Older Americans Month: Engage at Every Age

Across the country, older Americans – a rapidly growing population – are taking part in activities that promote wellness and social connection. They are sharing their wisdom and experience with future generations, and they are giving back to enrich their communities. They’re working and volunteering, mentoring and learning, leading and engaging.

For 55 years, Older Americans Month (OAM) has been observed to recognize older Americans and their contributions to our communities. Led by the Administration for Community Living’s Administration on Aging, every May offers an opportunity to hear from, support, and celebrate our nation’s elders. This year’s OAM theme, “Engage at Every Age,” emphasizes the importance of being active and involved, no matter where or when you are in life. You are never too old (or too young) to participate in activities that can enrich your physical, mental, and emotion well-being.

While The Thompson provides programs and services year-round, Older Americans Month 2018 offers an opportunity to emphasize the way older adults are living their lives with boldness, confidence, and passion while serving as an inspiration to people of all ages. Throughout the month, The Thompson will conduct activities and share information in celebration of older Americans.

Volunteer Appreciation Dinner Banquet
Wednesday, May 9th at 5:30 pm

A red carpet event to celebrate and recognize our volunteers

The Menu Includes:
Parmesan Crusted Pork Chop, Roasted Fingerling Potatoes with Fresh Herbs, Balsamic Roasted Asparagus, Berries and Cream Crepe

Music will be provided by the Fred Haas Trio

Please RSVP by May 2nd to 457-3277
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, pauudsley@thompsonseniorcenter.org
Pam Butler, Program Director, pbutler@thompsonseniorcenter.org
Jen Bloch, Marketing Coordinator, jbloch@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
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Susan Inui
David McGuire
Susan Moor
Daphne Moritz
Tambrey Vutech
Joby Thompson
Tom Weschler

BEHIND THE SCENES

Congratulations to Sam Grice who is our 50/50 Marble Game winner!

ADVISORY MEETING HIGHLIGHTS
- TSC Facebook included Gen2Gen video of interviews by Mike Leonard
- 251 Dinner Program on May 30
- Mothers’ Day luncheon
- Volunteers’ Dinner

Please join our next meeting on Monday, May 7 at 1:30 pm. All patrons and volunteers are invited to attend. Your feedback is needed and appreciated!

Weekly Game Schedule
Bingo
Daily at 10:30 am
(based on availability of caller)
Pickle Ball
Fridays at 12:00 pm
(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

The Thompson is pleased to provide recognition to an important Sponsor!

Mascoma Savings Bank
Different sponsors are featured here each month. Visit our website to see a complete list.
**NEWS & EVENTS**

**One Town at a Time** Presented by Mike Leonard  
A Special Dinner Program Presentation  
**Wednesday, May 30, 2018**  
6:00 pm Dinner, followed by 7:00 pm Presentation  
*Cost: $20 for dinner and program, Reservations at 457-3277*  
*Menu: Pan Roasted Chicken with Kale & Purple Potato Hash, Mixed Greens Salad, Berry Rustica*

Join Woodstock native, Mike Leonard, as he discusses the documentary film he is working on titled, *One Town at a Time*, which focuses on his personal experience traveling through Vermont’s rural heritage as part of the 251 Club. The 251 Club of Vermont – an organization dedicated to visiting all 251 towns and cities in the State of Vermont – has existed since 1954. First suggested by Dr. Arthur Peach in an issue of *Vermont Life* as a means of getting to know the state better, the 251 club has grown to boast a membership of over 6,000. The club is a loose collection of Vermontophiles with no real membership requirements or rules – only to have a passion about exploring Vermont.

Mike was inspired to join the 251 Club in 2006 when he was 20 years old. With two of his high school friends, he took on ‘The Quest’ of visiting all 251 towns and cities and made it further challenging by doing it in a summer between college semesters. *One Town at a Time* is Mike’s upcoming documentary film which recounts his 2006 summer journey, combining retro footage with contemporary footage along with interviews of other intrepid 251 Club members.

