



# The Thompson Times

Your resource to age well

MARCH 2026



## Celebrate March for Meals with Us

The month of March mobilizes hundreds of local Meals on Wheels (MOW) programs across the country to reach out to their communities and build the support that will enable them to serve America's elder population all year long. As a member of the national organization, *Meals on Wheels America*, The Thompson participates in this annual celebration.

**In 2025, we delivered 14,115 Meals on Wheels!**

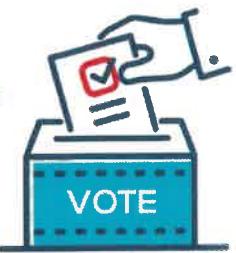
Volunteers for The Thompson currently deliver 50 - 60 meals each day (Monday through Friday) to older Vermonters throughout the towns of Woodstock, Bridgewater, Barnard, and Pomfret.

### The highlights of our March for Meals events this year:

- Our 12th annual *Thank You Walk is on Friday, March 6. Join us at 10:00 am on The Green in Woodstock to "march" down Central Street to deliver thank you notes and cookies to local business for their support throughout the year.*
- Community Champions week is March 16-20 where town officials and local celebrities nationwide are asked to participate in meal deliveries and events.
- **March 18 at 10:00 am** will be our annual MOW driver meeting providing an opportunity for a review of requirements/procedures, to share ideas, and to celebrate the wonderful work of our MOW volunteers!
- Special Thanks to the Woodstock Farmers' Market for once again making our meals program the beneficiary of their "Round-Up" campaign for March and April.
- Watch for our Meals on Wheels column in the Vermont Standard and visit our Facebook page for videos and more.

## TOWN MEETING DAY

The towns of Barnard, Bridgewater, Pomfret, and Woodstock provide support for a portion of our annual operations budget, but we need the vote of residents in each town for this support to be passed during Town Meetings.



With the population of Vermont aging rapidly, support for our senior centers is more critical than ever. We serve approximately 1800 unique individuals with our programs, referrals, meals, and transportation. **Please vote & consider speaking up at your town meeting about the value of these services for older Vermonters.**

## The Thompson Center

Woodstock Area Council on Aging  
99 Senior Lane  
Woodstock, VT 05091  
Phone: 802-457-3277  
[www.thompsonseniorcenter.org](http://www.thompsonseniorcenter.org)

### CENTER HOURS

8 AM-3 PM, Monday-Friday

### STAFF

**Deanna Jones**, Executive Director, [djones@thompsonseniorcenter.org](mailto:djones@thompsonseniorcenter.org)  
**Cory van Gulden**, Assistant Director, [cvang@thompsonseniorcenter.org](mailto:cvang@thompsonseniorcenter.org)  
**Paula Audsley**, Business Office Manager, [paudsley@thompsonseniorcenter.org](mailto:paudsley@thompsonseniorcenter.org)  
**Jen Bloch**, Marketing Coordinator, [jbloch@thompsonseniorcenter.org](mailto:jbloch@thompsonseniorcenter.org)  
**Shari Borzekowski**, Aging at Home Resource Manager & HomeShare Vermont Case Manager, [sborz@thompsonseniorcenter.org](mailto:sborz@thompsonseniorcenter.org)  
**Pam Butler**, Aging at Home Support, [pbutler@thompsonseniorcenter.org](mailto:pbutler@thompsonseniorcenter.org)  
**Siobhan Wright**, Meals on Wheels & Transportation Coordinator, [swright@thompsonseniorcenter.org](mailto:swright@thompsonseniorcenter.org)  
**Andrew Geller**, Chef, [ageller@thompsonseniorcenter.org](mailto:ageller@thompsonseniorcenter.org)  
**Chris Eldridge**, Facilities Maintenance, [celdridge@thompsonseniorcenter.org](mailto:celdridge@thompsonseniorcenter.org)

