



CASTLETON COMMUNITY CENTER NEWSLETTER

2108 Main Street, Castleton, VT 05735 castletoncommunitysrs@gmail.com 802-468-3093 July 2026

Exploring Morocco

In 2016, Larry and Joyce Space
traveled for seven weeks in their
camper in Morocco.

Joyce will take you along on their trip.

Monday, July 13

12:45 P.M.

Castleton Senior Center



We passed this vehicle.

How did someone ever get a camel into a Land Rover!!

 **July 7th Extra Stout Concert at
Castleton University**
50/50 proceeds will benefit the Center
Come out enjoy great music!
Support the Center

COMMUNITY CENTER FUNDRAISER
Third Place Pizza on July 8th
Come on down, order some food and get
your 50/50 tickets!

**IF YOU CAN HELP WITH EITHER
FUNDRAISER, PLEASE CALL THE CENTER.**

Thank You

Sincere thanks to everyone who helped with our Refreshment Break (Bake Sale) at the Fair Haven Welcome Center. We had delicious treats to offer (We have some very talented bakers among our membership.) and as always we met some interesting travelers. It was a nice day and we were grateful for so many helpful hands who made cookies, pies, dog biscuits, popcorn and hot dogs. Those who joined us made the effort more fun and profitable.

July 2026 Learning Programs:



July 20, 2026 at 12:45p

Dom Stillwell
Spotting Financial Fraud

Blood Pressure Checks with SASH

Laura Medlin, RN

July 17, 2026

9:30am-11:30am

This program will be held every third Friday.



Summer 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!

Hours of Operation: Monday through Thursday 8:30a to 3:30p & Friday 8:30a to 12:30p

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

PLEASE SUPPORT THE CENTER'S FUNDRAISER



Raffle Tickets



1 Week Stay at Smuggler's Notch Resort

September 1, 2026 - September 8, 2026

1 ticket for \$20 or 3 tickets for \$50

RAFFLE TICKET 1 Week Stay at Smuggler's Notch Resort September 1, 2026 - September 8, 2026 1 ticket for \$20 or 3 tickets for \$50 Name: _____ Number: _____	RAFFLE TICKET 1 Week Stay at Smuggler's Notch Resort September 1, 2026 - September 8, 2026 1 ticket for \$20 or 3 tickets for \$50 Name: _____ Number: _____
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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

Win a one-week vacation getaway at a deluxe condo in the VT mountains. Two bedrooms, 2 full bathrooms plus 1 half-bath. Sleeps 8. Fully furnished with a living room and kitchen with kitchen supplies. Washer & dryer. Wireless internet connection, Cable TV with ESPN. Less than 5 minute walk to the pool.

CASTLETON U.S.HISTORY SERIES

(Free and beginning at 7PM at the Lake Bomoseen Lodge)

Celebrating the Nation's Founding by Learning about Our Past

July 22 - Rich Clark

"The Origins of the Declaration of Independence and
"the Pursuit of Happiness""

August 5 - John Ragosta

"The Revolutionary Underpinnings of Religious
Freedom"

August 26 - 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?"

Sponsored by the Castleton Town Democratic Committee



Have you ever had a suggestion, question, or a thought you'd like to share to share with the Board of Directors but didn't know how? The Board meets on the second Tuesday of every month at 9:00 AM. Near the top of our agenda we have put "Guest Input" where time is given to hear ideas, questions, etc. The Board recently had some guests who had some terrific suggestions. But you do not have to wait for a meeting. Toni or Ceil would be happy to hear from you.



**Help Us Walk to Australia
Bring your hours monthly
to the Center to be
recorded. We will see how
far we get as a team.
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! **No Classes until
September**

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 COURSES "Ordinary Americans in the
Revolution"** This 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 30 minute video, followed by a lively
discussion among participants and facilitated by Joe
Mark. To receive the Zoom link, be sure to register
by calling the Center (802-468-3093) This class
will not meet on 7/1, 7/15, & 7/22.

LET'S GET MOVING!

TAI CHI

SUN Style Sort Form

Mondays 9:00 beginning July 13 for 8 weeks
Beginner class, Fall prevention & arthritis, call the Center to register



Tai Chi Walking July 16 at 9:00 rain date 7/23

Meet at the Community Center Walking Trail to explore the basic principles involved. Please register by calling the Center.

