Annual Meeting 2019

The Thompson is growing in so many ways - more patrons and diners, more programs and services and even more fun. We are focusing on ways to improve our beloved Thompson farmhouse to meet these needs. We'll need your help, your guidance and increase financial support from many sources. Let's start the conversation at our 2019 annual meeting.

The Annual Meeting is also an opportunity to vote on and welcome new board members and council members, celebrate achievements, and review our year-end (unaudited) financial statements.

Join us on Wednesday, October 23rd at 10:30 am for our Annual Meeting.
Please RSVP by Friday, October 18th 457-3277 or sborz@thompsonseniorcenter.org

Location: The Thompson Center
99 Senior Lane,
Woodstock, VT

Join us following the meeting for lunch at noon. Menu: Tuscan Chicken with Peppers and Tomatoes, Brown Rice, Tossed Salad, Roll, and Lemon Meringue Pie

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

Menu: Coq Au Vin, Parsley Potatoes, Green Beans, Masculin Greens with Vinaigrette, Sabayon with Strawberries

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.jollyouthere.com]
The Thompson Center
Woodstock Area Council on Aging
99 Senior Lane
Woodstock, VT 05091
Phone: 802-457-3277
Fax: 802-457-1259
www.thompsonseniorcenter.org

CENTER HOURS
8 AM-3 PM, Monday-Friday

STAFF
Deanna Jones, Executive Director, djones@thompsonseniorcenter.org
Paula Audsley, Outreach Manager, paudsley@thompsonseniorcenter.org
Pam Butler, Program Director, pbutler@thompsonseniorcenter.org
Jen Bloch, Marketing Coordinator, jbloch@thompsonseniorcenter.org
Shari Borzekowski, Administrative & Resource Assistant, sborz@thompsonseniorcenter.org
Ryan Martin, Chef, rmartin@thompsonseniorcenter.org
Siobhan Wright, Front Desk Coordinator, swright@thompsonseniorcenter.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
Lydia Locke
Daphne Moritz
Steve Selbo
Tambrey Vutech
Joby Thompson

BEHIND THE SCENES

LAST TOWN DAY IS OCTOBER 7th
Residents of Woodstock are invited for lunch at The Thompson for the reduced rate of $3.00 on Monday, October 7 at noon.

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

Halloween Tradition!

We will celebrate in our usual fashion with a ghoulish lunch and goodies on the 31st at noon. Dress up if you want to join the fun!

FUEL ASSISTANCE
Seasonal Fuel Assistance Applications are processed all year long but benefits are paid to fuel dealers in November. If you need assistance applying for benefits, call the Senior Helpline at 800-642-5119. If you think you have applied but have questions about your benefits, call Economic Services Benefit Service Center 800-479-6151. Applications for the 2019-2020 heating season must be postmarked by February 28 for eligible households.

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.

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@thompsonseniorcenter.org
**AARP Smart Driver Safety Course** Friday, October 4
9:00 am to noon (break for lunch); 1:00 to 2:00 pm

Instructor Bill Cherico 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.

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**The Trees and Seeds Project**
A Slide Show Presentation from Malawi, Africa
Wednesday, October 9, 1:00 pm

Teachers John Hiers and Keri Bristow will present information about their non-profit organization, Trees and Seeds, and their recent trip to Malawi in southeastern Africa this past summer to plant trees and work with children in several small villages. Their slide show will illustrate their trip and explain their purpose in traveling to countries like Malawi. Trees and Seeds hopes to create a greater understanding in the world by sending out teams to locations of need. Working side by side with local communities around the globe, they seek to develop sustainable projects which will improve health, promote equality, develop new friendships and give all involved a new vision of global citizenship in an increasingly interdependent world. John and Keri will also discuss future travel opportunities and answer questions.

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**Walk-In Seasonal Flu Clinics – Get Vaccinated!**
Thursday, October 17 at The Thompson Center, 9:00 am-12:00 pm

Adults 18 years and older are eligible. Please bring your Medicare Part B insurance card for direct billing. Fee for all others is $25. High dose vaccine will be available only for those 65 and older and will be covered by Medicare. If anyone is paying cash for the High Dose it will be $65.

*In partnership with Ottauquechee Health Foundation (OHF), The Thompson Center will also be providing free van transportation to and from Bridgewater Community Center and Ottauquechee Health Center to the following Upper Valley FREE Flu Clinics.  
*Please call The Thompson Center to schedule pick-up times as seating will be limited.

