

**Castleton Community Center  
November 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](http://www.castletoncsi.org)



**Holiday Craft Fair Sat. Nov. 12<sup>th</sup> ~ 9:00-3:00**

The Annual Castleton Community Center Holiday Craft Fair features handmade items by local craftsmen. Be sure to mark November 12th from 9:00 to 3:00 on your calendar for a chance to do some great holiday shopping. There will be a super selection of one-of-a-kind hand-made jewelry, decorations, clothing and food items. Twenty- three vendors will be displaying their crafts in both buildings. Many of your favorite crafters will be returning this year as well as some exciting new ones. CCC will be selling soup and sandwiches for lunch and we will have our popular Tea Cup Auction.



## Lunch & Learn

*Expectations vs. Realities  
of the Golden Years*

**Wednesday Nov. 9**

Cinda Donton, an Elder care Clinician for Rutland Mental Health, will be speaking about *the effects of life changes as we age and coping and adapting to these changes*. She will discuss grief and loss in general and specifically about how the loss of our own function, roles and abilities can be the hardest loss of all. People grieve personal losses and can get angry and disappointed in themselves for not being what they were. When we are struggling, we need our own support the most. She will talk about why it is important to be kind and support ourselves and how to do it.

**Lunch will be served at 12:00 and the program follows at approximately 12:30. There is no charge for the lunch, but donations are greatly appreciated. The meal includes Roast Pork, Mashed Potatoes, Butternut Squash, Dinner Roll and Apple Crisp. Lunch reservations must be made by 9:30AM Tuesday, November 8<sup>th</sup>. Call the Center 468-3093**



**The 10th Annual Castleton University Baseball Team**

## Thanksgiving Dinner      FRIDAY, NOVEMBER 18

The Castleton University Baseball team will host the 10th Annual Community Center Thanksgiving Dinner for seniors on **Friday November 18 at 12:00**. The menu will include Roast Turkey, Stuffing, Mashed Potatoes, Sliced Carrots, and Pumpkin Pie. Not only will you have a great meal, but you will get to know more about these fine student athletes in a great social atmosphere. **RESERVATIONS ARE REQUIRED AND SEATING IS LIMITED.** **Call the Center ASAP. The deadline for reservations is 9:00 on Monday, November 14th.**



## Game Day! Friday November 4th~ 12-2:30

Our October Game Day was enjoyed by 27 members plus guests from the Castleton University Ski Team. Students from Norway, Germany, Sweden, Australia, Spain and Italy added a real international flavor to the games. Our November Game Day will feature a free Deli Style Lunch for all players on Friday, Nov 4th. Lunch will be served at 12noon and the games follow immediately after. Members of the CU baseball team will join us to add to the fun. There will be a variety of board games, cards and our popular action games: Nintendo Wii Bowling, Corn Hole Toss and Putting Green. There will be game prizes and lots of laughs for all who come to play! **Be sure to call 468-3093 by Wed. Nov. 2nd to make your reservation.**



## Fun and Easy Fluid Art Workshop

**Monday Nov. 14 1:00-2:30**

Fluid Art painting is a fun art technique that uses thin paints to create one of a kind pieces without traditional brushwork. Paint is applied to a canvas by pouring, sprinkling, or other dynamic methods. Birgit, our C.U.intern will show a “how to” video and then help you create an abstract masterpiece by letting pigment run amok on an 8X10 canvas. The \$5 registration fee covers all supplies. Class is limited to 10 so register ASAP. Why not reserve a seat for lunch at 12:00 then stay for the workshop!!!



## Free Blood Pressure Screening

**Monday, November 7th 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 3<sup>rd</sup> Thursday of each month from 1:00-3:00. Clinic fee is \$10 payable to VNAHSR. **The next clinic will be November 17 from 1:00-3:00.** Call the Center to make an appointment.



by Unknown Author is licensed under

## CCC Walking Challenge 2022

**WE DID IT!!!!**

Our walkers have a done a fantastic job with the 2022 walking challenge. The challenge was nearly 1000 miles longer than last year’s challenge and within the next few weeks we will have completed the 5226 miles to our destination and back.

