



The Thompson Times

Your resource to age well

JUNE 2021

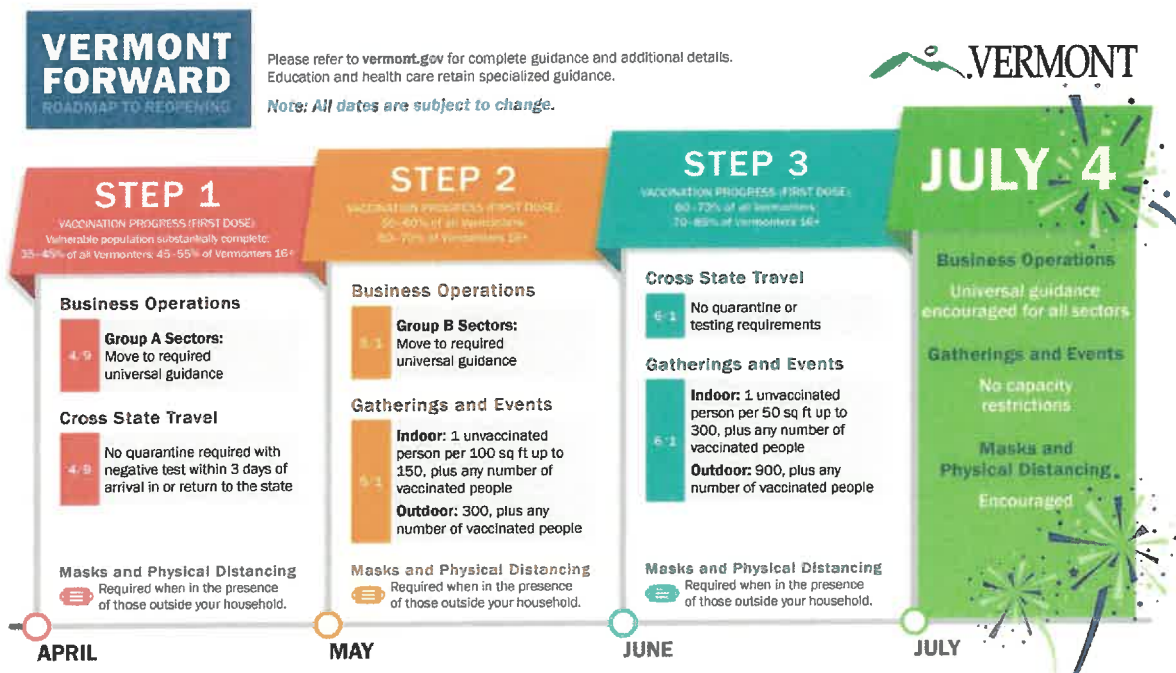
Welcome Back!

We are very excited to be able to host in-person small group gatherings at the Thompson beginning June 1st. With adherence to the Vermont Forward Guidelines from the Department of Health (below) and following guidance for Senior Centers, we will begin having programs outside under our tent and serving meals by reservation only and in small groups in the dining room.

We do require that anyone entering our building must sanitize hands and wear a mask inside when not eating or exercising. Here are our plans:

- All participants entering the building must wear masks, sanitize hands, then sign into *My Senior Center* at the Kiosk to complete the health screening before entering activities for the day.
- We will continue to serve Curbside lunches available for pickup at Noon, which can be taken home or eaten at our picnic tables on the front lawn or out back under the tent. We will provide plastic ware and water.
- In June, we can host up to 20 participants inside for lunch each day, by reservation only. We will have one volunteer wait staff, serving café-style in our dining room with more self-serve options and on a rolling schedule. The dining room is open for lunch between 11:45 am – 1:00 pm, Monday through Thursday. Fridays will be curbside/outside only.
- Reservations for all meals and programs must be made by 9 am the day of, or in advance. Please be sure to cancel if you aren't going to be able to make a reservation for Curbside, Dining-in meals, or programs.

