



The Thompson Times

Your resource to age well

APRIL 2026

Volunteer Appreciation
CASINO NIGHT

We invite our volunteers and their spouses for an evening of fun with small plates and live music by The Preacher and the Teacher.

BYOB

THURSDAY, APRIL 16TH
5:00 - 7:00 PM

THE THOMPSON CENTER
RSVP 802-457-3277



WHO AM I?

FAMILIAR FACES: PAST & PRESENT

In honor of Older Americans Month, please bring in your favorite photo from your past (childhood, young adult, or any favorite photo!) We'll make a copy, create a display and have some fun guessing WHO IS WHO during the month of May! We would also like a current photo (which you can bring in, or we can take at The Thompson) to add to the display at the end of the month. Join the fun and bring in those photos before May 1.

The Thompson Center

Woodstock Area Council on Aging
99 Senior Lane
Woodstock, VT 05091
Phone: 802-457-3277
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,
Louise Blakeney, Sally Weglarz, Cari Whalen,
Allison Wade

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
Tri-Valley Transit 802-728-3773

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

- The puzzle table has been restored to the living room.
- Allison Wade is our newest culinary staff member.
- Cory reported upcoming March programs and trip to Niagara Falls. A Lobster trip for August is in the planning stages.
- Transportation reminder that Siobhan is the scheduler and to call by 8:30, preferably in advance for a ride to and from the Center. Medical rides need at least 48 hour notice.
- Reminder that patrons must check in through the computer in the lobby for all programs, lunches, etc.
- Someone asked for a list of recommended handyman help and was directed to Shari who has a list of vetted service providers.

Please join our next meeting on Monday, April 6, 1:00 pm at The Thompson. All patrons and volunteers are invited to attend. Your feedback is needed and appreciated.

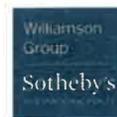
SPECIAL THANKS TO OUR 2026 SPONSORS



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Jeremiah R. Goulet
Architect



DAVIS STEADMAN
PERCY & SLUKA, LLC



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



MEALS ON WHEELS
AMERICA 2026 Member

EVENTS & PROGRAMS



World Virtual Tour: Paris Live - The Medieval Latin Quarter April 6 | 11:00 AM

Travel to the heart of Paris without leaving your seat! Join us for a live, guided virtual walk through the historic Latin Quarter, one of the city's oldest and most vibrant neighborhoods. Wander its charming medieval streets, discover famous landmarks, and learn about the rich history surrounding the Sorbonne, Shakespeare & Company, and the iconic cafés that have inspired writers and thinkers for centuries.

Experience the sights, stories, and atmosphere of Paris in real time as our guide leads us through this legendary district.

Space is very limited, so please sign up early to reserve your spot!

AARP Vermont and AARP Fraud Watch Network Free presentation on spotting red flags & protecting your personal information Tuesday, April 14, 1:00-2:30 PM



You'll learn how to reduce your risk by using secure online banking, shredding sensitive documents, creating strong passwords, enabling multifactor authentication, and setting up alerts that warn you of unusual account activity. This presentation will help you stay safer, more confident, and better equipped to protect yourself and your loved ones from identity theft. Please register in advance.



Master Class Series: The Power of Empathy April 21 & 28 | 1:00 PM

Empathy is a powerful tool for building stronger relationships and deepening our understanding of others. In this two-part Master Class series, we'll explore what empathy truly means, how it shapes our interactions, and practical ways to strengthen this important skill in everyday life.

Join us for this thoughtful and engaging series designed to help cultivate greater compassion and understanding. Space is limited, so please register in advance.

HEALTHY AGING

Tea and Memories A Grief Support Group at The Thompson 3rd Friday of the Month at 11:00 AM

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, April 2, 10:30 – 11:00 AM and 11:00 – 11:30 AM

Thursday, April 16, 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 April. 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.

