



The Thompson

Your resource to age well

PROGRAM CALENDAR - OCTOBER 2026

Mon	Tue	Wed	Thu	Fri
			1	2
RESERVATIONS REQUIRED FOR ALL PROGRAMS & MEALS 802-457-3277			8:30-10 Ping Pong 10 Cribbage 10-12 Morning Jam 10:30 Strength, Stretch, Stability 3 Bone Builders	9:30 Ping Pong 10:30 BINGO 1 Mahjong 1-3 Ping Pong 1:30 Creative Art with ArtisTree 1:30 Beginner Line Dancing
5	6	7	8	9
9:30 Ping Pong 10 BINGO 1 Gentle Yoga 1 Advisory Meeting 1 Writing Group	Reflexology 9 Men's Yoga 10:30 Chair Yoga 11 Memoir Writing with Charlotte Donaldson 1 Mahjong 1:30 Pumpkin Painting Class 3 Bone Builders	9:30 Beginner Tai Chi 10:30 Handwork Circle 10:30 Collette Trip Talk 10:40 Advanced Tai Chi 12 French Table 1 Gentle Yoga	8:30-10 Ping Pong 10 Cribbage 10:30 Tech Help 10:30 Strength, Stretch, Stability 1 Introducing GeoGuessr 3 Bone Builders	9:30 Ping Pong 10:30 BINGO 10:30 Virtual Program-John Tyler 1 Mahjong 1-3 Ping Pong
12	13	14	15	16
Closed for Indigenous Peoples' Day	9 Men's Yoga 10:30 Chair Yoga 11 Memoir Writing with Charlotte Donaldson 12 Caregiver Support Group 1 Mahjong 3 Bone Builders	9:30 Beginner Tai Chi 10:30 Handwork Circle 10:40 Advanced Tai Chi 12 French Table 1 Gentle Yoga	8-3 1:1 Medicare Counseling 8:30-3 Foot Clinic 8:30-10 Ping Pong 10 Cribbage 10-12 Morning Jam 10:30 Strength, Stretch, Stability 3 Bone Builders	9:30 Ping Pong 10:30 BINGO 11 Grief Support Group 1 Mahjong 1-3 Ping Pong
19	20	21	22	23
8-3 1:1 Medicare Counseling 9:30 Ping Pong 10 BINGO 11 Master Class Series: Better Sleep 1 Gentle Yoga 1 Writing Group	Commodities Reflexology 9 Men's Yoga 11 Memoir Writing with Charlotte Donaldson 10:30 Chair Yoga 1 Mahjong 1 CC with Public Assets 3 Bone Builders	9:30 Beginner Tai Chi 10:30 Handwork Circle 10:40 Advanced Tai Chi 12 French Table 1 Gentle Yoga	BIRTHDAY DAY 8-3 1:1 Medicare Counseling 8:30-10 Ping Pong 10 Cribbage 10:30 Strength, Stretch, Stability 2 Tech Help 3 Bone Builders	8:45 Smart Driver Safety Course 9:30 Ping Pong 10:30 BINGO 1 Mahjong 1-3 Ping Pong
26	27	28	29	30
8-3 1:1 Medicare Counseling 8:30-3 Foot Clinic 9:30 Ping Pong 10 BINGO 11 Master Class Series: Better Sleep 1 Gentle Yoga 1 Writing Group	9 Men's Yoga 10:30 Chair Yoga 11 Memoir Writing with Charlotte Donaldson 1 Mahjong 3 Bone Builders	9:30 Beginner Tai Chi 10:30 Annual Meeting 10:40 Advanced Tai Chi 12 French Table 1 Gentle Yoga 1:30 Book Group	8-3 1:1 Medicare Counseling 8:30-10 Ping Pong 9 Breakfast Club 10 Cribbage 10:30 Strength, Stretch, Stability 3 Bone Builders	Halloween Costume 9:30 Ping Pong 10:30 BINGO 1 Mahjong 1-3 Ping Pong