



Castleton Community Center
November 2018 Newsletter



Holiday Craft Fair Sat. Nov. 10th 9:00-3:00

The Annual Castleton Community Center Holiday Craft Fair features hand-crafted items by local craftsmen. Be sure to mark November 10th from 9 to 3 on your calendar for a chance to do some great holiday shopping. There will be a super selection of one-of-a-kind hand-made jewelry, decorations, clothing and food items. Twenty- three vendors will be displaying their crafts in both buildings. Many of your favorite crafters will be returning this year as well as some exciting new ones. CCC will be selling soups and sandwiches for lunch and will have the Tea Cup Auction.

The Center is looking for donations for the Tea Cup Auction. If you have an item (new only), drop it off at the Center.



**The 8th Annual Castleton University Baseball Team
Thanksgiving Dinner FRIDAY, NOVEMBER 16**

The Castleton University Baseball team invites area seniors to a complimentary Thanksgiving Dinner on **Friday November 16** at 12:00. The menu will include Roast Turkey, Gravy, Stuffing, Cranberry Sauce, Mashed Potatoes, Baby Carrots, Wheat Dinner Roll, and Pumpkin Pie. Not only will you have a great meal, but you will get to know more about these fine student athletes in a great social atmosphere. **RESERVATIONS ARE NECESSARY AND SEATING IS LIMITED. Call the Center at 468-3093 no later than 9:00 on Monday, November 12th.**

Annual Meeting Report

The CCSI Annual Meeting recognized retiring officers President Bob Day, Vice President Sharon Kendall, Secretary Toni Lobdell and Treasurer Rosie Doran and welcomed our new slate of officers:

President Sharon Kendall, Vice President Toni Lobdell, Secretary Sue DeCarolis and Treasurer Ceil Hunt. Gifts of gratitude were given to retiring and new officers.

Joe Mark was 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. Outgoing President Bob Day presented Joe with a framed quote by Maya Angelou about the importance of volunteerism.



Creative Writing Workshop Tuesdays 3:00-4:30

A **Creative Writing Workshop** facilitated by Joyce Thomas, recently retired Professor of English at Castleton University and an award-winning poet will be held on Tuesdays 3:00-4:30. 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.



TWO CHANCES TO WIN!

100 GALLONS OF HEATING FUEL

Drawing Wed. Dec. 19th at the Castleton Community Center

1st Grand Prize 100 gallons of heating fuel from Johnson Energy (oil or kerosene). *

2nd Grand Prize 100 gallons of heating fuel from Sam's U-Save Fuel.*

If you do not use fuel as a heating source you can receive a cash equivalent of 100 gallons at wholesale price.

**For home delivery in Rutland County between December 2018 & April 2019*

Call or stop by the Center for tickets.



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 Nov. 7)

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.** (Because there is an extra Thursday this month, there will be a bonus meeting on Nov, 29.) A beginner's session is held from 6:30-7:00 and the more advanced group from 7:00-9:00. 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 (345-9100) or Deb Franzoni (603-252-6150). If you plan to attend, please email watchpointvt@aol.com or debfranzoni@gmail.com.



Game Day! Friday November 2 ~ 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, November 2nd. 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 to make your reservation.**



Genealogy Club

November 16th 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.



Preventing Falls November 20th - 11:00

Lynn Tucker, from the Rutland Sheriff's Department, will be at the Castleton Community Center on Tuesday, November 20th at 11am to present 'Falls and Fractures'. Lynn will discuss ways to prevent falls, what you should look for in your home that may cause falls, and how to correct these situations. She will also discuss the consequences of falling. 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.



FOR ALL OUR SNOWBIRDS

If you want to receive the Newsletter while you are in the sunny south? Please let us know your winter address and the dates you will be leaving and returning. Most 3rd class mail does not get forwarded so help us reduce the cost of undeliverable mail by updating your info.



Welcome to AmazonSmile!

If you make purchases on 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!



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** 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 –Falls Prevention Tai Chi (beginner)

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.**

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 November 14.

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

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

Ann Roberts
Ruth Gibbud
Diane Trapeni
Bonnie Hayes
Maryann Feeney
Vicki Mulholland
Sandra Wall

November Birthdays

Nov 1	Donald Wood Bill Wood
Nov 2	Peggy King
Nov 4	Shelia McIntyre
Nov 5	Grace Calvin
Nov 7	Louise Cousineau Dennis Fortier Tom Manovill
Nov 8	Daniel Calvin Maureen Faryniarz
Nov 10	Ida Bell Jeanne Tobin
Nov 11	Holly Hitchcock Floss Sulik
Nov 13	Milton Blackwood
Nov 15	George Davis
Nov 16	Ben Boss Kevin Durkee Sylvia Markcrow
Nov 17	Linda Squier
Nov 18	Joe Squier
Nov 19	Mary Sweeney
Nov 20	Colleen Grenier Anne Hicks Charles Roundtree Diane Trapeni
Nov 21	Froukje Moorby
Nov 22	Bill Egner
Nov 24	Sharon Bales Joan Thomas
Nov 26	Winnie Levitre Maisie Wood
Nov 27	Roberta Kemnitzer Ray Stokes
Nov 28	Concetto Poalino Jr.
Nov 29	Debbie Rosmus Lew Tezak

