

## Castleton Community Center May 2019 Newsletter



### SHOPPING SPREE RAFFLE- 4 CHANCESTO WIN!!!!

Be sure to get your tickets for the Community Center's Annual Shopping Spree Raffle with four chances to win. Prizes include: Hannafords \$100 gift card, WalMart \$50 gift card, Price Chopper \$50 gift card and Shaws \$50 gift card. All proceeds from the raffle will help support our Elderly and Disabled Transportation Program. The drawing will be held Wednesday June 27 just in time for the July 4th holiday weekend. Ticket order forms will be in the May and June Newsletters or stop by the Center.



### Who's Your Person? What's Your Plan?

#### Advance Care Planning Presentation & Discussion

**Tuesday, May 21, 2019 – 12:45–2:15 p.m.**

Have you done your advance directive yet? Well, it always seems too early until it's too late. Come learn about advance care planning and leave motivated to do your advance directive! Join us for a free Advance Care Planning (ACP) presentation and discussion. ACP is a process to help a person in advance of injury, serious illness, or catastrophic event to think about and plan for future medical decisions should they become unable to speak for themselves. **Does your family and your doctor know what matters most to you?** Learn how to make choices that best align with your values. It's the loving thing to do, for you and your loved ones.

This event will be facilitated by Nina J. Thompson, the Community Outreach Coordinator for Vermont Ethics Network.

Advance Directive forms will be provided and the following topics will be addressed:

- What is medical decision-making?
- Why is it important for every adult to complete an advance directive?
- Which advance directive form is right for me?
- Whom should I pick to be my Health Care Agent?
- How do I make decisions now about unknown future medical situations?

- How do I register my advance directive?
- What is a DNR/COLST?

There will be ample time for Q&A at the end of the presentation. A minimum number is required for us to hold this FREE workshop at the Center so please call 468-3093 to register as soon as possible.

*Consider joining us for lunch before the program (Chicken Breast with Sweet & Sour Sauce and Rice Pilaf). Suggested luncheon donation \$4. Luncheon reservations must be made by 9:30 Monday, May 20th.*



## Slate Etching Workshop

**Tuesday May 7 12:30-2:30**

Learn how to etch one-of-a-kind designs in Vermont native slate to make attractive and useful items for yourself or for gifts. Stencils will be available or participants may bring their own designs to transfer to a 6”X6” slate that can be used as a trivet, hot plate or wall plaque. We also have 6”X12” slates that can be used as welcome signs for your front door. Register by calling 468-3093. All material will be provided. Workshop fee is \$8.00. *Consider joining us for lunch before the program. Luncheon reservations must be made by 9:30 Monday, May 6th.*



## SPRING CLEANING???

### REMEMBER -TOWN WIDE YARD SALE

**Saturday June 22nd is the 12<sup>th</sup> 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](http://www.castletoncsi.org)



## Ready-Set-Go!

### National Senior Health and Fitness Day

**Wednesday May 29**

100,000 older adults will participate in activities at more than 1,000 locations throughout the U.S. on **Wednesday, May 29<sup>th</sup>** as we celebrate the 26th annual National Senior Health & Fitness Day. The common goal for this day is to help keep older Americans healthy and

fit. Always held the last Wednesday in May, National Senior Health & Fitness Day is the nation's largest annual health and wellness event for older adults. Come to the Center at 11:00 for a free program featuring Gail Regan, Professor of Health, Human Movement and Sport at Castleton University to discuss the following topics:

**Why is activity important as we age?**

**What type of activity should we be doing?**

**How do we get started?**

*Consider joining us for lunch after the program. Luncheon reservations must be made by 9:30 Tuesday, May 28th.*



## Plant Swap

Friday, May 24 at 11:00

Need to thin out your perennials? Bring plants your extra plants to the Castleton Community Center Friday May 24 by 11:00 to exchange for new plants. The more you bring, the more you can take home. A great way to learn about new plants and to share gardening tips. The exchange will take place on the picnic tables behind the Wellness Center.



