



# The Thompson Times

Your resource to age well

APRIL 2022

## Thank You Volunteers!



Volunteer Appreciation Banquet  
Thursday, April 28th at 5:30 pm

A special event to celebrate and recognize our volunteers

*Menu: Eggplant Parmesan, Risotto with Peas, Caesar Salad,  
Chocolate Ganache Cake*

Live Music, Delicious Food, Door Prizes, Fun!

Please RSVP by April 21st at 457-3277

In April thousands of organizations take an opportunity to recognize and thank volunteers who lend their time, talent, voice and support to causes they care about in their community.

All Thompson volunteers are invited to join us for dinner at 5:30 pm for a special time to celebrate the incredible gift that volunteers give to our community.

## 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**, Business Office Manager,  
paula@thompsonscenter.org  
**Pam Butler**, Program Director,  
pbutler@thompsonscenter.org  
**Jen Bloch**, Marketing Coordinator,  
jbloch@thompsonscenter.org  
**Shari Borzekowski**, Aging at Home  
Resource Coordinator,  
sborz@thompsonscenter.org  
**Siobhan Wright**, Meals on Wheels &  
Transportation Coordinator,  
swright@thompsonscenter.org  
**Andrew Geller**, Chef,  
ageller@thompsonscenter.org  
**Jennifer Maxham**, Program Assistant  
& Support Staff,  
jmaxham@thompsonscenter.org  
**Alberto Santana**, Housekeeping

**Drivers:** Dwight Camp, Tom Morse,  
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

Wendy Wannop & Ginny  
Eames—*Co-Presidents*  
Steve Selbo—*Vice President*  
David McGuire—*Treasurer*  
Susan Ford—*Secretary*  
Mary Bourgeois  
Leon Dunkley  
Rick Fiske  
Jon Fullerton  
Dolores Gilbert  
Greg Greene  
Beth Harper  
Carolyn Kimbell  
Lydia Locke  
Dan Noble  
Sandy von Unwerth  
Paulette Watson  
Kelly Welsh

## BEHIND THE SCENES

### IN APPRECIATION

In Memory of Richard Nielsen - Medical Equipment  
Joyce Phillips - Bingo Prizes  
Barbara Barry & Michael Pacht - Masks & Test Kits  
In Memory of Barbara F. Leonard - Medical Equipment  
Mountain Creamery - Muffins  
In Memory of Milton Fullerton - Medical Equipment  
In Memory of George Zimberg - Medical Equipment

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

### IN MEMORY OF

**Samuel Grice**  
Rhonda & Dan Bruce

### ADVISORY MEETING HIGHLIGHTS

- Program highlights and trips, early sign-ups encouraged
- Research interview project with SnowDay

**Please join our next meeting on April 4 at 1:00 pm.** All patrons and volunteers are invited to attend. Your feedback is needed & appreciated!



Like us on Facebook

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



## Art with Finnie from ArtisTree Wednesday, April 6, 1:30 pm

Pysanky are the beautiful and elaborate Easter eggs found in Polish, Ukrainian, and Russian traditions. Learning this centuries-old technique for decorating Easter eggs is easier than you might think! Using a stylus called a kistka, we will write with melted beeswax onto the shell of a blown out egg, and then dip it into vibrant dyes.

Pysanky eggs can be quite elaborate with layers of wax and dyes. We will be working with open flames and hot wax to create Pysanky inspired designs. This is a very basic introduction workshop to what can be a very complex and elaborate process.

**Class limit: 6 due to limited tools and attention to open flames. Also, this class will likely require more time. Please register in advance.**



## April Movie Day: The Greatest Showman Thursday, April 21, 1:00 pm Join us for popcorn and an afternoon movie!

Come in, sit down, and grab a bag of popcorn because this fun musical will keep everyone entertained—for at least an hour and 45 minutes. Hugh Jackman plays legendary Ringling Bros. and Barnum & Bailey Circus showman P.T. Barnum, in this film that follows his rise into showbiz and worldwide fame. *Please register in advance.*

## Zentangle Art with Wendi Germain Tuesday, April 26, 1:00 pm

If you enjoyed Wendi's Mandala dotting class you will enjoy exploring Zentangle Art. The Zentangle Art Method is an easy-to-learn, relaxing, and fun way to create beautiful images by drawing structured patterns, called tangles. You create tangles with combinations of dots, lines, simple curves, S-curves and orbs.

