



The Thompson Times

Your resource to age well

FEBRUARY 2026

NEW & FEATURED PROGRAMS

FINDING LIGHT IN THE DARKER MONTHS

Managing Seasonal
Depression

FEB 18
1:00 PM

Pre-register
802-457-3277



TEA AND MEMORIES

A new Grief
Support Group
at The Thompson

FEB 20
11:00 AM



MASTER CLASS SERIES

3 Part Series on Brain Health

FEB 17, 24 & MAR 3
1:00 PM



BOOK GROUP KICK-OFF

FEB 25
1:30 PM

Sue Harlow and Bobbi
Roy invite you to join
them for this fun,
informal book group.

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,
Cari Whalen

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)

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

MEMORY TREE GIFTS In Loving Memory Of



Betty Walker
Al Pristaw
Pauline Holt
Dee Hildreth
Pat Hildreth
Travis Cronshey
Eddie English
Glenn & Jewell Gibson
John Murray
Sandra Washburn
Toby Shreeve
Ann Hasson
Francis & Ruth Hasson
Deke Hasson
Shelly Hillpot
Mert & Louise Young
Nancy van Gulden

Benny Higdon
Dan Dyle
Ken Nichols
Ed States

Max Jordan
Ernie Jillson
Eddie Peed
Ben G.

Sam Grice
Mark Shuttleworth
Bill & Agnes Parsons
Ric Stride
Bill McCollem
Norm Renick
Little Andy
Richmond Maxham
John Gravel
Leon Stetson
William "Bill" Beebe
Ruth Beebe
Pat Thompson
Sensei Ken Ota
Jinja Stapleton
Janet & Perry Maxham

ADVISORY MEETING HIGHLIGHTS

- Starting immediately, during the winter months, Deanna asked that patrons bring their inside shoes to change into. Free bags available to carry inside shoes. Help us to keep the floors clean.
- A Code of Conduct policy was requested and discussed.
- A reminder to sign in for every lunch and program you are participating in.
- The Senior Learning Program, which has ended, is being replaced with a Master-class Program that starts on 1/27, with a virtual class called, "AI Ethics and The Future of AI".
- Currently working on the online portal for the Senior Center registration. Details coming soon.
- Discussion about the Thompson gift certificate available for lunches.

Please join our next meeting on Monday, February 9, 1:00 pm at The Thompson.
All patrons and volunteers are invited to attend. Your feedback is needed and appreciated!



We need your vote on town meeting day in Woodstock, Bridgewater, Pomfret and Barnard. These towns provide important funding to operate the senior center that we won't have without a passing vote on our special articles. Thank you!

Winter Weather Closing Policy

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.

Meals on Wheels Recipients

Reminder to Keep Walkways & Driveways Clear

As winter sets in, we ask that all meal recipients make sure that their walkways and driveways are safe to travel on. As volunteers make the effort to get meals to you, please consider their safety in navigating the ice and snow. We appreciate your cooperation!

EVENTS & PROGRAMS



Preventing Medicare Fraud

Senior Medical Patrol - Durable Medical Equipment Fraud Talk **Friday, February 12, 1:00 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 SMP as he leads a discussion on how to prevent and detect DME fraud, and how to report it when it happens. Please register in advance.

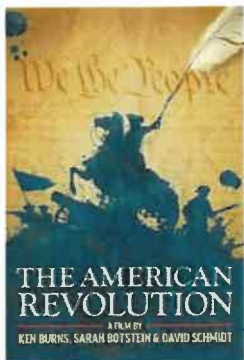
Three Part Master Class on Brain Health **Tuesdays, Feb 17 – March 3, 1:00 PM**

Join us for a master Class Series on Brain Health. Learn science-backed tips from the world's leading brain experts to combat brain fog and fatigue, while exploring the science of "super aging." Each class will be followed by a discussion facilitated by Cory. Please register in advance.

Introducing Tea and Memories **A Grief Support Group at The Thompson** **Friday, February 20, 11:00 AM**

The Thompson has partnered with some of the local clergy to offer a program that we are calling Tea and Memories. The group will gather at the Thompson the third Friday of each month at 11am. The group will hold space for individuals that have lost a loved one and would like to sit with friends in a supportive and loving circle of memory. Sometimes the memories will be hard to hold and sometimes they might bring joy to your hearts. All sides of this challenging process of renewal after loss are welcome. If you have lost someone dear to you, please join us. The first meeting will be facilitated by Rabbi Ilene Harkavy Haigh. Please register in advance.

