



The Thompson Times

Your resource to age well

JUNE 2019

Patrick Bartlett Wildlife Fundraising Dinner



**Vermont Wildlife and Habitat
Presented by Patrick Bartlett
Forestry and Wildlife Consultant
Wednesday, July 10, 2019**

**Cost: \$50 for dinner & program, BYOB
Reservations at 457-3277**

**This is a Special Fundraising Dinner Event to
Support Thompson Center Services**

**5:30 pm Visit with friends and Pat Bartlett while enjoying hors d'oeuvres
6:00 pm Farm to Table Dinner, 7:00 pm Presentation**

Forestry and Wildlife Consultant, Patrick (Pat) Bartlett will share his unique slide show of his encounters with Vermont's wildlife including bear, moose, fisher, beaver, porcupines, coyote, bobcats and more. It's a world he knows well in a career that has spanned over 30 years managing forests and wildlife habitat. His discussion will include wildlife patterns and populations swings and a diverse variety of wildlife's habitat needs. Pat will conclude his presentation with time for questions and discussion.

In 1987 Bartlett Forestry & Wildlife Habitat was established by Patrick Bartlett. His goal was to bring wildlife habitat awareness to the forestry community and was the first private consultant forester in Vermont to use the words "Wildlife Habitat" in his company name. Ahead of his time, his client base grew quickly, as he incorporated sustainable forestry management practices and wildlife habitat improvements in all of his management plans and projects.

Patrick has served as the elected Chairman of the Consulting Foresters Association and has testified on Current Use topics. His articles have been featured in Northern Woodlands Magazine and he has appeared numerous times on the "Across the Fence" program on Channel 3 of Burlington, Vermont. Most recently, Patrick was invited to give a keynote address on sustainable forestry in the 21st Century at the Global Classrooms International Model UN Conference at the United Nations headquarters in New York City. Currently, Patrick is serving his second term as the Governor's appointee to the State of Vermont's Current Use Program Advisory Board.

Having been a forestry and wildlife consultant for 35 years, Patrick now enjoys devoting more time to teaching animal tracking workshops, tree and plants identification, foraging for wild mushrooms and leading guided nature tours in Vermont.

The Thompson Center

Woodstock Area Council on Aging
99 Senior Lane
Woodstock, VT 05091
Phone: 802-457-3277
Fax: 802-457-1259
www.thompsonsniiorcenter.org

CENTER HOURS

8 AM-3 PM, Monday-Friday

STAFF

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Siobhan Wright, Front Desk
Coordinator,
swright@thompsonsniiorcenter.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
Ottaquechee Health Center, 457-5414

BOARD OF DIRECTORS

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Joby Thompson

BEHIND THE SCENES

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:

Barnard ~ Monday, June 3rd
Bridgewater ~ Monday, July 1st
Pomfret ~ Monday, August 5th
Reading ~ Monday, September 9th
Woodstock ~ Monday, October 7th

Please note: The Thompson van can provide transportation for you and your friends. Please call to schedule.



WANT LESS PAPER?

Electronic or paper newsletter? What's your preference? If you currently receive paper but would like to switch to electronic, please email Jen at jbloch@thompsonsniiorcenter.org



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.

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.



Sign up for the e-newsletter by emailing jbloch@thompsonsniiorcenter.org

PROGRAMS & TRIPS



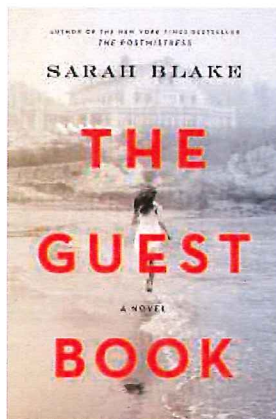
Fall Prevention Clinic

at The Thompson Provided by Upper Valley Rehab
Physical Therapists

Wednesday, June 12, 8:30 - 10:30 am, by appointment

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.



Book Club

**The Guest Book - The thought-provoking new novel by
New York Times bestselling author Sarah Blake**

Next meeting is Monday, June 17, 1:00 pm

Newcomers are always welcome!

A lifetime of secrets. A history untold.

