

**Castleton Community Center
October 2022 Newsletter**



**TWO CHANCES TO WIN!
100 GALLONS OF HEATING FUEL**

**Drawing Wednesday, Dec. 14th
at the Castleton Community Center**

100 gallons of heating fuel from Johnson Energy (oil or kerosene). * OR
100 gallons of heating fuel from Sam's U-Save Fuel.*

**For home delivery in Rutland County between December 2022 & April 2023*

If you do not use fuel as a heating source you can receive
a cash equivalent of 100 gallons at wholesale price.

Tickets are available at the Community Center or go to our website to print tickets
www.castletoncsi.org

**Don't Be Blue With the Flu!
VNA FLU CLINIC
TUESDAY OCTOBER 18
9:00-12:00**

**Castleton Community Center
BY APPOINTMENT ONLY!**

**To make an appointment go to:
www.clinics.timetap.com
or call Eileen at VNA 775-0568**



Lunch & Learn

Seasonal Affective Disorder (SAD)

October 14

Seasonal affective disorder (SAD) is a type of depression that's related to changes in seasons — SAD begins and ends at about the same times every year. If you're like most people with SAD, your symptoms start in the fall and continue into the winter months, sapping your energy and making you feel moody. These symptoms often resolve during the spring and summer months. Less often, SAD causes depression in the spring or early summer and resolves during the fall or winter months.

Don't brush off that yearly feeling as simply a case of the "winter blues" or a seasonal funk that you have to tough out on your own. Take steps to keep your mood and motivation steady throughout the year.

Stephen Stratton, an Eldercare Clinician from Rutland Mental Health, will be at the Castleton Community Center to talk about the signs and symptoms of SAD and what steps can be taken to lift your mood and keep you motivated. In partnership with SVCOA.

A Deli Lunch will be served at 12:00 and the program will begin at 12:30. Reservations must be made by Wednesday, October 12th. Call the Center at 802-486-3093

NEW FACES AT CCC

Welcome Libby Laramie – Board member

Libby attended Green Mountain College and Castleton for her undergraduate studies and then graduate work at St. Michaels and UVM. Her teaching career included Burr and Burton Seminary, Castleton Elementary and Fair Haven Grade School before retiring in 2018. She has served on student support committees, state special education monitoring teams and the board of the LBA. Libby has been an active member of the Community Center golf committee since 2020. Libby commented: *“Each time I attend a meeting at the Center I am impressed by the activity and support that I see happening here.”*

Welcome Mike Reedy-Buildings & Grounds

You may have seen Mike around this summer keeping our gardens in shape. Mike, a Castleton resident, is a retired carpenter bringing general knowledge of construction and maintenance to the Center. He will be joining the Community Center staff as the Grounds and General Maintenance Manager.

Welcome Peter Hathaway-Van Driver

Our new van driver Peter Hathaway lives in Hubbardton. Before coming to the Center, he spent time as a student assistant counselor and school bus driver in Morrisville, Vermont. He has come out of retirement to drive for our Elderly and Disabled transportation program Center.

Welcome Birgit Kinneberg-C.U. Intern

Birgit Kinneberg is an international student at Castleton University from Norway. She is a senior majoring in Psychology and Sociology as well as competing on the Castleton University ski team. Birgit comes to the Center this semester as an intern with previous experience working as a health care assistant at a nursing home and volunteering with the senior population in her hometown in the mountains of Norway. *Birgit says: “I will*

be interning at Castleton Community Center this semester, an incredibly giving, joyful, and fun community that I am beyond thankful for being a part of! “



GOLF OUTING THANK YOU

The Castleton Community Seniors 18th Annual Golf Outing in memory of Scott Lobdell was held at Lake St. Catherine Country Club. The event was a major success thanks to the generosity of many area individuals and businesses. Proceeds from the Golf Outing support our Elderly and Disabled transportation program.

A special thank you to Major Sponsors: Brown's Auto Salvage, Hubbardton Forge, Kinney Pike Insurance, Fair Haven Rotary, Johnson Energy, VSECU, M&T Bank, Hadeka Stone Corp. and Community Health Centers.

The 2022 Hole Sponsors were: Castleton American Legion Post 50, Castleton American Legion Auxiliary Unit 50, Castleton Corners Vet Clinic, Castleton Lions Club, Castleton Motors, Castleton Republican Party, Castleton Village Store, Dr. & Mrs. Jim Perry, Dr. James Wright, Ducharme Funeral Home, Durfee Funeral Home, Doug Frederick in memory of Scott Lobdell, Fyles Brothers, Heritage Family Credit Union, Jost Construction, Kinney Drug Foundation, Kevin Eagan Landscaping, Mahoney Mechanical, McClure Construction, Precision Auto Body, Premier Roof Solutions, Prunier's Market, R & D Automotive, Rutland County Democratic Party, Slate Valley Physical Therapy, VNA & Hospice of the SW Region, Woodard Marine.

