



The Thompson Times

Your resource to age well

JUNE 2023

Spring into Summer Programs with The Thompson!



Silent Cal Visits The Thompson Center for the Centennial of His Presidency Thursday, June 8, 1:00 pm

The Thompson Senior Center will be welcoming a special guest speaker from the Calvin Coolidge Presidential Foundation: the 30th president himself, as portrayed by living history performer Tracy Messer. Mr. Messer made his debut in 2017. Since then, he has given dozens of performances across the country and is busier than ever as this year marks the centennial of the Coolidge presidency. The Coolidge administration coincided with, arguably, the most prosperous period in our nation's history. Born and raised on a farm in Plymouth, Vermont, Calvin Coolidge brought his own brand of Yankee wit and wisdom to the White House. He is, perhaps, best remembered for his character: modeling the values of civility, frugality and humility. Come learn about the life and legacy of Calvin Coolidge from the man himself. There will be ample time in this one hour program for questions directed either to the President or to Tracy.

Please call the Thompson to register in advance. All are welcome!



Bookstock 2023 at The Thompson Center Friday, June 23

Join us for lunch at 12:00 pm followed by our author presentation at 1:00 pm
Melodie Winawer | *Anticipation*

The Thompson Center is proud to be a host site of Bookstock again this year! From the author of the engrossing historical epic, *The Scribe of Siena*, comes this thrilling tale set in the crumbling city of Mystras, Greece and as discussed by this bestselling author, associate professor of neurology at Columbia University, physician and scientist Melodie Winawer. Blending the historical romance of Diana Gabaldon, the rich detail of Philippa Gregory's novels, and Dan Brown's fast-paced suspense, *Anticipation* is a thrilling and satisfying read like no other.

Website: <http://melodiewinawer.com/>
Full Bookstock schedule: <https://bookstockvt.org/schedule/>



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

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Carl Hurd

Senior Solutions (Formerly Council of Aging
for Southeastern Vermont)
SENIOR HELPLINE: 800-642-5119

Tri-Valley Transit 802-728-3773

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BEHIND THE SCENES

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/>.

ADVISORY MEETING HIGHLIGHTS

- Discussed upcoming May events:
Older Americans Month theme, Home Improvement Programs, Chef's Fundraising Dinner
- Announced future events in June:
Walk with Ease, Calvin Coolidge Program, World Music Day
- Discussed ideas for future trips. Pam asked for volunteers for a trip planning committee
- Interest in another memoir group
- Request for Alison Clarkson as a future Community Connections guest speaker
- The consensus is that the Thompson food portion is well sized. Guests can bring to-go containers or get one at The Thompson. Smaller portions can be requested. Vegetarian/Gluten-free or other requests should be made 24 hours in advance.

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

Thank You

2023 Sponsors!



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

like us on facebook

Vermont Department of Health COVID Vaccine Clinic Monday, June 5, 11:00 am-1:00 pm By Appointment at The Thompson

If you are 65 years or older and your last COVID-19 vaccine was 4 months ago or longer, you qualify for your next Bivalent booster. Please bring your COVID vaccine card if you have it. If lost, the clinic nurse can look it up in the Vermont Registry or can start a new card. Call 802-457-3277 for an appointment. Only Pfizer Bivalent vaccines will be available which are fully interchangeable with all other vaccines. More information about the vaccine is at healthvermont.gov. Go to Quick Links and then Immunizations.

An Age Well Series Presentation: Healthy Living for Your Brain & Body: Tips From the Latest Research Presented by the Alzheimer's Association VT Chapter and The Vermont Department of Health Tuesday, June 6, 1:15 pm

Lifestyle choices impact the aging process. Learn about important information and research in the areas of diet and nutrition, exercise, cognitive activity and social engagement from the Alzheimer's Association Vermont Chapter and the Vermont Department of Health. Learn how to use hands-on

Prevent, Detect, Report: Protect Your Medicare Information Presented by Community of Vermont Elders (COVE) Thursday, June 15, 1:00 PM

Estimates put our country's annual losses to Medicare fraud, errors and abuse at \$65 billion. It's everyone's duty to protect this critical benefit by learning to recognize the signs of Medicare crime and stop the scams before they happen.

