



The Thompson Times

Your resource to age well

AUGUST 2025



You're Invited!

GRAND RE-OPENING

We are thrilled to announce the Grand Re-Opening of The Thompson Senior Center following the completion of our much-anticipated renovation and expansion!

WEDNESDAY, SEPTEMBER 10

4 PM - 7 PM

The Thompson, 99 Senior Lane, Woodstock, VT

Come explore our newly updated and expanded space designed to better serve our community's older adults. This special event will feature:



Live Music by Plymouth Rock



Guided Tours of the New Facility



Remarks from Community Leaders



Refreshments & Treats by The Thompson Culinary Team, Woodstock Pizza Chef "Hoppy" Craft Beer & Food Truck, and Silver Lake Syrups Maple Creemees

This celebration is our way of thanking YOU - our incredible community - for the support, vision, and dedication that made this transformation possible.

We can't wait to welcome you and share how this space will continue to enrich lives, foster connections, and support aging well in our community.

All are welcome - bring a friend and help us celebrate!

For more information or to RSVP, please call 802-457-3277 or email info@thompsonseniorcenter.org

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*
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Keri Cole
Janet English
Robin Gaby Fisher
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



Staff Complete Certificate Program Vermont LEAP: Learning Enhancement in Aging Program

Shari, Cory, and Deanna have completed a very beneficial certificate program through the UVM Center on Aging and Boston University Center for Aging & Disability Education & Research. We are honored to be a part of this inaugural class!

Courses include:

Core Issues in Aging and Disability, Assessment with Older Adults and Persons with Disabilities, Alzheimer's Disease and Other Dementias, Mental Health and Aging Issues, and Suicide Prevention among Older Adults.

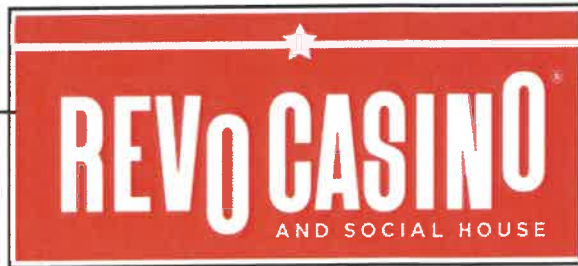
ADVISORY MEETING HIGHLIGHTS

- Deanna provided an update on the building punch list which includes outside painting, donor plaques in foyer and more furniture delivery to be completed by the Grand Reopening on 9/10. Also discussed staff vacations, Chris, the new facilities maintenance staff member is working out well and responded to a question about a diabetic menu that if Chef Andrew knows you are diabetic he will alter your meal.
- Cory reported on scheduled programs and those under consideration which include an exercise class with Chair Yoga and Physical Therapy, Photography class, morning Bone Builder class, day trip to the Casino and program similar to last years "Things that are important to me".
- Participant comments and questions.

Please join our next meeting on Monday, August 4, 1:00 pm at The Thompson Center. All patrons and volunteers are invited to attend.



TRIPS



Revo Casino Trip Friday, August 8, 10:30 – 2pm

Join us for a day trip to Revo Casino in West Lebanon, NH on Friday, August 8. We will plan to meet at the casino at 11:00 AM.

Carpooling is suggested, so please coordinate with others if you're able to share a ride. This is a great way to save on travel costs and reduce parking demand.

Lunch will be on your own. Revo Casino offers a variety of dining options, including weekly \$5 lunch specials for those looking for an affordable meal.

This will be a relaxed day to enjoy the casino and the company of others. **Sign up with Cory by Thursday, August 7th.** We hope to see you there!



Magic Wings Butterfly Conservatory and Yankee Candle Village Wednesday, September 24, 8:30 bus departure \$75 per person, Register before Sept. 10th

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.

AGE WELL PROGRAMS



Durable Medical Equipment Fraud **Tuesday, August 19, 1:30 pm**

Have you ever received a phone call from a number you do not recognize offering you “free” medical supplies or equipment? This is one of the most frequent scams targeting Medicare. Durable Medical Equipment (or DME) fraud is unfortunately running rampant. Join Justin Grimbol from the federally funded nonprofit Senior Medical Patrol program as they lead a discussion on how to prevent and detect DME fraud, and how to report it when it happens. Your reports just may help to uncover a multi-million-dollar healthcare fraud scheme. Please register in advance.

