



Castleton Community Center March 2019 Newsletter



EVERY VOTE COUNTS

Town meeting is fast approaching (Tuesday March 5th) and WE NEED YOU to get out and vote. The Castleton Community Center relies heavily on the support it receives from the Towns of Castleton, Fair Haven and Hubbardton. These funds are essential to providing transportation and meals for seniors and the disabled and they help maintain the Center's programs and services for the community. Last year we provided over 1,200 meals to seniors from Castleton, Fair Haven, and Hubbardton. In addition, the Community Center bus provided over 2,800 rides for doctor's appointments, senior meals, nursing home visits, therapy, wellness classes and essential food shopping, allowing seniors to remain independent and reduce isolation.

Many other programs and services at the Center provide educational and social opportunities for seniors and other members of the community. Life-long learning opportunities as well as health and fitness programs improve the quality of life for residents of our community.

PLEASE REMEMBER TO SUPPORT THE CASTLETON COMMUNITY CENTER WITH YOUR VOTE ON TUESDAY, MARCH 5th! If you need a ride to the polls call The Center at 468-3093.



BINGO & BURGERS!!!

Don't miss Bingo & Burgers on Tuesday March 12th featuring Beef & Cheddar Burgers, Baked Beans, Veggies and Dessert followed by a fun assortment of Bingo games with **PRIZES FOR THE WINNERS OF EACH GAME!** 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. Lunch is at 12:00. Bingo starts immediately after lunch and ends at 2:00. **COME FOR GOOD FOOD, FUN & FRIENDSHIP!**



Drawing Celtic Knots March 14th ~ 2:00-3:00

De-stress in a Stressful World

Could you benefit from a bit of de-stressing? Would you enjoy learning an ancient art form that can help you do just that, and without you needing any particular artistic ability? If so, here it is. The process of drawing Celtic Knots with their intricate repetitive patterns demands a strong mental focus that helps eliminate extraneous mind chatter. This single-minded absorption into an activity can promote a sense of physical and psychological well-being. And as an added benefit, once you understand how to draw even a few basic Celtic Knots you can go from there to create all kinds of interesting designs, borders, and works of art. Come join us in this workshop led by Janis Kelleher-Dawsey where we will explore this fascinating aspect of Celtic Art. Space is limited. Preregistration is required. The \$2 fee for supplies is due at registration.

How to Combat Isolation



Lynn Tucker, from the Rutland Sheriff's Department, will be at the Castleton Community Center on Monday, March 18th, at 11:30am to present **'How to Combat Isolation'** Lynn will discuss ways you can interact with others, meet people and create new friendships. Come join Lynn, and if you know anyone who can benefit from this program, please share this with them. 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.



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



Lunch and Learn

GUARDIAN ad LITEM – March 5th -12:30

Become a volunteer child advocate! This one hour presentation by Kristi Theise, Regional Coordinator for the Vermont Guardian ad Litem Program will provide information about the critical role the Guardian ad Litem (GAL) Volunteer plays in Vermont's child welfare system. Guardian ad Litem are trained, court appointed, community volunteers who advocate for the best interests of a child. These are children who become involved in the court system through no fault of their own. They are the silent witnesses to a parent's substance use, domestic violence, or a caregiver's struggles with mental health. These children deserve a compassionate and consistent adult in their lives. Come learn more and see if this volunteer role would be a good fit for you! *Why not join us for lunch before the program! The menu includes pork tenderloin, mashed potatoes, veggies and apple crisp. Suggested donation \$4. Luncheon reservations must be made by 9:30 Monday, March 4th.*



Vermont Comforts of Home Program

March 12th -10:30-11:30

The 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. Their experience has shown that most individuals can continue to live in a home environment with appropriate care. Learn more about this service on Tuesday March 12th, 10:30-11:30 at the Center. *Consider joining us for lunch after the program. Suggested luncheon donation \$4. Luncheon reservations must be made by 9:30 Monday, March 11th.*



CarePlus Program – Tuesday March 19th – 12:30

The CarePlus program is dependable private duty care through VNA & Hospice of the Southwest Region. This program offers personal assistance that empowers individuals to age or recover from injury or illness, where they are most comfortable – at home. Joyce Humphrey will be at the Center on March 19 at 12:30 to explain the services offered through CarePlus. *Consider joining us for lunch before the program. Suggested luncheon donation \$4. Luncheon reservations must be made by 9:30 Monday, March 18th.*



Cell Phone Workshop

Thursday March 28 1:00-3:00

Toni Lobdell and Cheri Raymond will be at the Center on Thursday March 28 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.



