



## CASTLETON COMMUNITY CENTER NEWSLETTER

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

February 2026

### Welcome to our new Executive Director, Maryesa White!

The Board of Directors at the Castleton Community Center is pleased to announce the arrival of our new Executive Director, Maryesa White.

Maryesa brings over 10 years experience in non-profit management, specifically with our aging population. She holds an Associate of Science degree in Human Services from Community College of Vermont.

“We are thrilled to bring Maryesa to our team to share her extensive experience in management, grant writing, fundraising, IT/technology, and volunteer recruitment with our community,” said Toni Lobdell, Board President for Castleton Community Center. “Maryesa’s experience will be a key asset to our partnerships with members, local non-profit and community organizations, governmental agencies, and business leaders.”

In the past five years, Maryesa served as Director of Rutland Community Programs – Senior Volunteer Programs, which included RSVP and The Volunteer Center, One-2-One, and the Foster Grandparent Program. During her tenure, she supported RSVP Bone Builders and RSVP Operation Dolls.

“During my career path, my mission and joy has been in serving the needs of others through the many opportunities offered in programs and resources,” said Maryesa. She also shared her attraction to the Castleton Community

Center was fostered by this desire to continue to work in the community and to supporting the mission of the center.

Maryesa lives in West Rutland with her husband and 2 very active daughters. She enjoys skiing, reading, camping, crafting, and spending time with family.



### Let's get Heart Healthy!



Heart Healthy  
Cooking  
Demo with Chef Laura



Tues., Feb 17 11am-12pm

Come for an entertaining, informational and interactive cooking demo with your Heart Health as our topic! Fee: \$10.00

Recipes: Thai Lettuce Wraps, Veracruz Fish

Includes: Yummy sampling, recipes, and handouts.

### Lunar New Year Potluck Year of the Fire Horse



Thursday, February 19, 2026, 10:30am

The Year of the Fire Horse:

(February 17 through Lantern Festival on March 3)

Year of the Fire Horse signifies energy, bravery, passion, and determination, with the Fire element adding intensity to these traits, leading to a year of ambitious pursuits and adventurous goals. Key themes:

- Action and Courage (taking decisive action, smart risks and moving forward)
- Balance (a need to balance career, personal life, family and heart),
- Opportunity (a time for tangible success, career growth and leveraging timing).

The celebration will begin at 10:30 with Tai Chi and Qigong practice/demonstrations followed by a potluck luncheon.

All are welcome to watch and/or participate. Please bring a dish to share or make an event donation at the door.

# PROGRAMS

## 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.

**February 23 12:45pm -1:45pm**

**“Estate, Family, and Protection”**

Presented by Dominic Stillwell,  
Greenhill Financial Partners



### GAME DAY

**Friday, Feb 6,  
12pm-2pm**

Vermont State  
University Football  
Team - Coach Tyler Higley

Vermont State University Castleton Football Team will be joining us for lunch and another lively Game Day. Join Coach Higley and team for this enjoyable event of Wii Games, golf putting green, board games, and card games.

## VALENTINE'S DAY TEA PARTY

**Thursday, Feb 12 1pm-3pm**

**Fee: \$20 per person**

Space is limited-Payment due at registration.

Menu includes an Assortment of Tea Sandwiches, Scones, Homemade Cookies, Lemon Curd and Homemade Jams.



## KINDLY REGISTER FOR ALL PROGRAMS AND CLASSES.

**SPACE IS LIMITED.**

**PLEASE CALL (802) 468-3093.**

### AARP Tax Aide Day for Seniors

**Thursday February 26, 2026, 9am-2pm**

**Complimentary Tax Aide - Appointments required, call  
Castleton Community Center**

AARP tax aid counselors will assist in

preparing Federal and State and Vermont tax returns. They will also submit them to the IRS electronically.



**NEW for 2026.** They will **NOT** do

**NEW YORK** tax returns.

No income or age requirements for this complimentary service; however, AARP strives to help seniors and middle-income Vermonters. They are unable to assist taxpayers with rental property or self-employment with inventory of goods for sale.

### Paint Like Bob Ross Painting Class

**Colleen Kennedy, Bob Ross Certified Instructor**

Coming soon... Call Colleen for more information.

Space is limited.

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

**All levels welcome!**

**Fee includes all materials.**



### Matinee Movie Day – Movie: Hidalgo

**Tuesday, 2/24 - 12:30pm-3pm**

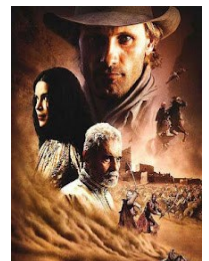
Refreshments and popcorn will be served.

