



# The Thompson Times

Your resource to age well

APRIL 2019

## *Thank You Volunteers!*

Volunteer Appreciation Dinner Banquet

Thursday, April 11<sup>th</sup> at 5:30 pm

A special event to celebrate and recognize our volunteers

*The menu includes:*

*Pan Roasted Chicken with Kale & Purple Potato Hash, Mixed Greens Salad, Crepes with Berries*

Music provided by the Fred Haas Trio

Please RSVP by April 4<sup>th</sup> at 457-3277

In April thousands of organizations take an opportunity to recognize and thank volunteers who lend their time, talent, voice and support to causes they care about in their community.

Throughout the month of April we will be showing our appreciation to our various groups of volunteers with special goodies and a weekly raffle, along with our Volunteer Appreciation Banquet on April 11<sup>th</sup>. All volunteers are invited to join us for dinner at 5:30 pm for a special time to celebrate the enormous contributions that these generous people make each day.

April 1 - 5	Receptionist & Committee/Board Appreciation Week
April 8 - 12	Wait Staff & Kitchen Helpers Appreciation Week
April 15 - 19	Office Helpers, Library, Bingo, Newsletter Folders Appreciation Week
April 22 - 26	Drivers/Medical Rides & Meals on Wheels Appreciation Week

## 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,  
paulsley@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**, Front Desk  
Coordinator,  
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 Coordinator  
**Carla Kamel, MSW**  
Ottawaquechee Health Center, 457-5414

### BOARD OF DIRECTORS

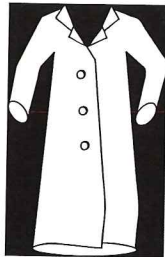
Liza Deignan—*President*  
Ginny Eames—*Vice President*  
David McGuire—*Treasurer*  
Wendy Wannop—*Secretary*  
Sam & Eleanor Grice—*Advisory*  
Dick Atwood  
Dave Bollinger  
Susan Copeland  
Jon Fullerton  
Dolores Gilbert  
Lisa Gramling  
Peter Goulazian  
Karl Huck  
Susan Inui  
Lydia Locke  
Daphne Moritz  
Steve Selbo  
Tambrey Vutech  
Joby Thompson

## BEHIND THE SCENES

### ADVISORY MEETING HIGHLIGHTS

- Town meeting discussion
- Funding and growth update
- Updates and input on trips

**Please join our next meeting on April 1 at 1:00 pm.** All patrons and volunteers are invited to attend. Your feedback is needed and appreciated!



### COAT CHECK

**In The Thompson coat room**

Many coats look similar, please double check to make sure you're taking the right coat home with you.

## The Thompson Times Delivery Options

Did you know that you can receive The Thompson Times Newsletter in an electronic version rather than through the mail? Every Friday we send out a weekly e-Newsletter to those subscribed that includes a snapshot of upcoming programs and events with a link to the entire newsletter. We will also begin emailing the newsletter once a month to those who wish to be removed from the mailing list.

Please email Jen if you would like to change your delivery option of The Thompson Times Newsletter at [jbloch@thompsonscenter.org](mailto:jbloch@thompsonscenter.org). Thank you!



**The Thompson is pleased to provide recognition to an important Sponsor!**

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



**Sign up for the e-newsletter by emailing [jbloch@thompsonscenter.org](mailto:jbloch@thompsonscenter.org)**

## PROGRAMS & EVENTS



### **Seven Stars Recorder Ensemble A Special Music Presentation Tuesday, April 9, 1:00 pm**

The Seven Stars Recorder Ensemble, directed by Chris Rua, will present music by Renaissance composers: dances and a fantasia, a motet by Palestrina, a suite by Pezel, and more, on recorders large and small, joined by viola da gamba and percussion.

---

### **Spring Clean Your Legal Affairs Estate Attorney Daphne Moritz returns to The Thompson Center to present this invaluable three-part series April 29, May 14, and May 28 at 1:00 pm These programs are open and free to the public. Advance registration is requested by calling The Thompson**

Spring is always a good time to take stock of our affairs whether we are cleaning our houses and preparing our garden beds, or clearing out our clutter. Spring is also a great time to get our legal houses in order. With estate planning, that means reviewing your existing documents which may have grown stale, and educating yourself on new aspects of the law which may not have been relevant to you only a few years ago.

