CASTLETON COMMUNITY SENIORS, INC.

SENIORS SERVING THE COMMUNNITY

CASTLETON COMMUNITY CENTER NEWSLETTER

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



CENTER IS CLOSED AT NOON ON DEC. 24 & ALL DAY DEC. 25

DURING INCLEMENT WEATHER THE CENTER WILL BE CLOSED WHEN CASTLETON ELEMENTARY IS CLOSED.

CHRISTMAS DINNER
DECEMBER 16
12:00 - 1:00



Stuffed chicken breast/ gravy
Apple & cranberry stuffing
Mashed potatoes - Carrots
Wheat dinner roll
Pumpkin bar w/ white chips & craisins

Cost is $5.00 for Seniors. There will also be a 50/50 raffle.

Space is limited so call 802-468-3093 and make your reservations today!



FESTIVAL OF TREES
Community Viewing

Open to all Castleton Community Seniors

Thursday, December 10
at 10:00 am

Christmas Music Hot Cocoa Tree viewing

SLATE VALLEY MUSEUM
17 Water Street
Granville, New York

NEED HELP HEATING YOUR HOME?

With snow on the ground and heating bills starting to climb, this is a good time to look into Vermont's Seasonal Fuel Assistance program. It can help cover part of your home heating costs whether you own or rent.
If heat is included in your rent, you may still qualify for help. The state looks at your household size, income, and how you pay for heat.

You can apply now, even if you still have plenty of fuel. Vermont accepts applications year-round. You can apply for Fuel Assistance and 3SquaresVT grocery benefits together, or use a short, three-page form to apply for Fuel Assistance on its own. **Visit Vermont Fuel Assistance to apply or call 1-800-479-6151 to request a paper application.**

If you already receive Fuel Assistance and heat with oil or kerosene, Vermont is adding extra help to regular seasonal payments this winter because of higher fuel prices.

If you're **worried about running out of fuel, call BROC Community Action in Rutland at 802-775-0878. Crisis Fuel Assistance opens Monday, November 30,** and BROC encourages people to call when they're down to about a quarter tank so there's time to make a plan.

If you're an older adult or helping someone who is, the **Southwestern Vermont Council on Aging HelpLine can help you figure out where to start.**

Call 1-800-642-5119, Monday through Friday, 8 a.m. to 4 p.m.



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.

CCSI BOARD OF DIRECTORS
Invite you to attend their monthly meetings

Do you have some ideas you would like to share?
Would you like to know what is discussed at the meetings?
Are you interested in serving on the Board?

Meetings are on the second Tuesday of every month at 9:00 a.m.
The Program Committee meets following the Board meeting.

Our Website is https://castletoncsi.org

The newsletters can be found on that site.



Walking Challenge



We have a long way to go to get to Australia.
We need your help. Call or email the Center with your miles walked each month. **Every mile counts.** Together we will accomplish this feat in less than a year.







MAHJONG

Want to learn a new game and have fun? On **Tuesdays from 1:00 - 3:00** come to the Center and join the beginners interested in playing. Then on **Thursdays from 1:00 - 3:00** come back to play.

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 1:00pm-3:00pm at the Center Tile-based game developed in China-popular worldwide.**ALL ARE WELCOME TO JOIN IN ON THE FUN!**

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 experienced crafters who can lend support and inspiration! Bring your project to work on.

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 (NO CLASSES 12/22 - 12/31)

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

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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!!

NO Blood Pressure Checks with SASH in December





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 the Center to schedule 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.

