



The Thompson Times

AT THE CENTER FOR SENIORS AND COMMUNITY

JUNE 2018

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. Beauregard Lee 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 Staff 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® Advance 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.thompsonseneiorcenter.org

CENTER HOURS

8 AM-3 PM, Monday-Friday

STAFF

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

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 9h
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!



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

Sign up for the e-newsletter by emailing:
jbloch@thompsonseneiorcenter.org

NEWS & EVENTS

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 showys. 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.

A Collaboration Between The Thompson Center and ArtisTree

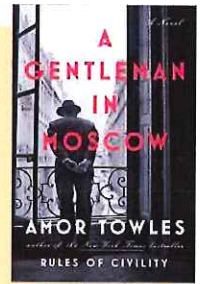
**Painting at ArtisTree
Instructor: Murray Ngoima
Thompson classes have ended for
the summer as of June 1st. Look
for details in our upcoming
newsletters about painting classes
resuming in the fall of 2018.**



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.



artistree

community arts center & gallery

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.



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.

AGE WELL

The Thompson is committed to helping community members age well at home

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, 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.

9th Annual Summer Tea and Luncheon Thursday, June 14th 12:00 pm



Don't miss The Thompson Center's 9th Annual Tea. Fancy hats are welcome and gentlemen are invited too. Please RSVP by June 7th (457-3277), we will start a waiting list after the first 75 people sign up.

Menu: Hearty tea sandwiches, and a variety of pastries, cookies, punch, and tea.

Suggested donation: \$5.00

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 9:15am. **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

Mon	Tue	Wed	Thu	Fri
				1
* Indicates that sign-up/ reservations are required	BINGO daily at 10:30 am except on birthday day and other special meal days. Location changes based on the day's schedule.			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
4	5	6	7	8
Barnard Day* 9 Strength & Fitness 10:15 Memoir Group 1 Advisory meeting 1 Horseshoes	9 Strength & Fitness 9 - 12:30 Reflexology* 10 Double King Pedo 10 Beginning Italian* 12 Spanish Table 12:45 - 3:45 pm Tech Help* 2 Mah Jongg 1:15 Collette Travel Presentation 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 New Medicare Cards 1:30 ArtisTree Project*	9 Strength & Fitness 9-11 Chair Massage* 10 Cribbage 10:00 Italian Study 12 Italian Table 1 Italian Intermediate 1 Eshqua Bog Talk 2 Mah Jongg 3 Bone Builders	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*
11	12	13	14	15
9 Strength & Fitness 10:15 Memoir Group 1-3 Advanced Directives* 1 Horseshoes	9 Strength & Fitness 10 Double King Pedo 10 Beginning Italian* 12 Spanish Table 12:45 - 3:45 pm Tech Help* 2 Mah Jongg 3 Bone Builders 5:30 Medicare Bootcamp*	10:30 Handwork Cir. 12 French Table 1:00 Book Club	Summer Tea* 9 Strength & Fitness 9-11 Chair Massage* 10 Cribbage 10:00 Italian Study 12 Italian Table 1 Italian Intermediate 2 Mah Jongg 3 Bone Builders	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*
18	19	20	21	22
Father's Day Lunch* 8:30 Newsletter Folding 9 Strength & Fitness 10:15 Memoir Group 1 Horseshoes	9 Strength & Fitness 9:30 am Eshqua Bog Walk 10 Double King Pedo 10 Beginning Italian* 11:30 Commodities 12 Spanish Table 2 Mah Jongg 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 1 Legal Planning & Dementia Talk	9 Strength & 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	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*
25	26	27	28	29
9 Strength & Fitness 10:15 Memoir Group 1 Horseshoes	9 Strength & Fitness 9 - 12:30 Reflexology* 10 Double King Pedo 10 Beginning Italian* 12 Spanish Table 2 Mah Jongg 3 Bone Builders	9:30 Beginner Tai Chi 10:30 Handwork Cir. 10:45 Advanced Tai Chi 12 French Table	Birthday Day* 9 Strength & 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	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*

