



The Thompson Times

Your resource to age well

JUNE 2025



**Stay Safe from Scams:
Protect Yourself from Fraud
with Mascoma Bank
Tuesday, June 24, 1:30 pm**



**Summer
Supper Club
at The Public
House
June 24,
5:30 pm**



**Decluttering and
Downsizing Talk
with Patty Hasson
June 17, 1:00 pm**



**Summer Health &
Safety Talk with
Neva Cote
Friday, June 6,
1:30 pm**



**Birthday Day
Music with
Liz Reedy
June 26,
1:00 pm**

**Tie-Dye Fun at
The Thompson
on Thursday,
June 12,
1:30 pm**



We Love Being Back in our Building!

We're still figuring out furniture and making tweaks to how we use each room, but we're so happy to be back in our building. This month, you can expect to see room signs, some additional furniture in empty spaces, and donor appreciation plaques. We hope some backordered lighting and acoustic tiles for the Wellness room will arrive soon as well. Planning for a grand opening celebration is underway and we look forward to announcing those plans in our next newsletter.

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

STAFF

Deanna Jones, Executive Director,
djones@thompsonscenter.org
Cory van Gulden, Assistant Director,
cvang@thompsonscenter.org
Paula Audsley, Business Office Manager,
paulsley@thompsonscenter.org
Jen Bloch, Marketing Coordinator,
jbloch@thompsonscenter.org
Shari Borzekowski, Aging at Home
Resource Manager & HomeShare Vermont
Case Manager,
sborz@thompsonscenter.org
Pam Butler, Aging at Home Support,
pbutler@thompsonscenter.org
Siobhan Wright, Meals on Wheels &
Transportation Coordinator,
swright@thompsonscenter.org
Andrew Geller, Chef,
ageller@thompsonscenter.org

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

Drivers: Tom Morse, Vern Clifford, Jim
Robinson, Brian McGinty

Carla Kamel, Community Care Coordinator,
carla@thompsonscenter.org

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

BOARD OF DIRECTORS

Karen Rosene-Montella—*President*
Carolyn Kimbell—*Vice President*
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Roger Logan
Dan Noble
Thomas Phillips
Sandy von Unwerth
Paulette Watson
Dennis Wright

Dick & Bonnie Atwood- Advisory

BEHIND THE SCENES

ADVISORY MEETING HIGHLIGHTS

- Deanna reported updates to the dining (community) room with multiple ceiling speakers and hearing loop installed to allow hearing aid users to access a T-coil technology within their hearing aids. We also have 4 hearing devices that are a headphone jack and headphones that people can borrow.
- Community Appreciation Days are on May 9 & 15 to show appreciation for allowing access to facilities the past 6 months.
- Deanna and Carla Kamel will present a Community Connections talk on May 21st at 1 p.m. to help address concerns from people such as issues relating to Social Security benefits.
- May 22nd will be Older Americans Lunch and Birthday Day to celebrate all the birthdays in the last six months.
- May 28 at 1 p.m. Cory's dad will be conducting a Storytelling Workshop.
- Supper Club will be starting up again on June 24 at the Quechee Public House.
- The ice cream social and car rides will happen in July.
- Cory is working on trips again and is asking for suggestions on shorter area trips. He's still looking at the Rhine River trip to take place in December 2026.
- Participant comments/questions include someone offering to host a scrapbooking workshop.

Please join our next meeting on Monday, June 2, 1:00 pm at The Thompson Center. All patrons and volunteers are invited to attend. Your feedback is needed and appreciated!

SPECIAL THANKS TO OUR 2025 SPONSORS



Mascoma
Bank



ESTES &
GALLUP
CONSTRUCTION



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DONNA & DOUG CALVEY | GAIL DOUGHERTY | DAWN & EDWARD D'ALELIO |
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DR. PEGGY STONE | TAMBREY VUTECH, REALTOR KW VERMONT WOODSTOCK |
LOIS WATSON | TOM WESCHLER & MARY HAWKINS

PROGRAMS & EVENTS



Stay Safe from Scams: Protect Yourself from Fraud with Mascoma Bank Tuesday, June 24, 1:30 pm

Fraudsters are getting more creative every day, using text messages, pop-ups, email attachments, and even phone calls to try to trick you into giving away personal information or money. Remember—**never click suspicious links, download unexpected attachments, or share personal details over the phone** unless you're absolutely sure who you're talking to. If something feels off, it probably is. When in doubt, hang up, delete, or ask someone you trust before responding. Stay alert and protect yourself! Register in advance.



