



The Thompson Times

Your resource to age well

JULY 2023



let's Have Some Fun This Summer!

Scenic Rail-Bikes Trip in Concord, NH ***Pedal the New Hampshire rails on custom Rail-Bikes!*** **Call for July date and pricing**



Scenic RailRiders is a pedal powered Scenic Railroad Co. When was the last time you got to do something for the first time? Now is your chance!

The Rail-Bikes are easy to pedal and have been built with your safety in mind as they include comfortable seats with seat-belts and handle bars to rest your hands on. There are also redundant disc brakes for additional safety. The rail bikes are designed for two or four people

Your approximate 6.4 trip takes riders through the woods, a dairy farm, past an old rail freight house, and over the Merrimack River which views of the river can be enjoyed.

We have two models to choose from. Should your family or group be larger than 4 people who want to ride together, we can link multiple bikes together for your tour. Example, 5 riders=a two seat & a four seat rail-bike linked together. The comfortable seats and group pedaling makes this an activity accessible to most physical abilities.



Summer Supper Club Begins ***with The Thompson!*** **Monday, July 17, 6:00 PM**

Summer is short and we want to take advantage of the opportunity to gather and enjoy a fun meal together. Join Deanna and friends on Monday, July 17th at 6:00 PM at the White Cottage Restaurant in West Woodstock. This will be a dine and pay on your own event where orders are placed individually. We ask that you register with The Thompson in advance. Call a friend, offer a ride if you can, and enjoy a summer evening with your Thompson friends.

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

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Transportation Coordinator,
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Andrew Geller, Chef,
ageller@thompsonseniorcenter.org

Kitchen Helpers: Lanie Orcutt, Louise
Blakeney, Sally Weglarz, Ed Esmond

Drivers: Tom Morse, Brian McGinty,
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

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

- Thanks to the many participants who, in recognition of Older Americans Month, submitted short written pieces sharing inspiration to Age Well
- A new staff position has been posted for Assistant Director who will also cover Pam's role as she "semi-retires".
- The Collette tour of Ireland has 11 reservations. If interested sign up now as reservations are first come, first serve.
- Alison Clarkson will be visiting for lunch and chat on Friday July 21st, as part of the Community Connections Series
- We are offering an Eat Smart, Move More, Weigh Less program from the University of NC, starting the week of June 19th. This is a 15 week course.
- Interest in another Memoir Class.
- Announced new fall programming: Mystery Trip, Gout Education Event, collaborative programming with the Norman Williams Public Library
- Lots of positive feedback on the Chef's Dinner and of the Center and staff.
- Request to invite the new County Sheriff for a visit

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

Thank You

2023 Sponsors!



like us on facebook

Learn the Latest About Cyber Scams – Do you know what ChatGPT Is?

Presented by OSHER Instructor, Jürgen Ewert

Thursday, July 13, 1:00 PM

Chances are that many of us have not heard of ChatGPT which is an AI (Artificial Intelligence) chatbot that uses natural language processing to create humanlike conversational dialogue. This is yet another creative method by which scammers use to target older adults. Think of the Grandparent scam where scammers phone their potential victims using a voice that sounds like a grandchild in distress. If it sounds scary to you, it is. Frauds aimed at older adults are becoming more creative and fraudsters stay on top of whatever is new whether its zoom, COVID-19 vaccines, online shopping, and much more.

Why are older adults targeted? Because fraudsters and con artists believe this population is more vulnerable and have accumulated more wealth. We *all* need to be aware! In this slide presentation we will learn about the latest scams and how to defend ourselves against cyber-crime.

**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.

FREE Foot Clinic
with Beverly Sinclair, RN
Thursday, July 20, 9 am - 2:30 pm,
Call in advance for appointment

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

My Healthy Vermont offers online self-management workshops

- There are many small steps we can take to improve our health over time.
- Vermont has FREE workshops to help people get started and provide the support they need to keep going.
- Learn how to make practical lifestyle changes with the support of a trained facilitator and a small group of other people looking to make a change too.
- People who complete the workshops say they see big improvements, like eating better, feeling less depressed, and having a better relationship with their doctors.
- To learn about workshops, find a workshop location, and hear stories from other Vermonters visit the My Healthy VT website, MyHealthyVT.org

Approximately 1 in 3 Vermont adults is living with prediabetes—and most don't know it. Are you at risk for prediabetes? Here are some simple steps to take:

- Take MyHealthyVT.org's online quiz to learn if you're at risk for prediabetes. Answer a few simple questions to find out your risk score and what to do next.
- Sign-up for a free, online workshop—there are workshops for people looking to prevent diabetes and those looking to better manage their condition.
- Talk to your health care provider about other steps you can take to reduce your risk of diabetes or better manage the condition.

