The Thompson Dinner Dance: A Gala Evening with Dinner, Dancing & Auction

The Thompson Dinner Dance at the Woodstock Inn Ballroom
On Sunday, February 11, 2018
Cocktails & Silent Auction: 5:00 PM
Dinner: 7:00 PM followed by Live Auction, Music & Dancing

The Thompson Dinner Dance is a gala evening with dinner, dancing and auction. Join us for this fun and festive event! Last year’s event was so wonderful we’ve decided to continue with the elegant venue of the Woodstock Inn Ballroom and will be offering music and dancing by Gerry Grimo and the East Bay Jazz Ensemble to the evening’s fabulous dinner and auction. Have some fun - black tie is optional.

Read about all of the exciting live and silent auction items and check out the names of our incredible sponsors on our website. This event is our largest annual fundraiser and provides significant support to the operations of the senior center.

Purchase raffle tickets online by visiting our website at www.thompsonseniorcenter.org/auction 2018. To make your reservation, call or email us at dinnerdance@thompsonseniorcenter.org or visit our website.

Buy raffle tickets and you might be enjoying a 3-night retreat at The Woodstock Inn & Resort while supporting The Thompson. Tickets are priced at $35 each or 4 for $100.

Two fabulous “runner-up” prizes will be drawn as well – Gift baskets from Vermont Farmstead Cheese with a selection of fine artisanal foods.
The Thompson Center
Woodstock Area Council on Aging
99 Senior Lane
Woodstock, VT 05091
Phone: 802-457-3277
Fax: 802-457-1259
www.thompsonseniordcenter.org

CENTER HOURS
8 AM-3 PM, Monday-Friday

STAFF
Deanna Jones, Executive Director,
djones@thompsonseniordcenter.org
Paula Audsley, Outreach Manager,
paudsley@thompsonseniordcenter.org
Pam Butler, Program Director,
pbutler@thompsonseniordcenter.org
Jen Bloch, Marketing Coordinator
jbloch@thompsonseniordcenter.org
Shari Borzekowski, Administrative &
Resource Assistant,
sborz@thompsonseniordcenter.org
Ryan Martin, Chef,
rmartin@thompsonseniordcenter.org
Siobhan Wright, Kitchen Assistant, Meals
on Wheels Coordinator
swright@thompsonseniordcenter.org
Drivers: Dwight Camp, Tom Morse,
Charlie Seitz

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

Community Care Coordinators
Lonnie Larrow, RN and
Carla KameI, MSW
Ottauquechee Health Center, 457-5414

BOARD OF DIRECTORS
Liza Deignan—President
Ginny Eames—Vice President
Jerry Fredrickson—Treasurer
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Dave Bollinger
Susan Copeland
Jon Fullerton
Dolores Gilbert
Lisa Gramling
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Susan Inui
David McGuire
Susan Moor
Daphne Moritz
Tambrey Vutech
Joby Thompson
Tom Weschler

BEHIND THE SCENES
We need your vote on town meeting day in
Woodstock, Bridgewater, Pomfret and Barnard.
These towns provide important funding to operate
the senior center that we won't have without a
passing vote on our special articles. Thank you!

ADVISORY MEETING HIGHLIGHTS
- Auction planning well underway
- Town meetings & petitions discussed
- Upcoming programs being planned
- Suggestions for summer day trips

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

We ♥ our volunteers!

We acknowledge all of our volunteers who have been braving all kinds
of extreme winter weather to fulfill their duties at our Center. We
particularly acknowledge our hearty Meals on Wheels volunteer drivers
who have overcome perilous roads and driveways in the far reaches of
our service area in brutal cold to bring a hot meal and a friendly face to
those in need. Each and every one of you make a difference every day,
and you deserve our gratitude for your service.

Thompson Annual Appeal
The Thompson Annual Appeal began in September and is still
underway. If you haven't made an annual gift and would like to
do so, we would be very appreciative. Annual Appeal gifts
support the operations of the senior center and allow us to
continue critical services like transportation, meals, and other
programs. Mail or deliver a gift to 99 Senior Lane, Woodstock,
VT, or donate online through our website. Thank you very
much!

