



## Castleton Community Center February 2025 Newsletter



### **TAX HELP DAY FOR SENIORS**

Castleton Community Center-Thursday February 27

#### **Appointments Required**

AARP tax aid counselors can prepare federal and Vermont tax returns and submit them to the IRS electronically. They do not do tax returns where the taxpayer owns rental property and collects income from that and they do not do self-employment returns where the business owner maintains an inventory of goods for sale. They can do small businesses. There is currently no income or age requirements for those who would like appointments. They strive to serve seniors and low to middle income Vermonters. Call asap to schedule an appointment and to learn what you need to bring with you.

*The CCC Van is available for those needing a ride to their appointment.*



## **Game Day**

### **Friday, February 7**

Members of the Vermont State University Castleton Football team will join us for Game Day on Friday, February 7th. There will be a FREE Deli Style Lunch for all game players. Sandwiches, chips, dessert and a beverage will be served 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. Lots of door prizes and laughs for all who come to play! **Call to make your reservation by Wednesday, February 5<sup>th</sup>.**



### **HANNAFORD HELPS**

FOR THE MONTH OF FEBRUARY, FOR EVERY REUSABLE BAG  
PURCHASED AT THE RUTLAND HANNAFORD STORE WE RECEIVE A \$1 DONATION



## **SAVE THE DATE - CCC BUS TRIP**

**The Vermont Flower Show “A Story of Gardening” March 7th**

Fee: \$30.00 includes admission and transportation

To save a seat on the bus, register early! Payment due upon registration.



## **“A Touch of Spring” Painting Class**

**February 21, 1:00 - 4:00**

Participants will go home with a beautiful painting of tulips in a vase that will be on display at the Center. The workshop will be held **Friday, February 21 from 1:00-3:30**. Class size is limited. Registration and the \$15 registration fee is due by Friday, February 14<sup>th</sup>. All materials will be supplied. No experience necessary!



## **LUNCH & LEARN-First Mondays**

Mark your calendars for our “First Monday of the Month Lunch & Learn” programs. There will be presentations covering topics that provide important information to help you stay ahead of the constant changes and challenges in our lives.

### **February 3 - “Navigating Financial Hardships: What To Do When Times Get Tough”**

Staff from Greenhill Financial Partners LLC will provide guidance on managing financial challenges, such as medical emergencies or economic downturns and offer strategies to stay afloat.

### **March 3- Advanced Directives for Health Care**

A representative from the Vermont Ethics Network will speak about the importance of having an Advanced Directive for Health Care. She will answer questions about how to get started, how often you should review your Advanced Directive, and why you should have one on file.



## **Matinee Movie – South Pacific**

Come to the Community Center Matinee Movie on Thursday February 13 at 2:00 to see South Pacific, a 1958 romantic musical film based on the 1949 Rogers and Hammerstein musical. The story begins on a South Pacific island during World War II when love blooms between a young nurse and a secretive Frenchman who's being courted for a dangerous military mission. The movie stars include Mitzi Gaynor, Rossano Brazzi and John Kerr. The Matinee Movie is free. Popcorn and lemonade will be available for \$1.00 each. Please call to reserve a seat.



## **" Piano Lessons"**

**Tuesday, February 4, 11, 25 & March 4, 11**

The Castleton Community Center is pleased to offer individual weekly piano lessons. Beginners will be playing on the first lesson. A piano or keyboard at home is required. Volunteering her time for this project, Marna Grove is a CCC board member and adjunct faculty in the music department at VTSU at Castleton. Call the Castleton Community Center to reserve your time for half-hour lessons 802-468-9093. Lessons are by donation and all proceeds will go directly to the Castleton Community Center!



## **WALK WITH EASE**

**Monday Wednesday, Thursday at 9:30-10:30**

Walk with Ease is a 6 week group walking program through the Arthritis Foundation. The group will meet 3 times a week Mon, Wed, Thurs. starting February 10. The Walk With Ease program includes discussions on topics related to arthritis and physical activity. Walks can be 10 minutes or 40 minutes depending on one's ability. Participants will learn to do pre-walk warm-up stretching and post-walk cool-down stretching. Program goals are to develop and implement a personal walking plan with realistic goals and strategies for maintaining a long-term exercise routine. Each participant will receive a workbook.