**Culinary Team:** Ed Esmond, Jan Umbra, Louise Blakeney, Sally Weglarz, Cari Whalen

**Drivers:** Tom Morse, Vern Clifford, Jim Robinson, Brian McGinty

**Carla Kamel**, Community Care Coordinator, [carla@thompsonseniorcenter.org](mailto:carla@thompsonseniorcenter.org)

Senior Solutions (Formerly Council of Aging for Southeastern Vermont)

**SENIOR HELPLINE:** 800-642-5119

Tri-Valley Transit 802-728-3773

### BOARD OF DIRECTORS

Karen Rosene-Montella—*Co-President*

Thomas Phillips—*Co-President*

Beth Harper—*Treasurer*

Richard Wacker—*Secretary*

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Greg Greene

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Carolyn Kimbell

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Roger Logan

Dan Noble

Paulette Watson

Dennis Wright

Dick & Bonnie Atwood- Advisory

## BEHIND THE SCENES

### ADVISORY MEETING HIGHLIGHTS

- Reminder to attend upcoming town meetings.
- Deanna encouraged participants to make suggestions about the meals; things we want to see more of or things that haven't been offered.
- Cory mentioned upcoming March programs including Jackson House Tea, St. Patrick's Day lunch, a Fall Maine Lobster trip, and possible visit from a therapy dog.
- There is a Niagara Falls/Toronto Trip scheduled for late July and 30 spots need to be filled. Please see Cory to sign-up.
- Ended with participant questions and comments

Please join our next meeting on Monday, March 2, 1:00 pm at The Thompson. All patrons and volunteers are invited to attend. Your feedback is needed and appreciated!

### Thompson Winter Gala a Success!

Thank you to our many donors, sponsors, and volunteers for making this event a huge success again this year. Visit our Facebook page for pictures from the event.

**SPECIAL THANKS  
TO OUR 2026 SPONSORS**

DONNA & DOUG CALVEY | KERI COLE | DAWN & EDWARD D'ALELIO  
ELLEN & JOHN SNYDER | WENDY & JONATHAN SPECTOR | DR. PEGGY STONE  
THE FRENCH TABLE | WENDY & JOHN WANNOP

# EVENTS & PROGRAMS



## World Virtual Tour and Italian Themed Lunch

Basilica of St. Ambrose

Tuesday, March 10, 1:00 PM - Live Tour

Discover the immense legacy of this historic church renowned for its deep spirituality and as a masterpiece of Romanesque architecture. Wander virtually through its sacred spaces and medieval surroundings while learning about St. Ambrose himself: theologian, statesman, bishop, and one of the most influential figures of the 4th-century Church. Throughout the Diocese of Milan, the Holy Mass is still celebrated in the distinctive Ambrosian Rite, a tradition that sets it apart from the Roman Rite practiced throughout the rest of the world. It's no coincidence that St. Ambrose remains the beloved Patron Saint of Milan, with heartfelt devotion centered around this basilica, a lasting destination for pilgrims and visitors alike. Join us for this inspiring journey through history, faith, and architecture—no passport required!

**Italian Themed Meal:** *Baked Chicken Piccata with Lemon, Capers, and Fresh Parsley, Roasted Potatoes, Mixed Vegetables, Dinner Roll, Fresh Fruit Parfait with Granola, and Maple Syrup*

Please register in advance.

## Live Comedy Event: Justin Gonzalez – Memorable Melodies

Friday, March 13 | 1:00 PM

Get ready for an afternoon of laughter and music! Join us on March 13 at 1:00 PM as comedian Justin Gonzalez takes the stage with a special show he's calling "Memorable Melodies." An hour long show that explores some of history's favorite songs peppered with stories from Justin's 20+ year career traveling the world.

Bring a friend and enjoy this one-of-a-kind show!

Justin is part of the group of Comedians who will be performing at ArisTree on March 12-14th. Check out the schedule at [artistreevt.org](http://artistreevt.org).



