



The Thompson Times

Your resource to age well

MARCH 2019

March for Meals

MEALS ON WHEELS
For Meals or to Volunteer

The Thompson Center
99 Senior Lane
Woodstock, VT 05091
(802) 457-3277
thompsonscenter.org

MARCH FOR MEALS
WITH MEALS ON WHEELS

The Thompson
Your resource to age well

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. As a member of the national organization, *Meals on Wheels America*, The Thompson participates in this annual celebration now in its 17th year.

Volunteers for The Thompson deliver 40 meals each day (Monday through Friday) to seniors throughout the towns of Woodstock, Bridgewater, Barnard, and Pomfret. **Last year we delivered 9,986 Meals on Wheels - this is more than 1,500 more meals than just two years ago!**

The highlights of our March for Meals events this year:

- Our 5th annual "Thank You Walk" on March 1st. Join us at 1:30 pm on the Green in Woodstock to "March" down Central Street to deliver special "Thank You's" to local businesses for their support throughout the year.
- Community Champions Day, March 22 - town officials and local celebrities nationwide are asked to deliver meals during the nationally recognized week of March 18 through 22
- Meals on Wheel volunteer driver meeting on Wednesday, March 27th at 10 am. For volunteer drivers and those interested in becoming a driver -- please join us for a review of requirements and emergency procedures, to share ideas, and to celebrate each other!
- Watch for our Meals on Wheels column in the Vermont Standard and visit our Facebook page for videos and more.

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 57% 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 vote & consider 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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Resource Assistant,
sborz@thompsonscenter.org
Ryan Martin, Chef,
rmartin@thompsonscenter.org
Siobhan Wright, Front Desk
Coordinator,
swright@thompsonscenter.org
**Drivers: Dwight Camp, Tom Morse,
Charlie Seitz, Carl Hurd**

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

Community Care Coordinator
Carla Kamel, MSW
Ottawaquechee Health Center, 457-5414

BOARD OF DIRECTORS

Liza Deignan—*President*
Ginny Eames—*Vice President*
David McGuire—*Treasurer*
Wendy Wannop—*Secretary*
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Dick Atwood
Dave Bollinger
Susan Copeland
Jon Fullerton
Dolores Gilbert
Lisa Gramling
Peter Goulazian
Karl Huck
Susan Inui
Lydia Locke
Daphne Moritz
Steve Selbo
Tambrey Vutech
Joby Thompson

BEHIND THE SCENES

ADVISORY MEETING HIGHLIGHTS

- Update from Dave Bollinger about Winter Gala Fundraiser
- Discussion about transportation and relationship with Scotland House
- Scotland House rides are treated like any other medical ride, but the Scotland House reimburses the Thompson for rides as they do for meals. It is a mutually helpful partnership.
- Shared programs and trips for coming months
- Town meetings and need for votes for Thompson funding

Please join our next meeting on March 4 at 1:00 pm. All patrons and volunteers are invited to attend. Your feedback is needed and appreciated!

Congratulations to our most recent Marble Game winner!

Nelson Gilman



Thank you to everyone who joins us, gives, and volunteers to make our annual Winter Gala a tremendous success for The Thompson!

Visit our website for a complete list of names and to view pictures of this fun and successful evening.



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

PROGRAMS & EVENTS

Information Technology Workshop – More About Smart Phones

Wednesday, March 27, 1:00 pm

At The Thompson Center

Now you know a few things about your phone but want to learn more. Meg Brazill, Tech Director from the Norman Williams Public Library, will lead an informal one-hour hands-on workshop about basics and beyond for your smart phones. Learn how to download new and useful apps, find free audio books you can listen to on your phone and other useful things. Bring your questions and help set the agenda!

