



The Thompson Times

Your resource to age well

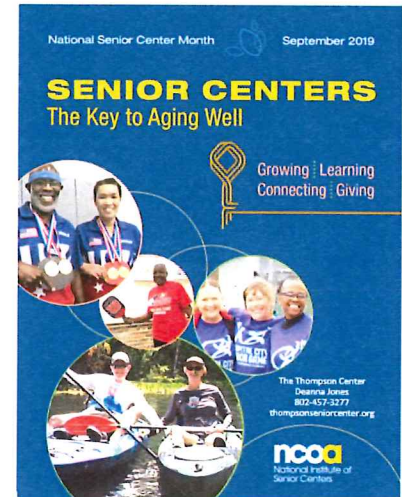
SEPTEMBER 2019

Senior Centers: The Key to Aging Well

September is recognized nationally as Senior Center month. This year's theme was chosen to highlight how senior centers share knowledge, programming and resources that make a difference in people's lives. These elements are the virtual keys to unlocking the potential to age well.

We now know the research and importance behind **Connecting** with others. Making friends matters. We know 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 reach our full potential.

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, The Thompson can be your key to aging well in our community.



Join us on September 13 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, cornhole and music with the Occasional Jug Band. RSVP at 457-3277.

Thompson's Annual Falls Prevention Awareness Program and Balance Screenings

Presented by Mt. Ascutney Hospital Physical Therapists
Wednesday, September 25, 1:00 - 3:00 pm

Are you worried about falling? Are you ready to be steady?

There are so 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, 457-3277.**

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.thompsonscenter.org

CENTER HOURS

8 AM-3 PM, Monday-Friday

STAFF

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**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
Ottaquee Health Center, 457-5414

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Joby Thompson

BEHIND THE SCENES

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 9th
Woodstock ~ Monday, October 7th

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



Thank You for Another Successful Generation to Generation Week!

It turned out to be a wonderfully successful week! Throughout the week we had 25 students in total participate, ages 2-12. 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 Gubbins, and Finnie Trimpi from ArtisTree/Purple Crayon.

We will miss you Mary Wood!

Mary Wood's last clinic day at The Thompson will be September 18th and we wish her the all the best in her retirement. We will miss her sunny disposition and her positive energy that she imparts with all who come to see her.



We at The Thompson Center have been so fortunate for her 16 years of service as our foot clinic nurse. A Vermont native, Mary received her nursing degree from Fanny Allen School of Nursing in 1955 and has enjoyed a long career while also raising her 4 children with her late husband. She will continue to enjoy the things she loves, her 8 grandchildren and a lot of sewing and crafting and promises to be a frequent visitor to The Thompson.

Please join us on September 18th for some cake after our noon meal as we express our gratitude and wish her well.

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

EVENTS & PROGRAMS

Composting Basics

Wednesday, September 11, 1:00 pm

What will you do with your food scraps on July 1, 2020?

That's when Vermont's Universal Recycling Law will require all Vermonters to keep their food scraps (except meat and bones) out of their household trash.

Ham Gillett, Outreach Coordinator for GUVSWMD (Greater Upper Valley Solid Waste Management District) will answer your questions and talk about your options for food scraps and composting. **Ham will be selling discounted "Soil Saver" backyard composters for \$30 and "Sure-Close" food scrap pails for \$5 to any participant. Limit one each per household. Additional "Soil Savers" may be purchased for \$50.**

Please register in advance by calling The Thompson.

Our National Parks: One Couple's Road Trip Through Them All A Special Dinner Program Presentation

Thursday, October 3, 2019

6:00 pm Dinner, followed by 7:00 pm Presentation

Cost: \$20, please RSVP at 457-3277

Following Mark Twain's advice from their favorite inspirational quote, Fred & Laura Jolly 'threw off the bowlines' after they retired and hit the road in a 30' motorhome. They spent two-and-a-half years traveling over 80,000 miles to visit all 59 (at the time) national parks and all 50 states. Their journey took them around to another 100+ national park units -- battlefields, monuments, memorials, etc. -- where they re-learned U.S. history, reflected on our nation's past, and downright enjoyed the little things and pleasures of a less-complicated life. Settled in southwest Michigan now, they reflect back on this great adventure in a 90-minute program that they share with fellow travelers and national park enthusiasts. Join us as they share stories, magnificent images, and insights into their epic journey. [www.jollyoutthere.com]

VINS Forest Canopy Walk

Wednesday, October 16, 1:00 pm. Depart Thompson at 12:30 pm.

