



## Castleton Community Center May 2025 Newsletter



Powered By Experience

### **National Older Americans Month – *Powered by Experience***

May is the National Observance of Older Americans. The theme for 2025 is *Powered by Experience*, we recognize the vital role older adults play in strengthening our communities through their experiences, talents, and continued contributions. Whether as volunteers, caregivers, advocates, or leaders, older adults remain a powerful force in building a more inclusive and compassionate society.

The Castleton Community Center recognizes vast array of experience and talents of our members. Please join us in celebrating Older Americans Month through a variety of activities throughout the month.

**Wall of Wisdom-** call, email or come in and write down what your years of experience have taught you that you would like to pass on to others. We will post them on our wall of wisdom.

**May 9 – Foot & Face (9:00-10:30) -** A Free BP screening, a foot exam and Face exam from. The foot exam will check circulation, general skin health and for signs of neuropathy (a problem with the nerves of your feet where you have decreased sensation). These are all important to monitor especially as you get older and/or have diabetes. This will NOT include toenail trimming. The Face exam will check the skin for signs of skin cancer.

**May 15 - Inspiration Station & Words to be Heard** – showcasing talent with a display of art, craft, quilts, etc. and stories, poetry and readings.

**May 21 - Music Mania (12:45-1:30)-** an afternoon of music from the CCC Guitar group, Ukelele group and Take Note singers

**May 28 - National Senior Health and Fitness Day-** Fitness Assessments, Precision Walk, open house play with Tai Chi, Line Dance, and Better Balance.



### **Community Center Joins Town Wide Yard Sale Sat. May 3 from 9:00-2:00**

The Town Wide Yard Sale is centered at the Castleton Rec Center (former Village School). This year they will also be distributing an “at home” map showing the location of yard sale sites around town. The Castleton

Community Center will be “on the map” and we hope you will stop by to shop at our site. We have a great selection of collectibles and items for your home or for gift giving.



## CRAFT WORKSHOP

**Thursday May 22 1:00 - Free**

Courtney from The Residence at Otter Creek is back to show us how to make dragonflies out of clothespins, with a special Memorial Day theme. Participants will get to decorate their dragonflies with red, white, and blue colors, adding a personal touch to honor and remember those who served.

Call the Center to register by May 16



## BIRTHDAYS AND BINGO BLAST! -May 14

At the CCC lunch on Wednesday, May 14<sup>th</sup> we will celebrate the birthdays in the month of May. The menu is roast turkey with gravy, diced potatoes & parsley, winter squash, dinner roll 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, May 12<sup>th</sup>. COME FOR GOOD FOOD, FUN AND FRIENDSHIP!

# Castleton Community Center Walking Challenge



Every year our Walking Challenge encourages to go a little further than in years past. Our first year was to Miami 3500 miles. In 2021 we traveled 4284 mi. to Yellowstone National Park and back. Las Vegas in 2022 was for 5719 miles. Lincoln City, Oregon in 2023 was 6066 miles and last year 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!**



## Community Center Pop-Up Canteen!

**QUESTION:** When can you order a hot dog, popcorn, soda plus a dessert and support the Castleton Community Center programs and services at the same time????

**ANSWER:** On Saturday May 30 from 10-4:00 at the Fair Haven Welcome Center.

CCC members will be serving hot dogs, popcorn and a large assortment of baked goods “to go” at the Welcome Center on Prospect Street, Route 4 in Fair Haven, and they hope you will stop by to support this “pop-up” fundraiser. **YOU CAN ALSO HELP BY DONATING BAKED GOODS TO SELL AT THE CANTEEN!**  
Call the Community Center 802-468-3093



## Game Day Friday, May 2

Join us for Game Day on Friday, May 2nd. 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 30.**



## LUNCH & LEARN MONDAYS

Mark your calendars for our “Month Lunch & Learn Monday” 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, May 2. Otherwise, please arrive by 12:45 for the program.

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

The Patient Choice at End of Life law, provides eligible patients with terminal diseases the option to be prescribed a dose of medication that, if taken, will hasten the end of their life. This option requires the participation of a Vermont-licensed physician.



## It's Garden Time!

The Community Center has 16 raised beds in our garden. Eight of the 3'X6' gardens are reserved for Community Center use and the other eight are available for our members to plant their own gardens. Stop by and register for "your special garden spot" and we will put your name on a bed. You will be responsible for planting, weeding and harvesting your garden. We set up a "take home garden table" to share any extra produce with our members.

### **Plant Exchange-Friday, May 30, 10:00-12:00**

Need to thin out your perennials? Bring your extra plants to the Castleton Community Center Friday May 30. You may swap your plant for another. The more you bring, the more you can take home. Don't have any to swap, no problem. Come look at the selection and make a donation. A great way to learn about new plants and to share gardening tips. The exchange will take place at the Castleton Community Center in conjunction with the Castleton Garden Club.