July will bring more opportunities to be together -- please review Step 3 (June) of the Vermont Forward plan and help us all stay safe.



The Thompson Center

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

CENTER HOURS

8 AM-3 PM, Monday-Friday

STAFF

Deanna Jones, Executive Director,
djones@thompsonscenter.org
Paula Audsley, Outreach Manager,
paulsley@thompsonscenter.org
Pam Butler, Program Director,
pbutler@thompsonscenter.org
Jen Bloch, Marketing Coordinator
jbloch@thompsonscenter.org
Shari Borzekowski, Administrative &
Resource Assistant,
sborz@thompsonscenter.org
Ryan Martin, Chef,
rmartin@thompsonscenter.org
Siobhan Wright, Front Desk Coordinator,
swright@thompsonscenter.org
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

Liza Deignan—*President*
Ginny Eames—*Vice President*
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Dolores Gilbert
Karl Huck
Lydia Locke
Daphne Moritz
Dan Noble
Steve Selbo
Sandy von Unwerth
Paulette Watson

BEHIND THE SCENES

“WORD SEARCH”

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| Q | A | S | B | R | E | A | D | C | D |
| T | E | E | X | L | Z | O | P | N | R |
| H | I | E | W | H | S | B | A | P | K |
| I | E | A | B | C | O | T | D | E | N |
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| O | G | U | E | S | S | P | Q | A | R |
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SEE

HEAR

READ

FEEL

TALK

HOPE

KNOW

THINK

GUESS

DREAM

BELIEVE

UNDERSTAND

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.



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

Bone Builders Introduction and Review – We welcome new students! **Tuesday, June 1, 2:00 pm, in The Thompson Tent**

If you would like to join the Bone Builders group, Althea is offering and advising an introductory class to talk about bone and muscle health, how a balance and weight resistance program is good for all regardless of pre-existing health issues. It is recommended that past and present participants attend for a review. The Bone Builders program will be explained and demonstrated at 2 pm with a regular class session following at 3 pm. *Please call The Thompson Center to pre-register. Covid-19 screening protocols will take place upon arrival in the front lobby. Face coverings will be required upon entering the tent but may be removed when exercising.*

Bone Builders Returns to The Thompson Tent! **Tuesdays and Thursdays Beginning June 1, 3:00 pm**

We welcome you back to our outdoor class led by Althea. Covid-19 screening questions will now be on our front lobby computer where you will sign-in prior to class. Please bring your weights and water bottles.

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 on 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@thompsonscenter.org to receive your zoom link.

Medicare Boot Camp for Those New to Medicare

A virtual presentation offered by Senior Solutions

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.

YOUR VIRTUAL SENIOR CENTER

Art with Finnie—Explore the art of Rex Ray

Please note date change for June – Wednesday, June 23, 1:30pm

This class will conclude Finnie's instruction for the summer at Thompson but she will return in the fall



Rex Ray was a graphic designer and collage artist. Let's play with his bold use of color and shape as we layer pieces together to explore his style and technique.

What you will need:

- Bring bright papers - you can paint some papers ahead of time, or bring bright magazine pages, scrapbook paper or construction paper
- Scissors
- Glue
- One larger piece of paper to glue everything to

You may want to google Rex Ray for ideas and inspiration prior to our class.

To register, please email Finnie: outreach@artistreevt.org. A zoom link will be sent on Monday of the week's class

Bird ER

A virtual presentation by VINS

Tuesday, June 15, 1:00pm



Ever wonder what it's like to be a wild bird rehabilitator? What does it take to care for and treat the injured birds at VINS? This program will give you a window in daily life at VINS's Center for Wild Bird Rehabilitation. You'll learn how patients are admitted, diagnosed, treated, and released, and even meet some of our former patients, who are now education ambassadors! Hear the stories of how we get these amazing creatures back on their wings in the wild!

Please call The Thompson Center to register and to receive your zoom link.

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 learn about each week's program and to register, visit their website at www.avagallery.org/art-reach.

