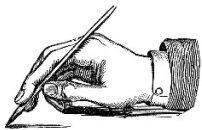


Castleton Community Center
October 2018 Newsletter



Annual Meeting & Volunteer Recognition

The Castleton Community Seniors Annual Meeting will be held Tuesday October 16 at 12:30. All are welcome! Our friends at Granville Center for Care have graciously agreed to provide a complimentary deli lunch at 12:00 for those attending the meeting. Note: **Lunch reservations are required by Friday October 12th**. Following a brief business meeting and election of officers at 12:30 we will be honoring Joe Mark, the 2018 recipient of our Outstanding Volunteer Award for all the work he has done launching the Center's Great Courses, driving our vans, delivering Meals on Wheels and organizing sailing classes for young people at Crystal Beach. Come celebrate with us!



Creative Writing Workshop

A **Creative Writing Workshop** facilitated by Joyce Thomas, recently retired Professor of English at Castleton University and an award-winning poet, will begin **Tuesday October 9 at 3:00 p.m.** Subjects and types of writing are wide open--memoirs, short stories, poetry, that novel you have hidden inside you. The workshop will be about sharing one's writing and ideas, and will be designed as a sounding board to help inspire writers to move forward with their projects.



Paint & Sip - Monday October 22 1:00-3:00

Castleton University student Morgan Landry, will lead a fun "Paint & Sip Workshop" on Monday Oct 22nd. No previous painting experience needed. Let your creativity flow as you create your very own work of art and enjoy sipping a cup of coffee, tea or one of our "exotic" mocktails. Acrylic paints, brushes and 11X14 canvas are included in the class fee of \$5. Class size is limited so call early to reserve a space.468-3093



Great Courses at the Center!

The Great Courses at the Community Center offers educational, entertaining and stimulating lectures and discussions. **The Great Courses** brings the world's most engaging professors and world-class experts right to us in video format. Programs begin with a 30 minute video, followed by a lively discussion among participants.

American Civil War – Wednesdays 1:30-3:00 (No Class Oct. 24 & 31)

Leading Civil War historian, Professor Gary W. Gallagher richly details the effects of the Civil War on all Americans. You'll learn how armies were recruited, equipped, and trained. You'll learn about the hard lot of prisoners. You'll hear how soldiers on both sides dealt with the rigors of camp life, campaigns, and the terror of combat. You'll understand how slaves and their falling masters responded to the advancing war. And you will see the desperate price paid by the families so many left behind.

Facilitated by Joe Mark. This program was donated to CCC by Bob and Barbara Levine.

Great World Religions: Buddhism –Thursdays 1:00-2:30

Professor Malcolm David Eckel surveys Buddhism from its origin in India in the 6th or 5th centuries B.C. to the present day. During its 2,500-year history, Buddhism has grown from a tiny religious community in northern India into a movement that now spans the globe. "Although Buddhism plays the role of a 'religion' in many cultures, it challenges some of our most basic assumptions about religion," says Dr. Eckel. "Buddhists revere the memory of Siddhartha Gautama who found a way to be free from suffering and bring the cycle of rebirth to an end. For Buddhists, this release from suffering constitutes the ultimate goal of human life."

Facilitated by Scott Lobdell. This program was donated to CCC by Bob and Barbara Levine



Ukulele Club

The Ukulele Club of Rutland County meets in the "Wellness Center" at the Community Center on the **first and third Thursday of each month**. A beginner's session is held from 6:30-7:00 and the more advanced group from 6:30-9:00. The meeting is free and open to all fans of the ukulele who want to learn or already play the ukulele, known as the "Happiest Instrument in the World!" Songs will be taken from "The Daily Ukulele," which is available online and in music stores. Attendees should bring a music stand, For more information, call Sheila McIntyre (273-2554) or Deb Franzoni (273-2196). If you plan to attend, please email watchpointvt@aol.com or debfranzoni@gmail.com.



Game Day! Friday October 5 ~ 12-2:30

Our good friends at Granville Center for Care have graciously agreed to provide a FREE Deli Style Lunch again for all game players on Friday, October 5th. Sandwiches, salad, dessert and a beverage will be served at 12noon and the games follow immediately after. There will be a variety of board games, cards and our popular action games: Nintendo Wii Bowling and Putting Green. Lots of door prizes and laughs for all who come to play! **Please call 468-3093 by Wed. October 3rd to make your reservation.**



The Mystery at the Old Homestead

Pot Luck Dinner Friday, October 26th

Put on your Sherlock Holmes hat and become a sleuth for the evening. We need the detective in you to help solve "The Mystery at the Old Homestead". It all happens at the Pot Luck Dinner Friday, October 26th.

