



The Thompson Times

Your resource to age well

JULY 2021

Optimistic and Thankful

What a JOY it has been to welcome people back for meals and programs at The Thompson! With the high vaccination rate and low case rate in Vermont, we're increasingly optimistic and looking forward to many more opportunities to be together for even more fun this summer. Our Summer Celebration and Welcome Back Reunion is planned for Friday, July 23rd and there is lots more happening throughout the month. We hope to see YOU!

Even as we celebrate this next phase and put a difficult year behind us, it's impossible to move forward without recognizing the accomplishments of the past year and thanking the many people who made life better in our community.

Reflections on the year past:

We started the first "drive-up" full service restaurant in Woodstock! A hot meal, a puzzle, a roll of toilet paper – we had it curbside to pass through your window. Drive-in ice cream social and holiday lights show were fun, safe outings.

While our older volunteers were asked to take a break during the uncertain early days of the pandemic, multitudes of eager new volunteers joined us in a variety of capacities. We are so thankful to those who jumped forward to help and to those who have helped for many years.

In addition to curbside meals, Meals on Wheels more than doubled and became a "contactless" delivery system. We're glad to be back to a more personal, but still safe, delivery system now.

We became a much needed delivery service of essentials like groceries, prescriptions and pharmacy incidentals for the homebound. THANK YOU to the volunteers and staff who took grocery orders, shopped, and delivered!

Daily phone check-in calls happened for over 200 days! Special thanks to Dwight Camp, Pam Butler, and Linda Grant for talk, talk, talking and keeping so many people connected.

Everyone Eats meals from Piecemeal Pies were picked up and delivered weekly (150 meals each week for many months!)

We updated and brightened our dining room with fresh paint, new carpet to help dampen the noise when we gather, and new tables and chairs that we had been raising funds for -- it looks wonderful and we're so thankful to all who donated for this special cause over the past two years!

Our Virtual Senior Center launched and we hosted hundreds of zoom and phone programs to help folks at home stay connected and entertained. Our phone bingo program was replicated all over the country!

Instead of our annual Winter Gala, we had to get creative with our fundraising through multiple events – a raffle and online zoom drawing, 2021 Sponsorships from many faithful supporters, and a Meals on Wheels fund drive in March.

So many people to thank and so many positive memories to reflect on, in spite of challenges. **Thank you to ALL of the amazing volunteers, community partners, caring and dedicated Thompson staff, generous donors, engaged board members, and loving participants -- we got each other through this year, and we're forever grateful!**

See some of our generous donor on page 2.

What to expect when you visit The Thompson:

- Hand sanitize station before check-in at the computer.
- Self-screen for symptoms and please stay home if you're not feeling well.
- Masks are optional for fully vaccinated participants. Masks are required for those not fully vaccinated. Anyone should feel comfortable wearing a mask if that is their preference.
- Extra sanitizing procedures are still in place. The safety of our participants and staff is our primary goal.

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
Ottauquechee Health Center, 457-5414

BOARD OF DIRECTORS

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Ginny Eames—*Vice President*
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BEHIND THE SCENES

Thank You 2021 Sponsors!



Thank You Meals on Wheels Donors



UNICORN

HARPER
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PERFORMANCE
FOODSERVICE



MAGEE
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Round-up Campaign Gift
\$8,717.48

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#31 F&AM

MARCH
FOR
MEALS
HEALS @ WHEELS.



The Thompson
TOGETHER WE CAN DO MORE

Welcome Back!

Newsletter folding will return in person on Monday, July 19 at 8:30 am. Refreshments will be served. Volunteers are needed.

Language groups, Mahjong, Bridge and other groups are welcome back. Please let us know if you would like to schedule a space or be on the calendar.

Advance Directive Assistance is Available

Trained and caring volunteers are available to assist you with creating your advance directive at The Thompson Center on the second Monday of the month, by appointment, 1:00 and 2:00 pm time slots.

Please call Shari at 457-3277 to schedule an appointment.

Medicare Boot Camp for Those New to Medicare

A virtual presentation offered by Senior Solutions

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.

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

One on One Meetings are available at the Thompson Center

9:00 am - 2:00 pm, Call for dates

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.

