

Castleton Community Center July 2019 Newsletter



Sundaes & Sonatas

Killington Music Festival and Ice Cream Social

The Castleton Community Center is delighted to have some incredibly talented musicians from the Killington Music Festival provide an evening of outstanding music right here at the Center. Join us ½ hour before the concert for a “Make Your Own Sundae” treat, courtesy of Stewart’s Shops. The Sundae service starts at 7pm and the music will begin at 7:30. Don’t miss this special event. Call the Center for details.



A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

Have you turned down a chance to go out with family or friends because you were concerned about falling? Have you cut down on a favorite activity because you might fall? If so, *A Matter of Balance: Managing Concerns about Falls* is a program for you.

Fear of falling can be just as dangerous as falling itself. People who develop this fear often limit their activities, which can result in severe physical weakness, making the risk of falling even greater. Many older adults also experience increased isolation and depression when they limit their interactions with family and friends. *A Matter of Balance* can help people improve their quality of life and remain independent.

A Matter of Balance is designed to reduce the fear of falling and increase activity levels among older adults. Participants learn to set realistic goals to increase activity, change their environment to reduce fall risk factors, and learn simple exercises to increase strength and balance.

The Castleton Community Center is offering a *free Matter of Balance* eight week workshop beginning **Thursday July 25th through Sept. 12th from 10:00-12:00**. A workbook is provided and hot and cold beverages will be available. You may bring a snack for the break. Class size is limited so call now to reserve your place.

Call the Castleton Community Center at 802-468-3093 to register by Monday, July 22.



Dreamcatcher: Lunch and Learn

Dreamcatchers have two legends about their beginnings; one told by the Ojibwe and another told later by the Lakota after they learned about them through trade with the Ojibwe people. Both stories include spiders weaving their webs to catch and filter good and bad dreams before they enter a child's head while sleeping. In other words, *a dream catcher would trap the bad dreams that blew freely in the night air and keep them from entering the mind of those it protected*. Each part of the dream catcher has a significant meaning and was usually made of a hoop, a web, feathers, beads, gemstones and arrowheads.

Make your reservation now to join us on Tuesday July 30 for a delicious Chicken Breast with Tarragon Sauce lunch and to learn more about Dreamcatchers and how to make one of your own. The workshop will be led by Deb Bethel and begins right after lunch. The fee is \$6.00 which includes lunch and materials. Registration and payment due by Wednesday, July 24th. Class size is limited.



Golf Outing Thank You

The 15th Annual Castleton Community Center Golf Outing was held Friday June 28th at Lake St Catherine Country Club. Proceeds from the "Golf for a Cause" event support our Elderly and Disabled van service which provides over 2,800 rides a year to doctor's appointments, physical therapy, food shopping, senior meals and wellness classes. The success of the event is due to the generous support of our Major Sponsors, Hole Sponsors and local businesses who contribute gift certificates and prizes for the players to make for a memorable event. A complete list of donors will be included in our August Newsletter along with the names of the Golf Outing winning teams and individuals.



12th Annual Castleton Town Wide Yard Sale Thank you

A sincere thank you to the CCSI Fund Raising committee, Board members, volunteers and vendors who helped make our 12th Annual Town Wide Yard Sale a success.



Save the date: Garden Tour- August 1

Join us for a tour of local homes and areas with beautiful flower gardens on Thursday morning, August 1st. Meet at the Center at 9:30. The tour will end with a picnic box lunch at the Hubbardton Battlefield after visiting the Japanese Gardens in the Taconic Mountains Ramble State Park. The \$8 fee which includes a box lunch. Registration required by Monday, July 29th.

New Van Shelter

The Community Center recognized the need for a shelter to house our Elderly and Disabled transportation vehicles to prevent ice and snow build up during the winter months. Thanks to Bud Taggart who supervised the construction and the many generous gifts of labor and dollars, the van shelter will soon be completed. A complete list of donors and volunteers will be in our August Newsletter and a ribbon cutting ceremony and plaque will recognize all who helped make this important addition a reality.