Landscaping Your Garden with Indigenous & Naturalized Plants

A Virtual Photo Essay Presented by Master Gardener, Bob Little Tree

Tuesday, June 22, 10:30 am

Call The Thompson Center to pre-register

AT THE THOMPSON and VIRTUAL



Plant Give-Away in The Thompson Tent Friday, June 4 beginning at 11:00 am*

Everybody loves free things! Althea Derstine will be giving away plants in The Thompson tent behind our Center. There will be something for everybody: herbs, perennials, houseplants as well as instructions on care. A few examples are aloe, vines, flowering maple, dahlias, cone flowers, parsley, basil, oregano, rosemary, African violets, cherry tomatoes.

**Please call Shari at The Thompson to pre-register for your pick-up time.*



Bingo Reunion in-person at The Thompson! Friday, June 11, 11:00 am – 1:00 pm with lunch at noon

After a year of phone Bingo, we welcome our bingo players to gather in the newly refurbished Thompson dining room for an in-person reunion. Tables will be spaced to meet current Covid-19 capacity guidelines. Please pre-register and indicate if you will be having lunch.



Coffee Talk Continues through June *Let's connect and chat!* Mondays at 9:00 am

On June 7th, we welcome special guest and Woodstock Police Chief, Robbie Blish. Dial in to 1-802-448-5745 and connect with us. You never know who will be on the other end of the line or where our happy chatter may lead.

PROGRAM CALENDAR - JUNE 2021

| Mon | Tue | Wed | Thu | Fri |
|---|---|---|--|--|
| | 1 | 2 | 3 | 4 |
| | 10:30 am Strengthen & Stretch Zoom Class 2 Bone Builders into and review in tent 3 Bone Builders in tent | 9 Rutland Shopping 9:30 Fall Prevention Tai Chi in tent 10:30 Sun 73 Forms in tent 11:30 Yang 24 Forms in tent | 9-2 Benefits Counseling 10:30 am Strengthen & Stretch Zoom Class 1 Overview of Dementia 3 Bone Builders in tent | 9:30 Fall Prevention Tai Chi at WRJ 10 am Phone BINGO 10 & 2 Ava Gallery Zoom 10:30 Sun 73 Forms at WRJ 11 Plant Give-Away in The Thompson Tent 11:30 Yang 24 Forms at WRJ |
| 7 | 8 | 9 | 10 | 11 |
| 9 Coffee Talk Guest Robbie Blish 9:30 Fall Prevention Tai Chi via Zoom 10:30 Sun 73 Forms via Zoom 11 Walking Group 11:30 Yang 24 Forms via Zoom | 10:30 Virtual Garden Program 10:30 am Strengthen & Stretch Zoom Class 1 Caregiver Support Group Zoom 3 Bone Builders in tent | 9:30 Fall Prevention Tai Chi in tent 10 VeggieVanGo 10:30 Sun 73 Forms in tent 11:30 Yang 24 Forms in tent | 9-2:30 Foot Clinic 10:30 am Strengthen & Stretch Zoom Class 2 Medicare Bootcamp 3 Bone Builders in tent | 9:30 Fall Prevention Tai Chi at WRJ 11 am BINGO Reunion 10 & 2 Ava Gallery Zoom 10:30 Sun 73 Forms at WRJ 11:30 Yang 24 Forms at WRJ |
| 14 | 15 | 16 | 17 | 18 |
| 9 Coffee Talk 9:30 Fall Prevention Tai Chi via Zoom 10:30 Sun 73 Forms via Zoom 11 Walking Group 11:30 Yang 24 Forms via Zoom | 10:30 am Strengthen & Stretch Zoom Class 11:30 Commodities 1 VINS Bird Virtual Presentation 3 Bone Builders in tent | 9 Rutland Shopping 9:30 Fall Prevention Tai Chi in tent 10:30 Sun 73 Forms in tent 11:30 Yang 24 Forms in tent | 9-2:30 Foot Clinic 10:30 am Strengthen & Stretch Zoom Class 3 Bone Builders in tent | 9:30 Fall Prevention Tai Chi at WRJ 10 am BINGO 10 & 2 Ava Gallery Zoom 10:30 Sun 73 Forms at WRJ 11:30 Yang 24 Forms at WRJ |
| 21 | 22 | 23 | 24 | 25 |
| 9 Coffee Talk 9:30 Fall Prevention Tai Chi via Zoom 10:30 Sun 73 Forms via Zoom 11 Walking Group 11:30 Yang 24 Forms via Zoom | 10:30 am Strengthen & Stretch Zoom Class 10:30 Virtual Garden Program 3 Bone Builders in tent | 9:30 Fall Prevention Tai Chi in tent 10:30 Sun 73 Forms in tent 11:30 Yang 24 Forms in tent 1:30 Art wih Finnie | Birthday Day 9-2 Benefits Counseling 10:30 am Strengthen & Stretch Zoom Class 3 Bone Builders in tent | 9:30 Fall Prevention Tai Chi at WRJ 10 am BINGO 10 & 2 Ava Gallery Zoom 10:30 Sun 73 Forms at WRJ 11:30 Yang 24 Forms at WRJ |
| 28 | 29 | 30 | | |
| 9 Coffee Talk 9:30 Fall Prevention Tai Chi via Zoom 10:30 Sun 73 Forms via Zoom 11 Walking Group 11:30 Yang 24 Forms via Zoom | 10:30 am Strengthen & Stretch Zoom Class 3 Bone Builders in tent | 9:30 Fall Prevention Tai Chi in tent 10:30 Sun 73 Forms in tent 11:30 Yang 24 Forms in tent | RESERVATIONS REQUIRED FOR ALL PROGRAMS & CLASSES | |

