CELEBRATE MARCH FOR MEALS WITH US!

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 elder population all year long. As a member of the national organization, Meals on Wheels America, The Thompson participates in this annual celebration now in its 18th year.

Volunteers for The Thompson deliver 40 meals each day (Monday through Friday) to older Vermonters throughout the towns of Woodstock, Bridgewater, Barnard, and Pomfret. Last year we delivered 9,808 Meals on Wheels.

The highlights of our March for Meals events this year:
- Our 6th annual Thank You Walk on March 2nd. 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 is March 16 where town officials and local celebrities nationwide are asked to deliver meals during the nationally recognized week of March 16 through 20.
- Monday, March 30th is our annual MOW driver meeting providing an opportunity for a review of requirements/procedures, to share ideas, and to celebrate the wonderful work of our MOW volunteers!
- 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
IS GRATEFUL TO THESE BUSINESSES & INDIVIDUALS FOR THEIR GENEROUS DONATIONS TO THE 2020 THOMPSON WINTER GALA & AUCTION

37 Central Clothiers

Allen Hall
Ankor Wat Restaurant
Anne & Charlie Sincerbeaux
Annie & Dick Brodick
Anything Printed
Ardmore Inn
Armistead Senior Care
ArtsTree Community
Arts Center
Bar Harbor Bank & Trust
Barbara & Frank O'Connell
Barbara & Sal Iannuzzi
Barnard General Store
Bethel Mills
Billings Farm & Museum
Blue Horse Inn
Body by Bari Certified
Personal Trainer
Casella Waste Management
Charleston House
Charlie Hall
Chatham Bars Inn
Chippers
Cloudland Farm
Clover Gift Shop
Co-op Food Stores
Cricket Cottage by Kit Mead
Crisp Flatbread, Inc.
Dail & Norm Frates, Jr.
The Daily Catch
Dale Gordon Salon
David Green & Margaret Edwards
Dead River Company
Diane Dugan
E.C. Brown Nursery
Edward & Dawn D’Alelio
Elevation Clothing
El-Kam Realty Co.
Ellaway’s Attic Selective
Consignment
Ellaway Property Services
Ellen & John Snyder
Ellen Snyder Designs
Eyes on Elm
F.H. Gillingham & Sons

Fan House
Farmhouse Pottery
Fat Hat Clothing Company
First Impressions
Footprints
Frameworks Studio of Woodstock
Frank & Elaine Leiby
Gail & Allen Dougherty
Gallery on the Green
Green Mountain Plumbing & Heating
Harper Environmental
Harrington’s Greenhouse
Harvey & Lois Watson
Heartrook Kitchen
Jane Soule, Baker
Janice Graham & Co., P.C.
Jill Hastings, Chef
Joan Oppenheimer, Artist
Karl & Robyn Huck
Kate Miller Catering
Kate Reaves, Artist
Kathleen Fiske, Artist
Kedron Valley Giraffe
Kedron Valley Stables
Killington Grand Hotel
Killington Resort
Leanne J. Tapley, Massage
Les & Susan Berge
Liz Hatfield, Certified
Fitness Trainer
Margaret E. Stone, DDS
Mark D. Knott, DDS
Mascoma Savings Bank
Matt Closter, Golf Pro
Melaza Caribbean Bistro
Mertens House
Mon Vert Café
N.T. Ferro Jewelers
Nancy & Michael Sargent
Northern Stage
Odyssey Events
Oliver Table

Ottauquechee Plumbing & Heating
Patrick Bartlett Guide Services
Pentangle Arts Council
Peter Goulasian
Phlox
Pizza Chef of Woodstock
The Quechee Club
Red Horse Vineyard
Red Wagon Toy Company
Reinhardt Food Service
Rigali Orthodontix
Sandy & Karen Gilmour
Sarah & David Roberts
Sheehy, Furlong & Behm, P.C.
Shepard Interior Selections
Soulfully Good Café
Susan Becker, Artist
Susan Ford
Tambrey Vutech
The J. Dillon Group Inc.
The Prince & The Pauper
The Village at White River
Junction
Thistle Hill Farm
Thomas Watson
Tita Manicke, Yoga
Toco Terra Pottery
Unicorn
Union Arena Community Center
Vermont Farmstead Cheese
Ward Brothers
William Dagger Law Offices
Williamson Group Sothby’s International Realty
Woodstock Beverage
Woodstock Country Club
Woodstock Farmers’ Market
Woodstock Hops N’ Barley
Woodstock Inn and Resort
Woodstock Insurance
Woodstock Pharmacy
Woodstock Sports
Yankee Bookshop

100% OF THE PROCEEDS FROM THE AUCTION GOES DIRECTLY TO THE SUPPORT OF MEALS ON WHEELS, TRANSPORTATION PROGRAMS, AND OTHER VITAL SERVICES AND PROGRAMS PROVIDED BY THE THOMPSON.
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.

