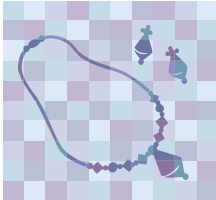


## Castleton Community Center January 2019 Newsletter



### **Sea Glass & Silver Jewelry Workshop Thursday January 17 ~ 1:00-2:30**

Join us for our popular sea glass and sterling silver wire jewelry making workshop. If you have a piece of sea glass you would like to use bring it along, otherwise choose from our selection of pastel sea glass. Sea glass and silver wire supplies are included in the class fee. We have enough jewelry tools for participants, but if you have your own, please bring them. Class size is limited to 10, so register early. Payment is due when you register. Fee: \$12 or \$10 for Supporting and Life Members)



### **Java & Jazz Name That Tune Americana**

Steve Damon, founder, director, and lead educator of A Natural Music School will be at the Center on Friday, January 25 from 11:00-11:45 to entertain us with a “Name that Tune - Jazz Standards” program. Name That Tune will start immediately following Coffee Hour. Steve will provide cryptic (yet appropriate) clues and the tunes. You provide the titles, we all provide the fun! Don’t miss this free coffee hour with homemade goodies, hot brew good company and All That Jazz!



### **Preventing Winter Falls**

We may not be able to control the weather but each of us has the ability to take reasonable precautions for our own protection. Here are some recommendations that will help to reduce the potential for injuries this winter.

- When walking, don't rush; take the time to walk carefully
- When walking up or down steps, use the handrail

- If carrying items, proper balance is vital; a careful deliberate pace is essential to reducing the potential of a fall
- Scan the area where you will be going, watch out for slip or trip hazards
- Use extra care walking across parking lots, sanded, cleared or otherwise. Don't carry objects that will put you off balance
- Use ice melt to help clear pathways of ice
- Put down a mat that will absorb snow and ice at entrances of your building.
- Always use the "3-point" technique getting into and out of vehicles
- When getting out of the vehicle, view where you will be stepping; consider keeping plastic bottles of sand and salt in vehicles

## **Come for Lunch and Bingo Blast!**

Come join us Tuesday January 15<sup>th</sup> for a delicious meal of Roast Turkey, Mashed Potatoes, Winter Squash, Wheat Dinner Roll and Pumpkin Pudding followed by "Bingo Blast". A donation of \$4 for lunch includes 2 free Bingo Cards. Additional Bingo cards, or cards for players who did not attend lunch are \$.25 each. Every game promises a selection of neat prizes for the winner. The final game is a coverall and the winner receives a \$25 gift certificate to the Wheel Inn Restaurant! Lunch is at 12:00 and the "Bingo Blast" starts immediately after (12:30) and ends at 1:30. COME FOR GOOD FOOD, FUN AND FRIENDSHIP



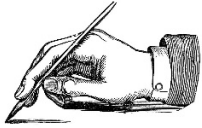
## **Vermont Comforts of Home- Wed. Jan 9-1:00**

A representative from the Vermont Comforts of Home program will be at the Community Center Wed. Jan 9<sup>th</sup> to explain their services and answer questions. Vermont Comforts of Home program is jointly operated by two Vermont Organizations: Lincoln Street Inc. and Upper Valley Services. They are experienced in the quality provision of individualized home care and offer support to individuals who qualify for a nursing home level of care. Their goal is to provide a choice when, due to medical and personal care needs, a person can no longer live at home without support. Experience has demonstrated most individuals can continue to live in a home environment with appropriate care.



## **Want to Learn to Play Guitar?**

Beginner guitar lessons will be offered at the Center by Mekenok. He will start with lessons on how to string your guitar, how to tune it, and basic cords. This class is free. Anyone interested should call the Center (468-3093). When we get a list of interested people we will determine the best day and time.



## **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.



*Dues for 2019 are now due.*

The Castleton Community Center memberships run January to December



## **Winter Transportation Alert**

During the winter months, listen to the radio for school closings. If the Castleton Schools are closed due to weather, the Community Center van will not be operating. If it is necessary to close the Center, the local radio stations will be called and asked to add the Center to their list of cancellations.



## **And The Winners Are**

### **Winners of the Raffle for 100 gallons of fuel were:**

100 gallons of heating fuel from Johnson Energy-Gladys Sharp and

100 gallons of heating fuel from Sam's U-Save Fuel-Michael Crawley.