CURBSIDE PICK-UP & MOW MENU - JUNE 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 |
|---|--|---|---|--|
| | 1 | 2 | 3 | 4 |
| | Grill Day Hot Dogs & Burgers, Potato Salad, Cole Slaw, Strawberry Short Cake | Curried Coconut Pork, Stir Fried Vegetables, Scallion Brown Rice, Chocolate Whoopie Pie | Tossed Salad, Orange Tilapia, Rice Pilaf, Sautéed Broccoli, Brownie with Raspber- ries and Cream | Chicken Caesar Wrap, Hearty Vegeta- ble Minestrone, Chocolate Chip Cook- ies and Fruit Curbside Only |
| 7 | 8 | 9 | 10 | 11 |
| Tossed Salad Spinach, Artichoke & cheese Quiche, Roasted Sweet Potato fries, Rum Raisin Rice Pudding | Chicken Milano w/ Basil and Sun-dried Tomatoes served over Penne, Tossed Salad, Fresh Fruit Salad | Grilled Glazed Ham Steak, Summer Potato Salad, Sweet Pepper Panzanella Salad, Cake w/ Berries and Cream | Tossed Salad, Lime Herb Chicken, Roasted Potatoes, Succotash, Yogurt Cake w/ Peach Puree | Italian Pork Stew, Garlic Bread, Tossed Salad, Berries and Cream Roll Curbside Only |
| 14 | 15 | 16 | 17 | 18 |
| Reubens, Beer Battered Onion Rings, Mediterrane- an Vegetables, Creamy Fruit Salad | Tossed Salad, Chick- en and Potatoes w/ Garlic Parmesan Cream Sauce, Lime Carrots, Warm Berry Crumble | Tacos w/ Ground Beef Cheese, Lettuce, Tomato, Salsa, Sour Cream, Red Beans and Rice, Roasted Vegetables, Chocolate Chip Cookies and Fruit | Egg Roll Noodle Bowl w/Pork, Cabbage, Carrots, Spinach Salad with Asian Salad Dressing, Mandarin Orange Delight | Chicken Salad, Broccoli Salad, Tortellini Salad, Lettuce, Tomato, Roll, Blueberry Turnover Curbside Only |
| 21 | 22 | 23 | 24 | 25 |
| Puerto Rican Chicken and Rice, Caribbean Vegeta- ble Stew, Almond Joy Pudding | Spaghetti and Meat- balls, Tossed Salad, Garlic Bread, Fresh Fruit Parfait | Grilled Jammin' Salmon Burger on bun, Potato Salad, Grilled Vegetable Salad, Strawberry | Birthday Day Grilled Brined Turkey Breast with Spanish Spice Rub and Sour Orange Sauce, Roast- ed Spanish Potatoes, Tangy Cabbage & Poblano Slaw, Roll, Cake | Tossed Salad, Supreme Pizza w/ Peppers, Onions, Mushrooms, Olives, Pepperoni, Coconut Macaroons w/ Pineapple Curbside Only |
| 28 | 29 | 30 | | |
| Pork Apple Burgers with Caramelized Pineapple on a Multigrain Sandwich Roll, Firecracker Salad, Sweet Potato Fries, Strawberry Rhubarb Pie | Tossed Salad, Roast- ed Tarragon Chicken Breast over Fettuccine with Asparagus & Mushrooms, Fresh Fruit | Stuffed Meatloaf w/ Spinach and Cheese, Mashed Potato, Gravy, Green Beans, Lime and Blueberry Pie | Meal Pricing: \$7- <u>charge</u> for those under age sixty \$5-Suggested dona- tion for ages sixty and over | * Vegetarian meals & Gluten Free avail- able daily upon request. Please contact our chef in advance. |

