



The Thompson Times

AT THE CENTER FOR SENIORS AND COMMUNITY

DECEMBER 2016



Thompson Holiday Bazaar & Cookie Walk

Saturday, December 3, 9:00 - 1:00 pm



Please join us for this annual holiday event where you'll find a great selection of unique holiday gifts, handmade pottery, ornaments, jewelry, knitted and felted items, wreaths, homemade goodies, jams, jellies, pickles, and more! Santa will visit and our famous Cookie Walk will be upstairs in the conference room. For those generous volunteers who provide us with these delicious cookies we can use an extra dozen this year.

We will be offering raffle prizes once again this year: *a handmade quilt from Bonnie Atwood, Janet Maxham, and Emily Schanck, a three month gym membership to the Woodstock Recreation Center, and a six foot Christmas tree.* Tickets are \$5, or 6 for \$20. All proceeds benefit The Thompson Senior Center.



WINTER TEA AT THE JACKSON HOUSE INN

THURSDAY, JANUARY 12, 2017

2:00 - 4:00 PM

Kathy and Rick Terwelp of The Jackson House Inn welcome Thompson guests for the 7th Annual Winter Tea. After the hustle and bustle of the holiday season, relax and enjoy a cup of tea and goodies with friends and our neighbors. **Sign up is required** as space is limited to 35.

RSVP by January 5th at the
Thompson Center by calling 457-3277.

THE
JACKSON
HOUSE
INN

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
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Shari Borzekowski, Administrative &
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sborz@thompsonscenter.org
Ryan Martin, Chef,
rmartin@thompsonscenter.org
Siobhan Wright, Kitchen Assistant, Meals
on Wheels Coordinator
swright@thompsonscenter.org
**Drivers: Dwight Camp, Jim Emery,
Nelson Gilman**

Senior Solutions (Formerly Council of Aging
for Southeastern Vermont)
SENIOR HELPLINE: 800-642-5119

Community Care Coordinators
**Lonnie Larrow, RN and
Carla Kamel, MSW**
Ottawaquechee Health Center, 457-5414

BOARD OF DIRECTORS

Liza Deignan—*President*
John Steinle—*Vice President*
Jerry Fredrickson—*Treasurer*
Sarah Roberts—*Secretary*
Sam & Eleanor Grice—*Advisory*
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Dave Bollinger
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Bill Emmons
Peter Goulazian
Anne Herz
Peggy Kasden
Holly Levison
Susan Moor
Daphne Moritz
John Snyder
Tambrey Vutech
Wendy Wannop
Tom Weschler

BEHIND THE SCENES

ADVISORY MEETING HIGHLIGHTS

- Holiday bazaar meeting to be scheduled
- Discussion about program etiquette at music performances
- Ideas to reduce cold air blowing in while automatic door is open
- Program ideas for new year

Please join our next meeting on Monday, December 5th at 1:00 pm. All patrons and volunteers are invited to attend. Your feedback is needed and appreciated!

WINTER CLOSING POLICY

The Center is always closed when the Woodstock schools are cancelled. You can find out if the schools are closed after 6:15 AM by checking local news. We may also close when we feel driving conditions are not safe for our participants. If the weather seems questionable, please call the Center after 8 am and if we are closed, there will be a message on our machine. We also post on Facebook.



Congratulations to our most recent Marble Game winner, Larry Roberts, who took home \$256.00!

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.

**Sign up for the e-newsletter by emailing:
jbloch@thompsonscenter.org**

NEWS & EVENTS



YANKEE SWAP

Wednesday, December 7 at 1:00 pm

Join our holiday fun with this annual event. Bring in a gently used, wrapped item to add to our collection of gifts. All are welcome, the more the merrier!

HOLIDAY DINNER Wednesday, December 7 at Noon



Please join us for our annual Holiday meal on December 7th. **Menu:** Baked Ham, Scalloped Potato, Pineapple Bread Pudding, Holiday Cranberry Chutney, Green Bean Almandine, Holiday Cake.

Advance sign-up is required. 457-3277.

MEMORY TREE FOR THE HOLIDAYS

Each year a tree is set up in the foyer of the Thompson Center and is dedicated as a memory tree. For \$2 people can have an ornament placed on the tree with the name of someone they are remembering during the holidays.



