



CASTLETON COMMUNITY CENTER NEWSLETTER

2108 Main Street | Castleton, VT 05735 | (802) 468-3093 | TRS #711 | castletoncommunitysrs@gmail.com | www.castletoncsi.com



Change is in the Air

Just as the season is about to change in Vermont, there will be a change at the Community Center as well. Jo Ann

Riley started working as Executive Director at CCSI November 1, 2004; and after 21 years as being part of a growing and very important service organization, she will be retiring as Director on October 31. Jo Ann looks forward to having time to actively participate in many of our programs and services and maintaining the many friendships developed during her time at the Center. Please join us for JoAnn's retirement party October 28th from 1-4pm at the Center.

CCSI ANNUAL MEETING

The Castleton Community Seniors Board of Directors invite you to the CCSI Annual Meeting to be held Tuesday, October 14 at 9:00am in the Dining Room. Complimentary coffee and Danish will be served starting at 8:30. All are welcome.

DAY TRIP

KILLINGTON SCENIC GONDOLA RIDE

Thur., Oct 2, 9am-2pm Includes bus transport, gondola, and lunch

Fee: \$45 with bagged lunch, \$40 lunch on your own

CCC Holiday Craft Fair

Saturday, Nov 8, 9am-3pm

Mark your calendar! Our Annual Holiday Craft Fair returns. Holiday shopping for unique hand-made jewelry, seasonal decor, clothing, and food items. If you are interested in becoming a vendor, please contact Lori Barker at 802 273-2241 or 802 353-0498.



The Castleton Community Center would like to honor **Mark Brown** with our **Outstanding Volunteer Award** for his commitment and contributions given to our community. We are pleased to recognize

Mark for his years as a member of our Financial Advisory Committee, Coordination of the Van Sale, and the ongoing Maintenance of our Walking Trail.

We will be recognizing Mark for his service at our CCSI Potluck Supper on Wednesday, October 15 at 5:30pm.

21st ANNUAL GOLF OUTING

THANK YOU

Our 21st Annual Golf Outing at Lake St. Catherine Country Club was a major success thanks to the generosity of many area individuals, businesses, CCC Golf Committee, and CCC Board. The event raised \$11,100. We are grateful to our outstanding host, Lake St. Catherine Country Club, for their efforts as well.

Major Sponsors were: Brown's Auto Salvage, Johnson Energy, One Digital Insurance, Slate Valley Rotary, Dr. Jim Perry, Hadeka Stone Corp, Community Health Centers Rutland, Oliver Subaru Rutland, Greenhill Financial Partners, Rutland Regional Medical Center, Bayada Home Health Care.

Hole Sponsors were: American Legion Post 50, Mark Beebe Roofing, Casella Waste Systems, Carpet King of Rutland, Castleton Corners Vet Clinic, Castleton Lions Club, Castleton Motors, Castleton Republican Party, Castleton Village Store, Dr. Peter Diercksen, Ducharme Funeral Home, Durfee Funeral Home, Jost Construction, Kamuda's Market, Kevin Eagan Landscaping, Edward Jones, Green's Floor Covering, Kinney Drugs Foundation, Liberty Auto Sales, Mahoney Mechanical, McClure Construction, Poultney Pools, Precision Auto Body, Prunier's Market, R&D Automotive, Rutland County Democratic Party, Slate Valley Physical Therapy, VNA & Hospice of the SW Region, The Wheel Inn, and Woodard Marine.

Raffle Donors were: Bomoseen Golf Club, Brown's Farm, Castleton Pet Supply, Carl Durfee's Store, Everyday Flowers, Fair Haven Inn, Fowler Services, Gilmore Home Center, Godnicks Grand Furniture, Lake Bomoseen Lodge & Tap Room, Loomis Paint & Flooring, Lake St Catherine CC, Michelle's Sweet Creations, Skene Valley CC, Spirit of Ethan Allen, Sweet Carolines Restaurant, and Cobble Knoll Orchard

LUNCH & LEARN MONDAYS

Mark your calendar for our “Lunch & Learn Monday” programs. Lunch served at 12:00. The program starts at 12:45pm. When registering, please advise if you plan to join us for Lunch, the Program, or both! Lunch must be reserved by 9:30am on **Friday** prior to program.