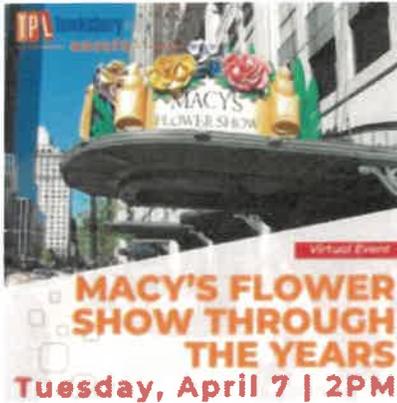
Veterans Assistance Update 1:1 Assistance by Appointment

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 1st, 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.

PROGRAMS

VIRTUAL PROGRAM: Macy's Flower Show Through The Years Tuesday, April 7, 2:00 PM



What began in 1946 at Macy's in San Francisco to promote a fragrance has become a major annual two week event. The Macy's Flower Show welcomes spring with beautiful flowers, trees and plants from around the world all blooming together. The floral sculptures are truly works of art. Each year the show has a different theme and is a major undertaking with many months of planning. Enjoy the beautiful sights from past flower shows at the Macy's by Herald Square in New York. Led by retired high school teacher Sheila Taub, who now presents illustrated talks on her travels at libraries, senior centers, community centers and cruise ships.

Presented Online by the Tewksbury Public Library, Tewksbury, MA

Community Connections: Billings Farm & Museum Update with Leanne Tapley April 15, 1:00 PM

Join us for our Community Connections series on Tuesday, April 15th at 1:00 PM, featuring Leanne Tapley, Director of Guest Experience at Billings Farm & Museum.

Leanne will share an update on the important role Billings Farm & Museum plays in our community, along with a look ahead at their upcoming summer season and the many activities and programs visitors can look forward to. It's a great opportunity to learn more about one of our area's most beloved local resources and what's happening there in the months ahead.

Come connect, learn, and hear the latest from Billings Farm & Museum!

Birthday Day Celebration – April 23rd

Join us as we celebrate all of our April birthdays at Birthday Day on Thursday, April 23rd! Enjoy a lively afternoon with music from Thompson favorite Liz Reedy, who always brings great energy and fun to the room. Music begins at 12:45 PM, so be sure to stick around and get ready to sing along and celebrate!

After the music, Liz will switch gears and bring a little sparkle to the day by offering Fairy Hair through her company Enchanted Strands. These shimmering strands are a fun way to add a touch of magic to your look! Please note that there will be a fee for Fairy Hair services.

Come celebrate, enjoy the music, and add a little sparkle to your day!



