



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.

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) or Mike Blust (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



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, 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

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



FEBRUARY 2026 Programs



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
	REMINDERS!	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 CLOSED 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 <i>CLOSED</i>  PRESIDENTS DAY	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

Monday 2/2
Shepherd's pie w/ corn
Mashed potatoes
Diced carrots
Texas toast
Peaches

Wednesday 2/4
Stuffed chicken breast & cheese stuffing
Mashed potatoes
Beets
Wheat roll
Pears

Monday 2/9
Spaghetti w/ meatballs,
marinara & parmesan cheese
Spinach – 6 oz.
Wheat roll
Sweet Treat

Wednesday 2/11
Mild beef chili
NO MUSHROOMS
Rice pilaf w/ vegetables & wild rice
Peas & onions
Corn bread
Peaches

Monday 2/16
Presidents Day
Castleton Comm.
Closed



Wednesday 2/18
Birthday Lunch
Chicken -n- Southern Biscuit
Mashed Cauliflower
Spinach
Birthday Cake

Monday 2/23
Scalloped potatoes
w/ turkey & cheddar
Mixed beans
Biscuit
Grapes

Wednesday 2/25
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

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.

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.



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

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

NAME _____
ADDRESS _____

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

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

Center Staff
Mariesa White, Executive Director
Laura Valcour, Program Director
Claire Park, Kitchen Manager
Michael Reed, Maintenance Manager
Greteena Johnson, Treasurer
Chazz Collette, Secretary
Ceil Hunt, Vice President
Tom Lobbell, President
Board of Directors

AI Gustafson
Dr. James Wright
Holly Hitchcock
Stephen Johnson
Lobby Laramee
Rosie Doran
Peter Dircksen
Sue DeCarolis
Sharon Gowen
Barb Gustafson
Debbie Rosmus
Diane Baker

Castleton Community Seniors, Inc.

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.



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

