



The Thompson Times

AT THE CENTER FOR SENIORS AND COMMUNITY

MARCH 2016



MARCH FOR MEALS! A NATIONWIDE CELEBRATION OF NEIGHBORS HELPING NEIGHBORS

Each March, The Thompson Center participates in "March For Meals," a national campaign held during the month of March initiated and sponsored by the Meals On Wheels America (www.mealsonwheelsamerica.org), to raise awareness about senior hunger and nutrition, and to encourage action on the part of local communities.

Volunteers for the Thompson deliver between 25 – 30

meals each day (Monday through Friday) to seniors throughout the towns of Woodstock, Bridgewater, Barnard and Pomfret. Last year we delivered 7,947 Meals on Wheels.

The highlights of our March for Meals events this year:

- Community Champions Day, Friday, March 25th - town officials and local celebrities nationwide are asked to deliver meals during the nationally recognized week of March 21 through 25.
- Our 2nd annual **Thank You Walk** on Tuesday, March 8th. Join us at 1 pm as we "March" down Central Street to deliver special "Thank You's" to local businesses for their support throughout the year.
- Watch for our Meals on Wheels column in the Vermont Standard and visit our Facebook page for pictures and testimonials from our recipients and volunteers.
- Pomfret residents: The Thompson will be providing lunch at The Pomfret town meeting again this year on Tuesday, March 1st, at the town hall. Enjoy a delicious soup, sandwich, and cookie prepared by our talented chef, and support the Thompson Meal program too!



TOWN MEETING DAY

The towns of Barnard, Bridgewater, Pomfret, and Woodstock provide support for a portion of our annual operations budget, but we need the vote of residents in each town for this support to be passed during Town Meetings.

According to the National Council on Aging, senior center participants have higher levels of health, social interaction and life satisfaction, and home and community based services are estimated to be one-third the cost of institutional care. With the population of Vermont aging rapidly, support for our senior centers is more critical than ever. In the past year, the Thompson services have reached more than 40% of the residents ages 65 and over in the four towns mentioned above, plus dozens from other communities. We serve approximately 1,500 unique individuals with our programs, referrals, meals, and transportation. **Please consider voting and speaking up at your town meeting about the value of these services for seniors.**

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,
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Shari Borzekowski, Administrative &
Resource Assistant,
sborz@thompsonscenter.org
Ryan Martin, Chef,
rmartin@thompsonscenter.org
Siobhan Wright, Kitchen Assistant,
Meals on Wheels Coordinator
swright@thompsonscenter.org
Drivers: Dwight Camp, Gordon Worth,
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

Tom Weschler—*President*
Liza Deignan—*Vice President*
Jerry Fredrickson—*Treasurer*
Sarah Roberts—*Secretary*
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Dick Atwood
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Anne Herz
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Sally Kesseli
Holly Levison
Patsy Mathews
Susan Moor
Daphne Moritz
John Snyder
John Steinle
Tambrey Vutech

BEHIND THE SCENES

The Thompson Dinner Dance is almost here and raffle tickets are still available!

Purchase tickets now and you could be vacationing in
beautiful Costa Rica or The Woodstock Inn.
For details visit our website at www.thompsonscenter.org

New Lucky Duck Raffle!

\$5 raffle ticket wins you over \$300 worth of gift certificates
Raffle winners to be chosen during two lunches week of 2/22.
For more information and to purchase raffle tickets
call Shari at The Thompson at (802) 457-3277.

Thank You To Our Generous Event Sponsors!

