



CASTLETON COMMUNITY CENTER NEWSLETTER

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

September
2026

22ND ANNUAL CASTLETON COMMUNITY CENTER GOLF OUTING

JOIN US ON THE LINKS AT
LAKE ST. CATHERINE COUNTRY CLUB
FRIDAY, SEPTEMBER 18, 2026

4-PERSON SCRAMBLE SHOTGUN START
AT 1:00pm

\$115/PERSON INCLUDES GREEN'S FEES,
CART, GOODIE BAG, LUNCH, AFTER PLAY
HORS D'OEUVRES & PRIZES

CALL 802-468-3093



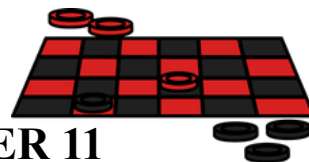
shutterstock.com - 2573284593



Slate Etching Workshop Monday September 28 1:00-2:30

Learn how to etch a design in Vermont slate to make an attractive and useful item for yourself or for a gift. A large selection of stencils will be available to transfer your chosen design to slate that can be used as a wall plaque, trivet or coaster. All materials will be provided, but if you have a special piece of slate you want to use, be sure to bring it. Registration and workshop fee (\$12) are due by Thursday, September 24th.

GUEST GAME DAY FRIDAY, SEPTEMBER 11 AT NOON



Come and bring a guest for a light lunch; sandwiches, chips, cookies, & a drink. (donations of \$5.00 each greatly appreciated.)

Stay and play a favorite game or something new.

Non-member guests could win a free membership.

SIGN UP TODAY!



SEPTEMBER 25 AT 6:00PM

Come socialize and enjoy good food.
A surprise guest speaker will present
some fascinating facts.

Bring a friend and a dish to share.

Sign up today!

Blood Pressure Checks with SASH

Laura Medlin, RN
September 18, 2026
9:30am-11:30am



This program will be held every third Friday.

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.

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

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

Let's Walk With Ease in Castleton!

Ready to get moving this fall? SVCOA and the Castleton Community Center are teaming up to offer Walk With Ease, a FREE six-week walking program for adults 60 and older! Designed for all ability levels, this Arthritis Foundation-backed program helps build strength, improve balance and mobility, and boost confidence, all at a comfortable pace. There will be an **orientation held on Monday, September 21st, at Castleton Community Center at 9:30 am with classes beginning on Wednesday, September 23, and meeting Mondays, Wednesdays, and Fridays from 9:30–11:00 a.m. at the Castleton Recreation Center.**

Call the Castleton Community Senior Center to register 802-468-3093



**"Walk to Australia"
Send your miles to the
Center to be recorded.
June 1st - December 15th
We have a long way to go.
Help us get there.**

Center Activities

Registration REQUIRED for all activities.
Newsletters available at the center or on our website
at www.castletoncsi.org.

TAKE NOTE – Wednesdays, 11am-noon in the Center Library. Led by Mekenok. Unleash your inner songbird by joining our informal group who love singing for the fun of it. We sing, laugh, and brighten our days with music. Contact the Community Center to sign up.

GUITAR FOR ACTIVE ADULTS! Mondays, 10:00am in the Center Library. Who says learning something new is for kids? Dust off that love for music and pick up a guitar. We go at an easy pace, no pressure with lots of fun. Contact the Center to sign up.

MUSIC AFTERCLASS - Mondays from 11:00am - noon in the Center Library. This is for anyone interested in making music using acoustic instruments. We play as a group to learn new songs and techniques or simply to enjoy those we already know. Contact the Center to sign up.

MAHJONG (American) - Tuesdays (beginner) and Thursdays (play) from 12:30pm-3:00pm at the Center 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 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)

LET'S GET MOVING!

TAI CHI

Fall Prevention Tai Chi (Sun Style Short Form) Level 2

Tuesday 10:15 - 11:15

8 week program running from Sept. 22 until Nov. 10, adding movements each week to Level 1 movements



Sun Style Practice

Tuesday 11:15 - 12:00

For those who already know the sequence in Sun Style Short Form and Sun 73

Nam Hoa Qigong

Thursday 10:15 - 11:15

Energy workout, Longevity tree, Tiger and Dragon

BAFA WUBU/Yang

Thursday 11:15 - 12:15

Bafa Wubu is a newer form from Beijing based on Yang Style Tai Chi. It is rich with Tai Chi principles that will carry into other Yang forms. Time will be given to practice Yang 24 and Tai Chi for Health Institute's Diabetes form



BOTTLE & CAN REDEMPTION IS A "WIN-WIN" FUND RAISER FOR THE CENTER

Bring your redeemable bottles and cans to the Community Senior Center and drop them in the handy bin located at the back of the Wellness Center. We'll redeem them and all proceeds will be used for Community Center programs. Or you can take them to Beverage King and tell them they are for the Community Center account and they will forward the donations to us. This is a WIN for the Center.

