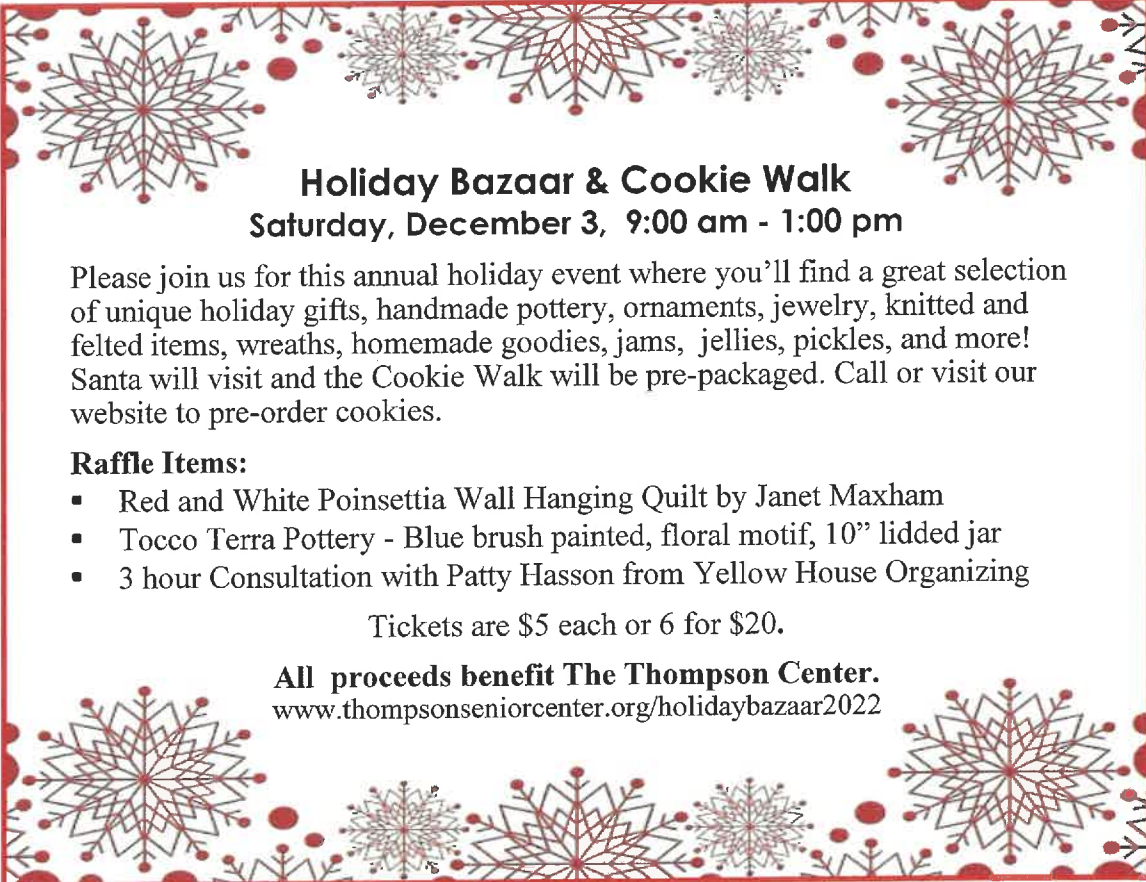




The Thompson Times

Your resource to age well

DECEMBER 2022



Holiday Bazaar & Cookie Walk
Saturday, December 3, 9:00 am - 1:00 pm

Please join us for this annual holiday event where you'll find a great selection of unique holiday gifts, handmade pottery, ornaments, jewelry, knitted and felted items, wreaths, homemade goodies, jams, jellies, pickles, and more! Santa will visit and the Cookie Walk will be pre-packaged. Call or visit our website to pre-order cookies.

Raffle Items:

- Red and White Poinsettia Wall Hanging Quilt by Janet Maxham
- Tocco Terra Pottery - Blue brush painted, floral motif, 10" lidded jar
- 3 hour Consultation with Patty Hasson from Yellow House Organizing

Tickets are \$5 each or 6 for \$20.