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

Kayak Club:

Please email Jeff Schroeder if you want to join.
gobrownies@comcast.net

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

Sunday	Monday	Tuesday	WC	Thursday	Friday	Saturday
	DR=Dining Room WC=Wellness Center L=Library CR=Conference Room		1 8:30 Yoga-WC 9:30 Essentrics-DR 10:30 Better Balance-WC 12:00 Lunch-DR 1:30 Great Courses-DR cancelled	2 9:00 Bone Builders-WC 9:30 Knitters- L TAI CHI CANCELED 1:00 Mahjong (play)- L 6:00 Ukulele- WC	3 America's 250th Birthday Center is closed	4
5 7:30 AA-DR	6 10:30 Better Balance-WC 12:00 Lunch-DR	7 9:00 Bone Builders-WC 12:30 No Line Dancing 1:00 Mahjong(beg)- L 3:00 Creative Writing-DR	8 8:30 Yoga-WC 9:30 Essentrics-DR 10:30 Better Balance-WC 12:00 Lunch-DR 1:30 Great Courses-DR	9 9:00 Bone Builders-WC 9:30 Knitters- L TAI CHI CANCELED 1:00 Mahjong (play)- L	10 9:00 Coffee Hour-DR 10:30 Better Balance-WC	11
12 7:30 AA-DR	13 9:00 SUN Style Short Form- WC 10:30 Better Balance-WC 12:00 Lunch-DR 12:45 Morocco Presentation - Joyce Space	14 9:00 Bone Builders-WC 9:00 CCC Board meeting-DR 11:00 Program Committee meeting - DR 12:30 Line Dancing- WC 1:00 Mahjong (beg)- L 3:00 Creative Writing-DR	15 8:30 Yoga-WC 9:30 Essentrics-DR 10:30 Better Balance-WC 12:00 Lunch-DR 1:30 Great Courses-DR cancelled	16 9:00 Bone Builders-WC 9:00 Tai Chi Walking 9:30 Knitters- L 10:15 Nam Hoa Qigong-WC 11:00 Yang Style- WC 11:30 Sun Style- WC 1:00 Mahjong (play)- L 6:00 Ukulele- WC	17 9:00 Coffee Hour-DR 9:30 - 11:00 Blood Pressure Checks 10:30 Better Balance-WC	18
19 7:30 AA-DR	20 9:00 SUN Style Short Form- WC 10:30 Better Balance-WC 12:00 Lunch-DR 12:45 Spotting Financial Fraud- Dom Stillwell	21 9:00 Bone Builders-WC 12:30 Line Dancing- WC 1:00 Mahjong (beg)- L 3:00 Creative Writing-DR	22 8:30 Yoga-WC 9:30 Essentrics-DR 10:30 Better Balance-WC 12:00 Lunch-DR 1:30 Great Courses-DR cancelled	23 9:00 Bone Builders-WC 9:30 Knitters- L 10:15 Nam Hoa Qigong-WC 11:00 Yang Style- WC 11:30 Sun Style- WC 1:00 Mahjong (play)- L	24 9:00 Coffee Hour- DR 10:30 Better Balance-WC	25
26 7:30 AA-DR	27 9:00 SUN Style Short Form- WC 10:30 Better Balance-WC 12:00 Lunch-DR	28 9:00 Bone Builders-WC 12:30 Line Dancing- WC 1:00 Mahjong (beg)- L 3:00 Creative Writing-DR	29 8:30 Yoga-WC 9:30 Essentrics-DR 10:30 Better Balance-WC 12:00 Lunch-DR 1:30 Great Courses-DR	30 9:00 Bone Builders-WC 9:30 Knitters- L 10:15 Nam Hoa Qigong-WC 11:00 Yang Style- WC 11:30 Sun Style- WC 1:00 Mahjong (play)- L	31 9:00 Coffee Hour- DR 10:30 Better Balance-WC	
Please refer to the program descriptions for details.						

July 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

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.