Please call The Thompson to pre-register and indicate if you will need transportation.

Cost: \$12.50

A new exhibit is coming to the VINS Nature Center – the Forest Canopy Walk. Designed so people of all levels of ability can enjoy it, this new feature will offer every generation a new perspective and way to experience the beauty of the landscape. Visitors will move from forest floor to treetops without a climb. Connecting to the existing McKnight Trail, the Walk will be reached by a combination of ground-level trail and a newly constructed, ADA-accessible boardwalk. The increase in elevation from the start of the trail to the entrance will be minimal to accommodate the greatest diversity of visitors. At the highest points, visitors will be an amazing 65 feet above the forest floor getting eye-to-eye with tiny warblers, woodpeckers and squirrels! Three special features and five Interpretation Nodes will also be built into the Walk, including an oversized nest that visitors can climb into and see the world from an eagle's vantage point.



FALL SERIES

Painting with ArtisTree

With Instructor Murray Ngoima

6-week Series: Fridays, Sep. 20 – Oct. 25,
10–11:30am, Cost: \$60 for 6 weeks or \$10/class

Intro: Explore the wonderful world of painting in this class for Thompson Center participants.

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 amid supportive and congenial company. Transportation is provided from The Thompson to ArtisTree and back with advance request.



community arts center & gallery

Monthly Art Project with ArtisTree at The Thompson Wednesday, Sept. 4, 1:30 pm

Celebrate the Monarch butterfly! We will create beautiful butterflies using a mixed media technique in honor of the migration of the monarch. Be inspired by the bright colors and bold symmetry of the magical insect that travels between Mexico as far up as Canada. Please sign-up in advance at 457-3277.

Tech Tutoring at The Thompson Provided by NWPL

Tuesday, September 17, 12:45 - 2:45 pm

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. 45 minute appointments are available and you can book more appointments as you need them. Please call to schedule yours at The Thompson 457-3277.

Musician Mark Harding Performs Thursday, Sept. 26, 1:00 pm immediately following the Birthday Lunch Celebration

Born the son of a trumpeter and a singer in late 60's England, Mark was exposed from an early age to equal servings of show tunes, jazz and rock'n'roll, resulting in a large repertoire that spans 100 years or more and covers many popular styles on guitar, harmonica and vocals. Please join us for his first performance at The Thompson.

Jewelry Repair at The Thompson Tuesdays, 1:15 - 2:15 pm, by appointment

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. Sign-up in advance.

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.

Tie-Dyeing Workshop Presented by Deanna and Cynthia Monday, September 30, 1:00 pm

Tie-dye is a versatile craft. You can get all kinds of effects depending on how you manipulate the fabric and the range of colors you choose. Each creation is unique. Below are a couple of web sites you can visit to study techniques as well as a list of suggested patterns. Feel free to tie up your piece ahead of time if you wish.

www.parents.com/fun/arts-crafts/kid/tie-dye-with-kids/

www.tiedyed.com/pages/6-cool-tie-dye-patterns-for-beginners

We will provide all the supplies necessary to create a work of art. You will need to bring 100% natural fiber (cotton, bamboo, rayon, or hemp) shirt, socks, hat, etc.) articles with which to work. You will also take home your piece for "curing" and will need to wash it the following day.

Participation is limited so please sign up soon!