**SAVE THE DATE! FRIDAY JUNE 28**

**2019 CCC Golf Outing**

**in Support of our Elderly & Disabled Transportation Program**

Registration & sponsor forms available on our website [www.castletoncsi.org](http://www.castletoncsi.org)



## BINGO BLAST!

Don't miss Lunch and Bingo Blast on Tuesday, **May 14th** featuring a Yummy Salad Buffet with five different salad choices and homemade cookies followed by a fun assortment of Bingo games. We have 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. May 13th.



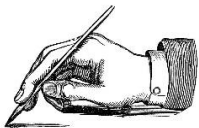
## ***Staying Crime-Free and Safe at Home***

Lynn Tucker, Community Relations Coordinator from the Rutland Sheriff's Department, will be at the Community Center on Monday, May 20<sup>th</sup>, at 11:30am to talk about '*Staying Crime-free and Safe at Home*'. Lynn will discuss ways you can make your home more secure and comforting. She will suggest various techniques you can use to increase your safety as well as that of your family, neighbors and friends. This is a FREE program and ALL are welcome to attend. For more information contact **your** SASH Coordinator Colleen A. Loper, MSW, at 802.417.7456.



## **Pot Luck Supper- Friday May 31**

Vamos a la Fiesta! Let's go to the party! Join the festivities at the Center on Friday, May 31st for our Mexican themed Pot Luck Supper. Our guest chefs are Sue and Pete DeCarolis creating a delicious entrée of Chicken or Vegetable Enchiladas. After dinner we'll learn about "Las Abejas" those busy little creatures we know as honey bees. "**What's All the Buzz About**" will feature guest speaker Matt Riley who will share some fascinating and often humorous stories about his experience as a bee keeper and the important role these busy buzzers play in our environment. His locally produced honey will be available for purchase. Dinner begins at 6:00pm. Bring along a side dish, salad, or dessert...and an amigo! A \$2.00 donation is requested. **CALL THE CENTER NO LATER THAN WED NOON (APRIL 24TH) TO RESERVE A SEAT.**



## **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*

## **NOTRE DAME CATHEDRAL – A GREAT COURSE SPECIAL**

### **Wednesday May 15 1:30-2:30**

In response to the intense interest in the recent fire at the Cathedral of Notre Dame in Paris, the Great Course company has made available a segment of the video lecture on Notre Dame's history from **The Cathedral**, a Great Courses production featuring William R. Cook, distinguished professor emeritus of teaching at the State University of New York. Dr. Cook's insights into Notre Dame follow its evolution over time—and its place in history—across 800+ years. In addition, they have provided a first-hand account of the fire from a Great Courses staff member who was in Paris on vacation—and on his way to the cathedral—when the fire erupted. This special showing is FREE and open to all.



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

Beginner guitar lessons are offered by Mekenok at the Center on Mondays from 11:00–12:00. Learn how to string your guitar, tune it, and play basic cords. FREE. 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](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 May 3 ~ 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, May 3rd. 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, May 1st.**



## **Genealogy Club**

**May 17th 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.



## **Cell Phone Workshop**

**Thursday May 23rd 1:00-3:00**

Toni Lobdell and Cheri Raymond will be at the Center on Thursday May 23 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.



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

# Wellness Center Programs and Activities

*Exercise is Medicine!*



## Walking Trail

Whether walking for exercise, recreation, or simply enjoying a quiet stroll in the woods, walking is a great way to ease back into a more active lifestyle. Incorporate a walk on our trail into your daily routine and discover for yourself the easy pleasures and improved physical condition a trail walk can provide.

*Volunteers needed to lead some easy to moderate hikes. Contact Laurie at 468-3093.*



## KAYAK CLUB

If you are interested in kayaking with a Community Center group, give us your name and contact info and we will call you with details 468-3093



## 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](mailto:ldknauer@comcast.net) or 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

Lisa Sargent  
Joanne Short  
Susan & Tom Pellegrino  
Phillip & Maryann Dombrowski  
Laura Hoepstine  
Faye Barber  
Jean Davis  
Andi Boutwell  
Marilou Leclair