Class minimum is 5 people – please call to reserve your space.



## TRIVIA MONDAYS April 11, 10:00 am

We will be hosting informal trivia on the **2nd Monday of every month at 10 am**. Come test your knowledge across a variety of topics, and have some fun at the Thompson!  
*Please call us at 457-3277 to register.*



## HANDWORK CIRCLE Wednesdays at 10:30 am

The Handwork Circle group invites anyone to join them on **Wednesdays at 10:30** in the living room. You do not need to be a knitter, all projects and newcomers are welcome. Enjoy some coffee and companionship. Contact Jane Soule at 457-2442 with any questions.

## Senior Learning Network Virtual Programming Continues at The Thompson

Please call to reserve your spot. Let us know if you would prefer to view from home or watch from the Thompson and leave the technology to us.



### Sleeping Bear Dunes National Lakeshore (Michigan)

Tuesday, April 5, 2:00 pm

“The area that is now Sleeping Bear Dunes National Lakeshore is a treasured place for the Anishinaabe, the native peoples of this region. This program will highlight the traditional activities undertaken by the Anishinaabe during each of the four seasons in both a historical and contemporary context, and will end with a note on dominant narratives and how the Lakeshore is working to incorporate a wider variety of stories into its interpretation efforts.”



### Joshua Tree National Park

Tuesday, April 12, 2:00 pm

Surrounded by twisted, spiky trees straight out of a Dr. Seuss book, you might begin to question your map. Where are we anyway? In wonder, the traveler pulls over for a snapshot of this prickly oddity. The naturalist reaches for a botanical guide to explain this vegetative spectacle. The rock climber shouts, “Yowch!” when poked by dagger-like spines on the way to the climbing route. Known as the park namesake, the Joshua tree, *Yucca brevifolia*, is a member of the Agave family. Until recently, it was considered a giant member of the Lily family. However, modern DNA studies led to the division of that formerly huge family into 40 distinct plant families. Because of these studies, Joshua trees now have the more accurate Agave family designation.

This program provides an introduction to the NPS and Joshua Tree National Park specifically, highlighting some plant and animal desert adaptations while showing plants in their natural habitat .



### WWII Victory Gardens: FDR Presidential Library and Museum

Tuesday, April 19, 2:00 pm

*Come celebrate Spring at the Victory Gardens !*

It has been said that an army travels on its stomach, never was this more true than during the dark days of WWII. This session examines the unprecedented contributions made by millions of ordinary Americans who fought the war literally in their own backyards growing food for themselves, the army and our allies in small plots known as Victory Gardens. **Interactive discussion topics include:** Where did the idea for these gardens come from? Why were these gardens so necessary? What did the government do to encourage their creation? What was grown in

these gardens? How much did they actually help?

# VIRTUAL PROGRAMS & TRIPS



## **Hoover Dam: Join us for a fun and fact-filled personal tour of Hoover Dam!**

**Tuesday, April 26 2:00 pm**

Hoover Dam, formerly called Boulder Dam is named in honor of Herbert Hoover, the U.S. president during whose administration (1929–33) construction began on the dam and whose work as commerce secretary in the 1920s secured agreements necessary for the project to proceed. Erected during the Great Depression, the dam was a major endeavor that employed thousands of workers; around 100 fatalities occurred during its construction. Although legislation passed by Congress in 1931 officially named the dam for Hoover, officials in the succeeding administrations Franklin D Roosevelt, and Harry S Truman referred to it as Boulder Dam, its name during the planning stages before construction. In 1947 Truman signed a congressional resolution restoring the structure's formal name to official use.

Hoover Dam extends for 115 miles (185 km) upstream and is one of the largest artificial lakes in the world. The dam is used for flood and hydro-electric power, agricultural irrigation, and domestic water supply. It is also a major sightseeing destination, with some seven million visitors a year, almost one million of whom go on tours through the dam.

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## **Trips Are Back! ...**

And we are grateful to the Bugbee Senior Center for creating quite a line-up beginning in June, 2022. Here is a peek of what is to come this spring and summer and fall! Costs per trip include: transportation from Bugbee Senior Center in WRJ, lunch, entertainment, and gratuities.