No. It is a simple word, uttered on a summer porch in 1936. And it will haunt Kitty Milton for the rest of her life. Kitty and her husband, Ogden, are both from families considered the backbone of the country. But this refusal will come to be Kitty's defining moment, and its consequences will ripple through

the Milton family for generations. For while they summer on their island in Maine, anchored as they are to the way things have always been, the winds of change are beginning to stir....

"The Guest Book is monumental in a way that few novels dare attempt." —*The Washington Post*

Recycling Update: What You Need to Know

**Presented by Ham Gillett, Outreach Coordinator for the Greater Upper
Valley Solid Waste Management District (GUVSWD)**

Tuesday, June 18, 1:00 pm

Are your recyclables ending up in the landfill? What's the difference between an alkaline and a lithium battery? Why does it matter? What will you do with your food scraps beginning July 1, 2020 when you can't put them in your trash? Do you need to get rid of paint, batteries, fluorescent bulbs, or other household hazardous waste? Ham Gillett will address these issues at this important presentation. Bring your answers, and bring your questions.

Tech Tutoring at The Thompson Center Provided by Norman Williams Public Library Tuesday, June 4 & 18, 12:45 - 3:00 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.



Sunapee Singers Thursday, June 27 1:00 pm

New Hampshire's Sunapee Singers return to The Thompson Center on Thursday, June 27 for their 1:00 pm performance

immediately following Birthday Lunch Celebration. Please join us for this most entertaining and popular group.

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.



It's time for Horseshoes!

The horseshoe pits are open and you can play anytime, but every Monday (weather permitting) at 1:00 pm a group will play following lunch. Everyone is welcome regardless of your experience level! Talk with Norm Boynton if you're interested.

Healing Circles

Parlors, North Chapel UU Church
7 Church St., Woodstock
Sunday, June 2, 11:30 - 12:15 pm

Spiritual healing begins within the soul. It grows even stronger in community. We gather together in the midst of joy and sorrow. We gather in the presence of love and grief. We gather together and we share ourselves beautifully in a circle of warmth and healing. Please join The Healing Circle. Come share of your self and be present for others on this journey that we take through life.



Monthly Art Project with **ArtisTree at The Thompson** Wednesday, June 5, 1:30 pm Please register in advance 457-3277

For our last class before we break for summer, Finnie will teach us Watercolor Notans – the blending of watercolor and paper-cutting techniques to create a fluid background to "frame" a contrasting paper-cut design that displays positive/negative design.

Please join us back at The Thompson when this monthly class resumes in September, or visit www.artistreevt.org for a list of great summer class opportunities.

AGE WELL

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

Parkinson's Disease: Frontiers in Health and Research **Hosted by the Parkinson's Disease and Movement Disorders Center** **at Dartmouth-Hitchcock**

Saturday, June 1, 2019, 8:30 am to 2:30 pm

Location: Hilton Garden Inn Conference Center - 35 Labombard Road - Lebanon, NH

Cost: \$20, Continental breakfast and lunch are included

This is an educational event for people with Parkinson's, their care partners and the community. To register or to enroll, contact the Parkinson's Center at DHMC (603)653-6672. Diane.L.Sherman@hitchcock.org



Introduction to Medicare for New Enrollees

Presented by Senior Solutions

Tuesday, June 4, 1:00 - 2:30 pm

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) counselor, Pati Kimball, will be presenting this class for those individuals who will be signing up for Medicare. She 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.**



AARP Smart Driver Safety Course

Friday, June 7, 9:00 am to noon (break for lunch); 1:00 to 2:00 pm

Instructor Kevin Cristy will be at The Thompson to teach this four hour instructional course which is the nation's largest refresher course designed specifically for older drivers. Registration begins at 9:15 am. **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 register in advance.**