Spring Clean Your Legal Affairs

Estate Attorney Daphne Moritz returns to The Thompson Center

to present this invaluable three-part series

April 29, May 14, and May 28 at 1:00 pm

These programs are open and free to the public. Advance registration is requested by calling The Thompson

Spring is always a good time to take stock of our affairs whether we are cleaning our houses and preparing our garden beds, or clearing out our clutter. Spring is also a great time to get our legal houses in order. With estate planning, that means reviewing your existing documents which may have grown stale, and educating yourself on new aspects of the law which may not have been relevant to you only a few years ago.

Whether you have already completed your estate planning, but you think it needs updating, or you are eager to learn more about the documents you should have, but on which you have not yet taken action, *Spring Cleaning your Legal Affairs* is a series for you.

April 29 Your Top Five Essential Estate Planning Documents

May 14 Long Term Care Planning and Aging Well (Including Residence Options)

May 28 Specific Topics in Estate Planning family dynamics, real estate matters, pet trusts and more

Come prepared with your questions about estate planning, wills and trusts, probate, long-term care concerns and Medicaid planning, health care powers of attorney, advance directives, guardianship, and unusual topics.

Daphne Moritz is an estate planning and elder law attorney with Sheehey Furlong & Behm P.C. She focuses her practice on estate planning, estate and trust administration, elder law, families with special needs, and related matters. She frequently lectures to a variety of audiences about estate planning and elder law matters. Find more information at <https://www.sheeheyvt.com>.

Tech Tutoring at The Thompson Center Provided by Norman Williams Public Library

Tuesday, March 12

1:30 - 4:30 pm

We are happy to continue offering individual tech tutoring thanks to Norman Williams Public Library and Meg Brazill. 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 The Thompson 457-3277.

Thompson Book Group

Participants met for the first time with new group leader Lanie Orcutt in February to discuss book suggestions and the new group's direction. Please watch for postings regarding the monthly schedule and book selections for this new group.

All are welcome to attend.

The 10th Annual Empty Bowls Fundraiser to Fight Hunger Sunday, March 31st at 4pm

Pomfret Town Hall community dinner
event to help fight hunger!



Painting at ArtisTree A Collaboration Between The Thompson Center and ArtisTree

Instructor: Murray Ngoima

Class Dates: Two 6-week Sessions

Session 1: March 1 – April 5

Session 2: April 26 – May 31

Day/Time: Fridays, 10–11:30 am

artistree



community arts center & gallery

Monthly Art Project with ArtisTree at The Thompson

Wednesday, March 6, 1:30 pm

Celebrate your Irish heritage by creating a beautiful illumination inspired by medieval technique and your own initial.

*Please register in advance by
calling The Thompson.*

The Occasional Jug Band

Thursday, March 28, 1:00 pm

Immediately following the
Birthday Lunch Celebration



The Occasional Jug Band is a trio of versatile musicians who bring their high enthusiasm and years of professional musical performance to a repertoire packed with traditional Americana, including jug band favorites, blues, fiddle tunes and popular tunes with an irresistible ragtime twist. Please join us for their toe-tapping performance at The Thompson.



Healing Through Art

Presented by Artist

Willow Bascom

Tuesday, March 26, 1:00 pm

Willow Bascom grew up in Saudi Arabia and Panama, where her father was a pilot on sea vessels. Her early introduction to varying cultures made her a huge fan of tribal art. Later in life she was struck with lupus, and started drawing when it went into remission. Her discussion will focus on her healing from chronic disease through her art to be followed by a drawing session at The Thompson on Tuesday, April 2nd at 1:00 pm.

AGE WELL

The Thompson is committed to helping community members age well at home

Thinking About Advance Care Planning

Presented by BAYADA Hospice

Thursday, March 7, 1:00 pm

Advance Care Planning is about more than simply filling out the forms and filing them at the lawyer's office or in your safe deposit box. It involves asking yourself important questions about what you value and what really matters. It involves thinking about how you want to live your life to the very end. And, it involves talking about it. Join Cynthia Stadler APRN, Community Liaison for BAYADA Hospice to discuss Advance Directives and Advance Care Planning. She will clarify terms and explain the various forms, talk about how to make the forms a living document, and how to increase the probability your wishes will be followed at end of life.

