

Castleton Community Center  
February 2019 Newsletter



## **Ice Dyed Silk Scarf Workshop-Tues. Feb 12**

Courtney Allenson, Engagement Director at The Residence at Otter Creek in Middlebury, will provide an exciting and novel workshop as part of a Lunch and Learn event Tues. Feb 12 at the Community Center. Ice Dyeing is a unique dye process where the fabric is covered in ice cubes and dye is applied to the ice. As the melting ice turns to liquid, dye is dispersed in organic swirls, making each piece a unique and beautiful piece of art! Courtney will provide the instruction and all the materials. The workshop will start at 11:00 with an intro, then a “how to” followed by the dyeing process. At 12:00 lunch will be served while the colorful scarves hang to dry. Participants will be able to take the scarves home with them after lunch. If you want to do the ice dye workshop, there is a registration fee of \$6 which covers the cost of the workshop and lunch. The \$6 fee is required at the time of registration and the workshop is limited to 20. If you want to come just for lunch (Lunch & Look!) be sure to make your luncheon reservation by 9:30 Monday Feb 11th. A donation of \$4 is requested for lunch only.

## **2019 Vermont Flower Show**



### **Bus Trip –Saturday, March 2**

The 2019 Vermont Flower Show “Wonder-A Garden Adventure for All Ages” will bring spring to life as our winter draws to a close. The 2019 Vermont Flower Show was chosen by the Vermont Chamber of Commerce as a Top Ten Winter Event to attend! The Vermont Flower Show attracts over 100 vendors related to the horticultural/gardening industry. The show offers educational seminars and workshops, a family room with hands-on activities and entertainment, Food/Flora/Fresh demonstrations, a bookstore, and VT Certified Horticulturists on hand to answer any gardening/landscaping questions. Castleton Community Center will provide transportation to this fantastic journey filled with flowers and fragrance on Saturday, March 2. Leaving 8am returning 5pm. Lunch is on your own. Fee: \$25.00. Supporting and Life members: \$20.00. Registration payment due by February 27th. Space is limited, call the Center to register 468-3093.



## Chinese New Year Celebration Fri. Feb. 8

Join the celebration Friday, February 8<sup>th</sup> from 2:00-4:00 to ring in the **Year of the Pig**. Learn more about this spring festival and about the Chinese traditions of the New Year. There will be refreshments, Tai Chi demonstrations and your lucky fortune.



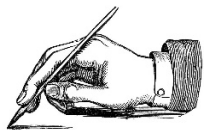
## Learn to Play Guitar – Mondays 11:00-12:00

Beginner guitar lessons will be offered at the Center on Mondays from 11:00–12:00 starting Feb. 4<sup>th</sup>. Learn how to string your guitar, tune it, and play basic cords. For more info call the Center Free.



## Come for Lunch and Bingo Blast!

The January Bingo Blast was great fun. We had 26 folks join us for lunch and Bingo. Don't miss Bingo Blast II on Tuesday February 5<sup>th</sup> featuring Hot Turkey Sandwiches, Mashed Potatoes, Winter Squash, Fruit Cup and Brownies 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. Lunch is at 12:00. The "Bingo Blast" starts immediately after lunch and ends at 1:30. COME FOR GOOD FOOD, FUN & FRIENDSHIP!



## 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.



## **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**

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*



### **La Vie en France**

Learning French can be a great adventure. The Community Center now has a set of the Great Courses CDs entitled, "Learning French-A Rendezvous with French-Speaking Cultures". We are looking for someone with an interest in French language and culture to facilitate the program. Whether you are interested in learning about French-speaking countries or would like to learn the language this course is a great beginning. We need to have a facilitator in order to offer the course. Give JoAnn or Laurie a call if you can help. Merci!



### **Cell Phone Workshop**

### **February 21 at 1:00-3:00**

Toni Lobdell and Cheri Raymond will be at the Center on Thursday, February 21 from 1:00-3:00 to assist with questions on cell phone operation. They can help with WiFi set up, settings, Google, e-mail, texting, save & send photos. Register by calling 468-3093.



## “BE MINE” VALENTINE BASKET RAFFLE

Looking for the perfect Valentine’s Day gift for a special friend? Be sure to get tickets for our Be Mine Valentine Basket Raffle. The basket has 9 different items including: Victoria’s Secret Fragrant Wash and Lotion, Cinnamon Scented Candle & Glass Holder, Heart Shaped “Love” Photo Frame, Heart Patterned Hand Towel, Four Mini Bottles of Finger Nail Polish, Glitter Foam Heart Shapes, Giant Heart Paper Clips, “Be Mine” Glitter Ornament. Tickets are \$1 each or 6 for \$5. Raffle is Wed. Feb. 13.