**Reservations required for inside dining on Mondays—Thursdays.
Friday is curbside only**

ACTIVE AGING

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

Late Spring Tai Chi Classes with Anne Bower

Mondays via Zoom: 9:30 am Fall Prevention Tai Chi; 10:30 am Sun 73 Forms; 11:30 am Yang 24 Forms

Wednesdays in The Thompson Tent with new flooring! Beginning Wednesday, June 2: 9:30-10:20 am Fall Prevention Tai Chi; 10:30-11:20 am Sun 73 Forms; (prior knowledge of Fall Prevention Tai Chi is required) 11:30 am-12:20 pm Yang 24 Forms

No classes Tuesdays, or Thursdays

Fridays at the bandstand in Lyman Park (White River Junction): 9:30 am Fall Prevention Tai Chi; 10:30 am Sun 73 Forms; 11:30 am Yang 24 Forms

Contact Instructor Anne Bower for more information (anniebower@yahoo.com; 457-2877) *Zoom links will be provided at registration with The Thompson. All participants entering the building must wear face coverings, sanitize hands, and log in to My Senior Center at the kiosk to complete the health screening before entering activities for the day.*

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 is on Pause in June

There will be no Thompson chair yoga classes in the month of June but Instructor Linda Harvey is looking for your feedback for summer instruction. Please email Linda at: llharvey56@gmail.com to offer your opinion on zoom versus in person instruction in The Thompson tent, feedback as a student of hers, and what you would like to accomplish from her yoga instruction.

A warm, rainy day-this is how it feels when friends get together. Friend refreshes friend then, as flowers do each other, in a spring rain. -Rumi



Foot Clinic at The Thompson with Beverly Sinclair, RN

June 10 & 17, 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.



Join us For a Walk!

Mondays, 11:00 am for a 45 minute walk

The walk will begin promptly at 11:00 am and please allow extra time for downtown Woodstock construction traffic.

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

Carla Kamel's walking group has gotten a great response! Join her for 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@thompsonscenter.org.*

Caregiver Support Group - Now in The Thompson Tent

Tuesday, June 8, 1:00 pm and ongoing on the 2nd Tuesday of each month

We welcome participants back to The Thompson in June to gather outdoors in The Thompson Tent. This gathering remains a safe place to share ideas, concerns, and constructive feedback with others facing similar challenges.

A complimentary bagged lunch will be provided at time of registration. Newcomers are always welcome.

