



## CASTLETON COMMUNITY CENTER NEWSLETTER

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

January 2026

### New Year, New You!

As we bring in the New Year, we are thrilled to share a variety of new programs with you! We're introducing "Storytelling for Seniors" which is a 4-week interactive storytelling program and a new fitness program called Essentrics, which is a low-impact, full-body workout that combines dynamic stretching and strengthening, inspired by Tai Chi, ballet, and physiotherapy.

Returning programs include our popular 6-week "Walk with Ease" program kicking off on January 12.

Chef Laura returns with Laura Medlin, RN, to present and offer a cooking demo focusing on the transformative power of Anti-Inflammatory Healing Foods.

Are you the creative type? We will be offering a "Winter Scenes" Acrylic Painting class with local artist Martie Alexander and "Paint like Bob Ross" painting class led by a Bob Ross Certified Instructor, Colleen Kennedy.

Join us in making a commitment to making choices for a more vibrant you!

### December Raffle Winners!

**Johnson Fuel: Corey Wood**



**Sam's U-Save: Leslie Sternfels**

We are grateful to Johnson Energy and Sam's U-Save for their generous donation. Thanks to all who purchased tickets for our December raffle. The proceeds help to offset program costs and center expenses.

### New Year, New Hours!

**Effective January 2, 2026,  
CCC hours will be:**



**Monday thru Thursday: 8:30am-3:30pm**

**Fridays: 8:30am-12:30pm**

### Storytelling for Seniors

**Fridays, Jan. 9-Jan 30, 12:00-1:30**

Castleton Community Center invites you to start 2026 with our new series "Storytelling for Seniors." This is a 4-week interactive discussion led by Hears Crow and Ruth Liberman. This program focuses on how to engage your family, friends, or children with stories you have read or know. Discussions evolve from your quick anecdotes to family legacy stories. Instructors will provide pointers and prompts to add humor, emotion, and color as well. Space is limited. Participants must bring a personal photo to share as an introduction for the first class.

Hears Crow is a Storyteller of Longhouse Tales, traditional Native American legends, and International Transformational Stories. She is also an educator, published poet, and workshop leader and has twice been awarded publishing contracts for her poetry book "She is Beautiful". She has been the Vermont State Liaison to the National Storytelling Network, a Youth Storyteller Mentor through the (ASST), and a member of the faculty at the Transformation Storytelling School.

Ruth Liberman is a Professor Emerita at SUNY Adirondack. She was the Director of the Theater Program for 36 years. A graduate of Brandeis University - BA and The University of Washington, MA with acting, directing, training teachers to use drama and interdisciplinary arts courses. She continues to share her skills with seniors in arts. A recipient of two SUNY Chancellor's Awards.

## 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.

**January 26 12:45pm -1:45pm**

**"Estate, Family, and Protection"**

Presented by Dominic Stillwell,  
Greenhill Financial Partner

### COOKING DEMO

**Anti-Inflammatory  
Healing Recipes**

Tuesday, Jan 20 11am-12pm

Presenters: Chef Laura &  
Laura Medlin, RN

Chef Laura and Registered Nurse Laura Medlin present an interactive cooking demo/presentation highlighting Anti-Inflammatory Healing recipes. *Recipes:* Beans-n-Greens, Mediterranean Chicken Bowl sampling, recipes, and handouts included.



**"Winter  
Scenes"  
Acrylic  
Painting**

Thursday, January 22

1:00pm-3:30pm

Instructor: Martie Alexander

Fee: \$15 per person

Space is limited.

Registration required by Jan 19

## Paint Like Bob Ross Painting Class

Colleen Kennedy, Bob Ross Certified Instructor

Every 2nd Saturday, 9:00am-4:00pm



Space is limited.

Register by calling Colleen at (802) 683-4945.

Fee includes all materials.



## WALK WITH EASE

**Mon-Wed-Fri, 10:00-11:00**

**Starts January 12-Meet in CCC Dining Room**

All other classes will meet at Castleton Recreation Center located at 47 Mechanic St.

Certified Volunteer Leaders: Sue, Donna, and Sandy

### WWE 6-week Program details:

- Structured Program:** A 6-week plan focusing on walking three times a week, with built-in warm-ups, cool-downs, and stretching.
- Health Education:** Learn about managing arthritis pain, preventing injury, setting goals, and overcoming barriers.
- Strengthening & Stretching:** Includes exercises to build muscles that support your joints.
- Pain Reduction:** Proven to decrease arthritis pain and stiffness.
- Increased Physical Capacity:** Improves stamina, balance, strength, and walking pace.

