



The Thompson Times

Your resource to age well

DECEMBER 2020

Happy Holidays

Stay Connected through the Holidays with Fun and Festive Activities at the Thompson



**Holiday Lights and Refreshments
In The Thompson Parking Lot
Join Us on Wednesday, December 16
5:00 pm (inclement weather date is
December 21)**

Please join us for an early evening celebration of the season with holiday lights, music, and refreshments from the comfort of your car. We will deliver hot cocoa and cookies to your car while you enjoy the sights and sounds of the season at The Thompson. Please sign-up.



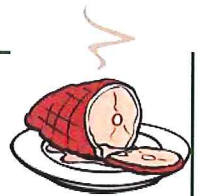
**Yankee Swap is Back-Curbside!
Tuesday, Dec 22, 12-12:30 pm**

We couldn't possibly skip this fun holiday tradition, even in these strange times.

Yankee swap will look a little different this year but we can still share the enthusiasm and joy. Please drop off an unwrapped item (gently new or used is fine) to The Thompson where they will be collected. On December 22 Santa will be distributing gifts curbside between 12 and 12:30 pm. Please join us for one of our most favorite holiday traditions!

All participants are asked to pre-register by calling The Thompson. As always, we'll also have some gifts to share if anyone wants to participate without sending in a gift.

**Holiday Meal-Curbside
Thursday, Dec. 10
Pick-up, 12:00—12:30 pm**



Enjoy our annual holiday meal—curbside— this year with our classic delicious menu of Baked Ham, Scalloped Potato, Pineapple Bread Pudding, Holiday Cranberry Chutney, Green Bean Almandine, Holiday Cake. **Please call the Thompson to make your reservation.**

**Holiday Bazaar & Cookie Sale
Saturday, Dec 5 - Dec 12
Pick-up 10:00 am-12:00 pm**

This year's Holiday Bazaar & Cookie Sale will be handled a bit differently, but still as fun and festive as ever! You will be able to pre-order wreaths, holiday center pieces and cookie boxes for pick-up. Our usual array of holiday gifts, including knit & crocheted items, blankets, gloves, hats, ornaments, & more, will be available online all week through our Facebook page. Call for a printed list of pictures with items if you're not on Facebook and would like to shop. All items will be first come, first serve and all sales benefit the Thompson Senior Center annual budget and services provided.

Pre-order wreaths for \$25 and holiday center pieces for \$12. Pick-up on December 5

Pre-order Large cookie boxes \$8. Pick-up on December 12

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,
paula@thompsonscenter.org
Pam Butler, Program Director,
pbutler@thompsonscenter.org
Jen Bloch, Marketing Coordinator
jbloch@thompsonscenter.org
Shari Borzekowski, Administrative &
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

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Daphne Moritz
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Paulette Watson

We Miss You -

Let's Stay Connected This Winter!

Social connection is vital to our overall well-being and mental outlook, especially during uncertain times. At the Thompson, we offer many ways to stay connected while at home. Consider taking one of our online exercise programs like Tai Chi, chair yoga or a strength and fitness class, or watching one of the virtual programs which is followed by group discussion. If you're without a device to connect online, see page 5 for opportunities to get connected. It's easier than you think. We also offer phone Bingo each FRIDAY & Coffee Talks are starting on Monday, December 7th.

And most importantly, please tell us if you would like a friendly call. We want to hear from you so please call us and you will receive regular friendly calls from a familiar voice....because staying connected right now is more important than ever.



*From the Staff at The
Thompson Center*

UPDATE ON THOMPSON SERVICES:

With the new state guidelines, all group activities are on hold. Curbside meals and home-delivered meals will continue. One-to-one services like foot clinic and Medicare counseling are able to continue with the established precautions. Please call with any questions.

HEALTHY AGING

Individual Benefit Assistance—Medicare, Medicaid, Food & Fuel Assistance **One on One Meetings are available at the Thompson Center** **December 3, 4, January 7, 9:30—1:00 pm**

The Windsor Community Health Clinic (WCHC) is available for 1:1 appointments at The Thompson Center. A staff member can answer your individual questions about Medicaid, Medicare parts A, B, and D, food and fuel assistance, and dental and medication help. Although now they are offering in person appointments, WCHC staff continue to offer assistance over the phone or via Zoom.

All CDC and state guidelines for infection control and distancing will be strictly adhered to including the wearing of face coverings.

