



Castleton Community Center March 2022 Newsletter



EVERY VOTE COUNTS TUESDAY, MARCH 1st!
**CASTLETON, FAIR HAVEN AND HUBBARDTON RESIDENTS PLEASE
REMEMBER TO SUPPORT THE CASTLETON COMMUNITY CENTER WITH
YOUR VOTE ON**



MARCH FOR MEALS

Why the Month of March?

The annual March for Meals celebration commemorates the historic day on March 22, 1972, when President Nixon signed into law a measure that amended the Older Americans Act of 1965 to include a national nutrition program for seniors 60 years and older. This year, Meals on Wheels programs from across the country are joining forces for the awareness campaign to celebrate 50 years of success and garner the support needed to ensure these critical programs can continue to address food insecurity and malnutrition, combat social isolation, enable independence, and improve health for years to come. Programs from across the country have celebrated the month of March since 2002 to increase awareness for Meals on Wheels and recruit the support needed to meet rising demand.

COME EAT WITH US!

The Castleton Community Center Dining Room provides delicious hot meals every Monday and Wednesday at 12:00. The meals offer valuable nutrition and socialization opportunities that are an important part of our focus on wellness. If you do not yet feel comfortable eating indoors with others, then during March you have the option of “eat in “or “to go”. We do hope you can join us indoors and “Eat With Us”.



Coffee Hour Is Back

Coffee Hour returns Friday morning March 4th. Every Friday from 9:00-11:00 the Center holds a free coffee hour open to all. We're glad to be back at our regular time to reunite for some homemade goodies, hot brew and good company. Come join us! If you haven't attended a coffee hour before, please come and enjoy this very casual and friendly get together to see old friends and make new ones.



Come Alive Outside Passports Are Here

Come Alive Outside is a 501c3 nonprofit founded in 2014 that works closely with partners in healthcare, public health, outdoor recreation, and the landscape profession to connect individuals, families, and entire communities to the health and wellness benefits of outdoor spaces where they live, work, and play.

Children today spend over seven hours a day looking at screens and half as much time outside as they did in 1980. The numbers are even worse for adults, and this replacement of time in nature with screen time is having a profound impact on our mental and physical well-being.

Even small amounts of time in nature improve mental and physical well-being. Come Alive Outside passports are designed to connect adults with nature to increase time spent outdoors, physical activity, and decrease stress and anxiety.

PRIZES TOO!

Anyone who completes 12 activities or more in the Winter Passport earns a prize! Activities are categorized mild adventure, medium adventure, and high adventure to maximize fun and safety. Stop by the Community Center for your Come Alive Outside Passport.

COME ALIVE TAI CHI

Join Laurie for Tai Chi on March 2nd at 4:00 via zoom. To register go to www.comealiveoutside, Adult Passports, scroll down to Virtual Workshops, scroll to Events, click on "Introduction to Tai Chi" and hit register.



FRUAD: DON'T BE A VICTIM

Wednesday, MARCH 9th

Scams are getting harder to detect because scammers are getting better at it. Don't let them get to you! Lynn Tucker, Community Relations Coordinator from the Rutland Sheriff's Department, will be at the Community Center on Wednesday, March 9th at 11:00 with information on the latest scams including a "Money Smart resource Guide". This is a FREE program and ALL are welcome to attend. For more information contact SASH Coordinator Colleen A. Loper, MSW, at 802.417.7456.

Stay Healthy Learning Workshop

Wednesday, MARCH 9th

Join SASH for the Stay Healthy Learning: Hybrid Virtual Workshop Series that will bring guest speakers on a variety of topics. You can participate in the workshops at the Community Center or join from the comfort of

your own home by using the same Zoom link. All workshops as part of this series will be live and interactive. Participants will be encouraged to participate and ask questions.

Introduction to the DASH Diet

Wednesday March 9th 1-2:00 PM

Presenter: SASH Wellness Nurse Todd DeBurlo

Zoom Information:

<https://us06web.zoom.us/j/87103124045?pwd=bDVWYTZBTXpDSElXMFl0MEtLYXJiUT09>

Meeting ID: 871 0312 4045 **Passcode:** 633980



RAVNAH Foot Care Clinic at the Center

The Rutland Area Visiting Nurses and Hospice Foot Care Clinic is held at the Castleton Community Center on the 3rd Thursday of each month from 1:00-3:00. **The next clinic will be March 17 from 1:00-3:00.** Clinic fee is \$10 payable to RAVNAH. Call the center to make an appointment.



