



The Thompson

Your resource to age well



ANNUAL REPORT 2023

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Ed Esmond, Back-up Chef
Lanie Orcutt, Sally Weglarz, Louise Blakeney, John Saggese, Culinary Assistants

Brian McGinty, Driver
Tom Morse, Driver
Carl Hurd & Jim Robinson, Back-up Drivers

A message from our President and Executive Director

What an awesome phase of growth we are in! Each month new faces come through our doors for many different reasons: for medical equipment after surgery, help with insurance or taxes, a referral for a caregiver, something fun to do, or they've heard about our delicious meals. It is rewarding and it keeps things interesting to be the go-to place for aging well in our area.

A few highlights of the year include expanding our Aging at Home support program by offering handyman services for small odd jobs, successfully completing our Homeshare pilot project, partnering with HomeShare Vermont to continue to grow that program, and expanding our staff by adding an assistant director position. Our team's response to the area flooding in July was recognized by Governor Scott. Work was completed on Phase 1 of our building expansion project and preparation continues for the next phases.

With the anticipated growth of our older population expected to more than double in the 70 – 85 age group over the next 10 years, it is more important than ever to be successful and creative in supporting our community members to age well. We hope that as you read this report you will note the generosity of many who believe in our purpose and support The Thompson's mission of helping us grow and evolve to meet our community's current and future needs. What an exciting time in the history of the Thompson!

Thank you to our donors, staff, volunteers, to our board of directors, and to our communities for ensuring that The Thompson remains a vibrant resource for all of us.

Steve Selbo, *President, Board of Directors*
Deanna Jones, *Executive Director*



Steve Selbo



Deanna Jones

Our Community Counts on The Thompson

Nutrition

22,115

Total Meals



12,461 Home-Delivered Meals on Wheels

8,905 In-house dining room meals

749 Scotland House Adult Day meals

Homeshare

4

Matches Made



Our Homeshare pilot year was a success!

Transportation

1,612

Rides



Rides provided to and from The Thompson, medical appointments, local rides for shopping, errands, and more

Programs

Wellness classes, workshops, tax appointments, foot clinic, memoir classes, caregiver support, balance screenings, card games, music, insurance counseling, social events, & more!



28,833

check-ins

by

1,696

individuals

Aging at Home



Thousands of calls for caregiver and housekeeping referrals, legal or financial planning, home repairs, homesharing, medical equipment, flood assistance, vaccines, and other aging at home questions



85

Handy man hours on 42 projects



300+

Veggie Van Go and other grocery & fresh produce deliveries



360+

Pieces of Medical Equipment distributed

Program Highlights



It was a fun year with lots of programs, trips, and classes to enrich our lives. We loved all the ways we connected with our community over the year, but here are a few extra special ones:

- ♥ Many local friends brought classic cars to give rides and deliver Meals on Wheels.
- ♥ Our holiday and annual events were festive and fun. We enjoyed the Yankee Swap, Thanksgiving and Christmas holiday meals, holiday gift baskets, St. Patrick's Day lunch, Oktoberfest, Older Americans Month, Veterans Day, the Senior Center Month BBQ, and more!
- ♥ We stayed fit with Bone Builders, Tai Chi, Strength & Stretch, Yoga, Eat Smart, Move More, Weigh Less, and the Walk with Ease group with virtual and in-person options for some classes. We stayed creative with ArtistTree creative art projects.
- ♥ Hundreds benefitted from the help of the AARP Tax-Aid volunteers, foot care clinics, the flu shot clinic with VNH, and the Covid vaccination booster clinic.
- ♥ We enjoyed author talks, memoir and writing workshops, musical performances, and trips including fun Supper Club meet-ups, trips to tour our state capitol building in Montpelier, the railway biking in Concord, NH, a holiday lights tour, and Vermont Symphony.
- ♥ *Community Connections* chats with our Woodstock police chief, our county sheriff, State Senator Alison Clarkson, our school district superintendent and other community leaders kept us engaged.



Photos (starting at the top): Cruising at The Thompson, Calvin Coolidge portrayed by Tracy Messer, The Seven Stars recorder ensemble on World Music Day, Railtrail biking trip, Chief Robbie Blish joins us for *Community Connections* chat

Program Highlights

- ♥ Delicious daily lunches nourished our bodies and brought joy to our days.
- ♥ A congressionally-delegated grant sponsored by Senator Bernie Sanders brought us new evidence-based health and wellness programs, free foot clinics, and free produce through the *Locally Yours* partnership with Fox Crossing Farms in Pomfret.
- ♥ Widespread flooding in Vermont proved challenging for many of our participants and for The Thompson. While our building was safe, we had to move our kitchen operations to Saskadena 6 ski area to prepare essential meals until safe water was restored.