Whether you have already completed your estate planning, but you think it needs updating, or you are eager to learn more about the documents you should have, but on which you have not yet taken action, *Spring Cleaning your Legal Affairs* is a series for you.

April 29 Your Top Five Essential Estate Planning Documents

May 14 Long Term Care Planning and Aging Well (Including Residence Options)

May 28 Specific Topics in Estate Planning family dynamics, real estate matters, pet trusts and more

Come prepared with your questions about estate planning, wills and trusts, probate, long-term care concerns and Medicaid planning, health care powers of attorney, advance directives, guardianship, and unusual topics.

*Daphne Moritz is an estate planning and elder law attorney with Sheehey Furlong & Behm P.C. She focuses her practice on estate planning, estate and trust administration, elder law, families with special needs, and related matters. She frequently lectures to a variety of audiences about estate planning and elder law matters. Find more information at <https://www.sheeheyvt.com>.*

## Tech Tutoring at The Thompson Center Provided by Norman Williams Public Library

Tuesday, April 9 & 23  
1:30 - 3:30 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, 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 The Thompson 457-3277.



## Monthly Art Project with ArtisTree at The Thompson

Wednesday, April 3, 1:30 pm

This month we will create a stamp and find the magic of repetition, symmetry and balance in simple eraser block stamping.

*Please register in advance by calling  
The Thompson. 457-3277*

## Thompson Book Group

*All are welcome to attend*

The following is a list of our upcoming reads:

**Monday, April 22, 1:00 pm:** Liza Mundy's  
*Code Girls: The Untold Story of the American  
Women Code Breakers of World War II*

**Monday, May 20, 1:00 pm:** Karen Cleveland's  
*Need to Know: A Novel*

## artistree



## Painting at ArtisTree A Collaboration Between The Thompson Center and ArtisTree

Instructor: Murray Ngoima

Class Dates: Two 6-week Sessions

Session 1: March 1 – April 5

Session 2: April 26 – May 31

Day/Time: Fridays, 10–11:30 am

## Drawing with Willow Bascomb

Tuesday, April 2, 1:00 pm

*This is a follow-up program from Willow's  
March 26<sup>th</sup> Thompson presentation –  
Healing Through Art*

People everywhere see and experience their surroundings differently. Come for a hands on exploration through Willow Bascomb's World Folk Art coloring pages which include Balinese Cats, Celtic Lizards, Barkcloth Turtles, Talavera Tile Butterflies, and much more. Provided for you: 12x12 or 8x10 coloring pages, markers, colored pencils and some artifacts from around the world to inspire and inform.

\$5.00 material fee. Advanced registration is suggested. 457-3277

## Jewelry Repair at The Thompson

Every Tuesday, 1:00 - 2:00 pm

Is there jewelry in your jewelry box that needs a new clasp, or to be restrung? Yael Taylor, volunteer receptionist at the Thompson and local jewelry artist, is available to help for a nominal fee. Bring your jewelry to Yael to see if she can help you.

# AGE WELL

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

## Hearing Healthcare and Hearing Aid Updates

Monday, April 15, 1:00 pm

Presented by Johnson Audiology

Hearing loss affects over 36 million Americans and is the third most common health problem in the United States. Audiologist, Dr. Julie Johnson, will discuss the changing landscape of hearing healthcare and how to be a savvy hearing aid consumer and what to look for from a hearing aid provider.

*Dr. Johnson, graduated from Gallaudet University in Washington, DC and completed her externship at the Mayo Clinic in Jacksonville, Florida. She moved to the Upper Valley in 2003 to join Dartmouth-Hitchcock Medical Center as a clinical Audiologist and later as a clinical coordinator. In 2014, Dr. Johnson established Johnson Audiology, a private practice providing hearing health care to continuing care facilities, including Kendal at Hanover. Dr. Johnson has a working proficiency in American Sign Language (ASL) and is Board Certified by the American Board of Audiology.*