Diamond Sponsors

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Nancy & Michael Sargent • Mertens House • Snyder Donegan Real Estate Group
Stone Dental, PLLC • Woodstock Insurance

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Silver Sponsors

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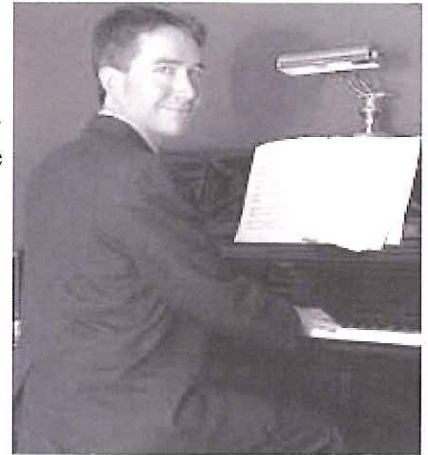
Sign up for the e-newsletter by emailing:
jbloch@thompsonscenter.org

NEWS & EVENTS

Pianist William Ögmundson Returns for a Dinner and Concert Performance

Tuesday, March 22, 5:30 Dinner, 6:30 Performance

William Ögmundson is an Emmy Award nominated composer and professional pianist who resides in New England. He has performed throughout the United States and Europe---most notably at St. Peter's Basilica in the Vatican and The Notre Dame Cathedral in Paris—and his original compositions have been performed worldwide. William began performing at the age of five, and went on to win numerous piano competitions throughout his school years. In recent years William has begun to gain a reputation as a brilliant composer for the theatre. He has composed music and/or written lyrics for many original musical theatre productions, including the past seven productions of the Northern New England Repertory Theatre Company. He has been featured on New Hampshire Public Radio, and in September 2013 won the Moss Hart Memorial Award for New England Theater Conference. One of William's more recent compositions has been featured in American writer and illustrator, Anthony "Tomie" dePaola's latest book *The Magical World of Strega Nona*. **Cost: \$20 per person. Please reserve your seat with your payment.**



Menu: Spring greens salad w/ vinaigrette, pasta w/ asparagus, peas, ricotta and lemon topped with pan seared chicken breast, strawberry Rhubarb strudel

TAX ASSISTANCE AT THE THOMPSON

Do you need assistance with your tax return? The Thompson Center will offer individual tax preparation for seniors and low income persons. TCE Preparers (Tax Council for the Elderly) will complete your 2015 taxes free of charge during scheduled appointments on **Mondays through April 11th**. On the day of your appointment, please come early to fill out a questionnaire.

Please bring: Valid picture ID for the taxpayer and spouse, Social Security card, copies of income tax you filed last year, proof of all income, W-2 forms (if you worked), 1099-R forms and statements for pensions and annuities, Social Security received, interest and dividend income, state rebates, IRA income and copy of your 2015 property tax bill. If you are filing for a Renter's Rebate, Homeowners Property tax rebate or 2015 Act 68 School Property tax payment application, you will need proof of income for everyone in your household.

**Please call 457-3277 soon to schedule an appointment.
Appointments are limited and will fill up quickly!**

TRIPS

Thompson Travelers ~ We Need You!

Please read the letter insert in this newsletter. Our new Trip Committee meeting will be on Wednesday, March 2 at 1:00 pm

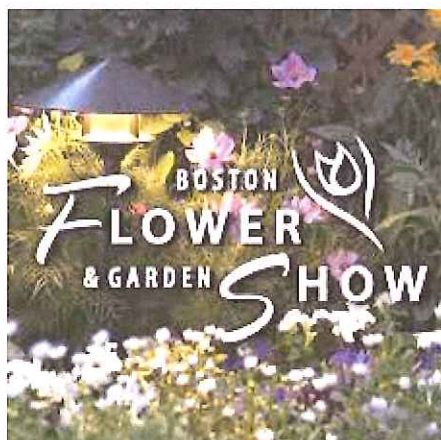
Spring 2016 New York City Bus Tour ~ We are still taking reservations!



Depart From The Thompson on Friday, April 15, and return on Tuesday April 19 – 5 days/4 nights

Cost: \$589 per person based on double occupancy (includes \$25/person surcharge for less than 30 travelers)

For details and complete itinerary, please visit our trip website at: www.grouptrips.com/thompsonseneiorcenter or call Pam at The Thompson at ext. 116



Boston Flower Show

A trip offered by Hartford Parks and Recreation Department

Wednesday, March 16 on Premier Coach Bus

Cost: \$63 for Hartford residents, Non-residents \$78

Call 802-295-5036 for more information and reservations.

