Older Americans Month: Connect, Create, Contribute

Each year, older adults are making a positive impact in and around Woodstock. As volunteers, employees, employers, educators, mentors, advocates, and more, they offer insight and experience that benefit the entire community. That's why Older Americans Month (OAM) has been recognizing the contributions of this growing population for 56 years.

Led by the Administration for Community Living (ACL) each May, OAM provides resources to help older Americans stay healthy and independent, and resources to help communities support and celebrate their diversity.

This year's OAM theme, Connect, Create, Contribute, encourages older adults and their communities to:

- **Connect** with friends, family, and local services and resources.
- **Create** through activities that promote learning, health, and personal enrichment.
- **Contribute** time, talent, and life experience to benefit others.

We here at The Thompson will celebrate OAM by promoting ways that community members of all ages can take part in helping our community thrive. We encourage you to:

**Connect:** Join us for Older American's Lunch, participate in our summer Gen-2-Gen program, or join us for any of the social events or meals offered each month. Bring a friend or come make a new one!

**Create:** Register for our monthly art project with ArtisTree, sign-up for Tech Tutoring, Diabetes Management class or join our Book group.

**Contribute:** Become a Meals on Wheels driver, help serve lunch, or volunteer at one of the many volunteer opportunities in our community.
BEHIND THE SCENES

ADVISORY MEETING HIGHLIGHTS

- May is Older Americans Month and The Thompson will be celebrating with a special meal and programs throughout the month.
- Program update:
  - Legal Talk Series in May
  - Intro to Medicare and Safe Driving courses coming in June.
  - New 6 week Diabetes Self Management Workshop beginning in May.
- Scotland House update
- Deanna has been busy advocating for senior centers with the state. This year is the first “Older Vermonters Caucus”. Possible group visit with interested patrons.
- No May Advisory meeting

Please join our next meeting on June 3 at 1:00 pm. All patrons and volunteers are invited to attend. Your feedback is needed and appreciated!

WANT LESS PAPER?

Electronic or paper newsletter? What's your preference? If you currently receive paper but would like to switch to electronic, please email Jen at jbloch@thompsonseniorcenter.org

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

Different sponsors are featured here each month. Visit our website to see a complete list.

Sign up for the e-newsletter by emailing jbloch@thompsonseniorcenter.org
Cooking with GEORGE
Presented by Pat Harrison, RD
Thursday, May 9, 1:15 pm
Please Register in Advance
457-3277

- Are you on your own, not interested in elaborate meal preparation but trying to eat healthy?
- Are you dealing with some medical issues that require you to follow some dietary restrictions, like limiting salt or sugar? Or do you have arthritis that interferes with your ability to stand long to prepare a meal?
- Interested in some easy to prepare, limited clean-up meal ideas that don’t leave you eating the same food for the week?

Join us for another one of Pat’s fun cooking classes! This one will be a demo & food tasting with loads of ideas, recipes and information on cooking with a George Foreman grill. We will cook some entrees, sides and if time allows, try some sandwiches too.

By attending this class, you will have a chance at winning a George Foreman grill to take home.

Spring Clean Your Legal Affairs
Estate Attorney Daphne Moritz returns to The Thompson Center
to present this invaluable three-part series
April 29 at 1:00 pm, May 14 at 10:00 am 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 Sheehy 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.sheehyvt.com.
Tech Tutoring at The Thompson Center
Provided by Norman Williams Public Library
Tuesday, May 7 & 21
1:30 - 3:30 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 appoint-
ments as you need them. Please call to sched-
ule yours at The Thompson 457-3277.

Monthly Art Project with
ArtisTree at The Thompson
Wednesday, May 1, 1:30 pm
Flower Still Life

Be inspired by the masters in observing several
flower still life compositions and then creating
your own.