To schedule a one on one, in person appointment, please call the Thompson at 802-457-3277. In the meantime please reach out the WCHC directly if you have any questions about Medicaid, Medicare, food or fuel assistance, dental or medication help at 802-674-7213.

Chair Yoga by Zoom

Wednesdays, 1:00 - 2:00 pm

***In person instruction at The Thompson Center is paused until December 15th
pending guidance from the Vermont Department of Health and DAIL.***

This class will be available on Zoom and suggested \$3.00 minimum per class.

We invite you to join a new yoga class focusing on gentle stretching, strengthening and balance using a chair for support. Breathing and relaxation are part of the practice we all need in these times of change and challenges. Instructor, Linda Harvey, is a registered physical therapist and certified yoga teacher who has worked in multiple settings with an interest in falls prevention and overall wellness.

Linda is presently working at Mt. Ascutney Hospital and Ottauquechee Health Center in outpatient rehab and aquatic therapy. Her practice includes a therapeutic approach and inclusivity for all people who are curious about the physical, mental and spiritual aspects of yoga.

\$3.00/class. Questions for her can be directed to llharvey56@gmail.com.

Foot Clinic at The Thompson Center with Beverly Sinclair, RN

Cost: \$30 payable by cash or check. Towels are supplied.

Call for your appointment and please plan on earlier arrival for COVID-19 screening

Beverly Sinclair has been a practicing registered nurse for 22 years with extensive experience as a staff nurse and in nurse management. She has been providing local foot care service for older Vermonters for the past 6 years.

Coffee Talk Coming in December – Lets Chat!

It's as simple as using your telephone

Monday mornings at 9:00 am beginning December 7



We have discovered through our weekly phone Bingo games that people thoroughly enjoy the camaraderie, the sharing of stories and hearing familiar voices, and the laughter before the game. From this idea, we invite you to join us on Monday mornings for Coffee Talks by simply dialing in to our toll free phone number (like with Bingo). Grab your coffee, find a cozy spot and get connected with people you know and miss. We will also be inviting special guests to join us to discuss a topic of interest.

So grab a cup of coffee or tea, find a cozy chair & **dial 1-802-448-5745** to get connected!

YOUR VIRTUAL SENIOR CENTER

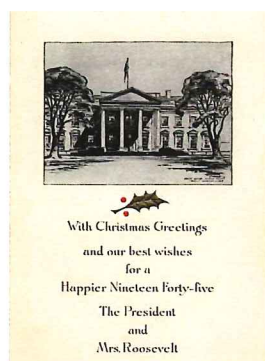
Zoom Protocol For Senior Learning Network (SLN) Programs

When signing on for SLN programs, please remember the following:

- Stay muted unless otherwise instructed. SLN cannot accept new participants later than 15 minutes after start of program. Programs start promptly at 2:00 pm
- Display your name on zoom room (first name is fine)
- Participants will be asked what senior center they are affiliated with
- Please do not share Zoom room IDs with anyone who is not registered to better protect the integrity of the Zoom program.

Try this zoom tutorial if you need some assistance: <https://youtu.be/9isp3qPeQ0E>

Register for Senior Learning Network Virtual Programs in advance through the Thompson to receive the Zoom link.



Christmas with the Roosevelts!

Tuesday, December 1, 2:00 pm

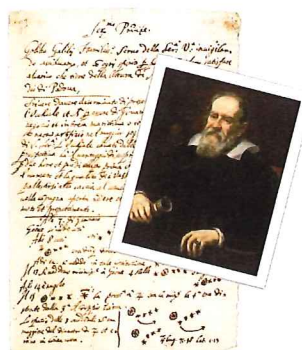
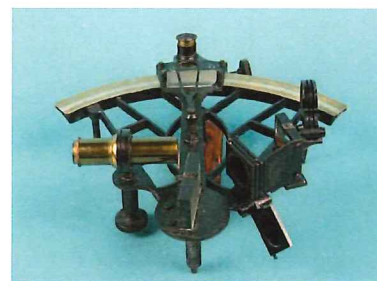
One more program from the FDR Presidential Library and Museum- and it's a special one! Do you remember Bing Crosby and White Christmas? Then you won't want to miss this presentation! Jeff Urbin uses music, humor and story-telling to explain how FDR celebrated Christmas. It is nothing like what is done today, it was a much simpler time.

Mystic Seaport Museum Part 1: Navigation through the Great Explorers

Tuesday, December 8, 2:00 pm

We love the Mystic Seaport- and we are back!

