



The Thompson Times

Your resource to age well

MAY 2026

**OLDER
AMERICANS
MONTH**



Celebrate Older Americans Month with Us

CHAMPION YOUR HEALTH: MAY 2026

Every May, the Administration for Community Living (ACL) leads the nation's observance of Older Americans Month, a time to recognize older adults' contributions and reaffirm our commitment to supporting health and independence.

The 2026 theme, Champion Your Health, underscores prevention, wellness, and personal responsibility as cornerstones of healthy aging. It encourages taking an active role in managing and advocating for your health, accessing preventive care, and making informed decisions.

The Thompson supports healthy aging through our many exercise and wellness classes and social engagement events. In recognition of this year's theme, we are offering **complimentary classes** to help you discover each type of exercise program we offer during the week of May 4th. **See page 4 for details.**



FAMILIAR FACES: PAST & PRESENT

In honor of Older Americans Month, throughout May we will have a photo display and some fun guessing WHO is WHO. If you would like to participate, remember bring in your past and present photos by May 1st! Photo reveal will be May 20th at our OAM luncheon.

Older Americans Month Annual Luncheon & Door Prizes Wednesday, May 20, 12:00 PM

Menu:

Chicken Parmesan with Marinara Sauce & Mozzarella Cheese, Pasta Casserole, Steamed Broccoli, Caesar Salad, Fresh Fruit

**Sign up in advance by calling
802-457-3277.**

Chef's Night

May 28, 2026

6:00 PM

RSVP at 802-457-3277



Menu Created and Prepared by Chef Andrew Geller

1st Course

*Shrimp & Crab Salad
Tropical Salsa*

2nd Course

*Rack of Lamb
Truffle Potato
Asparagus*

3rd Course

Flourless Chocolate Cake

Tickets: \$100, BYOB

All proceeds help to continue the critical work happening at The Thompson.

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

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

BEHIND THE SCENES



In loving memory of Dick Atwood and appreciation to
Dick and Bonnie for their years of service as
Advisory Council Chairs.

IN APPRECIATION

Brian Powell - hand carved and painted walking sticks

Family of John Wiegand - medical equipment

The Prince and The Pauper - paper goods

Ginny Christensen - greeting cards

A Special Thank You for
these monthly
ongoing donations:

Vermont Standard newspapers

SPECIAL THANKS TO OUR 2026 SPONSORS



Mascoma
Bank ANONYMOUS

Jeremiah R. Goulet
Architect



WOODSTOCK
INSURANCE



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



You're invited!

**Cinco de Mayo & Our First Anniversary Back in our New Building
Tuesday, May 5, 12:00 PM**

Mark your calendars and come enjoy an afternoon filled with festive fun, great food, refreshing drinks, and plenty of good company.

Whether you've been with us from the start or are just discovering our community, this is the perfect opportunity to connect, celebrate, and make memories in our new space. We continue to be so thankful for our new and improved building. Come celebrate with us.

Please register in advance by calling The Thompson at 802-457-3277.

The Upper Valley Ringers: "Celebrating America at 250" Wednesday, May 20, 1:00 PM

The Upper Valley Ringers, a high-level community handbell choir, will present a one-hour concert of music drawn from various periods of American history.



Selections include arrangements of William Billings' early American anthem "Chester"; "Steal Away"; "The Charleston"; "Take Me Out to the Ballgame"; "This Land is Your Land"; and many more!

Handbell concerts are as interesting to watch as to listen to. The Upper Valley Ringers also incorporate short narratives about their repertoire and their instrument into their performance. There is no charge, and all are welcome!

Virtual Travel Program: Discover Croatia Tuesday, May 26, 2:00 PM in the Thompson Media Room Hosted by Tewksbury Public Library



For such a small country, Croatia offers an incredible variety of geographic, cultural, and historic treasures. Journey through the stunning coastal regions and explore the vibrant capital city of Zagreb—all from the comfort of your home. From delicious cuisine to breathtaking scenery, it's the warmth and hospitality of the Croatian people that truly make this destination unforgettable.

