



The Thompson Times

Your resource to age well

MAY 2021



Older Americans Month 2021: *Communities of Strength*

Every May, the Administration for Community Living leads our nation's observance of Older Americans Month. The theme for 2021 is "Communities of Strength."

Older adults have built resilience and strength over their lives through successes, failures, joys, and difficulties. Their stories and contributions help to support and inspire others. This OAM, we will celebrate the strength of older adults and the Aging Network, with special emphasis on the power of connection and engagement in building strong communities.

There are many things we all can do to nurture ourselves, reinforce our strength, and continue to thrive. Connecting with others is one of the most important—it plays a vital role in our health and well-being, and in that of our communities. From finding joy in small things and sharing our stories, to looking at the big picture and giving to others, join us in promoting the ways we are connected and strong. This month's newsletter is packed full with ways to connect and find joy.



Art in Bloom with the Boston Museum of Fine Arts Saturday, May 1, 11:00 am

We'll be saluting the spring virtually this year with the Boston Museum of Fine Arts as they showcase fine art and floral design for the 45th year of Art in Bloom. The theme this year is *Women and Art*. Our one-hour private tour will feature art objects along with a floral interpretation and will be hosted by an art guide and a floral design guide. The tour will include a live Q & A session at the end. One significant benefit of the virtual approach is that participants will be able to see both the flowers and the art closer than ever before. **Register through *The Thompson* to receive your Zoom link. 802.457.3277 or sborz@thompsonsniiorcenter.org**

Special Thanks to Art in Bloom Sponsors



**Woodstock
Garden Club**

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

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Alberto Santana, Kitchen Assistant

**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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Paulette Watson

BEHIND THE SCENES

Thompson Re-opening Update

We're very happy to be getting closer to being together in person again. While the Governor has recently announced that Senior Centers may re-open for group activities, there are still guidelines in place at this time that recommend only 1 person per 100 square feet, mask-wearing, 6 foot distancing, and other safety procedures. For the month of May, The Thompson plans to continue as we have been with our Meals on Wheels, Curbside pick-up, one-on-one services, and virtual programs. Senior Center staff were not prioritized for vaccination so our younger staff has only just become eligible to get their vaccinations. With this in mind, we are tentatively planning that the first week of June could be the right timing for our tent and group activities to resume. We will also be monitoring the current, active cases in Vermont and our area. We hope the update in our next newsletter will bring more concrete plans. Please let Deanna know if you have any questions or concerns. 802-457-3277 or djones@thompsonscenter.org

THANK YOU Woodstock Farmers' Market



We are so excited that the Woodstock Farmers' Market Round-Up Campaign raised \$8,700 for The Thompson Meals on Wheels program! It feels wonderful to know that the Woodstock Farmers' Market shoppers so often said YES to rounding up

for Meals on Wheels. THANK YOU to each and every shopper and to the Woodstock Farmers' Market and staff for supporting us this way.

An update on Woodstock's New Pharmacy

The new OHC pharmacy - owned and operated by Smilin Steve Pharmacy Group - is planning to be open by this summer (hopefully sometime in June). The expectation is to only provide prescriptions at first, and eventually be able to expand to over-the-counter medications as well. The pharmacy also plans on having a curbside pick-up option for medications.

Sign up for our weekly e-news and/or our monthly newsletter by emailing Jen Bloch at: jbloch@thompsonscenter.org



Medicare Boot Camp for Those New to Medicare

A virtual presentation offered by Senior Solutions

Thursday, May 10, 4:00 pm

Thursday, June 10, 2:00 pm

Thursday, July 15, 11:00 am



Senior Solutions staff provide unbiased information about the Medicare system at Medicare Boot Camp. These virtual presentations are presented using zoom.

The classes are for Vermonters who reside in Windsor and Windham counties and are new to Medicare. Family members who help these beneficiaries may also find it useful. Medicare has strict enrollment periods, and Medicare Boot Camp prepares participants to make timely decisions about drug plans and supplemental plans as well as many other issues.