Brain Builder Answer: 9x15=135, 135-10=125, 125x7=875,
875+50=925

Sign up for the e-newsletter by emailing:
jbloch@thompsonseniordcenter.org
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 2017 taxes free of charge during scheduled appointments on Mondays, February 5th to April 9th including President’s Day. On the day of your appointment, please come early to fill out a questionnaire.

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

Legal Advice Clinic at The Thompson Tuesday, February 13
9:00 am - 3:00 pm

The Senior Citizens Law Project of Vermont Legal Aid will hold a legal advice clinic for Vermonter’s over the age of 60. An attorney will be available for free legal advice or referrals on a variety of civil legal problems, including wills, powers of attorney, landlord-tenant issues, Medicaid, Medicare, Social Security, SSI (or other public benefits), debt collection, consumer issues, guardianship, divorce, foreclosure, small claims, and bankruptcy. Please note that advice cannot be given on criminal cases or problems affecting someone other than you.

The Senior Citizens Law Project provides legal services to Vermonters over 60. To schedule your free 25 minute appointment, please call the Thompson Center. 457-3277.

Tech Tutoring at The Thompson Provided by Norman Williams Public Library
February 6 & 20, 12:45 - 3:45 pm
Please bring your own device

We are happy to continue offering individual IT tutoring thanks to Norman Williams Public Library and Meg Brazil who will be taking David Sullivan’s place. Meg is offering 1:1 assistance for any one of your devices: cell phone, lap top, iPad or tablet - free of charge. Forty-five minute appointments are available and you can book more appointments as you need them. Please call to schedule yours at Thompson 457-3277.

CARE (Citizen Assistance Registration for Emergencies) Would you Need Help in a Disaster?

Emergencies can take many forms, from natural disasters to human-caused events such as a major traffic accident that closes a road or takes out the power for hours at a time. For elders or people with physical or mental disabilities, such events can become life-threatening if they are prolonged and no one is available to help. The CARE Program (Citizen Assistance Registration for Emergencies), administered by the United Ways of Vermont, Vermont 211 and E-911, are working together to identify Vermont residents who would require special assistance in an emergency. If you or know someone who would need special help in a crisis, please complete the form found on their website at www.911.vermont.gov/care and return it to Vermont 211. Your information will be entered into a database linked to the E-911 system, and the records will be updated each year. All records are confidential and will only be shared with groups involved in helping to keep people safe in an emergency. You must send a new form each year to keep your registration up-to-date. This form may be completed, printed and mailed to: Vermont 211 PO Box 111 Essex Junction, VT 05453
**TRIPS & PROGRAMS**

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**Noises Off**  
by Michael Frayn  
Directed by Peter Hackett  
Northern Stage – Barrette Center For the Arts  
Thursday, April 19 at 2:00 pm  
Cost: $52 includes transportation on The Thompson Van, Depart Thompson at 12:45 pm

Called the funniest farce ever written, Noises Off presents a manic menagerie as a cast of itinerant actors rehearse a flop called Nothing's On. Doors slamming, on and offstage intrigue, and an errant herring all figure in the plot of this hilarious and classically comic play. “The most dexterously realized comedy ever about putting on a comedy. A spectacularly funny, peerless backstage farce. This dizzy, well-known romp is a festival of delirium.” – The New York Times

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**Murder for Two**  
*Music, Lyrics, and Book by Joe Kinosian & Kellen Blair*  
At New London Barn Playhouse  
Wednesday, August 22, 2:00 pm performance  
(Depart Thompson Van at 12:30 pm)  
Cost: $34/person

Equal parts Agatha Christie, Groucho Marx, and Cole Porter, this hilarious musical whodunit is an affectionate and ingenious homage to the old-fashioned murder mystery. Lavishly praised by the critics during its New York premiere, this whirlwind 90-minute duet boasts a cast of exactly two: one performer to investigate the crime, the other to play all of the suspects. And of course they both play the piano... Murder for Two: putting the “laughter” back in “manslaughter”!

