



**Castleton Community Center**  
**November 2017 Newsletter**



**Holiday Craft Fair Sat. Nov. 11<sup>th</sup> 9:00-3:00**

The Annual Castleton Community Center Holiday Craft Fair features hand-crafted items by local craftsmen. Be sure to mark November 11th from 9 to 3 on your calendar for a chance to do some great holiday shopping. There will be a super selection of one-of-a-kind hand-made jewelry, decorations, clothing and food items. Twenty three vendors will be displaying their crafts in both buildings. Many of your favorite crafters will be returning this year as well as some exciting new ones. CCC will be selling soups and sandwiches for lunch.

*The Center is looking for donations for the Tea Cup Auction. If you have an item (new only), drop it off at the Center.*



**The 7th Annual Castleton University Baseball Team**

**Thanksgiving Dinner Wednesday Nov 15**

The Castleton University Baseball team invites area seniors to a complimentary Thanksgiving Dinner on **Wednesday November 15** at 12:00. The menu will include Roast Turkey, Gravy, Stuffing, Cranberry Sauce, Mashed Potatoes, Baby Carrots, Wheat Dinner Roll, and Pumpkin Pie. Not only will you have a great meal, but you will get to know more about these fine student athletes in a great social atmosphere. **Reservations are necessary and seating is limited. Call the Center at 468-3093 no later than 9:00 on Monday, November 13.**



**Ceramic Workshop**

**Thursday Nov. 9 and 16 1:00-2:30**

Make a decorative clay wall pocket planter with a unique impressed decoration on the front. Participants can use leaves, stamps, lace or a variety of found objects to create patterns on the front of the clay pocket. The pockets can hold dried flowers or small plants and will have holes to hang on wall. This is a

2 day workshop. Day 1 is devoted to rolling out the slab and impressing the objects to create the design. The pocket is allowed to dry and then is fired in a pottery kiln. Day 2 is devoted to adding color (ceramic stain) to the finished piece. Class fee is \$10 (all supplies included) but participants need to bring a rolling pin.



## Calling All Jeopardy Fans-Friday Nov. 17-1:00-2:00

Come play your favorite quiz game on a full Jeopardy set complete with lights, cameras, studio audience and the Clue Crew. Alex Trebek will provide the clues on our Wii version of the popular TV show. We promise lots of laughs, and a snack bag of "Smart Food" popcorn for all players. Call and let us know if you want to play 468-3093. Depending on the interest and number of players we hope to make this a monthly even



## TWO CHANCES TO WIN!

## 100 GALLONS OF HEATING FUEL

### Drawing Wed. Dec. 13<sup>th</sup> at the Castleton Community Center

**1st Grand Prize** 100 gallons of heating fuel from Johnson Energy (oil or kerosene). \*

**2<sup>nd</sup> Grand Prize** 100 gallons of heating fuel from Sam's U-Save Fuel.\*

If you do not use fuel as a heating source you can receive a cash equivalent of 100 gallons at wholesale price.

*\*For home delivery in Rutland County between December 2017 & April 2018*

**Call or stop by the Center for tickets.**



## Great Courses

**The Great Courses at the Community Center** offers educational, entertaining and stimulating lectures and discussions. **The Great Courses** brings the world's most engaging professors and world-class experts right to us in video format. Programs begin with a 30 minute video, followed by a lively discussion among participants.

### Customs of the World-Wednesdays at 1:30

**Video Professor: Professor David Livermore of the Cultural Intelligence Center**

**Facilitated by Joe Mark**

In **Customs of the World: Using Cultural Intelligence to Adapt, Wherever You Are**, you'll learn both the values held by cultures around the world and how those values influence behavior. These eye-

opening lectures address dynamics and customs related to working, socializing, dining, marriage, and family—critical areas that will help you understand people from different backgrounds and function with a greater respect and effectiveness when you encounter them.

In our discussions we'll talk about the traits of our own ethnic heritage and share what we've learned by interacting with representatives of other cultural groups.

- Nov. 8**            **Communication- Direct vs. Indirect**
- Nov. 15**        **Lifestyle-Being vs. Doing**
- Nov. 22**        **Rules-Particularist vs. Universalists**
- Nov. 29**        **Expressiveness- Neutral vs. Affective**

## **Unexpected Economics -Thursdays 1:00**

**Video Professor: Timothy Taylor** managing editor of the *Journal of Economic Perspectives*

**Facilitated by Carole Hidders**

We will examine the subjects from many different perspectives to see how it applies to living today.