Space is limited, so please call The Thompson Center to register.

Caregiver Support Group Update

Carla and Anne will continue to facilitate this group virtually on the second Tuesday of each month beginning May 11, 1:00 – 2:00 pm with plans to meet in person under The Thompson Tent when opening and weather permits. Newcomers are always welcome!

We welcome the return of the Caregiver Support Group where support and education can make a critical difference for family members and caregivers of people with memory loss or disorders such as Alzheimer's. Carla and Anne welcome you to join this confidential support group virtually, until the group is able to meet again in person at The Thompson. This gathering remains a safe place to share ideas, concerns, and constructive feedback with others facing similar challenges.

Complimentary curb-side bagged lunch will be provided by request with registration. Please let us know if you need assistance with using zoom.

Join us For a Walk!

Mondays Beginning May 3, 11:00 am for a 45 minute walk

**Meet at East End Park, Maxham Meadow Way,
adjacent to the Ottauquechee River**



Community Care Coordinator, Carla Kamel, is starting a walking group for people who want to enjoy a leisurely, brisk walk for fresh air, mindfulness, and overall wellbeing. Walks can be expanded and varied depending on interest. Ample parking is available. Bring a friend!

Please Note: *Masks will be required at all times. Wear comfortable shoes and bring a water bottle. On inclement weather days, please call or email The Thompson Senior Center in the morning for updates. For further information call The Thompson at 802-457-3277 or email sborz@thompsonseniorcenter.org.*

YOUR VIRTUAL SENIOR CENTER

Art With Finnie

***It's Cinco de Mayo! Let's paint in the style of Amate Bark
Paintings from Mexico!***

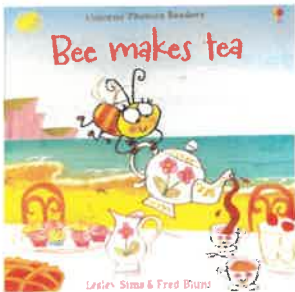
Wednesday, May 5, 1:30-3:00 pm



Amate bark painting is a Mexican folk art developed in the state of Puebla, but today it is mainly practiced in the state of Guerrero. The process involves both the creating of the bark paper and the painting of it, which is often done to depict brightly colored scenes of daily life, history, or nature.

You will need a clean brown paper bag, pencil, sharpie, and some brightly colored paints.

To register for April's session please email Finnie Trimpi: outreach@artistreevt.org



**Spring Tea
Wednesday
May 12, 2:00 pm**

All ages are invited to our first ever intergenerational tea party! This virtual Spring Tea will be a lovely opportunity to connect with our youngest friends and share a cup of tea and some treats.

Please RSVP by Friday, May 7th, and plan to pick up your "Tea Party Kit" at The Thompson on either May 4th or 5th. Your tea party kit will include tea bags, sweet and savory tea treats, a pretty teacup, and a fun project for our tea party. If you're too far away to pick up a kit, you can still join us with your own tea.

Virtual programming offered by New Hampshire's AVA Gallery on Fridays

Get a glimpse into the creative minds of individual artists as they take you through the art making process – from beginning with a blank canvas or raw materials, through all the decisions they make about themes, materials, media, colors, techniques, and other aspects of their art making. Free one-hour Zoom programs each week with different artists giving demonstrations and presentations on their work, every Friday at 10:00 am and 2:00 pm.

To register, email Shari at sborz@thompsonseniorcenter.org or call 457-3277

Creating Natural Balance in our Neighborhood A Virtual Photo Essay Presented by Extension Master Gardener, Bob Little Tree

Tuesday, May 11, 10:30 am



This two-part photo essay will begin with slides on invasive plants and animals. Part two will illustrate good plants; the many beneficial, naturalized, or indigenous plants and their common names, what environments they prefer, uses, their growing seasons and why gardeners should strive to preserve habitat for these beneficial plants. There will be plenty of time for questions and discussion concluding this 1 hour presentation. Please contact The Thompson Center to pre-register for your zoom link at sborz@thompsonseniorcenter.org.