Ken Burns Documentary– The American Revolution **Six-week session, Feb 27 – April 3, 1:00 PM**



Join us for a screening of Ken Burns' latest documentary series, *The American Revolution*. We will be showing the first episode, “In Order to Be Free” on Feb 27th after lunch upstairs in the media room. Subsequent episodes will be shown on Fridays at 1pm through April 3rd. Register in advance.

Tech Appointments 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, February 5

10:30 – 11:00 AM

11:00 – 11:30 AM

Thursday, February 19

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.

Reflexology is Available at The Thompson!

Enjoy Reflexology to Relax, Rejuvenate, & Reboot Your Whole Body

\$35 for 30 minute hand or foot treatment or \$65 for 60 minutes

Tuesdays, February 3 & 17. Call to make your appointment

Certified Reflexologist Deborah Neuhof is resuming appointments at The Thompson. Experience Reflexology techniques and benefits to de-stress and promote a balanced, holistic well being.

Please wear loose fitting clothing and arrive a few minutes early to complete a health & disclaimer form.

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

PROGRAMS

Finding Light in the Darker Months **Managing Seasonal Depression with Sarah J. Roane, PhD** **Wednesday, February 18, 1:00 PM**

Struggling with the winter blues? Join Sarah J. Roane, PhD, for an expert look at Seasonal Depression. She will discuss why the seasons affect our mental health and provide practical, science-backed methods to boost your mood and combat fatigue during these darker months. Don't miss this opportunity to prioritize your mental wellness! Please register in advance.

Community Connections **Q&A with Woodstock Town Manager, Eric Duffy** **Thursday, February 19, 1 PM | The Thompson**

Get ready for Town Meeting Day with Town Manager Eric Duffy. Join us Thursday, Feb 19th at 1pm. We will be discussing the latest updates on the Waste Water Plant project and reviewing the key topics up for discussion at the upcoming Town Meeting.

Birthday Music with Seven Stars Recorder Consort **Thursday, February 26, 1:00 PM**

Seven Stars Recorder Consort will bring a little mid-winter cheer as they play some Spanish Renaissance pieces along with some familiar tunes. This will be a perfect way to unwind after your meal. Don't miss it!



Coming in March....
Tea at the Jackson House
Monday, March 16, 2:00 - 4:00 PM
Details coming soon.

Welcome to AARP Tax Aide for Tax Year 2025

One-hour appointments for tax preparation can be made by calling The Thompson Center 802-457-3277. Tax booklets are available in advance from the Senior Center, if you would like to get ready ahead of your appointment.

Please be sure to bring the following items:

- Last year's tax return envelope that contains the printed returns (Federal and VT) AND all of your supporting documents. It will be helpful to review these documents to ensure you are bringing the same information for 2025.
- Driver's license or picture ID and Social Security Card
- Applicable tax documents you have received in January such as: your social security statement, 1099s for all retirement income, broker statements for sales of stocks/bonds, and your Vermont Property Tax bill for 2024-25.