*Dr. Rieke graduated with a Doctor of Audiology degree from Washington University School of Medicine in St. Louis, Missouri. She completed her externship at Dartmouth-Hitchcock Medical Center in 2009. She continues to see patients at DHMC and also works as a research Audiologist for a lab at Dartmouth College. Dr. Rieke is Board Certified by the American Board of Audiology and is a Fellow of the American Academy of Audiology. In addition, she conducts research related to cochlear changes from noise and ototoxicity. Dr. Rieke is also involved in research related to developing low-cost audiometric technology to improve global hearing healthcare in impoverished rural communities. For more information about their services, visit [www.johnsonaudiology.org](http://www.johnsonaudiology.org).*

---

## Intro to Medicare for New Enrollees

Tuesday, April 16, 1:00 pm

Presented by Senior Solutions at The Thompson Center

Are you almost 65 year of age and thinking about signing up for Medicare? Are you retiring and losing your health insurance benefits? Come and learn when and how to enroll in Medicare. State Health Insurance Plan (SHIP) Coordinator, Pati Kimball, will be presenting this class for those individuals who will be signing up for Medicare. Pati will discuss the different levels of Medicare coverage options such as supplement plans, and Advantage plans as well as the current prescription drug plans. **Walk-ins are welcome but pre-registration is advised by calling The Thompson Center.**

---

## Diabetes Self Management Tools and Tips

Thursday, April 18, 1-2 pm

Come to the Thompson to hear more about how to control your blood sugar.

Discuss the challenges with Nancy McCullough, RN, MS from Mt. Ascutney Hospital and Health Center



# PROGRAM CALENDAR - APRIL 2019

Mon	Tue	Wed	Thu	Fri
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>8:00 - 2:30 Tax Appts*</b> 8:30 Pickle Ball 9 Stretch & Balance 10:15 Memoir Group <b>1 Advisory Meeting</b>  <b>Receptionist &amp; Committee/Board Appreciation Week</b>	9 Strength & Fitness 10 Double King Pede 10 Beginning Italian 12 Spanish Table 1 Jewelry Repair w/ Yael <b>1 Drawing with Willow Bascomb*</b> 1:30 Mah Jongg 3 Bone Builders	8:30 Pickle Ball <b>9:00 W. Leb Shopping*</b> 9:30 Beginner Tai Chi 10:30 Handwork Cir. 10:45 Advanced Tai Chi 12 French Table <b>1:30 Monthly Art Project*</b>	9 Strength & Fitness <b>9-11 Chair Massage*</b> 10 Cribbage 10:00 Italian Study 12 Italian Table <b>12:30 Depart for Amsterdam Tulip Cruise</b> 1 Italian Intermediate 1:30 Mah Jongg 3 Bone Builders	<b>10-12:30 CCC Office Hours*</b> <b>10 Painting at ArtisTree*</b> 12 German Language Table Open Ping Pong <b>1:30 Water Aerobics*</b>
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
8:30 Pickle Ball 9 Stretch & Balance 10:15 Memoir Group <b>1-3 Advanced Directives*</b>  <b>Wait Staff &amp; Kitchen Helpers Appreciation Week</b>	9 Strength & Fitness <b>9:30-12:30 Reflexology*</b> <b>10-11 Veggie VanGo</b> 10 Double King Pede 10 Beginning Italian 12 Spanish Table <b>1 Music w/Seven Stars Recorder Ensemble</b> 1 Jewelry Repair w/ Yael 1:30 Mah Jongg <b>1:30 Tech Tutoring*</b> <b>2 TLC Group</b> 3 Bone Builders	8:30 Pickle Ball 9:30 Beginner Tai Chi 10:30 Handwork Cir. 10:45 Advanced Tai Chi 12 French Table	<b>Late Opening for Volunteer Appreciation Dinner*</b> <b>No noon Meal</b>	<b>9-2:30 Foot Clinic*</b> <b>10-12:30 CCC Office hours*</b> 12 German Language Table Open Ping Pong <b>1:30 Water Aerobics*</b>
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
<b>8:30 Newsletter Folding</b> 8:30 Pickle Ball 9 Stretch & Balance 10:15 Memoir Group <b>1 Hearing Healthcare Talk</b>  <b>Office Helpers, Library, Bingo, Newsletter Folders Appreciation Week</b>	9 Strength & Fitness 10 Double King Pede 10 Beginning Italian 11:30 Commodities 12 Spanish Table 1 Jewelry Repair w/ Yael <b>1 Intro to Medicare*</b> 1:30 Mah Jongg 3 Bone Builders	<b>8:30 Board Meeting</b> 8:30 Pickle Ball <b>9-2:30 Foot Clinic*</b> <b>9:00 W. Leb Shopping*</b> 9:30 Beginner Tai Chi 10:30 Handwork Cir. 10:45 Advanced Tai Chi 12 French Table 12:30 Caregiver Support Group	9 Strength & Fitness <b>9-11 Chair Massage*</b> 10 Cribbage 10:00 Italian Study 12 Italian Table 12:45 Lucy Mac Visit <b>1 Diabetes Talk</b> 1 Italian Intermediate 1:30 Mah Jongg 3 Bone Builders	<b>10-12:30 CCC Office Hours*</b> 12 German Language Table Open Ping Pong <b>1:30 Water Aerobics*</b>
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
<b>Easter Lunch*</b> 8:30 Pickle Ball 9 Stretch & Balance 10:15 Memoir Group <b>1:00 Book Group</b>  <b>Drivers for Medical Rides &amp; Meals on Wheels Appreciation Week</b>	9 Strength & Fitness <b>9:30-12:30 Reflexology*</b> 10 Double King Pede 10 Beginning Italian 12 Spanish Table 1 Jewelry Repair w/ Yael 1:30 Mah Jongg <b>1:30 Tech Tutoring*</b> 3 Bone Builders	8:30 Pickle Ball 9:30 Beginner Tai Chi 10:30 Handwork Cir. 10:45 Advanced Tai Chi 12 French Table	<b>Birthday Day*</b> 9 Strength & Fitness <b>9-11 Chair Massage*</b> 10 Cribbage 10:00 Italian Study 12 Italian Table 1 Italian Intermediate 1:30 Mah Jongg 3 Bone Builders	<b>Closed for Spring Cleaning</b>  <b>10 Painting at ArtisTree*</b> <b>1:30 Water Aerobics*</b>
<b>29</b>	<b>30</b>			
8:30 Pickle Ball 9 Stretch & Balance 10:15 Memoir Group <b>1 Spring Clean Legal Affairs*</b>	9 Strength & Fitness 10 Double King Pede 10 Beginning Italian 12 Spanish Table 1 Jewelry Repair w/ Yael 1:30 Mah Jongg 3 Bone Builders		<b>BINGO daily at 10:30 am except on birthday day and other special meal days. Location changes based on the day's schedule.</b>	<b>* Indicates that sign-up/reservations are required</b>