Composting Update
Tuesday, March 24, 1:00 pm

Are you ready to keep food scraps out of your trash beginning on July 1st? This will be a requirement for all Vermonters, according to the Vermont Universal Recycling Law/Act 148.

Bring your questions, concerns, confusion, and frustration to The Thompson to learn the details of what is expected for compliance.

Ham Gillett, Outreach Coordinator for the Greater Upper Valley Solid Waste Management District (GUV), will explain our options and enlighten us with an easy-to-understand lesson in home composting.

Caregiver Bootcamp at The Thompson
Presented by Jessica Talb, Regional Vice President of TLC HomeCare and Community Educator
Wednesdays, April 29, May 6 and 13, 1:00 – 2:30 pm

The Thompson Center, in collaboration with TLC HomeCare, will be offering Caregiver Bootcamp at The Thompson. This three-part series is designed to assist anyone caring for someone either at home or in a structured living environment. We welcome attendees to come to one or all three classes.

April 29: This class will focus on practical caregiver skills, such as effective communication with hearing loss, best practices in personal care, and dementia-specific skills for those assisting someone with cognitive decline.

May 6: This second session will dig a little deeper into the needs of the individual care partner and will discuss building your support team with an overview of community supports. We will also discuss caregiver stress and burnout with some tips to help manage the difficult transitions caregivers face during this time.

May 13: In this final class, we will explore how our relationship with a person needing care changes including the topic of grief and its role in this process. This can be a difficult topic to discuss but the goal of this session is to better understand the emotional and psychological changes both care partners are experiencing and highlight the best way to strengthen our relationships during this time of change.

Pre-registration is requested by calling The Thompson Center or emailing info@thompsonseniorcenter.org.
Tech Tutoring at The Thompson  
Provided by NWPL  
Thursday, March 19, 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  
Now On Thursdays, 1:00 - 2:30 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 with Shari at 457-3277.

A Reading with Local Columnist and Author, Chuck Gundersen  
Tuesday, March 17, 1:00 pm  
Join us for our St. Patrick’s Day lunch by making a reservation soon!  
Chuck Gundersen came to Woodstock in 1976 to be the Chef at The Prince and the Pauper Restaurant. In 1987 he and his wife, Alice, bought the Teago General Store in South Pomfret, which Chuck operated for thirty years before retiring in 2018. He has been a columnist for the Vermont Standard for nearly twenty years, originally as a town correspondent, and then, beginning in 2005, at the invitation of then-editor Kevin Forrest, as author of the weekly column, You Never Can Tell.  

Monthly Art Project with Artistree  
Let’s Paint Like Georges Seurat!  
Wednesday, March 4, 1:30 pm  
We can work on individual mini paintings or on small pieces of a larger group mural. Be inspired by master painter Georges Seurat using small dots of paint to mix and create a lovely personal masterpiece. Please sign-up in advance. 457-3277.

NEW TIME! Painting at Artistree  
Instructor: Finnie Trimpi, Artistree Staff  
Three Winter/Spring Sessions  
Session 2: March 9 – April 6 (5 weeks)  
Session 3: April 27 – May 18 (4 weeks)  
Day/Time: Mondays, 10:00 am-11:30 pm  
Cost: $10 per class

SmartPhone Basics  
Presented by Meg Brazill from NWPL  
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.

The Occasional Jug Band  
Thursday, March 26, 1:00 pm  
Immediately follows 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.
AGE WELL
The Thompson is committed to helping community members age well at home

**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, through April 6**. On the day of your appointment, please come early to fill out a questionnaire.

