



The Thompson Times

Your resource to age well

FEBRUARY 2020

THE THOMPSON WINTER GALA *DINNER, DANCING & AUCTION*

Sunday, February 9, 2020
at the Woodstock Inn Ballroom

Cocktails & Silent Auction: 5:00 pm

Dinner & Live Auction: 6:45 pm

Followed by Music & Dancing



The Thompson Winter Gala is our largest annual fundraiser and provides significant support to the operations of our senior center. Thank you to our many donors, sponsors, and volunteers for making this event a success year after year!

For more information or to reserve your tickets call 457-3277 or visit our website at thompsonseniorcenter.org/auction2020.

Public Benefits Assistance Help **Now Available at The Thompson** **Offered by the Windsor County** **Community Health Clinic**

February 4 & 18, 9:00—2:00 pm

Call Shari to book your 1 hour appointment

Assistance will be available for, but not limited to, the following programs: medicare for new enrollees - parts A, B, and D, 3SquaresVT, fuel assistance, social security enrollment, medication affordability and grant opportunities.

Moving Forward with
Parkinson's Disease:
New Treatments and
Avenues of Research
Presented by Diane Sherman,
Coordinator, Parkinson's
Disease and Movement
Disorders Resource Center
Thursday, March 19, 1:00 pm

*** More on page 5**

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

Liza Deignan—*President*
Ginny Eames—*Vice President*
David McGuire—*Treasurer*
Wendy Wannop—*Secretary*
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Karl Huck
Lydia Locke
Daphne Moritz
Steve Selbo
Joby Thompson
Sandy von Unwerth

BEHIND THE SCENES

ADVISORY MEETING HIGHLIGHTS

- Trip ideas for 2020/2021
- People are enjoying the varieties of soups on Friday. Attendance & feedback has been good. Some prefer tables of 8 over the tables of 4.
- Holiday Bazaar review and ideas for next year - Will recruit more cookies, pies, donuts, and will start earlier and work on "signature" crafts. White Elephant Treasures did well. Looking for chairperson(s) to head up specific areas.

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

We need your vote on town meeting day in Woodstock, Bridgewater, Pomfret and Barnard. These towns provide important funding to operate the senior center that we won't have without a passing vote on our special articles. Thank you!



Meals on Wheels Drivers Needed!

Being a MOW driver is a very heartwarming experience for many. Volunteers deliver hot, nutritious meals to home-bound seniors Monday through Friday. Our delivery routes begin at 11:00 and may take up to an hour to complete. We are currently looking for someone to help us one day a week of your choice. If you are interested, please contact Siobhan Wright at 457-3277 or swright@thompsonscenter.org.

Thompson Annual Appeal

The Thompson Annual Appeal began in September and is still underway. If you haven't made an annual gift and would like to do so, we would be very appreciative. Annual Appeal gifts support the operations of the senior center and allow us to continue critical services like transportation, meals, and other programs. Mail or deliver a gift to 99 Senior Lane, Woodstock, VT, or donate online through our website. Thank you very much!

Winter Closing Policy

The Center is always closed when the Woodstock schools are cancelled or delayed. You can find out if the Woodstock schools are cancelled after 6:15 AM by checking local news. We may also close when we feel driving conditions are not safe for our participants. Call the Senior Center after 8 AM. If we are closed, there will be a message on our machine. We also post on Facebook.



Sign up for the e-newsletter by emailing
jbloch@thompsonscenter.org

EVENTS & PROGRAMS



Spa Day at The Thompson

Offered by Woodstock Inn and Resort Spa Professionals

Thursday, February 13, 9:00 am – 12:00 pm



Once again, our friends from the Woodstock Inn and Resort Spa are offering complimentary limited manicures, chair massages, and reflexology sessions. These free appointments for your much deserved self-indulgence will fill up quickly so make your reservations soon and please remember to cancel if you can't make it.