The entrée??? We don't know...it's a mystery!

The program??? We don't know...it's a mystery!

What we do know... it will be delicious and it will be fun! Dinner begins at 6:00. Bring along a side dish, salad, or dessert...and a friend! A \$2 donation is requested. Call 468-3093 by Wednesday October 24th to reserve a seat.

Cell Phone Workshop Fri. Oct. 12 1-3:00

Do you have a smart phone, but don't know how to do anything but make calls. Here is your chance to learn more about your phone. Toni Lobdell and Cheri Raymond will be here to assist with phone set up, WiFi set up, Settings, Google, Email, Text, save and send photos. Register by calling the Center, 468-3093.



Bocce Club Update !

The kick off of our new Bocce Club has been a huge success ! As of today 30 players have participated with new people showing up each week. It is always a fun and relaxed atmosphere with a great deal of laughs! We will continue our weekly Thursday pickup games until it is too cold to do so. The O'Days bocce court has seen a LOT of use these last 6 weeks! With that said, Hadeka Stone Corp., with the help

of volunteers, has offered to build a court at the Community Center. That will enable the club to utilize (2) courts next spring to accommodate the growing number of players. We are thrilled that this program has taken off. Banner interest and excitement has been generated and we will focus on creating a league in 2019. If you want to learn the basics of bocce please join us for our last few weeks of pickup matches. It keeps you moving and is a fun social gathering each time! If you haven't participated but would like to sign up for 2019, we will be starting sometime in April. Questions? email Mary Beth at tennis@hadekastone.com

Don't Be Blue With the Flu!

VNA Flu Clinic

Thursday, October 11 9:00-10:30

Castleton Community Center



Golf Outing Thank You

The 14th Annual Castleton Community Center Golf Outing at Lake St. Catherine Country Club was a major success. This year's event was in memory of Jeff Larson. Jeff was on the Board of Directors at the Castleton Community Center for 16 years and a charter member of our Golf Outing fund raising event. Proceeds from the event support our van service. We want to express our sincere gratitude to:

Major Sponsors: Camara Slate Products, Hubbardton Forge, Brown's Auto Salvage, Kinney Pike Insurance, Fair Haven Rotary, VNA & Hospice-Southwest Region, Rutland Regional Medical Center

Hole Sponsors: American Legion Post 50, BAYADA Home Health Care, Castleton Family Health Center, Castleton Lions Club, Castleton Motors, Castleton Republican Party, Castleton Village Store, Jim Doran Roofing & Sheet Metal, Inc, Hadeka Stone Corp., Dr. David Hassebroek, Heritage Family Credit Union, Fyles Brothers, Granville Center for Care, Johnson Energy, Jost Construction, Bob & Barbara Levine, Mahoney Mechanical, McClure Construction, Dr. Jim & Jean Perry, Prunier's Market, R & D Automotive, Rutland Vet Clinic, Slate Valley Physical Therapy, Dr. James Wright, Woodard Marine

Raffle items and cash donations: Brown's Farm Stand, Club Fitness, Fair Haven Fitness, Fair Haven Inn, Gilmore Home Center, Granville Center for Care, Happy Paws Doggie Day Care, Iron Lantern, Kinney Drugs, Lake St Catherin CC, Scott & Toni Lobdell, Dr. & Mrs. James Perry, Precision Auto Body, Prospect Point Golf Club, Sherri Sammis, Skene Valley CC, Spirit of Ethan Allen, Sushi-Yoshi-Killington, Woodard Marine.

Golf Outing Winners

Closest to the Pin #14: Scott Larson

Closest to the Pin #16: Chris Halnon

Long Drive #4: Lisa O'Day

Long Drive #10: Matt Riley

Low Gross 1st Place: Scott Larson, Dan Jones, Rob Sabo, Billy Sabo

Low Gross 2nd Place: John O'Day, Mike O'Day, Lisa O'Day, Pat O'Day

Low Net 1st Place: Don Wood, Cornell Dawson, Bob Grace, Ken Russell

Low Net 2nd Place: Dave Calvi, Don Tupper, Matt Misencik, Mark Beebe
Shoot Out: Alfie Haley

Home Furnishing Raffle Winners

Congratulations to the winners of our Home Furnishings Raffle:

Hubbardton Forge Lamp: Judy Jones

Manchester Wood Table: Sandy Boogertman

Telescope Director Chairs: Edith Matelle



Genealogy Club

October 19 at 1:00

Have you always had an interest in delving into your family history? The Castleton Community Center has started a Genealogy Club so that like-minded individuals can guide and support one another through the fascinating world of genealogical research. There is no time like the present to begin or continue this most interesting personal journey. Come join us on the third Friday of the month at 1:00pm. It's free.



