



## Castleton Community Center August 2019 Newsletter



### Van Shelter Ribbon Cutting July 24, 2019

Last year we provided over 2,800 rides to residents of Castleton, Fair Haven, Hubbardton and Poultney for essential travel to doctor's appointments, nursing home visits, physical therapy, adult day care, food shopping and senior meals. Our bus service is a vital link to the outside world and to the essential services needed by many older members of our community.

This past winter, the accumulation of snow and ice made us more aware of the potential danger that existed by not having the vans under cover. Our driver and volunteers were using ladders to remove snow from the top of the vans. This and the potential for ice coming loose while the vans were transporting passengers was a major concern. The van shelter will protect our vehicles and the public. We extend our sincere gratitude to all those who donated funds or volunteered their time and talent to make the van shelter a reality including: Bud Taggart, Stanley Patch, Castleton Lions Club, The Agnes Lindsay Trust, People's United Bank, American Legion Auxiliary, Scott and Toni Lobdell, Norm Spafford, American Legion Post 50, Sons of the American Legion SQD 50, Mark Beebe, JP Carrara && Sons, Gilmore Home Center, Joe Tomasi, Graham Trudo Construction, Greg Taggart, Jim Lynch, Gary Munnett and Joe Orzell.



### Appreciation Pot Luck Luncheon

The Castleton Community Seniors Board of Directors held an appreciation lunch Wednesday July 24th to recognize those who contribute their time and talent to make our programs and services available to the community. Over 45 members and guests attended. The luncheon was also the Board's "best kept secret" as they planned special recognitions for the Center's staff - Laurie, Jo Ann and Ray. Board member Rosie Doran read a statement from the entire Board, commending the staff for their dedication. Gift cards, cash gifts, flowers and appreciation certificates were given to each. Combined with the Van Shelter ribbon cutting, the event was a showcase for the many people who work to make the Center an important resource in our community.



## Sea Glass Art Workshop

Use shells, sea glass and resin to create a beach-inspired piece of art for your home. This Lunch and Learn Craft Workshop Tuesday August 6 is provided by our friends Courtney and Suzanne from The Residence at Otter Creek. The workshop starts at 11:00 followed by lunch at 12:00. After lunch, there will be a wrap up of the workshop and your Sea Glass Art will be ready for you to take home around 1:00. Class size is limited so register ASAP. The \$6 fee (lunch & workshop) is due at registration.



## Ask a Certified Diabetes Educator (CDE)!

**Wednesday, August 21 at 1:00**

Do you have question about diabetes, or pre-diabetes? **Come ask a Certified Diabetes Educator (CDE)!** Do you know your A1C? Do you know what an A1C is and what it reflects? Or what you can learn of your future from it? Did you know that anyone over the age of 65 years-old is considered at high-risk for diabetes?

**Michelle Redmond, RN, CDE from the Community Health Centers of the Rutland Region will be at the Castleton Community Center on Wednesday, August 21st at 1pm to present you with all the information you may need. You will be able to ask her questions.**

We will also have a **special guest speaker** who will tell you a short story of her journey with diabetes. It is an amazing and encouraging story! This is also an opportunity to meet Carol Keefe the SASH Implementation Manager for Rutland County. Carol will be bringing refreshments and will have a Door Prize!

This is a FREE program and ALL are welcome to attend. Please bring your friends, family members, or anyone you feel will benefit from this program. For more information contact SASH Coordinator Colleen A. Loper, MSW, at 802.417.7456, or SASH Implementation Manager, Carol Keefe at 802.775.2926, extension 16.



## **C.U. Upward Bound Helps the Center**

The Castleton Community Center was the fortunate recipient of volunteer service as part of the Upward Bound program at Castleton University. Upward Bound is a federally funded TRIO program that offers challenging pre-college experiences to students of high academic ability with a goal of completing a four-year college degree. Its goal is to generate skills and motivation necessary for success in high school and college through an academic year program with weekly and monthly individual and group meetings, and an intensive six-week summer residential program that includes credited college coursework.

Two students, Brendan and Aden, came to the Center for 3 hours every Monday and Tuesday during the month of July. They did an outstanding job completing 10 different jobs on our “to do” list. They worked with our staff and Board members to improve the Walking Trail, our gardens and the Wellness Center. Our thanks to CU for including us on the list of eligible sites for Upward Bound and to Brendan and Aden for all their hard work.



## **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.



## **SHOPPING SPREE RAFFLE Winners**

Congratulations to our three Shopping Spree Raffle winners. Hannaford \$100 gift card-Ronna Pesha; Walmart \$50 gift card-Almira Ludden; Shaws \$50 gift card-Adam Greenlese and Price Chopper \$50 gift card-David Parise. And a special thank you to the businesses who provided the raffle gift card prizes.



