



The Thompson Times

Your resource to age well

DECEMBER 2025



HOLIDAY BAZAAR & COOKIE WALK

Saturday, December 6, 9-1pm

Please join us for this annual holiday event where you'll find a great selection of unique holiday gifts, handmade pottery, ornaments, jewelry, knitted and felted items, homemade goodies, jams, jellies, pickles, and more! Santa will visit and we'll have our popular Cookie Walk.



VSO Holiday Pops at the Rutland Paramount Theater

Sunday, December 7

3:00 pm

See page 3

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 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@thompsonscenter.org

Senior Solutions (Formerly Council of Aging
for Southeastern Vermont)

SENIOR HELPLINE: 800-642-5119

BOARD OF DIRECTORS

Karen Rosene-Montella—*Co-President*
Thomas Phillips—*Co-President*
Beth Harper—*Treasurer*
Richard Wacker—*Secretary*
Keri Cole
Ken Costello
Janet English
Robin Gaby Fisher
Greg Greene
Patty Hasson
Carolyn Kimbell
Tara Layne
Roger Logan
Dan Noble
Paulette Watson
Dennis Wright

Dick & Bonnie Atwood- Advisory

BEHIND THE SCENES

ADVISORY MEETING HIGHLIGHTS

- Cory reported on upcoming December programs including VSO Holiday Pops on December 7, Holiday Meal and Yankee Swap on December 11, and Breakfast Days on December 5th and 31st.
- Cory provided update on the River Rhine trip with Collette for December 2026 and ideas for future trips.
- An audio and vision check is in the works for sometime in 2026.

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

Winter Weather Closing Policy

Our weather policy is to close the center if our school district is closed. School delays will be determined on a case by case basis. If we are closed we will post on Facebook and change the voicemail message at the center by 6:30am. Those who are registered for programs will also receive a call after 8am. Snow day meals are sent out in advance of any expected storm. Virtual programs continue as scheduled, if possible.

This is a great time to remind everyone to register, so that you'll get a call from us in the event of a cancellation. Also please note that we use our automated call system, the call comes from a Belmont, MA (617) number but will be Deanna Jones' voice on the recording.

Winter and MOW Deliveries

Our volunteer drivers and staff who deliver meals or provide transportation need to be safe on the road and that includes being able to safely park in the driveways and carry meals on walkways up to your residence. Driveways and walkways need to be plowed out or shoveled clear. Call Shari, our Aging at Home Resource Coordinator, for referrals for plowing and shoveling Thank you!

SPECIAL THANKS TO OUR 2025 SPONSORS



EVENTS & PROGRAMS



Vermont Symphony Holiday Pops at the Rutland Paramount Theater

Followed by Dinner in Killington on Sunday, December 7th

Depart The Thompson at 1:45 pm for the 3:00 pm Matinee.

Cost: \$90 includes transportation, theater ticket and 3-course dinner.

Celebrate December with festive music and join Music Director Andrew Crust, guest singers, and your Vermont Symphony Orchestra for a concert that delivers a joyful mood for the season. Enjoy favorites like Sleigh Ride and selections from The Nutcracker, a new commission by Vermont composer Michael Schachter inspired by a Jewish folktale, a rousing audience holiday sing-a-long, a musical reading of selections from Charles Dickens' A Christmas Carol, and more!

Payment is due upon registration and will confirm your seat. Please see Cory with dinner menu options.



Community Connection

Wednesday, Dec 3, 1:00 pm (Following lunch)

Join us for an open conversation about the potential redistricting and building needs of Woodstock High School. This is a great opportunity to ask questions, share your thoughts, and learn more about possible plans for the school's future.

The discussion will be led by MVSU Superintendent Sherry Sousa, Woodstock Representatives Chari Keri Bristow and Seth Webb.

AGE WELL PROGRAMS

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, December 4

10:30 – 11:00 AM

11:00 – 11:30 AM

Thursday, December 18

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's Seasonal Fuel Assistance Program

Seasonal Fuel Assistance Applications are processed all year long but benefits are paid to fuel dealers in November. If you need assistance applying for benefits, call the Senior Helpline at 800-642-5119. If you think you have applied but have questions about your benefits, call Economic Services Benefit Service Center at 800-479-6151. Applications for the 2025-2026 heating season must be postmarked by February 28 for eligible households.

Veterans Disability Assistance Continues at The Thompson 1:1 Assistance by Appointment

Our wonderful volunteer and retired veteran Tom, has already assisted 20 veterans with applications and counting!

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

"I would like to thank The Thompson Center for offering a seminar by the Veterans Service Organization that I attended a few years ago. The representatives thoroughly explained eligibility requirements for disability that veterans are entitled to. Thanks to a Thompson Center volunteer, I was assisted in filling out VA paperwork for disability for my military service. I am now being compensated for injuries I received while I was in the military many decades ago. Even though I go to the VA for my injuries and medical care, I had no idea I was eligible for any compensation. I want to thank The Thompson Center and those who helped me in this process."