Wednesday 7/1

Chicken tenders
BBQ sauce
Sweet potatoes
Cannellini beans
Whole wheat bread
Tropical fruit

Monday 7/6

Baked chicken breast
Cilantro lime sauce
Black beans & rice
Corn O'Brien
Whole wheat bread
Appletext

Wednesday 7/8

Sliced turkey breast
Tarragon sauce
Whipped potatoes
Italian blend vegetables
Whole wheat bread
Peaches

Monday 7/13

Pineapple baked ham
Mashed spiced yams
Brussel sprouts
Whole wheat bread
Pumpkin chip cookie

Wednesday 7/15

Cape cod chicken salad
Three bean salad
Pasta salad w/ broccoli
Whole wheat bread
Mandarin oranges

Monday 7/20

Swedish meatballs
Egg noodles
Broccoli
Whole wheat bread
Fruit cocktail

Wednesday 7/22

Meatloaf
Mushroom gravy
Sweet potatoes
Summer blend vegetables
Whole wheat bread
**CHOCOLATE –
BIRTHDAY CAKE**

Monday 7/27

Pork fried rice
Green beans
Cabbage
Whole wheat bread
Watermelon

Wednesday 7/29

Broccoli egg bake
Home fries
Diced carrots
Biscuit

**A Birthday Wish From
Castleton Community**

Seniors:

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

**Birthday Lunch is on
Gifts for birthday guy/gal and
chance to win 50/50 raffle!
Call to make your reservation.**

July Birthdays

Diane Baker
Laurie Kamuda
Jim MacDonald
Jan Burleson
Don Thompson
Mary Ann Charron
Violet Lanthier
Toni Lobdell
Aleda Dutton
Dennis Jensen
Dale Hadeka
Jannette Williams
Cheryl Gosslin
Carrie Butrimas
Janis Kelleher
Laura Bronson
Gara Connors
Jim Doran
Robert Giffen
Ing Reid Aperr
Kevin Durkee
Anne Ladabouche
Ron Mavilla
Wenda Bird
Joan Kennedy
Frances Bargmann
Ann Frankiewicz
Heather Middleton
Margie Slavin
Holly Boyce
Laurie Knauer
Ken Friedman
Dennis Barrette

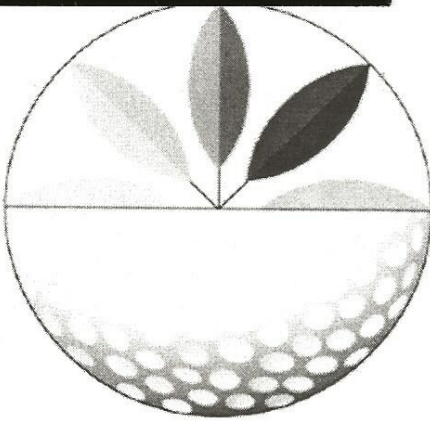


Check Out Our Website!
<https://castletoncsi.org>
**We have added our
program calendar under
our programs tab.**

**\$10,000
HOLE IN ONE**

DONATED BY GILMORE HOME CTR

**Plus Prizes for
Low Gross
Low Net
Closest to Pin
Longest Drive**



**22nd ANNUAL
CASTLETON
COMMUNITY
CENTER
GOLF OUTING**

**SAVE THE DATE AND JOIN US
ON THE LINKS
FRIDAY SEPTEMBER 18, 2026
LAKE ST. CATHERINE COUNTRY CLUB
4-PERSON SCRAMBLE SHOTGUN START 1:00**

For information 802-468-3093 or www.castletoncsi.org



Please complete and return this portion with check payable to
Castleton Community Seniors, 2108 Main Street, Castleton, VT 05735 For Info 802-468-3093 or www.castletoncsi.org

**Entry Fee: \$115/person includes greens fees, cart, goodie bag, lunch,
after play hors d'oeuvres & prizes. **Individual Players Welcome****

Captain_____	Phone_____	E-mail***_____
Address_____	Town_____	ZIP_____
Name_____	Phone_____	E-mail***_____
Address_____	Town_____	ZIP_____
Name_____	Phone_____	E-mail***_____
Address_____	Town_____	ZIP_____
Name_____	Phone_____	E-mail***_____
Address_____	Town_____	ZIP_____

Name _____
Address _____
Town of residence _____
Birthdays (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:



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.

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

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

