



Castleton Community Center August 2025 Newsletter



I would like to send a heartfelt thank you to all who made my retirement feel very special. As I said at the party, the Community Center would not be what it is today without our members, volunteers, board of directors, bus drivers and the leadership of Jo Ann. Thank you all for the many wonderful years we spent together.

Laurie



Golf for a Cause

The Castleton Community Center 21st Annual Golf Outing is Friday September 12th at Lake St. Catherine Country Club. Enjoy a great day of fun, friendship, and “Golf for a Cause”. This event benefits the Center’s Wellness Program which provides over 1,500 meals in the Center’s dining room, assists in distributing over 6,000 home delivered Meals on Wheels and provides 8 different exercise classes for osteoporosis and falls prevention. The event features 18 holes (Captain & Crew format) a \$10,000 hole-in-one-contest plus prizes for low gross, low net, longest drive and closet to pin for both men and women. The \$115 registration fee includes greens fee, golf cart, lunch, prizes and after play hors d’oeuvres. To register call 802-468-3093 or visit www.castletoncsi.org

PETER HUNTOON PRINT RAFFLE

Win a 18"X24"

"Fall On Center" Limited Edition Framed Print - Value \$350



Peter Huntoon has been painting professionally since 1994. A lifelong passion for art and his native state of Vermont are evident in his work. His distinctive award-winning paintings feature strong composition, innovative color, and enthusiastic brushwork. His work is frequently seen on the cover and pages of Vermont Magazine.

Raffle To Benefit Castleton Community Seniors Wellness Programs & Services

Drawing Wednesday August 27, 2025

Tickets \$2.00 ea 3 for \$5 9 for \$10



TICKET ORDER FORM-----

NAME _____ **ADDRESS** _____

PHONE: _____ **NUMBER TICKETS** _____ **AMOUNT ENCLOSED \$** _____

Mail or bring order form to : Castleton Community Center 2108 Main Street Castleton VT 05735



Picnic Lunch - Wednesday, August 13

Come join the fun on Wednesday, August 13th 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". Deadline for reservations is 9:30am on Monday, August 11. Lunch is served at 12:00.

COME FOR GOOD FOOD, MUSIC, FUN & FRIENDSHIP!



Community Center Pop-Up Canteen! Saturday, August 30

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 August 30 from 10:00am-4:00pm at the Fair Haven Welcome Center-Prospect Street, Route 4 in Fair Haven.

CCC members will be serving hot dogs, popcorn and a large assortment of baked goods “to go.”

Please stop by to support this “pop-up” fundraiser. **You can also help by donating individually wrapped and labeled baked goods, pet treats, gluten free baked goods, or juice and water to sell for the Canteen!**

Call the Community Center (802) 468-3093 if you are willing to donate or volunteer!



Senior Picnic with U.S. Senator Bernie Sanders

Wednesday, August 20 – 4:00pm

Join us in welcoming Senator Sanders to the Castleton Community Center

Live or by Phone

Buffet dinner included. Reservations required.

Call the Castleton Community Center

802-468-3093



Marble Valley Community Transportation

Enroll by calling **(802) 747-3502** Marble Valley hours: Monday-Friday - 7:30am-4:30pm. 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). Advise any special directions for drivers when you enroll. (Example: blue trailer, corner lot, etc.) Once you're registered, call at least **48 hours in advance** to schedule a ride. Call **802 773-3244 Ext. 3**



SATIN & STEEL CONCERT & COMMUNITY CENTER 50/50 RAFFLE

August 5

Mark your calendar for the August 5th Satin & Steel Concert at the Castleton University Pavilion. The Community Center will be selling 50/50 tickets that night and you could go home with the winnings!

Castleton Community Center Walking Challenge



Congratulations! We walked and walked...just past Tijuana, Mexico! To date, we've walked 3128.68 miles! We are getting close 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. Keep a lookout! 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. 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 **Lunch & Learn Monday** programs. Lunch is served at 12:00. The program will start at 12:40. If you plan to join us for lunch you must register by 9:30 on the Friday before the program. Otherwise, please arrive by 12:30 for the program.

August 4 – “Smart Tax Planning: Strategies to Keep More of Your Money.”



Dominick Stillwell, Financial Planner, of **Green Hill Financial Partners** will present “Smart Tax Planning: Strategies to Keep More of Your Money.” Learn tax-efficient investment strategies, deductions, credits, and ways to reduce tax liability through careful financial planning.



Older Adult & Disabled Transportation

Marble Valley Community Transportation Presentation

August 12 1:00pm-2:00pm at the Castleton Community Center

Kristy Bloomer, Program Manager and Tyler D'Ambrosio, Marketing Coordinator of Marble Valley Transportation, will be joining us for a Question-and-Answer presentation on the new transportation services. Please have your questions and/or concerns ready to share!