A sincere thank you for Johnson Energy and Sam's U-Save for providing 100 gallons of heating fuel for our raffle again this year. The drawing netted \$620 for our Elderly and Disabled Transportation Program.



## Great Courses at the Center!

**The Great Courses at the Community Center** offers educational, entertaining and stimulating lectures and discussions. **The Great Courses** bring 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 -Part 2      Wednesdays 1:30-3:00**

#### **Beginning January 16th**

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.*

## Cell Phone Workshop

### **Thursday, January 10<sup>th</sup> ~ 1:00-3:00**

Toni Lobdell and Cheri Raymond will be at the Center on January 10<sup>th</sup> at 1:00-3:00 to assist with questions on cell phone operation. They can assist with WiFi set up, settings, Google, e-mail, texting, save & send photos. Register by calling 468-3093.



## 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 starts at 6:00 and the more advanced group plays from 6:30-8:30. 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](mailto:watchpointvt@aol.com) or [debfranzoni@gmail.com](mailto:debfranzoni@gmail.com).

**Please note: If the program is cancelled, you will receive an email by 3:30. You may call the Center between 3:30 and 4:00. (468-3093)**



## Game Day! Friday January 4 ~ 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, January 4. 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, Putting Green, et.al. Lots of door prizes and laughs for all who come to play! **Please call 468-3093 to make your reservation by Wednesday, Jan. 2.**



## Genealogy Club

January 18<sup>th</sup> at 1:00

Have you always had an interest in delving into your family history? The Castleton Community Center has 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!



## 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](https://smile.amazon.com)

## Vermont Center for Independent Living

There is 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. They may be eligible to receive equipment at **no cost**. More information and applications can be downloaded from their website [www.vcil.org](http://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

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** Mondays 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 January 23.

**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](mailto: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 2<sup>nd</sup> Thursday of each month at 12:30

## **Welcome New Members**

Alan & Nancy Wolmuth

Gary Ikerd

Wanda McNew

Nancy Knapp

Larry Dolittle

## **January Birthdays**

Jan 3	Ruth Gibbud
Jan 4	Marilyn Brostek Sandy Kuehn
Jan 5	Ron Crawley
Jan 6	Lorraine Brown Peter MacDonald
Jan 8	Ray Bunker
Jan 9	Judy Sheldon
Jan 13	Marj Kyhill Edith Mattell Ron Splatt
Jan 15	Laurie Kamuda Clarence Sweeney
Jan 16	Julian Sbardella
Jan 17	Mona Eddy
Jan 18	Glenn Chapin Maurice McLaughlin
Jan 20	Audrey Gianninni
Jan 21	Karen Barrett Christine Briggs Phyllis Hendee Joseph Orzell
Jan 22	Sally Hults
Jan 24	Karen Barber
Jan 27	Linda Corliss Frank Gianninni
Jan 28	Mary Jane Spaulding
Jan 29	David Bride



Jan 31 Elaine Danyow  
Diane Mancuso  
John Mancuso

On **Wednesday, January 23rd** 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, JANUARY 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	Jan. 7	Hannaford's/Aldi's / Mall
Week 2	Jan. 14	Price Chopper/Wal-mart
Week 3	Jan. 21	Shaws/Pruniers
Week 4	Jan. 28	Price Chopper/Wal-mart

## **WHAT'S HAPPENING AT THE CENTER**

### **Knitter's Network**

The Knitters Network will be taking a break for the month of January after all their hard work this year. They, and many knitters working from home, have distributed hats, mittens, and scarves to 21 schools, churches and service organizations. Many Thanks to all who contributed

### **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 who are working on a variety of projects including quilting, needlepoint, rug hooking, and 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](mailto:ryan@mentorconnector.com) website: [www.mentorconnector.com](http://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](http://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.