All proceeds benefit The Thompson Center.
www.thompsonscenter.org/holidaybazaar2022



Vermont Symphony Holiday Pops

at the Rutland Paramount Theater

Dinner Following at the Foundry Restaurant in Killington on Sunday, December 11. Depart The Thompson at 1:45 pm for the 3:00 pm Matinee.

Cost: \$80 includes transportation, theater ticket and 3-course dinner.

What better way to celebrate December than with festive music, singing holiday favorites, and storytelling by one of Vermont's most beloved radio hosts? Join guest conductor Anthony Parnter, Vermont Public host Jane Lindholm, singers from the Lyric Theatre, and the Vermont Symphony Orchestra for a concert to get you in a joyful mood for the season. Enjoy well-known favorites like Tchaikovsky's The Nutcracker, Anderson's Sleigh Ride, and the Ukrainian Carol of the Bells, alongside new-to-VSO holiday repertoire by Rosephanye Powell and Darin Kelly, a reading of The Night Before Christmas, carols and an audience holiday sing-a-long!

When registering, please indicate your choice of entrée: ***Chicken Marsala, Maple Glazed Salmon, Vegetable Risotto, or Maple Balsamic Pork.***

Payment is due upon registration and will confirm your seat.

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, Business Office Manager,
paulsley@thompsonseniorcenter.org
Pam Butler, Program Director,
pbutler@thompsonseniorcenter.org
Jen Bloch, Marketing Coordinator,
jbloch@thompsonseniorcenter.org
Shari Borzekowski, Aging at Home
Resource Coordinator,
sborz@thompsonseniorcenter.org
Siobhan Wright, Meals on Wheels &
Transportation Coordinator,
swright@thompsonseniorcenter.org
Andrew Geller, Chef,
ageller@thompsonseniorcenter.org

Drivers: 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

Tri-Valley Transit 802-728-3773

BOARD OF DIRECTORS

Steve Selbo—*President*
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Sandy von Unwerth
Richard Wacker
Paulette Watson

BEHIND THE SCENES

Winter Weather Closing Policy

Our weather policy is to close the center if our school district is closed or delayed. We will post on Facebook if we are closed, and we will also change the voicemail message at the center by 6:30am. Those who are registered for programs will also receive a call after 8am. Snow day meals are sent out in advance of any expected storm. Virtual programs continue as scheduled.

ADVISORY MEETING HIGHLIGHTS

- Upcoming VSO Holiday Pops trip will be on December 11 and the cost will be \$80 which includes dinner. Please support these trips! Only 19 people registered for the 4 Bugbee/Thompson trips this year.
- Vermont Association of The Blind and Visually Impaired are offering us visual support groups twice a month with the goal of being in person by March.

Please join our next meeting on December 5 at 1:00 pm. All patrons and volunteers are invited to attend. Your feedback is needed & appreciated!

Faulkner Fund offers financial help to Woodstock Residents

Need help with car payments, utility bills, medical bills, repair bills or other financial needs? The Faulkner Fund, established in 1959 from a bequest in the will of Marianne G. Faulkner to The American Red Cross, with the purpose to “help in the care, support and maintenance of needy and deserving persons living in Woodstock”. Grants are available to Woodstock residents via a confidential application. Contact Paula Audsley, vice chair at The Faulkner Fund, c/o The Thompson Senior Center via email: paulsley@thompsonseniorcenter.org or call 802-457-3277 or any board member: Rick Fiske, chair 802-457-7185, Susan Chiefsky 802-457-3767, Isabelle Bradley 802-296-5858, Helen Curtis 802-457-2595, Bob O'Donnell 802-457-3211, Joan Randall 802-229-8664.

Thank You 2022 Sponsors!



CREATIVE AGING

Art with Finnie from ArtisTree
Come create a miniature winter tree!
Wednesday, December 7, 1:30 pm



We will use small natural items to create a base and trunk and then cut and glue felt available in a rainbow of colors to make fanciful evergreen trees to adorn your winter tablescapes, adding some whimsy to your holiday decor. This class is pinning, cutting and hot glue heavy, so nimble fingers are invited. Please register in advance.



