



# The Thompson Times

Your resource to age well

AUGUST 2022

## ***A Taste of the Mediterranean***



### **Palma De Mallorca – The Crown Jewel of Spain's Balearic Islands in The Mediterranean**

***Virtual Live Walking Tour***

**Thursday, August 18, 1:30 – 2:30 pm**

Join Tour Guide Pilar Echegaray on this virtual tour of her hometown where we will stroll through the city center and you will get to see the Consolat de Mar (Consulate of the Sea), la Llotja where merchants did commercial transactions, Palma Cathedral and Palacio de la Almudaina. During our tour of the old town Pilar will also discuss interesting and lesser known facts about the city. We will also have a chance to contemplate the stylish and unique Mallorquin Patios and talk about the aristocratic way of life in Mallorca. Please sign-up in advance by contacting The Thompson.

### **Theme Menu on Thursday, August 18<sup>th</sup>**

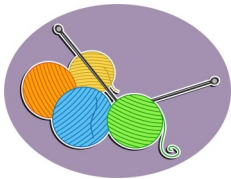
***Mediterranean Style Haddock with Olives, Capers, Fresh Tomato, Garlic & Herbs, Saffron Rice, Mediterranean Salad with Feta, Sundried Tomato & Capers, and Panna cotta with Fresh Berries. RSVP required.***



# CREATIVE AGING

## Thank you Barb Kelley for teaching our sewing class!

You are a gifted teacher for life! Six eager children ages 9-11, enjoyed a morning of learning simple and safe sewing machine operation. Some made potholders while others made small doll pillows. Some moms joined in to help and we also acknowledge Diane Atwood, a talented seamstress, for her help and direction. Now it's on to pajama bottoms or skirts. The kids were so intent on their projects that they forgot about their snacks!



### HANDWORK CIRCLE Wednesdays, 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.



### Language Tables at The Thompson!

Our long tradition of offering a lunch space for those speaking French and Spanish is back. For those who enjoy **conversing in French, the French language table meets** every Wednesday at noon. If Spanish is your language, your group meets on Thursdays at noon. Registration is required for anyone attending lunch.

### TRIPS— *There's still room!*

#### Manchester Fisher Cats

August 10th, Total Cost - \$87

**Fosters - September 7th - Waitlist only**

**The Log Cabin, Holyoke, MA**

October 4th, Total cost: \$113

For details and to sign-up,  
contact 802-457-3277.



### Art with Finnie from ArtisTree

Finnie's monthly art classes will continue in September after a summer break. Please visit [artistree.org](http://artistree.org) for a list of all of their summer classes or call 802-457-3500.

# YOUR VIRTUAL SENIOR CENTER

## 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.



### Historic Hoover Dam- We're back!

**Tuesday, August 2, 2:00 pm**

We are happy to finally have our program with Hoover Dam! Formerly called Boulder Dam, it 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.



### Architectural History of Angel Island

**Tuesday, August 16, 2:00 pm**

This program will survey the rich architectural history of Angel Island, ranging from the American Civil War into the end of the Second World War, and beyond to the eventual architectural restoration efforts in more recent years. The imposing military architecture of Fort McDowell and Camp Reynolds will be reviewed, along with the contributions of celebrated California architects Walter J. Mathews and Julia Morgan, who were commissioned by the US Department of Commerce to design the buildings of USIS Angel Island.

The park is home to over 100 historic structures, and we will be taking a closer look at selected examples of the fascinating architectural catalogue of the island.



### Mighty 8<sup>th</sup> National Museum of the Mighty Eighth Air Force

**Tuesday, August 23, 2:00 pm**

DATELINE: July 26, 1943 Hanover, Germany

“BACKGROUND– B-17 Ruthie II of the 92nd BG 325th BS crewmembers demonstrated the true meaning of the word hero on July 26, 1943.

One plane, one mission....two unforgettable stories.... “

Join us as we hear from Heather Thies, Director of Education at the Mighty 8<sup>th</sup> Museum for a captivating story of bravery and heroism.



# PROGRAMS & EVENTS

## Senior Learning Network Virtual Programs continued.....



### **Theodore Roosevelt Birthplace National Historic Site** **Tuesday, August 30, 2:00 pm**

The comfort and opportunities inherent in the wealthy, Victorian-era home and family life that Roosevelt experienced as a youth helped him overcome a potentially limiting childhood illness and develop into an intellectually and physically bold adult who welcomed and successfully navigated numerous challenges in his public life. That same intrepid and ambitious approach to life developed in his youth led him to build a successful political career in spite of the restrictions common to members of the upper class in the late 19th century.

