Senior Centers: Building Momentum

September is recognized nationally as Senior Center month and this year senior centers celebrate their 75th anniversary. The theme this year was chosen to highlight how senior centers build momentum for aging well in their communities. Just as older adults build on their past experiences and lessons learned to create a rich life, we as senior centers are building on lessons learned from 75 years of experiences and wisdom. We now know the research and importance behind Connecting older adults with others, and that making friends matters. That Learning new languages and skills and exercising helps care for your body. That Giving back at the senior center and within the community fosters purpose and a more meaningful life. And that as long as each of us lives, we want to continue Growing to be the most we can be.

The Thompson Center has built a holistic experience where all of that is possible. Whether it is taking an exercise class, attending a social event, participating in memoir group or a painting class, or by having a meal or volunteering, you are part of the momentum for aging well in our community.

Join us on September 14th at our noon meal as we celebrate National Senior Center month with Chicken BBQ, Potato Salad, Cole Slaw, Corn Bread, and Ice Cream with guest BBQ Chef, Nate Willard, and family. We’ll have raffles, music, horseshoes, and cornhole at 1:00 pm. RSVP 457-3277.

Thompson's Annual Falls Prevention Awareness Program and Balance Screenings
Presented by MT. Ascutney Hospital Physical Therapists
With Guest Tai Chi Instructor, Anne Bower
Tuesday, September 11, 1:00 - 3:00 pm

Are you worried about falling? Are you ready to be steady? There are many things you can do to stay steady and prevent a fall! • Check your vision yearly • Pick up clutter • Review your medications • Get physically active. To understand more detail about the things that can contribute to falls, the VT chapter of the American Physical Therapy Association will team up with the Falls Free Vermont Coalition to present Stay Steady Vermont! events across the state in September, in recognition of National Falls Prevention Awareness Day. Each event will offer an informational session followed by individual balance screenings by licensed Physical Therapists using the CDC-approved STEADI criteria. Participants can participate in a brief balance screen and receive recommendations based on the results. Pre-registration is needed to ensure that time is allotted for screening. For more information and to register, please call The Thompson.

Please wear comfortable clothes and shoes. Contact Linda Hazard, PT, at Ottauquechee Health Center at 802-457-5409 if you have any questions pertaining to the balance screening.
The Thompson Center
Woodstock Area Council on Aging
99 Senior Lane
Woodstock, VT 05091
Phone: 802-457-3277
Fax: 802-457-1259
www.thompsonseniorcenter.org

CENTER HOURS
8 AM-3 PM, Monday-Friday

STAFF
Deanna Jones, Executive Director,
djones@thompsonseniorcenter.org
Paula Audsley, Outreach Manager,
paudsley@thompsonseniorcenter.org
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Resource Assistant,
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Ryan Martin, Chef,
rmartin@thompsonseniorcenter.org
Slobhan Wright, Kitchen Assistant &
Meals on Wheels Coordinator
swright@thompsonseniorcenter.org
Drivers: Dwight Camp, Tom Merse,
Charlie Seitz, Carl Hurd

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

Community Care Coordinator
Carla Kamel, MSW
Ottauquechee Health Center, 457-5414

BOARD OF DIRECTORS
Liza Deignan—President
Ginny Eames—Vice President
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Daphne Moritz
Tambrey Vutich
Joby Thompson
Tom Weschler

BEHIND THE SCENES

Thank You for a Successful
Generation to Generation Week
It turned out to be a wonderfully successful
week! Throughout the week we had 30
students in total participate, ages 2-14. More
than 40 adults participated throughout the
week as well. It was a fun week and exceeded
our expectations in every way. Special thanks to camp teachers
Barb Leonard & Jenn Guibbins, and Finnie Trimpie from Art's Tree/
Purple Crayon, and Jerry Fredrickson our affable and dependable
set-up guy!

Thank you to our terrific volunteers who ran
our booth at the Taste of Woodstock!

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

TLC Homecare

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
NEWS & EVENTS

Walk To End Alzheimer's With The Thompson Team
September 23, 2018
10:00 am, Lyman Park, White River Junction
Visit our website to learn details and to sign up to join our team for the Upper Valley Walk to End Alzheimer’s.

Thompson Travelers - Southern Charm Trip Document Meeting
Wednesday, September 26, 3:00 pm
Learn important travel details about our October, 2018 Southern Charm Trip
A Collette travel representative will be at The Thompson to distribute Southern Charm travel documents, and to review final trip details and answer any remaining questions pertaining to this trip. If you are traveling on this trip, please join us.