The Many Meanings of Maple A Vermont Humanities Council Presentation Hosted by The Thompson Center

Tuesday, March 3, 1:00 pm

This presentation examines the many meanings of maple sugaring. Maple is enormously important to Vermont's economy, ecology, and heritage. Champlain College professor Michael Lange will discuss sugaring ethnographically, based on over five years of research among sugarmakers all over the state, to learn from them what sugaring really means to Vermont.

Rather than discussing the practical aspects of sugaring, such as how to tap a tree or how an evaporator works, his talk focuses on how and why maple has become so important to Vermont's identity, and how and why it helps us shape who we are as Vermonters.

Supported in part by the National Endowment for the Humanities (NEH) and the Vermont Humanities Council (VHC). Any views, findings, conclusions, or recommendations expressed in this program do not necessarily represent those of the NEH or VHC.



TAX ASSISTANCE AT THE THOMPSON

Do you need assistance with your tax return? The Thompson Center will offer individual tax preparation for seniors and low income persons. AARP Tax-aides will complete your 2019 taxes free of charge during scheduled appointments on **Mondays, February 3 through April 6 including President's Day**. On the day of your appointment, please come early to fill out a questionnaire.

Please bring: Valid picture ID and Social Security card for the taxpayer and spouse, copies of income tax returns you filed last year, proof of all income, W-2 forms (if you worked), 1099-R forms and statements for pensions and annuities, Social Security received, interest and dividend income, state rebates, IRA income and copy of your 2019 property tax bill. If you are filing for a Renter's Rebate or Homeowners Property tax rebate, you will need proof of income for everyone in your household. For rental rebate, you will also need Form LC-142 from your landlord. **Please call 457-3277 soon to schedule an appointment. Appointments are limited and will fill up quickly!**

Tech Tutoring at The Thompson

Provided by NWPL

Thursday, Feb. 6, 12:45 - 2:45

We are happy to continue offering individual tech tutoring thanks to Norman Williams Public Library and Meg Brazill. Meg offers 1:1 assistance for any one of your devices: cell phone, lap top, iPad or tablet - free of charge. 45 minute appointments are available and you can book more appointments as you need them. Please call to schedule yours at The Thompson 457-3277.

Jewelry Repair at The Thompson

Tuesdays, 1:15 - 2:15 pm, by appointment

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. Sign-up in advance.

Are You Trying to Find a Bridge Group?



Open Bridge is available for experienced players at The Thompson on Wednesdays, 11:30 am - 12:30 pm at no cost. Participants can enjoy a noon lunch for a suggested donation of \$5.00 for those 60 and older. Contact: Ginny Eames at ginnyeames51@gmail.com or Shari at The Thompson at 457-3277.

The Quechee Duplicate Bridge Club plays on Mondays at 1:00 pm

Where: Quechee Club, lower dining level

Cost: \$8 per person, light refreshments and comfortable venue.

Contact: Karen Randle at 802-225-6640 or randlebridge1430@gmail.com for more information.

artistree



community arts center & gallery

Global Day of Clay at ArtisTree's Ceramics Studio

Wednesday, February 12

Open Studio 10:00 am - 12:00 pm

No pre-registration required unless you need transportation provided by The Thompson

Powered by you, Global Day of Clay is a truly worldwide celebration of ceramics in all its forms, connecting professional ceramicists, artists, academics, and everyday ceramics lovers everywhere to explore new ideas, innovations and works that are shaping the future of the art form. In celebration of the annual Global Day of Clay, ArtisTree invites us to join them in the Ceramics Studio. Receive one pound of clay and hand build anything you like with their tools. Projects will not be fired, but the clay is yours to keep.

Painting at ArtisTree

Instructor: Finnie Trimpi, ArtisTree Staff
Three Winter/Spring Sessions

Session 1: January 13- February 10 (4 weeks)
(no class on January 20)

Session 2: March 9 - April 6 (5 weeks)

Session 3: April 27 - May 18 (4 weeks)

Day/Time: Mondays, 10:30 am-12 pm

Cost: \$10 per class

Monthly Art Project with ArtisTree

Fun Felted Hearts

Wednesday, February 5, 1:30 pm

Come celebrate the season inspired by Valentine's Day where we invite you to make a felted heart stuffed with lavender to bring calm and joy to yourself or someone you love. This class will involve some simple hand sewing skills - appropriate for beginners and seasoned sewers are welcome!

