



Castleton Community Center April 2019 Newsletter



GIVE BACK WHERE IT COUNTS

We have some great news!

We have been chosen by the Shaw's store in Fair Haven as the latest non-profit to benefit from the **GIVE BACK WHERE IT COUNTS** Bag Program. This means that for the entire month of **APRIL**, the **CASTLETON COMMUNITY CENTER** will receive a \$1 donation every time the **GIVE BACK WHERE IT COUNTS** Bag is sold, *unless otherwise directed by the customer through the Giving Tag*. All you have to do to support the **CASTLETON COMMUNITY CENTER** is go to Shaw's in **FAIR HAVEN** throughout the month of **APRIL** and purchase a bag! Thank you for your support.



SAVE THE DATE!

2019 CCC Golf Outing

in Support of our Elderly & Disabled Transportation Program

Friday June 28

Registration & sponsor forms available on our website www.castletoncsi.org



HOT TURKEY BINGO BLAST!

Don't miss Lunch and Bingo Blast on Tuesday April 30th featuring Hot Turkey Sandwiches with mashed potatoes, veggies and dessert followed by a fun assortment of Bingo games. Neat PRIZES FOR THE WINNERS OF EACH GAME and a special prize for the cover all! Your 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! Reservations needed by 9am Mon. April 29th.



Silver and Pearl Necklace -Tues Apr.9

Courtney Allenson and Suzanne Bennett from the Residence at Otter Creek are back with another SUPER craft workshop as part of a Lunch and Learn event on Tuesday, April 9th. Spring into sunny days with this sweet handmade necklace. Participants will use pearls and soft silver wire to create a nest full of eggs. So easy and beautiful we hope you'll make two – one to wear and one to give away. The lunch is Chicken & Biscuits with veggies and apple cake. Workshop intro is 11:45, lunch is at noon and the workshop follows at 12:45. Thanks to a generous donation of supplies by the Residence at Otter Creek, the lunch and learn is only \$6. The workshop is limited to the first 20 registrants. Lunch only is \$4. Lunch only reservations are needed by 9am Monday April 8th.



World Tai Chi & Qigong Day – April 27

The Castleton Community Center will be joining people from all over the state at Shelburne Farms for World Tai Chi Day. The annual April event is open to the general public, and begins in the earliest time zones of Samoa at 10 am, and then participants across Oceania, Asia, Africa, Europe, North America, and South America take part, with celebrations in eighty nations and several hundred cities, ending with the final events in the last time zones of Hawaii almost an entire day later. Celebrations include mass t'ai chi ch'uan and qigong exhibitions in many cities, and free classes in most participating cities. We will leave the Center at 8:15, people are encourage to walk the grounds after the event and we will stop for lunch before returning home. Register at the front desk. There is no fee for the event, but a donation for the bus would be appreciated.



SPRING CLEANING???

REMEMBER -TOWN WIDE YARD SALE

Saturday June 22nd is the 12th Annual Castleton Town Wide Yard Sale. Both indoor and outdoor vendor spaces are selling fast. Let us know if you want to reserve a space or be listed on our “at home” yard sale map. Registration and information forms are available at the Center or on our website www.castletoncsi.org



Rutland Master Gardeners at the Center!

Monday April 15 7:00 to 8:00 PM

The Rutland Master Gardeners are pleased to host Jan Johnsen, Gardening and Landscape Designer and author of “Spirit of Stone” and “Heaven is a Garden” on Monday, April 15 at the Community Center. She will be launching her new book “Gardentopia: Design Basics for Creating Beautiful Outdoor Spaces.” This inspiring presentation will have you seeing all the possibilities your garden area offers. Her plant list will be included. Book signing to follow! Please join us at the Community Center on April 15 at 7 p.m. It’s free!



Weapons of Fraud - Sat April 27

Fair Haven Public Library, in cooperation with AARP Vermont’s Fraud Watch Network is hosting an educational seminar on fraud and scams at 1:00 pm Sat. April 27th at the library. The Weapons of Fraud provides a view of current scams and fraud, explaining the psychology involved and presenting helpful tips on staying out of the grip of con artists.

The featured presenter is Elliott Greenblott, AARP Vermont Fraud Watch Network Coordinator and columnist to several New England newspapers. This program has been seen by hundreds of Vermonters over the past year. According to Greenblott, “Consumer fraud of every type is on the increase. From the imposters claiming to be I.R.S. Agents to the computer tech support scams, to the bulk-mailed contests, there has been a dramatic rise in the number of attempts to defraud the public.” The presentation provides clear examples of scams and concrete protection steps for all ages. “We are seeing scams perpetrated across the age spectrum. Even newborn infants are being targeted for identity theft via stolen Social Security numbers,” stated Greenblott. “Our program provides free information and resources including a national hotline to assist people who feel they may have become victims.” The program is free, does not require preregistration, and is appropriate for all ages. Refreshments will be served.



SASH Program - The Power of Positive Thinking

Lynn Tucker, Community Relations Coordinator, from the Rutland County Sheriff's Department, will be at the Castleton Community Center on Monday, April 22nd, at 11:30am to present **'Positive Thinking'** Lynn will discuss the impact of your thoughts and attitudes on the quality of your life. She will discuss how positive thinking effects your relationships, as well as your daily activities. 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.



