Generation to Generation Week at The Thompson  
August 6 - 10, 2018, 10:30 am - 2:00 pm

The week of August 6th will be “Generation to Generation” week at The Thompson Senior Center with ArtisTree, Purple Crayon, and teacher, Barbara Leonard.

The proven benefits of intergenerational activities are numerous and meaningful to both generations. Join us for a week of kid and adult-friendly lunch menus, arts & crafts, music, games, ice cream, and more!

Have some fun, make a difference in a young life, please sign up today to be an adult helper.

<table>
<thead>
<tr>
<th>Monday, 8/6</th>
<th>Tuesday, 8/7</th>
<th>Wednesday, 8/8</th>
<th>Thursday, 8/9</th>
<th>Friday, 8/10</th>
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<tr>
<td><strong>Morning Program, 10:30-noon</strong></td>
<td><strong>ArtisTree/ Purple Crayon Creative Art Project – Peace Day Pinwheels</strong></td>
<td><strong>ArtisTree/ Purple Crayon Creative Art Project – Sea Serpent Day, Under-the-Sea Collages</strong></td>
<td><strong>BINGO</strong></td>
<td><strong>ArtisTree/ Purple Crayon Creative Art project – Paint your own OWL masterpiece</strong></td>
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<td><strong>Lunch</strong></td>
<td><strong>Chef Ryan’s famous macaroni and cheese, peas &amp; carrots, chocolate chip cookie, fruit</strong></td>
<td><strong>Pizza, tossed salad, Ice cream cones</strong></td>
<td><strong>Spaghetti &amp; Meatballs, tossed salad, garlic bread, fruit salad</strong></td>
<td><strong>Hot Dogs, potato salad, baked beans, watermelon, and a cookie</strong></td>
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<td><strong>Afternoon Program, 1:00-2:00</strong></td>
<td><strong>Horseshoe lessons with Norm, ladder ball, and corn hole.</strong></td>
<td><strong>Read, write, &amp; remember. Join the Memoir Group for reading or writing together in small groups with stories for all ages.</strong></td>
<td><strong>Game day! Cribbage, Chess, Card games &amp; more!</strong></td>
<td><strong>VINS – Raptor Encounter!</strong></td>
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Other Details:

Cost: FREE. Donations for meals are welcome, but not required for children or adult volunteers.

Registration is now closed for children as all spots are filled but adult helpers are needed.

Please contact Shari to register at The Thompson by calling 457-3277 or sborz@thompsonseniorcenter.org.
BEHIND THE SCENES

ADVISORY MEETING HIGHLIGHTS

- Transportation program update - expenses and challenges
- Upcoming programs and trip discussion
- Discussion about staff appreciation luncheon
- Discussion about "annual tea"

NO ADVISORY MEETING IN AUGUST

Congratulations to Linda O'Neil who is our most recent 50/50 Marble Game winner

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:

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!

Dead River Company

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@thompsonseniorcenter.org
Raptor Encounter
Presented by VINS – With Their Feathered Special Guests
Thursday, August 9, 1:00 pm

Live falcons, hawks and owls provide the lens through which we examine food webs, predator-prey relationships and the interdependence of the systems that support life. This first-hand encounter enables participants to understand the defining characteristics that make a bird a raptor and their adaptations for life as a predator on the wing. Touchable artifacts and hands-on materials round out this special experience.

Visit the Thompson Booth at the Taste of Woodstock!
Saturday, August 11, between 10:00 am – 5:00 pm

We'll have cookies at our booth this year and plenty of information about the services of The Thompson. Lots of other food and festivities on Elm and Central Street in downtown Woodstock, too.

Sherry Belisle's Piano Student Performs at The Thompson
Wednesday, August 15, 1:00 pm

Adele Louis is a 10 year old student of Sherry Belisle who opened recently for Will Drebitko's concert that benefitted an organization called "Pianos for Peace." She began studying piano, as she says "the same age Brahms did" and has done very well since. Along with her selections, she will introduce each song with interesting information about each. You'll be smiling as she curtsies!