SENIOR MEDICARE FRAUD October 6, 12:45pm-1:45pm

Presented by Justin Grimbel, Community Outreach Specialist, Senior Medicare Patrol. Medicare prevention and detection strategies, as well as reporting suspicious activities.

COOKING DEMO “Fabulous Fall Side Dishes” October 20, 12:45pm-2:00pm

Chef Laura returns to entice you with an interactive cooking demo highlighting Fall recipes. Recipes: Roasted Fall Root Veggie Salad, Southwestern Black Bean and Sweet Potato Quinoa. Sampling, recipes, and handouts included.

MOVIE NIGHT! “Fisherman’s Friends”

October 10, 1pm-3pm Comedy-Drama. Sea shanties have long united 10 Cornish (England) fishermen, but when their chants sail to the music charts, the fun begins.

“Buccanneer Bounty”

POTLUCK and SING A LONG October 15, 5:30pm-7:30pm

Suggested donation: \$5 per person. Costumes encouraged, but optional.

Ahoy mateys! Join us for swashbuckling good time with pirate trivia, sea shanty songs and hearty food! Sign up to bring an entrée, side dish, or dessert.



SASH SUPPORT AND SERVICES AT HOME Blood Pressure Clinic Friday, October 17, 11:00am-12:00pm

Great Courses Plus: Understanding Greek and Roman Technology

Wednesdays, 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. <https://us02web.zoom.us/j/85616676194?pwd=ILdqEwNX3KNC1WRz5hJhM57VKwvy93.1>

Meeting ID: 856 1667 6194
Passcode: 608200

Castleton Community Center Walking Challenge

- **Congratulations!** Cabo San Lucas walking mileage has grown to **4,836.89** miles! The 2025 walking challenge is to and from Cabo San Lucas. The challenge is a total **7,698 miles!**
- You can join anytime, just email or call your total miles weekly or monthly to castletoncommunitysrs@gmail.com
- *The Castleton Community Center Walking Trail is 1/3 of a mile; 3x around equals 1 mile.*



This Photo by

ACRYLIC PAINTING– Fall Pumpkins

Friday, Oct 24, 1pm-4pm Fee: \$15 per person, includes all materials. You will take your masterpiece home! All levels welcome! Pumpkin example available at the center to view.
Instructor: Martie Alexander

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**

LET'S GET MOVING!



TAI CHI

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 (Beginners)

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 The Dragon is considered a representation of yang energy, represents expansive and dynamic fluidity, and corresponds to the lungs. Longevity Tree form is about balancing and harmonizing the three energies. The Tiger form is yin energy represented by the image of a white tiger and is an excellent means to ground and center ourselves.

PIANO LESSONS

Tuesdays, starting 11/4 thru 12/9. 1:00pm-2:30pm
Please call to confirm your 30 minute lesson in this time frame. Instructor: Marna Grove
NO CLASS ON 11/25

COMPUTER HELP IS HERE

Rich Byrne has taught computer technology classes for seniors and is offering his services to 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 the Center at (802) 468-3093 to make an appointment.

WE NEED VOLUNTEERS!

THE COMMUNITY CENTER IS IN NEED OF
VOLUNTEERS FOR

Front Desk/Gardening/Programs/Tech/Social Media

Please let Laura know if you're interested!



Eat Smart, Move More, and Weigh Less

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

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.



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.

LINE DANCE

Tuesdays, 12:30pm-1:30pm. No class on Tues, 10/7.
Substitute on Thurs., 10/9-12:30pm-1:30pm

Line Dance Instructor: Diane Baker

BETTER BALANCE

Mon., Wed & Fri 10:30-11:30

This program, designed to help prevent falls, is for men and women of any ability level.



YOGA - Wednesdays 8:30am – 9:45am

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

KINDLY REGISTER FOR ALL PROGRAMS AND CLASSES.

CALL 802 468-3093.