Please register in advance by calling
The Thompson. 457-3277

Thompson Book Group
Monday, May 20, 1:00 pm
Karen Cleveland's
Need to Know: A Novel

A chilling psychological thriller
from a CIA insider: in hot pursuit
of a Russian spy ring on U.S. soil,
a CIA analyst uncovers a deadly
secret that will test her loyalty to
the agency--and to her family. The Expats meets
The Americans meets The Girl Before.

All are welcome to attend!

End Game – A Documentary Film
Presented in partnership with
Bayada Home Health Care,
Ottauquechee Health Foundation,
and The Thompson Center
Wednesday, May 22, 2019 5:30 pm
At Woodstock Town Hall Theater

Facing an inevitable outcome, terminally
ill patients meet extraordinary medical practitioners
seeking to change our approach to life and death.
End Game follows visionary medical practitioners
in a San Francisco hospital who are working on the
cutting edge of life and death and are dedicated to
changing our thinking about both. Discussion will
follow this film presentation.

Jewelry Repair at The Thompson
Every Tuesday, 1:00 - 2:00 pm
Is there jewelry in your jewelry box that needs a
new clasp, or to be restrung? Yael Taylor, volunteer
receptionist at the Thompson and local jewelry artist,
is available to help for a nominal fee. Bring
your jewelry to Yael to see if she can help you.
Identity Theft: Steal Your Name, Steal Your Life
An AARP Fraud Watch Network Presentation in Partnership with Norman Williams Public Library and The Thompson Center
Tuesday, May 21, 2:00 - 3:30 pm at NWPL
The AARP Fraud Watch Network provides resources to spot and identify theft and fraud so you can protect yourself and your family. Learn how to get alerts and stay up to date on con artist’s latest tricks. This program is open and free to the public.

Scotland House
A Health and Wellness Program Providing Compassionate, Social, Physical, and Emotional Care to Aging Adults
Tuesday, May 14, 1:00 pm
Gretchen Cole, Executive Director of Scotland House, will discuss services, participant engagement, and benefits for families and caregivers. This is a very informative session for those considering adult day health and wellness services for their loved ones. “Caregivers and families, you are our foundation” – Gretchen Cole.

Women and Heart Disease
Learn the Facts
Presented by Rita Rice, RN BSN CRNI
Mt. Ascutney Hospital and Health Center
Cardiac Rehab
Thursday, May 16, 1:00 pm
Cardiovascular diseases, which include stroke, claim the life of a woman about every 80 seconds, but... about 80% of cardiovascular diseases may be prevented! This program will be a discussion about facts on heart disease in women, screenings, risk factors, symptoms, physical activity, nutrition, and new blood pressure guidelines.

Rita Rice has been a practicing nurse for 43 years with an extensive background in critical care, emergency care and home care. She is a certified IV nurse and was formerly the Critical Care Coordinator at MAHHC. She runs the Cardiac Rehab program at MAHHC and has worked with the Disaster Team for Eastern United States and Europe. She is most proud of the 2018 national certification of the MAHHC Cardiac Rehab program. Rita says, “I believe we all have a job to live a long, happy, and healthy life.”

Healthier Living with Diabetes
A workshop facilitated by specially trained leaders from Gifford Medical Center and Mt. Ascutney Hospital
Free Six-Week Class: Wednesdays
May 1, 8, 22, 29 and June 5, 12 (no class on May 15) 1:00—3:30 pm
What the Program Offers:
- Problem solving & action planning
- Healthy eating
- Exercise
- Monitoring blood sugar
- Managing stress
- Handling sick days
Whos’s it for?
For those diagnosed with Type 2 Diabetes and their caregivers and family members.
Through this Diabetes Self-Management Program you can get the support you need to better manage your Diabetes and help prevent serious health problems like heart disease, blindness, and kidney failure.
To register, please call The Thompson. For more information contact Pan Butler at The Thompson Center or Megan Sault, Gifford Community Health Team 728-9324.