Photos: Delicious lunch by Chef Andrew, Locally Yours produce set up, Woodstock Farmers Market food bags after the flood, Culinary team members Lanie Orcutt, Louise Blakeney, Chef Andrew Geller



Building Renovations Begin

Our building renovation project has begun! Phase 1 was opening the sealed off farmhouse door in the dining room and installing steps to our front yard picnic table area.

The next phases will be an expansion of the kitchen and dining room and renovated program space in order to meet the growing needs of the population we serve. Ground breaking for Phase 2 is planned for Spring 2024.



BUILDING OUR FUTURE TOGETHER



The Thompson
Your resource to age well

Full plans are available on our website or at The Thompson.

Please see Executive Director Deanna Jones if you would like to help with a gift to our capital campaign.

Age Well with The Thompson

Our Mission

The Thompson helps older adults 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.

One Number to Call

One number to call for any need — Thompson staff are happy to help with any question, from shower chairs to Medicare and everything in between. We're here for a friendly chat or a check-in call, too.



Vetted Service Providers

We partner with a wide variety of businesses and individuals to bring you any service you need to AGE WELL at HOME!

We check references and only suggest businesses or individuals who have happily agreed to be an Aging at Home service provider.

Age Well Education and Outreach

Educational talks are presented on topics ranging from legal planning, fall prevention, the Smart Driver safety course, nutrition and cooking, downsizing, hospital to home transitions, advance directives, and more. Our Age Well e-newsletter is published every other month and provides readers with information on ways to age well at home and in their community through current and reliable information on health, lifestyle, diet and resources.

Homeshare

Homesharing is a simple idea: two or more people share a home for mutual benefit. One person offers a private bedroom and shared common space in their home in exchange for rent, help around the home or a combination of the two. After conducting background and reference checks, trained Thompson staff will work to find the most compatible match possible based on mutual interests, needs, and lifestyle. There are no age or income restrictions to be eligible for the program.



Our homeshare pilot project was funded in part by a grant from the Woodstock Economic Development Commission. As of October 1, 2023, we are operating as a satellite office of HomeShare Vermont. We look forward to enhancing and growing our homeshare services.

Volunteer Spotlight

More than 250 volunteers gave over than 5,400 hours last year!

The enthusiasm, dedication, and joyful spirit of our volunteers are the heartbeat of The Thompson.

Volunteers give their time in these critical roles:

Board Member
Committee Work (Holiday Bazaar, Auction,
Aging at Home, Strategic Planning)

Driver

Guest Speaker

Handyman

Kitchen Help

Library Volunteer

Meals on Wheels Driver

Musicians

Newsletter Folder

Office Helper

Program Facilitator

Receptionist

Table Setting

Tax Assistance

Wait Staff

Yard Work



Photos (from top left): John Gravel works with newsletter folders, Edwin English, Richard Wacker & Linda Maxham at Volunteer Banquet, Ron Jaynes and Norm Frates, auctioneers at the Gala, Board Members and volunteers, Dolores Gilbert & Paulette Watson at Volunteer Banquet, Meals on Wheels driver meeting, Bev Audsley & Cindy Hewitt at Holiday Bazaar, Rodney Croft and others from the Ora E Paul American Legion Post volunteer for Thanksgiving dinner, Santa & Mrs. Claus at the Holiday Bazaar

Annual Appeal Donors 2022 - 2023

Friend: up to \$99

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& Richard Kozlowski
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Sponsor: \$100 - \$499

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Susan Kendall Armstrong
& Robert Armstrong
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Norma Flanders
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\$500 - \$999

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Benefactor:

\$1,000 plus

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 Jarrod Polseno
 Mavis Shaw
 Anne & Charles Sincerbeaux
 Nancy & Fred Sperling
 Lois Watson
 Thomas Weschler
 & Mary Hawkins
 Tuesday & Dennis Wright

We are so grateful to
 all of our donors.
 Please let us know
 if you spot an error.