Healthy Eating on a Budget



Monday August 18 12:45pm-1:45pm

Join Chef Laura in an engaging cooking demo filled with tips and easy summer recipes to inspire you. These budget-friendly recipes will serve 1-2 people. Recipes: Plum Sauced Chicken Wrap, Asian Noodle Salad Food Sampling, recipes and handouts included. Please bring a take-home container! Register by Friday August 1
Call 802-468-3093 Sponsored by Shaw's Fair Haven.



Celebrate National Health Center Week at the Paramount Theater

Saturday, August 9

Take a break from the summer to celebrate Community Health's mission and dedication to the community Saturday, August 9 at 2:00 pm at the Paramount Theater in Rutland for a **free viewing** of the movie “Wonder.” Inspired by real life events and experiences, “Wonder” delivers a message of acceptance and kindness, family and community, a story to be shared by all ages. The first 20 families arriving at the movie will receive a copy of the book by RJ Palacio, a New York Times bestseller. You can learn more about National Health Center Week and view a listing of events at www.healthcenterweek.org

LET'S GET MOVING!



Tai Chi Practice Tuesdays 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 Tuesdays 11:00-12:00

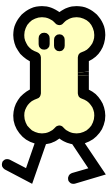
An instructional class in the Yang 24 form. Starting from the first movements and gradually moving through all 24 movements.

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 Thursdays 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: Tuesdays & Thursdays 9:00-10:00 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, 8/5 and 8/19 ONLY, 3:00-4:00pm Note: Time Change!

Line Dance is a great way to move and get some exercise and have fun! Join the group for this informal activity.

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 the summer heat, take advantage of the treadmill or stationary bike in our **Wellness Center Walk and Ride Room. It's air-conditioned too!**



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. Space is limited for coupon links.**

CENTER ACTIVITIES



Rock Snake Painting

Wednesday, August 6 - 1:00pm-3:00pm

“Let the Community Center snake make you smile as you watch it grow for a while...”
Join us for this creative rock painting class and help us add to our Walking Trail. Call us to register at (802) 468-3093. Led by Instructor Martie Alexander



KAYAK CLUB

KAYAK CLUB AT GLEN LAKE. 17 KAYAKS WITH 1 TANDEM (18 PADDLERS!)

The Kayak Club meets on Wednesdays at 9:30am. 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.



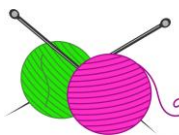
Ukulele Band

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 3:00pm-4:30pm in the Dining Room. This is a great opportunity to share and polish your writing, whether fiction, poetry, 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 9:30am.



Sewing Circle Meets on Tuesday

Tuesday mornings from 10:00am-12:00pm you are invited to join folks at the Center who are 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!



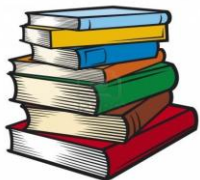
Computer Help is Here

Need help navigating your computer? Rich Byrne has taught computer technology classes for seniors and is offering 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.



MAHJONGG (American)

Meets Tuesdays & Thursdays from 1:00-3:00 in the Center Library. Call the Center to register 802-468-3093



CCC Book Club

The next meeting is Monday, August 18 from 3:00-4:30pm. The book discussion will be on the novel "Swamplandia" by Karen Russell. Open to all, the reading group welcomes suggestions for future books (any genre). Books are available at CCC office. Queries may be directed to Laura at the Center, or Joyce Thomas, thomasaug@comcast.net.



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 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

Gloria Weber

Donald & Colleen Bishop



August Birthdays

8/1	Gisela Baumann
8/1	Sue Day
8/2	Judi Brownell
8/3	Pam Hidde
8/6	Lenny Lapon
8/7	Margaret Nadeau
8/7	Carol Thompson
8/8	Francis Bishop
	Tom Drew
	Sara Grey
8/9	Lori Barker
	Roy Litchfield
8/10	Pam Emmons
	Sharon Ryan
	Joseph Wolons
8/13	Peggy Ackerman
8/14	Cynthia Eaton
	Cheryl Raymond
8/15	Lillian Pitts
	Joan Smith
	Gordon Tifft
8/16	Kathy Jensen
	Gladys Sharp
8/17	Chris Bales
8/18	Gail Shaw
8/20	Kelly Kelsey
	Mary Lynn Lemmo
	Clem Levesque
8/24	Robin Mealey
8/25	Marianne Patch
8/26	Stephen Johnson
8/28	Carol Crawley

Jean Davis
Rosemarie Herbert
8/29 Phyllis Blanchard
Judy Egner
8/31 Pam Brown

BIRTHDAY DINNER-Wednesday, August 27

Come join the fun as we celebrate all this month's birthdays on Wednesday, August 27. The menu will be Orange Ginger Chicken, Vegetable Rice Pilaf w/peas, carrots, celery & onions, Scandinavian Blend Vegetables, wheat roll, and 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, August 25.**



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 12:00pm. Suggested donation of \$5.00 for seniors (age 60 +) is requested, but not required. All guests under age 60 are welcome, and are asked to donate \$6.00 to cover the cost of the meal. Reservations are required, so be sure to call the Center to reserve a meal. If you need transportation to the dinner, please contact O & D Marble Valley *at least 48 hours in advance*.

