

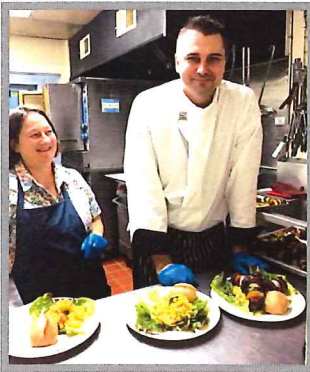


# The Thompson Times

Your resource to age well

AUGUST 2019

## Age Well with The Thompson



### Enjoy Chef Prepared Meals

**Join Us** for lunch at the Thompson Center, Monday through Friday at Noon. All ages and groups are welcome. Every year, the Thompson serves more than 20,000 lunches for seniors and community members and delivers healthy meals to clients through our **Meals on Wheels** program. You'll find Chef Ryan's **delicious menu inside and posted monthly online!**

### Attend a Program or Class

From how to **stay fit**, improve your balance, help with smartphones, to planning your retirement **finances**, learning a language, or seeing a new

documentary, the Thompson offers programs and classes to **keep you informed and involved** in our community and the world. Call to sign-up and see our enclosed calendar or our website for class and program details.

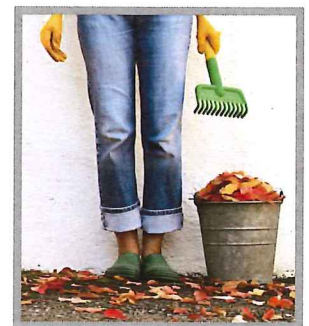


### Take a Trip with Us

Whether you need a **medical ride**, want to go **shopping** or travel further afield—for a play in New London or a Collette Travel tour—The Thompson is going places and we'd love to have you join us.

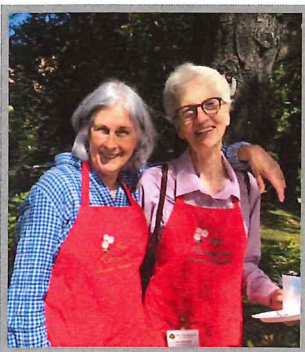
### Access Resources

Do you or someone you care for need a wheelchair or other **medical equipment**? Do you want **help with taxes** or applying for **Medicare**? Would you like **foot care** or a therapeutic chair massage? Are you looking for help with odd jobs around the house? The Thompson offers these and numerous other resources and referrals at little or no cost to you and your family. We also partner with the Community Care Coordinator and Senior Solutions for public benefits, fuel assistance and much more. Just ask us!



### Volunteer

There's so much to do—with and for the Thompson and our community. Volunteering is a great way to get involved! Call Paula at the Center to find out about volunteer opportunities. You'll find more information on volunteering, as well as, all of our events, programs and classes on our website at [www.ThompsonSeniorCenter.org](http://www.ThompsonSeniorCenter.org) and on our **Facebook** page.



**To Contact Us: Call (802) 457-3277 or email [info@thompsonseneiorcenter.org](mailto:info@thompsonseneiorcenter.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

### 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**  
Ottauquechee 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

- High school intergenerational project
- Update from Deanna on the Washington, DC conference
- Update on upcoming programs and trips

*NO ADVISORY MEETING IN AUGUST*

### 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:

**Pomfret** ~ Monday, August 5<sup>th</sup>

**Reading** ~ Monday, September 9<sup>th</sup>

**Woodstock** ~ Monday, October 7<sup>th</sup>

*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.

### 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@thompsonscenter.org

# EVENTS & PROGRAMS

## Bee Keeping in Vermont

**Presented by VBA Certified Beekeeper Peter Hadeka**

**Tuesday, August 13, 1:00 pm**

As a mentor to new beekeepers, Peter will discuss in a general overview, what it takes to raise honey bees in Vermont and Vermont registration requirements for bee keeping. His discussion will detail the life of the seasonal hive, Queen information, and a general overview of beekeeping. We will have the opportunity to see an observation hive, complete with Queen Bee as well as other props, frames, and tools.

*Peter became a VBA Certified beekeeper a few years ago and has been keeping bees for nearly 20 years. He is a member of the Addison County Beekeepers Club, the Windham County Club (newly formed), and the Southern Adirondack Beekeepers Club, and was awarded a co-beekeeper of the year award from the VBA. He has recently been involved with beekeeping demonstrations at VINS, and Marsh-Billings- Rockefeller National Park.*

---

## Introduction to Kayaking

**Storrs Pond Recreation Area, Hanover NH**

**Thursday, August 15, 10:30 am – 12:30 pm**

**Depart Thompson on the van at 9:30 am**



Have you always wanted to try kayaking? Storrs Pond is the perfect spot for beginners. This hour-long session is for beginners who have never kayaked before. Participants will learn kayak terminology and basic paddle skills before heading out on the water to give it a try. Wear shorts and shoes that can get wet.