RESOURCES

Could you benefit from having someone else in the house with you?

The Thompson Aging at Home Program can now help facilitate Homesharing!

Homesharing is a simple idea where two or more people share a home for mutual benefit. A person offers a private bedroom and shared common space in exchange for rent, help around the home or a combination of the two. After conducting background and reference checks, we will work to find the most compatible match possible based on your interests, needs, and lifestyle. There are no age or income restrictions to be eligible for the program.

Contact Shari at the Thompson at 802-457-3277 or sborz@thompsonscenter.org

Individual Benefits Assistance—Medicare, Medicaid, Food & Fuel Assistance

One on One Meetings are available at the Thompson Center

Thursday, June 3 & 24, 9:00 am - 2:00 pm

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

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

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

*Note: WCHC cannot answer questions about supplemental insurance, Medigap insurance, or Advantage Plans.



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 Food-bank 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

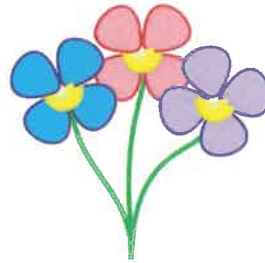
Advance Directive Assistance is Available

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

Chase Site Services, Inc. -
edging flower beds
Mary & Carl McCuaig - medical
equipment
John Syme - picnic table work
Medical Equipment in memory of:
Andrejs Grots
Marie Willis
Judy Intraub



IN MEMORY OF

Chuck Luetke
Peggy Lichtenstein
Elaine Chase
Janice Murcic

Marie Willis
Helen Gardephe Leonard
Anne Herz
Nancy Plunkett
Carl & Sally Kesseli
Joan Lessard
Barbara Kelley
Keith & Ann Blake
Sue Bryan

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

JUNE BIRTHDAYS

| | | |
|------------------------|------------------------|-----------------------|
| 1st Ernest Harper | 10th Sally Alloway | 23rd Arthur Skerker |
| 2nd Carol Nettleship | 10th Rebecca Nash | 23rd Helen Sawyer |
| 2nd Larry Luce | 11th Beverly Sinclair | 24th Harmony Johnson |
| 2nd Nancy Bebo | 12th Linda Hunt | 24th Rita Scully |
| 2nd Emily Dean | 13th Eldon Thompson | 25th Ann Debevoise |
| 3rd Lorraine Dayton | 13th Jean Garren | 25th Kelly Welsh |
| 3rd Linda Hitchcock | 14th Bette Anne Sailer | 26th Doris LeBaron |
| 4th Khorshed Randeria | 14th Betty Walker | 26th Meg Matz |
| 5th Janet Herrick | 15th Mary Sharpe | 28th Carol Mosher |
| 5th Timothy Maxham | 15th Polly Fullerton | 28th Kevin Lynch |
| 6th Jennifer Martel | 17th Robert Topolski | 29th Susan Lewis |
| 6th Missy Cunningham | 17th Lillian Weed | 29th Margaret Schultz |
| 6th John Tourville | 17th Sharon Earn | 30th Gretchen Cole |
| 7th Jane Curtis | 18th Becky Longley | |
| 7th Jack Rasmussen | 18th David Whitney | |
| 7th Suzy Malerich | 19th Mae Knudson | |
| 7th Carl Wulfestieg | 19th Joanne Bates | |
| 8th Noreen Huff | 20th Sandra Pariseau | |
| 8th Roy Aloisio | 21st Louine Walker | |
| 8th Jennifer Carpenter | 22nd John Mathews | |
| 8th Sheryl Hoehner | 22nd Jim Robinson | |
| 9th Ralph English | 23rd Cynthia Hewitt | |
| 9th Michael Levengood | | |
| 9th Georgia Plattner | | |





The Thompson

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Woodstock Area Council on Aging
99 Senior Lane
Woodstock, VT 05091
(802) 457-3277
FAX: (802) 457-1259
www.thompsonseniorcenter.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 until further notice. 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

Like us on Facebook