



Castleton Community Center

July 2018 Newsletter



Sundaes & Sonatas

Killington Music Festival and Ice Cream Social –Mon. July 23rd

The Castleton Community Center is delighted to have some incredibly talented musicians from the Killington Music Festival provide an evening of outstanding music right here at the Center. Join us ½ hour before the concert for a “Make Your Own Sundae” treat, courtesy of Stewart’s Shops. The Sundae service starts at 7pm and the music will begin at 7:30. Don’t miss this special event! Call the Center to let us know how many are coming. Both the concert and the dessert are free. 468-3093



YARD SALE THANK YOU!

A sincere thank you to the fund raising committee, board members and volunteers who helped make our 11th Annual Town Wide Yard Sale a success. We are very grateful to all of you!



14th Annual Golf Outing

The 14th Annual Castleton Community Center Golf Outing is scheduled for Friday, September 14th at the Lake St. Catherine Country Club. We have dedicated this year’s Golf Outing in memory of Jeff Larson. Jeff was on the Board of Directors at the Castleton Community Center for 16 years. He was a member of our Golf Outing fund raising event from its inception in 2005. His death this past December was a shock and source of great sadness for all of us. To honor Jeff

and his “can do” spirit that played such a large part in keeping the Community Center alive and thriving, we have dedicated this year’s Golf Outing in his memory. The event will be held Friday, September 14th at the Lake St. Catherine Country Club.

All proceeds from this event are used for our Senior & Disabled Transportation program.

Our van provided over 2,800 rides last year for essential travel to doctor’s appointments, nursing homes, physical therapy, adult day care and food or clothing shopping. The CCC transportation program is a vital service for seniors and disabled residents of our community.

Area businesses, individuals and organizations act as sponsors for the event. Both sponsors and players are needed to make the event a success. Anyone interested in becoming a sponsor or player can call or stop by the Center for information.

The tournament is an 18 hole handicap scramble for four person teams. Single players will be formed into 4 person teams. The entry fee of \$90 per person includes 18 holes of golf, cart, gifts, prizes, dinner and a chance to win the \$10,000 hole in one prize. There are prizes for both men and women. Registration starts at 11:45 and there is a shot- gun start at 1PM. For information call the Center 468-3093 or go to our web site www.castletoncsi.org.

Mah Jongg Tournament

Thursday, September 27, 2018

9:30-4:00

Registration fee \$25.00 Limited to 40 players

REGISTRATION DEADLINE JULY 31

Includes morning coffee hour, a catered lunch and prizes

Participants will play 4 rounds of 3 games per round. Prizes will be awarded to the 3 highest scores. **If interested call 802-273-2140 or email vtcleary@gmail.com**



Safety on the Street – July 17

Lynn Tucker, from the Rutland Sheriff's Department, will be at the Castleton Community Center on Tuesday, July 17th at 11am to present 'Safety on the Street'. Do you feel safe when walking on the street? Do you know how to transfer when taking the bus? What should you do if someone you do not know approaches you and makes you feel uneasy? Lynn will discuss techniques that can make you safer and feel more confident whether you are on the streets of a small rural town or in a large city. This is a free program and all are welcome to attend. For more information please contact, Colleen A Loper, MSW, SASH Coordinator, at 802.417.7456.



Garden TLC Needed

The Community Center gardens need your help! Volunteers are needed to help weed the flower beds around the Community Center and our vegetable garden.

The areas needing TLC are:

- Garden to left of Wellness Center entrance
- Garden in front of the Walk and Ride Room
- Garden under the Community Center Main St. Sign
- Gardens on both sides of the entrance to the Homestead front desk
- Flower Boxes in front of the Wellness Center
- Center Vegetable Garden

Come any time it is convenient for you. Bring a friend! Please consider “adopting” one of our garden beds and provide the TLC it needs to thrive. There is a signup sheet by the front desk, so we know which areas are receiving TLC. Thank you!



Mindfulness Message...*Simply Be*

Entering a state of “being” rather than “doing” can release us from the “worry mind” and help us taste each moment as it arises. With this calmness, we can move towards acceptance of how things are.

The Body Scan: Lie on your back, close your eyes and take a few moments to get in touch with your breath. Notice any discomfort or pain in your body. On each out breath, allow yourself to let go, sinking a little deeper into the surface.

Wellness Center Programs & Activities

Exercise is Medicine!



KAYAK CLUB

Members of the Castleton Community Center “Kayak Club” meet on Wednesday mornings, launching at **9:30**. You must provide your own kayak. Contact Joan at argevtf1@aol.com to get on the email list for launch locations.



Walking Trail

Whether walking for exercise, recreation, or simply enjoying a quiet stroll in the woods, walking is a great way to ease back into a more active lifestyle. Incorporate a walk on our trail into your daily routine and discover for yourself the easy pleasures and improved physical condition a trail walk can provide.



Walk & Ride

Walking is a great way to ease back into a more active lifestyle. Stop by our Walk & Ride room in the Wellness Center and use our tread mill or stationary bike to discover for yourself the improved physical condition some time on this simple equipment can provide.