Summer Supper Club at The Public House Tuesday, June 24, 5:30 pm, RSVP in advance

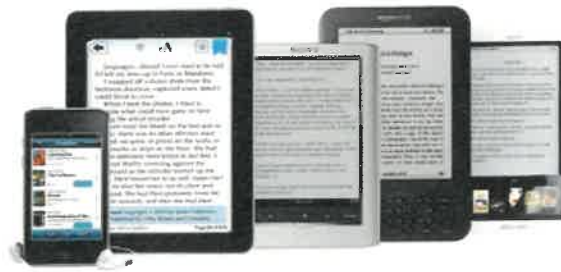
Summer is short and we want to take advantage of the opportunity to gather and enjoy a fun evening out together. Join Deanna and friends at 5:30 pm at The Public House in Quechee for dinner. This will be a dine and pay on your own event where orders are placed individually. Call a friend, offer a ride if you can, and enjoy a summer evening with your Thompson friends.



Let's Go Cruisin' Thursday, July 24, 1:00 pm *Annual Ice Cream Social & Classic Car Rides*

Who doesn't love the mystique and thrill of an antique car? This annual tradition has become a favorite. Cars and drivers please register with Cory.

AGE WELL PROGRAMS



Tablet Program—All classes are now full! **Fridays, June 6, 13, 20 at 11:00 am at The Thompson**

We're excited to announce the opportunity to share free tablets and training with first time tech users! This will be for people that do not already have a tablet and are interested in understanding the benefits of owning one and using technology for the first time.

We will have three classes that will focus on setting a tablet up and using it for emails, photos, telehealth, and finally more advanced tasks like paying bills online, managing calendars and more.

Participants will receive the tablet for free thanks to a grant from the Maine Council of Aging and the Hannafords CHEF grant.



Summer Health & Safety Talk with Neva Cote **Friday, June 6, 1:30 pm**

As the weather warms up, it's the perfect time to brush up on important summer health tips! Join us on Thursday, June 6th at 1:30 PM for an informative presentation by Neva Cote, Chronic Disease Prevention Specialist from the Vermont Department of Health. Neva will share helpful information on tick awareness, how to stay safe in the summer heat, and other seasonal health and safety topics. Don't miss this chance to get informed and prepared for a healthy summer!



Creative Beach Painting Class with Rose **Wednesday, June 5, 1:30 pm**

Get inspired by the summer season! Join us on Wednesday, June 5th at 1:30 PM for a fun and relaxing art class with Rose, where you'll create a beach-themed painting complete with real seashell accents. No experience necessary—just bring your creativity!

Cost: \$10 per person (includes all materials) Register in advance at 802-457-3277 ex. 2

Tie-Dye Fun at The Thompson Center **Thursday, June 12, 1:30 pm**

Add a splash of color to your day! Join Heidi and Kim van Gulden for a lively tie-dye event where you bring your own item to dye—whether it's a t-shirt, tote bag, or even a pair of socks. We'll provide the dyes, gloves, and all the supplies you need to create a colorful masterpiece. No experience needed—just come ready to have fun and get creative with friends!



What to Bring: One item made of 100% cotton (or similar fabric) to tie-dye.

Register in advance with Cory at 802-457-3277 ext. 2.



Birthday Day Music with Liz Reedy **Thursday, June 26, 1:00 pm**

Join us for a special Birthday Day lunch on June 26th, featuring live music by the talented singer-songwriter Liz Reedy! Come enjoy a delicious meal, great company, and the cheerful sounds of Liz's performance as we celebrate all the June birthdays together. Don't miss this fun and festive afternoon in the Community Room!

