Dinner Program and Book Discussion

Nancy Stearns Bercaw, Renowned Author
Dinner Program at The Thompson
in Conjunction with The Kick-Off of Bookstock
Monday, July 23, 2018
6:00 pm Dinner, followed by 7:00 pm Book Presentation
Cost: $20 for Dinner, Reservations at 457-3277

In her book, “Brain in a Jar: A Daughter’s Journey Through Her Father’s Memory,” Nancy Stearns Bercaw recounts her father’s battle with Alzheimer’s. This unflinchingly honest memoir recounts her life with Dr. Beau Bercaw, or “Beau,” who became a neurologist in response to watching his own father deteriorate and die of Alzheimer’s. For many years Beau kept an autopsied brain in a jar on the desk in his office as a constant reminder of the struggle that he waged against the disease first with his patients, and ultimately for himself as he succumbed to its effects. This is also the story of the author’s own struggle to establish her identity and to navigate the treacherous and ever-changing emotional terrain of her relationship with her father, as she literally traveled the world in her quest to make sense of both of their lives.

“Brain in a Jar is an American Gothic tale of love, grief, genetics, obsession, adventure, fear and courage. The Bercaws might break your heart, but they’ll also remind you why Alzheimer’s disease must take center stage in politics, medicine, and art.” —Bob Kerrey

Nancy Stearns Bercaw has written for publications around the world including the New York Times, the Huffington Post, the Korea Herald, the Atlanta Journal Constitution, MariaShriver.com, Seven Days, and U.S. News & World Report. She is the author of “Brain in a Jar: A Daughter’s Journey through Her Father’s Memory” and “Dryland: One Woman’s Swim to Sobriety.” In 2009, Nancy was inducted into the Athletic Hall of Fame at the University of South Florida where she swam on scholarship from 1982-1986 and was a 17-time All-American, National Champion and Olympic Trials qualifier. After graduating from USF, Nancy served as a teacher in the United States Peace Corps in Kenya. Since then, she has lived and worked all over the world — from South Korea to the Middle East. Currently, Nancy is Chief of StaT at Ajman University in the United Arab Emirates.

Legal Planning and the Dementia Journey Presented by Renée A. Harvey
Wednesday, June 20, 1:00 - 3:00 pm

Join elder law attorney Renée Harvey, of Caldwell Law, for an interactive discussion of estate and long-term care planning considerations in advance of being diagnosed with, or exhibiting the symptoms of, dementia or other debilitating health issues. She will discuss trusts, wills, financial powers of attorneys, health care directives and long-term care options. While this program is not a substitute for a personal attorney, you will have the opportunity to hear about typical issues and problems that can be avoided by adequate planning. This discussion is also very helpful for those who will be serving as agents or caregivers to loved ones. Advance registration is requested by calling The Thompson Center.

Renée A. Harvey, Counselor at Law, has worked in the New York, Vermont and New Hampshire legal systems since 1990. She is a graduate of Vermont Law School and is licensed to practice law in the state and federal courts of New Hampshire and Vermont. Her practice focuses on estate planning and settlement, she is a Respecting Choices® Advanced Care Planning Certified Facilitator, and she is an experienced mediator and elder law practitioner. Renée also serves on the New Hampshire Bar Association’s Dispute Resolution Committee and is a lecturer at various local institutions. Prior to practicing law, Renée was a court reporter in New York for over a decade.
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
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Drivers: Dwight Camp, Tom Morse,
Charlie Seitz

Senior Solutions (Formerly Council on Aging
for Southeastern Vermont)
SENIOR HELPLINE: 800-642-5119

Community Care Coordinators
Lonnie Larrow, RN and
Carla Kamel, MSW
Ottauquechee Health Center, 457-5414

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BEHIND THE SCENES

ADVISORY MEETING HIGHLIGHTS

- Discussion about the living room furniture
  re-arranging
- Aging at Home project update
- Deanna shared updates about activity around the
  state related to Aging programs
- Scotland House Update - a Director has been hired,
  building renovations to be completed by June 15
- Announcements about upcoming trips and programs

Please join our next meeting on Monday, June 5 at 1:30 pm.
All patrons and volunteers are invited to attend. Your feedback is
needed and appreciated!

TOWN DAYS ARE BACK!

