



Castleton Community Center July 2020 Newsletter



Community Center COVID-19 Closure Update

Governor Scott announced at his press conference Wednesday June 17th that Senior Centers could begin the process of re-opening. Senior Centers must individually assess their readiness, develop their plan based on the guidance received from the state, and safely implement this plan before they can re-open. Using documents developed with the assistance of the Vt. Department of Aging and Independent Living (DAIL) we have assessed our readiness and developed a reopening plan. All our planning takes into account the Governor's orders and the Department of Health's guidance for health, safety and infection prevention. Because we serve a vulnerable population, we must be cautious and measured in our approach to how re-opening happens. Below are updates on our major programs and services and if and how we can resume them. All programs must be held outdoors in our van shelter or on the lawn and pre-registration is required. Note time changes for classes. Some classes will start July 5th, but check with the instructor to confirm starting date.

WELLNESS CLASSES

Live and Virtual

Wellness classes are limited to outdoor settings and the number of people that can safely distance in the van shelter or on the lawn. Maximum number in the shelter is 16 to allow for 6' distancing and the total number for any gathering outdoors is 25. Members are reminded to bring their own water bottles. Pre-registration, masks and social distancing is required. Some classes will start July 5th, but check with the instructor to confirm starting date. Virtual Classes are listed here as well.

Tai Chi

Location: Van Shelter

Tues. Practice 10:30-11:30

Thurs. Beginner 10:30-11:30

Class size is limited. Call 468-3093 to pre-register. Pre-registration, masks and social distancing is required.

Virtual Tai Chi

Tues -Thurs 9:30 PEG TV

Tai Chi Falls Prevention Instruction – Check the PEG TV program guide on Comcast Public Access Channel 1075 to find the Castleton Community Center Exercise Classes. Information will also be available on the PEGTV 1075 bulletin board which will appear on the screen periodically.

SUN 73 Instruction- (Zoom video conferencing program) **Thursday at 1:15 E-mail Becky for invite: beckysplace@me.com.**

Bone Builders

Location: Van Shelter

Tues & Thurs 9-10:00

Class size is limited. Call 468-3093 to pre-register. Member's weights will be ready in a bag with member's name attached. Weights will be taken home and brought back for each class. Pre-registration, masks and social distancing is required.

Virtual Bone Builders

Join Pat Facey of RSVP via **You Tube** video. Go to <https://www.volunteersinvt.org/>, scroll down to find the Bone Builder's online class..

Better Balance

Location: Van Shelter

Wed & Fri 10:30-11:30

Class size is limited. Call 468-3093 to pre-register. Pre-registration, masks and social distancing is required.

Virtual Better Balance Class

Mon-Wed-Fri 9:30 on PEG TV. Check the PEG TV program guide on Comcast Public Access Channel 1075 to find the Castleton Community Center Exercise Classes

Better Balance: Wed/Fri 10:30-11:30

Location: Van Shelter

Class size is limited. Call 468-3093 to pre-register.

Pre-registration, masks and social distancing is required.

Tai Chi: Tues. Practice 10:30-11:30

Thurs. Beginner 10:30-11:30

Location: Van Shelter

Class size is limited. Call 468-3093 to pre-register. Pre-registration, masks and social distancing is required.

TRANSPORTATION

The Community Center will resume van service for essential rides starting July 6th. The number of passengers in the van will be limited in order to accommodate social distancing requirements.

Reservations require 24 hour notice and masks are required. We will schedule a weekly food shopping trip starting Monday July 13th to Shaw's & Prunier's Market.

Activities & Meetings

Activities & meetings at the Center are limited to outdoors and the number of people that can fit in the van shelter. Attendance records, masks and social distancing is required. Maximum number in the shelter is 16 and the total number for any gathering outdoors is 25. Groups that use the Center for their meetings must follow these guidelines as well.



HOME DELIVERED MEALS

The Southwestern Vermont Council on Aging is the administrator of the Meals on Wheels program in Rutland and Bennington Counties. They contract with local organizations to prepare and deliver meals right to your doorstep, by using volunteers within our community. A hot nutritious meal includes protein, vegetables, milk, juice, bread, and fruit. They also provide frozen meals to communities that cannot be served every day. The visit by the volunteer driver is just as vitally important as the healthy meal. Volunteers make sure you or your loved one is safe.

PLEASE NOTE: In order to sign up for Meals on Wheels you must call the Southwestern Vermont Council on Aging. 1-800-642-5119 or 786-5990.

The Meals on Wheels program depends on participant contributions to help support the program. Voluntary contributions are encouraged, although no one is denied a meal due to inability to donate. Family members can donate on behalf of a senior. The suggested donation for home delivered meals is \$3.50.