The Thompson Center offers an Advanced Directive Clinic on the second Monday of each month. Trained volunteers are available by appointment to explain the document and answer any questions.

Elder Justice Project

Presented by Senior Solutions in Conjunction with

Vermont Legal Aid's Senior Citizen Law Project

Wednesday, March 13, 1:00 pm

The Council on Aging for Southeastern Vermont, Inc., (Senior Solutions) in conjunction with Vermont Legal Aid's Senior Citizens Law Project will give a brief yet informative presentation on abuse, and its various forms.

Abuse in later life can be a difficult topic. Communication and education are both vital to preventing older Vermonters from being exploited and abused. Using a variety of multimedia tools as well as audience participation, Gary and Leah will discuss what constitutes abuse in later life and the different resources that are available to address this serious problem.

Gary Schall is the Elder Justice Project Coordinator for Senior Solutions. Co-presenter Leah Burdick, Esq., is the Elder Law attorney for the Vermont Legal Aid Senior Citizens Law Project.

We hope you will join us for this informative and important presentation.

Dental Health Care for Older Adults

Presented by Kristin Schiessl-Alf, RDH and Jayne Hull, Patient Coordinator

Thursday, March 21, 1:00 pm

By the year 2030, twenty percent of the U.S. population will be age 65 or older. In Vermont, this percentage is expected to be even greater, at twenty-nine percent. Historically, as people have aged, their oral health has declined. However, a combination of advances in dental technology, public health initiatives, and continued education from dental professionals has allowed people of all ages to improve and maintain their oral health.

Kristin Schiessl-Alf, Registered Dental Hygienist with thirty-three years of experience, and Jayne Hull, Patient Coordinator, with over twenty years of experience, have worked together for many years at Dr. Mark Knott's and Dr. J. David Laughlin's offices. Kristin and Jayne will offer a brief, interactive presentation on Dental Health Care for older adults at the Thompson Center. Topics will include: prescription medications and dry mouth, the relationship between oral bacteria and chronic systemic diseases, periodontal disease, jaw joint and jaw muscle issues, and prevention of tooth decay.