John Doten – US Army

Art with Finnie

December Project: Symmetrical Pattern Snowflakes

Thursday, December 4, 1:30 PM



Celebrate the season with a creative exploration of symmetry, pattern, and texture. Participants will design and paint unique snowflake patterns using cool winter tones, experiment with mixing tints, and add decorative borders for a finished piece that is both relaxing and visually striking. A joyful way to embrace winter through mindful, hands-on art. Register in advance.

Memory Tree for the Holidays

Each year a tree is set up in the foyer of The Thompson Center and is dedicated as a memory tree. For \$2 people can have an ornament placed on the tree with the name on it of someone they are remembering during the holidays.



Holiday Dinner & Yankee Swap Thursday, December 11, 12:00 & 1:00 PM

Our holiday dinner menu includes our traditional meal of *Baked ham, scalloped potatoes, green bean almandine, cranberry chutney, Pineapple bread pudding*

Immediately following our noon meal, let's continue our holiday fun with our annual Yankee Swap. Please bring a new or gently used, wrapped item to add to our collection of gifts.

All are welcome, the more the merrier!



Join us for Holiday Classics on Monday Movie Day! Mondays, December 15 & 22 1:15 PM in the Media Room

We're getting into the holiday spirit with **two special movie days** featuring beloved seasonal classics! Join us for cozy afternoons filled with laughter, nostalgia, and plenty of popcorn as we celebrate the magic of the holidays on the big screen. Snacks will be provided. Bring a friend and enjoy the show! Register in advance.

Soup Supper Club December 15, 1:00 PM



Sign up and pick up a soup to go for dinner and the recipe to make at home if you like. Sign up in advance.

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

PROGRAM CALENDAR - DECEMBER 2025

Mon	Tue	Wed	Thu	Fri
1	2	3	4	5
10 BINGO 10 Ping Pong 1 Gentle Yoga 1 Advisory Meeting	9:30 Benefits Assistance 10:30 Chair Yoga 1 Mahjong 2 SLN: Gettysburg National Military Park 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 1 Community Connections	8-3 Medicare Appts 10 Cribbage 10:30 Strength, Stretch, Stability 10:30-11:30 Tech Appointments 1 Ping Pong 1:30 Art with Finnie 2 SLN: New Orleans Jazz National Historic Park 3 Bone Builders	9 Breakfast Day 10 Ping Pong Center closed for Holiday Bazaar Set-up
8	9	10	11	12
10 BINGO 10 Ping Pong 1 Gentle Yoga	10:30 Chair Yoga 1 Mahjong 12 Caregiver Support Group 2 SLN: Christmas with the Roosevelts 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	Holiday Dinner 10 Cribbage 10-12 Morning Jam 10:30 Strength, Stretch, Stability 1 Ping Pong 1 Yankee Swap 2 SLN: Pearl Harbor National Memorial 3 Bone Builders	10 Ping Pong 10:30 BINGO 1 Mahjong
15	16	17	18	19
10 BINGO 10 Ping Pong 1 Gentle Yoga 1:15 Holiday Classic Movie	9:30 Commodities 10:30 Chair Yoga 1 Mahjong 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 8:30-3 Foot Clinic 10 Cribbage 10:30 Strength, Stretch, Stability 1 Ping Pong 2-3 pm Tech Appointments 3 Bone Builders	10 Ping Pong 10:30 BINGO 1 Mahjong
22	23	24	25	26
10 BINGO 10 Ping Pong 1 Gentle Yoga 1:15 Holiday Classic Movie	10:30 Chair Yoga 1 Mahjong 3 Bone Builders	CLOSED	CLOSED Christmas	CLOSED
29	30	31		
8:30-3 Foot Clinic 10 BINGO 10 Ping Pong 1 Gentle Yoga	10:30 Chair Yoga 1 Mahjong 3 Bone Builders	9 Breakfast Day 9:30 Beginner Tai Chi 10:30 Handwork Circle 10:40 Advanced Tai Chi No Lunch. Closed at Noon		RESERVATIONS REQUIRED FOR ALL PROGRAMS & MEALS

Please call **no later than 9:30 am** to sign-up for meals so that we can easily accommodate everyone. 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. **THANK YOU!**