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**The Thompson Center Presents**  
**Southern Charm Discovery**  
Featuring Charleston, Jekyll Island & Savannah  
October 14 – 20, 2018  
7 days - 9 meals: 6 breakfasts, 3 dinners

Book by April 7, 2018 and save $100 per person/ $2,649 dbl occupancy includes round trip airfare from Logan, taxes and fees/surcharges, hotel transfers.

For complete trip details visit our website: www.thompsonseniorcenter.org/trips

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**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.
Soup and Chocolate
Winter Delights for the Heart and Soul

Presented by Pat Harrison RD – Senior Solutions

Wednesday February 14th
1:15 pm

Come share your culinary skills as we prepare two hearty soups:
Zucchini Vegetable Chowder
(with Cheddar Cheese)

and

Vegetable Tortellini Soup

And as the soup pot bubbles, we’ll focus on Valentine’s Day and CHOCOLATE and help prepare a chocolate treat that will delight!

Please call to Pre-register at 457-3277.

Book Group
Wednesday, February 14th
at 1:00 pm

The book we will read for the February 14th meeting is Gloria Steinem’s My Life on the Road. It’s the moving, funny and profound story of how surprising encounters helped shaped both her own growth and the revolution she helped to create. From her early social activism for women in India to our own country’s Indian people, she tells of listening to strangers’ voices and putting them "out of her head and into her heart." She writes well, and though we think we know her complete story, we have much to learn from her travels.

Diabetes and Eye Health
Presented by Dr. Peter Lapre
Wednesday, March 7, 1:15 pm

Dr. Lapre will discuss diabetes and how it can affect vision and the health of the eyes. His presentation will also include discussion on how to avoid diabetic eye problems and what treatments are available if diabetic eye disease should occur. The goal of his talk is to inform his audience as well as empowering his listeners to learn more about diabetes and it’s affect on eye health.

Dr. Lapre is a graduate of the University of Maine at Orono and New England College of Optometry. He began his career in his private practice in 1988, and has worked at the Ophthalmology Clinic at Dartmouth-Hitchcock. He has been practicing at the Mount Ascutney Hospital Ophthalmology Clinic since 2012. His practice focus is on primary eye care with treatment of eye disease and correction of vision problems.
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<td>BINGO daily at 10:30 am except on birthday day and other special meal days. Location: Dining Room on Mon &amp; Wed. Upstairs conference room on Tues, Thurs, Fri,</td>
<td>* Indicates that sign-up/reservations are required</td>
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<td>*Vegetarian meals &amp; Gluten Free are available daily upon request. Please contact our chef in advance. 2% Milk, Coffee, tea, and juices available. Menu is subject to change based on availability of food items. Please call ahead with special dietary needs. Meal Pricing: $7-charge for those under age sixty $5-Suggested donation for ages sixty and over. Puff Pastry Chicken Pot Pie, Tossed Salad, Warm Apple Crisp.</td>
<td>Chicken Milan w/ Basil &amp; Sun-dried Tomatoes served over Fettucine, Tomato &amp; Mozzarella Salad, Fresh Fruit Salad.</td>
<td>Cajun Blackened Tilapia, Brown Rice, Braised Collard Greens, Blueberry Pie.</td>
<td>Sweet and Sour Pork, Stir Fried Vegetables, Brown Rice, Coconut Meringues w/ Pineapple.</td>
<td>Ham Salad Sandwich, Kale and White Bean Soup, Lemon Cookie and Fruit.</td>
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<td>Stuffed Peppers w/ Beef and Rice, Tossed Salad, Hot Fudge Sundae w/ Banana.</td>
<td>Beefy Baked Ravioli, Garlic Bread, Greek Salad w/ Mixed Greens, Roasted Red Peppers, Olives, Tomato, Cucumber, Feta Cheese, Fresh Fruit.</td>
<td>Chef’s Choice.</td>
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<td>CLOSED President’s Day.</td>
<td>Broccoli Salad, Chicken Marsala, Rice Pilaf, Green Beans, Ginger Snap and Fruit.</td>
<td>Quiche w/ Asparagus, Leeks &amp; Gruyere Cheese, Roasted Potatoes, Tossed Salad, Warm Peach Cobbler.</td>
<td>Birthday Day* Roast Beef Au Jus, Sour Cream and Chive Twice Baked Potato, Asparagus with Hollandaise, Roll, Cake and Ice Cream.</td>
<td>Pork Apple Burgers with Caramelized Pineapple on a Multigrain Sandwich Roll, Coleslaw, Four Bean Salad, Sweet Potato Fries, Fresh Fruit Salad.</td>
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<td>Chef’s Choice.</td>
<td>Salisbury Steak, Gravy, Mashed Potato, Green Beans and Carrots, Apple Crisp.</td>
<td>Chicken Quesadillas, Bean Salad, Fruit.</td>
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<td>*Indicates that sign-up/reservations are required (Birthday Day &amp; special holiday meals).</td>
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**Reservations Required**

