



# The Thompson Times

Your resource to age well

AUGUST 2018

## 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.



	Monday, 8/6	Tuesday, 8/7	Wednesday, 8/8	Thursday, 8/9	Friday, 8/10
<b>Morning Program, 10:30- noon</b>	ArtisTree/ Purple Crayon Creative Art Project – Peace Day Pinwheels	ArtisTree/ Purple Crayon Creative Art Project – Sea Serpent Day, Under-the-Sea Collages	BINGO	ArtisTree/ Purple Crayon Creative Art project – Paint your own OWL masterpiece	Rock Painting – paint two, one to take home and one to stay in the Thompson Rock garden
<b>Lunch</b>	Chef Ryan's famous macaroni and cheese, peas & carrots, chocolate chip cookie, fruit	Pizza, tossed salad, ice cream cones	Spaghetti & Meatballs, tossed salad, garlic bread, fruit salad	Hot Dogs, potato salad, baked beans, watermelon, and a cookie	Breakfast for lunch – Pancakes, sausage, yogurt, & fruit cups
<b>Afternoon Program, 1:00- 2:00</b>	Horseshoe lessons with Norm, ladder ball, and corn hole.	Read, write, & remember. Join the Memoir Group for reading or writing together in small groups with stories for all ages.	Game day! Cribbage, Chess, Card games & more!	VINS – Raptor Encounter!	Island Time Steel Drums – Ice cream social closing celebration.

### 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@thompsonsniiorcenter.org](mailto:sborz@thompsonsniiorcenter.org).

## 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](http://www.thompsonscenter.org)

### CENTER HOURS

8 AM-3 PM, Monday-Friday

### STAFF

**Deanna Jones**, Executive Director,  
[djones@thompsonscenter.org](mailto:djones@thompsonscenter.org)  
**Paula Audsley**, Outreach Manager,  
[paudsley@thompsonscenter.org](mailto:paudsley@thompsonscenter.org)  
**Pam Butler**, Program Director,  
[pbutler@thompsonscenter.org](mailto:pbutler@thompsonscenter.org)  
**Jen Bloch**, Marketing Coordinator  
[jbloch@thompsonscenter.org](mailto:jbloch@thompsonscenter.org)  
**Shari Borzekowski**, Administrative &  
Resource Assistant,  
[sborz@thompsonscenter.org](mailto:sborz@thompsonscenter.org)  
**Ryan Martin**, Chef,  
[rmartin@thompsonscenter.org](mailto:rmartin@thompsonscenter.org)  
**Siobhan Wright**, Kitchen Assistant &  
Meals on Wheels Coordinator  
[swright@thompsonscenter.org](mailto:swright@thompsonscenter.org)  
**Drivers: Dwight Camp, Tom Morse,**  
**Charlie Seitz, Carl Hurd**

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*  
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Anne Herz  
Susan Inui  
David McGuire  
Susan Moor  
Daphne Moritz  
Tambrey Vutech  
Joby Thompson  
Tom Weschler

## 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!**



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](mailto:jbloch@thompsonscenter.org)**



## NEWS & EVENTS

### **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!

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### **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 Socas, 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.*

### A Collaboration Between The Thompson Center and ArtisTree

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



## 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.



community arts center & gallery

## 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 5<sup>th</sup> with the **Poppy Project, 2018.**

There has been such a 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.**



## 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  
Tuesdays, Sept. 11 & 25  
9:30 - 11:30 am**

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.

***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@thompsonsniorcenter.org](mailto:swright@thompsonsniorcenter.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