Prevent, Detect, Report is a short introduction to the basics of protecting your Medicare information, presented by the staff of Community of Vermont Elders, which administers the state's chapter of Senior Medicare Patrol. From learning how to read your monthly statement to the importance of never giving out your Medicare number unsolicited, Prevent, Detect, Report is critical information for all Medicare beneficiaries.

Let's Get Moving! Join our Free Walk with Ease Program facilitated by Linda Harvey, Ottauquechee Health Center Physical Therapist Thursdays, beginning June 1, 10:30-11:30 am and Tuesdays beginning June 6, 4:30-5:30 PM

- Meet twice weekly at East End Park at the picnic tables
- Wear comfortable shoes and bring water
- Walking sticks or canes are encouraged if needed
- Pre-register with The Thompson and pick up your free program guide book
- Contact Linda Harvey with any program questions at 802-355-0376 or llharvey56@gmail.com

The Arthritis Foundation's Walk With Ease program is a multi-component program that also includes health education, stretching and strengthening exercises, and motivational strategies. Comprehensive studies demonstrate that Walk With Ease reduces pain, increases balance and strength and improves your overall health.

YOUR VIRTUAL SENIOR CENTER

**Senior Learning Network will be suspending programs for July & August
and will resume in the fall.**

Tuesdays at 2:00 pm



Homestead National Historic Park: Homesteading, Women's Suffrage, and The Wizard of Oz June 6th

This presentation explores the women's suffrage and homesteading themes in Frank L. Baum's, *The Wonderful Wizard of Oz*. The program highlights the ways those themes remain prominent in retellings of the classic tale. It uses brief vocal music elements to demonstrate the many interpretations of this American fairytale; including, songs from the 1939 Judy Garland film: *The Wizard of Oz*. *Homesteading, Women's Suffrage, and the Wizard of Oz*, is an engaging program that explores the experiences that helped Baum shape his iconic story.

Return to the Elephant Sanctuary! June 13th



Since 1995, The Elephant Sanctuary in Tennessee has provided elephants retired from performance and exhibition with a safe refuge and the companionship of other elephants. The facility has grown from 110 acres to 3,060 acres and has provided sanctuary to 29 elephants, making it North America's largest natural habitat refuge for captive elephants.

We are excited to return to the Elephant Sanctuary in Tennessee to see what is new, and also learn about their newest residents!



Smithsonian's National Museum of Asian Art Cherry Blossoms: Japanese Custom of " Flower Viewing", June 20th

What is it about cherry trees, or Sakura, that makes them so beloved? During this interactive webinar, we will explore Hanami, the traditional Japanese custom of "flower viewing." Through paintings, woodblock prints, and other art forms, we will discover Japanese symbols, values, and traditions associated with blooming cherry trees.

North to Alaska! June 27th Home Viewing Only



On January 3, 1959, President Eisenhower signed a special proclamation admitting the territory of Alaska into the Union as the 49th and largest state.

Join us as we take a virtual trip to Alaska, via the Alaska Public Lands Information Center representing natural, historical, and cultural features throughout the state. Wandering among the exhibits, visitors get a mini tour of Alaska.

We look forward to learning all about this vast state of Alaska, "The Last Frontier"

PROGRAMS



Occasional Jug Band and Seven Stars Recorder Consort at The Thompson to Celebrate World Music Day Wednesday, June 21, Beginning at 11:00 am

The Thompson Center joins the Make Music Day global celebration on Wednesday, June 21, 2023. Make Music Day is a one-day event where free, live musical performances, opportunities to make music and other musical events take place around the world on the longest day of the year

Music has been shown to strengthen social connectivity, reduce stress, lower blood pressure, stimulate memory, and is integral to a well-rounded, enjoyable life. By participating in Make Music Day, The Thompson encourages every form of music making.