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**Free Vision Screenings**
Offered monthly, at the Good Neighbor Health Clinic, White River Junction

Providing:
- Free eye screenings
- Referral to Professional Optometrists (as required)
- Free eye glasses (as required)

Please call the Good Neighbor Clinic to schedule an appointment at 802-295-1868

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**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.*

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**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.***
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<td>9-2 Public Benefits 1:1 9 Strengthen &amp; Stretch 10 Double King Pede 10 Beginning Italian 12 Spanish Table 1 Many Meanings of Maple Talk 1-3 Basic Italian* 1:30 Mah Jongg 3 Bone Builders</td>
<td>9 W. Leb Shopping* 9:30 Beginner Tai Chi 10:30 Handwork Circ. 10:45 Advanced Tai Chi 11:30 Bridge 12 French Table 1:30 Monthly Art Project* 3 Gentle Yoga Class</td>
<td>9 Strength &amp; Stretch 9:15 Veggie VanGo at WUHS 10-12 Chair Massage* 10 Cribbage 10:00 Italian Study 12 Italian Table 1 Jewelry Repair w/ Yael* 1 Italian Intermediate 1:30 Mah Jongg 3 Bone Builders</td>
<td>10-12:30 CCC Office Hours* 12 German Language Table 1-3 Foot Clinic* 1:30-2:15 Water Aerobics*</td>
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<td>Community Champions Day 8:30 Tax Assistance* 9 Strengthen &amp; Stretch 10:15 Memoir Group 10:30-12 Painting at ArtisTree*</td>
<td>St. Patrick’s Day* 9-2 Public Benefits 1:1 9 Strengthen &amp; Stretch 10 Double King Pede 10 Beginning Italian 11:30 Commodities 12 Spanish Table 1 Reading with Chuck Gundersen 1-3 Basic Italian* 1:30 Mah Jongg 3 Bone Builders</td>
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<td>Birthday Day* 9 Strength &amp; Stretch 10-12 Chair Massage* 10-12 Wellness Clinic 10 Cribbage 10:00 Italian Study 12 Italian Table 12:30-3 Foot Clinic* 1 Occasional Jug Band 1 Jewelry Repair w/ Yael* 1 Italian Intermediate 1:30 Mah Jongg 3 Bone Builders</td>
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<td>9 Strengthen &amp; Stretch 10 Double King Pede 10 Beginning Italian 12 Spanish Table 1:30 Mah Jongg 3 Bone Builders</td>
<td>BINGO daily at 10:30 am except on birthday day and other special meal days. Location changes based on the day’s schedule.</td>
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<td>* Indicates that sign-up/reservations are required</td>
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<td>Tossed Salad, Chicken and Potatoes w/ Garlic Parmesan Cream Sauce, Lime Carrots, Cookies and Fruit</td>
<td>Broccoli Salad, Heartly Beef &amp; Vegetable Stew, Roll, Ice Cream</td>
<td>Cauliflower, Chèvre &amp; Oninn Quiche, Herb Roasted Potatoes, Mixed Green Salad, Fresh Fruit Parfait</td>
<td>Grilled Jammin' Salmon Burgers, Potato Salad, Grilled Vegetable Salad, Almond Joy Sundae</td>
<td>Bratwurst and White Bean Soup w/ Kale, Cream of Broccoli Soup, Tossed Salad, Cottage Cheese, Roll, Blueberry Cobbler</td>
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<td>Tossed Salad, Macaroni and Cheese w/ Ham, Butter Beets, Sorbet w/ Fresh Berries</td>
<td>Pan Seared Chicken Breast, Creamy Cheddar Polenta, Spinach Supreme (Spinach, Sour Cream, Parmesan and Monterey Jack) Warm Apple Crisp</td>
<td>Spinach &amp; Cheese Ravioli w/ Meat Sauce, Garlic Bread, Broccoli &amp; Cauliflower, Fresh Fruit Salad</td>
<td>Sweet and Sour Pork, Stir Fried Vegetables, Brown Rice, Coconut Meringues w/ Pineapple</td>
<td>Butternut Squash, Apple Bisque, Italian Wedding Soup, Tossed Salad, Cottage Cheese, Roll, Berries and Cream Crepes</td>
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<td>Chef's Choice</td>
<td>St. Patrick's Day* Corned Beef, Potatoes, Cabbage and Carrots, Irish Soda Bread, Guinness Stout Cake</td>
<td>Chicken Milano w/ Basil and Sun-dried Tomatoes served over Fettuccine, Tomato &amp; Mozzarella Salad, Fresh Fruit Salad</td>
<td>Shepherd's Pie, Tuscan style Vegetables, Chef's Choice Dessert</td>
<td>New England Clam Chowder, Beef, Vegetable Barley Soup, Tossed Salad, Cottage Cheese, Roll, Banana Caramel Bread Pudding</td>
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<td>Cheese Pizza, Greek Salad w/ Lettuce, Cucumber, Pepper, Olives, Feta Cheese, Fresh Fruit</td>
<td>Salisbury Steak, Gravy, Mashed Potato, Green Beans and Carrots, Fresh Fruit Salad</td>
<td>Chicken Divan w/ Penne Pasta, Tuscan Vegetables, Chef's Choice Dessert</td>
<td>Birthday Day* Roast Beef, Au Jus, Sour Cream and Chive Mashed Potato, Roasted Asparagus, Roll, Cake and Ice Cream</td>
<td>Smoked Sausage Cassoulet w/ White Beans and Tomatoes, Rocket Soup (Shorbat Jarji) w/ Potato, Spinach, Arugula Herbs and Spices, Tossed Salad, Cottage Cheese, Roll, Strawberry Sundae</td>
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<td>Reubens, Beer Battered Onion Rings, Marinated Vegetable Salad, Sorbet w/ Fresh Berries</td>
<td>Stuffed Peppers w/ Beef and Rice, Tossed Salad, Hot Fudge Sundae w/ Banana</td>
<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>*Indicates that sign-up/reservations are required (Birthday Day &amp; Special holiday meals)</td>
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**Reservations Required**