On Wednesday, November 16 at 2:00, we will have a Las Vegas style celebration for all who contributed to making our challenge a success. For the purposes of a head count, please contact the Center to sign up for the celebration by Thursday, November 10th.



## 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*



## 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.



## Hiking Club

Thank You to Diane Baker for leading the hikes this year. They will start up again in the spring.

## COMMUNITY CENTER WELLNESS CLASSES



## 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](http://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 – Tuesday 12:30-1:30**

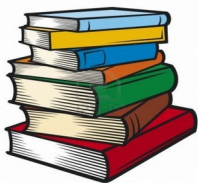
Line Dance is a great way to move and get some exercise and have fun! Join the group for this informal activity on Tuesdays at 12:30.

## **Yoga - Wednesdays 8:30 – 9:45**

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

# **Activities at the Center**

## **CCC Book Club**



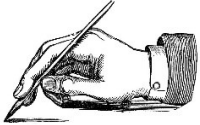
by Unknown  
Author is  
licensed under

The next meeting of the Castleton Community Center Book Club will be held November 21 from 3:00-4:30 November’s book will be *“Their Eyes Were Watching God”* by Zora Neale Hurston. Open to all, the reading group welcomes suggestions for future books (any genre), as well as alternate times/days for meetings. Books are available at CCC office. Queries may be directed to Laurie or Joyce Thomas, [thomasaug@comcast.net](mailto:thomasaug@comcast.net).



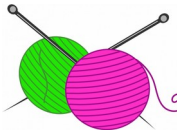
## Ukulele Band

The Ukulele Band meets at 6:00pm in the Wellness Center every first and third Thursday. Beginners are welcome! If you enjoy singing, strumming and laughing – come to a meeting and try it out. We have ukuleles to loan. If you already play come and strum along. Once or twice a month we share songs at group events. On December 10th we will be at the Castleton Tree lighting. For information contact Debby Franzoni ([deb.franzoni@gmail.com](mailto:deb.franzoni@gmail.com)) or Mike Blust ([mhblust@gmail.com](mailto:mhblust@gmail.com))



## 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.



## Sewing Circle Meets on Tuesday

**Tuesday** afternoons from 1:00-3:00, you are invited to join folks at the Center working on a variety of projects. Whether it be quilting, needle point, rug hooking, or a variety of other projects, drop in for the joy of working together. The group includes many experienced crafters who can lend support and inspiration!

**Children's Comfort Blanket Project** - Donations of new, homemade blankets in sizes suitable for infants to teens are needed. The Children's Comfort Blanket Project distributes these blankets to children who are sick, needy or traumatized. Contact Kathy Budd at 802-438-5180 for more information or to let her know of a youngster in need. Donations may be dropped off at the Center for the Tuesday Sewing Circle.



## 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 Member

Cathy Miller



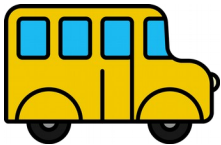
## November Birthdays

- 11/1 Bill Wood
- 11/2 Peggy King
- 11/4 Kathleen Maher
- 11/5 Grace Calvin
- 11/5 Deb Diekel
- 11/7 Louise Cousineau  
Dennis Fortier
- 11/8 Daniel Calvin  
Maureen Faryniarz  
Linda Knowlton
- 11/10 Maureen Clement  
Jeanne Tobin
- 11/11 Holly Hitchcock  
Floss Sulik

11/12 Pat Keller  
 Larry Space  
 11/13 Milton Blackwood  
 Patricia Schroeder  
 11/14 Shelia McIntyre  
 11/15 George Davis  
 11/16 Ben Boss  
 Kevin Durkee  
 Sylvia Markcrow  
 11/17 Marcia Anderson  
 Linda Squier  
 11/18 Joe Squier  
 11/19 Gail West  
 11/20 Charles Roundtree  
 11/22 Bill Egner  
 11/24 Sharon Bales  
 Shirley Burton  
 Joan Thomas  
 11/26 Winnie Levitre  
 Maisie Wood  
 11/27 Roberta Kemnitzer  
 11/29 Debbie Rosmus  
 Claudia Wulff

