



The Thompson Times

Your resource to age well

DECEMBER 2023

Happy Holidays from The Thompson



Holiday Bazaar & Cookie Walk **Saturday, December 2, 9am - 1pm**

Please join us for this annual holiday event where you'll find a great selection of unique holiday gifts. We have some fabulous vendors joining us this year selling baked goods, handmade sheep ornaments, unique handmade jewelry, knitted and sewn items, goat soap products, canvas prints, crafts and calendars, maple products, crystals, gemstones and more. Santa will visit and we are bringing back our popular Cookie Walk as an in person event.

Raffle Items:

- Dogs in Sweaters - lap quilt created by Janet Maxham
- Cashmere Gloves - grey with white star by anonymous
- Hooked Ski Pillow by anonymous

Tickets are \$5 each or 6 for \$20. **All proceeds benefit The Thompson Center.**

SOLD OUT - Wait listing only
VSO Holiday Pops
Paramount Theater, Rutland, VT
Sunday, December 10th

Cost: \$90, includes transportation, ticket, and 3-course dinner at the Foundry in Killington, Depart The Thompson at 1:45 pm for a 3:00 pm Matinee, Payment is due upon registration and will confirm your seat.

Holiday Light Display at Joseph Smith Memorial Birthplace
Date to be Determined
(early - mid December)
Depart The Thompson at 4:00 pm
Cost: \$10.00

Our holiday celebrations continue as we plan our visit to Joseph Smith Birthplace Memorial in South Royalton, Vermont for a stunning display of holiday lights, while driving through their campus. A van will be departing The Thompson Center at 4:00 pm. *Seating is limited so please register early!*

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

Culinary Assistants: Lanie Orcutt, Louise
Blakeney, Sally Weglarz, Ed Esmond

Drivers: Tom Morse, Brian McGinty,
Jim Robinson

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

Tri-Valley Transit 802-728-3773

BOARD OF DIRECTORS

Karen Rosene-Montella—*President*
Mary Bourgeois—*Vice President*
Beth Harper—*Treasurer*
Susan Ford—*Secretary*
Keri Cole
Janet English
Rick Fiske
Jon Fullerton
Dolores Gilbert
Greg Greene
Carolyn Kimbell
Lydia Locke
Dan Noble
Thomas Phillips
Sandy von Unwerth
Richard Wacker
Paulette Watson
Dennis Wright

Dick & Bonnie Atwood-
Advisory



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, if possible. This is a great time to remind everyone to register, so that you'll get a call from us. Also please note that we use our automated call system, the call comes from a Belmont, MA (617) number but will be Deanna Jones' voice on the recording.

ADVISORY MEETING HIGHLIGHTS

- Reported on Annual Meeting. Three new Board members and nine new Council members were voted in. Council members are ambassadors for the Thompson and voting members at the Annual Meeting. If interested in becoming a Council member, contact Deanna.
- Paula was recognized for 20 years of service.
- The first draft of the State Plan on Aging is now available for public comment.
- Morgan reported on upcoming trips and programs.
- Participant comments include: beneficial use of Medicare counseling services at the Center, new OSHER programs coming in January, Successful Warrens trip.

Please join our next meeting on December 4 at 1:00 pm. All patrons and volunteers are invited to attend. Your feedback is needed & appreciated!

Thank You 2023 Sponsors!



EVENTS & PROGRAMS

- Rescheduled from October -

Your Options, Your Autonomy

End-of-Life Options including Medical Aid in Dying under Vermont's Act 39

Presented by Audrey Winograd, JD, MSW, Program Manager, Patient Choices

Vermont, Medical Social Worker and Psychotherapist

Monday, December 4, 10:30 am - 11:45 am

Virtual viewing available at The Thompson and at home

Audrey Winograd will lead an open discussion about end-of-life decision making including medical aid in dying under Vermont's Act 39. This is an opportunity to learn, ask questions, and share stories. These conversations are life affirming and empowering. People often discuss their experiences with the dying process of loved ones and express their desires for what they would or would not like when they consider their end-of-life choices. Topics will include medical aid in dying, who qualifies, and how it works, as well as the role of hospice and palliative care. Audrey will discuss how to talk with your doctor and recent legislative updates to Act 39. A guest speaker, whose mom used medical aid in dying will hopefully join us to share her family's story.



Holiday Dinner followed by Yankee Swap

Thursday, December 14, 12:00 & 1:00 pm

Please call early to register. Seating is limited.



Our holiday dinner menu includes: Baked Ham with Pineapple Sauce, Mashed Potato and Gravy, Green Bean Casserole, Roll, Pineapple Bread Pudding.