EXERCISE CLASSES

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

Tai Chi's Slow, Gentle Exercise Great for Mind and Body Wednesdays, March 2, 9, 16, 23, 30 and April 6

**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!

Classes meet on Wednesdays, with the next round of classes beginning March 2 and continue for 6 classes. The cost is \$30 for the session.

Beginners and Intermediate 9:30-10:30

Upper Intermediate and Advanced 10:45-11:45

To inquire about the classes, contact Anne at anniebower@yahoo.com or 457-2877

Walking for Fitness: Getting Started First, Second, and Fourth Wednesdays of the Month at 9:00 am

Meet at Woodstock Union Arena

We offer a walking program for everyone, regardless of how fast or slow you walk. If you're new to exercise, start slow and easy. At first, walk only as far or as fast as you find comfortable. If you can walk for only a few minutes, let that be your starting point. For example, you might try short daily sessions of 5 to 10 minutes and slowly build up to 15 minutes twice a week. Then, over several weeks, you can gradually work your way up to 30 to 60 minutes of walking most days of the week.

Please note: The Arena is cold this time of year so please dress warmly. Ride service is available upon request.

Strength & Fitness Mondays, Tuesdays & Thursdays 9:00 to 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.

Senior Skating at Union Arena



Seniors will be offered a discounted rate of \$5.00 for *any* public skate, or \$6.00 including rental skates. The public skate schedule is Tuesdays, 12:00 - 1:30 pm and Fridays, 1:20 - 2:40 pm. Check the online schedule for periodic changes at www.unionarena.org or call (802) 457-2500.

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. **Minimum of six participants required. Please sign up in advance.**

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

PROGRAM CALENDAR - MARCH 2016

Mon	Tue	Wed	Thu	Fri
	1	2	3	4
BINGO daily at 10:30 am except on birth-day day and other special meal days. Location: Dining Room on Mon & Wed. Upstairs conference room on Tues, Thurs, Fri,	9 Strength & Fitness 10 Double King Pede 12 Spanish Table 1 Scrabble 3 Bone Builders	9 W. Leb Shopping* 9 Walking Group 9:30 Tai Chi Beginner 10 Chair Massage* 10:30 Handwork Cir. 10:45 Tai Chi Advanced 12 French Table 1 Mahjong* 1 Trip Committee Meeting	9 Strength & Fitness 10:30 Italian Study 10:30 Journaling Class 12 Italian Table 1 Ongoing Italian Class 3 Bone Builders	10-12:30 CCC Office Hours* 12 German Table 1:30 Water Aerobics*
7	8	9	10	11
8:45 Tax Appts* 9 Strength & Fitness 10:15 Memoir Group 1 Bridge 1 Advisory Meeting 1 Advance Directives*	9 Strength & Fitness 10 Double King Pede 12 Spanish Table 1 Scrabble 1 Thank You Walk 3 Bone Builders	9 Walking Group 9:30 Tai Chi Beginner 10 Chair Massage* 10:30 Handwork Cir. 10:45 Tai Chi Advanced 12 French Table 1 Book Group 1 Mahjong*	9 Strength & Fitness 10:30 Italian Study 12 Italian Table 1 Ongoing Italian Class 1 InterGen Project 3 Bone Builders	9 – 2:30 Foot Clinic* 10 Painting at ArtisTree* 10-12:30 CCC Office Hours* 12 German Table 1:30 Water Aerobics*
14	15	16	17	18
8:45 Tax Appts* 9 Strength & Fitness 10:15 Memoir Group 1 Bridge 1 Advance Directives*	9 Strength & Fitness 10 Double King Pede 12 Spanish Table 1 Scrabble 1 Shirt Painting* 3 Bone Builders	8:30 Board Meeting 9 W. Leb Shopping* 9 – 2:30 Foot Clinic* 9:30 Tai Chi Beginner 10:30 Handwork Cir. 10:45 Tai Chi Advanced 12 French Table 12:30 Caregiver Support Group 1 Mahjong*	St. Patrick's Day 9 Strength & Fitness 10:15 Low Vision Support Group 10:30 Journaling Class 10:30 Italian Study 12 Italian Table 1 Ongoing Italian Class 1 Fiddler 3 Bone Builders	10-12:30 CCC Office Hours* 10 Painting at ArtisTree* 12 German Table 1:30 Water Aerobics*
21	22	23	24	25
8:30 Newsletter Folding 8:45 Tax Appts* 9 Strength & Fitness 10:15 Memoir Group 1 Bridge 1 Advance Directives*	Late Opening for William Ögmundson at 5:30 pm (There will be no noon meal served today due to late opening)	9 Walking Group 9:30 Tai Chi Beginner 10 Chair Massage* 10:30 Handwork Cir. 10:45 Tai Chi Advanced 12 French Table 1 Mahjong*	BIRTHDAY DAY* 9 Strength & Fitness 10:30 Italian Study 12 Italian Table 12:45 Lucy Mac Visit 1 Ongoing Italian Class 3 Bone Builders	Community Champions Day 10-12:30 CCC Office Hours* 10 Painting at ArtisTree* 12 German Table 1:30 Water Aerobics*
28	29	30	31	
8:45 Tax Appts* 9 Strength & Fitness 10:15 Memoir Group 1 Bridge 1 Advance Directives*	9 Strength & Fitness 10 Wellness Clinic* 10 Double King Pede 12 Spanish Table 1 Scrabble 3 Bone Builders	9 Walking Group 9:30 Tai Chi Beginner 10:30 Handwork Cir. 10:45 Tai Chi Advanced 12 French Table 1 Mahjong*	9 Strength & Fitness 10:30 Journaling Class 12 Italian Table 1 VINS Presentation 3 Bone Builders	* Indicates that sign-up/reservations are required.

