



April 2026 -- *Thetford* PATCHWORK NEWS

IMPORTANT INFORMATION FOR OUR SENIORS

STITCHED TOGETHER BY THETFORD ELDER NETWORK (**TEN**)

* If you would like to have more senior-related information to be included in the newsletter, please let us know by calling or emailing

Erin Ward at (802)356-9764 / yogaeward01@gmail.com *

TEN MONTHLY LUNCHEON – Thursday, April 23, 11:30 – 1:00

@'New Suns Community Center' in North Thetford (formerly North Thetford Church)

The menu:

Appetizer: Assorted Veggies & Dip

Ham / Baked Beans / Cole Slaw / Rolls

Dessert - Thetford Academy students' surprise! 😊

Please *arrive by noon*, as the meal is served no later.

If you need a ride, please call 1-802-785-4831

Next month's luncheon will be on Thursday, **May 28, 2026***

The TEN monthly luncheon is usually held on the fourth Thursday of each month

TEN COFFEE KLATCH on **Wednesday, April 8** from 10:00 - 11:30 at TCCC

We meet every second Wednesday of the month at Thetford Center Community Center

Please join us for coffee, tea & treats while you get to know your neighbors, chat, discuss and exchange ideas.

Next month's Coffee Klatch will be on **Wednesday, May 13, 2026**

ELDER TAI CHI: *Please note - there will be no *ELDER TAI CHI* classes for the month of April.* *Ursula Austin* intends to resume inviting seniors to her weekly FREE Tai Chi meetings at the Thetford Center Community Center (TCCC) in May. She will work on balance, flexibility, coordination and arthritis prevention. *Ursula* welcomes participants **every Friday, from 9:00 - 10 a.m.** - she looks forward to seeing you in May!

TRANSPORTATION: Tri-Valley Transit's "**Ticket to Ride**" program provides transportation to critical care and medical specialists' appointments for older adults and people with disabilities. **To request a ride, call 802-728-3773.**

SENIOR MOVIE MORNING*: Tuesday, April 21st, 10:30 am at Latham Library:
‘The Doctor’

This 1991 drama reminds us of the power of empathy and compassion 😊

Latham Library and Thetford Elder Network invites you to the handicapped-accessible and well-ventilated Community room of the library for a free movie shown on the large screen.

MEALS ON WHEELS: *Bugbee Senior Center* in White River Junction still has openings for daily lunches to be delivered to homes. Call Bugbee at 802-295-9068.

FOOD SOURCES: Thetford's **Food Shelf** provides canned and boxed goods, fresh fruit and vegetables, local meat, paper goods, soap and personal care items. Located in the lower-level of the town hall, it is open **Tuesday** and **Thursday** from **10 – 12**. For more information, email thetfordfoodshelf25@gmail.com.

FINANCIAL ASSISTANCE through the *Thetford Farm Trust*: The Thetford Town Service Officer may be called upon by any resident of Thetford in need of help with payments for rent, transportation, fuel, utilities, medical and dental expenses, phone, home repairs or other emergency situations. All requests are confidential. Call *Jessica Eaton* at **802-333-9491**

THETFORD SOCIAL SERVICE COORDINATOR: *Liz Carey*, of **Senior Solutions**, is available to assist with navigating Aging resources, benefits and services! She can be reached by calling (802)773-7017 or emailing lcarey@seniorsolutionsvt.org

WALKING: The TEN Senior Walking group meets every **Friday morning at 10:00** in the parking lot of Latham Library for invigorating local walks, fresh air and companionship. For info., please call *Suzi* at **802-785-4029**; leave a message with your name & phone number.

BONES / EXERCISE: No teaching, just working together on keeping (or getting) your body in shape. The group meets every **Tuesday and Thursday at 9:00** am at the TCCC.

COMMUNITY NURSE of THETFORD: **Clay Odell, RN**, provides support, guidance and education to individuals and families dealing with issues affecting their health & well-being. Call *the Community Nurse* at **802-738-9066** or email communitynursethetford@gmail.com

PERSONAL TECHNOLOGY ASSISTANCE: A Thetford resident and friend of TEN is offering to help elders gain technical knowledge regarding the use of their personal devices. (Mac/PC - iPhone & Android - Wifi issues). Contact *Jeremy Palumbo* at 617-935-5908.

Foot Clinic appointments by Beverly Sinclair, RN (@TCC) are scheduled to take place on Wednesday, April 29. This \$40 service includes foot soak, nail trimming, callus treatment, lotion & foot massage. *Reserve appointment space by contacting Beverly Sinclair, RN @ (802)449-7385 or bev@sinclair-chiro.com.