



The Thompson Times

Your resource to age well

MARCH 2020



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

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,
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Paula Audsley, Outreach Manager,
paulsley@thompsonscenter.org
Pam Butler, Program Director,
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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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Sandy von Unwerth

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
Angkor Wat Restaurant
Anne & Charlie Sincerbeaux
Anne & Dick Brodrick
Anything Printed
Ardmore Inn
Armistead Senior Care
ArtisTree Community
Arts Center

Bar Harbor Bank & Trust
Barbara & Frank O'Connell
Barbara & Sal Iannuzzi
Barnard General Store
Bethel Mills
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Personal Trainer

Casella Waste Management
Charleston House
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Chatham Bars Inn
Chippers
Cloudland Farm
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Eyes on Elm

F.H. Gillingham & Sons

Fan House
Farmhouse Pottery
Fat Hat Clothing Company
First Impressions
Footprints
Frameworks Studio of
Woodstock
Frank & Elaine Leibly

Gail & Allen Dougherty
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Harper Environmental
Harrington's Greenhouse
Harvey & Lois Watson
Heartrock Kitchen

Jane Soule, Baker
Janice Graham & Co., P.C.
Jill Hastings, Chef
Joan Oppenheimer, Artist

Karl & Robyn Huck
Kate Miller Catering
Kate Reeves, Artist
Kathleen Fiske, Artist
Kedron Valley Garage
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
Olive Table

Ottawaquechee Plumbing &
Heating
Patrick Bartlett Guide Services
Pentangle Arts Council
Peter Goulazian
Phlox
Pizza Chef of Woodstock

The Quechee Club

Red Horse Vineyard
Red Wagon Toy Company
Reinhart Food Service
Rigali Orthodontix

Sandy & Karen Gilmour
Sarah & David Roberts
Sheehey, 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 Manice, Yoga
Tocco Terra Pottery

Unicorn
Union Arena Community Center

Vermont Farmstead Cheese

Ward Brothers
William Dagger Law Offices
Williamson Group Sotheby'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.**

EVENTS & PROGRAMS



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 roll 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*.

In 2017, Swallow Tail Press published a collection of Chuck's columns in a book titled, naturally, *You Never Can Tell*. Author Castle Freeman, Jr. said of the book, "In Chuck's columns, the reader will find short fiction, history, sociology, humor, philosophy, linguistics, personal essay, letters, journalism, Vermont documentary, meteorology, old jokes, new jokes, autobiography, auto-obituary, memoir, stream of consciousness, and Ph.D.-level rock and roll scholarship."

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.

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

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 - MARCH 2020

Mon	Tue	Wed	Thu	Fri
2	3	4	5	6
8:30 Tax Assistance* 9 Strengthen & Stretch 10:15 Memoir Group 1 Advisory Meeting 1:30 Thank You Walk	9-2 Public Benefits 1:1 9 Strengthen & 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	9 W. Leb Shopping* 9:30 Beginner Tai Chi 10:30 Handwork Cir. 10:45 Advanced Tai Chi 11:30 Bridge 12 French Table 1:30 Monthly Art Project* 3 Gentle Yoga Class	9 Strengthen & Stretch 9:15 Veggie VanGo at WUHS 10-12 Chair Massage* 10 Cribbage 10:00 Italian Study 12 Italian Table 1Jewelry Repair w/ Yael* 1 Italian Intermediate 1:30 Mah Jongg 3 Bone Builders	10-12:30 CCC Office Hours* 12 German Language Table 1-3 Foot Clinic* 1:30-2:15 Water Aerobics*
9	10	11	12	13
8:30 Tax Assistance* 9 Strengthen & Stretch 10:15 Memoir Group 10:30-12 Painting at ArtisTree* 1-3 Advance Directives*	9 Strengthen & Stretch 10 Double King Pede 10 Beginning Italian 10-11 Veggie VanGo at MAH 12 Spanish Table 1-3 Basic Italian* 1:30 Mah Jongg 3 Bone Builders	9:30 Beginner Tai Chi 10:30 Handwork Cir. 10:45 Advanced Tai Chi 11:30 Bridge 12 French Table 1 Smart Phone Basics 3 Gentle Yoga Class	9 Strengthen & Stretch 10-12 Chair Massage* 10 Cribbage 10:00 Italian Study 12 Italian Table 1 Italian Intermediate 1Jewelry Repair w/ Yael* 1:30 Mah Jongg 3 Bone Builders	9:30 - 3:30 Foot Clinic* 10-12:30 CCC Office hours* 12 German Language Table 1:30-2:15 Water Aerobics*
16	17	18	19	20
Community Champions Day 8:30 Tax Assistance* 9 Strengthen & Stretch 10:15 Memoir Group 10:30-12 Painting at ArtisTree*	St. Patrick's Day* 9-2 Public Benefits 1:1 9 Strengthen & 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	8 Board Meeting 9 W. Leb Shopping* 9:30 Beginner Tai Chi 10:30 Handwork Cir. 10:45 Advanced Tai Chi 11:30 Bridge 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 12:45 Tech Tutoring* 1 Italian Intermediate 1 Parkinson's Program 1Jewelry Repair w/ Yael* 1:30 Mah Jongg 3 Bone Builders 5:30 Italian Tour & Wine Dinner*	10-12:30 CCC Office Hours* 12 German Language Table 1:30-2:15 Water Aerobics*
23	24	25	26	27
8:30 Tax Assistance* 8:30 Newsletter Folding 9 Strengthen & Stretch 10:15 Memoir Group 10:30-12 Painting at ArtisTree*	9 Strengthen & Stretch 10 Double King Pede 10 Beginning Italian 12 Spanish Table 1 Composting Update 1:30 Mah Jongg 3 Bone Builders	9:30 Beginner Tai Chi 10:30 Handwork Cir. 10:45 Advanced Tai Chi 11:30 Bridge 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 Occassional Jug Band 1Jewelry Repair w/ Yael* 1 Italian Intermediate 1:30 Mah Jongg 3 Bone Builders	8:45 AARP Smart Driver Course* 10-12:30 CCC Office Hours* 12 German Language Table
30	31			
8:30 Tax Assistance* 9 Strengthen & Stretch 10 MOW Driver Meeting 10:15 Memoir Group 10:30-12 Painting at ArtisTree*	9 Strengthen & Stretch 10 Double King Pede 10 Beginning Italian 12 Spanish Table 1:30 Mah Jongg 3 Bone Builders		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 - MARCH 2020