**Date:** Saturday, October 5

**Pick up Locations and Times:** Bridgewater Community Center, 9:30am and OHC main entrance, 10:00 am  

**Clinic Location:** Dartmouth-Hitchcock Medical Center

**Description:** Adults and children 9 and older who are not afraid of needles will be immunized in the Auditoria. Children less than 9 years of age, or afraid of needles, will be immunized at reception 3D. They will be offering both regular dose vaccine and FLUAD, which has been designed specifically for people 65 years and older. There will be signs and volunteers to direct you from the Main entrance parking lot at DHMC where the van will drop off/pick up passengers. more info: https://www.dartmouth-hitchcock.org/flu/dhmc_flu_vaccine_schedule.html

**Date:** Tuesday, October 22nd

**Pick up locations and Times:** Bridgewater Community Center, 4:30pm & OHC main entrance 5pm  

**Clinic Location:** Yates Common Room at Vermont Law School, South Royalton, VT

**Description:** The Public Health Council of the Upper Valley is hosting a FREE flu vaccine clinic in the Yates Common Room at Vermont Law School. Vaccines are available to anyone aged 10 and older. They will be offering both regular dose vaccine and FLUAD, which has been designed specifically for people 65 years and older. All vaccines are preservative-free.
CREATIVE AGING

FALL SERIES
Painting with ArtisTree
With Instructor Murray Ngoima
6-week Series on Fridays
Sep. 20 – Oct. 25, 10–11:30 am
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. For registration and to arrange transportation from The Thompson to ArtisTree and back, call The Thompson at 457-3277.

Monthly Art Project with ArtisTree at The Thompson
Wednesday, Oct. 2, 1:30 pm

Falling in love with art! We will be inspired by the changing season colors to create a simple, mixed media masterpiece.

We are trying something new for this year’s Poppy Project on November 6th. Finnie will guide us in creating small paper poppies to place on a large wreath that we will make as a group. This wreath will then be displayed as part of our Veteran’s Day Ceremony at The Thompson flag pole on November 8th.

Please sign-up in advance at 457-3277.

Save the Date!
Thompson Holiday Bazaar & Cookie Walk
Saturday, December 7, 2019

Our plans for the Holiday Bazaar are underway. DO YOU: knit, crochet, sew, craft, bake, make jams & jellies, pickles or candy? While you are preserving jam, jellies, pickles, etc., please make a few extra for our bazaar and bring them to the Center. Also we are no longer accepting coffee cans.

Starting on Wednesday, October 9 at 10:00 am and each Wednesday following, Jane Soule will be holding a special craft workshop for items to be made and sold in the Holiday Bazaar. All are welcome to participate. Bring ideas!

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 dinning room and enjoy a visit over a good mug of coffee.

Oktoberfest Celebration
Friday, October 11
Beginning at noon

Join us as we partake in this celebration with a traditional meal of bratwurst, Apfel- Rotkohl, (braised red cabbage and apples), warm potato salad, and apple strudel. Brent Buswell will perform immediately following our Oktoberfest meal at 1:00 pm. Hinten Hoch!(Bottoms up!) RSVP is required for this lunch. Please also specify “RSVP for the German Speaking-Language Table” if you speak German and wish to sit at the language table.