YOUR VIRTUAL SENIOR CENTER

Learn More About The Woodstock Town Hall Rejuvenation Project A Virtual Presentation - Monday, May 17 at 10:00 am

Perhaps you've heard that the Woodstock Selectboard has authorized the project to rejuvenate the Town Hall and Theater. If you'd like to learn more details, please join a Zoom presentation with Wendy Spector, chair of the Campaign to Save The Town Hall and member of the Town Hall Rejuvenation Project Leadership Team.

Wendy will take you through some of the fascinating history of the building, the genesis of the rejuvenation effort, current stage of the project, and the Leadership Team's vision for the building. The kick-off of the public phase of the project will follow soon, but this will give you an opportunity to ask questions and share your thoughts in a more direct way. *Please register in advance by contacting The Thompson Center at sborz@thompsonseniorcenter.org and a zoom link will be provided.*



Coffee Talk – Let's connect and chat! Mondays at 9:00 am

Our Coffee Talk on Monday mornings is becoming quite popular as more people call in. We have discussed all types of topics, like back yard bird feeding, skiing on barrels stays, and even 3 holers! Our special guests have included VINS research coordinator, Jim Ambruster, Woodstock Pharmacy owner Gary Smith, and the Woodstock History Center. Dial in on Monday mornings and connect with us - you never know who will be on the other end of the line!

Grab a cup of coffee or tea, find a cozy chair & dial 1-802-448-5745 to get connected.



New London Barn Playhouse Announces it's 2021 Summer Season



Though The Thompson will not be able to offer trips this summer, we know that many of you have enjoyed theater trips of summers past. New London Barn Playhouse has just announced it's 2021 Summer Season when they proudly welcome back a live audience for a "Summer Under the Stars." The never-been-done before season, starting June 29th, will take place under an open-air tent in Ivey Field on the campus of Colby-Sawyer College, located less than a mile from the Barn Playhouse. The five-performance line-up features exciting concert-style shows, in rotating repertory, and the season finale of Always...Patsy Cline. 5-adult ticket packages are available for \$175.00 and single adult tickets are also available for \$40.00/person. For more information visit www.nlbarn.org or call 603-526-6710.

PROGRAM CALENDAR - MAY 2021

Mon	Tue	Wed	Thu	Fri
3	4	5	6	7
9 Coffee Talk 11 Walking Group 11:10 Intro to Sun 73 forms	10:30 am Strengthen & Stretch Zoom Class 3 Bone Builders	9 Rutland Shopping 10 Fall Prevention Tai Chi via Zoom 11:10 Sun 73 Forms Tai Chi via Zoom 1-2 Chair Yoga via Zoom 1:30 Art wih Finnie	10:30 am Strengthen & Stretch Zoom Class 3 Bone Builders	10 am Phone BINGO 10 Yang 24 Forms Tai Chi via Zoom 10 & 2 Ava Gallery Zoom
10	11	12	13	14
9 Coffee Talk 11 Walking Group 11:10 Intro to Sun 73 forms 4 Medicare Bootcamp	10:30 Virtual Garden Program 10:30 am Strengthen & Stretch Zoom Class 1 Caregiver Support Group Zoom 3 Bone Builders	10 VeggieVanGo 10 Fall Prevention Tai Chi via Zoom 11:10 Sun 73 Forms Tai Chi via Zoom 1-2 Chair Yoga via Zoom 2 Mother's Day Virtual Tea	9-2:30 Foot Clinic 10:30 am Strengthen & Stretch Zoom Class 3 Bone Builders	10 am Phone BINGO 10 Yang 24 Forms Tai Chi via Zoom 10 & 2 Ava Gallery Zoom
17	18	19	20	21
9 Coffee Talk 10 Tall Hall Project Virtual Presenta- tion 11 Walking Group 11:10 Intro to Sun 73 forms	10:30 am Strengthen & Stretch Zoom Class 11:30 Commodities 3 Bone Builders	9 Rutland Shopping 10 Fall Prevention Tai Chi via Zoom 11:10 Sun 73 Forms Tai Chi via Zoom 1-2 Chair Yoga via Zoom	9-2:30 Foot Clinic 10:30 am Strengthen & Stretch Zoom Class 3 Bone Builders	10 am Phone BINGO 10 Yang 24 Forms Tai Chi via Zoom 10 & 2 Ava Gallery Zoom
24	25	26	27	28
9 Coffee Talk 11 Walking Group 11:10 Intro to Sun 73 forms	10:30 am Strengthen & Stretch Zoom Class 3 Bone Builders	10 Fall Prevention Tai Chi via Zoom 11:10 Sun 73 Forms Tai Chi via Zoom 1-2 Chair Yoga via Zoom	Birthday Day 10:30 am Strengthen & Stretch Zoom Class 3 Bone Builders	10 am Phone BINGO 10 Yang 24 Forms Tai Chi via Zoom 10 & 2 Ava Gallery Zoom
31				
CLOSED for Memorial Day		RESERVATIONS REQUIRED FOR ALL PROGRAMS & CLASSES		

