



The Thompson Times

Your resource to age well

OCTOBER 2025

Thompson Annual Meeting

Join us on **Wednesday, October 29 at 10:30 am** for our annual meeting and a delicious lunch to follow.

The Annual Meeting is an opportunity to vote on and welcome new board members and council members, celebrate achievements, and review our year-end (unaudited) financial statements.

We have lots to celebrate this year! Our newly renovated and expanded building is helping us to accommodate growing services. Over 200 new participants join us each year, as well as, many guests and family members. The future with the Thompson is looking brighter than ever!

Our Lunch Menu Includes:

Chicken Parmesan, Angel Hair Pasta with Marinara Sauce, Steamed Broccoli, Fresh Fruit Salad, Carrot Cake

Suggested Donation: \$7.00, charge of \$12 for age 60+

*Call 457-3277 to order lunch and RSVP for the annual meeting.
In person with virtual option available.*



Oktoberfest Celebration
Friday, October 3, Noon

Join us as we partake in this celebration with a traditional meal of:

Grilled Bratwurst, Sauerkraut and Apples, German Style Potato Salad, Grain Mustard Sauce, Whole Grain Dinner Roll, Fresh Fruit Salad

Enjoy delicious pretzels from Pretzel Village and BYOB.

Pre-register by calling The Thompson.

We look forward to celebrating with you!

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
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

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**SPECIAL THANKS
TO OUR 2025 SPONSORS**

Logos include: 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, DAVIS STEADMAN PERCY & SLUKA, LLC.

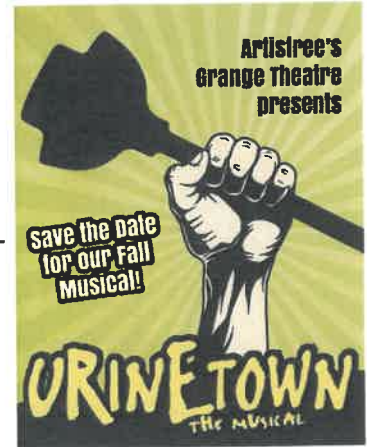
**DONNA & DOUG CALVEY | GAIL DOUGHERTY | DAWN & EDWARD D'ALELIO |
TOM & TRACY PHILLIPS | ELLEN & JOHN SNYDER | WENDY & JON SPECTOR |
DR. PEGGY STONE | TAMBREY VUTECH, REALTOR KW VERMONT WOODSTOCK |
LOIS WATSON | TOM WESCHLER & MARY HAWKINS**

EVENTS & PROGRAMS

Urinetown the Musical at the Grange Theater-FREE **Wednesday, October 8, 3:00 PM**

Urinetown, the Musical is a satirical musical comedy set in a dystopian future where a severe drought has led to a government ban on private toilets and a privatization of public restrooms. Citizens must pay to use public facilities controlled by the greedy Urine Good Company, leading to a revolution led by the unlikely hero Bobby Strong.

ArtisTree is offering a special matinee performance free of charge for all area seniors. Visit our website to register or call 802.457.3500 for help ordering tickets.



Community Connections **with Woodstock Fire Chief, David Green** **Thursday, October 9, 1:30 PM**

Join us for an important and timely discussion with Woodstock Fire Chief David Green. In recognition of Fire Prevention Week (October 5–11) and its theme “Smoke Alarms: Make Them Work for You!” Chief Green will talk about the critical role smoke alarms play in saving lives.

He will also share updates from the Woodstock Fire Department and Emergency Services, plus address the growing concerns around lithium-ion batteries—including the dangers of unsafe charging and how to protect yourself and your home.

Don't miss this chance to learn practical safety tips and ask your fire safety questions!



Fraud Awareness Seminar with M&T Bank **Friday, October 17, 1:30 PM**

Fraud continues to evolve, and staying informed is the best way to protect yourself and your business. M&T's upcoming seminar will provide valuable insights into today's fraud trends, real-world examples, and practical strategies you can use to safeguard your finances.

This is a great opportunity to learn directly from banking professionals, ask questions, and strengthen your defenses against potential threats.

AGE WELL PROGRAMS

Walk-in Thompson Flu Clinic **Provided by Smilin' Steve (Ottauquechee Pharmacy)** **Thursday, October 16, 9:00am- 12:00 PM**

High-dose flu vaccines for those 65 and older will be available at our October clinic, as well as a limited number of regular dose vaccines.

Anyone 65 and over will need to bring their Medicare card Part A/B card, which is different than a prescription coverage card.