Please sign-up in advance. 457-3277.

AGE WELL

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

Dementia Conversations **An Alzheimer's Association Program** **Wednesday, February 5, 2:00 – 3:00 pm**

This presentation will include tips and strategies for having difficult but important conversations about changes in memory, thinking or behavior that may be related to dementia. This is for people who are concerned about someone experiencing these changes in behavior. Join us at this the final workshop in the Aging and Dementia informational series presented by Jessica Kalb, Regional Vice President of TLC HomeCare.

Smart Phone Basics **Wednesday, March 11, 1:00 pm**

Do you have a new smartphone or a phone you don't really know how to use? Join us for an hour-long workshop of smartphone basics. Learn a few things and maybe you can even share a tip or two. No prior knowledge required – Please bring your smartphone (make sure it is fully charged) and your login and passwords for your phone. Please pre-register by calling The Thompson.

Moving Forward with Parkinson's Disease: **New Treatments and Avenues of Research** ***Presented by Diane Sherman, Coordinator, Parkinson's*** ***Disease and Movement Disorders Resource Center*** **Thursday, March 19, 1:00 pm**

There is great excitement in the Parkinson's research community and amongst clinicians as new treatments and research programs are developed. Please join us to learn about:

- Newly available treatments to help ease the symptoms of Parkinson's disease
- Interesting and promising research programs
 - ◊ Gut-brain connection
 - ◊ Inflammation
 - ◊ Targeting alpha-synuclein
 - ◊ Clinical research programs at DHMC

Diane Sherman received her PhD in Biology from Yale University in 1988, and completed a postdoctoral research fellowship at the University of Wisconsin in 1992. She was an instructor and research professor at Dartmouth College for 14 years before joining Dartmouth-Hitchcock in 2006 as Coordinator of the Parkinson's Disease and Movement Disorders Resource Center.

AARP Smart Driver Safety Course **Friday, March 27, 9:00 am to noon (break for lunch)** **1:00 to 2:30 pm**



Instructor Baird Morgan will be here to teach this four hour instructional course which is the nation's largest refresher course designed specifically for older drivers. Registration begins at 8:45 am.

Your driver's license is required and your AARP card for members. Course Fee: \$15.00 for AARP members and \$20.00 for nonmembers. Checks should be made out to AARP Smart Driver and **need to be mailed in prior to class date.**