Writing a “Legacy Letter”:
Sharing Your Values with Loved Ones
An online presentation by Jay Sherwin
Tuesday, January 24, 1:00-2:30 PM
Cost: \$20

A legacy letter (also called an “ethical will”) is a written document that allows you to share your life lessons, express your values and transmit your blessings to future generations. A legacy letter is not a formal legal document or a full-length memoir; it’s a brief personal statement, typically just a few pages. Writing one is a rewarding experience that creates an enduring gift for your family, friends and loved ones. This workshop is designed to introduce the concept of legacy letters and to help you craft your own legacy letter. It includes discussion and a few brief writing exercises. Jay will offer advice to help you complete your legacy letter, share it with loved ones and preserve it for future generations.

Jay Sherwin has practiced law, given away money for five charitable foundations and served as a hospital chaplain. Drawing on all those experiences, Jay created the Life Reflections Project to educate people about legacy letters and ethical wills; he now teaches classes and workshops on legacy writing and helps people create their own legacy documents. You can read more on Jay’s website at www.jaysherwin.com.



Help make products better for older adults!

PROVIDE FEEDBACK | MAKE A DIFFERENCE | EARN FOR YOURSELF AND THE THOMPSON

Get paid for your opinion and raise money for The Thompson! Join our product research group and participate in focus groups and interviews that allow you to directly influence the direction of products built for you. Projects are virtual or in-person and you only participate when you want to. There is no obligation and you’ll never be asked for money.

This innovative project is a partnership between The Thompson and SnowDay, a market research company specializing in products and services for older adults. Please reach out to Deanna with any questions or contact Shari to sign-up.

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.



FDR Presidential Library and Museum **Christmas at the White House! - Home Viewing Only** **Tuesday, December 6, 2:00 pm**

If you have ever heard Jeff Urbin share about Christmas at the Roosevelt White House, you'll know he has plenty to say!

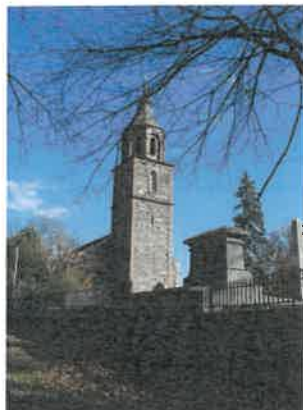
There's always something new to learn, and we'll have lots of fun while we're at it. Join us for our last program of the year celebrating the holidays with the Roosevelts!



The National Archives: "Rightfully Hers" **Tuesday, December 13, 2:00 pm**

Join us from The National Archives as they share about the American Women and the Fight for the Vote!

Using the founding documents of the United States and records of the National Archives, we will learn about how and why women fought for the right to vote. We will explore the challenges suffragists faced and discover why the fight for women's voting rights persisted even after the ratification of the 19th Amendment.



Virtual Tour of St. Paul's Church National Historic Site, **Mt. Vernon, NY** **Tuesday, December 20, 2:00 pm**

With images, documents and live narration, the tour explores the historic significance and cultural features of the 18th century masonry church, which was utilized as a hospital by both sides during the Revolutionary War, and the historic cemetery at St. Paul's, among the nation's oldest, continuously used burial yards.

PROGRAMS & EVENTS



Travel With Us to Scotland This Holiday Season! *Edinburgh Holiday Virtual Tour & Themed Scottish Meal* Thursday, December 8, 11:00 am – 12:00 pm

Over the Christmas period, the city of Edinburgh comes to life with its various markets and festivals. Your live walking tour will start on the Castle esplanade where the view of the city will be full of light and life.

You will go down Edinburgh's most iconic street to their famous Christmas Market where you can explore some of the market holiday stalls and festive sites.

The theme lunch is a 3 course meal made up of Rumbledephumps, Cock-a-Leekie Soup, and Cranachan. Please register for the program and lunch if you plan to stay.



Holiday Dinner and Music with the Panhandlers Thursday, Dec. 15, 12:00 & 1:00 pm Please call early to register. Seating is limited.



Our holiday dinner menu includes: *Baked Honey Ham, Mashed Potatoes, Mixed Steamed Vegetables, Garden Salad, and Peach Cobbler.* Immediately following our noon meal we welcome The Panhandlers, Vermont's largest steel drum band, back to The Thompson for their 4th holiday performance with us. Hope you can stay for this toe tapping and joyfully interactive performance.