# MENU - APRIL 2019

Mon	Tue	Wed	Thu	Fri
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
Tossed Salad Chicken Ala King, Vegetable Medley, Biscuits, Oatmeal Cran-raisin cookies/fruit	Beef Stroganoff over Egg Noodles, Sautéed Broccoli, Fresh Fruit Salad	Pesto Olive Chicken, Herb Roasted Red Potatoes, Mediterranean Vegetables Casserole, Citrus Ricotta Squares	Grilled Hot Dog on a bun, Chef's Slow Cooked Baked Beans, Cole Slaw, Chef's Choice Dessert	Grilled Salmon Burger On Multigrain Roll, Potato Salad, Grilled Vegetable Salad, Warm Berry Crisp
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
Tossed Salad, Corn Chowder, Turkey Cranberry Wraps, Strawberry Short Cake	Curried Coconut Pork, Stir Fried Vegetables, Scallion Brown Rice, Chocolate Whoopie Pie	Shepherd's Pie, Vegetable Medley, Apple Pie	<b>Volunteer Appreciation Dinner Banquet* (No lunch served)</b> Mixed Greens Salad, Pan Roasted Chicken with Kale & Purple Potato Hash, Crepes with Berries	Tossed Salad, Macaroni and Cheese, Stewed Tomatoes, Fresh Fruit Parfait
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
Hearty Beef & Vegetable stew, Cole-slaw, Roll, Pumpkin Cake w/ Cream Cheese Frosting	Dijon Crusted Chicken Breasts, Horse Radish Mashed Potato, Gravy, Spinach, Berries and Cream Roll	Chef Salad w/ Lettuce, Tomato, Ham, Turkey, Cheese, Hard Boiled Egg, Carrot, Lemon Curd Bars	Philly Cheese Steak Sandwiches w/ Peppers & Onions, Sweet Potato Fries, Coleslaw, Chef's Choice Dessert	<b>Good Friday</b> Tossed Salad, Lemon Garlic Tilapia, Rice Pilaf, Succotash, Blonde Brownie with Raspberries and Cream
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
<b>Easter Lunch*</b> Ham, Scalloped Potato, Pineapple Bread Pudding, Green Bean Amandine, Lemon Buttermilk Pound Cake with Lemon Glaze	Tossed salad, Multigrain Spaghetti & Meatballs, Garlic Bread, Fresh fruit Salad	Chicken Enchiladas, Red Beans and Rice, Roasted Vegetables, Magic Cookie Bar w/ Fruit	<b>Birthday Day*</b> Lemon Basil Grilled Turkey Breast, Lemon and Fresh Herb Sauce, Roasted Asparagus, Garlic Smashed Potato, Roll, Cake & Ice Cream	<b>Closed For Spring Cleaning</b>
<b>29</b>	<b>30</b>			
Meatloaf, Parsnip Mashed Potatoes, Gravy, Peas & Baby Carrots Almond Cake w/ Orange Dried Apricot Sauce	Tortellini with Asparagus and Lemon Topped with Grilled Chicken Served w/ Tossed Salad, Lime and Spice Peach Cobbler	<b>Meal Pricing:</b> ** \$ 7 charge for those under age sixty ** \$ 5 suggested donation for ages sixty and over	<b>* Vegetarian meals &amp; Gluten Free available daily upon request. Please contact our chef in advance. 2% Milk, Coffee, tea, and juices available</b>	<b>*Indicates that Sign-up/ Reservations are required (Birthday Day &amp; special holiday meals)</b>