MENU - MARCH 2016

Mon	Tue	Wed	Thu	Fri
	1	2	3	4
Meal Pricing: ~ \$ 7 charge for those under age sixty ~ \$ 5 suggested donation for ages sixty and over	Chicken Parmesan over Multigrain Pasta, Garlic Bread, Steamed Vegetables, Fresh Fruit Parfait	Chipped Beef and Egg Gravy on Mashed Potato, Dijon Braised Brussel Sprouts, Fresh Fruit Salad	Grilled Salmon Burger on Multigrain roll, Roasted Steak Fries, Marinated Vegetable Salad, Ice Cream Sandwich Cookies	Chef's Choice
7	8	9	10	11
Tossed Salad, Corn Chowder, Turkey Cranberry Wraps, Pumpkin Whoopie Pies	Tossed Salad, Hearty Beef & Vegetable stew, Roll, Coconut Cream Pie	Tossed Salad, Spinach, Artichoke & cheese Quiche, Roasted Sweet Potato fries, Oatmeal Cran-raisin cookies/ fruit	Tossed Salad, Chicken Ala King, Vegetable Medley, Rice Pilaf, Hot Fudge Sundae with banana	Meatball Hoagies, Sweet Potato Fries, Coleslaw, Cookie Fruit Basket
14	15	16	17	18
Tossed Salad, Sweet and Sour Chicken with Stir Fried Vegetables, Scallion Brown Rice, Coconut Meringues with Pineapple	Tossed Salad, Beef Stroganoff over Egg Noodles, Roasted Seasonal Root Vegetables, Lemon Fool w/ Berries	Tossed Salad, Tuscan Chicken w/ Peppers and Tomatoes, over Pasta, Roll, Ice Cream w/ fruit compote	St. Patrick's Day Corned Beef, Cabbage, Baby Carrots, New Potatoes, Guinness Stout Cake	Tossed Salad, Almond-crusted Tilapia, Roasted Potatoes & Veggie Blend, Frosted Banana Bars
21	22	23	24	25
Tossed Salad, Hearty Turkey Vegetable Noodle Soup, Roll, Gingerbread pear cake	Dinner Program* (No lunch served) Spring greens salad w/ vinaigrette, pasta w/ asparagus, peas, ricotta and lemon topped with pan seared chicken breast, strawberry Rhubarb strudel	Tossed Salad, Macaroni and Cheese w/ Ham, Butter Beets, Sorbet w/ Fresh Berries	Birthday Day* Roast Beef Au Jus, Potatoes Anna, Broccoli with Hollandaise, Roll, Cake and Ice Cream	Tacos w/ Ground Beef Cheese, Lettuce, Tomato, Salsa, Sour Cream, Red Beans and Rice, Roasted Vegetables, Chocolate Chip Cookies and Fruit
28	29	30	31	
Chef's Choice	Meatloaf, Smashed Potato, Gravy, Peas & Carrots, Peach Rhubarb Crisp	Spinach & Cheese Ravioli w/ Meat sauce, Garlic Bread, Broccoli & Cauliflower, Fresh Fruit Salad	Chef Salad w/ Lettuce, Tomato, Ham, Turkey, Cheese, Hard Boiled Egg, Carrot, Cucumber, Tomato, Roll, Magic Cookie Bar	Menu is subject to change based on availability of food items. Please call ahead with special dietary needs.