### **Great Courses (In Person and Via Zoom)**

Courses are 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 [homestead@shoreham.net](mailto:homestead@shoreham.net)) or let Joe know in advance.



### **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.



## 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*



## 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 in Sun73 (Sun style long form).

**Tai Chi Practice**

**Tuesday 10:30-11:00**

This practice will include Fall Prevention Tai Chi (Sun style short form) and Tai Chi for Diabetes. We will work on principles and refining movements.

**NEW: Tai Chi Yang 24 Instruction Tuesday 11:00-12:00**

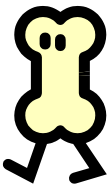
An instructional class in the Yang 24 form. Starting from the first movements and gradually moving through all 24 movements.

**Tai Chi for Fall Prevention Instruction Thursdays 11:30-12:30**

We will be learning Fall 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: internal, 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.



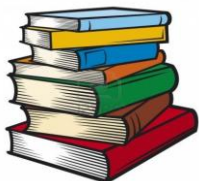


## Eat Smart, Move More and Weigh Less

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.**

## Activities at the Center



### CCC Book Club

The next meeting is Monday, May 19th. The book discussion will be on the novel "The God of the Woods" by Liz Moore. 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).



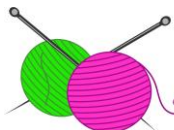
### Ukulele Band

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!



## 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

Colleen Kennedy  
Martha Kulig  
Christine Kelleher



## MAY Birthdays

5/1 David Maynard  
JoAnn Riley



Renee Roundtree  
 5/2 Doug Slavin  
 5/3 Susan Fawcett  
 Robert Howard  
 Mary Ann Jakubowski  
 Linda Parker  
 5/4 Mary Ann Dombrowski  
 5/7 Robert Day  
 Fred Lewis  
 Doris Morse  
 5/8 Patty Lewis  
 5/10 Carol Hartshorn  
 Nancy Waitkus  
 Jo White  
 5/11 Heilene Chapin  
 Glenys Peguero  
 Nellie Rogers  
 5/14 Alice Dawson  
 Barbara Gustafson  
 Donna Montag  
 Sandra Murray  
 Nancy Wolmuth  
 5/16 Morgan Connors  
 William Fawcett  
 5/18 Noka Garrapy  
 5/19 Stephen Galvin  
 Sally Rowden  
 5/23 Joel Pliner  
 Seth Wolcott  
 5/24 Daniel Dougherty  
 Cindy Fowler  
 5/25 Larry Beebe  
 5/26 Jay Brown  
 Jerry Brown  
 Dixie Miller  
 Marty Wasserman  
 5/28 Jane Griffin

## **BIRTHDAY DINNER-Wednesday, May 14**

Come join the fun as we celebrate all this month's birthdays on Wednesday, April 14th. The menu is roast turkey with gravy, diced potatoes & parsley, winter squash, 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 Monday, May 12th.**



## **TRANSPORTATION NEWS**

**NOTE IMPORTANT CHANGE.** The Older Adult and Persons with Disabilities program (O&D) will be managed by Marble Valley Regional Transit starting July 1, 2025. Anyone using O&D transportation will

need to enroll with Marble Valley before July 1 to ensure your transportation continues uninterrupted. Call Marble Valley at 802-747-3502 for more information. **The Castleton Community Center will continue to provide your rides through June 30<sup>th</sup>.**



## 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.

May 5 Hannafords/Aldis

May 12 Price Chopper/Wal-Mart

May 19 Shaws/Pruniers

May 27 (T) 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



## Community Health Tips

### Sign up now for Farmacy 2025

Farmacy 2025 - the "Food is Medicine" program supported by Community Health - is enrolling participants for the free food deliveries beginning in July.

Community Health patients who are signed up by their healthcare provider for the program will receive 15 weeks of fresh, local vegetables and fruits from Rutland area farms with tips and recipes. Vermont Farmers Food Center (VFFC) will be partnering with 12 farms and coordinating pickups at 8 sites located throughout Rutland County.

If you are interested in receiving a free Farmacy share, talk to your healthcare provider before June 1st while enrollment is open. Participating clinics and providers have to enroll their patients into the program. Talk to your provider today!

For more information, message your Community Health provider through the Patient Portal on our website <https://www.chcrr.org> or call the patient access center at (802) 779-9169.

