



## Castleton Community Center January 2025 Newsletter



### Congratulations to the Fuel Raffle Winners

The winners of our 2024 Fuel Raffle were: Teresa Fisher of Fair Haven and Diane Lowell of Middletown Springs. A sincere thank you to Johnson Energy and Sam's U Save for providing these wonderful prizes for our raffle again this year. The proceeds support our transportation service for older adult and disabled residents in our community.



### LUCKY LEPRECHAUN RAFFLE

You can win \$100 in Vermont Lottery Tickets (donated by one of our members) in our LUCKY LEPRECHAUN RAFFLE TO BE HELD MONDAY MARCH 17. Stop by the Center to pick up your tickets. All proceeds will be used for the Community Center programs and services.

### Thank you - Holiday Tea Program Committee

The Holiday Spirit was in the air and tables were filled with spirited tea-goers for our 2024 Holiday Tea. The sweets and sandwiches were absolutely flavorful and yummy! Table decorations were lovely. A great time was had by everyone in attendance. Many thanks to our Program Committee who worked tirelessly to host this fabulous and festive event!



### LUNCH & LEARN-Monday January 6

**Easy Methods to Protect yourself from SCAM artists and turn them into SCRAM artists!**

Chief Peter Mantello, Castleton Police Department, will advise and give practical prevention methods in securing your personal information on your personal smart phones and computers. These practical methods will dramatically enhance your ability to reduce your vulnerability to SCAMMERS and FRAUDSTERS. Luncheon reservations need to be made by 9:00 Friday January 3. If you are coming to the program only, please arrive by 12:45

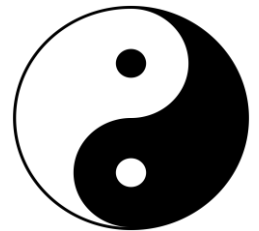


## Thursday Matinee

Come to the Community Center Matinee Movie on Thursday, January 9 at 2:00. ***Storm Boy*** will be the featured show. A beautiful and contemporary retelling of Colin Thieles classic Australian tale. Storm Boy has grown up to be Michael Kingley, a successful retired businessman and grandfather. When Kingley starts to see images from his past that he can't explain, he is forced to remember his long-forgotten childhood, growing up on an isolated coastline with his father. He recounts to his granddaughter the story of how, as a boy, he rescued and raised an extraordinary orphaned pelican, Mr. Percival. Their remarkable adventures and very special bond has a profound effect on all their lives. Based on the beloved book, Storm Boy is a timeless story of an unusual and unconditional friendship. The movie is free. Popcorn and lemonade will be available for \$1.00 each. Please call to reserve a seat.



## Lunar New Year Celebration The Year of the Wood Snake Thursday January 30 1:00-3:00



The Castleton Community Center will celebrate the Lunar New Year “**The Year of the Wood Snake**” with Tai Chi, Qigong and Asian treats on Thursday, January 30th from 1:00 to 3:00.

In 2025, the lunar year begins on **January 29** and the festival lasts for 15 days, concluding with the **Lantern Festival**. Register by calling the Center. The event is free and open to all. You are welcome to bring a dish to share.



## SUMI-E Brush Painting Workshop Thursday Jan 23 1:00-3:00

SUMI-E is the Japanese word for black ink painting. Emphasis is placed on the beauty of each individual stroke of the brush. In China and Japan, a brush is traditionally used for writing, and painting is an extension of writing. The main characteristics of the Sumi-e artist has been to eliminate all unessential elements and represent only the most important features of the subject. Participants will learn how to make various lines and forms with brush strokes using number of techniques and methods to bring life to the subject. Workshop fee is \$10. Registration is required.



## Great Courses (In Person and Via Zoom)

**NEW: The Viking Age: New Perspectives on History and Culture Begins Wednesday January 8**

This is a 12 lecture course on the Viking Period introduced via video by Dr. Jennifer Paxton, a professor of history at the Catholic University of America and a widely published scholar of the Viking Age. The course is offered both in person at the Community Center and via Zoom on Wednesdays from 1:30 to 3:00. Programs begin with a 30minute video, followed by a lively discussion among participants and facilitated by Joe Mark.

To receive the Zoom link, be sure to register by calling or emailing the Center (802-468-3093 or [homested@shoreham.net](mailto:homested@shoreham.net)) or let Joe know in advance.