## 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 February 1 ~ 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, February 1<sup>st</sup>. 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. 30.**



## Genealogy Club

February 15<sup>h</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!



### ***Dues for 2019 are now due***

The Castleton Community Center memberships run January to December. Membership is not required to participate in any of our programs or services, and Newsletters can be picked up at the Community Center. However, to receive your Newsletter at home please send your payment with the form below. Thank you.



### 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.



### 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://www.amazon.com/smile)



FIND US ON THE WEB [www.castletoncsi.org](http://www.castletoncsi.org)  
a special thank you to Denise Nangle for updating our site each month

## 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 February 27.

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

## **Welcome New Members**

Barbara Hemmingway

Bob Argentero

Nancy Krupp

Deborah Wilson

Thomas Fandrick

Lee and Donna Roberts

## **February Birthdays**

Feb 2	Mary Corey
Feb 4	Alex Pritchard
Feb 6	Irene Ashford
Feb 9	Sharon Kendall Maureen Orzell
Feb 10	Vera Mickelboro Joy Sayre
Feb 13	Shirley Rogers
Feb 14	David Ellenbrook
Feb 15	Jim Hornbeck
Feb 16	Frances Sheldrick
Feb 18	Angela Hinchey
Feb 19	Steve Rosmus Elaine Watkins
Feb 21	Wanda McNew
Feb 22	Joan Eckley
Feb 22	Mary Wasserman
Feb 24	Chazz Collette Beth Perkins
Feb 27	Joan Argentero Ed Connolly Richard Danyow

On **Wednesday, February 23** 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, FEBRUARY 22.**



## 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	Feb. 4	Hannaford's/Aldi's / Mall
Week 2	Feb. 11	Price Chopper/Wal-Mart
Week 3	Feb. 18	Shaws/Pruniers
Week 4	Feb. 25	Price Chopper/Wal-Mart



## 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

## WHAT'S HAPPENING AT THE CENTER

### Knitter's Network

The Knitters Network meets the second and fourth Mondays 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.

**Learn to Knit** Members of the Knitters Network will be on hand to help people learn how to knit or crochet every Thursday from 9:30 to 11:00. All are welcome to join in on these lessons whether you want to learn as a beginner or just need a review.

## **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.



**Osher Lifelong Learning Institute**

**Winter Series: What Happened, Its Impact and the Lessons Learned**

**Feb. 1 – The Voyage of St. Louis and the American Immigration Policy- C. Paul Vincent, Ph.D**

**Feb. 8 – “Awful, Awful”: The Spanish Flu of 1918-1919 – Michael Sherman, Historian**

**Feb. 15 – Hot Time in the Old Town: The Great New York Heat Wave of 1896 – Edward “Ted” Kohn, Ph.D**

**Feb. 22 – “The Better Sort of People”: Eugenics, Charity, and the Progressive Movement in Vermont – Julia Purdy, Writer**

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 446-2041. Purchase of a \$40 membership card entitles you to attend all twelve sessions during the winter 2014 term. Non-members may pay \$5 at the door for each session.

