



Castleton Community Center September 2022 Newsletter



Falls Prevention Awareness Day Wednesday, September 21 1:00-2:00

Castleton Community Center will host a Fall Prevention Awareness Day on Wednesday, September 21 to help people become aware of risks of having a fall and what they can do to prevent a fall.

SVCOA will sponsor **STEADI**, a fall risk screening, assessment, and intervention program. A physical Therapist will be at the Center to do the Falls Risk screening. Information will be available to help people combat any risks.

SASH will give a presentation on Fall Prevention which will include information on medication, medical conditions as we age, and home fall risks.

Laurie will present information on the **Matter of Balance** program and how **Tai Chi** can help prevent falls. Educational materials will be available.

The program will begin at 1:00 in the multipurpose room at the Center.

Why not come to lunch at noon and stay for the program? To reserve a seat at lunch, call the Center before 9:30 the day before. 802-468-3093



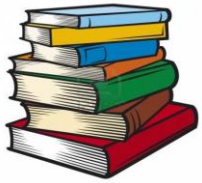
SVCOA SNAP and FUEL ASSISTANCE

September 7 at 1:00-3:00

The Southwestern Vermont Council on Aging will provide information and assistance to 3SQT applicants for SNAP and FUEL ASSISTANCE. They will be offering 1 on 1 support and overview of the programs for older adults. 3SquaresVT is a nutrition program that boosts your food budget to help you stay healthy and independent. FUEL ASSISTANCE helps pay part of your home heating bills-whether you own or rent, pay for heat directly or as part of your rent. Come for lunch at noon and stay for the program. To reserve a seat at lunch, call the Center before 9:30 the day before. 802-468-3093

PLAN AHEAD-RAVNAH FLU CLINIC

There will be a VNA Flu shot clinic at the Castleton Community Center in October.



NEW! CCC Book Club

The first meeting of the Castleton Community Center Book Club will be held September 19th from 3:00-4:30 and then continue on the third Monday of each month. Our first book for discussion will be *Apples Never Fall*, by Liane Moriarty. Open to all, the reading group welcomes suggestions for future books (any genre), as well as alternate times/days for meetings. Queries may be directed to Laurie or Joyce Thomas, thomasaug@comcast.net.



SAVE THE DATE!

2022 CCC Golf Outing

In memory of Scott Lobdell

**Proceeds from the Golf Outing Support our
Elderly & Disabled Transportation Program**

Friday Sept. 9 Lake St. Catherine CC

The 18th Annual Castleton Community Center Golf Outing will be held at Lake St. Catherine CC on Friday September 9th. This year's event is dedicated to the memory of Scott Lobdell. All proceeds from the event support the Center's Elderly and Disabled Transportation Program. Cash Prizes and gift certificates will be awarded as well a chance to win a \$10,000 hole in one contest. For information or registration forms call the Center 802-468-3093 or visit www.castletoncsi.org.



SHOPPING SPREE RAFFLE THREE CHANCES TO WIN!!!!



Be sure to get your tickets for the Community Center's Annual Shopping Spree Raffle with THREE chances to win. Prizes include: Hannafords \$100 gift card, Price Chopper \$50 gift card and Shaws \$50 gift card. All proceeds from the raffle will help support our Elderly and Disabled Transportation Program. The drawing will be held Friday, September 9th at the Community Center's Annual Golf Outing. Tickets are in the September Newsletter, on our website at www.castletoncsi.org, and at the Center.



BOCCE UPDATE

Bocce alternates days each week between Wednesday and Thursday. The pick-up games are held at Hadeka Stone Corp. 460 Staso Rd. Castleton at 6 p.m. weather permitting. Please email Mary Beth Hadeka at hadeka3@gmail.com so that she can put you on the e-mail list for notifications of meeting days and any special news throughout the season.



COME DINE WITH US!

The Castleton Community Center senior meal program provides a great opportunity for adults in our community to enjoy a nutritious 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 our noon meal, consider yourself invited! Meals are provided every Monday and Wednesday at 12:00. An anonymous and voluntary donation of \$4 for seniors is suggested but not required. Non-seniors and guests are welcome and are asked to donate \$5 to cover the cost of the meal.

Reservations are required, so be sure to call the Center by 9:30 the day before to reserve a meal. If you need transportation to the dinner, our van service is available for seniors, but you must call the Center the day before to reserve a ride. See the menus for the month at the end of this newsletter

If you are unable to come to the Community Center for meals, you can sign up for at home meals by calling the Meals on Wheels Program at Southwestern Vermont Council on Aging. 1-800-642-5119 or 802-786-5990



Free Blood Pressure Screening

Monday, Sept. 26, 11:30-12:00



VNA Foot Care Clinic

The VNA & Hospice of the Southwest Region Foot Care Clinic is held at the Castleton Community Center on the 3rd Thursday of each month from 1:00-3:00. Clinic fee is \$10 payable to VNAHSR. **The next clinic will be September 15th from 1:00-3:00.** Call the Center to make an appointment.



