



NOVEMBER 2025

CASTLETON COMMUNITY CENTER NEWSLETTER

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



20th Annual Holiday Craft Fair Saturday, Nov 8

9:00-3:00

Mark your calendar! Our Annual Holiday Craft Fair returns! Holiday shopping for unique hand-made items including jewelry, seasonal decor, clothing, and food items. Fuel Oil Raffle and lunch available for purchase. Come support your community!



M&T Charitable Foundation Supports the Center

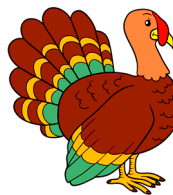
Tara Buxton, M&T Branch Manager Fair Haven and Amy Mayhew, Senior Wealth Advisor at Wilmington Trust present a \$3,000 donation to the Castleton Community Seniors in support of the Center's Wellness Programs & Services

Southwest VT Council on Aging Presentation Friday, Nov. 14, 11-12:00

Join us to learn about the programs and services provided by SVCOA. Presenters: Renee BeaupreWhite, Community Liaison and Internship Coordinator and Nicole Woodie, Volunteer Coordinator.

Meet our VSU Castleton Interns!

Please welcome Mia Forsberg and Hope Turi to our Center. Mia is a senior and completing her Bachelor of Science in Psychology with a minor in Statistics. Hope is completing her Social Work Intern Program with us. They have been working at the Front Desk, leading or supporting programs, and assisting with data entry. Please take the time to stop and say hello.



14th Annual Thanksgiving Dinner with

VSU Castleton Baseball Team

Nov. 19 12:00-1:00

Please join us, along with Coach Deshler and VT State University Baseball Team, for a wonderful Thanksgiving Dinner. This will be our 14th year celebrating together. Menu: Roast Turkey, stuffing, cranberry sauce, mashed potatoes, carrots, wheat dinner roll, and pumpkin pie. 50/50 Raffle also!

Space is limited, so make your reservation asap.

2025 Volunteer Recognition Award



Jo Ann Riley, CCSI Executive Director presents Mark Brown with the 2025 Volunteer Recognition Award.

Mark Brown was honored at the October 20th Pot Luck Supper with the 2025 Volunteer Recognition Award. Mark has volunteered countless hours on our Financial Advisory Committee, coordinating our Walking Trail maintenance and assisting with the sale of our van. We are truly grateful for his dedicated service to CCSI.

Executive Director Search

Our current Director JoAnn Riley is retiring at the end of October after 21 years of service. The Community Center is seeking a high energy Executive Director with experience in nonprofit administration. The successful candidate will be responsible for: fundraising and grant writing, budget management, record keeping, supervision and training, public relations, and facilities management. Interested candidates should submit a resume, cover letter and references by November 15 to Rose Marie Doran, Search Committee, Castleton Community Seniors 2108 Main St., Castleton, VT 05735.

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.

Navigating Financial Hardships:

What to Do When Times Get Tough

November 17
12:45 to 1:45

Dominic Stillwell, Greenhill Financial Partners will provide guidance on managing financial challenges, such as job loss, medical emergencies, or economic downturns, and offer strategies to stay afloat during difficult times.

Medicare Fraud Patrol

November 24
12:45 -1:45

Justin Grimbol

VT Community Outreach
Specialist

**Topic: Open Enrollment
Fraud**



SASH SUPPORT AND SERVICES AT HOME

Managing Blood Sugar/Immune System Cooking Demo with RN/Chef “Immune Booster Foods”

November 6, 12:45pm-2:00pm Chef Laura returns with Laura Medlin, RN from SASH to talk about blood sugar and immune boosting foods.
Fee: \$10 per person. Registration required. Sampling, recipes, and handouts included.

Great Courses Plus: Understanding Greek and Roman Technology

Wednesdays, 1:30pm-3:00pm (In person or use LINK below)

Joe Mark: Facilitator

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 **5,678 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.*



Buccanneer Bounty Potluck a HIT!

Our sincere gratitude to Mekenok and the Take Note Singing Group for a lively sing-a-long mixed with historical information on sea shanties and more. Potluck was filled with delicious food, games, wonderful pirate costumes, and laughter! Participants are still singing praises for the evening!