Mon	Tue	Wed	Thu	Fri
2	3	4	5	6
Tossed Salad, Chicken and Potatoes w/ Garlic Parmesan Cream Sauce, Lime Carrots, Cookies and Fruit	Broccoli Salad, Hearty Beef & Vegetable Stew, Roll, Ice Cream	Cauliflower, Chèvre & Onion Quiche, Herb Roasted Potatoes, Mixed Green Salad, Fresh Fruit Parfait	Grilled Jammin' Salmon Burgers, Potato Salad, Grilled Vegetable Salad, Almond Joy Sundae	Bratwurst and White Bean Soup w/ Kale, Cream of Broccoli Soup, Tossed Salad, Cottage Cheese, Roll, Blueberry Cobbler
9	10	11	12	13
Tossed Salad, Macaroni and Cheese w/ Ham, Butter Beets, Sorbet w/ Fresh Berries	Pan Seared Chicken Breast, Creamy Cheddar Polenta, Spinach Supreme (Spinach, Sour Cream, Parmesan and Monterey Jack) Warm Apple Crisp	Spinach & Cheese Ravioli w/ Meat Sauce, Garlic Bread, Broccoli & Cauliflower, Fresh Fruit Salad	Sweet and Sour Pork, Stir Fried Vegetables, Brown Rice, Coconut Meringues w/ Pineapple	Butternut Squash, Apple Bisque, Italian Wedding Soup, Tossed Salad, Cottage Cheese, Roll, Berries and Cream Crepes
16	17	18	19	20
Chef's Choice	St. Patrick's Day* Corned Beef, Potatoes, Cabbage and Carrots, Irish Soda Bread, Guinness Stout Cake	Chicken Milano w/ Basil and Sun-dried Tomatoes served over Fettuccine, Tomato & Mozzarella Salad, Fresh Fruit Salad	Shepherd's Pie, Tuscan style Vegetables, Chef's Choice Dessert	New England Clam Chowder, Beef, Vegetable Barley Soup, Tossed Salad, Cottage Cheese, Roll, Banana Caramel Bread Pudding
23	24	25	26	27
Cheese Pizza, Greek Salad w/ Lettuce, Cucumber, Pepper, Olives, Feta Cheese, Fresh Fruit	Salisbury Steak, Gravy, Mashed Potato, Green Beans and Carrots, Fresh Fruit Salad	Chicken Divan w/ Penne Pasta, Tuscan Vegetables, Chef's Choice Dessert	Birthday Day* Roast Beef, Au Jus, Sour Cream and Chive Mashed Potato, Roasted Asparagus, Roll, Cake and Ice Cream	Smoked Sausage Cassoulet w/ White Beans and Tomatoes, Rocket Soup (Shorbat Jarjir) w/ Potato, Spinach, Arugula Herbs and Spices, Tossed Salad, Cottage Cheese, Roll, Strawberry Sundae
30	31			
Reubens, Beer Battered Onion Rings, Marinated Vegetable Salad, Sorbet w/ Fresh Berries	Stuffed Peppers w/ Beef and Rice, Tossed Salad, Hot Fudge Sundae w/ Banana	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)

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

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, 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 (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

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.**

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

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@thompsonseniorcenter.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 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 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.
Final payment due July 20, 2020.