Age Well Series:
From Illness to Recovery
Presented by The Visiting Nurse and Hospice for VT & NH by Kathy Watson, RN, BSN
Community Liaison and Shannon Vera, Help at Home Regional Manager
Wednesday, August 29, 1:00 pm

The VNAs place in your journey from illness to recovery – who can help, how and when. With a combined experience of over 55 years in Homecare, Hospice, and Private Duty, Kathy and Shannon will present the journey from illness to recovery and unbox the various ways VNA or private pay services help you to come home and stay home while aging. Expect to be active participants in the presentation with an open Q&A at its conclusion.

Kathy Watson RN, BSN, Community Liaison, has over 35 years as an RN and has spent the last 12 years in Hospice and Palliative Care. She has been a VNH Liaison for 5 years.

Shannon Vera, Help at Home Regional Manager, has been in healthcare for almost 10 years and has worked with long term care, hospice, and private duty in 8 states and is a member of the NHPCO (National Hospice and Palliative Care)
Island Time Steel Drums
Friday, August 10, 1:00 pm

Scott Paulson and Barbara Smith are a tropical duo that delight in sharing the happy sounds, upbeat vibes, and amazing history and culture of Caribbean Steel “Pan” music with audiences from Maine to Key West. The focus of Island Time is not only to entertain listeners, but to entice interest about this great body of music, and to tell the story about, and bring a deeper understanding to the culture of the island of Trinidad and how that gave birth to one of the few NEW acoustic instruments of modern times. The pair’s upbeat repertoire ranges from easy going calypsos to fiery Trinidadian Soca, with some American Pop thrown in for good measure.

Scott and Barbara co-founded The Seven Stars Arts Center in Sharon, Vermont. The couple both teach and perform on other instruments; Scott on Bass and Drums and Barbara on Flute, Clarinet and Saxophone. The ensemble has performed for and taught groups of all ages around New England and beyond.

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.

Monthly Art Project with ArtisTree at The Thompson

There will be no meeting in August but we will enthusiastically resume our monthly schedule on Wednesday, September 5th with the Poppy Project, 2018.

There has been such an enthusiastic response to this growing project since it’s inception 4 years ago thanks to Thompson friend, Diana Hayes. The Poppy Project now includes Woodstock students, The National Art Honors Society of Bedford High, New Hampshire who made and contributed 44 poppies to a local display, and a Craftworkers Guild in New Hampshire. We are meeting early this year to start on this two-part program in ample time for The Thompson’s annual Veteran’s Day celebration. Please tell your friends and help us support this worthy project of remembrance.

Please register in advance.
We are happy to continue offering individual tech tutoring thanks to Norman Williams Public Library and Meg Brazil. Meg is offering 1:1 assistance for any one of your devices: cell phone, 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.

Tech Tutoring will be available by appointment at the NWPL only in August and will resume at The Thompson in September.

Walk To End Alzheimer's
With The Thompson Team
September 23, 2018
10:00 am, Lyman Park, White River Junction

Held annually in more than 600 communities nationwide, the Alzheimer's Association Walk to End Alzheimer's® is the world’s largest event to raise awareness and funds for Alzheimer's care, support and research. This inspiring event calls on participants of all ages and abilities to join the fight against the disease!

Stay tuned as we share more information and registration to join our team for the Upper Valley Walk to End Alzheimer's in our upcoming newsletters, eNewsletters and website.

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@thompsonseniorcenter.org.

Thank you!

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 - AUGUST 2018

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<tr>
<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>8:30 Depart for American in Paris Trip*</td>
<td>9-11 Chair Massage*</td>
<td>8:30 Pickle Ball</td>
<td>10-12:30 CCC Office Hours*</td>
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<tr>
<td>* Indicates that sign-up/reservations are required</td>
<td>9 W. Leb Shopping*</td>
<td>10 Cribbie</td>
<td>10-12:30 CCC Office hours*</td>
<td>12 German Language Table</td>
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<td>10:30 Handwork Cir.</td>
<td>10:00 Italian Study</td>
<td>10:00 Rock Painting</td>
<td>1 Mah Jongg at NWPL</td>
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<td>12 French Table</td>
<td>12 Italian Table</td>
<td>12 German Language Table</td>
<td>1:30 Water Aerobics*</td>
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<td>1 Italian Intermediate</td>
<td>1 Mah Jongg at NWPL</td>
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<td>2 Mah Jongg</td>
<td>1 Island Time Steel Drums &amp; Ice Cream Social</td>
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<td>3 Bone Builders</td>
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## Generation to Generation Week

