



CASTLETON COMMUNITY CENTER NEWSLETTER

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



Reminder from Last Month

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. Please stop by the Center to fill out the form.

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.

Spring is Here:

If you would like to reserve a garden bed this year please call the Center to get your name on the list.

It is first come first serve.

We are still in the planning stages. We will let you know if you will have a space as soon as the gardens are ready.



Reminder! Game Day:

Friday May 1st 12pm to 2pm
Come play games with the Castleton Football Team before they head home for summer break or graduate.



Fair Haven Welcome Center
Bake Sale Fundraiser –
Castleton Community Center
May 23rd at 10am to 2pm
Come enjoy baked goods and socialize with other community members.

Painting Daffodils with Martie

May 14th at 1pm

Fee: \$15.00

Call the Center to Register



Blood Pressure Checks with SASH

Laura Medlin, RN

May 15th, 2026

9:30am-11:30am

This program will be held every third Friday.



Spring Fling Potluck

May 29th at 6pm

Come enjoy great food and a Country Music performance by our Take Note and Guitar Group.

All are welcome.

Please bring a dish to share.

Suggested donation of \$5.00





May 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 Wednesday, May 20th.
Meal: Chicken breast and Poultry gravy, Brussel sprouts, Mixed vegetables, Wheat roll, Watermelon 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!

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) - No Great Course Program the month of May 2026. Stay tuned for the new start date.

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

Nam Hoa Qigong

Thursdays 10:15

Energy workout, Longevity tree, Tiger and Dragon

Yang Style

Thursdays 11:00

Yang 24, Diabetes form and 8 Pieces of Brocade

Sun Style

Thursdays 11:30

Funamental Exercises, Fall Prevention Tia Chi and Sun 73

Please note the Tai Chi Class change for the month of May. Coming in June: beginner level Fall Prevention Tia Chi, Tai Chi Walking and Bafa Wubu - a newer form created in Beijing.



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




May 2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	DR = Dining Room WC = Wellness Center L = Library CR = Conference Room				1 9:00 Coffee Hour - DR 9:30 Golf Meeting - CR 10:30 Better Balance - WC 12:00 Game Day - DR	2
3 7:30 AA - DR	4 10:00 Guitar (Beginner) - L 11:00 Guitar "After Class" - L 10:30 Better Balance - WC 12:00 CCC Lunch - DR	5 9:00 Bone Builders - WC 10:00 Sewing Circle - L 1:00 Mahjong (beg) - L 2:30 Line Dance - WC 3:00 Creative Writing - DR	6 8:30 Yoga - WC 9:30 Essentrics - DR 11:00 Take Note - L (Singing Group) 10:30 Better Balance - WC 12:00 CCC Lunch - DR	7 9:00 Bone Builders - WC 9:30 Knitters - L 10:15 Nam Hoa Qigong - WC 11:00 Yang Stlye- WC 11:30 Sun Style - WC 1:00 Mahjong (play) - L 6:00 Ukulele - WC	8 9:00 Coffee Hour - DR 10:30 Better Balance - WC	9
10 7:30 AA - DR Mothers Day!	11 10:00 Guitar (Beginner) - L 11:00 Guitar "After Class" - L 10:30 Better Balance - WC 12:00 CCC Lunch - DR	12 9:00 Bone Builders - WC 9:00 CCC Board Meeting - DR 10:00 Sewing Circle - L 11:00 Program Committee Meeting - DR 12:30 Line Dance - WC 1:00 Mahjong (beg) - L 3:00 Creative Writing - DR	13 8:30 Yoga - WC 9:30 Essentrics - DR 11:00 Take Note (Singing Group) - L 10:30 Better Balance - WC 12:00 CCC Lunch -DR	14 9:00 Bone Builders - WC 9:30 Knitters - L 10:15 Nam Hoa Qigong - WC 11:00 Yang Stlye- WC 11:30 Sun Style - WC 1:00 Mahjong (play) - L 1:00 Painting Daffodils with Martie - DR	15 9:00 Coffee Hour - DR 9:30 Blood Pressure Checks - DR 10:30 Better Balance - WC	16
17 7:30 AA - DR	18 10:00 Guitar (Beginner) - L 11:00 Guitar "After Class" - L 10:30 Better Balance - WC 12:00 CCC Lunch - DR	19 9:00 Bone Builders - WC 10:00 Sewing Circle - L 12:30 Line Dance - WC 1:00 Mahjong (beg) - L 3:00 Creative Writing - DR	20 8:30 Yoga - WC 9:30 Essentrics - DR 11:00 Take Note (Singing Group) - L 10:30 Better Balance - WC 12:00 CCC Lunch - DR Birthday Cake Birthday Lunch	21 9:00 Bone Builders - WC 9:30 Knitters - L 10:15 Nam Hoa Qigong - WC 11:00 Yang Stlye- WC 11:30 Sun Style - WC 1:00 Mahjong (play) - L 6:00 Ukulele - WC	22 9:00 Coffee Hour - DR 10:30 Better Balance - WC	23 10:00 Bake Sale at Fair Haven Center Fundraiser for the Community Center 
24 7:30 AA - DR	25 Center Closed Memorial Day 	26 9:00 Bone Builders - WC 10:00 Sewing Circle - L 12:30 Line Dance - WC 1:00 Mahjong (beg) - L 3:00 Creative Writing - DR	27 8:30 Yoga - WC 9:30 Essentrics - DR 11:00 Take Note (Singing Group) - L 10:30 Better Balance - WC 12:00 CCC Lunch - DR	28 9:00 Bone Builders - WC 9:30 Knitters - L 10:15 Nam Hoa Qigong - WC 11:00 Yang Stlye- WC 11:30 Sun Style - WC 1:00 Mahjong (play) - L	29 9:00 Coffee Hour - DR 10:30 Better Balance - WC 6:00 Sping Fling Potluck	30
31 7:30 AA - DR		Please refer to the program descriptions for details.				