PROGRAM CALENDAR - FEBRUARY 2020

Mon	Tue	Wed	Thu	Fri
3	4	5	6	7
8:30 Tax Assistance* 10:15 Memoir Group 10:30-12 Painting at ArtisTree* 1 Advisory Meeting	9-2 Public Benefits 1:1 9 Strengthen & Stretch 10 Double King Pedo 10 Beginning Italian 12 Spanish Table 1:15 Jewelry Repair with Yael* 1:30 Mah Jongg 3 Bone Builders	9 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* 2-Dementia Conversations* 3 Gentle Yoga Class 7 Building Monticello*	9 Strengthen & Stretch 10-12 Chair Massage* 10 Cribbage 10:00 Italian Study 12 Italian Table 12:45-2:45 pm Tech Tutoring* 1 Italian Intermediate 1:30 Mah Jongg 3 Bone Builders	9-12 Reflexology* 10-12:30 CCC Office Hours* 12 German Language Table
10	11	12	13	14
8:30 Tax Assistance* 10:15 Memoir Group 10:30-12 Painting at ArtisTree* 1-3 Advance Directives*	9 Strengthen & Stretch 10-11 Veggie VanGo 10 Double King Pedo 10 Beginning Italian 12 Spanish Table 1:15 Jewelry Repair with Yael* 1:30 Mah Jongg 3 Bone Builders	9:30 Beginner Tai Chi 10-12 Global Day of Clay at ArtisTree 10:30 Handwork Cir. 10:45 Advanced Tai Chi 12 French Table 3 Gentle Yoga Class	9-12 Spa Day* 9 Strengthen & Stretch 10-12 Chair Massage* 10 Cribbage 10:00 Italian Study 12 Italian Table 1 Italian Intermediate 1:30 Mah Jongg 3 Bone Builders	Valentine's Day* 9:30 - 3:30 Foot Clinic* 10-12:30 CCC Office hours* 12 German Language Table
17	18	19	20	21
8:30 Tax Assistance* CLOSED Presidents' Day	9-2 Public Benefits 1:1 9 Strengthen & Stretch 10 Double King Pedo 10 Beginning Italian 11:30 Commodities 12 Spanish Table 1:15 Jewelry Repair with Yael* 1:30 Mah Jongg 3 Bone Builders	8 Board Meeting 9 W. Leb Shopping* 9-10 Fall Prevention Clinic* 9:30 Beginner Tai Chi 10:30 Handwork Cir. 10:45 Advanced Tai Chi 12 French Table 12:30 Caregiver Support Group 3 Gentle Yoga Class	9 Strengthen & Stretch 10-12 Chair Massage* 10 Cribbage 10:00 Italian Study 12 Italian Table 12:45 Lucy Mac Visit 1 Italian Intermediate 1 Grief 101 1:30 Mah Jongg 3 Bone Builders	10-12:30 CCC Office Hours* 12 German Language Table
24	25	26	27	28
8:30 Tax Assistance* 8:30 Newsletter Folding 9 Strengthen & Stretch 10:15 Memoir Group	9 Strengthen & Stretch 10 Double King Pedo 10 Beginning Italian 12 Spanish Table 1:15 Jewelry Repair with Yael* 1:30 Mah Jongg 3 Bone Builders	9:30 Beginner Tai Chi 10:30 Handwork Cir. 10:45 Advanced Tai Chi 12 French Table 3 Gentle Yoga Class	Birthday Day* 9 Strengthen & Stretch 10-12 Chair Massage* 10-12 Wellness Clinic 10 Cribbage 10:00 Italian Study 12 Italian Table 12:30-3 Foot Clinic* 1 Music with Adam Boyce & Merv Comes 1 Italian Intermediate 1:30 Mah Jongg 3 Bone Builders	10-12:30 CCC Office Hours* 12 German Language Table
			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

MENU - FEBRUARY 2020

Mon	Tue	Wed	Thu	Fri
3	4	5	6	7
Philly Cheese Steak Sandwiches w/ Peppers & Onions, Sweet Potato Fries, Coleslaw, Chef's Choice Dessert	Dijon Crusted Chicken Breasts, Horse Radish Mashed Potato, Gravy, Spinach, Berries and Cream Roll	Coconut Chicken , Stir Fried Vegetables, Scallion Brown Rice, Nian Gau	Tossed Salad, Lemon Garlic Tilapia, Rice Pilaf, Succotash, Blonde Brownie with Raspberries and Cream	Bratwurst and White-bean soup w/ Kale, Potato Leek Soup, Tossed Salad, Roll, Cottage Cheese, Berry Turnover
10	11	12	13	14
Grilled Hot Dog on a Bun, Chef's Slow Cooked Baked Beans, Cole Slaw, Chef's Choice Dessert	Stuffed Meatloaf with Spinach and Cheese, Parsnip Mashed Potatoes, Gravy, Peas & Baby Carrots, Almond Cake w/ Peach Puree	Three Onion, Mushroom and Spinach Quiche, Roasted Potatoes, Tossed Salad, Sorbet w/ Berries	Chili, Corn Bread, Cole Slaw, Yogurt Cake w/ Peach Puree	Valentine's Day* Tortellini with Asparagus and Lemon Topped with Grilled Chicken Served w/ Spinach and Strawberry Salad, Lime and Blueberry Pie
17	18	19	20	21
Presidents' Day Closed	Chicken Marsala, Rice Pilaf, Green Beans, Tossed Salad, Crepes with Berries	Grilled Tuna & Vegetables in Herb Butter, Brown Rice, Oatmeal Cranberry, Cookie and Fruit	Tossed Salad, Bangers & Mashed, Onions & Gravy, Peas, Carrots, Fruit Short Cake	Chicken and Vegetable Noodle Soup, Rocket Soup (Spinach, Arugula, Cilantro) Tossed Salad, Roll, Cottage Cheese, Ice Cream
24	25	26	27	28
Pork Apple Burgers with Caramelized Pineapple on a Multigrain Sandwich Roll, Beer Battered Onion Rings, Marinated Vegetable Salad, Sorbet w/ Fresh Berries	Tossed Salad, Spaghetti & Meatballs, Garlic Sautéed Vegetable Medley Fresh Fruit Salad	Tossed Salad Chicken Ala King, Vegetable medley, Biscuits, Warm Apple Crisp	Birthday Day* Honey Glazed Ham, Pineapple Chutney, Mascarpone Mashed Potatoes, Green Bean Amandine Roll, Cake and Ice Cream	Curried Cauliflower Soup w/ Coconut, Beef Vegetable Barley Soup, Tossed Salad, Roll, Cottage Cheese, Pretzel Berry Dessert
		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)