Spring Tea with the Girl Scouts Friday, April 24, 10:00 AM

Join us for tea and cookies and a visit with the girl scouts



PROGRAM CALENDAR - APRIL 2026

Mon	Tue	Wed	Thu	Fri
		1	2	3
		10 Advanced Tai Chi 10 Ping Pong 10:30 Handwork Circle 12 French Table 1 Gentle Yoga	10 Cribbage 10-12 Morning Jam 10:30 Strength/Stretch 10:30-11:30 Tech Tutoring 1 Mens Yoga 1:30 Art with ArtisTree 3 Bone builders	10 Beginner Tai Chi 10 Ping Pong 10 BINGO 1 Mahjong 1 The American Revolution Documentary 1:30 Line Dancing
6	7	8	9	10
8-3 Tax Assistance 10 BINGO 10 Ping Pong 11 World Virtual Tour 1 Gentle Yoga 1:30 Brain Games	Reflexology 10:30 Chair Yoga 1 Mahjong 2 Macy's Flower Show Virtual Program 3 Bone Builders	10 Advanced Tai Chi 10 Ping Pong 10:30 Handwork Circle 12 French Table 1 Gentle Yoga	10 Cribbage 10:30 Strength/Stretch 1 Mens Yoga 3 Bone builders	10 Beginner Tai Chi 10 Ping Pong 10 BINGO 1 Mahjong
13	14	15	16	17
8-3 Tax Assistance 10 BINGO 10 Ping Pong 1 Gentle Yoga 1:30 Brain Games	10:30 Chair Yoga 12 Caregiver Support Group 1 Mahjong 1 AARP Fraud Talk 3 Bone Builders	8:30 Board Meeting 10 Advanced Tai Chi 10 Ping Pong 10:30 Handwork Circle 12 French Table 1 Gentle Yoga 1 Community Connections	8:30-3 Foot Clinic 10 Cribbage 10:30 Strength/Stretch 10-12 Morning Jam 1 Mens Yoga 2-3 Tech Tutoring 3 Bone builders Volunteer Appreciation/Casino	10 Beginner Tai Chi 10 Ping Pong 10 BINGO 11 Grief Support Group 1 Mahjong
20	21	22	23	24
10 BINGO 10 Ping Pong 1 Gentle Yoga 1:30 Brain Games	Reflexology 9:30 Commodities 10:30 Chair Yoga 1 Mahjong 1 Master Class Series 3 Bone Builders	10 Advanced Tai Chi 10 Ping Pong 10:30 Handwork Circle 12 French Table 1 Gentle Yoga 1 Book Group	Birthday Day 10 Cribbage 10:30 Strength/Stretch 12:45 Music with Liz Reedy / Fairy Hair 1 Mens Yoga 3 Bone builders	10 Tea with the Girl Scouts 10 Beginner Tai Chi 10 Ping Pong 10 BINGO 1 Mahjong
27	28	29	30	
8:30-3 Foot Clinic 10 BINGO 10 Ping Pong 1 Gentle Yoga 1:30 Brain Games	10:30 Chair Yoga 1 Mahjong 1 Master Class Series 3 Bone Builders	10 Advanced Tai Chi 10 Ping Pong 10:30 Handwork Circle 12 French Table 1 Gentle Yoga 1 Japanese Calligraphy	10 Cribbage 10-12 Morning Jam 10:30 Strength/Stretch 1 Mens Yoga 3 Bone builders	RESERVATIONS REQUIRED FOR ALL PROGRAMS & MEALS 802-457-3277