Memory Tree for the Holidays

Each year a tree is set up in the foyer of The Thompson Center and is dedicated as a memory tree. For \$2 people can have a star placed on the tree with the name of someone they are remembering during the holidays.

YANKEE SWAP December 6 1:00 pm



Join our holiday fun and bring a new or gently used, wrapped item to add to our collection of gifts. *All are welcome, the more the merrier!*

COMING

SOON!

In January we look forward to bringing you new programs and new opportunities to join us!

- ⇒ A chat with Woodstock Chamber Director, Beth Finlayson
- ⇒ A Legacy Letter writer's class
- ⇒ A virtual trip to Ireland
- ⇒ New music entertainment

PROGRAM CALENDAR - DECEMBER 2022

Mon	Tue	Wed	Thu	Fri
			1	2
RESERVATIONS REQUIRED FOR ALL PROGRAMS & MEALS			10 Cribbage 10:30 Strength Stretch Stability 12 Spanish Table 12:30 Tech Support 3 Bone Builders	9 Breakfast Day 10 BINGO 10:30-12 :30 CCC Office Hours 1 Mahjong
5	6	7	8	9
10 BINGO 10 Ping Pong, (at Woodstock Little Theater) 1 Advisory Meeting	Reflexology 1 Yankee Swap 1 Mahjong 2 SLN: FDR Christ- mas at the Whitehouse 3 Bone Builders	9:30 Intro to Tai Chi 10 Ping Pong, (at Woodstock Little Theater) 10:30 Handwork Circle 10:40 Sun 73 Forms 12 French Table 1 Gentle Yoga 1:30 Art with Finnie	10 Cribbage 10:30 Strength Stretch Stability 11 Scotland Virtual Tour 12 Spanish Table 3 Bone Builders	10 BINGO 10:30-12 :30 CCC Office Hours 1 Mahjong Vision Screenings
12	13	14	15	16
10 BINGO 10 Ping Pong, (at Woodstock Little Theater) 1 Writers Workshop	Reflexology 10-11:30 PALS Virtual Support Group 12 Caregiver Support Group 1 Mahjong 2 SLN: The National Archives 3 Bone Builders	9:30 Intro to Tai Chi 10 Ping Pong, (at Woodstock Little Theater) 10 Veggie VanGo 10:30 Handwork Circle 10:40 Sun 73 Forms 12 French Table 1 Gentle Yoga	9-2:30 Foot Clinic 10 Cribbage 10:30 Strength Stretch Stability 12 Holiday Dinner 12 Spanish Table 12:30 Tech Support 1 Music with Panhandlers 3 Bone Builders	10 BINGO 10:30-12 :30 CCC Office Hours 1 Mahjong
19	20	21	22	23
8:30 Newsletter Folding 10 BINGO 10 Ping Pong, (at Woodstock Little Theater) 1 Writers Workshop	9:30 Commodities 10-11:30 PALS Virtual Support Group 1 Mahjong 2 SLN: Tour of St. Paul's Church 3 Bone Builders	8:30 Board Meeting 9:30 Intro to Tai Chi 10 Ping Pong, (at Woodstock Little Theater) 10:30 Handwork Circle 10:40 Sun 73 Forms 12 French Table 1 Gentle Yoga	10 Cribbage 10:30 Strength Stretch Stability 12 Spanish Table 3 Bone Builders	CLOSED
26	27	28	29	30
CLOSED 10 Ping Pong, (at Woodstock Little Theater)	1 Mahjong 3 Bone Builders	9:30 Intro to Tai Chi 10 Ping Pong, (at Woodstock Little Theater) 10:30 Handwork Circle 10:40 Sun 73 Forms 12 French Table 1 Gentle Yoga	Birthday Day 10 Cribbage 10:30 Strength Stretch Stability 12 Spanish Table 3 Bone Builders	10 BINGO 10:30-12 :30 CCC Office Hours 1 Mahjong