Chronic Pain vs. the Occasional Aches and Pains in Life

October 16 - 11:00

Lynn Tucker, Community Relations Representative at the Rutland County Sheriff's Office will be at the Center October 16th at 11am to present information on chronic pain, and the occasional aches and pains in life. Have you ever put-off doing something because your back or knees hurt? Have you ever told a friend that you couldn't go to lunch because your hips hurt so much that you didn't think you could make it in and out of the restaurant? Do you use that cart at the grocery store as a form of a crutch due to pain? If any of these apply to you, if you experience the aches and pains that come as we age, please join Lynn for this discussion. This is a free program and all are welcome to attend. For more information please contact SASH Coordinator, Colleen A Loper, MSW, at 802.417.7456.



CCC Holiday Craft Fair Call for Vendors

This years' Craft Fair will be November 10th from 9:00-3:00. Vendor spaces are available for \$15.00 with an additional \$5.00 charge for CCC to provide a table. All items must be hand crafted. Each vendor is also requested to donate a craft item to the Tea Cup Auction. If you are interested in participating, call Lori Barker 273-2241.



Welcome to AmazonSmile!

If you make purchases on [amazon.com](https://www.amazon.com) you can support the Community Center by registering the Castleton Community Seniors Inc. as your chosen non-profit and Amazon will donate 0.5% of the price of your eligible AmazonSmile purchases. Remember, always start at smile.amazon.com

Wellness Center Programs and Activities

Exercise is Medicine!



Kayak Club

It has been a great season for the Kayak Club, but the weather is changing and it is time to put the kayaks away. A big THANK YOU to Joan Argentero for organizing the outings each week.



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. **Free Additional class Wednesday evening 7:00-8:00 \$3.00 per session**
Instructor Maryann Ligouri.



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 – Falls Prevention Practice (Full Form), Tai Chi for Diabetes

Wednesday 1:30-2:30 – Tai Chi Level 3 (additional forms)

Thursday 10:45-11:30 - Falls Prevention Practice (Full Form)

Thursday 1:15-2:00 – **BEGINNER** Falls Prevention Tai Chi starting Oct. 4

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

Thursdays 4:00-5:00

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 Oct. 11 & 18**

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 October 24th.

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 full practice - Wednesday 5:15-5:45pm

Yang 24 Instruction – Wednesday 5:45-6:45pm

\$5 per session. For more information contact Laurie at ldknauer@comcast.net or 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 –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

Doris Morse

Colleen & Blain Grenier

September Birthdays

Oct 1 Barbara Capman

Oct 2 Linda Smith

Oct 3 Pauline Young

Oct 4 Sandi Potter

Richard Thomas

Oct 6 Ann Roberts

Oct 7 Joyce Szabo

Oct 8 Robert Mealey

Oct 9 Betty Daly

Carolyn Hazen

Valerie Sherman

Oct 11 Eileen Coburn

Milton Corey

Shirley Ullrich

Oct 12 Beverly Bride

Barbara Cheney

Gilbert Nadeau
 Marilyn Peterson
 Oct 13 Richard Desmarais
 Oct 14 Claire Burditt
 Oct 15 Pauline(Toddy) Worthen
 Oct 16 Mike Bethel
 Oct 18 Jean Britt
 Oct 19 Mary Wolons
 Oct 21 Martha Hurlburt
 Oct 22 Richard Byrne
 Oct 23 Judy Prunier
 Alice Reid
 Judi Ward
 Linda Wood
 Oct 24 Jill Hassebroek
 Oct 25 Gretiena Johnson
 Linda Pritchard
 Oct 26 George Hults
 Oc 27 Tom Barrett
 Oct 27 Lee Ellis
 Oct 28 Walter Sperr
 Oct 31 Robert Despres

On **Wednesday, October 24th** 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, OCT. 22ND**

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 Oct. 1 Hannaford's/Aldi's / Mall
 Week 2 Oct. 9(Tues.)Price Chopper/Wal-mart
 Week 3 Oct. 15 Shaws/Pruniers
 Week 4 Oct. 22 Price Chopper/Wal-mart
 Week 5 Oct. 29 Shaws/Pruniers

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.**

The Mentor Connection

The Mentor Connections is looking for people to help with the Youth Mentoring Program and the Family Mentoring Program. The Youth Mentor volunteers will be matched with a local child and are asked to meet once a week for one hour for a 1 year commitment. The Family Mentors assist parents/guardians who are in an Opioid Recovery Program by designing a plan to help the family with their goals toward being self-sufficient in the community. This is a 1 year commitment and has a stipend of \$2000.00 for a 5-7 hours per month.