Join us to learn about navigation through the lens of famous explorers. We will examine the instruments and tools used by Columbus, Magellan, and other famous navigators. Ultimately, we will make a connection between technological improvements and safer, more precise movement around the globe.



Mystic Seaport and Museum Part 2:

In the Footsteps of Galileo

Thursday, December 10, 2:00 pm

This program challenges us to take on the role of the famous astronomer Galileo Galilei, and to see exactly what he saw centuries ago as he sought to explain the mysteries of outer space. In this program, we will take Galileo's observations of the four large moons around Jupiter, and provide historical context into the magnitude of his findings.

YOUR VIRTUAL SENIOR CENTER

A Visit to Ellis Island

Tuesday, December 15, 2:00 pm

Prior to 1890, individual states, rather than the Federal Government, regulated immigration into the United States. Castle Garden (now Castle Clinton), located in the Battery of Manhattan, served as the New York State immigration station from 1855 to 1890. Approximately eight million immigrants passed through its doors, mostly from Northern European countries; this constituted the first large wave of immigrants to settle and populate the U.S.



Ellis Island may not appear large on a map, but it is an unparalleled destination in United States history. After welcoming more than 12 million immigrants to our shores, Ellis Island is now a poetic symbol of the American Dream.

Register in advance by calling the Thompson to receive your Zoom link.

Technology Help is Here! It's All About Being Connected

Senior Solutions is assisting older Vermonters with obtaining internet access, devices and offering technical support through instruction and training. Devices can help with social isolation, group activities and telehealth appointments with your primary care physician, to name a few. Video calls with friends and family has been successful with many of their clients. They can help you set up your computer, create an email address, and train you on some of the programs. For example, Comcast offers a low cost option called Internet Essentials, for internet access. They can assist in the application process. You do not have to be a Comcast customer.

Senior Solutions hopes to reach as many people as possible to offer this great opportunity. Please call their HelpLine at 802-885-2669 to get more information. This program is funded with Coronavirus Relief funds and we hope you'll inquire and get connected while there is help available.

And for our Veterans....

If you need a computer, smartphone, or iPad, the VA Hospital in White River Junction can provide you with a device to give you access to tele-health appointments. You can get a hand-held device even if you already have a computer. Please call The Thompson Center if you would like to take an advantage of this opportunity to get connected.

See page 8 for virtual exercise classes & page 9 for Creative Aging opportunities.

With the new state guidelines, all group activities are on hold. Curbside meals and home-delivered meals are able to continue with the established protocols.

PROGRAM CALENDAR - DECEMBER 2020				
Mon	Tue	Wed	Thu	Fri
	1	2	3	4
RESERVATIONS REQUIRED FOR ALL PROGRAMS & CLASSES	10:30 am Strengthen & Stretch Zoom Class 2 Christmas with the Roosevelts Virtual Program	9 Rutland Shopping 10 Fall Prevention Tai Chi via Zoom 11:10 Sun 73 Forms Tai Chi via Zoom 1-2 Chair Yoga via Zoom 1:30 Painting with ArtisTree	9:30-1 pm 1:1 Benefit Assistance 10:30 am Strengthen & Stretch Zoom Class	9:30-1 pm 1:1 Benefit Assistance 10 am Phone BINGO 10 Yang 24 Forms Tai Chi via Zoom
Holiday Bazaar & Cookie Sale Dec 5 - 12				
7	8	9	10	11
9 Coffee Talk 10 Tai Chi with a Chair via Zoom	10:30 am Strengthen & Stretch Zoom Class 2 Mystic Seaport Museum Part 1 Virtual Program	10 Fall Prevention Tai Chi via Zoom 11:10 Sun 73 Forms Tai Chi via Zoom 1-2 Chair Yoga via Zoom	Holiday Dinner P/U 10:30 am Strengthen & Stretch Zoom Class 2 Mystic Seaport Museum Part 2 Virtual Program	10 am Phone BINGO 10 Yang 24 Forms Tai Chi via Zoom
14	15	16	17	18
9 Coffee Talk 10 Tai Chi with a Chair via Zoom	10:30 am Strengthen & Stretch Zoom Class 11:30 Commodities 2 Visit to Ellis Island Virtual Program	9 Rutland Shopping 10 Fall Prevention Tai Chi via Zoom 11:10 am Sun 73 Forms Tai Chi via Zoom 1-2 Chair Yoga via Zoom 5 Holiday Lights & Refreshments	10:30 am Strengthen & Stretch Zoom Class	10 am Phone BINGO 10 Yang 24 Forms Tai Chi via Zoom
21	22	23	24	25
9 Coffee Talk 10 Tai Chi with a Chair via Zoom	10 am Phone BINGO 10:30 am Strengthen & Stretch Zoom Class 12-12:30 Yankee Gift Swap	10 Fall Prevention Tai Chi via Zoom 11:10 Sun 73 Forms Tai Chi via Zoom 1-2 Chair Yoga via Zoom	CLOSED Christmas Eve	CLOSED Christmas
28	29	30	31	
9 Coffee Talk 10 Tai Chi with a Chair via Zoom	10 am Phone BINGO 10:30 am Strengthen & Stretch Zoom Class	10 Fall Prevention Tai Chi via Zoom 11:10 Sun 73 Forms Tai Chi via Zoom 1-2 Chair Yoga via Zoom	CLOSED Year's Eve	