Pot Luck Supper- Friday April 26

Join in the festivities at the Center on Friday, April 26th for Pot Luck Supper. Our guest chef Mary Alcantara will be preparing a delicious entree of Swedish Meatballs with Noodles and Sour Cream. Mary has been cooking for many years at local restaurants including the Fair Haven Inn, Lake St. Catherine Country Club and presently at Dorset Café. Our very special entertainment for the evening will be **"The Vermont Civil War Songbook"** featuring Linda Radtke, a presenter with the Vermont Humanities Council Speakers Bureau. Dressed in period costume and joined by pianist Arthur Zorn, Linda shares songs popular in Vermont during the Civil War as well as letters from local soldiers, dedicating songs to those from the area who served. Dinner begins at 6:00pm. Bring along a side dish, salad, or dessert...and a friend! A \$2.00 donation is requested. CALL THE CENTER NO LATER THAN WED NOON (APRIL 24TH) TO RESERVE A SEAT.



Spring Clean-Up Day Sat. April 27

The Castleton University Upward Bound program has scheduled their annual community Spring Clean Up Day for Saturday morning April 27^h. The Community Center has been fortunate to have this great group of students from area high schools along with their CU coordinators help each spring to "wipe away winter" and get us ready for spring and summer activities. Many hands make for light work-so please join us if you can.



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



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. Must have your own guitar. 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 April 5 ~ 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, April 5th. 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, April 3rd.**



Genealogy Club

April 19th 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. Bring your laptop for searching your family history.



GARDEN HELPERS NEEDED

We need help in our garden!! We have 16 beautiful raised garden beds and would love to have each one receive TLC from one of our members. The garden produces fresh produce for our senior meal salads and a bountiful harvest for fresh fall veggies. Garden team members can share in the harvest themselves. We'll provide the seeds or plants and just ask that team members check their special "4' X8' plot" once a week for weeds, thinning and harvesting. Please add your name to one of the Garden Groupie signup sheets at the Center entrances.



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.



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.



Commit to Quit! Tobacco Cessation will not meet during the month of April.

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 with Instructor Maryann Ligouri. **FREE**



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**

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

Dianne Celia

Dan and Jane Dougherty

April Birthdays

April 1	Lillian Hamblin Bud Phelps
April 3	Karelia Melendi Lional Melendi Carole Wirth
April 9	Patricia Graziano
April 11	Isabelle Tolnes
April 13	Anita Larson Gary Malkin
April 15	Jeanne Ladd
April 17	Diane Baker Karen Close Bruce Holt
April 21	Kelly Ramson
April 23	Harriet Ranson
April 27	Jerry Lockwood
April 28	Rose Knepper Pamelia Tatro

On **Wednesday, April 24th** 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, APRIL 23RD.**

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	April 1	Hannaford's/Aldi's / Mall
Week 2	April 8	Price Chopper/Wal-Mart
Week 3	April 15	Shaws/Pruniers
Week 4	April 22	Price Chopper/Wal-Mart
Week 5	April 29	Shaws/Pruniers

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.

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.

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

Osher Lifelong Learning Institute

Variety Series:

March 29 – Truth, Propaganda, and Media in the Age of Trump; David Goodman

April 5 – The Basics of Acupuncture; Dr. Dalite Sanic

April 12 – Woof! What's the Dog Saying; Deb Helfrich

April 19 – What Americans Should Know About Africa; Peter VonDoepp

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.