PROGRAM CALENDAR - MARCH 2019

Mon	Tue	Wed	Thu	Fri
				1
BINGO daily at 10:30 am except on birthday day and other special meal days. Location changes based on the day's schedule.	* Indicates that sign-up/reservations are required			10-12:30 CCC Office Hours* 10 Painting at ArtisTree* 12 German Language Table Open Ping Pong 1 Talk, Listen & Connect 1:30 Thank You Walk
4	5	6	7	8
8:00 - 2:30 Tax Appts* 8:30 Pickle Ball 9 Strength & Balance 10:15 Memoir Group 1 Advisory Meeting 1-3 World War III Class*	9 Strength & Fitness 10 Double King Pede 10 Beginning Italian 12 Spanish Table 1 Jewelry Repair w/ Yael 1:30 Mah Jongg 3 Bone Builders	8:30 Pickle Ball 9:00 W. Leb Shopping* 9:30 Beginner Tai Chi 10:30 Handwork Cir. 10:45 Advanced Tai Chi 12 French Table 1:30 Monthly Art Project*	9 Strength & Fitness 9-11 Chair Massage* 10 Cribbage 10:00 Italian Study 12 Italian Table 1 Italian Intermediate 1 Advance Care Planning Talk 3 Bone Builders	9-2:30 Foot Clinic* 10-12:30 CCC Office hours* 10 Painting at ArtisTree* 12 German Language Table Open Ping Pong 1:30 Water Aerobics*
11	12	13	14	15
8:00 - 2:30 Tax Appts* 8:30 Pickle Ball 9 Strength & Balance 10:15 Memoir Group 1-3 Advanced Di-rectives* 1-3 World War III Class*	9 Strength & Fitness 9:30-12:30 Reflexology* 10-11 Veggie VanGo 10 Double King Pede 10 Beginning Italian 12 Spanish Table 1 Jewelry Repair w/ Yael 1:30 Tech Help* 1:30 Mah Jongg 3 Bone Builders	8:30 Pickle Ball 8:30-10:30 Fall Prevention Clinic* 9:30 Beginner Tai Chi 10:30 Handwork Cir. 10:45 Advanced Tai Chi 12 French Table 1 Elder Justice Project	9 Strength & Fitness 9-11 Chair Massage* 10 Cribbage 10:00 Italian Study 12 Italian Table 1 Italian Intermediate 3 Bone Builders	10-12:30 CCC Office Hours* 10 Painting at ArtisTree* 12 German Language Table Open Ping Pong 1:30 Water Aerobics*
18	19	20	21	22
St Patrick's Day* 8:00 - 2:30 Tax Appts* 8:30 Newsletter Folding 8:30 Pickle Ball 9 Strength & Balance 10:15 Memoir Group 1-3 World War III Class*	9 Strength & Fitness 10 Double King Pede 10 Beginning Italian 11:30 Commodities 12 Spanish Table 1 Jewelry Repair w/ Yael 1:30 Mah Jongg 2 Collette Travel Presentation 3 Bone Builders	8:30 Board Meeting 8:30 Pickle Ball 9-2:30 Foot Clinic* 9:00 W. Leb Shopping* 9:30 Beginner Tai Chi 10:30 Handwork Cir. 10:45 Advanced Tai Chi 12 French Table 12:30 Caregiver Support Group	9 Strength & Fitness 9-11 Chair Massage* 10 Cribbage 10:00 Italian Study 12 Italian Table 12:45 Lucy Mac Visit 1 Dental Health Presentation 1 Italian Intermediate 3 Bone Builders	10-12:30 CCC Office Hours* 10 Painting at ArtisTree* 12 German Language Table Open Ping Pong 1:30 Water Aerobics*
25	26	27	28	29
8:00 - 2:30 Tax Appts* 8:30 Pickle Ball 9 Strength & Balance 10:15 Memoir Group 1-3 World War III Class*	9 Strength & Fitness 9:30-12:30 Reflexology* 10 Double King Pede 10 Beginning Italian 12 Spanish Table 1 Jewelry Repair w/ Yael 1 Healing Through Art 1:30 Mah Jongg 3 Bone Builders	8:30 Pickle Ball 9:30 Beginner Tai Chi 10 MOW Driver Meeting 10:30 Handwork Cir. 10:45 Advanced Tai Chi 12 French Table 1 Smart Phone Workshop	8:30 Birthday Day* 9 Strength & Fitness 9-11 Chair Massage* 10 Cribbage 10:00 Italian Study 12 Italian Table 1 Italian Intermediate 1 The Occasional Jug Band 3 Bone Builders	10-12:30 CCC Office Hours* 10 Painting at ArtisTree* 12 German Language Table Open Ping Pong 1:30 Water Aerobics*

