



The Thompson Times

Your resource to age well

APRIL 2023

We 
Volunteers

Volunteer Appreciation Banquet **Monday, April 17th at 5:30 pm**

A special event to celebrate and recognize our volunteers

Menu:

Sliced Roast Pork Loin and Pan Gravy, Scalloped Potatoes, Grilled Zucchini, Caesar Salad, Blueberry Pie

Live Music, Delicious Food, Gifts, Fun!

Please RSVP by April 10th at 457-3277 (volunteers only)

April is known as Volunteer Appreciation month as organizations take this 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.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

Tri-Valley Transit 802-728-3773

BOARD OF DIRECTORS

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BEHIND THE SCENES

IN APPRECIATION

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

Barnard Progressive Club - baked goods
Joanne Hershey - medical equipment
Diane Zonay - birthday flowers

IN MEMORY OF

Bea Robinson
Stephen & Joan Tarleton

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Gail Carr
Pat & Jack Bingleman
Robert & Honore Hager
Katherine & Paul Camp
Seth Clifford

Sue Hottenstein
Richard & Linda Brackett

ADVISORY MEETING HIGHLIGHTS

- Request wait staff wear name tags
- Trip discussion
- Older Americans Month theme ideas - "Wisdom of the ages" highlight experiences, share stories, aging well tips and sharing
- Bring back Gen-2-Gen, even for one day

Please join our next meeting on April 3 at 1:00 pm. All patrons and volunteers are invited to attend. Your feedback is needed & appreciated!



For a complete listing of all 2023 sponsors and donors,
visit *The Thompson website*.

CREATIVE AGING

Art with Finnie from ArtisTree

April 5, 1:30 pm

Pysanky are the beautiful and elaborate Easter eggs found in Polish, Ukrainian, and Russian traditions. This centuries-old technique for decorating eggs requires a steady hand and attention to detail, but success can be easily achieved with a good attitude ;) Using a stylus called a kistka, we will write with melted beeswax onto the shell of a raw egg, and then dip it into vibrant dyes to create the layered design. Join us to make your own little heirloom—it's a lot of fun, and the results will impress your family and friends! Sign-up in advance.



Thompson Beginner Bridge Update

New players have just begun playing in mid March. If you wish to join this group email Pam at pbutler@thompsonscenter.org. Bridge meets on Wednesdays at 1:15 pm.

HANDWORK CIRCLE



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 welcome. Enjoy some coffee and companionship. Contact Jane Soule at 457-2442 with any questions.

Spring Flower Planter Workshop

With Diane Zonay of Bad Duck Flower Farm and Sherburne Farms

Tuesday, April 11 at 1:00 PM

Cost: \$30 per person includes all materials. Pre-registration is required and payment will confirm your reservation

Join Diane for a chance to get your hands dirty and dig into spring. We will be designing and building our own mixed planters to enjoy inside or out. There will be many edible, beautiful and easy to grow plants from Sherburne Farm Greenhouse available to choose from. Let's create something lovely for you to enjoy all season!

Author Talk Coming in May

Jane Dwinell Presents:

Alzheimer's Canyon: One Couple's Reflections on Living with Dementia

by Jane Dwinell and Sky Yardley

Tuesday, May 16, 1:00 PM

When Sky was diagnosed with "probable early stage Alzheimer's" at age 66, he was determined to live as fully with his new reality as possible. He researched dementia, talked about dementia, connected with other people with the disease, and, finally, he wrote about it. With humor and honesty, love and compassion, Sky and his wife Jane describe what it's like to live with a constantly evolving and mysterious new life. "The brain is a mysterious thing," writes Jane, as Sky muses about traveling un-mapped roads with no GPS.

Welcome to Alzheimer's Canyon: there is one way in, and no way out. Follow Sky and Jane as they navigate this journey they did not ask to take, a journey that balances pain, loss, and confusion with gratitude, wonder, and transformation.

"An emotional road map for anyone facing an unexpected challenge."

—David Goodman, New York Times bestselling author and host of The Vermont Conversation

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.