Thank You

Photos: (Bottom) Lois Watson & Joan Oppenheimer at the Chef's Dinner, Carolyn & Charlie Kimbell & Jaimie Ziobro & Lydia Locke at the Winter Gala **(Side, top to bottom)** Edwin English & Barbara Kelley, Pam Butler, Susan Ford, & Paulette Watson March for Meals, Ginny Wise, Carl Hurd, Dick Wacker & Joyce Hurd at the Winter Gala



Special Fundraising



Photos: Winter Gala - Honoré & Bob Hager, Barbara Kelley, Cathy Emmons & Dolores Gilbert, Paula Audsley & Deanna Jones, Tina Fletcher & Beth Harper, Liza Deignan, David & Betty Anne McGuire, Clay Reed, Brenda Blake-man, Carol Tebo **Top row center-** Garden Party, March for Meals Thank you Walk, Margaret Edwards & David Green at the Chef's Dinner **Right side/Holiday Bazaar** - Santa & Mrs. Claus, Jen Kirkman's soap booth & shoppers

Thank you to all who donated or participated in our 2023 fundraising events to support the operations of the Thompson. We are thankful for a successful Winter Gala, March for Meals events, Holiday Bazaar, special Chef's Dinner, and a Gallery in the Garden party.

Save the Date for our Winter Gala & Auction at the Woodstock Inn on January 28, 2024.

Thank You Meals on Wheels Donors



Round-up Campaign



- Anonymous
- Barbara Butler
- Bethany Mennonite Church
- Nancy & Fred Doton
- Gwen Groff
- King's Daughters & Sons
- Leonie Luterman
- Mary Hitchcock Memorial
- Katherine & James McHugh
- Nancy & Lawrence Morrison
- Lisa Papazian
- Juliette Pierce
- Prosper Homemakers Club
- Kiera Saggese
- Joyce & Norman Spector
- Wendy & John Wannop



The Thompson
Your resource to age well



Council Members

Diane Atwood
Richard & Bonnie Atwood
Beverly Audsley
Peter Behr
Daniel Bellmore
& Elizabeth Deignan
Jireh Billings
Dave Bollinger
Ray & Mary Bourgeois
Nan Bourne
Richard & Linda Brackett
Anne Brodrick
Phillip & Mary Lee Camp
William Chorske
Ginny Christy
Toby Clyde
Marvin & Janet Cole
Gretchen Cole
Susan Copeland
Robert & Mary Costella
Melissa Cunningham
William & Barbara Dagger
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Will & Corinna Dodson
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Rev. Leon Dunkley
Ginny Eames
Kathleen Eiselein
Bill & Cathy Emmons
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Edwin English
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Polly Foley
Ted & Linda Fondulas
Ben Ford & Keri Cole
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Dolores Gilbert
Nelson & Joyce Gilman
Sandy & Karen Gilmour
Peter Goulazian
Bruce & Patricia Gould
Lisa Gramling
Joy Gray
David Green & Margaret Edwards
Judi & Greg Greene
Eleanor Grice
Robert & Honoré Hager
Cliff & Beth Harper

James & Loie Havill
Thomas & Diana Hayes
Anne Herz
Cynthia Hewitt
Patsy Highberg
Karl Huck
Kermit & Barbara Hummel
Frederick Hunt & Mary MacVey
Carl & Joyce Hurd
Ronald & Pamela Jaynes
Don Jones & Annie Smith-Jones
Margaret Kannenstine
Margaret Kasden
Barbara Kelley
Carl & Sally Kesseli
Jeannie Killam
Carolyn Kimbell
Mark Knott & Rachel Hochman
Marian Koetsier
Joan Lang
Macy Lawrence
Martha Leonard
Wayne & Barbara Leonard
Holly Levison
Susan R. Lewis
Lydia Locke
Roger Logan
L C & Robin Lombard
Judy Mahood
Oliver & Tita Manice
Laurie Marshall
Linda Maxham
David McGuire
James McHugh
Mark Montella
& Karen Rosene-Montella
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John & Wendy Wannop
Lois Watson
Thomas & Paulette Watson
Katherine Webster
Kelly Welsh
Thomas Weschler & Mary Hawkins
Chester Williamson
Charles & Elizabeth Wilson
Michael Zsoldos & Elizabeth Reaves



