



CASTLETON COMMUNITY CENTER NEWSLETTER

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

WELCOME OUR NEW DIRECTOR

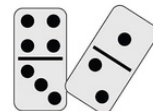
The Center's Board of Directors is very excited to announce Cindy Ell as our new Executive Director. She is a dynamic business leader with over 22 years of experience as a non-profit founder. Cindy lives in Castleton with her husband, Stephen, and service dog, Blaze. Her volunteer work includes being a Castleton Town Public Information Officer & member of the Emergency Management Team, a Castleton Fire Department First Responder, an American Legion Auxiliary Unit 50 member as well as ALAVT Department District 4 President & VAVS Chair. She is also a member of the Vt Division of the Fire Cancer Committee. Cindy will begin her new role the first week in October. Stop by and introduce yourself. She is eager to get to know you.

CCSI ANNUAL MEETING

The Castleton Community Seniors Board of Directors invite you to the CCSI Annual Meeting to be held in the dining room on Tuesday, October 13 at 9:00am. Complimentary coffee & treats will be served starting at 8:30am. All are welcome to attend.

CENTER IS CLOSED OCTOBER 12

GAME DAY WITH A TEAM FRIDAY, OCTOBER 16 at NOON



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

Stay and play a favorite game or try a new one

SIGN UP TODAY!



OCTOBER 23 AT 6:00PM

How much do you know about Halloween?

Study up and be ready to play trivia for fun!
Come socialize and enjoy good food.
Bring a dish to share.
Sign up today!

CCC HOLIDAY CRAFT FAIR Saturday, Nov 14, 9am-3pm

Mark your calendar! Do your holiday shopping for hand-made jewelry, seasonal decor, clothing and food items. If you are interested in being a vendor contact Lori Barker at 802-273-2241 or 802-353-0498

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.



High Blood Pressure/Diabetes Prevention with RMMC-
Monday, Oct. 5 - 12:45PM

Medicare Fraud - Justin Grimbol (Senior Medicare Patrol)- Monday, Oct. 19 - 12:45PM

Presentation - Dom Stillwell -Greenhill Financial Partners Monday, Oct. 26 - 12:45PM

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

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. **Classes begin on Wednesday, September 23, and meeting Mondays, Wednesdays, and Fridays from 9:30–11:00 a.m. at the Castleton Recreation Center, 47 Mechanic St., Castleton, VT.**



"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

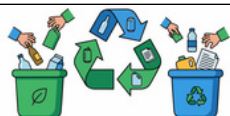
Energy workout, Longevity tree, Tiger and Dragon



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. Thank you!!

Blood Pressure Checks with SASH

Laura Medlin, RN

October 16, 2026

9:30am-11:30am

This program will be held every third Friday.



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



October 2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	DR=Dining Room WC=Wellness Center L=Library CR=Conference Room			1 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 Ukulele- WC	2 9:00 Coffee Hour-DR 10:30 Better Balance-WC	3
4 7:30 AA-DR	5 10:00 Guitar-L 10:30 Better Balance-WC 11:00 Music Afterclass-L 12:00 Lunch-DR	6 9:00 Bone Builders-WC 10:00 Sewing-L 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	7 8:30 Yoga-WC 9:30 Essentrics-DR 10:30 Better Balance-WC 12:00 Lunch-DR 1:30 Great Courses-DR	8 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	9 9:00 Coffee Hour-DR 10:30 Better Balance-WC 12:00 Guest Game Day-DR	10 * * * * *
11 7:30 AA-DR	12 CLOSED	13 9:00 Bone Builders-WC 9:00 CCC Board mtg-DR 10:30 Program Committee mtg-DR 10:00 Sewing - L 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	14 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	15 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 Ukulele- WC	16 9:00 Coffee Hour-DR 9:30 - 11:00 Blood Pressure Checks 10:30 Better Balance-WC 12:00 GAME DAY	17
18 7:30 AA-DR	19 10:00 Guitar-L 10:30 Better Balance-WC 11:00 Music Afterclass-L 12:00 Lunch-DR	20 9:00 Bone Builders-WC 10:00 Sewing - L 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	21 8:30 Yoga-WC 9:30 Essentrics-DR 10:30 Better Balance-WC 11:00 Take Note-L 12:00 BIRTHDAY Lunch-DR 1:30 Great Courses-DR	22 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	23 9:00 Coffee Hour- DR 10:30 Better Balance-WC 6:00 HALLOWEEN POTLUCK	24
25 7:30 AA-DR	26 10:00 Guitar-L 10:30 Better Balance-WC 11:00 Music Afterclass-L 12:00 Lunch-DR	27 9:00 Bone Builders-WC 10:00 Sewing - L 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	28 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	29 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	30 9:00 Coffee Hour- DR 10:30 Better Balance-WC	31
		Please refer to the 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.**



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Monday 10/5

Meatballs
w/ horseradish sauce
Seasoned diced potatoes
Green beans
Dinner roll
Fresh seasonal fruit

Wednesday 10/7

Pork egg roll in a bowl
Rice
Carrots
Dinner roll
Chocolate chip cookie

Monday 10/12

CLOSED

Wednesday 10/14

Homestyle chicken patty
Black beans & rice
Diced carrots
Wheat hamburger bun
Pineapple tidbits

Monday 10/19

Chicken Parmesan
Seasoned pasta
Italian vegetable blend
Garlic knot
Diced peaches

Wednesday 10/21

Pulled pork w/
Sweet Baby Rays BBQ
Confetti rice
Harvard beets
Wheat hamburger bun
BIRTHDAY CAKE



Monday 10/26

Western omelet
Potato tots
Sliced carrots
Whole wheat bread
Sliced peaches

Wednesday 10/28

Chicken stew
Potatoes
Broccoli
Dinner roll
Date raisin cookie

**A Birthday Wish From
Castleton Community**

Seniors:

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

**Gifts for birthday guy/gal and
chance to win 50/50 raffle!**

**Call to make your reservation
for the Birthday Lunch**

October Birthdays

Sue Monaco
Richard Thomas
David Hendee
Ann Roberts
Wendy Flotman
Ray Williams
Joyce Szabo
Diane Sullivan
Robert Mealey
Barbara Layman
Michael Bethel
Ruth Whipple
Martha Hurlburt
Richard Byrne
Susan Fingerhut
Judy Prunier
Alice Reid
Linda Wood
Jill Hassebroek
Gretiena Johnson
Tom Barrett
Lee Ellis
Robert Kirbach
Jeff Shroeder
Walter Sperr
Michael Scovner
Ginny Kinsey
Ursula Hirschman
John teRiele



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

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



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