If you are interested or have questions, contact Ryan Maines, Mentor Coordinator. Phone: 802-775-3434 email: ryan@mentorconnector.com website: www.mentorconnector.com

Osher Lifelong Learning Institute

Fall Session: Ethics: The Art of Living

Sept. 28 –Getting It Right: Essentials of Ethical Living, Phillip Crossman, Rutland CCV

Oct. 5 – The Unethical? Journalist, Dr, Mark Timney, Keene State College

Oct. 12- Can-Do vs Should-Do: Bioethics in Contemporary Perspective, Phillip Crossman, CCV

Oct. 19- Cheating, Lying, and Moral Mayhem: A Look Into Today’s Social Conscience, Dr. Aine Donovan, Dartmouth

These programs are held at the Godnick Adult Center on Fridays 1:30-3:00. For program information and directions call the Godnick Center at 773-0184. Season membership \$40 Non-members may pay \$5 at the door for each session.

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.

October 2018 Calendar of Events

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	1 Better Balance 10-11 Lunch 12:00 Bridge 1-4 Sewing Circle 1-3	2 Bone Builders 9:30-10:30 Circuit Works 10:45-11:45 Line Dance 12:00-1:00 Lunch 12:00 Dominoes 1 :00 Tai Chi Practice 1:30-3 Quit Smoking 5-6	3 Yoga 8:30-9:45 Better Balance 10-11 Lunch 12:00 Great Courses Am. Civil War 1:30-3:00 Tai Chi Level 3 1:30-2:30 SUN 73 5:15- 5:45 Yang 24 Tai Chi – 5:45-6:45 Line Dance 7-8	4 Bone Builders 9:30-10:30 Learn to Knit 9:30-11 Tai Chi Practice 10:45-11:30 Great Courses Buddhism 1:00-2:30 Beginner Tai Chi 1:15-2:00 Dance for Health 4-5 Ukulele Club 6:30 -9	5 Coffee Hour 9:00-11:00 Better Balance 10:00-11:00 Mah Jong 9:30-12:00 Game Day 12-2:30 Ballroom Dance 7:30-8:30	6
7	8 Closed For Columbus Day	9 Bone Builders 9:30-10:30 Circuit Works 10:45-11:45 Line Dance 12-1 Lunch 12:00 Dominoes 1 :00 Tai Chi Practice 1:30-3 Creative Writing 3:00-4:00 Quit Smoking 5-6	10 Yoga 8:30-9:45 Better Balance 10-11 Lunch 12:00 Great Courses Am. Civil War 1:30-3:00 Tai Chi Level 3 1:30-2:30 SUN 73 5:15- 5:45 Yang 24 Tai Chi – 5:45-6:45 Line Dance 7-8	11 VNA FLU CLINIC 9:00-10:30 Bone Builders 9:30-10:30 Learn to Knit 9:30-11 Tai Chi Practice 10:45-11:30 Great Courses Buddhism 1:00-2:30 Beg. Tai Chi 1:15-2:00 NO Dance for Health	12 Coffee Hour 9:00-11:00 Better Balance 10:00-11:00 Mah Jong 9:30-12:00 Scrabble 11:00 Cell Phone 1-3:00 Ballroom Dance 7:30-8:30	13
14	15 Better Balance 10-11 Lunch 12:00 Bridge 1-4 Sewing Circle 1-3	16 Bone Builders 9:30-10:30 Circuit Works 10:45-11:45 SASH 11:00 Annual Meeting & Lunch 12:00 Line Dance 12-1 Dominoes 1 :00 Tai Chi Prac. 1:30-3 Creative Writing 3-4 Quit Smoking 5-6	17 Yoga 8:30-9:45 Better Balance 10-11 Lunch 12:00 Great Courses Am. Civil War 1:30-3:00 Tai Chi Level 3 1:30-2:30 SUN 73 5:15- 5:45 Yang 24 Tai Chi – 5:45-6:45 Line Dance 7-8	18 Bone Builders 9:30-10:30 Learn to Knit 9:30-11 Tai Chi Practice 10:45-11:30 Great Courses Buddhism 1:00-2:30 Beg. Tai Chi 1:15-2:00 Ukulele Club 6:30 -9 NO Dance for Health	19 Coffee Hour 9:00-11:00 Better Balance 10:00-11:00 Mah Jong 9:30-12:00 Scrabble 11:00 Genealogy Club 1:00 Ballroom Dance 7:30-8:30	20
21	22 Better Balance 10-11 Knitter's Network 10-11:30 Lunch 12:00 Bridge 1-4 Sewing Circle 1-3 Sip & Paint 1:00-3:00	23 Bone Builders 9:30-10:30 Circuit Works 10:45-11:45 Lunch 12:00 Line Dance 12 -1 Dominoes 1:00 Tai Chi Practice 1:30-3 Creative Writing 3-4 Quit Smoking 5-6	24 Yoga 8:30-9:45 Better Balance 10-11 BIRTHDAY LUNCH 12:00 NO Great Courses Am. Civil War Tai Chi Level 3 1:30-2:30 SUN 73 5:15- 5:45 Yang 24 Tai Chi – 5:45-6:45 Line Dance 7-8	25 Bone Builders 9:30-10:30 Learn to Knit 9:30-11 Tai Chi Practice 10:45-11:30 Great Courses Buddhism 1:00-2:30 Beg. Tai Chi 1:15-2:00 Dance for Health 4-5	26 Coffee Hour 9:00-11:00 Better Balance 10:00-11:00 Mah Jong 9:30-12:00 Scrabble 11:00 POT LUCK 6:00 Ballroom Dance 7:30-8:30	27
28	29 Better Balance 10-11 Lunch 12:00 Bridge 1-4 Sewing Circle 1-3	30 Bone Builders 9:30-10:30 Circuit Works 10:45-11:45 Lunch 12:00 Line Dance 12-1:00 Dominoes 1:00 Tai Chi Prac. 1:30-3 Creative Writing 3-4 Quit Smoking 5-6	31 Yoga 8:30-9:45 Better Balance 10-11 Lunch 12:00 NO Great Courses Tai Chi Level 3 1:30-2:30 SUN 73 5:15- 5:45 Yang 24 Tai Chi – 5:45-6:45 Line Dance 7-8			