OCTOBER BIRTHDAYS

10/1 Barbara Capman
10/2 Linda Smith
10/3 Sue Monaco
10/4 Richard Thomas
10/5 Glenda Coursey
10/6 Ann Roberts
10/6 Ray Williams
10/7 Farrell Francis
10/7 Joyce Szabo
10/8 Janet Ladd
10/8 Robert Mealey
10/12 Barbara Cheney
10/12 Gilbert Nadeau
10/16 Micheal Bethel
10/19 Mary Wolons
10/21 Martha Hurlburt
10/22 Richard Byrne
10/22 Susan Fingerhut
10/23 Judy Prunier
10/23 Alice Reid
10/23 Linda Wood
10/24 Jill Hassebroek
10/25 Gretiena Johnson
10/25 Linda Pritchard
10/27 Tom Barrett
10/27 Lee Ellis
10/27 Robert Kirbach
10/27 Jeff Shroeder
10/28 Walter Sperr
10/29 Donna Streeter
10/31 Alan Wolmuth

BIRTHDAY DINNER

Monday, October 20

Come join the fun as we celebrate this month's birthday friends! The menu: Lasagna roll w/meat & marinara sauce, brussel sprouts, wheat rolls, and Birthday Cake. There will be gifts for the birthday guy/gal and a chance to win our 50/50 raffle. **Reservations must be made by 9:30am, Thurs., Oct 15.**

COFFEE HOUR

Fridays from 9:00am-11:00am. Join us for homemade goodies, hot brew and good company. Please come and enjoy –All are welcome!

CENTER ACTIVITIES

Please register for all activities. Newsletters available at the Center or on our website at www.castletoncsi.org

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.

GUITAR GROUP

Beginner Guitar: Mondays, 10:00am /After Class: 11:00am

Boost brain health, reduce stress, improve dexterity/coordination. Class focuses on making learning easy and enjoyable with guitar basics, familiar songs, friendship, and fun! Bring your acoustic guitar (if you have one!)

MAHJONG (American)

Tuesdays (beginner) and Thursdays (play) from 1:00pm-3:00pm in the Center Library. Tile-based game developed in China-popular worldwide!

UKULELE BAND

Every first and third Thursday, 6:00pm-7:30pm in the Wellness Center.

Beginners are welcome! We have ukuleles to loan. If you already play, come and strum along. For information contact Debby Franzoni (deb.franzoni@gmail.com) or Mike Blust (mhblust@gmail.com)

KNITTERS NETWORK

Mondays at the Castleton Meadows Community Room & Thursdays at the Castleton Community Center Library - 9:30am.

All Ages welcome! Did you know? Our Knitters Network has distributed over 200 hats, 50 scarves, 50 mittens and 50 lap blankets to our community school children, veterans, senior homes, and shelters.

SEWING CIRCLE

Tuesdays -10:00am-12:00pm. Variety of projects including quilting, needle point, or rug hooking. The group includes many experienced crafters who can lend support and inspiration!

BOOK CLUB

Monday, October 20 from 3:00pm-4:30pm. The book discussion will be on the novel "The Plot Against America" by Philip Roth. 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.

CREATIVE WRITING WORKSHOP

Tuesdays, 3pm-4:30pm. Led by Professor Emerita Joyce Thomas. Meet in the Dining Room. Great opportunity to share and polish your writing, whether fiction, poetry, memoir, or more.

TAKE NOTE – (Fun & Friendly Singing Group)

Wednesdays, 11am-12pm. Led by Mekenok. 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.