The **Seven Stars Recorder Consort** will perform Renaissance music at 11am. They have been enjoying music by William Byrd, who was a favorite composer in the court of Elizabeth I. This year is the 400th anniversary of Byrd's death. He was a prolific composer who wrote madrigals, motets (sacred songs in the style of madrigals), keyboard pieces, and complex settings of the mass. The consort has especially enjoyed some of his pieces written for six parts, which they play on viola da gamba and five recorders ranging in size from soprano to contrabass.

Immediately following lunch we invite you to the tent to enjoy some toe-tapping music provided by the **Occasional Jug Band**. Their repertoire is packed with traditional American roots music, including jug band favorites and folk.

Antarctica and it's Penguins: A Virtual Tour Tuesday, June 27, 2:00 pm Register in Advance



Penguins are some of the cutest animals in the world and many of them live in Patagonia and Antarctica! Join us for this armchair/lecture type live tour made with pictures and some videos to learn about these incredible birds and the places they live in. The presenter will also talk about Patagonia and Antarctica: the coldest, the windiest and the driest continent in the world.



Eat Smart, Move More, Weigh Less

Eat Smart, Move More, Weigh Less is a 15-week ONLINE weight-management program based upon evidence-based strategies for weight loss and weight maintenance. Each hour-long weekly lesson includes: 1) discussion about behaviors important for weight loss or weight maintenance, 2) information on how friends and family can provide support, and 3) strategies for adopting the behavior. Planning, tracking and living mindfully are the key components of the program and are incorporated into each lesson.

The program is delivered ONLINE, live in real-time using the Zoom platform. Classes are delivered by a live Registered Dietitian Nutritionist (RDN) instructor, hired and trained by North Carolina State University. Participants can choose a time of the day that works best for them – evening and lunchtime classes are available. Participants attend the sessions remotely on individual computers or mobile devices and can see and hear their instructor. The real-time environment allows for discussion with others in the class. Outside of the live sessions, participants also have access to a secure, online portal whereby they track their weekly progress and communicate with their instructor.

Call the Thompson for more information and to sign up for a free access code. Classes are beginning in June & August.

This is \$235 value that we're able to offer for free because of a Wellness Grant through the Vermont Association of Senior Centers and Meal Providers from a Congressional Delegated funding to bring evidence-based programs to senior centers.

PROGRAM CALENDAR - JUNE 2023

Mon	Tue	Wed	Thu	Fri
			1	2
RESERVATIONS REQUIRED FOR ALL PROGRAMS & MEALS			10 Cribbage 10:30 Walk with Ease 10:30 Strength Stretch Stability 12 Spanish Table 12:30 Tech Support 3 Bone Builders	10 BINGO 1 Mahjong
5	6	7	8	9
9 Benefits Assistance 10 BINGO 10 Ping Pong (at Woodstock Little Theater) 11-1 Covid Vaccine Clinic 1 Advisory Meeting	1 Mahjong 1:15 Age Well Presentation 2 SLN: Homestead National Park 3 Bone Builders 4:30 Walk with Ease	9:30-12 Tai Chi 10 Ping Pong 10:30 Handwork Circle 12 French Table 1 Gentle Yoga 1 Bridge 1:30 Art with Finnie	10 Cribbage 10:30 Walk with Ease 10:30 Strength Stretch Stability 12 Spanish Table 1 Calvin Coolidge Program 3 Bone Builders	10 BINGO 1 Mahjong
12	13	14	15	16
10 BINGO 10 Ping Pong (at Woodstock Little Theater)	Reflexology 12 Caregiver Support Group 1 Mahjong 1 Card making workshop 2 SLN: Return to Elephant Sanctuary 3 Bone Builders 4:30 Walk with Ease	9:30-12 Tai Chi 10 Veggie VanGo 10 Ping Pong 10:30 Handwork Circle 12 French Table 1 Community Connections 1 Gentle Yoga 1 Bridge	9-2:30 Foot Clinic 10 Cribbage 10:30 Walk with Ease 10:30 Strength Stretch Stability 12 Spanish Table 12:30 Tech Support 1 Protect Medicare Info Program/COVE 3 Bone Builders	9 Breakfast Day 10 BINGO 1 Mahjong
19	20	21	22	23
Father's Day 8:30 Newsletter Folding 10 BINGO 10 Ping Pong (at Woodstock Little Theater)	9:30 Commodities 1 Mahjong 2 SLN: Smithsonian Museum of Asian Art 3 Bone Builders 4:30 Walk with Ease	World Music Day 8:30 Board Meeting 9:30-12 Tai Chi 10 Ping Pong 10:30 Handwork Circle 11 Seven Stars Recorder Consort 12 French Table 1 Occasional Jug Band 1 Gentle Yoga 1 Bridge	Birthday Day 10 Cribbage 10:30 Walk with Ease 10:30 Strength Stretch Stability 12 Spanish Table 3 Bone Builders	10 BINGO 1 Mahjong 1 Bookstock Author Talk
26	27	28	29	30
10 BINGO 10 Ping Pong (at Woodstock Little Theater)	Reflexology 1 Mahjong 2 SLN: North to Alaska (Home Viewing Only) 2 Antarctica & Penguin Virtual Tour 3 Bone Builders 4:30 Walk with Ease	9:30-12 Tai Chi 10 Ping Pong 10:30 Handwork Circle 12 French Table 1 Gentle Yoga 1 Bridge	10 Cribbage 10:30 Walk with Ease 10:30 Strength Stretch Stability 12 Spanish Table 3 Bone Builders	10 BINGO 1 Mahjong