MENU - MARCH 2019

Mon	Tue	Wed	Thu	Fri
				1
Meal Pricing: \$7- charge for those under age sixty \$5-Suggested donation for ages sixty and over	* Vegetarian meals & Gluten Free available daily upon request. Please contact our chef in advance. 2% Milk, Coffee, tea, and juices available	*Indicates that sign-up/reservations are required (Birthday Day & Special holiday meals)		Hearty Vegetable Minestrone, Cottage Cheese, Rum Raisin Rice Pudding
4	5	6	7	8
Puff Pastry Chicken Pot Pie, Tossed Salad, Warm Apple Crisp	Salisbury Stead, Gravy, Mashed Potato, Green Beans and Carrots, Fresh Fruit Salad	Tossed Salad, Orange Tilapia, Rice Pilaf, Sautéed Broccoli, Brownie with Raspberries and Cream	Tossed Salad, Bangers & Mashed, Onions & Gravy, Peas, Carrots, Fruit Short Cake	Chef's Choice
11	12	13	14	15
Italian Pork Stew over Bowtie Pasta, Garlic Bread, Tossed Salad, Caramel Apple Strudel	Turkey Sandwich w/ Lettuce, Tomato, Cheese on a Multigrain Bun, Apple & Squash Soup, Warm Berry Crisp	Reubens, Beer Battered Onion Rings, Marinated Vegetable Salad, Sorbet w/ Fresh Berries	Tossed Salad, Chicken and Potatoes w/ Garlic Parmesan Cream Sauce, Lime Carrots, Cookies and Fruit	Vegetarian Chili, Corn Bread, Cole Slaw, Hot Fudge Sundae w/ Banana
18	19	20	21	22
St Patrick's Day* Corned Beef, Potatoes, Cabbage and Carrots, Bread, Guinness Stout Cake	Pan Seared Chicken Breast, Creamy Cheddar Polenta, Spinach Supreme (Spinach, Sour Cream, Parmesan and Monterey Jack) Sorbet and Fruit	Spinach & Cheese Ravioli w/ Meat Sauce, Garlic Bread, Broccoli & Cauliflower, Fresh Fruit Salad	Stuffed Meatloaf with Spinach and Cheese, Parsnip Mashed Potatoes, Gravy, Peas & Baby Carrots, Almond Cake w/ Peach Puree	Salmon en Croute w/ Spinach and Mushrooms, New Potatoes, Cucumber/Dill Salad, Berries and Cream Crepes
25	26	27	28	29
Grilled Ham & Swiss Sandwich on Wheatberry Bread with Tomato, Broccoli and Cheese Potato Soup, Brownie Sundae	Chicken Milano w/ Basil and Sundried Tomatoes served over Fettuccine, Tomato & Mozzarella Salad, Fresh Fruit Salad	Pork Apple Burgers with Caramelized Pineapple on a Multigrain Sandwich Roll, Cole-slaw, Four Bean Salad, Sweet Potato Fries, Coconut Meringues with Pineapple	Birthday Day* Roast Beef, Au Jus, Sour Cream and Chive Mashed Potato, Roasted Asparagus, Roll, Cake and Ice Cream	Cauliflower, Chevre & Onion Quiche, Herb Roasted Potatoes, Mixed Green Salad, Fruit Salad

Reservations Required

Please sign-up in advance for special meals and Birthday Day. This month includes **St. Patrick's Day on the 18th and Birthday Day on the 28th**. 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

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.



Fall Prevention Clinic at The Thompson Provided by Upper Valley Rehab Physical Therapists

Wed, March 13, 8:30-10:30 by appointment

Falls are *not* a normal part of aging and can result in more serious injuries over time, but the risks can be reduced by working on all the possible causes.

Upper Valley Rehab will be offering a Fall Prevention Clinic at the Thompson Center and will provide free comprehensive fall risk Screenings for people who have fallen or who have a fear of falling. At the Clinic/Assessment, a licensed physical therapist will ask participants to complete a fall assessment screen which will include a history of previous falls and what might be causing them. Additionally, a therapist will screen participant's gait, balance, range of motion, strength and sensation and ask questions regarding home environment, fear of falling concerns, and pertinent medical history that can contribute to falls. This total assessment will include your screen results, which can be sent to your primary care physician, and recommendations for treatment if needed. Each comprehensive assessment is about fifteen minutes and will require an appointment.

Please wear or bring the shoes you wear most often inside and outside of your home. Please bring devices you use for walking like a cane or walker.

20 REASONS TO TAKE TAI CHI at the Thompson Center Next round of 5 classes starts Wed. Feb. 13th 9:30 - 10:30 - \$15



1. Improves balance
2. Improves coordination
3. May lower blood pressure
4. May help control blood sugar levels
5. May help you sleep better!
6. Reduce arthritis pain
7. It's fun to learn something new
8. Can improve posture
9. Two teachers—more individual attention
10. Great social activity
11. Helps prevent falls
12. Can reduce stress
13. Improves leg strength
14. We start with a short form
15. Enjoy gentle, low-impact movement
16. No competition, no pressure
17. Low cost
18. Scholarship assistance available
19. Mindful, meditative practice
20. We laugh a lot!