CURBSIDE PICK-UP & MOW MENU - MAY 2021

Call the day before to order take-out & pick-up from your car
between 12:00 - 12:15 pm

Mon	Tue	Wed	Thu	Fri
3	4	5	6	7
Meatloaf, Smashed Potato, Gravy, Peas & Carrots, Mixed Fruit Cobbler	Chicken Pot Pie w/ Puff Pastry, Tossed Salad, Coconut Cream Pie	Tossed Salad, Macaroni and Cheese with Ham, Stewed Tomatoes, Fresh Fruit Parfait	Grilled Tuna & Vegetables in Herb Butter, Brown Rice, Oatmeal Cranberry, Cookie and Fruit	Stuffed Peppers w/ Beef, Brown Rice, Vegetables, Tossed Salad, Chef's Famous Chocolate Chip Cookies w/ Fresh Fruit
10	11	12	13	14
Tortellini with Asparagus and Lemon Topped with Grilled Chicken Served w/ Tossed Salad, Lime and Spice Peach Cobbler	Mongolian Beef Ramen Noodles, Crispy Asian Slaw, Mandarin Orange Delight	Pan Seared Chicken breast, Creamy Cheddar Polenta, Spinach Supreme (spinach, sour cream, parmesan and monterey jack cheese), Fresh Fruit	Lasagna, Steamed Antiguan Vegetables, Garlic Bread, Fresh Fruit Salad	Chef Salad w/ Lettuce, Tomato, Ham, Turkey, Cheese, Hard Boiled Egg, Carrot, Roll, Strawberry Short Cake
17	18	19	20	21
Pasta & Broccoli Sausage Simmer, Tossed Salad, Fresh Fruit Salad	Tossed Salad, Chicken Marsala, Rice Pilaf, Green Beans, Cookie and fruit	Quiche w/ Asparagus, Leeks & Gruyere Cheese, Roasted Potatoes, Tossed Salad, Warm Berry Cobbler	Tossed Salad, Salmon en Croute, w/ Spinach and Mushrooms, New Potatoes, Cucumber/ Dill Salad, Rum Raisin Rice Pudding	Tossed Salad, Tuscan Chicken w/ Peppers and Tomatoes, Roll, Peach Rhubarb Coffee Cake
24	25	26	27	28
Dijon Crusted Chicken Breasts, Horse Radish Mashed Potato, Gravy, Spinach, Berries and Cream Roll	Tossed Salad, Jamaican Jerk Pork Chops, Basmati Rice, Sautéed Peppers, Cherry Clafoutis	Tossed Salad, Tuscan Chicken w/ Peppers and Tomatoes, Roll, Peach Rhubarb Coffee Cake	Birthday Day* Roast Beef, Au Jus, Sour Cream and Chive Mashed Potato, Roasted Asparagus, Roll, Cake	Tossed Salad, Penne Pasta w/ Sweet Italian Sausage, Spinach, Tomatoes, Pesto, Fresh Fruit Parfait
31				
CLOSED for Memorial Day			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.

