



The Thompson Times

Your resource to age well

NOVEMBER 2025

Celebrating our Veterans Wednesday, November 12 Beginning at 11:45 am



The Thompson annual Veterans Day lunch and ceremony is a poignant celebration as we honor those who have served and who continue to serve. In recognizing our Veterans, we invite you to join us at 11:45 am as the American Legion leads us in a short ceremony around the flag. A group photo will be taken.

Immediately following we will enjoy a meal of *Baked Ham with Pineapple Sauce, Mashed Potatoes, Stewed Green Beans, Whole Grain Dinner Roll, Pumpkin Bread with Whipped Cream, and Fresh Fruit.*

Music will be provided by Jerry Blakeney. We ask that you make your reservation in advance. **Free meal for Veterans.**

Thank you to all of our Veterans for your service and your sacrifice which will never be forgotten.

Special November Meals



Thanksgiving Dinner Thursday, November 6, 12:00 PM Menu includes:

Roasted Turkey, Mashed Potato, Stuffing,
Cranberry Sauce, Parsnips & Winter Squash,
Dinner Roll, Fruit Salad, Pumpkin Pie



"Pie for Breakfast" Friday, November 7, 9:00 AM Pie Buffet, Quiche, Fruit, Cheese, Coffee, Tea No lunch served

RSVP in advance.
\$7 donation, \$12 under 60

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The Thompson Center

Woodstock Area Council on Aging
99 Senior Lane
Woodstock, VT 05091
Phone: 802-457-3277
Fax: 802-457-1259
www.thompsonseniorcenter.org

CENTER HOURS

8 AM-3 PM, Monday-Friday

STAFF

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Andrew Geller, Chef,
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Chris Eldridge, Facilities Maintenance,
celdridge@thompsonseniorcenter.org

Culinary Team: 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@thompsonseniorcenter.org

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

BOARD OF DIRECTORS

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Dick & Bonnie Atwood- Advisory

BEHIND THE SCENES

ADVISORY MEETING HIGHLIGHTS

- The Annual Meeting is Oct 29th at 10:30 am.
- The VT Standard will publish a special edition later this month on the Thompson renovation start to finish including patron interviews.
- Medicare Open Enrollment appointments start Oct 16 through December 7th.
- The Flu Clinic will be walk-in on October 16, 9-12.
- Cory discussed upcoming programs in the planning including a Holiday Recipe Swap and Pie for Breakfast.
- Some participant questions/comments include confirming the Holiday Bazaar this year which will take place on 12/6. Also Ping Pong will be moving to the Thompson starting 11/3 at 10am.

Please join our next meeting on Monday, November 3, 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**

Logos include: Lake Monsters, Mascoma Bank, ESTES & GALLUP CONSTRUCTION, Mark D. Knott DDS, 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 |
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LOIS WATSON | TOM WESCHLER & MARY HAWKINS**

EVENTS & PROGRAMS



Holiday Recipe Swap & Social Hour **Tuesday, November 4, 1:00 PM** **at The Thompson Senior Center**

Get into the holiday spirit with friends and festive flavors! Join us for a cozy afternoon of sharing and exchanging your favorite recipes for the upcoming Thanksgiving and holiday season. Bring a printed copy of a recipe you love—whether it's a family favorite, a new discovery, or a treasured tradition—and gather inspiration for your holiday table. Enjoy good company, light refreshments, and plenty of holiday cheer!



Community Connections **Ottauquechee Health Foundation: Supporting Our Community** **Monday, November 24, 1:00 pm**

Come join us for a special presentation with the OttawaQuechee Health Foundation (OHF), an organization that has been improving health and wellness in our community for nearly 30 years!

David Sleeper, OHF's Executive Director, will share the inspiring story and mission of the foundation, which will celebrate its 30th anniversary in 2026.

We'll also hear from Lizzie Coelho, OHF's Grants Coordinator, about the many ways OHF helps neighbors in need. From Good Neighbor Grants that assist with medical costs like dental work and hearing aides, to Homecare Grants that support caregiving services right at home, OHF is here to make sure no one has to face health challenges alone.