Frontier Army Museum: History of Fort Leavenworth Tuesday, April 4, 2:00 pm

From the "Gateway to the West" to "Intellectual Center of the Army". With the Louisiana Purchase in 1803, roads for commerce and travel began to spring up. These new roads, such as the Santa Fe and Oregon Trail, and movement into the west required the US Army to begin setting up forts and posts on the trails. In 1827 Colonel Henry Leavenworth was handpicked to establish a new post along the Missouri River. The post would provide an escort along the Santa Fe Trail, to protect the western frontier and be a show of force to the Native American tribes settled in the area. Colonel Leavenworth, with the officers and men of the 3d Infantry Regiment from Jefferson Barracks at St. Louis, Missouri were assigned to locate and establish a permanent cantonment. The location of the post was selected in 1827 and it is currently the oldest continually operating post west of the Mississippi River.



FDR Presidential Library and Museum: *The World He Left Us, The Final Days and Legacy of Franklin Roosevelt*, Tuesday, April 11, 2:00 pm

As the anniversary of FDR 's death 78 years ago is remembered on April 12th, we will look at the final months of Roosevelt's life. These months were a race against time as the war, a window to create a new world order and his very life were drawing to a close. Join us as one of our favorite educators, Jeff Urbin, explores FDR's final push to put the world on a stable footing and examines the lasting results of his efforts.



National Mall and Memorial Parks: *Presidential Inaugurations*, Tuesday, April 18, 2:00 pm

Presidential inaugurations represent the peaceful transfer of power in the United States. National Mall and Memorial Parks is home to presidential memorials and includes Pennsylvania Avenue National Historic Site, which has been the scene of many inaugurations. Join us as we learn about presidents represented on the National Mall and their historic inaugurations.



Petrified Forest National Park Tuesday, April 25, 2:00 pm

Petrified Forest National Park is located in the greater Painted Desert—they are not two separate parks. While the Painted Desert encompasses about 1500 square miles, the park is over 200,000 acres—and not desert! Actually the main environment is short-grass prairie or intermountain-basin, semi-arid grassland. It is dry here, but there is snow in the winter and rain during the monsoon. Explore with us both the nature and history of this fascinating place from prehistoric peoples to the Civilian Conservation Corps. From early explorers to Route 66 motorists, the park has many stories to tell.

PROGRAMS & TRIPS

Our Arm Chair Travels Continue at The Thompson! Tuesday, April 18, 1:00 PM

John and Wendy Hiers will present a video slide show, detailing their recent journey to Antarctica, Falkland Islands, Patagonia and Rapa Nui (Easter Island).

Visit the State House on Older Vermonters Day April 26, 2023

Join us on a trip to Montpelier - Older Vermonters please RSVP. More details soon!

It is a day to visibly honor older Vermonters at the statehouse and to advocate for our Nutrition programs, and connect with colleagues, older adults, and supporters from around the state.

Travel Season Will Soon Be Here These are the offerings from The Bugbee Senior Center

June 15: Mohegan Sun Casino, Connecticut \$75

July 6: Mystery trip somewhere in Vermont \$105

August 2: New London Playhouse (Carole King musical) with lunch at Three Tomatoes in Lebanon, NH \$130

September 13: Foster's Clambake, Maine \$112

October 11: Hobo Scenic Railroad with Hart's Turkey dinner, New Hampshire \$100

For more information visit bugbeeseniorcenter.org or call 802-295-9068

We are flying again!...The Thompson Center and Collette Travel Present:

Irish Splendor – an 8 day trip to Ireland in March of 2024 that will include Dublin, Dingle Peninsula, Christ Church Cathedral and much more.

Join us for a special Collette Travel Presentation on May 9th at 1:00 pm to learn all of the details of this trip!