Free Chess Lessons

Jason Lu, a student at Millburn High School in New Jersey is a National Master in chess. In 2019 he founded Chess for Seniors (CFS) to give back to the community. He is expanding his classes to help more seniors. Chess is not only a fun game but also great for one's health. Various studies have shown that playing chess helps to strengthen logical reasoning and problem solving skills.

Ever since CFS went online last year they have taught 50+ seniors from 8 states: NJ, NY, CT, FL, AZ, ME, NV, and VT. CFS currently offers both beginner and intermediate classes, both starting on March 9th and occurring weekly for 5 weeks, ending on April 6th. Classes are **free** and will be held online using Zoom. There is limited availability so if you are interested, contact CFS as soon as possible since classes fill up quickly! You can learn more about Chess for Seniors at: <https://jasonlu05j.wixsite.com/chessforseniors>



Great Courses via Zoom

The Great Courses offer educational, entertaining and stimulating lectures and discussions. Programs begin with a 30minute video, followed by a lively discussion among participants. Programs will be via ZOOM.

The Skeptics Guide to American History

This course examines many commonly held myths and half-truths about American history and prompts you to think about what *really* happened in the nation's past—as opposed to what many *believe* happened. Delivered by award-winning scholar and Professor Mark A. Stoler of The University of Vermont, the lectures demonstrate how reconsidering some of the most popular notions of U.S. history can yield new (and sometimes startlingly different) interpretations of political, social, economic, and military events

Facilitated by Joe Mark

Skeptic's Guide class meeting will be on Zoom Wednesdays from 1:30 to 3:00 pm.

The link will be announced via e-mail on Wednesday before the class begins. **Register by calling or emailing the Center (468-3093 or homested@shoreham.net).**

COMMUNITY CENTER WELLNESS CLASSES

Your safety is our priority. The Community Center follows Vt Dept of Health and Department of Aging guidelines for protecting our members during the Covid epidemic. Please call the Center 802-468-3093 to get the latest status regarding a class or activity.



Tai Chi

Tai Chi for Falls Prevention Monday 3:00-4:00 (NEW TIME)

Learn the principles of Tai Chi and the movements in the Fall Prevention Tai Chi form and with practice receive the many benefits that Tai Chi has to offer. Advanced Beginner working on level 3.

Tai Chi Practice Tues. 10:30-11:45

This practice will include Falls Prevention Tai Chi, Yang 24 and Sun 73. Class size is limited. Call 468-3093 to pre-register

Tai Chi & Qigong Thurs. 10:30-11:30

In this class we will learn the Tiger form and play with other qigong exercises. No experience necessary.

SUN 73 Practice and Review Tuesday & Thursday at 1:15

An ongoing class in SUN Style Tai Chi. This is a good opportunity for all those who know SUN 73 to practice and review. Contact Becky at beckysplace@me.com for the link

Bone Builders

Tues & Thurs 9-10:00 at the Center

This Osteoporosis Prevention Exercise Program provides strength training and balance exercises that can help prevent, reverse or alleviate osteoporosis symptoms. Call 468-3093 to pre-register. Class size is limited. Call 468-3093 to pre-register.

Bone Builders

Tuesday 8:30am and Saturday 10:00am on PEGTV Channel 1075 "On Demand"

You can do a virtual Bone Builders class with 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

Mon., Wed & Fri 10:30-11:30 at the Center

This program, designed to help prevent falls, is for men and women of any ability level. Class size is limited. Call 468-3093 for info Class size is limited.

Better Balance

PEGTV Channel 1075 "On Demand"



Winter Walking

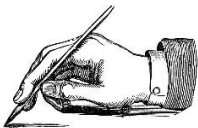
Enjoy some winter walking this year. Choose a safe place free of ice to do your walking. Dress for the weather, wear a heavy tread boot, a hat, gloves and a mask. A reminder that the CCC Walking trail is not maintained during the winter months. Our "walk and ride" room in the Wellness Center has a tread mill and a bike that is available by reservation. Only one person at a time so call and let us know if you would like to reserve a time.