***\$25.00 fee includes kayak rental, life jackets, and brown bag lunch provided by The Thompson. Registration is required by calling The Thompson and indicate if you will need transportation on the van. Checks are payable to The Town of Hanover. Kayaks are limited so please sign-up early.***

---

## Travel Talk ~

**The Trip of a Lifetime: Cruising the Panama Canal**

**Presented by Adam Boyce**

**Tuesday, August 20, 1:00 pm**

Vermont fiddler, author, and travel enthusiast, Adam Boyce, will present a slideshow documenting a recent cruise he and his wife took from Ft. Lauderdale, Florida, to Los Angeles, California, via the Panama Canal on the Coral Princess. Come sail with us to this intriguing part of the world.



## Tech Tutoring at The Thompson Center Provided by Norman Williams Public Library No Appointments in August

We are happy to continue offering individual tech tutoring thanks to Norman Williams Public Library and Meg Brazill. Meg offers 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.

## Coffee is on at The Thompson Join us in the Morning!



At The Thompson, we enjoy the pleasures of good conversations and fellowship at our community noon meal – why not join us for coffee?

We invite our visitors to come in for complimentary coffee and muffins beginning at 8:30 am any weekday morning. Bring a friend, neighbor, business associate, or perhaps you will meet someone you know. Enjoy the comfort of our living room or dining room and enjoy a visit over a good mug of coffee.

## 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.

## Island Time Steel Drums Thursday, August 8, 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.

artistree



community arts center & gallery

## Monthly Art Project with ArtisTree At The Thompson

There will be no monthly ArtisTree craft workshops at The Thompson in July and August. Monthly craft workshops will resume at The Thompson Center in September. Please see upcoming newsletters for details.

Visit [ArtisTree.org](http://ArtisTree.org) for programs and visual arts classes offered this summer in Pomfret.



## Wait Staff Volunteer Opportunity

The Thompson Center is in need of **wait staff volunteers** on a substitution basis to help serve lunches during our noon meal. The hours of commitment are 11:30 am - 1:30 pm during your day of choice, M-F, with complimentary lunch. Help our community to thrive! For more information call Siobhan Wright at 457-3277 or email: [swright@thompsonseneiorcenter.org](mailto:swright@thompsonseneiorcenter.org).



# AGE WELL

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

## AARP Smart Driver Safety Course Friday, August 2 9:00 am to noon (break for lunch); 1:00 to 2:00 pm



Instructor Doug Masson 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 8:45 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, 457-3277.**



## Generation to Generation Week August 5 - 8, 2019, 10:30 am—2:00 pm

The Thompson Senior Center dedicates a special time when young people in our community come together with seniors for learning, fun, and to make meaningful connections. This year, August 5-8 will be our "Generation to Generation" Week at The Thompson with programs offered by ArtisTree, The Woodstock History Center, Vermont Farmstead Cheese and teacher, Barbara Leonard.

**The proven benefits of intergenerational activities are numerous and meaningful to both generations. ADULT VOLUNTEERS ARE STILL NEEDED. *See the calendar for a list of activities***

## Fall Prevention Clinic at The Thompson Provided by Upper Valley Rehab Physical Therapists Wednesday, August 14 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.



