



The Thompson Times

Your resource to age well

JULY 2024

Let's Hit the Road!



Path of Life Garden Followed by Lunch at Harpoon Brewery

Friday, July 19,

**Carpool from Thompson at 9:15 am
Cost – Path of Life \$5 plus Lunch on
your own
See page 9**



The Thompson Presents Fabulous Finger Lakes, NY

October 1-4, 2024

4 Days & 3 Nights, Package

Price: \$759.00 pp/dbl Singles

Add: \$200

Register in advance

See page 9



Lobster trip to Fosters in York, Maine Friday, August 23

Leaving Thompson in the morning via Premier coach bus.
Trip includes transportation and meal including New England Clam Chowder, Clams, Mussels, Maine Lobster, Corn and much more. For those not wanting seafood there is an option of BBQ Chicken or Vegetarian. Please register at front desk with payment and menu choice (see full menu on p. 9).
Trip is \$113

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The Thompson Center

Woodstock Area Council on Aging
99 Senior Lane
Woodstock, VT 05091
Phone: 802-457-3277
Fax: 802-457-1259
www.thompsonseniorcenter.org

CENTER HOURS

8 AM-3 PM, Monday-Friday

STAFF

Deanna Jones, Executive Director,
djones@thompsonseniorcenter.org
Cory van Gulden, Assistant Director,
cvang@thompsonseniorcenter.org
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Siobhan Wright, Meals on Wheels &
Transportation Coordinator,
swright@thompsonseniorcenter.org
Andrew Geller, Chef,
ageller@thompsonseniorcenter.org

Culinary Assistants: Ed Esmond, Lanie
Orcutt, Louise Blakeney, Sally Weglarz,
John Saggese

Drivers: Tom Morse, Brian McGinty,
Jim Robinson

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—*President*
Mary Bourgeois—*Vice President*
Beth Harper—*Treasurer*
Susan Ford—*Secretary*
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Thomas Phillips
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Richard Wacker
Paulette Watson
Dennis Wright



Dick & Bonnie Atwood- Advisory

BEHIND THE SCENES

ADVISORY MEETING HIGHLIGHTS

- Aging at Home membership cards are now available and can be picked up at reception. All remaining cards will be mailed by the end of June.
- Trees have been removed around the building in anticipation of the renovation beginning in July.
- Discussed upcoming programs: Supper Club, Classic Car Rides and Ice Cream on July 10, and more.
- Pam and Cory have been working on some trips suggestions, but final plans will occur after our trip committee can meet.

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

Thank You to our 2024 Sponsors!

UNDERWRITERS



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Bank

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Meet our Newest Staff Member!

We're very happy to welcome Cory van Gulden to our Thompson staff team as our new assistant director. In this role, Cory is responsible for program planning and implementation, and general day to day support and oversight of the happenings at the Thompson.

Cory grew up in the Randolph area. After 13 years living and working in the ski industry in Colorado he returned to the upper valley in 2019. He has also had a creative career in the art industry as a project manager for an art curator. We already appreciate his creative energy and eagerness to jump in anywhere. Stop by to meet him at the 2nd desk in the Thompson lobby. Welcome, Cory!!



Let's Go Cruisin'!

Wednesday, July 10, 1:00 pm

Annual Ice Cream Social & Classic Car Rides

Who doesn't love the mystique and thrill of an antique car? Would you like to ride in one? Thanks to some generous Thompson friends, we are offering an afternoon of cruisin' around the Woodstock area in some pretty cool vintage vehicles after our ice cream social. Register ahead so you are sure to get a ride. Be prepared for some top-down convertible cruisin' and fun. Live music will also be provided by Kathleen Dolan and Mark van Gulden.



Community Connections

With Windsor County Sheriff, Ryan Palmer

Tuesday, July 16, 1:00 PM immediately following lunch

Sheriff Ryan Palmer would like to share WCSD's recent achievements including an update on all the changes that have been made at the Sheriff's Department.