**CCC has a NEW copy of the Great Courses “How Winston Churchill Changed the World” along with the guide for sale. Please contact Jo Ann or Laurie if you are interested in purchasing this DVD with manual (\$49).**

## Congratulations Knitters Network!

Over 400 hats, mittens, and Lap blankets were made for donation this year. Items were given to all area schools and the Rutland Head Start, VA, Castleton Cares, Slate Valley Cares, Rutland Regional Medical Center, Castleton Police Station, Castleton and Rutland public libraries and New Story Center.



## Eat Smart, Move More and Weigh Less

Now is a great time to take advantage of the Community Center’s Eat Smart, Move More, Weigh Less program. This program will help you learn to make smart nutritional choices. **Eat Smart, Move More and Weigh Less** is an online weight management program that uses proven strategies for weight loss and maintenance. Each lesson informs, empowers and motivates participants to live mindfully as they make choices about eating and physical activity. Eat Smart, Move More, Weigh Less is delivered in an interactive real-time format with a live instructor. Each participant can choose the class time that works best for his or her schedule. **Call or email the Center to receive the FREE link to begin.**



## Computer Help is Here

Need help navigating your computer? Rich Byrne has taught computer technology classes for seniors and offered his services to Castleton Community Center members. He is available to answer your questions or to help you gain more confidence and comfort in operating your digital devices. Call 802-468-3093 to make an appointment to meet with Rich at the Center.



### **Support and Service at Home (SASH) is looking for SASH Wellness Nurse(s)**

This is a contracted position in the Castleton/Fair Haven Area (10 hrs/wk) and/or Rutland Area (10hrs/wk)

For more information go to: [www.rhvt.org](http://www.rhvt.org) or [www.sashvt.org](http://www.sashvt.org) or contact Carol Keefe, SASH Implementation Manager at 802-558-4569



### **FOR ALL OUR SNOWBIRDS**

Please let us know your winter address and the dates you will be leaving and returning if you want to receive the Newsletter while you are in the sunny south. Most 3rd class mail does not get forwarded so help us reduce the cost of undeliverable mail by updating your info.



## **VNA Foot Care Clinic**

The Castleton Community Seniors offer foot care clinics for older adults. Many seniors have health conditions that make toenail clipping dangerous if not done correctly, and may require a professional who has experience in doing pedicures for seniors. Foot Care Clinic for Seniors are held the 3rd Thursday of each month from 1:00-3:00. Starting in January, the cost for the foot care is \$10 for pedicures and \$10 for manicures (cash or checks made payable to VNA) **Call now to find the next available date.**

## **Alzheimer's Support Group**

An Alzheimer's support group meets the second Tuesday of each month at Community Health Allen Pond, 71 Allen Street, Rutland, Suite 403. The support group is a safe environment where caregivers and family members can share feelings, thoughts and experiences. For more information contact Kelsey Bathalon at [kbathalon@chcrr.org](mailto:kbathalon@chcrr.org) or 802-855-2255. Or call the Alzheimer's Helpline at 800-272-3900.



## **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

Walking is a great way to ease back into a more active lifestyle. During inclement weather you can use the treadmill or bike in our Wellness Center Walk and Ride Room

## COMMUNITY CENTER WELLNESS CLASSES



### **SUN 73 Tai Chi**

**Wednesday 3:00-4:00**

This session is a practice and review for those looking to certify/recertify in Sun73, as well as new participants. This is the parent form of Fall Prevention Tai Chi. If you have done FPTC, you will already know many movements in the SUN 73 form. Register at the Center by calling 802-468-3093.

### **Tai Chi Practice**

**Tues. 10:30-11:30**

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/Qigong Thurs. 10:15-11:30**

### **Dragon Form**

We are learning the Dragon form and practicing Longevity Tree and Tiger forms. In China, the dragon is considered a representation of yang energy, and the dragon form expresses this quality in its expansiveness and dynamic fluidity. It is connected with the element air, which corresponds to the lungs. Longevity Tree form dates back to the 6th century AD and is about balancing and harmonizing the three energies: ourselves, the earth and universal energies. 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. The Tiger form is yin energy represented by the image of a white tiger. We establish our connection to the earth, (yin) and we find an excellent means to ground and center ourselves.