Tech Tutoring at The Thompson
Provided by NWPL
Tuesday, October 15, 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.
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.thompsonseniorkenter.org. Please pre-register by calling The Thompson Center.
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| **BINGO daily at 10:30 am except on birthday day and other special meal days. Location changes based on the day's schedule.** | *9 Strengthen & Stretch*  
*10 Double King Pede*  
*10 Beginning Italian*  
*12 Spanish Table*  
*12:30-3 Pain Management Workshop*  
*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* | Late Opening for Dinner and Our National Parks Presentation  
Beginning at 5:30 pm  
(There will be no noon meal served today due to late opening) | *9 AARP Smart Driver*  
*10-12:30 CCC Office Hours*  
*12 German Language Table* |
| **Woodstock Day**  
*10:15 Memoir Group**  
*1 Advisory** | *9 Strengthen & Stretch*  
*9:30 Reflexology*  
*10-11 Veggie VanGo*  
*10 Double King Pede*  
*10 Beginning Italian*  
*12 Spanish Table*  
*12:30-3 Pain Management Workshop*  
*1:30 Mah Jongg*  
*3 Bone Builders* | *9:30 Beginner Tai Chi*  
*10:30 Handwork Cir.*  
*10:45 Advanced Tai Chi*  
*12 French Table*  
*1:00 Africa Slide Show* | *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* | Oktoberfest*  
*10-12:30 CCC Office Hours*  
*12 German Language Table*  
*1 Music with Brent Buswell* |
| **CLOSED for Columbus Day** | *9 Strengthen & Stretch*  
*10 Double King Pede*  
*10 Beginning Italian*  
*11:30 Commodities*  
*12:45 Tech Tutoring*  
*12 Spanish Table*  
*12:30-3 Pain Management Workshop*  
*1:30 Mah Jongg*  
*2 Collette Travel Presentation*  
*3 Bone Builders* | *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*  
*12:30 Depart for VINS Forest Canopy Walk* | *9-12 Flu Clinic*  
*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* |
| **8:30 Newsletter Folding**  
*9 Strengthen & Stretch*  
*10:15 Memoir Group** | *9 Strengthen & Stretch*  
*9:30 Reflexology*  
*10 Double King Pede*  
*10 Beginning Italian*  
*12 Spanish Table*  
*12:30-3 Pain Management Workshop*  
*1:30 Mah Jongg*  
*3 Bone Builders* | *9:30 Beginner Tai Chi*  
*10:30 Annual Meeting*  
*10:30 Handwork Cir.*  
*10:45 Advanced Tai Chi*  
*12 French Table*  
*2-4 Dementia Care Training* | *Birthday Day*  
*9 Strengthen & Stretch*  
*9-11 Chair Massage*  
*10-12 Wellness Clinic*  
*10 Cribbage*  
*10:00 Italian Study*  
*12 Italian Table*  
*12:30-3 Foot Care Clinic*  
*1 Italian Intermediate*  
*1:30 Mah Jongg*  
*3 Bone Builders* | *10-12:30 CCC Office Hours*  
*10 Painting with ArtisTree*  
*12 German Language Table* |
| **9 Strengthen & Stretch**  
*10:15 Memoir Group** | *9 Strengthen & Stretch*  
*10 Double King Pede*  
*10 Beginning Italian*  
*12 Spanish Table*  
*12:30-3 Pain Management Workshop*  
*1:30 Mah Jongg*  
*3 Bone Builders* | *8:30 Balance Clinic*  
*9:30 Beginner Tai Chi*  
*10:30 Handwork Cir.*  
*10:45 Advanced Tai Chi*  
*12 French Table*  
*2-4 Dementia Care Training* | *Halloween Fun*  
*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* | *Indicates that sign-up/reservations are required* |
# MENU - OCTOBER 2019

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<tr>
<td><strong>Meal Pricing:</strong></td>
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<tr>
<td>&quot;$ 7 charge for those under age sixty&quot;</td>
<td><strong>Tossed Salad, Hearty Beef and Vegetable Stew, Roll, Blueberry Cake</strong></td>
<td><strong>Asian Pork Burgers on Multigrain Round w/ Lettuce and Sweet &amp; Sour BBQ Sauce, Roasted Steak Fries, Asian Slaw, Fresh Fruit Parfait</strong></td>
<td><em><em>Our National Parks Dinner Presentation</em> (No lunch served) Mesclun Greens w/ vinaigrette, Coq Au Vin, Parsley Potatoes, Green Beans, Sabayon with Strawberries</em>*</td>
<td><strong>Chili, Corn Bread, Cole Slaw, Pineapple Upside Down Cake</strong></td>
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<tr>
<td><strong>Woodstock Day</strong></td>
<td><strong>Shepherd's Pie, Tuscan style Vegetables, Chef's Choice Dessert</strong></td>
<td><strong>Beefy Baked Ravioli, Garlic Bread, Greek Salad w/ Mixed Greens, Roasted Red Peppers, Olives, Tomatoes, Cucumber, Feta Cheese, Fresh Fruit</strong></td>
<td><strong>Salmon en Croûte, w/ Spinach and Mushrooms, New Potatoes, Cucumber/Dill Salad, Coconut Cream Pie</strong></td>
<td><em><em>Oktoberfest</em> Bratwurst, Apfel-Rotkohl, (braised red cabbage and apples), Warm Potato Salad, Apple Strudel</em>*</td>
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<tr>
<td><strong>CLOSED for Columbus Day</strong></td>
<td><strong>Chicken Milano with Basil and Sun-dried Tomatoes served over Fettuccini, Tossed Salad, Fresh Fruit Salad</strong></td>
<td><strong>Italian Pork Stew, Garlic Bread, Tossed Salad, Berries and Cream Crepes</strong></td>
<td><strong>Tortellini with Asparagus and Lemon topped with Grilled Chicken served with Cucumber, Tomato Salad, Lime and Spice Peach Cobbler</strong></td>
<td><strong>Chef's Choice</strong></td>
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<tr>
<td><strong>Tossed Salad Chicken Ala King, Vegetable Medley Biscuits, Fresh Fruit</strong></td>
<td><strong>Curried Coconut Pork, Stir Fried Vegetables, Scallion Brown Rice, Chocolate Whoopie Pie</strong></td>
<td><strong>Tossed Salad, Tuscan Chicken w/ Peppers and Tomatoes, Brown Rice, Roll, Lemon Meringue Pie</strong></td>
<td><em><em>Birthday Day</em> Grilled Maple-Garlic Marinated Pork Loin, Citrus Sweet Potato Mash, Green Bean Amandine, Cake &amp; Ice Cream</em>*</td>
<td><strong>Tossed Salad, Hearty Turkey Vegetable Soup, Roll, Gingerbread Pear Cake</strong></td>
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<tbody>
<tr>
<td><strong>Beef Lentil Soup, Tossed Salad, Roll, Pumpkin Bread Pudding</strong></td>
<td><strong>Greek Chicken w/ Lemon Rice, Mediterranean Medley Salad, Honey Cherry Walnut Brownies</strong></td>
<td><strong>Tossed Salad, Lemon Garlic Tilapia, Rice Pilaf, Succotash, Blonde Brownie with Raspberries and Cream</strong></td>
<td><strong>Stuffed Peppers, Tossed Salad, Fruit Short Cake</strong></td>
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*Reservations Required*