Sheriff Palmer will provide a glimpse of what the future plans are for the department and improvements in rural law enforcement.



Eat Smart, Move More, Weigh Less – Online August Classes Now Available Beginning August 4th. Call for specific dates and times

Eat Smart, Move More, Weigh Less is a 15 week weight-management program that uses strategies proven to work. Each lesson informs, empowers and motivates you to live mindfully as you make choices about eating and physical activity.

Classes are held ONLINE, using Zoom. The program is accessible on a desktop, laptop, smartphone, iPad, and tablets. Classes will meet on the same day and time for the full 15 weeks. The general enrollment cost of the program is \$250 but you can call The Thompson for your Voucher/Coupon code for your class registration.



It's Fresh Produce Season! Locally Yours Offered at The Thompson Center Weekly Now Through October Thursdays Beginning at 10 am

We're excited to promote Locally Yours, a free program that gives us access to fresh, locally grown produce. There is no income restriction and the program is available to all Thompson patrons. Our Locally Yours partner, Neil and Alice Lamson's Fox Crossing Farm in Pomfret, will be delivering fresh produce to The Thompson weekly.

What is it?

This program helps older Vermonters get locally grown produce, benefitting both senior nutrition needs and our local farms. Locally Yours is made possible through Senior Solutions with a grant from the Vermont Agency of Agriculture, Food, and Markets.

How does it work?

It's as easy as stopping at The Thompson on delivery days or letting us know to include produce with your home delivered meals if you receive them. *We encourage you to take only as much as you think you can use as it helps share the crops with more people. When picking up produce, we do need you to sign in so we can report back on how many people were served this season.*

EVENTS & PROGRAMS



Re-Cycling Update – What You Need to Know

*Presented by Ham Gillett, Program/Outreach Coordinator, Greater Upper Valley
Solid Waste Management District*

Thursday, July 18, 1:00 PM

Ham Gillett returns to The Thompson to discuss updated rules for recycling, recycling confusion and frustration, and a reminder about the food scrap separation requirement. For those who compost at home, how to keep bears and maggots out of your pile! Ham will also remind people about the "new" Styrofoam collection events, battery and bulb recycling, and why compostable ware isn't such a great idea.

Always entertaining, Ham will enlighten us with some stories about some of the "gross jobs" he has had sorting through garbage and recyclables.



Summer Supper Club

At The Public House Pub Quechee

Wednesday, July 24, 5:30 pm, Register in advance

Summer is short and we want to take advantage of the opportunity to gather and enjoy a fun evening out together. Join Deanna and friends at 5:30 PM at The Public House in Quechee. This will be a dine and pay on your own event where orders are placed individually. Call a friend, offer a ride if you can, and enjoy a summer evening with your Thompson friends.

RSVP to the Thompson required by Monday, July 22nd so we can notify Public House.