Please sign-up in advance for special meals and Birthday Day. This month includes **Valentine’s Day on the 14th and Birthday Day on the 22nd**. 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!
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 - Medication in Motion!
On Wednesdays
Beginner Class 9:30 - 10:30 am
Advanced Class 10:45 - 11:45 am
Feb 28; March 7, 14, 21, 28; April 4, 11
7 classes for $21

Tai Chi has come into its own as more and more doctors and health organizations recognize the many benefits it provides to those who practice regularly.

Our Tai Chi classes at the Thompson exercise mind and body together. Join our lively, supportive group to learn a short, simplified form of Tai Chi that can help your concentration, balance, mood, blood pressure too. Clinical studies show it’s especially effective for FALL PREVENTION and ARTHRITIS.

Tai Chi's slow, gentle movements have a meditative quality, so that even as we concentrate to learn, we reduce the stresses and tensions of daily life.

Come try a class at no cost. If you like it, you can then sign up for a series of classes.

Classes at the Thompson are co-led by Anne Bower and Jane Philipin. Anne has been teaching Tai Chi for 15 years and previously taught literature at the Ohio State University; Jane is a trained meditation specialist and has been teaching Tai Chi for 5 years. For more information you can check out Anne's website: www.annebower.com.

BRAIN BUILDER

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

Numbers: 1 7 9 10 15 50
Result: 925

Answer on Page 2

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.

NEW!

Water Aerobics Class
Woodstock Athletic Club
Fridays, March 2 - May 4
1:30 - 2:15 pm
Cost: $80 for 10 week class

The Thompson Center will provide shuttle service to and from class if needed. Please register in advance by calling 457-3277. Payment is due at time of reservation and must be received prior to the start of class series.

Open Pickle Ball
Woodstock Athletic Club
Fridays, 11:30 - 1:00 pm

Cost: $10 per 1.5 hr court time session. Walk-ins welcome and equipment is provided. Ride service available from The Thompson with advance notice.
WELLNESS PROGRAMS

Low Vision Support Group
Every 3rd Thursday of the Month
10:15 - 11:45 am
February Discussion: Recreation and Accessible Games
The Vermont Association for the Blind and Visually Impaired is offering this 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.

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
4th Tuesday, 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.

Holistic Reflexology
Offered by Deborah Neuhof
Certified Reflexologist
February 21 & 28, 10:00 - 12:30 pm
Experience Reflexology techniques to de-stress and promote a balanced, wholistic well-being. $25/min/$30, Loose clothing recommended. Call in advance for your 25 minute appointment.

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. You can call 457-3277 to schedule an appointment.

CAREGIVER SUPPORT GROUP
Wednesday, February 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 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.
Valentine Art Project
with ArtisTree at The
Thompson on Wednesday,
February 7, 1:30 pm

Let's feel the LOVE!! Using simple printmaking techniques participants will first create a "plate" and then print multiple colorful patterns. We will then add "L" "O" "V" "E" to four of the "best" prints and collage them together for the final masterpiece. Use as a reminder in your own home or give the gift of LOVE to someone special in celebration of Valentine's day.