Thompson Cafe Soup Days continue every other Friday. Choice of two soups with salad, roll, cottage cheese and dessert. Join us between 12—1 pm to dine in or pick-up for take-out. Try something new on Fridays at The Thompson!



Reservations Required

Please sign-up in advance for special meals and Birthday Day. This month includes:

Valentine's Day on the 14th

Birthday Day on the 27th

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.

NEW! Gentle Yoga Class

With Instructor Linda Harvey, PT

**Wednesdays, beginning Jan 15 - March 4
3:00 - 4:00 pm, Cost: \$3 per class**

In this new class series, Linda will guide her students through a gentle yoga practice with the option of being seated in a chair or on a floor mat. With practice, benefits of yoga are numerous and include but are not limited to: increased muscle strength and tone, improved respiration, energy and vitality, stress management, and protection from injury. No previous experience is required. Please bring mats if you have one, and wear loose and comfortable clothing. Pre-registration is requested but walk-ins will be welcome.

Linda has over 30 years of experience as a physical therapist and has spent nearly half of her career working at Mt. Ascutney Hospital and Health Center (MAHHC) and Ottauquechee Health Center (OHC). She has practiced yoga for over 20 years and is currently enrolled in an intensive 200-hour Yoga Teacher Training at Evolution Physical Therapy and Yoga Studio in Burlington VT.

Water Aerobics is Back!

**Fridays March 6 - May 15 (no class on
March 27) 1:30 - 2:15 pm 10 sessions/ \$80**

Water aerobics is a great low impact way to work your body in the water. This class works on cardiovascular training, strength training with water weights and noodles plus flexibility. We listen to great music and have fun moving our bodies to their full capacity with the safety of the water around you.

Tai Chi for Health & Balance

Beginner 9:30 am, Advanced 10:45 am

**February 5 (Chinese New Year Celebration)
12, and 26 (no class Feb. 19)**



Our Thompson Tai Chi classes provide a weekly hour of enjoyable time when you can improve your balance, body alignment, coordination, memory, and pleasure in movement. The slow, gentle steps of tai chi have surprising ability to strengthen the legs, while the arm gestures engage muscles in the back and core. Many class participants find tai chi a great stress reducer! Instructors Anne and Jane offer encouragement and really enjoy teaching.