April 2019 Calendar of Events

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	1 Better Balance 10-11 Beginner Guitar 11:00-12:00 LUNCH 12:00 Bridge 1-4 Sewing Circle 1-3 Dance for Health 4-5 SUN 73 5:15- 5:45 Yang 24 Tai Chi – 5:45-6:45	2 Bone Builders 9:30-10:30 Circuit Works 10:45-11:45 LUNCH 12:00 Line Dance 12-1:00 Dominoes 1 :00 Tai Chi Prac. 1:30-3 Creative Writing 3:00-4:30	3 Yoga 8:30-9:45 Better Balance 10-11 LUNCH 12:00 Great Courses Am. Civil War 1:30-3:00	4 Bone Builders 9:30-10:30 Learn to Knit 9:30-11:00 Tai Chi Practice 10:45-11:30 Adv. Beg. Tai Chi 1:15-2:00 Ukulele Club 6:00 -8:30	5 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	6
7	8 Better Balance 10-11 Beginner Guitar 11:00-12:00 Knitters Network 10:00-11:00 LUNCH 12:00 Bridge 1-4 Sewing Circle 1-3 NO Dance for Health NO SUN or Yang 24 Tai Chi –	9 Bone Builders 9:30-10:30 Circuit Works 10:45-11:45 LUNCH & LEARN Silver & Pearl Necklace 12:00 Line Dane 12-1:00 Dominoes 1 :00 Tai Chi Prac. 1:30-3 Creative Writing 3:00-4:30	10 Yoga 8:30-9:45 Better Balance 10-11 LUNCH 12:00 Great Courses Am. Civil War 1:30-3:00	11 Bone Builders 9:30-10:30 Learn to Knit 9:30-11:00 Tai Chi Practice 10:45-11:30 Adv. Beg. Tai Chi 1:15-2:00	12 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	13
14	15 Better Balance 10-11 Beginner Guitar 11:00-12:00 LUNCH 12:00 Bridge 1-4 Sewing Circle 1-3 Dance for Health 4-5 SUN 73 5:15- 5:45 Yang 24 Tai Chi – 5:45-6:45 Master Gardeners 7-8pm	16 Bone Builders 9:30-10:30 Circuit Works 10:45-11:45 LUNCH 12:00 Line Dance 12-1:00 BINGO BLAST! 12:30 Dominoes 1 :00 Tai Chi Prac.1:30-3 Creative Writing 3-4:30	17 Yoga 8:30-9:45 Better Balance 10-11 LUNCH 12:00 Great Courses Am. Civil War 1:30-3:00	18 Bone Builders 9:30-10:30 Learn to Knit 9:30-11:00 Tai Chi Practice 10:45-11:30 Adv. Beg. Tai Chi 1:15-2:00 Ukulele Club 6:00 -8:30	19 Coffee Hour 9:00-11:00 Better Balance 10:00-11:00 Mah Jong 9:30-12:00 Scrabble 11:00 Genealogy 1:00 Ballroom Dance 7:30-8:30	20
21 Happy Easter 	22 Better Balance 10-11 Knitters Network 10:00-11:00 Beginner Guitar 11:00-12:00 SASH-Positive Thinking11:30 LUNCH 12:00 Bridge 1-4 Sewing Circle 1-3 Dance for Health 4-5 SUN 73 5:15- 5:45 Yang 24- 5:45-6:45	23 Bone Builders 9:30-10:30 Circuit Works 10:45-11:45 LUNCH 12:00 Line Dance 12-1:00 Dominoes 1 :00 Tai Chi Prac.1:30-3 Creative Writing 3-4:30	24 Yoga 8:30-9:45 Better Balance 10-11 BIRTHDAY LUNCH 12:00 Great Courses Am. Civil War 1:30-3:00	25 Bone Builders 9:30-10:30 Learn to Knit 9:30-11:00 Tai Chi Practice 10:45-11:30 Adv. Beg. Tai Chi 1:15-2:00	26 Coffee Hour 9:00-11:00 Better Balance 10:00-11:00 Mah Jong 9:30-12:00 Scrabble 11:00 POT LUCK SUPPER 6:00 Ballroom Dance 7:30-8:30	27 Spring Clean Up Day  World Tai Chi Day Weapons Of Fraud FH Library 1:00
28	29 Better Balance 10-11 Beginner Guitar 11:00-12:00 LUNCH 12:00 Bridge 1-4 Sewing Circle 1-3 Dance for Health 4-5 SUN 73 5:15- 5:45 Yang 24 5:45-6:45	30 Bone Builders 9:30-10:30 Circuit Works 10:45-11:45 LUNCH 12:00 BINGOBLAST Line Dance 12-1:00 Dominoes 1 :00 Tai Chi Prac.1:30-3 Creative Writing 3-4:30				

CCC April 2019 Menu

1 Yankee Pot Roast w/ Vegetable Gravy Mashed Potato Whole Beets Wheat Roll White Chocolate Craisin Bar	2 Shepherd's Pie w/Corn Cut Green Beans Wheat Dinner Roll Diced Pears	3 Lasagna Rollette w/ Marinara Sauce Garden Peas Wheat Bread Mandarin Oranges w/Cream
8 Meatball Stroganoff w/ Sour Cream & Mushrooms Diced Potatoes Italian Green Beans Corn Bread Muffin Fruit Medley	9 Chicken & Biscuit Diced Carrots Broccoli Florets Apple Cake w/Confectioner's Sugar	10 Vegetable Pie Rice Pilaf Brussel Sprouts Wheat Bread Tapioca Pudding w/Peaches & Cream
15 Chicken Fingers w/Sauce Carrots Rice w/Vegetables & Black Beans Wheat Bread Pineapple Chunks	16 BBQ Pork Loin Mashed Potatoes Broccoli Floret's Biscuit Apricots	17 Baked Penne Pasta w/Mozzarella Cheese Succotash Wheat Bread Baked Sliced Apples w/Cinnamon
22 Sweet-n-Sour Pork Cut Fettuccini Green Beans Wheat Bread Pineapple Tidbits	23 Cheese Ravioli w/Meat Sauce Parmesan Cheese Broccoli Florets Wheat Bread Peaches	24 Birthday Lunch Chicken Tarragon Vegetable Rice Pilaf Peas & Carrots Salad Wheat Bread <u>BIRTHDAY CAKE</u>
29 Meatloaf/Brown Sauce Garlic Home Fries French Green Beans Whole Wheat Bread Melon	30 Bingo Blast! Hot Turkey Sandwich w/gravy Mashed Potatoes Zucchini White Bread Pumpkin Cookie	

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!