LINE DANCE Tuesdays 12:00-1:00

A combination of country, popular and ball room line dancing is held on Tuesdays 12:00-1:00. Instructor-Maryann Ligouri FREE



Tai Chi

Tai Chi routines are safe, easy to learn and suitable for every fitness level. Benefits of practicing Tai Chi include reduced stress, increased balance and flexibility, relaxation, and improved overall mind, body and spirit. Medical studies confirm the Tai Chi Program relieves pain, reduces falls and improves quality of life through mental and physical well-being. Class size is limited. FREE

Tai Chi at CCC

Tuesday 1:30–3:00- Practice Tai Chi Falls Prevention, Sun 73, Tai Chi for Diabetes

Thursday 10:45-11:30-Tai Chi Falls Prevention Practice

Wednesday 1:30-2:30-Tai Chi Level 2 (advanced forms)

Wednesday 2:30-3:30- Beginner Tai Chi

Tai Chi at the Lake

Thursdays 5:00-6:00

July 19 & August 16

Free-All are welcome!

Meet at the North end of Crystal Beach

Call Laurie at 468-3093 with questions



Circuit Works

Circuit Works is a circuit training program that will target all the major muscle groups with strength and flexibility exercises. The class will work with bands, tubing, and weights to add resistance; the bike and treadmill for cardio and the exercise ball and mats for core. Class size is limited. Register by calling 468-3093. Free



Dance Your Way to Health Monday 4:15-5:15

Using Aerobic Dance components, this class is designed to burn calories and build heart strength. We will use a combination of dance steps that are fun and easy to follow. This class will meet on Mondays from 4:00-5:00. If the big gyms intimidate you, come to the Community Center Dance Your Way to Health class. This class is limited to 10 people and individuals are encouraged to work at their own pace. It's fun, non-threatening, and will keep you moving!

Register by calling the Center 468-3093. **Free**

No class July 9 and 16

Bone Builders Tuesday and Thursday mornings 9:30 to 10:30.

The Community Center hosts the RSVP Bone Builders Osteoporosis Prevention Exercise Program. This innovative program provides strength training and balance exercises and education that can help prevent, reverse or alleviate osteoporosis symptoms. The program uses light weights for resistance training to increase both bone and muscle strength. **Free**

Better Balance Monday, Wednesday and Friday from 10:00-11:00

This program to help prevent falls is for men and women of any ability level. Exercises are based on the approved Matter of Balance Program and are safe and easy to moderate. No weights or exercise equipment needed. **Free**

Blood Pressure Checks-The Bayada Home Health Care Nurse will be available to do Blood Pressure checks at the Center once a month just before our Birthday Lunch. This month's date is July 18th.

IN AN EFFORT TO ENCOURAGE ACTIVE AND HEALTHIER LIFESTYLES, CCSI SPONSORED
WELLNESS CLASSES ARE FREE
THERE IS A DONATION BOX IN THE WELLNESS CENTER FOR ANY FREE WILL OFFERINGS
TO HELP COVER OVERHEAD.



Tai Chi (SUN 73)

Will be taking a break for the month of July. For more information contact Laurie at ldknauer@comcast.net or 558-6714.



YOGA – Wednesdays 8:30-9:45 with

Classes are \$20 for 4 weeks. Call Christine Brown for registration 273-2078.

Ball Room Dance Lessons – Tuesdays or Fridays 7:30-8:30PM

Classes are \$20.00 per couple. Call Mary-Anne and Mario Liguori for information 273-2304.

RAVNAH Foot Clinic - The Rutland Visiting Nurses and Hospice Foot Care Clinic is held at the Castleton Meadows the 2nd Thursday of each month at 12:30



Welcome New Members

Kathleen Sherman
Anita Larson
Sheila McIntyre
Pam Carpenter
Ed & Joann Moore
Diane & John Mancuso
Arthur & Joan Chapdelaine

Alois Mayer
Sally Strong-Strode



July Birthdays

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|---------|-----------------------------------------------------------------------------------------------------|
| July 1 | Susan Toner |
| July 2 | Joe Kamuda Jim McCoy |
| July 3 | Mary Ann Charron Mary Dayton Violet Lanthier Evelyn Larson Toni Lobdell Don Thompson |
| July 4 | George Taggart |
| July 5 | Dennis Jensen Carol Nartowicz |
| July 6 | Jack Croft Peter Larkin |
| July 11 | John Fabian |
| July 12 | Jan Burleson Chris Sheldon |
| July 13 | Laura Bronson David Hazen Jean H King |
| July 15 | Jim Doran Velma Reed Ingrid Sperr |
| July 16 | Sheila Kapitan |
| July 17 | Ruth Maynard |
| July 19 | Peggy Brough |
| July 20 | Edward Brown |
| July 21 | Wenda Bird Anne Ladabouche Ralph Mavilla |
| July 22 | Frances Bargmann Robert Barker Jr. |
| July 24 | Ann Frankiewicz Laurel Knapp |
| July 26 | Joan Chader Charlie Kelly Marjorie Salvin |
| July 27 | Holly Boyce |