# February 2019 Calendar of Events

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
					<b>1</b> Coffee Hour 9:00-11:00 <b>Better Balance</b> 10:00-11:00 <b>Mah Jong</b> 9:30-12:00 <b>Game Day 12-2:30</b>  <b>Ballroom Dance</b> 7:30-8:30	<b>2</b>
<b>3</b>	<b>4</b> <b>Better Balance</b> 10-11 <b>Beginner Guitar</b> 11:00-12:00 <b>LUNCH</b> 12:00 <b>Bridge</b> 1-4 <b>Sewing Circle</b> 1-3 <b>Dance for Health</b> 4-5	<b>5</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>BINGO BLAST!</b> 12:30 <b>Dominoes</b> 1 :00 <b>Tai Chi Prac.</b> 1:30-3 <b>Creative Writing</b> 3:00-4:30 <b>Quit Smoking</b> 5-6	<b>6</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>7</b> <b>Bone Builders</b> 9:30-10:30 <b>Learn to Knit</b> 9:30-11:00 <b>Tai Chi Practice</b> 10:45-11:30 <b>Beginner Tai Chi</b> 1:15-2:00 <b>Ukulele Club</b> 6:00 -8:30	<b>8</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>Chinese New Year</b> <b>Celebration</b> 2:00-4:00 <b>Ballroom Dance</b> 7:30-8:30	<b>9</b>
<b>10</b>	<b>11</b> <b>Better Balance</b> 10-11 <b>Beginner Guitar</b> 11:00-12:00 <b>Knitters Network</b> 10:00-11:00 <b>LUNCH</b> 12:00 <b>Bridge</b> 1-4 <b>Sewing Circle</b> 1-3 <b>Dance for Health</b> 4-5	<b>12</b> <b>Bone Builders</b> 9:30-10:30 <b>Ice Dyed Silk Scarf</b> <b>Workshop</b> 11:00 <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>13</b> <b>Yoga</b> 8:30-9:45 <b>Better Balance</b> 10-11 <b>LUNCH</b> 12:00 <b>Valentine Basket Raffle</b>  <b>NO-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	<div style="text-align: center;"></div> <b>14</b> <b>HAPPY VALENTINES</b> <b>DAY</b>  <b>Bone Builders</b> 9:30-10:30 <b>Learn to Knit</b> 9:30-11:00 <b>Tai Chi Practice</b> 10:45-11:30 <b>Beg. Tai Chi</b> 1:15-2:00	<b>15</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>16</b>
<b>17</b>	<b>18</b> <b>Better Balance</b> 10-11 <b>Beginner Guitar</b> 11:00-12:00 <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>19</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>20</b> <b>Yoga</b> 8:30-9:45 <b>Better Balance</b> 10-11 <b>LUNCH</b> 12:00  <b>NO- 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>21</b> <b>Bone Builders</b> 9:30-10:30 <b>Learn to Knit</b> 9:30-11:00 <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>Ukulele Club</b>  6:00 -8:30	<b>22</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>23</b>
<b>24</b>	<b>25</b> <b>Better Balance</b> 10-11 <b>Knitters Network</b> 10:00-11:00 <b>Beginner Guitar</b> 11:00-12:00 <b>LUNCH</b> 12:00 <b>Bridge</b> 1-4 <b>Sewing Circle</b> 1-3 <b>Dance for Health</b> 4-5	<b>26</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>27</b> <b>Yoga</b> 8:30-9:45 <b>Better Balance</b> 10-11 <b>Blood Pressure Check</b> 11:30 <b>BIRTHDAY 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>28</b> <b>Bone Builders</b> 9:30-10:30 <b>Learn to Knit</b> 9:30-11:00 <b>Tai Chi Practice</b> 10:45-11:30  <b>Beginner Tai Chi</b> 1:15-2:00		<b>March 2</b>  <b>VT.</b> <b>Flower</b> <b>Show</b> <b>Bus</b> <b>Trip</b>

# CCC February 2019 Menu

<p>4 Sliced Pot Roast Yankee Gravy Home Fries Carrots &amp; Cabbage Wheat Dinner Roll Apple Cobbler</p>	<p>5 <b>* BINGO BLAST*</b> Hot Turkey Sandwich w/Gravy on Wheat Bread Mashed Potatoes Winter Squash Fruit Cocktail</p>	<p>6 Chicken Marsala Mushroom Sauce Mashed Cauliflower Italian Green Beans Wheat Dinner Roll Pineapple Upside Down Cake/Cream</p>
<p>11 Beef Stew Brussel Sprouts Biscuit Applesauce</p>	<p>12 <b>*LUNCH &amp; LEARN*</b> Stuffed Chicken Breast w/Ham &amp; Cheese Stuffing Mashed Potatoes Baby Whole Beets Wheat Dinner Roll Strawberry Yogurt Cake</p>	<p>13 Vegetable Quiche Winter Mixed Vegetables Wheat Dinner Roll Peaches</p>
<p>18 Turkey Divan w/cheddar Mashed Potatoes Beets w/Orange Sauce Dinner Roll Sugar Bar w/Craisins</p>	<p>19 Beef Steak w/Brown Sauce Mashed Potatoes Peas &amp; Carrots Wheat Bread Sliced Apple Cake w/Cream</p>	<p>20 Chicken-n-Biscuit Mashed Cauliflower Spinach Orange</p>
<p>25 Swedish Meatballs w/ Mushroom sauce Rotini Noodles Mashed Yams Green Beans Wheat Dinner Roll Pears</p>	<p>26 Turkey Burger w/Vegetables Vegetable Gravy Diced Potatoes Baby Carrots Wheat Roll Pumpkin Pudding w/Cream</p>	<p>27 <b>*BIRTHDAY LUNCH*</b> Beef Burgundy w/ Burgundy wine sauce Rice Pilaf w/Vegetables and wild rice Broccoli Normandy Wheat Bread Birthday Cake</p>
<p>1% milk is served with all meals.</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!