The Thompson Center Welcomes The Occasional Jug Band
Thursday, September 27th
1:00 pm immediately following our monthly Birthday lunch celebration
The Occasional Jug Band is a trio of versatile musicians who bring their high enthusiasm and years of professional musical performance to a repertoire packed with traditional Americana, including jug band favorites, blues, fiddle tunes and popular tunes with an irresistible ragtime twist. Please join us in welcoming Mary Jo Slattery (vocals, guitar, uke, washboard), Andy Stewart (fiddle, harmonica), and Joseph Stellsmith (vocals, 4 string banjo, uke, guitar, kazoo/jug) for their toe-tapping performance at The Thompson.

Chiara in Cucina! - Italian Cooking Made With a New England Flair
Thursday, October 18, 1:00 - 2:30 pm
Fortunately for Thompson patrons, our very own Italian Instructor, Chiara Tosi-Nelson, has years of experience in dishing out 100% Italian food around the globe with all of the flavor, none of the fuss, and usually just half of the required ingredients.
Come to the Center for a fun chat about how adaptability and creativity are the most important ingredients to both an expat and a home cook.
Chiara will share her favorite Italian recipes, adapted to the Upper Valley climate and fresh produce availability. She will recommend which imported ingredients are worth their price and the ones that are better left to languish on the upper shelves. At the conclusion of her discussion, she will offer a taste of what she preaches with her prepared delectable tastings. Pre-registration is suggested, but walk-ins will be welcome.

Philips Lifeline Program is Closing at DHMC
The Thompson Center has recently been informed that the Dartmouth-Hitchcock (DHMC) Lifeline Program is closing and will not be taking any new referrals. Current subscribers will be overseen by Philips Lifeline and they will be notified by letters in the mail. We have been assured by Philips Lifeline that subscribers can expect the same level of service as provided by the DHMC office. If you are looking for alternative medical alert systems or information, the Thompson is your resource for additional information by calling Shari at ext.112.

What You Should Know:
• There is nothing that you need to do if you are a current Lifeline subscriber. You will receive a letter from Lifeline
• New customers should call Philips Lifeline directly at 1-800-543-3546. Current subscribers with customer service needs should call Lifeline at 1-800-635-656, then select option 1
• If you are interested in financial assistance for new or re-newing Lifeline services, Good Neighbor Grant funding is available by contacting Beth Robinson at the Ottauquechee Health Foundation (OHF) at 457-4188
Creative Aging

Tech Tutoring at The Thompson Center Provided by Norman Williams Public Library Tuesdays, Sept. 11 & 25, Oct. 9 & 23 1:30 - 4:30 pm

We are happy to continue offering individual tech tutoring thanks to Norman Williams Public Library and Meg Brazill. Meg is offering 1:1 assistance for any one of your devices: cell phone, laptop, iPad or tablet - free of charge. Forty-five minute appointments are available and you can book more appointments as you need them. Please call to schedule yours at: Thompson 457-3277.

Book Group
September 12th at 1:00 pm

For the first time in 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, 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. Book discussions will now be held in a private home in the village of Woodstock. Call 457-2224 for directions. Newcomers are welcome.

A Collaboration Between The Thompson Center and ArtisTree

Painting at ArtisTree Instructor: Murray Ngoima Session 1: Sept. 14 - Oct. 12 Session 2: Oct. 26 - Nov. 30 (no class on the 23rd) Fridays, 10 - 11:30 am Cost: $50 for 5 weeks or $10/class

Come paint and learn about painting in ArtisTree’s beautiful indoor and outdoor settings. Receive instruction in how to work with water-based mediums, or work on projects of your own choice amidst supportive and congenial company. Explore the mediums of watercolor, acrylic, gouache, ink, and colored pencil. Materials are provided. All levels of experience are welcome! Bus transportation is provided from The Thompson, or your home, to ArtisTree, with students returning to The Thompson in time for lunch.

The Poppy Project with ArtisTree at The Thompson Wednesday, Sept. 5, 1:30 pm and Wednesday, Oct. 3, 1:30 pm

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 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.

ArtisTree
Community Arts Center & Gallery
AARP Smart Driver Safety Course
Friday, September 7, 9:00am to noon (break for lunch)
1:00 to 2:00 pm

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.