PROGRAM CALENDAR - JUNE 2019

Mon	Tue	Wed	Thu	Fri
3	4	5	6	7
Barnard Day* 9 Strength & Stretch 10:15 Memoir Group 1 Advisory Meeting 1 Horseshoes	9 Strength & Stretch 10 Double King Pedo 10 Beginning Italian 12 Spanish Table 12:45 Tech Tutoring* 1 Intro to Medicare for New Enrollees* 1 Jewelry Repair w/ Yael 1:30 Mah Jongg 3 Bone Builders	9:00 W. Leb Shopping* 9:30 Beginner Tai Chi 10:30 Handwork Cir. 10:45 Advanced Tai Chi 12 French Table 1 Diabetes Workshop* 1:30 Monthly Art Project*	9 Strength & Stretch 9-11 Chair Massage* 10 Cribbage 10:00 Italian Study 12 Italian Table 1 Italian Intermediate 1:30 Mah Jongg 3 Bone Builders	9 AARP Smart Driver Safety Course* 10-12:30 CCC Office Hours* 11-12 Pickle Ball* 12 German Language Table 1:30 Water Aerobics*
10	11	12	13	14
9 Strength & Stretch 10:15 Memoir Group 1-3 Advanced Directives* 1 Horseshoes	9 Strength & Stretch 9:30-12:30 Reflexology* 10-11 Veggie VanGo 10 Double King Pedo 10 Beginning Italian 12 Spanish Table 1 Jewelry Repair w/ Yael 1:30 Mah Jongg 3 Bone Builders	8:30-10:30 Fall Prevention Clinic* 9:30 Beginner Tai Chi 10:30 Handwork Cir. 10:45 Advanced Tai Chi 12 French Table 1 Diabetes Workshop*	9 Strength & Stretch 9-11 Chair Massage* 10 Cribbage 10:00 Italian Study 12 Italian Table 1 Italian Intermediate 1:30 Mah Jongg 3 Bone Builders	9-2:30 Foot Clinic* 10-12:30 CCC Office hours* 11-12 Pickle Ball* 12 German Language Table 1:30 Water Aerobics* Open Ping Pong
17	18	19	20	21
Father's Day Lunch 8:30 Newsletter Folding 9 Strength & Stretch 10:15 Memoir Group 1 Book Group 1 Horseshoes	9 Strength & Stretch 10 Double King Pedo 10 Beginning Italian 11:30 Commodities 12 Spanish Table 12:45 Tech Tutoring* 1 Jewelry Repair w/ Yael 1 Recycling Program 1:30 Mah Jongg 3 Bone Builders	8:30 Board Meeting 9-2:30 Foot Clinic* 9:00 W. Leb Shopping* 9:30 Beginner Tai Chi 10:30 Handwork Cir. 10:45 Advanced Tai Chi 12 French Table 12:30 Caregiver Support Group	9 Strength & Stretch 10 Cribbage 10:00 Italian Study 12 Italian Table 12:45 Lucy Mac Visit 1 Italian Intermediate 1:30 Mah Jongg 3 Bone Builders	10-12:30 CCC Office Hours* 11-12 Pickle Ball* 12 German Language Table 1:30 Water Aerobics* Open Ping Pong
24	25	26	27	28
9 Strength & Stretch 10:15 Memoir Group 1 Horseshoes	7 Depart for Lobster Cruise* 9 Strength & Stretch 9:30-12:30 Reflexology* 10 Double King Pedo 10 Beginning Italian 12 Spanish Table 1 Jewelry Repair w/ Yael 1:30 Mah Jongg 3 Bone Builders	10:30 Handwork Cir. 12 French Table	Birthday Day* 9 Strength & Stretch 9-11 Chair Massage* 10 Cribbage 10-12 Wellness Clinic 10:00 Italian Study 12:30-3 Foot Clinic* 1 Sunapee Singers 1 Italian Intermediate 1:30 Mah Jongg 3 Bone Builders	10-12:30 CCC Office Hours* 11-12 Pickle Ball* 12 German Language Table 1:30 Water Aerobics* Open Ping Pong
			BINGO daily at 10:30 am except on birthday day and other special meal days. Location changes based on the day's schedule.	* Indicates that sign-up/reservations are required