Join us as we take a tour of Theodore Roosevelt's home, room by room! The emphasis here is on TR's youth but in conclusion we can cover the effect of his early years on his later life, including the presidency.

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### **The 251 Club of Vermont – One Couple's Journey** **Tuesday, August 16, 1:00 pm, Rescheduled from June**



Carol and Peter Pickett were eager for something to do in the early days of the pandemic shutdown and decided to hit the road. This began their adventure of discovering many of Vermont's 251 towns and their subsequent joining of The 251 Club of Vermont, an organization of Vermont enthusiasts whose objective is to visit the 251 towns and cities in Vermont. They will share their experiences from their travels and we invite others to come and share their own Vermont travel experiences. Please register in advance.

### **What is CaptionCall?**

**See Product Demonstration at The Thompson**  
**Tuesday, August 23, 11:30 am – 1:00 pm**

CaptionCall is a captioned telephone service that lets you talk on the phone while reading captions of what the other person is saying. This service helps many people with hearing loss understand conversations more easily and effectively. You can enjoy talking with friends and family, plus making your everyday phone calls. It is available at no-cost to people with hearing loss. Come to The Thompson to speak with the CaptionCall representative and learn more.

# PROGRAM CALENDAR - AUGUST 2022

Mon	Tue	Wed	Thu	Fri
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
10 BINGO 11 Walking Group <b>1 Advisory Meeting</b>	10:30 am Strengthen & Stretch Zoom Class 1 Mahjong <b>2 SLN Program: Historic Hoover Dam</b> 3 Bone Builders	9:30 Intro to Tai Chi 10:30 Handwork Circle 10:40 Sun 73 Forms 1 Gentle Yoga	10 Cribbage 10:30 am Strengthen & Stretch Zoom 12 Spanish Table <b>12:30 Tech Support</b> 3 Bone Builders	10 am BINGO 10-12 CCC Office Hours 1 Mahjong
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
10 BINGO 11 Walking Group	10:30 Reflexology 10:30 am Strengthen & Stretch Zoom Class 12 Caregiver Support Group (in-person) 1 Mahjong 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 12 Spanish Table 3 Bone Builders	10 BINGO 10-12 CCC Office Hours 1 Mahjong
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
<b>8:30 Newsletter Folding</b> 10 BINGO 11 Walking Group	9:30 Commodities 10:30 am Strengthen & Stretch Zoom Class 1 Mahjong <b>1 251 Club Program</b> <b>2 SLN Program: Angel Island</b> 3 Bone Builders	<b>8:30 Board Meeting</b> 10:30 Handwork Circle 1 Gentle Yoga	<b>9-2:30 Foot Clinic</b> 10 Cribbage 10:30 am Strengthen & Stretch Zoom 12 Spanish Table <b>12:30 Tech Support</b> <b>1:30 Virtual Tour of Spain</b> 3 Bone Builders	10 BINGO 10-12 CCC Office Hours 1 Mahjong
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
10 BINGO 11 Walking Group	9 Reflexology 10:30 am Strengthen & Stretch Zoom Class <b>11:30 am Caption Call Program</b> 1 Mahjong <b>2 SLN Program: Mighty Eight Air Force</b> 3 Bone Builders	9:30 Intro to Tai Chi 10:30 Handwork Circle 10:40 Sun 73 Forms 1 Gentle Yoga	<b>Birthday Day</b> <b>9 Virtual Legal Aid Clinic</b> 10 Cribbage 10:30 am Strengthen & Stretch Zoom 12 Spanish Table 3 Bone Builders	10 BINGO 10-12 CCC Office Hours 1 Mahjong
<b>29</b>	<b>30</b>	<b>31</b>		
10 BINGO 11 Walking Group	10:30 am Strengthen & Stretch Zoom Class 1 Mahjong <b>2 SLN Program: Theodore Roosevelt Birthplace</b> 3 Bone Builders	9:30 Intro to Tai Chi 10:30 Handwork Circle 10:40 Sun 73 Forms 1 Gentle Yoga		<b>RESERVATIONS REQUIRED FOR ALL PROGRAMS &amp; MEALS</b>