# PROGRAM CALENDAR - AUGUST 2019

Mon	Tue	Wed	Thu	Fri
			1	2
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		9 Strength & Stretch 10 Cribbage 10:00 Italian Study 12 Italian Table 1 Italian Intermediate 1:30 Mah Jongg 3 Bone Builders	8:45 AARP Smart Driver Course* 10-12:30 CCC Office Hours* 11-12 Pickle Ball* 12 German Language Table 1:30 Water Aerobics* Open Ping Pong
<b>Generation to Generation Week—All Ages Welcome</b>				
5	6	7	8	9
<b>Pomfret Day*</b> 10:30 Make Journals and Mural Painting 1 Farm Animal Day— Petting Zoo with Vermont Farmstead Cheese	9 Strengthen & Stretch 10 Double King Pede 10 Beginning Italian 10:30 Portrait Painting 12 Spanish Table 1 Old Time Day with Woodstock History Center & Photo Booth 1 Jewelry Repair w/ Yael 1:30 Mah Jongg 3 Bone Builders	<b>9 W. Leb Shopping*</b> 9:30 Beginner Tai Chi 10:30 Gen2Gen Bingo Bonanza! 10:30 Handwork Cir. 10:45 Advanced Tai Chi 12 French Table 1 Game Day! Board Games, Cards, Cribbage, Chess & More!	9 Strength & Stretch 9-11 Chair Massage* 10 Cribbage 10:00 Italian Study 10:30 Celebrate Together Projects 12 Italian Table 1 Island Time Steel Drum Band & Ice Cream Social 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* 12:30 Depart for The Odd Couple* 12 German Language Table 1:30 Water Aerobics* Open Ping Pong
12	13	14	15	16
10:15 Memoir Group 1 Horseshoes 1-3 Advanced Directives*	9 Strengthen & Stretch 10-11 Veggie VanGo 10 Double King Pede 10 Beginning Italian 12 Spanish Table 1 Jewelry Repair w/ Yael 1 Bee Keeping Talk 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 12:30 pm Depart for Weston Playhouse (Always...Patsy Cline)	9 Strength & Stretch 9-11 Chair Massage* 10 Cribbage 10:00 Italian Study 10:30 Intro Kayaking* 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
19	20	21	22	23
8:30 Newsletter Folding 10:15 Memoir Group 1 Horseshoes	9 Strengthen & Stretch 9:30 Reflexology* 10 Double King Pede 10 Beginning Italian 11:30 Commodities 12 Spanish Table 1 Jewelry Repair w/ Yael 1 Panama Canal Presentation 1:30 Mah Jongg 3 Bone Builders	8:30 Board Meeting 9-2:30 Foot Clinic* 9 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	8:30 Birthday Day* 9 Strength & Stretch 9-11 Chair Massage* 10 Cribbage 10:00 Italian Study 12 Italian Table 1 Italian Intermediate 1 Mill Band 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
26	27	28	29	30
10:15 Memoir Group 1 Horseshoes	9 Strengthen & Stretch 9:30 Reflexology* 10 Double King Pede 10 Beginning Italian 12 Spanish Table 1 Jewelry Repair w/ Yael 1 Tick Talk 1:30 Mah Jongg 3 Bone Builders	9:30 Beginner Tai Chi 10:30 Handwork Cir. 10:45 Advanced Tai Chi 12 French Table	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	10-12:30 CCC Office Hours* 11-12 Pickle Ball* 12 German Language Table 1:30 Water Aerobics* Open Ping Pong



# MENU - AUGUST 2019

Mon	Tue	Wed	Thu	Fri
			<b>1</b>	<b>2</b>
Meal Pricing: ** \$ 7 <u>charge</u> 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		Italian Pork Stew, Garlic Bread, Tossed Salad, Berries and Cream Crepes	Tossed Salad, Bombay Chicken Breast, Scallion Rice, Curried Roasted Vegetables, Pink Lemonade Bars
<b>Generation to Generation Week—All Ages Welcome</b>				
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
<b>Pomfret Day*</b> Chef Ryan's Famous Macaroni & Cheese, Peas & Carrots, Chocolate Chip Cookie, Fruit	Pizza, Tossed Salad, Ice Cream Cones	Chicken Tenders, Tossed Salad, Fruit Salad	Breakfast for Lunch—Pancakes, Sausage, Yogurt, Fruit Cups	BBQ Chicken, Pinto Beans, Potato Salad, Cole Slaw, Coconut Cream Pie
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
Chicken Caesar Wrap, Hearty Vegetable Minestrone, Chocolate Chip Cookies and Fruit	Tossed Salad, Meatloaf, Mashed Potato, Gravy, Green Beans, Strawberry Sundae	Tossed Salad, Orange Tilapia, Brown Rice, Mediterranean Bean Salad, Sautéed Broccoli, Brownie with Raspberries and Cream	Tossed Salad, Roasted Tarragon Chicken Breast over Fettuccine with Asparagus & Mushrooms, Fresh Fruit	Chef's Choice
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
Cheese Burger w/ Lettuce, Tomato, Onion, Steak Fries, Cilantro Lime Coleslaw, Ice Cream Cone	Chicken Parmesan over Multigrain Spaghetti, Garlic bread, Tossed Salad, Fresh Fruit salad	Stuffed Peppers, Tossed Salad, Fruit Short Cake	<b>Birthday Day*</b> Grilled Baja style Pork Loin Chimichurri Sauce, Spicy Sweet Potato Salad, Braised Greens, Roll, Cake & Ice Cream	Chicken Salad, Broccoli Salad, Tortellini Salad, Lettuce, Tomato, Lemon Mousse w/ Berries
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
Pork Apple Burgers with Caramelized Pineapple on a Multigrain Sandwich Roll, Firecracker salad, Sweet Potato Fries, Ice Cream w/ Berries	Roasted Mediterranean Chicken and Vegetables w/ Brown Rice, Avocado Chocolate Mousse w/ Raspberries	Swedish Meatballs over Egg Noodles, Broccoli and Carrots, Fresh Fruit Salad	Chicken Tostadas, Roasted Vegetable Medley, Almond Joy Sundae	Grilled Tuna & Vegetables in Herb Butter, Brown Rice, Oatmeal Cranberry, Cookie and Fruit

