



CASTLETON COMMUNITY CENTER NEWSLETTER

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

Win a **ONE WEEK** at **SMUGGLERS' NOTCH!**



One Week Timeshare Vacation Giveaway



SEPTEMBER 1 – SEPTEMBER 8, 2026



TICKETS:
\$20 EACH
3 FOR \$50

*Enjoy a relaxing getaway
IN BEAUTIFUL
SMUGGLERS' NOTCH,
VERMONT!*

DRAWING DATE:
AUGUST 1,
2026



Support the
CASTLETON COMMUNITY CENTER

Thank you for supporting our community!

For tickets or more information,
contact the Castleton Community Center.

For Tickets:
Please call the Center .

802-469-3093
Ticket Price:
\$20 Each

or

3 Tickets for \$50



Explore our walking trail:
See if you can find all 47 painted rocks
that have been hidden around the trail.

June 2026 Learning Programs:

June 15, 2026 at 12:45p
SMP Fraud Prevention

June 29, 2026 at 12:45p
RRMC May Healthy VT Presentation
6 week self-management program



Blood Pressure Checks with SASH

Laura Medlin, RN

June 26, 2026

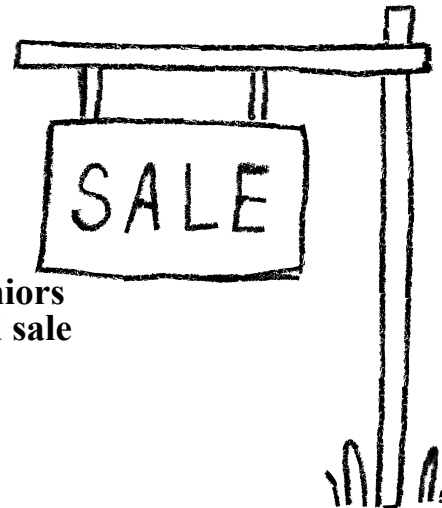
9:30am-11:30am



This program will be held every third Friday.



Yard Sale:
Castleton
Community Seniors
will have a yard sale
on
June 20th
9a-1p





June 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, June 24th.
Meal: Meatballs in Marinara, Cavtappi Pasta,
Spinach, Dinner Rolls, Margaine Cup 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!

Special Events: Join Joe Mark and Friends...

Program starts at 7p

Location:

Castleton Community Center Dining Room

June 17

Ennis Duling

“Mount Independence: Born on the 4th of July
(well, almost)”

July 22

Rich Clark

“The Origins of the Declaration of
Independence and the ‘Pursuit of Happiness’ ”

August 19

Andre Fleche

“Myths about the Revolutionary Period”

September 16

Matt Moriarty

“History Underfoot: What Archeology Can
Teach Us about the Past”

October 21

Jon Spiro

“The Entrenchment of Slavery in the U.S.”

November 12

Jim Douglas

“What Have Vermonters Contributed to the
Nation?”

Help Us Walk Around the World:

Bring your hours monthly to the Center to be
recorded. We will see how far we get as a team
around the world.

June 1st through December 15th



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. **No classes until after
Labor Day 2026.**

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!) **No classes
until after Labor Day 2026.**

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) -
Starts Wednesday June 3, 2026**

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).