# MENU - AUGUST 2022

Mon	Tue	Wed	Thu	Fri
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
Turkey Reuben on Rye Bread, Sauerkraut, Swiss Cheese and 1000 Island Spread Macaroni Salad Fresh Fruit	Chicken Corn Chowder Caesar Salad, Dinner Roll, Ice Cream Sundae with Fruit Compote	Chicken Cacciatore with Mushrooms, Onions and Sweet Peppers on Egg Noodles, Mixed Green Salad with Maple Vinaigrette, Dinner Roll, Cookies	Pulled Pork Sandwich with BBQ Sauce Baked Onion Rings Coleslaw, Fresh Fruit	Chefs Choice Day
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
Grilled Herb Chicken Polenta Cake with Parmesan, Roasted vegetable, Tossed Garden Salad, Cookies, Fresh Fruit	Meat Loaf and Pan Gravy, Baked Potato, Maple Glazed Carrots, Garden Salad, Pumpkin Pie	Chef's Choice Baked Fish of the Day, Mashed Potatoes with Lemon and Herbs, Garden Vegetables, Mixed Green Salad, Dinner Roll, Fruit Shortcake whipped Cream	Ham and Cheese Sandwich on a Whole Wheat Kaiser Roll, Cole Slaw, Fresh Fruit Yogurt with Maple and Granola	Ravioli with Chicken, Pesto, Mushrooms and Peas, Hearty Garden Salad with Green Goddess Dressing, Ice Cream with Rhubarb Compote
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
Chicken Salad Sandwich with Craisins and Toasted Almonds On Whole Wheat Bread, Broccoli Salad, Fresh Fruit	Quiche with Broccoli, Bacon, Cheese and Roasted Peppers, Tossed Garden Salad with Citrus Vinaigrette, Brownies, Fresh Fruit	Linguini and Meatballs in Marinara Sauce, Sautéed Green Beans, Mixed Green Salad, Garlic Bread, Fresh Fruit with Mint and Honey	Mediterranean Style Haddock with Olives, Capers, Fresh Tomato, Garlic & Herbs, Saffron Rice, Mediterranean Salad with Feta, Sundried Tomato & Capers, Panna Cotta with Fresh Berries	Beef Stew with Carrots, Mushrooms and Peas, Mashed Potatoes, Garden Salad with Homemade Ranch Dressing, Dinner Roll, Cookies
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
Beef Gyro Sandwich with Tzatziki Sauce, Tomatoes, Cucumber and Red Onion on Flatbread, Orzo Pasta Salad with Feta and Olives, Fresh Fruit	Baked BBQ Style Chicken, Macaroni and Cheese, Corn Bread, Cole Slaw, Apple Pie	Eggplant Parmesan, Caesar Salad, Cookies, Fresh Fruit	<b>Birthday Day</b> Roasted Pork Chop and Gravy, Mashed Sweet Potatoes, Sautéed Apples and Cranberries, Swiss Chard, Dinner Roll, Cake and Ice Cream	Egg salad Sandwich on a Whole Wheat Hoagie Roll with Lettuce, Italian Style Pasta Salad, Fresh Fruit
<b>29</b>	<b>30</b>	<b>31</b>		
Baked Lemon Herb Chicken Breast with White Wine Sauce, Sautéed Mixed Vegetables, Rice Pilaf with Raisins, Almonds and Peas, Cake with Almonds, Cranberries & Lemon, Fresh Fruit	Angel Hair Pasta with Bolognese Sauce, Hearty Mixed Green Salad with Balsamic Dressing, Garlic Bread, Fresh Fruit	Italian Wedding Soup with Homemade Sausage, Swiss Chard, pasta and Garden Vegetables, Mixed Green Salad with Herb Vinaigrette, Dinner Roll Cherry Cobbler	<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>



## Share the Harvest

While harvesting your gardens, please consider donating some of your extra vegetables to the Thompson. Even if you have a little extra that you're afraid will go to waste, we can use it. By sharing your harvest you help provide Chef Andrew with fresh, local, seasonal produce for our daily luncheon and MOW program. Thank you, every little bit helps!

# ACTIVE AGING

## Join Carla's Walking Group

**Mondays at 11:00 am for a 45 minute walk**

**Walks will begin promptly at 11:00 am, Call to Register**

Walkers should meet at East End Park, Maxham Meadow Way, adjacent to the Ottauquechee River unless otherwise specified.

Join Carla 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.

