



The Thompson Times

Your resource to age well

AUGUST 2021

Age Well with The Thompson



Enjoy Chef Prepared Meals

Join us for lunch at the Thompson Center, Monday through Friday, between Noon & 1:00 pm, in our beautifully refreshed dining room! All ages and groups are welcome. Small groups and language tables are also enjoying our new dining area in the living room. Every year, the Thompson serves more than 20,000 lunches and delivers healthy meals to clients through our **Meals on Wheels** program. You'll find Chef Ryan's **delicious menu inside and posted monthly online!**

Attend a Program or Class

From how to **stay fit**, improve your balance, help with smartphones, to **planning your retirement**

finances, learning a language, or seeing a new documentary, the Thompson offers programs and classes to **keep you informed and involved** in our community and the world. Lots of new programs, including Book Club, Corn hole, and Singles Mixers are in the works. Call to sign-up and see our enclosed calendar or our website for class and program details.



Take a Trip with Us

Whether you need a ride to the Center, to run a local errand, want to go shopping or travel further afield—for a play or a museum tour or a Collette Travel vacation—The Thompson is going places and we'd love to have you join us.



Access Resources

Do you or someone you care for need a wheelchair or other **medical equipment**? Do you want **help with taxes** or applying for **Medicare**? Would you like **foot care** or reflexology? Are you looking for help with odd jobs around the house? The Thompson offers these and numerous other resources and **vettted** referrals at little or no cost to you and your family through our Aging at Home program. We also partner with the Community Care Coordinator and other organizations for public benefits, fuel assistance and much more. Just ask us!

Volunteer

There's so much to do—with and for the Thompson and our community. Volunteering is a great way to get involved! Call us at the Center to find out about volunteer opportunities. You'll find more information on volunteering, as well as, all of our events, programs and classes on our website at www.ThompsonSeniorCenter.org and on our **Facebook** page.



To Contact Us: Call (802) 457-3277 or email info@thompsonseneiorcenter.org

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,
paudsley@thompsonscenter.org
Pam Butler, Program Director,
pbutler@thompsonscenter.org
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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
Jennifer Maxham, Program Assistant &
Support Staff
jmaxham@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
Ottauquechee Health Center, 457-5414

BOARD OF DIRECTORS

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Paulette Watson

BEHIND THE SCENES

Save the Date!

Look for a new Age Well at Home series at The Thompson Center
In September and October.

Life Transitions: Home vs. Move Discussion
Tuesday, September 21 from 4 pm—5:30 pm

How to Hire a Caregiver & Resource Fair
Tuesday, October 19 from 4 pm –6 pm

Smilin Steve's Pharmacy Update as of 7/14/21 Located at the Ottauquechee Health Center

The pharmacy's soft opening is scheduled for 07/19 and will be advertised in all local publications as well as online and with signage at the end of the parking lot. The hours of operation will be Monday-Friday, 8:00 a.m. - 6:00 p.m., and Saturday, 9:00 a.m. - 1:00 p.m.

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@thompsonscenter.org. *Thank you!*



AT THE THOMPSON

SHARK TANK

Tuesday, August 31, 10:30AM - 11:30AM

Are you tired of products that feel like they aren't made for you? Would you like to help make new products that are actually usable and useful?

Join us for Shark Tank, a new program inspired by the popular TV series where you will be the "sharks" and provide feedback on new product ideas and guide entrepreneurs on how to improve their concepts so they work for older adults. Share your voice and inspire another generation to build products that work for you! Our entrepreneurs are experienced product developers who've built their careers at both large and small companies across numerous industries.

NOTE: you will not be asked to buy, invest, or donate during this program. Instead, you will simply be asked to share your feedback and unique perspectives.

Participation is limited to 6, please register by calling Shari at The Thompson and let us know if you have any questions about this interesting new program. We hope you can join us for the fun!