MENU - DECEMBER 2022

Mon	Tue	Wed	Thu	Fri
			1	2
RESERVATIONS REQUIRED FOR ALL MEALS BY 10:30 am *menu subject to change based upon product availability*	*Please make requests for substitutions & special items in advance* 2% milk, juice, coffee, tea with all meals	Suggested donation for guests ages 60 and over is \$7 For guests under age 60, the meal price is \$12	Chicken Piccata with Saffron Rice Pilaf, Green Beans, Mixed Green Salad, Dinner Roll, Fresh Fruit	Breakfast Day Scrambled Eggs, Vermont Maple Sausage Links, Hash brown Casserole Double French Toast With Local Maple Syrup, Fresh Fruit
5	6	7	8	9
Lentil Soup with Chicken & Vegetables, Garden Salad with Thousand Island Dressing, Dinner Roll Fresh Fruit	Garlic Butter Pork Chops with Fresh Herbs and Lemon, Anna Potatoes, Steamed Vegetables, Dinner Roll, Blueberry Cobbler	Cheeseburger on a Wheat Bun with Lettuce, Tomato, Pickles and Onion, Baked Wedge Fries, Cole Slaw, Fresh Fruit	Scottish Themed Lunch Rumbledeppthumps, Cock-a-Leekie Soup, Cranachan	Potato, Bacon and Sweet Corn Chowder, Garden Salad, Dinner Roll, Yogurt, Fruit and Granola Parfait
12	13	14	15	16
Turkey and Swiss Cheese Sandwich on Whole Wheat Bread, Pasta salad with Roasted Peppers, Olives and Fresh Herbs, Fresh Fruit	Pasta Casserole with Beef, Mushrooms, Caramelized Onions and Sweet Peppers, Caesar Salad, Ice Cream	Chicken Tikka Masala with Chickpeas and Fresh Herbs, Coconut Rice Pilaf, Mixed Vegetables, Apple Turn-over	Holiday Dinner Baked Honey Ham, Mashed Potatoes, Mixed Steamed Vegetables, Garden Salad, Peach Cobbler	Tuscan Cauliflower Soup with Chicken, Mushrooms and Peas, Garden Salad, Dinner Roll, Fresh Fruit
19	20	21	22	23
Chicken Fajitas with Sweet Peppers and Onions, Flour Tortillas, Salsa and Sour Cream, Mexican Style Rice, Refried Beans, Lime Pie with Whipped Cream	Pulled Pork, Roasted Corn and Pepper Salad, Baked Beans, Dinner Roll, Fresh Fruit	White Bean and Ham Soup with Mixed Vegetables, Mixed Green Salad, Fresh Fruit Parfait with Granola	Capellini Pasta with Beef Bolognaise Style Sauce, Tossed Salad with Italian Style Dressing, Garlic Bread Fresh Fruit Salad	CLOSED
26	27	28	29	30
CLOSED	Chicken Salad Sandwich on Whole Wheat Bread with Lettuce and Tomato, Broccoli Slaw, Brownie, Fresh Fruit	Slow Cooked Pork and Cabbage Soup with Tamarind, Potato and Carrots (Sinigang), Broccoli Slaw, Dinner Roll, Pumpkin Pie	BirthDay Day Shepherd's Pie, Garden Salad, Dinner Roll, Apple Crisp with Granola Crumb Topping	Chicken Enchilada Casserole with Mild Green Chili Sauce, Tortilla Chips and Salsa, Garden Salad with Lime Vinaigrette, Fresh Fruit

ACTIVE AGING

Ping Pong at Woodstock's Little Theater **Mondays and Wednesdays, Drop in Play, 10:00 am - 11:30 am**

If you enjoy socializing and having fun, then playing ping pong is for you!

"Table tennis raises the heart rate, helps strengthen muscles, mobilizes the joints and, importantly, sharpens reaction times and hugely improves hand-eye coordination...all of which help to improve one's quality of life." From Heart Matters Magazine, British Health Foundation

This program is offered by The Thompson Center in collaboration with The Woodstock Recreation Center.

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 – an Excellent Balance, Memory, and Coordination Practice **In person classes will resume through December 20th. All classes will be offered virtually only January, February, and March 2023.**

Whether you've done tai chi before or not, you are welcome to join our classes at the Thompson. Instructor Anne Bower keeps things upbeat and relaxed and helps you make the adjustments your body requires. Our small classes make learning easy! If you have questions email her at anniebower71@gmail.com.