Please call the Thompson Center to sign up in advance, 802 457-3277. Checks should be made out to AARP Smart Driver.

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**End of Life Planning – What Are Your Options?**
Presented by Cabot Funeral Home
Tuesday, September 18, 1:00 pm

Planning ahead can bring great comfort and an important amount of organization to a family. Greg Camp, fourth generation funeral director and current owner of the Cabot Funeral Home, will discuss some of the key things that should be considered before end of life needs arise and will offer some examples of choices that can be made. Ample time will be given for Greg to answer questions that you may have pertaining to end of life thoughts and planning.

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**Long Term Care Planning**
Presented by Counselors at Law, Renee Harvey and James Thaxton of Caldwell Law
Tuesday, October 30th, 1:00 pm

Everyone needs to consider long term care planning—proper planning can make a big difference. Unfortunately, many people wait until it is too late. How you approach your planning may depend on your income and resources. This session will cover the importance of planning for incapacity, some of the resource-neutral basics, and then explore considerations when planning to qualify for needs-based benefits through Medicaid. **Advance registration is requested by calling The Thompson Center.**

Renee 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.

James L. Thaxton, Counselor at Law, joined Caldwell Law in October 2015. Jamie received his Juris Doctorate and Master’s Degree in Environmental Law from Vermont Law School in 2001 and is licensed to practice law in the state and federal courts of New Hampshire. His responsibilities include Medicaid and estate planning, real estate transactions, and assisting clients with estate settlement. He is also a Respecting Choices® Advance Care Planning Certified Facilitator.
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<td>9 Strength &amp; Fitness</td>
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<td>8:30 Pickle Ball</td>
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<td>9:30 Beginner Tai Chi</td>
<td>9-11 Chair Massage*</td>
<td>9 AARP Smart Driver*</td>
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<td>10 Beginning Italian</td>
<td>10:30 Handwork Circ.</td>
<td>10 Cribbage</td>
<td>10-12:30 CCC Office Hours*</td>
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<td>12 Spanish Table</td>
<td>10:45 Advanced Tai Chi</td>
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<td>2 Mah Jongg</td>
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<td>3 Bone Builders</td>
<td>1:30 ArtisTree Poppy Project*</td>
<td>1 Italian Intermediate</td>
<td>1:30 Water Aerobics*</td>
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<td>1 Falls Prevention Program*</td>
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<td>2 Mah Jongg</td>
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<td>3 Bone Builders</td>
<td>1:30 Water Aerobics*</td>
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<td>9 Strength &amp; Fitness</td>
<td>8:30 Board Meeting</td>
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<td>8:30 Pickle Ball</td>
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<td>10 Double King Pede</td>
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<td>9-11 Chair Massage*</td>
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<td>10 Painting at ArtisTree*</td>
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<td>Open Ping Pong</td>
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<td>1 End of Life Planning</td>
<td>10:45 Advanced Tai Chi</td>
<td>12:45 Lucy Mac Visit</td>
<td>1 Mah Jongg at NWPL</td>
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<td>12 French Table</td>
<td>1 Italian Intermediate</td>
<td>1:30 Water Aerobics*</td>
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<td>3 Bone Builders</td>
<td>12:30 Caregiver Support Group</td>
<td>2 Mah Jongg</td>
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<td>24</td>
<td>9 Strength &amp; Fitness</td>
<td>9:30 Beginner Tai Chi</td>
<td>Birthday Day*</td>
<td>8:30 Pickle Ball</td>
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<td>10 Double King Pede</td>
<td>10 Wellness Clinic</td>
<td>9 Strength &amp; Fitness</td>
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<td>10 Beginning Italian*</td>
<td>10:30 Handwork Circ.</td>
<td>9-11 Chair Massage*</td>
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<td>3 Bone Builders</td>
<td>3:00 Southern Charm Trip Document Meeting</td>
<td>1 Italian Intermediate</td>
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<td>1 Occasional Jug Band</td>
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* 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.
## MENU - SEPTEMBER 2018

