



## Castleton Community Center APRIL 2025 Newsletter



### Potluck Supper- Friday April 25

Join in the festivities at the Center on Friday, April 25th for Potluck Supper. Dinner begins at 6:00pm. The program will follow featuring Bruce Nelson playing some lively tunes on the accordion. We ask you to bring an entrée, side dish, salad, or dessert...**and a friend!** A \$3.00 donation is requested.

CALL THE CENTER NO LATER THAN NOON, WEDNESDAY, MARCH 26  
TO RESERVE A SEAT



## Castleton Community Center Walking Challenge Starts April 1, 2025



Every year the challenge is to go a little further than years past. Our first year was to Miami 3500 miles. In 2021 we did 4284 to Yellowstone national Park and back. Las Vegas in 2022 for 5719 miles, 2023, Lincoln City, Oregon, was 6066 miles and last year to Neah bay, Washington was 6404 miles. The 2025 walking challenge is to the beautiful beaches of **Cabo San Lucas, Mexico!** The challenge is a total **7698 miles!** YOU can help us reach our goal!

#### Here is how it works:

- Track your distance whenever or wherever you walk.
- Email or call your total miles or the number of trail laps to [castletoncommunitysrs@gmail.com](mailto:castletoncommunitysrs@gmail.com) or call 802-468-3093. This can be done at the end of each week or month.
- CCC will total everyone's mileage at the end of each week.
- Remember to be safe and have fun!

*The Castleton Community Center Walking Trail is 1/3 of a mile, 3x around equals 1 mile.*

**Every step counts** and gets us closer to our goal. We hope to complete the challenge by Thanksgiving. Get your friends and family involved! Help us make our goal.

**When we have completed the challenge, we will have a celebration party!**



## *VINTAGE BUTTON WORKSHOP*

*Monday April 14*

Join us for a fun and easy craft workshop on Monday April 14 from 1:00-2:00 and make a unique vintage button pendant for yourself, or to give as a gift. We have a good supply of buttons, but if you have some favorites in your “button bag” bring them along. Call to register. The \$8 fee covers all supplies.



## **Game Day**

**Friday, April 4**

Members of the Vermont State University Castleton Football team will join us for Game Day on Friday, April 4th. 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, April 2.**



## **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 to stay ahead of the constant

changes in our lives. Lunch is served at 12:00. The program will start at 12:45. If you plan to join us for lunch you must register by 9:30 on Friday, February 28. Otherwise, please arrive by 12:45 for the program.

**April 3 – Senior Medicare Patrol** – The Senior Medicare Patrol will be at the Castleton Community Center on Monday, April 3 for some fun activities that will educate people on *How to Read Your Medicare Summary Notice, How to Detect Fraud, and what to do if you suspect Medicare fraud.*

**May 5** – Act 39: Patient Choice and Control at the End of Life – What is Act 39?

**June 2** – A documentary “From Earth to Earth” by the Vermont Forest Cemetery and Natural Burial.



## **Matinee Movie- Thursday April 10 at 2:00**

### **“A League of Their Own”**

*A League of Their Own* is a 1992 American sports comedy drama film directed by Penny Marshall that tells a fictionalized account of the real-life All-American Girls Professional Baseball League. It stars Tom Hanks, Geena Davis, Madonna, Lori Petty, Jon Lovitz, David Strathairn, Garry Marshall, Rosie O'Donnell, and Bill Pullman. During World War II when all the men are fighting the war, most of the jobs that were left vacant because of their absence were filled in by women. The owners of the baseball teams, not wanting baseball to be dormant indefinitely, decide to form teams with women, so scouts are sent all over the country to find female players. One of the scouts passes through Oregon and finds a woman named Dottie Hinson, who is incredible. He approaches her and asks her to try out but she's not interested, but her sister Kit has been wanting to get out of Oregon and offers to go with him; he agrees only if she can get her sister to come along. When they try out, they're chosen and are on the same team. Jimmy Dugan, a former player who's now a drunk, is the team manager. But he doesn't feel that it's a real job, so he drinks and is not exactly doing his job, so Dottie steps up. After a few months when it appears the girls are not garnering any attention, the league faces closure until Dottie does something that grabs attention. Before long, Dottie is the star of the team and Kit feels like she's living in her shadow.

The movie is free. Popcorn and lemonade will be available for a donation. Please call to reserve a seat.



## **World Tai Chi & Qigong Day ~ One World...One Breath**

### **Saturday, April 26**

World Tai Chi & Qigong Day has been officially proclaimed, recognized, or supported by government ministries and bodies in countries worldwide. Events have been held at the United Nations Building and the Nobel Peace Center. On the last Saturday of April at 10 am local time worldwide, events begin in the earliest time zones of New Zealand where Tai Chi and Qigong teach-ins and exhibitions are held FREE and OPEN to the PUBLIC. Then, as the planet turns, events unfold all across Australia, Asia, Europe, Africa, North and South America, and finally ending this worldwide wave of Qi and health education, with the final events in Hawaii.



## Great Courses (In Person and Via Zoom)

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.



## 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

## 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**

We will be practicing the 3 forms of the Nam Hoa System; Dragon, 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.

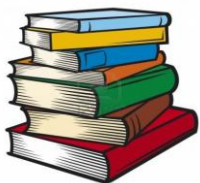
## Line Dance – Tuesday 12:30-1:30

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 is Monday, April 21. The book discussion will be on the novel “Spoon River Anthology” by Edjar Lee Masters. 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).