Residents of surrounding towns are invited for lunch at
The Thompson for the reduced rate of $3.00 on the
following Mondays:

Barnard ~ Monday, June 4th
Bridgewater ~ Monday, July 9th
Pomfret ~ Monday, August 6th
Reading ~ Monday, September 10th
Woodstock ~ Monday, October 1st

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

The Thompson is pleased to provide
recognition to an important Sponsor!

Woodstock Insurance

Different sponsors are featured here each month.
Visit our website to see a complete list.

Sign up for the e-newsletter by emailing:
jbloch@thompsonseniorcenter.org
Eshqua Bog, Hartland’s Hidden Gem Awaiting Your Discovery (Talk)
Thursday, June 7, 1:00 pm

You are invited to an illustrated presentation on the plants, birds and animals of Eshqua Bog by Susan and Dean Greenberg who have been The Nature Conservancy stewards at the bog for over ten years. Nationally renowned home for over 300 plant species, Eshqua Bog is best known for the mid-June flowering of hundreds of Showy Lady's Slippers. A 480 foot ADA approved boardwalk makes the heart of the preserve available to all.

This presentation precedes a walking tour of the Bog on Tuesday, June 19 (see details for the Bog tour below). Please call The Thompson Center to register for the walk and transportation if needed.

Eshqua Bog Natural Area Tour, Hartland (Trip)
Hundreds of Lady Slippers bloom here every spring!
Tuesday, June 19, 9:30 am

A van will be departing from The Thompson at 9:30 a.m. for Hartland’s Eshqua Bog. Please call The Thompson if you will be joining this tour and if you need transportation. We will return to The Thompson by noon.

Eshqua Bog is a botanical wonderland of cold-climate holdovers—small pockets of bog plant species and a two acre fen—from the post-glacial era 10,000 years ago. This preserve contains a diverse array of bog and fen plants: labrador tea, cotton grass, pitcher plants, showy lady's slippers, larches and buckbean. There are also northern bog orchids and green orchids which are blooming about the same time or a little after the showyss. A 460 foot accessible boardwalk was installed so that more people could enjoy Eshqua’s natural treasures from its multiple viewing platforms and benches.

Susan and Dean Greenberg, volunteer stewards of Eshqua Bog, will be our guides as we enjoy this local natural treasure. The Eshqua Bog Natural Area is co-owned and managed by The Nature Conservancy of Vermont and the New England Wildflower Society.

The Historic Estate & Gardens of John Milton Hay
on Lake Sunapee, NH
House and Garden Tour Followed by Catered Lunch on the Veranda
Friday, June 15, Departure at 8:30 am *Note this is a rescheduled date*
Cost: $35 includes both tours and lunch

We will visit one of New England’s finest early 20th-century summer estates, The Fells, on over 83 acres of beauty and tranquility. Learn the legacy of diplomat and statesman John Milton Hay as we tour the 22-room Colonial Revival home, explore the forests, walk the woodland trails, and enjoy the renowned gardens. The Fells is listed on the National Register of Historic Places and is a preservation project of The Garden Conservancy.

Pre-arranged tours proceed rain or shine. Expect a lot of walking. Although ADA accessible, there is no elevator access to the second floor of the house. Payment due at time of reservation.
**CREATIVE AGING**

**Mah Jongg at The Thompson AND now at NWPL**

We have been thrilled by the enthusiastic response to Mah Jongg and our group is growing! The Thompson Center and Norman Williams Public Library have collaborated to provide even more availability to enjoy the game. We will offer Mah Jongg on Tuesday and Thursday from 2:00 – 4:00 pm at The Thompson for all players. Mah Jongg lessons for beginners and for those who would like a refresher course will take place at NWPL on Fridays at 1:00 pm.

If you are interested in joining, please contact Gail Stickney by emailing glavinstickney@yahoo.com or call 457-2581.

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**BOOK GROUP**
**Wed, June 13 at 1:00 pm**

For the first time in the Thompson's book club history, we've chosen a novel that has not yet come out in paperback even though it was published in 2016; that's a testament to the book's popularity. *A Gentleman in Moscow* by Amor Towles is about a count placed under house arrest in a hotel, but you won't feel confined. The historical background, the gentle sense of humor, the genteel and endearing Count Alexander Ilyich Rostov, all will keep you turning the pages until the perfect ending. For so many readers, this is their new favorite book. Copies are available at your libraries and you can also get a copy through Vermont’s inter-library loan. We hope to see you at 1:00 on Wednesday, June 13th.