Immediately following our noon meal, let's continue our holiday fun with our annual Yankee Swap. Please bring a new or gently used, wrapped item to add to our collection of gifts.

All are welcome, the more the merrier!

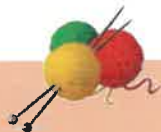
Birthday Music with the Panhandlers

Thursday, December 28, 1:00 pm



Immediately following our noon birthday meal we welcome The Panhandlers, Vermont's largest steel drum band, back to The Thompson for their 5th holiday performance with us. Hope you can stay for this toe tapping and joyfully interactive performance.

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.

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 an ornament placed on the tree with the name on it of someone they are remembering during the holidays.

Benefits Assistance Hours At The Thompson Dec 4 & 18, 9:30-12:30pm, by appointment

- VPharm (prescription drug applications)
- 3Squares (money for food program)
- Fuel assistance
- Green Mt Power discount

Individual assistance is available at The Thompson by appointment with Senior Solutions Benefits Counselor, Liz Carey. Call for your appointment.



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. Call the Thompson for more information and to sign up for a free access code.

Spaces fill up fast! Contact Morgan for details and availability



Reflexology

With Certified Reflexologist, Deb Neuhof
Tuesday, December 12
\$35 for 30 or \$65 for 60 minutes

Experience Reflexology techniques and benefits to de-stress and promote a balanced, holistic well being.

Please wear loose fitting clothing and arrive a few minutes early to complete a health & disclaimer form.



FREE Foot Clinic with Beverly Sinclair, RN
Thursday, Dec. 21 or Thursday, Jan. 18
Call in advance for appointment

Beverly Sinclair has been a practicing registered nurse for 22 years with extensive experience as a staff nurse and in nurse management. She has been providing local foot care service for older Vermonters for the past 8 years.

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

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. 802-457-3277



Marching Together Along the Path of the American Revolution: Boston National Historic Park, Dec. 5, 2:00 pm

The earliest Native Americans adapted this landscape for their survival. They lived on the harbor's islands and peninsulas for protection. When interactions with Europeans began in the 1500s, the people of this place were called the Massachuset. By the early 1600s, English colonists chose to settle this harbor for many of the same advantages. The beginning of this settlement marks the beginning of Boston's written history. Throughout the next four centuries, the story of Boston has been one of revolution: Stories of dramatic change, intense conflict, painful exploitation, but also empowering pursuits of freedom. Join us as we march



An American Life: Clara Barton: Clara Barton National Historic Site Dec 12, 2:00 pm

How did a shy girl born on a New England farm in 1821 break through the barriers that so often confined women to the domestic sphere? How did she go on to have a 60 year career of public service that touched people all over the world through the founding of the American Red Cross? Clara Barton dedicated her life and energies to help others in times of need - both home and abroad, in peacetime as well as during military emergencies. Glen Echo was her home the last 15 years of her life and the structure illustrates her dedication and concern for those less fortunate than herself. Join us as we learn more about this incredible woman.



Maple Sugar Time! Indiana Dunes National Historic Park Dec. 19, 2:00 pm

Who doesn't love real maple syrup? This truly North American product has a fascinating and rich past from pre-contact tools and methods to modern-day techniques. Join us as a park ranger takes us on the farm trail to explain how Native Americans first boiled maple sap into sugar and how early settlers used large iron kettles to make syrup.



The Roosevelt Story Holiday Edition Dec. 21, 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!

PROGRAM CALENDAR - DECEMBER 2023

Mon	Tue	Wed	Thu	Fri
				1
RESERVATIONS REQUIRED FOR ALL PROGRAMS & MEALS				9am Breakfast Day Center closed for Holiday Bazaar Set-up
4	5	6	7	8
9-3 Medicare Appointments 9:30-12:30 Benefits Assistance Appts 10 BINGO 10:30 Your options Your Autonomy 1 Advisory Meeting	1 Mahjong 2 SLN: Boston National Historic Park 3 Bone Builders	9:30-12 Tai Chi 10:30 Handwork Circle 12 French Table 1 Gentle Yoga 1 Bridge 1:30 Art with Finnie	10 Cribbage 12:30 Tech Support 1-3 Writing Program 3 Bone Builders	10 Bingo 1 Mahjong
11	12	13	14	15
10 BINGO	Reflexology Appts 12 Caregiver Support Group 1 Mahjong 2 SLN: Clara Barton National Historic Park 3 Bone Builders	9:30-12 Tai Chi 10 Veggie VanGo 10:30 Handwork Circle 12 French Table 1 Gentle Yoga 1 Bridge	10 Cribbage 12 Holiday Dinner 1 Yankee Swap 1-3 Writing Program 3 Bone Builders	10 BINGO 1 Mahjong
18	19	20	21	22
8:30 Newsletter Folding 9:30-12:30 Benefits Assistance Appts 10 BINGO	9:30 Commodities 1 Mahjong 2 SLN: Indiana Dunes National Historic Park 3 Bone Builders	8:30 Board Meeting 9:30-12 Tai Chi 10:30 Handwork Circle 12 French Table 1 Gentle Yoga 1 Bridge	8:30-3 Foot Clinic 10 Cribbage 12:30 Tech Support 1-3 Writing Program 2 SLN: Christmas at the Roosevelt White House 3 Bone Builders	10 BINGO 1 Mahjong
25	26	27	28	29
CLOSED	CLOSED	10:30 Handwork Circle 12 French Table 1 Gentle Yoga 1 Bridge	10 Cribbage 12 Birthday Lunch 1 Music with the Panhandlers 3 Bone Builders	10 BINGO 1 Mahjong

