beginner Tai Chi</td>
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<td>10-12:30 CCC Office Hours*</td>
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<td>9 Strength &amp; Fitness</td>
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<td>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,</td>
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<td>10:15 Memoir Group</td>
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* Indicates that sign-up/reservations are required.
## MENU - APRIL 2018

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<tr>
<td>Easter Lunch* Ham, Scalloped Potato, Pineapple Bread Pudding, Green Bean Amandine, Lemon Buttermilk Pound cake with Lemon Glaze</td>
<td>Lasagna, Steamed Antiguan Vegetables, Garlic Bread, Black Raspberry Ice Cream w/ Berries</td>
<td>Tossed Salad, Lemon Garlic Tilapia, Rice Pilaf, Succotash, Blonde Brownie with Raspberries and Cream</td>
<td>Chicken Milanese Sandwich w/Mozzarella, Arugula and Tomato on a Multigrain Roll, Vegetable Minestrone, Coconut Cream Pie</td>
<td>Mongolian Beef Ramen Noodles, Crispy Asian Slaw, Mandarin Orange Dessert</td>
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<td>Grilled Tuna &amp; Vegetables in Herb Butter, Brown Rice, Oatmeal Cranberry, Cookie and Fruit</td>
<td>Pan Seared Chicken Breast, Creamy Cheddar Polenta, Spinach Supreme (Spinach, Scru Cream, Parmesan and Monterey Jack cheese) Apple Ginge' Crumble</td>
<td>Cauliflower, Chevre and Onion Quiche, Herb Roasted Potatoes, Mixed Greens Salad, Sorbet and Fruit</td>
<td>Swedish Meatballs over Egg Noodles, Broccoli and Carrots, Fresh Fruit Salad</td>
<td>Tossed Salac, Supreme Pizza w/ Peppers, Onions, Mushrooms, Olives, Pepperoni, Coconut Macaroons w/ Pineapple</td>
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<td>Turkey Noodle Casserole, Broccoli Salad, Chocolate Cookies</td>
<td>Beer Battered Haddock and Steak Fries, Kale Salad, Fruit</td>
<td>Vegetable Soup, Egg Salad Sandwich, Chocolate Cream Pie</td>
<td>Chicken and Rice Casserole, Tomato Cucumber Salad, Apple Pandowdy</td>
<td>Chef's Choice</td>
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<td>Grilled Hot Dogs, Chef's Slow Cooked Baked Beans, Cole Slaw, Roller Blackberry Cake</td>
<td>Tossed Salad, Spaghetti &amp; Meatballs, Garlic Sautéed Vegetable Medley Fresh Fruit Salad</td>
<td>Tossed Salad, Grilled Pesto Chicken Breast, Lemon Risotto with Peas, Marinated Vegetable Salad, Fruit Crisp</td>
<td>Birthday Day* Grilled Baja style Pork Loin Chimichuri Sauce, Spicy Sweet Potato Salad, Braised Greens, Roll, Cake &amp; Ice Cream</td>
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**Reservations Required**

Please sign-up in advance for special meals and Birthday Day. This month includes Easter Lunch on the 2nd and Birthday Day on the 26th. 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!

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**Menu is subject to change based on availability of food items.**

Please call ahead with special dietary needs.

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Meal Pricing: $7- charge for those under age sixty $5-Suggested donation for ages sixty and over
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.

Tai Chi’s Meditation in Motion!
On Wednesdays
Beginner Class 9:30 - 10:30 am
Advanced Class 10:45 - 11:45 am
April 18, 25; May 2, 9, 16, 23, 30
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, and 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.
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
April Discussion: Poetry Month Reading, Reciting & Writing Haiku
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
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
April 5, 1-3 pm & April 24, 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, 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, April 18, 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.
**Painting at ArtisTree**

* A Collaboration Between The Thompson Center and ArtisTree

**Friday mornings**
**10:00 - 11:30 am**
**Instructor: Murray Ngoma**

**Session 3**: Apr 27 - June 1

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**BOOK GROUP**

**Wed, April 11 at 1:00 pm**

This month we will be discussing John Vailant's fascinating book called *The Tiger*. The book description on the cover would lead one to believe it is about a team of men tracking down a man-killing tiger "before it strikes again." In fact, only about 15% of the book, if that, is about this particular tiger, its kills and tracking it down. The rest is a look at tiger myths and natural history and the anthropology, sociology, psychology and economic status of the people of that area of Russia where Siberian (Amur) tigers are found.

You'll come away with a deeper appreciation of the majesty of nature and our place in it. We hope to see you at 1:00 on Wednesday the 11th.

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**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

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**Aging at Home: Spring Clean-Up Day of Service**
**Saturday, 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 sborzi@thompsonseniortcenter.org or (802) 457-3277.

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**Tech Tutoring at The Thompson**

Provided by Norman Williams
Public Library
**April 17, May 1 & 15, 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 Brazil. Meg is offering 1:1 assistance for any one of your devices: cell phone, laptop, 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.
### APRIL BIRTHDAYS

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**On April 26th we will celebrate your special day with a delicious meal!**
**Please call to make a reservation for lunch and join us!**

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**Please help with mailing costs for The Thompson Times!**

Each year in April we ask that you make a donation for The Thompson Times. Your donation will allow us to continue to offer this publication as a timely way for you to learn about our exciting programs, meals, and trips. No one will be removed from the mailing list for failure to make a donation. Thank you!

Name: ________________________________________________

Address: ____________________________________________

Email: ____________________________________________

Please make checks payable to The Thompson Senior Center, 99 Senior Lane, Woodstock, VT 05091
IN APPRECIATION
Jim Stavish - medical equipment
Farmhouse Inn, Woodbridge Inn, &
Applebutter Inn - donated meal from their
Cabin Fever dinner

IN MEMORY OF
Patsy Mathews
Wittie Lynn & Reinhart Jack

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

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