## **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! We have players that never played before, and by the end of the evening, they are ringers ! If you wish to be added to our email list please contact Mary Beth Hadeka at: [tennis@hadekastone.com](mailto: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.



## 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)**



## 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.



## 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!



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

*If you to enjoy walking with others, a walking group meets on Wednesdays at 9:30 at the CCC Walking Trail. All are welcome!*



### 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 [argevtf1@aol.com](mailto:argevtf1@aol.com) to get on the email list for launch locations.



## 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 class



*Tai Chi at the Lake – Wednesday, August 14 & 28 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**

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

## **Welcome New Members**

Stephen & Bonita Galvin

Larry & Joyce Space

Bruce Burton

John Swarm

Mary Ann Bjerke

Elida Jensen

## **August Birthdays**

Aug 1	Gisela Baumann
	Sue Day
Aug 3	Pam Hidde
Aug 4	Jerrie Russell
Aug 7	Margaret Nadeau
	Diane Proulx
	Lee Roberts
	Carol Thompson
Aug 8	Tom Drew
	Sara Grey
Aug 9	Lori Barker
	Roy Litchfield
Aug 10	Sharon Ryan
	Joe Wolons
Aug 13	Peggy Ackerman
Aug 14	Cynthia Eaton
	Cheryl Raymond
Aug 15	Lillian Pitts
	Joan Smith
Aug 16	Kathy Jensen
	Gladys Sharp
Aug 17	Chris Bales

	Abe St. George
Aug 18	Richard Sheldon
Aug 20	Mary Lynn Lemmo
	Clem Levesque
Aug 21	Elinor Patch
Aug 23	Mary Phelps
Aug 24	Robin Mealey
Aug 25	Lee DeSantis
	Irene Evanoika
Aug 26	Stephen Johnson
Aug 28	Carol Crawley
Aug 29	Phyllis Blanchard
	Judy Egner

On **Wednesday, August 21st** 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, AUGUST 20TH .**

## 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	Aug. 5	Hannaford's/Aldi's / Mall
Week 2	Aug. 12	Price Chopper/Wal-Mart
Week 3	Aug. 19	Shaws/Pruniers
Week 4	Aug. 26	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.

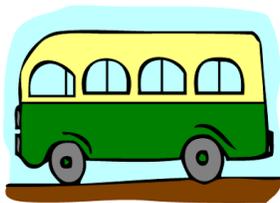
## Sewing Circle Meets on Mondays

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)

## **LET'S DO LUNCH!**

The Castleton Community Center senior meal program provides a great opportunity for adults in our community to enjoy a delicious three course dinner and the company of others. Socialization and good

nutrition are an essential part of a healthy lifestyle, plus it's a nice break from having to prepare a meal and then eating alone.

If you have not been to the Community Center for lunch, consider yourself invited! Meals are provided 3 days a week (Monday Tuesday and Wednesday). An anonymous and voluntary donation of \$4 for adults 60+ (or disabled individuals) is requested. Guests are welcome. Non-senior guest's meals are \$5. Copies of our Newsletter listing all the activities offered at the Center are available, and staff will be there to answer any questions you might have about our programs and services.

Reservations are required a day ahead, so be sure to call the Center 468-3093 to reserve a meal. If you need transportation to the dinner, our van service is available for seniors (age 60+), but you must call the Center 468-3093 by 9am the day before to reserve a ride.