ESSENTRICS 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

December 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 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 1:00 Mahjong (beg)- L 3:00 Creative Writing-DR	2 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	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)-L 6:00 Ukukele- WC	4 9:00 Coffee Hour-DR 10:30 Better Balance-WC	5
6 7:30 AA-DR	7 10:00 Guitar-L 10:30 Better Balance-WC 11:00 Music Afterclass-L	8 9:00 Bone Builders-WC 9:00 CCC Board mtg-DR 10:30 Program Committee mtg-DR 10:00 Sewing-CR 10:15 Fall Prevention Tai Chi -WC 11:15 Sun Style Practice -WC 12:30 Line Dancing- WC 1:00 Mahjong (beg)- L 3:00 Creative Writing-DR	9 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	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)- L	11 9:00 Coffee Hour-DR 10:30 Better Balance-WC	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 10:00 Sewing - CR 11:15 Sun Style Practice-WC 1:00 Line Dancing- WC 1:00 Mahjong (beg)- L 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 **HOLIDAY 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)- L 6:00 Ukukele- WC	18 9:00 Coffee Hour-DR 10:30 Better Balance-WC	19
20 7:30 AA-DR	21 10:00 Guitar-L 10:30 Better Balance-WC 11:00 Music Afterclass-L 12:00 Lunch-DR	22 9:00 Bone Builders-WC 10:00 Sewing - CR 11:15 **NO TAI CHI** 12:30 Line Dancing- WC 1:00 Mahjong (beg)- L 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 **NO TAI CHI** **CENTER CLOSES AT NOON**	25 **CENTER CLOSED**	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	29 9:00 Bone Builders-WC 10:00 Sewing - CR 11:15 **NO TAI CHI** 12:30 Line Dancing- WC 1:00 Mahjong (beg)- L 3:00 Creative Writing-DR	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	31 9:00 Bone Builders-WC 9:30 Knitters- L 10:15 **NO TAI CHI** 1:00 Mahjong (play)- L	DR=Dining Room WC=Wellness Center L=Library CR=Conference Room	

Please refer to the program descriptions for details.

December 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 12/2 Beef stew Boiled potatoes Broccoli Biscuit Pineapple tidbits
Monday 12/7 Chicken ala king Mashed potato Spinach Whole wheat bread Scalloped apples	Wednesday 12/9 Chicken marsala w/ mushroom sauce Oven roasted potatoes Whole kernel corn Whole wheat bread Diced peaches
Monday 12/14 **BIRTHDAY DINNER** Meatballs w/ horseradish brown sauce Delmonico potatoes Green beans Wheat roll MARBLE CAKE W/ FROSTING 	Wednesday 12/16 **CHRISTMAS DINNER** Stuffed chicken breast/ gravy Apple & cranberry stuffing Mashed potatoes - Carrots Wheat dinner roll Pumpkin bar w/ white chips & craisins
Monday 12/21 Stuffed shells w/ marinara sauce Broccoli Whole wheat bread Fruit cocktail	Wednesday 12/23 Bourbon chicken Oven browned potato Green peas Whole wheat bread Seasonal fruit
Monday 12/28 Parmesan chicken patty Rotini pasta Italian vegetable blend Garlic knot Diced peaches	Wednesday 12/30 Golden pulled pork Confetti rice Harvard beets Wheat hamburger bun Applesauce

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

December Birthdays



Betty Wolcott
Al Gustafson
Walter Brown
Jeanette Davis
Cornell Dawson
Josie Johnson
Linda Peltier
Helen Facer
Susan Hartman
Anne Constantinos
Joyce Rider
Georgina Brown
Jill Hassebroek
Mark Brownell
Charlie Prunier
Stan Pietruka
Dorida Gearwar
Deborah Hadeka
Ronna Pesha
Carol Blackwood
Joan Drew
Bonnie Williams
Angela Hinchey
Pat Williams
Nancy Glasscock
Denise Csorgo
Faye Barber
Jan Byrne
Alan Rashes
Mary Lee Harris
Marily Connolly
Allison Reuling
Carol McQuate

Castleton Community Seniors Membership

January 1, 2026 to December 31, 2026

I/we would like to register as a ___new member or ___renew my membership as follows:

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.

Membership is not required to participate in any of our programs or services.

Name _____ Phone _____ Date _____

Address _____ E-mail _____

Town of residence _____ Birthday/s (optional) _____ _____ _____

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

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.

CCSI BOARD OF DIRECTORS & STAFF

Toni Lobdell, President	Ceil Hunt, Vice-president	Diane Baker, Secretary
Chuck Rountree, Treasurer	Tracy Adams	Chazz Collette
Peter Diercksen	RoseMaria Doran	Sharon Gowan
Al Gustafson	Holly Hitchcock	Gretiena Johnson
Stephen Johnson	Libby Laramie	Debbie Rosmus
Jim Wright	Cynthia “Cindy” Ell, Executive Director	

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

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