MARCH FOR MEALS
A NATIONWIDE CELEBRATION OF NEIGHBORS HELPING

The month of March mobilizes hundreds of local Meals on Wheels programs across the country to reach out to their communities and build the support that will enable them to serve America's seniors all year long. The 16th annual March for Meals campaign gives the businesses, organizations, governments and volunteers who contribute so generously in their communities an opportunity to support homebound seniors in a variety of ways to make America stronger and healthier. Volunteers for The Thompson deliver between 30-35 meals each day (Monday through Friday) to seniors throughout the towns of Woodstock, Bridgewater, Barnard and Pomfret. Last year we delivered 9,609 Meals on Wheels.

The highlights of our March for Meals events this year:

- Our 4th annual Thank You Walk on March 1st. Join us at 1:00 pm as we “March” down Central Street to deliver special “Thank You’s” to local businesses for their support throughout the year.
- Community Champions Day, Thursday, March 22nd - town officials and local celebrities nationwide are asked to deliver meals during the nationally recognized week of March 19 through 23.
- Pomfret residents: The Thompson will be providing lunch at The Pomfret town meeting again this year on Tuesday, March 6th, at the Town Hall. Enjoy a delicious soup, sandwich, and cookie prepared by our talented chef, and support the Thompson Meal program too!
- Watch for our Meals on Wheels column in the Vermont Standard and visit our Facebook page.

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.thompsonseniorcenter.org

CENTER HOURS
8 AM-3 PM, Monday-Friday

STAFF
Deanna Jones, Executive Director, djones@thompsonseniorcenter.org
Paula Audsley, Outreach Manager, paudsley@thompsonseniorcenter.org
Pam Butler, Program Director, pbutler@thompsonseniorcenter.org
Jen Bloch, Marketing Coordinator, jenbloch@thompsonseniorcenter.org
Shari Borzekowski, Administrative & Resource Assistant, sborz@thompsonseniorcenter.org
Ryan Martin, Chef, rmartin@thompsonseniorcenter.org
Siobhan Wright, Kitchen Assistant, Meals on Wheels Coordinator, swright@thompsonseniorcenter.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 Kamel, MSW
Ottauquechee Health Center, 457-5414

BOARD OF DIRECTORS
Liza Deignan—President
Ginny Eames—Vice President
Jerry Fredrickson—Treasurer
Wendy Wannop—Secretary
Sam & Eleanor Grice—Advisory
Dave Bollinger
Susan Copeland
Jon Fullerton
Dolores Gilbert
Lisa Granling
Peter Goulazian
Anne Herz
Susan Inui
David McGuire
Susan Moor
Daphne Moritz
Tambrey Vutech
Joby Thompson
Tom Weschler

37 Central Ct
3 Coffee Burns
Aiken & Gail Doucherty
Angier Wit
Andrews
Arts/Great Community Arts
Arnold Senior Care
Barth General Store
Barthmann Inn
Bayada Home Health Care
Berlins
Bolton Mills
Bill & Louisa Bongini
Billings Farm & Museum
Body by Bart, Certified Personal Trainer
Brown Furniture
Cancer Club
Carmen Norwood
Church Photography
Christ Church
Chef Ted & Linda Freitas
Chippers
Chris Campbell
Cloudland Farm
Croydon Gift Shop
Creative Custom Sewing
Dale Gordon Salon
Dartmouth Snowboards
Dean & Edward D'Allesio
Dead River Company
Dick & Anne Beeler

Giving Tree for Meals on Wheels
Liz & Dan Bollman
Les & Susan Borge
Linda Chiesa
Donna Crawford
Kevin & Diane Dugan
Genny Evans
Dick Coulter
Robert & Janet Farnam
Jerry & Arleta Fredrickson
Frank & Eloise Lelby
Brian & Chris Lessard
Henry & Mary Pat McLaughlin
Gina Moore
Tom & Susan Sollette
Shear Images
Cram St. John
& Corinne Anderson
Larry & Diny Tamplin
The Village Butcher
Tom & Patricia Watson
Tom Weschler
& Mary Hawkins
Veronica Flanders
Ken & Tambrey Vutech

100% of the proceeds from the auction goes directly to the support of meals on wheels, transportation programs, and other vital services and programs provided by the Thompson.

Visit our Facebook page for photos from the event.
NEWS & EVENTS

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.