Don't miss this chance to learn how OHF continues to make a difference—and how you or someone you know might benefit from their programs.

AGE WELL PROGRAMS

Individual Medicare Counseling Appointments *with Andy Hayward, licensed Insurance Agent with Gateway Retirement Solutions* **Thursdays 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, November 6
10:30 – 11:00 AM
11:00 – 11:30 AM

Thursday, November 20
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.



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

Veterans Disability Assistance **Call for your 1:1 November 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 802-457-3277.



Art with Finnie

November Project: Color-Ed Harrison Landscapes

Thursday, November 6, 1:30 PM

Explore vibrant landscapes inspired by Ted Harrison. Learn to see the land, water, and sky as bold shapes, then fill them with warm and cool colors to create a striking, layered scene. Register in advance.

Japanese Calligraphy with Chris Eldridge

Tuesday, November 18, 1:15 PM



Join us for a relaxing and inspiring afternoon of Japanese Calligraphy with our very own Chris Eldridge! Discover the beauty and mindfulness behind this traditional art form as you learn brush techniques and the graceful flow of Japanese characters.

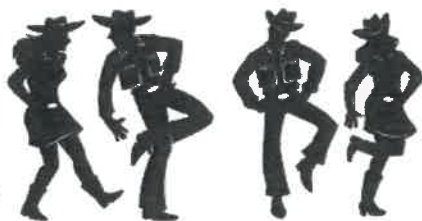
All materials will be provided. No experience necessary — just bring your curiosity and creativity!



Movie Monday at The Thompson

Monday, November 17, 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!



Beginner Line Dancing Class

Friday, November 21, 1:00 – 2:30 PM

Get ready to kick up your heels with **Britt and Olivia Line Dancing**! Join us for a fun and easy Beginner Line Dancing Class — no experience (or partner!) needed. The first part of the class will focus on learning the basic steps and popular routines, and then we'll put it all together for some lively dancing in the second half. Come enjoy great music, friendly company, and a good dose of exercise. **This class is by donation.**



Soup Supper Club

Tuesday, November 25, 1:30 PM

Join us for an afternoon soup making demo and soup to go for dinner. Sign up in advance.

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

PROGRAM CALENDAR - NOVEMBER 2025

Mon	Tue	Wed	Thu	Fri
3	4	5	6	7
10 BINGO 10 Ping Pong 1 Gentle Yoga 1 Advisory Meeting	9:30 Benefits Assistance 10:30 Chair Yoga 1 Mahjong 1 Recipe Swap 2 SLN: Eisenhower on the Farm 3 Bone Builders	9:30 Beginner Tai Chi 10:30 Handwork Circle 10:40 Advanced Tai Chi 12 French Table 12 Spanish Group 1 Gentle Yoga 1 Bridge	Thanksgiving Dinner 8-3 Medicare Appts 10 Cribbage 10:30 Strength, Stretch, Stability 10:30-11:30 Tech Appointments 1:30 Art with Finnie 3 Bone Builders	9:00 Pie for Breakfast (No lunch today) 10 Ping Pong 10:30 BINGO 1 Mahjong
10	11	12	13	14
8:30-3 Foot Clinic 10 BINGO 10 Ping Pong 1 Gentle Yoga	CLOSED for Veterans Day 2 SLN: Veterans Day at the Mighty Eight (online viewing only)	Veterans Lunch 10:30 Handwork Circle 11:45 Veteran Ceremony 12 French Table 12 Spanish Group 1 Music with Jerry Blakeney 1 Gentle Yoga 1 Bridge	8-3 Medicare Appts 10 Cribbage 10:30 Strength, Stretch, Stability 3 Bone Builders	10 Ping Pong 10:30 BINGO 1 Mahjong
17	18	19	20	21
10 BINGO 10 Ping Pong 1 Gentle Yoga 1:15 pm Movie Day	9:30 Commodities 10:30 Chair Yoga 12 Caregiver Support Group 1 Mahjong 1:15 Calligraphy with Chris Eldridge 2 SLN: Wright Brothers National Memorial 3 Bone Builders	8:30 Board Meeting 9:30 Beginner Tai Chi 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 8:30-3 Foot Clinic 10 Cribbage 10:30 Strength, Stretch, Stability 2-3 pm Tech Appointments 3 Bone Builders	10 Ping Pong 10:30 BINGO 1 Mahjong 1-2:30 Line Dancing Class
24	25	26	27	28
8-3 Medicare Appts 10 BINGO 10 Ping Pong 1 Gentle Yoga 1 Community Connection	10:30 Chair Yoga 1 Mahjong 1:30 Soup Supper Club 2 SLN: Francis Perkins: FDR Library & Museum 3 Bone Builders	9:30 Beginner Tai Chi 10:30 Handwork Circle 10:40 Advanced Tai Chi 12 French Table 12 Spanish Group 1 Gentle Yoga 1 Bridge	THANKSGIVING CLOSED	CLOSED
				RESERVATIONS REQUIRED FOR ALL PROGRAMS & MEALS

