



The Thompson

Your resource to age well

PROGRAM CALENDAR - SEPTEMBER 2025

Mon	Tue	Wed	Thu	Fri
1	2	3	4	5
CLOSED for Labor Day	9:30 Benefits Assistance 1 Mahjong 1 Writer's Workshop 3 Bone Builders	9:30 Beginner Tai Chi 10 Ping Pong at the Little Theater 10:30 Handwork Circle 10:40 Advanced Tai Chi 12 French Table 12 Spanish Group 1 Gentle Yoga 1 Bridge	10 Cribbage 10:30 Strength, Stretch, Stability 3 Bone Builders	10 Ping Pong at the Little Theater 10:30 BINGO 1 Mahjong
8	9	10	11	12
9 Walking Group 10 BINGO 10 Ping Pong at the Little Theater 10:30 Chair Yoga 1 Gentle Yoga 1 Advisory Meeting	12 Caregiver Support Group 1 Mahjong 1 Writer's Workshop 1:30 My Healthy VT 2 SLN: National Museum of Asian Art 3 Bone Builders	9:30 Beginner Tai Chi 10 Ping Pong at the Little Theater 10:30 Handwork Circle 10:40 Advanced Tai Chi 12 French Table 12 Spanish Group 1 Gentle Yoga 1 Bridge 4-7 Grand Re-Opening	10 Cribbage 10:30 Strength, Stretch, Stability 10:30-11:30 Tech Appointments Stretch, Stability 1:30 Sustainable Woodstock and Weatherization 3 Bone Builders	10 Ping Pong at the Little Theater 10:30 BINGO 1 Mahjong 1:30 Art with Finnie
15	16	17	18	19
9 Walking Group 10 BINGO 10 Ping Pong at the Little Theater 10:30 Chair Yoga 1 Gentle Yoga	9:30 Commodities 2 SLN: Belmont-Paul National Monument 1 Mahjong 3 Bone Builders	8:30 Board Meeting 9:30 Beginner Tai Chi 10 Ping Pong at the Little Theater 10:30 Handwork Circle 10:40 Advanced Tai Chi 12 French Table 12 Spanish Group 1 Gentle Yoga 1 Bridge	8:30-3 Foot Clinic 10 Cribbage 10:30 Strength, Stretch, Stability 3 Bone Builders	9-2 AARP Smart Driving Course 10 Ping Pong at the Little Theater 10:30 BINGO 1 Mahjong
22	23	24	25	26
8:30-3 Foot Clinic 9 Walking Group 10 BINGO 10 Ping Pong at the Little Theater 10:30 Chair Yoga 1 Gentle Yoga 1:15 Movie Monday	1 Mahjong 1:30 Medicare Talk 2 SLN: US Army Museum 3 Bone Builders 5:30 Supper Club	8:30 Depart for Magic Wings Day Trip 9:30 Beginner Tai Chi 10 Ping Pong at the Little Theater 10:30 Handwork Circle 10:40 Advanced Tai Chi 12 French Table 12 Spanish Group 1 Gentle Yoga 1 Bridge	10 Cribbage 10:30 Strength, Stretch, Stability 10:30-11:30 Tech Appointments Stretch, Stability 3 Bone Builders	10 Ping Pong at the Little Theater 10:30 BINGO 1 Mahjong
29	30			
9 Walking Group 10 BINGO 10 Ping Pong at the Little Theater 10:30 Chair Yoga 1 Gentle Yoga	1 Mahjong 2 SLN: Mystic Seaport Museum 3 Bone Builders			RESERVATIONS REQUIRED FOR ALL PROGRAMS & MEALS