



Castleton Community Center March 2025 Newsletter



Potluck Supper- Friday March 28

Join in the festivities at the Center on Friday, September 27th for Potluck Supper. Dinner begins at 6:00pm. The program will follow featuring MUSIC TRIVIA with Nick Thornblade. We ask you to bring an entrée, side dish, salad, or dessert...**and a friend!** A \$3.00 donation is appreciated to help cover our expenses.. **CALL THE CENTER NO LATER THAN NOON, WEDNESDAY, MARCH 26 TO RESERVE A SEAT**



GO GREEN SILENT AUCTION

Don't miss the GO GREEN silent auction in the Center Dining Room. There are a dozen neat gift and home decor items on display and all proceeds benefit the Community Center programs and services. Auction ends Monday March 17



Matter of Balance: Managing Concerns about Falls Thursday 10:00-12:00 March 13-May 1

**Do you limit your activity for fear of falling?
Have you fallen recently and didn't want to tell anyone?
Are you afraid to tell your doctor you have fallen?**

This program can help you! **This 8 week evidence based program created by Boston University Health and Disability Research Institute, meets on Thursday 10:00-12:00.**
The program emphasizes practical strategies for managing falls.

YOU WILL LEARN TO:

- View falls as controllable
- Set goals for increasing activity
- Make changes to reduce fall risks at home
- Exercise to increase strength and balance

WHO SHOULD ATTEND?

- Anyone concerned about falls
- Anyone interested in improving balance, flexibility and strength
- Anyone who has fallen in the past
- Anyone who has restricted activities because of falling concerns
- Or anyone concerned about a friend or family member

Registration deadline is March 10, the class size is a minimum 6 and maximum of 12. To register call the Castleton Community Center at 802-468-3093 or email: castletoncommunitysrs@gmail.com.



BIRTHDAY, BURGERS, AND BINGO!

On **Wednesday, March 26** we will celebrate all our March birthdays with cheese burgers, three bean salad, carrots and birthday cake! Following lunch there will be an hour of fun playing Bingo! A donation of \$5 for lunch includes 2 free Bingo Cards. Additional Bingo cards (or cards for players who did not attend lunch) are \$.50 each (good for all games) and every game promises a selection of neat prizes for the winner. Lunch is at 12:00 and the “Bingo Blast” starts at 12:45 and ends at 1:45. Sign up for lunch and/or bingo by 9:30 Monday, March 24. **COME FOR GOOD FOOD, FUN AND FRIENDSHIP!**



Game Day

Friday, March 14

Members of the Vermont State University Castleton Football team will join us for Game Day on Friday, March 15th. 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, March 10.**



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.

March 3- A representative from the Vermont Ethics Network will speak about the importance of **Advanced Directors**. She will answer questions such as how often should you review your Advanced Directive, how to get started, and the purpose of having one on file.

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 help you learn *How to Read Your Medicare Summary Notice, How to Detect Fraud, and what to do if you suspect Medicare fraud.*



Matinee Movie March 13 – *South Pacific*

The *South Pacific* movie date canceled in February due to weather, will be shown on Thursday March 13 at 2:00. *South Pacific*, is a 1958 romantic musical film based on the 1949 Rogers and Hammerstein musical. On a South Pacific island during World War II, love blooms between a young nurse and a secretive Frenchman who's being courted for a dangerous military mission. The movie stars Mitzi Gaynor, Rossano Brazzi and John Kerr. The movie is free. Popcorn and lemonade will be available for \$1.00 each. Please call to reserve a seat.



"Five Piano Lessons"

Tuesday, 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. The 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.

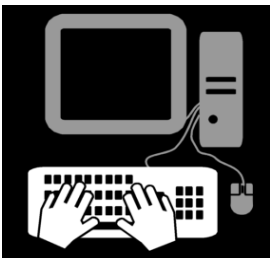
To receive the Zoom link, be sure to register by calling or emailing the Center (802-468-3093 or homested@shoreham.net) or let Joe know in advance.

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).



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 or www.sashvt.org or contact Carol Keefe, SASH Implementation Manager at 802-558-4569



Your Health. Our Mission

It's **National Nutrition Month**, and at Community Health, heart-healthy meal planning is a top priority. Planning your meals can be as easy as checking your pantry or freezer. If you've stocked them with the essential ingredients for heart-healthy meals, you can prepare nutritious dishes without needing to go grocery shopping.

Start by reading food labels and choosing products with the lowest amounts of sodium, added sugars, and saturated fats. Additionally, select items that contain no trans fats. Here are some staple items to keep in your pantry and freezer: -

- Dinner basics: canned or dried beans (such as kidney, pinto, black, butter, and navy) and canned proteins like tuna, salmon, and chicken
- Low-sodium canned or frozen vegetables for quick side dishes
- Frozen fruit for smoothies or snacks
- Whole grains, including brown rice, quinoa, whole-grain pasta, and bread
- Nuts, seeds, and nut butters to enhance stir-fries, salads, or as snacks
- Broth (fat-free and low or no-salt varieties)

For more heart-healthy meal planning ideas, check out the American Heart Association's Healthy Eating Essentials <https://www.heart.org/en/healthy-living/healthy-eating/cooking-skills/meal-planning/heart-healthy-kitchen-essentials-for-meal-prep>. To learn more about Community Health, visit our website <https://www.chcrr.org> or call our patient access center at 802-779-9169 for details about our high-quality, accessible, and affordable healthcare services.