Veterans Disability Assistance **Call for your 1:1 August Appointment**

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.



NEW CHAIR YOGA with Linda Harvey **Mondays beginning August 18, 10:30 am**



Linda Harvey PT and Certified Yoga Instructor joins us to improve flexibility, strength and balance in a class where the chair will offer support in both sitting and standing. Focusing on posture and breathing techniques have been found to increase relaxation and decrease pain and stress. Modifications will be offered and all are welcome. If you have any questions, feel free to call Linda at 802-355-0376. Please register in advance. **Cost is \$8 per class.**



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 High School parking lot, every 2nd**

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

Morning Jam at The Thompson **Every other Thursday, 10-12 pm**

Play an instrument? Join our small, relaxed jam band—open to all experience levels. Come play, connect, and enjoy making music together.



Six-Week Writer's Workshop **with Local Author Robin Fisher**

Tuesday, August 5—September 9, 1:00-3:00 pm

In this six-week course you will learn the basics of compelling storytelling: knowing how to communicate and listen on the deepest levels; character development, crafting cinematic scenes with mood, detail, description and dialogue. Ultimately, you will learn to trust your “voice” which sounds confusing but is simply letting your words and thoughts spill out onto the page in the way you think and speak. Please register in advance.



Summer Movie Monday at The Thompson **Monday, August 11, 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!

Community Connections **with Windsor County Sheriff, Ryan Palmer** **Wednesday, August 13, 1:30 pm**

Sheriff Ryan Palmer would like to share WCSD's recent achievements including an update on all the changes that have been made at the Sheriff's Department. Sheriff Palmer will provide a glimpse of what the future plans are for the department and improvements in rural law enforcement.



Summer Supper Club at Angkor Wat **Tuesday, August 19, 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 Angkor Wat 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.

PROGRAM CALENDAR - AUGUST 2025

Mon	Tue	Wed	Thu	Fri
				1
RESERVATIONS REQUIRED FOR ALL PROGRAMS & MEALS				10 Ping Pong at the Little Theater 10:30 BINGO 1 Mahjong
4	5	6	7	8
9 Walking Group 10 BINGO 10 Ping Pong at the Little Theater 1 Gentle Yoga 1 Advisory Meeting	9:30 Benefits Assistance 10-12 Memoir Class 1 Mahjong 1 Writer's Workshop 1-3 Memoir Class 2 SLN: FDR and the Bomb 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 10-12 Morning Jam 10:30 Strength, Stretch, Stability 3 Bone Builders	10 Ping Pong at the Little Theater 10:30 BINGO 10:30 Revo Casino Trip 1 Mahjong
11	12	13	14	15
9 Walking Group 10 BINGO 10 Ping Pong at the Little Theater 1 Gentle Yoga 1:15 Movie Day	10-12 Memoir Class 12 Caregiver Support Group 1 Writer's Workshop 1-3 Memoir Class 2 SLN: Iran through the Ages 1 Mahjong 3 Bone Builders	8:30-3 Foot Clinic 9:30 Beginner Tai Chi 10 Ping Pong at the Little Theater 10:30 Handwork Circle 10:40 Advanced Tai Chi 12 French Table 1:30 Community Connections 12 Spanish Group 1 Gentle Yoga 1 Bridge	10 Cribbage 10:30 Strength, Stretch, Stability 3 Bone Builders	10 Ping Pong at the Little Theater 10:30 BINGO 1 Mahjong
18	19	20	21	22
9 Walking Group 10 BINGO 10 Ping Pong at the Little Theater 10:30 Chair Yoga 1 Gentle Yoga	9:30 Commodities 10-12 Memoir Class 1 Mahjong 1 Writer's Workshop 1-3 Memoir Class 1:30 SMP Talk 2 SLN: Pro Football Hall of Fame 3 Bone Builders 5:30 Supper Club at Angkor Wat	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 10-12 Morning Jam 10:30 Strength, Stretch, Stability 3 Bone Builders	10 Ping Pong at the Little Theater 10:30 BINGO 1 Mahjong
25	26	27	28	29
9 Walking Group 10 BINGO 10 Ping Pong at the Little Theater 10:30 Chair Yoga 1 Gentle Yoga	1 Mahjong 1 Writer's Workshop 2 SLN: FDR and Social Security 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	Birthday Day 10 Cribbage 10:30 Strength, Stretch, Stability 12 Hawaiian themed birthday lunch (wear your Hawaiian shirts!) 3 Bone Builders	Breakfast Day (No lunch) 10 Ping Pong at the Little Theater 10:30 BINGO 1 Mahjong