**Hildene** – We will visit the historic Lincoln mansion just in time to see the peonies in full bloom in their magnificent gardens. June 6th. Total Cost: \$95

**Manchester Fisher Cats** – For our baseball fans! This trip includes an all you can eat ball park menu! August 10<sup>th</sup>. Total Cost: \$87

**Fosters in York Harbor, Maine** – This trip includes the lobster dinner you long for with a visit to York Beach. A stop at Johnson's ice cream on the ride home is planned. September 7<sup>th</sup>. Total cost: \$89 plus on your own ice cream. *The trip is almost full, call NOW to sign-up!*

**The Log Cabin, Holyoke, MA** – An authentic Oktoberfest awaits us with entertainment by the talented Schnitzel Brothers who have performed in Germany. October 4<sup>th</sup>. Total Cost: \$113.

*Our trips will be on our favorite Premier Coach buses that are fully equipped. There will be many more details to follow. Please note that trip payment is due at time of registration to reserve your seat and is non-refundable.*

# PROGRAM CALENDAR - APRIL 2022

Mon	Tue	Wed	Thu	Fri
				<b>1</b>
<b>RESERVATIONS REQUIRED FOR ALL PROGRAMS</b>				10 am BINGO 10-12 CCC Office Hours 1 Mahjong
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
9-1 Benefits Assistance 1 Advisory Meeting	10:30 am Strengthen & Stretch Zoom Class 1 Mahjong <b>2 SLN Virtual Program- Sleeping Bear Dunes</b> 3 Bone Builders	9:30 Intro to Tai Chi 10:30 Handwork Circle 10:40 Sun 73 Forms 1 Gentle Yoga <b>1:30 Art with Finnie</b>	10 Cribbage 10:30 am Strengthen & Stretch Zoom 3 Bone Builders	10 am BINGO 10-12 CCC Office Hours 1 Mahjong
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
10 Trivia 1 Advance Directives	10:30 am Strengthen & Stretch Zoom Class 10:30 Reflexology 12 Caregiver Support Group 1 Mahjong <b>2 SLN Virtual Program- Joshua Tree Nat'l Park</b> 3 Bone Builders	9:30 Intro to Tai Chi 10 Veggie VanGo 10:30 Handwork Circle 10:40 Sun 73 Forms 1 Gentle Yoga	10 Cribbage 10:30 am Strengthen & Stretch Zoom 3 Bone Builders	10 am BINGO 10-12 CCC Office Hours 1 Mahjong
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
<b>8:30 Newsletter Folding</b> 9-1 Benefits Assistance	9:30 Commodities 10:30 am Strengthen & Stretch Zoom Class 1 Mahjong <b>2 SLN Virtual Program- WWII Victory Gardens</b> 3 Bone Builders	<b>8:30 Board Meeting</b> 9:30 Intro to Tai Chi 10:30 Handwork Circle 10:40 Sun 73 Forms 1 Gentle Yoga	<b>Birthday Day</b> 9-2:30 Foot Clinic 10 Cribbage 10:30 am Strengthen & Stretch Zoom <b>1 Movie &amp; Popcorn</b> 3 Bone Builders	10 am BINGO 10-12 CCC Office Hours 1 Mahjong
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
	9 Reflexology 10:30 am Strengthen & Stretch Zoom Class 1 Mahjong <b>1 Zentangle Art Class</b> <b>2 SLN Virtual Program- Hoover Dam</b> 3 Bone Builders	9:30 Intro to Tai Chi 10:30 Handwork Circle 10:40 Sun 73 Forms 1 Gentle Yoga	<b>CLOSED for Volunteer Appreciation Dinner at 5:30 pm</b>	10 am BINGO 10-12 CCC Office Hours 1 Mahjong

