



Castleton Community Center July 2025 Newsletter



The Community Center will be closed Friday, July 4th in celebration of Independence Day.



LOOK WHO'S NEW

The Castleton Community Seniors Board of Directors is pleased to announce a new addition to the staff at the Center. Laura Valcour is our new Program and Wellness Director. Laura was Director of Nutrition and Wellness for the Northeast Kingdom Council on Aging in Vermont and Program and Community Engagement and Nutrition Manager for the Oak Park Township Senior Services in Illinois. Her extensive nutrition background includes pastry chef training at LeCordon Bleu in Chicago. BE SURE TO STOP BY AND WELCOME LAURA!



SHOPPING SPREE RAFFLE 4 CHANCES TO WIN!!!

\$100 HANNAFORD GIFT CARD

\$50 TIMBERLOFT FARM STORE GC

\$50 SHAWS GIFT CARD

\$25 PRICE CHOPPER GIFT CARD

Raffle to Benefit the Castleton Community Seniors Wellness Programs
To purchase tickets send this completed form along with your check to:

Castleton Community Center
2108 Main St., Castleton, VT 05735
Drawing Wednesday July 30, 2025

Name _____ Address _____

Phone Number _____ Number of tickets _____ Amount enclosed \$ _____



Ice Cream Social & Concert

WEDNESDAY, JULY 23

Enjoy an evening of music by the Northwind Quintet and a sweet treat Courtesy of Stewart's Shops. Ice Cream service will start at 6:30 and the Concert starts at 7:00. Please come early to park and receive your sweet treat courtesy of Stewart's Shops. Call the Center to reserve a seat, 802-468-3093. The Northwind Quintet has been playing together for a number of years and enjoy performing songs that everyone can hum along to. They have performed at churches, retirement homes and senior centers. The Northwind quintet players are Flute – Sandy Duling, Oboe - Nancy Luzer, Clarinet - Bill Wheeler, Bassoon - Nan Dubin, French Horn - Eric Neilsen.



Picnic Lunch - Wednesday, July 9

Come join the fun on Wednesday, June 9th for an outdoor picnic lunch on the lawn with *music by our friends in the Hummin Strummin Ukulele Band*. We will provide seating in the van shelter with additional picnic table seating on the lawn, or you can bring your own lawn chair. The picnic lunch will include a **sandwich, salads, cookies and bottled water**. Call 802-468-3093 to reserve your "Picnic Lunch on the Lawn". **NOTE: Deadline for reservations is noon Thursday, July 3rd due to the holiday.** Lunch is served at 12:00. **COME FOR GOOD FOOD, MUSIC, FUN & FRIENDSHIP!**



Piano Lessons

Wednesday, July 16-August 20

The Castleton Community Center is pleased to offer individual weekly piano lessons on Wednesday between 1:30 and 3:30. 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!



TRIVIA NIGHT ON JULY 9

LOVE good food? LOVE to have fun and show support for your community?

Third Place Pizza in Castleton is graciously hosting a special Trivia Night on July 9 to benefit Castleton Community Senior Center! You can bring a team OR join some other folks to make a team.

Time: 6:00pm-8:00pm.

Not a Trivia player? No worries! The owner of Third Place Pizza, Andrew Breting, has generously offered to donate a portion of all July 9 orders placed between 4pm-9pm to our Castleton Community Senior Center. Third Place Pizza is located at 595 Main St., Castleton.

Added bonus! Our volunteers will be holding a 50/50 raffle throughout the evening. It's a win-win for everyone! Come on out, enjoy the fun, and support your community!



TRANSPORTATION PROGRAM

TO SCHEDULE A RIDE CALL 802-773-3244

Effective July 1, 2025, all rides must be booked through Marble Valley Regional Transit District.

Be sure to enroll with the Marble Valley Regional Transit District as soon as possible! For enrollment, call 802-747-3502, Monday through Friday between 7:30AM and 4:30PM. A customer service representative will assist you with enrollment. You will need to provide your name and address, phone number, date of birth, social security number, and any mobility aides used (walker, wheelchair, cane or a personal aide).