Aging at Home: Spring Clean-Up Days of Service
Saturday, March 31st & May 19th

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. 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.

To sign-up, call or email Shari at sborz@thompsonseniorcenter.org or (802) 457-3277.

Who knew?!?!.....Uber exists in the Woodstock Area!!

In early 2017, ride sharing arrived in the Greater Upper Valley. Started by a handful of local drivers using their own vehicles and popular platforms such as Uber and Lyft, transportation options in the UV stepped into the 21st century. All drivers are subject to rigorous background checks while vehicle age and conditions are scrutinized. They provide services locally and across the region, and as far as Boston, New York and Canada! Regular cars and full-sized SUVs are available.

They have three drivers living in the Woodstock/Quechee area. Often they will be ‘on duty’ at home, so they can serve the Woodstock region, but the Uber system/app is a little tricky about showing drivers available in our area so they have provided other ways to connect with them for rides. Sarah and Jamie live in Quechee. Dennis lives in White River. You can call them directly to schedule a ride. Sarah 802.281.8855 or Jamie 603.359.0746 or Dennis 802.282.5563, they can also be reached at rideshare@uvrides.com

Or Facebook  https://www.facebook.com/uvrideshare/

***The Thompson has a group that will review and test this service within the next two months. When this is done The Thompson will know how to incorporate Uber into our transportation offerings.
Collette Travel Presentation on Tuesday, March 20 at 11:00 am

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

Please join us for a special travel presentation by Collette Travel on Tuesday, March 20, at The Thompson at 11 am. A Collette representative will discuss all trip details and 7 day itinerary, including payment and travel protection options. Deposits for this trip are due before April 14, 2018 for savings of $100 per person.

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

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

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”!
Celtic Knot Tying with ArtisTree
At The Thompson
Wednesday, March 14, 1:30 pm

This month we will learn how to tie a Celtic heart knot. By adding some beads and a clasp we can create a fun bracelet or necklace to wear or give. Bring a friend and celebrate Saint Patrick’s Day in traditional Irish style! Adults of all ages are welcome and advance registration is appreciated.

Medicare Boot Camp for New Enrollees
Wednesday, March 14, 5:30 pm
Presented by Senior Solutions

Are you almost 65 years of age and thinking about signing up for Medicare? Are you retiring and losing your health insurance benefits? Come and learn when and how to enroll in Medicare. State Health Insurance Plan (SHIP) counselor, Patricia Coogan, will be presenting this class for those individuals who will be signing up for Medicare. Patricia will discuss the different levels of Medicare coverage options such as supplement plans, and Advantage plans as well as the current prescription drug plans.

Please call The Thompson Center to register in advance.

An American in Paris
At the Historic Ogunquit Playhouse in Ogunquit, Maine
Wednesday, August 1, 2018
With a Lobster Dinner at Fosters

All inclusive cost: $153 per person. Payment will guarantee your reservation and no later than June 1st

One of the most captivating musicals ever to be adapted for the stage, An American in Paris is inspired by the Academy Award-winning film and features the music of George and Ira Gershwin. The Ogunquit Playhouse is proud to be the first regional theatre in the U.S. to produce this new musical, which won four Tony Awards in 2015. Hoping to start a new life, World War II veteran Jerry Mulligan chooses newly-liberated Paris as the place to make a name for himself as a painter. But Jerry’s life becomes complicated when he meets Lise, a young Parisian shop girl with her own secret - and realizes he is not her only suitor. The stunning combination of classic music, timeless story, breathtaking dance and a beautiful, all-new, design created exclusively for the Ogunquit Playhouse results in a spectacular musical that includes the Gershwin songs “I Got Rhythm,” “Liza,” “S Wonderful,” and many more.
# PROGRAM CALENDAR - MARCH 2018

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<td>* Indicates</td>
<td>BINGO daily at 10:30 am except on birthday day</td>
<td>9 Strength &amp; Fitness</td>
<td>9 Strength &amp; Fitness</td>
<td>10-12:30 CCC Office Hours*</td>
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<td>that sign-up</td>
<td>and other special meal days. Location: Dining</td>
<td>10 Double King Pede</td>
<td>10 Cribbage</td>
<td>11:30 Pickle Ball</td>
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<td>reservations</td>
<td>Room on Mon &amp; Wed. Upstairs conference room on</td>
<td>10 Beginning Italian*</td>
<td>10:00 Italian Study</td>
<td>12 German Language Table</td>
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<td>10:15 Memoir</td>
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* Indicates that sign-up/reservations are required.
### MENU - MARCH 2018