YOUR VIRTUAL SENIOR CENTER

Coping with COVID: Managing Re-Entry Anxiety

A virtual program Presented by COVID Support VT

Wednesday, July 7, 1:00 pm

With an end in sight to the restrictions of the COVID pandemic, the re-entry back into “normalcy” has been a surprising source of worry for many. Being “deployed” back to original positions, returning to social gatherings, and changes to personal schedules are difficult even if the changes are positive. According to the American Psychological Association, nearly 50% of Americans feel anxious about resuming in-person contact, regardless of vaccination status. Join COVID Support VT staff for this one-hour interactive workshop to explore how “re-entry” might be affecting you and how best to manage the stress effectively.

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



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.

Please note that coffee is always on in the morning at The Thompson. Come in for a cup, bring a friend, and enjoy our front porch or any comfortable place to relax and chat.

Phone Bingo Continues Friday mornings Beginning at 10:00 am



Dial 1-802-448-5745 to connect and play. Bingo players are also welcome to return to The Thompson to play on weekday mornings. Please call Shari for room availability.

Virtual programing 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 www.avagallery.org/art-reach or read each week in our Friday eNews.

AT THE THOMPSON



**Thank you to Gary Hawkes
who donated the
flooring and installation for
our Thompson Tent!**

Caregiver Support Group in The Thompson Tent Tuesday, July 13, 1:00 pm and ongoing on the 2nd Tuesday of each month

We welcome participants back to The Thompson where this gathering remains a safe place to share ideas, concerns, and constructive feedback with others facing similar challenges. Newcomers are always welcome.

A complimentary lunch will be provided with advance registration.

Welcome Back Reunion Friday, July 23, 12:00 pm

Our time to fully celebrate your return and to say thank you to all of our volunteers and supporters is finally here! Please join us for a Caribbean-themed lunch, followed by an ice-cream social, and music by Island Time Steel Band. Reservations required.



Bird ER, A Presentation by VINS

New date! Tuesday, August 17, 1:00 pm, in-house at The Thompson

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.

PROGRAM CALENDAR - JULY 2021

Mon	Tue	Wed	Thu	Fri
			1	2
RESERVATIONS REQUIRED FOR ALL PROGRAMS & CLASSES			10:30 am Strengthen & Stretch Zoom 3 Bone Builders in tent	10 am Phone BINGO 10 & 2 Ava Gallery Zoom 1 Mahjong
5	6	7	8	9
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 1 Mahjong 3 Bone Builders in tent	9 Rutland Shopping 9:30 Fall Prevention Tai Chi in tent 10-12 Tech Help 10:30 Sun 73 Forms in tent 1 Coping with Covid	9-2:30 Foot Clinic 10:30 am Strengthen & Stretch Zoom 3 Bone Builders in tent	10 am Phone BINGO 10 & 2 Ava Gallery Zoom 1 Mahjong
12	13	14	15	16
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 1 Advance Directive	9 Reflexology 10:30 am Strengthen & Stretch Zoom Class 1 Mahjong 1 Caregiver Support in tent 3 Bone Builders in tent	9:30 Fall Prevention Tai Chi in tent 10 VeggieVanGo 10-12 Tech Help 10:30 Sun 73 Forms in tent	10:30 am Strengthen & Stretch Zoom 2 Medicare Bootcamp 3 Bone Builders in tent	10 am Phone BINGO 10 & 2 Ava Gallery Zoom 1 Mahjong
19	20	21	22	23
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	9:30 Commodities 10:30 am Strengthen & Stretch Zoom Class 1 Mahjong 3 Bone Builders in tent	9 Rutland Shopping 9:30 Fall Prevention Tai Chi in tent 10-12 Tech Help 10:30 Sun 73 Forms in tent	10:30 am Strengthen & Stretch Zoom 3 Bone Builders in tent	Welcome Back Celebration 10 am Phone BINGO 10 & 2 Ava Gallery Zoom 1 Mahjong
26	27	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 1 Mahjong 3 Bone Builders in tent	9:30 Fall Prevention Tai Chi in tent 10-12 Tech Help 10:30 Sun 73 Forms in tent	Birthday Day 10:30 am Strengthen & Stretch Zoom 3 Bone Builders in tent	10 am Phone BINGO 10 & 2 Ava Gallery Zoom 1 Mahjong