Activities at the Center



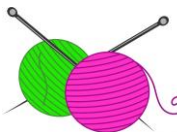
Ukulele Club

The Rutland Area Ukulele Band will hopefully meet in person once again on Thursday, March 3 at 6:00 for beginners who will then join the whole group for our bi-monthly meetings, 6:30-8:00 in the Wellness Center. We look forward to another season of rollicking singing and jest with those who gather to have some fun with us. Our first engagement, "gig" is the Memorial Day Parade in Fair Haven...which seems so far away and then it's here! For information contact our musical directors-watchpointvt@aol.com....Sheila McIntire or mhblust@gmail.com...Mike Blust. Strum on.



Creative Writing Workshop

Creative Writing Workshop, facilitated by Professor Emerita Joyce Thomas, meets on Tuesdays from, 3:00 - 4:30p.m in the Dining Room. This is a great opportunity to share and polish your writing, whether fiction, poetry, memoir or . . .



KNITTERS NETWORK

Knitters meet on Mondays at the Castleton Meadows Community Room & Thursdays at the Castleton Community Center in the Library at 9:30.



BRIDGE

The Bridge group meets on Monday afternoons from 1:00 to 4:00. If you are interested in playing bridge (Party or Duplicate) contact the Center at 468-3093. Trickster.com allows friends to play bridge together. It's easy to set up after downloading the App and lots of fun to actually see Bridge group members again and to talk to each other while playing. If anyone is interested in joining and has questions feel free to contact Sandy. Call or text 802 -770-8868.

Guitar Lessons



No lessons until further notice

Call the Community Center for info (802-468-3093).



TAKE NOTE SINGING GROUP

No meetings until further notice Call the Community Center for info (802-468-3093).



Mah Jongg

No meetings until further notice. Call the Community Center for info (802-468-3093).



CASTLETON TOWN WIDE YARD SALE

The Castleton Town Wide Yard Sale is back and will be held Saturday, June 25th from 9AM to 2PM. Outdoor spaces are available on the Castleton Community Center Green and indoors at the Center. Individuals or groups can purchase 10'X10' spaces to set up a table or display items to sell. Outdoor spaces are \$20 and indoor are \$25. All spaces are sold on a first come first serve basis, so register early. For reservation forms, stop by the Center 2108 Main Street, or go to our website www.castletoncsi.org. "At Home" yard sales can be included on a "drive around" map (\$10) which is distributed to all shoppers at the Community Center on Yard Sale day. Call or stop by for a registration form. Proceeds from the Yard Sale are used for the Castleton Community Seniors programs and services including Elderly and Disabled transportation, Senior Meals and Wellness Classes. The Castleton Town Wide Yard Sale promises to be a day of fun and a chance to find bargains, treasures, and one-of-a-kind items to fit everyone's pocket book.



Welcome New Members

Tim and Tami Gilbert

Bonnie Hayes



March Birthdays

- 3/2 Bonnie Hayes
Almira Ludden
- 3/3 Bill Maynard
Ellen Vrana
- 3/5 Charles Brown
- 3/5 Deb Larson
- 3/6 Nancy Baird
- 3/8 Carla Hornbeck
- 3/12 Marsha Fonteyn
Calvin Sheldrick
- 3/13 Mary Maloy
Doris Peterson
- 3/14 Robert Close
Carol Lyle
- 3/16 Shirley Poalino
- 3/17 Sandy Mayo
- 3/18 Mary Brown
- 3/19 Ginny Parker
- 3/20 Alison McCuaig
Sandra Wall
- 3/21 Daniel Boyce
Ed Pritchard
- 3/22 Ruby Bisson
- 3/23 Kathleen Farwell
Alios Mayer
- 3/24 Jean Close
Lindsey Hartshorn
Linda Peters
- 3/25 Lois Day
- 3/26 Steve Bender
Debbie Bethel
Robin Jones
- 3/27 Davene Brown
- 3/30 Joe Monaco
Beth Savage
Joe Szabo
- 3/31 Alisha Elwood
Debra Lynch

EAT IN OR TAKE OUT - MONDAY MARCH 7TH

Join us in the Community Center Dining Room to celebrate all this month's birthdays with a delicious meal of stuffed chicken breast, mashed potatoes, green beans & CHOCOLATE RASPBERRY BIRTHDAY CAKE! "Eat In" meals include a garden salad, beverage and a gift for the March birthday celebrant. RESERVATIONS MUST BE MADE NO LATER THAN 9:30 AM FRI. MARCH 4TH "Take out" meals must be picked up at the Center Monday March 7th between 11:30 & 12:30.