MENU - NOVEMBER 2025

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

Mon	Tue	Wed	Thu	Fri
3	4	5	6	7
Beef Barley Soup, Cottage Cheese, Mixed Green Salad with Garden Vegetables, Whole Grain Dinner Roll, Ice Cream Sundae, Fresh Fruit Salad	Greek Style Chicken Breast with Artichoke Hearts, Tomato, Capers and Fresh Herbs, Brown Rice Pilaf, Steamed Fall Vegetables, Whole Grain Dinner Roll, Pumpkin Bread with Whipped Cream, Fresh Fruit Salad	Pork Stew with Carrots, Potato, Mushroom and Peas, Garden Salad with Beets, Carrots and Cucumber, Whole Grain Dinner Roll, Fresh Fruit Salad, Cookie	Thanksgiving Dinner Roasted Turkey, Mashed Potato, Stuffing, Cranberry Sauce, Parsnips and Winter Squash, Whole Grain Dinner Roll, Fresh Fruit Salad, Pumpkin Pie	Pie for Breakfast Pie Buffet, Quiche, Fruit, Cheese, Coffee, Tea No Lunch Served
10	11	12	13	14
Chicken Corn Chowder with Broccoli and Red Potatoes, Garlic Whole Grain Dinner Roll, Fruit Parfait with Yogurt, Granola and Maple Syrup	CLOSED for Veterans Day	Veterans Lunch Baked Ham with Pineapple Sauce, Mashed Potatoes, Stewed Green Beans, Whole Grain Dinner Roll, Pumpkin Bread with Whipped Cream, Fresh Fruit	Stuffed Peppers with Ground Turkey, Butternut Squash, Spinach and Fresh Herbs, Brown Rice Pilaf, Tomato Sauce, Whole Grain Dinner Roll, Fresh Fruit Salad	Roasted Chicken Breast with BBQ Sauce, Mac and Cheese, Steamed Broccoli, Cole Slaw, Fresh Fruit Salad, Ice Cream
17	18	19	20	21
Pulled Pork Sandwich on a Wheat Kaiser Roll, Potato Salad, Quick Pickled Cucumbers, Fresh Fruit Salad, Cookie	Chicken Cacciatore, Braised Chicken with Sweet Peppers, Mushrooms and Onions in Tomato Sauce, Roasted Squash, Brown Rice Pilaf, Garden Salad with Homemade Dressing, Fresh Fruit	Baked Cod with Lemon and Fresh Herbs, Local Vegetables, Saffron Rice Pilaf, Caesar Style Salad with Carrots, Cucumber, Parmesan & Croutons, Fruit Salad	BIRTHDAY DAY Meat Loaf, Roasted Red Potatoes, Steamed Broccoli, Carrots and Cauliflower, Whole Grain Dinner Roll, Fresh Fruit, Birthday Cake and Ice Cream	Cheese Tortellini with Chicken and Pesto Sauce, Roasted Zucchini, Peppers and Onions, Garden Salad, Garlic Whole Grain Dinner Roll, Fresh Fruit Salad
24	25	26	27	28
Cheeseburger on a Whole Wheat Bun with Lettuce, Tomato, Red Onion, Pickles and House Spread, Potato Salad, Mixed Fruit Cobbler	Chicken Noodle Casserole with Peas, Mushrooms and Carrots, Garden Salad with Cucumbers, Olives and Tomato, Whole Grain Dinner Roll, Fresh Fruit Salad, Cookie	American Chop Suey With Cloudland Farm Ground Beef and Macaroni, Parmesan Cheese, Whole Grain Dinner Roll, Garden Salad with Carrots, Beets and Cucumber, Fresh Fruit Salad	THANKSGIVING CLOSED	CLOSED
			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

