



Castleton Community Center September 2025 Newsletter

September is National Senior Center Month

“Powering Possibilities: Flip the Script”

"Powering Possibilities: Flip the Script"-encourages us to challenge outdated stereotypes about aging and elevate the positive contributions of older adults and the centers that serve them.



Great Courses Plus: Understanding Greek and Roman Technology

Wednesdays, starting Sept 17 / 1:30pm-3:00pm

Presenter: Joe Mark

Expand your knowledge of Greek and Roman civilization with this in-depth study of their innovative technologies and feats of engineering. The course also gives a new perspective on one of the most productive periods in the history of civilization: classical antiquity.



TRANSPORTATION

O & D Marble Valley Community Transportation

1. Enroll by calling (802) 747-3502 Marble Valley hours: Monday-Friday - 7:30am-4:30pm
2. Once you're registered, call at least **48 hours in advance** to schedule a ride. Call **802 773-3244 Ext. 3**

Castleton Community Center Walking Challenge



Congratulations! We made it to Cabo San Lucas and are on our way back home! To date, we've walked 4453.99 miles! The 2025 walking challenge is to and from 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 friends and family involved! Help us make our goal. **When we have completed the challenge, we will have a celebration party!**



SASH SUPPORT AND SERVICES AT HOME

Blood Pressure Check and Hypertension/Stroke Prevention Workshop

Friday, September 19 / 11:00am-12:30pm



LUNCH & LEARN MONDAYS

Mark your calendars for our “**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.

Monday, September 8 - Narcan (Naloxone) Workshop

Brad Thibodeaux, CPhT, Research Assistant, Northeast Rural Opioid Technical Assistance Regional Center will present “The Layperson Naloxone (NARCAN)” training course which will teach you how to recognize the signs of an opioid overdose and administer the opioid overdose reversal drug Naloxone.

Monday, September 15 – “Protecting Yourself from Fraud & Scams: Stay Safe in the Digital Age.”



Dominick Stillwell, Financial Planner, of **Green Hill Financial Partners** will present “Protecting Yourself from Fraud & Scams.” Learn to recognize and avoid financial scams, protect personal information, and stay safe online, especially in the context of financial transactions.

Monday, September 22 – “Ghana Revisited”



JOURNEY SEEKERS



Presenter: Joyce Space

We are delighted to introduce a captivating *new* program called “Journey Seekers” highlighting travel around the world. “Ghana Revisited” is highlighting Joyce, and her husband, Larry’s time as Peace Corps teachers in Amedzofe, Ghana, West Africa from 1967 to 1969. Fifty-four years later, they returned to Ghana. Joyce is excited to share their adventures and detail what has changed and what remains the same.



“Cooking with the RDN”



September 29 12:45-2:00pm

Chef Laura is partnering with Phoebe Flemming, Registered Dietitian with Southwestern Vermont Council on Aging, to share information about diets best suited to meet individual’s nutrition needs. Comparisons on different “diet” programs such as Blue Zone, DASH, Mediterranean, and Keto will be discussed as well. Chef Laura will provide an interactive cooking demo highlighting Fall season produce.

Recipes: Mediterranean Zoodle Bowl, Fall Farro Salad with Butternut Squash, Cranberries, and Walnuts. Sampling, recipes, and handouts included. Please bring a take-home container! Sponsored by Shaw’s Fair Haven.

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

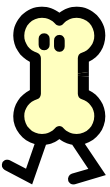
An instructional class in the Yang 24 form. Starting from the first movements and gradually moving through all 24 movements.

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 – Every Tuesday 12:30pm-1:30pm except Tuesday, 9/2 from 3:00pm-4:00pm

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

Yoga - Wednesdays 8:30am – 9:45am

Call Christine Brown for the schedule and/or for registration. 802-273-2078. Fee: \$5.00 per class



Walking

Walking is a great way to ease back into a more active lifestyle. During inclement weather take advantage of the treadmill or stationary bike in our **Wellness Center Walk and Ride Room**.



Eat Smart, Move More and Weigh Less

Call or email the Center to receive the FREE link. Space is limited for coupon links!

CENTER ACTIVITIES

Rock Snake Painting



Fridays, 9:00am-11:00am

Join us during coffee hour and let your creativity flow! The painted rocks are a colorful addition to our Walking Trail or yours to take home! Call us to register (802) 468-3093.



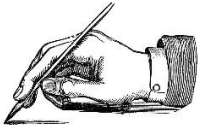
KAYAK CLUB

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.