# January 2019 Calendar of Events

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
		<b>1</b> <b>Center Closed</b>  <b>Happy New Year!</b>  	<b>2</b> <b>Yoga</b> 8:30-9:45 <b>Better Balance</b> 10-11 <b>Lunch</b> 12:00  <b>SUN 73</b> 5:15- 5:45 <b>Yang 24 Tai Chi –</b> 5:45-6:45	<b>3</b> <b>Bone Builders</b> 9:30-10:30 <b>Tai Chi Practice</b> 10:45-11:30 <b>Beginner Tai Chi</b> 1:15-2:00  <b>Ukulele Club</b> 6:30 -9	<b>4</b> <b>Coffee Hour</b> 9:00-11:00 <b>Better Balance</b> 10:00-11:00 <b>Mah Jong</b> 9:30-12:00 <b>Game Day</b> 12-2:30  <b>Ballroom Dance</b> 7:30-8:30	<b>5</b>
<b>6</b>	<b>7</b> <b>Better Balance</b> <b>10-11</b>  <b>Lunch</b> 12:00 <b>Bridge</b> 1-4 <b>Sewing Circle</b> 1-3 <b>Dance for Health</b> 4-5	<b>8</b> <b>Bone Builders</b> 9:30-10:30 <b>Circuit Works</b> 10:45-11:45 <b>Line Dance</b> 12-1 <b>Lunch</b> 12:00 <b>Dominoes</b> 1 :00 <b>Tai Chi Practice</b> 1:30-3 <b>Creative Writing</b> 3:00-4:30 <b>Quit Smoking</b> 5-6	<b>9</b> <b>Yoga</b> 8:30-9:45 <b>Better Balance</b> 10-11 <b>Lunch</b> 12:00 <b>VT Comforts of Home</b> 1:00  <b>SUN 73</b> 5:15- 5:45 <b>Yang 24 Tai Chi –</b> 5:45-6:45	<b>10</b> <b>Bone Builders</b> 9:30-10:30 <b>Tai Chi Practice</b> 10:45-11:30 <b>Cell Phone Workshop</b> 1:00-3:00 <b>Beginner Tai Chi</b> 1:15-2:00	<b>11</b> <b>Coffee Hour</b> 9:00-11:00 <b>Better Balance</b> 10:00-11:00 <b>Mah Jong</b> 9:30-12:00 <b>Scrabble</b> 11:00  <b>Ballroom Dance</b> 7:30-8:30	<b>12</b>
<b>13</b>	<b>14</b> <b>Better Balance</b> <b>10-11</b> <b>10-11:30</b>  <b>Lunch</b> 12:00  <b>Bridge</b> 1-4 <b>Sewing Circle</b> 1-3 <b>Dance for Health</b> 4-5	<b>15</b> <b>Bone Builders</b> 9:30-10:30 <b>Circuit Works</b> 10:45-11:45 <b>Lunch</b> 12:00 <b>BINGO BLAST!</b> 12:30 <b>Line Dance</b> 12-1 <b>Dominoes</b> 1 :00 <b>Tai Chi Prac.</b> 1:30-3 <b>Creative Writing</b> 3-4:30 <b>Quit Smoking</b> 5-6	<b>16</b> <b>Yoga</b> 8:30-9:45 <b>Better Balance</b> 10-11 <b>Lunch</b> 12:00  <b>Great Courses</b> <b>Am. Civil War</b> <b>1:30-3:00</b>  <b>SUN 73</b> 5:15- 5:45 <b>Yang 24 Tai Chi –</b> 5:45-6:45	<b>17</b> <b>Bone Builders</b> 9:30-10:30 <b>Tai Chi Practice</b> 10:45-11:30  <b>Sea Glass &amp;Silver</b> <b>Jewelry Workshop</b> <b>1:00-2:30</b>  <b>Beg. Tai Chi</b> 1:15-2:00 <b>Ukulele Club</b> 6:00 -8:30	<b>18</b> <b>Coffee Hour</b> 9:00-11:00 <b>Better Balance</b> 10:00-11:00 <b>Mah Jong</b> 9:30-12:00 <b>Scrabble</b> 11:00 <b>Genealogy</b> 1:00  <b>Ballroom Dance</b> 7:30-8:30	<b>19</b>
<b>20</b>	<b>21</b> <b>Better Balance</b> <b>10-11</b> <b>SASH</b> 11:00 <b>Lunch</b> 12:00  <b>Bridge</b> 1-4 <b>Sewing Circle</b> 1-3 <b>Dance for Health</b> 4-5	<b>22</b> <b>Bone Builders</b> 9:30-10:30 <b>Circuit Works</b> 10:45-11:45 <b>Lunch</b> 12:00 <b>Line Dance</b> 12-1 <b>Dominoes</b> 1 :00 <b>Tai Chi Prac.</b> 1:30-3 <b>Creative Writing</b> 3-4:30 <b>Quit Smoking</b> 5-6	<b>23</b> <b>Yoga</b> 8:30-9:45 <b>Better Balance</b> 10-11 <b>BirthDay Lunch</b> 12:00 <b>Blood Pressure Check</b> <b>Great Courses</b> <b>Am. Civil War</b> <b>1:30-3:00</b>  <b>SUN 73</b> 5:15- 5:45 <b>Yang 24 Tai Chi –</b> 5:45-6:45	<b>24</b> <b>Bone Builders</b> 9:30-10:30 <b>Tai Chi Practice</b> 10:45-11:30  <b>Beginner Tai Chi</b> 1:15-2:00	<b>25</b> <b>Coffee Hour</b> 9:00-11:00 <b>Java &amp; Jazz</b> <b>“Name That Tune”</b> 11:00-11:45  <b>Better Balance</b> 10:00-11:00 <b>Mah Jong</b> 9:30-12:00 <b>Scrabble</b> 11:00 <b>Ballroom Dance</b> 7:30-8:30	<b>26</b>
<b>27</b>	<b>28</b> <b>Better Balance</b> <b>10-11</b> <b>Lunch</b> 12:00  <b>Bridge</b> 1-4 <b>Sewing Circle</b> 1-3 <b>Dance for Health</b> 4-5	<b>29</b> <b>Bone Builders</b> 9:30-10:30 <b>Circuit Works</b> 10:45-11:45 <b>Lunch</b> 12:00 <b>Line Dance</b> 12-1 <b>Dominoes</b> 1 :00 <b>Tai Chi Prac.</b> 1:30-3 <b>Creative Writing</b> 3-4:30 <b>Quit Smoking</b> 5-6	<b>30</b> <b>Yoga</b> 8:30-9:45 <b>Better Balance</b> 10-11 <b>Lunch</b> 12:00 <b>Great Courses</b> <b>Am. Civil War</b> <b>1:30-3:00</b>  <b>SUN 73</b> 5:15- 5:45 <b>Yang 24 Tai Chi –</b> 5:45-6:45	<b>31</b> <b>Bone Builders</b> 9:30-10:30 <b>Tai Chi Practice</b> 10:45-11:30  <b>Beginner Tai Chi</b> 1:15-2:00		