PROGRAM CALENDAR - FEBRUARY 2026

Mon	Tue	Wed	Thu	Fri
2	3	4	5	6
8-3 Tax Assistance 10 BINGO 10 Ping Pong 1 Gentle Yoga	Reflexology Appointments 9:30 Benefits Assistance 1 Mahjong 3 Bone Builders	10 Advanced Tai Chi (Virtual) 10 Ping Pong 10:30 Handwork Circle 12 French Table 1 Gentle Yoga	10 Cribbage 10-12 Morning Jam 10:30-11:30 Tech 1:30 Art with Finnie 3 Bone Builders	10 Beginner Tai Chi (Virtual) 10 Ping Pong 10:30 BINGO 1 Mahjong 1:30 Line Dancing
9	10	11	12	13
8-3 Tax Assistance 10 BINGO 10 Ping Pong 1 Gentle Yoga 1 Advisory Meeting	12 Caregiver Support Group 1 Mahjong 3 Bone Builders	10 Advanced Tai Chi (Virtual) 10 Ping Pong 10:30 Handwork Circle 12 French Table 1 Gentle Yoga 1 Valentine Craft	10 Cribbage 10-12 Morning Jam 1 SMP Talk 3 Bone Builders	Valentine's Day Lunch 10 Beginner Tai Chi (Virtual) 10 Ping Pong 10-12 Chair Massages 10:30 BINGO 1 Mahjong
16	17	18	19	20
Closed for Presidents Day 8-3 Tax Assistance	Reflexology Appointments 9:30 Commodities 10:30 Chair Yoga 1 Mahjong 1 Master Class 3 Bone Builders	8:30 Board Meeting 10 Advanced Tai Chi (Virtual) 10 Ping Pong 10:30 Handwork Circle 12 French Table 1 Gentle Yoga 1 Seasonal Depression Talk	8:30-3 Foot Clinic 10 Cribbage 10-12 Morning Jam 10:30 Strength, Stretch, Stability 1 Men's Yoga 1 Eric Duffy Q&A 2-3 Tech Tutoring 3 Bone Builders	10 Beginner Tai Chi (Virtual) 10 Ping Pong 10:30 BINGO 11 Grief Support Group 1 Mahjong
23	24	25	26	27
8-3 Tax Assistance 8:30-3 Foot Clinic 10 BINGO 10 Ping Pong 1 Gentle Yoga	10:30 Chair Yoga 1 Mahjong 1 Master Class 3 Bone Builders	10 Advanced Tai Chi (Virtual) 10 Ping Pong 10-11:15 Tai Chi Lunar New Year Party 10:30 Handwork Circle 12 French Table 1 Gentle Yoga 1:30 Book Group Kick-off	BIRTHDAY DAY 10 Cribbage 10-12 Morning Jam 10:30 Strength, Stretch, Stability 1 Birthday Music 1 Men's Yoga 3 Bone Builders	10 Beginner Tai Chi (Virtual) 10 Ping Pong 10:30 BINGO 1 Mahjong 1 Ken Burns Documentary: The American Revolution
				RESERVATIONS REQUIRED FOR ALL PROGRAMS & MEALS 802-457-3277

Please call **NO LATER THAN 9:30am** to sign-up for meals so that we can easily accommodate everyone.
Please remember to check into the computer system too! We need a record of all attendance to receive funding.

MENU - FEBRUARY 2026

Please call by **9:30 am** to make your reservation for all meals **802-457-3277**

Mon	Tue	Wed	Thu	Fri
2	3	4	5	6
Chicken Corn Chowder with Broccoli and Sweet Peppers, Mixed Green Salad and Homemade Dressing, Whole Grain Roll, Cookies, Fresh Fruit	Beef Stew with Carrots, Tomatoes and Peas, Cole Slaw with Craisins and Pineapple, Dinner Roll, Rice Pudding with Maple Raisin Sauce	Vegetable Lasagna with Spinach, Winter Squash, Zucchini, Mushrooms and Mozzarella Cheese, Garden Salad, Fresh Fruit, Garlic Roll	Roasted Teriyaki Chicken Breast, Jasmine Rice Pilaf with Ginger & Lemon, Stir Fry Vegetables Fresh Fruit, Cookie	Cheeseburger on a Wheat Bun, Lettuce, Tomato, Onion & Pickles House Spread, Baked French Fries, Fruit, Ice Cream
9	10	11	12	13
Grilled Cheese Sandwich with Caramelized Onion & French Onion Au Jus, Salad with Harvard Beets, Chickpeas, and Feta, Fresh Fruit and Cookie	Chicken Fricassee with Gnocchi, Peas, Carrots and Fresh Herbs, Garden Salad, Yogurt Parfait with Fresh Fruit, Granola and Maple Syrup	Baked Cod with Lemon and Fresh Herbs, Local Vegetables, Saffron Rice Pilaf, Caesar Salad, Lemon Pie	Taco Bowl with Cloud-land Farms Ground Beef, Black Beans, Spanish Rice, Pico De Gallo, Lettuce, Cheese & Sour Cream, Corn Chips & Salsa, Ice Cream with Pineapple Sauce & Whipped Cream	Valentine's Day Lunch Roasted Chicken Breast with Lemon and Fresh Herbs, Quinoa Salad, Steamed Broccoli, Dinner Roll, Fresh Fruit Salad, Carrot Cake
16	17	18	19	20
CLOSED for Presidents Day	Open Face Turkey Sandwich with Gravy, Cranberry Sauce, Green Bean Almandine with Lemon and Fresh Herbs, Whole Grain Roll, Fresh Fruit Salad	Minestrone Soup with Chicken (vegetarian option), Zucchini, Roasted Peppers, White Beans, Orzo, Tomatoes and Fresh Herbs, Broccoli Bruch Salad, Dinner Roll, Fresh Fruit	Meatloaf and Gravy, Mashed Potatoes, Steamed Broccoli, Tossed Dinner Salad, Whole Grain Roll, Apple Crisp and Vanilla Ice Cream	9 am Breakfast Day Pancakes, Sausage Patty, Vegetable Frittata, Vermont Maple Syrup, Fresh Fruit Yogurt
23	24	25	26	27
Patty Melt Sandwich with Caramelized Onions and Mushrooms, Broccoli Slaw, Fresh Fruit Salad, Oatmeal Raisin Cookie	Cheese Tortellini with Roasted Vegetables and Basil Pesto Sauce, Tossed Salad with Caesar Dressing, Carrots, Cucumber, Croutons and Parmesan Cheese, Whole Grain Roll, Fruit	Chicken Parmesan Pasta Casserole with Squash, Peppers and Onions, Green Beans, Garlic Bread, Fresh Fruit	Birthday Day Lunch Baked Ham, Scalloped Potatoes, Steamed Mixed Vegetables, Pineapple Birthday Cake with Ice Cream	Catch of Day, Couscous Salad with Tomatoes, Feta, Cucumbers and Fresh Herbs, Roasted Zucchini, Whole Grain Dinner Roll, Fruit Crisp
			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