MENU - JUNE 2023

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 24 hours in advance.	Suggested donation for guests ages 60 and over is \$7 For guests under age 60, the meal price is \$12 2% milk, juice, coffee, tea with all meals		Chicken Salad Sandwich on Whole Wheat Bread with Lettuce and Tomato, Broccoli Slaw, Brownie, Fresh Fruit	Grilled Chicken Breast with Red Beans and Rice, Local Vegetables, Garden Salad with Ranch Style Dressing, Peach Cobbler
5	6	7	8	9
White Bean and Ham Soup with Mixed Vegetables, Mixed Green Salad, Fresh Fruit Parfait with Granola	Roast Beef and Cheddar Sandwich on Honey Wheat Bread with Ranch Spread, Lettuce and Tomato Tossed Mixed Vegetable Salad, Chocolate Chip Cookies, Fresh Fruit	Lemon Herb Chicken Breast, Curry Rice Pilaf, Sautéed Green Beans, Dinner Roll, Fresh Fruit, Chocolate Pudding	Vegetable Lasagna Spinach Salad with Candied Walnuts and Dried Cranberries, Maple Vinaigrette, Garlic Bread, Fruit Salad	Cobb Salad with Blue Cheese, Chicken, Hard Egg, Tomato, Carrots and Croutons, Dinner Roll, Ice Cream Sundae
12	13	14	15	16
Broccoli Cheddar Soup with Chicken, Garden Salad, Brownie, Fruit Salad	Eggplant Parmesan Casserole with Marinara Sauce, Spinach and Mushrooms, Greek Style Salad with Olives and Feta Cheese, Carrots and Tomato, Pineapple Upside-down Cake	Chicken Piccata, Tuscan Rice Pilaf, Caesar Salad, Chocolate Pudding with Whipped Cream, Fresh Fruit	Beef Fajitas with Sweet Peppers and Onions, Flour Tortillas Salsa and Sour Cream, Mexican Style Rice, Refried Beans, Key Lime Pie with Whipped Cream	9 Breakfast Day Scrambled Eggs, Vermont Maple Sausage Links, Hashbrown Casserole, Breakfast Pastries, Syrup, Fresh Fruit NO LUNCH SERVED
19	20	21	22	23
Father's Day Burger Bar, Lettuce, Tomato, Onions and Pickles, House Spread, Baked Wedge Fries, Cole Slaw, Cake and Ice Cream	Ham and Cheese Sandwich on Whole Grain Bread, Broccoli Brunch Salad, Fresh Fruit with Mint and Honey, Cookie	Chicken Tikka Masala, Rice Pilaf with Ginger and Fresh Herbs, Mixed Green Salad with Dill Yogurt Dressing, Pumpkin Pie	Birthday Day Hawaiian Style Chicken Thighs, Green Beans, Macaroni Salad with Peas, Carrots Roasted Peppers, Pineapple Cobbler	Roasted Pork Chop with Hunter Style Gravy, Baked Potato, Local Vegetables, Cake and Ice Cream Fruit
26	27	28	29	30
Cheese Ravioli with Chicken, Spinach and Mushrooms, White Wine Sauce, Lemon and Fresh Herbs, Garden Salad with Red Wine Vinaigrette, Fresh Fruit, Cookie	Japanese Style Curry (mild) Pork Stew w/ Carrots, Peas and Potato, Steamed Jasmine Rice, Mixed Green Salad w/ Pineapple Sesame Dressing, Whole Grain Roll, Fruit Salad	Roasted Cod, Fresh Herbs and Capers, Celery Root Mash, Roasted Zucchini, Cookies, Fresh Fruit	Penne with (Cloudland Farms Ground Beef) Bolognese Sauce, Tossed Mixed Green Salad with Garden Vegetables and Garlic Herb Dressing, Fresh Fruit	Pulled BBQ Chicken on a Roll with Carolina Style BBQ Sauce, Potato Salad, Mixed Green Salad with Blue Cheese Dressing, Ice Cream