The beginner/intermediate class runs from 9:30-10:30 and the more advanced group meets from 10:45-11:45. If you have questions, please call Anne at 457-2877. We'll have classes every Wednesday except Feb 19. **Cost is \$3 per class.**

**When it comes to finding tools for
staying healthy, active, and
involved, The Thompson is your
resource to age well.**

Strengthen and Stretch Class

**Led by Certified Fitness Trainer, Liz Hatfield
Monday, Tuesday, Thursday
9:00 - 10:00 am**

This popular class incorporates aerobics, stretching, strength and weight bearing exercises. The benefits of these exercises include strengthening, bone building, balance and overall conditioning and coordination. **Cost is \$3.00 per class.**

Wellness and Foot Care Clinics with Carmen Sleeper, RN

Blood Pressure:

4th Thursday of the month

10:00 am - 12:00 pm

Foot Clinics (by appointment):

2nd Friday of the month

9:30 am - 3:30 pm

4th Thursday of the month

12:30 - 3:00 pm

Please call 457-3277 to make your foot care appointment. \$20/bring a towel



Fall Prevention Clinic

**At The Thompson Provided by Upper
Valley Rehab Physical Therapists**

Next Clinic Date: Wed, February 19

9:00 -10:00 by appointment

Grief 101

Thursday, February 20, 1:00 pm

***Presented by Darcy Bagley, BSW, GC-C
Certified Grief Counselor/Bereavement
Coordinator, Hospice (VTH), BAYADA
Home Health Care***

As a bereavement coordinator, the phrase heard most often is, *"is what I'm feeling normal?"* In this one hour session, we will discuss anticipatory grief, normal vs. complicated grief, as well as talk about self-care techniques for those coping with grief.

Chair Massage at The Thompson Thursdays, 10-12, \$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. 457-3277

Foot or Hand Reflexology

Deborah Neuhoof, Certified Reflexologist

Friday, February 7, 9:00 - 12:00 pm

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.

Caregiver Support Group 3rd Wednesday of each month 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.

Advance Directives Clinic

2nd Monday of the month

1:00 - 3:00 pm by appointment

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.**

TRIPS

Building Monticello

**A Vermont Humanities First Wednesdays Talk
At The Norwich Congregational Church, Norwich, VT**

Wed, February 5, 7:00 pm – 9:00 pm

Depart from The Thompson Center on the van at 6:00 pm

Cost: \$5.00 for transportation

Jefferson never knew the Monticello of today—in perfect condition, impeccably furnished. Dartmouth senior lecturer Marlene Heck explains the lifelong project Jefferson called his “essay in architecture.”

ITALIAN TOUR and WINE DINNER

Thursday, March 19 at the Co-op Culinary Learning Center

5:30 – 8:00 pm, Depart Thompson on the van at 4:30 pm

Cost: \$30 includes transportation, dinner, and wine

A minimum of 10 people is required for this private class. Pre-register by calling The Thompson by February 12. Tickets are prepaid and non-refundable for this Thompson class. Please indicate if you will need transportation on the van.

Escape the winter blahs and spend an evening touring the countryside of Italy. We start in Sardinia with classic zuppa gallurese (Italian bread soaked in a rich broth baked with several cheeses), then we travel to Tuscany for a taste of pappa al pomodoro. Next, we head to northern Italy to the Lombardy region for the classic Milanese Ossobuco over tagliatelle. Finally, we land in Veneto for frittelle, sweet fried dumplings. Of course, we will be discussing and sampling regional wines all along the way.

Fall 2020!

Collette Travel presents:

Mackinac Island – featuring the Grand Hotel & Chicago

September 18 – 25, 2020

8 days – 11 meals



Trip Highlights include Chicago, Millennium Park, Charlevoix Mushroom Houses, Mackinac Island, Grand Hotel, Frankenmuth, Ford Museum and Greenfield Village.

\$3,529 per person/double and includes round trip airfare from Logan Intl Airport.

Reservations made after the deposit due date of March 11, 2020 are based upon availability.

Final payment due July 20, 2020.

THOMPSON DAY TRIP POLICY

- ♦ To make your reservation, contact Shari at 457-3277 .
- ♦ Reservations are taken on a **first paid basis**. Your name will be entered on the trip sign-up sheet once we receive your **payment**. Checks will be deposited 30 days prior to trip date.
- ♦ If you cancel for any reason, payment cannot be returned unless we fill your spot from a waiting list. This is due to non-refundable fees charged to us by the bus company &/or destination.
- ♦ All are welcome to go on trips, but anyone needing extended assistance must bring a caregiver or companion.
- ♦ Please note the deadline for individual trip sign-ups. If we do not have the required number of people to cover our costs we will cancel the trip before losing our deposit.