## Reservations Required

Please sign-up in advance for special meals and Birthday Day. This month includes **Volunteer Appreciation Dinner on the 11th, Easter Lunch on the 22nd and Birthday Day on the 25th.** 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

# HEALTHY 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.



## Fall Prevention Clinic at The Thompson Provided by Upper Valley Rehab Physical Therapists

*Balance Clinic hours will resume on June 12th, by appointment. New dates and schedule will be posted on The Thompson website and in this newsletter.*

Falls are *not* a normal part of aging and can result in more serious injuries over time, but the risks can be reduced by working on all the possible causes.

Upper Valley Rehab will be offering a Fall Prevention Clinic at the Thompson Center and will provide free comprehensive fall risk Screenings for people who have fallen or who have a fear of falling. At the Clinic/Assessment, a licensed physical therapist will ask participants to complete a fall assessment screen which will include a history of previous falls and what might be causing them. Additionally, a therapist will screen participant's gait, balance, range of motion, strength and sensation and ask questions regarding home environment, fear of falling concerns, and pertinent medical history that can contribute to falls. This total assessment will include your screen results, which can be sent to your primary care physician, and recommendations for treatment if needed. Each comprehensive assessment is about fifteen minutes and will require an appointment.

## 20 REASONS TO TAKE TAI CHI at the Thompson Center

Next round of classes: Mar. 20, 27, Apr. 3,  
10, 17, 24 - \$18, May 1, 8, 15, 22, 29- \$15  
Beginner 9:30, Advanced 10:45



1. Improves balance
2. Improves coordination
3. May lower blood pressure
4. May help control blood sugar levels
5. May help you sleep better!
6. Reduce arthritis pain
7. It's fun to learn something new
8. Can improve posture
9. Two teachers—more individual attention
10. Great social activity
11. Helps prevent falls
12. Can reduce stress
13. Improves leg strength
14. We start with a short form
15. Enjoy gentle, low-impact movement
16. No competition, no pressure
17. Low cost
18. Scholarship assistance available
19. Mindful, meditative practice
20. We laugh a lot!

## Stretch and Balance Class Led by Certified Fitness Trainer, Liz Hatfield Mondays, 9:00 -10:00 am

Monday morning Strength and Fitness class will now focus on gentle stretching, flexibility, and balance. Liz will guide her class through a series of stretching exercises which can be done on a floor mat for those who choose to, or while seated. All levels and abilities are welcome! Mats will be provided but you are encouraged to bring your own if you have one.

Regular Strength and Fitness class will remain the same on Tuesdays and Thursday mornings, 9:00 – 10:00 am.