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.

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.



BOTTLE & CAN REDEMPTION IS A "WIN - WIN" FUNDRAISER FOR THE CENTER

Bring your redeemable bottles and cans to the Community Center and drop them in the handy bin located at the back of the Wellness Center. We'll redeem them and all proceeds will be used for Community Center programs. Or, you can take them to Beverage King and tell them they are for the Community Center account and they will forward the donations to us. This is a WIN for the environment and a WIN for the Center! Thank you!



Game Day Is Back! Friday, November 7

Members of the VSU Castleton Baseball team will join us for Game Day on Friday, November 7th. There will be a FREE Deli Style Lunch for all game players. Sandwiches, chips, dessert and a beverage will be served at 12noon and the games follow immediately after. We'll have a variety of board games, cards and our popular action games: Nintendo Wii Bowling, Putting Green and Corn Hole. Lots of door prizes and laughs for all who come to play! **Call to make your reservation by Wednesday, Nov. 5.**

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.



LINE DANCE

Tuesdays, 12:30pm-1:30pm. Line Dance is a great way to move and get some exercise and have fun! Join the group for this informal activity. 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. Class size is limited.



YOGA - Wednesdays 8:30am - 9:45am

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



Eat Smart, Move More, and Weigh Less

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



NOVEMBER BIRTHDAYS

- 11/1 Bill Wood
- 11/2 Peggy King
- 11/4 Kathleen Maher
- 11/5 Grace Calvin
Deb Diekel
- 11/7 Louise M. Cousineau
Dennis Fortier
- 11/8 Daniel Calvin
Maureen Faryniarz
Linda Knowlton
- 11/10 Maureen Clement
Jeanne Tobin
- 11/11 Holly Hitchcock
Floss Sulik
- 11/12 Pat Keller
Larry Space
- 11/13 Milton Blackwood
Patricia Shroeder
- 11/14 Shelia McIntyre
- 11/15 George Davis
- 11/16 Ben Boss
Kevin Durkee
- 11/17 Marcia Anderson
Linda Squier
- 11/18 Joe Squier
- 11/19 Gail West
- 11/20 Charles Roundtree
- 11/22 Bill Egner
- 11/24 Sharon Bales
Shirley Burton
Joan Thomas
- 11/26 Winnie Levitre
- 11/27 Roberta Kemnitzer
- 11/29 Debbie Rosmus
Claudia Wulff

BIRTHDAY DINNER

Monday, November 10

Come join the fun as we celebrate this month's birthday friends! The menu: Mac & Cheese Diced Carrots, Winter Mixed Veggies, Dinner Roll 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., Nov. 6.**

CENTER ACTIVITIES

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

PIANO LESSONS

Tuesdays thru 12/9. 1:00pm-2:30pm

Please call to confirm your 30 minute lesson in this time frame. Instructor: Marna Grove. No Class Nov 25

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 Thursdays 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, November 17 from 3:00pm-4:30pm. The book discussion will be on the novel "Ladder of Tears" by Anne Tyler. 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.