Raffle items and cash donations were received from: Bomoseen Golf Club, Brown's Farm Stand, Fred Capron, Castleton Lions Club, Carl Durfees Store, Everyday Flowers, Fair Haven Inn, Gilmore Home Center, Godnick's Grand Furniture, Happy Paws, Kinney Drug Foundation, Lake Bomoseen Lodge & Tap Room, Lake St Catherine CC, Kamuda's Store, Toni Lobdell, Michelle's Sweet Creations, Dr. and Mrs. Jim Perry, Sweet Carolines Restaurant and Spirit of Ethan Allen.

We also want to thank our Golf Committee for all the time and effort they put into making this year's event a success: Al Gustafson, Don Wood, Sue Decarolis, Libby Laramie, Terry Riley and Jim Wright.



SHOPPING SPREE RAFFLE WINNERS

Shopping Spree Raffle Winners were: LaVerne Wolfanger, Irene Evanoika and Nancy Wolmuth. A special thank you to all who purchased tickets for the raffle. Your support provides important funds for our programs and services for the community.



Great Courses

Joe Mark, facilitator of the Great Courses has arranged for retired Castleton State College biology professor Mark Fox to speak with us at the Castleton Community Center and *via* Zoom at 1:30 pm on Wednesday, October 19. His presentation will take 30 to 40 minutes with an open-ended Q&A session. He will discuss several areas of modern genetics research that he finds especially interesting. He will include epigenetics. Fox earned both his B.S. and Ph.D. at the University of Maryland. He joined the Castleton faculty in 1985 and across his career regularly taught genetics along with other important courses in the Natural Sciences Department. In addition to other awards he received from students and alumni, Mark was chosen to be a Vermont State Colleges Faculty Fellow, a rare honor bestowed each year on only two faculty across the whole VSC.



Annual Meeting

The Castleton Community Seniors Annual Meeting will be held **Tuesday October 11th at 9:00am**. The Board of Directors will provide complimentary coffee and pastries. All are welcome! Please call by Friday October 7th and let us know if you can come.

Thank You

Thank you to all those that participated in the LaValley E-Member promotion and the Shaws Shopping Bag promotion. Castleton Community Center was awarded \$300 from LaValley and \$81 from Shaws!



CCC Holiday Craft Fair November, 12, 2022

If you are interested in participating as a vendor, call Lori Barker 273-2241.



Game Day! Friday October 21~ 12-2:30

Game Day is back and we are excited to have members of the C.U. Ski Team join us! There will be a FREE Deli Style Lunch for all game players at 12noon and the games follow immediately after. We'll have a variety of board games, cards and our popular action games; Nintendo Wii Bowling, Putting Green, and Corn Hole

Toss. Lots of door prizes and laughs for all who come to play! **Please call 468-3093 by Wed. October 19th to make your reservation.**



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

Wednesday, October 19th at 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 October 20th 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>



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

by Unknown Author is
Registered under
Together we have walked approximately 3800 miles. Our trip has taken us to Las Vegas and back to Denver, Colorado. We are on our way to Lexington, Nebraska.

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 KUDOS

THANK YOU to Suzy Fenton, Sue Monaco and Jeff Schroeder for taking the lead this year.



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. **This time of year, wear bright colors like blaze orange or bright yellow.** Wear sturdy footwear. In the case of rain, the hike will be the next day, Tuesday.

Oct. 10 – Pine hill Park, Rutland

Oct. 24 - TBA



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.

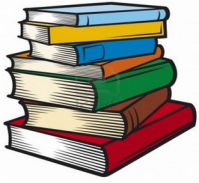
Line Dance – Monday 12:30-1:30

Line Dance is a great way to move and get some exercise. Join the group for this informal fun activity on Mondays at 12:30.

Yoga - Wednesdays 8:30 – 9:45

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

Activities at the Center



by Unknown
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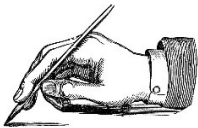
CCC Book Club

The next meeting of the Castleton Community Center Book Club will be held October 17th from 3:00-4:30. October's book will be *The Narrow Road to the Deep North* by Richard Flanagan. 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.



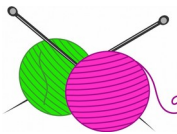
Ukulele Band

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

The guitar group meets on Mondays at 11:00. Come have some fun with Mekenok and the gang. All levels welcome.



TAKE NOTE -Local Vocal Group

Do you enjoy singing? Join your voice with this informal gathering of people that that want to sing together. All are welcome. The group meets at 11am on Wednesdays at the Castleton Community Center.