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<tr>
<td>CLOSED for Labor Day</td>
<td>Grill Day</td>
<td>Orange Tilapia, Rice Pilaf, Sauteed Broccoli, Brownie with Raspberries and Cream</td>
<td>Shepherd's Pie, Vegetable Medley, Poached Pears</td>
<td>Italian Pork Stew, Garlic Bread, Tossed Salad, Berries and Cream Creme</td>
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<tbody>
<tr>
<td>Reading Day*</td>
<td>Tossed Salad, Chicken Parmesan over Multigrain Pasta, Garlic Bread, Fresh Fruit Parfait</td>
<td>Curried Coconut Pork, Stir Fried Vegetables, Scallion Brown Rice, Chocolate Whoopee Pie</td>
<td>Grilled Chicken BLT with Lettuce, Tomatoes, Grilled Onions, Caper Mayo, on Wheat Berry Bread, Three Bean Salad, Berry Turnover</td>
<td>Senior Center Month Celebration BBQ*</td>
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<tr>
<td>Chicken Salad, Broccoli Salad, Tortellini Salad, Lettuce, Tomato, Roll, Blueberry Cake</td>
<td>Bangers &amp; Mashed, Onions &amp; Gravy, Peas, Carrots, Fruit Short Cake</td>
<td>Tossed Salad Spinach, Ham &amp; Cheese Quiche, Roasted Sweet Potato Fries, Black Raspberry Ice Cream w/ Berries</td>
<td>Lasagna, Tossed Salad, Garlic Bread, Fresh Fruit Salad</td>
<td>Philly Cheese Steak Sandwiches w/ Peppers &amp; Onions, Sweet Potato Fries, Coleslaw, Chef's Choice Dessert</td>
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<tr>
<td>Chef's Choice</td>
<td>Chicken Milano w/ Basil and Sundried Tomatoes served over Fettuccine, Tossed Salad, Fresh Fruit Salad</td>
<td>Grilled Salmon Burger on Multigrain Roll, Potato Salad, Grilled Vegetable Salad, Warm Berry Crisp</td>
<td>Birthday Day*</td>
<td>Chicken Caesar Wrap, Hearty Vegetable Minestrone, Chocolate Chip Cookies and Fruit</td>
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</tbody>
</table>

Menu is subject to change based on availability of food items. Please call ahead with special dietary needs.

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

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**Reservations Required**

Please sign-up in advance for special meals and Birthday Day. This month includes **Reading Day on the 10th, Senior Center BBQ on the 14th, and Birthday Day on the 27th**. 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.

Tai Chi's Meditation in Motion!
On Wednesdays
Beginner Class 9:30 - 10:30 am
Advanced Class 10:45 - 11:45 am
Late Summer: Sept. 5, 12, 19, 26 & Oct. 3
Fall: Oct. 10, 17, 24, 31, and Nov. 7, 14

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

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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.

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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.

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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.
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.

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.

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

Seasonal Flu Clinic
Thursday, October 11
9:00 am - 12:00 pm
Adults 18 years and older are eligible. Please bring your Medicare Part B insurance card for direct billing. Fee for all others is $25.

ADVANCE DIRECTIVE CLINIC
2nd Monday of the Month
No September Appointments
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 Neuhofer
Certified Reflexologist
Call for Appointment
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.

Public Benefits Program
Screening Now Available
at The Thompson
Offered by Senior Solutions
Mondays beginning August 20
8:00 am - 3:00 pm
by appointment
Greetings! My name is Peggy Ramel, and I am an outreach intern with Senior Solutions. I will be available on Mondays at the Thompson to meet with you to determine if you may be eligible to apply for certain public benefit programs. In addition to program eligibility screening, I will be available to help you apply for programs that will provide health care coverage, increase your access to nutritious food, and reduce your monthly electric bill. Please contact Shari to schedule an appointment with me, as I would love to meet with you!
Limited Availability! Book Prior to September 5, 2018 & Save $500 Per Person

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

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

THOMPSON DAY TRIP POLICY

♦ To make your reservation, contact Shari at 457-3277.
♦ Reservations are taken on a first paid basis. Your name will be entered on the trip sign-up sheet once we receive your payment. Checks will be deposited 30 days prior to trip date.
♦ If you cancel for any reason, payment cannot be returned unless we fill your spot from a waiting list. This is due to non-refundable fees charged to us by the bus company &/or destination.
♦ All are welcome to go on trips, but anyone needing extended assistance must bring a caregiver or companion.
♦ Please note the deadline for individual trip sign-ups. If we do not have the required number of people to cover our costs we will cancel the trip before losing our deposit.
IN APPRECIATION