OCTOBER 2025 PROGRAMS

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
			1 8:30a Yoga 10am Take Note (Singing Group) 10:30 Better Balance 12:00 CCC Dinner 1:30 Great Course Plus - Greek & Roman Technology	2 9:00 Day Trip- Killington Gondola 9:00 Bone Builders 9:30 Knitters 10:15 Tai Chi Qigong 11:30 Tai Chi Falls Prevention Beginner 1:00 Mahjong (play) 6:00 Ukulele	3 9:00-11 Coffee Hour/ Rock Snake Painting 10:30 Better Balance <i>Send in your steps and miles for the walking challenge</i>	4
5 7:30 AA	6 10:00 Guitar (Beginner) 11:00 Guitar "After Class" 10:30 Better Balance 12:00 CCC Dinner 12:45 LUNCH & LEARN – Senior Medicare Fraud	7 9:00 Bone Builders 10:00 Sewing Circle 10:30 Tai Chi Practice 11:00 Tai Chi Yang 24 1:00 Mahjong (beg) 3:00 Creative Writing 7:30 WAA	8 8:30 Yoga 10am Take Note (Singing Group) 10:30 Better Balance 12:00 CCC Dinner 1:30 Great Course Plus - Greek & Roman Technology	9 9:00 Bone Builders 9:30 Knitters 10:15 Tai Chi Qigong 11:30 Tai Chi Falls Prevention 1:00 Mahjong (play) 12:30 Line Dance	10 9:00-11:00 Coffee Hour/Rock Snake Painting 10:30 Better Balance 1:00 Movie- "Fisherman's Friends" <i>Send in your steps and miles for the walking challenge</i>	11
12 7:30 AA	13 CLOSED	14 9:00 CCC Board Mtg 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 Mahjong (beg) 12:30 Line Dance 3:00 Creative Writing 7:30 WAA	15 8:30 Yoga 10am Take Note (Singing Group) 10:30 Better Balance 12:00 CCC Dinner 1:30 Great Course Plus - Greek & Roman Technology 5:30pm "Buccaneer Bounty" Potluck and Sing A Long	16 9:00 Bone Builders 9:30 Knitters 10:15 Tai Chi Qigong 11:30 Tai Chi Falls Prevention 1:00 Mahjong (play) 6:00 Ukulele	17 9:00-11:00 Coffee Hour/Rock Snake Painting 10:30 Better Balance 11:00 SASH – Blood Pressure Check <i>Send in your steps and miles for the walking challenge</i>	18 Coin Drop! Fair Haven Shaw's
19 7:30 AA	20 10:00 Guitar (Beginner) 11:00 Guitar "After Class" 10:30 Better Balance 12:00 BIRTHDAY DINNER 12:45 Cooking Demo 3:00 Book Club	21 9:00 Bone Builders 10:00 Sewing Circle 10:30 Tai Chi Practice 11:00 Tai Chi Yang 24 1:00 Mahjong (beg) 12:30 Line Dance 3:00 Creative Writing 7:30 WAA	22 8:30 Yoga 10am Take Note (Singing Group) 10:30 Better Balance 12:00 CCC Lunch 1:30 Great Course Plus - Greek & Roman Technology	23 9:00 Bone Builders 9:30 Knitters 10:15 Tai Chi Qigong 11:30 Tai Chi Falls Prevention 1:00 Mahjong (play)	24 9:00-11:00 Coffee Hour/Rock Snake Painting 10:30 Better Balance 1:00 Acrylic Painting-Pumpkins <i>Send in your steps and miles for the walking challenge</i>	25
26 7:30 AA	27 10:00 Guitar (Beginner) 11:00 Guitar "After Class" 10:30 Better Balance 12:00 CCC Dinner	28 9:00 Bone Builders 10:00 Sewing Circle 10:30 Tai Chi Practice 11:00 Tai Chi Yang 24 12:30 Line Dance 1:00 Mahjong (beg) 1:00 Jo Ann Retirement Party! 3:00 Creative Writing 7:30 WAA	29 8:30 Yoga 10am Take Note (Singing Group) 10:30 Better Balance 12:00 CCC Lunch 1:30 Great Course Plus - Greek & Roman Technology	30 9:00 Bone Builders 9:30 Knitters 10:15 Tai Chi Qigong 11:30 Tai Chi Falls Prevention 1:00 Mahjong (play)	31 *HAPPY HALLOWEEN! * 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>	

Refer to program descriptions for details



October 2025 Menu



Come to the Center Dining Room for Good Food, Fellowship and Fun

Mondays and Wednesdays 12:00pm

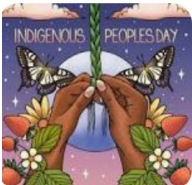
Call (802) 468-3093 to make your reservation