**Holiday Sing-Along for Seniors:
Hosted by Woodstock Elementary School Sunrise Chorus
At the Woodstock Elementary School Café
Tuesday, December 20, 10:00 - 10:30 am
Please sign up in advance, rides will be provided from The Thompson
Coffee, tea, and light refreshments will be served**

**Reflexology Presentation
Presented by Deborah Neuhof, Certified Reflexologist
Tuesday, January 10, 1:00 pm**

Reflexology is a science which deals with the principle that there are reflex areas in the feet and hands which correspond to all of the glands, organs and parts of the body. Stimulating these reflexes properly can help many health problems in a natural way, a type of preventative maintenance. Reflexology is considered a serious advance in the health field. You are invited to treat your whole body to an introductory session of learning about various reflexology pressure points and techniques demonstrated on the FACE*EARS*HANDS*FEET, to help you de-stress and relax and improve circulation, to bring balance and overall holistic well-being.

Deborah will be offering reflexology appointments at The Thompson beginning on January 11th by advance appointment. Please refer to our calendar.

TRIPS

This popular trip has been sold out— wait list only

**Vermont Symphony Orchestra
Holiday Pops
At the Historic Paramount
Theater in Rutland, Vermont**



VERMONT
SYMPHONY
ORCHESTRA

**Sunday, December 11, 3:00 pm Matinee
Depart Thompson at 1:45 pm and return to
Woodstock approximately 7:30 pm
Cost: \$70 includes transportation, tickets, dinner**



Canyon Country Early Sign-Up Discount!

**Fall 2017 Canyon Country Trip
Featuring Arizona & Utah**

October 2 - October 10, 2017 • 9 Days • 11 Meals

**Visit our website for more details including the
full itinerary and price.**



Dinner to follow at the Red Clover Inn in Mendon

~ Menu ~

First Course

Choice of
House Made Squash Soup
Or
Fresh Mixed Green Salad with
Maple Balsamic
Vinaigrette Dressing

Second Course ~ Family Style

Roasted Herbed Chicken with
Cranberry Chutney
Roasted Pork Loin with a Cider
Sage Glaze
Brussels Sprouts
Chive Whipped Potatoes
Roasted Spaghetti Squash
Corn Bread Stuffing

Third Course

Warm Apple Cobbler with Whipped
Cream

*Coffee, Tea and Lemonade Offered
Cash bar available*

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.

PROGRAMS

Holiday Ornament Workshop Presented by ArtisTree at The Thompson Tuesday, December 6, 1:30pm

ArtisTree's outreach team, Fiona Davis and Finnie Trimpi, will host an ornament workshop at the Thompson where we will create fun, fanciful ornaments to decorate our homes or give as gifts for the holiday season. Paper, paint, sparkles and more...we will collage and construct to your creative heart's content. Each project will be completed on the day of the workshop so that you can make and take to enjoy right away. Pre-registration required by calling The Thompson.



Game Day At The Thompson Tuesday, Dec 13, 1:00

We are planning our next Game Day, which will be an afternoon program due to the time of year. If you have a shuffle board set, a magnetic dart set, or even a portable ping pong table that we can borrow, please call Pam or Shari at The Center. Many games available to play including new Wii Bowling. We look forward to your participation!

Stuff and Nonsense Presented by Story Teller Beth Crowe Tuesday, January 17, 1:00

Beth Crowe returns with another story sure to get the conversation flowing. "Do You want to buy an Ancestor?"... not sure, but I bet you have a box of photographs somewhere that might have a story of their own. Bring an ancestor and let's talk! All are welcome to join this lively discussion.



Life In East Germany: Growing Up And Living For 40 Years Behind The Iron Curtain Presented by Jurgen Dwert, Osher Lifelong Learning Institute Instructor Fridays, January 6 – February 17, 1:00-3:00 pm

Cost: \$20, minimum of 5 students requested, please pre-register by calling The Thompson

Jurgen Ewert presents a very personal account detailing an extraordinary life living behind the Iron Curtain and how his omnipresent party doctrine influenced his life, family, co-workers and friends. His personal story is interwoven through a time line of historic political events spanning 40 years. From his early years in school as a "Young Pioneer", to his participation in the "Free German Youth" movement that was encouraged by a teacher, his young life's path was determined. His formative college years began in 1968, the year of The Prague Spring, and his early career earned him a job at an East Berlin electronics company where he joined a "Socialist Collective". It wasn't until a 1987 visit to West Germany and the United States two years later, that his life changed completely. While watching the fall of the Berlin Wall on television in Florida, it was then that he knew his free life had begun.