Tai Chi for Beginners (a fall prevention form): Wednesdays 9:30-10:30, \$3 per class

Sun 73 Forms (a longer, more challenging form): Wednesdays 10:40-11:40, \$3 per class

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 as long as seasonable weather allows.

Strength, Stretch and Stability Class with Instructor Liz Hatfield **Returns to The Thompson**

Thursdays – In person and on Zoom 10:30 – 11:30 am

Tuesdays – Zoom Class Only 10:30 – 11:30 am

Cost: \$5 per class for virtual or in-person payable to The Thompson Center

For those who wish to continue classes via Zoom, Thursdays will be a hybrid class and you can continue to exercise from home. A zoom link will be provided upon request and newcomers are welcome.

AGING WELL

Vermont Association of the Blind and Visually Impaired (VABVI) PALS Monthly Virtual Support Groups

(In person Groups will Resume in Spring 2023)

Held on the 2nd & 3rd Tuesday of Each Month, 10:00-11:30am by Phone & Zoom

Peer Assisted Learning and Support (PALS): The PALS Groups provide a forum for adult clients to share ideas and feelings in a group setting. At meetings, clients learn about a variety of visually impaired-related topics, new aids and appliances, and will receive support and encouragement from others going through similar challenges. PALS groups are open to anyone with a visual impairment in Windham and Windsor counties, so feel free to invite any guests with visual impairments.

Understanding what others have experienced will help you better understand your own vision loss and encourage you to accept the loss and learn skills necessary for everyday independence.

12/13: A discussion on winter safety and new tools for orientation & mobility and the implications of falling.

12/20: Sharing recipes, traditions, favorite stories, and best gift you've ever gotten or given. Bring your treats to the virtual table!

Call The Thompson for the phone-in number or for a zoom link. Or call VABVI's Melinda Underwood (802-254-8761) for more information.

Free Vision Screenings Offered at The Thompson Friday, December 9th, call for your appointment

Dr. Dean Barcelow of EyeCare for You in Bethel, VT will be returning to the Thompson Center to provide vision screenings at no cost. Vision Screenings will include visual acuity (how well you see), an anterior segment evaluation (a look at the front of your eye), and a posterior segment evaluation (a look at the back of your eye). Vision screenings are not meant to take the place of regular eye care and each individual is encouraged to keep their regular appointments with their primary eye care provider. Please come prepared with any eye questions you may have as Dr. Barcelow has set aside some time at each 30 minute appointment to answer them.

Dr. Dean Barcelow grew up in South Royalton, VT and is a graduate of the Pennsylvania College of Optometry. He completed his residency training in ocular disease at the White River Junction VA Hospital through the New England College of Optometry.

Reflexology with Deb Neuhoﬀ 2nd and 4th Tuesdays Please call for appointment

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

Foot Clinic with Beverly Sinclair, RN Thursday, December 15th 9 am - 2:30 pm Call for your appointment

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

RESOURCES

Fuel Assistance Program Reminder—Do not wait to apply!

It is time to sign up for Vermont's Seasonal Heating Fuel Assistance Program ("LIHEAP"), which can offset winter heating costs from a few hundred to even a few thousand dollars. This program can help you lower your bills whether you heat with oil, kerosene, propane, electric, coal, wood pellets, or cordwood. More information and 1:1 application assistance is available on Fridays by appointment by calling The Thompson Center. **Applications need to be received by November 30th to receive the maximum fuel assistance. After that, benefit amounts are reduced each month.**

Homesharing is working in our Community!

This past year we launched our pilot Homeshare program here at the Thompson, which has resulted in our first match! With a small pool of applicants, it takes time to find compatible housemates, but the more people who apply, the more likely we can facilitate a successful match.



Homesharing offers an alternative to traditional apartment rentals, especially in today's tight housing market. A Host with a spare bedroom and willing to share common space can get some additional income and help around the house with chores, as well as companionship. A Guest looking for a place to live can trade some time helping out their Host in exchange for a reduced rent.

To learn more about Thompson Homeshare, please visit our website at <https://www.thompsonseniorcenter.org/homeshare/> or call Shari at 802-457-3277.