A person is eligible if they are

- 60 years of age or older
- Handicapped or disabled and living in a housing facility where a meal program is operated
- Non-Senior volunteer performing essential duties for the operation of the meal program
- **OR** The spouse of an eligible recipient regardless of age

3 SQUARESVT For Vermonters 60+

Vermonters age 60 and over can eat healthy and live strong with a little help from 3SquaresVT.

3SquaresVT is a federal USDA program (called *SNAP* nationally) that can help you put healthy, nutritious foods on your table every day.

Did you know that 3SquaresVT?

- **Is like social security.** Your tax dollars helped pay for it. Now let it help you.
 - **Helps the state economy.** When you spend your benefits, you support the economy.
 - **Can help everyone who qualifies.** When you get benefits, you don't take them away from anyone else.
- Over 13,000 Vermonters age 60 and over get 3SquaresVT.**

Call Vermont's Senior Helpline at **1-800-642-5119** to get answers to your questions and help applying.



CENSUS 2020 -YOU COUNT!

COVID-19 has derailed some programs designed to help older adults and others fill out the 2020 Census forms. You can help make sure that everyone is counted by filling out the Census yourself and by reaching out to others who may need assistance.

If you haven't already done so, please take five minutes today to complete the 2020 Census online at 2020census.gov or by calling 844-330-2020. Federal funds distributed based on census data go toward disaster relief, infrastructure projects, school food programs more. Getting a complete count is critical to our efforts to help support the needs of all Vermonters.

Census results will help direct over \$675 billion in federal funding annually for health clinics, schools, roads, emergency preparedness, public safety and other services. The 2020 Census results will also be used to determine the number of seats each state has in Congress, as well as political representation at all levels of government. That's why it's so important that everyone be counted.



Essential Shopping Mondays

We will schedule a weekly food shopping trip starting Monday July 13th to Shaw's & Prunier's Market. Our bus will begin pickups in Fair Haven and Castleton around 9:30. You will have approximately 1 hour 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.

Happenings at the Center

Community Center buildings are still closed to the public, but a door bell has been installed at the main entrance. Ring Laurie or Jo Ann for help.



Ukulele Club

The Ukulele Club will meet outdoors at the Center on the **first and third Thursday of each month starting July 16th**. Pre-registration, masks and social distancing is required. A beginner's session starts at 6:00 and the more advanced group plays from 6:30-8:30. The meetings are free. Attendees should bring a music stand. For more information, call Sheila McIntyre (345-9100) or Deb Franzoni (603-252-6150) or email watchpointvt@aol.com or debfranzoni@gmail.com



Learn to Play Guitar

Mekenok offers two FREE sessions of guitar lessons on Mondays outdoors at the Center. Pre-registration, masks and social distancing is required. Beginners are from 10:30-11:30 and Intermediate lessons are 11:30-12:30. Loaner guitars are available if you do not have your own.



KAYAK CLUB

The Kayak Club will have its first Wednesday outing on July 8th. They will meet at the “Green Dump” Kehoe Boat Launch area on Lake Bomoseen at 9:30. During launching, masks and social distancing is required. For additional information e-mail Joan at argevtf1@aol.com



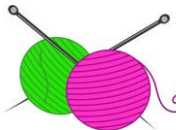
Great Courses

The Great Courses program will return in the fall.



Sewing Circle

For instructions on how to make a face mask, go to voulteersinvt.org. To donate masks in Rutland County, contact Maryesa at maryesarsvp@gmail.com for instructions.



KNITTERS NETWORK

The Knitters Network will meet in the van shelter on the second and fourth Mondays of each month at 9:00. Registration, masks and social distancing is required.



Genealogy Club

Genealogy Club is hoping to resume meetings in August.



Creative Writing Workshop

Joyce Thomas, Creative Writing Workshop Leader, suggests that this time at home may be the perfect opportunity to reflect and write some poetry or your memoir. Get creative and have some fun with it.

Some Good “You Tube” Exercise Videos

Instructions: go to “You Tube”, click on videos, and type in the video you want to watch

- Seated Exercises for older Adults (from Dartmouth Hitchcock)
- Standing Exercises for older Adults (from Dartmouth Hitchcock)
- Chair Exercises for Seniors – there are many to choose from
- Go 4 Life –a program by the National Institute on Aging website - go4life.nia.nih.gov/workout-videos.
- Senior Silver Sneakers – many videos for dance, chair, muscle strength and flexibility
- Zumba Gold – many videos (stick with the group videos)
- Qigong – easy to follow short routines at www.taichivermont.org



CCC Walking Trail

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.

Story Book Trail – For the kids, a story has been posted on the trail signs to read along the walk.

Fit Walk -The benefits of walking are numerous, but if you want to add a few exercises to your walk follow the FIT WALK instructions at each station. In June we posted Level Two, an intermediate program. In July, we will post Level 3, a more advanced exercise program.