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 will be held March 20 from 1:00-3:00. The Fee for the foot care is \$10 (cash or checks made payable to VNA) **Call now for an appointment. The Castleton Community Center will not be able to hold the Foot Care Clinic after March due to a shortage of nurses.**

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 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, 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 Monday, March 17th. The book discussion in March will be on the “Bear” by Julia Phillips. The group meets on the 3rd 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.



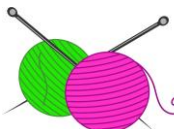
Ukulele Band

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) or Mike Blust (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



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.



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

Joy Dolittle
Madeline Kiska

Christine Keating-Ingelse
Susan Roland
Joanne Casey
Carol Jacobi
Flo Blackmer



March Birthdays

3/2 Bonnie Hayes
3/3 Ellen Vrana
3/4 Deb Fontaine
3/5 Charles Brown
Deb Larson
3/6 Nancy Baird
3/8 Carla Hornbeck
3/12 Marsha Fonteyn
Calvin Sheldrick
3/13 Mary Maloy
3/14 Paul Alex
Robert Close
Carol Lyle
3/16 Shirley Poalino
3/17 Sandy Mayo
3/19 Ginny Parker
3/20 Sandra Wall
3/21 Daniel Boyce
3/22 Ruby Bisson
3/23 Kathleen Farwell
3/24 Jean Close
Lindsey Hartshorn
Rosemary Rinder
3/25 Lois Day
3/26 Maureen Belden
Steve Bender
Debbie Bethel
Robin Jones
3/27 Davene Brown
3/30 Joe Monaco
3/30 Beth Savage
Joe Szabo
3/31 Debra Lynch

BIRTHDAY, BURGERS AND BINGO!

On **Wednesday, March 26** we will celebrate all our March birthdays with cheeseburgers, 3 bean salad, veggies and birthday cake! After lunch there will be an hour of fun playing Bingo! A donation of \$5 for lunch includes 2 free Bingo Cards. Additional Bingo cards (or cards for players who did not attend lunch) are \$.50 each (good for all games) and every game promises a selection of neat prizes for the winner. Lunch is at 12:00 and Bingo starts at 12:45 Sign up for lunch and/or bingo by 9:30 Monday, March 24.



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.

March 3 Hannafords/Aldis

March 10 Price Chopper/Wal-Mart

March 17 Shaws/Pruniers

March 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 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

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

*Benefits include: Mailed Newsletter and,
voting rights*

Name: _____

Address _____

Town of residence: _____

____Life membership

Individual \$150.00
Couple \$200.00

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

Phone _____ Date _____

E-mail _____

Birthday/s (optional) _____


Make Checks Payable to: Castleton Community Seniors

Mail to: 2108 Main St. Castleton, VT 05735



March Programs



Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
						1
2 7:30 AA	3 10:00 Beginner Guitar 10:30 Better Balance 12:00 LUNCH & LEARN-ADVANCED DIRECTIVES	4 9:00 Bone Builders 10:00 Sewing Circle 10:30 Tai Chi Practice 12:30 Line Dance 1:00 Piano Lessons 3:00 Creative Writing 7:30 WAA	5 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	6 9:00 Bone Builders 9:30 Knitters 10:15 Tai Chi Qigong 11:30 Tai Chi Falls Prevention 6:00 Ukulele	7 9:00-11 Coffee Hour 10:30 Better Balance <i>Bus Trip – Vermont Flower Show</i>	8
9 7:30 AA	10 10:00 Beginner Guitar 10:30 Better Balance 12:00 CCC Dinner	11 9:00 Bone Builders 10:00 Sewing Circle 10:30 Tai Chi Practice 12:30 Line Dance 1:00 Piano Lessons 3:00 Creative Writing 7:30 WAA	12 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	13 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	14 9:00-11 Coffee Hour 10:30 Better Balance 12:00 Game Day	15
16 7:30 AA	17 HAPPY ST. PATRICK'S DAY  10:00 Beginner Guitar 10:30 Better Balance 12:00 CCC Dinner 3:00 Book Club LUCKY LEPRECHAUN RAFFLE 1:00 GO GREEN SILENT AUCTION ENDS 1:00	18 9:00 Bone Builders 10:00 Sewing Circle 10:30 Tai Chi Practice 12:30 Line Dance 3:00 Creative Writing 7:30 WAA	19 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	20 9:00 Bone Builders 9:30 Knitter 10:00 Matter of Balance 10:15 Tai Chi Qigong 11:30 Tai Chi Falls Prevention 1:00 LAST VNA FOOT CARE CLINIC 6:00 Ukulele	21 9:00-11 Coffee Hour 10:30 Better Balance	22
23 7:30 AA	24 10:00 Beginner Guitar 10:30 Better Balance 12:00 CCC Dinner	25 9:00 Bone Builders 10:00 Sewing Circle 10:30 Tai Chi Practice 12:30 Line Dance 3:00 Creative Writing 7:30 WAA	26 8:30 Yoga 10:30 Better Balance 11:00 Take Note 12:00 Birthday Dinner 12:45 Bingo Blast 1:30 Great Courses 3:00 Tai Chi SUN 73	27 9:00 Bone Builders 9:30 Knitters 10:00 Matter of Balance 10:15 Tai Chi Qigong 11:30 Tai Chi Falls Prevention	28 9:00-11 Coffee Hour 10:30 Better Balance 6:00 Potluck Dinner	29
30	31 10:00 Beginner Guitar 10:30 Better Balance 12:00 CCC Dinner					

Refer to the program descriptions for details