Mon	Tue	Wed	Thu	Fri
		1	2	3
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	8:30 Depart for <i>American in Paris</i> Trip* 9 W. Leb Shopping* 10:30 Handwork Cir. 12 French Table	9-11 Chair Massage* 10 Cribbage 10:00 Italian Study 12 Italian Table 1 Italian Intermediate 2 Mah Jongg 3 Bone Builders	8:30 Pickle Ball 10-12:30 CCC Office Hours* 12 German Language Table 1 Mah Jongg at NWPL 1:30 Water Aerobics*
Generation to Generation Week				
6	7	8	9	10
Pomfret Day* 10:30 Make Peace Day Pinwheels 1 Horseshoes, Ladder Ball, Corn Hole	9 Strength & Fitness 10 Double King Pedo 10 Beginning Italian* 10:30 Make Under-the-Sea Collages 12 Spanish Table 1 Read, Write & Remember w/Memoir 2 Mah Jongg 3 Bone Builders	9:30 Beginner Tai Chi 10:30 Handwork Cir. 10:30 BINGO 10:45 Advanced Tai Chi 12 French Table 1 Game Day	9 Strength & Fitness 9-11 Chair Massage* 10 Cribbage 10:00 Italian Study 10:30 Paint your own OWL masterpiece 12 Italian Table 1 Italian Intermediate 1 VINS Raptor Encounter 2 Mah Jongg 3 Bone Builders	8:30 Pickle Ball 9-2:30 Foot Clinic* 10-12:30 CCC Office hours* 10:30 Rock Painting 12 German Language Table 1 Mah Jongg at NWPL 1 Island Time Steel Drums & Ice Cream Social
13	14	15	16	17
10:15 Memoir Group 1 Horseshoes 1-3 Advanced Directives*	9 Strength & Fitness 10 Double King Pedo 10 Beginning Italian* 12 Spanish Table 2 Mah Jongg 3 Bone Builders	8:30 Board Meeting 9:00 W. Leb Shopping* 9-2:30 Foot Clinic* 10:30 Handwork Cir. 12 French Table 12:30 Caregiver Support Group 1:00 Piano Performance	9 Strength & Fitness 9-11 Chair Massage* 10 Cribbage 10:00 Italian Study 12 Italian Table 12:45 Lucy Mac Visit 1 Italian Intermediate 2 Mah Jongg 3 Bone Builders	8:30 Pickle Ball 10-12:30 CCC Office Hours* 12 German Language Table Open Ping Pong 1 Mah Jongg at NWPL
20	21	22	23	24
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	9:30 Beginner Tai Chi 10:30 Handwork Cir. 10:45 Advanced Tai Chi 12 French Table 12:30 Depart for <i>Murder for Two</i>	Birthday Day* 9 Strength & Fitness 9-11 Chair Massage* 10 Cribbage 10:00 Italian Study Support Group 12 Italian Table 1 Italian Intermediate 1 Music with Mill Band 2 Mah Jongg 3 Bone Builders	8:30 Pickle Ball 10-12:30 CCC Office Hours* 12 German Language Table Open Ping Pong 1 Mah Jongg at NWPL
27	28	29	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	10:30 Handiwork Cir. 12 French Table 1 VNH Presentation	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	8:30 Pickle Ball 10-12:30 CCC Office Hours* 12 German Language Table Open Ping Pong 1 Mah Jongg at NWPL 1:30 Water Aerobics*



# MENU - AUGUST 2018

Mon	Tue	Wed	Thu	Fri
		1	2	3
<b>Meal Pricing:</b> <b>\$7- charge for those under age sixty</b> <b>\$5-Suggested donation for ages sixty and over</b>	<b>* Vegetarian meals &amp; Gluten Free available daily upon request. Please contact our chef in advance. 2% Milk, Coffee, tea, and juices available</b>	Three Onion, Mushroom and Ham Quiche, Roasted Potatoes, Tossed Salad, Pineapple Upside down Cake	Pork Apple Burgers with Caramelized Pineapple on a Multigrain Sandwich Roll, Firecracker Salad, Sweet Potato Fries, Strawberry Rhubarb Pie	Chef Salad w/ Lettuce, Tomato, Turkey, Roast Beef, Cheese, Hard Boiled Egg, Carrot, Lemon Curd Bars
6	7	8	9	10
<b>Pomfret Day*</b> Chef Ryan's Famous Macaroni & Cheese, Peas & Carrots, Chocolate Chip Cookie, Fruit	Pizza, Tossed Salad, Ice Cream Cones	Spaghetti & Meatballs, Tossed Salad, Garlic Break, Fruit Salad	Hot Dogs, Potato Salad, Baked Beans, Watermelon, and a Cookie	Breakfast for Lunch Pancakes, Sausage, Yogurt & Fruit Cups
13	14	15	16	17
Chicken Salad, Broccoli Salad, Tortellini Salad, Lettuce, Tomato, Lime and Spice Peach Cobbler	Reubens, Beer Battered Onion Rings, Marinated Vegetable Salad, Strawberry Cake	Puff Pastry Chicken Pot Pie, Tossed Salad, Sorbet w/ Berries	Tossed Salad, Orange Tilapia, Rice Pilaf, Sautéed Broccoli, Brownie with Raspberries and Cream	Chef's Choice
20	21	22	23	24
Vegetarian Lasagna, Steamed Antiguan Vegetables, Garlic Bread, Black Raspberry Ice Cream w/ Berries	Dijon Crusted Chicken Breasts, Horse Radish Mashed Potato, Gravy, Spinach, Berries and Cream Roll	Tacos w/ Ground Beef Cheese, Lettuce, Tomato, Salsa, Sour Cream, Red Beans and Rice, Roasted Vegetables, Lemon Cookies and Fruit	<b>Birthday Day*</b> Grilled Baja style Pork Loin Chimichurri Sauce, Spicy Sweet Potato Salad, Braised Greens, Roll, Cake & Ice Cream	Grilled Sweet Italian Sausage w/ Roll, Sautéed Onions and Peppers, Potato Salad, Cole Slaw, Apple Crisp
27	28	29	30	31
Chef's Choice	Beef Stroganoff over Egg Noodles, Garlic Sautéed Broccoli, Lemon Fool w/ Berries	Tossed Salad, Grilled Pesto Chicken Breast, Lemon Risotto with Peas, Marinated Vegetable Salad, Chef's Choice Dessert	Salmon en Croute, w/ Spinach and Mushrooms, New Potatoes, Cucumber/ Dill Salad, Brownie Sundae	Grilled Chicken BLT with Lettuce, Tomatoes, Grilled Onions, Caper Mayo, Three Bean Salad, Coconut Macaroon and Pineapple

