



The Thompson Times

AT THE CENTER FOR SENIORS AND COMMUNITY

JULY 2018

Andrea Avery Bookstock Author Comes to The Thompson July 27th at 11:00 am



Now a high school English teacher in Phoenix, Arizona, Andrea Avery, author of *Sonata: A Memoir of Pain and the Piano*, was a promising classical pianist before her diagnosis of rheumatoid arthritis at age 12. The progressive and debilitating nature of the disease forced her to renegotiate not only her love of the piano and her dreams of a musical life, but also her very identity and her relationship to her "mutinying" body. Her book depicts a young woman coming of age with lifelong chronic illness and insisting on a creative, artistically fulfilling life. In this session, Andrea will offer a short reading from *Sonata* followed by an informal Q&A. We hope you can join us!



Save the Date for: Generation to Generation August 6 - 10, 2018

The Gen2Gen campaign shines a light on the mutual benefits of intergenerational relationships.

The week of **August 6th** will be Gen2Gen week at the Thompson with ArtisTree and friends. Join us for music, creative arts projects, a kid-friendly lunch menu throughout the week, horseshoe lessons, games, ice cream social, and more! Children of all ages are invited to participate in various events throughout the week.

We need your participation to help create meaningful Gen2Gen moments that last a lifetime. Join us to dine, create & have some fun together.



**Nancy Stearns
Bercaw Dinner
Program at The
Thompson in
Conjunction with
The Kick-Off of
Bookstock on
Monday, July 23**

See details on page 3



**July 27- 29, 2018
See insert for more details**

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,
paudsley@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
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

- Scotland House Update
- Paula reported on trip updates and July Dinner Program and Book Presentation
- Dave Bollinger shared information on the August 5th fundraising/appreciation event

Please join our next meeting on Monday, July 2 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:

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!



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



Sign up for the e-newsletter by emailing Jen Bloch at:
jbloch@thompsonscenter.org

NEWS & EVENTS

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

**Menu: Grilled Beef Kababs, Corn and Tomato Summer
Salad, Roll, and Pavlova**



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

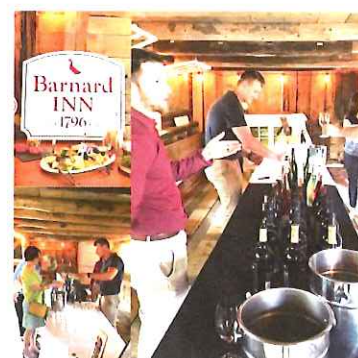
Thirsty Thursday Charity Wine Tasting Series to Benefit The Thompson Center Thursday, July 26, 5:00 – 7:00 pm At The Barnard Inn Barn 5518 VT Rt 12, Barnard 234-9961

Taste 15 wines for \$15

Tickets sold at Barnard Inn & Max's Tavern and Woodstock Beverage
(\$15 advance purchase, \$20 at the door – checks payable to Barnard Inn)

Proceeds of this event & wine sales will benefit The Thompson Center. *The*

Barnard Inn is hosting 4 of these Charity Wine Tasting Events this summer, to benefit a local charity each month. For more information call Will Dodson at 234-9961



Meals on Wheels Drivers Needed!

Being a Meals on Wheels driver is a very heart warming experience. Volunteers deliver hot, nutritious meals to home-bound seniors Monday through Friday. Our delivery routes generally take about an hour to complete and begin at 11:00 am. We have routes located in the Woodstock, Pomfret, Barnard and Bridgewater areas. **If you are interested, please contact Siobhan Wright at 457-3277 or swright@thompsonseneiorcenter.org.**

Thank you!

CREATIVE AGING

Weekly Game Schedule

Bingo

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

Pickle Ball

Fridays at 12:00 pm
(at WAC)

Double King Pede

Tuesdays at 10:00 am

Cribbage

Thursdays at 10:00 am

Mah jongg

Tuesdays & Thursdays at 2:00 pm
Fridays 1:00 pm at NWPL

Ping Pong

Fridays - all day

HANDIWORK CIRCLE WEDNESDAYS AT 10:30



The Handiwork Circle group invites anyone to join them on **Wednesdays at 10:30** in the living room. You do not need to be a knitter, all projects welcome. Enjoy some coffee and companionship. Contact Jane Soule at 457-2442 with any questions.

artistree

community arts center & gallery

Monthly Art Project with ArtisTree At The Thompson

There will be no monthly ArtisTree craft workshops at The Thompson in July and August. Monthly craft workshops will resume at The Thompson Center in September. Please see upcoming newsletters for details.

