

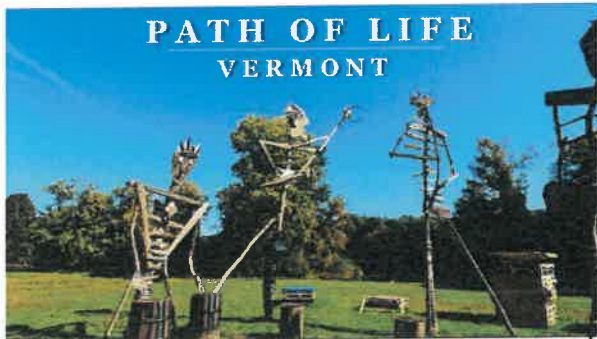


The Thompson Times

Your resource to age well

JULY 2025

On the Road Again!



**PATH OF LIFE
VERMONT**

**Path of Life Garden
Followed by Lunch at
Harpoon Brewery**
Friday, July 11

Carpool from Thompson at 9:15 am
Cost – Path of Life \$5 plus Lunch on
your own
See page 3



**Day Trip to Magic Wings
Butterfly Conservatory &
Yankee Candle Village**
Wednesday, September 24

Cost- \$75 per person
Includes admission to Magic Wings
and round-trip motor coach bus
through beautiful fall landscapes
See page 3



**Collette Travel Talk:
Christmas on the Danube 2026**
Monday, July 28, 1:30

Join us for an information session regarding our 2026 Christmas on the Danube River Cruise, with Collette. Andrew will be here to discuss the itinerary and answer your questions. **More details on Page 3.**

We Need Your Help!

Please remember to **register in advance** for all meals, programs and trips. For our daily lunches, please call no later than 9:30 am to sign-up so that we can easily accommodate everyone. If you come every day and would like to be added on an ongoing basis, let us know and we can set that up, however, we ask that you call to cancel if you cannot make it. This helps our kitchen staff and we greatly appreciate your cooperation. Please remember to check into the computer system too! We need a record of all attendance to receive funding.

Reminder!

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
Chris Eldridge, Facilities Maintenance,
celdridge@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*
Beth Harper—*Treasurer*
Richard Wacker—*Secretary*
Mary Bourgeois
Keri Cole
Janet English
Robin Gaby Fisher
Rick Fiske
Susan Ford
Dolores Gilbert
Greg Greene
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 on current punch list to complete renovations
- Chris Eldridge is a new staff member for facilities maintenance
- Federal funding requires an intake form documenting everyone 60 and over participating at lunch
- Reminder to sign-in for all meals so the Center receives \$5 government reimbursement
- Grand Opening announcement coming soon
- Cory reported on upcoming June & July programs
- Participant questions and comments

Please join our next meeting on Monday, July 7, 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

Lake Monsters **Mascoma Bank** **EG** **ESTES & GALLUP CONSTRUCTION**

Ellaway Property Services **RENEWAL by ANDERSEN** **MERTENS HOUSE**

AARP Vermont **Bar Harbor Bank & Trust** **WOODSTOCK INSURANCE** **Williamson Group Sotheby's**

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DR. PEGGY STONE | TAMBREY VUTECH, REALTOR KW VERMONT WOODSTOCK |
LOIS WATSON | TOM WESCHLER & MARY HAWKINS

TRIPS

Join us for a Summer Day Trip to Path of life Sculpture Garden and Harpoon Brewery!

Friday, July 11, 10:00 AM – 1:00 PM, Register in advance

Enjoy a relaxing day outdoors with a visit to the Path of Life Garden in Windsor, VT. We'll explore the beautiful landscape and winding paths starting at 10:00 AM. Admission is just \$5. After our garden stroll, we'll head to Harpoon Brewery at 11:30 AM for lunch (on your own) — a perfect spot to unwind with great food and local brews.

Please note: There will be a fair amount of walking, so wear comfortable shoes. We'll meet at the garden, and carpooling is encouraged — coordinate with friends or fellow attendees.

This trip is weather dependent, so please stay tuned for any updates as the date approaches. Don't miss this chance to connect, explore, and enjoy the summer!

Collette Travel Talk: Christmas on the Danube 2026

Monday, July 28, 1:30, Register in advance

Join us for an information session regarding our 2026 Christmas on the Danube River Cruise, with Collette. Andrew will be here to discuss the itinerary and answer your questions.