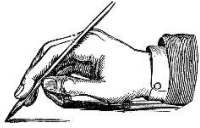
SHOPPING SPREE RAFFLE Winners

will be posted in the August newsletter.



Bocce Club

Until the new courts are installed at the Center, we will be playing on the property of Hadeka Stone Corp. on Staso Rd. There are 2 courts to play on and plenty of room for parking. Pick up nights will be on Monday and Wednesday at 6:00pm. We will continue to take donations to help with the installation and maintenance of the new courts. Once we get a few weeks of play in, we are going to pick a date for a tournament. It will be a one day event with 4 member teams competing. We welcome new players every week! On Monday we had players that had never played before, and by the end of the evening, they were ringers ! If you wish to be added to our email list please contact Mary Beth Hadeka. at: tennis@hadekastone.com Hope to see you on the courts !



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.



A Stroll Down Memory Lane

Lynn Tucker, Community Relations Coordinator, from the Rutland Sheriff's Department, will be at the Castleton Community Center on Monday, July 22nd, at 11:30am to for 'A Stroll Down Memory Lane'. Lynn will take you on a journey through your memories of days gone by. This is a chance to reminisce and tell some of your story. Who knows, you may discover that your story is link to someone else who is present. It will be a fun time! 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.



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)



Genealogy Club

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. **NO GENEALOGY CLUB July 19th**



Coffee Hour

No coffee hour July 5th

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!



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

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!



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.



KAYAK CLUB

Members of the Castleton Community Center “Kayak Club” meet on Wednesday mornings, launching at **9:30**. You must provide your own kayak. Contact Joan at argevfl@aol.com to get on the email list for launch locations.



Tai Chi (Check Calendar of Events for July Schedule Changes)

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 class



Tai Chi at the Lake – Wednesday, July 17 & 31 at 5:15

Park at the north end of Crystal Beach. No experience necessary.

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 (Check Calendar of Events for July Schedule Changes)

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.

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

Mary Lynn Lemmo

Wilma Avery

Alison McCuaig

Sherry Herrick

Louenna Avery

July Birthdays

July 1 Susan Toner

July 2 Joe Kamuda

July 3 Mary Dayton

Violet Lanthier

Evelyn Larson

Toni Lobdell

Don Thompson
 July 4 Gary Ikred
 George Taggart
 July 5 Dennis Jensen
 Carol Nartowicz
 July 6 Jack Croft
 July 11 John Fabian
 July 12 Jan Burleson
 Chris Sheldon
 July 13 Jean H King
 July 15 Jim Doran
 Velma Reed
 Ingrid Sperr
 July 17 Ruth Maynard
 July 20 Edward Brown
 July 21 Wenda Bird
 Anne Ladabouche
 Ralph Mavilla
 July 22 Fran Bargmann
 July 24 Ann Frankiewicz
 Laurel Knapp
 July 26 Joan Chader
 Margie Slavin
 July 27 Holly Boyce
 Marilyn Duke
 Debra Sbardella
 July 28 Laurie Knauer
 July 30 Dennis Barrett
 Frances Gray
 July 31 Thomas Brewer

On **Wednesday, July 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, JULY 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	July 1	Hannaford's/Aldi's / Mall
Week 2	July 8	Price Chopper/Wal-Mart
Week 3	July 15	Shaws/Pruniers
Week 4	July 22	Price Chopper/Wal-Mart
Week 5	July 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