Castleton Community Center Walking Challenge



Congratulations! We walked to Kansas City. That's 1226 miles! We are one third of the way to our destination before we begin the journey home. Beginning in June painted rocks may find their way onto the most common walking routes around town. If you find one you may keep it or bring it to the Castleton Community Center Walking trail and add it to the **Rock Snake** we are building along our Walking Trail. Please let us know if you find a painted rock. You can also paint your own to add to the snake.

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! It's not too late to start!

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 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!**



LUNCH & LEARN MONDAYS

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

July 2 – Durable Medical Equipment – A representative from the Senior Medicare Patrol (SMP) will present a program on fraud using medical equipment. Find out what tricks are being used to sell you equipment you don’t need.

July 14 - Claudia Courcelle, RN BSN MSA CCM, Director of Care Management for Community Health will do a presentation that covers signs and symptoms of high blood pressure, what you can do to help prevent it, the proper way to have your blood pressure checked and some ways to prevent it. She will also do BP checks for those interested.

August 4 – Dominick Stillwell of Green Hill Financial will present “Smart Tax Planning: Strategies to Keep More of Your Money”.

LET’S GET MOVING!



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.

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.

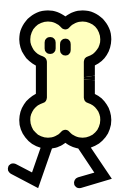
Tai Chi for Fall Prevention Instruction Thursdays 11:30-12:30

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

Option 1: 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.

Option 2: On PEGTV Channel 1075 “On Demand” Tuesday 8:30am and Saturday 10:00am

Option 3: 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.



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



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.**

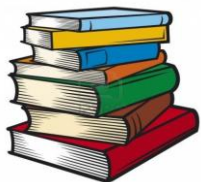
CENTER ACTIVITIES



KAYAK CLUB

The Kayak Club meets on Wednesdays at 9:30, location will be sent out by email each week. You must bring your own kayak. To receive information about the Wednesday outings, contact Jeff at:

gobrownies@comcast.net (802-558-7448)



CCC Book Club – NO MEETING IN JULY

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.



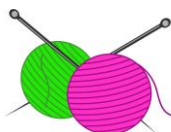
Ukulele Band

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!



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.



TAKE NOTE and GUITAR GROUP

On break for the summer. See you in September!



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 Member

Penny Fullen



July Birthdays

7/1 Diane M Baker
7/2 Jim MacDonald
7/3 Mary Ann Charron
Violet Lanthier

Toni Lobdell
 Don Thompson
 7/4 George Taggart
 7/5 Aleda Dutton
 Dennis Jensen
 7/6 Jack E Croff
 Dale Hadeka
 7/6 Jan Williams
 7/9 Carrie Butrimas
 Maryann Feeney
 7/10 Janis Kelleher
 7/11 John Fabian
 7/12 Jan Burleson
 Chris Sheldon
 7/13 Laura Bronson
 7/14 Gara Connors
 7/15 Jim Doran
 Bob Giffen
 7/20 Edward Brown
 7/21 Wenda Bird
 Anne Ladabouche
 Ralph Mavilla
 7/22 Frances Bargmann
 7/24 Ann Frankiewicz
 Laurel Knapp
 7/26 Margie Slavin
 7/27 Holly Boyce
 7/28 Kathleen Foley
 7/28 Kenneth Friedman
 7/28 Ruth Friedman
 7/28 Laurie Knauer
 7/30 Dennis Barrett
 7/31 Jeanette Wilcox

BIRTHDAY DINNER-Monday, July 14

Come join the fun as we celebrate all this month's birthdays on Monday, July 14. The menu is Glazed pork & Ham burger with pineapple sauce, green beans, dinner roll and of course Birthday Cake. There will be gifts for the birthday gal or guy and a chance to win our 50/50 raffle. **Reservations must be made by 9:30AM Thursday, July 10th.**



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 \$20.00

Couple \$30.00

____Life membership

Individual \$200.00

Couple \$250.00

*Benefits include: Mailed Newsletter and,
voting rights*

*Benefits include: Mailed Newsletter, voting rights,
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

ADDITIONAL PROGRAMS AND SERVICES



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



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

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 or 802-855-2255. Or call the Alzheimer's Helpline at 800-272-3900.