For people under 65, please bring your regular prescription drug coverage insurance card, which in order to bill insurance needs to have an Rx BIN number, an Rx PCN number, an Rx Group number, and an ID number. It might be a different card than a medical coverage card.

This is a walk-in clinic and no prior reservation is required. Any questions regarding the actual vaccine type or which one you should be getting should be directed to Ottauquechee Pharmacy or your personal physician.

Individual Medicare Counseling Appointments **with Andy Hayward, licensed Insurance Agent with Gateway Retirement Solutions** **Thursdays beginning October 16 from 8:00 AM—3:00 PM at The Thompson**

October 15th through December 7th is the Annual Enrollment Period for Medicare Advantage Plans (Part C) and Prescription Drug Coverage Plans (Part D). During this time you are able to join a Medicare Part C or D plan. Your plan will take effect on January 1, 2026. If you already have a Medicare plan, this is the time to re-evaluate your health care needs and compare them to your current plan benefits. If you decide to stay with your current plan there is no further action required to renew it. Call Shari at The Thompson to make your appointment: 802-457-3277.

Tech Appointments Are Back at The Thompson!

We're excited to welcome back one-on-one tech help sessions, thanks to the generous support of Emily Gibson from the Norman Williams Public Library.

Available Time Slots:

Thursday, October 9

10:30 – 11:00 AM

11:00 – 11:30 AM

Thursday, October 23

2:00 – 2:30 PM

2:30 – 3:00 PM

Each session is 30 minutes long and space is limited — please call The Thompson to reserve your spot.

CREATIVE AGING

Art with Finnie **October Project: Shape** **Thursday, October 2, 1:30 PM**

Explore the beauty of both geometric and organic shapes in this colorful collage workshop inspired by artist Reggie Laurent. Using bright construction paper, metallic markers, and your own creative touch, you'll design a vibrant composition filled with shapes, patterns, and bold contrasts. No experience necessary, just bring your imagination and enjoy an afternoon of playful, hands-on art making. Register in advance.



Middlebury College A Cappella **Group Performs at The Thompson!** **Friday, October 10, 1:00 PM**

Stuck In The Middle (SIM) is Middlebury College's youngest low voice a cappella group. Founded in 2002, they have two primary goals: make music and have fun. They bring a modern outlook to a cappella, differentiating themselves from other campus groups through a focus on contemporary repertoire rather than traditional barbershop style. From singing for Senator Sanders to welcoming new students to college, they always strive to bring good sound and great energy!



Movie Monday **at The Thompson** **Monday, October 20, 1:15 PM** **in the Media Room, Pre-register**

Come relax and enjoy a 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! Snacks will be provided. Bring a friend and enjoy the show!

Pumpkin Painting **Class on Tuesday,** **October 21, 1:30 PM** **Cost: \$20**



Come join the fun on October 22nd for a seasonal Pumpkin Painting class. Everything needed to paint one pumpkin will be provided for \$20. Rose Young Smith, WUHS Class of 78, will guide you through the process of creating a festive pumpkin for upcoming Halloween fun! Register in advance.

Soup Supper Club **Thursday, October 30** **1:30 PM**



Join us for an afternoon soup demo and soup to go. This month's soup is a Fall Harvest Soup. Sig up in advance.

This program is made possible by a CHEF grant from Maine Council on Aging and Hannafords