## Jackson House Tea & Irish Music by Beecharmer

Monday, March 16, 2:00 - 4:00 PM

David MacKay of The Jackson House Inn welcomes Thompson guests for tea and goodies with friends and neighbors. Enjoy acoustic Irish fiddle tunes and songs by Beecharmer, a husband/wife acoustic duo based out of Wilder, VT. Beecharmer combines skillful flatpicking, clawhammer banjo, virtuosic fiddle, upright bass, time polished harmonies and award winning songwriting with elements of bluegrass, old-time, jazz and pop. Sign up is required as space is limited to 35.

## **Tea and Memories** **A Grief Support Group at The Thompson** **3rd Friday of the Month**

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. If you have lost someone dear to you, please join us. Please register in advance.

## **Tech Appointments at The Thompson**

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

**Thursday, March 5, 10:30 – 11:00 AM and 11:00 – 11:30 AM**

**Thursday, March 19, 2:00 – 2:30 PM and 2:30 – 3:00 PM**

Each session is 30 minutes long and space is limited — please call The Thompson.

**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 in March. 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 Assistance Update** **1:1 Assistance by Appointment**

Veterans in the state of Vermont can get from \$10,000 to \$40,000 reduction on the assessed value of their primary residence. This is only for veterans with a 50% or more disability. Veterans can call the VA at 1-800-827-1000 and ask for a Summary of Benefits letter sent to your address. After receiving this letter contact the Montpelier Office of Veteran's Affairs at 802-828-3379 and ask for a 2025 Property Tax Exemption for Eligible Veterans and Their Survivors form which is what is required for your local Assessors's office. The Montpelier office will notify your local Assessors house of any exemption if you qualify. This application has to be completed before May 1<sup>st</sup>, 2026 to receive any benefits.

Questions can be directed to The Thompson Center VA Assistance volunteer, Tom Watson, at 802-282-2151. Tom can also help veterans with this application process.

## Estate Planning Strategies with Carl Bulgini, Esq. How Estate Planning Has Evolved - Documents in an Estate Plan Thursday, March 19, 1:00 PM

This session explores general estate planning concepts and the specific documents required for a complete plan. It highlights how the field has changed due to shifting laws, lifestyles, and family dynamics, helping attendees assess their need for professional legal and financial guidance while learning how to effectively initiate and manage the planning process.

Attorney Carl Bulgini offers skilled representation and legal counsel to individuals, families and businesses. In addition to his training as a lawyer, Attorney Bulgini is also a Certified Financial Planner™. Attorney Bulgini proudly serves Pomfret as a Volunteer Firefighter and spends his free time skiing and riding in the Green Mountains with his wife, Christine.



### Trip to Niagara Falls and Toronto

5 Days, 4 Nights, Monday– Friday, July 27-31, 2026  
\$789 per person, double occupancy

- Motorcoach transportation
- 4 night lodging in the Niagara Falls area
- 8 meals: 4 breakfasts and 4 dinners
- Guided tours of Niagara Falls & Toronto
- A journey to The Falls with “NIAGARA CITY CRUISES”
- Gaming at Fallsview Casino
- A visit to Niagara-On-The-Lake & Queen Victoria Park
- A visit to Casa Loma; Canada’s most magnificent castle

For more information, pictures and video, visit the Trips page of our website at [www.thompsonseniorcenter.org/trips](http://www.thompsonseniorcenter.org/trips). Please register early so that we can obtain the 30 people required to make this trip happen. 802-457-3277 ext. 2