Please Note: Wear comfortable shoes and bring a water bottle.

Please ensure that The Thompson has your email address or phone number for notification on walking route changes or inclement weather days.

## Try Gentle Yoga - It's Beneficial for Everyone

**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.*

## Tai Chi Classes in the Thompson Tent

**No classes on AUG 17**

We love gathering together to share the Tai Chi experience, and when we are outdoors that experience is so much better--we can be unmasked and perceive our relationship to the world around us so much more deeply.

Fall Prevention Tai Chi and Sun 73 Tai Chi have moved outside to the Thompson Tent behind the building at The Thompson Center, weather permitting. Please sign in at the front desk, then come through the building to join us outside. Cost remains \$3/class payable to the Thompson Center.

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

Sun 73 Tai Chi 10:40-11:40

For more information please check out instructor Anne Bower's website: [www.annebower.com](http://www.annebower.com)

## Bone Builders on Tuesdays and Thursdays, 3-4 pm

**Led by Certified Instructor, Althea Derstine**

The Bone Builders exercise program is based on research conducted and published by Tufts University which shows that strength training just twice a week dramatically reduces the risk of fractures and can even reverse the negative effects of osteoporosis. The Bone Builders program is beneficial exercise for everybody. It includes stretching, balance work, and weight lifting. New students are always welcome and are asked to call The Thompson to register and obtain a medical clearance document to be signed by your medical provider. The class will meet in the Thompson tent beginning in May depending, weather permitting.

## 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 at [ebhatfield@aol.com](mailto:ebhatfield@aol.com)



## VERMONT LEGAL AID PRESENTS:

**A Free Virtual Legal Advice Clinic for Vermont Seniors (Age 60+)**

**Thursday, August 25, 9:00 – 11:30 am**



Vermont Legal Aid is hosting a virtual legal advice clinic by phone for free civil legal assistance to Vermont seniors, aged 60 and up, to answer legal questions about COVID-19 related assistance, federal and state benefits, housing, unemployment, debt, or other civil legal issues. Call and book your free 20-minute appointment!

To schedule an appointment, CALL: 1-802-318-4169. Leave a message with your name and number and the best time to return your call. You can also book an appointment online at <https://vtlawhelp.org/seniors>. The phone number above is just for the legal advice clinic. If you have an immediate legal problem, call our general phone number and leave a message: 1-800-889-2047.



## **In-person Tech Support at The Thompson**

**Appointments on the 1st & 3rd Thursdays of the month, 12:30 pm-2:30 pm**

In collaboration with the Norman Williams Public Library, you can now get 1:1 tech support at The Thompson. Bring in your mobile phones, laptops, iPads and any other type of tablet device you need help with. Multiple devices can be brought to one appointment. Call Shari to book your 1 hour appointment, and don't forget your passwords!



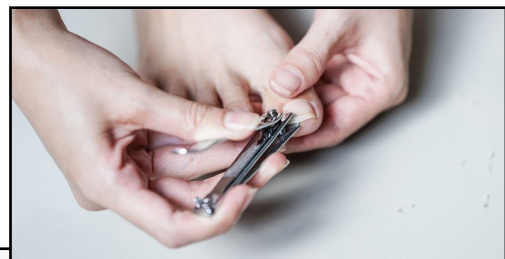
## **Reflexology with Deb Neuhof**

**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, August 18, 9 am - 2:30 pm**

**Call for your appointment**

*Cost: \$35 payable by cash or check. Towels are supplied. Face coverings are required during your treatment.*

# RESOURCES

## COVID REMINDER

We need everyone's help and cooperation to stay healthy. Covid symptoms can be as mild as a runny nose, a headache, or fatigue. If you have any potential COVID-19 symptoms, please stay home. **FREE AT-HOME COVID-19 TEST KITS** are available to every home in the U.S and can be ordered using this link: <https://www.covidtests.gov/>.

### 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@thompsonscenter.org](mailto:sborz@thompsonscenter.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 Ottauquechee 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 with Complimentary Lunch In-person 2nd Tuesday of each month at 12:00 pm *Virtual participation will still be available upon request*

Support and education can make a critical difference for family members and caregivers of patients with memory loss or disorders such as Alzheimer's. Please join our confidential monthly support group (with complimentary lunch) on the 2nd Tuesday of each month, and share ideas, concerns, and constructive feedback with others facing similar challenges. Pre-register for lunch.