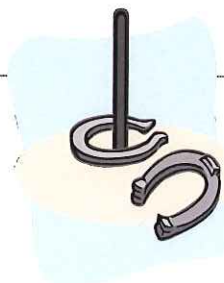
Visit ArtisTree.org for programs and visual arts classes offered this summer in Pomfret.

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.

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 Center Provided by Norman Williams Public Library July 10 & 24, 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.

BRAIN BUILDER

Restaurant

Read and remember the following orders from these three guests:

Anne: Beef Empanadas, Calamari

Carol: Linguine with Scallops, Garden Salad

Ted: Seafood Capellini, Jumbo Shrimp Cocktail

Now cover the list and try to recall the names of the three guests and their orders.

Meet Gretchen Cole, Executive Director of The Scotland House - Adult Day Health and Wellness July 11 at 1:00 pm at The Thompson Center

The Scotland House, located in Quechee, VT, is a community-based day program designed to assist adults with physical and/or cognitive impairments to remain living at home and active in their community as long as possible.

The Scotland House will provide a safe, supportive environment where participants can receive a range of professional health, social and therapeutic services. This program also provides respite, support and education to family members, caregivers and legal representatives.

As the anticipated July opening approaches, The Thompson Center welcomes Gretchen Cole, Executive Director of the Scotland House, at The Thompson on Tuesday July 11, 2018 at 1:00 pm. Gretchen will be providing an update on construction, participant services, life enrichment programming, and the Scotland House mission.



BOOK GROUP No Meetings over the Summer Next Meeting is September 12th at 1:00 pm

The Book Group will resume meeting in September at a Book Group member's Woodstock home. Details will follow in the September newsletter. New members are always welcome!
We have postponed June's selection, A Gentleman in Moscow, for our September discussion.

PROGRAM CALENDAR - JULY 2018

Mon	Tue	Wed	Thu	Fri
2	3	4	5	6
10:15 Memoir Group 1 Advisory meeting 1 Horseshoes	9 Strength & Fitness 10 Double King Pedo 10 Beginning Italian* 12 Spanish Table 2 Mah Jongg 3 Bone Builders	Independence Day CLOSED	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	10-12:30 CCC Office Hours* 12 Pickle Ball 12 German Language Table 1 Mah Jongg at NWPL 1:30 Water Aerobics*
9	10	11	12	13
Bridgewater Day* 10:15 Memoir Group 1-3 Advanced Directives* 1 Horseshoes	Staff Appreciation Pot Luck* 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	9:30 Beginner Tai Chi 10:30 Handwork Cir. 10:45 Advanced Tai Chi 12 French Table 1:00 Gretchen Cole / Scotland House Q&A	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	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*
16	17	18	19	20
8:30 Newsletter Folding 10:15 Memoir Group 1 Horseshoes	9 Strength & Fitness 10 Double King Pedo 10 Beginning Italian* 11:30 Commodities 12 Spanish Table 2 Mah Jongg 3 Bone Builders	Bastille Day* 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	9 Strength & Fitness 9-11 Chair Massage* 10 Cribbage 10:00 Italian Study 10:15 Low vision 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*
23	24	25	26	27
Late Opening for Dinner & Book Discussion 6:00 Dinner 7:00 Presentation (There will be no noon meal served today due to late opening)	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	9:30 Beginner Tai Chi 10 Wellness Clinic 10:30 Handwork Cir. 10:45 Advanced Tai Chi 12 French Table 12:30 Foot Clinic*	Birthday Day* 9 Strength & Fitness 9-11 Chair Massage* 10 Cribbage 10:00 Italian Study Support Group 12 Italian Table 1 Italian Intermediate 2 Mah Jongg 3 Bone Builders 5-7 Wine Tasting at Barnard Inn	10-12:30 CCC Office Hours* 11 Andrea Avery Book Discussion 12 Pickle Ball 12 German Language Table Open Ping Pong 1 Mah Jongg at NWPL 1:30 Water Aerobics*
30	31			
10:15 Memoir Group 1 Horseshoes	9 Strength & Fitness 10 Double King Pedo 10 Beginning Italian* 12 Spanish Table 2 Mah Jongg 3 Bone Builders		BINGO daily at 10:30 am except on birthday day and other special meal days. Location changes based on the day's schedule.	* Indicates that sign-up/reservations are required