Treasurer's Report Fiscal Year 2022 - 2023

<u>OPERATING INCOME</u>	Fiscal Years Ending				
	9/30/2019	9/30/2020*	9/30/2021*	9/30/2022	9/30/2023
Transportation Donations	\$ 11,358	\$ 6,927	\$ 4,124	\$ 4,717	\$ 4,497
Meal Donations	57,573	56,487	50,836	81,941	89,784
Fundraisers & Donations	212,675	271,477	223,626	252,284	296,182
Senior Solutions (OAA funding)	87,554	102,524	91,416	124,738	98,224
Grants	48,585	63,703	181,822	43,488	99,179
Town Funding	58,390	63,490	67,800	64,800	64,800
Program Income	23,393	8,616	5,454	5,281	16,417
Rental Income	2,410	1,770	540	1,780	2,990
Memorial Donations	6,865	6,260	23,930	7,418	15,071
Other Income	8,350	493	0	0	0
Building Improvement Donations	12,400	14,700	0	0	0
Total Operating Income	\$ 529,553	\$ 596,445	\$ 649,548	\$ 586,446	\$ 687,143
<u>OPERATING EXPENSES</u>					
Fundraising Expense	\$ 25,673	\$ 25,244	\$ 7,051	\$ 9,302	\$ 32,402
Insurance - General	6,991	7,654	8,033	9,730	9,187
Occupancy	51,517	53,086	51,766	62,024	85,129
Personnel-Wages, Insurance, Taxes	332,396	322,341	341,203	380,484	424,665
Food & Kitchen Expense	87,692	99,964	95,123	118,121	105,131
Programs & Trips	30,195	13,518	9,666	9,779	30,987
Vehicle Expense	18,423	14,394	10,881	9,045	8,671
Administrative Costs	49,541	43,871	51,630	48,976	44,265
Total Operating Expenses	\$ 602,428	\$ 580,072	\$ 575,352	\$ 647,462	\$ 740,438
NET OPERATING INCOME (LOSS)	\$ (72,874)	\$ 16,373	\$ 74,196	\$ (61,015)	\$ (53,295)
Capital Expenditures	(18,277)	(33,954)	(33,361)	-	-
NET INCOME (LOSS)	\$ (91,151)	\$ (17,581)	\$ 40,835	\$ (61,015)	\$ (53,295)

*Stated as of October 1, 2023. Subject to independent accountant financial review and year end adjustments.
Reports available upon request. *FY20 & FY21 include Covid related expenses/fundraising.
Payroll Protection Loan (PPP) forgiven in FY21 Grants*

Invested Funds						
Fiscal Year End	9/30/2019	9/30/2020	9/30/2021	9/30/2022	9/30/2023	Total
Beginning Balance	\$1,134,614	\$1,210,614	\$1,299,975	\$1,716,435	\$2,214,382	
Gains (appreciation)	36,000	104,361	286,460	-316,756	306,651	416,716
Gifts to Invested Funds/ Building Campaign	100,000		130,000	759,703	288,896	
Balance	1,270,613	1,314,975	1,716,435	2,159,382	2,809,929	
Withdrawals for Operations or Capital	60,000	15,000	0	55,000	60,000	190,000
Ending Balance	\$1,210,614	\$1,299,975	\$1,716,435	\$2,214,382	\$2,749,929	

A message from our Treasurer

I am pleased to report that The Thompson remains financially robust in an ever-challenging environment. Thank you to all those who help: individual patrons, region wide businesses, volunteers and town government.