AGE WELL

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

Healthier Living Workshop: Chronic Pain Management

A Workshop facilitated by community health teams from

Gifford Medical Center and Mt. Ascutney Hospital

Free Six Week Series: Tuesdays, October 1,8,15,22,29 and November 5, 12:30-3:00 pm

What the Program Offers:

- Techniques to deal with problems such as frustration, fatigue, isolation, and poor sleep
- Exercises to improve your strength, flexibility, and endurance
- Tips for talking with family, friends, and health care professionals about pain

Who It's For:

People living with chronic pain for more than 3-6 months. Some chronic conditions are: musculoskeletal, fibromyalgia, post surgical pain that lasts beyond 6 months, neuropathic pain, and post stroke pain. This workshop can also benefit people with persistent headache, Crohns disease, Irritable Bowel Syndrome, diabetic neuropathy, or those with severe muscular pain from conditions such as multiple sclerosis.

To register, please call The Thompson.

Dementia Care Training

Presented by TLC homecare at The Thompson Center

A Series of 3 Workshops developed by Teepa L. Snow, Dementia Care and Training Specialist, MS, OTR/L, FAOTA

Utilizing Positive Approach to Care (PAC) Training

Wednesdays, October 23 & 30 and November 6, 2:00-4:00 pm

October 23rd, Workshop A – Normal Aging/Not Normal Aging helps learners understand and recognize the differences in normal and not normal aging.

October 30th, Workshop B – Positive Physical Approach (PPA) and Hand-under-Hand (HuH) focuses on PAC's care partnering techniques that enable care partners to shift from simply dealing with the behaviors to creating a positive and caring environment.

November 6th, Workshop C – Teepa's GEMS®; Using Skills that Make a Difference offers an overview of Teepa Snow's brain change model.

These free workshops are intended for professional caregivers, family caregivers, and for individuals interested in a better understanding of dementia. These workshops can help care partners recognize the difference between normal and non-normal aging, give you skills to handle difficult situations as they arise, and give you knowledge and experience to make sure your cherished loved ones are safe and supported.

More information about each workshop can be found on our website at www.thompsonscenter.org. Please pre-register by calling The Thompson Center.

PROGRAM CALENDAR - SEPTEMBER 2019

Mon	Tue	Wed	Thu	Fri
2	3	4	5	6
CLOSED for Labor Day	9 Strengthen & Stretch 10 Double King Pede 10 Beginning Italian 12 Spanish Table 1:15 Jewelry Repair w/ Yael* 1:30 Mah Jongg 3 Bone Builders	9 W. Leb Shopping* 9:30 Beginner Tai Chi 10:30 Handwork Cir. 10:45 Advanced Tai Chi 12 French Table 1:30 Monthly ArtisTree Project*	9 Strengthen & Stretch 9-11 Chair Massage* 10 Cribbage 10:00 Italian Study 12 Italian Table 1 Italian Intermediate 1:30 Mah Jongg 3 Bone Builders	8 Depart for Washington DC Trip 10-12:30 CCC Office Hours* 12 German Language Table 1:30 Water Aerobics* Open Ping Pong
9	10	11	12	13
Reading Day* 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 1:15 Jewelry Repair w/ Yael* 1:30 Mah Jongg 3 Bone Builders	9:30 Beginner Tai Chi 10:30 Handwork Cir. 10:45 Advanced Tai Chi 12 French Table 1 Composting Talk	9 Strengthen & Stretch 9-11 Chair Massage* 10 Cribbage 10:00 Italian Study 12 Italian Table 1 Italian Intermediate 1:30 Mah Jongg 3 Bone Builders	Senior Center Month BBQ* 9-2:30 Foot Clinic* 10-12:30 CCC Office hours* 12 German Language Table 1 Music with the Occasional Jug Band 1:30 Water Aerobics* Open Ping Pong
16	17	18	19	20
8:30 Newsletter Folding 10:15 Memoir Group 1 Horseshoes	9 Strengthen & Stretch 10 Double King Pede 10 Beginning Italian 11:30 Commodities 12 Spanish Table 12:45 Tech Tutoring* 1:15 Jewelry Repair w/ Yael* 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	9 Strengthen & Stretch 9-11 Chair Massage* 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* 10 Painting with ArtisTree* 12 German Language Table 1:30 Water Aerobics* Open Ping Pong
23	24	25	26	27
10:15 Memoir Group 1 Horseshoes	9 Strengthen & Stretch 10 Double King Pede 10 Beginning Italian 12 Spanish Table 1 Medicare OEP Talk 1:15 Jewelry Repair w/ Yael* 1:30 Mah Jongg 3 Bone Builders	9:30 Beginner Tai Chi 10:30 Handwork Cir. 10:45 Advanced Tai Chi 12 French Table 1-3 Fall Prevention Clinic*	Birthday Day* 9 Strengthen & Stretch 9-11 Chair Massage* 10 Cribbage 10:00 Italian Study 12 Italian Table 1 Italian Intermediate 1 Music with Mark Harding 1:30 Mah Jongg 3 Bone Builders	10-12:30 CCC Office Hours* 10 Painting with ArtisTree* 12 German Language Table 1:30 Water Aerobics* Open Ping Pong
30				
10:15 Memoir Group 1 Horseshoes 1 Tie-Dye Workshop*			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 - SEPTEMBER 2019

