



The Thompson Times

Your resource to age well

DECEMBER 2024



WITH
THE
THOMPSON



Winter Tea at the Jackson House Inn
Thursday, Dec. 12, 2:00 - 4:00 pm

David MacKay of The Jackson House Inn welcomes Thompson guests for a holiday tea. Amid the hustle and bustle of the holiday season, lets find time to relax and enjoy a cup of tea and goodies with friends and neighbors. Sign up is required as space is limited to 35.



Holiday Pops with the Vermont Symphony Orchestra is FULL
Followed by dinner at the Foundry
on Sunday, December 8
See details on Page 5



Thompson Temporary Locations:

Congregation Shir Shalom
1680 W. Woodstock Rd, Woodstock

- Foot Clinic
- Medicare Counseling
- Caregiver Support Group
- Gentle Yoga
- Bone Builders
- Tai Chi
- Strength, Stretch, Stability

Norman Williams Public Library

- Mahjong
- Bridge
- and other special events

White Cottage

- In-house meals
- BINGO
- Cribbage

ArtisTree Community Arts Center
Monthly Art Project



Join us for our Annual Holiday Dinner and Yankee Swap

Holiday Meal on December 18 & 19 at Noon
(register in advance for one of those days)
Yankee Swap on December 19, 1:00 pm
See details on Page 3

The Thompson Center

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

CENTER HOURS

8 AM-3 PM, Monday-Friday

STAFF

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 djones@thompsonscenter.org
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 cvang@thompsonscenter.org
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 Transportation Coordinator,
 swright@thompsonscenter.org
Andrew Geller, Chef,
 ageller@thompsonscenter.org

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

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

Carla Kamel, Community Care Coordinator,
 carla@thompsonscenter.org

Senior Solutions (Formerly Council of Aging
 for Southeastern Vermont)
SENIOR HELPLINE: 800-642-5119

BOARD OF DIRECTORS

Karen Rosene-Montella—*President*
 Mary Bourgeois—*Vice President*
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 Dennis Wright

Dick & Bonnie Atwood- Advisory

BEHIND THE SCENES

ADVISORY MEETING HIGHLIGHTS

- Discussed the building construction progress, timeline and temporary offsite meal and program locations. Specific questions included location for December newsletter folding which will be in the conference room. Future newsletters will be printed and mailed offsite through April. Tax Prep will be at Shir Shalom, puzzles and card games will be at the library and the Thompson phone number will remain while staff is relocated.
- Cory reported on upcoming November and December programs, trips and holiday meals.
- Participant comments include someone suggesting if enough interest they can get discounted group rate for a matinee at Northern Stage.

Please join our next meeting on Monday, December 2, 1:00 pm at White Cottage immediately after lunch. All patrons and volunteers are invited to attend. Your feedback is needed and appreciated!



HOLIDAY BAZAAR



Due to our renovations, we will not be able to host our annual holiday bazaar and cookie walk. Instead we're working on plans to be involved with the Wassail Weekend festivities. If you have already made small crafts to donate, we would love to include them in our table there to benefit the Thompson. Please contact Paula if you would like to participate.



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CELEBRATE THE HOLIDAYS WITH US!



Annual Holiday Dinner at the White Cottage

December 18 & 19, 12:00 pm

Due to limited space we are offering two days of holiday meals. Please register for one day only.

This year we will have our holiday meal spread over two days due to limited seating at the White Cottage. Please register in advance for only one of those days. Note that Yankee Swap is on the 19th. If you don't plan to attend the Yankee Swap, please sign up for the 18th.

Our holiday dinner menu this year includes: Baked Ham, Roasted Pineapple, Mashed Potatoes, Gravy, Green Beans, Dinner Roll, Pecan Pie with Whipped Cream.



Yankee Swap at the White Cottage

Thursday, December 19, 1:00 pm

Immediately following our holiday meal on December 19th, let's continue our holiday fun with our annual Yankee Swap. Please bring a new or gently used, wrapped item to add to our collection of gifts. *All are welcome, the more the merrier!*

HEALTHY AGING



Ping Pong Party! Please Come!
Monday, December 2nd at the Little Theater
Drop in between 10:00 am and 12:00 pm

Celebrate our two years of ping pong fun and fitness.
Watch a demo game! Play a game or two! Enjoy some snacks and conversation!

Park near the Little Theater or in the lot across from the Recreation Center.