**KINDLY REGISTER FOR ALL  
PROGRAMS AND CLASSES.  
SPACE IS LIMITED.**



# JANUARY Birthdays

- 1/3 Ruth Gibbuck
- 1/4 Sandy Kuehn
- 1/5 Ron Crawley
- 1/6 Lorraine Brown
- 1/7 Arian Grossman
- 1/9 Kathleen Bushee  
Judy Sheldon
- 1/11 Normandie Keller
- 1/13 Marj Kyhill
- 1/16 Martie Alexander
- 1/18 Barbara Hemingway
- 1/19 Laurie Kamuda
- 1/21 Karen Barrett  
Joseph Orzell
- 1/24 Karen Barber
- 1/28 Mary Jane Spaulding
- 1/29 Elaine Danyow  
Nancy Field
- 1/31 Diane Mancuso  
John Mancuso  
Bob Miller

## Birthday Lunch will be Wed., January 21.

Menu: Meatloaf w/gravy, Red potatoes w/ cheddar, Winter Mixed vegetables, Wheat Roll, and Birthday Cake. Gifts for birthday guy/gal and chance to win 50/50 raffle! Join us for the celebration!

## COFFEE HOUR

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



## DUES ARE DUE FOR 2026

Membership goes from January 1 to December 31. Our programs and services do not require a membership, however, to receive your newsletter in the mail, please send your 2026 payment along with the membership form on page 7.

## CENTER ACTIVITIES

Please register for all activities. Newsletters available at the Center or on our website at [www.castletoncsi.org](http://www.castletoncsi.org)

### TAKE NOTE – (Fun & Friendly Singing Group)

Wednesdays, 11am-12pm. Led by Mekenok. Enjoy music, connecting with others, and share the joy of singing? No auditions, no-pressure environment. We sing a mix of popular tunes and favorites requested by our group.

### GUITAR GROUP

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

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](mailto:deb.franzoni@gmail.com)) or Mike Blust ([mhblust@gmail.com](mailto:mhblust@gmail.com))

### KNITTERS NETWORK

Mondays at the Castleton Meadows Community Room & Thursdays at the Castleton Community Center Library at 9:30am. All Ages welcome!

### 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!

### 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.

# 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. He is available to answer your questions or to help you gain more confidence in operating your digital devices. Call to make an appointment.

## NEW MEMBERS!

**David Velazquez**

**Jacquelyn Marston**

**Patty Brown**

**Bonnie Williams**



**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](http://www.volunteersinvt.org), scroll down to find the Bone Builder's online class.**

## LINE DANCE

**Tuesdays - 12:30pm-1:30pm. All levels welcome. Led by 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

Call Christine Brown to register. All levels welcome. Call (802) 273-2078. Fee: \$5.00 per class.

## ESSENTRICS Strength and Stretch

**Wednesdays 9:30am Free Intro Class on 1/7**  
Space is limited. Call to register 802 468-3093.



# JANUARY 2026 Programs

Sun	Monday	Tuesday	Wednesday	Thursday	Friday
	<b>2026 NEW HOURS:</b> <b>MON-THURS</b> <b>8:30AM-3:30PM</b>  <b>FRIDAYS</b> <b>8:30AM-12:30PM</b>			<b>1</b> <b>CLOSED</b> 	<b>2</b> 9:00-11 Coffee Hour/ Rock Snake Painting  10:30 Better Balance
<b>4</b> 7:30 AA	<b>5</b> 10:00 Guitar (Beginner) 11:00 Guitar "After Class" 10:30 Better Balance 12:00 CCC Lunch	<b>6</b> 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	<b>7</b> 8:30 Yoga 9:30 Essentrics 11:00 Take Note (Singing Group) 10:30 Better Balance 12:00 CCC Lunch 1:30 Great Course Plus - Greek & Roman Technology	<b>8</b> 9:00 Bone Builders 9:30 Knitters 10:15 Tai Chi Qigong 11:30 Tai Chi Falls Prevention 1:00 Mahjong (play)	<b>9</b> 9:00-11:00 Coffee Hour/ Rock Snake Painting  10:30 Better Balance  12:00 Story Telling for Seniors
<b>11</b> 7:30 AA	<b>12</b> 10:00 Walk with Ease (at CCC-paperwork only) 10:00 Guitar (Beginner) 11:00 Guitar "After Class" 10:30 Better Balance 12:00 CCC Lunch	<b>13</b> 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	<b>14</b> 8:30 Yoga 9:30 Essentrics 10:00 Walk with Ease (Rec Center) 11:00 Take Note (Singing Group) 10:30 Better Balance 12:00 CCC Lunch 1:30 Great Course Plus - Greek & Roman Technology	<b>15</b> 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	<b>16</b> 9:00-11:00 Coffee Hour/ Rock Snake Painting  10:00 Walk with Ease (Rec Center)  10:30 Better Balance  12:00 Story Telling for Seniors
<b>18</b> 7:30 AA	<b>19</b> 	<b>20</b> 9:00 Bone Builders 10:00 Sewing Circle 10:30 Tai Chi Practice 11:00 Tai Chi Yang 24 11:00 Cooking Demo/RN 1:00 Mahjong (beg) 12:30 Line Dance 3:00 Creative Writing	<b>21</b> 8:30 Yoga 9:30 Essentrics 10:00 Walk with Ease (Rec Center) 11:00 Take Note (Singing Group) 10:30 Better Balance 12:00 <b>Birthday Lunch</b> 1:30 Great Course Plus - Greek & Roman Technology	<b>22</b> 9:00 Bone Builders 9:30 Knitters 10:15 Tai Chi Qigong 11:30 Tai Chi Falls Prevention 1:00 Mahjong (play) 1:00 Acrylic Painting-Winter Scenes	<b>23</b> 9:00-11:00 Coffee Hour/ Rock Snake Painting  10:00 Walk with Ease (Rec Center)  10:30 Better Balance  12:00 Story Telling for Seniors
<b>25</b> 7:30 AA	<b>26</b> 10:00 Guitar Beginner 10:00 Walk with Ease (Rec Center) 11:00 Guitar "After Class" 10:30 Better Balance 12:00 CCC Lunch 12:45 Lunch-n-Learn "Estate, Family, and Protection"	<b>27</b> 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	<b>28</b> 8:30 Yoga 9:30 Essentrics 10:00 Walk with Ease (Rec Center) 11:00 Take Note 10:30 Better Balance 12:00 CCC Lunch 1:30 Great Course Plus - Greek & Roman Technology	<b>29</b> 9:00 Bone Builders 9:30 Knitters 10:15 Tai Chi Qigong 11:30 Tai Chi Falls Prevention 1:00 Mahjong (play)	<b>30</b> 9:00-11:00 Coffee Hour/ Rock Snake Painting  10:00 Walk with Ease (Rec Center)  10:30 Better Balance  12:00 Story Telling for Seniors