Recipes for Reading – A Presentation and Discussion

Thursday, August 26, 1:00 pm



Join Anne Bower on to discuss the cookbooks you love to read. Some of them tell stories about growing up, many are praise songs for a place or community, others tell history or give us the power to imagine ourselves more glamorous than we are. The pictures and writing in many a cookbook take us to exotic places. Some feel like short story collections, some are poetic, some tell of struggles.

Anne will offer examples of cookbooks she's found especially "good reads" and explain why. Of course, we cook from recipe books, but really--sometimes they're just wonderful reading!

Please bring along your favorite cookbook "reads" to share.

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

One on One Meetings are available at the Thompson Center

August 9 & 30, 9:30 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.

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 insurances; Medigap insurance or Advantage plans but other resources are available by calling Shari at The Thompson.

YOUR VIRTUAL SENIOR CENTER

Truman Presidential Library and Museum

A Virtual Program Presented by the Senior Learning Network at The Thompson Center

Tuesday, August 17, 2:00 pm

Please note that this will be a group viewing and individual zoom links for home viewing cannot be provided. So leave the technology issues to us and watch with friends in the comfort of The Thompson.

Call The Thompson to reserve your seat.



Cornhole & Horseshoes



Fridays at
1:00 pm



Bingo Friday mornings Beginning at 10:00 am



Join us at the Center or Dial 1-802-448-5745 to connect and play by phone. 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 AVA Gallery every Friday at 10 am & 2 pm

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



Coffee Talk on pause for the month of August

PROGRAMS & TRIPS

Bird ER, A Presentation by VINS

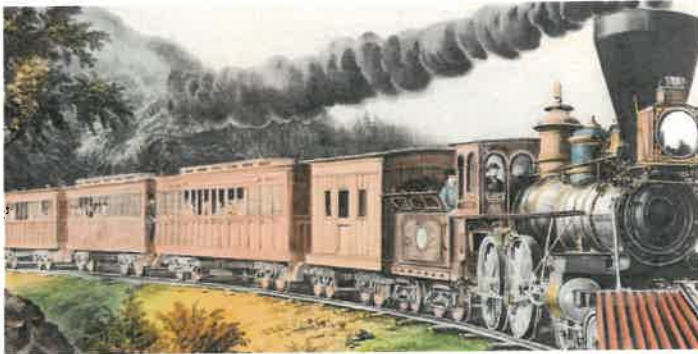
New date! Tuesday, August 17, 1:00 pm, in-house at The Thompson



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.

Summer is here and it's time to hit the road again in our beautiful state!



The Bugbee Senior Center and The Thompson Center invite you to join us on a collaborative trip to tour the Shelburne Museum

Wednesday, August 25th

Depart from The Bugbee at 8:30 a.m. on a Premier Coach Bus and return at approximately 5:00 p.m.

Cost: \$65 includes bus and gratuity, brown bag lunch, and admission to all exhibits
Full payment will secure your reservation

Our tour has been inspired by a current Shelburne exhibition; *Revisiting America: The Prints of Currier & Ives* that will explore how the largest printmaking company in nineteenth-century America visualized the nation's social, political, and industrial fabric. The company is best known today for its lush, hand-colored lithographs that nostalgically depicted an idyllic republic of pioneer homesteads, sporting camps, and bucolic pastimes.

Divided into five themes—Country Life, Hunting, Politics and History, Sport, and Urbanization—this exhibition reveals the surprising modernity of the firm's prints. The works on view offer a complex and conflicted vision of America that embraced the possibilities of an emerging urban and industrial society while nostalgically celebrating the social stability of a rural ideal.

Visitors are free to explore all exhibits during our visit. To learn more visit:
www.shelburnemuseum.org

Please note: *This trip involves a lot of walking. If you think you may need assistance, please bring a friend to join you. Current federal mandates require that passengers wear face coverings while traveling. A gift and ice cream shop will be open on the premises.*

Brown bag lunch includes choice of turkey or veggie sandwich, pasta salad, cookie, fruit, and water. Please call The Thompson Center to reserve your lunch option.

