



# The Thompson Times

AT THE CENTER FOR SENIORS AND COMMUNITY

APRIL 2018

## Thank You Volunteers!

**Volunteer Appreciation  
Dinner Banquet**  
**Wednesday, May 9th at 5:30 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.thompsonscenter.org

### CENTER HOURS

8 AM-3 PM, Monday-Friday

### STAFF

**Deanna Jones**, Executive Director,  
djones@thompsonscenter.org  
**Paula Audsley**, Outreach Manager,  
paula@thompsonscenter.org  
**Pam Butler**, Program Director,  
pbutler@thompsonscenter.org  
**Jen Bloch**, Marketing Coordinator  
jbloch@thompsonscenter.org  
**Shari Borzekowski**, Administrative &  
Resource Assistant,  
sborz@thompsonscenter.org  
**Ryan Martin**, Chef,  
rmartin@thompsonscenter.org  
**Siobhan Wright**, Kitchen Assistant, Meals  
on Wheels Coordinator  
swright@thompsonscenter.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 Weschler

## 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



### 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:  
jbloch@thompsonscenter.org**

## NEWS & EVENTS

### 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](http://dec.vermont.gov/waste-management/solid/product-stewardship/electronics#information) -  
<http://dec.vermont.gov/waste-management/solid/product-stewardship/electronics#information>



*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](mailto: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.

## TRIPS

### **Noises Off**

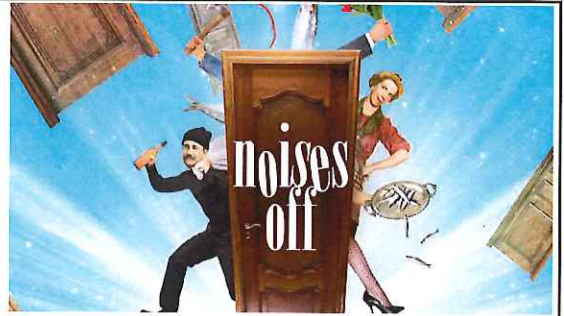
**by Michael Frayn**

**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*



### **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.thompsonseneiorcenter.org/trips](http://www.thompsonseneiorcenter.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"!

## TRIPS & PROGRAMS

### **Celtic Knot Tying with ArtisTree At The Thompson**

**Wednesday, April 4, 1:30 pm**

***This class has been rescheduled from March 14th***



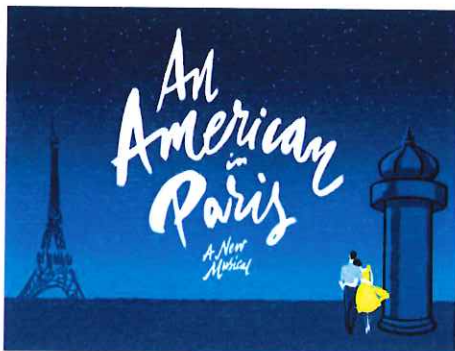
This month we will learn how to tie a Celtic heart knot. By adding some beads and a clasp we can create a fun bracelet or necklace to wear or give. Bring a friend and celebrate Saint Patrick's Day in traditional Irish style! *Adults of all ages are welcome and advance registration is appreciated.*