Visit www.MyHealthyVT.org/MyRisk to get started. **Contact The Thompson if you would like to participate in any of the classes using our equipment and/or internet.**

Approximately
1 in 3 VT adults

is living with prediabetes—
and most don't know
they have it.

Discover prediabetes
and more at
MyHealthyVT.org

MY HEALTHY
VERMONT

PROGRAMS

Pet Visits Resume at The Thompson Tuesdays, July 11 and July 25, 11:30 am



The human-animal bond is a mutually beneficial and dynamic relationship between people and animals that can be beneficial for the health and wellbeing of both. Our Meals for Pets partner, Lucy Mackenzie Humane Society, will be coming by with a shelter pet for bi-monthly visits. Please help us welcome these pets who are looking for their forever homes and share in the joy their visits will bring.

Community Connections with Senator Alison Clarkson Friday, July 21, 1:00 pm

Senator Clarkson will be visiting us and updating us on what's happening at our State House. Bring your questions!



It's Fresh Produce Season!

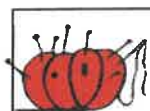
We're excited to announce, *Locally Yours*, a new free program that gives us access to fresh, locally grown produce. There is no income restriction and the program is available to all Thompson patrons.

What is it?

This program helps older Vermonters get locally grown produce, benefitting both senior nutrition needs and our local farms. *Locally Yours* is made possible through congressionally delegated grant funds. Neil and Alice Lamson's Fox Crossing Farm in Pomfret is our *Locally Yours* partner.

How does it work?

It's as easy as stopping at The Thompson on delivery days or letting us know to include produce with your home delivered meals if you receive them. We encourage you to take only as much as you think you can use as it helps share the crops with more people. We anticipate that fresh produce will be delivered mid-week to The Thompson Center beginning in late June and early July. We will share updates when delivery dates are known.



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.

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@thompsonseniorcenter.org.



PROGRAMS

A Virtual Tour of Cascais, Portugal

Tuesday, July 18 , 2:30 PM

Pre-registration is required



We will start our tour near the palace of Condes Castro Guimarães, an astonishing property dating back to 1900, a period when Cascais was the favorite summer destination for Portugal royalty. The heydays of this town did not end with the end of monarchy, as Cascais was very important throughout the 20th century. We will walk along the main road, admiring the House of Santa Maria, the lighthouse and the 17th century fortress that once was key for the defense of the coast of this former fishermen's town.

Prepare to enjoy a view over the bay of Cascais, and understand the importance of its geographical location to its history and its connection to the capital of the country, located only a 30-minute drive away. You will be able to admire the fishing boats, learn what varieties of fish we have here, and why the climate is so mild. As we walk down, we will admire the beautiful houses along the road and arrive to the main square, facing the town hall, where the traditional Portuguese decorated sidewalks will dazzle you. We will end our experience walking in the narrow streets and squares of Cascais, getting a



Eat Smart, Move More, Weigh Less

New series will begin in August. Look for dates.

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.