PROGRAM CALENDAR - JULY 2024

| Mon | Tue | Wed | Thu | Fri |
|--|--|--|---|--|
| 1 | 2 | 3 | 4 | 5 |
| 10 Ping Pong at the Little Theater 10 BINGO 1 Gentle Yoga 1 Advisory Meeting | 10 Intro to Memoir Class 10 Learn Canasta & Backgammon 1 Mahjong 1 Advanced Memoir Class 3 Bone Builders | 9:30 Beginner Tai Chi 10 Ping Pong at the Little Theater 10:30 Handwork Circle 10:40 Advanced Tai Chi 12 French Table 1 Gentle Yoga 1 Bridge | CLOSED for Independence Day | 10:30 Bingo 1 Mahjong |
| 8 | 9 | 10 | 11 | 12 |
| 9:30-12:30 Benefits Counseling 10 Ping Pong at the Little Theater 10 BINGO 1 Gentle Yoga | 10 Intro to Memoir Class 10 Learn Canasta & Backgammon Reflexology Appts 12 Caregiver Support Group 1 Advanced Memoir Class 1 Mahjong 3 Bone Builders | 9:30 Beginner Tai Chi 10 Ping Pong at the Little Theater 10 Veggie VanGo 10:30 Handwork Circle 10:40 Advanced Tai Chi 12 French Table 1 Gentle Yoga 1 Bridge 1 Car rides and Ice Cream Social | 10 Cribbage 10 Locally Yours 10:30 Strength, Stretch, Stability 3 Bone Builders | 10:30 Bingo 1 Mahjong |
| 15 | 16 | 17 | 18 | 19 |
| 8:00 Newsletter Folding 10 BINGO 10 Ping Pong at the Little Theater 1 Gentle Yoga | 9:30 Commodities 10 Intro to Memoir Class 10 Learn Canasta & Backgammon 1 Mahjong 1 Advanced Memoir Class 1 Community Connections with Sheriff Palmer 3 Bone Builders | Bastille Day Lunch 8:30 Board Meeting 9:30 Beginner Tai Chi 10 Ping Pong at the Little Theater 10:30 Handwork Circle 10:40 Advanced Tai Chi 12 French Table 1 Gentle Yoga 1 Bridge | 8:30-3 Foot Clinic 10 Locally Yours 10 Cribbage 10:30 Strength, Stretch, Stability 12:30 Tech Support 1 Recycling Update 3 Bone Builders | 9:15 Path of Life & Harpoon Lunch 10:30 BINGO 1 Mahjong |
| 22 | 23 | 24 | 25 | 26 |
| 10 BINGO 10 Ping Pong at the Little Theater 1 Gentle Yoga | 10 Intro to Memoir Class 10 Learn Canasta & Backgammon Reflexology Appts 1 Advanced Memoir Class 1 Mahjong 3 Bone Builders | 9:30 Beginner Tai Chi 10 Ping Pong at the Little Theater 10:30 Handwork Circle 10:40 Advanced Tai Chi 12 French Table 1 Gentle Yoga 1 Bridge 5:30 Supper Club | Birthday Day 10 Locally Yours 10 Cribbage 10:30 Strength, Stretch, Stability 1 Music with Will Wright 3 Bone Builders | Rain Date for Path of Life and lunch 10:30 BINGO 1 Mahjong |
| 29 | 30 | 31 | | |
| 8:30-3 Foot Clinic 10 BINGO 10 Ping Pong at the Little Theater 1 Gentle Yoga | 10 Intro to Memoir Class 10 Learn Canasta & Backgammon 1 Advanced Memoir Class 1 Mahjong 3 Bone Builders | 9:30 Beginner Tai Chi 10 Ping Pong at the Little Theater 10:30 Handwork Circle 10:40 Advanced Tai Chi 12 French Table 1 Gentle Yoga 1 Bridge | | RESERVATIONS REQUIRED FOR ALL PROGRAMS & MEALS |