* Vegetarian meals & Gluten Free are available daily upon request. Please contact our chef in advance.

* Indicates that sign-up/reservations are required (Birthday Day & special holiday meals)

2% Milk, Coffee, tea, and juices available

CLASSES & PROGRAMS

Water Aerobics Class
Woodstock Athletic Club
Fridays, March 4 - May 20th
(please note: no class on April 8th & 15th)

1:30 – 2:15 pm

Cost: \$80 for 10 week class
The Thompson Center will provide
shuttle service if needed

Water aerobics is a safe and low impact way to exercise your body. It can be a cardiovascular aerobic work-out to the degree you choose by making it easier or more challenging for yourself. Fitness Instructor Bari Ramirez will be using water weights for strength, which are optional. The most important aspect of water aerobics is that it can provide a greater range of flexibility from working in the water. The water creates a nice resistance for your body to move through and because of that you can move your muscles and joints farther and more protected than if you were on land, all in the comfort of an 82 degree pool.

Reservations can be made by calling The Thompson Center. Payment is due at time of reservation and must be received prior to the start of the class series.

A Collaboration
Between The Thompson
Center and ArtisTree



Painting at ArtisTree
Instructor: Murray Ngoima
Friday mornings, 10:00 - 11:30 am
March 11 - April 8

Come paint and learn about painting in the beautiful surroundings, inside and out, at ArtisTree in South Pomfret. Work with water-based media with instruction and/or on projects of your own choosing, in supportive and congenial company. The media offered include watercolor, acrylic, gouache, ink, and colored pencil. Materials provided. Complete beginners to experienced painters, all welcome!

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 or \$12 per class. (5 participants minimum, 12 participants maximum).



Intergenerational Friendship Project
Next Meeting, March 10, 1:00 pm at The Thompson

Thank you to all of our Thompson friends who met with Prosper Valley School second graders in January at their school. For our next meeting, participants are reminded to bring in a piece of family memorabilia. It can be a family photo, a service medal, a sport trophy, an article of clothing important to you, a special dish, a family journal; whatever piece you feel is worth sharing that reflects an important time or event in your family history. *Please inform Pam Butler if you are not able to attend this meeting by emailing her at pbuter@thompsonseneiorcenter.org or by calling 457-3277 ext. 116.*



WELLNESS PROGRAMS

Chair Massages at The Thompson 10:00 am to noon

Greg Somerville's chair massages will be offered on the 1st, 2nd and 4th Wednesdays of the month. The benefits of having a massage on a regular basis are numerous. See for yourself!