PROGRAM CALENDAR - APRIL 2023

Mon	Tue	Wed	Thu	Fri
3	4	5	6	7
10 BINGO 10 Ping Pong (at Woodstock Little Theater) 1 Advisory Meeting	10-11:30 PALS Virtual Support 1 Mahjong 1 Benefits Assistance Talk 2 SLN: Frontier Army Museum 3 Bone Builders	9:30-12 Tai Chi 10 Ping Pong 10:30 Handwork Circle 12 French Table 1 Gentle Yoga 1:15 Bridge 1:30 Art with Finnie	10 Cribbage 10:30 Strength Stretch Stability 12 Spanish Table 12:30 Tech Support 3 Bone Builders	10 BINGO 1 Mahjong
10	11	12	13	14
Easter Dinner 10 BINGO 10 Ping Pong (at Woodstock Little Theater)	Reflexology 10-11:30 PALS Virtual Support 12 Caregiver Support Group 1 Mahjong 1 Flower Planter Workshop 2 SLN: FDR Final Days 3 Bone Builders	9:30-12 Tai Chi 10 Ping Pong 10 Veggie VanGo 10:30 Handwork Circle 12 French Table 1 Gentle Yoga 1:15 Bridge	10 Cribbage 10:30 Strength Stretch Stability 12 Spanish Table 3 Bone Builders	10 BINGO 1 Mahjong
17	18	19	20	21
Volunteer Appreciation Dinner (No lunch served) 10 Ping Pong (at Woodstock Little Theater)	9:30 Commodities 1 Mahjong 1 Arm Chair Travel 2 SLN: National Mall & Memorial Parks 3 Bone Builders	8:30 Board Meeting 9:30-12 Tai Chi 10 Ping Pong 10:30 Handwork Circle 12 French Table 1 Gentle Yoga 1:15 Bridge	9-2:30 Foot Clinic 10 Cribbage 10:30 Strength Stretch Stability 12 Spanish Table 12:30 Tech Support 1 Share and Listen 3 Bone Builders	10 BINGO 1 Mahjong
24	25	26	27	28
8:30 Newsletter Folding 9-12 Benefit Assistance 10 BINGO 10 Ping Pong (at Woodstock Little Theater)	Reflexology 1 Mahjong 2 SLN: Petrified Forest National Park 3 Bone Builders	Visit the State House 9:30-12 Tai Chi 10 Ping Pong 10:30 Handwork Circle 12 French Table 1 Gentle Yoga 1:15 Bridge	Birthday Day 10 Cribbage 10:30 Strength Stretch Stability 12 Spanish Table 3 Bone Builders	10 BINGO 1 Mahjong
30				
10 BINGO 10 Ping Pong (at Woodstock Little Theater)				

MENU - APRIL 2023

Mon	Tue	Wed	Thu	Fri
3	4	5	6	7
Grilled Hotdogs, Whole Wheat Bun, Cole Slaw, Macaroni Salad, Cookies, Ice Cream with Fruit Compote	Chicken Tikka Masala, Rice Pilaf with Ginger and Fresh Herbs, Mixed Green Salad with Dill Yogurt Dressing, Pumpkin Pie	White Lasagna with Ground Beef, Spinach, Mushrooms, Sundried Tomatoes and Fresh Herbs, Garden Salad, Dinner Roll, Fresh Fruit	Citrus Honey Garlic Baked Chicken Thighs, Ginger Steamed Jasmine Rice, Grilled Vegetables, Blueberry Cobbler	Tortilla Soup with Chicken, Avocado and Mixed Vegetables, Mixed Green Salad with Lime Vinaigrette, Dinner Roll, Cookies and Fruit
10	11	12	13	14
Easter Dinner Baked Ham with Maple Pineapple Glaze, Mashed Potatoes, Green Beans, Garden Salad with Maple Vinaigrette, Strawberry Shortcake	Cream Of Broccoli Soup with Chicken, Mixed Green Salad with Ranch Style Dressing, Dinner Roll, Fresh Fruit	Chicken Parmesan Pasta Primavera Casserole with Broccoli, Carrots, Peas and Spinach, Dinner Roll Ice Cream	Baked Cod with Fresh Herbs and Lemon, Mashed Potatoes, Sautéed Vegetables, Dinner Roll, Cookies	Braised Pork Chop with Swiss Chard, Mushrooms, Pearl Onions, and Fresh Herbs, Beet Salad, Soft Polenta, Apple Cobbler
17	18	19	20	21
Volunteer Appreciation Dinner <i>No Lunch Served</i> Sliced Roast Pork Loin and Pan Gravy, Scalloped Potatoes, Grilled Zucchini, Caesar Salad, Blueberry Pie	Chicken Salad Sandwich on Whole Wheat Bread with Lettuce and Tomato, Potato Salad, Maple Yogurt Parfait with Fresh Fruit	Japanese Style Curry with Pork, Carrots and Potatoes, Steamed Jasmine Rice, Garden Salad with Pineapple Ginger Dressing, Lemon Pie	Chicken and Dumplings with Peas, Carrots and Mushrooms, Caesar Salad with Parmesan and Croutons, Fresh Fruit	Grilled Cheeseburger on a Whole Wheat Bun with Lettuce, Tomato, Onion and Pickle, Cole Slaw, Maple Baked Beans, Peach Crisp
24	25	26	27	28
Cheese Ravioli with Chicken, Mushrooms, Spinach with Marinara Sauce, Garlic Pull Apart Rolls, Yogurt Parfait with Maple Fruit and Granola	Pulled Pork, Cole Slaw, Savory Baked Beans, Dinner Roll, Apple Cobbler	Quiche with Broccoli, Roasted Peppers, Onions, Bacon, Cheddar Cheese, Fresh Fruit	Birthday Day Meatloaf (Cloudland Farms Beef), Baked Potatoes, Braised Red Cabbage with Apples and Cranberries, Cake and Ice Cream	Italian Wedding Soup, Dinner Roll, Cheesecake with Fruit Compote
30				
Angel Hair Pasta with Bolognese Style Sauce (Cloudland Farms Beef), Hearty Garden Salad, Garlic Bread, Fresh Fruit		RESERVATIONS REQUIRED FOR ALL PROGRAMS & MEALS		