Questions? Contact Linda at 802-457-3428



Eat Smart, Move More, Weigh Less
Online January Classes Now Available
January 5th. Register in advance.

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.

Available Classes for Registration (start date of 15-week series):

Tuesday, January 7, 2025, 12:00 pm to 1:00 pm online

Wednesday, January 8, 2025, 8:30 pm to 9:30 pm



Art with Finnie to be held at ArtisTree Decoupage

Tuesday, December 3, 1:30 pm

Join Finnie at Artistree for this months craft group. We will be making decoupage shell trinket dishes and ornaments. Using a variety of printed papers and paints participants will learn basic decoupage technique to create some fun and festive items perfect for gifting or keeping for yourself.

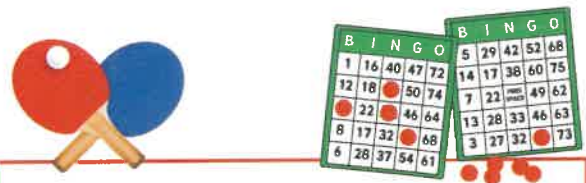
Class will be held in the painting studio from 1:30-3pm on Tuesday December 3rd (please note date and location change). Register in advance by calling The Thompson. Please indicate if you need a ride.



This trip is FULL
Holiday Pops with the VSO at the
Rutland Paramount Theater
Followed by dinner at the Foundry
on Sunday, December 8

Depart The Thompson at 1:45 pm for the 3:00 pm Matinee. Approximately \$90 with final price to be determined. Includes transportation, theater ticket, and 3-course dinner.

Please see Cory with dinner menu options.



Weekly Game Schedule:

Bingo at the White Cottage
Monday & Friday at 10:00 am

Ping Pong at the Little Theater
Mon, Wed, Fri at 10:00 am

Mahjong at the library
Tuesday & Friday at 1:00 pm

Bridge at the library
Wednesday at 1:00 pm

Cribbage at the White Cottage
Thursday at 10:00 am



PROGRAM CALENDAR - DECEMBER 2024

Mon	Tue	Wed	Thu	Fri
2	3	4	5	6
10 Ping Pong Party at the Little Theater 10 BINGO at *WC 1 Gentle Yoga at SS 1 Advisory Meeting at WC	1 Mahjong at Norman Williams Public Library NWPL 1:30 Art with Finnie at ArtisTree 2 SLN: Museum of the pacific war—home viewing only 3 Bone Builders at SS	9-3 1:1 Medicare Counseling at SS 9:30 Beginner Tai Chi at SS 10 Ping Pong at the Little Theater 10:30 Handwork Circle at WC 10:40 Advanced Tai Chi at SS 1 Gentle Yoga at SS 1 Bridge at NWPL	10 Cribbage at NWPL 10:30 Strength, Stretch, Stability at SS 3 Bone Builders at SS	10 Ping Pong at the Little Theater 10:30 Bingo at WC 1 Mahjong at NWPL
9	10	11	12	13
9:30-12:30 Benefits Counseling at SS 10 Ping Pong at the Little Theater 10 BINGO at WC 1 Gentle Yoga at SS	12 Caregiver Support Group at SS 1 Mahjong at NWPL 2 SLN: Harper's Ferry National Park—home viewing only 3 Bone Builders at SS	9:30 Beginner Tai Chi at SS 10 Ping Pong at the Little Theater 10:30 Handwork Circle at WC 10:40 Advanced Tai Chi at SS 1 Gentle Yoga at SS 1 Bridge at NWPL	10 Cribbage at WC 10:30 Strength, Stretch, Stability at SS 3 Bone Builders at SS 2 SLN: John Bunker Sands Photo Gallery -home viewing only 2-4 Winter Tea at the Jackson House	10 Ping Pong at the Little Theater 10:30 Bingo at WC 1 Mahjong at NWPL
16	17	18	19	20
10 Ping Pong at the Little Theater 10 BINGO at WC 1 Gentle Yoga at SS	9:30 Commodities at WC 1 Mahjong at NWPL 2 SLN: Holidays with the Roosevelts-home viewing only 3 Bone Builders at SS	Holiday Dinner at WC 9:30 Beginner Tai Chi at SS 10 Ping Pong at the Little Theater 10:30 Handwork Circle at WC 10:40 Advanced Tai Chi at SS 1 Gentle Yoga at SS 1 Bridge at NWPL	Holiday Dinner at WC 8:30-3 Foot Clinic at SS 10 Cribbage at WC 10:30 Strength, Stretch, Stability at SS 1 Yankee Swap at WC 3 Bone Builders at SS	10 Ping Pong at the Little Theater 10:30 BINGO at WC 1 Mahjong at NWPL
23	24	25	26	27
CLOSED	CLOSED	CLOSED Christmas	10:00 Cribbage at WC 10:30 Strength, Stretch, Stability at SS 3 Bone Builders at SS	Birthday Day 10 Ping Pong at the Little Theater 1 Mahjong at NWPL
30	31			RESERVATIONS REQUIRED FOR ALL PROGRAMS & MEAL
10 Ping Pong at the Little Theater 1 Gentle Yoga at SS	1 Mahjong at NWPL 3 Bone Builders at SS			