## \*Reservations Required

Please sign-up in advance for special meals and Birthday Day. This month includes **Pomfret Day on the 5th and Birthday Day on the 22nd**. 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!

## Share the Harvest

When you're planting your garden please consider dedicating a row or two for vegetables to be donated to the Thompson Center. Even if you have a little extra that you're afraid will go to waste, we can use it. By sharing your harvest you help provide Chef Ryan with fresh, local, seasonal, produce for our daily luncheon and MOW program. Thank you, every bit helps!



# 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.

## Strengthen and Stretch Class Summer Schedule (No Mondays)

**Continues on Tuesdays & Thursdays**

**Led by Certified Fitness Trainer, Liz Hatfield  
9:00 -10:00 am**

Stretching and balance work will be incorporated into 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.

## 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.

## TAI CHI

**at the Thompson Center**

**Summer Schedule:**

**August 7, 14, 21, 28**

**Beginner 9:30 am, Advanced 10:45 am**



Tai Chi will continue at the Thompson this summer, staying with our usual schedule on Wednesdays at 9:30 for beginners and intermediates, 10:45 for advanced. We know how beneficial tai chi is and want people to have continuing opportunities to practice this slow, gentle, but powerful movement form. For further information about Tai Chi you might want to check out instructor Anne's webpage at [www.annebower.com](http://www.annebower.com).



## Water Aerobics Class

**Woodstock Athletic Club**

**Fridays, July 26—Sept. 27**

**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 457-3277.

**When it comes to finding tools for staying healthy, active, and involved, The Thompson is the place to start!**



**Wellness Clinic &  
Blood Pressure Screenings**  
Please call The Thompson for the new  
clinic schedule

**Tick Talk: Be the Best Prepared to  
Avoid Tick Born Illnesses**  
*Presented by Visiting Nurse and Hospice for  
Vermont and New Hampshire (VNH)*  
Tuesday, August 27, 1:00 pm

According to Vermont Department of Health data, Vermont has the second highest rate of reported Lyme disease cases in the United States and the chances of contracting a Tick borne illness is very high in the Green Mountain State. However, Tick borne illnesses are not only treatable, but most are preventable. This educational talk will include information about the various types of diseases Ticks carry, how to identify symptoms you may experience after a bite, and how to be proactive in preventing exposure and Tick born disease.

**Caregiver Support Group**  
3rd Wednesday of each month, 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

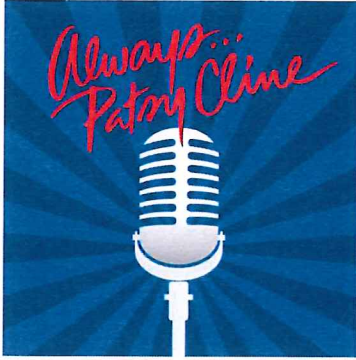
Massage Therapist, Sara Smith, will offer 15 minute massages or you can ask for more or less time when making your reservation. Be kind to yourself and treat your body to a chair massage by calling The Thompson.

**Foot or Hand Reflexology**  
Deborah Neuhof, Certified Reflexologist  
Tuesdays, August 20 & 27, 9:30 - 12:30 pm

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



## **Always....Patsy Cline—FULL**

**Weston Playhouse at Walker Farm**

**Wednesday, August 14, 2:00**

**Depart on Thompson van at 12:30 pm**

**Cost: \$55 due now**

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.