## May Birthdays

May 1	JoAnn, Riley Renee Roundtree
May 2	Doug Slavin
May 3	Susan Fawcett Mary Ann Jakubowski
May 4	Mary Ann Dombroski
May 7	Nancy Best Robert Day Fred, Lewis Doris Morse
May 8	Patty Lewis
May 10	Carol Hartshorn Nancy Waitkus
May 11	Heilene Chapin Glenys Peguero Nellie Rogers
May 14	Cornell Dawson Barbara Gustafson
May 16	Morgan Conners William Fawcett Anna Thayer
May 17	Linda Adams
May 18	Bob Argentero
May 23	Seth Wolcott
May 24	Judy Bender Daniel Dougherty
May 26	Jay Brown Jerry Brown Lester Johnson Marty Wasserman
May 27	Teresa Smith
May 28	Barbara Boucher Jane Griffin Mary Mazur
May 31	Mary Foley

On **Wednesday, May 22nd** 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, MAY 21ST.**

## 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 May 6 Hannaford's/Aldi's / Mall  
Week 2 May 13 Price Chopper/Wal-Mart  
Week 3 May 20 Shaws/Pruniers  
Week 4 May 29 (wed) Price Chopper/Wal-Mart

## 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](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)

## 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.



### Commit to Quit! Tobacco Cessation Workshops

Do you want to quit smoking but nothing seems to work? You are not alone. The Center will be the site of a series of free Tobacco Cessation workshops for residents of Castleton and surrounding communities on Tuesdays from 5-6pm. Those who attend can receive free nicotine replacement products such as patches, gum or lozenges. Workshops and nicotine replacement doubles your chance of a successful long term quit. Call Sarah at the RRMC Tobacco Cessation Program to register 802-747-3768. Drop-ins are always welcome.



FIND US ON THE WEB [www.castletoncsi.org](http://www.castletoncsi.org)

# May 2019 Calendar of Events

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
			<b>1</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> 1:30-3:00	<b>2</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>Adv. Beg. Tai Chi</b> 1:15-2:00 <b>Ukulele Club</b> 6:00 -8:30	<b>3</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>4</b>
<b>5</b>	<b>6</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>SUN 73</b> 5:15- 5:45 <b>Yang 24</b> <b>Tai Chi</b> – 5:45-6:45	<b>7</b> <b>Bone Builders</b> 9:30-10:30 <b>Circuit Works</b> 10:45-11:45 <b>LUNCH</b> 12:00 <b>Slate Etching</b> 12:30 <b>Line Dane</b> 12-1:00 <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> 5:00-6:00	<b>8</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> 1:30-3:00	<b>9</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>Adv. Beg. Tai Chi</b> 1:15-2:00	<b>10</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>11</b>
<b>12</b>	<b>13</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>SUN 73</b> 5:15- 5:45 <b>Yang 24</b> <b>Tai Chi</b> – 5:45-6:45	<b>14</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> 12-1:00 <b>BINGO BLAST!</b> 12:30 <b>Dominoes</b> 1 :00 <b>Tai Chi Prac.</b> 1:30-3 <b>Creative Writing</b> 3-4:30 <b>Quit Smoking</b> 5:00-6:00	<b>15</b> <b>Yoga</b> 8:30-9:45 <b>Better Balance</b> 10-11 <b>LUNCH</b> 12:00  <b>Great Courses</b> <b>Notre Dame</b> 1:30-2:30	<b>16</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>Adv. Beg. Tai Chi</b> 1:15-2:00  <b>Ukulele Club</b> 6:00 -8:30	<b>17</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>18</b>
<b>19</b>	<b>20</b> <b>Better Balance</b> 10-11 <b>Beginner Guitar</b> 11:00-12:00 <b>SASH- Safe at Home</b> 11:30 <b>LUNCH</b> 12:00 <b>Bridge</b> 1-4 <b>Sewing Circle</b> 1-3 <b>Dance for Health</b> 4-5 <b>SUN 73</b> 5:15- 5:45 <b>Yang 24-</b> 5:45-6:45	<b>21</b> <b>Bone Builders</b> 9:30-10:30 <b>Circuit Works</b> 10:45-11:45 <b>LUNCH</b> 12:00 <b>VT. Ethics Network</b> 12:45-2:15 <b>Line Dance</b> 12-1:00 <b>Dominoes</b> 1 :00 <b>Tai Chi Prac.</b> 1:30-3 <b>Creative Writing</b> 3-4:30 <b>Quit Smoking</b> 5:00-6:00	<b>22</b> <b>Yoga</b> 8:30-9:45 <b>Better Balance</b> 10-11 <b>BIRTHDAY LUNCH</b> 12:00  <b>Great Courses</b> <b>Am. Civil War</b> 1:30-3:00	<b>23</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>Adv. Beg. Tai Chi</b> 1:15-2:00	<b>24</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>Plant Swap</b> 11:00  <b>Ballroom Dance</b> 7:30-8:30	<b>25</b>
<b>26</b>	<p style="text-align: center;"><b>Closed for Memorial Day</b></p>	<b>28</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> 12-1:00 <b>Dominoes</b> 1 :00 <b>Tai Chi Prac.</b> 1:30-3 <b>Creative Writing</b> 3-4:30 <b>Quit Smoking</b> 5:00-6:00	<b>29</b> <b>Yoga</b> 8:30-9:45 <b>Better Balance</b> 10-11 <b>National Senior Health &amp; Fitness Day</b> “Ready, Set, Go!” 11:00  <b>LUNCH</b> 12:00	<b>30</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>Adv. Beg. Tai Chi</b> 1:15-2:00	<b>31</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>POT LUCK SUPPER</b> 6:00 <b>Ballroom Dance</b> 7:30-8:30	