During this class, Jurgen will discuss how politics influences our daily lives and how circumstances created by governments can shape our decisions.

PROGRAM CALENDAR - DECEMBER 2016

Mon	Tue	Wed	Thu	Fri
			1	2
* Indicates that sign-up/reservations are required.	BINGO daily at 10:30 am except on birthday day and other special meal days. Location: Dining Room on Mon & Wed. Upstairs conference room on Tues, Thurs, Fri,		9 Strength & Fitness 10:30 Italian Study 12 Italian Table 1 Ongoing Italian 2 Mahjong 3 Bone Builders	9 Breakfast Day* 10-12:30 CCC Office Hours* 10 Painting at ArtisTree
5	6	7	8	9
9 Strength & Fitness 10:15 Memoir Group 10:30 Journaling Class 1 Advisory Meeting	9 Strength & Fitness 10 Double King Pedo 12 Spanish Table 12:30 Mahjong 1 Scrabble 1:30 Ornament Workshop* 3 Bone Builders	Holiday Dinner* 9 W. Leb Shopping* 9:30 Tai Chi Beginner 10:30 Handwork Cir. 10:45 Tai Chi Advanced 12 French Table 1 Yankee Swap	9 Strength & Fitness 10:30 Italian Study 12 Italian Table 1 Ongoing Italian 2 Mahjong 3 Bone Builders	9 – 2:30 Foot Clinic* 10-12:30 CCC Office Hours* 10 Painting at ArtisTree 12 German Language Table
12	13	14	15	16
9 Strength & Fitness 10:15 Memoir Group 1 Advance Directives*	9 Strength & Fitness 10 Double King Pedo 12 Spanish Table 12:30 Mahjong 1 Scrabble 1 Game Day 3 Bone Builders	8:30 Board Meeting Retreat (off-site) 9:30 Tai Chi Beginner 10:30 Handwork Cir. 10:45 Tai Chi Advanced 12 French Table	Birthday Day* 9 Strength & Fitness 10:15 Low Vision Support Group 10:30 Italian Study 12 Italian Table 12:45 Lucy Mac Visit 1 Ongoing Italian 1 Sing-A-Long 2 Mahjong 3 Bone Builders	10-12:30 CCC Office Hours* 12 German Language Table
19	20	21	22	23
8:30 Newsletter Folding 9 Strength & Fitness 10:15 Memoir Group 10:30 Journaling Class	9 Strength & Fitness 10 Double King Pedo 10 Sing-A-Long at Woodstock Elementary School* 11:30 Commodities 12 Spanish Table 12:30 Mahjong 1 Scrabble 3 Bone Builders	9 W. Leb Shopping* 9-2:30 Foot Clinic* 10:30 Handwork Cir. 12 French Table 12:30 Caregiver Support Group	9 Strength & Fitness 10:30 Italian Study 12 Italian Table 1 Ongoing Italian 2 Mahjong 3 Bone Builders	9 Breakfast Day* 10-12:30 CCC Office Hours* 12 German Language Table
26	27	28	29	30
CLOSED	9 Strength & Fitness 10 Double King Pedo 10-12 Wellness Clinic 12 Spanish Table 12:30 - 2:45 Foot Clinic* 12:30 Mahjong 1 Scrabble 3 Bone Builders	9:30 Tai Chi Beginner 10:30 Handwork Cir. 10:45 Tai Chi Advanced 12 French Table	9 Strength & Fitness 10:30 Italian Study 12 Italian Table 1 Ongoing Italian 2 Mahjong 3 Bone Builders	10-12:30 CCC Office Hours* 12 German Language Table