### **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.

# PROGRAM CALENDAR - APRIL 2018

Mon	Tue	Wed	Thu	Fri
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
<b>Easter Lunch*</b> <b>8:30 - 2:00 Tax Appts*</b> 9 Strength & Fitness 10:15 Memoir Group <b>1 Advisory meeting</b>  <b>Receptionist &amp; Committee/Board Appreciation Week</b>	9 Strength & Fitness 10 Double King Pede 10 Beginning Italian* 10-2:30 Ping Pong 12 Spanish Table 12:30 Mahjong 3 Bone Builders	<b>9 W. Leb Shopping*</b> 9:30 Beginner Tai Chi 10:30 Handwork Cir. 10:45 Advanced Tai Chi 12 French Table <b>1:30 ArtisTree Art Project*</b>	9 Strength & Fitness <b>9-11 Chair Massage*</b> 10 Cribbage 10:00 Italian Study 12 Italian Table 1 Italian Intermediate <b>1-3 Reflexology*</b> 2 Mahjong 3 Bone Builders	<b>9-2:30 Foot Clinic*</b> <b>10-12:30 CCC Office Hours*</b> 10 Painting at ArtisTree* 11:30 Pickle Ball 12 German Language Table Open Ping Pong
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
<b>8:30 - 2:00 Tax Appts*</b> 9 Strength & Fitness 10:15 Memoir Group <b>1-3 Advanced Directives*</b>  <b>Wait Staff &amp; Kitchen Helpers Appreciation Week</b>	9 Strength & Fitness 10 Double King Pede 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 1:00 Book Club <b>1:00 Rebecca Nash Program</b>	9 Strength & Fitness <b>9-11 Chair Massage*</b> 10 Cribbage 10:00 Italian Study 12 Italian Table 1 Italian Intermediate 2 Mahjong 3 Bone Builders	<b>10-12:30 CCC Office Hours*</b> 11:30 Pickle Ball 12 German Language Table Open Ping Pong 1:30 Water Aerobics*
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
<b>8:30 Newsletter Folding</b> 9 Strength & Fitness 10:15 Memoir Group  <b>Office Helpers, Library, Bingo, Newsletter Folders Appreciation Week</b>	9 Strength & Fitness 10 Double King Pede 10 Beginning Italian* <b>10 Veggie VanGo at MAH</b> 10-2:30 Ping Pong 11:30 Commodities 12 Spanish Table 12:30 Mahjong <b>12:45 - 3:45 Tech Help*</b> 3 Bone Builders	<b>8:30 Board Meeting</b> <b>9 W. Leb Shopping*</b> <b>9-2:30 Foot Clinic*</b> 9:30 Beginner Tai Chi 10:30 Handwork Cir. 10:45 Advanced Tai Chi 12 French Table 12:30 Caregiver Support Group	9 Strength & Fitness <b>9-11 Chair Massage*</b> 10 Cribbage 10:00 Italian Study 10:15 Low vision Support 12 Italian Table 12:45 Lucy Mac Visit <b>12:45 Depart for Noises Off*</b> 1 Italian Intermediate 2 Mahjong 3 Bone Builders	<b>10-12:30 CCC Office Hours*</b> 11:30 Pickle Ball 12 German Language Table Open Ping Pong 1:30 Water Aerobics*
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
9 Strength & Fitness 10:15 Memoir Group  <b>Drivers for Medical Rides &amp; Meals on Wheels Appreciation Week</b>	9 Strength & Fitness <b>9:30-12:30 Reflexology*</b> 10 Double King Pede <b>10-12 Wellness Clinic</b> 10 Beginning Italian* 10-2:30 Ping Pong 12 Spanish Table 12:30 Mahjong <b>12:30-2:45 Foot Clinic*</b> 3 Bone Builders	9:30 Beginner Tai Chi 10:30 Handwork Cir. 10:45 Advanced Tai Chi 12 French Table	<b>Birthday Day*</b> 9 Strength & Fitness <b>9-11 Chair Massage*</b> 10 Cribbage 10:00 Italian Study 12 Italian Table 1 Italian Intermediate 2 Mahjong 3 Bone Builders	<b>CLOSED for Spring Cleaning</b>  Offsite Programs: 10 Painting at ArtisTree* 11:30 Pickle Ball 1:30 Water Aerobics*
<b>30</b>				
9 Strength & Fitness 10:15 Memoir Group			<b>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,</b>	<b>* Indicates that sign-up/ reservations are required.</b>

# MENU - APRIL 2018

Mon	Tue	Wed	Thu	Fri
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
<b>Easter Lunch*</b> Ham, Scalloped Potato, Pineapple Bread Pudding, Green Bean Amandine, Lemon Buttermilk Pound cake with Lemon Glaze	Lasagna, Steamed Antiguan Vegetables, Garlic Bread, Black Raspberry Ice Cream w/ Berries	Tossed Salad, Lemon Garlic Tilapia, Rice Pilaf, Succotash, Blonde Brownie with Raspberries and Cream	Chicken Milanese Sandwich w/Mozzarella, Arugula and Tomato on a Multigrain Roll, Vegetable Minestrone, Coconut Cream Pie	Mongolian Beef Ramen Noodles, Crispy Asian Slaw, Mandarin Orange Dessert
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
Grilled Tuna & Vegetables in Herb Butter, Brown Rice, Oatmeal Cranberry, Cookie and Fruit	Pan Seared Chicken Breast, Creamy Cheddar Polenta, Spinach Supreme (Spinach, Sour Cream, Parmesan and Monterey Jack cheese) Apple Ginger Crumble	Cauliflower, Chevre and Onion Quiche, Herb Roasted Potatoes, Mixed Greens Salad, Sorbet and Fruit	Swedish Meatballs over Egg Noodles, Broccoli and Carrots, Fresh Fruit Salad	Tossed Salad, Supreme Pizza w/ Peppers, Onions, Mushrooms, Olives, Pepperoni, Coconut Macaroons w/ Pineapple
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
Turkey Noodle Casserole, Broccoli Salad, Chocolate Cookies	Beer Battered Haddock and Steak Fries, Kale Salad, Fruit	Vegetable Soup, Egg Salad Sandwich, Chocolate Cream Pie	Chicken and Rice Casserole, Tomato Cucumber Salad, Apple Pandowdy	<b>Chef's Choice</b>
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
Grilled Hot Dogs, Chef's Slow Cooked Baked Beans, Cole Slaw, Rolled Blackberry Cake	Tossed Salad, Spaghetti & Meatballs, Garlic Sautéed Vegetable Medley Fresh Fruit Salad	Tossed Salad, Grilled Pesto Chicken Breast, Lemon Risotto with Peas, Marinated Vegetable Salad, Fruit Crisp	<b>Birthday Day*</b> Grilled Baja style Pork Loin Chimichurri Sauce, Spicy Sweet Potato Salad, Braised Greens, Roll, Cake & Ice Cream	<b>CLOSED for Spring Cleaning</b>
<b>30</b>				
<b>Chef's Choice</b>		<b>* Vegetarian meals &amp; Gluten Free are available daily upon request. Please contact our chef in advance. 2% Milk, Coffee, tea, and juices available</b>	<b>Menu is subject to change based on availability of food items. Please call ahead with special dietary needs.</b>	<b>Meal Pricing: \$7- charge for those under age sixty \$5-Suggested donation for ages sixty and over</b>