### 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 - MARCH 2026

Mon	Tue	Wed	Thu	Fri
2	3	4	5	6
<b>8-3 Tax Assistance</b> 10 BINGO 10 Ping Pong 1 Gentle Yoga <b>1 Advisory Meeting</b>	<b>Reflexology Appointments</b> <b>9:30 Benefits Assistance</b> 10:30 Chair Yoga 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 <b>10:30-11:30 Tech Tutoring</b> 1 Men's Yoga <b>1:30 Art with Finnie</b> 3 Bone Builders	<b>10 MOW Thank You Walk</b> 10 Beginner Tai Chi (Virtual) 10 Ping Pong 10:30 BINGO 1 Mahjong <b>1 The American Revolution Documentary</b>
9	10	11	12	13
<b>8-3 Tax Assistance</b> 10 BINGO 10 Ping Pong 1 Gentle Yoga	<b>10:30 Chair Yoga</b> <b>12 Caregiver Support Group</b> <b>1 Virtual Tour - Basilica of St. Ambrose</b> 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 1 Men's Yoga <b>1 Art with Rose</b> 3 Bone Builders	10 Beginner Tai Chi (Virtual) 10 Ping Pong 10:30 BINGO 1 Mahjong <b>1 The American Revolution Documentary</b> <b>1 Comedy Show</b>
16	17	18	19	20
<b>8-3 Tax Assistance</b> 10 BINGO 10 Ping Pong 1 Gentle Yoga <b>2-4 Jackson House Tea</b>	<b>St. Patrick's Day Reflexology Appointments</b> <b>9:30 Commodities</b> 10:30 Chair Yoga <b>12:45 Fiddler</b> 1 Mahjong 3 Bone Builders	<b>8:30 Board Meeting</b> <b>10 MOW Annual Meeting</b> 10 Advanced Tai Chi (Virtual) 10 Ping Pong 10:30 Handwork Circle 12 French Table	<b>8:30-3 Foot Clinic</b> 10 Cribbage 10-12 Morning Jam 10:30 Strength, Stretch, Stability 1 Men's Yoga <b>1 Legal Talk</b> <b>2-3 Tech Tutoring</b> 3 Bone Builders	10 Beginner Tai Chi (Virtual) 10 Ping Pong 10:30 BINGO <b>11 Grief Support Group</b> 1 Mahjong <b>1 The American Revolution Documentary</b>
23	24	25	26	27
<b>8-3 Tax Assistance</b> 10 BINGO 10 Ping Pong 1 Gentle Yoga	10:30 Chair Yoga <b>1 Master Class</b> 3 Bone Builders	10 Advanced Tai Chi (Virtual) 10 Ping Pong 10:30 Handwork Circle 12 French Table 1 Gentle Yoga <b>1 Book Group</b>	<b>BIRTHDAY DAY</b> 10 Cribbage 10-12 Morning Jam 10:30 Strength, Stretch, Stability 1 Men's Yoga 3 Bone Builders	10 Beginner Tai Chi (Virtual) 10 Ping Pong 10:30 BINGO 1 Mahjong <b>1 The American Revolution Documentary</b>
30	31			<b>RESERVATIONS REQUIRED FOR ALL PROGRAMS &amp; MEALS</b> <b>802-457-3277</b>