Nov 30

Betsy Birchenough

On **Wednesday, November 14th** 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, NOVEMBER 13TH**

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 Nov. 5 Hannaford's/Aldi's / Mall

Week 2 Nov. 12 Price Chopper/Wal-mart

Week 3 Nov. 19 Shaws/Pruniers

Week 4 Nov. 26 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.**

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: Travel & Experience The World Without Leaving Rutland

Oct. 27 –My Life in East Germany, Jurgen Evert

Nov. 2 – History of Camp David 1942-2018, Don Keelan

Nov. 9- 2017 OLLI Trip to Italy

Nov. 16- Walking the Camino de Santiago in Spain, Willis and Tina Wood

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.

November

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
				1 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	2 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	3
4	5 Better Balance 10-11 Lunch 12:00 Bridge 1-4 Sewing Circle 1-3	6 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 3:00-4:30 Quit Smoking 5-6	7 Yoga 8:30-9:45 Better Balance 10-11 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	8 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	9 Coffee Hour 9:00-11:00 Better Balance 10:00-11:00 Mah Jong 9:30-12:00 Scrabble 11:00 Ballroom Dance 7:30-8:30	10  Holiday Craft Fair 9-3
	12 Better Balance 10-11 Knitter's Network 10-11:30 Lunch 12:00 Bridge 1-4 Sewing Circle 1-3	13 Bone Builders 9:30-10:30 Circuit Works 10:45-11:45 Lunch 12:00 Line Dance 12-1 Dominoes 1 :00 Tai Chi Prac. 1:30-3 Creative Writing 3-4:30 Quit Smoking 5-6	14 Yoga 8:30-9:45 Better Balance 10-11 BIRTHDAY 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	15 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 Dance for Health 4-5	16 Coffee Hour 9:00-11:00 Better Balance 10:00-11:00 Mah Jong 9:30-12:00 Scrabble 11:00 THANKSGIVING DINNER 12:00 Genealogy 1:00 Ballroom Dance 7:30-8:30	17
18	19 Better Balance 10-11 Lunch 12:00 Bridge 1-4 Sewing Circle 1-3	20 Bone Builders 9:30-10:30 Circuit Works 10:45-11:45 SASH- FALLS 11:00 Lunch 12:00 Line Dance 12 -1 Dominoes 1:00 Tai Chi Practice 1:30-3 Creative Writing 3-4:30 Quit Smoking 5-6	21 Yoga 8:30-9:45 Better Balance 10-11 12:00 Great Courses Am. Civil War Tai Chi Level 3 1:30-2:30	22 <div style="text-align: center;"> HAPPY THANKSGIVING  </div>	23 <div style="text-align: center;"> CLOSED </div>	24
25	26 Better Balance 10-11 Lunch 12:00 Knitter's Network 10-11:30 Bridge 1-4 Sewing Circle 1-3	27 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 3-4:30 Quit Smoking 5-6	28 Yoga 8:30-9:45 Better Balance 10-11 Lunch 12:00 Great Courses Civil War Tai Chi Level 3 1:30-2:30 SUN 73 5:15- 5:45 Yang 24 Tai Chi – 5:45-6:45	29 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 Ukulele Club 6:30 -9	30 Coffee Hour 9:00-11:00 Better Balance 10:00-11:00 Mah Jong 9:30-12:00 Scrabble 11:00 Ballroom Dance 7:30-8:30	

CCC November 2018 Menu

5 Pot Roast w/Gravy Mashed Potatoes Winter Mixed Vegetables Wheat Dinner Roll Peaches	6 Sweet-n-Sour Vegetable Pork Vegetable Rice Pilaf Brussel Sprouts Wheat Bread Applesauce	7 Beef Stew w/carrots & potatoes Whole Beets Buttermilk Biscuit Fruit Cocktail w/Cream
12 Meatloaf w/ Gravy Diced Beets Mashed Potatoes Brussel Sprouts Wheat Dinner Roll Oatmeal Cookie w/Raisins	13 Chicken, Corn & Potato Chowder Winter Mixed Vegetables Biscuit Carrot Cake w/Cream Cheese Frosting	14 Birthday Lunch Cranberry Glazed Roast Pork Boiled Red Potatoes Butternut Squash Sliced Apples w/Cinnamon Wheat Dinner Roll Birthday Cake
19 Mac & Cheese Diced Carrots Wheat Bread Mandarin Oranges w/Cream	20 Chicken-n-Biscuit Mashed Potatoes Winter Mixed Vegetables Date Bar	21 Baked Mini Penne w/ Marinara Meat Sauce Mozzarella Cheese Broccoli Florets Italian Bread Pineapple Tidbits
26 Turkey Stew Biscuit Cut Green Beans Mandarin Oranges in Gelatin w/Cream	27 BBQ Chicken Breast Mashed Potatoes Beets w/Orange Sauce Wheat Bread Pineapple Chunks	28 Spinach-Ricotta Pie Peas & Onions Wheat Bread Yellow Cake w/Strawberry Yogurt

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!