

Castleton Community Center
December 2018 Newsletter



Give a Gift of Membership

When planning your gift list this upcoming holiday season, consider giving a gift membership to the Castleton Community Center. We have attractive gift membership cards at the front desk that make great stocking stuffers or greeting card inserts. What a nice gift for an existing member or a super way to introduce someone new to the programs and services offered at the Castleton Community Center.

Note: All 2019 memberships come due in January 2019



Holiday Craft Fair Thank You

Thank you to all those who pitched in to help at our Holiday Craft Fair. Whether you made food for us to sell, items for our sale table, donated items for the auction table, displayed posters, gave your time to work at the event or shopped; you made the event successful! Castleton Community Center volunteers are TERRIFIC! Thank You!



***You Are cordially invited to a
Holiday Tea to Celebrate the Season and
Recognize our many Volunteers
Castleton Community Center
Friday, December 14th ~ 3:00-4:00
Open to All Please RSVP 802-468-3093***



Holiday Dinner Wed. Dec. 19th

Come celebrate the season at our annual Holiday Dinner on December 19th at noon. The menu is Stuffed Chicken Breast with Apple/Cranberry Stuffing, Gravy, Mashed Potatoes, Baby Carrots, Cranberry Sauce, Wheat Dinner Roll and Pumpkin Cake. Santa's elves will be here to pass out gifts

Seating is limited, make your reservation early.

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

Reservations must be made by December 17th.

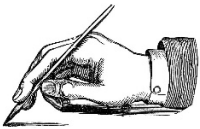
Cell Phone Workshop ~ Thursday, December 6 ~ 1:00-3:00

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.



Thanksgiving Dinner Thank you

Thank you to the Castleton University Baseball Team and their coach Ted Shipley who provided a delicious Thanksgiving dinner with all the trimmings for seniors here at the Center. The players and coaches were here to help serve, clean up and enjoy dinner with over 50 seniors.



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 meets 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 (Note time change Dec. 19th 2:00-3:30)

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.



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 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 December 7 ~ 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, December 7th. 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 by Wednesday, Dec. 5th.**



Genealogy Club

December 14th at 1:00 (note the change of date)

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.



Coffee Hour

Each Friday morning from 9:00-11:00, the Center holds a free coffee hour open to all with some homemade goodies, hot brew and good company. Come join us!

*******Ring in the New Year with us on December 28 with a special coffee hour!*******



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

Vermont Center for Independent Living

A statewide program administered by Vermont Center for Independent Living (VCIL) for individuals, who are low-income and cannot communicate by conventional telephone due to a disability, may be eligible to receive equipment at **no cost**. More information and applications can be downloaded from their website www.vcil.org or pick up a brochure at the Center.

Wellness Center Programs and Activities

Exercise is Medicine!



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 December 19th .

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 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 –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

Robert & Jean Close

Deborah Wilson

Morgan Connors

December Birthdays

Dec. 1	Karen Davoren Al Gustafson Betty Wolcott
Dec. 2	Jeanette Davis Cornell Dawson
Dec. 3	Gail Dunleavy
Dec. 4	Josie Johnson
Dec. 5	Sharon Carpenter
Dec. 6	Bill Martin
Dec. 9	Mary Friel Walter Lauf Joyce Rider

Dec. 10	Georgina Brown
Dec. 12	Jane Byrne
	Dave Hassebroek
	Carol Pritchard
	Charles Prunier
Dec. 14	Dorida Gearwar
Dec. 15	Thom Bruso
	Deborah Hadeka
Dec. 16	Carol Blackwood
	Joan Drew
	Jerry Kyhill
Dec. 19	Mary Stone
Dec. 21	Cindy Holt
Dec. 23	Alan Rashes
Dec. 24	Janet Christie
	Mary Lee Harris
Dec. 25	Romona Boice
Dec. 28	Sandy Boogertman
	Marilyn Connolly
Dec. 30	Allison Reuling
Dec. 31	Carol McQuate

On **Wednesday, December 12th** 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, DECEMBER 11TH.**

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	Dec. 3	Hannaford's/Aldi's / Mall
Week 2	Dec. 10	Price Chopper/Wal-mart
Week 3	Dec. 17	Shaws/Pruniers
Week 4	Dec. 31	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. Join a friendly game of Rubber Bridge Monday afternoons from 1:00 - 4:00. Call Marion at 802-273-2140 for details. 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 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

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.