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 - MARCH 2026

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

Mon	Tue	Wed	Thu	Fri
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
Baked Ziti with Marinara Sauce, Mild Italian Sausage, Roasted Zucchini, Spinach & Mozzarella Cheese, Caesar Style Salad with Carrots, Cucumbers, Croutons, Parmesan Cheese, Fruit, Rainbow Sorbet	Beef and Black Bean Chili (mild) using Cloudland Farms Beef, Corn, Sweet Peppers and Tomatoes topped with Cheddar Cheese, Cole Slaw, Buttermilk Biscuit, Cookie	Roasted Chicken Breast with Tropical Salsa, Ginger Brown Rice, Broccoli Almondine, Pineapple Cake with Coconut Whipped Cream	Pan Roasted Cod, Couscous Salad with Cucumbers, Tomatoes, Croutons, Fresh Herbs and Fetta Cheese, Steamed Mixed Vegetables, Fruit Topped Ice Cream	Cream of Mushroom Soup, Mixed Garden Salad with Carrots, Olives, Sweet Peppers Homemade Dressing, Whole Grain Dinner Roll, Fresh Fruit, Cookie
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
Beef Barley Soup, Broccoli and Cabbage Slaw with Craisins, Carrots and Toasted Almonds, Whole Grain Dinner Roll, Whole Fruit, Cookie	<b>Virtual Tour Italian-Themed meal</b> Baked Chicken Piccata with Lemon, Capers, and Fresh Parsley, Roasted Potatoes, Mixed Vegetables, Dinner Roll, Fresh Fruit Parfait with Granola, and Maple Syrup	Bahn Mi Sandwich with Roasted Pork, Pickled Cucumber, Carrots with Fresh Herbs and Garlic Aioli, Sesame Broccoli Salad, Key Lime Pie	Asian Style Orange Chicken with Scallions and Water Chestnuts, Basmati Rice, Garden Salad with Sesame Ginger Dressing, Carrots, Cucumber, Radish and Crispy Wonton Noodles, Fruit Salad	Eggplant Parmesan Casserole with Marinara Sauce, Basil Pesto, Mozzarella Cheese, Garden Salad with Carrots, Olives, Tomatoes, Croutons, Fruit Salad, Ice Cream Sundae
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
Chicken Noodle Soup, Half Roasted Vegetable Sandwich Panini Style, Fresh Fruit Salad, Cookie	<b>St. Patrick's Day</b> Corned Beef and Cabbage, Boiled Potatoes and Carrots, Whole Grain Dinner Roll, Short Bread Cookies, Fresh Fruit	Baked Haddock, Multi Grain Pilaf with Fresh Herbs and Olive Oil, Sautéed Green Beans with Lemon and Garlic, Caesar Salad, Lemon Cake and Whipped Cream	BBQ Style Chicken Breast, Macaroni and Cheese, Southern Style Cole Slaw, Buttermilk Biscuit, Ice Cream with Spiced Mago Compote	Cheese Ravioli with Tomato Sauce, Roasted Butternut Squash, Zucchini, Sweet Peppers and Tomatoes, Fruit Salad Cookie
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
Pulled Pork with Homemade BBQ Sauce, Macaroni Salad, Sweet Potato Fries, Apple Crisp with Whipped Cream	Stuffed Peppers with Ground Turkey, Butternut Squash, Spinach and Mushrooms with Marinara Sauce, Quinoa and Rice Pilaf, Brownie Sundae	White Chicken Stew, Carrots, Peas and Potatoes, Tossed Salad with Carrots, Cucumber, Tomato, Croutons Parmesan Cheese, Fruit Salad, Cookie	<b>Birthday Day</b> Salsbury Steak made with Cloudland Farms Beef, Mashed Potatoes, Mushroom and Onion Gravy, Stewed Green Beans, Fruit Salad, Ice Cream and Birthday Cake	<b>Breakfast Day</b> Pancakes, Sausage Patties, Scrambled Eggs, Fresh Fruit Parfait with Yogurt, Maple Syrup and Granola
<b>30</b>	<b>31</b>			
Spaghetti and Meat Sauce, Caesar Salad with Croutons, and Parmesan Cheese, Garlic Bread, Fruit Salad	Curry Chicken Breast With Coconut Sauce, Brown Rice Pilaf, Steamed Broccoli, Whole Grain Dinner Roll, Fresh Fruit Salad, Brownie		<b>Suggested donation for guests ages 60 and over is \$7</b>  <b>For guests under age 60, the meal price is \$12</b>  <b>2% milk, juice, coffee, tea with meals</b>	*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!

## Men's Yoga

Thursdays, 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.