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<tr>
<td>Pomfret Day*</td>
<td>9 Strength &amp; Fitness</td>
<td>9:30 Beginner Tai Chi</td>
<td>9 Strength &amp; Fitness</td>
<td>8:30 Pickle Ball</td>
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<tr>
<td>10:30 Make</td>
<td>10 Double King Pede</td>
<td>10:30 Handwork Cir.</td>
<td>9-11 Chair Massage*</td>
<td>9-2:30 Foot Clinic*</td>
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<tr>
<td>Peace Day</td>
<td>10 Beginning Italian*</td>
<td>10:30 BINGO</td>
<td>10 Cribbie</td>
<td>10-12:30 CCC Office hours*</td>
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<tr>
<td>Pinnwheels</td>
<td>10:30 Make Under-the-Sea Collages</td>
<td>10:45 Advanced Tai Chi</td>
<td>10:00 Italian Study</td>
<td>10:30 Rock Painting</td>
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<tr>
<td>1 Horseshoes, Ladder Ball, Corn Hole</td>
<td>12 Spanish Table</td>
<td>12 French Table</td>
<td>12 Italian Table</td>
<td>12 German Language Table</td>
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<td>1 Read, Write &amp; Remember w/Memoir</td>
<td>1 Game Day</td>
<td>1 Italian Intermediate</td>
<td>1 Mah Jongg at NWPL</td>
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<td>2 Mah Jongg</td>
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<td>1 VINS Raptor Encounter</td>
<td>1 Island Time Steel Drums &amp; Ice Cream Social</td>
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## Memoir Group

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<tr>
<td>10:15 Memoir Group</td>
<td>9 Strength &amp; Fitness</td>
<td>8:30 Board Meeting</td>
<td>9 Strength &amp; Fitness</td>
<td>8:30 Pickle Ball</td>
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<tr>
<td>1 Horseshoes</td>
<td>10 Double King Pede</td>
<td>9:00 W. Leb Shopping*</td>
<td>9-11 Chair Massage*</td>
<td>10-12:30 CCC Office hours*</td>
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<td>1-3 Advanced Directives*</td>
<td>10 Beginning Italian*</td>
<td>9-2:30 Foot Clinic*</td>
<td>10 Cribbie</td>
<td>12 German Language Table</td>
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<td>12 Spanish Table</td>
<td>10:30 Handwork Cir.</td>
<td>10:00 Italian Study</td>
<td>Open Ping Pong</td>
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<td>2 Mah Jongg</td>
<td>12 Italian Table</td>
<td>12:45 Lucy Mac Visit</td>
<td>1 Mah Jongg at NWPL</td>
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<td>3 Bone Builders</td>
<td>1 Italian Intermediate</td>
<td>1 Mah Jongg</td>
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<td>2 Mah Jongg</td>
<td>1 Music with Mill Band</td>
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<td>3 Bone Builders</td>
<td>2 Mah Jongg</td>
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## Newsletter Folding

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<tr>
<td>8:30 Newsletter Folding</td>
<td>9 Strength &amp; Fitness</td>
<td>Birthday Day*</td>
<td>8:30 Pickle Ball</td>
<td>10-12:30 CCC Office Hours*</td>
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<td>10:15 memoir Group</td>
<td>10 Double King Pede</td>
<td>9 Strength &amp; Fitness</td>
<td>10-12:30 CCC Office Hours*</td>
<td>12 German Language Table</td>
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<td>1 Horseshoes</td>
<td>10 Beginning Italian*</td>
<td>9-11 Chair Massage*</td>
<td>Open Ping Pong</td>
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<td>11:30 Commodities</td>
<td>10 Cribbie</td>
<td>1 Mah Jongg at NWPL</td>
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<td>12 Spanish Table</td>
<td>10:00 Italian Study</td>
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<td>2 Mah Jongg</td>
<td>Support Group</td>
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## Memoir Group

