



CASTLETON COMMUNITY CENTER NEWSLETTER

2108 Main Street | Castleton, VT 05735 | (802) 468-3093 | TRS #711 | executivedirectorccsi@outlook.com April 2026



Help Us Help You



Due to recent federal changes involving our meal partner, the Council on Aging, we are now required to have all participants complete two forms in order to attend our meals. These forms are necessary for us to continue our partnership with the Council on Aging and to receive federal funding that helps support our meal program.

We understand that some individuals may be uncomfortable providing personal information. Please know that all information is kept confidential and is only reviewed by the director and our meal partner for required federal data collection.

The two-sided form has been included in this newsletter. You may fill it out and mail it back in a sealed envelope marked "Attention: Director", bring it with you to the center in a sealed envelope, or complete it on the day you attend your meal.

Due to strict data-collection regulations—and the risk of losing funding if we cannot provide the required information—beginning April 1, 2026, anyone who chooses not to complete the paperwork will be asked to pay a suggested donation of \$8.00 to attend meals.

Also starting April 1, 2026, the suggested guest donation for anyone under the age of 60 will be \$8.00.

Anyone 60 years of age or older who has completed the required paperwork will have a suggested donation of \$5.00 per meal.

Thank you for your understanding and continued support of our meal program.

Blood Pressure Checks with SASH

Laura Medlin, RN
April 17th, 2026
9:30am-11:30am



This program will be held every third Friday.

Lunch -N-Learn Events in April 2026

- April 13th at 12:45pm to 1:45pm
 - Self Defense demonstration with Chief Peter from Castleton Police Department
- April 20th at 12:45pm to 1:45pm
 - Long-term Care Planning with Dominic Stillwell from Greenhill Financial Partners

When registering, please advise if you plan to join us for lunch, just the program, or both. Lunch must be reserved by 9:30am the Friday prior to the program.

Suggested lunch donation:

Under the age of 60 - \$8.00

Age 60+ = \$5.00

Please note: if the required paperwork through Council on Aging is not filled out the suggested donation is \$8.00.

May Day Craft with Martie

April 30th 1pm

Fee: \$5.00



Volunteer Appreciation Week

April 19th -April 25th

Thank you for your time, energy, and kindness. These are gifts that make a difference far beyond what words can express. Thank you for giving so selflessly. You are making a difference every day!

Thank you!



Volunteer Appreciation Event

Monday April 27th, 2026 12:45pm to 2pm

Please come and help us celebrate our amazing volunteers.

Drinks and Cookies will be served.

RSVP to the event no later than April 17th, 2026.

802-468-3093





April Birthday Wish!



A Birthday Wish From Castleton Community Seniors:

Wishing you a day filled with happiness and a year filled with joy.

Birthday Lunch is on Monday, April 13th. Gifts for birthday guy/gal and chance to win 50/50 raffle! Call to make your reservation Join us for the celebration!

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.

GREAT COURSE (In Person and Via Zoom) - The course is offered both in person at the Community Center and via Zoom on Wednesdays from 1:30 to 3:00. Programs begin with a 30minute video, followed by a lively discussion among participants and facilitated by Joe Mark. To receive the Zoom link, be sure to register by calling or emailing the Center (802-468-3093 or executivedirectorccsi@outlook.com).

 <p>Spring Fling RAFFLE</p> <p>WIN \$100 IN VERMONT LOTTERY TICKETS</p> <p>donated by one of our members Raffle held Friday May 29 at the Castleton Community Center \$5.00 EA. 3 FOR \$10.00 10 for \$25.00</p>	NAME	ADDRESS	PHONE
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SPRING FLING RAFFLE
SPRING INTO WINNING! A BLOOMING GREAT PRIZE AWAITS. BUY YOUR RAFFLE TICKETS TODAY. THE DRAWING 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 FRIDAY MAY 29TH. 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.

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.

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!



KINDLY REGISTER FOR ALL PROGRAMS AND CLASSES. SPACE IS LIMITED. PLEASE CALL (802) 468-3093.



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 and 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



April 2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 8:30 Yoga 9:30 Essentrics 11:00 Take Note (Singing Group) 10:30 Better Balance 12:00 CCC Lunch 1:30 Great Course	2 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	3 9:00 Coffee Hour 10:30 Better Balance	4
5 7:30 AA	6 10:00 Guitar (Beginner) 11:00 Guitar "After Class" 10:30 Better Balance 12:00 CCC Lunch	7 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 Storytelling 3:00 Creative Writing	8 8:30 Yoga 9:30 Essentrics 11:00 Take Note (Singing Group) 10:30 Better Balance 12:00 CCC Lunch 1:30 Great Course	9 9:00 Bone Builders 9:30 Knitters 10:00 Matter of Balance 10:15 Tai Chi Qigong 11:30 Tai Chi Falls Prevention 1:00 Mahjong (play)	10 9:00 Coffee Hour 10:30 Better Balance	11
12 7:30 AA	13 10:00 Guitar (Beginner) 11:00 Guitar "After Class" 10:30 Better Balance 12:00 CCC Lunch 12:45 Lunch-n-Learn "Self Defense" Birthday Lunch 	14 9:00 Bone Builders 9:00 CCC Board Meeting 10:00 Sewing Circle 10:30 Tai Chi Practice 11:00 Program Committee Meeting 11:00 Tai Chi Yang 24 12:30 Line Dance 1:00 Mahjong (beg) 1:00 Storytelling 3:00 Creative Writing	15 8:30 Yoga 9:30 Essentrics 11:00 Take Note (Singing Group) 10:30 Better Balance 12:00 CCC Lunch 1:30 Great Course	16 9:00 Bone Builders 9:30 Knitters 10:00 Matter of Balance 10:15 Tai Chi Qigong 11:30 Tai Chi Falls Prevention 1:00 Mahjong (play) 6:00 Ukulele	17 9:00 Coffee Hour 9:30 Blood Pressure Checks 10:30 Better Balance	18
19 7:30 AA	20 10:00 Guitar (Beginner) 11:00 Guitar "After Class" 10:30 Better Balance 12:00 CCC Lunch 12:45 Lunch-n-Learn "Long-Term Care Planning"	21 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 Storytelling 3:00 Creative Writing	22 8:30 Yoga 9:30 Essentrics 11:00 Take Note (Singing Group) 10:30 Better Balance 12:00 CCC Lunch 1:30 Great Course	23 9:00 Bone Builders 9:30 Knitters 10:00 Matter of Balance 10:15 Tai Chi Qigong 11:30 Tai Chi Falls Prevention 1:00 Mahjong (play)	24 9:00 Coffee Hour 10:30 Better Balance	25
26 7:30 AA	27 10:00 Guitar (Beginner) 11:00 Guitar "After Class" 10:30 Better Balance 12:00 CCC Lunch 12:45 Volunteer Recognition Event	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 Storytelling 3:00 Creative Writing	29 8:30 Yoga 9:30 Essentrics 11:00 Take Note (Singing Group) 10:30 Better Balance 12:00 CCC Lunch 1:30 Great Course	30 9:00 Bone Builders 9:30 Knitters 10:00 Matter of Balance 10:15 Tai Chi Qigong 11:30 Tai Chi Falls Prevention 1:00 Mahjong (play)		