ACTIVE AGING

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

Spring Tai Chi Classes with Anne Bower

Anne will be offering classes in The Thompson Tent this summer as soon as we can make it available upon opening! Zoom classes will continue until further notice.

Instructor, Anne Bower, is offering 4 classes a week and we encourage you to try a new class or continue Tai Chi. It's slow, gentle but powerful movements will give you energy and multiple health benefits. For more information on any of these classes, please email Anne at anniebower@yahoo.com. *Zoom links will be provided at registration with The Thompson.*

Monday: 11:10-12:10 Introduction to Sun 73 forms (prior knowledge of Fall Prevention Tai Chi is required)

Wednesday: 10-11 Fall Prevention Tai Chi

Wednesday: 11:10-12:10 Sun 73 continuing practice and learning

Friday: 10-11 Yang 24 continuing practice and learning

Strength, Stretch & Stability Via Zoom

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

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

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

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

Chair Yoga by Zoom

Wednesdays, 1:00 - 2:00 pm

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

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

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

\$3.00/class. Questions for her can be directed to llharvey56@gmail.com. ***Payments should be made out to Linda Harvey and mailed to The Thompson Center. Punch cards are available for \$15/5 classes or \$30/10, and the cards will also be honored when we return to in-person classes at The Thompson Center.***

Bone Builders Class

Zoom meetings will continue weekly on Tuesdays and Thursdays for current students. Participants are also encouraged to continue their practice at home. Exercise routines provided by Althea are available via email or by calling The Thompson. 802-457-3277

An Overview of Dementia

Presented by Robert B. Santulli, M.D.
Honorary Associate of Psychiatry
Geisel School of Medicine at
Dartmouth College
A virtual presentation via zoom
Thursday, June 3, 1:00 pm

This presentation will discuss the basic features of dementia, including the current and future prevalence, risk factors, pathology, common clinical features, and current treatments. There will be an opportunity for questions and discussion. *Please call The Thompson or email sborz@thompsonseniorcenter.org to receive your zoom link.*

Foot Clinic at The Thompson with Beverly Sinclair, RN

May 13 & 20, 9:00 am - 2:30 pm

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

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

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



Activity Groups for Older Vermonters
GAMES AND SOCIAL TIME
Wednesdays, 2:00-3:00 pm via Zoom

COVID
SUPPORT VT

Do you enjoy games and activities? Are you living alone and want to have fun with others who are also managing life alone during the pandemic? Join a weekly group for virtual interactive games and other fun activities that promote connection and coping skills. You can even invite your friends and we will happily help them connect for this interactive time. Call 2-1-1, option #2 with questions.

Zoom:

<https://us02web.zoom.us/j/83636908785?pwd=ek5EL3c2OHpablJkcHRwZk5lZUFNZz09>

Or call into: (646) 558-8656 ,
Enter the Meeting ID: 8363 690 8785# ,
Then enter the passcode: 687530

UPDATES & RESOURCES



WOODSTOCK VEGGIEVANGO!

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

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

Get Your Green Mountain Passport

Warm weather is coming and Vermont pandemic restrictions are easing! Did you know Vermont State Parks offers a Lifetime Pass? If you are 62 years or older and a Vermont resident, or a Vermont resident who is a veteran who has been honorably discharged from active duty in US armed services, you are eligible for a lifetime day entry pass into the parks called the Green Mountain Passport. The cost is \$2 and available only from your local Town Clerk's office.