## **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, OR**

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.

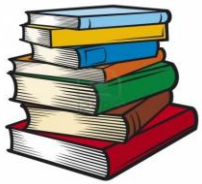
## **Line Dance – Tuesday 12:30-1:30**

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 the schedule and/or for registration. 802-273-2078.

# **Activities at the Center**



## CCC Book Club

The Book Club will NOT meet in January. The next meeting will be February 10<sup>th</sup> (due to the holiday on the 3rd Monday). The book discussion in February will be on the novel "How to Read a Book" by Monica Wood. The group meets on the 3<sup>rd</sup> Monday of the month from 3:00-4:30. Open to all, the reading group welcomes suggestions for future books (any genre).

Books are available at CCC office. Queries may be directed to Laurie at the Center, or Joyce

Thomas, [thomasaug@comcast.net](mailto:thomasaug@comcast.net).



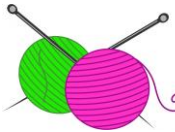
## Ukulele Band

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. 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 - 4:30pm in the Dining Room. This is a great opportunity to share and polish your writing, whether fiction, poetry, memoir or . . .



## KNITTERS NETWORK

Come join the Knitters Network for fun with special projects and great socialization! Knitters meet on Mondays at the Castleton Meadows Community Room & Thursdays at the Castleton Community Center Library at 9:30.



## Sewing Circle Meets on Tuesday

**Tuesday** mornings from 10:00-12:00 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!



## BRIDGE

Party Bridge will meet again in the spring.

If you are interested in playing online Monday and Tuesday evening between 6:30 and 8:30, contact Sandy Kuehn at 802-770-8868.





## GUITAR GROUP

Guitar lessons for beginners will meet on Mondays at 10:00 in the CCC Library.

So, tune up your guitar and if you don't know how, Mekenok will teach you. Register by calling the Center at 802-468-3093 or email [castletoncommunitysrs@gmail.com](mailto:castletoncommunitysrs@gmail.com)



## TAKE NOTE -Local Vocal Group

The Take Note vocal group meets on Wednesdays at 11:00. Do you like to sing?

Do you have a favorite song? Bring it along and share it with the group. All are welcome!

Register by calling the Center at 802-468-3093 or email [castletoncommunitysrs@gmail.com](mailto:castletoncommunitysrs@gmail.com).



## 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

Paul & Cynthia Bushey

Pattye Nicolls

Sandra & John Hewitt



## January Birthdays

1/3	Ruth Gibbud
1/4	Sandy Kuehn
1/5	Ron Crawley
1/7	Arlen Grossman
1/9	Kathleen Bushee
	Judy Sheldon
1/11	Normandie Keller
1/13	Marj Kyhill
1/16	Martie Alexander



1/18 Barbara Hemingway  
Maurice McLaughlin  
1/19 Laurie Kamuda  
1/20 Mike Reedy  
1/21 Karen Barrett  
Joseph Orzell  
1/22 Jim Richards  
1/24 Karen Barber  
1/27 Linda Corliss  
1/28 Mary Jane Spaulding  
1/29 Elaine Danyow  
Nancy Field  
1/31 Diane Mancuso  
John Mancuso

## **BIRTHDAY DINNER-Monday, January 13**

Come join the fun as we celebrate all this month's birthdays with a delicious dinner of Pork Chops with pineapple sauce, mashed sweet potatoes, green beans, dinner roll and of course Birthday Cake. 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 Thursday January 9th.**



## **NEED A RIDE?**

The Castleton Community Seniors "Older Adult and Disabled Transportation Program" strives to provide important social connections for seniors. Rides to doctor's appointments, physical therapy, food shopping, congregate meals, opportunities to exercise and time to socialize with friends at the Center are all important parts of being able to have a healthy and rewarding life and to "age at home". Call the Community Center to learn more about our Older Adult and Disabled Transportation service. 802-468-3093 Donations appreciated. Reservations require 2 days 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 5 individuals. Donations are appreciated. **Call the Center by noon on Thursday** if you want a ride for shopping on Monday.