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<tbody>
<tr>
<td>10:15 Memoir Group</td>
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<td>12 Spanish Table</td>
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<td>Support Group</td>
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## VNH Presentation

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<tr>
<td>10:30 Handwork Cir.</td>
<td>9 Strength &amp; Fitness</td>
<td>8:30 Pickle Ball</td>
<td>10-12:30 CCC Office Hours*</td>
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<td>12 French Table</td>
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<td>1 VNH Presentation</td>
<td>10 Cribbie</td>
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<td>10:00 Italian Study</td>
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# MENU - AUGUST 2018

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<tr>
<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>Three Onion, Mushroom and Ham Quiche, Roasted Potatoes, Tossed Salad, Pineapple Upside down Cake</td>
<td>Pork Apple Burgers with Caramelized Pineapple on a Multigrain Sandwich Roll, Firecracker Salad, Sweet Potato Fries, Strawberry Rhubarb Pie</td>
<td>Chef Salad w/ Lettuce, Tomato, Turkey, Roast Beef, Cheese, Hard Boiled Egg, Carrot, Lemon Curd Bars</td>
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<tr>
<td>Pomfret Day* Chef Ryan's Famous Macaroni &amp; Cheese, Peas &amp; Carrots, Chocolate Chip Cookie, Fruit</td>
<td>Pizza, Tossed Salad, Ice Cream Cones</td>
<td>Spaghetti &amp; Meatballs, Tossed Salad, Garlic Break, Fruit Salad</td>
<td>Hot Dogs, Potato Salad, Baked Beans, Watermelon, and a Cookie</td>
<td>Breakfast for Lunch Pancakes, Sausage, Yogurt &amp; Fruit Cups</td>
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<tr>
<td>Chicken Salad, Broccoli Salad, Tortellini Salad, Lettuce, Tomato, Lime and Spice Peach Cobbler</td>
<td>Reubens, 3beer battered Onion Rings, Marinated Vegetable Salad, Strawberry Cake</td>
<td>Puff Pastry Chicken Pot Pie, Tossed Salad, Sorbet w/ Berries</td>
<td>Tossed Salad, Orange Tilapia, Rice Pilaf, Sautéed Broccoli, Brownie with Raspberries and Cream</td>
<td>Chef's Choice</td>
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**Reservations Required**

Please sign-up in advance for special meals and Birthday Day. This month includes **Pomfret Day on the 6th,** and **Birthday Day on the 23rd.** 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 CLASS!**

*Water Aerobics Class*  
*Woodstock Athletic Club*  
**Fridays, Aug. 31 - Nov. 9, 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.

**Tai Chi's Meditation in Motion!**  
**On Wednesdays**  
**Beginner Class 9:30 - 10:30 am**  
**Advanced Class 10:45 - 11:45 am**  
**August 8 & 22**  
**Regular classes resume in September**

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. For more information you can check out Anne's website: www.annebower.com or email at anniebower@yahoo.com.

**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.

**When it comes to finding tools for staying healthy, active, and involved, The Thompson is your resource to age well.**

**Open Pickle Ball**  
**Woodstock Athletic Club**  
**Fridays, 8:30 am - 10:00 am**

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.
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.

Low Vision Support Group

The Low Vision Support Group will be postponed until further notice. A message from Group Facilitator, Melinda Underwood, CVRT, Vermont Association for the Blind and Visually Impaired:

*Thanks to the kindness and support of the Thompson Center, this group has been meeting monthly since January 2016! The goal of the group is for people living with low vision to gather on a monthly basis to provide mutually beneficial support, information, and encouragement. As a Vision Rehabilitation Therapist and Support Group Facilitator, my goal has been to bring forth ideas and occasional guest speakers for improving independent living skills. But it is the members of the group that make it a strong and powerful resource for developing resilience and a community of shared experience. Thank you to all who have attended and supported this group. It has been a pleasure to be part of it. If you are interested in participating in a future group, or have questions about resources, please contact me at 802-254-8761 or by email: mumunderwood@vabvi.org.*

CAREGIVER SUPPORT GROUP
Wednesday, August 15, 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.