AARP Smart Driver Safety Course
Friday, June 7, 9:00 am to noon (break for lunch): 1:00 to 2:00 pm
Instructor Bill Cherico returns to teach this four hour instructional course which is the nation’s largest refresher course designed specifically for older drivers. Registration begins at 9:15am.
Your driver’s license is required and your AARP card for members.
Course Fee: $15.00 for AARP members and $20.00 for nonmembers. Please register in advance.
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# MENU - MAY 2019

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<td>Meal Pricing: $7 charge for those under age sixty $5 suggested donation for ages sixty and over</td>
<td>*Vegetarian meals &amp; Gluten Free available daily upon request. Please contact our chef in advance. 2% Milk, Coffee, tea, and juices available</td>
<td>Spring-Thyme Chicken Stew, Tossed Salad, Roll, Lemon Mousse w/ Berries</td>
<td>Tacos w/ Ground Beef, Cheese, Lettuce, Tomato, Salsa, Sour Cream, Red Beans and Rice, Roasted Vegetables, Fresh Fruit</td>
<td>Cheese Pizza, Greek Salad w/ Lettuce, Cucumber, Pepper, Olives, Feta Cheese Berries and Sorbet</td>
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<td>Older Americans Lunch* Chicken Parmesan over Multigrain Spaghetti, Garlic Bread, Tossed Salad, Fresh Fruit Salad</td>
<td>Salisbury Steak, Mashed Potatoes, Gravy, Steamed Vegetables, Fresh Fruit Parfait</td>
<td>Reubens, Beer Battered Onion Rings, Marinated Vegetable Salad, Sorbet w/ Fresh Berries</td>
<td>Grilled Tuna &amp; Vegetables in Herb Butter, Brown Rice, Oatmeal Cranberry, Cookie and Fruit</td>
<td>Swedish Meatballs over Egg Noodles, Broccoli and Carrots, Fresh Fruit Salad</td>
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<td>Mother's Day* Tortellini with Asparagus and Lemon Topped with Grilled Chicken Served w/ Tossed Salad, Lime and Blueberry Pie</td>
<td>Dijon Crusted Chicken Breasts, Horse Radish Mashed Potato, Gravy, Spinach, Berries and Cream Roll</td>
<td>Quiche w/ Crab, Leeks &amp; Gruyere Cheese, Roasted Potatoes, Tossed Salad, Lemon Cookie and Fruit</td>
<td>Lasagna, Tossed Salad, Garlic Bread, Fresh Fruit Salad</td>
<td>Italian Basil Pasta Salad, Waldorf Salad, Chicken Salad Plate w/ Lettuce and Roll, Chef’s Choice Dessert</td>
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<td>Chef’s Choice</td>
<td>Mongolian Beef Ramen Noodles, Crispy Asian Slaw, Mandarin Orange Delight</td>
<td>Stuffed Peppers, Tossed Salad, Ice Cream Sandwich Cookies</td>
<td>Birthday Day* Citrus Grilled Pork Loin with Mint Fig Sauce, Roasted Baby Spring Vegetables w/ Fingerling Potatoes, Asparagus, Carrots, Radishes, Roll, Cake and Ice Cream</td>
<td>Chicken Caesar Wrap, Hearty Vegetable Minestrone, Cottage Cheese, Hot Fudge Sundae with Banana</td>
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<tr>
<td>Memorial Day Closed</td>
<td>Grill Day Hot Dogs &amp; Burgers, Potato Salad, Cole Slaw, Strawberry Short Cake</td>
<td>Tossed Salad, Lemon Garlic Tilapia, Rice Pilaf, Succotash, Blonde Brownie with Raspberries and Cream</td>
<td>Tossed Salad, Grilled Pesto Chicken Breast, Lemon Risotto with Peas, Marinated Vegetable Salad, Fruit Crisp</td>
<td>Chef’s Choice</td>
</tr>
</tbody>
</table>

*Reservations Required*

Please sign-up in advance for special meals and Birthday Day. This month includes **Older Americans Lunch on the 6th, Mother’s Day on the 13th and Birthday Day on the 23rd**. 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.

