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 vetted 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@thompsonseniorcenter.org
The Thompson Center
Woodstock Area Council on Aging
99 Senior Lane
Woodstock, VT 05091
Phone: 802-457-3277
Fax: 802-457-1259
www.thompsonseniorcenter.org

CENTER HOURS
8 AM-3 PM, Monday-Friday

STAFF
Deanna Jones, Executive Director,
djones@thompsonseniorcenter.org
Paula Audsley, Outreach Manager,
paudsley@thompsonseniorcenter.org
Pam Butler, Program Director,
pbutler@thompsonseniorcenter.org
Jen Bloch, Marketing Coordinator
jbloch@thompsonseniorcenter.org
Shari Borzekowski, Administrative &
Resource Assistant,
sborz@thompsonseniorcenter.org
Ryan Martin, Chef,
rmartin@thompsonseniorcenter.org
Siobhan Wright, Front Desk Coordinator,
swright@thompsonseniorcenter.org
Alberto Santana, Kitchen Assistant
Jennifer Maxham, Program Assistant &
Support Staff
jmaxham@thompsonseniorcenter.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
Liza Deignan—President
Ginny Eames—Vice President
David McGuire—Treasurer
Wendy Wannop—Secretary
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Rick Fiske
Susan Ford
Jon Fullerton
Dolores Gilbert
Karl Huck
Lydia Locke
Daphne Moritz
Dan Noble
Steve Selbo
Sandy von Unwerth
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@thompsonseniorcenter.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.
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.*

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**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.

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**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

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**Coffee Talk on pause for the month of August**
**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.*

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**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.*
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<td>Tossed Salad, Cacciatare Chicken Breasts over Penne Pasta, Crusty Bread, Fresh Fruit Salad</td>
<td>Tossed Salad, Cajun Tilapia, Brown Rice, Braised Greens, Peach Shortcake</td>
<td>Chicken Salad, Broccoli Salad, Tortellini Salad, Lettuce, Tomato, Cherry Clafoutis</td>
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<td>Chef Salad w/ Lettuce, Tomato, Roast Beef, Turkey, Cheese, Hard Boiled Egg, Carrot, Roll, Strawberry Cake</td>
<td>Cloudland Farm Beef Salisbury Steak, Mashed Potatoes, Gravy, Steamed Vegetables, Fresh Fruit Parfait</td>
<td>Grilled Glazed Ham Steak, Summer Potato Salad, Sweet Pepper Panzanella Salad, Cake w/ Berries and Cream</td>
<td>Mexican Lasagna, Tossed Salad, Monterey Ranch Bread, Fresh Fruit Salad</td>
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<td>Reubens, Beer Battered Onion Rings, Roasted Local Garden Vegetables, Fresh Fruit</td>
<td>Sweet and Sour Pork, Stir Fried Vegetables, Brown Rice, Coconut Meringues w/ Pineapple</td>
<td>Grilled Chicken Greek Slaw Sandwiches, Couscous, Three Bean Salad, Ice Cream</td>
<td>Swedish Meatballs over Egg Noodles, Broccoli and Carrots, Fresh Fruit Salad</td>
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<td>Grilled Chicken BLT with Lettuce, Tomatoes, Grilled Onions, Caper Mayo, Three Bean Salad, Potato Salad, Pineapple</td>
<td>Quiche w/ Zucchini, Mushroom, Leeks, Roasted Potatoes, Tossed Salad, Lime and Spice Peach Cobbler</td>
<td>Meal Pricing: $7-charge for those under age sixty $5-Suggested donation for ages sixty and over</td>
<td>Reservations are required for all meals.</td>
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*THE THOMPSON TIMES PAGE 7*
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](http://www.annebower.com).

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**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

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**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 drives 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@thompsonseniorcenter.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.
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@thompsonseniorcenter.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 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

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

AUGUST BIRTHDAYS

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

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.