Ping Pong now at The Thompson

Mondays 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. We have moved back to The Thompson building. Practice your hand/eye coordination and laugh a lot. 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



Eisenhower on the Farm-Eisenhower National Historic Site **Tuesday, November 4, 2:00 pm**

In 1950—after 34 years of marriage and dozens of moves—the Eisenhowers found a place they could call home in Gettysburg, Pennsylvania. After World War II, Eisenhower looked forward to retirement with his wife Mamie and this farm on familiar ground seemed the perfect fit. The couple purchased the property, but Eisenhower's retirement was short lived. After the move he was called

soon back to Europe to be the Supreme Commander of NATO forces. The following year, he left that role to run for the presidency, and was elected the 34th President of the United States. Over his two terms in office, his Gettysburg farm was a central feature of Eisenhower's time as president. Ike spent over 365 days here while he was Commander-in-Chief, using the farm for rest and relaxation, as well as a locale for hosting world leaders. Finally, in 1961, 11 years after buying their farm, the Eisenhowers left the White House and, at long last, had their retirement home of their dreams. Join us as we visit the farm, which includes background on the Eisenhower story and the significant events that took place here.

Veteran's Day at the Mighty Eight Museum

Aftermath of War: The Wham! Bam! Crew and the Russelsheim Massacre Trial

Tuesday, November 11, 2:00 pm

The crew of the B-24 Liberator, "The Wham! Bam! Thank You, Ma'am" failed to return to base from the August 24, 1944 Hanover mission when it was downed by flak. The nine man crew bailed out successfully, was captured as POWs and later became the focus of the first War Crimes Trial of World War II. Join us as we honor the many brave men and women who have served, sacrificed, and serve today to protect our nation.



"Wind and Sand" Wright Brothers National Memorial

Tuesday, November 18, 2:00 pm

Come Fly with us! The Wind and Sand Program highlights the evolution of the Wright brothers from bicycle mechanics to aviation legends. We will learn about many of the people who aided the Wrights in their work, talk about why Kitty Hawk was picked as the place to do their experiments away from Ohio, and pre-

sent how the two brothers were eventually able to succeed with their flights on December 17, 1903. We will also discuss how their work may have influenced you!

Francis Perkins : FDR Presidential Library and Museum

Tuesday, November 25, 2:00 pm

When FDR was elected President in 1932 there was speculation over who the President would select for his cabinet. One name that kept coming up was that of Frances Perkins. Because no woman had previously served in a presidential cabinet, any woman appointed would be closely scrutinized and be targeted for criticism. Impressed by her ability and accomplishments, President Franklin Roosevelt offered Frances Perkins the position of Secretary of Labor. As Secretary of Labor, Perkins took on the responsibility of developing solutions to the problems being caused by the Great Depression. Most pressing was the fact that between 13 and 18 million Americans were unemployed (Downey 149).