Note: Our upper level class also begins Feb. 13, 10:45-11:45, learning Yang 24 forms.

NEW! Stretch and Balance Class

**Led by Certified Fitness Trainer, Liz Hatfield
Mondays, Beginning March 4, 9:00-10:00 am**

Monday morning Strength and Fitness class will now focus on gentle stretching, flexibility, and balance. Liz will guide her class through a series of stretching exercises which can be done on a floor mat for those who choose to, or while seated. All levels and abilities are welcome! Mats will be provided but you are encouraged to bring your own if you have one.

Regular Strength and Fitness class will remain the same on Tuesdays and Thursday mornings, 9:00 – 10:00 am.

HEALTHY AGING

Wellness Clinic & Blood Pressure Screenings Wednesday, March 27, 10 - 12 noon

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

Chair Massage 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 when making your reservation. Be kind to yourself and treat your body to a chair massage by calling The Thompson.

Caregiver Support Group Wednesday, March 20, 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.

Water Aerobics Class Woodstock Athletic Club

Fridays, March 8—May 17, 2019

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.

Talk, Listen and Connect (TLC) Group Friday, March 1, 1:00 pm, All are Welcome!

The TLC Group provides an opportunity to talk about things that are meaningful, to get to know others on a more authentic level and to offer and receive mutual encouragement and support. Our March 1 gathering will provide an opportunity to share some of your personal story. For this sharing you may want to bring an object or image to display and discuss that expresses an important part of your life story. After this there will be time, if you choose, to share with a listening and supportive group any special joys or concerns that may be weighing on your mind. We will start and end our monthly meeting with a short reading, and be sure to complete our time together by 2:30.

Foot Care Clinics

**Monthly, 9:00 am - 2:30 pm
on the 2nd Friday & 3rd Wednesday**

Mary Wood's foot clinic is at The Thompson on the second Friday and third Wednesday of each month from 9:00 to 2:30 pm.

The cost is \$20 and patrons are asked to bring their own towel. As always, please inform us in

Advanced Directives 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.**

Foot or Hand Reflexology Offered by Deborah Neuhof Certified Reflexologist March 12 & 26, 9:30-12:30

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.

TRIPS

Collette Travel presents Spotlight on San Antonio

5 Days 5 Meals - Highlights include: Mission San Jose, The Alamo, Paseo del Rio Cruise (aka the River Walk) LBJ ranch and much more

November 10 -14, 2019

Please join us for a special travel presentation on Tuesday, March 19, 2:00 pm at The Thompson

Boston Flower & Garden Show
Offered by Hartford Parks and Recreation
Thursday, March 14, 8:15 a.m. – 7:00 p.m.
\$63 includes Coach Bus and Admission



The Odd Couple
New London Barn Playhouse Theater
Friday, July 12, 2019 2:00 pm
Cost: \$36

The Barn is proud to present the biggest hit from the enduring king of comedy, Neil Simon. The Odd Couple last played the Barn in 2007, and the Barn is thrilled to bring back this witty, hilarious comedy that's inspired film adaptations, TV shows, and even a cartoon series. Come meet the uptight Felix Ungar and the disheveled Oscar Madison, and see what happens when two polar opposites are forced to share a home and a life together.

We are working on some fun trips for 2019. Here is the preliminary line-up as we continue to get more details which will be posted online and in The Thompson Times.

Gloucester, MA Lobster Cruise and shopping in Rockport – June 25th

New London Playhouse Theater – *The Odd Couple*, Wednesday, July 12th

Weston Playhouse – *Always...Patsy Cline* - August

Washington D.C. by Diamond Tours– **September 6 – 10.** 5 Days/4 Nights with guided tours of Washington, D.C. that include the WW II Memorial, Capitol Hill, the Smithsonian, the new Museum of the Bible and much more. \$535 per person/double occupancy.