MENU - JUNE 2019

Mon	Tue	Wed	Thu	Fri
3	4	5	6	7
Barnard Day* Grilled Sweet Italian Sausage w/ Roll, Sautéed Onions and Peppers, Potato Salad, Cole Slaw, Peach Crisp	Tossed Salad, Chicken Marsala, Rice Pilaf, Green Beans, Cookie and fruit	Stuffed Peppers, Tossed Salad, Ice Cream Sandwich Cookies	Chicken Milano w/ Basil and Sundried Tomatoes served over Fettuccine, Tomato & Mozzarella Salad, Fresh Fruit Salad	Tuscan White Bean Soup, Tossed Salad, Roll, Lemon Curd Bar
10	11	12	13	14
Pan Seared Chicken Breast, Creamy Cheddar Polenta, Spinach Supreme (Spinach, Sour Cream, Parmesan and Monterey Jack cheese) Apple Ginger Crumble	Stuffed Meatloaf with Spinach and Cheese, Parsnip Mashed Potatoes, Gravy, Peas & Baby Carrots Almond Cake w/ Peach Puree	Chef Salad w/ Lettuce, Tomato, Ham, Turkey, Cheese, Hard Boiled Egg, Carrot, Staff Appreciation Ice Cream Social	Chicken Quesadillas w/ Tomato, Guacamole, Salsa, Roasted Vegetable Melange, Chef Choice Dessert	Chef's Choice
17	18	19	20	21
Father's Day* Grilled Chicken BLT with Lettuce, Tomatoes, Grilled Onions, Caper Mayo on Wheat Berry Bread, Three Bean Salad, Berry Turnover	Tossed Salad Spinach, Artichoke & cheese Quiche, Roasted Sweet Potato Fries, Black Raspberry Ice Cream w/ Berries	Spinach & Cheese Ravioli w/ Meat Sauce, Garlic Bread, Broccoli & Cauliflower, Fresh Fruit Salad	Grilled Salmon Burger On a Multigrain Roll, Potato Salad, Grilled Vegetable Salad, Warm Berry Crisp	BBQ Chicken, Pinto Beans, Potato Salad, Cole Slaw, Coconut Cream Pie
24	25	26	27	28
Chef's Choice	Tossed Salad, Spaghetti & Meatballs, Garlic Sautéed Vegetable Medley Fresh Fruit Salad	Tossed Salad, Bangers & Mashed, Onions & Gravy, Peas, Carrots, Fruit Short Cake	Birthday Day* Roast Beef, Au Jus, Roasted Potatoes & Onions, Roasted Brussel Sprouts, Roll, Cake & Ice Cream	Curried Coconut Pork, Stir Fried Vegetables, Scallion Brown Rice, Chocolate Whoopee Pie
			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

*Reservations Required

Please sign-up in advance for special meals and Birthday Day. This month includes **Barnard Day on the 3rd**, **Father's Day on the 17th** 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!

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.

Strength and Stretch Class Note New Summer Schedule

Led by Certified Fitness Trainer, Liz Hatfield
Mondays, Tuesdays & Thursdays
9:00 - 10:00 am

Monday Stretch Class will end on June 24th for the summer. Liz's class will resume its Tuesday/Thursday schedule beginning July 2nd and stretching and balance work will be incorporated in these classes. Monday class will resume in early October. All levels and abilities are welcome! Mats will be provided but you are encouraged to bring your own if you have one

Water Aerobics Class
Woodstock Athletic Club
Fridays, May 17 - July 19

1:30 - 2:15 pm, Cost \$80 for 10 week class

The Thompson will provide shuttle service to and from class if needed. Please register in advance with payment by calling 57-3277.



20 REASONS TO TAKE TAI CHI

at the Thompson Center

Summer Schedule:

June 5, 12, 19, July 17, 24, 31

August 7, 14, 21, 28

Beginner 9:30 am, Advanced 10:45 am



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!

Pickle Ball
Woodstock Athletic Club
Fridays, 11:00 - 12:00 pm



Pickle ball court time is available for Thompson patrons at the Woodstock Athletic Club, on Fridays from 11:00 am – 12:00 pm for \$6 per visit. A minimum of 4 players are required for court time and a stroke/clinic rules refresher is available from a tennis professional when your group is assembled. Please call The Thompson Center to register or for more information.

Wellness Clinic & Blood Pressure Screenings Resumes Monthly Schedule

4th Thursday of each month, 10 am - 12 pm with Foot Clinic 12:30 - 3:00 pm

On your next visit to The Thompson Wellness Clinic, please welcome our new Clinic nurse, **Connie Powell**. Connie has been a nurse for 19 years and started her career as a cardiac nurse in a hospital. She continues to teach nursing students in addition to her working a busy clinic schedule with the VNA/VNH. Her new position enables her to fulfill her passion of contributing to communities. Connie will also provide foot clinic hours in addition to Mary Wood. Please support our monthly Wellness Clinic by checking in with Connie for a wellness check.