# MENU - APRIL 2022

Mon	Tue	Wed	Thu	Fri
				<b>1</b>
<b>RESERVATIONS REQUIRED FOR ALL MEALS BY 10:30 am</b>  <b>*menu subject to change based upon product availability*</b>	<b>*Please make requests for substitutions &amp; special items in advance*</b>	<b>2% milk, juice, coffee, tea with all meals</b>		Tomato Soup, Fresh Mozzarella and Basil Sandwich, Chocolate Brownie Sundae, Fresh Fruit
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
Frittata with Broccoli, House Made Chorizo, Cheddar and Cotija Cheese and Sweet Peppers, Dinner Roll, Mixed Green Salad, Fresh Fruit	Chicken Fricassée (French White Stew) with Carrots, Peas and Mushrooms, Mashed Potato, Spinach Salad, Fresh Fruit, Apple Crumb Pie	Grilled Hamburger with Lettuce, Tomato, Pickles and Onion Baked Sweet Potato Fries, Broccoli Salad, Fresh Fruit	Pan Seared Fish of The Day, Curried Rice Pilaf with Raisins and Toasted Almonds, Mixed Green Salad, Chocolate Chip Oatmeal Cookies	Vegetable Lasagna with White and Red Sauce, Mozzarella, Provolone and Parmesan Cheese, Mixed Green Salad, Fresh Fruit Salad
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
Cajun Spiced Chicken Breast (mild), Red Beans and Rice, Sautéed Cauliflower, Mixed Green Salad, Fresh Fruit	Banh Mi (Vietnamese Sandwich) With Roast Pork, Fresh Herbs, Quick Pickled Cucumber and Carrot with Roasted Garlic Aioli, Mixed Bean Salad, Lemon Sorbet, Fresh Fruit	Chicken with Pasta Alfredo, Broccoli and Sundried Tomato, Baby Kale and Spinach Salad with Walnuts and Apples, Chef's Choice Cookies, Fresh Fruit	Beef and Yellow Eye Bean Soup, Mixed Green Salad, Cranberry Almond Cake, Fresh Fruit	Chef's Choice Fish of the Day, Parsnip Mash, White Wine Sauce, Roasted Vegetables, Mixed Green Salad, Fresh Fruit
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
<b>Easter Dinner</b> Baked Ham, Mashed Potato and Gravy, Maple Glazed Carrots, Mixed Green Salad, Dinner Roll, Pineapple Cobbler	Sweet and Sour Chicken with Sweet Peppers and Onions, Steamed Brown Jasmine Rice, Asian Style Cole Slaw, Fresh Fruit	Linguini Pasta with White Wine Clam Sauce with Peas and Mushrooms, Spinach Salad, Blueberry Pie	<b>Birthday Day</b> Roast Pork Loin, Twice Baked Potato, Curried Cauliflower, Mixed Green Salad, Fresh Fruit, Cake & Ice Cream	Chicken Salad Sand- wich on a Whole Wheat Roll with Lettuce and Tomato, Corn Chowder Soup, Fresh Fruit
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
Chicken Vegetable Soup, Mixed Green Salad, Whole Grain Roll, Pumpkin Pie, Fresh Fruit	Reuben Sandwich with Corned Beef, Sauer- kraut, Swiss Cheese and House Made Spread on Marble Rye, Pea Salad, Peach Cobbler, Fresh Fruit	Pan Seared Pork Chop, Sweet Potato Mash, Creamed Spinach, Mixed Green Salad, Fresh Fruit	<b>Volunteer Appreciation Dinner</b> Eggplant Parmesan, Risotto with Peas, Caesar Salad, Chocolate Ganache Cake	<b>Chef's Choice Day</b>

# ACTIVE AGING

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

## Join Carla's Walking Group in May

**Mondays, beginning May 2 at 11:00 am for a 45 minute walk**

**Walks will begin promptly at 11:00 am**

\*Walkers should meet at East End Park, Maxham Meadow Way, adjacent to the Ottawaquechee River for the May 2<sup>nd</sup> walk.

Now that spring will soon be upon us, Carla Kamel's walking group will resume on Monday, May 2<sup>nd</sup>. Join her for a leisurely, brisk walk for fresh air, socialization, and overall wellbeing. Walks will be expanded and will include trails around Billings Farm, Faulkner park, East End park, and throughout Woodstock village. Parking instructions will be available each week by calling The Thompson.

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.

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## Gentle Yoga

**Offered by Yoga Instructor, Kathryn Mills**

**Wednesdays, 1:00-2:00 pm**

**Cost: 6 class punch card for \$90, or \$20 per class**

Gentle Yoga is geared specifically for those new to yoga or those who are interested in a gentle practice. This class incorporates simple flowing sequences to warm up the body, as well as slower paced seated, standing, and reclining poses focusing on developing/increasing alignment, strength, balance, and flexibility. Modifications are offered and props are optional. No experience or flexibility required. Bring a mat if you have one, and a blanket if you like.