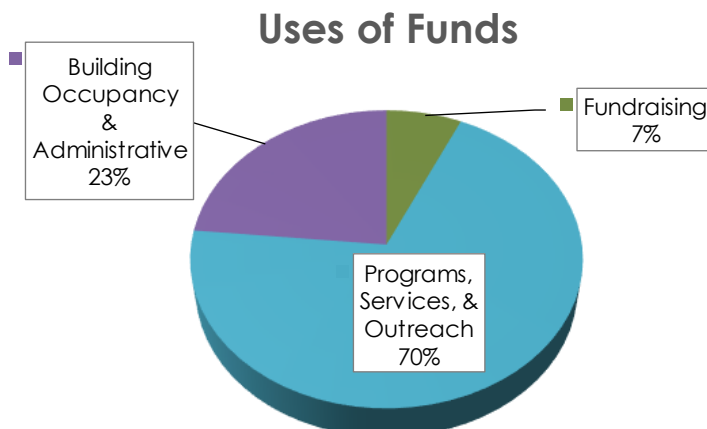
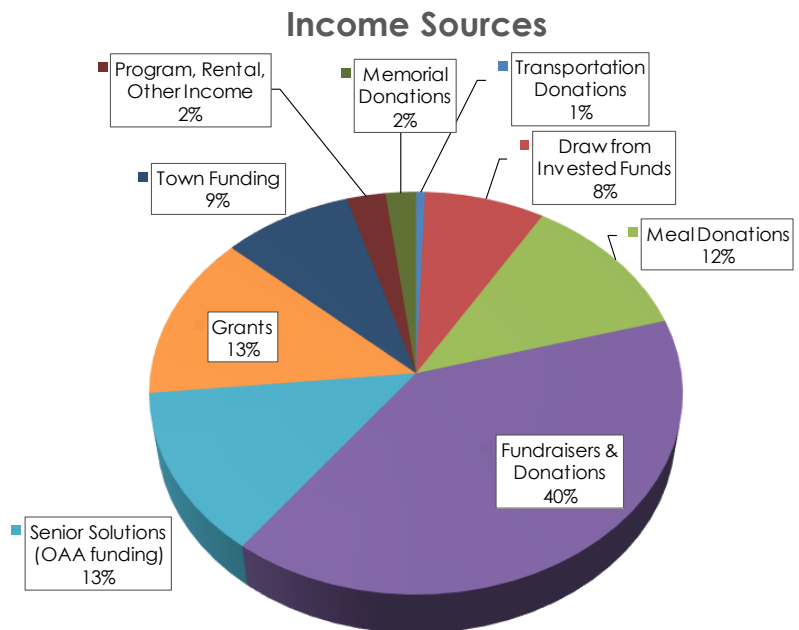
Revenue rose to \$678,000 with more than half coming from local donations. Expenses climbed to \$740,000 as congregate in-house dining, Meals on Wheels, Aging at home, exercise, health, advocacy and educational programs thrived in a mostly post-Covid world and our building and equipment needed maintenance and repairs.

The Thompson maintains a long-term policy of prudently using a portion of invested funds to increase and supplement programming costs. Those invested funds continued to grow through generous donations, strong management and a stable economy. They will provide a vibrant resource and strong foundation to help fund our expansion plans.

The Thompson is a wonderful place with sharp minded, big-hearted staff committed to making our community a better place to live and age. We are grateful.

Thank you all for generously supporting the mission.

Respectfully, David McGuire, Treasurer, for the Board of Directors



Legacy Gifts



Christopher Lloyd



Beatrice Robinson



Barrie Thacher

We are so grateful to these dear friends for supporting the Thompson during their lifetime and for leaving legacy gifts that will help to support the mission of The Thompson in the future.

Memorial Gifts

In Memory of Mary Fox Church

Daniel Pitiger
Catherine Howland
Bo & Randi Harron
Mary Estabrook
Carol Merrill
Catherine Wood
Nancy Bassett
Debbie & Chester Marcus
James & Phyllis Bulmer
Anne Ayres
Sara & Allan Stadler
Shari Borzekowski
Nancy Pike

In Memory of Kay Camp

Robert & Honoré Hager
James & Susan Ford
Gerald & Arleta Fredrickson
Barbara Kelley
Joan Lang
Joyce Phillips
Margarete Pierce
Allen & Gail Dougherty
Alden & Mary Fiertz
Gordon Worth
Rhonda White

In Memory of Kay Camp

John Wiegand
Carla J. Kamel
Frank & Elaine Leibly
Katharine & Paul Camp
Gail Carr
Agnes & Rufus Lamere
Bradford & Kenneth Hart
Debbie & Andy Zlotnick
OKFDA
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Ruth & Robert Ferns
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Association, Inc.
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Susan Frost
Norman & Bertha Boynton
Roy & Joanne Bates
Nancy & Nelson Bebo

In Memory of Kay Camp

Richard & Bonnie Atwood
Barry Mangan
Linda Maxham
Mimi Baird
Stephen & Joan Tarleton
Betty Putnam
Dale & Jane Spooner
Grace Staples
Susan Ditto
Ron Willis
Catherine Wood
Kedric & Catherine Harriman
Mary Keith
Sally Garmon
Lawrence & Nancy Morrison
Dwight Camp
Phillip & Mary Lee Camp
Eleanor Grice
Bruce & Patricia Gould
M&T Bank Radnor PA
Allen & Sally Hall
Nancy Axon
Jeffrey Knight
Eric Revene
Scott & Susan Butler
Mary Camp
Carol Nettleship

Memorial Gifts

In Memory of Aldona Krantz

Carla J. Kamel

In Memory of Barbara Scully

Anne Herz
Sally Garmon
Gloria Hanchett-Dean
Richard & Bonnie Sargent

In Memory of Bea Robinson

Bruce & Patricia Gould
Stephen & Joan Tarleton
Rhonda & Dan Bruce

In Memory of Charlie Magwire

Paula Audsley
Shari Borzekowski
Carla J. Kamel

In Memory of David Smith

Richard & Linda Brackett

In Memory of Donald Doubleday

Mariellen McClory
Lawrence & Nancy Morrison
Richard & Bonnie Atwood
Patricia & Gordon Richardson