MENU - JUNE 2018

Mon	Tue	Wed	Thu	Fri
				1
Meal Pricing: \$7- charge for those under age sixty \$5-Suggested donation for ages sixty and over	* Vegetarian meals & Gluten Free available daily upon request. Please contact our chef in advance. 2% Milk, Coffee, tea, and juices available	* indicates that sign-up/reservations are required (Birthday Day & special holiday meals)		Grilled Tuna & Vegetables in Herb Butter, Brown Rice, Oatmeal Cranberry, Cookie and Fruit
4	5	6	7	8
Barnard Day* Chicken Milanese Sandwich, Mozzarella, Arugula and Tomato on a Multigrain Roll, Vegetable Minestrone, Coconut Cream Pie	Tossed Salad, Spaghetti & Meatballs, Garlic Sautéed Vegetable Medley, Fresh Fruit Salad	Cheese Pizza, Greek Salad w/ Lettuce, Cucumber, Pepper, Olives, Feta Cheese, Berries and Sorbet	Grilled Sweet Italian Sausage w/ Roll, Sautéed Onions and Peppers, Potato Salad, Cole Slaw, Peach Crisp	Stuffed Peppers, Tossed Salad, Ice Cream Sandwich Cookies
11	12	13	14	15
Chef's Choice	Tossed Salad, Chicken Marsala, Rice Pilaf, Green Beans, Cookie and Fruit	Salmon en Croute w/ Spinach and Mushrooms, New Potatoes, Cucumber/ Dill Salad, Lemon Cookies	Summer Tea* Egg Salad Sandwiches, Cucumber & Watercress Sandwiches, Ham Salad Sandwiches, and Assorted Pastries & Cookies, Tea, and Punch	Chef Salad w/ Lettuce, Tomato, Roast Beef, Turkey, Cheese, Hard Boiled Egg, Carrot, Roll, Strawberry Short Cake
18	19	20	21	22
Father's Day Lunch* Burger Bar, Ice Cream Cones	Meatloaf, Parsnip Mashed Potatoes, Gravy, Peas & Baby Carrots, Almond Cake with Orange Dried Apricot Sauce	Italian Basil Pasta Salad, Waldorf Salad, Chicken Salad Plate with Lettuce and Roll, Chef's Choice Dessert	Beer Battered Haddock and Chips, Kale Salad, Cookie and Fruit	Grilled Chicken BLT with Lettuce, Tomatoes, Grilled Onions, Caper Mayo, Three Bean Salad, Coconut Macaroon and Pineapple
25	26	27	28	29
Lasagna, Tossed Salad, Garlic Bread, Fresh Fruit Salad	Reubens, Sweet Potato Fries, Marinated Vegetable Salad, Strawberry Cake	Tossed Salad, Chicken and Potatoes w/ Garlic Parmesan Cream Sauce, Lime Carrots, Warm Berry Crumble	Birthday Day* Lemon Basil Grilled Turkey Breast, Lemon and Fresh Herb Sauce, Grilled Asparagus, Garlic Smashed Potato, Roll, Cake & Ice Cream	Chef's Choice

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!

ACTIVE AGING

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.

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

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.

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.

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

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, 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



On June 28th we will celebrate your special day with a delicious, complimentary meal!

ONGOING 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

JUNE BIRTHDAYS

1st	Ernest	Harper	8th	Noreen	Huff	19th	Joanne	Bates
1st	Julie	Myers	8th	Roy	Aloisio	20th	Sandra	Pariseau
1st	Elspeth	Lothes	8th	Jennifer	Carpenter	20th	Jane	Graham
2nd	Betty	Jillson	10th	Sally	Alloway	21st	Louine	Walker
2nd	Carol	Nettleship	10th	Charlotte	Hollingsworth	22nd	John	Mathews
2nd	Larry	Luce	10th	Rebecca	Nash	22nd	Richard	Leonard
2nd	Nancy	Bebo	12th	Donald	Corrigan	22nd	Judith	Smith
2nd	John	McDonald	12th	Sandyi	Simmonds	23rd	Viola	Peeler
2nd	Janice	Kowalski	12th	Judith	Cayer	23rd	Cynthia	Hewitt
3rd	Lorraine	Dayton	12th	Elie	Parks	23rd	Arthur	Skerker
3rd	Linda	Hitchcock	12th	Eldon	Thompson	25th	Ann	Debevoise
4th	Marcea	Ewald	13th	Jean	Garren	25th	Anna	King
4th	Khorshed	Randeria	13th	Courtney	Maxham	26th	Doris	Lebaron
4th	Evelyn	Rowlee-Vittum	13th	Amanda	Maxham	26th	Carl	Winchell
5th	Janet	Herrick	13th	Don	Ransom	26th	Meg	Matz
5th	Timothy	Maxham	14th	Bette Anne	Sailer	27th	Bob	Lanoue
6th	Jennifer	Martel	15th	Mary	Sharpe	28th	Suzanne	Reynolds
6th	Missy	Cunningham	15th	Polly	Fullerton	29th	Grete	Heller
7th	Ruth	Beebee	17th	Robert	Topolski	29th	Susan	Lewis
7th	Glenna	Barr	17th	Lillian	Weed	30th	Constance	Byam-Shaw
7th	Jane	Curtis	18th	Mary	Boudro	30th	Susan	Heath
7th	Christopher	Bacon	19th	Mae	Knudson	30th	Gretchen	Cole
7th	Perry	Curtis	19th	Emily	Schanck			



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



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.