Please call in advance to schedule your 20 minute massage. Cost: 20 minute massage/\$20.00

Wellness Clinic & Blood Pressure Screenings

Tuesday, March 29, 10 - 12 noon

~Please note date change this month only~

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

ADVANCE DIRECTIVE CLINIC Monday afternoons

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 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.

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.

CAREGIVER SUPPORT GROUP Wednesday, March 16, 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.



Smiles Program Free Oral Health Pilot Program

3/7, 4/4, 5/2

9:00 am—1:30 pm

Adults of all ages are invited to schedule a free oral health screening and fluoride varnishing with a licensed Public Health Dental Hygienist. During the tax season (Feb 1st-April 11th) oral health screening appointments will take place at the Simmons building. Call OHF for appointments. 457-4188.

Sponsored by OHF and partners.

Foot Care Clinic with Mary Wood Monthly, 9:00 am - 2:30 pm on the 2nd Friday & 3rd Wednesday

Mary Wood, retired RN, runs the foot clinic. Call 457-3277 to schedule a half hour appointment with Mary on the 2nd Friday or 3rd Wednesday of each month (see the calendar for dates). Your feet will thank you!

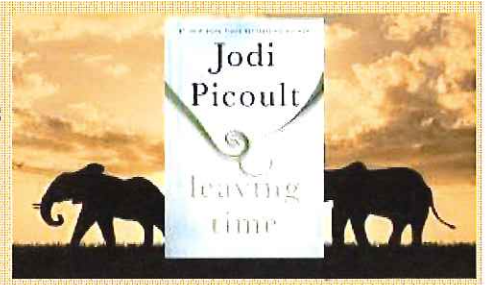
A waiting list is kept for each day; **PLEASE** make sure to let us know if you can't make your appointment. **Cost: \$15, please bring your own towel.**

PROGRAMS

BOOK GROUP

Wednesday, March 9 at 1:00 pm

From best seller Jodi Picoult comes the story of caretakers of elephants and a mystery that will totally take you by surprise at the very end. The research about elephant behavior is fascinating; the females are so caring. Leaving Time is the title which applies to not only the great creatures but to humans as well.



Shirt Painting with Mary Wood

Tuesday, March 15, 1:00 pm

Cost: \$5.00

Bring a white cotton tee shirt or sweatshirt, and your creative side to join Mary to paint shirts in a spring motif. All other materials will be provided. Please register in advance. Please bring a pair of scissors.

Fiddler Beth Telford Performs on St. Patrick's Day

Thursday, March 17, 1:00 pm

Beth Telford is one of Vermont's prominent fiddle players and has been playing fiddle for more than 20 years at festivals, dances, coffeehouses, and backyards in New England and beyond. Since 1996, she has concentrated on learning the tunes and stylings of Cape Breton music. For the past 3 years, she has organized and taught week-long Cape Breton fiddle camps with her mentor, Master Cape Breton Fiddler, Jerry Holland.



Raptor Encounter ~ A Live Bird Presentation

Presented by VINS at The Thompson

Thursday, March 31, 1:00 pm

Live falcons, hawks and owls provide the lens through which we examine food webs, predator-prey relationships and the interdependence of the systems that support life. This first-hand encounter enables participants to understand the defining characteristics that make a bird a raptor and their adaptations for life as a predator on the wing. Touchable artifacts and hands-on materials round out this special experience.

Mahjong, Wednesdays at 1:00 pm

We thank Thompson board member, Peggy Kasden for teaching Mahjong on Wednesday afternoons. Those interested in playing should meet at The Thompson on Wednesdays at 1:00 pm for instruction until March 2 and group members will then decide on a regular playing time. All new members will need to register in advance by calling Shari at 457-3277. Please bring your tiles.