Flip the Script

Age Strong VT encourages individuals and communities to challenge stereotypes and dispel misconceptions by actively recognizing and focusing on the positive contributions made by our older adult neighbors, friends and family members. Combatting ageism is a key priority of Age Strong VT. As the plan points out, Vermonters have the power to build a Vermont that is equitable and just by actively using words, actions, policies, and initiatives that promote positive aging and actively combat ageism. Together we can help all Vermonters lead longer, happier and healthier lives across the lifespan. **Start today...Flip the Script!**



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 designed especially for older adults. Topics include:

- Technology basics (like using smartphones, Zoom, and social media)
- Health and wellness (exercise classes, nutrition tips, managing stress)
- Hobbies and interests (gardening, cooking, art, and more)
- Personal development (financial literacy, job skills, brain fitness)

To learn more and enroll in classes, visit

<https://www.getsetup.io/partner/vermont>



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

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


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?

Can help everyone who qualifies. When you get benefits, you don't take them away from anyone else.

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
		1 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	2 8:30 Yoga Kayak Club 10:30 Better Balance 12:00 CCC Dinner	3 9:00 Bone Builders 9:30 Knitters 10:15 Tai Chi Qigong 11:30 Tai Chi Falls Prevention 6:00 Ukulele	4 <div style="text-align: center;"> Center Closed Happy 4th of July  </div>	5
6 7:30 AA	7 10:30 Better Balance 12:00 CCC Dinner 12:45 LUNCH & LEARN- Durable Equipment Fraud	8 9:00 Board Meeting 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	9 8:30 Yoga Kayak Club 10:30 Better Balance 12:00 PICNIC LUNCH ON THE LAWN 6:00 TRIVIA NIGHT Fund Raiser at Third Place	10 9:00 Bone Builders 9:30 Knitters 10:15 Tai Chi Qigong 11:30 Tai Chi Falls Prevention Beginner	11 9:00-11 Coffee Hour 10:30 Better Balance <i>Send in your steps and miles for the walking challenge</i>	12
13 7:30 AA	14 10:30 Better Balance 12:00 CCC BIRTHDAY LUNCH 12:45 LUNCH & LEARN-Blood Pressure	15 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	16 8:30 Yoga Kayak Club 10:30 Better Balance 12:00 CCC 1:30 PIANO LESSONS	17 9:00 Bone Builders 9:30 Knitters 10:15 Tai Chi Qigong 11:30 Tai Chi Falls Prevention 6:00 Ukulele	18 9:00-11 Coffee Hour 10:30 Better Balance <i>Send in your steps and miles for the walking challenge</i>	19

July 14 Birthday Dinner Glazed pork & hamburger With pineapple sauce Mashed sweet potato Green beans Wheat dinner roll Birthday Cake		July 16 Spinach, Zucchini & Cheese Quiche Green Waxed Beans Wheat bread Mandarin orange Jello
July 21 Sweet-n-sour beef meatballs With Seasoned shells California blend vegetables Wheat bread Cookies		July 23 Breaded chicken breast with sauce Brussel sprouts Mashed cauliflower White dinner roll Tapioca pudding with peaches
July 28 Sliced pork loin with cider sauce Mashed potatoes Spinach Wheat roll Apple bar with raisins		July 30 Beef goulash with parmesan cheese Peas with mushrooms Wheat roll Pineapple

The Community Center congregate meal service provides a nutritious meal and opportunities for socialization - essential parts of a healthy lifestyle. Please join us!
For at home meals contact the Meals on Wheels Program-Southwestern Vermont Council on Aging. 1-800-642-5119 or 802-786-5990