PROGRAM CALENDAR - OCTOBER 2025

Mon	Tue	Wed	Thu	Fri
		1	2	3
RESERVATIONS REQUIRED FOR ALL PROGRAMS & MEALS		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 Art with Finnie 3 Bone Builders	Oktoberfest 10 Ping Pong at the Little Theater 10:30 BINGO 1 Mahjong
6	7	8	9	10
10 BINGO 10 Ping Pong at the Little Theater 1 Gentle Yoga 1 Advisory Meeting	9:30 Benefits Assistance 10:30 Chair Yoga 1 Mahjong 2 SLN: Monuments of Gettysburg 3 Bone Builders	10-11 Fall Prevention Class with Anne Bower and Linda Harvey 10 Ping Pong at the Little Theater 10:30 Handwork Circle 12 French Table 12 Spanish Group 1 Gentle Yoga 1 Bridge	10 Cribbage 10:30 Strength, 10:30-11:30 Tech Appointments Stretch, Stability 1:30 Community Connections 3 Bone Builders	10 Ping Pong at the Little Theater 10:30 BINGO 1 Mahjong 1 Music with a cappella group SIM
13	14	15	16	17
CLOSED for Indigenous Peoples' Day	10:30 Chair Yoga 12 Caregiver Support Group 1 Mahjong 2 SLN: The Wonders of Yellowstone Park 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 12 Spanish Group 1 Gentle Yoga 1 Bridge	8-3 Medicare Appts 8:30-3 Foot Clinic 9-12 Flu Clinic 10 Cribbage 10:30 Strength, Stretch, Stability 3 Bone Builders	10 Ping Pong at the Little Theater 10:30 BINGO 1 Mahjong 1:30 M&T Bank: Financial Literacy Talk
20	21	22	23	24
10 BINGO 10 Ping Pong at the Little Theater 1 Gentle Yoga 1:15 Movie Monday	9:30 Commodities 10:30 Chair Yoga 1 Mahjong 1:30 Art with Rose 2 SLN: Lincoln at Ford's Theatre 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 8-3 Medicare Appts 10 Cribbage 10:30 Strength, 2-3 Tech Appointments Stretch, Stability 3 Bone Builders	10 Ping Pong at the Little Theater 10:30 BINGO 1 Mahjong
27	28	29	30	31
10 BINGO 10 Ping Pong at the Little Theater 1 Gentle Yoga	10:30 Chair Yoga 1 Mahjong 2 SLN: Historic Train Travel at Durham Museum 3 Bone Builders	9:30 Beginner Tai Chi 10:30 Annual Meeting 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	8-3 Medicare Appts 8:30-3 Foot Clinic 10 Cribbage 10:30 Strength, Stretch, Stability 1:30 Soup Supper Club 3 Bone Builders	Halloween 10 Ping Pong at the Little Theater 10:30 BINGO 1 Costume Judging 1 Mahjong 2 Meet on The Green for Parade

MENU - OCTOBER 2025

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

Mon	Tue	Wed	Thu	Fri
		1	2	3
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	Italian Style Grinder with Turkey, Salami, Ham, Provolone Cheese, Shredded Cabbage, Tomato, Herb Vinegar Dressing and Olive Tapenade, Broccoli Slaw with Toasted Almonds and Craisins, Fresh Fruit	Chicken Tortilla Soup with Black Beans, Corn Tomato, Sweet Roasted Peppers topped with Crunchy Tortilla Strips, Avocado and Lime Crema, Garden Salad, Fresh Fruit, Cookie	Oktoberfest Grilled Bratwurst, Sauerkraut and Apples, German Style Potato Salad, Grain Mustard Sauce, Whole Grain Dinner Roll, Fresh Fruit Salad
6	7	8	9	10
Butternut Squash Soup, Hearty Chicken Caesar Salad, Dinner Roll, Fruit Crisp	Beef and Vegetable Chili (mild) with Red Beans, Corn and Sweet Peppers, Buttermilk Biscuit, Mixed Green Salad, Fresh Fruit, Brownie	Roman Style Chicken, Rice Pilaf with Herbs and Tomatoes, Mixed Garden Vegetables, Whole Grain Dinner Roll, Fresh Fruit Salad	Bhan Mi Sandwich on a Whole Grain Roll with Roasted Pork Tenderloin, Pickled Carrots and Cucumber, Garlic Aioli and Fresh Herbs, Rice Noodle Salad with Carrots, Sweet Peppers, Mint, Basil and Fresh Lime, Ginger Molasses Cookie	Tortellini with Italian Sausage, Marinara Sauce, Mixed Garden Vegetables, Whole Grain Dinner Roll, Fruit Salad, Cookie
13	14	15	16	17
CLOSED for Indigenous Peoples' Day	Lentil and Ham Soup with Kale, Carrots, and Sweet Corn, Mixed Green Salad with Garden Vegetables and Homemade Dressing, Whole Grain Roll, Fresh Fruit Salad, Cookie	Chicken Fricassee, French White Stew with Carrots and Peas, Roasted Red Potatoes, Garden Salad with Carrots, Orange and Cucumber with House Made Dressing, Fresh Fruit	Shepherd's Pie, Garden Salad with Fresh Vegetables and House Made Dressing, Whole Grain Dinner Roll, Pumpkin Pie, Fresh Fruit	Grilled Chicken Breast with Lemon and Fresh Herbs, Baked Potato, Steamed Garden Vegetables, Whole Grain Dinner Roll, Fresh Fruit
20	21	22	23	24
Moroccan Style Chicken, Brown Rice Pilaf, Steamed Carrots, Broccoli and Cauliflower, Whole Grain Roll, Fresh Fruit with Granola	Hearty Chicken Noodle Soup with Mixed Vegetables, Mixed Green Salad with Croutons, Garden Vegetables and Homemade Dressing, Fresh Fruit Salad	Baked Haddock, Mixed Grain Pilaf with Basmati Rice, Bulger & Quinoa, Fresh Herbs, Fall Vegetables, Whole Grain Dinner Roll, Fruit Salad	Birthday Day Roasted Turkey, Mashed Potato and Gravy, Roasted Squash, Parsnips, and Fall Vegetables, Whole Wheat Roll, Fresh Fruit Salad, Carrot Cake and Ice Cream,	Ed's American Chop Suey, Mixed Green Salad with Garden Vegetables and Homemade Dressing, Whole Grain Dinner Roll, Fresh Fruit Salad
27	28	29	30	31
Clam Chowder, Garden Salad with Fresh vegetables and Homemade Dressing, Whole Wheat Dinner Roll, Fresh Fruit Salad	Grilled Hamburgers on a Whole Wheat Bun with Lettuce, Tomato, Red Onion and Pickles, Cole Slaw, Baked Beans, Hot Fudge Sundae, Fresh Fruit	Annual Meeting Chicken Parmesan, Angel Hair Pasta with Marinara Sauce, Steamed Broccoli, Fresh Fruit Salad, Carrot Cake	Soup Supper Club Fall Harvest Soup, Tossed Caesar Salad, Whole Grain Roll, Pumpkin Pie with Whipped Cream and Fresh Fruit Salad	Roasted Chicken Breast Seasoned with Curry and Lemon, Mango Chutney, Rice Pilaf, Green Beans, Mixed Green Salad, Dinner Roll, Fresh Fruit