IN APPRECIATION

IN APPRECIATION

Gladys Deatte - gloves
Linda Manning - medical equipment in
Dwayne's memory
Peter Davenport - medical equipment

TRANSPORTATION SPONSORS:

Upper Valley Rehabilitation
Dead River Company
Gateway Motors – car washes
Connected-At-Home
Ottawquechee Health Foundation
Ottawquechee Plumbing
Mark Knott, DDS
Cedar Hill Continuing Care Community

ONGOING DONATIONS:

Daily Valley News subscription -
Woodstock Pharmacy
The Vermont Standard Weekly Papers
Birthday Cakes - Diane Atwood, Jane Soule, Carol Towne
Monthly book club selection - Yankee Bookshop



IN MEMORY OF

JEFF ROBINSON

Lucille Staples

LUCILLE HARLOW

Lucille Staples

BEVERLY RAMSEY

Lucille Staples

RICHARD "DICK" HASTINGS

Margarete Pierce
Wittie Lynn & Reinhart Jeck

PETER BURTCH

Wittie Lynn & Reinhart Jeck

**Congratulations to Joyce Gilman who
won the January 25th Marble Game**

MARCH BIRTHDAYS

1st	Charles	Luetke	9th	Cecilia	Hoyt	14th	Harriet	Stehouwer	24th	David	Crocker
1st	Donald	Doubleday	9th	Larry	Kasden	15th	Renette	Bedard	25th	David	Worth
1st	Jane	Hanley	9th	Mimi	Baird	15th	Ernest	Kendall	26th	Marie	Willis
2nd	Barbara	Blaiklock	10th	Donald	Wieche	15th	Patricia	Osborne	26th	Linda	Willard
3rd	Joan	Hadden	11th	Jerry	Fredrickson	15th	Phil	Lewis	26th	Macy	Lawrence
4th	William	Ellis	11th	Linda	O'Neil	16th	Paul	Milza	27th	Charlotte	Croft
4th	Phil	Mallon	11th	Gayle	Bielanski	16th	Jack	Dibble	27th	Ann	Sadowsky
4th	Heidi	Talbert	11th	Vernon	Fish	17th	Susan	Rose	17th	Mervin	Comes
4th	Mary	Cameron	11th	Richard	Beda	18th	Pat	Tilton	27th	Joan	McGee
5th	Edward	Thumith	12th	Mary	Klampert	18th	Yvonne	Delong	28th	Oliver	Wittasek
5th	Susan	Harlow	12th	Susan	Ditto	18th	Beryl	Spencer	28th	David	Thomas
7th	Jen	Bloch	13th	Willem	Post	18th	Catherine	Harriman	29th	Robert	Parker
7th	James	Hassen	13th	Byron	Kelly	19th	Iain	Worth	29th	Robert	Rand
8th	Alexander	Hadden	13th	Jacqueline	Neuwirth	21st	Peter	Hall	30th	Claude	Richter
8th	Liz	Hatfield	13th	Deborah	Phillips	22nd	Mary	Wilfert	39th	Meg	Johnson
8th	Susan	Lewis	13th	Lucille	Tancreti	22nd	Betty	Putnam	31st	Susan	Brown
8th	Mark	Powers	13th	Faith	Wishart	23rd	Emily	Jones			
9th	John	Garren	13th	Nancy	Morrison	23rd	Sayon	Camara			
9th	Barbara	Sanderson	14th	Irene	Schlerf	23rd	Beth	Drebber			
9th	Lorraine	Kruse	14th	Polly	Bacon	23rd	Lorraine	Bottino			
			14th	Joan	Yankee						

On March 24th we will celebrate your day!

Those who attend with a March birthday will receive a complimentary meal!

Please make a reservation by calling 457-3277.





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

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

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MISSION

The Thompson Center will act as resource and advocate for our senior population providing timely support on issues that affect aging in our rural community. Our programs and activities will promote the physical, intellectual, and social well being of the adult community to enhance dignity, self-worth, and independence. In addition, our senior center will provide a gathering place for our community.

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.

Community Care Coordinator (CCC), Carla Kamel, has office hours at The Thompson.
Times and dates noted on the Program Calendar

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 2014-2015 heating season must be postmarked by February 28 for eligible households.



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.