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
Beverage options: Coffee, Hot or Iced Tea, Lemonade, and 1% milk House made seasonal salads served with meal	October 1 Cheese tortellini 1 w/ meat sauce Parmesan cheese Broccoli florets Wheat rolls Apple + Cookie
October 6 Stuffed shells w/spinach sauce Green beans Parmesan cheese Wheat rolls Mandarin oranges w/ orange gelatin	October 8 Chicken & broccoli divan casserole Wide egg noodles Diced carrots Wheat dinner roll Pumpkin pudding
October 13 **CLOSED** <i>INDIGENOUS PEOPLES' Day</i> 	October 15 Beef & vegetable stew w/ potatoes & beans Green beans w/white kidney beans Wheat biscuit Banana bread
October 20 *Birthday Dinner* Lasagna roll w/ meat & marinara sauce Brussel sprouts Parmesan cheese Wheat rolls Birthday cake	October 22 Zucchini, onion & summer squash quiche w/ cheddar cheese Peas & mushrooms Broccoli & cauliflower Wheat rolls Tropical fruit
October 27 Beef steak w/BBQ sauce Rice pilaf w/ diced tomatoes & Italian veggies Wheat rolls Pineapple tidbits	October 29 Sweet-n-sour vegetable chicken w/lentils Vegetable rice pilaf Brussel sprouts Wheat rolls Macintosh apple + Brownie

The Community Center congregate meal service provides 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 at 1-800-642-5119 or (802) 786-5990.*

FUEL HEATING Raffle

Drawing Wed., Dec 18

100 Gallons of heating fuel from
Johnson Energy (oil or kerosene)*
OR 100 Gallons of heating fuel from
Sam's U-Save Fuel. If you do not use
fuel as a heating source, you
can receive a cash equivalent of 100
gallons at wholesale price.

**For home delivery in Rutland County
between December 2025 & April 2026*

Mail your tickets & payment to
Castleton Community Seniors
2108 Main St.

Castleton VT 05735

To purchase 10 or more tickets, fill out
the stubs on this page, mail with your
check and we will complete the
additional tickets for you.

Or, visit our website at
www.castletoncsi.org

WELCOME NEW MEMBERS

Laurie Webster
Laurel Cecil
Lynda Thomas



Fuel Heating Raffle

To benefit the Castleton Community
Seniors Wellness Programs and Services
2108 Main St. Castleton, VT 05745
Drawing Wednesday December 18

Entries: \$5.00 each or 3/\$10.00 or 10/\$25.00

Name: _____

Address: _____

Phone: _____

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Name: _____

Address: _____

Phone: _____



CASTLETON COMMUNITY SENIORS MEMBERSHIP JANUARY 1, 2025 TO DECEMBER 31, 2025



Today's date: _____ I/we would like to register as a ____ new member or ____ renew my membership as follows:

Standard Membership

Individual: \$20.00 / Couple: \$30.00

Benefits include: Mailed newsletter and voting rights

Name: _____

Address: _____

Town of Residence: _____

Lifetime Membership

Individual: \$200.00 / Couple: \$250.00

Benefits include: Mailed newsletter, voting rights, and use of meeting rooms

Phone: _____

Email: _____

Birthday/s (optional) _____

Mail to: Castleton Community Center | 2108 Main Street Castleton, VT 05735

Membership is not required to participate in any of our programs or services. Your support is much appreciated.



Castleton Community Seniors, Inc.
2108 Main Street
Castleton, VT 05735

NON PROFIT
ORGANIZATION
US POSTAGE
PAID
BOMOSEEN, VT
PERMIT NO. 18

*Community is the ability of a group of people, regardless of their diverse backgrounds, to accept and transcend their differences and create an environment of acceptance and caring for others.
It's people helping people.*

Our Spirit of Community

The Castleton Community Center was the Homestead for many generations of the Gibbs family. It was donated to the Town in 1996 by the Alma Gibbs Donchin Foundation.

Our History

The Castleton Community Seniors, Inc. shall enrich the lives of the residents of the greater Castleton area, particularly seniors, by providing education, recreation, communication, health, and social opportunities.

Our Mission

CASTLETON COMMUNITY SENIORS, INC.

BOARD OF DIRECTORS

	Toni Lobdell, President	Chazz Collette, Secretary	
	Ceil Hunt, Vice President	Gretiena Johnson, Treasurer	
Tracy Adams	Rosie Doran	Holly Hitchcock	Debbie Rosmus
Sue DeCarolis	Sharon Gowan	Stephen Johnson	Jim Wright
Peter Diercksen	Al Gustafson	Libby Laramie	

CENTER STAFF

JoAnn Riley, Executive Director
Laura Valcour, Program Director
Claire Park, Kitchen Manager
Michael Reedy, Maintenance Manager

Castleton Community Seniors, Inc. provides equal opportunity in programs and employment.