GET SET UP

GetSetUp is a program to help those over 55 learn new skills and connect with others. Through the Vermont Association Area Agencies on Aging, Vermont residents 60+ have free access to **GetSetUp**'s live interactive classes. To learn more and enroll in classes, visit

<https://www.getsetup.io/partner/vermont>



Great Courses via Zoom

The **Great Courses** program offers educational, entertaining and stimulating lectures and discussions. Programs begin with a 30 minute video, followed by a lively discussion among participants.

Great Courses at the Center is taking a break for September.

For information call 802-468-3093 or e-mail homested@shoreham.net



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. During inclement weather you can use the treadmill or bike in our Wellness Center Walk and Ride Room.



CCC Walking Challenge 2022

WE MADE IT TO LAS VEGAS!!! August 12th we entered Las Vegas and now we are on our way back to Castleton for our Las Vegas celebration.

This is how the Challenge works. Track your miles at home or laps around our walking trail (3 laps equals a mile) and record your miles. Each Friday, send your total to homested@shoreham.net or call the Center at 802-468-3093. We will add everyone's miles to our chart. Remember every step counts! Anyone can join the challenge at any time and you can walk anywhere. We will have a celebration for all who contributed to making our challenge a success.

COMMUNITY CENTER WELLNESS CLASSES



KAYAK CLUB

The Kayak Club meets on Wednesdays at 9:30, location will be sent out by email each week. You need to bring your own kayak. To receive information about the Wednesday outings, contact Sue at: sue.monaco247@gmail.com (802-273-2919) or Jeff at: gobrownies@comcast.net (802-468-8927)



Hiking Club

Hiking Club meets on Mondays. Call the Center and add your name to the email list. Bring water, snacks, bug spray and any medications you may need. Guard against ticks by wearing long sleeves and pants that tuck into your socks. Wear sturdy footwear. In the case of rain, the hike will be postponed to the following Monday.



Tai Chi

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

This practice will include Falls Prevention Tai Chi, Yang 24 and Sun 73, Tai Chi for Diabetes and more. We will work on principles and refining movements.

Tai Chi for Fall Prevention Instruction Thursdays 11:30-12:30

We will be learning Falls Prevention Tai Chi, a short form using Sun style movements. Health benefits include improved balance, increased mobility, better breathing and various healing and relaxation properties.

Tai Chi Longevity Tree Qigong Thurs. 10:30-11:30

Dating back to the 6th century AD, the Longevity Tree form is about balancing and harmonizing the three energies: ourselves, the earth and the cosmos. Progressing through these movements takes us on a journey through the circle of life. Starting with the movements of a tree, the symbol of life, stability and longevity.

Tai Chi SUN 73 Practice and Review 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.

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

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

You can do a virtual Bone Builders class with Pat Facey of RSVP via **You Tube** video. Go to 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.

Line Dance – Monday 1:00-2:00

Line Dance is a great way to move and get some exercise. Join the group for this informal fun activity on Mondays at 1:00.

Yoga - Wednesdays 8:30 – 9:45

Call Christine Brown for registration. 802-273-2078.

Activities at the Center



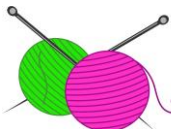
Ukulele Band

The Ukulele Band meets in the Wellness Center every first and third Thursday. Beginners meet at 6:00 and then they join the whole group from 6:30-8:00. We look forward to rollicking singing and jest with those who gather to have some fun with us. For information please contact Debby Franzoni (deb.franzoni@gmail.com) or Mike Blust (mhblust@gmail.com)...Come on and strum along.



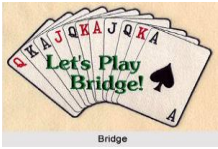
Creative Writing Workshop

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

Bridge players meet on Mondays between 1 P.M. and 4 P.M in the Community Center Dining Room. Come join the group to enjoy an afternoon of bridge with fellow players. Hope to see you there! If you are interested in playing Monday and Tuesday evening between 6:30 and 8:30, contact Sandy Kuehn at 802-770-8868.



GUITAR LESSONS

Call the Center to find out our start date in September. 802-468-3093



TAKE NOTE VOCAL GROUP

Call the Center to find out our start date in September. 802-468-3093

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COFFEE HOUR

Every Friday from 9:00-11:00 the Center holds a free coffee hour open to all. Join us for some homemade goodies, hot brew and good company. Please come and enjoy this very casual and friendly get together to see old friends and make new ones.