ACTIVE AGING

Senior Swim at The Woodstock Athletic Club

Senior Swim offers an affordable option for local older adults looking for an indoor pool during the winter. The rate is \$8/visit and is restricted to use of the pool. The hours have been expanded to Monday through Friday 1pm-4pm. For more information contact The Woodstock Athletic Club at 802-457-6656.

Ping Pong at Woodstock's Little Theater

If you enjoy socializing and having fun, then Ping Pong is for you!
Mondays and Wednesdays, Drop in Play, 10:00 am - 11:30 am

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.*

In-person Tai Chi Returns: Join Anne and Jane for Thompson classes Wednesdays, beginning April 5

Join Anne Bower and Jane Philpin for Spring Tai Chi classes. Tai chi's gentle, flowing movements are complex enough to be fascinating but easy to learn. With ample individual instruction everyone can gain the benefits--better balance, greater mindfulness, improved posture, reduced pain from arthritis, and for some folks, even better blood pressure and sleep...and we have fun as we learn.

Wednesdays, 9:30-10:30--Introductory class (Fall Prevention Tai Chi)

Wednesdays, 10:40-11:40--Sun Style Tai Chi (a more advanced form)

Cost is \$3 per class, payable to the Thompson Senior Center

For more information, check out Anne's website: Anne Bower--Tai Chi & Writing

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.

Strength, Stretch and Stability Class with Instructor Liz Hatfield

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

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

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

Virtual attendees are asked to donate to Liz directly

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

Senior Solutions Offers Benefits Assistance Hours At The Thompson

April 4, 1:00 PM – Brief Introductory Talk

Individual assistance is available at The Thompson by appointment every other Monday beginning April 24 from 9am-12pm by appointment.

May 8 and 22, June 5 and 19

Senior Solutions grant specialist, Liz Carey, will give a brief introductory talk on April 4th to discuss the types of benefits assistance programs she can assist with. Those programs include:

- Prescription Drug Assistance (VPharm)
- 3 SquaresVT (SNAP)
- Fuel Assistance (LIHEAP)
- Green Mountain Power credits

Share and Listen

Thoughtful Aging Group

April 20th discussion at 1:00 pm - Aging & Creativity

The Thoughtful Aging Group provides an opportunity to share your thoughts and feelings about getting older and, in the process, to hear and support others sharing their stories. In the first five meetings of the group, we will talk about (1) Being Older: The Good and the Bad, (2) the “Morning” and the “Afternoon” of our Lives, (3) Strategies for Aging Positively, (4) Aging and Creativity, and (5) Aging Responsibly: The Role of Elders.

There will be a few short readings and prompting questions for each session. The group gathering will be facilitated, a talking stick will be used, everyone will be asked to speak from their experience and to listen without comment to what others have to say, and everything shared will be considered confidential.

The first five meetings of the group will be facilitated by Richard Schramm, a retired professor and the founder and convener of the North Chapel Amazing Grays. **Please register by calling The Thompson.**

Reflexology with Deb Neuhof

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, April 20, 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.

PALS Virtual Support Group

The Vermont Association of the Blind and Visually Impaired (VABVI) offers Peer Assisted Learning and Support (PALS) monthly virtual support groups on the first and second Tuesday of each month, 10:00-11:30 am by Phone and on Zoom. *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.*

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 or Flu 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/>.