On a boat cruise along the Danube, explore charming Christmas markets and see Europe dressed in its holiday best. Discover Würzburg, an ancient Franconian wine town. Explore Nuremburg, home to one of the oldest and largest Christmas markets in the world. Float through the Wachau Valley, dotted with castles and hillside houses. Visit the 900-year-old Benedictine Melk Abbey, one of Europe's largest Baroque monasteries. Enjoy a Glühwein Party – a German holiday gathering with mulled wine. Join a local expert and explore historic Vienna. Relax as you are transported to beloved riverside towns and delve into local holiday traditions.

Day Trip: Magic Wings Butterfly Conservatory & Yankee Candle Village

Wednesday, September 24, \$75 per person, Register in advance

Join us for a scenic autumn escape! Enjoy a relaxing bus ride through New England's early fall foliage as we head to Magic Wings Butterfly Sanctuary, where you'll be immersed in a tropical paradise filled with thousands of live butterflies and lush plants.

Next, we'll visit the enchanting Yankee Candle Village, where you can shop, explore the famous Christmas Village, and experience the magic of snowfall every four minutes—indoors!

Trip Includes:

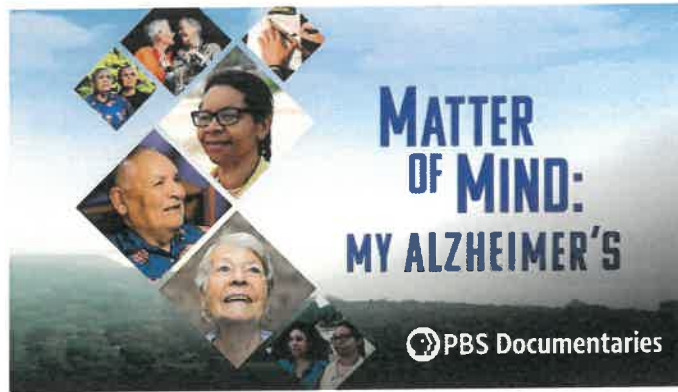
- Admission to Magic Wings
- Comfortable round-trip motor coach transportation through beautiful fall landscapes

Lunch is on your own at Hillside Pizza, conveniently located near Yankee Candle.

A tip envelope for the bus driver will be passed around during the trip.

Don't miss this delightful day of nature, nostalgia, and a touch of holiday cheer!

AGE WELL PROGRAMS



Age Well Education Series:

Film Screening at The Thompson: *Matter of Mind: My Alzheimer's* July 17, 5:30 pm, followed by a panel discussion

Join us for an intimate and powerful documentary, *Matter of Mind: My Alzheimer's*, which follows the journeys of three families as they navigate the profound and personal impact of Alzheimer's disease. Through their stories, the film explores the shifting dynamics between partners and children as caregiving roles evolve, and the emotional complexity of watching a loved one change.

Following the screening, stay for a special panel featuring individuals with lived experience who will share their insights and answer audience questions.

This is more than a film—it's a conversation about love, resilience, and the realities of Alzheimer's.

Please register in advance by contacting Cory at 802-457-3277.



Vermont Foodbank's VeggieVanGo Program

Are you looking to add more fresh fruits and veggies to your diet? Vermont Foodbank's VeggieVanGo (VVG) fresh produce events are a great way to expand your menu and stretch your food budget. There are no eligibility requirements or reservations needed to access this program. Attendees can pick up food for themselves and another household. **Your local VVG site is Woodstock Union Highschool parking lot, every**

second Wednesday of each month 10AM-11AM. For more information visit www.veggievango@vermontfoodbank.org or call 1-800-585-2265

Veterans Disability Assistance

1:1 Appointments at The Thompson

Monday, July 7, 9:30am-2pm. Call for more date availability

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.

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



Join Free Spanish Conversation Group Wednesdays 12-1 pm

Is your Spanish rusty? Are you trying to learn Spanish? Were you once fluent in Spanish and now want to get it back? It doesn't matter how fluent you are--we want you to join our conversation group at the Thompson, starting Wed. July 2. We'll

meet upstairs in the small conference room from noon until around 1 p.m. Bring your snack or lunch, your dictionary, your desire to enjoy the sounds and expressions of Spanish. Vamos a charlar!

Let's Paint Together Thursday, July 10, 1:30 pm

Join us for lunch and stay to catch up with friends and share in some artistic enjoyment. Joanna Nichols has offered to lend her talents in this regular workshop. You're encouraged to bring your own art supplies but some will be supplied along with some lite refreshments. Call to sign-up in advance.



Summer Movie Monday at The Thompson Monday, July 14, 1:15 pm in the new Media Room

Beat the heat with a cool movie experience! Come relax and enjoy a summer movie day at The Thompson. We'll be showing a selection of popular recent films — you get to vote and choose what we watch on

the day of the event!