MENU - JULY 2024

| Mon | Tue | Wed | Thu | Fri |
|--|---|--|---|---|
| 1 | 2 | 3 | 4 | 5 |
| Hawaiian Style Huli Huli, Steamed Jasmine Rice, Baked Pineapple, Sesame Green Beans, Dinner Roll, Fresh Fruit, Ice Cream | Gazpacho Soup, Half Turkey Salad Sandwich on Whole Wheat Bread, Fresh Fruit, Cookie | Chicken Parmesan with Marinara Sauce and Mozzarella Cheese, Pasta Casserole, Steamed Broccoli, Caesar Salad, Yogurt Parfait with Fresh Fruit and Granola | CLOSED for Independence Day | Grilled Cheeseburger with Cheddar Cheese on a Wheat Bun, Lettuce, Tomato, Onion and Pickles, Baked Potato Wedges, Cole Slaw, Blueberry Crisp with Whipped Cream |
| 8 | 9 | 10 | 11 | 12 |
| Ham and Cheese Sand- wich on Whole Wheat Bread with Lettuce, Tomato and Pickles, Potato Salad with Hard Egg, Celery Sweet Peppers and Peas, Fruit Salad, Cookie | Meat Loaf Made with Cloudland Farm Beef, Roasted Red Potatoes, Gravy, Steamed Broccoli, Fresh Fruit, Brownie | Chefs Choice Fish of the Day with Lemon Herb Sauce, Mashed Potato, Sautéed Green Beans, Dinner Roll, Garden Salad, Fresh Fruit | Slow Cooked Pork Chop with Root Vegetables, Soft Polenta, Garden Salad with Fresh Vegeta- bles, Roasted Garlic and Herb Dressing, Fresh Fruit, Roll, Cookie | Baked Chicken Breast with Lemon & Herbs, Couscous Local Garden Vegetables, Garden Salad and Blue Cheese Dressing, Fresh Fruit |
| 15 | 16 | 17 | 18 | 19 |
| Cobb Salad w/ Chicken Breast, Blue Cheese, Tomato Croutons, Bacon Bits, Avocado, Red Onion and Hard Egg, Country Herb Dressing, Brownie, Fresh Fruit | Beef Enchilada Casserole w/ Peppers, Onions and Cheese, Garden Salad with Oranges and Beets, Corn Chips and Salsa, Key Lime Pie | Bastille Day Lunch Nicoise Salad with Tuna and Garden Vegetables, Lemon Herb Vinaigrette, Dinner Roll, Almond Pound Cake, Fruit | Banh mi Vietnamese BBQ Pork Sandwich with Quick Pickled Vegetables, Cilantro and Garlic Aioli on a Roll, Rice Noodle Salad with Fresh Lime and Mint, Ice Cream Sundae | Spaghetti with Meat Sauce using Cloud- land Farms Ground Beef, Garlic Bread, Caesar Salad, Apple Pie |
| 22 | 23 | 24 | 25 | 26 |
| Grilled Chicken Breast, Roasted Red Potatoes, Local summer Vegetables, Garden Salad with Vegetables and Green Goddess Dressing, Dinner Roll, Fresh Fruit | Steak and Cheese Lasagna with Sweet Peppers, Mushrooms, and Kale, Caesar Style Salad With Croutons, Carrots, Cucumber and Parmesan Cheese, Fruit Cobbler | Stuffed Peppers with Ground Turkey, Spinach, Mushrooms and Squash, Saffron Rice Pilaf, Fresh Fruit Brownie | Birthday Day Pork Spareribs with Homemade BBQ Sauce, Baked Beans, Cole Slaw, Corn Bread Cake and Ice Cream | Baked Chicken Piccata with Lemon, Capers and Fresh Herbs, Rice Pilaf, Broccoli, Carrots and Cauliflower, Fresh Fruit, Peach Cobbler |
| 29 | 30 | 31 | | |
| New England Clam Chowder, Garden Salad with Fresh Vegetables, Dinner Roll, Yogurt Parfait with Maple Syrup, Fresh Fruit and Granola | Turkey Club Sandwich on Whole Wheat Bread with Cheddar Cheese, Bacon, Lettuce and Tomato, Potato Salad, Fresh Fruit, Cookie | Braised Pork Cho, Soft Polenta, Roast- ed Squash, Tossed Mixed Green Salad with Ranch Dressing, Apple Pie | *menu subject to change based upon product availability* *Please make requests for substitutions 24 hours in advance. | Suggested donation for guests ages 60 and over is \$7 For guests under age 60, the meal price is \$12 2% milk, juice, cof- fee, tea with all meals |

ACTIVE AGING

The Ping Pong Place at the Little Theater

Mondays and Wednesdays, Drop in Play, 10:00 am - 11:30 am

Mondays and Wednesdays, Drop in Play, 10:00 am – 11:30 am, All are welcome!