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

**St. Patricks Day on the 17th**  
**Birthday Day on the 26th**

Volunteers, if you are working and eating on that day you will also need to sign-up at the front desk. Our fire code limits us to 80 guests. Thank you!
**HEALTHY AGING**

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

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**Bone Builders**

Tuesdays and Thursdays, 3:00-4:00 pm

The Bone Builders exercise program, developed at Tufts University, addresses bone health for people of all ages. Women especially may have thinning of bones as early as age 40, but men are welcome in this class and will benefit as well.

Bone Builders classes, with instructor Althea Derstine, are ongoing on Tuesdays and Thursdays each week. Classes are free.

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**New! Gentle Yoga Class**

With Instructor Linda Harvey, PT

Wednesdays, March 11 – April 15

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 (MAHHCC) 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.

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**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.

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**Tai Chi for Health & Balance**

Beginner 9:30 am, Advanced 10:45 am

March 4, 11, 18, 25

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.

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

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**Strengthen and Stretch Class**

Led by Certified Fitness Trainer, Liz Hatfield

Monday, Tuesday, Thursday

9:00 -10:00 am

Reminder: This is a co-ed class and all are welcome

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):
1st Friday of the month
1:00 - 3:00 pm
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

Medicare For New Enrollees – What You Need to Know

Presented by Samantha Ball, Coordinator, Windsor Community Health Clinic
Tuesday, April 7, 5:30 pm

Are you almost 65 years of age and thinking about signing up for Medicare? Are you retiring and losing your health insurance benefits? This comprehensive presentation can help guide your planning.

Topics included in this presentation:
Medicare Parts A, B & D and why we need them
Penalties for not enrolling
Medicare Advantage Plans
Medicare Supplemental Plans
How to enroll and when

Please pre-register by calling 457-3277 or at info@thompsonseniormanagement.org

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.

Fall Prevention Clinic
At The Thompson Provided by Upper Valley Rehab Physical Therapists
Call for Next Clinic Date
9:00 -10:00 by appointment

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 Neuhof, Certified Reflexologist
Call for next available date
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.
TRIPS

ITALIAN TOUR and WINE DINNER - Van is FULL
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

Escape the winter blues 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 papa 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.

The Thompson Center, in Partnership with Woodstock Recreation Center, Presents:

Discover Switzerland, Austria & Bavaria, April 2021 – A journey through spectacular mountain scenery and picturesque cities as you experience three Alpine countries with Collette Travel. 10 days ~ 12 Meals. Trip details and a brochure will soon be available!

Travel Presentation: Thursday, April 16, 1:00 pm. Please call The Thompson to pre-register
10 days ~ 12 Meals, Trip highlights include Bern, Lucerne (the Swiss Paradise on the Lake), Innsbruck, and the GoldenPass panoramic train from Montreux to Gstaad, and much, much more.

SUMMER THEATER TRIPS

We live in a culturally rich area with opportunities for great summer theater. Please consider a trip with us this summer to these wonderful venues for live professional theater and emerging artists.