Please refer to the program descriptions for details.

April 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: \$8.00—under 60 years old**

<p>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.</p>	<p>Wednesday 4/1 Baked meatloaf Gravy Mashed potato Broccoli florets Oatmeal cookie Dinner roll</p>
<p>Monday 4/6 Shepard's pie w/ mashed potato Diced carrots Peaches Wheat bread</p>	<p>Wednesday 4/8 Chicken breast w/ cacciatore sauce & tomatoes Egg noodles Diced beets Pears Wheat roll</p>
<p>Monday 4/13 Meatballs in marinara Cavatappi pasta Spinach Gelatin w/ oranges Wheat bread Birthday Cake Birthday Lunch!!!!</p>	<p>Wednesday 4/15 Mild chili Rice pilaf Green peas w/ pearl onions Peaches Cornbread</p>
<p>Monday 4/20 Swedish meatballs Rotini pasta Sliced carrots Green beans Pineapple tidbits Wheat bread</p>	<p>Wednesday 4/22 Chicken biscuit Whole grain biscuit Spinach Cauliflower Apple crisp</p>
<p>Monday 4/27 Turkey Au Gratin Mixed beans Seasonal fruit Biscuit</p>	

Check Out Our Website!

<https://castletoncsi.org>

**We have added our program calendar under our programs tab.
We will be adding our menu, special events, and pictures soon.**



Game Day:

Friday May 1st 1pm to 2pm
Please register by April 20th
Come play games with the
Castleton Football Team
before they head home for
Summer break or graduate.



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.



Our new Facebook account
construction will be starting
soon. Please be on the look
out for a launch date.





Attachment H
Community Nutrition Program Survey
For Congregate Meals only

Instructions: Read the statements below. **Circle the number in the “Yes” column for those that apply to you.** For each yes answer, score the number in the box and total your nutrition score.

Nutrition Checklist	Yes
1. Have you made any changes in lifelong eating habits because of health problems?	2
2. Do you eat fewer than (2) meals per day.	3
3. Do you eat fewer than five (5) servings (1/2 cup each) of fruits or vegetables every day?	1
4. Do you eat fewer than two (2) servings of dairy products (such as milk, yogurt or cheese) every day?	1
5. Do you have trouble eating due to problems with chewing/swallowing?	2
6. Do you sometimes not have enough money to buy food?	4
7. Do you eat alone most of the time.	1
8. Do you take 3 or more different prescribed or over-the-counter drugs per day?	1
9. Without wanting to, have you lost or gained 10 pounds or more in the last 6 months?	2
10. Are there times when you are not always physically able to shop, cook and/or feed yourself (or to get someone to do it for you)?	2
11. Do you have 3 or more drinks of beer, liquor or wine almost every day?	2
Total “Yes” Score Today	<input style="width: 50px; height: 30px;" type="text"/>

What does your TOTAL score mean? If it is:

0-2 **GOOD!** Recheck your nutritional score in 6 months.

3-5 You are at **MODERATE NUTRITIONAL RISK**. See what you can do to improve your eating habits and lifestyle. For more information call Southwestern Vermont Council on Aging at 1-800-642-5119.

6+ You are at **HIGH NUTRITIONAL RISK**. Talk to your doctor, registered dietitian, or other qualified health or social service professionals about any problems you may have. You can also call Southwestern Vermont Council on Aging at 1-800-642-5119

➤ **Do you want to speak to SVCOA’s Registered Dietitian? YES / NO**

Updated July 2025 by Southwestern Vermont Council on Aging

*Thank you for your
cooperation &
participation,*

**143 Maple Street
Rutland, VT 05701
Phone: 802-786-5990
HelpLine: 1-800-642-5119**



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

Name _____
 Address _____
 Town of residence _____
 Birthdays/s (optional) _____
 E-mail _____
 Phone _____
 Date _____

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

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.

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

January 1, 2026 to December 31, 2026

Castleton Community Seniors Membership



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.

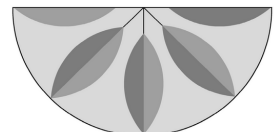
Our History

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



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