delivered meals will continue. One-to-one services like foot clinic and Medicare counseling precautions. Please call with any questions.

CURBSIDE PICK-UP & MOW MENU - DECEMBER 2020 Call the day before to order take-out & pick-up from your car between 12:00 - 12:30 pm				
Mon	Tue	Wed	Thu	Fri
	1	2	3	4
Meal Pricing: \$7- charge for those under age sixty \$5-Suggested do- nation for ages six- ty and over	BBQ Pulled Pork Sandwich, Coleslaw, Bean Salad, Fresh Fruit Parfait	Chicken Divan w/ Penne Pasta, Tuscan Vegetables, Chef's Choice Dessert	Stuffed Peppers, Tossed Salad, Fruit Short Cake	Tossed Salad, Corn Chowder, Turkey Cranberry Wraps, Strawberry Cake
7	8	9	10	11
Tossed Salad, Jamaican Jerk Pork Chops, Basmati Rice, Sautéed Peppers, Cherry Clafoutis	Tossed Salad, Hearty Turkey and Vegetable Soup, Roll, Gingerbread pear cake	Spinach & Cheese Ravioli w/ Meat Sauce, Garlic Bread, Broccoli & Cauliflower, Fresh Fruit Salad	Holiday Dinner* Baked Ham, Scaloped Potato, Pineapple Bread Pudding, Holiday Cranberry Chutney, Green Bean Almandine, Holiday Cake	Tossed Salad, Chicken Ala King, Vegetable Medley, Biscuits, Oatmeal Cran-raisin Cookies and Fruit
14	15	16	17	18
Tortellini with Asparagus and Lemon Topped with Grilled Chicken Served w/ Tossed Salad, Pumpkin Chip Cookie	Shepherd's Pie, Tuscan style Vegetables, Chef's Choice Dessert	Salmon en Croute, w/ Spinach and Mushrooms, New Potatoes, Cucumber/Dill Salad, Coconut Cream Pie	Birthday Day* Spiced Roast Pork, Roasted Brussel Sprouts, Roasted Garlic Mashed Red Skin Potatoes, Cranberry Apple Chutney, Roll, Cake	Tossed Salad, Supreme Pizza w/ Peppers, Onions, Mushrooms, Olives, Pepperoni, Coconut Macaroons w/ Pineapple
21	22	23	24	25
Lasagna, Steamed Antiguan Vegetables, Garlic Bread, Fresh Fruit Parfait	Reubens, Beer Battered Onion Rings, Marinated Vegetable Salad, Cookie and Fruit	Stuffed Meatloaf w/ Spinach & Cheese, Parsnip Mashed Potatoes, Gravy, Peas & Baby Carrots Almond Cake w/ Orange Dried Apricot Sauce	CLOSED	CLOSED
28	29	30	31	
Pork Apple Burgers with Caramelized Pineapple on a Multigrain Sandwich Roll, Coleslaw, Sweet Potato Fries, Rice Pudding	Dijon Crusted Dijon Crusted Chicken Breasts, Horse Radish Mashed Potato, Gravy, Spinach, Berries & Cream Roll	Tossed Salad, Macaroni and Cheese w/ Ham, Butter Beets, Fresh Fruit Salad	CLOSED	* Vegetarian meals & Gluten Free available daily upon request. Please contact our chef in advance.