PROGRAM CALENDAR - JUNE 2025

Mon	Tue	Wed	Thu	Fri
2	3	4	5	6
9 Walking Group 10 BINGO 10 Ping Pong at the Little Theater 1 Gentle Yoga 1 Advisory Meeting	9:30 Benefits Assistance 1 Mahjong 1 Writer's Workshop 3 Bone Builders	9:30 Beginner Tai Chi 10 Ping Pong at the Little Theater 10:30 Handwork Circle 10:40 Advanced Tai Chi 12 French Table 1 Gentle Yoga 1 Bridge	10 Cribbage 10:30 Strength, Stretch, Stability via Zoom 1:30 Art with Rose 3 Bone Builders at the Little Theater	10 Ping Pong at the Little Theater 10:30 BINGO 11 Tablet Class 1 Mahjong 1:30 Summer Health & Safety Talk
9	10	11	12	13
9 Walking Group 10 BINGO 10 Ping Pong at the Little Theater 1 Gentle Yoga	12 Caregiver Support Group 1 Mahjong 1 Writer's Workshop 3 Bone Builders	9:30 Beginner Tai Chi 10 Ping Pong at the Little Theater 10:30 Handwork Circle 10:40 Advanced Tai Chi 12 French Table 1 Gentle Yoga 1 Bridge	10 Cribbage 10:30 Strength, Stretch, Stability 1:30 Tie Dye 3 Bone Builders	10 Ping Pong at the Little Theater 10:30 BINGO 11 Tablet Class 1 Mahjong
16	17	18	19	20
Father's Day Lunch 9 Walking Group 10 BINGO 10 Ping Pong at the Little Theater 1 Gentle Yoga 9:30-2 1:1 Veteran Assistance appointments	9:30 Commodities 1 Mahjong 1 Writer's Workshop 1 Decluttering & Downsizing Talk 3 Bone Builders	8:30 Board Meeting 9:30 Beginner Tai Chi 10 Ping Pong at the Little Theater 10:30 Handwork Circle 10:40 Advanced Tai Chi 12 French Table 1 Gentle Yoga 1 Bridge	Juneteenth CLOSED 8:30-3 Foot Clinic	10 Ping Pong at the Little Theater 10:30 BINGO 11 Tablet Class 1 Mahjong
23	24	25	26	27
9 Walking Group 10 BINGO 10 Ping Pong at the Little Theater 1 Gentle Yoga 9:30-2 1:1 Veteran Assistance appointments	1 Mahjong 1 Writer's Workshop 1:30 Fraud Talk 3 Bone Builders 5:30 Supper Club at Public House	9:30 Beginner Tai Chi 10 Ping Pong at the Little Theater 10:30 Handwork Circle 10:40 Advanced Tai Chi 12 French Table 1 Gentle Yoga 1 Bridge	Birthday Day 10 Cribbage 10:30 Strength, Stretch, Stability 1:00 Music with Liz Reedy 3 Bone Builders	10 Ping Pong at the Little Theater 10:30 BINGO 1 Mahjong
30				
9 Walking Group 10 BINGO 10 Ping Pong at the Little Theater 1 Gentle Yoga				RESERVATIONS REQUIRED FOR ALL PROGRAMS & MEALS