This engaging presentation will be led by Gene Flynn, an Illinois native who has taught at the College of Lake County and Harper College. He also serves on the board of the Institute for Continued Learning at Roosevelt University and frequently delivers travel programs for libraries and senior centers nationwide. Gene has explored more than a dozen European countries and brings a wealth of knowledge and enthusiasm to his talks.

Please note: This is a virtual program and will take place via Zoom.

HEALTHY AGING

Older Americans Month Free Exercise Classes during the week of May 4-8th

Come sample all we have to offer! New participants can attend each of our exercise classes one time for free—**one free session per class during the week of May 4-8th**. Our classes include Yoga, Bone Builders, Tai Chi, and Strength, Stability, Stretching.

True healthy aging starts with prevention, wellness, and personal responsibility. These free classes are designed specifically to help you build strength, improve balance and flexibility, and stay active and independent.

Take care of your vitality- no cost to try one out, just expert guidance and a supportive community. Join us the week of May 4th and champion your health! Pre-register at 802-457-3277

Tea and Memories A Grief Support Group at The Thompson Friday, May 15, 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.

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, May 5 & 19. 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

AARP Smart Driver Class

This 4.5 hour refresher course is open to all drivers 50 years and older
Friday, May 15, 8:45 a.m. – 2:30 p.m. Lunch Break 12:00 – 1:00 PM
Cost: \$20 for AARP Members, \$25 for Others

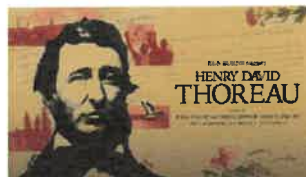
The curriculum addresses the normal physical changes brought on by the aging process, how these changes can affect driving ability and how to compensate for those changes. The course also addresses changes in vehicles, regulations and roads. Participants will also learn how to interact with other road users, including truckers, bikers, pedestrians and distracted drivers. The class will address Vermont driving regulations, many of which have changed over the years. Many insurance companies offer a discount to drivers who have completed the class. Drivers who have qualified for a discount by taking the course must take a refresher course every 3 years. There are no tests.

Community Connection Series

with Trena Tolliver, Local Deeds Program Coordinator
Thursday, May 21, 1:00 PM

Trena will discuss the impact that Local Deeds is having on increasing housing for local workers. Local Deeds is an innovative program to protect housing for families and individuals who live and work here year-round serving the local community. Homebuyers receive a one-time cash payment for a down-payment on a home in exchange for placing a permanent deed restriction on their property, securing the home for future local workers as well. Local Deeds is a project of the Woodstock Community Trust.”

Henry David Thoreau
A Documentary by Ken Burns
Three part series on
May 8, 15 & 22 at 1:00 PM



Discover the life and legacy of Thoreau—naturalist, author of Walden, and champion of simple, thoughtful living—through this engaging film series.



Master Class Series: Gut Health
May 19, 26 & June 2 | 1:00 PM

Your gut is the gateway to great health. The world’s leading gut health experts teach how to boost well-being, starting with what’s inside you. Space is limited, so please register in advance.