We urge you to reserve your seat early and join Mike as he discusses his experience in the 251 Club, his interest in revisiting the club in order to pursue *One Town at a Time*, and a discussion which is sure to entertain Vermontophiles and non-Vermontophiles alike.

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**Eshqua Bog, Hartland’s Hidden Gem Awaiting Your Discovery**  
**Thursday, June 7, 1:00 pm**

You are invited to an illustrated presentation on the plants, birds and animals of Eshqua Bog by Susan and Dean Greenberg who have been The Nature Conservancy stewards at the bog for over ten years. Nationally renowned home for over 300 plant species, Eshqua Bog is best known for the mid-June flowering of hundreds of Showy Lady’s Slippers. A 480 foot ADA approved boardwalk makes the heart of the preserve available to all.

*This presentation precedes a walking tour of the Bog, on Tuesday, June 19 (see details for the Bog tour in the June newsletter). Please call The Thompson Center to register for the walk and transportation if needed.*

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**The Historic Estate & Gardens of John Milton Hay**  
**on Lake Sunapee, NH**  
**House and Garden Tour Followed by Catered Lunch on the Veranda**  
**Tuesday, June 12, Departure at 8:30 am**  
*Cost: $35 includes both tours and lunch*

We will visit one of New England’s finest early 20th-century summer estates, The Fells, on over 83 acres of beauty and tranquility. Learn the legacy of diplomat and statesman John Milton Hay as we tour the 22-room Colonial Revival home, explore the forests, walk the woodland trails, and enjoy the renowned gardens. The Fells is listed on the National Register of Historic Places and is a preservation project of The Garden Conservancy.

*Pre-arranged tours proceed rain or shine. Expect a lot of walking. Although ADA accessible, there is no elevator access to the second floor of the house. Payment due at time of reservation.*
Zack Danziger Performs For May's Birthday Day
Please join us for his first performance at The Thompson
Thursday, May 24, 2018

Zack Danziger is a guitarist, vocalist, (and sometimes comedian) who performs Jazz, Pop, Rock, Country, Broadway Show Tunes, originals, and funny tunes. Zack says - "I have been performing for hundreds of years at special events (Miss America, weddings and divorces) restaurants (Bentley's, Burger King) for children and seniors (and a few people in between)." He attributes his sense of humor to teaching public school music for 20 years. Zack is a newcomer to Woodstock and looks forward to making his audience cry at funny songs and laugh at sad songs.

BOOK GROUP
Wed, May 9 at 1:00 pm
Book Group will convene at the home of Sherry Belisle this month. Please call 457-1919 to confirm your attendance and for directions

Our May read is French Lessons by Alice Kaplan. Her memoir is about more than her life. It's also the story of a love affair with the French language. What can one say about that? More than you'd ever guess. The complicated tale is told with beautiful descriptions. You'll love it, even if you don't care at all about another language!

Ceramic Wall Pockets with ArtisTree
At The Thompson
Thursday, May 10, 1:30 pm

This month at The Thompson we will create and embellish a wall pocket to celebrate the arrival of spring. Using clay and simple hand-building techniques, participants will roll slabs to construct a simple form and then add flowers, leaves and other organic forms to embellish the pocket with the inspirations of spring! This project will carry over between May & June with the construction of the pockets happening in the May class and glazing in June. Please register in advance.
Aging at Home: Spring Clean-Up Day of Service  
Saturday, 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.

Managing Your Arthritis  
Presented by Upper Valley Rehabilitation Physical Therapists  
Josh Roylanne and Brittany Teune  
Thursday, May 23, 1:00 pm

Arthritis affects 1 in 4 adults in the United States and limits 24 million of us physically. Arthritis can also make it difficult for you to manage chronic diseases such as heart disease, diabetes, and obesity. Being active can potentially reduce your arthritis pain. Please join us for this discussion to learn more about this condition and ways to manage its symptoms.