*Pre-registration is required by calling The Thompson.*

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## Spring Tai Chi Classes ~ Hybrid Class Option Through April

Both the Fall Prevention Tai Chi class and the Sun 73 Forms Tai Chi will continue in hybrid format for the month of April. What does this mean for you? Well--you can show up for class in person (with mask on) or you can join the class from home using Zoom. Our day and time remain the same.

**Wednesday 9:30-10:30 Fall Prevention Tai Chi**

**Wednesday 10:40-11:40 Sun 73 Forms**

As the weather warms, we hope to resume outdoor classes in The Thompson Tent. At that time, the hybrid option will no longer be available and we encourage our students to join us outdoors. Class day and times will remain the same.

If you have questions, don't hesitate to email instructor Anne Bower: [anniebower@yahoo.com](mailto:anniebower@yahoo.com).

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## Strength, Stretch & Stability Continues Via Zoom

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

Join this class and 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

### **Bone Builders Meets Tuesdays and Thursdays at The Thompson, 3:00 pm**

Please bring your weights and water bottles and continue to sign in at the kiosk in the front lobby.



## **Lucy Mackenzie's Cabin Fever Take-Out Dinner** **Saturday, April 9, 4-5 pm in The Thompson Parking Lot**

Get your meals to go from the Cabin Fever Take-Out Dinner on Saturday, April 9! Enjoy a delicious meal of homemade baked mac & cheese, tossed salad with homemade vinaigrette on the side and scrumptious dessert. Each meal is \$15, and you have the option of rounding up to \$20 per meal with the additional \$5 going towards the Lucy Mackenzie Pet Pantry.

You can choose from three pick-up locations on April 9th (all three locations will have pick-up outdoors):  
Lucy Mackenzie Humane Society, 4 – 6PM: 4832 Route 44, West Windsor, VT 05089

**The Thompson Senior Center, 4 – 5PM: 99 Senior Lane, Woodstock, VT 05091**

Tracy Hall in Norwich, VT, 4 – 5PM: 300 Main Street, Norwich, VT 05055

Meals must be purchased and paid for in advance. You can place your order online at [www.lucymac.org](http://www.lucymac.org) or call them directly at 802-484-5829 to order and purchase your meals over the phone. Orders must be received by 5PM Wednesday, April 6!

This special take-out dinner is to benefit the animals at Lucy Mackenzie Humane Society and the Lucy Mackenzie Pet Pantry. If you or anybody you know is in need of animal food or supplies, please call 802-484-5829 or email [info@lucymac.org](mailto:info@lucymac.org), or ask The Thompson Center. Lucy Mackenzie is The Thompson's partner in our Meals for Pets Program.



## **Medicare Recipients - Find Your Benefits to Age Well & Boost Your Budget** **In-person Assistance at The Thompson** **1<sup>st</sup> & 3<sup>rd</sup> Mondays, 9:00 am – 1:00 pm, by appointment**

Find your benefits to Age Well. Individual 1:1 assistance is available at The Thompson to help Medicare recipients find the programs you may be eligible for. Those programs include: Medicare Savings Plans, Prescription Drug Assistance, 3 Squares VT (SNAP), Choices for Care, and Fuel Assistance (LIHEAP). If you need immediate assistance, call Senior Solutions Outreach Specialist, Tracy Blanchard directly at 802-773-7917.

*For those enrolling or new to Medicare, individual assistance is available by contacting The Windsor County Community Health Team at 802-674-7213, or the State Health Insurance Program (SHIP) at Senior Solutions, 802-885-2655.*

### **Reflexology with Deb Neuho**

**2<sup>nd</sup> Tuesday, 10:30 am - 2 pm,**

**4<sup>th</sup> Tuesday, 9 am - 12 pm**

**Please call for appointment**

*All clients must be fully vaccinated. Face coverings are required during your treatment.*

### **Foot Clinic with Beverly Sinclair, RN**

**Thursday, April 21, 9 am - 2:30 pm,**

**Call for your appointment**

***Cost: \$30 payable by cash or check. Towels are supplied. Face coverings are required during your treatment.***

# RESOURCES

## Free at-home COVID-19 tests

Every home in the U.S. is eligible to order 4 free at-home COVID-19 tests. The tests are completely free. Please use this link: <https://www.covidtests.gov/>. The Thompson also has a number of rapid tests available for participants and families.