# HEALTHY AGING

## Wellness Clinic & Blood Pressure Screenings

We are looking forward to welcoming our new Wellness Clinic nurse, Connie Powell, when she resumes Thompson Clinic hours this Spring. The new Clinic hours will be posted on-line, on our website, and in this newsletter as soon as we have the new schedule. Foot Clinic availability will remain the same with Mary Wood. We acknowledge former clinic nurse, Mary Ann Conrad, for her time, professionalism, and cheerful nature in her service to The Thompson. We wish Mary Ann well in her retirement!

### 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.

### Caregiver Support Group Wednesday, April 17, 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.

### Water Aerobics Class Woodstock Athletic Club

Fraturdays, March 8 - May 17, 2019

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.

### Talk, Listen and Connect (TLC) Group Thursday, April 9, 2:00 pm, All are Welcome!

The Talk, Listen and Connect (TLC) Group will meet on Tuesday, April 9<sup>th</sup> at 2:00 pm. All are welcome. The TLC Group provides an opportunity to talk about things that are meaningful, to get to know others on a more authentic level and to offer and receive mutual encouragement and support. Our April 9<sup>th</sup> gathering will provide *an opportunity to share our thoughts and feelings about some of the big questions we currently face, where these questions may be taking us, or, in other words, what we are called to at this time in our lives.* After this sharing there will be an opportunity to share with a listening and supportive group any special joys or concerns that may be weighing on your mind.

### Foot Care Clinics

Monthly, 9:00 am - 2:30 pm  
on the 2nd Friday & 3rd Wednesday

Mary Wood's foot clinic is at The Thompson on the second Friday and third Wednesday of each month from 9:00 to 2:30 pm.

The cost is \$20 and patrons are asked to bring their own towel. As always, please inform us in

### Advanced Directives 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 April 9 & 23, 9:30-12:30

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.

## TRIPS

### **Gloucester Harbor Lobster Cruise and Rockport Shopping**

**Tuesday, June 25 - Depart Thompson at 7:00 am on Premier Coach Bus**

**Harbor/Lunch cruise: 11:30 am – 2:00 pm**

**Depart for Woodstock at 4:00 pm after Rockport shopping**

**Cost: \$120 Includes Transportation and Lobster Lunch**

**Full payment will confirm your reservation and is due by June 5<sup>th</sup> without exception**

**Please note: A minimum of 35 reservations must be sold for this trip or it is subject to cancellation as per Beauport contract**

Our excursion on Beauport Cruiselines will take us into the oldest seaport in America, historic Gloucester harbor with extraordinary views of the city's downtown, Rocky Neck, Eastern Point, Ten Pound Island, Stage Fort Park, and Hammond Castle. We will dine on fresh lobster on the promenade deck where live music will be included. Just minutes away is the charming coastal town of Rockport where we will have time to stroll historic Main street and its one-of-a-kind shops.

**Traditional New England Lobster Bake Menu: Freshly baked rolls, New England Clam Chowder Bar, Steamed 1 ¼ pound Lobster, Barbecue Chicken, Cole Slaw, Corn on the Cob, Roasted Red Bliss Potatoes, Chocolate Mousse**

### **The Odd Couple**

**New London Barn Playhouse Theater**

**Friday, July 12, 2:00 pm, Cost: \$36**

The Barn is proud to present the biggest hit from the enduring king of comedy, Neil Simon. The Odd Couple last played the Barn in 2007, and the Barn is thrilled to bring back this witty, hilarious comedy that's inspired film adaptations, TV shows, and even a cartoon series. Come meet the uptight Felix Ungar and the disheveled Oscar Madison, and see what happens when two polar opposites are forced to share a home and a life together.

### **Always....Patsy Cline**

**Weston Playhouse at Walker Farm**

**August 2019**

***Pricing and dates are not yet available and will be publicized soon***

When an unlikely encounter in a Texas honky-tonk lands Patsy Cline at her biggest fan's kitchen table, the rising star finds a fast friend and a savvy business partner. Late night conversations between Patsy and Louise, a Southern housewife, create a bond that lasts a lifetime. Listen in and hum along as Patsy and Louise belt their way through hits such as "Walkin' After Midnight," "Crazy," and "Back in Baby's Arms." Written by Ted Swindley

### **Washington D.C. by Diamond Tours**

**September 6 – 10**

5 Days/4 Nights with guided tours of Washington, D.C. that include the WW II Memorial, Capitol Hill, the Smithsonian, the new Museum of the Bible and much more. \$535 per person/double occupancy.