Registration required — please sign up in advance! Snacks will be provided. Bring a friend and enjoy the show!

Tie-Dye Fun at The Thompson Center Thursday, July 17, 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. Weather dependent.



PROGRAM CALENDAR - JULY 2025

Mon	Tue	Wed	Thu	Fri
	1	2	3	4
	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 12 Spanish Group 1 Gentle Yoga 1 Bridge	10 Cribbage 10:30 Strength, Stretch, Stability 3 Bone Builders	CLOSED for Independence Day
7	8	9	10	11
9 Walking Group 9:30-2 Veterans Assistance 1:1 10 BINGO 10 Ping Pong at the Little Theater 1 Gentle Yoga 1 Advisory Meeting	12 Caregiver Support Group 1 Mahjong 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 12 Spanish Group 1 Gentle Yoga 1 Bridge	10 Cribbage 10:30 Strength, Stretch, Stability 1:30 Let's Paint 3 Bone Builders	10 Ping Pong at the Little Theater 10 Path of Life Harpoon Trip 10:30 BINGO 1 Mahjong
14	15	16	17	18
9 Walking Group 10 BINGO 10 Ping Pong at the Little Theater 1 Gentle Yoga 1:15 Movie Day	9:30 Commodities 1 Mahjong 3 Bone Builders	Bastille Lunch 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 12 Spanish Group 1 Gentle Yoga 1 Bridge	8:30-3 Foot Clinic 10 Cribbage 10:30 Strength, Stretch, Stability 1:30 Tie-Dye Fun 3 Bone Builders 5:30 Film Screening of Matter of Mind: My Alzheimer's	10 Ping Pong at the Little Theater 10:30 BINGO 1 Mahjong
21	22	23	24	25
9 Walking Group 10 BINGO 10 Ping Pong at the Little Theater 1 Gentle Yoga	1 Mahjong 3 Bone Builders 5:30 Supper Club at OYC	9:30 Beginner Tai Chi 10 Ping Pong at the Little Theater 10:30 Handwork Circle 10:40 Advanced Tai Chi 12 French Table 12 Spanish Group 1 Gentle Yoga 1 Bridge	Birthday Day 10 Cribbage 10:30 Strength, Stretch, Stability 1 Classic Car Rides & Ice Cream Social 1 Music 3 Bone Builders	10 Ping Pong at the Little Theater 10:30 BINGO 1 Mahjong
28	29	30	31	
9 Walking Group 10 BINGO 10 Ping Pong at the Little Theater 1 Gentle Yoga 1:30 Collette Travel Talk	8:30-3 Foot Clinic 1 Mahjong 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 12 Spanish Group 1 Gentle Yoga 1 Bridge	10 Cribbage 10:30 Strength, Stretch, Stability 1:30 Hoarding Talk 3 Bone Builders	RESERVATIONS REQUIRED FOR ALL PROGRAMS & MEALS