Sunday, June 28, 3:00 pm:
Ring of Fire – The Music of Johnny Cash
at The Weston Playhouse

Wednesday, July 8, 2:00 pm:
Titanic – at New London Barn Playhouse

Wednesday, August 26, 2:00 pm:
Steel Magnolias – at the Weston Playhouse

Details for these productions will be in the next issue of The Thompson Times and at www.thompsonseniorcenter.org

Collette Travel presents:
Mackinac Island – featuring the Grand Hotel & Chicago
September 18 – 25, 2020
8 days – 11 meals

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

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.
IN LOVING MEMORY & APPRECIATION

IN APPRECIATION
Spring Brook Farm - Raclette cheese
Lee & Brenda Garsh - medical equipment
Nan Bourne - jigsaw puzzles
Philomena Funari - medical equipment
Martin Grotz - medical equipment
Knitters of NWPL - yarn and knitting needles
Zoe Parent IMO Bob Lewis - medical equipment
IMO Harry Shepard Jr. - medical equipment
Pat Vittum - medical equipment
Stephen Zsenai - greeting cards
Jinja Stapleton - games and books
Marilyn Bailey - medical equipment

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
Jack Hunter
Allen & Gail Dougherty

Patsy Mathews
Suzanne Mathews
Allen & Gail Dougherty

Tony Wilson
Allen & Gail Dougherty

On March 26 we will celebrate your special day with a delicious, complimentary meal! Please call to make a reservation for lunch and join us!

MARCH BIRTHDAYS

1st Charles Luetke
1st Donald Doubleday
1st Jane Hanley
1st Virginia Eames
1st Charlotte Cassidy
1st Larry Lacaille
2nd Barbara Blaiklock
2nd Janice Elder
3rd Norman Youknot
3rd Vincent Kelly
4th Heidi Talbert
4th Donna Durgin
5th Edward Thumith
5th Susan Harlow
5th Deborah Neuhof
5th Armande Boright
5th Beverly Kinne
6th Steven Selbo
7th Jen Bloch
7th James Hasson
7th Terri Cowdrey
8th Alexander Hadden
8th Mark Powers
8th Liz Estabrook-Hatfield
8th Susan Lewis
8th Ann Turner
8th Linda Machalaba
9th John Garren
9th Barbara Sanderson
9th Cecilia Hoyt
9th Larry Kasden
9th Mimi Baird
9th Horace Carr
10th Gail Dougherty
10th Barbara Gerstner
11th Jerry Fredrickson
11th Linda O'Neil
11th Richard Beda
11th Harry Homeier
11th Mary Klampert
11th Susan Ditto
11th Jean Strong
13th Willem Post
13th Jacqueline Neuwirth
13th Deborah Phillips
13th Lucille Tancreri
13th John Wolfgang
13th Patricia Campbell
13th Andrea Rivers
13th Joe Warren
14th Irene Schlierf
14th Polly Bacon
14th Harriet Stehouwer
15th Renette Bedard
15th Ernest Kendall
15th Phil Lewis
15th Kate Reeves
16th John Dibble, Sr
16th Gloria Martin
16th Patrick Morris
16th Linda Fisher
17th Susan Rose
17th Mario Maura
18th Pat Tilton
18th Beryl Spencer
18th Catherine Harriman
18th Sally Olsen
20th Lauran Corson
21st Tom Bourne
22nd Betty Putnam
22nd Kay Rhodes
22nd Barbara Leonard

23rd Emily Jones
23rd Sayon Camara
23rd David McGuire
23rd Chris Noble
23rd Sandra Audsley
24th David Crocker
25th Mary Godette
25th Theodore Keith
26th Marie Willis
26th Linda Willard
26th Macy Lawrence
26th Christa Blanchard
27th Charlotte Croft
27th Mervin Comes
27th Joan McGee
27th Brandi Stapleton
28th Oliver Wittasek
28th Hillary Martin
29th Robert Parker
30th Meg Johnson
30th Lois Watson
31st Janet Bourne
31st Susan Brown
31st Stephen Duclos
31st David Osmer

THE THOMPSON TIMES PAGE II
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.thompsonseniorcenter.org

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

Woodstock Insurance
Ottauquechee Plumbing & Heating
VERMONT

The Ellaway Group
Dead River Company

Upper Valley Midas
Senior Solutions

Ottauquechee

Armistead

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