PROGRAM CALENDAR - AUGUST 2021

Mon	Tue	Wed	Thu	Fri
2	3	4	5	6
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 West Lebanon Shopping 9:30 Fall Prevention Tai Chi in tent 10:30 Sun 73 Forms in tent	10:30 am Strengthen & Stretch Zoom 3 Bone Builders in tent	10 am BINGO 10 & 2 Ava Gallery Zoom 1 Mahjong 1 Cornhole & Horseshoes
9	10	11	12	13
9:30 1:1 Benefit Assistance 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 10:30 Sun 73 Forms in tent	9-2:30 Foot Clinic 10:30 am Strengthen & Stretch Zoom 3 Bone Builders in tent	10 am BINGO 10 & 2 Ava Gallery Zoom 1 Mahjong 1 Cornhole & Horseshoes
16	17	18	19	20
8:30 Newsletter Folding 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 1 VINS Presentation 2 Truman Library Virtual Presentation 3 Bone Builders in tent	9 West Lebanon Shopping 9:30 Fall Prevention Tai Chi in tent 10:30 Sun 73 Forms in tent	10:30 am Strengthen & Stretch Zoom 3 Bone Builders in tent	10 am BINGO 10 & 2 Ava Gallery Zoom 1 Mahjong 1 Cornhole & Horseshoes
23	24	25	26	27
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	8:30 Depart for the Shelburne Museum 9:30 Fall Prevention Tai Chi in tent 10:30 Sun 73 Forms in tent	Birthday Day 10:30 am Strengthen & Stretch Zoom 1 Recipes for Reading 3 Bone Builders in tent	10 am BINGO 10 & 2 Ava Gallery Zoom 1 Mahjong 1 Cornhole & Horseshoes
30	31			
9:30 1:1 Benefit Assistance 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 Shark Tank 10:30 am Strengthen & Stretch Zoom Class 1 Mahjong 3 Bone Builders in tent			RESERVATIONS REQUIRED FOR ALL PROGRAMS & CLASSES

MENU - AUGUST 2021

Mon	Tue	Wed	Thu	Fri
2	3	4	5	6
Macaroni & Cheese, Local Beet Greens , Stewed Tomatoes, Cantaloupe Boats	Tossed Salad, Cacciatore Chicken Breasts over Penne Pasta. Crusty Bread, Fresh Fruit Salad	Tossed Salad, Cajun Tilapia, Brown Rice, Braised Greens, Peach Shortcake	Chicken Salad, Broccoli Salad, Tortellini Salad, Lettuce, Tomato, Cherry Clafoutis	Grill Day Hot Dogs & Burgers, Potato Salad, Cole Slaw, Watermelon
9	10	11	12	13
Chef Salad w/ Lettuce, Tomato, Roast Beef, Turkey, Cheese, Hard Boiled Egg, Carrot, Roll, Strawberry Cake	Cloudland Farm Beef Salisbury Steak, Mashed Potatoes, Gravy, Steamed Vegetables, Fresh Fruit Parfait	Grilled Glazed Ham Steak, Summer Potato Salad, Sweet Pepper Panzanella Salad, Cake w/ Berries and Cream	Mexican Lasagna, Tossed Salad, Monterrey Ranch Bread, Fresh Fruit Salad	Pan Seared Chicken Breast, Creamy Cheddar Polenta, Spinach Supreme (Spinach, Sour Cream, Parmesan and Monterey Jack) Warm Berry Crisp
16	17	18	19	20
Reubens, Beer Battered Onion Rings, Roasted Local Garden Vegetables, Fresh Fruit	Sweet and Sour Pork, Stir Fried Vegetables, Brown Rice, Coconut Meringues w/ Pineapple	Grilled Chicken Greek Slaw Sandwiches, Couscous, Three Bean Salad, Ice Cream	Swedish Meatballs over Egg Noodles, Broccoli and Carrots, Fresh Fruit Salad	Cheese Pizza, Greek Salad w/ Lettuce, Cucumber, Pepper, Olives, Feta Cheese Fresh Fruit
23	24	25	26	27
Grilled Sweet Italian Sausage w/ Roll, Sautéed Onions and Peppers, Potato Salad, Cole Slaw, Apple Crisp	Chicken Parmesan over Spaghetti, Tossed Salad, Garlic Bread, Fruit Salad	Pork Carnitas over Rice with Tomato, Cheese, Black Beans, Rice, Bean Salad, Cilantro Slaw, Coconut Cream Pie	Birthday Day* Roast Beef, Au Jus, Roasted Potatoes & Onions, Grilled Asparagus, Roll, Cake & Ice Cream	Grilled Tuna & Vegetables in Herb Butter, Brown Rice, Oatmeal Cranberry, Cookie and Fruit
30	31			
Grilled Chicken BLT with Lettuce, Tomatoes, Grilled Onions, Caper Mayo, Three Bean Salad, Potato Salad, Pineapple	Quiche w/ Zucchini, Mushroom, Leeks, Roasted Potatoes, Tossed Salad, Lime and Spice Peach Cobbler		Meal Pricing: \$7- charge for those under age sixty \$5-Suggested donation for ages sixty and over Reservations are required for all meals.	* 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