Spotlight San Antonio by Collette Tours – **November 10 – 14.** 5 days/5meals and a single hotel stay that includes a cruise down the Paseo del Rio along the River Walk, LBJ's Texas White House, the Alamo, and more. \$1,899 per person/double occupancy for reservations made before June 10, 2019. Includes round trip airfare from Logan Intl Airport.

IN LOVING MEMORY & APPRECIATION

IN APPRECIATION

Darlene Griggs - quilted wall hanging
Ethel Davis - medical equipment

A Special Thank You to our generous friends at The Woodstock Inn for their time on Spa Day

Sue, Deb, Rebecca, Jessica



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 - Mountain Creamery

IN MEMORY OF

Thelma Jillson

Jack & Sandi
Simonds

**In honor of Candace
Coburn as the Chamber of
Commerce Citizen of the Year**

Mary Riley

MARCH BIRTHDAYS

1st Charles Luetke	12th Susan Ditto	23rd Emily Jones
1st Donald Doubleday	12th Clare Hogg	23rd Sayon Camara
1st Jane Hanley	12th Jean Strong	23rd Beth Drebber
1st Virginia Eames	13th Willem Post	23rd David McGuire
1st Colleen Lannon	13th Byron Kelly	23rd Chris Noble
1st Charlotte Cassidy	13th Jacqueline Neuwirth	24th David Crocker
1st Larry Lacaillade	13th Deborah Phillips	24th Sister Jensen
2nd Barbara Blaiklock	13th Lucille Tancreti	25th Lori Morgan
2nd Janice Elder	13th John Wolfgang	25th Mary Godette
3rd Joan Hadden	13th Patricia Campbell	26th Marie Willis
3rd Norman Youknot	13th Andrea Rivers	26th Linda Willard
4th Phil Mallon	14th Irene Schlerf	26th Macy Lawrence
4th Heidi Talbert	14th Polly Bacon	26th Christa Blanchard
4th Donna Durgin	14th Harriet Stehouwer	27th Charlotte Croft
5th Edward Thumith	15th Renette Bedard	27th Ann Sadowsky
5th Susan Harlow	15th Ernest Kendall	27th Mervin Comes
5th Deborah Neuhof	15th Holly Pascoe	27th Joan McGee
6th Steven Selbo	15th Phil Lewis	27th Brandi Stapleton
7th Jen Bloch	15th George Bailey	28th Oliver Wittasek
7th James Hasson	15th Kate Reeves	28th David Thomas
7th Terri Cowdrey	16th Gloria Martin	28th Hillary Martin
8th Alexander Hadden	16th John Dibble, Sr	29th Robert Parker
8th Mark Powers	16th Patrick Morris	30th Claude Richter
8th Liz Estabrook-Hatfield	17th Susan Rose	30th Meg Johnson
8th Susan Lewis	17th Mario Maura	30th Lois Watson
8th Ann Turner	18th Pat Tilton	31st Janet Bourne
9th John Garren	18th Yvonne Delong	31st Susan Brown
9th Barbara Sanderson	18th Beryl Spencer	31st Stephen Duclos
9th Cecilia Hoyt	18th Catherine Harriman	31st David Osmer
9th Larry Kasden	18th Jessica Martin	
9th Mimi Baird	19th Ritva Burton	
9th Horace Carr	19th Sally Olsen	
10th Gail Dougherty	21st Peter Hall	
11th Jerry Fredrickson	21st Tom Bourne	
11th Linda O'Neil	22nd Betty Putnam	
11th Vernon Fish	22nd Joyce Hottenstein	
11th Richard Beda		
11th Harry Homeier		
12th Mary Klampert		



On March 28 we will celebrate your special day with a delicious, complimentary meal! Please call to make a reservation for lunch and join us!



The Thompson

Your resource to age well

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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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 - \$20 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 \$5 per ride round trip. 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



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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 2018-2019 heating season must be postmarked by February 28 for eligible households.