MENU - APRIL 2026

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

Mon	Tue	Wed	Thu	Fri
		1	2	3
<p>Suggested donation for guests ages 60 and over is \$7</p> <p>For guests under age 60, the meal price is \$12</p> <p>2% milk, juice, coffee, tea with meals</p>	<p>*menu subject to change based upon product availability*</p> <p>*Please make requests for substitutions 24 hours in advance</p>	<p>Baked Haddock with Lemon and Herbs, Saffron Brown Rice Pilaf, Roasted Squash, Whole Grain Roll, Yogurt Parfait with Fresh Fruit, Granola & Maple Syrup</p>	<p>Cheese Tortellini with Basil Pesto and Parmesan Cheese, Roasted Vegetables, Whole Grain Garlic Bread, Fresh Fruit & Cookie</p>	<p>Cheeseburger on a Whole Wheat Bun with Lettuce, Tomato, Pickles & Red Onion, Potato Salad with Hard Egg and Peas, Brownies, Fruit</p>
6	7	8	9	10
<p>Easter Dinner Baked Ham, Mashed Potatoes, Green Bean Almondine with Lemon and Herbs, Whole Grain Roll, Fresh Fruit, Lemon Pound Cake with Whipped Cream</p>	<p>Chicken Corn Chowder With Broccoli and Red Potatoes, Mixed Green Salad with Carrots, Orange, Cucumber with House Made Dressing, Whole Grain Dinner Roll, Fresh Fruit Salad</p>	<p>Vegetable Lasagna with Squash, Spinach, Mushrooms, Sweet Peppers, Onions, Mozzarella Cheese, Garlic Bread, Ice Cream with Blueberry Compote</p>	<p>Salisbury Steaks with Onion Gravy, Roasted Potatoes, Green Beans, Whole Grain Roll, Fruit and Berry Crisp with Oat Crumb Crust and Whipped Cream</p>	<p>New England Style Clam Chowder, Mixed Green Salad with Beets, Marinated Red Onion and Feta Cheese, Whole Grain Dinner Roll, Fresh Fruit Salad</p>
13	14	15	16	17
<p>Vegetarian Minestrone Style Soup with Cannellini Beans, Tomato, Zucchini, Cheese Tortellini, Cauliflower, Whole Grain Roll, Cottage Cheese Brownie, Fresh Fruit</p>	<p>Pulled Pork with Homemade BBQ Sauce, Mac and Cheese, Cole Slaw, Corn Bread, Fresh Fruit Salad</p>	<p>Roasted Chicken Breast with Middle Eastern Spices and Yogurt Sauce, Mango Chutney, Mixed Grain Pilaf, Sautéed Mixed Vegetables, Whole Grain Roll, Fresh Fruit</p>	<p>Stuffed Peppers with Ground Turkey, Butternut Squash, Spinach, Mushrooms and Marinara Sauce, Rice Pilaf, Whole Grain Dinner Roll, Fresh Fruit</p>	<p>American Chop Suey with Cloudland Farms Beef, Mixed Green Salad with Tomatoes, Carrots, Olives and Croutons, Garlic Bread, Fresh Fruit, Ice Cream</p>
20	21	22	23	24
<p>Chicken Salad with Tomatoes, Pickled Red Onions, Carrots, Cucumber, Beets, Olive, Bell Peppers & croutons, Country Herb Dressing, Roll Fresh Fruit and Yogurt, Parfait with Granola and Maple syrup</p>	<p>Chefs Choice Fish, Basmati Rice, Steamed Broccoli, Mixed Green Salad with Tomato, Feta Cheese, Red Onion, Carrots and House Made Dressing, Dinner Roll, Fresh Fruit</p>	<p>Open Faced Turkey Sandwich with Gravy, Roasted Vegetable Medley, Cranberry Apple Sauce, Pumpkin Pie with Whipped Cream, Fresh Fruit</p>	<p>Birthday Day Roasted Pork Loin, Baked Potato, Green Bean Casserole, Whole Grain Dinner Roll, Birthday Cake and Ice Cream, Fresh Fruit</p>	<p>Hot Dog Whole Wheat Bun, Potato Salad, Baked Beans, Apple Crisp with Oat Crumble and Vanilla Ice Cream</p>
27	28	29	30	
<p>Cuban Style Sandwich with Ham, Shredded Pork, Swiss Cheese, Pickels and Maple Mustard on a Whole Grain Roll, Southern Style Cole Slaw, Ice Cream Sundae with Mixed Berry Compote</p>	<p>Mongolian Style Chicken with Scallions and Roasted Peanuts, Steamed Brown Rice, Stir Fry Vegetables, Fruit Salad, Brownie</p>	<p>Cheese Ravioli with White Sauce and Basil Pesto, Steamed Broccoli, Mixed green Salad with Beets, Orange and Feta Cheese, Whole Grain Roll, Fresh Fruit</p>	<p>Beef Stew with Carrots, Potato, Peas and Mushrooms, Mixed Green Salad with Carrots, Tomato and Cucumber, Whole Grain Roll, Fruit Salad</p>	

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 is \$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

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 on Wednesdays

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.

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**

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 is \$5 per in-person class, payable to The Thompson Center. Virtual attendees are asked to donate to Liz directly.

CREATIVE AGING

ArtistTree Creative Arts

Thursday, April 2, 1:30 PM– Clay I: Building Forms

Explore the tactile joy of clay by hand-building simple vessels or sculptures. Participants will learn basic techniques like pinch, coil, or slab building, while adding textures and patterns to personalize their pieces. All works will be left to dry and prepared for glazing in May.



Introducing Brain Games at The Thompson

Mondays | 1:30 PM

Give your brain a fun workout! Join us each Monday for Brain Games, a new weekly gathering filled with engaging games designed to keep your mind sharp while having a great time with others.

We'll explore some online brain games and play some favorites like Boggle, Spot It and Yahtzee. Whether you're a seasoned player or trying something new, it's a relaxed and social way to keep your mind active.

Beginner Line Dancing

Friday, April 3, 1:30 – 3:00 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.