Mon	Tue	Wed	Thu	Fri
2	3	4	5	6
CLOSED for Labor Day	Grilled Pesto Chicken Breast, Lemon Risotto with Peas Marinated Vegetable Salad, Blueberry Crisp	Beef Stroganoff, Roasted Vegetables, Brownie Sundaes	BBQ Pulled Pork Sandwich, Coleslaw, Bean Salad, Fresh Fruit Parfait	Italian Basil Pasta Salad, Waldorf Salad, Chicken Salad Plate with Lettuce and Roll, Chef's Choice Dessert
9	10	11	12	13
Reading Day* Dijon Crusted Chicken Breasts, Horse Radish Mashed Potato, Gravy, Spinach, Berries and Cream Roll	Lasagna, Tossed Salad, Garlic Bread, Fresh Fruit Salad	Cauliflower, Chevre and Onion Quiche, Herb Roasted Potatoes, Broccoli Salad, Sorbet and Fruit	Grilled Salmon Burger On a Multi-grain Roll, Potato Salad, Grilled Vegetable Salad, Warm Berry Crisp	Senior Center Month BBQ* Chicken BBQ, Potato Salad, Cole Slaw, Corn Bread, Ice Cream Cone
16	17	18	19	20
Stuffed Meatloaf w/ Spinach and Cheese, Mashed Potato, Gravy, Green Beans, Brownie	Chicken Milano w/ Basil and Sundried Tomatoes served over Fettuccine, Tomato & Mozzarella Salad, Fresh Fruit Salad	Shepherd's Pie, Vegetable Medley, Poached Pears	Tossed Salad Chicken Ala King, Vegetable Medley, Biscuits, Oatmeal Cran-raisin cookies/ fruit	Chef's Choice
23	24	25	26	27
Vegetable & Chicken Stir Fry, Brown Rice, Cookie w/ Fruit	Spaghetti & Meatballs, Tossed Salad, Garlic Bread, Fruit Salad	Pork and Apple Curry, Scallion Brown Rice, Broccoli, Cauliflower, Kale Slaw, Mandarin Orange Delight	Birthday Day* Lemon Basil Grilled Turkey Breast, Lemon and Fresh Herb Sauce, Grilled Asparagus, Garlic Smashed Potato, Roll, Cake & Ice Cream	Tossed Salad, Cajun Tilapia, Brown Rice, Braised Collard Greens, Chocolate Chip Cookies
30				
Turkey Sandwich w/ lettuce, tomato, cheese on a multi-grain bun, Apple & Squash Soup, Warm Berry Crisp			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 **Reading Day on the 9th, Senior Center Month BBQ on the 13th, and Birthday Day on the 26th.** 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.

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. Than 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 until Oct. 4
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.



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.