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**A Collaboration Between The Thompson Center and ArtisTree**

**Painting at ArtisTree**
**Instructor: Murray Ngoima**

Thompson classes have ended for the summer as of June 1st. Look for details in our upcoming newsletters about painting classes resuming in the fall of 2018.

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**Ceramic Wall Pockets with ArtisTree**
**At The Thompson**
**Part II from May's Program**
**Wednesday, June 6, 1:30 pm**

Now that our ceramic wall pockets are crafted and completed, we will devote this class to glazing and final touches.

Please register in advance.

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**It’s time for horseshoes!**

The horseshoe pits are open and you can play anytime, but every Monday (weather permitting) at 1:00 pm a group will play following lunch. Everyone is welcome regardless of your experience level! Talk to Norm Boynton if you’re interested.
Tech Tutoring at
The Thompson
Provided by Norman Williams
Public Library
June 5 & 12, 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, 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.

AARP Smart Driver Safety Course
Friday, June 1, 9:00 am to noon (break for lunch); 1:00 to 2:00PM

Instructor Bill Cherico returns to teach this four hour instructional course which is the nation’s largest refresher course designed specifically for older drivers. Registration begins at 9:15 am. Your driver’s license is required and your AARP card for members.

Course Fee: $15.00 for AARP members and $20.00 for nonmembers.

Medicare Boot Camp for New Enrollees
Tuesday, June 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.

New Medicare Cards and What You Should Know
Wednesday, June 6, 1:00 pm

The Center for Medicare Services (CMS) will be mailing new Medicare cards to those currently receiving services. Senior Solution’s Pati Kimball will be at The Thompson to answer your questions and provide information sheets on the new cards, and how to securely destroy your old ones. New cards are expected to be mailed to Vermont residents beginning in June 2018, and later, according to CMS.
## PROGRAM CALENDAR - JUNE 2018