Summer Tai Chi with Anne Bower

Tai Chi at the Thompson continues this summer, either under the tent behind the building or when weather is too hot or too wet, upstairs inside the building.

Wednesdays: 9:30-10:20 a.m. - Our beginners' class offers individualized instruction for people who want to try the gentle, relaxing, yet very beneficial movements of Tai Chi. Those who wish to remain seated during class will find our seated form works really well.

Wednesdays: 10:30-11:30 a.m. - Experienced students can study Sun 73 with its special challenges and combination of slow gentle movements with the excitement of some kicks and punches. We always suggest adaptations so that each person can enjoy the form.

Instructor Anne Bower also offers Zoom instruction in beginner Tai Chi (Fall Prevention Tai Chi), Sun 73, and Yang 24 on Mondays.

For Anne's full schedule and to learn more, check out her website: www.annebower.com.

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 Meets Tuesdays and Thursdays at The Thompson

Class will continue to meet in The Thompson Tent, or inside when the weather is too hot. Please bring your weights and water bottles and continue to sign in in the front lobby.

Please note: No classes on September 14, 16, 21 and 23

AARP Smart Driver Class

This 4.5 hour refresher course is open to all drivers 50 years and older
Monday September 13, 9:00 am – 2:30 pm, Lunch Break 12:00 – 1:00

Cost: \$20 for AARP members, \$25 for all others

Pre-registration is required by calling The Thompson



The curriculum addresses the normal physical changes brought on by the aging process, how these changes can affect driving ability and then offers ways to compensate for those changes. The course also addresses changes in vehicles, regulations and roads. Participants will also learn how to interact with other road users, including truckers, bikers, pedestrians and distracted drivers. The class will address Vermont driving regulations, many of which have changed over the years. Many insurance companies offer a discount to drivers who have completed the class. Drivers who have qualified for a discount by taking the course must take a refresher course every 3 years. There are no tests.



Join us For a Walk on the Ottauquechee River Trail

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: 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@thompsonseneiorcenter.org.



Foot Clinic at The Thompson

with Beverly Sinclair, RN

August 12, 9:00 am - 2:30 pm

Cost: \$30 payable by cash or check.

Towels are supplied.

Call for your appointment

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.

Reflexology at The Thompson!

**Enjoy Reflexology to Relax, Rejuvenate,
& Reboot Your Whole Body**

Now scheduling for Tuesday, August 10

Please call for more availability

Certified Reflexologist Deborah Neuhof has resumed 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



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

Caregiver Support Group

Tuesday, August 10, 1:00 pm and ongoing on the 2nd Tuesday of each month

We welcome participants 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.

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.

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.