*Hidalgo* is a

2004 epic biographical Western film directed by Joe Johnston and written by John Fusco.

Based on the legend of the American distance rider Frank Hopkins and his mustang Hidalgo, it recounts Hopkins' racing his horse in Arabia in 1891

against Bedouins riding pure-blooded Arabian horses. The film stars Viggo Mortensen, Zuleikha Robinson, and Omar Sharif.





## ***FEBRUARY Birthdays***

2/2 Mary Corey  
 2/3 Carol Gans  
 2/6 Irene Ashford  
 2/7 Richard Woods  
 2/9 Maureen Orzell  
 2/10 Vera Mickelboro  
 2/11 Virginia Smith  
 2/14 David Ellenbrook  
 2/15 Barbara Moore  
 2/16 Dick Sheldon  
     Fran Sheldrick  
     Stan Xavier  
 2/17 Larina Steinke  
 2/18 Angela Hinchey  
 2/19 Steve Rosmus  
     Elaine Watkins  
 2/20 Phil Dombrowski  
 2/21 Wanda McNew  
 2/22 Joan Eckley  
     Mary Wasserman  
 2/24 Chazz Collette  
     Beth Perkins  
 2/25 Jane Dougherty  
 2/26 Marilyn Hanson  
     Noreen Byron  
 2/27 Richard Danyow  
     Donna Bizon

**Birthday Lunch is on Wed., February 18.**  
 Menu is Chicken & Biscuits, Mashed  
 Cauliflower, Spinach, and of course,  
 Birthday Cake!

Gifts for birthday guy/gal and chance to win  
 50/50 raffle! Call to make your reservation  
 Join us for the celebration!

## **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**

**Registration REQUIRED 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 al-  
 ready 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 Thom-  
 as, 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



#### NEW MEMBERS!

Diane & Daniel Sullivan, Noreen Byron, Patricia Cuddy, Judith Holt, and Dave & Bev Radaker



### 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.

### ESSETRICS Strength and Stretch Wednesdays 9:30am

**Fee: \$12 per class or \$60 for 5 week session**

Space is limited. Call/Email to register.

Phone: (802) 287-6627

Email: [dianes.essentrics@gmail.com](mailto:dianes.essentrics@gmail.com)





# FEBRUARY 2026 Programs



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
	<b>REMINDERS!</b>	CCC Hours Mon-Thurs 8:30a-3:30p Fri 8:30a-12:30p		For closing due to weather, check Slate Valley School District or Vermont	We are <b>CLOSED</b> if Rutland County Schools are closed due to weather.
1 7:30 AA	2 10:00 Guitar (Beginner) 10:00 Walk with Ease (Rec Center) 11:00 Guitar "After Class" 10:30 Better Balance 12:00 CCC Lunch	3 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	4 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	5 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	6 9:00-11 Coffee Hour/ Games and/or Rock Snake Painting 10:00 Walk with Ease (Rec Center) 10:30 Better Balance 12:00 Game Day with VT State U. Castleton Football Team
	9 10:00 Guitar (Beginner) 10:00 Walk with Ease (Rec Center) 11:00 Guitar "After Class" 10:30 Better Balance 12:00 CCC Lunch	10 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 12:30 Line Dance 1:00 Mahjong (beg) 3:00 Creative Writing	11 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	12 9:00 Bone Builders 9:30 Knitters 10:15 Tai Chi Qigong 11:30 Tai Chi Falls Prevention 12:00 Valentine's Day Tea Party 1:00 Mahjong (play)	13 9:00-11 Coffee Hour/ Games and/or Rock Snake Painting  10:00 Walk with Ease (Rec Center)  10:30 Better Balance
15 7:30 AA	16 <b>CLOSED</b> 	17 9:00 Bone Builders 10:00 Sewing Circle 10:30 Tai Chi Practice 11:00 Tai Chi Yang 24 11:00 Cooking Demo w/ Chef Laura 1:00 Mahjong (beg) 12:30 Line Dance 3:00 Creative Writing	18 8:30 Yoga 9:30 Essentrics 10:00 Walk with Ease (Rec Center) 10:30 Better Balance 11:00 Take Note (Singing Group) 12:00 CCC BIRTHDAY Lunch 1:30 Great Course Plus	19 9:00 Bone Builders 9:30 Knitters 10:30 Lunar New Year Pot Luck & Tai Chi Program 1:00 Mahjong (play)	20 9:00-11 Coffee Hour/ Games and/or Rock Snake Painting  10:00 Walk with Ease (Rec Center)  10:30 Better Balance
22 7:30 AA	23 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 Planning & Family Protection"	24 9:00 Bone Builders 10:00 Sewing Circle 10:30 Tai Chi Practice 11:00 Tai Chi Yang 24 12:30 Line Dance 12:30 Movie Day: Hidalgo 1:00 Mahjong (beg) 3:00 Creative Writing	25 8:30 Yoga 9:30 Essentrics 10:00 Walk with Ease (Rec Center) 10:30 Better Balance 11:00 Take Note 12:00 CCC Lunch 1:30 Great Course Plus	26 9:00 Bone Builders 9:00 AARP Tax Aide for Seniors 9:30 Knitters 10:15 Tai Chi Qigong 11:30 Tai Chi Falls Prevention 1:00 Mahjong (play)	27 9:00-11 Coffee Hour/ Games and/or Rock Snake Painting  10:00 Walk with Ease (Rec Center)  10:30 Better Balance