Josh has been a Physical Therapist for 17 years and has had extensive training in advanced osteopathic manual therapy techniques. When he graduated from Physical Therapy School, he began to study with manual practitioners throughout the country. He has applied these techniques to a variety of patients including orthopaedic, sports performance, and chronic pain individuals.

Brittany is a Physical Therapist with years of experience in outpatient orthopedic care. She graduated with her Doctorate from Franklin Pierce University. She has been effectively utilizing a wide variety of manual techniques on patients presenting with orthopedic, sport-related, neurological, pediatric, and chronic pain problems.

COMING IN JUNE...

Legal Planning and the Dementia Journey  
Presented by Renée A. Harvey  
Wednesday, June 20, 1:00 – 3:00 pm

Join elder law attorney Renée Harvey, of Caldwell Law, for an interactive discussion of estate and long-term care planning considerations in advance of being diagnosed with, or exhibiting the symptoms of, dementia or other debilitating health issues.
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<td><strong>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.</strong></td>
<td>9 Strength &amp; Fitness Stress Management</td>
<td>9 W. Leb Shopping*</td>
<td>9 Strength &amp; Fitness Stress Management</td>
<td>10-12:30 CCC Office Hours*</td>
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<td>10:15 Memoir Group 1 Advisory meeting</td>
<td>10 Double King Pede 10 Beginning Italian* 10-2:30 Ping Pong 12 Spanish Table 12:30 Mahjong 12:45 - 3:45 Tech Help* 3 Bone Builders</td>
<td>9-12 Chair Massage*</td>
<td>10 Cribbage 10:00 Italian Study 12 Italian Table 1 Italian Intermediate 2 Mahjong 3 Bone Builders</td>
<td>10:00 Paming at ArtisTree*</td>
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<td>9 Strength &amp; Fitness</td>
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<td><strong>Mother's Day Luncheon</strong>*</td>
<td>9 Strength &amp; Fitness Stress Management</td>
<td>8:30 Board Meeting 9 W. Leb Shopping* 9-12:30 Foot Clinic*</td>
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<td>10-12:30 CCC Office Hours*</td>
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<td>1:30 Water Aerobics*</td>
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<td>8:30 Newsletter Folding 9 Strength &amp; Fitness 10:15 Memoir Group 1 - 4:45 pm Hearing Screenings</td>
<td>9 Strength &amp; Fitness Stress Management 9 - 12:30 Reflexology*</td>
<td>9:30 Beginner Tai Chi 10-12 Wellness Clinic</td>
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<td>12:30-2:45 Foot Clinic* 1 Arthritis Talk 1 Music w/Zack Danziger</td>
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<td><strong>CLOSED Memorial Day</strong></td>
<td>9 Strength &amp; Fitness Stress Management 10 Double King Pede 10 Beginning Italian* 10-2:30 Ping Pong 12 Spanish Table 2 Mahjong</td>
<td>Late Opening for One Town at a Time at 5:30 pm</td>
<td>9 Strength &amp; Fitness Stress Management</td>
<td>* Indicates that sign-up/reservations are required.</td>
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<td>Meal Pricing: $7- charge for those under age sixty</td>
<td>Beef Stroganoff over Egg Noodles, Sautéed Broccoli, Fresh Fruit Salad</td>
<td>Dijon Crusted Chicken Breasts, Horse Radish Mashed Potato, Gravy, Spinach, Berries and Cream Roll</td>
<td>Tossed Salad, Bangers &amp; Mashed, Onions &amp; Gravy, Peas, Carrots, Fruit Short Cake</td>
<td>Tuscan White Bean Soup, Tossed Salad, Roll, Blueberry Sour Cream Pound Cake</td>
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<td>Grilled Salmon Burger On a Multigrain Roll, Potato Salad, Grilled Vegetable Salad, Warm Berry Crisp</td>
<td>Chicken Milano w/ Basil and Sundried Tomatoes served over Fettuccine, Tossed Salad, Fresh Fruit Salad</td>
<td>Volunteer Appreciation Dinner Banquet* (No lunch served) Parmesan Crusted Pork Chop, Roasted Fingerling Potatoes w/ Fresh Herbs, Balsamic Roasted Asparagus, Berries and Cream Crepe</td>
<td>Quiche w/ Asparagus, Leeks &amp; Gruyere Cheese, Roasted Potatoes, Tossed Salad, Lemon Cookie and Fruit</td>
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<td>14</td>
<td>Mother's Day* Tortellini with Asparagus and Lemon Topped with Grilled Chicken Served w/ Tossed Salad, Lime and Blueberry Pie</td>
<td>Stuffed Meatloaf with Spinach and Cheese, Parsnip Mashed Potatoes, gravy, Peas &amp; Baby carrots Almond Cake w/ Peach Puree</td>
<td>Pork Apple Burgers with Caramelized Pineapple on a Multigrain Sandwich Roll, Firecracker salad, Sweet Potato Fries, Lemon Mousse with Fresh Berries</td>
<td>Older Americans Day Lunch* Chicken Marsala, Rice Pilaf, Green Beans, Tossed Salad, Crepes with Berries</td>
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<td>Chef's Choice</td>
<td>Mongolian Beef Ramen Noodles, Crispy Asian Slaw, Mandarin Orange Delight</td>
<td>Tossed Salad, Orange Tilapia, Rice Pilaf, Sautéed Broccoli, Brownie with Raspberries and Cream</td>
<td>BIRTHDAY DAY* Orange and Herb Roasted Turkey Breast, Parsnip Mashed Potato, Gravy, Balsamic Roasted Asparagus, Roll, Cake and Ice Cream</td>
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<td>28</td>
<td>Grill Day</td>
<td>One Town at a Time Dinner* (No Lunch Served) Mixed Greens Salad, Pan Roasted Chicken with Kale &amp; Purple Potato Hash, Berry Rustica</td>
<td>Curried Coconut Pork, Stir Fried Vegetables, Scallion Brown Rice, Chocolate Whoopie Pie</td>
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Reservations Required

