CASTLETON COMMUNITY SENIORS, INC.

SENIORS SERVING THE COMMUNNITY

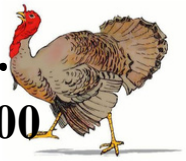
CASTLETON COMMUNITY CENTER NEWSLETTER

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

CENTER IS CLOSED NOVEMBER 11 & NOVEMBER 26 &27

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

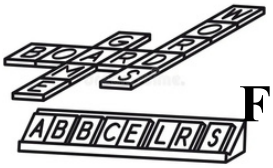
15th Annual Thanksgiving Dinner



November 19 12:00 - 1:00

Please join us for a delicious meal of turkey breast with gravy, stuffing, cranberry sauce, mashed potatoes, carrots, wheat roll, and pumpkin pie.
Cost is $5.00 for Seniors. There will also be a 50/50 raffle.

Space is limited so make your reservations today!



GAME DAY
Friday, November 20

Come for a light lunch of sandwiches, chips, salad, cookies and a drink. (A donation of $5.00 is greatly appreciated.)

Sign up by Wednesday, Nov. 18

21st ANNUAL HOLIDAY CRAFT FAIR

Saturday, Nov 14
9:00-3:00



Mark your calendar! Do your holiday shopping for hand-made jewelry, seasonal decor, clothing and food items. Lunch will be available for purchase. Come support your community.

"Empowering Vermonters to age with Dignity, Independence, and Quality of Life"

Southwestern Vermont Council on Aging (SVCOA)

Services include: Get Connected & Plan Ahead, Nutrition & Community Meals, Health, Wellness & Exercise, Financial & Benefits Support, and Caregiver & Volunteer Supports
Helpline: 800-642-5119
Monday - Friday 8-4

DO YOU LIKE MEETING & TALKING WITH PEOPLE?



VOLUNTEERS ARE NEEDED FOR THE RECEPTION DESK

Stop in and see if this is something you might be interested in.

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.

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

November 12 - Jim Douglas
"What Have Vermonters Contributed to the Nation?"

Sponsored by the Castleton Town Democratic Committee

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

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!!

Blood Pressure Checks with SASH



Laura Medlin, RN
November 20, 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 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



November 2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	**2** 10:00 Guitar-L 10:30 Better Balance-WC 11:00 Music Afterclass-L 12:00 Lunch-DR	**3** 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	**4** 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	**5** 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	**6** 9:00 Coffee Hour-DR 10:30 Better Balance-WC	**7**
8 7:30 AA-DR	**9** 10:00 Guitar-L 10:30 Better Balance-WC 11:00 Music Afterclass-L 12:00 **BIRTHDAY LUNCH-DR**	**10** 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	**11** **CENTER IS CLOSED FOR VETERANS DAY**	**12** **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	**13** 9:00 Coffee Hour-DR 10:30 Better Balance-WC	**14**
15 7:30 AA-DR	**16** 10:00 Guitar-L 10:30 Better Balance-WC 11:00 Music Afterclass-L 12:00 Lunch-DR	**17** 9:00 Bone Builders-WC 10:00 Sewing - CR 11:15 Sun Style Practice-WC 12:30 Line Dancing- WC 1:00 Mahjong (beg)- L 3:00 Creative Writing-DR	**18** 8:30 Yoga-WC 9:30 Essentrics-DR 10:30 Better Balance-WC 11:00 Take Note-L 12:00 **THANKSGIVING LUNCH-DR** 1:30 Great Courses-DR	**19** 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	**20** 9:00 Coffee Hour-DR 9:30 - 11:00 Blood Pressure Checks 10:30 Better Balance-WC 12:00 **GAME DAY**	**21**
22 7:30 AA-DR	**23** 10:00 Guitar-L 10:30 Better Balance-WC 11:00 Music Afterclass-L 12:00 Lunch-DR	**24** 9:00 Bone Builders-WC 10:00 Sewing - CR 11:15 Sun Style Practice -WC 12:30 Line Dancing- WC 1:00 Mahjong (beg)- L 3:00 Creative Writing-DR	**25** 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	**26** **CENTER CLOSED FOR THANKSGIVING**	**27** **CENTER CLOSED**	**28**
29 7:30 AA-DR	**30** 10:00 Guitar-L 10:30 Better Balance-WC 11:00 Music Afterclass-L 12:00 Lunch-DR				DR=Dining Room WC=Wellness Center L=Library CR=Conference Room	

Please refer to the program descriptions for details.

November 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 11/2 Chicken noodle casserole Spinach Whole wheat bread Scalloped apples	Wednesday 11/4 Chicken piccata Oven roasted potatoes Whole kernel corn Whole wheat bread Diced peaches
Monday 11/9 **BIRTHDAY LUNCH** Spaghetti w/ Italian sausage Green beans Garlic knot Carrot cake w/ frosting 	Wednesday 11/11 **VETERANS DAY CENTER IS CLOSED**
Monday 11/16 Homestyle chicken patty w/ sweet & sour sauce Rotini pasta Mixed beans Wheat hamburger bun Pineapple tidbits	Wednesday 11/18 **HOLIDAY MEAL** Sliced turkey breast w/ poultry gravy Whipped potatoes Bread dressing Carrots Wheat roll Pumpkin pie w/ cream 
Monday 11/23 Golden pulled pork Confetti rice Harvard beets Wheat hamburger bun Applesauce	Wednesday 11/25 Stuffed shells w/ marinara sauce Broccoli Whole wheat bread Fruit cocktail
Monday 11/30 Cheese omelet w/ peppers & onions Hashbrown tots Sliced carrots Whole wheat bread Sliced peaches	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.**

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

November Birthdays



Mary Stouter
Joyce Rogers
Kathleen Maher
Deb Diekel
Grace Calvin
Louise Cousineau
Dennis Fortier
Maureen Faryniarz
Maureen Clement
Holly Hitchcock
Florence Sulik
Larry Space
Patricia Keller
Patricia Shroeder
Milton Blackwood
Sally Cleveland
George Davis
Ben Boss
Joe Squier
Gail West
Diana Brown
Diana Trapeni
Thomas Bizon
Sharon Bales
Sally Beebe
Joan Thomas
Fran Dixon
Carol Blaser
Winnie LeVitre
Roberta Kemnitzer
Debbie Rosmus

Our Website is https://castletoncsi.org

The newsletters can be found on that site.



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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