## **BIRTHDAY DINNER-Monday, November 7th**

Join us as we celebrate all this month's birthdays with a delicious meal of Salisbury Steak, Mashed Potatoes, Brussel Sprouts, 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 9:30AM Friday, November 4th.**



## **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 Nov. 7	Hannafords/Aldis
Week 2 Nov. 14	Price Chopper/Wal-Mart
Week 3 Nov. 21	Shaws/Pruniers
Week 4 Nov. 28	Price Chopper/Wal-Mart





## 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](mailto: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://smile.amazon.com)



## Bottle & Can Redemption

by Unknown  
Bring your  
recycled  
bottles  
under

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](http://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



# November 2022 Programs



Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
		<b>1</b> 9:00 Bone Builders  10:30 Tai Chi Practice  12:30 Line Dance  1:00 Sewing Circle  3:00 Creative Writing   7:30 WAA	<b>2</b> 8:30 Yoga  10:30 Better Balance  11:00 Vocal Group  12:00 CCC Dinner	<b>3</b> 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	<b>4</b> 9:00-11 Coffee Hour  10:30 Better Balance  12:00 Game Day  <i>Send your walking miles</i>	<b>5</b>
<b>6</b>          7:30 AA	<b>7</b> 10:30 Better Balance  11:00 Guitar  11:30 SASH Blood Pressure Screening  12:00 Birthday Dinner   1:00 Bridge	<b>8</b> 9:00 Bone Builders  10:30 Tai Chi Practice  12:30 Line Dance  1:00 Sewing Circle  3:00 Creative Writing   7:30 WAA	<b>9</b> 8:30 Yoga  10:30 Better Balance  11:00 Vocal Group  12:00 Lunch & Learn Presentation on Adapting to Aging	<b>10</b> 9:00 Bone Builders  9:30 Knitters  10:30 Longevity Tree Qigong  11:30 Fall Prevent Tai Chi  1:15 SUN 73 Tai Chi	<b>11</b>  <b>Closed</b>  	<b>12</b>    <b>Holiday Craft Fair 9-3</b>
<b>13</b>          7:30 AA	<b>14</b> 10:30 Better Balance  11:00 Guitar  12:00 CCC Dinner  1:00 Bridge   1:00 Fluid Art Workshop	<b>15</b> 9:00 Bone Builders  10:30 Tai Chi Practice  12:30 Line Dance  1:00 Sewing Circle  3:00 Creative Writing   7:30 WAA	<b>16</b> 8:30 Yoga  10:30 Better Balance  11:00 Vocal Group  12:00 CCC Dinner  2:00 Walking Challenge Celebration	<b>17</b> 9:00 Bone Builders  9:30 Knitters  10:30 Longevity Tree Qigong  11:30 Fall Prevent Tai Chi  1:00-3:00 FOOT CLINIC  1:15 SUN 73 Tai Chi   6:00 Ukulele	<b>18</b> 9:00-11 Coffee Hour  10:30 Better Balance  12:00 Thanksgiving Dinner with CU Baseball Team	<b>19</b>
<b>20</b>          7:30 AA	<b>21</b> 10:30 Better Balance  11:00 Guitar  12:00 CCC Dinner  1:00 Bridge  3:00 Book Club	<b>22</b> 9:00 Bone Builders  10:30 Tai Chi Practice  12:30 Line Dance  1:00 Sewing Circle  3:00 Creative Writing   7:30 WAA	<b>23</b> 8:30 Yoga  10:30 Better Balance  11:00 Vocal Group  12:00 CCC Dinner	<b>24</b>  Closed Happy Thanksgiving  	<b>25</b>  Closed	<b>26</b>
<b>27</b>          7:30 AA	<b>28</b> 10:30 Better Balance  11:00 Guitar  12:00 CCC Dinner  1:00 Bridge	<b>29</b> 9:00 Bone Builders  10:30 Tai Chi Practice  12:30 Line Dance  1:00 Sewing Circle  3:00 Creative Writing   7:30 WAA	<b>30</b> 8:30 Yoga  10:30 Better Balance  11:00 Vocal Group  12:00 CCC Dinner			

*Refer to the program descriptions for details*