# IN LOVING MEMORY & APPRECIATION

## IN APPRECIATION

Dennis Barbour Sr. - medical equipment and supplies  
 Anna Byrne - jigsaw puzzles, lettuce  
 Karen & David Purviance - medical equipment  
 Noreen Carson - medical equipment  
 Moira Ripley - medical equipment  
 Linda Stackhouse - platters  
 Jane Ware - medical equipment  
 Kevin Rice - lettuce  
 Honey Field Farm - herb plants  
 Ned Macksoud - lettuce  
 Eliza Brown - Bingo prizes



## IN MEMORY OF

**Sharon Schellong**  
 Fern & Merrill Kruse

**Al Colonero**  
 Fern & Merrill Kruse

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

## AUGUST BIRTHDAYS

1st	Laurie	Heijn	10th	Margaret	Nielsen	22nd	Jill	Hastings
1st	Marilyn	Peterson	11th	Dan	Leavitt	22nd	Jeannie	Killam
2nd	Linda	Maxham	11th	Catherine	Wood	22nd	Leanne	Tapley-Jillson
2nd	Kenneth	Niemczyk	12th	George	Lander	23rd	Ellen	Satterthwaite
2nd	Dolores	Gilbert	13th	Veronica	Delay	23rd	Diana	Hayes
2nd	Shirley	Beda	13th	Lydia	Borsh	23rd	Ralph	Robinson
2nd	Ethan	Mello	13th	Penny	Allyn	23rd	Robert	Armstrong
3rd	Bonnie	Atwood	13th	David	Corkum	24th	Alden	Fiertz
3rd	Yael	Taylor	13th	Kendall	Taylor	24th	Barbara	Darling
3rd	Margarete	Pierce	13th	Kathy	Lembo	25th	Carolyn	Robinson
3rd	Ruth	Emery	14th	Judy	Wiggin	25th	Margaret	Edwards
3rd	Tammy	Tassie	14th	Rick	Fiske	25th	Megan	Westover
4th	Loretta	Parker	14th	Anne	Nestler	25th	Lana	Reuss
4th	Gerrie	Russell	14th	Alice	Gundersen	26th	Anne	Brodrick
5th	Sarah	Foss	14th	Elizabeth	McCredie	27th	Louis	Grob
5th	Joby	Thompson	14th	Sandy	Gilmour	27th	Merrill	Kruse
5th	Kathy	Connor	14th	Peggy	Ramel	27th	Pamela	Barrows
5th	Marian	Labonte	15th	Suzanne	Skuja	27th	Glenn	Fullerton
5th	Marshall	McKee	15th	Anne	Koop	28th	Jean	Goldsborough
6th	Douglas	Holtz	16th	Kathy	English	28th	Andrew	Geller
7th	Joyce	Gilman	17th	Ralph	Lancaster	29th	David	Brown
7th	Carol	Corneille	18th	Mary	Mercure	30th	Joan	Fariel
7th	Paul	Sawyer	18th	Diana	Perkett	30th	Karen	Oldenburg
7th	Kathy	Reynolds	18th	Karene	Burrell	30th	Jeninne	Hagar
8th	Drew	Ewald	18th	John	Peters Sr	31st	Karen	Gilmour
8th	Laura	Griggs	19th	Tracy	Blanchard	31st	Noelle	Nunes
8th	Trina	Perkins	19th	Rebecca	Mitchell			
8th	James	Pierce	21st	Lisa	Gramling			
9th	Sarah	Lambert	22nd	Lucille	McCarthy			
10th	David	Wheadon	22nd	Pam	Sheperd			
			22nd	Lucille	Staples			





# 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.thompsonseneiorcenter.org](http://www.thompsonseneiorcenter.org)

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## TRANSPORTATION

The Thompson Center operates a door-to-door transportation program for seniors and disabled community members from the towns of Barnard, Bridgewater, Pomfret, and Woodstock.

**Local transportation** to and from the Thompson Center is provided Monday through Friday between 8:30am – 3:00pm. Please call the Center to request rides with at least 24 hours notice. **Suggested minimum donation:** \$5 per ride round trip

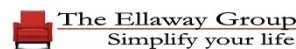
**Medical Rides** to and from appointments to all Upper Valley providers can be arranged directly through Tri-Valley Transit at 802-728-3773. A minimum of 48 hours notice is requested for scheduling.



Like us on



## Thank You to Our



## 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.