# CCC May 2019 Menu

<p><b><u>MOTHER'S DAY</u></b> <b><u>IS</u></b> <b><u>MAY 12<sup>th</sup></u></b></p>	<p>1% milk served with all meals</p>	<p>1 Swedish Steak w/Mushroom Sauce Vegetable Rice Pilaf Carrots Whole Wheat Dinner Roll Pineapple &amp; Mandarin Orange Yogurt Fluff</p>
<p>6 Chicken w/Marsala Sauce with Mushrooms Mashed Potatoes Mixed Vegetables Wheat Bread Blueberry Crisp w/Cream</p>	<p>7 Glazed Beef Steak w/ Cheddar Baked Beans w/Maple Syrup Garden Peas Hamburger Roll Clementine Brownie</p>	<p>8 Chicken, Corn &amp; Potato Chowder Crackers Oriental Vegetables Wheat Roll Melon Chocolate Chip Cookie</p>
<p>13 Lasagna Roll-ups w/ Marinara Meat Sauce Vegetable Blend Wheat Bread Pumpkin Bar w/Craisins</p>	<p>14     <b>BINGO BLAST</b> <b>Salad Buffet:</b> Egg Salad 4 Bean Salad Broccoli Salad Garden Salad Jello Salad with Oranges Wheat Roll Homemade Cookies</p>	<p>15 Roast Pork/Raisin Sauce Mashed Sweet Potatoes Scandinavian Vegetables Whole Wheat Dinner Roll Apple Crisp w/topping</p>
<p>20 Scalloped Potatoes w/ Turkey &amp; Cheddar Carrots Blueberry Muffin Sliced Apples w/Cinnamon</p>	<p>21 Chicken Breast w/ Sweet-n-Sour Sauce Brown Rice Pilaf w/Vegetables Brussel Sprouts Wheat Dinner Roll Pineapple Tidbits</p>	<p>22     <b>BIRTHDAY LUNCH</b> Roast Turkey w/ Gravy Mashed Potatoes Winter Squash Cranberry Sauce Wheat Bread <b>BIRTHDAY CAKE</b></p>
<p>27 <b>MEMORIAL DAY HOLIDAY – NO MEALS SERVED</b></p>	<p>28 Spinach &amp; Cheese Quiche Winter Mixed Vegetables Whole Wheat Dinner Roll Applesauce Chocolate Chip Cookie</p>	<p>29 Turkey Patty w/Sauce Mashed Potatoes Sliced Carrots Wheat Bread Peaches &amp; Pears</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!