Advance Directive Assistance is Available

Would your loved ones know your wishes about medical care if you were unable to speak for yourself? An Advance Directive spells out your wishes and appoints someone to represent you if you are not able. Trained and caring volunteer will be at the Thompson each month on a Monday afternoon. These volunteers will take the time to explain this simple process. Call The Thompson at 802-457-3277 to schedule an appointment.

Carla Kamel and the Community Health Team

Friday Office Hours at The Thompson, 10:30am-12:30pm

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, 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 still 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. **Please sign-up in advance for lunch.**

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!

IN LOVING MEMORY & APPRECIATION

IN APPRECIATION

Medical Equipment:

Jane Ware
 Marcia Evans
 Ellaways
 Feli & Rod Leonard
 The Lewis Family

Holiday Bazaar Gift Items:

RT Home
 Guy & Barbara DeStefano
 Marie Westney

Nutritional Shakes - Mary Keith



From The Thompson Staff



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

IN MEMORY OF

Kathy English

Candice & Kenneth Gammill
 Kathleen Eiselein
 Patricia Comstock Wilson
 James & Susan Ford
 Peter Freitag
 Larry & Joyce Gregg

Ted Staples

Richard & Bonnie Atwood



DECEMBER BIRTHDAYS

1st James Huff	11th Jerri Cole	22nd Carol Egbert
1st Ruth Hunter	11th John Souter	22nd Karen Chalom
2nd Dave Bollinger	12th Gordon Tuthill	23rd Glenn Barr
2nd Suzanne Lovell	12th Evelyn Luce	23rd Charles Gundersen
3rd Beverly Humpstone	12th Amy Peebles	24th John Audsley
3rd Maureen Keleher	12th George Helmer	24th Phil Camp
4th Sandra Hack	13th Anita Rogerson	24th Patti Beda
4th Penny Wiltz	14th Grace Staples	24th Sawyer Jones
4th Roger Logan	14th Margaret Kasden	25th Donna Ballou
4th Carol Perry	14th Dan Noble	25th Carol Williams
4th Neil Wassel	14th Cameron Ewasko	26th Carl Kesseli
5th Rosemary McGinty	14th Robert Borsh	26th Rodney Leonard
5th Norm Frates Sr.	15th Myron Beebee	26th Katherine Webster
5th Laury Gilliam	15th Deborah Rice	26th Katherine Sawyer
6th Rick Kuniholm	15th Jennifer Maxham	26th Bertha Boynton
6th Mary Doubleday	15th Laura Wolkwitz	26th Joan Sakalas
6th Honore Hager	15th Samantha Howe	27th Johnna Dana
6th Kathleen Eiselein	15th Michael Kilcullen	27th Christopher Cassidy
6th Jeanne Rikert	15th Duane Finger	27th William Sjogren
7th Dave Cook	16th Deborah Hewitt	28th Nancy Gray
8th Christopher Sparkes	16th Pat Hesterberg	29th Colin Nevin
8th Laurence Werner	16th Karl Huck	29th Russell Audsley
8th Anne Marie Hestnes-Harris	16th Tom Hitchcock	29th Suzanne Milord
8th Denise Martin	17th Gordon Pine	29th Betsie O'Neill
8th Michele Perkins	18th James Sawyer	30th Ross Wright
9th Kristi Rollins	19th Meg Seely	30th John Carter
9th Gerry Hawkes	19th Ava Harvey	31st Hazel King
9th Virginia Wagoner	19th Karen Weinstein	31st Carolyn Bernstein
9th Mary Riley	20th Rose Mroszczyk	31st Hildur Colot
10th Chris Bergquist	20th Alec Hastings	
11th Glenda Osmer	21st Molly Orshoff	



The Thompson

Your resource to age well

Woodstock Area Council on Aging
99 Senior Lane
Woodstock, VT 05091
(802) 457-3277
FAX: (802) 457-1259
www.thompsonseniorcenter.org

Non-Profit Organization
Postage Paid
Permit No. 33
Woodstock, VT 05091

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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.

Thank You to Our Transportation Sponsors & Grants



MISSION

The Thompson helps older adults 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.