## 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!



# 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 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.

## 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**

**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](http://www.annebower.com) or email at [anniebower@yahoo.com](mailto:anniebower@yahoo.com).

***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.



# HEALTHY AGING

## **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.

## **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.

## **ADVANCE DIRECTIVE CLINIC 2nd Monday of the Month**

We have arranged for a trained and caring volunteer to be at the Thompson Center every 2nd Monday from 1pm - 3pm. These volunteers will take the time to explain both the document and the simple process used to make your wishes known. You can call 457-3277 to schedule an appointment.

## **Low Vision Support Group**

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: [munderwood@vabvi.org](mailto:munderwood@vabvi.org).*

## **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

## **Foot or Hand Reflexology Offered by Deborah Neuhoof 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

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***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	12th	George	Lander	23rd	Ellen	Satterthwaite
2nd	Linda	Maxham	12th	Rick	White	23rd	Priscilla	Sands
2nd	Allan	Atwood	13th	Veronica	Delay	23rd	Diana	Hayes
2nd	Dolores	Gilbert	13th	Muriel	Poirier	23rd	Ralph	Robinson
2nd	Candee	Christoforides	13th	Pauline	Bearse	23rd	Pamela	Perkins
3rd	Bonnie	Atwood	14th	Judy	Wiggin	24th	Alden	Fiertz
3rd	Yael	Taylor	14th	Rick	Fiske	25th	Carolyn	Robinson
3rd	Margarete	Pierce	14th	Anne	Nestler	25th	Margaret	Edwards
3rd	Ruth	Emery	14th	Alice	Gundersen	25th	Anna	Diehl
4th	Loretta	Parker	14th	Sandy	Gilmour	25th	Megan	Westover
4th	Bernadette	Darakjy	15th	Suzanne	Skuja	26th	Anne	Brodrick
5th	Sarah	Foss	15th	James	Sherman	27th	Marjorie	Forgione
5th	Joby	Thompson	16th	Reinhart	Jeck	27th	Louis	Grob
5th	Kathy	Connor	16th	Kathy	English	27th	Merrill	Kruse
5th	Marian	Labonte	17th	Janet	Eller	27th	Pamela	Barrows
6th	Douglas	Holtz	17th	Phyllis	Morris	27th	Sandy	Palmer
6th	Samuel	Grice	17th	Ralph	Lancaster	27th	Glenn	Fullerton
6th	Christopher	Luce	18th	Mary	Mercure	27th	Alison	Roth
7th	Joyce	Gilman	18th	Kathy	Avellino	28th	Jean	Goldsborough
7th	Carol	Corneille	18th	Diana	Perkett	28th	Edel	Freitag
8th	Drew	Ewald	18th	Susan	Inui	28th	Lucile	Leister
8th	Laura	Griggs	19th	Wittie	Lynn	30th	Jack	Simonds
8th	Trina	Perkins	19th	Marilyn	Game			
9th	Joseph	Rubino	21st	Lisa	Gramling			
10th	Margaret	Nielsen	22nd	Lucille	McCarthy			
10th	Maria	Nitzsche	22nd	Pam	Sheperd			
10th	Craig	Stedman	22nd	Lucille	Staples			
11th	Deborah	Heimann	22nd	Linne	Thompson			
11th	Dan	Leavitt	22nd	Jill	Hastings			
11th	Gary	Wood	22nd	Jeannie	Killam			

*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](http://www.thompsonseniorcenter.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.