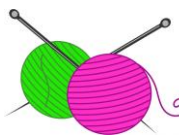
## Ukulele Band

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

Marcia Angermann

Deborah Bizon

Thomas Bizon

Mille Corey  
Cindy Fowler  
Loraine Sweeney  
Eileen Sue Vermette  
Tia Poalino  
Debra Sbardella



## April Birthdays

4/1 Lillian Hamblin  
4/2 Patricia Berlickji  
Sally Strong-Strode  
Loraine Sweeney  
4/3 Karelia Melendi  
4/4 Nancy Parker  
4/9 Patricia Graziano  
4/11 Jan Ellis  
4/15 Jeanne Ladd  
4/17 Diane Baker  
Karen Close  
4/18 Deborah Bizon  
4/20 Margaret MacDonald  
4/20 Donald Wood  
4/22 Jerry Lockwood  
4/22 Dennis Perry  
4/23 Paula Bonazinga  
4/28 Catherine McCauley  
4/29 Patrick Szabo  
4/30 Jeanne Kirbach  
Mattie Scott

## BIRTHDAY DINNER-Monday, April 28

Come join the fun as we celebrate all this month's birthdays on Monday, April 28<sup>th</sup>. The menu is Chicken Marsala with mushrooms, mashed potatoes, carrots, 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 Friday, April 25<sup>th</sup>.**



## 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 individuals. Donations are appreciated. **Call the Center by noon on Thursday** if you want a ride for shopping on Monday.

April 7 Hannafords/Aldis

April 14 Price Chopper/Wal-Mart

April 21 Shaws/Pruniers

April 28 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



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

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



# April Programs



Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	<b>WAKLING CHALLENGE BEGINS!</b>	<b>1</b> 9:00 Bone Builders 10:00 Sewing Circle 10:30 Tai Chi Practice 12:30 Line Dance 3:00 Creative Writing 7:30 WAA	<b>2</b> 8:30 Yoga 10:30 Better Balance 11:00 Take Note 12:00 CCC Dinner 3:00 Tai Chi SUN 73	<b>3</b> 9:00 Bone Builders 9:30 Knitters 10:00 Matter of Balance 10:15 Tai Chi Qigong 11:30 Tai Chi Falls Prevention 6:00 Ukulele	<b>4</b> 9:00-11 Coffee Hour 10:30 Better Balance 12:00 GAME DAY	<b>5</b>
<b>6</b>          <b>7:30 AA</b>	<b>7</b> 10:00 Beginner Guitar 10:30 Better Balance 12:00 EASTER DINNER 12:45 LUNCH & LEARN Senior Medicare Patrol	<b>8</b> 9:00 CCC BOARD MEETING 9:00 Bone Builders 10:00 Sewing Circle 10:30 Tai Chi Practice 12:30 Line Dance 3:00 Creative Writing 7:30 WAA	<b>9</b> 8:30 Yoga 10:30 Better Balance 11:00 Take Note 12:00 CCC Dinner 3:00 Tai Chi SUN 73	<b>10</b> 9:00 Bone Builders 9:30 Knitters 10:00 Matter of Balance 10:15 Tai Chi Qigong 11:30 Tai Chi Falls Prevention 2:00 MATINEE MOVIE	<b>11</b> 9:00-11 Coffee Hour 10:30 Better Balance	<b>12</b>
<b>13</b>          <b>7:30 AA</b>	<b>14</b> 10:00 Beginner Guitar 10:30 Better Balance 12:00 CCC Dinner 1:00 VINTAGE BUTTON WORKSHOP	<b>15</b> 9:00 Bone Builders 10:00 Sewing Circle 10:30 Tai Chi Practice 12:30 Line Dance 3:00 Creative Writing 7:30 WAA	<b>16</b> 8:30 Yoga 10:30 Better Balance 11:00 Take Note 12:00 CCC Dinner 3:00 Tai Chi SUN 73	<b>17</b> 9:00 Bone Builders 9:30 Knitters 10:00 Matter of Balance 10:15 Tai Chi Qigong 11:30 Tai Chi Falls Prevention 6:00 Ukulele	<b>18</b> 9:00-11 Coffee Hour 10:30 Better Balance	<b>19</b>
<b>20</b>          <b>7:30 AA</b>	<b>21</b> 10:00 Beginner Guitar 10:30 Better Balance 12:00 CCC Dinner 3:00 Book Club	<b>22</b> 9:00 Bone Builders 10:00 Sewing Circle 10:30 Tai Chi Practice 12:30 Line Dance 3:00 Creative Writing 7:30 WAA	<b>23</b> 8:30 Yoga 10:30 Better Balance 11:00 Take Note 12:00 CCC Dinner 3:00 Tai Chi SUN 73	<b>24</b> 9:00 Bone Builders 9:30 Knitters 10:00 Matter of Balance 10:15 Tai Chi Qigong 11:30 Tai Chi Falls Prevention	<b>25</b> 9:00-11 Coffee Hour 10:30 Better Balance 6:00 POTLUCK DINNER	<b>26</b> World Tai Chi & Qigong Day
<b>30</b>	<b>27</b> 10:00 Beginner Guitar 10:30 Better Balance 12:00 BIRTHDAY DINNER	<b>28</b> 9:00 Bone Builders 10:00 Sewing Circle 10:30 Tai Chi Practice 12:30 Line Dance 3:00 Creative Writing 7:30 WAA	<b>29</b> 8:30 Yoga 10:30 Better Balance 11:00 Take Note 12:00 CCC Dinner 3:00 Tai Chi SUN 73	<b>30</b> 9:00 Bone Builders 9:30 Knitters 10:00 Matter of Balance 10:15 Tai Chi Qigong 11:30 Tai Chi Falls Prevention		

Refer to the program descriptions for details