The Ping Pong Place at the Little Theater
Mondays, Wednesdays, and Fridays
Drop in play, 10:00 to 11:30 AM
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.

Chair Yoga with Linda Harvey
Tuesdays at 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.**

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.

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

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.

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



The Monuments of Gettysburg **Tuesday, October 7, 2:00 PM**

Join us at Gettysburg National Military Park, as we learn about the various monuments, and battle sites in and around them. These monuments represent "one of the largest collections of outdoor sculpture in the world." Most are listed as contributing structures within Gettysburg Battlefield Historic District,

which was approved by the Keeper of the National Register of Historic Places on January 23, 2004. Join us as a park ranger takes us on a virtual tour of these monuments, and the history behind them.

The Wonders of Yellowstone Park **Tuesday, October 14, 2:00 PM**

Yellowstone National Park is a wonder to see and experience. The wildlife is unbelievable, but the geology is even more spectacular. Yellowstone geology is tied to a process that began in deep time and continues to the present. It has shaped the surface of the western United States. Spend an hour with Outreach Educator George Miller from the Buffalo Bill Center of the West and explore the forces that have shaped Yellowstone and the West.



Lincoln at Ford's Theatre **Tuesday, October 21, 2:00 PM**

On the morning of April 14, 1865 (Good Friday), actor John Wilkes Booth learned President Abraham Lincoln would attend a performance of the comedy *Our American Cousin* that night at Ford's Theatre—a theatre Booth frequently performed at. He realized his moment had arrived.

By 10:15 that evening, the comedy was well into its last act. In the Presidential Box, President and Mrs. Lincoln and their guests, Major Henry Rathbone and his fiancée, Clara Harris, laughed at the show along with the audience—not knowing that Booth was just outside the door. Join us as visit once again this event that changed history- and maybe learn something we never knew before!

Historic Train Travel with the Durham Museum **Tuesday, October 28, 2:00 PM**

Hop aboard our passenger cars, steam engine, and caboose for an authentic look at train travel and how it shaped our country!

Join us for a virtual tour of the museum's authentic train cars! We will start with a look at our 1890s steam engine and 1950s caboose, followed by a walk through our passenger trains. Luxurious rail travel awaits!



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

October 16 & 30, 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.

HomeShare is working in our Community!



Homeshaaring is an innovative way for people to remain in their homes while receiving help and/or some additional income. The Thompson Aging at Home program's collaboration with HomeShare Vermont is now entering its third year! With our latest expansion into all of Windsor and Windham Counties, there will be even more opportunities to create compatible homeshare matches. Currently, HomeShare hosts receive an average of \$380 in rent and 8½ hours of help each week from their guests. Contact Shari at 802-457-3277 or sborz@thompsonscenter.org to learn more about homeshaaring or to schedule a presentation for your group or organization.