*White Cottage = WC Congregation Shir Shalom = SS Norman Williams Public Library = NWPL

MENU - DECEMBER 2024

Mon	Tue	Wed	Thu	Fri
2	3	4	5	6
Cheeseburger on a Whole What Bun, Lettuce, Tomato, Onions and Pickles, Potato Salad Fresh Fruit, Ice Cream	Italian Wedding Soup with Mild Italian Sausage (Hamsch Farm Pork), Garden Salad with Garbanzo Beans, Beets, Oranges, Carrots & Cucumber, Cottage Cheese, Lemon Cake	Turkey Club Sandwich on Whole Wheat Bread with Bacon & Cheddar Cheese, Lettuce, Tomato and Pickles, Broccoli Slaw with Toasted Almonds, Craisins, Fruit, Cookie	Chicken Breast with Lemon and Herbs, Rice Pilaf, Mixed Vegetables, Whole Grain Dinner Roll, Fruit Salad	Spaghetti and Meat Sauce (Cloudland Farm Beef), Mixed Green Salad, Garlic Dinner Roll, Fruit, Brownie
9	10	11	12	13
Grilled Hot Dog, Cole Slaw, Baked Beans Fruit, Ice Cream	Sweet and Sour Chicken with Pineapple, Sweet Peppers and Red Onion, Steamed Jasmine Rice, Green Salad with Carrots, Radish and Cucumber in a Sesame Dressing	Beef Stew with Potatoes, Carrots and Peas, Garden Salad Dinner Roll, Pie, Fruit	Roasted Teriyaki Chicken Breast, Jasmine Rice Pilaf with Ginger and Lemon, Local fresh vegetable, Fresh Fruit	New England Style Clam Chowder Soup, Whole Grain Dinner Roll, Tossed Green Salad with Garden Vegetables, Pumpkin Pie
16	17	18	19	20
Quiche with Bacon, Broccoli, Cheese and Caramelized Onion, Tossed Garden Salad, Dinner Roll, Ice Cream	Hearty Chicken Noodle Soup with Garden Vegetables, 1/2 Egg Salad Sandwich, Cottage Cheese, Dinner Roll, Fresh Fruit	Holiday Dinner Baked Ham, Roasted Pineapple, Mashed Potatoes, Gravy, Green Beans, Dinner Roll, Pecan Pie with Whipped Cream	Holiday Dinner Baked Ham, Roasted Pineapple, Mashed Potatoes, Gravy, Green Beans, Dinner Roll, Pecan Pie with Whipped Cream	Grilled Maple Mustard Chicken Breast, Roasted Potatoes, Mixed Garden Vegetables, Whole Wheat Roll, Brownie and Fresh Fruit
23	24	25	26	27
CLOSED	CLOSED	CLOSED Christmas	Patty Melt Sandwich with Caramelized onions and Mushrooms (Cloudland Farm Beef), Broccoli Slaw, Fresh Fruit & Cookie	Birthday Day Turkey Lasagna with Spinach, Winter Squash, Mozzarella Cheese, Garden Salad, Garlic Roll, Fresh Fruit, Birthday Cake
30	31			
Italian Sausage Peppers and Onions Pasta Casserole with Summer Vegetables and Marinara Sauce, Tossed Garden Salad, Dinner Roll, Fresh Fruit	Southwestern Style Beef Chili with Beans, Roasted Corn, Cheddar Cheese and Sour Cream, Southern Style Cole Slaw, Corn Chips, Pumpkin Pie		Suggested donation for guests ages 60 and over is \$7 For guests under age 60, the meal price is \$12 2% milk, juice, coffee, tea with all meals	*menu subject to change based upon product availability* *Please make requests for substitutions 24 hours in advance

The Ping Pong Place at the Little Theater

Mondays, Wednesdays, and now Fridays!
**Drop in play, 10am to 11:30am at
the Little Theater. All are welcome!**

Please come to learn to play, refresh your skills, or up your game! Practice your hand/eye coordination and laugh a lot. Come play singles or doubles on our two tables. Questions? Linda at 802-457-3428.