Please sign-up in advance for special meals and Birthday Day. This month includes Volunteer Appreciation Banquet on the 9th, Mothers Day Lunch on the 14th, Older Americans Lunch on the 17th, Birthday Day on the 24th and Dinner Program on the 30th. 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!
**HEALTHY AGING**

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

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**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.

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**Tai Chi's Meditation in Motion!**  
**On Wednesdays**  
**Beginner Class 9:30 - 10:30 am**  
**Advanced Class 10:45 - 11:45 am**

**Call The Thompson for Summer Schedule**

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 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 or email at anniebower@yahoo.com.

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**Free Hearing Screenings**  
**at The Thompson Center**  
**Monday, May 21, 1:00 to 4:45 pm**

Audiologists, Julie Johnson and Catherine Rieke, from Johnson Audiology in Hanover NH will be offering hearing screenings at the Thompson Center. Please visit the Center between 1:00 pm and 4:45 pm for a complimentary hearing screening (first come first serve). For more information about Johnson Audiology Drs. Johnson and Rieke, please visit their website at johnsonaudiology.org.

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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.

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**NEW SERIES**

**Water Aerobics Class**

**Woodstock Athletic Club**

**Fridays, May 25 - July 27**

**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.

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**New Time!**

**Open Pickle Ball**

**Woodstock Athletic Club**

**Fridays, 12:00 pm - 1:30 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.
HEALTHY AGING

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 1 pm - 3 pm. 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
May Speaker: Kelly McElheny from the Committee of VT Elders to discuss current scams and changes to medicare
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
Every other 4th Wednesday
10 - 12 noon
Wellness clinics (blood pressure & consultation) with VNA Wellness Clinic nurse, Mary Ann Conrad, held every other Wednesday of each month from 10-noon.

Foot or Hand Reflexology
Offered by Deborah Neuhof
Certified Reflexologist
Tuesdays, May 8 & 22, 9:30 - 12:30 pm
Experience Reflexology techniques to de-stress and promote a balanced, wholistic well-being. 30 min/$30, Loose clothing recommended. Call in advance for your 30 minute 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 every other 4th Wednesday
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, 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, May 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.
TRIPS

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

All inclusive cost: $153 per person. Payment will guarantee your reservation and is due 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.