MENU - JULY 2025

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

Mon	Tue	Wed	Thu	Fri
	1	2	3	4
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	Minestrone Style Soup with Meatballs and Garden Vegetables, Mixed Green Salad with Homemade Dressing, Dinner Roll, Apple Pie	Spinach Ravioli with Chicken, Mushrooms, Fresh Herbs and Parmesan Cheese, Mixed Green Salad with Garden Vegetables, Dinner Roll, Fresh Fruit	Pork Spareribs with Homemade BBQ Sauce, Baked Beans, Cole Slaw, Corn Bread, Peach Cobbler	CLOSED
7	8	9	10	11
New England Clam Chowder, Garden Salad with Fresh Vegetables, Roll, Yogurt Parfait with Fresh Fruit, Maple Syrup and Granola	Penne Pasta with Broccoli and Sundried Tomatoes with Pesto Parmesan Cheese, Garden Salad with Fresh Vegetables and House Made Dressing, Key Lime Pie	Baked Chicken Breast with Lemon and Herbs, Couscous, Local Garden Vegetables, Garden Salad with Country Herb Dressing, Fresh Fruit, Dinner Roll	Meat Loaf Made with Cloudland Farm Beef, Roasted Red Potatoes, Gravy, Steamed Broccoli, Fresh Fruit, Brownie	Ham and Cheese Sandwich Panini Style on a Wheat Hoagie Roll with Dijonaise Spread, Potato Salad with Peas, Roasted Peppers and Hard Egg, Fruit, Cookie
14	15	16	17	18
Chicken Parmesan with Marinara Sauce and Mozzarella Pasta Casserole, Steamed Broccoli, Caesar Salad, Yogurt Parfait with Fresh Fruit and Granola	Split Pea Soup (vegetarian), Half Egg Salad Sandwich, Fresh Fruit, Lemon Bread with Whipped Cream	Bastille Day Lunch Nicoise Salad with Tuna and Garden Vegetables, White Beans, Green Beans, Tomato, Cucumbers, Olives, Lemon Herb Vinaigrette, Dinner Roll, Lemon Pound Cake, Fresh Fruit	Slow Cooked Pork Chop with Root Vegetables, Polenta Cake, Garden Salad with Fresh Vegetables and Roasted Garlic and Herb Dressing, Fresh Fruit, Roll, Cookie	Ed's American Chop Suey, Garlic Bread, Mixed Green Salad with Croutons, Parmesan Cheese, Carrots, Cucumber & Caesar Style Dressing, Apple Pie
21	22	23	24	25
Quiche with Spinach, Mushrooms, Roasted Red Peppers, Broccoli and Cheddar Cheese, Mixed Greens with Summer Vegetables and House Made Dressing, Cinnamon Streusel Bread, Fruit	Baked Pasta Casserole with Chicken, Broccoli, Sundried Tomatoes, Butternut Squash and Fresh Herbs, Garden Salad with Fresh Vegetables and Home-made Dressing, Fruit, Cookie	Chefs Choice Fish of the Day with Lemon Herb Sauce, Mashed Potato, Sautéed Green Beans, Dinner Roll, Garden Salad, Fruit	Birthday Day and Ice Cream Social Roasted Chicken Piccata with Lemon, Capers and Fresh Herbs, Rice Pilaf, Broccoli, Carrots and Cauliflower, Fruit, Cake and Ice Cream	Turkey Club Sandwich on Whole Wheat Bread with Cheddar Cheese, Bacon, Lettuce and Tomato, Potato Salad, Fresh Fruit, Cookie
28	29	30	31	
Sweet Italian Sausage Link with Roasted Peppers and Onions, Marinara Sauce, Pasta Casserole with Garden Vegetables, Apple Bread with Whipped Cream	Turkey and Biscuits in Gravy with Peas, Mushrooms, Carrots, Potato and Fresh herbs, Mixed Green Salad with Orange, Beets and Homemade Dressing, Fresh Fruit Salad	Braised Pork Stew with Peas, Carrots and Corn Mashed Potato, Garden Salad with Thousand Island Dressing, Dinner Roll, Cookie, Fresh Fruit	Chicken Salad on a bed of Mixed Greens, Carrots, Tomato, Cucumber, Garbanzo Beans, Pickled Red Onion, Beets and House Made Dressing, Roll, Ice Cream Sundae with Fruit Compote, Whipped Cream	*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.

Walking Group
Mondays, 9:00 to 10:00 am

Join Carla Kamel, Community Care Coordinator, for an invigorating walk to enjoy the fresh air, socialization, and improve overall wellbeing. Our starting point will be the East End Park for the best parking location to walk in the village. Register in advance by contacting carla@thompsonseneiorcenter.org.

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

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.

PROGRAMS & EVENTS



Summer Supper Club at Ottawaquechee Yacht Club **Tuesday, July 22, 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 Ottawaquechee Yacht Club 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? Thanks to some generous Thompson friends, we are offering an afternoon of cruisin' around the Woodstock area in some pretty cool vintage vehicles after our ice cream social. Register ahead so you are sure to get a ride. Be prepared for some top-down convertible cruisin' and fun. Live music will once again be provided by Kathleen Dolan and Mark van Gulden.

Hoarding Talk with Robert E. Brady, Ph.D. **Thursday July 31, 1:30 pm**

During the talk you will be able to:

- Understand the causes of hoarding disorder
- Differentiate hoarding from collection hobbies and other non-harmful behaviors
- Recognize when professional help is needed for hoarding
- Describe some of the treatment approaches for hoarding disorder

Robert Brady, PhD is a clinical psychologist and Associate Professor of Psychiatry at the Geisel School of Medicine and staff psychologist in the Department of Psychiatry at Dartmouth-Hitchcock Medical Center. He serves as the Director of the Anxiety Disorders Service at Dartmouth-Hitchcock Medical Center and the Training Director of the Dartmouth-Hitchcock Psychology Training Programs. Dr. Brady's clinical services target anxiety and related disorders using evidence-based treatments derived from cognitive-behavioral theory and practice. His research focuses on the development, testing, and implementation of brief psychosocial interventions for anxiety disorders delivered outside of the traditional mental health setting by healthcare providers without formal mental health training.