PROGRAM CALENDAR - MAY 2026

Mon	Tue	Wed	Thu	Fri
				1
				10 Ping Pong 10:30 BINGO 1 Mahjong 1:30 Line Dancing
4	5	6	7	8
10 BINGO 10 Ping Pong 1 Gentle Yoga 1 Advisory Meeting 1:30 Brain Games	Cinco de Mayo/1 Year Anniversary back in new building Reflexology 9:30 Benefits Assistance 10:30 Chair Yoga 1 Mahjong 3 Bone Builders	9:30 Beginner Tai Chi 10:30 Handwork Circle 10:40 Advanced Tai Chi 12 French Table 1 Gentle Yoga	9 Men's Yoga 10 Cribbage 10:30 Strength, Stretch, Stability Tutoring 11 Music with 7Star Recorder Consort 1:30 Creative Arts 3 Bone Builders	10 Ping Pong 10:30 BINGO 1 Mahjong 1 Ken Burns Documentary: Thoreau
11	12	13	14	15
Mother's Day Lunch 10 BINGO 10 Ping Pong 1 Gentle Yoga 1:30 Brain Games	10:30 Chair Yoga 12 Caregiver Support Group 1 Mahjong 3 Bone Builders	9:30 Beginner Tai Chi 10:30 Handwork Circle 10:40 Advanced Tai Chi 12 French Table 1 Gentle Yoga 1 Art with Rose	BIRTHDAY DAY 9 Men's Yoga 10 Cribbage 10-12 Morning Jam 10:30 Strength, Stretch, Stability 3 Bone Builders	8:45 AARP Smart Driver Class 10 Ping Pong 10:30 BINGO 11 Grief Support Group 1 Mahjong 1 Ken Burns Documentary: Thoreau
18	19	20	21	22
8:30-3 Foot Clinic 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: Gut Health 3 Bone Builders	Older Americans Month Lunch 8:30 Board Meeting 9:30 Beginner Tai Chi 10:30 Handwork Circle 10:40 Advanced Tai Chi 12 French Table 1 Gentle Yoga 1 The Bell Ringers	8:30-3 Foot Clinic 9 Men's Yoga 10 Cribbage 10:30-11:30 Tech 10:30 Strength, Stretch, Stability 1 Community Connections 3 Bone Builders	10 Ping Pong 10:30 BINGO 1 Mahjong 1 Ken Burns Documentary: Thoreau
25	26	27	28	29
Closed for Memorial Day	10:30 Chair Yoga 1 Mahjong 1 Master Class Series: Gut Health 2 Virtual Travel Program: Croatia 3 Bone Builders	9:30 Beginner Tai Chi 10:30 Handwork Circle 10:40 Advanced Tai Chi 12 French Table 1 Gentle Yoga 1:30 Book Group	CLOSED for CHEF'S DINNER	RESERVATIONS REQUIRED FOR ALL PROGRAMS & MEALS 802-457-3277

MENU - MAY 2026

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

Mon	Tue	Wed	Thu	Fri
				1
<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</p>	<p>*menu subject to change based upon product availability*</p> <p>*Please make requests for substitutions 24 hours in advance</p>			<p>Sweet Italian Sausage Link with Roasted Peppers and Onions, Marinara Sauce, Pasta Casserole with Garden Vegetables, Apple Cinnamon Bread with Whipped Cream</p>
4	5	6	7	8
<p>Eggplant Parmesan with Marinara Sauce, Basil Pesto, Mozzarella and Parmesan Cheese, Garden Salad with Feta Cheese, Orange, Toasted Almond, Carrots and House made Dressing, Fruit</p>	<p>Cinco de Mayo Beef Enchilada Casserole with Cloudland Farms Beef, Corn, Homemade Enchilada Sauce, Jack and Cheddar Cheese, Black Beans and Brown Rice Chips and Salsa, Guacamole, Key Lime</p>	<p>Baked BBQ Chicken Leg Quarters, Potato Salad Red Cabbage Slaw with Apples and Craisins, Whole Grain Roll, Apple Crisp with Whipped Cream</p>	<p>Pork Stew with Peas and Carrots, Mashed Potatoes, Mixed Green Salad with Beets, Orange and Carrots, Whole Wheat Dinner Roll, Cookie</p>	<p>Quiche with Broccoli, Bacon, Sweet Roasted Peppers, Vermont Cheddar, Mixed Green Salad with Garden Vegetables with Maple Vinaigrette, Fresh Fruit and a Cookie</p>
11	12	13	14	15
<p>Mother's Day Lunch Roasted Turkey Breast with Pan Gravy, Steamed Red potatoes with Butter and Fresh Herbs, Baked Butternut Squash, Corn and Kale, Whole Grain Roll, Strawberry Short Cake</p>	<p>Cheese Ravioli with Roasted Vegetables, Vodka Style Pasta Sauce, Tossed Mixed Green Salad with Carrots, Tomato, Cucumber, Croutons and House Made Caesar Dressing, Fresh Fruit Salad</p>	<p>Baked Haddock with Lemon and Herbs, Saffron Brown Rice Pilaf, Roasted Squash, Whole Grain Roll, Yogurt parfait with Fresh Fruit, Granola and Maple Syrup</p>	<p>Birthday Day Roasted Pork Loin with Gravy, Baked Potato, Green Beans, Caesar Salad, Fruit, Cake and Ice Cream</p>	<p>Cheeseburgers on a Whole Wheat Bun with Lettuce, Tomato, Pickles and Red Onion, Potato Salad with Hard Egg and Peas, Brownies, Fresh Fruit</p>
18	19	20	21	22
<p>New England Style Clam Chowder Soup, Garden Salad with Croutons, Sweet Peppers, Carrots and Olives, Dinner Roll Ice Cream</p>	<p>Sweet and Sour Chicken with Peppers and Red Onion, Steamed Jasmine Rice, Mixed Green Salad with Crispy Noodles and Sesame Vinaigrette, Cookies</p>	<p>Older Americans Month Lunch Chicken Parmesan with Marinara Sauce and Mozzarella Cheese, Pasta Casserole, Steamed Broccoli, Caesar Salad, Fruit Salad</p>	<p>Pork Spareribs with Homemade BBQ Sauce, Baked Beans, Cole Slaw, Corn Bread, Blueberry Cobbler</p>	<p>Turkey Club Sandwich on Wheat Bread with Bacon, Cheddar Cheese, Lettuce, Tomato and Pickles, Cole Slaw, Fresh Fruit, Pumpkin Pie</p>
25	26	27	28	29
<p>Closed for Memorial Day</p>	<p>Tomato Soup with a Fresh Mozzarella and Basil Pesto Sandwich, Broccoli Brunch Salad, Fresh Fruit Salad, Lemon Pound Cake with Whipped Cream</p>	<p>Indian Style Butter Chicken, Rice Pilaf with Saffron and Fresh Herbs, Roasted Local Vegetables, Tossed Garden Salad, Roll, Cookie</p>	<p>Chef's Dinner No lunch served</p>	<p>Ed's American Chop Suey, Mixed Green Salad with Carrots, Olives, Cucumber, Garlic Bread, Mixed Fruit Crisp with Oat Crumb Crust</p>