MENU - JUNE 2025

Please call by 9:30 am to make your reservation for all meals

Mon	Tue	Wed	Thu	Fri
2	3	4	5	6
Philly Cheesesteak Sandwich with Mushrooms, Peppers and Onions on a Whole Wheat Hoagie Roll, Coleslaw, Fresh Fruit	Chicken Tikka Masala, Coconut Basmati Rice, Sautéed Squash with Peppers and Onions, Fresh Fruit, Ice Cream, Dinner Roll	Eggplant Parmesan with Marinara Sauce, Parmesan and Mozzarella Cheese, Basil Pesto, Mixed Greens with Chicken and Garden Vegetables, Fresh Fruit	Sweet & Sour Chicken with Pineapple, Sweet Peppers and Red Onion, Steamed Brown Jasmine Rice, Green Salad with Carrots, Radish and Cucumber with Sesame Dressing	Chef's Salad with Ham, Turkey, Cucumber, Croutons, Tomatoes, Sweet Peppers, Cheese and Carrots with Creamy Country Herb Dressing, Dinner Roll, Ice Cream Sundae with Fresh Strawberries and Maple Syrup
9	10	11	12	13
Grilled Herb Chicken, Roasted Potatoes, Local Vegetables, Whole Wheat Dinner Roll, Brownie, Fresh Fruit	Banh Mi Sandwich, Grilled Vietnamese BBQ Style Pork with Roasted Garlic Spread, Pickled Vegetables and Cilantro Rice Noodle Salad with Fresh Mint and Lime, Chef's Choice Dessert	Salisbury Steak and Onion Gravy, Mashed Potatoes, Local Vegetables, Garden Salad, Dinner Roll, Pumpkin Pie	White Lasagna with Spinach, Mushrooms, Oven Dried Tomatoes, Butternut Squash, Mozzarella Cheese and Basil, Garden Salad, Fresh Fruit	Turkey Salad Sandwich with Cheddar Cheese, lettuce, Tomato, Cucumber and Lemon Herb Spread, Pasta Salad, Fresh Fruit, Cookie
16	17	18	19	20
Father's Day Lunch Baked BBQ Style Chicken Leg Quarters, Cole Slaw, Baked Potato Wedges, Baked Beans, Dinner Roll, Ice Cream Sundae	Cheese Ravioli with Pesto Sauce, Garden Vegetables, Mixed Green Salad with Balsamic Dressing, Garlic Bread, Fresh Fruit	Grilled Chicken Breast with Lemon and Fresh Herbs, Mashed Potatoes, Local Vegetables, Dinner Roll, Fresh Fruit, Coffee Cake with Whipped Cream	Juneteenth CLOSED	Cheeseburger on a Whole Wheat Bun with Lettuce, Tomato, Red Onion, Pickles and House Spread, Potato Salad, Tomato, Cucumber & Red Onion Salad, Mixed Fruit Cobbler
23	24	25	26	27
Vegetable Chili (mild) with Red Beans, Corn and Sweet Peppers, Buttermilk Biscuit, Mixed Green Salad, Fresh Fruit, Brownie	Quiche with Broccoli, Bacon, Cheese and Roasted Peppers, Mixed Green Salad with Garden Vegetables, Dinner Roll, Fresh Fruit, Cookie	Chef's Choice Fish of the Day with Lemon Herb Sauce, Brown Rice Pilaf, Sautéed Green Beans, Dinner Roll, Garden Salad, Fresh Fruit	Birthday Day Roasted Turkey with Gravy, Cranberry Sauce, Baked Potato, Green Beans, Chop Salad with Carrots, Tomato, Croutons, Fruit, Cake/Ice Cream	Penne Pasta with Beef Bolognese Sauce using Cloudland Farms Beef, Local Vegetables, Tossed Mixed Green Salad with Garden Vegetables, Fresh Fruit and a Cookie
30				
Baked Chicken Breast with Mild Middle Eastern Spices and Yogurt Dill Sauce, Rice Pilaf with Toasted Almonds, Lemon and Fresh Herbs, Local Vegetables, Mixed Fruit Cobbler			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 meals	*menu subject to change based upon product availability* *Please make requests for substitutions 24 hours in advance

The Ping Pong Place at the Little Theater **Mondays, Wednesdays, and Fridays** **Drop in play, 10am to 11:30am** **All are welcome!**

Please come to learn to play, refresh your skills, or up your game! Practice your hand/eye coordination and laugh a lot. Come play singles or doubles on our two tables. Questions? Linda at 802-457-3428.

Gentle Yoga **Join this Inspiring Group!** **Offered by Yoga Instructor, Kathryn Mills** **Mondays & 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.*

Bone Builders **Tuesdays and Thursdays, 3:00-4:00 pm**

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.

Tai Chi **Wednesdays at The Thompson**



Join Instructor Anne Bower from 9:30-10:30 for a rejuvenating, relaxing beginner tai chi class, with a gentle form based on Sun style tai chi. Both seated and standing forms will be practiced. Great benefits for core strength, balance, coordination, focus, joint mobility.