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<td>* Indicates that sign-up/reservations are required</td>
<td>BINGO daily at 10:30 am except on birthday day and other special meal days. Location changes based on the day’s schedule.</td>
<td>9 Strength &amp; Fitness 9 - 12:30 Reflexology* 10 Double King Pede 10 Beginning Italian* 12 Spanish Table 12:45 - 3:45 pm Tech Help* 2 Mah Jongg 1:15 Collette Travel Presentation 3 Bone Builders</td>
<td>9 W. Leb Shopping* 9:30 Beginner Tai Chi 10:30 Handwork Cir. 10:45 Advanced Tai Chi 12 French Table 1 New Medicare Cards 1:30 ArtisTree Project*</td>
<td>9 Smart Driver* 10-12:30 CCC Office Hours* 10 Painting at ArtisTree* 12 Pickle Ball 12 German Language Table 1 Mah Jongg at NWPL</td>
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<td>Barnard Day*</td>
<td>9 Strength &amp; Fitness 10:15 Memoir Group 1 Advisory meeting 1 Horseshoes</td>
<td>9 Strength &amp; Fitness 10 Double King Pede 10 Beginning Italian* 12 Spanish Table 12:45 - 3:45 pm Tech Help* 2 Mah Jongg 3 Bone Builders 5:30 Medicare Bootcamp*</td>
<td>10:30 Handwork Cir. 12 French Table 1:00 Book Club</td>
<td>9-2:30 Foot Clinic* 10-12:30 CCC Office hours* 12 Pickle Ball 12 German Language Table Open Ping Pong 1 Mah Jongg at NWPL 1:30 Water Aerobics*</td>
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<td>9 Strength &amp; Fitness 10:15 Memoir Group 1-3 Advanced Directives* 1 Horseshoes</td>
<td>9 Strength &amp; Fitness 10 Double King Pede 10 Beginning Italian* 12 Spanish Table 12:45 - 3:45 pm Tech Help* 2 Mah Jongg 3 Bone Builders</td>
<td>Summer Tea* 9 Strength &amp; Fitness 9-11 Chair Massage* 10 Cribbage 10:00 Italian Study 12 Italian Table 1 Italian Intermediate 2 Mah Jongg 3 Bone Builders</td>
<td>8:30 Depart for The Fells Estate Tour* 10-12:30 CCC Office Hours* 12 Pickle Ball 12 German Language Table Open Ping Pong 1 Mah Jongg at NWPL 1:30 Water Aerobics*</td>
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<td>Father’s Day Lunch* 8:30 Newsletter Folding 9 Strength &amp; Fitness 10:15 Memoir Group 1 Horseshoes</td>
<td>9 Strength &amp; Fitness 9:30 am Eshqua Bog Walk 10 Double King Pede 10 Beginning Italian* 11:30 Commodities 12 Spanish Table 2 Mah Jongg 3 Bone Builders</td>
<td>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 1 Legal Planning &amp; Dementia Talk</td>
<td>9 Strength &amp; Fitness 9-11 Chair Massage* 10 Cribbage 10:00 Italian Study 10:15 Low Vision Support Group 12 Italian Table 12:45 Lucy Mac Visit 1 Italian Intermediate 2 Mah Jongg 3 Bone Builders</td>
<td>10-12:30 CCC Office Hours* 12 Pickle Ball 12 German Language Table Open Ping Pong 1 Mah Jongg at NWPL 1:30 Water Aerobics*</td>
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<td>9:30 Beginner Tai Chi 10:30 Handwork Cir. 10:45 Advanced Tai Chi 12 French Table</td>
<td>Birthday Day* 9 Strength &amp; Fitness 9-11 Chair Massage* 10 Cribbage 10:00 Italian Study 12 Italian Table 1 Italian Intermediate 1 Brent Buswell Music 2 Mah Jongg 3 Bone Builders</td>
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<td>Meal Pricing: $7-charge for those under age sixty $5-Suggested donation for ages sixty and over</td>
<td>* Vegetarian meals &amp; Gluten Free available daily upon request. Please contact our chef in advance. 2% Milk, Coffee, tea, and juices available</td>
<td>* indicates that sign-up/reservations are required (Birthday Day &amp; special holiday meals)</td>
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<td>Grilled Tuna &amp; Vegetables in Herb Butter, Brown Rice, Oatmeal Cranberry, Cookie and Fruit</td>
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<td>4</td>
<td>Barnard Day*</td>
<td>Cheese Pizza, Greek Salad w/ Lettuce, Cucumber, Pepper, Olives, Feta Cheese, Berries and Sorbet</td>
<td>Grilled Sweet Italian Sausage w/ Roll, Sautééd Onions and Peppers, Potato Salad, Cole Slaw, Peach Crisp</td>
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<td>5</td>
<td>Tossed Salad, Spaghetti &amp; Meatballs, Garlic Sautéed Vegetable Medley, Fresh Fruit Salad</td>
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<td>Tossed Salad, Chicken Marsala, Rice Pilaf, Green Beans, Cookie and Fruit</td>
<td>Salmon en Croute w/ Spinach and Mushrooms, New Potatoes, Cucumber/ Dill Salad, Lemon Cookies</td>
<td>Summer Tea*</td>
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<td>11</td>
<td>Chef's Choice</td>
<td>Salmon en Croute w/ Spinach and Mushrooms, New Potatoes, Cucumber/ Dill Salad, Lemon Cookies</td>
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<td>Father's Day Lunch*</td>
<td>Beer Battered Haddock and Chips, Kale Salad, Cookie and Fruit</td>
<td>Grilled Chicken BLT with Lettuce, Tomatoes, Grilled Onions, Caper Mayo, Three Bean Salad, Coconut Macaroon and Pineapple</td>
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<td>19</td>
<td>Burger Bar, Ice Cream Cones</td>
<td>Beer Battered Haddock and Chips, Kale Salad, Cookie and Fruit</td>
<td>Grilled Chicken BLT with Lettuce, Tomatoes, Grilled Onions, Caper Mayo, Three Bean Salad, Coconut Macaroon and Pineapple</td>
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<td>20</td>
<td>Meatloaf, Parsnip Mashed Potatoes, Gravy, Peas &amp; Baby Carrots, Almond Cake with Orange Dried Apricot Sauce</td>
<td>Beer Battered Haddock and Chips, Kale Salad, Cookie and Fruit</td>
<td>Grilled Chicken BLT with Lettuce, Tomatoes, Grilled Onions, Caper Mayo, Three Bean Salad, Coconut Macaroon and Pineapple</td>
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<td>Italian Basil Pasta Salad, Waldorf Salad, Chicken Salad Plate with Lettuce and Roll, Chef's Choice Dessert</td>
<td>Beer Battered Haddock and Chips, Kale Salad, Cookie and Fruit</td>
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<td>Lasagna, Tossed Salad, Garlic Bread, Fresh Fruit Salad</td>
<td>Birthday Day* Lemon Basil Grilled Turkey Breast, Lemon and Fresh Herb Sauce, Grilled Asparagus, Garlic Smashed Potato, 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 Summer Tea on the 14th, Father's Day on the 18th, 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. Thank you!
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.