May 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>Monday 5/4 Cheese rolette Florentine sauce Peas & carrots Wheat roll Pumpkin cookie</p>	<p>Wednesday 5/6 Diced balsamic chicken breast Garlic rotini Brussel sprouts Wheat roll Pears</p>
<p>Monday 5/11 Salisbury steak Steakhouse sauce Whipped potatoes Garden blend vegetables Whole wheat bread Gelatin w/ fruit</p>	<p>Wednsaday 5/13 Beef stew Brussel sprouts Whole grain biscuit Applesauce cake muffin</p>
<p>Monday 5/18 Pork roast Mushroom gravy Ranch beans Mixed vegetables Wheat bread Pineapple tidbits</p>	<p>Wednesday 5/20 Chicken breast Poultry gravy Brussel sprouts Mixed vegetables Wheat roll Watermelon Birthday Cake Birthday Lunch!</p>
<p>25 MEMORIAL DAY HOLIDAY – CLOSED NO MEALS SERVED</p>	<p>Wednesday 5/27 Turkey burger Rosemary gravy Confetti rice Capri blend vegetables Wheat bread Pumpkin pudding</p>
	<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>



**Spring is Here:
Please do not park on the grass at the Center. If there is no parking in the parking lot please park across the street in our overflow parking lot.
Thank you!**

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.

Please note that if you see a red dot near your address our records indicate that you have not paid your membership for this year.
Thank you!



**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.**

IMPORTANT!

Castleton Community Seniors, Inc.

Room Use Fees and Room Rentals to start June 1, 2026

Dining Room : Rate \$200

(please note at this time our Kitchen is not available for use)

Small Meeting Rooms: Rate \$50

(Library & Conference Room Main Build)

Barn Main Fitness Room: Rate \$100

Barn Activity Room: Rate \$50

(First floor room)

Barn Loft: Rate \$50

(Upstairs room no elevator)

Non-Profits and Multi-Session Programs please call the Center for rate.

If you would like to book a room for an event/activity please call the center to schedule.

Phone: 802-468-3093



Castleton Community Center Summer BBQ:
Wednesday, June 10, 2026 at 12pm
Suggested donation: \$8.00



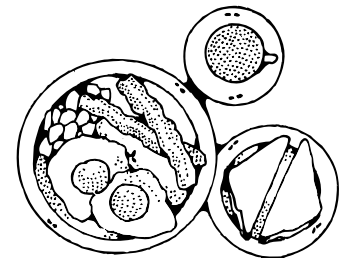
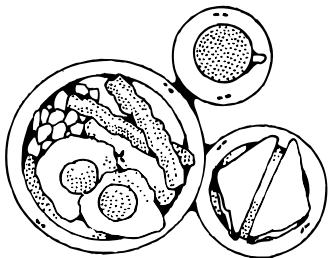
Menu:
Hamburgers and Cheeseburgers
Hotdogs
Vegetable Pasta Salad
Broccoli & Bacon Salad
Assorted Cookies
Sodas and Waters



Father's Day Brunch Fundraiser
Thursday, June 18, 2026 at 10:30am

Individual Fee: \$10.00 or Couples Fee: \$15.00

MENU
Scrambled eggs
French toast
Whipped topping & strawberries
Maple syrup
Bacon
Sausage
Fresh fruit salad
Orange juice



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

Name _____
 Address _____
 Town of residence _____
 Birthday/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.

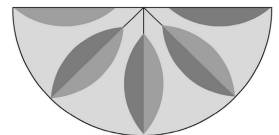
Our History

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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