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 Grots - 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	11th Richard Beda	23rd Emily Jones
1st Donald Doubleday	11th Harry Homeier	23rd Sayon Camara
1st Jane Hanley	12th Mary Klampert	23rd David McGuire
1st Virginia Eames	12th Susan Ditto	23rd Chris Noble
1st Charlotte Cassidy	12th Jean Strong	23rd Sandra Audsley
1st Larry Lacaille	13th Willem Post	24th David Crocker
2nd Barbara Blaiklock	13th Jacqueline Neuwirth	25th Mary Godette
2nd Janice Elder	13th Deborah Phillips	25th Theodore Keith
3rd Norman Youknot	13th Lucille Tancreti	26th Marie Willis
3rd Vincent Kelly	13th John Wolfgang	26th Linda Willard
4th Heidi Talbert	13th Patricia Campbell	26th Macy Lawrence
4th Donna Durgin	13th Andrea Rivers	26th Christa Blanchard
5th Edward Thumith	13th Joe Warren	27th Charlotte Croft
5th Susan Harlow	14th Irene Schlerf	27th Mervin Comes
5th Deborah Neuhof	14th Polly Bacon	27th Joan McGee
5th Armande Boright	14th Harriet Stehouwer	27th Brandi Stapleton
5th Beverly Kinne	15th Renette Bedard	28th Oliver Wittasek
6th Steven Selbo	15th Ernest Kendall	28th Hillary Martin
7th Jen Bloch	15th Phil Lewis	29th Robert Parker
7th James Hasson	15th Kate Reeves	30th Meg Johnson
7th Terri Cowdrey	16th Gloria Martin	30th Lois Watson
8th Alexander Hadden	16th John Dibble, Sr	31st Janet Bourne
8th Mark Powers	16th Patrick Morris	31st Susan Brown
8th Liz Estabrook-Hatfield	16th Linda Fisher	31st Stephen Duclos
8th Susan Lewis	17th Susan Rose	31st David Osmer
8th Ann Turner	17th Mario Maura	
8th Linda Machalaba	18th Pat Tilton	
9th John Garren	18th Beryl Spencer	
9th Barbara Sanderson	18th Catherine Harriman	
9th Cecilia Hoyt	19th Sally Olsen	
9th Larry Kasden	20th Lauran Corson	
9th Mimi Baird	21st Tom Bourne	
9th Horace Carr	22nd Betty Putnam	
10th Gail Dougherty	22nd Kay Rhodes	
10th Barbara Gerstner	22nd Barbara Leonard	
11th Jerry Fredrickson		
11th Linda O'Neil		



The Thompson

Your resource to age well

Woodstock Area Council on Aging
99 Senior Lane
Woodstock, VT 05091
(802) 457-3277
FAX: (802) 457-1259
www.thompsonscenter.org

Non-Profit Organization
Postage Paid
Permit No. 33
Woodstock, VT 05091

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TSC TRANSPORTATION PROGRAM

The Thompson Center operates a door-to-door transportation program for seniors and disabled community members from the towns of Barnard, Bridgewater, Pomfret, and Woodstock.

Medical Rides - \$20 suggested donation per out-of-town trip. A minimum of 48 hours notice is requested for scheduling. Schedule with Paula at 457-3277.

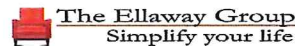
Local transportation to and from your home to The Thompson and other Woodstock stops - suggested donation of \$5 per ride round trip. Please call the Center by 8:30AM to request rides for that day. 457-3277

Monthly shopping trips to West Lebanon depart from TSC on the 1st and 3rd Wednesday of each month at 9am on the Stagecoach van (returning at approx. 12:15pm). Stops at various locations. **Sign up with the Thompson at least 24 hours in advance.** The Thompson funds these trips with Stagecoach so any donation is greatly appreciated. Call 457-3277

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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Prefer Electronic Version of Newsletter?

Did you know that you can receive The Thompson Times Newsletter in an electronic version? Please email Jen if you would like to change your delivery option at jbloch@thompsonscenter.org