MENU - AUGUST 2025

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

Mon	Tue	Wed	Thu	Fri
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			1 Baked Chicken Breast, Roasted Red Potatoes, Sautéed Corn and Roasted Peppers, Dinner Roll, Fresh Fruit
				8
4 Turkey Corn and Broccoli Chowder, Dinner Roll, Fresh Fruit, Cookie	5 BBQ Style Grilled Chicken Breast, Cucumber, Tomato, Red Onion Salad, Potato Salad, Roll, Ice Cream Sundae with Banana Caramel Sauce	6 Baked Haddock with Tropical Fruit Salsa, Basmati Rice Pilaf, Sautéed Vegetable Medley, Garden Salad, Dinner Roll, Fresh Fruit	7 Southwestern Pork Chili with Beans, Corn and Sweet Peppers, Mixed Garden Salad with Summer Vegetables and Homemade Dressing, Corn Bread, Fresh Mixed Fruit	
11 Grilled Hot Dogs on Whole Wheat Bun, Coleslaw, Sweet Potato Chips, Fresh Fruit, Cookie	12 Jamaican Jerk Style Chicken Breast (Mild), Peas and Rice (Caribbean style), Roasted Seasonal Vegetables, Garden Salad, Banana Bread with Coconut Whipped Cream	13 White Lasagna with Ground Turkey, Spinach, Mushrooms & Roasted Squash, Wheat Roll, Tossed Garden Salad with Summer Vegetables & Homemade Dressing, Fresh Mixed Fruit and Seasonal Berries	14 Salisbury Steak with Mushroom Gravy and Pearl Onions, Roasted Potatoes, Steamed Cauliflower, Dinner Roll, Fresh Fruit	15 Chicken Salad Sandwich on Whole Wheat Bread with Lettuce and Tomato, Broccoli Brunch Salad, Fruit Salad, Brownie
18 Italian Wedding Soup with Meatballs, Garden Vegetables and Orzo Pasta, Dinner Roll, Caesar Style Salad with Carrots, Cucumber, Croutons and Parmesan Cheese	19 Cheese Tortellini with Roasted Summer Vegetables with White Sauce and Fresh Pesto, Spinach Salad with Craisins, Orange and Toasted Almonds, Fresh Fruit Salad, Dinner Roll	20 Chicken Enchilada Casserole with Tomatillo Sauce, Black beans, Roasted Peppers, Onions, Jack Cheese and Sour Cream, Tortilla Chips and Salsa, Tossed Garden Salad with Summer Vegetables and Green Goddess Dressing, Fresh Fruit	21 Chef's Salad with Ham, Turkey, Cucumber, Croutons, Tomatoes, Sweet Peppers, Cheese and Carrots and Creamy Country Herb Dressing, Roll, Ice Cream Sundae with Fresh Blueberries and Maple Syrup	22 American Chop Suey (Cloudland Farms Ground Beef), Mixed Green Salad, Garlic Bread, Cookies and Fresh Fruit Salad
25 Beef Stroganoff with Mushrooms and Sweet Onions, Egg Noodles, Steamed Broccoli and Cauliflower, Dinner Roll, Fresh Fruit	26 Sweet and Sour Chicken with Peppers and Red Onion, Steamed Jasmine Rice, Mixed Green Salad with Crispy Noodles and Sesame Vinaigrette, Cookies	27 Eggplant Parmesan, Steamed Vegetables, Caesar Salad with Chicken, Dinner Roll, Fresh Fruit Parfait with Granola & Maple Syrup	28 Hawaiian themed Birthday Day Huli Huli Chicken and Kalua Pork (pulled pork), Hawaiian Style Macaroni Salad, Pineapple Cole Slaw, Coconut Pineapple Cake with Ice Cream	29 Breakfast Day (no lunch served) Scrambled Eggs, Sausage Link, Hash brown Casserole, Biscuit, Louise's Pancakes and Vermont Maple Syrup, Fruit