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

Alana Petty & John Killary
Patricia King



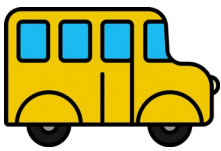
October Birthdays

10/1	Barbara Capman
10/2	Linda Smith
10/3	Sue Monaco
10/4	Richard Thomas
10/5	Glenda Coursey
10/6	Ann Roberts
	Ray Williams
10/7	Farrell Francis
	Joyce Szabo
10/8	Janet Ladd

Robert Mealey
 10/11 Milton Corey
 10/12 Barbara Cheney
 Gilbert Nadeau
 10/14 Claire Burditt
 10/16 Michael Bethel
 10/17 Donald Fowler
 10/18 Jean Britt
 10/19 Mary Wolons
 10/21 Martha Hurlburt
 10/22 Richard Byrne
 Susan Fingerhut
 10/23 Judy Prunier
 Alice Reid
 Linda Wood
 10/24 Jill Hassebroek
 10/25 Gretiena Johnson
 Linda Pritchard
 10/27 Tom Barrett
 10/27 Lee Ellis
 Robert Kirbach
 Jeff Schroeder
 10/28 Walter Sperr
 10/29 Donna Streeter
 10/31 Alan Wolmuth

BIRTHDAY DINNER-Wednesday, October 19th

Join us as we celebrate all this month's birthdays with a delicious meal of Oven Fried Chicken, Garlic Mashed Potatoes, Spinach, Dinner Rolls 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 Tuesday, October 18th.**



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 Oct. 3 Hannafords/Aldis
 Week 2 Oct. 11(Tues)Price Chopper/Wal-Mart
 Week 3 Oct. 17 Shaws/Pruniers

Week 4 Oct. 24

Price Chopper/Wal-Mart

Week 5 Oct. 31

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.amazon.com/smile)



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



by Unknown

October 2022 Programs



by Unknown

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	<p>Author is licensed under</p>			<p>Author is licensed under</p>		1
2	<p>3</p> <p>10:30 Better Balance 11:00 Guitar 12:00 CCC Dinner 12:30 Line Dance 1:00 Bridge</p> <p>7:30 AA</p>	<p>4</p> <p>9:00 Bone Builders 10:30 Tai Chi Practice 3:00 Creative Writing</p> <p>7:30 WAA</p>	<p>5</p> <p>8:30 Yoga 10:30 Better Balance 11:00 Vocal Group 12:00 CCC Dinner</p>	<p>6</p> <p>9:00 Bone Builders 9:30 Knitters 10:30 Longevity Tree Qigong 11:30 Fall Prevent Tai Chi 1:15 SUN 73 Tai Chi 6:00 Ukulele</p>	<p>7</p> <p>9:00-11 Coffee Hour 10:30 Better Balance</p> <p><i>Send your walking miles</i></p>	8
9	<p>10</p> <p>CENTER CLOSED For HOLIDAY</p> <p>7:30 AA</p>	<p>11</p> <p>9:00 CCSI ANNUAL MEETING 9:00 Bone Builders 10:30 Tai Chi Practice 3:00 Creative Writing</p> <p>7:30 WAA</p>	<p>12</p> <p>8:30 Yoga 10:30 Better Balance 11:00 Vocal Group 12:00 CCC Dinner</p>	<p>13</p> <p>9:00 Bone Builders 9:30 Knitters 10:30 Longevity Tree Qigong 11:30 Fall Prevent Tai Chi 1:15 SUN 73 Tai Chi</p>	<p>14</p> <p>9:00-11 Coffee Hour 10:30 Better Balance 12:00 Lunch and Learn Presentation on Seasonal Affective Disorder</p> <p><i>Send your walking miles</i></p>	15
16	<p>17</p> <p>10:30 Better Balance 11:00 Guitar 12:00 CCC Dinner 12:30 Line Dance 1:00 Bridge 3:00 Book Club</p> <p>7:30 AA</p>	<p>18</p> <p>FLU SHOT CLINIC 9:00-11:00 9:00 Bone Builders 10:30 Tai Chi Practice 3:00 Creative Writing</p> <p>7:30 WAA</p>	<p>19</p> <p>8:30 Yoga 10:30 Better Balance 11:00 Vocal Group 11:30 SASH Blood Pressure Screening 12:00 BIRTHDAY DINNER 1:30 Great Courses: Genetics with Mark Fox</p>	<p>20</p> <p>9:00 Bone Builders 9:30 Knitters 10:30 NO Longevity Tree 11:30 Fall Prevent Tai Chi 1:00-3:00 FOOT CLINIC 1:15 SUN 73 Tai Chi 6:00 Ukulele</p>	<p>21</p> <p>9:00-11 Coffee Hour 10:30 Better Balance 12:00-2:00 GAME DAY</p> <p><i>Send your walking miles</i></p>	22
23	<p>24</p> <p>10:30 Better Balance 11:00 Guitar 12:00 CCC Dinner 12:30 Line Dance 1:00 Bridge</p> <p>7:30 AA</p>	<p>25</p> <p>9:00 Bone Builders 10:30 Tai Chi Practice 3:00 Creative Writing</p> <p>7:30 WAA</p>	<p>26</p> <p>8:30 Yoga 10:30 Better Balance 11:00 Vocal Group 12:00 CCC Dinner</p>	<p>27</p> <p>9:00 Bone Builders 9:30 Knitters 11:30 Fall Prevent Tai Chi 1:15 SUN 73 Tai Chi</p>	<p>28</p> <p>9:00-11 Coffee Hour 10:30 Better Balance</p> <p><i>Send your walking miles</i></p>	29
30	<p>31</p> <p>HAPPY HALLOWEEN</p> <p>10:30 Better Balance 11:00 Guitar 12:00 CCC Dinner 12:30 Line Dance 1:00 Bridge</p>					

Refer to the program descriptions for details