ACTIVE AGING

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

ZOOM CLASSES with ANNE BOWER

NEW: TAI CHI WITH A CHAIR, Mondays, 10-11 am

For people who have never done Tai Chi and would like a gentle introductory form that restores balance, core strength, body alignment, mindfulness, and concentration. This class is FREE

To join click on the link and enter passcode when requested:

<https://us02web.zoom.us/j/84530289066> Passcode= 899989

FALL PREVENTION TAI CHI, Wednesdays, 10-11 am, 4 sessions starting Oct. 28

<https://us02web.zoom.us/j/83915283828> Passcode= 937052

SUN 73 FORMS TAI CHI, Wednesdays, 11:10-12:10 pm, 4 sessions starting Oct. 28

<https://us02web.zoom.us/j/84345845767> Passcode= 500342

YANG 24 FORMS TAI CHI Fridays, 10-11 am, 5 sessions starting Oct. 23

<https://us02web.zoom.us/j/89418123116> Passcode=137473

Payment for these sessions is by contribution mailed to Anne at P.O. Box 74, South Pomfret, VT 05067. For more information visit Anne's website at www.annebower.com.

Strength, Stretch & Stability Zoom classes remain until further notice

Led by Liz Hatfield, Certified Fitness Trainer, Tuesday & Thursday, 10:30 am - 11:30 am

Motion is Lotion! Now is the time to focus on ourselves. We must stay positive and strong. In the short term, exercise can help the immune system find and deal with pathogens, and in the long term, regular exercise slows down changes that happen to the immune system with aging, therefore reducing the risk of infection.

Join this class, move your body and feel physically, mentally and emotionally better.

Suggested Equipment:

- Dumbbells, Soup Cans (14oz is approx. 1lb), Bag of Beans or Rice (1lb) or Filled Water Bottles
- Dish Towel or Pillowcase
- **Two** Paper plates, Rags or Furniture Gliders/Coaster (NOT RUBBER)
- **12** Plastic cups (e.g. "Solo" cups) - **6 Red** & **6 Blue** - Linda Grant has left 10 sets at The Thompson in a bag if you would like to pick them up.

For information on how to access the Zoom classes, contact Liz directly at 802-522-9273 or email at ebhatfield@aol.com

Bone Builders

Bone Builders in person instruction is paused until December 15th pending guidance from the Vermont Department of Health and DAIL.

Participants are encouraged to continue their practice at home during this time.



Jen Aranyi Landscapes with Finnie from ArtisTree Wednesday, December 2, 1:30 pm

Join me to paint some sweet wintery landscapes inspired by young artist and graphic designer, Jen Aranyi. Together we will explore high mountains with shadows and textures that flow down to flat valleys with bold northern light skies. If you want to get lost in Jen's magical and simple lands please find her on the internet by searching Jen Aranyi - she is active on Instagram and there are some fun YouTube tutorials to explore. Or, wait for me and we can discover her together!

Materials:

- watercolor paper
- painters tape
- pencil
- sharpie (ultra fine and fine tips are the best for a good variety)
- watercolor or gouache
- brushes

(a hair dryer is good to have on hand to rush dry anything if necessary)

You can work on one large piece or have several small papers prepared to make a few paintings - Jen works on a small scale generally...it's up to you!

Please sign up by emailing Finnie at outreach@artistreevt.org. I will send a zoom link a day or two before class.

WELCOME WINTER: NATURE JOURNALING & NATURAL HISTORY DRAWING

An Online Workshop via Facebook with Instructor, CJ Kinton
3-week class, with sessions posted Facebook on Saturdays, Nov 28,
Dec 5 and 12, Fee: \$30 - advance registration required. To sign up
please email the instructor at earthschoolwitch@gmail.com.

Payment must be received prior to class and latecomers will be welcome. More classes to come in January. Maximum of 25 participants; minimum of 5 to run.

Participants will need to supply their own sturdy notebook or journal with unlined paper (or just sheets of blank paper); pencil, sharpener and eraser; ink drawing pens, ideally with varying tips (fine, medium, full); and soft lead colored pencils.

Discover a magical and intimate way to observe and connect with the natural world and the rhythm of the seasons! Nature journaling is not about great art or writing, so don't be intimidated! Instead, we'll immerse in the atmosphere of this special time when autumn transitions to winter. As it gets colder and the nights get longer, playing outdoors and marveling at the natural world can help keep our spirits up.