## Woodstock Athletic Club Senior Swim

Visiting Public Senior Swim Only

(65+, Rate of \$8, Available Mon-Fri, 1pm – 4pm)

## Tai Chi

Continues Virtually in March

Join Instructor Anne Bower on Fridays from 10-11 am 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 10-11AM. In this class we take on a longer tai chi form with some fun challenges--punches and kicks and movements in many directions

Contact Anne Bower directly with questions at [anniebower71@gmail.com](mailto:anniebower71@gmail.com).

## 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

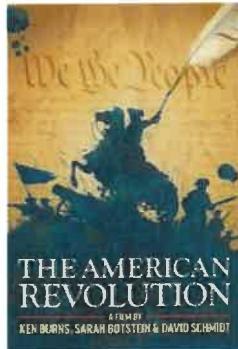
## Art with Finnie Positive and Negative Space: Notan Design Thursday, March 5, 1:30 PM

Explore the Japanese art concept of Notan, where the balance of light and dark shapes creates striking visual harmony. Using black and white cut paper, participants will design mirrored compositions that highlight the relationship between positive and negative space, with playful doodles added for a modern twist. A hands-on, meditative project that sharpens composition skills and encourages creative problem-solving. Register in advance.



## Spring brings light and hope—and we're celebrating with art! Thursday, March 12, 1:00 PM, Cost \$10, Pre-register

Join Rose Swift on March 12th at 1:00 PM for a creative and uplifting class where we'll paint and/or decorate a bottle and add twinkling lights to brighten your home for the season. This fun, hands-on project is perfect for welcoming spring with color and creativity. All supplies are included for just \$10, and you'll leave with a beautiful, lighted piece to enjoy or gift. Come create, relax, and let your light shine!



## Ken Burns Documentary *The American Revolution* 6 week session continues through April 3, 1:00 PM

Join us for a screening of Ken Burns' latest documentary series, *The American Revolution* on Fridays after lunch upstairs in the media room. Register in advance.

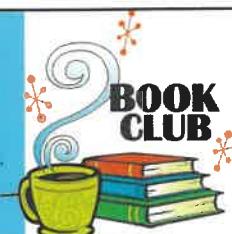


## St. Patrick's Day Music Tuesday, March 17, 12:45 PM

Join us for a traditional Irish meal and music with Will Wright and daughter, Julia on St. Patrick's Day. Our menu consists of corned beef and cabbage, boiled potatoes and carrots, whole grain roll, short bread cookies and fresh fruit. RSVP in advance

## Book Group Wednesday, March 25, 1:30 PM

Sue Harlow and Bobbi Roy invite you to join them for a fun, informal book group. Light refreshments will be provided.



# 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

March 19 & 30, 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 2<sup>nd</sup> 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 2<sup>nd</sup> Tuesday of each month, and share ideas, concerns, and constructive feedback with others facing similar challenges.

Please sign up in advance.

### Benefits Assistance 1<sup>st</sup> Tuesday of each month 9:30am -12:30 pm by appointment

Senior Solutions Benefits Counselor, Liz Carey, is available by appointment on the first Tuesday of each month at the Thompson. Liz can help you sign up for public benefits such as 3SquaresVT to offset grocery expenses, weatherization assistance, and other ways to keep your energy bills down. Call Shari to schedule your appointment.

### HomeShare is working in our Community!



Homesharing 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.

### 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](http://apply.thehubneighbors.org), call 802-457-7214, or email [apply@thehubneighbors.org](mailto:apply@thehubneighbors.org).