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 own. 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.

Reflexology with Deb Neuhof

Deb is hoping to resume appointments at the Thompson Center in 2026. In the meantime she is seeing a limited number of clients privately in her home at her Thompson rate of \$35 for 30 minute hand or foot treatment, or \$65 for 60 minutes. To schedule an appointment she can be reached at 802-738-3585.

IN LOVING MEMORY & APPRECIATION

IN APPRECIATION

Jamie Hock - adult tricycle
Anna & David Pauly: medical equipment
Yankee Book Shop - books



A Special Thank You for these monthly ongoing donations:

Vermont Standard newspapers
Diane Zonay for birthday flowers



IN MEMORY OF

Lyle Morgan
Raymond Racicot

Marcia Wheeler
Raymond Racicot



OCTOBER BIRTHDAYS

1st	Barbara	Capman	12th	Tina	Miller	20th	Joseph	Matz
2nd	Jane	Soule	12th	Linda	Stevens	20th	Joan	Slocum
2nd	Diana	Leskovar	12th	Matthew	Maxham	20th	Celia	Curtis
2nd	Regina	Cummings	12th	Carol	Schweitzer	21st	Judith	Hills
2nd	Libbet	Downs	13th	Kathy	Dudley	21st	Deborah	Gravel
2nd	Cheryl	Munick	13th	Susan	Scibetta	21st	Frederick	Weremey
3rd	Arlene	Jarvis-Gentile	13th	Fred	Yale	21st	Chuck	Fenton
4th	Elizabeth	Edmunds	13th	Fred	Yale	22nd	Phyllis	Potter
4th	Suzanne	Blumberg	14th	Kathy	Hall	22nd	Kevin	Daly
5th	Sam	Heath	14th	Punch	Taylor	23rd	Paula	Audsley
5th	Annie	Smith-Jones	14th	Edward	Durgin	23rd	Perri	Maxham
5th	Judy	Maynes	14th	Shirley	Ackley	23rd	Kevin	Plunkett
6th	Elizabeth	Berry	14th	Alison	Hankey	24th	Keith	Blake
7th	Kenneth	Harmen	15th	Daniel	Bellmore	24th	Margaret	Beirne
7th	Blanche	Rea	15th	Lynn	Beach	24th	Barbara	Leonard
8th	Robert	Hager	16th	Dorothy	Forthmann	24th	Susan	Leventoff
8th	Mavis	Shaw	16th	Marie	Clement	24th	Mary	Roberts
8th	Diane	Atwood	17th	Richard	Roy	24th	Dodie	Benko
8th	Valerie	Bridge	17th	Robert	Rosenberger	24th	Deborah	Holmgren
8th	Charles	Kimbell	17th	Toni	Vendetti	25th	Betsy	Rhodes
8th	Juliette	Pierce	17th	Brianna	Tarulli	25th	Louise	Bouchard
8th	Anne	Bourne	17th	Scott	Cone	25th	Connie	Kurek
8th	Jane	Bird	18th	Therese	Fullerton	25th	Robert	Strout
8th	Judy	Bess	18th	Bob	Belisle	26th	Martha	Virgin
8th	Tara	Chander	18th	Kristin	Brodie	27th	Lillian	Griggs
9th	Daphne	Moritz	18th	Lloyd	Oldenburg	27th	Phillip	Maynes
9th	Tina	Morgan	18th	Sandra	Von Unwerth	28th	Jim	Havill
10th	Todd	Reuben	19th	John	Fike	28th	Dorothy	Herrick
10th	George	Thompson	19th	David	Singer	28th	Honey	Donegan
10th	Sarah	Lewis	19th	Gareth	Henderson	28th	Janet	English
10th	Jean	Cotner	19th	Dorothy	Cummings	28th	Christa	Hammerstrom
10th	Sara	Kobylenski	19th	Michael	Pacht	28th	Carol	Mazour
10th	Christopher	Eldridge	19th	Betty	Jamieson	29th	Julia	Watson
11th	Joyce	Horton	20th	Dwight	Camp	29th	Gretchen	Wilson
11th	Marjorie	Wakefield	20th	Brooke	Beaird	30th	Nelson	Gilman
			20th	Joan	Keramis	30th	Louise	Brickelmaier
						30th	Donald	Watson
						31st	Eric	Fritz
						31st	Robert	Giguere
						31st	Renie	Wetmore



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.