MENU - JULY 2021

Mon	Tue	Wed	Thu	Fri
			1	2
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.		BBQ Pulled Pork Sandwich, Cole-slaw, Bean Salad, Cherry Cheesecake	Tossed Salad, Penne Pasta w/ Sweet Italian Sausage, Spinach, Tomatoes, Pesto, Fresh Fruit Parfait
5	6	7	8	9
Tossed Salad, Shepherd's Pie, Vegetable Medley, Poached Pears	Singapore Curry Chicken, Rice, Stir Fried Vegetables, Hot Fudge Sundae with Banana	Beer Battered Haddock and Chips, Kale Salad, Ginger Snap and Fruit	BBQ Chicken, Pinto Beans, Potato Salad, Cole Slaw, Coconut Cream Pie	Cheese Burger w/ Lettuce, Tomato, Onion, Steak Fries, Cilantro Lime Coleslaw, Ice Cream Cone
12	13	14	15	16
Summer Stuffed Peppers w/ Beef, Brown Rice, Vegetables, Tossed Salad, Chef's Famous Chocolate Chip Cookies w/ Fresh Fruit	Vegetarian Lasagna, Steamed Antiguan Vegetables, Garlic Bread, Berry-Lime Freeze	Bastille Day Coq Au Vin, Parsley Potatoes, Green Beans, Mesclun Greens w/ vinaigrette, Creme Brulee Tartlet w/ Berries	Meatloaf, Smashed Potato, Gravy, Peas & Carrots, Blueberry Pie	Tossed Salad, Bombay Chicken Breast, Scallion Rice, Curried Roasted Vegetables, Pink Lemonade Bars
19	20	21	22	23
Mongolian Beef Ramen Noodles, Crispy Asian Slaw, Mandarin Orange Delight	Tossed Salad, Jamaican Jerk Pork Chops, Basmati Rice, Sautéed Peppers, Cherry Clafoutis	Tossed Salad, Chicken Marsala, Rice Pilaf, Green Beans, Strawberry Rhubarb Pie	Spinach and Cheese Ravioli w/ Meat Sauce, Broccoli & Cauliflower, Garlic Bread	Welcome Back Celebration Kahlua Pork Tostadas, Grilled Pineapple Salsa, Caribbean Black Beans, Cole-slaw, Coconut Cake
26	27	28	29	30
Pasta & Broccoli Sausage Simmer, Tossed Salad, Fresh Fruit Salad	Chicken Parmesan over Multigrain Spaghetti, Garlic Bread, Tossed Salad, Fresh Fruit Salad	Quiche with Asparagus, Leeks & Gruyere Cheese, Roasted Potatoes, Tossed Salad, Warm Berry Cobbler	Birthday Day Grilled Baja style Pork Loin, Chimichurri Sauce, Citrus Sweet Potato Mash, Braised Greens, Roll, Cake & Ice cream	Tilapia Florentine (spinach and cheese), herb roasted potatoes, Lime Carrots, Fresh Fruit Parfait

Curbside meals are discontinued but grab and go take-out lunches are still available beginning at 11:30am. Please park your vehicle and come inside to pick-up your previously reserved meal.

ACTIVE AGING

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

Summer 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)

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

Bone Builders Returns to The Thompson in the tent or inside depending on the weather on Tuesdays and Thursdays, 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.



Foot Clinic at The Thompson with Beverly Sinclair, RN

Thursday, July 8, 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 Ottawaquechee 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@thompsonseniorcenter.org.*

Reflexology Returns to The Thompson!

**Enjoy Reflexology to Relax, Rejuvenate, & Reboot Your Whole Body
Now scheduling for Tuesday, July 13. Please call for more availability.**

Certified Reflexologist Deborah Neuhof is now resuming appointments at The Thompson. Please call Shari to confirm a morning appointment beginning at 9:00 am on the second and fourth Tuesdays of the month. \$35 for 30 minute hand or foot treatment or \$65 for 60 minutes.

Please wear loose fitting clothing and arrive a few minutes early to complete a health & disclaimer form. Face coverings are required while in The Thompson building but not during your treatment.