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<tr>
<td><em>Vegetarian meals &amp; Gluten Free are available daily upon request. Please contact our chef in advance. 2% Milk, Coffee, tea, and juices available.</em></td>
<td>Menu is subject to change based on availability of food items. Please call ahead with special dietary needs.</td>
<td><strong>Meal Pricing:</strong> $7 - charge for those under age sixty $5 - Suggested donation for ages sixty and over</td>
<td>Kale Salad, Chicken Parmesan over Multigrain Pasta, Garlic Bread, Fresh Fruit Parfait</td>
<td>Three Onion, Mushroom and Spinach, Quiche, Roasted Potatoes, Tossed Salad, Chef's Gingerbread Cake</td>
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<tr>
<td><strong>Chef's Choice</strong></td>
<td>Broccoli Salad, Hearty Beef &amp; Vegetable stew, Roll, Ice Cream</td>
<td>Dijon Crusted Chicken Breasts, Horseradish Mashed Potato, Gravy, Spinach, Cornbread, Jelly Roll</td>
<td>Tossed Salad, Penne Pasta w/ Sweet Italian Sausage, Spinach, Tomatoes, Pesto, Garlic Bread, Fresh Fruit Salad</td>
<td>Orange Tilapia, Rice Pilaf, Sauté Broccoli, Blonde Brownie with Raspberries and Cream</td>
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<td>Tacos w/ Ground Beef, Cheese, Lettuce, Tomato, Salsa, Sour Cream, Red Beans and Rice, Roasted Vegetables, and Fresh Fruit</td>
<td>Chicken Ala King, Vegetable Medley, Biscuits, Oatmeal Cran-Raisin Cookies/Fruit</td>
<td>Bangers &amp; Mashed, Onions &amp; Gravy, Peas, Carrots, Fruit Short Cake</td>
<td><strong>St Patrick's Day</strong></td>
<td>Cheese Pizza, Greek Salad w/ artichoke, cucumber, pepper, olives, feta cheese Fresh Fruit</td>
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<td>Tortellini with Asparagus and Lemon topped with Grilled Chicken Served w/ Tossed Salad, Lime and Spice Peach Cobbler</td>
<td>Chipped Beef and Egg Gravy on Mashed Potato, Dijon Braised Brussel Sprouts, Roll Apple &amp; Squash Soup, Warm Bally Crisp</td>
<td>Chicken Caesar Wrap, Hearty Vegetable Minestrone, Blueberry Cake</td>
<td><strong>Birthday Day</strong></td>
<td>Chef's Choice</td>
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<tr>
<td>Chili, Corn Bread, Cole Slaw, Hot Fudge Sundae w/ Banana</td>
<td>Reuben's, Beer Battered Onion Rings, Marinated Vegetable Salad, Sorbet w/ Fresh Berries</td>
<td>Italian Pork Stew, Garlic Bread, Pinto Bean &amp; Spinach Salad, Berries and Cream Crepes</td>
<td>Philly Cheese Steak Sandwiches w/ Peppers &amp; Onions, Sweet Potato Fries, Bean Salad, Fresh Fruit</td>
<td>Salmon en Croute w/ Spinach and Mushrooms, New Potatoes Cucumber/ Dill Salad, Brownie Sundae</td>
</tr>
</tbody>
</table>

**Reservations Required**

Please sign-up in advance for special meals and Birthday Day. This month includes **St. Patrick's Day on the 15th 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!
EXERCISE CLASSES

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

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 Meditation 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 improve 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 Philpin. 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

The Right Count
In the following grid, sort the odd numbers in ascending order as quickly as possible

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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.

Water Aerobics Class
Woodstock Athletic Club
Fridays, March 9 - May 18
(No Class on 4/6)
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, 1:30 - 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**

**ADVANCE DIRECTIVE CLINIC**

2nd Monday of the Month

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.

**Low Vision Support Group**

Every 3rd Thursday of the Month

10:15 - 11:45 am

March Discussion: Movies and/or Memory Skills

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.

**Wellness Clinic & Blood Pressure Screenings**

4th Tuesday, 10 - 12 noon

The Wellness Clinic has been cancelled this month and will resume as scheduled on April 24th.