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 - JULY 2023

Mon	Tue	Wed	Thu	Fri
3	4	5	6	7
9 Benefits Assistance 10 BINGO 10 Ping Pong (at Woodstock Little Theater) 1 Advisory Meeting	CLOSED for Independence Day	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 Flower Arranging Program 12:30 Tech Support 3 Bone Builders	10 BINGO 1 Mahjong
10	11	12	13	14
10 BINGO 10 Ping Pong (at Woodstock Little Theater)	Reflexology 10-12 Introduction to Memoir Writing 11:30 Lucy Mac Pet Visit 1 Mahjong 12 Caregiver Support Group 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 Gentle Yoga 1 Bridge	10 Cribbage 10:30 Walk with Ease 10:30 Strength Stretch Stability 12 Spanish Table 1 Learn about Cyber Scams 3 Bone Builders	10 BINGO 1 Mahjong
17	18	19	20	21
8:30 Newsletter Folding 9 Benefits Assistance 10 BINGO 10 Ping Pong (at Woodstock Little Theater) 6pm Supper Club	9:30 Commodities 10-12 Introduction to Memoir Writing 1 Mahjong 2:30 Virtual Tour of Portugal 3 Bone Builders 4:30 Walk with Ease	8:30 Board Meeting 9:30-12 Tai Chi 10 Ping Pong 10:30 Handwork Circle 12 French Table 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 3 Bone Builders	10 BINGO 1 Mahjong 1 Alison Clarkson Visit
24	25	26	27	28
10 BINGO 10 Ping Pong (at Woodstock Little Theater)	Reflexology 10-12 Introduction to Memoir Writing 11:30 Lucy Mac Pet Visit 1 Mahjong 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	Birthday Day 10 Cribbage 10:30 Walk with Ease 10:30 Strength Stretch Stability 12 Spanish Table 1 Music 3 Bone Builders	10 BINGO 1 Mahjong
31				
9 Benefits Assistance 10 BINGO 10 Ping Pong (at Woodstock Little Theater)				RESERVATIONS REQUIRED FOR ALL PROGRAMS & MEALS

MENU - JULY 2023

Mon	Tue	Wed	Thu	Fri
3	4	5	6	7
Grilled Hamburgers on a Whole Wheat Bun with Lettuce, Tomato, Red Onion and Pickles Cole Slaw Baked Beans, Hot Fudge Sundae, Fresh Fruit	CLOSED for Independence Day	Sweet and Sour Chicken with Pineapple, Sweet Peppers and Red Onion, Steamed Jasmine Rice, Green Salad with Carrots, Radish and Cucumber in a Sesame Dressing, Apple Cake with Whipped Cream	Spaghetti and Meat Sauce with Mushrooms and Fresh Herbs, Mixed Green Salad with Garden Vegetables and Citrus Dressing, Garlic Bread Fresh Fruit	Chicken Salad with Mixed Greens, Carrots, Tomato, Cucumber, Garbanzo Beans, Pickled Red Onion and Beets, Blueberry Cobbler
10	11	12	13	14
New England Style Clam Chowder, Dinner Roll, Garden Salad with Lemon Herb Dressing, Cookie and Fresh Fruit	Roasted Chicken Breast Seasoned with Curry and Lemon, Mango Chutney, Rice Pilaf, Green Beans, Mixed Green Salad, Dinner Roll, Fresh Fruit	Bastille Day Lunch Niçoise Salad with Tuna, Hard Egg, Green Beans, Potatoes, Tomato and Croutons, Lemon Herb Vinaigrette, Vanilla Ice Cream with Blueberries, Raspberries & Whipped Cream	Spinach Ravioli with Chicken, Mushrooms, Fresh Herbs and Parmesan Cheese, Mixed Green Salad with Garden Vegetables. Dinner Roll, Fresh Fruit	Baked Herb Chicken Breast, Rice Pilaf, Mixed Vegetables, Dinner Roll, Chefs Choice Cookies
17	18	19	20	21
Chefs Salad with Mixed Greens, Turkey, Ham, Tomatoes, Cucumber, Cheese and Croutons with Ranch Dressing, Fresh Baked Cookie, Fresh Fruit	Baked BBQ Chicken Leg Quarters, Potato Salad, Red Cabbage Slaw with Apples and Craisins, Pumpkin Pie with Whipped Cream	Enchilada Casserole with Chicken, Jack and Cotija Cheese, Beans and Rice, Garden Salad with Carrots, Sweet Peppers and Beets in a Lime Vinaigrette, Chips and Salsa, Fresh Fruit	Braised Pork Chop with Tomatoes, Garlic and Fresh Herbs, Soft Polenta, Steamed Green Beans, Dinner Roll, Apple Pie	Waldorf Chicken Salad on a Bed of Mixed Greens with Grapes, Walnuts, Celery, Red Onion and Fresh Herbs with a Creamy Dressing, Roll, Fresh Baked Cookies
24	25	26	27	28
Split Pea Soup, Ham and Cheese Wrap (half), Fresh Fruit, Cookie	Chicken Cacciatori with Mushrooms, Onions and Sweet Peppers, Egg Noodles, Mixed Green Salad with Chefs Choice Dressing, Fresh Fruit	Baked Cod with Lemon and Fresh Herbs, Local Vegetables, Saffron Rice Pilaf, Caesar Salad, Lemon Pie	Birthday Day Meat Loaf using Cloudland Farm Beef, Mashed Potatoes, Local Vegetables, Garden Salad, Dinner Roll, Bananas Fosters	Turkey Club Sandwich on Wheat Bread with Bacon, Cheddar Cheese, Lettuce, Tomato and Pickles, Cole Slaw, Fresh Fruit
31				
Southwestern Style Chicken Chili with Tomatoes, Corn, Peppers and Onions, Garden Salad with Ranch Dressing, Dinner Roll, Ice Cream with Fruit Compote		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