Thank you!!

COMPUTER HELP IS HERE

Rich Byrne 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 MAY BE 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	Wednesday	Thursday	Friday	Saturday
		1 9:00 Bone Builders-WC 11:15 Sun Style Practice-WC 2.30 Line Dancing 12:30 Mahjong(beg)- DR 3:00 Creative Writing-DR	2 8:30 Yoga-WC 9:30 Essentrics-DR 10:30 Better Balance-WC 12:00 Lunch-DR 1:30 Great Courses-DR	3 9:00 Bone Builders-WC 9:30 Knitters- L 10:15 Nam Hoa Qigong-WC 11:15 BAFA WUBU/ Yang-WC 1:00 Mahjong (play)- DR 6:00 Ukukele- WC	4 9:00 Coffee Hour-DR 10:30 Better Balance-WC	5
6 7:30 AA-DR	7 CENTER IS CLOSED	8 9:00 Bone Builders-WC 11:15 Sun Style Practice-WC 12:30 Line Dancing-WC 12:30 Mahjong(beg)- DR 3:00 Creative Writing-DR	9 8:30 Yoga-WC 9:30 Essentrics-DR 10:30 Better Balance-WC 12:00 Lunch-DR 1:30 Great Courses-DR	10 9:00 Bone Builders-WC 9:30 Knitters- L 10:15 Nam Hoa Qigong-WC 11:15 BAFA WUBU/ Yang-WC 1:00 Mahjong (play)- DR	11 9:00 Coffee Hour-DR 10:30 Better Balance-WC 12:00 Guest Game Day-DR	12
13 7:30 AA-DR	14 10:00 Guitar-L 10:30 Better Balance-WC 11:00 Music Afterclass-L 12:00 Birthday Lunch-DR	15 9:00 Bone Builders-WC 9:00 CCC Board mtg-DR 10:30 Program Committee mtg-DR 11:15 Sun Style Practice-WC 12:30 Line Dancing- WC 12:30 Mahjong (beg)- DR 3:00 Creative Writing-DR	16 8:30 Yoga-WC 9:30 Essentrics-DR 10:30 Better Balance-WC 11:00 Take Note-L 12:00 Lunch-DR 1:30 Great Courses-DR	17 9:00 Bone Builders-WC 9:30 Knitters- L 10:15 Nam Hoa Qigong-WC 11:15 BAFA WUBU/ Yang-WC 1:00 Mahjong (play)- DR 6:00 Ukukele- WC	18 9:00 Coffee Hour-DR 9:30 - 11:00 Blood Pressure Checks 10:30 Better Balance-WC Golf Outing - Lake St Catherine Golf Course	19
20 7:30 AA-DR	21 9:30 Walk With Ease orientation -DR 10:00 Guitar-L 10:30 Better Balance-WC 11:00 Music Afterclass-L 12:00 Lunch-DR	22 9:00 Bone Builders-WC 10:15 Fall Prevention Tai Chi -WC 11:15 Sun Style Practice -WC 12:30 Line Dancing- WC 12:30 Mahjong (beg)- DR 3:00 Creative Writing-DR	23 8:30 Yoga-WC 9:30 Essentrics-DR 10:30 Better Balance-WC 11:00 Take Note-L 12:00 Lunch-DR 1:30 Great Courses-DR	24 9:00 Bone Builders-WC 9:30 Knitters- L 10:15 Nam Hoa Qigong-WC 11:15 BAFA WUBU/ Yang-WC 1:00 Mahjong (play)- DR	25 9:00 Coffee Hour- DR 10:30 Better Balance-WC 6:00 Pot Luck-DR	26
27 7:30 AA-DR	28 10:00 Guitar-L 10:30 Better Balance-WC 11:00 Music Afterclass-L 12:00 Lunch-DR 1:00 Slate Etching - DR	29 9:00 Bone Builders-WC 10:15 Fall Prevention Tai Chi -WC 11:15 Sun Style Practice-WC 12:30 Line Dancing- WC 12:30 Mahjong (beg)- DR 3:00 Creative Writing-DR Please refer to the	30 8:30 Yoga-WC 9:30 Essentrics-DR 10:30 Better Balance-WC 11:00 Take Note-L 12:00 Lunch-DR 1:30 Great Courses-DR		DR=Dining Room WC=Wellness Center L=Library CR=Conference Room	program descriptions for details.