MENU - DECEMBER 2016

Mon	Tue	Wed	Thu	Fri
			1	2
* Vegetarian meals & Gluten Free are available daily upon request. Please contact our chef in advance. 2% Milk, Coffee, tea, and juices available	Meal Pricing: ~ \$ 7 charge for those under age sixty ~ \$ 5 suggested donation for ages sixty and over	Menu is subject to change based on availability of food items. Please call ahead with special dietary needs.	Tossed Salad, Shepherd's Pie, Vegetable Medley, Apple pie	Breakfast Day* French Toast, Maple Sausage, Fruit and Yogurt
5	6	7	8	9
Chef's Choice	Chicken Quesadillas, Bean Salad, Fruit	Holiday Dinner* Baked Ham, Scalloped Potato, Pineapple Bread Pudding, Holiday Cranberry Chutney, Green Bean Almandine, Holiday Cake	Chef Salad w/ Lettuce, Tomato, Turkey, Cheese, Hard Boiled Egg, Carrot, Lemon Curd Bars	Chili, Corn Bread, Cole Slaw, Hot Fudge Sundae w/ Banana
12	13	14	15	16
Ham Salad Sandwich, Corn Chowder, Cookie & Fruit	Stuffed Meatloaf w/ Spinach and Cheese, Mashed Potato, Gravy, Green Beans, Strawberry Sundae	Salmon en Croute, w/ Spinach and Mushrooms, New Potatoes, Cucumber/Dill Salad,	Birthday Day* Orange and Herb Roasted Turkey Breast, Parsnip Mashed potatoes, Gravy, Balsamic Roasted Asparagus, Roll, Cake and Ice Cream	Lasagna, Steamed Antiguan Vegetables, Garlic Bread, Black Raspberry Ice Cream w/ Berries
19	20	21	22	23
Grilled Tuna & Vegetables in herb butter, Brown Rice, Oatmeal Cranberry, Cookie and Fruit	Chicken Milano w/ Basil and Sundried Tomatoes served over Fettuccine, Tossed Salad, Fresh Fruit Salad	Quiche w/ Asparagus, Leeks & Gruyere Cheese, Roasted Potatoes, Tossed Salad, Warm Berry Cobbler	Sweet and sour Pork, Stir fried Vegetables, Brown Rice, Coconut Meringues w/ Pineapple	Breakfast Day* Breakfast Burritos, Eggs, Bacon, Cheese, Fruit, Yogurt & Granola
26	27	28	29	30
CLOSED	Tossed Salad, Spaghetti & Meatballs, Garlic bread, Vegetable Medley, Fresh Fruit Salad	Tossed Salad, Chicken Marsala, Rice Pilaf, Green Beans, Ginger Snap and fruit	Beef Bourguignon, Roll, Tossed Salad, Chef's Choice Dessert	Chef's Choice

Reservations Required

Please sign-up in advance for special meals and Birthday Day. This month includes **Holiday Dinner on the 7th, and Birthday Day on the 15th**. 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!

EXERCISE CLASSES

Please call the Thompson Center to register for classes in advance, 457-3277

BRAIN BUILDER

Countdown

Get the given result with calculations using the provided numbers. You can use some or all of these four numbers and four arithmetic operations: addition, subtraction, multiplication, and division.

Numbers: **4 9 10 15** Result: **146**

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

Strength & Fitness Mondays, Tuesdays & Thursdays 9:00 - 10:00 am

This popular class is led by certified fitness instructor and personal trainer, Liz Hatfield. Liz incorporates aerobic, stretching, strength and weight bearing exercises. The benefits of these exercises include bone building, balance, and overall coordination.

She holds credentials for Group Fitness instruction in Aquatics, Spinning, TRX, Nordic Walking, and Weight Training.

Cost: \$3.00/class or 12 classes for \$30 on a punch card.

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's Slow, Gentle Exercise Great for Mind and Body Wednesdays, 11/30, 12/7 & 14, 1/4, 11, 18, 25 Beginners/Intermediate 9:30 am Upper Intermediate/Advanced 10:45 am

We will again have both an introductory tai chi class and a class for those who've been enjoying Anne Bower's classes here for a while. Both classes use movements based on Sun 73 tai chi--the youngest of the tai chi styles and the one most focused on health. We know from individuals' experiences as well as some clinical studies that tai chi can provide joint pain relief, greater balance, meditation, and fall prevention. Many doctors now recommend it to their patients!

Cost: \$3.00/class (\$27 for 9 sessions) with all of the proceeds going to support programs at The Thompson.

To inquire about the classes, contact Anne at anniebower@yahoo.com or 457-2877 (website: www.annebower.com).