NEW SERIES
Water Aerobics Class
Woodstock Athletic Club
Fridays, June 8 - August 3
1:30 - 2:15 pm, Cost: $72 for 9 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.

Strength & Fitness
Mondays, Tuesdays & Thursdays
9:00 - 10:00 am
No Monday Class July 2 - Oct 8, Resume Oct 15

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
June 6 & 27, July 11 & 25, August 8 & 22

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 or email at anniebower@yahoo.com.

New Time!
Open Pickle Ball
Woodstock Athletic Club
Fridays, 12:00 pm - 1:30 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.
HEALTHY AGING

Parkinson’s Disease
Mechanisms, Movement & Mime
Saturday, June 2, 8:30-2:15 pm
An educational event for people with Parkinson’s, their care partners and the community
Hilton Garden Inn Conference Center
35 Labombard Road, Lebanon, NH 03766
Contact the Parkinson’s Center at DHMC 603-653-6672

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

Low Vision Support Group
Every 3rd Thursday of the Month
10:15 - 11:45 am
June Discussion will be about the Talking Book Library through the Library of Congress
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
May 23, July 25, Sept 26
10 - 12 noon
Wellness clinics (blood pressure & consultation) with VNA Wellness Clinic nurse, Mary Ann Conrad, held every other month on the 4th Wednesday from 10-noon.

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.

Foot or Hand Reflexology
Offered by Deborah Neuhof
Certified Reflexologist
Tuesdays, June 5 & 26, 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.

CAREGIVER SUPPORT GROUP
Wednesday, June 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 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.
TRIPS

An American in Paris At the Historic Ogunquit Playhouse in Ogunquit, ME
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. 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.

Clambake Menu:
New England Clam Chowder
Freshly Dug Maine Clams
Cultivated Mussels
Succulent Full Maine Lobster
Sweet Corn on the Cob
Roasted Red Bliss Potatoes
Rolls & Butter
Blueberry Crumb Cake

BBQ Chicken or Vegetarian Option are substitute choices for lobster

Murder for Two: Music, Lyrics, and Book by Joe Kinosian & Kellen Blair
At New London Barn Playhouse
Wed, 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”!

The Thompson Center Presents Springtime Tulip River Cruise Discovery
Featuring Dutch and Belgian Waterways
April 4-12, 2019

Join us for this special Collette Travel presentation: Tuesday, June 5, 2018 at 1:15 pm

Highlights: Amsterdam, 7-Night River Cruise, Volendam, Arnhem, Middelburg, Ghent, Bruges, Antwerp, Kinderdijk Windmills, Keukenhof Gardens
**IN LOVING MEMORY & APPRECIATION**

**IN APPRECIATION**
Hanging Plants - In the Garden
Greenhouses
Mertens House - medical equipment
Anne Bower - medical equipment
Allison Wade - yarn
Kendal at Hanover - medical equipment
Maggie Stavish - medical equipment
Lisa Burrell - eggs
Jackson House - box of Splenda

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**ON GOING DONATIONS:**

*Daily Valley News subscription* - Woodstock Pharmacy

*The Vermont Standard Paper*

*Birthday Cakes* - Diane Atwood & Jane Soule

*Monthly book club selection* - Yankee Bookshop

*Muffins* - Boris at Mountain Creamery

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**JUNE BIRTHDAYS**

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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

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Thank You to Our Transportation Sponsors and Grants

- Woodstock
- Ottauquechee
- Vermont
- Connected-at-Home
- Dead River Company
- Upper Valley
- Senior Solutions
- Armistead

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.