We'll have fun developing our own individually unique journaling styles and exploring writing forms such as prose, poetry and Haiku. We'll also deepen our relationships with wildlife, plants and the elements, shake up our perspectives, and ponder how humans fit into the planetary ecosystem.

This will be a warm friendly workshop! I'll create a private Facebook group where we can share our art, writing and thoughts. Each week will have a theme: Transition, Weeds 'n' Seeds, and Plants That Stay Green (you can contact me for a more detailed description). On Saturdays I'll post handouts, resources, and other tidbits (including a writing prompt and drawing exercise) for the week ahead, plus a link for a video as an alternate to in-person instruction - all of which you can peruse at your leisure. I'll be available for feedback, assistance, or if you have questions.

Join us in celebrating the beauty of early winter!



UPDATES & RESOURCES

Prescription Delivery Service Now Available

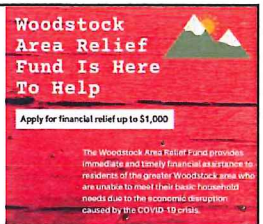
Sarah Lamb, formerly of Woodstock Pharmacy, has started a business to assist those in getting prescriptions and essentials from Upper Valley pharmacies. For fee and delivery information please contact her at:

Sarah's RX Express & Beyond, LLC
Courier Services & Care
Sarah F Lamb, Owner
1-802-774-8012, sarahsrxexpressandbeyond@gmail.com



Woodstock Area Relief Fund COVID-19

The Woodstock Area Relief Fund provides immediate and timely financial assistance to residents of the greater Woodstock area who are unable to meet their basic household needs due to the economic disruption caused by the COVID-19 crisis. To apply go to: www.woodstockarearelieffund.org or call 802.281.9902



NEW DATE AND TIME FOR WOODSTOCK VEGGIEVANGO!

Every second Wednesday of the month at 10:00 am
at the WUHSMS back parking lot (toward the Union Arena)

VeggieVanGo is a FREE FOOD distribution event provided by the VT Foodbank and sponsored by the WCUD School Nutrition Program. We have moved our VeggieVanGo to every second Wednesday of the month to accommodate the reopening of the WUHSMS campus. The distribution site will be located in the back parking lot at the Union Arena Entrance. We welcome families to pick up and deliver out for other families as well. We have yet to run out of food! ALL ARE WELCOME! Please contact Gretchen Czaja-WCUD School Nutrition Program Director with any [questions-gczaja@wcsu.net](mailto:gczaja@wcsu.net) 802-457-1317, 1123

Advance Directive Assistance is Available

The Thompson Center's group of trained and caring volunteers will be resuming Advance Directive assistance remotely. Please contact The Thompson Center if you would like a remote appointment with a volunteer and you will be contacted directly by Meg, Judy, or Anne. They will determine the best type of appointment be it via phone, Zoom, Facetime, or conference call, that works best for you. After your initial call to The Thompson, a staff member will send an Advance Directive form and a booklet from the Vermont Ethics Network to help you prepare for your appointment.

For **COVID-19** related emergency town information or any other referrals for COVID support, visit our website at

<https://www.thompsonseniorcenter.org/thompson-community-update-coronavirus-covid-19/>

Caregiver Support Group Update:

The Thompson Support Group Facilitators Carla Kamel and Anne Herz will continue to reach out with regular check in calls. If you wish to be included please let them know by calling 802-457-5414.

IN LOVING MEMORY & APPRECIATION

IN APPRECIATION

Vermont Farmstead Cheese - Bingo prizes
 Woodstock Pharmacy - greeting cards, medical supplies, gift items
 Glenda Osmer - crocheted goods
 Ottauquechee Health Center - turkeys for Thanksgiving dinner
 Fran & Janice Bean - maple syrup
 Faith Wishart - office supplies
 Rotary - masks
 Betsy Wheeler - medical equipment
 Nancy Winter - kale
 Joanne & Ken Hershey - medical equipment
 Linda Maxham - scarves
 Doug Audsley - squash
 In Memory of Dave Clark - medical equipment
 In Memory of Gerlinde Mellar - medical equipment

A Special Thank You to the
Vermont Standard
 for their ongoing donation of
 newspapers.