Individual Benefits Assistance—Medicare, Medicaid, Food & Fuel Assistance One on One Meetings are available at the Thompson Center Call for an appointment

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

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

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

Advance Directive Assistance is Available

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

IN LOVING MEMORY & APPRECIATION

IN APPRECIATION

Peter Carini in memory of
 Patricia & Louis Carini -
 medical equipment
 Paige Hiller - paper goods
 Howard & Nancy Jonas -
 medical Equipment



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

**Special thanks to
 the Meals on Wheels
 March for Meals
 special donors**

IN MEMORY OF

Chuck Luetke
 James & Linda Smiddy
 Judy Conant

**Edwin & Dorothy
 Thompson**
 Peter & Thelma Thompson

Joan Staples
 Margarete Pierce

Richard Brodrick
 Margarete Pierce

MAY BIRTHDAYS

1st	Betty	Stetson	10th	Betsy	Wing	22nd	Andrea	Alsup
1st	Kit	Corliss	10th	Peggy	Levengood	23rd	Patricia	March
2nd	Katherine	Olgianti	11th	Richard	Brackett	23rd	Louise	Faherty
3rd	Millie	Cole	11th	Mary	Corrigan	23rd	Leon	Dunkley
3rd	Rene	Rowe	11th	Mae	Lewis	24th	Janet	Salstrom
4th	Vivian	Mornis	11th	Donald	Corken	25th	Marge	Grob
4th	Roger	Scully	11th	Bruce	Corkum	26th	Sherry	Belisle
4th	Jacqueline	Fischer	11th	Joyce	Breault	26th	Siobhan	Wright
5th	Patricia	Wittasek	12th	Bud	Spaulding	26th	John	Wannop
5th	Jody	Himebaugh	12th	Jill	Leavitt	27th	Barbara	Winkler
5th	Joyce	Evans	13th	Mary	Brand	27th	Jean	Thompson
5th	Tom	Read	13th	Mary	Terry	27th	Arnie	Powell
6th	Eleanor	Pizzani	13th	Susan	Rubel	27th	Annie	Rubright
6th	Ann	Richardson	15th	Patricia	Hanlon	27th	Fran	Bean
6th	James	Howe	15th	Nancy	Doten	28th	Erwin	Fullerton
6th	Karen	Mills	15th	John	Snyder	28th	Barbara A.	West
6th	Carolyn	Kimbell	15th	Warren	Jenne	28th	Jon	Fullerton
7th	Pauline	Smith	16th	Eleanor	Grice	28th	Marilyn	Kalanges
7th	Gary	Staples	16th	Charlotte	Danly	28th	Constance	Campbell
8th	Anne	Bower	16th	Sharon	Hall	29th	Ann	Niles
8th	Philip	Bell	17th	Janet	Belon	29th	Brian	Maxham
8th	Karen	McGee	18th	Thomas	Morse	30th	Daniel	Kenney
8th	Irja	Tofferi	19th	Phyllis	Kruse	30th	Phoebe	Standish
9th	Titia	Ellis	19th	Susan	Ford	30th	Anne	Marder
9th	Ray	Kennedy	20th	Cindy	Beam	30th	Joseph	Sheperd
9th	Keith	Niles	21st	Susan	Tomlet	30th	Dennis	Cogswell
9th	Betsy	Wheeler	21st	Ed	Osmond	31st	Phyllis	Wood
9th	Linda	Harvey	22nd	Rodney	Croft			
10th	Corwin	Sharp	22nd	Richard	Schramm			
10th	Sally	Weglarz	22nd	Kathy	Beaird			
10th	Roberta	Roy						



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.thompsonseneiorcenter.org

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

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The Thompson co-sponsors a twice monthly "Woodstock Shopper" bus route with Tri-Valley Transit (formerly Stagecoach) connecting Randolph, Barnard, Bridgewater, Pomfret, Woodstock, and Quechee to retail stores in West Lebanon. This service runs the first and third Wednesday of each month, but in light of increased Covid cases and Vermont State travel recommendations, the service will be re-routed to Rutland in November and December. Reservations on this route must be made in advance by contacting the Tri-Valley Transit office at 802-728-3773. Tri-Valley transit has extra safety precautions and dividers in place between seats and all riders must wear masks. Call to take advantage of this service for grocery or holiday shopping or other necessary errands. Please call with any questions.

Thank You to Our Transportation Sponsors and Grants



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.

Like us on Facebook