Chair Massage 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 when making your reservation. Be kind to yourself and treat your body to a chair massage by calling The Thompson. 457-3277

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.

Foot or Hand Reflexology
Offered by Deborah Neuhof
Certified Reflexologist
Call for August Schedule

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.

Wellness Clinic & Blood Pressure Screenings
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.
TRIPS

An American in Paris at the Historic Ogunquit Playhouse in Ogunquit, ME
Wednesday, August 1, 2018
With a Lobster Dinner at Fosters
This trip is FULL!

Departure is at 8:30 a.m. on The Thompson Van. Drinks will be provided for the van. Bring snacks if you wish. We will make a rest area stop en route.

Dinner is at 12:00 pm followed by 2:30 Matinee. Show is 2.5 hours with an intermission. Anticipated arrival in Woodstock is approximately 8:00 pm

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
This Trip is FULL!

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.

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

Limited Availability! 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
Lettuce - Lynn Peterson
Chocolate chip cookies - Carol Atwood
Lettuce - Mavis Shaw
Eggs - Quicker family
Medical Equipment -
   Tammy Tattersall
   Elaine Galt
Peter Brock
Margaret Thomas
Tuesday & Dennis Wright
Sue Geno
Erla Youknot

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 - Mountain Creamery

AUGUST BIRTHDAYS

1st Laurie Heijn
   2nd Linda Maxham
   3rd Allan Atwood
   4th Dolores Gilbert
   5th Candee Christoforides
   6th Bonnie Atwood
   7th Sarah Pierce
   8th Ruth Emery
   9th Loretta Parker
   10th Bernadette Darakjy
   11th Sarah Foss
   12th Joby Thompson
   13th Kathy Connor
   14th Marian Labonte
   15th Douglas Holtz
   16th Samuel Grice
   17th Christopher Luze
   18th Joyce Gilman
   19th Carol Corneille
   20th Naomi Read
   21st Laura Griggs
   22nd Joseph Perkins
   23rd Margaret Nielsen
   24th Maria Nitzsche
   25th Craig Stedman
   26th Deborah Heimann
   27th Dan Leavitt
   28th Gary Wood

12th George Lander
   13th Veronica White
   14th Judy Delay
   15th Anne Poirier
   16th Judy Bearese
   17th Judy Wiggin
   18th Judy Fiske
   19th Judy Nestler
   20th Judy Gunderson
   21th Judy Gilmour
   22nd Judy Skuja
   23rd Judy Sherman
   24th Judy Jeck
   25th Judy English
   26th Judy Eller
   27th Judy Morris
   28th Judy Lancaster
   29th Judy Mercure
   30th Judy Avellino

23rd Ellen Satterthwaite
   23rd Priscilla Sands
   23rd Diana Hayes
   23rd Ralph Robinson
   23rd Pamela Perkins
   24th Alden Fiertz
   25th Carolyn Robinson
   25th Margaret Edwards
   25th Anna Diehl
   25th Megan Wexover
   26th Anne Brocrick
   27th Marjorie Forgione
   27th Louis Grob
   27th Merrill Kruse
   27th Pamela Barrows
   27th Sandy Palmer
   27th Glenn Fullerton
   27th Alison Roth
   28th Jean Goldsborough
   28th Edel Freitag
   28th Lucile Leisner
   28th Jack Simonds

On August 23rd we will celebrate your special day with a delicious, complimentary meal! Please call to make a reservation for lunch and join us!
The Thompson
Your resource to age well
Woodstock Area Council on Aging
99 Senior Lane
Woodstock, VT 05091
(802) 457-3277
FAX: (802) 457-1259
www.thompsonseniorcenter.org

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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 required 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 Insurance**
**Ottawanee Plumbing & Heating**
**VERMONT**
**Connected-at-Home**
**Upper Valley Senior Solutions**
**Ottawanee Plumbing & Heating**
**Armistead Senior Care**

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**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.

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**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.