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. 4th. Learn how to string your guitar, tune it, and play basic cords. For more info call the Center FREE.



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 or 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 March 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, March 1st. 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, Feb. 27.**



Genealogy Club

March 15th 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.

This month, we will be helping each other move forward in their search. Bring your laptops, iPads, or smart phones and any information you have collected up to this point.



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 stop by the Center with your payment or call for information about membership. 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



FIND US ON THE WEB 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 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

No classes during March due to illness.



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 Advanced 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**

**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 - Monday 5:15-5:45pm

Yang 24 Instruction – Monday 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

Henry & Shirley Burton

Karen & Dennis Bault

Dixie & Bob Miller

Barbara Rowe

Daria Durling

Delores Park

Sue & Joe Monaco

March Birthdays

March 1 Robert Close

March 2 Bonnie Hayes

Almira Ludden

March 3 Ellen Vrana

March 5 Charles Brown

Deb Larson

March 6 Nancy Baird

Roberta Sargent

March 8	Carla Hornbeck
March 12	Calvin Sheldrick
March 13	Anne Holland
	Mary Maloy
	Doris Peterson
March 14	Jean Close
	Carol Lyle
March 15	Delores Stokes
March 16	Shirley Poalino
March 17	Sandy Mayo
March 18	Mary Brown
March 19	Ginny Parker
March 20	Sandra Wall
March 21	Ed Pritchard
	Judy Uline
March 22	Ruby Bisson
March 23	Alois Mayer
March 24	Lindsey Hartshorn
	Rosemary Rinder
March 25	Lester Burlison
	Lois Day
March 26	Steve Bender
	Debbie Bethel
	Robin Jones
	Scott Lobdell
March 27	Davene Brown
March 30	Beth Savage
	Joe Szabo
March 31	Debra Lynch

On **Wednesday, March 27th** 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, MARCH 25TH.**

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



Osher Lifelong Learning Institute

Winter Series: Thinking about Your Well-being

March 8 – Seasonal Affective Disorder: Symptoms, Causes, Treatments and New Research on Cognitive-Behavioral Therapy; Dr Kelly Rohan

March 15 –The Ethics of Eating; Tyler Doggett

March 22 – Everything You Wanted to Know About Medical Marijuana But Were Afraid to Ask

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.

CCC March 2019 Menu

<p>4 Diced Beef w/Potatoes Sliced Carrots Biscuit Fruit</p>	<p>5 Pork Tenderpress w/White Sauce Mashed Red Potatoes Green Beans Wheat Bread Apple Crisp w/Cream</p>	<p>6 Cheese Rollette w/Mozzarella, w/Ricotta, Provolone & Asiago Cheese & Marinara Baby Carrots Wheat Roll Fruited Jello w/Cream</p>
<p>11 Stuffed Chicken w/ham & Cheddar Mashed Red Potatoes, French Green Beans Wheat Dinner Roll Sugar Cookie</p>	<p>12 BINGO & BURGERS Beef & Cheddar Burger Baked Beans Sliced Carrots Wheat Roll Cantaloupe</p>	<p>13 Clam & Fish Chowder Crackers Winter Mixed Vegetables Wheat Dinner Roll Apricots</p>
<p>18 Sweet-n-Sour Meatballs, Broccoli Florets Spanish Rice & Black Beans Wheat Bread Applesauce</p>	<p>19 Chicken Parmesan Linguine w/Sauce Brussel Sprouts Wheat Bread Fruit Cocktail</p>	<p>20 Shrimp & Veg. Chow Mein Brown Rice Pilaf Oriental Vegetables Chow Mein Noodles Tapioca Pudding with Mandarin Oranges</p>
<p>25 Roast Turkey Cranberry Apple Gravy Mashed Potatoes Baby Whole Carrots Wheat Dinner Roll Pineapple Tidbits</p>	<p>26 Roast Pork w/Sauce Mashed Potatoes California Blend Vegetables Wheat Dinner Roll Oatmeal Raisin Cookies</p>	<p>27 BIRTHDAY LUNCH Chicken Breast w/peppers, onions & mushrooms Home Fries Bahama blend vegetables 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!