MENU - DECEMBER 2023

Mon	Tue	Wed	Thu	Fri
				1
<p>*menu subject to change based upon product availability*</p> <p>*Please make requests for substitutions 24 hours in advance.</p>	<p>Suggested donation for guests ages 60 and over is \$7</p> <p>For guests under age 60, the meal price is \$12</p> <p>2% milk, juice, coffee, tea with all meals</p>	<p>RESERVATIONS REQUIRED FOR ALL MEALS BY 10:30 am</p> <p>*menu subject to change based upon product availability*</p>		<p>9am Breakfast Day Scrambled Eggs, Home Fries with Peppers and Onions, Vermont Sausage Links, English Muffin, Fresh Fruit</p> <p>NO LUNCH SERVED</p>
4	5	6	7	8
Linguini with Chicken, Peas, Sweet Peppers, Broccoli and Alfredo Style Sauce, Garden Salad with Mixed Vegetables, Dinner Roll, Fresh Fruit	French Onion Soup, Garden Salad with Chicken and Fresh Vegetables, Dinner Roll, Rice Pudding with Craisins and Maple Syrup	Enchilada Casserole with Ground Beef, Jack Cheese in a Mild Red Sauce, Rice and Refried Beans, Sour Cream, Salsa Fresca, Fresh Fruit	Pork Cutlets with Sun-Dried Tomato Sauce with Fresh Basil, Steamed Cauliflower, Rice Pilaf, Apple Crumble Cake	Cheese Burgers on Whole Wheat Bun with Lettuce, Tomato, Pickles, and Onions, House Spread, Baked French Fries, Cole Slaw, Pumpkin Bars, Fresh Fruit
11	12	13	14	15
Hearty Minestrone Soup with Vegetables, Orzo, Chicken and Spinach, Dinner Roll, Cottage Cheese, Fresh Fruit	Stuffed Peppers with Ground Turkey, Winter Squash, Kale and Rice, Caesar Salad, Dinner Roll, Apple Crisp with Whipped Cream	Sweet and Sour Chicken with Bell Peppers and Red Onions, Steamed Brown Rice, Garden Salad with Sesame Dressing, Coconut Chocolate Chip Cookies	Holiday Dinner Baked Ham with Pineapple Sauce, Mashed Potato and Gravy, Green Bean Casserole, Dinner Roll, Pineapple bread Pudding	Baked Chicken Breast with Fresh Herbs and Lemon, Roasted Red Potatoes, Garden Salad, Ice Cream with Blueberry Compote
18	19	20	21	22
Tuna Salad Sandwich on Whole Wheat Bread with Lettuce, Tomato and Pickles, Broccoli Brunch Salad with Craisins and Almonds, Parfait with Fresh Fruit and Granola	Pasta Casserole with Shaved Beef, Peppers, Onions and Spinach, Tossed Mixed Green Salad with Fresh Vegetables, Whole Grain Roll, Fresh Fruit	Cider Glazed Chicken Thighs, Butternut Squash, Apples and Kale, Power Greens Salad with Almonds and Craisins, Whole Grain Roll, Mixed Fruit Crisp	Eggplant Parmesan with Chicken, Basil Pesto, Kale, Marinara Sauce, Mozzarella, Cheese, Garden Salad Dinner Roll, Ice Cream Fresh Fruit	Beef Ravioli with White Sauce, Garlic Rolls, Tossed Garden Salad, Cookie, Fresh Fruit
25	26	27	28	29
CLOSED	CLOSED	Beef Barley Soup with Mixed Vegetables, Garden Salad with Fresh Vegetables, Dinner Roll, Fruit Salad	Birthday Day Salisbury Steak with Mushroom Gravy and Pearl Onions, Roasted Potatoes, Steamed Cauliflower, Dinner Roll, Birthday Cake and Ice Cream	Chicken Salad Sandwich on Whole Wheat Bread with Craisins, Celery, Red Onion Topped with Lettuce and Tomato, Pasta Salad with Carrots and Cucumbers, Fresh Fruit, Cookie

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.