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



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



June 2026



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|---|---|---|---|--|
| | 1 10:30 Better Balance -WC 12:00 CCC Lunch - DR | 2 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 | 3 8:30 Yoga - WC 9:30 Essentrics - DR 10:30 Better Balance - WC 12:00 CCC Lunch - DR | 4 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 | 5 9:00 Coffee Hour - DR 9:30 Golf Meeting - CR 10:30 Better Balance - WC | 6 |
| 7 7:30 AA - DR | 8 10:30 Better Balance -WC 12:00 CCC Lunch - DR | 9 9:00 Bone Builders - WC 9:00 CCC Board Meeting - DR 10:00 Sewing Circle- L 11:00 Program Committee Meeting - DR 1:00 Mahjong (beg) - L 2:30 Line Dance - WC 3:00 Creative Writing - DR | 10 8:30 Yoga - WC 9:30 Essentrics - DR 10:30 Better Balance - WC 12:00 Summer Picnic | 11 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 | 12 9:00 Coffee Hour - DR 10:30 Better Balance - WC | 13 |
| 14 7:30 AA - DR | 15 10:30 Better Balance - WC 12:00 CCC Lunch - DR 12:45 Learning Program SMP Fraud Presentation - DR | 16 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 | 17 8:30 Yoga - WC 9:30 Essentrics - DR 10:30 Better Balance - WC 12:00 CCC Lunch -DR | 18 9:00 Bone Builders - WC 9:30 Knitters - L 10:15 Nam Hoa Qigong - WC 10:30 Father's Day Brunch - DR 11:00 Yang Stlye- WC 11:30 Sun Style - WC 1:00 Mahjong (play) - L 6:00 Ukulele - WC | 19 9:00 Coffee Hour - DR 9:30 Blood Pressure Checks - DR 10:30 Better Balance - WC | 20 Community Center Yard sale 9a-1p |
| 21 7:30 AA - DR | 22 10:30 Better Balance - WC 12:00 CCC Lunch - DR | 23 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 | 24 8:30 Yoga - WC 9:30 Essentrics - DR 10:30 Better Balance - WC 12:00 CCC Lunch - DR Birthday Cake Birthday Lunch  | 25 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 | 26 9:00 Coffee Hour - DR 10:30 Better Balance - WC | 27 |
| 28 7:30 AA - DR | 29 10:30 Better Balance - WC 12:00 CCC Lunch - DR 12:45 Learning Program RRMC My Healthy VT -DR | 30 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 | DR = Dining Room WC = Wellness Center L = Library CR = Conference Room | | Save the Date: Golf Tournament September 18, 2026 | |
| 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**

| | |
|---|---|
| Monday 6/1 Goulash Broccoli Wheat roll Spiced peaches | Wednesday 6/3 Turkey Au Gratin Mixed beans Biscuit Seasonal fruit |
| Monday 6/8 Chicken chow mein Capri blend vegetables Chow mein noodles Brown rice pilaf Pineapple tidbits | Wednesday 6/10 Special Picnic RSVP by June 5, 2026 Suggested Donation \$8 Please note you need to RSVP to attend the meal. |
| Monday 6/15 Beef steak Home fries Peas & carrots Wheat bread Pumpkin chip cookie | Wednesday 6/17 Shepard's pie Diced carrots Wheat bread Peaches |
| Monday 6/22 Chicken breast BBQ sauce Baked beans Broccoli Applesauce Wheat bread | Wednesday 6/24 Meatballs in marinara Cavatappi pasta Spinach Wheat bread Gelatin w/ oranges Birthday Cake |
| Monday 6/29 Swedish meatballs Rotini pasta Sliced carrots Green beans Wheat bread Pineapple tidbits | 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. |



**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!**

Garden Reminder:
If you signed up to have a garden this year please complete your garden plan by June 10, 2026, or your spot will go to the next person on the waiting list.
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.**

If you have unwanted glasses that you are not using. We have a donation box for useable eyeglasses that will be donated to the Lion Club.

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
RSVP Required by June 5th, 2026**

If you do not RSVP for the event you will not be able to come for the meal.

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
RSVP Required by June 12, 2026**

If you do not RSVP for the event you will not be able to come for the meal.

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

MENU

Scrambled eggs

French toast

Whipped topping & strawberries

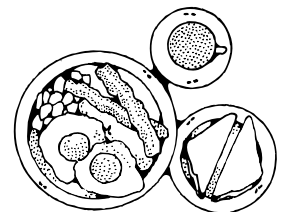
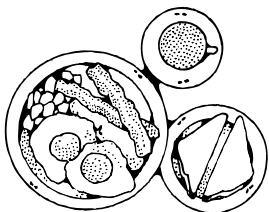
Maple syrup

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.

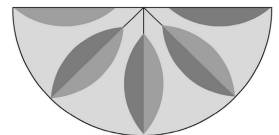
Our History

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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