Tina Miller - Medical Equipment  
Julia Watson - Medical Equipment  
Eileen Martin - Medical Equipment  
In Memory of Ida Cogswell - Medical Equipment  
Carol Powell - Flower Centerpieces  
Floyd Holt - Medical Equipment  
Margaret & Don Wieche - Exercise Equipment  
Ellen Satterthwaite - Paper Goods  
Lisa Purvis - Games for Scotland House  
Jennifer Morin - Puzzles  
Susan Lewis - Yarn and Craft Items  
Pat Wittasek: Medical Equipment  
Dotti Forthmann - Executive Chair  
David Brown - Chromebucker  
Lynn Peterson - Lettuce & Beans  
Mario Maura - Flowers  

IN MEMORY OF

Ruth BeeBee

Jean Conklin  
Oliver & Patricia Wittasek  
Robert Parker  
Rhonda White  
Carla Kamel  
Beatrice Robinson  
Dick & Bonnie Atwood  
Nancy Lewis  
Robert & Sandy Messer  
Merrill & Fern Kruse  
Dorothy Forthmann

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

SEPTEMBER BIRTHDAYS

1st  Beverly  Audsley
1st  Anne  Herz
1st  Althea  Derstine
2nd  Helen  Howe
2nd  Marian  Whitaker
2nd  Donald  Lovejoy
2nd  Donna  Peck
3rd  James  Gebhardt
3rd  Narda  DiGioia
3rd  Dawn  Mathis
4th  Elizabeth  Schellhorn
4th  David  Rosenman
4th  Lynn  Murrell
5th  Joy  Corduff
5th  Laura  Robinson
5th  Harold  Eaton
5th  Michael  Burnett
6th  Bobbie  Fleming
6th  Ken  Woodhead
7th  Ruth  Ekberg
7th  Barbara  Scully
7th  Kathleen  Camp
7th  Virginia  Jackson
7th  Howard  Chase
9th  Tammy  Vutech
9th  Emilie  Daniel
9th  Patty  MacDonald
10th  Sandra  LaCoss
10th  Virginia  Philbin
10th  Deborah  Donahue
11th  John  Moore
12th  John  Ditcheos
13th  Tina  Willey
13th  Larry  Vittum
13th  Jody  Pindt
14th  Bo  Gibbs
14th  Dory  Bayer
14th  Patricia  Bernardi
14th  Mary  Fullerston
15th  Mary  Hawkins
15th  Paul  Quackenbush
16th  Sharon  Lasker
16th  Martha  Leonard
16th  Betty  Powell
17th  Roberta  Morse
17th  Robert  McElwain
17th  Linda  Smiddy
17th  Felicitas  Leonard
18th  Lesley  Scales
18th  Mary  Church
19th  Madeline  Riederer
19th  Pamela  Gerstmayr
19th  Patsy  Highberg
20th  Veronica  Skerker
21st  Tuesday  Wright
22nd  Daniel  Bruce
22nd  Evangeline  Monroe
22nd  Karen  Hawkes
22nd  Roswell  Harlow II
22nd  Sandra  Thompson
23rd  Brett  Jiguere
23rd  Pia  Nichols
23rd  Audrey  Putnam
23rd  Ruth Ann  Lubinsky
24th  Juris  Kaugerts
24th  Jurgen  Ewert
24th  Nancy  Randall
24th  Clover  Durfee
24th  Meghan  Damian
24th  Joann  de Reyma
24th  Todd  Shortledge
25th  Wayne  Thompson
25th  Charles  Malerich
26th  Kathleen  Kjerulf
26th  Joanne  Smith
26th  Tom  Smith
26th  Angel  Rubino
26th  Mary  Fraser
27th  Isaac  Jacobs
27th  Len  Brown
27th  Bruce  Bielanski
27th  Elliott  Bearer
28th  Linnie  Laws
29th  Prudence  Schuler
29th  Anita  Clark
29th  Cordelia  McCuaig
30th  John  Doten Jr
30th  George  Sadowski
30th  Nancy  Peterson
30th  Ellen  Burke
30th  David  Edsall

On Sept. 27 we will celebrate your special day with a delicious, complimentary meal! Please call to make a reservation for

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TSC TRANSPORTATION PROGRAM

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

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

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

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

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

Thank You to Our Transportation Sponsors and Grants

Woodstock Insurance
Ottauquechee Plumbing & Heating
VERMONT

Connected-at-Home
Dead River Company

Upper Valley Senior Solutions

Ottauquechee Health Center
Armistead Senior Care

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.