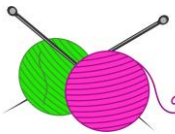
Ukulele Band

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, memoir, or more.



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.



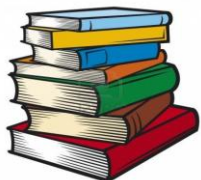
Sewing Circle Meets on Tuesday

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.



CCC Book Club

The next meeting is Monday, Sept. 15 from 3:00pm-4:30pm. The book discussion will be on the novel “Amsterdam” by Ian McEwan. 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.



GUITAR GROUP

Why Learn Guitar now? The benefits are endless! Boost brain health, reduce stress, improve dexterity/coordination to name a few. Class focuses on making learning easy and enjoyable with guitar basics, familiar songs, friendship, and fun! Bring your acoustic guitar (if you have one!).

Instructor: Mekenok & Hearscrew Beginner Guitar: Mondays, 10:00am /After Class: 11:00am



TAKE NOTE – (Fun & Friendly Singing Group)

Enjoy music, connecting with others, and share joy of singing? No auditions, no-pressure environment. We sing a mix of popular tunes and favorites requested by our group.

Led by Mekenok Wednesdays, 11:00am

MAHJONGG (American)

Meets Tuesdays (beginner) and Thursdays (play) for 1:00-3:00 in the Center Library. Call the Center to register 802-468-3093



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. Rock Painting for our Walking Trail is also available for our creative friends.



Welcome New Members

Fran Dixon
Gloria Gietl
John & Liz Ragosta
Marian Ackerman



September Birthdays

9/1 Joyce Kopko
9/2 Victoria Hawley

Brad Hunt
 Christine Kelleher
 Joyce Thomas
 9/3 Patricia Szabo
 9/5 Werner Baumann
 9/6 Maria Doglio
 9/9 David Barker
 9/13 Jane Tiffit
 9/15 Carol Young
 9/17 Aileen Durkee
 Julius Riemersma
 9/19 Audrey Mainolfi
 Mary McNeil
 Sue Tezak
 9/21 Dave Fontaine
 Marjorie Reuling
 9/22 Carol Jacobi
 9/23 Judy Boss
 Rosie Doran
 9/24 Elizabeth Dodge
 Tad Kemnitzer
 9/26 Becky Collette
 Virginia Maguire
 Pauline Manchester
 9/27 Lynn Gee
 9/28 Dawn Pliner
 9/29 Kathleen Sherman
 9/30 Ceil Hunt
 9/30 Pattye Nicolis

BIRTHDAY DINNER-Wednesday, September 24

Come join the fun as we celebrate all this month's birthdays on Wednesday, September 24. The menu will be Beef Burgundy with Mushrooms & Onions, Rotini Noodles, Beets 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, September 22.**



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: _____

Address _____

Town of residence: _____

Phone _____ Date _____

E-mail _____

Birthday/s (optional) _____

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

Mindful Moments Café – Supporting caregivers and their loved ones with early stage Alzheimer’s or memory issues. Fall-themed art activity, music, refreshments, and light conversation.

Where: The Maples 5 General Wing Rd. Rutland

When: Tues., September 16 – 10:30am-12:00pm

Questions: Council on Aging Helpline at 1-800-642-5119

Powerful Tools for Caregivers – National evidence-based education and support program for caregivers.

6-week program provides strategies to manage challenges of caregivers.

Where: Southwestern Vermont Council on Aging 143 Maple St Rutland

Call to inquire about the next program 1-800-642-5119

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.



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.