ACTIVE AGING

Senior Swim at The Woodstock Athletic Club

Senior Swim offers an affordable option for local older adults looking for an indoor pool. The rate is \$8/visit and is restricted to use of the pool, or you can purchase a discounted 10-pack senior swim package for \$75 and valid for 12 months of use. 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

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.*

Join Anne and Jane for Tai Chi classes on Wednesdays

Moving soon to the Thompson Tent

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)

Suggested donation 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 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.

CREATIVE AGING

All-Occasion Card Making Workshop Returns!

With Instructor Karen McNall

Wednesday, June 13th at 1:00 pm

Cost: \$20, Payable to Karen McNall



- Create handmade cards from the heart
- No experience necessary!
- All supplies included
- Card making is a great way to make new friends, socialize, learn a new hobby, and have fun!

Please make your reservation by June 9th

Share and Listen: Thoughtful Aging

Thank you Richard Schramm

This engaging group concluded the last of their five meetings in May. We thank group facilitator Richard Schramm for his gentle guidance and wisdom, along with Mary Blanton, for supporting others while sharing their stories. We are looking for a new group facilitator and hope to reconvene this group in the fall.

Community Connections

With Liza Bernard from Norman Williams
Public Library

Wednesday, June 14, 1:00 PM

Along with the expected books, movies and audio-books on CD, physically on hand to borrow, the Norman Williams Public Library is a great source for streaming movies, digital audiobooks, and thousands of courses and workshops. NWPL is happy to be once again offering a full range of services from free Wifi and tech help to our "Bag Mobile" and electronics recycling. They host a wide range of programs and events for our community. Learn about their offerings and how to access them.

Art with Finnie from ArtisTree

Ring in Spring with Wind Chime Bell(s)

This two-session art project continues on

Wednesday, June 7, 1:30 pm

From pinch pots and coils we will make our very own ceramic wind chime bell(s) in this two part workshop series. The second session will be painting and stringing the bells, ready for hanging.

These gorgeous bells will make a lovely addition to your home or garden. All levels of experience welcome.

**If you missed the first session Finnie will have limited supplies for painting in the second session - be sure to sign up early to ensure that she has enough supplies for painting in June.*



Thompson Beginner Bridge

Wednesdays at 1:00 pm

New players have just begun playing in mid March. If you wish to join this group email Pam at pbutler@thompsonscenter.org.

HANDWORK CIRCLE

Wednesdays at 10:30



The Handwork Circle group invites anyone to join them in the living room to enjoy coffee and companionship. Contact Jane Soule 457-2442.

RESOURCES

Homesharing is working in our Community!



We are actively seeking Homeshare guests for multiple homes. To learn more about Thompson Homeshare, please visit our website at <https://www.thompsonscenter.org/homeshare/> or call Shari at 802-457-3277.