**Tai Chi for your Balance,
Coordination, and Relaxation
Beginner 9:30 am, Advanced 10:45 am
Every Wednesday except 10/30, 11/27 & 12/25**



Our Thompson Tai Chi classes provide a weekly hour of enjoyable time when you can improve your balance, body alignment, coordination, memory, and pleasure in movement. The slow, gentle steps of tai chi have surprising ability to strengthen the legs, while the arm gestures engage muscles in the back and core. Many class participants find tai chi a great stress reducer! Instructors Anne and Jane offer encouragement and really enjoy teaching.

Fall classes for the remainder of 2019 will start up Wednesday, Sept. 4th, right after Labor Day. The beginner/intermediate class runs from 9:30-10:30 and the more advanced group meets from 10:45-11:45. If you have questions, please call Anne at 457-2877. We'll have classes every Wednesday except Oct. 30, Nov. 27, and Dec. 25. **Cost is \$3 per class.**

**When it comes to finding tools for
staying healthy, active, and
involved, The Thompson is your
resource to age well.**

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

Medicare Open Enrollment Talk
Presented by Senior Solutions
at The Thompson Center
Tuesday, September 24, 1:00 pm

Medicare's Annual Open Enrollment period is October 15th to December 7th. This informational talk is an important opportunity for all Medicare beneficiaries to review their Medicare Drug Coverage and Medicare Part C plan. Everyone enrolled in Medicare should check how their plan coverage works. As a beneficiary, this responsibility is yours. If you need help, don't wait - get your questions answered early. Help is also available at www.medicare.gov - the official U.S. government site for Medicare. You should ask these questions to prepare for Open Enrollment:

- Is the cost (premium) of my plan changing?
- Will my plan still cover the drugs I need?
- Are there any drug restrictions?
- How does my plan coordinate with any state or federal benefits, if I receive these? (Examples: V-Pharm, Extra Help-Low Income Subsidy, or Medicaid)
- Is there a plan that fits my needs better than my current one?

Please call The Thompson to register.

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

As we sadly bid farewell to Mary Wood on September 18th for her last foot clinic, we are diligently pursuing continuity of care by finding her replacement. Please call The Thompson to be added to a foot clinic appointment wait list and you will be notified as soon as a schedule is in place. We appreciate your patience and understanding during this transition.

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, 9:30 - 12:30 pm

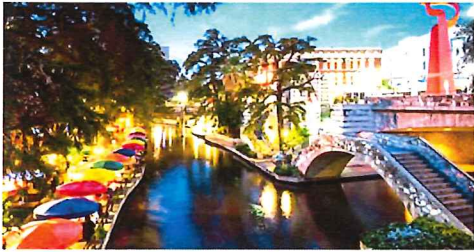
Experience Reflexology techniques to de-stress and promote a balanced, holistic well-being. 30 min/\$30, Loose clothing recommended. Call in advance for your 30 minute appointment.

TRIPS

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.

A comprehensive trip itinerary is now available for all travelers. Departure time on September 6th is 8:00 am from The Thompson Center. Travelers are welcome to leave their cars on the far east end of our parking lot while away.



Spotlight San Antonio by Collette Tours November 10 – 14, 2019

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

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 LOVING MEMORY & APPRECIATION

IN APPRECIATION

Flowers for the flower arrangements
at Bartlett Dinner Program:

Janet Maxham
Perri Maxham
Margarete Pierce
Mavis Shaw
Rita Post

Carol Powell - flower centerpieces
Susan Inui - books
Sandra Audsley - books
Linda & Frank Chisari - garden vegetables
George Roy - medical equipment
Molly Noonan - puzzles
Candie Gammill - medical equipment
In memory of Lydia Montano -
medical equipment



ONGOING DONATIONS

Daily *Valley News* subscription -
Woodstock Pharmacy

The *Vermont Standard Paper*

Birthdays Cakes -
Diane Atwood, Jane Soule & Darleen Griggs

Monthly book club selection -
Yankee Bookshop

Muffins - Mountain Creamery

IN MEMORY OF

Allan Atwood
Zaela Strong

SHARE THE HARVEST:

Carl & Joyce Hurd - cucumbers
Erin Quicker - eggs
John Fullerton - kale & squash
Mavis Shaw - lettuce
Bob & Janet Forman - green beans
Phyllis Bulmer - raspberries
Laura Robinson - herbs
Anne Bower - apples
Tom Morse - cucumbers

On Sept. 26th we will celebrate your special day with a delicious, complimentary meal! Please call to make a reservation for lunch and join us!