**Reservations are still available until August 19th and payment is due in full at time of reservation. Don't miss this opportunity to see the historic sites of our nation's capitol at an affordable price!**



## **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.

**Cost: \$1,999 per person/double occupancy, plus \$110 for travel protection insurance based on availability. Includes round trip airfare from Logan Airport and pick up from the Thompson Senior Center. Final payment due at The Thompson Center by September 2nd.**

## ***New Trip for Fall 2020!***

**Collette Travel presents:**

**Mackinac Island – featuring the Grand Hotel & Chicago**

**September 18 – 25, 2020, 8 days – 11 meals**

Trip Highlights include Chicago, Millennium Park, Charlevoix Mushroom Houses, Mackinac Island, Grand Hotel, Frankenmuth, Ford Museum and Greenfield Village.

\$3,249 per person/double and includes round trip airfare from Logan Intl Airport.

***Travel presentation on Tuesday, October 15, 2019, 2:00 pm***



# IN LOVING MEMORY & APPRECIATION

## IN APPRECIATION

Woodstock Farmers' Market - vegetable platter  
 Dave Roseman - 2 deck chairs & a rocker  
 Susan Dotson - medical equipment  
 In memory of John Ditchco - medical equipment  
 Mavis Shaw - lettuce  
 Dick and Bonnie Atwood - rhubarb  
 Cloudland Farm - beef  
 Lynn Peterson - lettuce



## 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

Perry Maxham

Jim & Noreen Huff

Samuel & Eleanor Grice



*On August 22nd we will celebrate your special day with a delicious, complimentary meal! Please call to make a reservation for lunch and join us!*

## AUGUST BIRTHDAYS

1st Laurie Heijn	6th Samuel Grice	14th Lidia Crisan	23rd Ellen Satterthwaite
1st Marilyn Peterson	6th Christopher Luce	14th Alice Gundersen	23rd Priscilla Sands
1st Tracie Murphy	7th Joyce Gilman	14th Sandy Gilmour	23rd Diana Hayes
1st Diane Currier	7th Carol Corneille	14th Peggy Ramel	23rd Ralph Robinson
2nd Linda Maxham	7th Paul Sawyer	15th Suzanne Skuja	24th Alden Fiertz
2nd Kenneth Niemczyk	8th Drew Ewald	15th James Sherman	24th Barbara Darling
2nd Dolores Gilbert	8th Laura Griggs	15th Linda Glock	25th Carolyn Robinson
2nd Katie Chase	8th Trina Perkins	16th Reinhart Jeck	25th Margaret Edwards
2nd Candee Christoforides	8th James Pierce	16th Kathy English	25th Anna Diehl
3rd Bonnie Atwood	9th Joseph Rubino	17th Janet Eller	25th Megan Westover
3rd Yael Taylor	9th Sarah Lambert	17th Phyllis Morris	26th Carol Fontaine
3rd Margarete Pierce	10th Margaret Nielsen	17th Ralph Lancaster	26th Anne Brodrick
3rd Michele Jeck	10th Maria Nitzsche	18th Mary Mercure	26th Alex Audsley
3rd Ruth Emery	10th Craig Stedman	18th Kathy Avellino	26th Lorraine Worth
3rd Tammy Tassie	10th Mareen Harwell	18th Diana Perkett	27th Louis Grob
4th Loretta Parker	11th Deborah Heimann	18th Mary Hunter	27th Merrill Kruse
4th Bernadette Darakjy	11th Dan Leavitt	18th Mary Christine	27th Pamela Barrows
4th Christopher Kearney	11th Gary Wood	18th Susan Inui	27th Sandy Palmer
4th Lawrence Johnston	12th George Lander	19th Wittie Lynn	27th Glenn Fullerton
4th Jeannette Yeaple	12th Rick White	19th Marilyn Gamage	27th Alison Roth
4th Gerrie Russell	12th Connie Powell	21st Lisa Gramling	28th George Roy
5th Sarah Foss	13th Veronica Delay	21st Laura Foley	28th Jean Goldsborough
5th Joby Thompson	13th Muriel Poirier	22nd Lucille McCarthy	28th Jean Freitag
5th Kathy Connor	13th Pauline Bearse	22nd Pam Sheperd	29th Nan Salamon
5th Marian Labonte	13th Lydia Borsh	22nd Lucille Staples	29th Lucile Leister
5th Gaynor Coassin	14th Judy Wiggin	22nd Jill Hastings	30th Toby Borzekowski
6th Douglas Holtz	14th Rick Fiske	22nd Jeannie Killam	31st Karen Gilmour
	14th Anne Nestler	22nd Linnea Thompson	





# 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

Γ

⌋

L

⌋

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