Caregiver Support Group Wednesday, June 19, 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.

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 advance if you cannot make your appointment.

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.**

Chair Massage at The Thompson Thursdays, 9-11 am, \$15 for 15 minutes No June 20th appointments

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.

Foot or Hand Reflexology

**Deborah Neuhof, Certified Reflexologist
Tuesdays, June 11 and 25, 9:30 - 12:30 pm**

Experience Reflexology techniques to de-stress and promote a balanced, holistic 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 5th 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

Wednesday, August 14, 2:00

Depart on Thompson van at 12:30 pm

Cost: \$55 due at reservation

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.

\$75 deposit due upon signing. Final payment due by June 20, 2019.

Spotlight San Antonio by Collette Tours

November 10 – 14

5 Days, 5 Meals - Highlights include: Mission San Jose, The Alamo, Paseo del Rio Cruise (aka the River Walk), LBJ ranch and much more. \$1,899 per person/double occupancy for reservations made

before June 10. Includes round trip airfare from Logan Airport.

IN LOVING MEMORY & APPRECIATION

IN APPRECIATION

In memory of Perry Maxham -
medical equipment

In memory of Becky White -
medical equipment

Nelson & Joyce Gilman -
medical equipment

In memory of Larry Vittum -
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

IN MEMORY OF

Jinja Stapleton

Janet & Tony Wilson

Perry Maxham

Rhonda & Dan Bruce

JUNE BIRTHDAYS



1st Ernest Harper	7th Suzy Malerich	19th Mae Knudson
1st Julie Myers	8th Noreen Huff	19th Emily Schanck
1st Elspeth Lothes	8th Roy Aloisio	19th Joanne Bates
2nd Betty Jillson	8th Jennifer Carpenter	20th Sandra Pariseau
2nd Carol Nettleship	9th Jeffrey Bendis	20th Jane Graham
2nd Larry Luce	9th Ralph English	21st Louine Walker
2nd Nancy Bebo	10th Sally Alloway	21st Ronald Weglarz
2nd John McDonald	10th Charlotte Hollingsworth	22nd John Mathews
2nd Janice Kowalski	10th Rebecca Nash	22nd Richard Leonard
2nd Robert Tracy	12th Donald Corrigan	22nd Judith Smith
3rd Ted Williamson	12th Judith Cayer	23rd Viola Peeler
3rd Lorraine Dayton	13th Eldon Thompson	23rd Cynthia Hewitt
3rd Linda Hitchcock	13th Jean Garren	23rd Arthur Skerker
4th Carole Pye	13th Courtney Maxham	24th Harmony Johnson
4th Marcea Ewald	13th George Michaels	25th Ann Debevoise
4th Khorshed Randeria	13th Amanda Maxham	25th Anna King
4th Evelyn Rowlee-Vittum	13th Don Ransom	25th Betty Jane Curry
5th Janet Herrick	14th Bette Anne Sailer	26th Doris Lebaron
5th Timothy Maxham	14th Jordan Engel	26th Meg Matz
6th Jennifer Martel	15th Mary Sharpe	27th Bob Lanoue
6th Missy Cunningham	15th Polly Fullerton	28th Suzanne Reynolds
7th Glenna Barr	15th Sandra Sawyer	28th Carol Mosher
7th Debbi Castellini	17th Robert Topolski	29th Susan Lewis
7th Jane Curtis	17th Lillian Weed	29th Elaine Campeau
7th Christopher Bacon	17th Polly Blackstock	30th Constance Byam-Shaw
7th Perry Curtis	17th Sharon Earn	30th Susan Heath
7th Lewis Curtis	18th Mary Boudro	30th Gretchen Cole
7th Jack Rasmussen	18th Becky Longley	

On June 27th 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.thompsonscenter.org

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

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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 - \$20 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 \$5 per ride round trip. 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



Like us on Facebook 

Prefer Electronic Version of Newsletter?

Did you know that you can receive The Thompson Times Newsletter in an electronic version? Please email Jen if you would like to change your delivery option at jbloch@thompsonscenter.org