Please come to learn to play, refresh your old skills, up your game, or take Jim on! Questions? Linda 802-457-3428. We have two tables now. Come and try your hand at singles or doubles!

Try Gentle Yoga - Join this Inspiring Group

Offered by Yoga Instructor, Kathryn Mills

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

Cost: 6 class punch card for \$90, or \$20 per class

Gentle Yoga is geared specifically for those new to yoga or those who are interested in a gentle practice. This class incorporates simple flowing sequences to warm up the body, as well as slower paced seated, standing, and reclining poses focusing on developing/increasing alignment, strength, balance, and flexibility. Modifications are offered and props are optional. No experience or flexibility required. Bring a mat if you have one, and a blanket if you like. *Pre-registration is required by calling The Thompson.*

Strength, Stability and Stretching

Thursdays – In person and on Zoom 10:30 – 11:30 am

Tuesdays – Zoom Class Only 10:30 – 11:30 am

This class includes exercises that will help you in your everyday life so that you can continue to do the things you enjoy and stay independent as you age. This popular class involves a combination of strength, cardio, balance, flexibility and brain training exercises.

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

For those who wish to continue classes via Zoom, Thursdays will be a hybrid class and you can continue to exercise from home. A zoom link will be provided upon request and newcomers are welcome. A link will be provided upon request.

Join Anne Bower for Tai Chi Class

Wednesdays at The Thompson

The beginner or intro class runs from 9:30-10:30 am and the class for those continuing (or beginning) Sun 73, goes from 10:40-11:40 am. This group will also play with Yang 24 Forms, very gradually adding movements, but taking their time to get comfortable with the Yang style.

Suggested donation is \$3 per class, payable to the Thompson Senior Center. For more information, check out Anne's website: <http://www.annebower.studio>.

Bone Builders on Tuesdays and Thursdays, 3-4 pm

Led by Certified Instructor, Althea Derstine

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.

TRIPS

**Path of Life Garden in Windsor, VT
with Lunch at Harpoon Brewery to follow**
Friday, July 19, Carpool from Thompson at 9:15 am
Cost – Path of Life \$5 plus Lunch on your own
This trip involves a lot of walking if one chooses.
There are also nice places to sit and enjoy the surroundings.
Register in advance

The Path of Life Garden is a crafted landscape open to the public in Windsor, Vermont. Visitors experience the story of the great circle of life while traveling through sculptures of varying sizes and materials. Inspired by a famous garden in Europe, these eighteen works of art symbolize the journey from birth to death and beyond. Reflecting on the circle of life in this beautiful setting is a moving and inspiring journey.

Lobster trip to Fosters in York, Maine Friday, August 23

Leaving Thompson in the morning via Premier coach bus. Trip includes transportation and meal including New England Clam Chowder, Clams, Mussels, Maine Lobster, Corn and much more. For those not wanting seafood there is an option of BBQ Chicken or Vegetarian. Please register at front desk with payment and menu choice (see full menu on p. 9). Trip is \$113

FOSTER'S CLAMBAKES & CATERING

2024 Tour Group Menu

NEW ENGLAND CLAM CHOWDER
FRESHLY DUG MAINE CLAMS
CULTIVATED MUSSELS
SUCCULENT MAINE LOBSTER
SWEET CORN ON THE COB
ROASTED RED BLISS POTATOES AND ONIONS
ROLLS & BUTTER
HOT DRAWN BUTTER
BLUEBERRY CRUMB CAKE
ICED TEA & LEMONADE
COFFEE & TEA

BBQ Chicken or Vegetarian Option are substitute choices for lobster
Clam & Mussel servings will be limited to mussels only on events scheduled after Labor Day

*All steamed over a roaring wood fire for your guests to see!
Full bar on-site*

The Thompson Presents Fabulous Finger Lakes, NY October 1-4, 2024

Package Includes:

- Round Trip Motorcoach Transportation
- Three Nights' Accommodations in the Finger Lakes Region
- Three Expanded Continental Breakfasts
- Three Sumptuous Dinners at Fine Local Restaurants
- Two Finger Lakes Wine Tastings
- Colonial Belle Erie Canal Lock Cruise
- Visit to Fairport
- Visit to Finger Lakes Welcome Center
- Admission & Tour of Letchworth State Park
- Canandaigua Lady Cruise
- Admission to Sonnenberg Gardens & Mansion
- Two days Local Step on Guide Service
- All Taxes, Baggage & Meal Gratuities

**4 Days & 3 Nights, Package Price: \$759.00 pp/
dbl Singles Add: \$200**

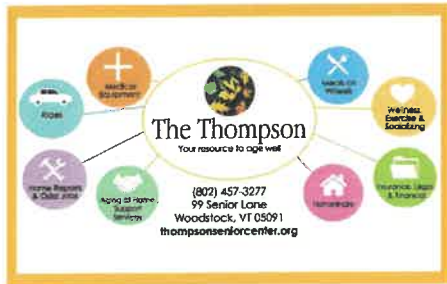
This tour price is based on 30 passengers

For Information & Reservations Contact Cory van Gulden at 802-457-3277

Trip Cancellation Protection is available for only \$57.00

RESOURCES

NEW 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 and staff can help with a variety of non-skilled, small odd jobs like putting away porch furniture, changing smoke detector batteries, etc. If it’s a bigger job, we can help you find the right person.

Handyman help for small odd jobs is available through the Thompson. Suggested donation \$35/hour. Call our Aging at Home Resource Coordinator, Shari, to see if your small odd job can be done!
(802) 457-3277

HomeShare is working in our Community!

The collaboration between HomeShare Vermont and the Thompson Aging at Home program is creating more possibilities for HomeShare! More applications in our wider service area means more opportunities for successful matches. Hosts can request service to help around the house and/or some additional income while Guests can live in a private bedroom in someone’s home at an affordable rent. Contact Shari at sborz@thompsonseniorcenter.org or 802-457-3277 for more info or to schedule a presentation in your town.



Benefits Assistance Hours At The Thompson Monday, July 8, 9:30-12:30pm, by appointment

VPharm (prescription drug applications), 3Squares (money for food program), Fuel assistance, Green Mt Power discount. Individual assistance is available at The Thompson by appointment with Senior Solutions Benefits Counselor, Liz Carey. Call for your appointment.

Advance Directive Assistance is Available

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. Trained and caring volunteer will be at the Thompson each month on a Monday afternoon. These volunteers will take the time to explain this simple process. Call The Thompson at 802-457-3277 to schedule an appointment.

In-person Tech Support at The Thompson

Appointments on the 1st & 3rd Thursdays of the month, 12:30 pm-2:30 pm

In collaboration with the Norman Williams Public Library, you can get 1:1 tech support at The Thompson. Bring in your mobile phones, laptops, iPads and any other type of tablet device you need help with. Multiple devices can be brought to one appointment. Call Shari to book your 1 hour appointment, and don’t forget your passwords!

Caregiver Support Group

with Carla and Co-facilitator Anne Marinello

In-person 2nd Tuesday of each month at 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 (with complimentary lunch) on the 2nd Tuesday of each month, and share ideas, concerns, and constructive feedback with others facing similar challenges. **Please sign-up in advance for complimentary lunch.**

IN LOVING MEMORY & APPRECIATION

IN APPRECIATION

Yankee Bookshop - hardcover books
 Roger Scully - medical equipment
 In memory of Phyllis Wood - medical equipment
 Denielle Caizzi - medical equipment
 In Memory of Cindy Jones - medical equipment
 Garden Club - hanging flower baskets

Thank you to Diane Zonay for our monthly birthday flowers!