- Nov. 2**            **Human Herds and Information Cascades**
- Nov. 9**            **Addiction and Choice**
- Nov. 16**        **Obesity-Who Bears the Costs?**
- Nov. 30**        **Sports Lessons-Pay, Performance, Tournaments**



### **“America Aflame” Book Discussion Group Tuesdays 1:30 – 3:00    October 17- November 28**

CCC is offering a moderated book club based on the book “America Aflame”. The discussion will cover approximately the first 8 chapters of the book which focus on the 20 years that led up to the Civil War. It covers material that is not normally covered in discussions of the Civil War. The discussion will be led by Ed Connolly, a former tour guide at Grant Cottage in Saratoga (Wilton). Ed has published stories about Grant and has written a book review of “America Aflame.” Registration by October 6<sup>th</sup>. Program is free.



## **Game Day! Friday November 3 ~ 12-2:30**

Our good friends at Indian River Rehab and Nursing Center in Granville, NY have graciously agreed to provide a Deli Style Lunch again for all game players on Friday, November 3rd. Sandwiches, salad, dessert and a beverage will be served at 12noon and the games follow immediately after. There will be a variety of board games, cards and our popular action games: Nintendo Wii Bowling and Putting Green. Lots of door prizes and laughs for all who come to play! Special guests will be members of the

Castleton University Baseball Team. **Please call 468-3093 by Wed. November 1st to make your reservation.**



**Coffee Hour** Each Friday morning from 9:00-11:00, the Center holds a free coffee hour open to all. Join us for some homemade goodies, hot brew and good company!



## Commit to Quit! Tobacco Cessation Workshops

Do you want to quit smoking but nothing seems to work? You are not alone. The Center will be the site of a series of free Tobacco Cessation workshops for residents of Castleton and surrounding communities on Tuesdays from 5-6pm. Those who attend can receive free nicotine replacement products such as patches, gum or lozenges. Workshops and nicotine replacement doubles your chance of a successful long term quit. Call Sarah at the RRMTC Tobacco Cessation Program to register 802-747-3768. Drop-ins are always welcome.

## Osher Lifelong Learning Institute

### Fall Session: Variety

**Oct. 27 – Food, Glorious Food; Cheese: From Milk to Masterpiece. Vince Razionale**

**Nov. 3 – The ABC's of French Cooking. Bern Terry**

**Nov. 10 – Cooking by the Book. Andrea Chesman**

**Nov. 17 – Scandinavian/American Songfest and refreshments. Nordic Harmoni Chorus**

These programs are held at the Godnick Adult Center on Fridays 1:30-3:00. For program information and directions call the Godnick Center at 773-0184. Season membership \$40 Non-members may pay \$5 at the door for each session.



## ADVANCE DIRECTIVES Thursday Nov. 16

Planning for end-of-life is as important as all the other life plans you make. An Advance Directives Explainer is available to assist you with completion and filing of your Advance Directives while you are healthy. A health crisis can happen to anyone at any time. NOW is the time to do planning for health care decisions for that time when you might not be able to speak for yourself. SASH, the Community Health Team of Rutland Regional Medical Center and the Castleton Community Center have come together to offer you ADVANCE DIRECTIVES ASSISTANCE. The 3<sup>rd</sup> Thursday of every month from 9-1 an ADVANCE DIRECTIVES VOLUNTEER EXPLAINER will be available in the Library Room of the Castleton Community Center. Please call 776-5502, or email [bjcolburn@rrmc.org](mailto:bjcolburn@rrmc.org) to schedule an appointment



# Medicare Minutes

**Tuesday November 21 at 12:30**

A representative from the Senior Medicare Patrol will at the Castleton Community Center on the Third Monday of each month after lunch to present the newest information on Medicare and to answer any questions you might have.

## Wellness Center Programs & Activities *Exercise is Medicine!*

### Walking Trail

Whether walking for exercise, recreation, or simply enjoying a quiet stroll in the woods, walking is a great way to ease back into a more active lifestyle. Incorporate a walk on our trail into your daily routine and discover for yourself the easy pleasures and improved physical condition a trail walk can provide.



**LINE DANCE Tuesdays 12:00-1:00**

A combination of country, popular and ball room line dancing will be held on Tuesdays 12:00-1:00.  
Instructor-Maryann Ligouri FREE



### Tai Chi

Tai Chi routines are safe, easy to learn and suitable for every fitness level. Benefits of practicing Tai Chi include reduced stress, increased balance and flexibility, relaxation, and improved overall mind, body and spirit. Medical studies confirm the Tai Chi Program relieves pain, reduces falls and improves quality of life through mental and physical well-being. Class size is limited. Registration is necessary. FREE