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

July 17 & 29, 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@thompsonseniorcenter.org or 802-457-3277 for more info or to schedule a

IN LOVING MEMORY & APPRECIATION

IN APPRECIATION

Marilyn Kalanges - greeting cards
 Debbie Hewitt - medical equipment and supplies
 Ralph English - fresh rhubarb
 Sara Lewis - medical equipment
 Jim Blanchard - medical equipment
 In memory of Denny Hewitt: Medical Equipment
 In memory of Charles A. Martin, Jr.: Medical Equipment
 Zoie & Glenn Parent: Medical Equipment
 Tom Morse: Flowers and planting
 In memory of Jeannine Colby: Medical Equipment
 Heidi Tucker and Marie Tucker: Birthday Cards
 In memory of Gordon Worth: Medical Equipment

IN MEMORY OF

Gordon Worth
 Mary & Dave Gulbrandsen

Norman Boynton
 Bertha Boynton



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

Vermont Standard newspapers
 Diane Zonay for birthday flowers



JULY BIRTHDAYS

1st Barry Griggs	9th Thea Knight	18th William Hagar	25th Carolyn Good
1st Nina Borzekowski	9th Lisa Miller Ryan	19th Marilyn White	26th Sally Kesseli
1st Brian Powell	10th Norma Bradley	19th Ralph Ward	26th Martha Stein
1st Doug Warren	10th Wayne Oldenburg	19th Laura Kent	26th Stephen Briggs
1st Mary Bourgeois	10th Barbara Kloczek	19th Michael Miller	27th Jacquie Durkee
1st Linda Brown	11th John Fabian	20th Joanne Hershey	27th Gail Moore
1st Cindy Fuller	12th Susan Maxham	20th Michael Mongulla	27th David Westphalen
1st Jacqueline Olson	12th Ray DeReyna	20th Joanne Hayden	27th Sara Stadler
2nd Barbara Kelley	12th Jean Howe	21st David Sleeper	27th Marie Decoff
2nd Kimberly Christensen	12th Theresa Nixon	21st Marcelle Derevensky	28th Thomas Watson
2nd Cora Koop	13th Robert Griggs, Jr	21st Eileen Wishnia	28th Janice Fleetwood-Bean
2nd John Gilbert	13th Eric Piper	21st Anne Ladabouche	28th Marc Weinstein
2nd Michael Manning	13th Linda Valenski	21st Ralph Mavilla	29th Wendy Jenne
2nd Richard Schulz	14th Gerry Fields	22nd Holly Levison	29th Karim Alkadhi
3rd Neil Jillson	14th Jennifer Kirkman	22nd Joan Cota	30th Eliza Brown
3rd Dianne Bumps	14th Chris Prior	22nd Lyn Kolb	30th Beth Dawley
3rd Jill Kurash	14th Gayle Karow	22nd Jan Sailus Umbra	31st Pam Butler
3rd Maria Tangredi	14th John MacGovern	23rd William Barrows	31st Carl Hurd
3rd John Ivany	15th Rob Jones	23rd Anne Dean	31st Bob Hazen
3rd Anne Macksoud	15th Judith Topolski	23rd Anne Marinello	31st Susan Robertson
4th Silvana Serravezza	15th Patti Storey	23rd Anne Anderson	31st Susan Kelley-Outten
4th Ruth Merriam	15th Virginia Kuhnert	23rd Rosalind Anderson	31st Kerry Gleason
4th Tina Fletcher	15th Sandra Carpenter	24th Karen Lasky	31st Joan Cronin
4th Cory van Gulden	15th Monica Darling	24th Mike Chamberlain	31st Ursel Irwin
4th Joan Tarleton	15th Caroline Spencer	24th Dieter Nohl	
5th Joe Dinatale	16th Priscilla Pannell	24th Norman Wolfe	
5th John Swenor	16th Wendy Wannop	24th Sandra Bumps	
7th Carol Rauscher	16th Janice Barron	25th Lloyd Osmer	
7th Judith Pierce	16th Judy Williamson	25th Nancy Anderson	
8th William Futschik	16th Timothy Butterfield	25th Barbara Simon	
8th Anita Bonna	17th Steph- Seavy	25th Margaret Spencer	
8th Kristen Warren	18th David Doubleday	25th Lois Deenihan	
8th Kevin Langan	18th Airell Jenks		
9th Zaela Strong	18th Karen Purviance		



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.thompsonseneiorcenter.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.