NOVEMBER 2025 PROGRAMS



Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
					3 9:00-11 Coffee Hour 10:30 Better Balance <i>Send in your steps and miles for the walking challenge</i>	1
2 7:30 AA	3 10:00 Guitar (Beginner) 11:00 Guitar "After Class" 10:30 Better Balance 12:00 CCC Dinner	4 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	5 8:30 Yoga 10am Take Note (Singing Group) 10:30 Better Balance 12:00 CCC Dinner 1:30 Great Course Plus - Greek & Roman Technology	6 9:00 Bone Builders 9:30 Knitters 10:15 Tai Chi Qigong 11:30 Tai Chi Falls Prevention 12:45-1:45 SASH Cooking Demo w/ RN/Chef 1:00 Mahjong (play) 12:30 Line Dance 6:00 Ukulele	7 9:00-11:00 Coffee Hour 10:30 Better Balance 12:00-2:00 GAME DAY-with CU baseball <i>Send in your steps and miles for the walking challenge</i>	8
9 7:30 AA	10 10:00 Guitar (Beginner) 11:00 Guitar "After Class" 10:30 Better Balance 12:00 BIRTHDAY DINNER	11 9:00 CCC Board Mtg 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	12 8:30 Yoga 10am Take Note (Singing Group) 10:30 Better Balance 12:00 CCC Dinner 1:30 Great Course Plus - Greek & Roman Technology	13 9:00 Bone Builders 9:30 Knitters 10:15 Tai Chi Qigong 11:30 Tai Chi Falls Prevention 1:00 Mahjong (play)	14 9:00-11:00 Coffee Hour 10:30 Better Balance 11:00 –12:00 SVCOA Programs & Services Provided by SVCOA <i>Send in your steps and miles for the walking challenge</i>	15
16 7:30 AA	17 10:00 Guitar (Beginner) 11:00 Guitar "After Class" 10:30 Better Balance 12:00 CCC Dinner 12:45 LUNCH & LEARN –Navigating Financial Hardships 3:00 Book Club	18 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	19 8:30 Yoga 10am Take Note (Singing Group) 10:30 Better Balance 12:00 CCC Lunch 1:30 Great Course Plus - Greek & Roman Technology	20 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	21 9:00-11:00 Coffee Hour 10:30 Better Balance <i>Send in your steps and miles for the walking challenge</i>	22
23 7:30 AA 30	24 10:00 Guitar (Beginner) 11:00 Guitar "After Class" 10:30 Better Balance 12:00 CCC Dinner 12:45 LUNCH & LEARN –Medicare Fraud Patrol	25 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) 3:00 Creative Writing	26 8:30 Yoga 10am Take Note (Singing Group) 10:30 Better Balance 12:00 CCC Lunch 1:30 Great Course Plus - Greek & Roman Technology	27 9:00 Bone Builders 9:30 Knitters 10:15 Tai Chi Qigong 11:30 Tai Chi Falls Prevention 1:00 Mahjong (play)	28 9:00-11:00 Coffee Hour 10:30 Better Balance <i>Send in your steps and miles for the walking challenge</i>	29

Refer to program descriptions for details



November 2025



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	
November 3 Chicken Cordon Bleu Mashed sweet potatoes Cauliflower florets Wheat dinner roll Orange Jello with pears	November 5 Chicken, Corn & Potato Stew Winter mixed vegetables Biscuit Pumpkin cookie with raisins & chips
November 10 *Birthday Dinner* Mac & Cheese Diced carrots Winter mixed blend Dinner roll	November 12 Broccoli Ricotta Pie Peas Dinner roll Jello
November 17 Pork & Vegetable Stew with Biscuit Green beans Wheat dinner roll Peaches	November 19 *Thanksgiving Dinner* Roast Turkey Stuffing Cranberry sauce Mashed potatoes Sliced carrots Wheat dinner roll Pumpkin pie
November 24 Chicken Fingers with Duck Sauce Home fries Green beans Dinner Roll Pineapple Tidbits	November 26 Turkey meatballs alfredo Spinach Home fries Peas & carrots Wheat dinner roll Applesauce & cookie

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.*



TWO CHANCES TO WIN! 100 GALLONS OF HEATING FUEL Drawing Wed. Dec 17

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

for an order form.

100 Gallons Heating Fuel
****Two Chances to Win****
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 the cash equivalent of 100 gallons at wholesale price.*

**Raffle Held Wednesday December 17
at the Castleton Community Center**

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

\$5.00 EA 3 FOR \$10.00 10 FOR \$25.00

Name: _____

Address: _____

Phone: _____

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Name: _____

Address: _____

Phone: _____



CASTLETON COMMUNITY SENIORS MEMBERSHIP JANUARY 1, 2026 TO DECEMBER 31, 2026



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
Ceil Hunt, Vice President

Chazz Collette, Secretary
Gretiena Johnson, Treasurer

Tracy Adams
Sue DeCarolis
Peter Diercksen

Rosie Doran
Sharon Gowan
Al Gustafson

Holly Hitchcock
Stephen Johnson
Libby Laramie

Debbie Rosmus
Jim Wright

CENTER STAFF

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

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