The Ping Pong Place at the Little Theater

Mondays and Wednesdays, Drop in Play, 10:00 am – 11:30 am, All are welcome!

We have two tables now. Come and try your hand at singles or doubles!

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

In person classes will resume through December 20th. All classes will be offered virtually only January, February, and March 2024.

The Wed. 9:30-10:30 beginners' class will incorporate Seated Tai Chi at every class. Doing tai chi in a chair turns out to have amazing power for stress reduction, and it improves posture and stability as well. We will also do standing form where working the balance becomes more important.

The class for those with experience in tai chi, Wed. 10:40-11:40, will continue reviewing Sun 73 Forms and welcomes new learners to join them. This group will also play with Yang 24 Forms, very gradually adding movements, but taking their time to get comfortable with the Yang style.

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.



Art With Finnie from ArtisTree Macrame Wreath Ornaments Wednesday, December 6 , 1:30 pm

Rewind to the 70's! Dust off those knot-tying skills as we create fun and festive macrame wreaths. Register in advance.

Beginner Bridge every Wednesday at 1:00 pm

Learn the game or improve your skills in a low intensity, friendly setting. Everyone welcome!
Coached by Bill Boardman, bridge teacher for decades.

The Art of Compelling Storytelling Thursday, December 7, 14, 21, 1-3pm



Narrative non-fiction uses not only the tricks of fiction writing, but all of our senses, to create compelling, fact driven stories using detail, dialogue, scene setting and character building. Whether your interest is becoming a better storyteller for family and friends, or getting published, this course is for you. And an added benefit? By sharing stories and experiences with the class, you'll get to know people on a deeper level and make new friends.

Robin Gaby Fisher is a New York Times bestselling author and former director of the journalism program at Rutgers University. She shares a Pulitzer Prize and has been a finalist for the Pulitzer Prize in Feature Writing twice. The paperback version of her latest bestseller, Unmasked, debuts this fall. She lives in Woodstock with her husband, Loren, and their Bernese Mountain Dog, Pudge.



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

We're excited to announce that we will be able to offer four, affordable, educational programs a year hosted through Osher Lifelong Learning Institute at Dartmouth. Please inquire with Morgan if you have any questions. Our first program will be offered in January 2024.

RESOURCES

Homesharing is working in our Community!

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

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 by appointment by calling The Thompson Center.

Local Flu Shots

The **Ottauquechee Health Center** offers flu shots by appointment:
Every Wednesday, 8:30 am – 11:30 am
Saturday 12/16, 8:30 – 12 noon
Call (802) 457-3030 option 2 to schedule. You do not need to be a patient. High dose shots available.

The HUB is here to help!

The HUB is committed to ensuring everyone in our community is safe and cared for. If you've had a setback or change in circumstances that makes it difficult to pay your bills and live in Barnard, Bridgewater, Killington, Plymouth, Pomfret, Reading or Woodstock, we're here to help!

For ways to contact the HUB, apply online at <https://apply.thehubneighbors.org/form>, call 802-457-7214, email: apply@thehubneighbors.org, or pick up an application outside the Ottauquechee Health Foundation office at Simmons House, 30 Pleasant Street, Woodstock.

The HUB is a Project of Woodstock Community Trust, a non profit 501c3 organization.



Caregiver Support Group Continues with Carla and Co-facilitator Anne Marinello

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 complimentary 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

Tom & Tracy Phillips - Apples
 Donna & John Atwood - Orchids
 Sharon Beauregard - Medical Equipment
 Joyce Hurd - Flowers
 Joyce Putnam - Gourds & Pumpkins
 Gordon Worth - Medical Equipment
 In Memory of Wayne Wilson - Medical Equipment
 Hartland Foodshelf - Ginger
 Chris Cassidy - Halloween Candy
 Carol Towne – greeting cards



*From your friends at
The Thompson*

IN MEMORY OF

Barbara Scully
 Edwin English
 Jeffrey & Audrey Bridge
 Roger Scully
 Barbara Storms & Richard Russo

Janet Maxham
 Doris Dean

Joyce Phillips
 Mary Oldenburg & Phillip Wilkerson

Wayne Wilson
 Barbara Otranto
 Peter & Charlet Davenport
 Norman Youknot
 Richard & Bonnie Sargent
 The Wilson Family
 Suzanne Rogers
 Louise Schwebel



DECEMBER BIRTHDAYS

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



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

┌

┐

└

┘



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.

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.

Thank You to Our Transportation Sponsors & Grants



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

like us on facebook