## FEBRUARY Menu

**Come to the Center Dining Room for Good Food, Fellowship & Fun.**

**Mondays and Wednesdays at 12pm**

**Call (802) 468-3093 to Register**

**Monday meals call to reserve by 9:30am Thursday & Wednesday meals**

**Call to reserve by 9:30am Monday.**

**Suggested donation: \$5.00 Guest fee: \$6.00—under 60 years old**

<b>Monday 2/2</b> Shepherd's pie w/ corn Mashed potatoes Diced carrots Texas toast Peaches	<b>Wednesday 2/4</b> Stuffed chicken breast & cheese stuffing Mashed potatoes Beets Wheat roll Pears
<b>Monday 2/9</b> Spaghetti w/ meatballs, marinara & parmesan cheese Spinach – 6 oz. Wheat roll Sweet Treat	<b>Wednesday 2/11</b> Mild beef chili <b>NO MUSHROOMS</b> Rice pilaf w/ vegetables & wild rice Peas & onions Corn bread Peaches
<b>Monday 2/16</b> <b>Presidents Day</b> <b>Castleton Comm</b> <b>Closed</b> 	<b>Wednesday 2/18</b> <b>Birthday Lunch</b> Chicken -n- Southern Biscuit Mashed Cauliflower Spinach Birthday Cake
<b>Monday 2/23</b> Scalloped potatoes w/ turkey & cheddar Mixed beans Biscuit Grapes	<b>Wednesday 2/25</b> Roast pork w/ sauce Mashed potatoes Green beans White dinner roll

**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 Meals on Wheels Program-Southwestern Vermont Council on Aging. 1-800-642-5119 OR 802-786-5990**

## REMINDER!

**2026**

### MEMBERSHIP DUES!

Membership is from January 1 to December 31, 2026. Our programs and services do not require membership. However, your membership helps to offset our operating and program costs. Please send your 2026 payment along with the membership form to our office.

### NEW!

### NEWSLETTER

### OPTIONS!

Please advise if you would like to

- Pickup your newsletter from our center.
- Have it emailed to you.



### Note from the Executive Director:

Happy Winter Everyone!

I am very excited to start this new adventure and continuing the mission of Castleton Community Center. I look forward to getting to know everyone. I will try to attend the activities throughout the month. If you ever need anything please don't hesitate to stop by the front desk and ask them to call me.

I am looking at ways that we can bring in different opportunities to the center. If you have any ideas or would like to see a certain program, please let Laura or me know and we will see what we can do. To new beginnings and best wishes!

Our Website is in the works of being upgraded and more functionally with our center.

We will be posting events, calendars, and pictures soon.

Facebook is in the works as well. If there is another social media platform you would like us to explore for our center, please let Maryesa know.

Launch dates to be announced.



# 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)



## 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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NAME

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PHONE



## 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

## Castleton Community Seniors, Inc.

### Board of Directors

Toni Lobdell, President

Ceil Hunt, Vice President

Chazz Collette, Secretary

Gretiena Johnson, Treasurer

Al Gustafson

Dr. James Wright

Sharon Gowan

Sue DeCarolis

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

### Center Staff

Maryesa White, Executive Director

Laura Valcour, Program Director

Claire Park, Kitchen Manager

Michael Reedy, Maintenance Manager

Stephen Johnson

Libby Laramie

Rosie Doran

Peter Diercksen

### Our Mission

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 History

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

### Our Spirit of Community

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.

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

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