SEPTEMBER BIRTHDAYS



1st	Beverly	Audsley	14th	Bo	Gibbs	24th	Joann	de Reyna
1st	Anne	Herz	14th	Patricia	Bernardi	24th	Todd	Shortledge
1st	Althea	Derstine	14th	Mary	Fullerton	24th	Nancy	Schmitt-Gaede
2nd	Helen	Howe	15th	Mary	Hawkins	24th	Hilder	Allen
2nd	Marian	Whitaker	15th	Dale	O'Brien	25th	Wayne	Thompson
2nd	Donald	Lovejoy	16th	Martha	Leonard	25th	Charles	Malerich
2nd	Donna	Peck	16th	Betty	Powell	25th	Mary	Landry
2nd	Fran	Adams	16th	Noreen	Binder	25th	Michelle	Spencer
2nd	Edward	Allen	17th	Roberta	Morse	25th	Cynthia	Thurston
3rd	James	Gebhardt	17th	Robert	McElwain	26th	Kathleen	Kjerulff
3rd	Narda	DiGioia	17th	Linda	Smiddy	26th	Joanne	Smith
3rd	Dawn	Mathis	18th	Felicitas	Leonard	26th	Tom	Smith
3rd	Thomas	Standish	18th	Lesley	Scales	26th	Angel	Rubino
4th	Elizabeth	Schellhorn	19th	Mary	Church	26th	Mary	Fraser
4th	Lynn	Murrell	19th	Madeline	Riederer	26th	Richard	Blackstock
4th	Dale	Kjerulff	19th	Pamela	Gerstmayr	26th	Pauline	Carr
5th	Joy	Corduff	19th	Marjatta	Laven	27th	Isaac	Jacobs
5th	Laura	Robinson	20th	Patsy	Highberg	27th	Len	Brown
5th	Harold	Eaton	20th	Veronica	Skerker	27th	Elliott	Bearse
5th	Michael	Burnett	20th	Jean	Keleher	27th	Louise	Russell
6th	Bobbie	Fleming	20th	Carol Ann	Rice	28th	Linnie	Laws
6th	Ken	Woodhead	21st	Tuesday	Wright	28th	Mary Ann	Daly
6th	Debbie	Darling	22nd	Daniel	Bruce	29th	Prudence	Schuler
7th	Ruth	Ekberg	22nd	Evangeline	Monroe	29th	Anita	Clark
7th	Barbara	Scully	22nd	Karen	Hawkes	29th	Cordelia	McCuaig
7th	Kathleen	Camp	22nd	Roswell	Harlow II	30th	John	Doten Jr
7th	Virginia	Jackson	22nd	Sandra	Thompson	30th	Nancy	Peterson
7th	Howard	Chase	22nd	Judy	Green	30th	Ellen	Burke
9th	Tambrey	Vutech	22nd	Sharon	Rowe	30th	David	Edsall
9th	Emilie	Daniel	23rd	Pia	Nichols			
9th	Patty	MacDonald	23rd	Audrey	Putnam			
10th	Sandra	LaCoss	23rd	Ruth Ann	Lubinsky			
10th	Virginia	Philbin	24th	Juris	Kaugerts			
10th	Deborah	Donahue	24th	Jurgen	Ewert			
10th	Albert	Whittier	24th	Nancy	Randall			
10th	Harold	Booth	24th	Clover	Durfee			
11th	John	Moore	24th	Meghan	Damian			
11th	William	Stewart						



The Thompson

Your resource to age well

Woodstock Area Council on Aging
99 Senior Lane
Woodstock, VT 05091
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FAX: (802) 457-1259
www.thompsonscenter.org

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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



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