Please sign-up in advance for special meals and Birthday Day. This month includes Dinner Presentation on the 3rd, Woodstock Day on the 7th, Oktoberfest on the 11th, and Birthday Day on the 24th. 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.

Tai Chi for your Balance, Coordination, and Relaxation
Beginner 9:30 am, Advanced 10:45 am
Every Wednesday except 10/23, 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. 23, Nov. 27, and Dec. 25. Cost is $3 per class.

Strengthen and Stretch Class
No Mondays until Oct. 21
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.

NEW Water Aerobics Class
Woodstock Athletic Club
Fridays, beginning October 11
No class on 11/1 & 11/29
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 your resource to age well.
HEALTHY AGING

Fall Prevention Clinic
At The Thompson Provided by Upper Valley Rehab Physical Therapists
Next Clinic Date: October 30
8:30-10:30 by appointment
Call The Thompson for your personal fall assessment screening with a licensed Physical Therapist.

Wellness and Foot Care Clinic with Carmen Sleeper, RN
Fourth Thursday of each month
10:00 am - 12:00 pm
Foot Clinic - 12:30 - 3:00 pm by appointment
Carmen will be offering foot care as well and will eventually fill Mary Wood's bi-monthly schedule for foot care by mid fall. Please call The Thompson 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.

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 1 pm - 3 pm. 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.

Yoga Pain Clinic with Karobi Sachs
CSYT, RYT 500, E-RYT 500
Offered by Central Street Yoga & Meditation at The Thompson Center
Tuesday, November 12, 4:00 - 6:30 pm
Please register at https://svaroopa.org/vpc-taftsville-191112 or by calling The Thompson Center
Do you live in pain? Looking for an alternative way to manage your pain? Learn how to live a pain-free life! Svaroopa® yoga can reduce and eliminate pain – come and see how. Find out how yoga can help you with your aches and pains. Learn what is going on from yoga's perspective and experience a few body-friendly yoga poses selected specifically for those in attendance. At the end of the program, you will know if classes or private therapy sessions will be likely to help you.

Vermont Health Connect Workshop:
Presented by Samantha Ball, Coordinator
Windor Community Health Clinic
Mt. Ascutney Hospital and Health Center
Tuesday, October 8, 5:30-6:30 pm
Free - No Registration Required
Information included in this workshop includes but is not limited to the following:
- Tax Credits
- What are “metal levels?” Bronze, Silver, Gold or Platinum?
- Picking a Plan
- Will I get a penalty if I don’t sign up?
- How to sign up
- When to change a plan

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 or Hand Reflexology
Deborah Neuhof, Certified Reflexologist
Tuesdays, October 8 & 22
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.
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.

Vermont Symphony Holiday Pops
at the Rutland Paramount Theater
Sunday, December 15, 2019

José Daniel Flores-Caraballo leads the Orchestra and Chorus in a festive program that ranges from an a cappella version of “Jingle Bells” to the blockbuster “Many Moods of Christmas.” .... And of course Holiday Pops can’t officially ring in the season without “Sleigh Ride.” Join us for the celebration!