The program, hosted by the Castleton Community Center, will meet at the Recreation Department (former Village School) 9:30-10:30. Register by calling or emailing the Center, **802-468-3093** or **castletoncommunitysrs@gmail.com**



## Great Courses (In Person and Via Zoom)

### **NEW: The Viking Age: New Perspectives on History and Culture**

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 [castletoncommunitysrs@gmail.com](mailto:castletoncommunitysrs@gmail.com)) or let Joe know in advance.

**CCC has a BRAND 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).**



## 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 Foot Care Clinics for Seniors are held the 3rd Thursday of each month from 1:00-3:00. **The cost for the foot care is \$10 (cash or checks are made payable to VNA). NOTE: Due to a shortage of nurses this program may not be available after March. Call now to confirm availability 802-468-3093**

## 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 \$5 for seniors is suggested but not required. Non-seniors and guests are welcome and are asked to donate \$6 to cover the cost of the meal.

Reservations are required, so be sure to call the Center by 9:30 two days 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 two days 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 next meeting will be February 10<sup>th</sup> due to the holiday on Feb. 17. 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.

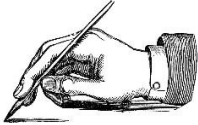


## **Ukulele Band**

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

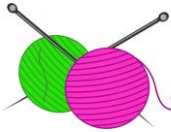


to loan. If you already play, come and strum along. Once or twice a month we share songs at group events. For information contact Debby Franzoni ([deb.franzoni@gmail.com](mailto:deb.franzoni@gmail.com)) or Mike Blust ([mhblust@gmail.com](mailto:mhblust@gmail.com))



## 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

Sandra & John Hewitt

Trudi & Neil Martinez

Patty Nicolls



## February Birthdays

|      |                                  |
|------|----------------------------------|
| 2/1  | Sandra Hewitt                    |
| 2/3  | Carol Gans                       |
| 2/6  | Irene Ashford<br>Leon Parker     |
| 2/7  | Richard Woods                    |
| 2/9  | Sharon Kendall<br>Maureen Orzell |
| 2/10 | Vera Mickelboro<br>Joyce Sayer   |
| 2/11 | Virginia Smith                   |
| 2/14 | David Ellenbrook                 |
| 2/15 | Barbara Moore                    |
| 2/16 | Loretta Lee<br>Frances Sheldrick |
| 2/18 | Angela Hinchey                   |
| 2/19 | Steve Rosmus<br>Elaine Watkins   |
| 2/20 | Phil Dombrowski                  |
| 2/21 | Wanda McNew                      |
| 2/22 | Joan Eckley<br>Mary Wasserman    |
| 2/24 | Chazz Collette<br>Beth Perkins   |
| 2/25 | Jane Dougherty                   |
| 2/26 | Marilyn Hanson<br>Trudi Martinez |

2/27 Donna Bizon  
Richard Danyow  
2/28 Shaula White

## **BIRTHDAY DINNER-WEDNESDAY, February 19**

Come join the fun as we celebrate all this month's birthdays with a delicious dinner of Southern Chicken & Biscuits, veggies, 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 Monday February 17 9:30AM .**



### **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.

Feb 3 Hannafords/Aldis  
Feb 10 Price Chopper/Wal-Mart  
Feb 18(Tues) Shaws/Pruniers  
Feb 24 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.