# August 2019 Calendar of Events

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
				1 <b>Bone Builders</b> 9:30-10:30 <b>Learn to Knit</b> 9:30-11:00 <b>Matter of Balance</b> 10:00-12:00 <b>Tai Chi Practice</b> 10:45-11:30 <b>Adv. Tai Chi</b> 1:15-2:00 <b>Ukulele Club</b> 6:00 -8:30	2 <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	3
4	5 <b>Better Balance</b> 10-11 <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 Tai Chi</b> 5:45-6:45 <b>Bocce</b> 6:00	6 <b>Bone Builders</b> 9:30-10:30 <b>Circuit Works</b> 10:45-11:45 <b>LUNCH&amp;LEARN</b> <b>Sea Glass Art</b> 11:00 <b>Dominoes</b> 1 :00 <b>Tai Chi Prac.</b> 1:30-3 <b>Creative Writing</b> 3:00-4:30	7 <b>Yoga</b> 8:30-9:45 <b>Kayak Club</b> <b>Better Balance</b> 10-11 <b>LUNCH</b> 12:00  <b>Bocce</b> 6:00	8 <b>Bone Builders</b> 9:30-10:30 <b>Learn to Knit</b> 9:30-11:00 <b>Matter of Balance</b> 10:00-12:00 <b>Tai Chi Practice</b> 10:45-11:30 <b>Adv. Tai Chi</b> 1:15-2:00	9 <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	10
11	12 <b>Better Balance</b> 10-11 <b>Knitters Network</b> 10:00-11:00 <b>LUNCH</b> 12:00 <b>Bridge</b> 1-4 <b>Sewing Circle</b> 1-3 <b>Dance for Health</b> 4-5 <b>SUN 73</b> 5:15- 5:45 <b>Yang 24 Tai Chi</b> 5:45-6:45 <b>Bocce</b> 6:00	13 <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	14 <b>Yoga</b> 8:30-9:45 <b>Kayak Club</b> <b>Better Balance</b> 10-11 <b>LUNCH</b> 12:00  <b>Tai Chi at the Lake</b> 5:15 <b>Bocce</b> 6:00	15 <b>Bone Builders</b> 9:30-10:30 <b>Learn to Knit</b> 9:30-11:00 <b>Matter of Balance</b> 10:00-12:00 <b>Tai Chi Practice</b> 10:45-11:30 <b>Adv. Tai Chi</b> 1:15-2:00 <b>Ukulele Club</b> 6:00 -8:30	16 <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	17
18	19 <b>Better Balance</b> 10-11 <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 Tai Chi</b> 5:45-6:45 <b>Bocce</b> 6:00	20 <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	21 <b>Yoga</b> 8:30-9:45 <b>Kayak Club</b> <b>Better Balance</b> 10-11 <b>BIRTHDAY</b> <b>LUNCH</b> 12:00 <b>SASH Diabetes</b> 1:00 <b>Bocce</b> 6:00	22 <b>Bone Builders</b> 9:30-10:30 <b>Learn to Knit</b> 9:30-11:00 <b>Matter of Balance</b> 10:00-12:00 <b>Tai Chi Practice</b> 10:45-11:30 <b>Adv. Tai Chi</b> 1:15-2:00	23 <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	24
25	26 <b>Better Balance</b> 10-11 <b>Knitters Network</b> 10:00-11:00 <b>LUNCH</b> 12:00 <b>Bridge</b> 1-4 <b>Sewing Circle</b> 1-3 <b>Dance for Health</b> 4-5 <b>SUN 73</b> 5:15- 5:45 <b>Yang 24 Tai Chi</b> 5:45-6:45 <b>Bocce</b> 6:00	27 <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	28 <b>Yoga</b> 8:30-9:45 <b>Kayak Club</b> <b>Better Balance</b> 10-11 <b>LUNCH</b> 12:00  <b>Tai Chi at the Lake</b> 5:15 <b>Bocce</b> 6:00	29 <b>Bone Builders</b> 9:30-10:30 <b>Learn to Knit</b> 9:30-11:00 <b>Matter of Balance</b> 10:00-12:00 <b>Tai Chi Practice</b> 10:45-11:30 <b>Adv. Tai Chi</b> 1:15-2:00	30 <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	

# CCC August 2019 Menu

<p>5 Sliced Turkey in Gravy Home Fries California Blend Vegetables Wheat Roll Pumpkin Pudding w/Cream</p>	<p>6 Roast Beef Au Jus Mashed Potatoes Peas &amp; Mushrooms Oatmeal Bread Pineapple Cake w/Cream</p>	<p>7 Salad Buffet: Turkey Salad Three Bean Salad Tossed Salad w/Spinach Dressing Wheat Hamburger Roll Brownies</p>
<p>12 Baked Penne Pasta w/ Ground Beef &amp; Mozzarella Cheese Green Beans Wheat Bread Fruit Cup</p>	<p>13 Salad Buffet: Sliced Turkey &amp; Cheddar Cottage Cheese &amp; Peaches Italian Cucumber &amp; Tomato Slices Wheat Dinner Roll Mandarin Oranges w/Cream</p>	<p>14 Beef Stroganoff w/Mushrooms &amp; Onions over Diced Potatoes Spinach Wheat Bread Fruit Cup</p>
<p>19 Shepherd's Pie w/corn Mashed Potatoes Diced Carrots Wheat Dinner Roll Oatmeal Raisin Cookie</p>	<p>20 B.B.Q. Chicken Sweet Potatoes Baked Beans Wheat Bread Sliced Apples Cookies</p>	<p>21 <b>BIRTHDAY LUNCH</b> Cheese Ravioli w/Meat Sauce &amp; Parmesan Cheese Tossed Salad Green Beans Italian Bread <b>BIRTHDAY CAKE</b></p>
<p>26 Italian Chicken Breast w/Parsley Sweet Potatoes California Mixed Vegetables, Wheat Bread Large Pumpkin Cookie</p>	<p>27 BBQ Meatloaf Sauce Mashed Potatoes Green Beans Wheat Dinner Roll Ice Cream Sundaes</p>	<p>28 Salad Buffet: Chicken Salad Tossed Salad Broccoli Salad w/Tomato Hamburger Roll Apricots Cookies</p>
	<p>1% milk and a garden salad 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!