## The Thompson Aging at Home Program can 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.

To apply visit our website or contact Shari at the Thompson at 802-457-3277 or email at [sborz@thompsonseniorcenter.org](mailto:sborz@thompsonseniorcenter.org)

### Carla Kamel and the Community Health Team

*Friday Office Hours at The Thompson, 10am-12pm*

Community Care Coordinator, Carla Kamel, is available for support in navigating resources and discussing community-based services. Carla expertly and compassionately can identify your needs and goals, and provide information, support and connection to resources to meet individual goals. She is available at the Ottawaquechee Health Center (OHC) for a health and social wellness phone visit at 457-5414 or at [carla.kamel@mahhc.org](mailto:carla.kamel@mahhc.org), even if it's a five-minute phone conversation. *While walk-ins are welcome, making an appointment is advised by calling The Thompson.*

### Caregiver Support Group

2nd Tuesday of each month at 12:00 pm

*Our group will meet virtually on April 12th, then resume in-person meetings at The Thompson on May 10*

Even though meeting in person at The Thompson is temporarily on pause, this group remains a safe place to share ideas, concerns, and constructive feedback with others facing similar challenges. Newcomers are always welcome. Please register in advance for your zoom link.

### 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.*

# APRIL BIRTHDAYS

1st Roland	Heijn	10th Patricia	Payton	20th Bettyanne	McGuire
1st Margaret	Kannenstine	10th Chris	Stoddart	21st Hans	Meijer
1st Steve	Shama	11th Thomas	Dutton	22nd Joanna	Frodin
2nd Gail	Stickney	12th Dorothea	Mongulla	22nd Lyman	Shove
2nd Douglas	Audsley	12th Estra	Berosini	22nd Pamela	Burnett
2nd Susan	George	13th Elva	Fish	23rd Nancy	Zuba
3rd Marjorie	Van Alstyne	14th Bea	Rivers	24th Peter	Pickett
4th Lloyd	Nice	14th Shari	Borzekowski	24th Timothy	Reeves
4th Christine	Apel-Cram	14th Elizabeth	Young	25th David	Smith
4th Molly	Maxham	14th Finnie	Trimpi	25th Pauline	Reeves
5th Keri	Bristow	15th Ron	Miller	26th Charlie	English
5th Karen	Fogel	15th Betsy	Luce	27th Jennifer	Dembinski
6th Janice	Prindle	15th Penny	Audsley	27th Joan	Oppenheimer
6th Elaine	Chase	17th Mimi	Bergstrom	27th Joanna	Long
6th Fadia	Williamson	17th Peter	Goulazian	27th Sharon	Beauregard
6th Peggy	O'Neal	17th Raymond	Racicot	27th Bill	Terry
7th Cynthia	Yanowitz	17th Tomoko	Liguori	27th Gwen	Martin
7th Jerry	Blakeney	18th Suzanne	Esty	28th Ted	Staples
7th Sabra	Field	18th Janet	Wilson	29th Katherine	Lynds
7th David	Green	19th Barbara	Destefano	29th Joyce	Blake
8th Judith	Hughes	19th James	McClelland	29th Wayne	Stevens
8th Carol	Powell	19th Barbara	Folk		
8th Rita	Post	20th Gil	Emery		
9th Esther	Griffith	20th Debra	Werner		

## Please help with mailing costs for The Thompson Times!



Each year in April we ask that you make a donation for The Thompson Times. Your donation will allow us to continue to offer this publication as a timely way for you to learn about our exciting programs, meals, and trips. No one will be removed from the mailing list for failure to make a donation. Thank you!

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_

Please make checks payable to The Thompson Senior Center, 99 Senior Lane, Woodstock, VT 05091



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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 & Grants**

Woodstock Insurance  
Senior Solutions  
Ottawaquechee Plumbing & Heating  
Upper Valley Renas  
The Ellaway Group  
Vermont  
Ottawaquechee Health Foundation  
Armistead Senior Care