TRANSPORTATION

The Community Center offers van service for essential rides for those 60+ or disabled. **Following Covid protocols, masks and social distancing are required. Reservations require 24 hour notice.**



Winter Transportation Alert

During the winter months, if the Castleton Schools are closed due to weather, the Community Center van will not be operating. If it is necessary to close the Center, the local radio stations will be called and asked to add the Center to their list of cancellations.



Essential Shopping Tuesdays

The shopping day has changed to Tuesday afternoons due to bus scheduling. You will have approximately 1-1 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 noon on Monday if you want to be on the ride list for Tuesday shopping.

Week 1	Mar. 1	Hannafords/Aldis
Week 2	Mar. 8	Price Chopper/Wal-Mart
Week 3	Mar. 15	Shaws/Pruniers
Week 4	Mar. 22	Price Chopper/Wal-Mart
Week 5	Mar 29	Shaws/Pruniers



HOME DELIVERED MEALS

The Southwestern Vermont Council on Aging is the administrator of the Meals on Wheels program in Rutland County. 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



“Help Wanted”

The Castleton Community Seniors are always looking for a few 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 and we will add your name to our “handy helper” list. 468-3093



RSVP and the Volunteer Center Announce Volunteer Opportunities

Contact Maryesa at RSVP 802-775-8220x103 or email: maryesarsvp@gmail.com to find out more about volunteer opportunities. Some of the programs require background checks.



Need Help With Medication Payments?

Do you require medications and/or health care supplies to maintain your health that you are unable to afford? If you are an adult living in Rutland County that is going without your prescribed medication due to the lack of ability to pay or your condition requires over the counter medications and/or supplies, please contact us at 802-775-1360 extension 1. We want to help! Rutland County Free Clinic, 145 State Street, Rutland, VT 05701

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.

Healthy Aging Tips

From the editors of Healthy Aging Magazine

1. Be positive in your conversations and your actions every day.
2. Distance yourself from people who do not have a positive outlook on life, and surround yourself with energetic, happy, positive people.
3. Try to walk like a vibrant, healthy person. Take confident strides, walk with your heel first, and wear comfortable shoes.
4. Stand up straight! Fix your stance and practice it every day, all day until it is natural. You will look great and feel better.
5. Research shows people who smile more often are happier. Your teeth are just as important to your good health as the rest of your body.
6. Instead of brooding and complaining about having no friends or family, do something about it: volunteer your time, take a class, invite someone to meet for lunch, brunch, dinner or coffee.
7. Do not act your own age or at least what you think your current age should act like. What is your best year so far? Picture yourself at that age and find expression through it.
8. Start walking not only to improve your health but to see the neighborhood.
9. Make this month the time to set up your annual physical and other health screenings.



Remember to “Smile” When You Shop!!

It's very important to shop locally and support small businesses in our area. But occasionally if you cannot find what you need locally and you have to make purchases on [amazon.com](https://www.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



Bottle & Can Redemption

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. We will try to keep the bin free of snow, but if it is not clear, you can take them to Beverage King and tell them they are for the Community Center account. Thank you!

Free Walker Repairs

Do you, or someone you know, have a walker that needs repaired? Tim Johnson of Johnson and Son Bikeworks will service and repair adult walkers free of charge. If the brakes are not working or if you have bad wheel bearings, he will fix these problems free of charge. Tim is also accepting donations for walkers that can be refurbished or used for parts. Call him at 518-282-9089



The pandemic impacts everyone in big and small ways. COVID Support VT offers self-help tips, wellness resources, and connections to existing mental health and community services. For more information please visit covidsupportvt.org.

What to do now

- **Take a break.** Pause for a moment and allow your mind to stop.
- **Eat well.** Try to eat regular, well-balanced meals.
- **Exercise.** Get some physical activity daily.
- **Connect.** Spend time communicating with family and friends every day.
- **Follow a sleep schedule.** Give yourself time to get a full night's sleep.
- **Avoid alcohol and drugs.** They might make you feel better in the short-term, but they can make it harder for you to physically and mentally manage stress.
- **Manage pre-existing conditions.** Follow your treatment plans for pre-existing conditions.

I need support

- Don't be silent. Talk with a trusted friend or family member who can help. Isolation only makes stress worse.
- Call your healthcare provider if stress gets in the way of daily activities for several days in a row.
- Connect with your mental health provider to discuss ways you can cope.
- Talk with your faith based leader.
- Call 2-1-1 to learn about community resources near you.
- Find your local community mental health center for 24/7 support at www.vermontcarepartners.org/intake-and-crisis-lines.
- Find more resources at COVIDSupportVT.org

FREE COVID TEST KITS

The Center has a limited supply of "at home" Covid test kits for anyone concerned about exposure. These should be used if you have symptoms such as fever, cough, sore throat, or if you feel you have been exposed to the virus. Call to reserve one for pick up at the Center.