CCC October 2018 Menu

1 B.B.Q. Beef Steak Mashed Potatoes Sliced Carrots Wheat Dinner Roll Vanilla Pudding w/Peaches & Cream	2 Roast Pork w/Gravy Boiled Potatoes w/Parsley Butternut Squash Wheat Bread Applesauce Cake	3 Macaroni & Cheese Green Beans Diced Beets 100% Wheat Bread Mandarin Oranges
8 Baked Meatloaf Mashed Potatoes Spinach Wheat Dinner Roll Date Bar	9 Cheese Ravioli w/Meat Sauce Parmesan Cheese Broccoli Florets Wheat Bread Apple	10 Chicken Stew Brussel Sprouts Biscuit Chocolate Chip Cookie
15 Turkey in Gravy Mashed Potatoes Broccoli Florets Wheat Bread Pumpkin Chip Square	16 Chicken Cacciatore Seasoned Potatoes Peas & Carrots Wheat Bread Apricots	17 Potato & Clam Chowder Italian Green Beans Crackers Wheat Roll Mandarin Oranges
22 Pork Cutlet w/White Sauce Mashed Potatoes Winter Mixed Vegetables Wheat Dinner Roll Peaches	23 Beef Stew French Green Beans Biscuit Orange	24 Birthday Lunch Oven Fried Chicken Garlic Mashed Potatoes Spinach Dinner Roll Birthday Cake
29 Chicken Chow Mein Rice Pilaf Oriental Sugar Snaps Chow Mein Noodles Pears	30 Spaghetti w/Meat Sauce Parmesan Cheese Peas & Mushrooms Wheat Bread Ambrosia	31 Stuffed Shells w/ Spinach Sauce Green Beans Parmesan Cheese Wheat Bread Mandarin Oranges w/Orange Gelatin

Requested Donation Seniors \$4.00 Non-seniors \$5.00

Please remember that we must have all reservations by 10:00AM the day before and Friday at 10:00AM for Monday's meal. We try to keep a waiting list in case someone cancels, but in all fairness to others attending, we must have an accurate count in advance. Also, please be kind and let us know as soon as possible if you must cancel a reservation. Remember, the Center is billed for each meal we order, so it is important to call ahead. Thank you!