Thank you Carla!



It is with immense gratitude that we say goodbye to Carla Kamel, Care Coordinator for the Mt. Ascutney Community Health Team, when she leaves her current position to join Senior Solutions as a Case Manager. Carla has been an integral and vital part of our Thompson Team for years as Community Care Coordinator, responding to the needs of our older citizens and families with expediency, professionalism and compassion. Fortunately for us, Carla's new position will enable her continue to serve those within The Thompson's catchment area while extending her expertise to a larger geographical area. Carla will continue to facilitate The Thompson's monthly Caregiver Support Group and it is our hope that she can maintain office hours at The Thompson Center where she will always be welcome. We wish Carla the best of luck in her new endeavor, knowing full well that her devotion to community service will benefit even more Vermont communities.

Carla can be reached at Senior Solutions after March 27th, at 802-885-2669.
Thank you Carla, from all of your Thompson friends – you will be missed!

Homesharing is working in our Community!

To learn more about Thompson Homeshare, please visit our website at <https://www.thompsonseneiorcenter.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.

Caregiver Support Group with Complimentary Lunch

In-person 2nd Tuesday of each month at 12:00 pm, Virtual participation still available

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 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!

APRIL BIRTHDAYS

1st	Roland	Heijn	9th	Esther	Griffith	19th	James	McClelland
1st	Patricia	Mattson	10th	Doris	Johnston	19th	Barbara	Folk
1st	Margaret	Kannenstine	10th	Jim	Iarrabino	20th	Gil	Emery
1st	Steve	Shama	10th	Patricia	Payton	20th	Debra	Werner
2nd	Gail	Stickney	10th	Chris	Stoddart	20th	Bettyanne	McGuire
2nd	Douglas	Audsley	10th	Lisa	Lawlor	20th	June	Waters
2nd	Susan	George	11th	Thomas	Dutton	20th	Jacqueline	Von Unwerth
2nd	Patricia	Dubeau	11th	David	Ballou	21st	Hans	Meijer
3rd	Marjorie	Van Alstyne	11th	Ron	Ringenberg	22nd	Joanna	Frodin
4th	Lloyd	Nice	12th	Dorothea	Mongulla	22nd	Lyman	Shove
4th	Christine	Apel-Cram	12th	Estra	Berosini	22nd	Pamela	Burnett
4th	Molly	Maxham	13th	Elva	Fish	23rd	Nancy	Zuba
4th	Lucas	Geller	14th	Bea	Rivers	23rd	Stephen	Hill
5th	Mona	Foster	14th	Shari	Borzekowski	24th	Peter	Pickett
5th	Keri	Bristow	14th	Elizabeth	Young	24th	Timothy	Reeves
5th	Karen	Fogel	14th	Finnie	Trimpi	24th	Jill	Dye
6th	Janice	Prindle	14th	Izzy	Jenne	25th	Pauline	Reeves
6th	Elaine	Chase	15th	Betsy	Luce	26th	Charlie	English
6th	Fadia	Williamson	15th	Penny	Audsley	26th	Jean	Gove
6th	Peggy	O'Neal	15th	Meme	Savelberg	26th	Alison	Clarkson
7th	Cynthia	Yanowitz	17th	Mimi	Bergstrom	27th	Jennifer	Dembinski
7th	Jerry	Blakeney	17th	Peter	Goulazian	27th	Joan	Oppenheimer
7th	Sabra	Field	17th	Raymond	Racicot	27th	Joanna	Long
7th	David	Green	17th	Tomoko	Liguori	27th	Bill	Terry
7th	Pamela	Crane	17th	Susan	Houltberg	27th	Gwen	Martin
8th	Judith	Hughes	17th	Michael	Worth	29th	Katherine	Lynds
8th	Carol	Powell	18th	Suzanne	Esty	29th	Joyce	Blake
8th	Rita	Post	18th	Janet	Wilson	29th	Wayne	Stevens
8th	Celia	Quinones	19th	Barbara	Destefano			
8th	Susan	Ladmer						

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



The Thompson

Your resource to age well

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

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

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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.

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

Thank You to Our Transportation Sponsors & Grants



Ottawaquechee
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802-457-1795



The Ellaway Group
Simplify your life

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.