This trip has been a fun holiday tradition! Tickets are not yet available. Please let Pam or Shari know if you would like to attend again this year and if you would like to consider a different dinner venue.

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

In memory of Nancy Peterson
Medical equipment

Share the Harvest:
Patsy Highberg - cucumbers
Rhonda Bruce - apples
Carol Powell - flowers, zucchini, tomatoes, cucumbers
Mavis Shaw - cucumber, lettuce, tomato, squash
Laura Robinson - tomatoes, assorted herbs, cucumbers
Tom Morese - cucumbers, tomatoes
Ann Bower - cucumbers
Lynn Peterson - blueberries
Economic Development Council - potato salad

ONGOING DONATIONS

Daily Valley News subscription - Woodstock Pharmacy
The Vermont Standard Paper - Birthday Cakes - Diane Atwood, Jane Soule & Darleen Griggs
Monthly book club selection - Yankee Bookshop
Muffins - Mountain Creamery

IN MEMORY OF

Nancy Peterson
Carla Kamel

In Honor of
Ruth Frizell’s Birthday
Richard & Theresa Heepe

On Oct. 24 we will celebrate your special day with a delicious, complimentary meal! Please call to make a reservation for lunch and join us!

OCTOBER BIRTHDAYS

2nd Jane Soule
2nd Diana Leskobar
2nd Regina Cummings
2nd Elsa Lind
2nd Libbet Downs
2nd Milton Fullerton
2nd Dottie Deans
4th Elizabeth Edmonds
5th Kate Andrews
5th Fred Blood
5th Sam Heath
5th Willa Nohl
5th Barbara Kahn
6th Elizabeth Berry
6th Emmie Martin
7th Judith Landers
7th Gary DiBlassio
7th Kenneth Harmen
7th Blanche Rea
7th Michael Pasetaetino
7th Jeanette Duquette
7th Kenneth Tatro
7th Barbara Alexander
7th Judy Cohen
7th Richard Bump
8th Donna Jones
8th David Schullinger-Krause
8th Robert Hager
8th Mavis Shaw
8th Diane Atwood
8th Valerie Bridge
8th Charles Kimbell
8th Robert Wallace
8th Juliette Pierce
9th Marguerite Johnson
9th Daphne Moritz
9th Shay Johnson
9th Candice Witt
10th Carmen Noradunchian
10th Todd Reuben
10th Donna Ladeau
11th Joyce Horton
11th Cornelia Kachadorian
11th Don Olson
11th Jeff Stanyon
12th Tina Miller
12th Brady Jones
12th Lynn Parker
12th Linda Stevens
12th Matthew Maxham
13th Gerald Monroe
13th Kathy Dudley
13th Cathryn Reed
13th Florence Lenart
13th Emma Rikert
13th Susan Seibetta
14th Miriam Desmond
14th Allen Dougherty
14th Kathy Hall
14th Punch Taylor
14th Edward Durgin
14th Alberto Santana
15th Daniel Bellmore
15th Brian Alderfer
15th Dorianne Guernsey
15th Charles Martin
15th Shirley Garafano
16th Karl Wood
16th Dorothy Forthman
16th Kaila Lemmer
17th Richard Roy
17th Robert Rosenberger
17th Toni Vendetti
18th Therese Fullerton
18th Bob Belisle
18th Michael Maya
18th Vassie Sinopoulos
18th Carolyn Feigenbaum
18th Kristin Brodie
19th Sandra von Unwerth
19th Freda Washburn
19th John Fike
19th David Singer
20th Dwight Camp
20th Brooke Beaird
20th Donna Gibson
20th Joan Kerramis
21st Barbara Hagan
21st Kimberly Yale
21st Judith Hills
21st Deborah Gravel
21st Frederick Weremy
22nd Mark Knott
22nd Nell Hamlen
22nd Phyllis Potter
22nd Isabelle Micale
22nd Mary O’Day
23rd Paula Audsley
23rd Laurence Roberts
23rd Tom Deedy
23rd Martha Stanwood
24th Keith Blake
24th Audrey Barr
24th Margaret Beirne
24th Robert Zamenhof
24th Barbara Leonard
25th Betsy Rhodes
26th Suzanne Wooten
26th Patty Castellini
27th Betty Munro
27th Patricia Fowler
28th Nancy Lewis
28th Jim Havill
28th Dorothy Herrick
28th Honey Donegan
30th Nelson Gilman
30th Louise Brickelmaier
30th Sally Cowdrey
31st Phyllis Bulmer
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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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@thompsonseniorecenter.org