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

Come by to learn to play, refresh your skills, or up your game. Practice your hand/eye coordination and laugh a lot. Play singles or doubles on our THREE tables now. We have all the equipment you need, so please drop by! Questions? Call 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.

VIRTUAL PROGRAMS

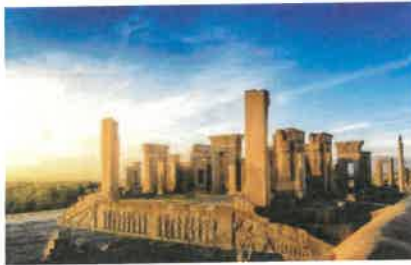
SLN Virtual Programs can be viewed at home or in The Thompson's new Media Room.
Please register in advance to receive your Zoom link by calling 802-457-3277 ext 2



"FDR and the Bomb"- FDR Presidential Library and Museum

Tuesday, August 5, 2:00 pm

In the 1940s scientists in several countries were exploring the possibility of unleashing the potential power of the atom for the purposes of creating a 'super weapon.' Who convinced FDR that the US needed to be working on creating an atomic weapon? What might have happened if Germany had created the Bomb before we did? Truman deemed the dropping of the Bomb on the Japanese Homeland as necessary to ending the war - would FDR have come to the same conclusion? Join us as we discuss this and other relevant topics with one of our favorite presenters, Jeff Urbin from FDR Library/ Museum.



" Iran Through the Ages" Inner Asian and Uralic Center

Tuesday, August 12, 2:00 pm

The Inner Asian and Uralic National Resource Center (IAUNRC) at Indiana University's Hamilton Lugar School of Global and International Studies is a U.S. Department of Education Title VI National Resource Center dedicated to raising awareness about its target area: namely the Turkic, Iranian, Mongolian, Uralic, and Tibetan cultural spheres. Some countries included are

Turkey, Azerbaijan, Hungary, Uzbekistan, and Afghanistan.

This presentation covers Iran from Antiquity to the 21st century, with a focus on providing historical context for events. We will cover the history of various states and empires that arose in Iran, cultural and literary developments in the country and its contributions to world culture and civilization.



The Visual Arts in the Pro Football Hall of Fame

Tuesday, August 19, 2:00 pm

Let's Visit the Hall of Fame! This program examines the architectural features of the museum in addition to sculptures, paintings, prints, photographs, videography and commercial/graphic art. Join us for an up close and personal look at the way these works of art help visitors understand and appreciate various aspects of historical and social contexts related to museum displays.



FDR and Social Security- FDR Presidential Library and Museum

Tuesday, August 26, 2:00 pm

FDR considered the creation of Social Security to be his greatest domestic achievement. This session traces the creation and passage of the Social Security Insurance Act, one of the most important pieces of social legislation in American history. Join us as we hear from Jeff once again about this very relevant topic to senior adults today, and what Social Security may look like in the future.