WELLNESS PROGRAMS

CAREGIVER SUPPORT GROUP **Wednesday, December 21, 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 Alzheimers. 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.

Low Vision Support Group **Every 3rd Thursday of the Month** **10:15 - 11:45 am**

The Vermont Association for the Blind and Visually Impaired is offering this new support group where participants can share experiences, challenges, and successes of living with a visual impairment at this ongoing monthly meeting. Learn about adaptive aids and strategies that support independence. Led by a Certified Vision Rehabilitation Therapist from VABVI.

ADVANCE DIRECTIVE CLINIC **2nd Monday of the Month**

Would your loved ones know your wishes about medical care if you were unable to speak for yourself? There is a legal document called an Advance Directive that you can complete to give guidelines about your wishes and appoint someone to represent you if you are not able. 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. The most important part of this process is talking to those you love about what matters most to you. You can call 457-3277 to schedule an appointment.

Foot Care Clinics **Monthly, 9:00 am - 2:30 pm** **on the 2nd Friday & 3rd Wednesday** **And 12:30 to 2:50 pm on the** **4th Tuesday**

In addition to Mary Wood's clinic on the second Friday and third Wednesday of each month, we are happy to offer more foot clinic availability with our wellness clinic nurse, Mary Ann Conrad. Mary Ann will be offering an additional foot clinic on the fourth Tuesday of the month from 12:30 to 2:50 pm following her wellness clinic hours.

Both clinics will now be \$20 and patrons are asked to bring their own towel. As always, please inform us in advance if you cannot make your appointment.

Wellness Clinic & **Blood Pressure Screenings** **Tuesday, December 27, 10 - 12 noon**

Wellness clinics (blood pressure & consultation) with VNA Wellness Clinic nurse, Mary Ann Conrad, held on the 4th Tuesday of each month from 10-noon.

ReFlex * ReLax* ReNew **Offered by Deborah Neuhof** **Certified Reflexologist** **January 11 & 25, 10:00 - 12:30 pm**

Experience Reflexology techniques to de-stress and promote a balanced, wholistic well-being.

Face*Ears*Hands*Feet

Select one or all four: 25 min/\$30

Loose clothing recommended

Call in advance for your 25 minute appointment.

CLASSES & PROGRAMS

**Internet Basics: Answers for
Beginners to Intermediate Users**
January 23 & 24, 1:00 - 2:30 pm
**Cost: \$15 for both classes includes a take
home lesson guide**
Advance registration required

The internet can be a confusing place. You may have many questions: What is a browser? How do I search for something? What is a URL and where do I type it? All these questions and more will be answered by Linda Bryant of Senior Circuit. Please bring your device with you if you have one.



**Holiday Sing-A-Long with
Brent Buswell**
Thursday, December 15, 1:00

Please join us following our Birthday Lunch celebration for our favorite holiday songs that capture the spirit of the season.

Painting at ArtisTree
A Collaboration Between The Thompson Center and ArtisTree
Friday mornings, 10:00 - 11:30 am, Instructor: Murray Ngoima

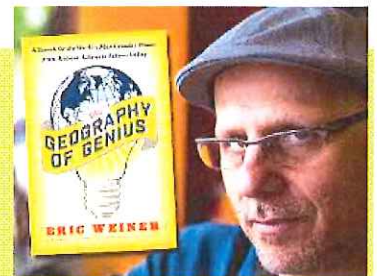


Session 1: Jan 13 - Feb 10 (5 weeks)
Session 2: Mar 3 - Apr 7 (6 weeks)
Session 3: Apr 28 - June 2 (6 weeks)

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. Bus transportation is provided from The Thompson to ArtisTree and back. Transportation provided as needed on The Thompson van at 9:30 a.m. from Woodstock to ArtisTree, returning to The Thompson in time for lunch. \$50 for five classes, \$60 for six classes or \$12 per class. **Call Shari at The Thompson to register for class and a ride if you need one. 457-3277.**

BOOK GROUP
Wednesday, January 11 at 1:00 pm
No Meeting in December

The Senior Center Book Club doesn't meet in December. In January we'll be talking about the Geography of Genius by Eric Weiner. The premise of the book is that the preponderance of geniuses have lived in certain areas of the world over time (Athens, Florence etc.). Whether you reach that conclusion or not, you'll enjoy the travelogue told with humor. You'll find an insight in every paragraph and learn facts that you'll want to share. If you wish, before you begin the book, write your own definition of genius. Write your definition of creativity. Write what you think are the circumstances that make geniuses appear. See you on Wednesday, January 11 at 1:00.