MENU - DECEMBER 2025

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

Mon	Tue	Wed	Thu	Fri
1	2	3	4	5
Beef and Vegetable Chili (mild) with red beans, corn and sweet peppers, corn bread, cottage cheese, fruit crisp or fresh fruit	Catch of the Day, rice pilaf, roasted zucchini with olive vinaigrette, lemon pound cake	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	Lasagna with cream sauce and harvest vegetables, Salad, whole wheat roll, ice cream with fruit	9am Breakfast Day Scrambled eggs, home fries, VT sausage link, English muffin, fresh fruit No lunch served Afternoon closed for Holiday Bazaar set up
8	9	10	11	12
Spaghetti & Meatballs, garden salad, garlic bread, fresh fruit salad	Grilled Cheese sandwich with caramelized onion and French onion au jus, salad with Harvard beets, chickpeas, and feta, fresh fruit and cookie	Chicken Fricassee (French white stew with carrots and peas, roasted red potatoes), Caesar salad, apple and berry crisp	Holiday Dinner & Yankee Swap Baked ham, scalloped potatoes, green bean almandine, cranberry chutney, Pineapple bread pudding	Vegetable Quiche, roasted sweet potato fries, tossed salad, ice cream and fruit
15	16	17	18	19
Hearty Minestrone soup with tortellini, whole wheat roll, pineapple cake	Chicken Burrito Bowl with rice, black beans, corn, tomato and avocado. Fresh fruit and cookie	Catch of Day, couscous salad with tomatoes, feta, cucumbers, pie	Birthday Day Salisbury steak with mushroom gravy, roasted potatoes and winter vegetables, whole wheat dinner roll, birthday cake & ice cream	Pizza Day Variety or veggie and meat pizzas and garden salad from Woodstock Pizza Chef, fresh fruit
22	23	24	25	26
Grill Day Hot Dogs, baked beans, potato salad, fresh fruit and cookie	Open Face Hot Turkey sandwich, broccoli salad, pumpkin bread	CLOSED	CLOSED Christmas Day	CLOSED
29	30	31		
Shepherd's Pie with Cloudland Farm beef, garden salad with fresh vegetables and house made dressing, fresh fruit salad and yogurt parfait	Eggplant Parmesan, steamed vegetables, Caesar salad with chicken, roll, fresh fruit	9 am Breakfast Day Pancakes, sausage patties, yogurt, fresh fruit No lunch. Closed at Noon. Happy New Year!	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 at The Thompson
Mondays and Fridays 10-11:30 AM
Thursdays, 1-2:30 PM
Drop in play, 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. We have all the equipment you need, so please drop by!

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



Gettysburg National Military Park

Tuesday, December 2, 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.



New Orleans Jazz National Historic Park

Thursday, December 4, 2:00 pm

In 1987, the 100th U.S. Congress resolved that "Jazz is hereby designated as a rare and valuable national American treasure to which we should devote our attention, support, and resources to make sure it is preserved, understood and promulgated."

The park's mission is to serve the nation as a global leader in the promulgation of New Orleans jazz by enhancing and instilling a public appreciation and understanding of the origins, early history, development and progression of this uniquely American music art form - jazz. To preserve unimpaired this cultural resource and its core values for the enjoyment, education, and inspiration of this and future generations. Join us for this fun and unique virtual trip to New Orleans!

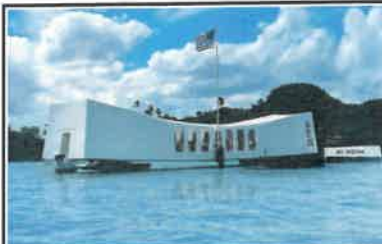


Christmas With the Roosevelts!

Tuesday, December 9, 2:00 pm

It's that time of year again- for a very special visit at the Roosevelt White House, with our favorite Santa, Jeff Urbin. We will explore the customs and traditions followed by the Roosevelt family as they celebrated Christmas, one of their favorite holidays of the year. But how did they celebrate during the dark days of the Depression, and World War II? Why did they celebrate at the White House, rather than at Hyde Park, and how did these things impact the rest of America during the

holidays? Join us for these topics and more as we celebrate the holidays with the FDR and family .



Pearl Harbor National Memorial

Thursday, December 11, 2:00 pm

Discover the untold stories of some of our brave servicemembers aboard ships during a captivating Ranger-led talk! Connecting virtually from Pearl Harbor National Memorial in Honolulu, HI this event promises to be an enlightening experience as we delve into the history, memorials, challenges,

and triumphs of those who served at sea.

What to expect: Engaging stories from experienced rangers, Insights into the daily lives of service members, A chance to ask questions and share your thoughts

Whether you're a history buff, a military enthusiast, or simply curious about the sacrifices made by our Service members, this talk is for you. Don't miss this opportunity to honor their legacy and learn more about their vital contributions. We look forward to seeing you there!

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

December 18 & 29, 8:30 am - 3:00 pm

Call Shari for your appointment, Cost increases to \$40 Effective 1/1/2026

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!



Homeshearing 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.