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

August 13 & 21 , 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

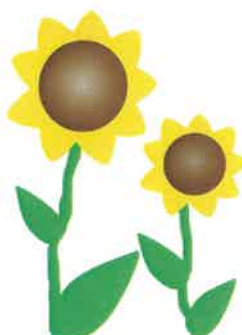
IN APPRECIATION

Dennis & Tuesday Wright - vacuum
In memory of Paul Rigali - medical
equipment
Janet Laughlin - medical equipment

*Thank
you!*

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

Vermont Standard newspapers
Diane Zonay for birthday flowers



**HAPPY
BIRTHDAY!**

IN MEMORY OF

Marshall McKee
Ping Pong Friends

Norman Boynton
Bertha Boynton

In Honor Of
Beth and Cliff Harper
Joan & Elliot Rubin

1st	Laurie	Heijn	10th	Kevin	Herman	20th	Steve	Stringos	27th	Sandy	Palmer
1st	Marilyn	Peterson	10th	Keith	Herman	20th	Cyndy	Kozara	27th	Glenn	Fullerton
2nd	Linda	Maxham	11th	Deborah	Heimann	20th	Gay	Travers	27th	Alice	Paglia
2nd	Kenneth	Niemczyk	11th	Dan	Leavitt	20th	Nancy	Pejouhy	28th	Jean	Goldsborough
2nd	Dolores	Gilbert	11th	Catherine	Wood	21st	Lisa	Gramling	28th	Andrew	Geller
2nd	Deborah	Goodwin	11th	Martha	Giller	21st	Barbara	Abraham	30th	Joan	Fariel
2nd	Patricia	Carsen-Allen	13th	Veronica	Delay	22nd	Lucille	McCarthy	30th	Karen	Oldenburg
2nd	Joyce	Mechling	13th	Kendall	Taylor	22nd	Pam	Sheperd	30th	Jeninne	Hagar
3rd	Bonnie	Atwood	13th	Kathy	Lembo	22nd	Lucille	Staples	31st	Ron	Willis
3rd	Yael	Taylor	13th	Pamela	Mathews	22nd	Jill	Hastings	31st	Karen	Gilmour
3rd	Margarete	Pierce	13th	Glenn	Feener	22nd	Jeannie	Killam	31st	Rachel	Obbard
3rd	Ruth	Emery	14th	Judy	Wiggin	22nd	Horst	Dresler			
3rd	Byron	Quinn	14th	Rick	Fiske	23rd	Ralph	Robinson			
3rd	Andrew	Hayward	14th	Anne	Nestler	23rd	Robert	Armstrong			
4th	Loretta	Parker	14th	Alice	Gundersen	23rd	Nancie	Fletcher			
4th	Christopher	Kearney	14th	Sandy	Gilmour	23rd	John	Zonay			
4th	Gerrie	Russell	14th	Lisa	Burke	24th	Alden	Fiertz			
5th	Joby	Thompson	14th	Suzanne	Skuja	24th	Debi	Dean			
5th	Charles	Frechette	15th	Anne	Koop	24th	Bev	Anderson			
6th	Douglas	Holtz	15th	Teresa	Murray-Eastman	24th	Elaine	Pauley			
7th	Carol	Corneille	15th	Anne	Koop	24th	Al	Lorie			
7th	Kathy	Reynolds	16th	Marie	Robinson	24th	Allan	Greenberg			
7th	Robert	Morris	16th	Cathy	Fobes	25th	Carolyn	Robinson			
8th	Laura	Griggs	16th	Jack	Jacobvitz	25th	Margaret	Edwards			
8th	Trina	Perkins	16th	Ronald	Stetson	25th	Megan	Westover			
8th	James	Pierce	17th	Phyllis	Morris	25th	Lana	Reuss			
8th	Melinda	Meyerhoff	17th	Ralph	Lancaster	25th	Steven	Strong			
8th	Dail	Frates	17th	Steve	Curtis	26th	Melinda	Griggs			
9th	Sarah	Lambert	18th	Mary	Mercure	26th	Carol	Fontaine			
9th	Linda	Chase	18th	John	Peters Sr	26th	Anne	Brodrick			
10th	David	Wheadon	18th	Jane	McGuire	26th	Treva	Stephens			
10th	Margaret	Nielsen	19th	Rebecca	Mitchell	26th	Arlene	Bohn			
10th	Jim	Krawczyk	20th	Brian	McGinty	26th	David	Hooks			
						27th	Pamela	Barrows			



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.