



Castleton Community Center

August 2018 Newsletter



Ukulele Club

An organizational meeting and workshop for the Ukulele Club of Rutland County will be held in the “Wellness Center” at Castleton Community Center, 2108 Main Street, Castleton on Thursday August 23. A beginner’s session will be from 6:30-7:00 and the more advanced group from 6:30-9:00. Gus Block, former director of the Rutland City Band and ukulele instructor, will lead the workshops. The meeting is free and open to all fans of the ukulele from ages 18-100 who want to learn or already play the ukulele, known as the “Happiest Instrument in the World!”

Songs for the first session will be provided. They will be taken from the book, “The Daily Ukulele,” which will be the music used in future bi-monthly meetings and is available online and in music stores. Attendees should bring a music stand and are welcome to perform a song of their own choosing as well. For more information, call Sheila McIntyre (273-2554) or Deb Franzoni (273-2196). If you prefer to attend, please email watchpointvt@aol.com or debfranzoni@gmail.com.

BOCCE BALL!

There will be a Bocce Ball clinic at the Community Center on Monday August 6 at 6:30 p.m. (rain date Tues. Aug. 7) for anyone interested in learning the game of Bocce and forming a league. The clinic will be led by John O’Day. If you are interested but unable to attend, please email Mary Beth Hadeka at hadeka3@myfairpoint.net. Bocce Ball is a fun game for all ages and ability levels! If enough interest is generated, we are hoping to start some play this summer and into the beautiful fall months!

Shopping Spree Raffle Winners

Congratulations to the lucky winners of our Shopping Spree raffle: The Hannaford’s \$100 gift card winner was Almira Ludden, the Wal-Mart \$50 gift card went to Jim Wright, the Shaws \$25 gift card winner was Jodie Gaugh, and the Price chopper \$25 gift card went to Colleen Courcelle. Sincere thanks to the businesses that generously donated the gift cards and to all those who supported the Center by purchasing tickets.



Scamp Camp Thank You

The Community Center hosted the 16th Annual Scamp Camp for area children ages 6-10. The program is supported by grants and donations from area organizations, businesses, individuals, Foundations, Castleton University, Castleton Recreation Committee, and the Department of Education Summer Food Service Program. A special thank you to the following donors whose contributions made it possible for us to offer a quality summer camp experience and to provide scholarships for children who need financial assistance to attend: The Lindsay Trust, The Wood Foundation, Peoples United Bank, The Hills and Hollows Fund, Ben & Jerrys Foundation, American Legion Post 50 Auxiliary, Fair Haven Rotary Club, The Golub Foundation, Stewarts Shops Holiday Match, Castleton Lions Club, Castleton Women's Club and Ted and Sue Day.



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. Area businesses, individuals and organizations act as sponsors off the event. Both sponsors and players are needed to make the event a success.

The tournament is an 18 hole handicap scramble for 4 person teams. Single players will be formed into four 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 at 468-3093 or go to our website at www.castletoncsi.org.

Mah Jongg Tournament, Thursday, Sept. 27 9:30 – 4:00

Castleton Community Center

For info or to register, call 802-273-2140 or email vtcleary@gmail.com

Hyperthermia – Tues. August 14

Lynn Tucker from the Rutland Sheriff's Dept. will be at the Castleton Community Center on Tuesdays August 14th at 11 am to present "Dehydration and Hyperthermia." So many people today are putting themselves at risk of dehydration and hyperthermia and are unaware of it. Do you know the signs and symptoms? Do you know how to prevent these conditions from occurring? Lynn will discuss what to look for and how to prevent both of these conditions. This is a free program and all are welcome to attend. For more information please contact SASH Coordinator Colleen A. Lopper, MSW, at 802.417.7456



Learn to Earn

Associates for Training and Development administers the Senior Community Service Employment Program, which helps older adults get back into the workforce by providing paid occupational skills and workplace experience training. Designed specifically for income qualified workers age 55+, the program provides training and skill building opportunities for 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 Rutland SCSEP office at 802-282-4423 or visit www.a4td.org.