Murder for Two: Music, Lyrics, and Book by Joe Kinosian & Kellen Blair
At New London Barn Playhouse
Wed, 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”!

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

We are still taking deposits – join our travel group! Final payments due by August 10, 2018.

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

The Thompson Center Presents Springtime Tulip River Cruise Discovery
Featuring Dutch and Belgian Waterways
April 4-12, 2019

Highlights: Amsterdam, 7-Night River Cruise, Volendam, Arnhem, Middelburg, Ghent, Bruges, Antwerp, Kinderdijk Windmills, Keukenhof Gardens

Join us for this special Collette Travel presentation: Tuesday, June 5, 2018 at 1:15 pm
IN APPRECIATION

Lisa Burrell - eggs
Dick Roy - books
Eleanor Shepard of Shepard
Interiors and the Montellas - new swivel armchair
Betty Jane Curry - yarn
Becky Langley - yarn
Allison Wade - yarn
Neal Dow - medical equipment
Pepper Tepperman - medical equipment
Sherry Wian - medical equipment
Kim Aakre - medical equipment
Carol Atwood - muffins

ONGOING DONATIONS:

Daily Valley News subscription - Woodstock Pharmacy
The Vermont Standard Paper
Birthday Cakes - Diane Atwood & Jane Soule
Monthly book club selection - Yankee Bookshop
Muffins - Boris at Mountain Creamery

On May 24 we will celebrate your special day with a delicious, complimentary meal!

MAY BIRTHDAYS

1st Betty Stetson
2nd Catherine Olgati
3rd Millie Cole
4th Vivian Mornis
4th Roger Scully
4th Stephen Zsenai
5th Patricia Wittasek
5th Kaitlin Reid
5th Jody Himebaugh
6th Eleanor Pizzani
6th Joan Eaton
6th Ann Richardson
6th James Howe
6th Karen Mills
7th Pauline Smith
7th Virginia Kurtz
8th Anne Bower
8th Philip Bell
8th Karen McGee
9th Ariel Voepel
9th Donald Carr
9th Titia Ellis
9th Ray Kennedy
9th Keith Niles
10th Corwin Sharp
10th Sally Weglarz
11th Richard Brackett
11th Mary Corrigan
11th Mae Lewis
11th Barbara Keszynski
11th Donald Corken
12th Joyce Breault
12th Bud Spaulding
12th Mary Brand
13th Mary Terry
13th Robert Forman
13th Edna Luce
13th Patricia Hanlon
15th Nancy Doten
15th John Snyder
15th Eleanor Grice
16th Charlotte Danly
16th Susan Thumith
17th Christine Dunleavy
17th Janet Belon
17th Sarah Dembinski
17th Gerda Gaetgens
18th Thomas Morse
18th Cindy Beam
20th Cindy Tomlet
21st Susan Duff
21st Carol Croft
22nd Rodney Schramm
22nd Richard Thompson
22nd Carl Skottet
22nd Patricia March
23rd Louise Faherty
23rd Lawrence Bernstein
24th Lawrence Bernstein
25th Marge Grob
26th Sherry Belisle
26th Ira Wade
26th Slobhan Wrigh.
26th Joe McClellan Jr.
26th Howard Gould
26th Patricia Gould
27th Barbara Winkler
27th Robert Mitchell
27th Jean Thompson
27th Arnie Powell
28th Erwin Fullerton
28th Barbara A. West
28th Patricia Carini
28th Jon Fullerton
28th Fiona Blundin
28th Marilyn Kalanges
28th Brian Maxham
28th Karen Hansen
29th Ann Niles
29th Milton Hurwitz
29th John DiGioia
30th Daniel Kenney
30th Phoebe Standish
30th Anne Marder
30th Dennis Cogswell
31st Phyllis Wood
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

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.