Call (802) 773-3244 ext. 3. 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 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/partner 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 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 repairing? 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?

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.



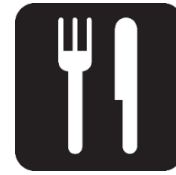
August Programs

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
					1 9:00-11 Coffee Hour 10:30 Better Balance <i>Send in your steps and miles for the walking challenge</i>	2
3 7:30 AA	4 10:30 Better Balance 12:00 CCC Dinner 12:45 LUNCH & LEARN- SMART TAX PLANNING Greenhill Financial Partners	5 9:00 Bone Builders 10:00 Sewing Circle 10:30 Tai Chi Practice 11:00 Tai Chi Yang 24 3:00 Line Dance 3:00 Creative Writing 7:00 CU Concert & Center 50/50 raffle 7:30 WAA	6 8:30 Yoga Kayak Club 10:30 Better Balance 12:00 CCC Dinner 1:00 Rock Snake Painting	7 9:00 Bone Builders 9:30 Knitters 10:15 Tai Chi Qigong 11:30 Tai Chi Falls Prevention Beginner 6:00 Ukulele	8 9:00-11 Coffee Hour 10:30 Better Balance <i>Send in your steps and miles for the walking challenge</i>	9 CCC COIN DROP FAIR HAVEN 9:00 +
10 7:30 AA	11 12:00 CCC Dinner 10:30 Better Balance	12 9:00 CCSI Board Meeting 9:00 Bone Builders 10:00 Sewing Circle 10:30 Tai Chi Practice 11:00 Tai Chi Yang 24 11:00 Program Committee Meeting 1:00-Marble Valley Transportation Presentation 3:00 Creative Writing 7:30 WAA	13 8:30 Yoga Kayak Club 10:30 Better Balance 12:00 PICNIC LUNCH ON THE LAWN	14 9:00 Bone Builders 9:30 Knitters 10:15 Tai Chi Qigong 11:30 Tai Chi Falls Prevention	15 9:00-11 Coffee Hour 10:30 Better Balance <i>Send in your steps and miles for the walking challenge</i>	16
17 7:30 AA	18 10:30 Better Balance 12:00 CCC Dinner 12:45 Cooking Demo 3:00 Book Club	19 9:00 Bone Builders 10:00 Sewing Circle 10:30 Tai Chi Practice 11:00 Tai Chi Yang 24 3:00 Line Dance 3:00 Creative Writing 7:30 WAA	20 8:30 Yoga Kayak Club 10:30 Better Balance 12:00 CCC Dinner 4:00 SENIOR PICNIC WITH SENATOR SANDERS	21 9:00 Bone Builders 9:30 Knitters 10:15 Tai Chi Qigong 11:30 Tai Chi Falls Prevention 6:00 Ukulele	22 9:00-11 Coffee Hour 10:30 Better Balance <i>Send in your steps and miles for the walking challenge</i>	23
24 7:30 AA	25 10:30 Better Balance 12:00 CCC Dinner	26 9:00 Bone Builders 10:00 Sewing Circle 10:30 Tai Chi Practice 11:00 Tai Chi Yang 24 3:00 Creative Writing 7:30 WAA	27 12:00 CCC BIRTHDAY LUNCH 8:30 Yoga Kayak Club 10:30 Better Balance	28 9:00 Bone Builders 9:30 Knitters 10:15 Tai Chi Qigong 11:30 Tai Chi Falls Prevention	29 9:00-11 Coffee Hour 10:30 Better Balance <i>Send in your steps and miles for the walking challenge</i>	30 Fair Haven Welcome Center Fundraiser 10-4

Refer to the program descriptions for details



August Menu



Come to the Center Dining Room for Good Food, Fellowship and Fun
Monday and Wednesday 12:00pm Call 802-468-3093

Monday

Wednesday

Reservations must be made by 9:30AM Thursday for Monday's meal		Reservations must be made by 9:30AM Monday for Wednesday's meal
August 4 Turkey Meatballs in Marinara Sauce Penne pasta Mixed blend veggies Wheat bread Pineapple		August 6 Broccoli & Onion Quiche Home fries Diced carrots Wheat dinner roll Mandarin Orange Jello
August 11 Chicken-n-Biscuits Red mashed potatoes Broccoli florets Melon		August 13 PICNIC ON THE LAWN Turkey & Cheddar on Kaiser Roll Macaroni Salad Cole Slaw Chips Cookies Bottled Water
August 18 Cavatappi with Cheddar Winter mix Stewed tomatoes Wheat dinner roll Mandarin Orange Jello		August 20 Meatloaf with BBQ Sauce Mashed potatoes Peas & onions Wheat dinner roll Cookies
August 25 Turkey Vegetable Burger with Sauce Rice with vegetables Brussel sprouts Wheat bread Peaches		August 27 Birthday Dinner Orange Ginger Chicken Rice Pilaf Scandinavian Blend Vegetables Wheat roll Birthday Cake

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