#### Tai Chi

Tuesday 1:30–2:15

Tuesday 2:30-3:00

Tai Chi for Falls Prevention Practice

Tai Chi for Diabetes Group Practice

Thursday 10:45-11:30  
Thursday 11:30-12:30  
Wednesday 1:00-2:00

Tai Chi for Falls Prevention Practice  
Tai Chi for beginners  
Seated Tai Chi



## **Circuit Works**

Circuit Works is a circuit training program that will target all the major muscle groups with strength and flexibility exercises. The class will work with bands, tubing, and weights to add resistance; the bike and treadmill for cardio and the exercise ball and mats for core. Class size is limited. Register by calling 468-3093. Free



## **Dance Your Way to Health**    Monday 4:15-5:15

Using Aerobic Dance components, this class is designed to burn calories and build heart strength. We will use a combination of dance steps that are fun and easy to follow. This class will meet on Mondays from 4:00-5:00. If the big gyms intimidate you, come to the Community Center Dance Your Way to Health class. This class is limited to 10 people and individuals are encouraged to work at their own pace. It's fun, non-threatening, and will keep you moving! Register by calling the Center 468-3093. **Free**

## **Bone Builders**    Tuesday and Thursday mornings 9:30 to 10:30.

The Community Center hosts the RSVP Bone Builders Osteoporosis Prevention Exercise Program. This innovative program provides strength training and balance exercises and education that can help prevent, reverse or alleviate osteoporosis symptoms. The program uses light weights for resistance training to increase both bone and muscle strength. **Free**

## **Better Balance**    Monday, Wednesday and Friday from 10:00-11:00

This program to help prevent falls is for men and women of any ability level. Exercises are based on the approved Matter of Balance Program and are safe and easy to moderate. No weights or exercise equipment needed. **Free**

**Blood Pressure Checks**-The Bayada Home Health Care Nurse will be available to do Blood Pressure checks at the Center once a month just before our Birthday Lunch. This month's date is November 15

IN AN EFFORT TO ENCOURAGE ACTIVE AND HEALTHIER LIFESTYLES, CCSI SPONSORED

**WELLNESS CLASSES ARE FREE  
THERE IS A DONATION BOX IN THE WELLNESS CENTER FOR ANY FREE WILL OFFERINGS  
TO HELP COVER OVERHEAD.**



## **Tai Chi (SUN 73)**

**Instruction 6:00-7:00pm**

**Full Form practice session 5:30- 6:00pm**

Sun style Tai Chi is the parent form of the arthritis and falls prevention program incorporating 73 movements. Classes are \$5.00 per class. For registration contact Laurie 802-265-3684 or email [ldknauer@comcast.net](mailto:ldknauer@comcast.net).



## **YOGA – Wednesdays 8:30-9:45 with**

Classes are \$20 for 4 weeks. Call Christine Brown for registration 273-2078.

## **Ball Room Dance Lessons – Tuesdays or Fridays 7:30-8:30PM**

Classes are \$20.00 per couple. Call Mary-Anne and Mario Liguori for information 273-2304.

**RAVNAH Foot Clinic** - The Rutland Visiting Nurses and Hospice Foot Care Clinic is held at the Castleton Meadows the 2<sup>nd</sup> Thursday of each month at 12:30



## **Welcome New Members**

Joyce Thomas



## ***November Birthdays***

November 5 Daniel Calvin  
November 7 Louise Cousineau  
Dennis Fortier  
November 8 Grace Calvin  
Maureen Faryniarz

November 10 Jeanne Tobin  
 November 11 Holly Hitchcock  
                   Floss Sulik  
 November 13 Milton Blackwood  
 November 15 George Davis  
 November 16 Ben Boss  
                   Kevin Durkee  
                   Sylvia Markcrow  
 November 17 Linda Squier  
 November 18 Joe Squier  
 November 19 Mary Sweeney  
 November 21 Froukje Moorby  
 November 22 Bill Egner  
 November 24 Sharon Bales  
                   Joan Thomas  
 November 26 Winnie Levitre  
                   Maisie Wood  
 November 27 Roberta Kemnitzer  
 November 28 Concetto Poalino Jr.  
 November 29 Debbie Rosmus

## **NOVEMBER BIRTHDAYS AND THANKSGIVING DINNER CELEBRATION**

On **Wednesday, November 15th** we will celebrate all this month's birthdays AND Thanksgiving with a special full course turkey dinner prepared by East Creek Catering. There will be balloons, a 50/50 raffle, and gifts for the birthday gal or guy! **RESERVATIONS MUST BE MADE NO LATER THAN 10am MONDAY, NOVEMBER 13TH.** There is no charge for this special meal thanks to the generosity of the Castleton University Baseball Team



## **Essential Shopping Mondays**

Plan your essential needs shopping trips for Monday afternoons. Our bus will begin pick ups in Fair Haven and Castleton at approximately 12:30. You will have approximately 1 1/2 hours to shop. The Center's van service is free for adults aged 60+ or any disabled individuals. Donations are appreciated. Call the Center by Friday if you want to be on the ride list.