Gentle Yoga at Shri Shalom 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, Stretching at Shir Shalom

Thursdays – In person & 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.

Tai Chi Wednesdays at Shir Shalom

Beginner Class is 9:30 am

Advanced Class is 10:40 am.

\$3 per session payable to the Thompson



Enjoy the coordination, focus, and core strength of seated tai chi. This form improves breathing and reduces stress. We will also have time for some standing and stepping practice for those who want it. The standing form contributes more balance improvement, but both forms are definitely mind-body exercises with multiple benefits.

Class instructor Anne Bower has been teaching for twenty years. She provides lots of encouragement and helps each person learn at their own rate.

***When it comes to finding tools for
staying healthy, active, and
involved, The Thompson is the
place to start!***

Bone Builders at Shir Shalom

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.

SLN VIRTUAL PROGRAMS

Home viewing only. Call The Thompson in advance to register and receive your Zoom link.



Behind the Scenes- National Museum of the Pacific War Tuesday, Dec. 3, 2:00 pm

Join the National Museum of the Pacific War on December 3rd at 2:00 PM EST for an exclusive virtual tour designed for the Senior Learning Network. This exclusive behind-the-scenes program will offer a glimpse into the museum's extensive collection, which includes over 55,000 3D objects and 5,000 linear feet of archival material. Discover how these remarkable artifacts contribute to telling the profound story of World War II in the Asia-Pacific region.



John Bunker Sands Photography Gallery Note New Date: Thursday, Dec. 12, 2:00

A new special exhibition at the *Buffalo Bill Center of the West* shares dramatic images of wildland fire-fighting taken by a hotshot firefighter in the thick of the action. Photographed by Wyoming Hotshot Captain Kyle Miller, *Fire on the Mountain* provides an intimate encounter with the realities of a changing climate. Kyle began photographing wildfires in 2004 while serving on a fire crew in Montana. The work is physically strenuous, mentally taxing, and requires a high level of conditioning in both body and mind. The images in this exhibition highlight two primary themes: **Fire Ecology** and the **Human Element of Wildland Firefighting**.



Harper's Ferry National Park Harpers Ferry's Place in History Tuesday, December 10, 2:00 pm

Discover how the promise of "...a more perfect union," was defended, debated, and redefined in Harpers Ferry. Learn about the United States Armory, John Brown's Raid, the Civil War, the struggle for Civil Rights, and more!



Holidays with the Roosevelts/FDR Presidential Library and Museum Tuesday, Dec. 17, 2:00 pm

It wouldn't be the holidays without checking in with the Roosevelts! Join us with our friend, Jeff Urbin- education specialist at FDR Presidential Library and Museum for a trip down memory lane with the Roosevelt family.

We will discuss how the Roosevelts celebrated Christmas during the dark times of the Great Depression and WW2, and how it impacted the ways that Americans celebrated the holidays. Join us for this fun and informative time as we close out our year of life long learning!

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 Shir Shalom

Call Shari for your appointment, Cost \$35

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.

Caregiver Support Group at Shir Shalom

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.**

Advance Directive Assistance at Shir Shalom

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.

Benefits Assistance at Shir Shalom

Monday, December 9

9:30am –12:30 pm by appointment

As temperatures start to drop, there are programs available to help you stretch your budget. You might be eligible for:

- Seasonal Fuel Assistance to help pay heating and energy bills
- 3SquaresVT monthly benefits to pay for groceries (if you’re eligible for one, you’re eligible for the other!)
- Free weatherization services to improve your home’s energy efficiency (you’re eligible if you get fuel assistance!)
- Crisis Fuel Assistance if you’ve hit your monthly heating budget

Individual assistance is available by appointment with Senior Solutions Benefits Counselor, Liz Carey. Call Shari for your appointment.