# CCC January 2019 Menu

	<p>1</p> <p><b><u>CENTER CLOSED</u></b></p> <p><b><u>NO MEALS SERVED</u></b></p>	<p>2</p> <p>Sweet-n-Sour Beef Steak Vegetable Rice Pilaf Garden Vegetables Wheat Bread Mandarin Oranges</p>
<p>7</p> <p>Chopped Steak Brown Sauce Mashed Potatoes Baby Carrots Wheat Bread Apple Cake</p>	<p>8</p> <p>Chicken Stew Broccoli Biscuit Tropical Fruit Salad</p>	<p>9</p> <p>Roast Pork w/Sauce Mashed Cauliflower Whole Harvard Beets Wheat Rolls Pear Crisp</p>
<p>14</p> <p>Oven Fried Ranch Chicken Breast Diced Potatoes Peas &amp; Carrots Wheat Bread Clementine</p>	<p>15 <b>BINGO BLAST</b></p> <p>Roast Turkey Gravy Mashed Potatoes Winter Squash Wheat Dinner Roll Pumpkin Pudding</p>	<p>16</p> <p>Baked Cheese Lasagna Rollettes w/Marinara Sauce Spinach Wheat Bread Pineapple Chunks</p>
<p>21</p> <p>Roast Pork w/Sauce Cabbage &amp; Carrots Boiled Potatoes Wheat Bread Pumpkin Cake</p>	<p>22</p> <p>Chicken-n-Biscuit Broccoli Florets Mixed Beans Pineapple Upside Down Cake w/Cream</p>	<p>23 <b>BIRTHDAY LUNCH</b></p> <p>Thick Sliced Homestyle Pot Roast w/Homestyle Gravy Potatoes w/Parsley Mixed Vegetables Dinner Roll Birthday Cake</p>
<p>28</p> <p>Baked American Goulash w/Cavatappi Parmesan Cheese Brussel Sprouts Wheat Bread Peaches</p>	<p>29</p> <p>Chicken Cordon Bleu w/White Sauce Mashed Yams Green Beans Wheat Dinner Roll Apple</p>	<p>30</p> <p>Pot Roast w/brown sauce Mashed Potatoes Whole Beets Wheat Dinner Roll Fruit Crisp w/cream</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!