Ping Pong

**Mondays & Fridays at The Thompson
10-11:30 AM**

**Tuesdays & Wednesdays at The Little Theater
10-11:30 AM**

Drop in play, All are welcome!

Men's Yoga

Thursdays, 9:00 AM

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

Mondays & Wednesdays, 1:00 - 2:00 PM

Offered by Yoga Instructor, Kathryn Mills

**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

Tuesdays at 10:30 AM

Led by Linda Harvey, PT/ Yoga certified

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.

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 **Wednesdays at 9:30 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 at 10:40 am**. 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**

**Liz Hatfield will return as instructor
beginning May 21st**

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

Creative Arts with ArtisTree Thursday, May 7, 1:30 PM



From the stripes on a zebra, the tiling on the floor, to the polka dots on your shirt, we see patterns all around us. They are regular, repeating, or predictable structures found in nature, design, and textiles. Using geometric shapes we explore the limitless possibilities of creating movement, repetition, rhythm or unity. Playtime is at its best as we engage our senses and take a closer look at patterns. Please register in advance.



Art with Rose Wednesday, May 13, 1:00 PM

Join Rose as she hosts a class on decorating bottles, coasters or vases. Pick your favorite! All materials included for \$10. Please register in advance.

Brain Games Mondays | 1:30 PM

Join us each Monday for Brain Games at The Thompson, 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.



Music with 7 Star Recorder Consort May 7, 11:00 AM

7 Star Recorder Consort will bring a little spring cheer as they play some Spanish Renaissance pieces along with some familiar tunes. This will be a perfect way to get ready for lunch. Don't miss it!

Book Group Wednesday, May 27, 1:30 PM



Sue Harlow and Bobbi Roy invite you to join them for a fun, informal book group. Check our website or Facebook page for the latest book selection. Light refreshments will be provided.

Beginner Line Dancing Friday, May 1, 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. Come enjoy great music, friendly company, and a good dose of exercise. Please register in advance. This class fills up fast.

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

May 18 & 21 , 8:30 am - 3:00 pm

Call Shari for your appointment, Cost is \$40

Financial assistance is available thanks to a grant from OHF. Let Shari know when scheduling 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!



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.

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.