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

**Session 2:** March 9 - April 6 (6-weeks)
**Session 3:** April 27 - June 1 (6-weeks)
$50 for Session 2 & $60 for Session 3
$10 Drop In Fee. Register at 457-3277.

**Age at Home: Day of Service**
What is a Day of Service?
An opportunity for Thompson volunteers & staff to assist our 65+ community with odd jobs around their home. Helpers will be available for 1-2 hours for non-skilled odd jobs at your home on set days advertised throughout the year. A few examples of jobs for Days of Service include changing smoke detector batteries, sweeping porches, stacking wood, raking leaves.

**Important details:**
You will need to provide any materials needed for your odd job and they should be manageable for 2-3 helpers to complete in no more than 2 hours.

Cost: $20/per person/hour.

A Spring clean-up day will be scheduled in the Spring. To sign-up, call or email Shari at sborz@thompsonseniorcenter.org or (802) 457-3277.

**Veggie VanGo**
2nd Tuesday of the Month
10:00 am - 11:00 am
Mt. Ascutney Hospital

VeggieVanGo, a mobile nutrition program of the Vermont Foodbank, will be coming to Mt. Ascutney Hospital once a month to provide **FREE fresh produce** for people facing hunger. So if you know of an individual, family or patient who might benefit from receiving a delivery of fresh, healthy veggies, you can help by telling sharing this information and encouraging them to pick up their FREE vegetables. And if you, or members of your family could benefit from the program, we hope you'll come too!

**Weekly Game Schedule**

**Bingo**
Daily at 10:30 am
(based on availability of caller)

**Pickle Ball**
Fridays at 11:30 am
(at WAC)

**Double King Pede**
Tuesdays at 10:00 am

**Cribbage**
Thursdays at 10:00 am

**Mahjong**
Tuesdays at 12:30 pm
Thursdays at 2:00 pm

**Ping Pong**
Tuesdays, 10:00 am - 2:30 pm
Fridays - all day

**Meals on Wheels Recipients**
Reminder to Keep Walkways and Driveways Clear

As winter sets in, we ask that all meal recipients make sure that their walkways and driveways are safe to travel on. As volunteers make the effort to get meals to you, please consider their safety in navigating the ice and snow. If you need help with snowplowing or ice removal, please let us know. We appreciate your cooperation!
IN LOVING MEMORY & APPRECIATION

IN APPRECIATION

In memory of Jane Kendall - medical equipment
David Forgione - medical equipment
Alex Tsouknakis - cookies and pastries
Susan Copeland - ham

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

Special thank you to the Jackson House for hosting another wonderful Winter Tea!

IN MEMORY OF

Ted Taylor
Charlie & Kathy English
The Germanic-American Institute
Volker & Ulrike Arendt
Larry & Betsy Luce
Diane & David McClure
Jill Omalley
Reinhart Jek & Wittle Lynn
Kim Spillum Interior Designs
Sanjeev Arora & Silvia Weyerbroek

Beverly Tallent
James & Linda Snidley

Carolyn Harrington
Polly Foley

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FEBRUARY BIRTHDAYS

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19th | Ronald  | Geetgens  |
      | Gail    | Smith     |
      | Marlene | Rand      |
      | Phyllis | Regione   |
      | Mary Ann | Conrad   |
      | Carol   | Ackley    |
      | Linda   | Atwood    |
      | Harry   | Jorgensen |
      | Louann  | Rodenbeck |
      | Louise  | Schwebel  |
      | Susan   | Botzow    |
      | Bernard | Pierce    |
      | Suzanne | Deedy     |
      | Sylvia  | Doten     |
      | Wayne   | Hinson    |
      | Francis | Stoddard  |
      | Kedric  | Harriman  |
      | Floyd   | Wastover  |
      | Jane    | Simonds   |
      | Larry   | Templeton |
      | Floyd   | Van Alstyne |

On February 22nd we will celebrate your special day with a delicious meal! Please call to make a reservation for lunch and join us!
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.

Thank You to Our Transportation Sponsors and Grants:

Woodstock Insurance
Gateway
Vermont
Dead River Company
Connected-at-Home
Ottauquechee Plumbing
Senior Solutions

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.