# IN LOVING MEMORY & APPRECIATION

## IN APPRECIATION

Medical equipment in memory of Titia  
 Ellis  
 Drew Tobaison - medical  
 Equipment in memory of Tammy Tassie  
 Jean Goldsborough - medical equipment

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

Vermont Standard newspapers



## IN MEMORY OF

**Charles Luetke**  
 Peggy Lichtenstein

**Edwin & Dorothy Thompson**

David Thompson  
 Barbara Knutson  
 Cynthia Hall  
 Peter Thompson  
 John Thompson

**John Gravel**

Mona & Raoul Arreola

**Peter Hall**  
 Sharon Hall

**Barbara Woodard**  
 Bertha Boynton

**Gabrielle Hazen**  
 Bertha Boynton

## MARCH BIRTHDAYS

1st	Jane	Hanley	9th	Barbara	Sanderson	16th	Steven	Adams
1st	Virginia	Eames	9th	Cecilia	Hoyt	16th	Sandra	White
1st	Rosa	Smith	9th	Larry	Kasden	16th	Nancy	Manthey
1st	Karen	Fellows	9th	Larry	Derstine	16th	Pamela	Ahlen
1st	Cynthia	Metzler	9th	Charles	Poltenson	17th	Susan	Rose
2nd	Marilyn	Syme	9th	Katie	Rader	17th	Mario	Maura
2nd	Janine	Kanzler	9th	Jill	Arthur	17th	Robert	Sollinger
2nd	Katrina	Decoff-Webster	10th	Gail	Dougherty	18th	Pat	Tilton
3rd	Norman	Youknot	10th	Barbara	Gerstner	18th	Beryl	Spencer
3rd	Joanne	Shapp	11th	Jerry	Fredrickson	18th	Catherine	Harriman
4th	Donna	Durgin	11th	Linda	O'Neil	19th	Sally	Olsen
4th	Pat	Macri	11th	Richard	Beda	19th	Michele	Scelza
4th	Patricia	Williamson	11th	Lesley	Marceau	19th	Guy	Edwards
5th	Susan	Harlow	11th	Robert	Harlow	20th	Lauran	Corson
5th	Deborah	Neuhof	11th	Bo	Harron	22nd	Betty	Putnam
5th	Armande	Boright	12th	Susan	Ditto	22nd	Jane	Dutton
5th	Lyn	Drigert	12th	Beverlee	Cook	22nd	Carole	Kashner
5th	Louise	Miele	13th	Willem	Post	23rd	David	McGuire
5th	Martha	Manning-Brown	13th	Patricia	Campbell	23rd	Sandra	Audsley
6th	Karen	Rosene-Montella	13th	Arleta	Fredrickson	23rd	Ali	Kamas
6th	Holly	Ballou	13th	Patsy	Mitchell	23rd	Randy	Elliott
6th	Don	Ryker	13th	Brent	Turner	24th	Father Mike	Augustinowitz
7th	Jen	Bloch	14th	Irene	Schlerf	24th	Daniel	Jones
7th	Carol	Burns	14th	Paul	Bouchard	24th	Elizabeth	Sawyer
7th	Leo	Plourde	14th	Deborah	Jillson	25th	Sarah	Ward
7th	John	Dimitruk	14th	Deirdre	Larson	26th	Linda	Willard
7th	Lynn	DeCuollo	14th	Barbara	Barry	27th	Charlene	Chalmers
8th	Alexander	Hadden	15th	Renette	Bedard	28th	Hillary	Martin
8th	Liz	Estabrook-Hatfield	15th	Kate	Reeves	28th	Jeanne	Parsons
8th	Linda	Machalaba	15th	Tom	Ripley	28th	Marv	Gross
8th	Peter	Moore	15th	Rosa	Donaldson	29th	Robert	Parker
8th	Jamie	Meyer	15th	Tom	Debevoise	29th	Janet	Hewes
8th	Jeannine	Kilbride	16th	Gloria	Martin	30th	Meg	Johnson
8th	Jill	Johnssen	16th	John	Dibble, Sr	31st	Susan	Brown
9th	John	Garren	16th	Frances	Ringenberg	31st	Susan	Fallone



# 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.thompsonseniorcenter.org](http://www.thompsonseniorcenter.org)

Non-Profit Organization  
Postage Paid  
Permit No. 33  
Woodstock, VT 05091



## 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.



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## Thank You to Our Transportation Sponsors & Grants



## 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.