Celebrate the 10th anniversary of VFFC's Farmacy: Food is Medicine project in Rutland County! <https://www.vermontfarmersfoodcenter.org/>

## Vermont 211 Launches New, Easy Online Directory

Vermont's comprehensive statewide information and referral resource is now online. Vermont 211 search tool (<https://search.vermont211.org/>) provides quick access to information about its most commonly requested services and resources. Find connections to childcare, free community meals, free tax preparation, crisis hotlines, rent assistance, health care, job training, legal help, state benefits, and much more. Vermonters can call, text 211 or visit the website.

**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.



## 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



## **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



# May Programs



Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	NATIONAL OLDER AMERICANS MONTH			<b>1</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>2</b> 9:00-11 Coffee Hour 10:30 Better Balance 12:00 GAME DAY <i>Send in your steps and miles for the walking challenge</i>	<b>3</b> YARD SALE At CCC 8:30-1:30
<b>4</b>           7:30 AA	<b>5</b> 10:00 Beginner Guitar 10:30 Better Balance 12:00 CCC Dinner 12:45 LUNCH & LEARN-Act 39	<b>6</b> 9:00 Bone Builders 10:00 Sewing Circle 10:30 Tai Chi Practice 11:00 Tai Chi Yang 24 12:30 Line Dance 3:00 Creative Writing  7:30 WAA	<b>7</b> 8:30 Yoga 10:30 Better Balance 11:00 Take Note 12:00 CCC Dinner 3:00 Tai Chi SUN 73	<b>8</b> 9:00 Bone Builders 9:30 Knitters 10:15 Tai Chi Qigong 11:30 Tai Chi Falls Prevention Beginner	<b>9</b> 9:00-11 Coffee Hour 9:00-10:30 BPs, FOOT & FACE CHECKS 10:30 Better Balance 6:00 Ethan Allen Day Parade and Events <i>Send in your steps and miles for the walking challenge</i>	<b>10</b>           Ethan Allen Day
<b>11</b>            7:30 AA	<b>12</b> 10:00 Beginner Guitar 10:30 Better Balance 12:00 CCC Dinner	<b>13</b> 9:00 Bone Builders 10:00 Sewing Circle 10:30 Tai Chi Practice 11:00 Tai Chi Yang 24 12:30 Line Dance 3:00 Creative Writing  7:30 WAA	<b>14</b> 8:30 Yoga 10:30 Better Balance 11:00 Take Note 12:00 BIRTHDAY DINNER 12:40 BINGO BLAST 3:00 Tai Chi SUN 73	<b>15</b> 9:00 Bone Builders 9:30 Knitters 10:15 Tai Chi Qigong 11:30 Tai Chi Falls Prevention INSPIRATION STATION 10-2:00 & WORDS TO BE HEARD 1-2:00 6:00 Ukulele	<b>16</b> 9:00-11 Coffee Hour 10:30 Better Balance <i>Send in your steps and miles for the walking challenge</i>	<b>17</b>
<b>18</b>           7:30 AA	<b>19</b> 10:00 Beginner Guitar 10:30 Better Balance 12:00 CCC Dinner 3:00 Book Club	<b>20</b> 9:00 Bone Builders 10:00 Sewing Circle 10:30 Tai Chi Practice 11:00 Tai Chi Yang 24 12:30 Line Dance 3:00 Creative Writing  7:30 WAA	<b>21</b> 8:30 Yoga 10:30 Better Balance 11:00 Take Note 12:00 CCC Dinner & HOME DÉCOR RAFFLE 12:45 MUSIC MANIA 3:00 Tai Chi SUN 73	<b>22</b> 9:00 Bone Builders 9:30 Knitters 10:15 Tai Chi Qigong 11:30 Tai Chi Falls Prevention 1:00 CRAFT WORKSHOP	<b>23</b> 9:00-11 Coffee Hour 10:30 Better Balance <i>Send in your steps and miles for the walking challenge</i>	<b>24</b>           Welcome Center Pop-Up Canteen 10-4
<b>25</b>           7:30 AA	<b>26</b>  Closed For Memorial Day  Remember And Honor	<b>27</b> 9:00 Bone Builders 10:00 Sewing Circle 10:30 Tai Chi Practice 11:00 Tai Chi Yang 24 12:30 Line Dance 3:00 Creative Writing  7:30 WAA	<b>28</b> NATIONAL SENIOR HEALTH & FITNESS DAY 8:30 Yoga 10:30 Better Balance 11:00 Take Note 12:00 CCC Dinner 3:00 Tai Chi SUN 73	<b>29</b> 9:00 Bone Builders 9:30 Knitters 10:15 Tai Chi Qigong 11:30 Tai Chi Falls Prevention	<b>30</b> 9:00-11 Coffee Hour 10:00-12:00 PLANT EXCHANGE 10:30 Better Balance <i>Send in your steps and miles for the walking challenge</i>	<b>31</b>

Refer to the program descriptions for details