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 Summer Tai Chi Classes

Wednesdays in the Thompson Tent

Join Anne Bower and Jane Philpin for Summer 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: <http://www.annebower.studio/>

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.

Living Succulent Arrangements

Flower Arranging with Bethany Ballou, Bodacious Blooms

Thursday, July 6, 1:00 PM

Cost: \$25 per person. Checks payable to Bethany Ballou



With summer's arrival it's time to get our hands in some soil. Please join us to experience a fun demonstration on how to create your very own living art. Using antique and vintage items, you will get to repurpose them into succulent arrangements. Plant and flower arranging is an inspiring way to find joy by watching your creativity bring new life to something old and forgotten. Pre-registration is required by calling The Thompson Center.

Introduction to Memoir Writing

Facilitator: Margaret Edwards

Six Tuesday morning workshops: 10:00 am — 12:00 pm

July 11, 18, 25 and August 1, 8, 15

A Tuesday afternoon session from 1-3pm may be available depending upon interest



This introductory workshop is the “gateway” to all that might follow. People who have taken this course often will keep on writing, working on their own memoirs or on family histories, attending “Memoir Reunion Workshops.” To begin a memoir is not an act of egotism, it’s an act of generosity. Writing it, you will leave behind for family members—and for students of history—an account of your particular era as well as a narrative of your personal life. What lessons you’ve learned, what difficulties you’ve overcome, what people you’ve known who deserve commemoration, and what good fortune you feel you should celebrate—all of this is valuable and interesting. A class gives you the discipline to sit down and actually write, as well as an audience for your output. Fear you can’t get started? This class (and its facilitator) will get you going. Fear you don’t know how to organize all that’s happened? Be aware that starting is the hard part, and continuing is the challenging part, but shaping all that you’ve written—the final chore--will actually prove easy. So come on... *do it! Don’t just think about doing it!*

Margaret Edwards spent 30 years as a professor of English at the University of Vermont. Her specialty was Modern & Contemporary American Poetry. She also taught writing seminars, including one entitled “Expository Writing: the Personal Voice.” On her retirement in 2001, she moved from Burlington to Barnard, Vermont, where she and her husband now live. She found that “The Personal Voice” that had captivated undergraduates was also seductive to people over fifty who wanted to write about their lives. Margaret then began to lead seminars in memoir writing. She was born and brought up in Atlanta, Georgia. She earned her B.A. from Bryn Mawr College, and her M.A. and Ph.D. in English from Stanford University.

Musician Will Wright Returns to The Thompson with Za’atar

Join us for some new music immediately following our July Birthday lunch

Thursday, July 27, 1:00 PM

Za’atar is a trio of Vermont musicians who enjoy playing upbeat music from the Middle East. Craig Macrae plays oud (a fretless lute), Valerie Ritter plays violin, and Will Wright adds the spark on hand percussion.

Craig studied oud with Simon Shaheen and Bassam Saba, and has been affiliated with the New York Arabic Orchestra. For the past 16 years he directed the Contemporary Middle Eastern Music Ensemble at Berklee College of Music. He now teaches guitar at Seven Stars in Sharon. Valerie also studied with Mssr. Shaheen and Saba, and is a certified Suzuki violin instructor. She runs the North Pomfret Suzuki Studio. Will Wright, a multi-instrumentalist, best known for his old-time string band music, learned the basics of Middle Eastern rhythms on the dombek from Vince Delgado of San Rafael, CA. He also studied a variety of frame drum techniques with Todd Roach of Brattleboro, VT.