In Memory of Edwin & Dorothy Thompson

Peter & Thelma Thompson

In Memory of Gina Maragni

Anonymous

In Memory of Gina Moore

Roy & Joanne Bates
Nancy Bassett
Bo & Randi Harron

In Memory of Jack Derevensky

Norman & Bertha Boynton

In Memory of Jack Moore

Bo & Randi Harron

In Memory of Thomas Deedy

Catherine Fallon
Kathleen Kane

In Memory of Patsy Mathews

John Mathews

In Memory of Helen Gardephe Leonard

Mary, John, Michael
& Bethany Jackson
Ellen Eisner
Denise & Robert Salmonson
William Weinstein
Wayne & Barbara Leonard
Richard & Bonnie Atwood
Anne Herz
Nicholas Krafft
Amanda Kay

In Memory of Janet Maxham

Eleanor Grice
Patty & David Godding
Alice & Robert Vincent
Rhonda & Dan Bruce
Keith & Ann Blake
Richard & Bonnie Atwood
Linda Maxham
Daniel & Beverly Kenney
Brian & Rosemary McGinty
Lawrence & Nancy Morrison
Fred & Nancy Doten
Roswell & Susan Harlow II
Bernard Strong
Paula Audsley & Tom Morse
Marina Murphy
Carla J. Kamel
Perri Maxham
Janet Herrick
Emily Schanck
Shari Borzekowski
Richard & Linda Brackett
Polly Foley
Gayle Karow
Marina Murphy
Fred & Nancy Doten
Margaret & John Audsley
Kathy Dudley

In Memory of Sue Hottenstein

Richard & Linda Brackett
Carol Nettleship

In Memory of Polly Fullerton

Mary & Carl McCuaig
Rebecca Talcott
Carla J. Kamel
Adam & Mary-Anne Boyce
Linda Maxham

In Memory of Joyce Phillips

Linda O'Neil
Rhonda White
Susan O'Brien
Pauline Carr
Linda Maxham
Richard & Bonnie Atwood
Preston & Keri Bristow
Keith & Ann Blake
Alize Quinones
Carol Welch
Marilyn & Roy Welch-Fava
Gayle Karow
Richard & Bonnie Sargent
Margaret & John Audsley
Kathy Dudley

In Memory of Kathy English

Kathleen Eiselein
Larry & Joyce Gregg
James & Phyllis Bulmer
Patricia Comstock Wilson
Rebecca Talcott
James & Susan Ford
Margery Fields
Allen & Gail Dougherty
Peter Freitag
Candice & Kenneth Gammill
Nancy & Nelson Bebo

In Memory of Rodney Croft

Patricia & Gordon Richardson
Charlotte Croft
Joan & Glenn Yankee
James & Susan Ford
Lawrence & Nancy Morrison
Kedric & Catherine Harriman
Richard & Linda Brackett
Ora E Paul Post 24
Co-op Food Stores
Richard & Bonnie Atwood
Roy & Joanne Bates
Len Brown
Paige Gibbs
Gayle Karow
Arthur & Carolyn Friend
Bruce & Patricia Gould
Linda Maxham

In Memory of Ted Staples

Fred & Nancy Doten
Richard & Bonnie Atwood
Joyce Phillips
Nancy & Nelson Bebo

Please note that due to timing some gifts for these beloved friends and family may have appeared in last year's annual report.

Supporting Foundations and Grants 2022-2023

Administration for Community Living
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 Upper Valley Rehabilitation
 Senior Solutions
 Woodstock Insurance Services, Inc

Fiscal Year 10/1/22 - 9/30/23

Thank You 2023 Sponsors!



Special Thanks to Anything Printed

On the front cover:

Top row: Pam Butler and Neil Lamson unload produce for *Locally Yours*, The Thompson with new front steps, Gardening workshop.
 Bottom Row: Bunny Strong & Janet Maxham at lunch, Montpelier Statehouse visit, Martha Leonard with Dick & Bonnie Atwood

Woodstock Area Council on Aging
 d.b.a. The Thompson
 99 Senior Lane
 Woodstock, Vermont 05091
 (802) 457-3277
www.thompsonseniorcenter.org



The Thompson

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