### 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!

# 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

### Embroidery

**Find a seven-letter word in the following grid started from the shaded cells. Two consecutive letters cannot be diagonal to each other. THEME: Animal**

G	V	U	B
E	T	F	K
I	A	F	E
M	L	O	H

## 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**  
**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, 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](http://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**

### ***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 4<sup>th</sup> 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.

# CLASSES & PROGRAMS



## **Painting at ArtisTree** A Collaboration Between The Thompson Center and ArtisTree

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

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

## **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**

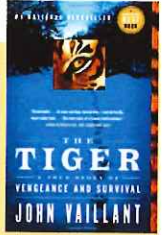
Tuesdays, 10:00 am - 2:30 pm

Fridays - all day

**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 Brazill. 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.

## **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.

## **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 [sborz@thompsonseniorcenter.org](mailto:sborz@thompsonseniorcenter.org) or (802) 457-3277.

# APRIL BIRTHDAYS

1st	Roland	Heijn	11th	Dale	Rodenbeck	22nd	Robert	Backlund
1st	Patricia	Mattson	12th	Gladys	Deatte	23rd	Sallie	Farlow
1st	Margaret	Kannenstine	12th	Dorothea	Mongulla	23rd	Nancy	Zuba
2nd	Gail	Stickney	12th	Lou Ann	Cogswell	24th	Peter	Pickett
2nd	Louis	Vanderstreet	13th	Elva	Fish	24th	John	Bieling
2nd	Muriel	Walker	14th	Bea	Rivers	24th	Timothy	Reeves
2nd	Amy	Robb	14th	Shari	Borzekowski	25th	David	Smith
3rd	Marjorie	Van Alstyne	15th	Ron	Miller	25th	Arlene	Midgley
3rd	Bill	Emerson	15th	Betsy	Luce	25th	Martin	Hanley
4th	Lloyd	Nice	16th	Annabelle	Conner	25th	Maruta	Kajaks-Grots
4th	Louise	Seaton	17th	Mimi	Bergstrom	25th	Pauline	Reeves
5th	Robert	Moodie	17th	Peter	Goulazian	26th	Charlie	English
5th	Mona	Foster	17th	Raymond	Racicot	26th	Richard	Breton
6th	Janice	Prindle	18th	Suzanne	Esty	26th	Jean	Gove
6th	Elaine	Chase	18th	Ernest	Jillson	27th	Jennifer	Dembinski
6th	Peggy	O'Neal	18th	Janet	Wilson	27th	Joan	Oppenheimer
7th	Cynthia	Yanowitz	19th	Barbara	Destefano	27th	Joanna	Long
7th	Jerry	Blakeney	19th	Ruth	Zamenhof	27th	Sharon	Beauregard
8th	Judith	Hughes	19th	Barbara	Folk	27th	Brian	Matheny
8th	Carol	Powell	20th	Gil	Emery	27th	Ruth	Johnson
8th	Rita	Post	20th	Patricia	Alden	28th	Ted	Staples
8th	Van	Bacon	20th	Debra	Werner	29th	Katherine	Lynds
9th	Joan	Staples	20th	Bettyanne	McGuire	29th	Joyce	Blake
9th	Esther	Griffith	21st	William	Badger	29th	Nadine	Lunt
10th	Doris	Johnston	21st	Andrew	Brisson	29th	Wayne	Stevens
11th	Thomas	Dutton	22nd	Joanna	Frodin	30th	Sarah	Saul
11th	Ronald	Griffith	22nd	Lyman	Shove			
			22nd	Pamela	Burnett			

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



## 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



# The Thompson

AT THE CENTER FOR SENIORS AND COMMUNITY

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

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

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## **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 Jeck

## **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