FIND US ON THE WEB www.castletoncsi.org

Our thanks to Matt Riley for updating our site each month

Castleton Community Seniors Membership Form

January 1, 2022 to December 31, 2022

I/we would like to register as a ___new member OR ___renew my membership as follows:

1. ___Standard membership

___Individual \$10.00

___Couple \$15.00

2. ___Supporting Membership

___Individual \$15.00

___Couple \$20.00

3. ___Life membership

___Individual \$90.00

___Couple \$130.00

*Benefits include: Mailed Newsletter,
voting rights*

*Benefits include: Mailed Newsletter,
voting rights, discount
certain trips and programs*

*Benefits include: Mailed
Newsletter voting rights, discount on
certain trips and programs*

Name: _____

Phone _____ Date _____

Address: _____

E-mail _____

Birthday/s (optional) _____

Town of residence: _____

Make Checks Payable to: Castleton Community Seniors

Mail to: 2108 Main St. Castleton, VT 05735



March 2022 Programs



Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
		1 ***VOTE*** 9:00 Bone Builders 10:30 Tai Chi Practice 1:15 SUN 73 Tai Chi 3:00 Creative Writing	2 10:30 Better Balance 12:00 CCC Dinner Online 1:30 Great Courses Skeptics Guide to American History- Zoom 4:00 Come Alive Outside- Tai Chi ZOOM	3 9:00 Bone Builders 9:30 Knitters 10:30 Qigong/Tai Chi 1:15 SUN 73 Tai Chi 6:00 Ukulele	4 9:00-11 Coffee Hour 10:30 Better Balance	5
6	7 10:30 Better Balance 12:00 Birthday Dinner 12:00 Line Dance 1:00 Bridge 3:00 Tai Chi Fall Prev.	8 9:00 Bone Builders 10:30 Tai Chi Practice 1:15 SUN 73 Tai Chi 3:00 Creative Writing	9 10:30 Better Balance 11:00 SASH Program: Fraud: Don't Be A Victim 12:00 CCC Dinner	10 9:00 Bone Builders 9:30 Knitters 10:30 Qigong/Tai Chi 1:15 SUN 73 Tai Chi	11 9:00-11 Coffee Hour 10:30 Better Balance	12
13	14 10:30 Better Balance 12:00 CCC Dinner 12:00 Line Dance 1:00 Bridge 3:00 Tai Chi Fall Prev.	15 9:00 Bone Builders 10:30 Tai Chi Practice 1:15 SUN 73 Tai Chi 3:00 Creative Writing	16 10:30 Better Balance 12:00 CCC Dinner 1:30 Great Courses Skeptics Guide to American History- Zoom	17  9:00 Bone Builders 9:30 Knitters 10:30 Qigong/Tai Chi 1:15 SUN 73 Tai Chi 1:00-3:00 Foot Clinic 6:00 Ukulele	18 9:00-11 Coffee Hour 10:30 Better Balance	19
26	21 10:30 Better Balance 12:00 CCC Dinner 12:00 Line Dance 1:00 Bridge 3:00 Tai Chi Fall Prev.	22 9:00 Bone Builders 10:30 Tai Chi Practice 1:15 SUN 73 Tai Chi 3:00 Creative Writing	23 10:30 Better Balance 12:00 CCC Dinner 1:30 Great Courses Skeptics Guide to American History- Zoom	24 9:00 Bone Builders 9:30 Knitters 10:30 Qigong/Tai Chi 1:15 SUN 73 Tai Chi	25 9:00-11 Coffee Hour 10:30 Better Balance	26
27	28 10:30 Better Balance 12:00 CCC Dinner 12:00 Line Dance 1:00 Bridge 3:00 Tai Chi Fall Prev.	29 9:00 Bone Builders 10:30 Tai Chi Practice 1:15 SUN 73 Tai Chi 3:00 Creative Writing	30 10:30 Better Balance 12:00 CCC Dinner 1:30 Great Courses Skeptics Guide to American History- Zoom	31 9:00 Bone Builders 9:30 Knitters 10:30 Qigong/Tai Chi 1:15 SUN 73 Tai Chi		

Refer to the program descriptions for details