## **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:\_\_\_\_\_

Address\_\_\_\_\_

\_\_\_\_\_

Town of residence:\_\_\_\_\_

Phone\_\_\_\_\_Date\_\_\_\_\_

E-mail\_\_\_\_\_

Birthday/s (optional)\_\_\_\_\_

Make Checks Payable to: Castleton Community Seniors

Mail to: 2108 Main St. Castleton, VT 05735



# February Programs

| Sun  | Monday   | Tuesday   | Wednesday   | Thursday  | Friday  | Sat |
|--|--|---|---|---|---|-----|
|  |  |   |   |   |   | 1   |
| 2<br><br><br><br><br><br><br><br><br><br>7:30<br>AA  | 3<br>10:00 Beginner<br>Guitar<br><br>10:30 Better Balance<br><br>12:00 LUNCH &<br>LEARN<br>Navigating Financial<br>Hardships | 4<br>9:00 CCC Board of<br>Directors Meeting<br>9:00 Bone Builders<br>10:00 Sewing Circle<br>10:30 Tai Chi Practice<br>12:30 Line Dance<br>1:00 Piano Lessons<br>3:00 Creative Writing<br><br>7:30 WAA | 5<br><br>8:30 Yoga<br>10:30 Better Balance<br>11:00 Take Note<br>12:00 CCC Dinner<br>1:30 Great Courses<br>3:00 Tai Chi SUN 73  | 6<br>9:00 Bone Builders<br>9:30 Knitters<br>10:15 Tai Chi Qigong<br>11:30 Tai Chi Falls<br>Prevention<br><br>6:00 Ukulele   | 7<br>9:00-11 Coffee Hour<br>10:30 Better Balance<br>12:00 GAME DAY                            | 8   |
| 9<br><br><br><br><br><br><br><br><br><br>7:30<br>AA  | 10<br>10:00 Beginner<br>Guitar<br><br>9:30 Walk With Ease<br>10:30 Better Balance<br><br>3:00 Book Club                      | 11<br>9:00 Bone Builders<br>10:00 Sewing Circle<br>10:30 Tai Chi Practice<br>12:30 Line Dance<br>1:00 Piano Lessons<br>3:00 Creative Writing<br><br>7:30 WAA  | 12<br>8:30 Yoga<br>9:30 Walk With Ease<br>10:30 Better Balance<br>11:00 Take Note<br>12:00 CCC Dinner<br>1:30 Great Courses<br>3:00 Tai Chi SUN 73<br>9:30 Walk With Ease | 13<br>9:00 Bone Builders<br>9:30 Knitters<br>9:30 Walk With Ease<br>10:15 Tai Chi Qigong<br>11:30 Tai Chi Falls<br>Prevention<br>2:00 Movie Matinee                   | 14<br><br><br>Happy<br>Valentine's Day<br><br>9:00-11 Coffee Hour<br><br>10:30 Better Balance | 15  |
| 16<br><br><br><br><br><br><br><br><br><br>7:30<br>AA | 17<br><br><br><br><br><br><br><br><br><br>Center<br>Closed<br>in Observance of<br>PRESIDENT'S DAY                            | 18<br>9:00 Bone Builders<br>10:00 Sewing Circle<br>10:30 Tai Chi Practice<br>12:30 Line Dance<br>NO PIANO TODAY<br>3:00 Creative Writing<br>7:30 WAA  | 19<br>8:30 Yoga<br>9:30 Walk With Ease<br>10:30 Better Balance<br>11:00 Take Note<br>12:00 CCC<br>BIRTHDAY DINNER<br>1:30 Great Courses<br>3:00 Tai Chi SUN 73            | 20<br>9:00 Bone Builders<br>9:30 Knitters<br>9:30 Walk With Ease<br>10:15 Tai Chi Qigong<br>11:30 Tai Chi Falls<br>Prevention<br>1:00 FOOT CLINIC<br><br>6:00 Ukulele | 21<br>9:00-11 Coffee Hour<br>10:30 Better Balance<br>1:00 Painting Class                      | 22  |
| 23<br><br><br><br><br><br><br><br><br><br>7:30<br>AA | 24<br>9:30 Walk With Ease<br><br>10:00 Beginner<br>Guitar<br>10:30 Better Balance<br>12:00 CCC Dinner                        | 25<br>9:00 Bone Builders<br>10:00 Sewing Circle<br>10:30 Tai Chi Practice<br>12:30 Line Dance<br>1:00 Piano Lessons<br>3:00 Creative Writing<br><br>7:30 WAA  | 26<br>8:30 Yoga<br>9:30 Walk With Ease<br>10:30 Better Balance<br>11:00 Take Note<br>12:00 CCC Dinner<br>1:30 Great Courses<br>3:00 Tai Chi SUN 73                        | 27<br>AARP TAX-AIDE<br>BY APPOINTMENT<br>9:00 Bone Builders<br>9:30 Walk With Ease<br>9:30 Knitters<br>10:15 Tai Chi Qigong<br>11:30 Tai Chi Falls<br>Prevention      | 28<br>9:00-11 Coffee Hour<br>10:30 Better Balance   |     |

*Refer to the program descriptions for details*