MENU - JULY 2018

Mon	Tue	Wed	Thu	Fri
2	3	4	5	6
Spaghetti with Vegetables, Garlic Bread, Salad, Fruit Salad	Grilled Chicken Sandwich w/ Pesto, Arugula and Fresh Mozzarella on a Baguette, Corn Salad, Heirloom Tomato Salad with Garlic and Basil, Chocolate Cake	Independence Day Closed	Tomato Tart, Tri-Color Salad, Bread, Oatmeal Cookie	Cod w/ Herbed White Wine Lemon Sauce, Potatoes w/ Garlic, Strawberry Spinach Salad, Ice Cream Cone
9	10	11	12	13
Bridgewater Day* Chicken Milano w/ Basil and Sundried Tomatoes served over Penne, Tossed Salad, Fresh Fruit Salad	Staff Appreciation Pot Luck Lunch*	Quiche w/ Asparagus, Leeks & Gruyere Cheese, Roasted Potatoes, Tossed Salad, Lemon Cookie and Fruit	Vegetable & Chicken Stir Fry, Coconut Macaroons w/ Pineapple	Chef's Choice
16	17	18	19	20
Broccoli, Ham & Cheddar Calzone, Tossed Salad, Four Bean Salad, Sorbet & Berries	Meatloaf, Mashed Potatoes, Gravy, Mediterranean Vegetables, Strawberry Rhubarb Pie	Bastille Day* Tossed Salad, Roasted Grilled Pesto Chicken Breast over Fettuccine with Asparagus & Mushrooms, Fresh Fruit	Grill Day Hot Dogs & Burgers, Potato Salad, Cole Slaw, Strawberry Short Cake	Philly Cheese Steak Sandwiches w/ Peppers & Onions, Sweet Potato Fries, Coleslaw, Chef's Choice Dessert
23	24	25	26	27
Nancy Stearns Bercaw Dinner* (No Lunch Served) Grilled Beef Kababs, Corn and Tomato Summer Salad, Roll, Pavlova	Lasagna, Tossed Salad, Garlic Bread, Fresh Fruit Salad	Beer Battered Haddock and Chips, Kale Salad, Ginger Snap and Fruit	Birthday Day* Roast Beef Au Jus, Roasted Potatoes & Onions, Grilled Asparagus, Roll, Cake & Ice Cream	Chicken Salad, Broccoli Salad, Tortellini Salad, Lettuce, Tomato, Roll, Blueberry Cake
30	31			
Chef's Choice	BBQ Chicken, Pinto Beans, Potato Salad, Cole Slaw, Coconut Cream Pie	Meal Pricing: \$7- <u>charge</u> 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)

Reservations Required

Please sign-up in advance for special meals and Birthday Day. This month includes **Bridgewater Day on the 9th, Bastille Day on the 18th, Dinner Program on the 23rd 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!

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.

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.

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

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

***July Discussion: Introduction to Braille -
How Millions Read with their Hands***

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.

***When it comes to finding tools
for staying healthy, active, and
involved, The Thompson is the
place to start!***

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.

Wellness Clinic & Blood Pressure Screenings July 25, Sept 26, Nov 28 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 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 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 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, July 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.

TRIPS

An American in Paris
At the Historic Ogunquit Playhouse, Ogunquit, ME
Wednesday, August 1, 2018
~Full~

Departure on The Thompson van is at 8:30 am.

Lunch at Foster's Restaurant at 12:00 pm.

Matinee begins at 2:30 pm at the Ogunquit Theater. Show time is 2.5 hours. Anticipated arrival in Woodstock is 8:00 pm.

Please call Shari at The Thompson Center to confirm your menu choice: BBQ Chicken or Vegetarian Option are substitutes 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
Payment is due no later than July 9th to confirm your seat.
If you are having lunch at The Thompson prior to departure on August 22, please inform our kitchen if you would like an early lunch.

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
9 days - 20 Meals: 7 Breakfasts, 6 Lunches, 7 Dinners
April 4 -12, 2019

Highlights: Amsterdam, 7-Night River Cruise, Volendam, Arnhem, Middelburg, Ghent, Bruges, Antwerp, Kinderdijk Windmills, Keukenhof Gardens

Book Prior to September 5, 2018 & Save \$500 Per Person

Included in Price: Round Trip Air From Logan Intl Airport, Air Taxes and Fees/Surcharges, Hotel Transfers, Pick-up and Return To & From The Thompson Center

Not included in price: Cancellation Waiver and Insurance of \$385 per person. Gratuities for cabin stewards, wait staff on board the ship, and tour guides are not included and are at your discretion.

Cabins are available on lower, middle, and upper decks. Please note that river cruises are smaller ships and only have a finite number of each cabin category available.