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

**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 is 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 are $20 and patrons are asked to bring their own towel. As always, please inform us in advance if you cannot make your appointment.

**Chair Massage is Back**

At The Thompson!

Thursdays, beginning Mar. 1, 9-11 am

$15 for 15 minutes

Massage Therapist Sara Smith will offer 15 minute massages, or you can ask for more or less time at the time of your reservation. Be kind to yourself and treat yourself to a chair massage by calling The Thompson.

**CAREGIVER SUPPORT GROUP**

Wednesday, March 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.
Fiddler Beth Telford
Performs For
St. Patrick’s Day
Thursday, March 15, 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.

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

CALL TO ARTISTS

ArtisTree is planning an exhibition of the work of artists who are suffering or have suffered moderate to advanced Alzheimer’s and other dementias. The gallery would like to exhibit works from three artists that will aptly demonstrate the changes in the visual brain from pre-dementia through the disease progression. The exhibition is for visual art mediums only.

Location and Dates: The Gallery at ArtisTree in South Pomfret hopes to schedule the exhibit for late 2018. Exact dates are to be determined.

Requirements:

Contact: To learn more and apply for consideration, please contact Adrian Tans gallery@artstreevt.org or (802) 457-3500

BOOK GROUP

Wed, March 14th at 1:00 pm

Our March book is Merle’s Door by Ted Kerasote. The author is a nationally recognized outdoor nature writer who lives in Wyoming. Merle was a wild dog, found along the San Juan River in Utah, and adopted by Kerasote. Not just a man/dog story, Kerasote includes fascinating research data on lupine forebears, biological differences, evolution, behavior and intelligence in the animal-human relationships. It also includes a cat! We hope to see you at 1:00 pm on Wednesday, March 14th.

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

We are happy to continue offering individual tech tutoring thanks to Norman Williams Public Library and Meg Brazill 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.
IN APPRECIATION

Helen Howe - valentine’s candy
Janet Martell & Gerri Rhoades - lift reclining chair
Sharon Hall - medical equipment
John Mathews - medical equipment in memory of Patsy Mathews
The Brock Family - medical equipment
Craig & Joan Hadden - medical equipment
Bo Gibbs - notecards

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

A Special Thank You to our generous friends at The Woodstock Inn for their time on Pamper Yourself Day
Sue Cole
Deb Neuhofer
Rebecca Mitchell
Stephanie Dent

Congratulations to Carol Towne who is our most recent Marble Game winner!

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

IN MEMORY OF

Ted Taylor
William & Florence Zopfi Jr
Jim & Ellen Cooper
Deborah & Stephen Hanson
Thomas Huling
Sue Harrison
Robert & Audrey Burge
Blake & Judith Jaskowiak
Nancy & Jerry Gale
John & Patricia Oplauag
Daniel Koehler
Jennifer Vetel
Robert & Georgie Plattner
Richard & Julie Rideout
Calvin & Phyllis Clark

Patsy Mathews
Joan & Ted Staples
Jerry & Joan Oppenheimer
Alden & Mary Fiertz
Sandra VonUrwerth

MARCH BIRTHDAYS

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18th Pat Tilton
18th Yvonne Delong
18th Beryl Spencer
18th Catherine Harriman
18th Jessica Martin
21st Peter Hall
22nd Betty Putnam
23rd Emily Jones
23rd Lorraine Bottino
23rd David McGuire
24th David Crocker
25th Lori Morgan
25th Mary Godtze
26th Marie Willis
26th Linda Willard
26th Macy Lawrence
26th Christa Bichard
26th Charlotte Croft
27th Ann Sadowsky
27th Brandi Stapleton
28th Oliver Wittasek
28th David Thomas
28th David Martin
29th Robert Parker
30th Claude Richter
30th Meg Johnson
31st Susan Brown
31st Stephen Duclos
The Thompson
AT THE CENTER FOR SENIORS AND A COMMUNITY
Woodstock Area Council on Aging
99 Senior Lane
Woodstock, VT 05091
(802) 457-3277
FAX: (802) 457-1259
www.thompsonseniorcenter.org

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

Thank You to Our Transportation Sponsors and Grants:

Woodstock Insurance
Ghrine Agency
Vermont
Connected-at-Home
Dead River Company
Ottawaquechee Plumbing
Armistead Senior Care
Ottawaquechee

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.

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.