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.

Reflexology with Deb Neuhof, Certified Reflexologist

1st & 3rd Tuesdays, Call Shari for your appointment, \$35 for 30 minutes or \$65 for 60

IN LOVING MEMORY & APPRECIATION

IN APPRECIATION

In memory of Beatrice Stedman -
Medical equipment
Billings Farm - Autumn cards for
MOW

In memory of Sophia Stone -
medical equipment
Tom Phillips - apples
Michael Sargent - apples



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

Vermont Standard newspapers
Diane Zonay for birthday flowers



Happy Holidays
**From the Staff at
The Thompson Center**



DECEMBER BIRTHDAYS

IN MEMORY OF

Anna King
Mary Corrigan

Eddie English
Rhonda & Dan Bruce
Susan Chiefsky
Ray & Mary Bourgeois

John Gravel
Rhonda & Dan Bruce

1st Ruth	Hunter	9th Kristi	Rollins	15th Duane	Finger	24th Sawyer	Jones
2nd Dave	Bollinger	9th Gerry	Hawkes	15th Deborah	Fish	25th Donna	Ballou
2nd Suzanne	Lovell	9th Virginia	Wagoner	16th Deirdre	Donnelly	25th Carol	Williams
2nd Karen	McAlister	9th Mary	Riley	16th Deborah	Hewitt	26th Carl	Kesseli
3rd Beverly	Humpstone	9th Ed	Greene	16th Pat	Hesterberg	26th Rodney	Leonard
3rd Maureen	Keleher	9th Marla	Capossela	16th Karl	Huck	26th Katherine	Sawyer
3rd Carl	Bolduc	9th Holly	Rinell	16th Tom	Hitchcock	26th Bertha	Boynton
4th Sandra	Hack	10th Chris	Bergquist	16th Helen	Esmond	26th Joan	Sakalas
4th Penny	Wiltz	10th Lynn	Massoth	17th Jack	McGuire	26th Linda	Zych
4th Roger	Logan	10th Teri	Closterman	18th Joan	Fike	26th Lisa	Putnam
4th Carol	Perry	11th Glenda	Osmer	18th James	Sawyer	27th Johnna	Dana
4th Neil	Wassel	11th Margaret	Bradley	19th Meg	Seely	27th Christopher	Cassidy
4th Sally Ann	Resnic	11th John	Souter	19th Karen	Weinstein	27th William	Sjogren
5th Rosemary	McGinty	12th Evelyn	Luce	19th Tom	Stribula	28th Nancy	Gray
5th Norm	Frates Sr.	12th George	Helmer	19th Gary	Boliek	28th Julie	Overland
5th Laury	Gilliam	12th Beth	Chamberlain	20th Rose	Mroszczyk	29th Colin	Nevin
6th Rick	Kuniholm	13th Anita	Rogerson	20th Alec	Hastings	29th Russell	Audsley
6th Donald	Munro	13th Marie	Tucker	20th Oliver	Manice	29th Suzanne	Milord
6th Mary	Doubleday	13th Charlotte	Lanahan	21st Molly	Orshoff	30th Ross	Wright
6th Honore	Hager	14th Grace	Staples	21st Sandra	Brown	30th Richard	Sweeney
6th Kathleen	Eiselein	14th Margaret	Kasden	21st Debra	Smith	30th Heidi	Tucker
6th Jeanne	Rikert	14th Dan	Noble	22nd Karen	Chalom	30th Penelope	Arcone
6th John	Good	14th Cameron	Ewasko	23rd Glenn	Barr	31st Carolyn	Bernstein
6th Rosemary	Jackson	14th Robert	Borsh	23rd Charles	Gundersen	31st Michele	Nesci
7th Dave	Cook	14th Pennie	Panaro	23rd Richard	Brousseau	31st Bruce	Paglia
7th Trisha	Kneeland	15th Myron	Beebee	24th John	Audsley		
8th Christopher	Sparkes	15th Deborah	Rice	24th Nancy	Kendall		
8th Laurence	Werner	15th Jennifer	Maxham	24th Phil	Camp		
8th Anne Marie	Hestnes-Harris	15th Laura	Wolkwitz	24th Patti	Beda		
8th Denise	Martin	15th Michael	Kilcullen				
8th Michele	Perkins						
8th Jeannie	Lindheim						



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