September 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 9/2

Salisbury beef
Steakhouse sauce
Whipped potatoes
Green beans & red peppers
Wheat bread
Apricot halves

Monday 9/7

**LABOR DAY
CENTER IS CLOSED**

Wednesday 9/9

Sweet & sour pork
Garden medley rice
Green peas w/ mushrooms
Whole wheat bread
Mandarin oranges

Monday 9/14

Cheese tortellini
Alfredo sauce
Garlic spinach
Carrots
Whole wheat bread



BIRTHDAY CAKE

Wednesday 9/16

Philly cheesesteak
Macaroni w/ tomatoes
Garden blend vegetables
Hamburger bun
Pears

Monday 9/21

Pork carnitas
Pinto beans
Cheddar cheese
Spanish rice
Flour tortilla – 2 each
Applesauce

Wednesday 9/23

Orange glazed chicken
Rice pilaf
Green beans
Whole wheat bread
Applesauce

Monday 9/28

Ham patty
Baked beans
Broccoli
Wheat bread
Snickerdoodle

Wednesday 9/30

Parmesan chicken
Spaghetti sauce
Rotini pasta
Italian veggie blend
Whole wheat bread
Diced pears

**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.**

September Birthdays

Abby Cohen
Brad Hunt
Christine Kelleher
Joyce Thomas
Werner Baumann
Joyce Kopo
Dave Drazin
Laurel Cecil
Jane Tifft
Carol Young
Joan Sheldon
Aileen Durkee
Jaap Riemersma
Audrey Mainolfi
Mary McNeil
Sue Tezzak
Marjorie Reuling
Judy Boss
Rosie Doran
Tad Kemnitzer
Elizabeth Dodge
Becky Collette
Pauline Manchester
Lynn Gee
Marcia O'Neill
Dawn Pliner
Kathleen Sherman
Ceil Hunt



**Our Website is
<https://castletoncsi.org>**

**The newsletters can be
found on that site.**





WINNINGS INCLUDE

Blue Cat-dinner
for 2

Birdseye Diner-
dinner for 2

Castleton Pizza
Place
& Deli-2 large
cheese pizzas

Hannaford's-gift
card

Durfee's-gift card

Aubuchon's-gift
card

Shaw's-gift card

Price Chopper-gift
card

Kinney Drug-gift
card

Prunier's-gift card

SHOPPING SPREE RAFFLE
MULTIPLE CHANCES TO WIN
GIFT CARDS FROM LOCAL BUSINESSES
To Benefit Castleton Community Seniors Wellness Programs
& Services
2108 Main St., Castleton, VT 05735
Drawing Wednesday, September 30, 2026

\$2.00 ea

3 for \$5.00

9 for \$10

NAME

PHONE NUMBER

SHOPPING SPREE RAFFLE
MULTIPLE CHANCES TO WIN
GIFT CARDS FROM LOCAL BUSINESSES
To Benefit Castleton Community Seniors Wellness Programs
& Services
2108 Main St., Castleton, VT 05735
Drawing Wednesday, September 30, 2026

\$2.00 ea

3 for \$5.00

9 for \$10

NAME

PHONE NUMBER

SHOPPING SPREE RAFFLE
MULTIPLE CHANCES TO WIN
GIFT CARDS FROM LOCAL BUSINESSES
To Benefit Castleton Community Seniors Wellness Programs
& Services
2108 Main St., Castleton, VT 05735
Drawing Wednesday, September 30, 2026

\$2.00 ea

3 for \$5.00

9 for \$10

NAME

PHONE NUMBER

SHOPPING SPREE RAFFLE
MULTIPLE CHANCES TO WIN
GIFT CARDS FROM LOCAL BUSINESSES
To Benefit Castleton Community Seniors Wellness Programs
& Services
2108 Main St., Castleton, VT 05735
Drawing Wednesday, September 30, 2026

\$2.00 ea

3 for \$5.00

9 for \$10

NAME

PHONE NUMBER

AUGUST & SEPTEMBER FUNDRAISING ACTIVITY

HERE IS YOUR CHANCE TO WIN SOME GREAT GIFT CARDS/
CERTIFICATES FROM OUR LOCAL BUSINESSES



BUY ONE RAFFLE TICKET FOR \$2.00
OR
BUY THREE RAFFLE TICKETS FOR \$5.00
OR
BUY NINE RAFFLE TICKETS FOR \$10.00



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



January 1, 2026 to December 31, 2026

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