IN MEMORY OF

Lysle Chase
 Nancy Bassett

Richmond Maxham
 Marcia Wheeler
 Samuel & Eleanor Grice
 The Ellaway Group
 Ted & Joan Staples
 Joyce Phillips

Ernie Jillson
 Green Mountain Chapter G.E.
 Retirees
 Roy & Joanne Bates
 Ted & Joan Staples
 Marcia Wheeler
 Joyce Phillips

Richard Brodrick
 Allen & Gail Dougherty

Harvey Watson
 John & Charlene Roberts
 Robert & Mary Costella
 Kenneth & Candice Gammill
 The Ellaway Group
 Bob & Adrienne Sauerberg
 John & Ruth Wiegand
 Stephen & Joan Tarleton
 Shirley & Charlton Cox
 Robert & Roberta Wexler
 Lucy Kiggins
 Bob & Linda Kearney
 Nancy Pike
 David & Marijo Kirtland
 Jean & Ross Weaver
 Liz & John Newcomb
 John & Betsy Richardson
 Judy & Dick Quinn
 Mimi Boulden
 Allen & Gail Dougherty
 Tony & Carol-Ann Vorias

DECEMBER BIRTHDAYS

1st	James	Huff	9th	Gerry	Hawkes	22th	Carol	Egbert
1st	Ruth	Hunter	11th	Glenda	Osmer	22th	Karen	Chalom
2nd	Dave	Bollinger	11th	Margaret	Bradley	23rd	Glenn	Barr
2nd	Suzanne	Lovell	11th	Jim	Duff	23rd	Charles	Gundersen
2nd	Karen	McAlister	12th	Gordon	Tuthill	23rd	Marcia	Peterson
3rd	Beverly	Humpstone	13th	Gerald	Parker	24th	John	Audsley
4th	Stan	Talbot	14th	Grace	Staples	24th	Nancy	Kendall
4th	Sandra	Hack	14th	Margaret	Kasden	24th	Phil	Camp
4th	George	Zimberg	14th	Dan	Noble	24th	Patti	Beda
4th	Barbara	Butler	15th	Myron	Beebee	24th	Bonnie	Payson-Belisle
4th	Penny	Wiltz	15th	Deborah	Rice	24th	Sawyer	Jones
4th	Rodger	Logan	15th	Jennifer	Maxham	25th	Carol	Williams
5th	Candie	Gammill	15th	Kim	Jackson	26th	Carl	Kesseli
5th	Rosemary	McGinty	16th	Ryan	Martin	26th	Rodney	Leonard
5th	Norm	Frates Sr.	16th	Deirdre	Donnelly	26th	Katherine	Webster
6th	Rick	Kuniholm	16th	Deborah	Hewitt	26th	Katherine	Sawyer
6th	Donald	Munro	16th	Pat	Hesterberg	26th	Bertha	Boynton
6th	Mary	Doubleday	16th	Karl	Huck	26th	Joan	Sakalas
6th	Honore	Hager	17th	Gordon	Pine	27th	Evelyn	Paglia
6th	Kathleen	Eiselein	18th	Edith	Williams	27th	Johnna	Dana
6th	Jeanne	Rikert	18th	James	Sawyer	27th	Christopher	Cassidy
7th	Carolyn	Martin	19th	Meg	Seely	28th	Nancy	Gray
8th	Christopher	Sparkes	19th	Ava	Harvey	29th	Colin	Nevin
8th	Helen	Flower	19th	Karen	Wwinstein	29th	Russell	Audsley
8th	Laurence	Werner	20th	Rose	Mroszczyk	29th	Suzanne	Milord
8th	Anne Marie	Hestnes-Harris	20th	Edward	Steiner	29th	Drew	Tobiason
8th	Denise	Martin	20th	Alec	Hastings	30th	Ross	Wright
9th	Leon	Stetson				30th	John	Carter
						31st	Hildur	Colot



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.thompsonsSeniorcenter.org

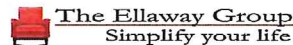
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The Thompson co-sponsors a twice monthly "Woodstock Shopper" bus route with Tri-Valley Transit (formerly Stagecoach) connecting Randolph, Barnard, Bridgewater, Pomfret, Woodstock, and Quechee to retail stores in West Lebanon. This service runs the first and third Wednesday of each month, but in light of increased Covid cases and Vermont State travel recommendations, the service will be re-routed to Rutland in November and December. Reservations on this route must be made in advance by contacting the Tri-Valley Transit office at 802-728-3776. Tri-Valley transit has extra safety precautions and dividers in place between seats and all riders must wear masks. Call to take advantage of this service for grocery or holiday shopping or other necessary errands. Please call with any questions.

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