Technical Assistance Available at The Thompson or in Your Home

If you have questions about a device that you are using, help is available on a fee for service basis by a qualified local individual. Please call Shari to learn more.

IN LOVING MEMORY & APPRECIATION

IN APPRECIATION

In memory of Dick Colantuono
- medical equipment
In memory of Ralph Currier -
medical equipment
Sarah Wood - medical
equipment
In memory of Oliver Wittasek
- medical equipment
***Correction from July
Newsletter***
Jason Wardwell (not Justin
Wardwell) - set up tent top



IN MEMORY OF

Dick Colantuono
Anne & Charles Sincerbeaux
Virginia Bowen
Richard Wacker & Ginny Wise
Edward & Kathleen Corliss
Kenneth & Candice Gammill
Carl & Joyce Hurd
Florence Short
Lauren & Linda Templeton
Christine & Stephen Rooks
Janice Graham & Steve Cota
Ronald & Pamela Jaynes
John & Wendy Wannop
Polly Foley
Scott & Ellen Hersey
James & Susan Ford
Maureen & John Ausura

Karen Stewart
Jean & John Kiedaisch

Marie Willis
Polly Foley

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

AUGUST BIRTHDAYS

1st	Laurie	Heijn	8th	Trina	Perkins	22nd	Lucille	McCarthy
1st	Marilyn	Peterson	8th	James	Pierce	22nd	Pam	Sheperd
1st	Tracie	Murphy	10th	David	Wheadon	22nd	Lucille	Staples
1st	Lillian	Ware	10th	Margaret	Nielsen	22nd	Jill	Hastings
2nd	Linda	Maxham	10th	Craig	Stedman	22nd	Jeannie	Killam
2nd	Kenneth	Niemczyk	10th	Mareen	Harwell	23rd	Ellen	Satterthwaite
2nd	Dolores	Gilbert	11th	Dan	Leavitt	23rd	Diana	Hayes
2nd	Shirley	Beda	11th	Catherine	Wood	23rd	Ralph	Robinson
2nd	Ethan	Mello	12th	George	Lander	23rd	Peggy	Reed
3rd	Bonnie	Atwood	13th	Veronica	Delay	24th	Alden	Fiertz
3rd	Yael	Taylor	13th	Muriel	Poirier	25th	Carolyn	Robinson
3rd	Margarete	Pierce	13th	Lydia	Borsh	25th	Margaret	Edwards
3rd	Ruth	Emery	13th	Penny	Allyn	25th	Lana	Reuss
4th	Loretta	Parker	13th	David	Corkum	26th	Anne	Brodrick
4th	Bernadette	Darakjy	13th	Kendall	Taylor	27th	Louis	Grob
4th	Gerrie	Russell	14th	Judy	Wiggin	27th	Merrill	Kruse
5th	Sarah	Foss	14th	Rick	Fiske	27th	Pamela	Barrows
5th	Joby	Thompson	14th	Anne	Nestler	27th	Glenn	Fullerton
5th	Kathy	Connor	14th	Alice	Gundersen	28th	Jean	Goldsborough
5th	Marian	Labonte	14th	Elizabeth	McCredie	29th	Nan	Salamon
5th	Gaynor	Coassin	14th	Sandy	Gilmour	29th	David	Brown
5th	Charles	Frechette	14th	Peggy	Ramel	30th	Joan	Fariel
5th	Marshall	McKee	14th	Suzanne	Skuja	31st	Karen	Gilmour
6th	Douglas	Holtz	15th	Anne	Koop			
6th	Samuel	Grice	15th	Kathy	English			
7th	Joyce	Gilman	16th	Ralph	Lancaster			
7th	Carol	Corneille	17th	Mary	Mercure			
7th	Paul	Sawyer	18th	Diana	Perkett			
8th	Drew	Ewald	21st	Lisa	Gramling			
8th	Laura	Griggs						





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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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. Reservations on this route must be made in advance by contacting the Tri-Valley Transit office at 802-728-3773. 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

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



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.