Welcome New Members

Dean and Mary Droege
Carol Benjamin & Angel Diaz
Nancy Allison & Arlen Grossman
Barbara Moore
Diana & Bob Peterson
Stan & Christina Pietryka



September Birthdays

9/1 Bonita Galvin
9/2 Victoria Hawley
Brad Hunt

Terry Riley
 Joyce Thomas
 9/3 Patricia Szabo
 9/5 Werner Baumann
 9/12 Ted Day
 9/13 Vicki Mulholland
 9/15 Carol Young
 9/17 Aileen Durkee
 Julius Riemersma
 9/19 Audrey Mainolfi
 Mary McNeil
 Sue Tezak
 Cindy Williams
 9/21 Marjorie Reuling
 Janice Riecker
 9/22 Bruce Kendall
 9/23 Judy Boss
 Rosie Doran
 9/24 Elizabeth Dodge
 Tad Kemnitzer
 Edward Vrana
 9/26 Becky Collette
 Virginia Maguire
 9/27 Lynn Gee
 9/28 Dawn Smith Pliner
 9/30 Ceil Hunt

BIRTHDAY DINNER-Monday, September 26

Join us as we celebrate all this month's birthdays with a delicious meal of BBQ Beef Steak, chopped broccoli and carrots, dinner roll and Birthday Cake. Plus, there will be gifts for the birthday gal or guy and a chance to win our 50/50 raffle. **Reservations must be made by 9:30 FRIDAY, Sept. 23rd**



TRANSPORTATION

The Community Center offers free van service for essential rides for those 60+ or disabled. Donations appreciated. Reservations require 24 hour notice.



Essential Shopping Day

Our shopping day is scheduled for Monday. If Monday is a holiday it will be on Tuesday instead. You have approximately 1 to 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 by Friday** if you want a ride for shopping.

Week 1 Sept. 6(Tues) Hannafords/Aldis

Week 2 Sept. 12(Mon) Price Chopper/Wal-Mart

Week 3 Sept. 19(Mon) 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



Free Chess Lessons

Chess for Seniors (CFS) is a free on line program. Various studies have shown that playing chess helps to strengthen logical reasoning and problem solving skills. CFS currently offers FREE beginner and intermediate classes online using Zoom. You can learn more about Chess for Seniors at:

<https://jasonlu05j.wixsite.com/chessforseniors>



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 you can support the Community Center by registering the Castleton Community Seniors Inc. as your chosen non-profit. and Amazon will donate 0.5% of the price of your eligible AmazonSmile purchases. Remember, always start at [smile.amazon.com](https://www.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, or, 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



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



September 2022 Programs



Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
				1 9:00 Bone Builders 9:30 Knitters 10:30 Longevity Tree Qigong 11:30 Fall Prevent Tai Chi 1:00 Matter of Balance 1:15 SUN 73 Tai Chi 6:00 Ukulele	2 9:00-11 Coffee Hour 10:30 Better Balance <i>Send your walking miles</i>	3
4 7:30 AA	5 CLOSED LABOR DAY HOLIDAY	6 9:00 Bone Builders 10:30 Tai Chi Practice 3:00 Creative Writing 7:30 WAA	7 8:30 Yoga 9:30 Kayak Club 10:30 Better Balance 12:00 CCC Dinner 1:00 SVCOA SNAP & FUEL ASSISTANCE	8 9:00 Bone Builders 9:30 Knitters 10:30 Longevity Tree Qigong 11:30 Fall Prevent Tai Chi 1:00 Matter of Balance 1:15 SUN 73 Tai Chi	9 9:00-11 Coffee Hour 10:30 Better Balance  Golf Outing <i>Send your walking miles</i>	10
11 7:30 AA	12 10:30 Better Balance 12:00 CCC Dinner 1:00 Line Dance 1:00 Bridge	13 9:00 Bone Builders 10:30 Tai Chi Practice 3:00 Creative Writing 7:30 WAA	14 8:30 Yoga 9:30 Kayak Club 10:30 Better Balance 12:00 CCC Dinner	15 9:00 Bone Builders 9:30 Knitters 10:30 Longevity Tree Qigong 11:30 Fall Prevent Tai Chi 1:00-3:00 FOOT CLINIC 1:00 Matter of Balance 1:15 SUN 73 Tai Chi 6:00 Ukulele	16 9:00-11 Coffee Hour 10:30 Better Balance <i>Send your walking miles</i>	17
18 7:30 AA	19 10:30 Better Balance 12:00 CCC Dinner 1:00 Line Dance 1:00 Bridge 3:00 Book Club	20 9:00 Bone Builders 10:30 Tai Chi Practice 3:00 Creative Writing 7:30 WAA	21 8:30 Yoga 9:30 Kayak Club 10:30 Better Balance 12:00 CCC Dinner 1:00 Fall Prevention Awareness Day Event	22 9:00 Bone Builders 9:30 Knitters 10:30 Longevity Tree 11:30 Fall Prevent Tai Chi 1:00 Matter of Balance 1:15 SUN 73 Tai Chi	23 9:00-11 Coffee Hour 10:30 Better Balance <i>Send your walking miles</i>	24
25 7:30 AA	26 10:30 Better Balance 11:30 SASH Blood Pressure Screening 12:00 BIRTHDAY DINNER 1:00 Line Dance 1:00 Bridge	27 9:00 Bone Builders 10:30 Tai Chi Practice 3:00 Creative Writing 7:30 WAA	28 8:30 Yoga 9:30 Kayak Club 10:30 Better Balance 12:00 CCC Dinner	29 9:00 Bone Builders 9:30 Knitters 10:30 Longevity Tree 11:30 Fall Prevent Tai Chi 1:15 SUN 73 Tai Chi	30 9:00-11 Coffee Hour 10:30 Better Balance <i>Send your walking miles</i>	

Refer to the program descriptions for details