New Winter Schedule

Monday, Wednesday, Friday, 10-11:30 AM

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!

NEW! Men's Yoga

Starting Thursday, February 19, 1:00 PM

Led by Linda Harvey, PT/ Yoga certified

Designed for the aging athlete 60+ who is open and looking to improve functional mobility, strength and balance. Individual guidance, the use of props and focusing on posture, breathing, overall strength are key elements to this class. All levels are invited to join the class. **Cost \$8 per class.**

Gentle Yoga

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 by calling The Thompson.***

Chair Yoga with Linda Harvey

Tuesdays at 10:30 AM

No class the first two weeks in Feb

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.**

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.

Come Celebrate the Lunar New Year

Wednesday, February 25, 10-11:15 AM

in The Thompson Wellness Room

Instructor Anne Bower invites you to enjoy tai chi and qigong forms at our Lunar New Year party. The Year of the Horse begins on Feb. 17 and in many parts of the world is cause for a huge celebration. The Year of the Horse portends lots of changes!

Those attending our party can try out different tai chi styles, follow along for some qigong breathing and stretching exercises, learn about tai chi and about Lunar New Year traditions too. There will be demonstrations of different tai chi forms to entertain you. This free event is open to all, whether you've done tai chi before or not. It's totally free and will include some snacks and a few little treats to take home.

Strength, Stability, Stretching

Thursdays – In person and Zoom

10:30 – 11:30 AM

Linda Harvey is instructing the Thursday class in Liz's absence this winter

No class the first two weeks in Feb

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.

CREATIVE AGING

Art with Finnie

February Project:

Form in Bloom: Inspired by Berthe Morisot
Thursday, February 5, 1:30 PM

Create vibrant floral arrangements while exploring the concept of form through the lens of Impressionist painter Berthe Morisot. Participants will design a vase composition, outline with bold black lines, and layer tempera paints directly on paper to bring their bouquet to life. This project emphasizes structure, color blending, and the expressive joy of painting. Register in advance.



Beginner Line Dancing

Friday, February 9, 1:30 – 2:30 PM, Cost \$15

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. Please register in advance. This class fills up fast.



Valentine Crafts

Wednesday, February 11, 1:00 pm

Join us make a decorative Valentine card using multiple craft options. Please RSVP by February 4th.



Valentine's Spa Day

Friday, February 13, 10-12pm
Call for your 15 minute appointment



Enjoy a day of pampering with a complementary chair massage from the Woodstock Inn and Resort Spa staff member. These appointments for your much deserved self-indulgence will fill up quickly so make your reservations soon. Register at 802-457-3277.