20 REASONS TO TAKE TAI CHI
at the Thompson Center
Next round of classes:
May 1, 8, 15, 22, 29 - $15 for 5 weeks
Beginner 9:30, Advanced 10:45

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!

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

Balance Clinic hours will resume on June 12th, by appointment. New dates and schedule will be posted on The Thompson website and in this newsletter.

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.

Stretch and Balance Class
Led by Certified Fitness Trainer, Liz Hatfield
Mondays, 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

Introduction to Medicare for New Enrollees
Tuesday, June 4, 1:00 - 2:30 pm
Presented by Senior Solutions

Are you almost 65 year 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, Pati Kimball, will be presenting this class for those individuals who will be signing up for Medicare. She will discuss the different levels of Medicare coverage options such as supplement plans, and Advantage plans as well as the current prescription drug plans. **Walk-ins are welcome but pre-registration is advised.**

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.

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 advance if you cannot make your appointment.

Foot or Hand Reflexology
Offered by Deborah Neuhoof
Certified Reflexologist
May 7 & 21, 9:30-12:30
Experience Reflexology techniques to de-stress and promote a balanced, holistic well-being. 30 min/$30, Loose clothing recommended. Call in advance for your 30 minute appointment.

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.**

Talk, Listen and Connect (TLC) Group
Please call The Thompson for date/time
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 next gathering will provide an opportunity to share our thoughts and feelings about some of the big questions we currently face, where these questions may be taking us, or, in other words, what we are called to at this time in our lives. After this sharing there will be an opportunity to share with a listening and supportive group any special joys or concerns that may be weighing on your mind.

Caregiver Support Group
Wednesday, May 15, 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.

Wellness Clinic & Blood Pressure Screenings Resumes Monthly Schedule
4th Thursday of each month, 10 am -12 pm with Foot Clinic 12:30 - 3 pm
On your next visit to The Thompson Wellness Clinic, please welcome our new Clinic nurse, Connie Powell. Connie has been a nurse for 19 years and started her career as a cardiac nurse in a hospital. She continues to teach nursing students in addition to her working a busy clinic schedule with the VNA/VNH. Her new position enables her to fulfill her passion of contributing to communities. Connie will also provide foot clinic hours in addition to Mary Wood. Please support our monthly Wellness Clinic by checking in with Connie for a wellness check.
TRIPS

Post Mills Hot Air Balloon Show
Friday, May 17, Depart Thompson at 4:45 pm for anticipated 6 pm flights, weather permitting
Cost $5

Experience the magic of flight at a Post Mills private airport where only homemade and experimental balloons and airships from all over the world may participate. Local groups provide food and entertainment.

At time of reserving, please let us know if you will be joining us on the van or driving on your own.

Gloucester Harbor Lobster Cruise and Rockport Shopping
Tuesday, June 25 - Depart Thompson at 7:00 am on Premier Coach Bus
Harbor/Lunch cruise: 11:30 am - 2:00 pm
Depart for Woodstock at 4:00 pm after Rockport shopping
Cost: $120 Includes Transportation and Lobster Lunch
Full payment will confirm your reservation and is due by June 5th without exception
Please note: A minimum of 35 reservations must be sold for this trip or it is subject to cancellation as per Beauport contract

Our excursion on Beauport Cruiselines will take us into the oldest seaport in America, historic Gloucester harbor with extraordinary views of the city’s downtown, Rocky Neck, Eastern Point, Ten Pound Island, Stage Fort Park, and Hammond Castle. We will dine on fresh lobster on the promenade deck where live music will be included. Just minutes away is the charming coastal town of Rockport where we will have time to stroll historic Main street and its one-of-a-kind shops.

Traditional New England Lobster Bake Menu: Freshly baked rolls, New England Clam Chowder Bar, Steamed 1 ½ pound Lobster, Barbecue Chicken, Cole Slaw, Corn on the Cob, Roasted Red Bliss Potatoes, Chocolate Mousse

The Odd Couple
New London Barn Playhouse Theater
Friday, July 12, 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 upright 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.