IN LOVING MEMORY & APPRECIATION

IN APPRECIATION

Elizabeth Romano in memory of
husband Frank Romano -
Medical equipment
Vicky Ferentino & Shannon
from Soulfully Good - cookies
for Meals on Wheels
Kings Daughters - flowers,
cyclamens for Meals on Wheels
WUHS Horticulture Dept -
poinsettias
UU Church - wreaths

*On Feb.27 we will celebrate your
special day with a delicious, compli-
mentary meal! Please call to make a
reservation for lunch and join us!*



ONGOING DONATIONS

Daily *Valley News* subscription -
Woodstock Pharmacy

Birthday Cakes -
Diane Atwood, Jane Soule & Darleen Griggs

The *Vermont Standard* Paper

Muffins - Mountain Creamery

Prepared Food - Woodstock Farmer's Market

IN MEMORY OF

Frances Thomsen &
Marion Halsted
Nanette Finelli

C. William Hoyt
Robert Kirby

Jack Hunter
Carla J. Kamel

Jack Moore
Bo & Randi Harron

Patsy Mathews
John Mathews
Suzanne Mathews

Tony Wilson
Carla J. Kamel

FEBRUARY BIRTHDAYS

1st Dick	Atwood	10th Janice	Standish	19th Darlene	Griggs
1st Dick	Colantuono	10th Sharon	Blake	19th Rhonda	White
1st Craig	Cota	11th Jeannine	Colby	20th Gail	Smith
1st Morey	Weiss	12th Carol	Towne	20th Marlene	Rand
2nd James	Minnich	12th Pauline	Holt	20th Jim	Lewis
2nd Dorothy	Wardwell	12th Hilda	Conn	20th Mary Ann	Conrad
2nd Dennis	Grady	13th Robert	Flower	20th Ron	Bascom
3rd Jeanne	Merrill	13th Alberta	Bailey	21th Linda	Atwood
4th Tom	Weschler	13th Iona	Thomas	22th Harry	Jorgensen
4th Marilyn	Bailey	13th Kathy	Marzalek	22th Jerry	Oppenheimer
4th Louise	Hansson	14th Margaret	Audsley	22th Louise	Schwebel
4th Barbara	Bartlett	14th Phyllis	Frechette	22th Cynthia	Stevens
4th Joan	Turner	14th Marge	DuMond	23th Sherry	Wian
4th Arthur	Norton	16th Corey	Mitchell	24th Susan	Botzow
4th Kathleen	Mahoney	16th Charles	Seitz	24th Suzanne	Deedy
5th Ann	Blake	16th Susan	Bitzer	24th David	Levandusky
6th Miranda	Shackleton	17th Joan	Lessard	25th Sylvia	Doten
6th Charlotte	Harvey	17th Judith	Persin	26th Wayne	Hinson
6th Margaret	Frizzell	17th Charles	Worrell	26th Susan	Menendez
7th Mia	Pine	17th Judy	Ruffing	26th Janet	Burnham
7th Andrew	Salamon	17th Donna	Dunscomb	26th James	Hollingshead
7th Lois	Lorimer	18th Linda	Manning	27th Kedric	Harriman
8th Debbie	Bridge	18th Dennis	Wright	27th Floyd	Westover
8th James	Carlson	18th Susan	Copeland	28th Jane	Simonds
8th Elaine	King-Coss	18th Gerry	Sandweiss	28th Larry	Templeton
8th Elizabeth	Woodbury	19th Sandi	Anderson	28th Julie	Abernathy
9th Julie	Johnston			29th Floyd	Van Alstyne
9th Frances	Lancaster				
9th John	Wiegand				





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

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

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.

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 2019-2020 heating season must be postmarked by February 28 for eligible households.