MAY BIRTHDAYS

1st Betty Stetson	9th Peter Kaufman	15th Deborah Bolduc	24th Doug Jenisch
1st Suzanne Marier	9th Anasa Pickett	15th Gunilla Smedman	24th Polly Gray
1st Bebe Stoddard	10th Corwin Sharp	16th Eleanor Grice	25th Rob Anderegg
2nd Fredrick Stebbins	10th Sally Weglarz	16th Charlotte Danly	26th Sherry Belisle
2nd Donald Allyn	10th Roberta Roy	16th Sharon Hall	26th John Wannop
3rd Millie Cole	10th Peggy Levengood	16th Ann Wynia	26th John Coogan
3rd Rene Rowe	11th Richard Brackett	16th Randy Leavitt	26th Tom Hough
3rd Edmond Cheramie	11th Mary Corrigan	16th David Boston	27th Barbara Winkler
3rd Barbara Chamberlin	11th Donald Corken	17th Janet Belon	27th Annie Rubright
4th Roger Scully	11th Bruce Corkum	18th Thomas Morse	27th Fran Bean
4th Alan Graham	11th Gail Emmerson	18th Karen Watson	27th Cari Whalen
5th Patricia Wittasek	11th Jodi Turner	18th Cynthia Huveltdt	27th Cari Whalen
5th Jody Himebaugh	11th Cindy Hall	18th Robert Hull	28th Erwin Fullerton
5th Tom Read	11th Cindy Hall	19th Susan Ford	28th Barbara A. West
5th Frederick Ballou	11th Yvonne Frates	19th Carol Rousseau	28th Jon Fullerton
5th Barbara Butler	11th Karen VanAlstyne	19th Hylene DeVoyd	28th Fiona Blunden
5th Jeff Pearsons	11th Louis Ahlen	20th Ilene Haigh	28th Marilyn Kalanges
6th Eleanor Pizzani	11th Cheryl Rostad	20th Ted Emerson	28th Marilyn Kalanges
6th Ann Richardson	12th Joyce Breault	20th Virginia Paige	28th Constance Campbell
6th Carolyn Kimbell	12th Bud Spaulding	21st Susan Tomlet	28th Joseph Curry
6th Nancy Stockwell	12th Jill Leavitt	21st Ed Esmond	29th Brian Maxham
7th Pauline Smith	13th Mary Brand	21st Julia Stride	29th John Saggese
7th Gary Staples	13th Mary Terry	21st Carol Cunningham	30th Phoebe Standish
7th Joyce Maura	13th Susan Rubel	21st Lucy Heath	30th Dennis Cogswell
8th Anne Bower	13th Adelaide McCracken	22nd Richard Schramm	30th Rob Sangster
8th William Boardman	13th Bob Horan	22nd Kathy Beaird	30th Jane Maxham
8th Philip Bell	14th George Krantz	22nd Louise Blakeney	30th Doria Ware
8th Karen McGee	14th Hunter Melville	23rd Louise Faherty	31st Bonnie Reynolds
8th Blakeney Bartlett	14th JoAnn Cameron	23rd Leon Dunkley	31st Shari Michaels
8th Rick Atwood	15th Patricia Hanlon	23rd Danelle Sims	
9th Ray Kennedy Sr.	15th John Snyder	23rd Andrew Cleland	
9th Keith Niles	15th Elizabeth Rivers	23rd Teeta Langlands	
9th Betsy Wheeler	15th Pamela Cavicchi	23rd Teresa Cheeks	
9th Linda Harvey		24th Janet Salstrom	
		24th Tom List	

Please help with mailing costs for The Thompson Times!

Each year we ask that you make a donation for The Thompson Times. Your donation will allow us to continue to offer this publication as a timely way for you to learn about our exciting programs, meals, and trips. No one will be removed from the mailing list for failure to make a donation.

Thank you!

Name: _____

Address: _____

Email: _____

Please make checks payable to The Thompson Senior Center, 99 Senior Lane, Woodstock, VT 05091



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 – 3:00pm. 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

Woodstock Insurance: Serving the Community, From the Community.

Ottawaquechee Plumbing & Heating: 802-457-1795

Senior Solutions: Council on Aging for Southeastern Vermont

Upper Valley Rehab

Thank D. MORT DDS



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.