Always...Patsy Cline
Weston Playhouse at Walker Farm
August 2019—Pricing and dates are not yet available and will be publicized soon

When an unlikely encounter in a Texas honky-tonk lands Patsy Cline at her biggest fan’s kitchen table, the rising star finds a fast friend and a savvy business partner. Late night conversations between Patsy and Louise, a Southern housewife, create a bond that lasts a lifetime. Listen in and hum along as Patsy and Louise belt their way through hits such as “Walkin’ After Midnight,” “Crazy,” and “Back in Baby’s Arms.” Written by Ted Swindley

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.

$75 deposit due upon signing. Final payment due by June 20, 2019.
IN LOVING MEMORY & APPRECIATION

IN APPRECIATION
Nelson & Joyce Gilman—medical equipment
In memory of Annette Brown—afghans

On May 23rd we will celebrate your special day with a delicious, complimentary meal! Please call to make a reservation for lunch and join us!

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

MAY BIRTHDAYS
1st Betty Stetson
2nd Katherine Olgiati
2nd Devon Laycox
3rd Millie Cole
4th Vivian Mornis
4th Marilyn Spets
4th Roger Scully
4th Jacqueline Fischer
4th Stephen Zsenai
5th Patricia Wittasek
5th Kaitlin Reid
5th Jody Himebaugh
6th Eleanor Pizzani
6th Joan Eaton
6th Ann Richardson
6th Janelle Dunklee
6th James Howe
6th Karen Mills
6th Pauline Smith
7th Virginia Kurtz
7th Anne Bower
8th Philip Bell
8th Karen McGee
8th Jeffrey Lue
9th Ariel Voepel
9th Donald Carr
9th Titia Ellis
9th Ray Niles
9th Keith Sharp
10th Corwin Weglarz
10th Sally Brackett
11th Richard Corrigan
11th Mary Lewis
11th Mae Keszyinki
11th Barbara Corken
11th Donald Breault
12th Joyce Spaulding
12th Bud Leavitt
12th Jill Brand
13th Mary Terry
13th Mary Forman
13th Robert Luce
15th Edna Hanlon
15th Patricia Doten
15th Nancy Snyder
15th John Begley
15th Addison Grice
16th Eleanor Danly
16th Charlotte Hall
16th Sharon Thumith
17th Susan Dunleavy
17th Christine Sawyer
17th Elisa Belon
18th Thomas Morse
18th Cindy Beam
18th Virginia Armstrong
20th Susan Tomlet
20th Virginia Duff
21st Carol Croft
21st Mary Schramm
22nd Richard Beaird
22nd Kathy Thompson
22nd Carl Skottet
22nd Arnold Alsup
22nd Andrea March
23rd Patricia Faherty
23rd Patricia Ahearn
23rd John Dunkley
23rd Leon Willis
24th Bonnie Grob
24th Bonnie Belisle
25th Marge Wright
25th Marge McClellan Jr.
26th Sherry Gould
26th Sherry Gould
26th Lisa Lemmer
26th Lisa Lemmer
26th Arthur Jackson
27th Barbara Winkler
27th Robert Mitchell
27th Jean Thompson
27th Elliott Kraut
27th Arnie Powell
28th Erwin Fullerton
28th Mariah Davis
28th Barbara West
28th Patricia Carini
28th Jon Fullerton
28th Fiona Blunden
28th Marilyn Kalanges
28th Brian Maxham
28th Karen Hansen
28th Karen Niles
29th Ann Milton
29th Karen Hurwitz
29th Brian Maxham
29th John DiGioia
30th Daniel Kenney
30th Phoebe Standish
30th Anne Marder
30th Joseph Shepherd
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 - $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

Woodstock Insurance
Ottauquechee Plumbing & Heating
VERMONT

The Ellaway Group
Simplify your life

Dead River Company

Southern Vermont

Senior Solutions

Ottauquechee

Like us on Facebook

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