A Special Thank You to the Vermont Standard for their ongoing donation of newspapers.

IN MEMORY OF

John Gravel
 Mona & Raoul Arreola
 Patricia Hesterberg
 Faith Stevens

Lorraine Dayton
 Susan Ditto & Eldon Thompson



JULY BIRTHDAYS

| | | |
|--------------------------|--------------------------|----------------------------|
| 1st Barry Griggs | 13th Robert Griggs, Jr | 22nd Joan Cota |
| 1st Nina Borzekowski | 13th Eric Piper | 22nd Lyn Kolb |
| 1st Brian Powell | 13th Linda Valenski | 23rd William Barrows |
| 1st Doug Warren | 14th Gerry Fields | 23rd Anne Dean |
| 1st Mary Bourgeois | 14th Jennifer Kirkman | 23rd Anne Marinello |
| 1st Linda Brown | 14th Chris Prior | 23rd Rosalind Anderson |
| 2nd Barbara Kelley | 14th Gayle Karow | 24th Tina Clifford |
| 2nd Kimberly Christensen | 15th Rob Jones | 24th Mike Chamberlain |
| 2nd Cora Koop | 15th Judith Topolski | 25th Lloyd Osmer |
| 2nd John Gilbert | 15th Patti Storey | 25th Nancy Anderson |
| 2nd Michael Manning | 15th Virginia Kuhnert | 25th Barbara Simon |
| 3rd Neil Jillson | 15th Sandra Carpenter | 25th Margaret Spencer |
| 3rd Dianne Bumps | 15th Monica Darling | 25th Lois Deenihan |
| 4th Ruth Merriam | 16th Priscilla Pannell | 25th Carolyn Good |
| 4th Tina Fletcher | 16th Wendy Wannop | 26th Sally Kesseli |
| 4th Cory van Gulden | 16th Janice Barron | 26th Beth Patton |
| 5th Gordon Worth | 16th Judy Williamson | 26th Martha Stein |
| 5th Joe Dinatale | 16th Timothy Butterfield | 26th Stephen Briggs |
| 6th Joanie Metcalf | 17th Stephanie Seavy | 27th Jacquie Durkee |
| 7th Carol Rauscher | 18th David Doubleday | 27th Gail Moore |
| 7th Judith Pierce | 18th Airell Jenks | 27th Karen St. Arnaud |
| 8th Anita Bonna | 18th Karen Purviance | 27th David Westphalen |
| 8th Kristen Warren | 18th William Hagar | 27th Sara Stadler |
| 8th Kevin Langan | 19th Edwin English | 28th Thomas Watson |
| 9th Jennifer Barnes | 19th Marilyn White | 28th Janice Fleetwood-Bean |
| 9th Zaela Strong | 19th Ralph Ward | 28th Marc Weinstein |
| 9th Thea Knight | 19th Emily Hood | 29th Wendy Jenne |
| 10th Norma Bradley | 20th Joanne Hershey | 29th Karim Alkadihi |
| 10th Wayne Oldenburg | 20th Michael Mongulla | 30th Nancy Pike |
| 10th Barbara Klocek | 21st David Sleeper | 30th Eliza Brown |
| 11th Lene Bennett | 21st Marcelle Derevensky | 31st Pam Butler |
| 11th John Fabian | 21st Eileen Wishnia | 31st Carl Hurd |
| 12th Susan Maxham | 21st Anne Ladabouche | 31st Bob Hazen |
| 12th Ray DeReyna | 21st Ralph Mavilla | 31st Susan Robertson |
| 12th Jean Howe | 22nd Holly Levison | 31st Susan Kelley-Outten |
| 12th Theresa Nixon | | 31st Kerry Gleason |



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.

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.

Thank You to Our Transportation Sponsors & Grants



Sign up for our weekly e-news and/or an electronic version of our monthly newsletter by emailing Jen Bloch at: jbloch@thompsonscenter.org

like us on facebook