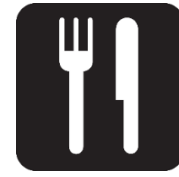
September 2025 Programs

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	1 **CLOSED** 	2 9:00 Bone Builders 10:00 Sewing Circle 10:30 Tai Chi Practice 11:00 Tai Chi Yang 24 1:00 Mahjongg (beg) 3:00-4:00 Line Dance 3:00 Creative Writing 7:30 WAA	3 8:30 Yoga Kayak Club 10am – Take Note (Singing Group) 10:30 Better Balance 12:00 CCC Dinner	4 9:00 Bone Builders 9:30 Knitters 10:15 Tai Chi Qigong 11:30 Tai Chi Falls Prevention Beginner 1:00 Mahjongg (play) 6:00 Ukulele	5 9:00-11 Coffee Hour/Rock Snake Painting 10:30 Better Balance <i>Send in your steps and miles for the walking challenge</i>	6
7 7:30 AA	8 10:00 Guitar (Beginner) 11:00 Guitar “After Class” 10:30 Better Balance 12:00 CCC Dinner 12:45 LUNCH & LEARN- Narcan Workshop	9 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 Mahjongg (beg) 12:30-1:30 Line Dance 3:00 Creative Writing 7:30 WAA	10 8:30 Yoga Kayak Club 10am – Take Note (Singing Group) 10:30 Better Balance 12:00 CCC Dinner	11 9:00 Bone Builders 9:30 Knitters 10:15 Tai Chi Qigong 11:30 Tai Chi Falls Prevention 1:00 Mahjongg (play)	12 9:00-11:00 Coffee Hour/Rock Snake Painting 10:30 Better Balance 21 st Annual Golf Tournament <i>Send in your steps and miles for the walking challenge</i>	13
14 7:30 AA	15 10:00 Guitar (Beginner) 11:00 Guitar “After Class” 10:30 Better Balance 12:00 CCC Dinner 12:45 LUNCH & LEARN- Fraud Prevention 3:00pm – Book Club	16 9:00 Bone Builders 10:00 Sewing Circle 10:30 Tai Chi Practice 11:00 Tai Chi Yang 24 1:00 Mahjongg (beg) 12:30-1:30 Line Dance 3:00 Creative Writing 7:30 WAA	17 8:30 Yoga 10am – Take Note (Singing Group) Kayak Club 10:30 Better Balance 1:30 Great Course Plus - Greek & Roman Technology	18 9:00 Bone Builders 9:30 Knitters 10:15 Tai Chi Qigong 11:30 Tai Chi Falls Prevention 1:00 Mahjongg (play) 6:00 Ukulele	19 9:00-11:00 Coffee Hour/Rock Snake Painting 10:30 Better Balance 11:00-12:30 SASH – Blood Pressure Check & Stroke Workshop <i>Send in your steps and miles for the walking challenge</i>	20
21 7:30 AA	22 10:00 Guitar (Beginner) 11:00 Guitar “After Class” 10:30 Better Balance 12:00 CCC Dinner 12:45 Journey Seekers- “Ghana Revisited”	23 9:00 Bone Builders 10:00 Sewing Circle 10:30 Tai Chi Practice 11:00 Tai Chi Yang 24 1:00 Mahjongg (beg) 12:30-1:30 Line Dance 3:00 Creative Writing 7:30 WAA	24 8:30 Yoga Kayak Club 10am – Take Note (Singing Group) 10:30 Better Balance 12:00 CCC BIRTHDAY DINNER	25 9:00 Bone Builders 9:30 Knitters 10:15 Tai Chi Qigong 11:30 Tai Chi Falls Prevention 1:00 Mahjongg (play)	26 9:00-11:00 Coffee Hour/Rock Snake Painting 10:30 Better Balance <i>Send in your steps and miles for the walking challenge</i>	27
28 7:30 AA	29 10:00 Guitar (Beginner) 11:00 Guitar “After Class” 10:30 Better Balance 12:00 CCC Dinner 12:45pm – Cooking Demo/RDN Presentation	30 9:00 Bone Builders 10:00 Sewing Circle 10:30 Tai Chi Practice 11:00 Tai Chi Yang 24 12:30-1:30 Line Dance 1:00 Mahjongg (beg) 3:00 Creative Writing 7:30 WAA				

Refer to the program descriptions for details



September Menu



Come to the Center Dining Room for Good Food, Fellowship and Fun
Monday and Wednesday 12:00 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
Sept 1 HOLIDAY NO MEALS SERVED		Sept 3 Chicken marsala w/mushroom sauce Diced potatoes Peas & onions Potato roll Fruit cocktail
Sept 8 Chicken, corn & potato stew Oregon blend veggies Wheat dinner roll Apple cake		Sept 10 Sliced Turkey & Cheddar cheese Three bean salad Cole slaw with pineapple Wheat hamburger roll Pears
Sept 15 Turkey tetrazzini Scandinavian vegetables Wheat dinner roll Pineapple tidbits		Sept 17 Minestrone soup with beef Broccoli florets Wheat roll Peaches with yogurt
Sept 22 B.B.Q. beef steak Baked beans Chopped broccoli with diced carrots Wheat dinner roll Vanilla pudding & peaches		Sept 24 Birthday Dinner Beef burgundy with mushrooms & onions Rotini noodles Whole beets Dinner Roll Birthday Cake
Sept 29 Baked meatloaf Mashed potatoes Mixed vegetables Wheat dinner roll Sugar date cookie		

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