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|---------|-----------------|
| | Marilyn Duke |
| | Debra Sbardella |
| July 28 | Kathleen Foley |
| | Laurie Knauer |
| July 30 | Dennis Barrett |
| | Audrey Corey |
| | Frances Gray |
| July 31 | Thomas Brewer |

On **Wednesday, July 18th** we will celebrate all this month's birthdays with a special dinner prepared by East Creek Catering. There will be balloons, a 50/50 raffle, and gifts for the birthday gal or guy! **RESERVATIONS MUST BE MADE NO LATER THAN 9AM TUESDAY, JULY 16TH.**



Essential Shopping Mondays

Plan your essential needs shopping trips for Monday afternoons. Our bus will begin pickups in Fair Haven and Castleton at approximately 12:30. You will have approximately 1 1/2 hours to shop. The Center's van service is free for adults aged 60+ or any disabled individuals. Donations are appreciated. Call the Center by Friday if you want to be on the ride list.

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| Week 1 | July 2 | Hannaford's / Aldi's / Mall |
| Week 2 | July 9 | Price Chopper / Wal-Mart |
| Week 3 | July 16 | Shaws/Pruniers |
| Week 4 | July 23 | Price Chopper / Wal-Mart |
| Week 5 | July 30 | Shaws/Pruniers |

WHAT'S HAPPENING AT THE CENTER



Knitters Network

The Knitters Network meets the second and fourth Mondays of each month at 10:00 in the Castleton Community Center Library. If you prefer to knit at home, call the Center and we'll tell you how you can use your talents to help others. Everyone is welcome. The **Operation Doll** meetings are held the 4th Monday of the month. Donations for our RSVP doll project are always welcome and needed.

MAHJONG

Mahjong, similar to the Western card game [rummy](#), is a game of skill, strategy, and calculation and involves a degree of chance. The game is played with a set of 144 [tiles](#) based on [Chinese characters](#) and [symbols](#). Come on Fridays from 9:30-11:00 and join in the fun.

SCRABBLE

Scrabble widens the vocabulary, helps you strengthen your spelling skills and is good “brain aerobics”. It a win, win! So come join our Friday morning Scrabble Group. We start at 11am.



Sewing Circle Meets on Mondays

Monday afternoons from 1:00-3:00, you are invited to join folks at the Center working on a variety of projects.

Whether it be quilting, needle point, rug hooking, or a variety of other projects, drop in for the joy of working together. The group includes many experienced crafters who can lend support and inspiration!

Children's Comfort Blanket Project - Donations of new, homemade blankets in sizes suitable for infants to teens are needed. The Children's Comfort Blanket Project distributes these blankets to children who are sick, needy or traumatized. Contact Kathy Budd at 802-438-5180 for more information or to let her know of a youngster in need. Donations may be dropped off with the Monday Sewing Circle here at the Center.



PLAY BRIDGE?

Whether you are New Player, Intermediate Player or Advanced Player you can enjoy an afternoon playing bridge at the Center. We now have two groups playing on Monday afternoons from 1:00 - 4:00. Join a friendly game of Rubber Bridge or join the advanced players for some healthy competition. You are welcome to stop by any Monday afternoon to watch or play.



Castleton Community Seniors Van Service

The Castleton Community Center transportation program is part of the Federal Elderly and Disabled Transportation program. Participants must be 60 years or older and/or disabled. The vans are equipped with a wheel chair lift. The Castleton Community Center bus picks up riders in Castleton, Hubbardton, Fair Haven and Poultney We can transport people to medical appointments, physical therapy, critical care appointments, essential shopping, hair appointments, pharmacy, senior meal sites, wellness programs and adult day care.

The driver's responsibilities are to get the passengers from one location to another safely. The driver may help passengers on or off the bus, but is not allowed to enter a person's home. **If you need assistance, you will need to have a companion ride with you. To schedule an**

appointment or for more information call the Castleton Community Center 468-3093. We require 24 hour notice for rides to make an accurate schedule.



Learn to Earn

Associates for Training and Development administers the Senior Community Service Employment Program (SCSEP), which helps older adults get back into the workforce by providing paid occupational skills and workplace experience training. Geared specifically for income-qualified workers age 55+, the purpose of SCSEP is to provide training and skill building opportunities to program participants while providing much needed community service to local non-profits such as the Castleton Community Center. If you think you might qualify, please call the local SCSEP office at (802)-282-4425 or visit their website at www.a4td.org.



Bottle & Can Redemption Bin

Bring your redeemable bottles and cans to the Center and drop them in the handy bin located at the back of the Wellness Center. We'll redeem them and all proceeds will be used for Community Center programs. Or you can take them to Beverage King and tell them they are for the Community Center account. Thank you!



Cartridges for Cash

Thanks to all who have been bringing used printer cartridges to the Center for recycling. Recycling is an effective alternative to trashing our environment and an easy way to help the Center raise funds for our programs and services. **KEEP UP THE GOOD WORK!**

MagnaVision TV

The Vermont Association for the Blind and Visually Impaired has provided a Magnavision TV for our members and guests. The Magnavision TV is used to enlarge documents so the visually impaired can easily read them. It is also very helpful for balancing checking accounts. The set is located in the front hall and is available Mon. through Fri. 8:30-4:30.