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 Street 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 anytime 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!

Cemetery Walk

Members of the Great Courses Genealogy class will be doing a "Cemetery Walk" on August 23 to learn more about the information found on the stones. They will be going to Carver's Falls Cemetery in West Haven, Hillside Cemetery in Castleton, and others. Some uphill walking will be required. All are

welcome to join the walk. Meet at the Castleton Community Center at 9:45, carpooling will leave the Center at 10:00. Rain date is Friday, August 24.

Mindfulness Message...ACCEPTING WHAT IS

Taking a mindful approach to illness is initially accepting what is.

“Life often shoots an arrow at you and wounds you. However, by not accepting what has happened, by worrying about it, by saying it is unfair and wondering how long the pain will last, we tend to shoot a second arrow into the open wound and increase and prolong the pain. Pain is often a given, but suffering is optional.” Buddha

Wellness Center Programs and Activities

Exercise is Medicine!



Kayak Club

Members of the Castleton Community 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 treadmill or stationary bike to discover for yourself the improved physical condition this simple equipment can provide.



Line Dance Tuesdays 12:00 – 1:00

A combination of country, popular and ball room line dancing is held Tuesdays from 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 3 (additional forms)

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

Tai Chi at the Lake

Thursday 5:00 – 6:00 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 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. 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 at 468-3093. **Free** No class August 27.

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 to 11:00

This program to 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 before our Birthday Lunch. This month's date is August 29th.

**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)

SUN 73 practice will begin again on Wednesday evenings at 5:15 on August 29. \$5 per session. Coming soon – Yang 24. For more information contact Laurie at ldknauer@comcast.net of 802-558-6714.

Yoga - Wednesdays 8:30 – 9:45

Classes are \$20 for 4 weeks. Call Christine Brown for registration. 802-273-2078.

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

Classes are \$20 per couple. Call Mary-Anne Ligouri for information. 802-273-2304

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

Judy Jones
Libby Laramie Johnson
Mary Friel

August Birthdays

Aug 1	Gisela Baumann Werner Baumann
Aug 4	Jerrie Russell
Aug 7	Margaret Nadeau Diane Proulx Carol Thompson
Aug 8	Tom Drew Sara Grey

Aug 9	Lori Barker Roy Litchfield
Aug 10	Sharon Ryan Joe Wolons
Aug 12	Andrea Brown
Aug 13	Peggy Ackerman
Aug 14	Cynthia Eaton Cheryl Raymond
Aug 15	Lillian Pitts Joan Smith
Aug 16	Kathy Jensen Gladys Sharp
Aug 17	Chris Bales Abe St. George
Aug 20	Clem Levesque
Aug 21	Elinor Patch
Aug 23	Mary Phelps
Aug 24	Robin Mealey
Aug 25	Lee DeSantis Irene Evanoika
Aug 26	Stephen Johnson
Aug 28	Carol Crawley Barbara Durkee
Aug 29	Phyllis Blanchard Judy Egner

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 ½ 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.

Week 1	Aug.6	Hannaford's / Aldi's / Mall
Week 2	Aug. 13	Price Chopper / Wal-mart
Week 3	Aug. 20	Shaws / Pruniers
Week 4	Aug.27	Price Chopper / Wal-mart

WHAT'S HAPPENING AT THE CENTER

Knitter's Network

The Knitters Network meets the second and fourth Monday 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.

Mah Jongg

Mah Jongg, similar to the western card game rummy, is a game of skill, strategy, and calculation and involves a degree of chance. This 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’s a win, win! So come join our Friday morning Scrabble Group. We start at 11 am.

Sewing Circle Meets on Mondays

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

Whether it be quilting, needlepoint, 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 a 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 on 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 at 802-468-3093. 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!

Magna Vision TV

The Vermont Association for the Blind and Visually Impaired has provided 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.