PALS Virtual Support Group

In person PALS support group at Bugbee Senior Center on Thursdays, 1:30-3:30 pm. More information to follow if virtual programming will still be available. For additional information call VABVI's Melinda Underwood at 802-254-8761.

Senior Solutions Offers Benefits Assistance Hours At The Thompson

Individual assistance is available at The Thompson by appointment every other Monday by calling The Thompson. June 5 only this month.



The Hub is here to help you during a crisis

The Hub is a new program that makes it easier for you to get help during a time of need in the communities of Barnard, Bridgewater, Killington, Plymouth, Pomfret, Reading, and Woodstock. For more details and to apply visit their website at <https://apply.thehubneighbors.org/> form, call 802-457-7214 or email at apply@thehubneighbors.org.

FREE Foot Clinic with Beverly Sinclair, RN

Thursday, June 15, 9 am - 2:30 pm, *Call in advance for your appointment*

Free foot clinics for one year are made possible by a congressionally directed grant to The Thompson.

Caregiver Support Group Continues with Carla and 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!

IN LOVING MEMORY & APPRECIATION

IN APPRECIATION

Diane Zonay - birthday flowers

Medical Equipment:

In Memory of Jack Derevensky

In Memory of Tom & Sue Deedy

Ann & Dan Jones

Doug Cross



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



IN MEMORY OF

**The Robert & Nancy
Lewis Family**

Darwin & Karen Lewis

Kay Camp

Barbara Kelley

Catherine Wood

Carol Nettleship

Sue Hottenstein

Carol Nettleship

JUNE BIRTHDAYS

1st Ernest Harper	9th Ralph English	19th Matt Spittle
1st Elspeth Lothes	9th Michael Levengood	20th Sandra Pariseau
1st Alan Fine	9th John Keramis	20th Julius Anderson
1st Elizabeth Blencowe	9th Cynthia Long	21st Louine Walker
2nd Carol Nettleship	9th Michael Deenihan	21st Ronald Weglarz
2nd Larry Luce	10th Rebecca Nash	22nd John Mathews
2nd Nancy Bebo	10th Bruce Kanfer	22nd Chrissy Henderson
2nd Emily Dean	10th Joyce Edmunds	23rd Cynthia Hewitt
2nd Eleanor Daly	11th Beverly Sinclair	23rd Arthur Skerker
2nd Nancy Ashey	12th Judith Cayer	23rd Helen Sawyer
3rd Lorraine Dayton	12th Jennifer Ehler	24th Harmony Johnson
3rd Linda Hitchcock	12th Marie Garneau	24th Rita Scully
4th Marcea Ewald	13th Eldon Thompson	25th Ann Debevoise
4th Khorshed Randeria	13th Jean Garren	25th Kelly Welsh
4th Richard Simpson	13th Heidi Beckwith	25th Sara Dana
5th Janet Herrick	14th Bette Anne Sailer	25th Gwen Groff
5th Timothy Maxham	14th Betty Walker	26th Meg Matz
6th Jennifer Martel	14th Margo Marrone	27th Joanna Garbisch
6th Missy Cunningham	14th Cara De Foor	27th Scott Ward
6th Geri Jensen	15th Mary Sharpe	28th Carol Mosher
6th Patricia Attkisson	16th Nina Hunnewell	28th Kevin Lynch
6th Vern Clifford	16th Don Jones	28th Zack Danziger
7th Jack Rasmussen	17th Robert Topolski	29th Susan Lewis
7th Suzy Malerich	17th Lillian Weed	29th Margaret Schultz
7th James Whitcomb	17th Sharon Earn	29th Patricia Keim
8th Jennifer Carpenter	17th Margaret Merrill	29th Michael Ricci
8th Sheryl Hoehner	18th David Whitney	
	18th Don Wheeler	
	19th Joanne Bates	



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.

Thank You to Our Transportation Sponsors & Grants

Woodstock Insurance: *Building for Community From the Community*

Ottawaquechee Plumbing & Heating: 802-457-1795

Senior Solutions: *A Division of Aging Services*

Upper Valley Rehab

The Ellaway Group: *Simplify your life*

Alfred D. Short DDS

Trip 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