The HUB: Your Compassionate and Confidential Safety Net

Struggling to make ends meet? The HUB provides quick, confidential short-term financial assistance and connections to long-term resources. The goal is to prevent temporary setbacks from turning into something more serious. Whether it's rent, heating, car repairs, or other essentials, we're here to get you back on track.

We assist residents of Barnard, Bridgewater, Killington, Plymouth, Pomfret, Reading, and Woodstock. To apply, visit our website at apply.thehubneighbors.org, call 802-457-7214, or email apply@thehubneighbors.org.

IN LOVING MEMORY & APPRECIATION

IN APPRECIATION

Elizabeth Vezina - medical equipment
 Billings Farm and Museum - cards for MOW
 Cynthia Kosinski - medical equipment
 White Cottage - end of season food supplies
 Sonja Blanchard - medical equipment
 In memory of Jack McNulty - medical equipment
 June Stacey - medical equipment
 Village Butcher - soup
 Steve Adams and Mary Lynne Isham - Ping Pong table
 In memory of Sammy Travis - medical equipment



A Special Thank You for these monthly ongoing donations:

Vermont Standard newspapers
 Diane Zonay for birthday flowers

IN MEMORY OF

Alden Fiertz

Tuesday & Dennis Wright

Nancy Doten

Fred Doten and The Doten Family

Stephen & Joan Tarleton

Julia Stride

Richard & Bonnie Atwood



DECEMBER BIRTHDAYS

2nd Dave Bollinger	7th Trisha Kneeland	14th Pennie Panaro	24th John Audsley
2nd Suzanne Lovell	8th Christopher Sparkes	14th Deborah Durkee-Johnson	24th Nancy Kendall
2nd Karen McAlister	8th Laurence Werner	15th Myron Beebee	24th Phil Camp
2nd Angela Asermelly	8th Denise Martin	15th Deborah Rice	24th Patti Beda
3rd Beverly Humpstone	8th Michele Perkins	15th Jennifer Maxham	24th Sawyer Jones
3rd Maureen Keleher	8th Jeannie Lindheim	15th Michael Kilcullen	24th Mary Lavanway
3rd Carl Bolduc	9th Kristi Rollins	15th Duane Finger	25th Donna Ballou
3rd Janet Allen	9th Gerry Hawkes	15th Deborah Fish	25th Carol Williams
4th Sandra Hack	9th Virginia Wagoner	15th Peter Davenport	26th Rodney Leonard
4th Penny Wiltz	9th Mary Riley	16th Deirdre Donnelly	26th Katherine Sawyer
4th Roger Logan	9th Ed Greene	16th Deborah Hewitt	26th Bertha Boynton
4th Carol Perry	9th Marla Capossela	16th Pat Hesterberg	26th Linda Zych
4th Sally Ann Resnic	9th Holly Rinell	16th Karl Huck	26th Lisa Putnam
4th Anne Parker	9th Jill Lloyd	16th Tom Hitchcock	27th Johnna Dana
4th Dorothy Cowdrey	10th Chris Bergquist	16th Helen Esmond	27th William Sjogren
5th Rosemary McGinty	10th Lynn Massoth	17th Jack McGuire	27th Joe Boyd
5th Norm Frates Sr.	10th Teri Closterman	18th Joan Fike	28th Nancy Gray
5th Laury Gilliam	10th Helen Thorgalsen	19th Meg Seely	28th Julie Overland
5th Robin Simpson	11th Glenda Osmer	19th Karen Weinstein	28th Jennifer Belton
5th Frank Soule	11th Margaret Bradley	19th Tom Stribula	29th Colin Nevin
6th Rick Kuniholm	11th John Souter	19th Gary Boliek	29th Russell Audsley
6th Donald Munro	12th Evelyn Luce	19th Heather Leavitt	29th Suzanne Milord
6th Mary Doubleday	12th George Helmer	20th Rose Mroszczyk	29th Anna Pauly
6th Honore Hager	13th Anita Rogerson	20th Alec Hastings	30th Ross Wright
6th Kathleen Eiselein	13th Marie Tucker	21st Molly Orshoff	30th Richard Sweeney
6th Jeanne Rikert	13th Charlotte Lanahan	21st Sandra Brown	30th Heidi Tucker
6th Francis Carbino	13th Evan Fox	21st Debra Smith	30th Penelope Arcone
6th John Good	14th Grace Staples	22nd Karen Chalom	30th Susan McNulty
6th Rosemary Jackson	14th Margaret Kasden	23rd Glenn Barr	31st Michele Nesci
6th Dawn Maddeline	14th Dan Noble	23rd Charles Gundersen	31st Bruce Paglia
7th Dave Cook	14th Cameron Ewasko	23rd Richard Brousseau	



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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.