Frances Perkins leaves behind an even greater legacy: she helped pave the way for women to enter the male dominated political world. Twenty-one women have held cabinet positions since Frances Perkins first accepted Franklin Roosevelt's offer to become Secretary of Labor. By accepting a position in Roosevelt's cabinet, Frances Perkins changed the course of women's history in America.



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

November 10 & 20, 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@thompsonseniorcenter.org to learn more about homesharing 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

In memory of Charley Humpstone - medical equipment
 Bitsy Harley - medical equipment
 Dolores Gilbert - tomatoes
 Carol Towne - tomatoes
 Marie Oldenburg - medical equipment
 Greg DeCell & Barbara Austin - cupcakes & cookies
 Notter Farms, Tom Phillips - apples



A Special Thank You for these monthly ongoing donations:

Vermont Standard newspapers
 Diane Zonay for birthday flowers

IN HONOR OF

Robin Gaby Fisher
 Joyce Mechling



NOVEMBER BIRTHDAYS

1st	Bari	Ramirez	14th	Patricia	Gould	24th	Michael	Beirne
1st	Phyllis	Murray	14th	Allen	Buswell	24th	Elizabeth	Frederick
1st	Sherman	Kent	15th	Debra	Remick	24th	Diane	Zonay
2nd	Elizabeth	Deignan	16th	Nathan	Willard	24th	Iris	Glick
2nd	Doug	Phillips	16th	Phil	Dechert	25th	Margaret	Maxham
2nd	Jeanne	Ward	16th	Lily	Mitchell	25th	Takis	Hinaris
2nd	Tina	Metroplos	17th	Mark	Fletcher	25th	Melanie	Carlson
3rd	Lindsay	Heath	18th	Roy	Bates	25th	Karen	Barr
3rd	Betty Ann	Lantz	19th	Doris	Dean	26th	Beverly	Regan
3rd	Eileen	Orcutt	19th	Lisa	Parsons	26th	Bonnie	Colby
3rd	Nelson	Bebo	20th	Regina	Lawrence	26th	Lauren	Anderson
5th	Carole	Pickett	20th	Angela	Tessier	27th	Fred	Doten
5th	Wallace	Orcutt	20th	Karla	Kruse	27th	James	Ford
5th	Jane	Warren	21st	Pamela	Jaynes	27th	Valentina	Melnichenko
6th	Bill	Corson	21st	Mary	Croft	28th	Merle	Sanderson
7th	Bernard	Strong	21st	Jeanne	Fallon	28th	Dora	White
7th	Wendy	Yoo	21st	Joseph	Blumberg	28th	Fred	Barr
7th	Suzy	Krawczyk	21st	Noella	Pickett	28th	Helen	Dewar
8th	Judy	Mahood	22nd	Neal	Campbell	28th	Casey	Durkee
8th	Paige	Hiller	22nd	Elizabeth	Harper	28th	Barbara	Fox
8th	Virginia	Wise	22nd	Sandy	DiNatale	29th	Mary	Costella
9th	Bruce	Gould	22nd	Peter	Jensen	29th	Charles	Rattigan
9th	James	Bradley	22nd	Neil	Johnston	29th	Carole	Sparkes
9th	Jo	Truell	22nd	Haldor	Issente	29th	Gregory	Smith
10th	Deanna	Jones	22nd	Sarah	Macleay	29th	Bridget	Howe
10th	William	Emmons	23rd	Joan	Harvey	29th	Bob	Manthey
10th	Anne	McKenna	23rd	Nancy	Mills	30th	Mario	Gattorna
10th	Beverly	Terwilleger	23rd	Susan	Wilson	30th	Shirley	Gramling
11th	Peggy	Stone	23rd	Kay	Plunkett	30th	Phillip	Jackson
11th	Pam	Levasseur	24th	Carolyn	Maynard	30th	Glynes	Howe
12th	Rhonda	Bruce						
13th	Loie	Havill						
13th	Isabelle	Bradley						
13th	Elizabeth	Hollinshead						
13th	Arlene	Turner						
14th	Constance	Hitchcock						



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.