Walking Challenge-How far we can go? We have already made it to Raleigh N. Carolina (772 miles) ! CCC challenges you to record the distance you walk each week on our trail. The distance can be recorded by the number of times (laps) you go around the loop. The CCC Walking Trail is 1/3 of a mile so, 3x around equals 1 mile. If you use a favorite walking route instead of the Walking Trail, add your mileage up for the week. It can be reported by a ¼ mile, 1/3 mile, ½ mile, etc. Every Friday email the Center at homested@shoreham.net with the distance you have completed for the week along with your name. We will add everyone’s laps/miles together to see how far we have walked by Labor Day. We can do this together! Remember to walk safely, have fun and social distance.

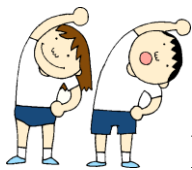
BOCCI ON HOLD

With the gathering restrictions and the additional safety precautions required, there will be no Bocce in July. Member will be notified when playing can resume.

MOVE for Well-Being

MOVE for well-being is an exciting and fun filled year-round initiative for Vermonters 50 and older. MOVE is free of charge and welcomes persons at any physical fitness level. MOVE offers the motivation and encouragement towards making regular physical activity enjoyable and a “way of life.” Each month there will be a random drawing for a cash prize. Everyone who completes their monthly

goal minutes is qualified for the drawing. Sponsored by the Vermont Governor's Council on Physical Fitness and Sport. To participate go to www.moveforwellbeing.org.



DON'T STAND STILL!

Because the world seems to be at a standstill, doesn't mean we have to stand still. It is important to continue our daily exercise routines. Time to dust off that treadmill or stationary bike. Don't own one? No problem! Here are some ideas to keep you moving:

- **Do the exercises at home that you were doing here at the Center. It doesn't matter if you don't remember them all or if you do them in a different order, JUST DO THEM**
- **Bone Builders** – to take the place of weights, you can use bottled water, can of soup, or anything that weighs 16 oz or more and easy to hold. Get creative!
- **Better Balance** – all you need is a sturdy chair
- **Circuit Works** – same as Bone Builders
- **Tai Chi** – many of you know the routine well enough to practice on your own, but if you want some company you can go to www.taichivermont.org scroll down, click on the video button and do your practice with the video.
- **Dance for Health-** Put on your favorite dance music, turn it up, and dance like nobody's watching!



GET YOUR EXERICSE IN OUR GARDEN!

You can exercise and still maintain your "Social Distance" in our Garden! We have 16 beautiful raised garden beds and would love to have them all receive TLC from our members. The garden produces fresh produce for our members and a bountiful harvest for fresh fall veggies. Plus, garden volunteers can share in the harvest for themselves. We just ask that you check the raised 4'X 8' beds and garden paths once a week for weeds, thinning and harvesting. Please call and let us know if you can help.



"Help Wanted"

The Castleton Community Seniors are always looking for a few talented and conscientious volunteer board members to lead and strengthen our programs and services for the community. If you can contribute time, thoughtfulness, and leadership and are interested in exploring this opportunity, call one of our Board members to find out if this important volunteer opportunity is right for you.

Also, the Buildings and Grounds Committee of the Board occasionally needs some help with projects around the Center and would greatly appreciate knowing if you can lend a hand when needed. Give us a call 468-3093



GOLF OUTING DATE CHANGE

**The date of the 2020 CCC Golf Outing in Support of our Elderly & Disabled
Transportation Program has been changed to Friday September 28th**

At the Lake St. Catherine Country Club

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



Welcome New Members

Nancy Geiger

Ken Stone



July Birthdays

7/2 Joe Kamuda
7/3 Violet Lanthier
Evelyn Larson
Toni Lobdell
Don Thompson
7/4 George Taggart
7/5 Dennis Jensen
7/6 Jack Croft
7/9 Maryann Feeney
7/10 Janice Kelleher
7/11 John Fabian
7/12 Jan Burleson
Chris Sheldon
7/13 Jean King
7/15 Jim Doran
Velma Reed
7/17 Ruth Maynard
7/20 Edward, Brown
7/21 Anne Ladabouche
Ralph Mavilla
7/22 Frances Bargmann
7/24 Ann Frankiewicz
Laurel Knapp
7/26 Joan Chader
Margie Slavin
7/27 Holly Boyce
Marilyn Duke
7/28 Kathleen Foley

Laurie Knauer
7/30 Dennis Barrett
Frances Gray
7/31 Thomas Brewer
Mary Lawrence
Jeanette Wilcox

Birthday Dinners are “on hold” until we receive clearance to resume group gatherings. Please join us in reaching out to our June birthday celebrants in wishing them a very healthy and Happy Birthday!



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!



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



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Our thanks to Matt Riley for updating our site each month