Jan 6 Hannafords/Aldis  
Jan 13 Price Chopper/Wal-Mart  
Jan 21(Tues) Shaws/Pruniers  
Jan 27 Price Chopper/Wal-Mart



## **BOTTLE & CAN REDEMPTION IS A “WIN-WIN” FUND RAISER FOR THE CENTER**

Bring your redeemable bottles and cans to the Community 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 and they will forward the donations to us. This is a WIN for the environment and a WIN for the Center! Thank you!!



## **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: [one2onersvp@gmail.com](mailto:one2onersvp@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.
- 10.

## 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, 2025 to December 31, 2025

*I/we would like to register as a \_\_\_\_new member OR \_\_\_\_renew my membership as follows:*

\_\_\_\_**Standard membership**

Individual \$15.00

Couple \$20.00

\_\_\_\_**Life membership**

Individual \$150.00

Couple \$200.00

*Benefits include: Mailed Newsletter and,  
voting rights*

*Benefits include: Mailed Newsletter, voting ghts,  
discount on meeting rooms*

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



# January Programs



Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
			1  <b>CLOSED</b>  <b>HAPPY NEW YEAR 2025</b>	2 9:00 Bone Builders 9:30 Knitters 10:15 Tai Chi Qigong 11:30 Tai Chi Falls Prevention 2:00 MOVIE MATINEE 6:00 Ukulele	3 9:00-11 Coffee Hour 10:30 Better Balance	4
5       7:30 AA	6 10:00 Beginner Guitar 10:30 Better Balance 12:00 LUNCH & LEARN-AVOIDING SCAMS	7 9:00 Bone Builders 10:00 Sewing Circle 10:30 Tai Chi Practice 12:30 Line Dance 3:00 Creative Writing 7:30 WAA	8 8:30 Yoga 10:30 Better Balance 11:00 Take Note 12:00 CCC Dinner 1:30 Great Courses 3:00 Tai Chi SUN 73	9 9:00 Bone Builders 9:30 Knitters 10:15 Tai Chi Qigong 11:30 Tai Chi Falls Prevention 1:00 FOOT CLINIC 2:00 Movie Matinee	10 9:00-11 Coffee Hour 10:30 Better Balance	11
12       7:30 AA	13 10:00 Beginner Guitar 10:30 Better Balance 12:00 CCC BIRTHDAY DINNER	14 9:00 Bone Builders 10:00 Sewing Circle 10:30 Tai Chi Practice 12:30 Line Dance 3:00 Creative Writing 7:30 WAA	15 8:30 Yoga 10:30 Better Balance 11:00 Take Note 12:00 CCC Dinner 1:30 Great Courses 3:00 Tai Chi SUN 73	16 9:00 Bone Builders 9:30 Knitters 10:15 Tai Chi Qigong 11:30 Tai Chi Falls Prevention 1:00 FOOT CLINIC 6:00 Ukulele	17 9:00-11 Coffee Hour 10:30 Better Balance	18
19       7:30 AA	20       Closed in Observance of Martin Luther King Jr. Day	21 9:00 Bone Builders 10:00 Sewing Circle 10:30 Tai Chi Practice 12:30 Line Dance 3:00 Creative Writing 7:30 WAA	22 8:30 Yoga 10:30 Better Balance 11:00 Take Note 12:00 CCC Dinner 1:30 Great Courses 3:00 Tai Chi SUN 73	23 9:00 Bone Builders 9:30 Knitters 10:15 Tai Chi Qigong 11:30 Tai Chi Falls Prevention 1:30 SUMIE BRUSH PAINTING WORKSHOP	24 9:00-11 Coffee Hour 10:30 Better Balance	25
26       7:30 AA	27 10:00 Beginner Guitar 10:30 Better Balance 12:00 CCC Dinner	28 9:00 Bone Builders 10:00 Sewing Circle 10:30 Tai Chi Practice 12:30 Line Dance 3:00 Creative Writing 7:30 WAA	29 8:30 Yoga 10:30 Better Balance 11:00 Take Note 12:00 CCC Dinner 1:30 Great Courses 3:00 Tai Chi SUN 73	30 9:00 Bone Builders 9:30 Knitters 10:15 Tai Chi Qigong 11:30 Tai Chi Falls Prevention 1:00 LUNAR NEW YEAR CELEBRATION	31 9:00-11 Coffee Hour 10:30 Better Balance	

*Refer to the program descriptions for details*