RESOURCES

Senior Solutions Tablet Program – A Great Opportunity to Get Connected

Are you yearning to connect to the internet for your telehealth appointments and connections with others but don't have a device? Senior Solutions is assisting older Vermonters with obtaining devices (Fusion tablets) and offering technical support through instruction and training. Help is available for you to set up your computer, create an email address and train you on some of the programs. Comcast offers a low cost option called Internet Essentials for internet access and you don't have to be a Comcast customer. Call Pam at The Thompson for more information on how to get connected or the Senior Helpline at 802-885-2669.



Techie Teen to Answer Your Device Questions

iPhone/iPad support. Wednesday's for the Month of July
10:00 am - 12:00 pm. Call The Thompson 457-3277



June 15th Update from Ottauquechee Pharmacy

- The pharmacy is in the process of moving in. There have been some technical challenges that they are working through, but they have begun moving into the space downstairs at OHC.
- There is not yet a formal opening date. When there is an official opening date, the pharmacy will advertise the details.
- Curbside pick-up will still be an available option for customers.
- Ottauquechee Pharmacy will be the new name

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



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

IN LOVING MEMORY & APPRECIATION

IN APPRECIATION

Caroline Swaney - medical equipment
 In Memory of Ad Shaw - medical equipment
 Elly Pizzani - birthday cards
 Beverly Humpstone - rhubarb
 Rhonda Bruce - rhubarb
 Donna Bowen - medical equipment
 Tyler Audsley &
 Justin Wardwell - set up tent top

Volunteer Opportunity!

Now that we are able to provide meals in our dining room, we are in need of wait staff on Tuesdays and Wednesdays from 11:30 am until 1:30 pm. If you are interested in volunteering either of those days, please contact Siobhan Wright at swright@thompsonseniorcenter.org.

Thank you!

IN MEMORY OF

Ad Shaw

Susan & Michael Brown
 Zecil Gravitz

Chuck Luetke

Norwood & Joanna
 Long

Claire Dibble

Anne Herz
 Carla J. Kamel

Karen Stewart

Sue & Jeffrey Dinitz
 David Mendelson

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

JULY BIRTHDAYS

1st John Gravel	14th Gerry Fields	25th Lloyd Osmer
1st Nina Borzekowski	14th Nancy Schullinger	25th Nancy Anderson
1st Brian Powell	14th Jennifer Kirkman	25th Barbara Simon
1st Doug Warren	14th Jennifer Brock	25th Harriet Worrell
1st Mary Bourgeois	14th Chris Prior	26th Sally Kesseli
1st Joan Baret	15th Rob Jones	27th Jacquie Durkee
2nd Barbara Kelley	15th Judith Topolski	27th Gail Moore
2nd Kimberly Christensen	15th John Sailer	27th Karen St. Arnaud
2nd Cora Koop	15th Patti Storey	27th David Westphalen
2nd John Gilbert	16th Priscilla Pannell	27th Katherine Gionet-Kloszewski
3rd Neil Jillson	16th Wendy Wannop	28th Thomas Watson
4th Mary Waters	16th Janice Barron	28th Janice Fleetwood-Bear
5th Gordon Worth	16th Judy Williamson	29th Wendy Jenne
5th Albert Pristaw	18th David Doubleday	30th Nancy Pike
5th Linnea Minard	18th Airell Jenks	31st Pam Butler
5th Joe Dinatale	18th Karen Purviance	31st Carl Hurd
6th Norman Martin	19th Edwin English	31st Bob Hazen
6th Hudson Maxham	19th Ralph Ward	31st Susan Robertson
7th Carol Rauscher	19th Lois Lacaille	31st Susan Kelley-Outten
7th Judith Pierce	19th Ralph Corette	
7th Nancy Bartlett	20th Joanne Hershey	
8th Bud Futschik	20th Michael Mongulla	
9th Rosemary Smith	21st David Sleeper	
9th Zaela Strong	21st Marcelle Derevensky	
10th Norma Bradley	22nd Fern Kruse	
11th Lene Bennett	22nd Holly Levison	
11th Joan Lang	22nd Joan Cota	
12th Susan Maxham	23rd William Barrows	
13th Robert Griggs, Jr	23rd Anne Dean	
13th Eric Piper	23rd Anne Marinello	





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

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.

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

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.