New Book Group Kick-off
Wednesday, February 25, 1:30 PM



Sue Harlow and Bobbi Roy invite you to join them for a fun, informal book group. Our Kick-off meeting will help us develop a book reading list. Light refreshments will be provided.

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

February 19 & 23, 8:30 am - 3:00 pm

Call Shari for your appointment, Cost is \$40

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.

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@thompsonseneiorcenter.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

Dave Cook - medical equipment
Woodstock Union High School -
Christmas flowers
Drew Tobiason, in memory of
Tammy Tassie - medical
equipment
Tom Watson - potholders



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

Vermont Standard newspapers
Diane Zonay for birthday flowers

IN MEMORY OF

Norma Towne
Cindy Towne



FEBRUARY BIRTHDAYS

1st	Dick	Atwood	8th	Jim	Carlson	16th	Arthur	Treanor	26th	James	Hollinshead
1st	Craig	Cota	8th	Robert	Barrett	16th	Hillary	White	27th	Kedric	Harriman
1st	John	Stevens	9th	Frances	Lancaster	16th	Patricia	Lawton	27th	Floyd	Westover
2nd	Dorothy	Wardwell	9th	John	Wiegand	17th	Judy	Ruffing	27th	David	Mora
2nd	Juan	Florin	9th	Zoe	Potter	17th	Linda	Ward	27th	Will	Adler
2nd	Kathy	Westney	9th	Nicole	Rikert	18th	Linda	Manning	27th	Martie	McNabb
2nd	Debbie	Knight	10th	Janice	Standish	18th	Dennis	Wright	28th	Jane	Simonds
3rd	Thomas	Phillips	10th	Sharon	Blake	18th	Susan	Copeland	28th	Larry	Templeton
3rd	Christina	Martin	10th	Gennory	Viljanen	19th	Sandi	Anderson	28th	Julie	Abernathy
3rd	Linda	White	11th	Christa	Prescott	19th	Darlene	Griggs	29th	Elisa	D'Andrea
4th	Tom	Weschler	12th	Carol	Towne	19th	Rhonda	White	29th	Roberta	Gilmore
4th	Marilyn	Bailey	12th	Linda	Foster	19th	Shari	Casey			
4th	Darryl	Attkisson	12th	Virginia	Jenks	20th	Marlene	Rand			
4th	Demo	Sofronas	12th	Andy	Bird	20th	Jim	Lewis			
4th	David	Beaufait	12th	Kristen	Gillis	20th	Esther	Mesler			
5th	Ann	Blake	12th	Alberta	Bailey	20th	Joe	De Foor			
5th	Deirdre	Brennan	13th	Kathy	Marzalek	20th	Elizabeth	Romano			
5th	Shelley	Vanderwende	13th	Stephen	Furbish	21st	Linda	Atwood			
5th	Nick	Schoville	13th	Iona	Thomas	22nd	Jerry	Oppenheimer			
5th	Jeffrey	Kahn	13th	Dennis	Richardson Sr	22nd	Vivian	Coburn-Stebbins			
5th	Dawn	Edwards	14th	Phyllis	Frechette	22nd	Kathy	Corbet			
6th	Miranda	Shackleton	14th	Marge	DuMond	23rd	Sherry	Wian			
6th	Denise	Glatzer	14th	Jeffrey	Bender	23rd	James	Kappel			
6th	Gail	Nelson	14th	Kenneth	Darling	23rd	Peter	Morone			
6th	Mary	Hutchins	15th	John	Hiers	23rd	Ralph	Kurek			
6th	Michael	Colston	15th	Lori	Mitchell	24th	Carl	McCuaig			
7th	Mia	Pine	15th	Phylis	Perry	24th	Kathleen	Tucker			
7th	Sharon	DiLorenzo	15th	Sandra	Filiault	24th	Susan	Fox			
7th	Susan	Reilly	16th	Corey	Mitchell	24th	Max	Comins			
7th	Clara	Gagnon	16th	Susan	Bitzer	25th	Sylvia	Doten			
8th	Darlene	Levy				25th	Don	Amero			
						26th	Susan	Menendez			



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



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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.