# January Menu



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

## Monday

Reservations must be made by Thursday for Monday's meal		Reservations must be made by Monday for Wednesday's meal
<b>January 5</b> Roasted Chicken Breast Gravy Mashed Potatoes Winter Squash Wheat Bread Pumpkin Cookie		<b>January 7</b> Swedish Steak w/Mushroom Sauce Rotini Pasta w/ sour cream Capri Blend Vegetables Wheat Dinner Roll Apples w/ Cinnamon
<b>January 12</b> Lasagna Rollette Marinara sauce w/ Beef Spinach Southern Biscuit Pineapple Chunks		<b>January 14</b> Diced Chicken Breast w/ vegetable Asian Sauce Vegetable Rice Pilaf Broccoli Florets Wheat Bread Tapioca Pudding & Peaches
<b>January 19</b>  <b>Closed for MLK</b>		<b>January 21 Birthday Lunch</b> Meatloaf & Gravy Red Potatoes w/Cheddar Mixed Winter Vegetables Wheat Roll Birthday Cake
<b>January 26</b> BBQ Pork Rib Home Fried Potatoes Carrots Wheat Biscuit Applesauce Cookie		<b>January 28</b> Baked American Goulash Parmesan Cheese Brussel Sprouts Wheat Roll Peaches

The Community Center congregate meal service provides nutritious meals 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. 1-800-6425119 or 802-786-5990

# LUCKY LEPRECHAUN RAFFLE

According to Irish folklore, a leprechaun is a small mischievous creature who hides a pot of gold at the end of a rainbow. If you catch a leprechaun they must reveal the location of their hidden gold. We have caught a leprechaun and you can be the one to empty his "pot of gold" which contains **\$100 IN VERMONT LOTTERY TICKETS** donated by one of our members. We can't wait to see you reveal the winning ticket amounts! Raffle will be held Wednesday, March 18. If you want additional tickets send the tickets on this page with a note and your check and we will fill out the additional ones for you.



**LUCKY LEPRECHAUN  
RAFFLE DRAWING IS WED.  
MARCH 18**

**FIND US ON THE WEB**  
[www.castletoncsi.org](http://www.castletoncsi.org)



## Castleton Community Seniors Membership

January 1, 2026 to December 31, 2026



*I/we would like to register as a  new member or  renew my membership as follows:*

**1.  Standard membership**

Individual \$20.00

Couple \$30.00

*Benefits include: Mailed Newsletter and voting rights*

**2.  Life membership**

Individual \$ 200.00

Couple \$ 250.00

*Benefits include: Mailed Newsletter, voting rights, and use of meeting rooms.*

*Membership is not required to participate in any of our programs or services.*

Name: \_\_\_\_\_

Phone \_\_\_\_\_ Date \_\_\_\_\_

Address: \_\_\_\_\_

E-mail \_\_\_\_\_

Town of residence \_\_\_\_\_

Birthday/s (optional) \_\_\_\_\_

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

## LUCKY



## LEPRECHAUN RAFFLE



### WIN

## \$100 IN VERMONT LOTTERY TICKETS

*donated by one of our members*

**Raffle held Wednesday March 18  
at the Castleton Community Center  
\$5.00 EA. 3 FOR \$10.00 10 for \$25.00**

NAME

ADDRESS

PHONE

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