July 2019 Calendar of Events



Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	1 Better Balance 10-11 LUNCH 12:00 Bridge 1-4 Sewing Circle 1-3 NO Dance for Health 4-5 Bocce 6:00 NO SUN 73 NO Yang 24	2 Bone Builders 9:30-10:30 Circuit Works 10:45-11:45 LUNCH 12:00 Dominoes 1:00 Tai Chi Prac. 1:30-3 Creative Writing 3:00-4:30	3 Yoga 8:30-9:45 Kayak Club Better Balance 10-11 LUNCH 12:00 Bocce 6:00	4 Closed 	5 NO COFFEE HOUR Better Balance 10:00-11:00 Mah Jong 9:30-12:00 Scrabble 11:00	6
7	8 Better Balance 10-11 Knitters Network 10:00-11:00 LUNCH 12:00 Bridge 1-4 Sewing Circle 1-3 Bocce 6:00 NO Dance for Health NO SUN 73 NO Yang 24	9 Bone Builders 9:30-10:30 Circuit Works 10:45-11:45 LUNCH 12:00 Dominoes 1:00 Tai Chi Prac. 1:30-3 Creative Writing 3:00-4:30	10 Yoga 8:30-9:45 Kayak Club Better Balance 10-11 LUNCH 12:00 Bocce 6:00	11 Bone Builders 9:30-10:30 Learn to Knit 9:30-11:00 Tai Chi Practice 10:45-11:30 Adv. 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	13
14	15 Better Balance 10-11 LUNCH 12:00 Bridge 1-4 Sewing Circle 1-3 Dance for Health 4-5 NO SUN 73 5:15- 5:45 No Yang 24 Tai Chi 5:45-6:45 Bocce 6:00	16 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	17 Yoga 8:30-9:45 Kayak Club Better Balance 10-11 LUNCH 12:00 Tai Chi at the Lake 5:15 Bocce 6:00	18 Bone Builders 9:30-10:30 Learn to Knit 9:30-11:00 Tai Chi Practice 10:45-11:30 Adv. 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 NO Genealogy 1:00	20
21	22 Better Balance 10-11 Knitters Network 10:00-11:00 SASH-Memory Lane 11:30 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 Bocce 6:00	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 Kayak Club Better Balance 10-11 BOD APPRECIATION POT LUCK LUNCH 12:00-2:00 Bocce 6:00	25 Bone Builders 9:30-10:30 Learn to Knit 9:30-11:00 Matter of Balance 10:00-12:00 Tai Chi Practice 10:45-11:30 Adv. 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	27
28	29 Better Balance 10-11 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 Bocce 6:00	30 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	31 Yoga 8:30-9:45 Kayak Club Better Balance 10-11 BIRTHDAY LUNCH 12:00 Tai Chi at the Lake 5:15 Bocce 6:00			

CCC July 2019 Menu

1 Roast Pork w/Applesauce Mashed Potatoes Squash Wheat Bread Cake	2 Meatballs/Garlic Parmesan Sauce Mashed Potatoes Carrots Whole Wheat Roll Blueberry Crisp	3 Broccoli & Onion Quiche Green Beans Wheat Bread Sliced Apples & Cookies
8 Baked American Goulash w/Beef Spinach Wheat Bread Pineapple Chunks Brownies	9 Sweet & Sour Chicken w/vegetable sauce Rice Pilaf w/vegetables Oriental Sugar Snap Blend Wheat Bread Oatmeal Cookie w/raisins	10 Salad Buffet Turkey Salad Cole Slaw Spinach Salad Wheat Hoagie Roll Applesauce & Cookies
15 Stuffed Chicken w/Sage Sauce Mashed Potatoes Green Beans Wheat Dinner Roll Vanilla Pudding w/Cream & Peaches	16 Cheese Tortellini Alfredo Zucchini Wheat Roll Watermelon	17 Pork Chow Mein Brown Rice w/Vegetables Broccoli Cauliflower Blend Wheat Bread Grapes Ice Cream Sundaes
22 Salisbury Steak w/brown sauce Mashed Potatoes Broccoli Florets Wheat Roll Pumpkin Cookie	23 Italian Chicken Fingers w/BBQ Sauce Peas & Carrots Diced Potatoes Wheat Dinner Roll Fruit Cocktail w/Cream	24 Board of Directors Appreciation Pot Luck Luncheon Everyone Welcome Bring a Salad or Dessert Registration required by noon on Tuesday, July 23
29 Vegetable & Cheese Quiche Succotash Green Beans Wheat Bread Chocolate Chip Cookie	30 Chicken Breast w/Tarragon Sauce Spinach Mashed Cauliflower Wheat Dinner Roll Pumpkin Custard	31 BIRTHDAY LUNCH Macaroni & Cheese Green Beans Baby Carrots Garden Salad Wheat Dinner Roll BIRTHDAY CAKE

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!