IN LOVING MEMORY & APPRECIATION

IN APPRECIATION

Napkins and cuips Congregation Shir Shalom:
 Flowers and
 Folding Chairs
 Carol Powell: Flower Centerpieces
 Audrey Barr: Tie Dye Kit
 Ronald Griffith: Medical Equipment
 Jody Himebaugh: Medical Equipment
 Laura Robinson: Cherry Tomatoes
 Mountain Creamery: Muffins
 Kathy Dudley - napkins & cups



Happy Holidays
**From the Staff at
 The Thompson Center**

ONGOING DONATIONS:

Daily Valley News subscription -
 Woodstock Pharmacy

The Vermont Standard Paper
Birthday Cakes - Diane Atwood,
 Jane Soule, Carol Towne

Monthly book club selection -
 Yankee Bookshop

Muffins - Boris at Mountain Creamery

*On December 15th we will celebrate
 your special day with a delicious meal!
 Please call to make a reservation for
 lunch and join us!*



DECEMBER BIRTHDAYS

1 st	James	Huff	9 th	Nicholas	Couture	20 th	Rose	Mroszczyk
1 st	Carol	Atwood	9 th	Virginia	Wagoner	20 th	Lonnie	Larrow
1 st	Ruth	Hunter	11 th	Glenda	Osmer	21 st	Judith	Repp
1 st	Jan	Burtch	11 th	Margaret	Bradley	21 st	Erlene	Rogers
2 nd	Dave	Bollinger	11 th	Boots	Churchill	22 nd	Carol	Egbert
4 th	Stan	Talbot	11 th	Jim	Duff	23 rd	Glen	Barr
4 th	Sandra	Hack	12 th	Eleanor	Zue	24 th	John	Audsley
4 th	James	Bailey	12 th	Gordon	Tuthill	24 th	Nancy	Kendall
4 th	George	Zimberg	13 th	Gerald	Parker	24 th	Leo	Desmond
4 th	Barbara	Butler	13 th	Sue	Meador	24 th	Phil	Camp
4 th	Penny	Wiltz	13 th	William	Gamage	24 th	Eileen	Duffy
6 th	Rick	Kuniholm	14 th	Grace	Staples	24 th	Patti	Beda
6 th	Donald	Munro	14 th	Margaret	Kasden	26 th	Carl	Kesseli
6 th	Mary	Doubelday	15 th	Judith	Reynolds	26 th	Rodney	Leonard
6 th	Honore	Hager	16 th	Ryan	Martin	26 th	Katherine	Webster
7 th	Carolyn	Martin	16 th	Deirdre	Donnelly	26 th	Katherine	Sawyer
8 th	Helen	Howe	16 th	Deborah	Hewitt	28 th	Nancy	Gray
8 th	Marjorie	Royce	16 th	Pat	Hesterberg	29 th	Colin	Nevin
8 th	Christopher	Sparkes	16 th	Karl	Huck	29 th	Russell	Audsley
8 th	Laurence	Werner	16 th	Tom	Hitchcock	30 th	Orville	Wright
9 th	Leon	Stetson	17 th	Gordon	Pine	31 st	Hazel	King
9 th	Kristi	Rollins	17 th	Anthony	Thacher	31 st	Richard	Greenspan
9 th	Gerry	Hawkes	18 th	Edith	Williams			



The Thompson

AT THE CENTER FOR SENIORS AND COMMUNITY

Woodstock Area Council on Aging
99 Senior Lane
Woodstock, VT 05091
(802) 457-3277
FAX: (802) 457-1259
www.thompsonseniorcenter.org

Non-Profit Organization
Postage Paid
Permit No. 33
Woodstock, VT 05091

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Thank You to Our Transportation Sponsors and Grants:



Ottauquechee Plumbing

Connected-at-Home



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 - \$10 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 \$1 per ride (\$2 round trip if you get a ride both ways). 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



Find us on
Facebook

Search for "The Thompson Senior Center" and click "like" for regular updates, pictures, event reminders & invitations, and for tips and interesting articles about health, finances, and Aging in Place.