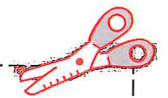
# APRIL BIRTHDAYS

1st Roland Heijn	8th Carol Powell	17th Peter Goulazian	25th David Smith
1st Patricia Mattson	8th Rita Post	17th Raymond Racicot	25th Arlene Midgley
1st Margaret Kannenstine	8th Van Bacon	18th Suzanne Esty	25th Martin Hanley
2nd Ashley Moore	8th Celia Quinones	18th Ernest Jillson	25th Maruta Kajaks-Grots
2nd Gail Stickney	9th Joan Staples	18th Janet Wilson	25th Pauline Reeves
2nd Louis Vanderstreet	9th Esther Griffith	19th Barbara Destefano	26th Charlie English
2nd Amy Robb	10th Doris Johnston	19th James McClelland	26th Richard Breton
2nd Lisa Galeski	10th Sara Widness	19th Ruth Zamenhof	26th Jean Gove
2nd Douglas Audsley	10th William Henderson	19th Barbara Folk	27th Jennifer Dembinski
2nd Susan George	10th Linn Harwell	20th Kevin Geiger	27th Joan Oppenheimer
3rd Marjorie Van Alstyne	11th Thomas Dutton	20th Gil Emery	27th Joanna Long
3rd Bill Emerson	11th Ronald Griffith	20th Patricia Alden	27th Sharon Beauregard
4th Rachel Archer	11th Thomas Degiacomo	20th Debra Werner	27th Linda Galvo
4th Don Reich	11th Dale Rodenbeck	20th Bettyanne McGuire	27th Brian Matheny
4th Lloyd Nice	12th Dorothea Mongulla	21st William Badger	27th Ruth Johnson
4th Louise Seaton	12th Lou Ann Cogswell	21st Andrew Brisson	27th Bill Terry
4th Christine Apel-Cram	13th Elva Fish	21st Hans Meijer	28th Ted Staples
5th Mariana Popitan	14th Bea Rivers	22nd Joanna Frodin	28th Heather Rubenstein
5th Robert Moodie	14th Shari Borzekowski	22nd Lyman Shove	29th Katherine Lynds
5th Mona Foster	14th Elizabeth Young	22nd Pamela Burnett	29th Joyce Blake
6th Janice Prindle	15th Hannah Harkins	22nd Robert Backlund	29th Nadine Lunt
6th Elaine Chase	15th Ron Miller	23rd Sallie Farlow	29th Wayne Stevens
6th Fadia Williamson	15th Betsy Luce	23rd Nancy Zuba	29th Gail Gardner
6th Peggy O'Neal	15th Penny Audsley	24th Peter Pickett	30th Oscar Tucker
7th Cynthia Yanowitz	16th Annabelle Conner	24th John Bieling	30th Sarah Saul
7th Jerry Blakeney	16th Mildred Eastwood	24th Timothy Reeves	
8th Judith Hughes	17th Mimi Bergstrom	24th James Bulmer	



*On April 25<sup>th</sup> we will celebrate your special day with a delicious, complimentary meal! Please call to make a reservation for lunch and join us!*

## Please help with mailing costs for The Thompson Times!



Each year in April we ask that you make a donation for The Thompson Times. Your donation will allow us to continue to offer this publication as a timely way for you to learn about our exciting programs, meals, and trips. No one will be removed from the mailing list for failure to make a donation. Thank you!

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_

Please make checks payable to The Thompson Senior Center, 99 Senior Lane, Woodstock, VT 05091



# 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.thompsonseneiorcenter.org

Non-Profit Organization  
Postage Paid  
Permit No. 33  
Woodstock, VT 05091

┌

┐

└

┘

## In Appreciation

Family of Carlisle Spencer - kitchen equipment  
Becky White - three walking sticks  
Chris Reilly - medical equipment

## 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

**Thank You to Our  
Transportation Sponsors and Grants**

Like us on Facebook 

## 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.