For those with more experience, Anne will have a Sun 73 Forms class on Wednesdays from 10:40-11:40. In this class we take on a longer tai chi form with some fun challenges--punches and kicks and movements in many directions. Each person can make adjustments so that the movements become more comfortable.

The cost of each class is \$3, payable to the Thompson Senior Center. Check out Anne's website: <http://www.annebower.studio> and if you have questions for her send an email to: anniebower71@gmail.com.

Strength, Stability, Stretching **Tuesdays – Zoom Class Only** **10:30 – 11:30 am** **Thursdays – In person and Zoom** **10:30 – 11:30 am**

This class includes exercises that will help you in your everyday life so that you can continue to do the things you enjoy and stay independent as you age. This popular class involves a combination of strength, cardio, balance, flexibility and brain training exercises.

Cost: \$5 per in-person class payable to The Thompson Center. Virtual attendees are asked to donate to Liz directly.

AGE WELL PROGRAMS



Decluttering and Downsizing Talk with Patty Hasson **Tuesday, June 17, 1:00 pm**

Thinking about getting organized or clearing out some space? Join us on Tuesday, June 17th at 1:00pm at The Thompson for an informative and inspiring talk with Patty Hasson, owner of Yellow House Organizing. With five years of experience helping people simplify their spaces, Patty will share practical tips and resources for decluttering, downsizing, and organizing your home, garage, office, and more. Whether you're just getting started or looking for fresh ideas, Patty's advice can help make the process easier—and even enjoyable! Sign-up in advance.



Veterans Disability Assistance at The Thompson **1:1 Appointments Now Available** **Mondays, June 16 and June 23, 9:30am-2pm**

Do you need assistance navigating the Veterans Administration (VA) for a disability? Even though the PACT Act assistance has expired, a local veteran and Thompson volunteer can help you with the application process as benefits are still available. For example; If you served in the National Guard you are eligible and if your service did not include a military conflict you are still eligible. Veterans who served on ships containing asbestos, experienced loud noise from artillery or aircraft, or those who were firemen on aircraft carriers are encouraged to let us help you with benefits assistance. Conditions such as heart disease related to hypertension or stent placement or those who were exposed to toxins and have cancer or asthma could qualify for benefits. Some veterans are receiving significant compensation each month for hearing loss. Could this be you? There is so much for you to learn if you are a veteran and we want to ensure that you receive the benefits you are entitled to.

To schedule your appointment, contact Pam Butler at pbutler@thompsonseneiorcenter.org or call 802-457-3277.

RESOURCES

Aging at Home Membership Cards



One number to call for any need – a dedicated Thompson staff member for any “Aging at Home” questions, from shower chairs to long-term care insurance and everything in between.

Volunteers can help with a variety of non-skilled, small odd jobs. In addition, handyman help for small jobs is available through the Thompson. Suggested donation is \$35/hour. Call our Aging at Home Resource Manager, Shari, to see if your small odd job can be done! (802) 457-3277

Foot Clinic at The Thompson

June 19, 8:30 am - 3:00 pm

Call Shari for your appointment, Cost \$35

Beverly Sinclair has been a practicing registered nurse for 22 years and providing local foot care service for older Vermonters for the past 8 years. Register for your appointment at 802-457-3277 ext. 3

Caregiver Support Group

with Carla & Co-facilitator Anne Marinello

2nd Tuesday of each month, 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 on the 2nd Tuesday of each month, and share ideas, concerns, and constructive feedback with others facing similar challenges.

Please sign up in advance by calling Shari.

Benefits Assistance

1st Tuesday of each month

9:30am –12:30 pm by appointment

Senior Solutions Benefits Counselor, Liz Carey, is available by appointment on the first Tuesday of each month at the Thompson. Liz can help you sign up for public benefits such as 3SquaresVT to offset grocery expenses, weatherization assistance, and other ways to keep your energy bills down. Call Shari to schedule your appointment.

Advance Directive Assistance by appointment

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. A trained and caring volunteer will take the time to explain this simple process. Call Shari for an appointment.