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.thompsonseniorcenter.org/homeshare/> or call Shari at 802-457-3277.

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.

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 volunteers will take the time to explain this simple process. Call The Thompson at 802-457-3277 to schedule an appointment.



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.

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
 Cabin Acres Farm - hand soaps
 Barbara Darling - greeting cards
 Sandy Hack - pottery for fundraiser
 Janet Maxham - donated postage stamps
 Tom Morse - annual plants
 Tyler Audsley - lawn ready for seed, watering grass and plants
 Carolyn Kimbell - plant and replant flower beds

Medical Equipment:

In memory of Barbara Folk
 Phil & Janie Bell
 In memory of Janet Hughes
 In memory of Bob Pomeroy



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



JULY BIRTHDAYS

IN MEMORY OF

Helen Gardephe Leonard

Nicolas Krafft
 Alexandra Widas
 Mark Osmond
 Anne Herz
 Amanda Kay

Jack Derevensky

Norman & Bertha Boynton

Kay Camp

Rhonda & Dan Bruce
 Ron Willis

John	Gravel	1st	Gerry	Fields	14th	Tara	Melrod	22nd
Nina	Borzekowski	1st	Jennifer	Kirkman	14th	Lyn	Kolb	22nd
Brian	Powell	1st	Jennifer	Brock	14th	William	Barrows	23rd
Doug	Warren	1st	Chris	Prior	14th	Anne	Dean	23rd
Mary	Bourgeois	1st	Gayle	Karow	14th	Anne	Marinello	23rd
Linda	Brown	1st	Rob	Jones	15th	Rosalind	Anderson	23rd
Paul	Highberg	1st	Judith	Topolski	15th	Tina	Clifford	24th
Barbara	Kelley	2nd	John	Sailer	15th	Lloyd	Osmer	25th
Kimberly	Christensen	2nd	Patti	Storey	15th	Nancy	Anderson	25th
Cora	Koop	2nd	Virginia	Kuhnert	15th	Barbara	Simon	25th
John	Gilbert	2nd	Priscilla	Pannell	16th	Margaret	Spencer	25th
Neil	Jillson	3rd	Wendy	Wannop	16th	Lois	Deenihan	25th
Dianne	Bumps	3rd	Janice	Barron	16th	Sally	Kesseli	26th
Mary	Waters	4th	Judy	Williamson	16th	Beth	Patton	26th
Gordon	Worth	5th	Diane	Hibbert	16th	Jacquie	Durkee	27th
Albert	Pristaw	5th	David	Doubleday	18th	Gail	Moore	27th
Joe	Dinatale	5th	Airell	Jenks	18th	Karen	St. Arnaud	27th
Carol	Rauscher	7th	Karen	Purviance	18th	David	Westphalen	27th
Judith	Pierce	7th	William	Hagar	18th	Sara	Stadler	27th
William	Futschik	8th	Edwin	English	19th	Thomas	Watson	28th
Anita	Bonna	8th	Ralph	Ward	19th	Janice	Fleetwood-Bean	28th
Kristen	Warren	8th	Ralph	Corette	19th	Marc	Weinstein	28th
Jennifer	Barnes	9th	Emily	Hood	19th	Wendy	Jenne	29th
Rosemary	Smith	9th	Joanne	Hershey	20th	Karim	Alkadhi	29th
Zaela	Strong	9th	Michael	Mongulla	20th	Nancy	Pike	30th
Norma	Bradley	10th	David	Sleeper	21st	Eliza	Brown	30th
Wayne	Oldenburg	10th	Marcelle	Derevensky	21st	Pam	Butler	31st
Lene	Bennett	11th	Eileen	Wishnia	21st	Carl	Hurd	31st
John	Fabian	11th	Anne	Ladabouche	21st	Bob	Hazen	31st
Susan	Maxham	12th	Ralph	Mavilla	21st	Susan	Robertson	31st
Ray	DeReyna	12th	Fern	Kruse	22nd	Susan	Kelley-Outten	31st
Robert	Griggs, Jr	13th	Holly	Levison	22nd	Kerry	Gleason	31st
Eric	Piper	13th	Joan	Cota	22nd			



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

Trip offerings from The Bugbee Senior Center

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