For a complete itinerary, fees, and more information visit <https://gateway.gocollette.com/link/887097>, or call The Thompson Center for a color brochure. 457-3277

IN LOVING MEMORY & APPRECIATION

IN APPRECIATION

Woodstock Terrace - medical equipment
Christine Dunleavy - medical equipment
Barbara Holmes - medical equipment
Joe Rubino - medical equipment
Dottie Forthman - porch table cover
Dean & Carol Cerf - medical equipment
Robin & Lauren Lombard - leather La-z-boy/sofa La-z-boy



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

IN MEMORY OF

John M Brand
Deborah Phillips

"Gib" Gilbert DuBois Noble
Deborah Philips

Jack Moore
E.Vincent Lisi



JULY BIRTHDAYS

1st	John	Gravel	13th	Robert	Griggs Jr	22nd	Holly	Levison
1st	Nina	Borzekowski	14th	Gerry	Fields	23rd	Margaret	Wieche
2nd	Barbara	Kelley	14th	Lysle	Chase	23rd	William	Barrows
2nd	Kimberly	Christensen	14th	Nancy	Schullinger	23rd	Anne	Dean
2nd	Leslie	Friedman	14th	Ellen	Ahrens	23rd	Anne	Marinello
2nd	Cora	Koop	14th	Jennifer	Kirkman	24th	Robert	McFadden
3rd	Neil	Jillson	14th	Jennifer	Brock	25th	Claire	Dibble
3rd	Odette	Hazen	14th	Chris	Prior	25th	Lloyd	Osmer
5th	Gordon	Worth	15th	Judith	Topolski	25th	Nancy	Anderson
5th	Trudi	Brock	16th	Priscilla	Pannell	25th	Barbara	Simon
5th	Albert	Pristaw	16th	Wendy	Wannop	26th	Sally	Kesseli
5th	Betsy	Hallahan	18th	David	Doubleday	26th	Richard	Cole
5th	Carol	Nartowicz	18th	Airell	Jenks	26th	Patricia	Brent-Sorenson
6th	Norman	Martin	18th	Wendy	Winsor	27th	Jackie	Durkee
6th	Helga	Cognato	18th	Karen	Purviance	27th	Gail	Moore
6th	Joanie	Metcalf	19th	Edwin	English	27th	Karen	St. Arnaud
7th	Carol	Rauscher	19th	Mary Jane	Wentworth	28th	Thomas	Watson
7th	Judith	Pierce	19th	Marilyn	White	28th	Janice	Fleetwood-Bean
8th	Bud	Futschik	19th	Ralph	Ward	28th	Gordon	Holmes
8th	Howard	Jonas	19th	Ken	Ackley	30th	Eric	Johnston
9th	Frances	Gillett	20th	Joanne	Hershey	30th	Nancy	Pike
9th	Rosemary	Smith	20th	Michael	Mongulla	31st	Pam	Butler
9th	Ann	McKelvie	20th	Patricia	Whitney	31st	Carl	Hurd
10th	Louis	Carini	20th	Joseph	Herrick	31st	Jean	Silva
11th	Lene	Bennett	21st	David	Sleeper	31st	Bob	Hazen
11th	Joan	Lang	21st	Marcelle	Derevensky			
12th	Robert	Lewis Sr	21st	Eileen	Wishnia			
12th	Susan	Maxham	22nd	Fern	Kruse			
12th	Joanne	Keyler						

On July 26th we will celebrate your special day with a delicious, complimentary meal!



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

TSC TRANSPORTATION PROGRAM

The Thompson Center operates a door-to-door transportation program for seniors and disabled community members from the towns of Barnard, Bridgewater, Pomfret, and Woodstock.

Medical Rides - \$10 suggested donation per out-of-town trip. A minimum of 48 hours notice is requested for scheduling. Schedule with Paula at 457-3277.

Local transportation to and from your home to The Thompson and other Woodstock stops - suggested donation of \$1 per ride (\$2 round trip if you get a ride both ways). Please call the Center by 8:30AM to request rides for that day. 457-3277

Monthly shopping trips to West Lebanon depart from TSC on the 1st and 3rd Wednesday of each month at 9am on the Stagecoach van (returning at approx. 12:15pm). Stops at various locations. **Sign up with the Thompson at least 24 hours in advance.**

The Thompson funds these trips with Stagecoach so any donation is greatly appreciated. Call 457-3277



Find us on
Facebook

Search for "The Thompson Senior Center" and click "like" for regular updates, pictures, event reminders & invitations, and for tips and interesting articles about health, finances, and Aging in Place.

Thank You to Our Transportation Sponsors and Grants



Ottawaquechee
Plumbing & Heating
802-457-1795



Connected-at-Home



Dead River Company



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.