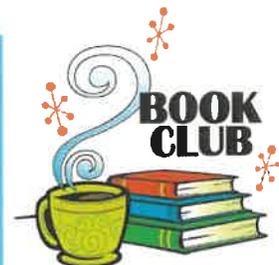
Japanese Calligraphy Welcome Back Chris Eldridge Wednesday, April 29, 1:00 PM

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!

Book Group Wednesday, April 22, 1:30 PM

Sue Harlow and Bobbi Roy invite you to join them for a fun, informal book group. March's book discussion will be on "Lula Dean's Little Library of Banned Books" by Kirsten Miller. The April book will be chosen at the March 25th 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

April 16 & 27, 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@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

Soup from the Food Security Program at
WUHS 9th graders

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

Vermont Standard newspapers

IN MEMORY OF

Betty Ann Walker

Richard & Barbara Couch
The Couch Family Foundation



APRIL BIRTHDAYS

1st Roland	Heijn	11th Ron	Ringenberg	20th Gil	Emery
1st Steve	Shama	11th Hugh	Hermann	20th Debra	Werner
1st Gary	Bohn	11th Greg	DeCell	20th Bettyanne	McGuire
1st Robert	Burchess	12th Dorothea	Mongulla	20th Jacqueline	Von Unwerth
2nd Gail	Stickney	12th Estra	Berosini	20th Andy	Decoff
2nd Douglas	Audsley	12th Preston	Bristow	21st Susan	Gunter
2nd Susan	George	12th Sharon	O'Leary	21st Karen	Wedda
2nd Beth	Hunt	12th Kelly	Moore	22nd Joanna	Frodin
2nd Patricia	Dubeau	14th Bea	Rivers	22nd Lyman	Shove
2nd Sue	Fullerton	14th Shari	Borzekowski	22nd Pamela	Burnett
2nd Jo	Bregnard	14th Finnie	Trimpi	22nd Allan	Stadler
3rd MarjorieVan	Alstyne	14th Edmund	Valenski	23rd Nancy	Zuba
4th Molly	Maxham	14th Dale	Johnson	24th Peter	Pickett
4th Lucas	Geller	14th Judy	Danna	24th John	Bieling
4th Maggie	Giffin	14th Kathryn	Mills	24th Timothy	Reeves
5th Mona	Foster	14th Sefton	Stallard	25th Pauline	Reeves
5th Keri	Bristow	15th Betsy	Luce	25th Mary	Stringos
5th Karen	Fogel	15th Penny	Audsley	25th John	Tatlock
6th Janice	Prindle	15th Maureen	Brink	25th Julie	Moncton
6th Fadia	Williamson	15th Susan	Boston	26th Charlie	English
6th Peggy	O'Neal	16th Christina	Manero	26th Jean	Gove
6th Janet	Murgatroyd	16th Gary	Wade	26th Alison	Clarkson
7th Cynthia	Yanowitz	17th Peter	Goulazian	26th Keri	Cole
7th Jerry	Blakeney	17th Tomoko	Liguori	26th Jane	Metcalf
7th Sabra	Field	17th Michael	Worth	26th Kathryn	Rathmann
7th David	Green	17th Heather	O'Connell	27th Jennifer	Dembinski
7th Pamela	Crane	18th Suzanne	Esty	27th Joan	Oppenheimer
8th Judith	Dossett	18th Eamonn	Daniels	27th Joanna	Long
8th Carol	Powell	18th Gerrie	Rikert	27th Bill	Terry
8th Rita	Post	18th Bettina	Borders	27th Gwen	Martin
8th Celia	Quinones	18th Julie	Halsted	27th George	Butts
9th Esther	Griffith	19th Barbara	Destefano	28th Cory	Barbis
10th Patricia	Payton	19th James	McClelland	29th Joyce	Blake
10th Lisa	Lawlor	19th James	VanderWende	29th Wayne	Stevens
10th Craig	Barrett	19th Michael	Atwood	30th Sharon	Butterfield
10th Angelika	Pratt	20th Kevin	Geiger	30th Jean	Benanti
10th Lisa	Holt				



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



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 – 3:00 pm. 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.

Like us on



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.