HomeShare is working in our Community!



The collaboration between HomeShare Vermont and the Thompson Aging at Home program is creating more possibilities for HomeShare! More applications in our wider service area means more opportunities for successful matches. Hosts can request service to help around the house and/or some additional income while Guests can live in a private bedroom in someone's home at an affordable rent. Contact Shari at sborz@thompsonscenter.org or 802-457-3277 for more info or to schedule a

IN LOVING MEMORY & APPRECIATION

IN APPRECIATION

Barb Kelley & Judy Maynes from the Silver Lake
Progressive Club - coordination of Community
Lunch at Barnard Town Hall
Shep Schencker - Turkey Soup
Diane Zonay - donated flat of pansy's
Silver Lake Syrup's - donated Maple Creamies
Jeff Cota - donated a puzzle for a 50/50 Raffle.
Rachel Kahn - greeting cards
In memory of Susanna Richards, mother of Donna
Durgin - medical equipment
Loren Fisher - Focus Gallery, Artwork

IN MEMORY OF

Eddie English
Ralph English

Gordon Worth
Deborah Gravel

James Smiddy
Anonymous

Marcia Wheeler
Gayle Karow

**A Special Thank You
for these monthly ongoing donations:**



Vermont Standard newspapers
Diane Zonay for birthday flowers

JUNE BIRTHDAYS

1st	Ernest	Harper	10th	Bruce	Kanfer	21st	Tom	Mazour
1st	Elspeth	Lothes	10th	Heather	Hansen	21st	Kathy	Roberts
1st	Alan	Fine	10th	Christopher	Miller	22nd	Chrissy	Henderson
1st	Elizabeth	Blencowe	11th	Beverly	Sinclair	23rd	Cynthia	Hewitt
1st	Steve	Tarleton	12th	Jennifer	Ehler	23rd	Arthur	Skerker
2nd	Larry	Luce	12th	Don	Foster	23rd	Helen	Sawyer
2nd	Nancy	Bebo	12th	Frances	Uptegrove	23rd	Bryon	Staples
2nd	Eleanor	Daly	13th	Eldon	Thompson	23rd	Ronald	Westney
2nd	Nancy	Ashey	13th	Jean	Garren	24th	Rita	Scully
2nd	Mary Lynne	Isham	13th	Danny	Sylvester	25th	Kelly	Welsh
2nd	Lynn	Granger	13th	Janice	Chamberlin	25th	Sara	Dana
3rd	Wendy	Marrinan	14th	Bette Anne	Sailer	25th	Gwen	Groff
4th	Khorshed	Randeria	14th	Betty	Walker	26th	Meg	Matz
5th	Janet	Herrick	14th	Margo	Marrone	26th	Virginia	Umland
5th	Timothy	Maxham	14th	Cara	De Foor	27th	Joanna	Garbisch
5th	Tanise	Adams-Wade	15th	Sandra	Russ	28th	Carol	Mosher
6th	Jennifer	Martel	15th	Lucinda	Herlihy	28th	Carolyn	Toby
6th	Geri	Jensen	15th	Pamela	Stanwood	28th	Kevin	Lynch
6th	Patricia	Attkisson	16th	Don	Jones	28th	Eleanor	Griffin
6th	Vern	Clifford	16th	Nancy	Wolfe	28th	Teresa	Alfonzo
6th	Sharen	Conner	17th	Robert	Topolski	29th	Susan	Lewis
6th	Theresa	Tan	17th	Sharon	Earn	29th	Michael	Ricci
7th	Debbi	Castellini	17th	Wendy	Morris	29th	Mary	Stevens
8th	Sheryl	Hoehner	18th	Don	Wheeler			
9th	Ralph	English	19th	Joanne	Bates			
9th	Michael	Levengood	19th	Barbara	Storrs			
9th	John	Keramis	19th	Carol	Robbins			
9th	Cynthia	Long	20th	Sandra	Pariseau			
9th	Michael	Deenihan	20th	Julius	Anderson			
9th	Laura	Ward	21th	James	Hurt			
10th	Rebecca	Nash						



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



Like us on



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.