December 2018 Calendar of Events

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
2	3 Better Balance 10-11 Lunch 12:00 Bridge 1-4 Sewing Circle 1-3	4 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	5 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	6 Bone Builders 9:30-10:30 Learn to Knit 9:30-11 Tai Chi Practice 10:45-11:30 Cell Phone Workshop 1:00-3:00 Beginner Tai Chi 1:15-2:00 Dance for Health 4-5 Ukulele Club 6:30 -9	7 Coffee Hour 9:00-11:00 Better Balance 10:00-11:00 Mah Jong 9:30-12:00 Game Day12-2:30 Ballroom Dance 7:30-8:30	8
9	10 Better Balance 10-11 Knitter's Network Lunch 12:00 Bridge 1-4 Sewing Circle 1-3	11 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	12 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	13 Bone Builders 9:30-10:30 Learn to Knit 9:30-11 Tai Chi Practice 10:45-11:30 Beg. Tai Chi 1:15-2:00 Dance for Health 4-5	14 Coffee Hour 9:00-11:00 Better Balance 10:00-11:00 Mah Jong 9:30-12:00 Scrabble 11:00 Genealogy 1:00 HOLIDAY TEA 3:00-4:00 Ballroom Dance 7:30-8:30	15
16	17 Better Balance 10-11 10-11:30 Lunch 12:00 Bridge 1-4 Sewing Circle 1-3	18 Board of Directors Meeting 8:30 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	19 Yoga 8:30-9:45 Better Balance10-11 HOLIDAY DINNER 12:00 FUEL RAFFLE DRAWING Great Courses Am. Civil War 2:00-3:30 NO Tai Chi Level 3 SUN 73 5:15- 5:45 Yang 24 Tai Chi – 5:45-6:45	20 Bone Builders 9:30-10:30 Learn to Knit 9:30-11 Tai Chi Practice 10:45-11:30 Beg. Tai Chi 1:15-2:00 Ukulele Club 6:30 -9 Dance for Health 4-5	21 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	22
23	24 Center Closed	25 Happy Holiday Center Closed	26 Yoga 8:30-9:45 Better Balance 10-11 Lunch 12:00	27 Bone Builders 9:30-10:30 Learn to Knit 9:30-11 Beg. Tai Chi 1:15-2:00	28 New Year 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	29
30	31 Better Balance 10-11 Lunch 12:00 Bridge 1-4 Sewing Circle 1-3	January 1 Happy Holiday Center closed				

CCC December 2018 Menu

<p>3 Breaded Fish Rice Pilaf w/Vegetables Broccoli Florets Tarter Sauce Wheat Dinner Roll Seasoned Apple Slices</p>	<p>4 Italian Mini Loaves W/Red Sauce and Parmesan Cheese Seasoned Cavatappi Italian Vegetables Wheat Bread Mandarin Oranges w/cream</p>	<p>5 Chicken Fingers Duck Sauce Home Fries Green Beans Wheat Dinner Roll Peaches</p>
<p>10 Shepherd's Pie w/ Corn and Mashed Potatoes Green Beans Wheat bread Apricots</p>	<p>11 Sweet-n-Sour Roast Pork Rice Pilaf w/Vegetables Spinach Wheat Dinner Roll Pineapple Tidbits</p>	<p>12 BIRTHDAY LUNCH Mini Penne Pasta w/meat sauce Garden Salad Italian Bread Birthday Cake</p>
<p>17 Oven Fried Chicken Sweet Potatoes 4 Blend Vegetables Wheat Bread Fruit Cocktail</p>	<p>18 Beef Stew Biscuit Winter Mixed Vegetables Tapioca Pudding w/cream and peaches</p>	<p>19 HOLIDAY DINNER Stuffed Chicken Breast W/Apple/Cranberry Stuffing, Gravy Mashed Potatoes Baby Whole Carrots Cranberry Sauce Wheat Dinner Roll Pumpkin Cake</p>
<p>24 CENTER CLOSED NO MEALS SERVED</p>	<p>25 CENTER CLOSED FOR HOLIDAY NO MEALS SERVED</p>	<p>26 Baked Goulash w/Beef California blend vegetables Corn Bread Pineapple Tidbits</p>
<p>31 Spinach Bacon Onion Quiche Green Beans w/Red Pepper Wheat Dinner Roll Applesauce w/Cinnamon</p>	<p>Jan. 1 CENTER CLOSED FOR HOLIDAY NO MEALS SERVED</p>	

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!