Week 1	Nov. 6	Hannaford's / Aldi's / Mall
Week 2	Nov. 13	Price Chopper / Wal-Mart
Week 3	Nov. 20	Shaws/Pruniers
Week 4	Nov. 27	Price Chopper / Wal-Mart



**FOR ALL OUR SNOWBIRDS**



Want to receive the Newsletter while you are in the sunny south? Please let us know your winter address and the dates you will be leaving and returning. Most 3rd class mail does not get forwarded so help us reduce the cost of undeliverable mail by updating your info.

## WHAT'S HAPPENING AT THE CENTER



### Knitters Network

The Knitters Network meets the second and fourth Mondays of each month at 10:00 in the Castleton Community Center Library. If you prefer to knit at home, call the Center and we'll tell you how you can use your talents to help others. Everyone is welcome. The **Operation Doll** meetings are held the 4th Monday of the month. Donations for our RSVP doll project are always welcome and needed.

### MAHJONG

Mahjong, similar to the Western card game rummy, is a game of skill, strategy, and calculation and involves a degree of chance. The game is played with a set of 144 tiles based on Chinese characters and symbols. Come on Fridays from 9:30-11:00 and join in the fun.

### SCRABBLE

Scrabble widens the vocabulary, helps you strengthen your spelling skills and is good "brain aerobics". It a win, win! So come join our Friday morning Scrabble Group. We start at 11am.



### Sewing Circle Meets on Mondays

**Monday** afternoons from 1:00-3:00, you are invited to join folks at the Center working on a variety of projects.

Whether it be quilting, needle point, rug hooking, or a variety of other projects, drop in for the joy of working together. The group includes many experienced crafters who can lend support and inspiration!

***Children's Comfort Blanket Project*** - Donations of new, homemade blankets in sizes suitable for infants to teens are needed. The Children's Comfort Blanket Project distributes these blankets to children who are sick, needy or traumatized. Contact Kathy Budd at 802-438-5180 for more information or to let her know of a youngster in need. Donations may be dropped off with the Monday Sewing Circle here at the Center.



### PLAY BRIDGE?

Whether you are New Player, Intermediate Player or Advanced Player you can enjoy an afternoon playing bridge at the Center. We now have two groups playing on Monday afternoons from 1:00 -

4:00. Join a friendly game of Rubber Bridge or join the advanced players for some healthy competition. You are welcome to stop by any Monday afternoon to watch or play.



## Castleton Community Seniors Van Service

The Castleton Community Center transportation program is part of the Federal Elderly and Disabled Transportation program. Participants must be 60 years or older and/or disabled. The vans are equipped with a wheel chair lift. The Castleton Community Center bus picks up riders in Castleton, Hubbardton, Fair Haven and Poultney We can transport people to medical appointments, physical therapy, critical care appointments, essential shopping, hair appointments, pharmacy, senior meal sites, wellness programs and adult day care.

The driver's responsibilities are to get the passengers from one location to another safely. The driver may help passengers on or off the bus, but is not allowed to enter a person's home. **If you need assistance, you will need to have a companion ride with you. To schedule an appointment or for more information call the Castleton Community Center 468-3093. We require 24 hour notice for rides to make an accurate schedule.**



## Learn to Earn

*Associates for Training and Development* administers the Senior Community Service Employment Program (SCSEP), which helps older adults get back into the workforce by providing paid occupational skills and workplace experience training. Geared specifically for income-qualified workers age 55+, the purpose of SCSEP is to provide training and skill building opportunities to program participants while providing much needed community service to local non-profits such as the Castleton Community Center. If you think you might qualify, please call the local SCSEP office at (802)-282-4425 or visit their website at [www.a4td.org](http://www.a4td.org).



## Accessing "Access"

PEGTV's weekly news magazine program "ACCESS" has a featured senior segment every week, regarding health, wellness and a variety of other topics. We would love input from you! What kind of stories would you like to see? What issues are you most concerned about? Feel free to call Producer/Host Amanda Wheeler at 747.0151 or email her at [awheeler@pegtv.com](mailto:awheeler@pegtv.com)



## Bottle & Can Redemption Bin

Bring your redeemable bottles and cans to the 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. Thank you!



## **Cartridges for Cash**

Thanks to all who have been bringing used printer cartridges to the Center for recycling. Recycling is an effective alternative to trashing our environment and an easy way to help the Center raise funds for our programs and services. **KEEP UP THE GOOD WORK!**

## **MagnaVision TV**

The Vermont Association for the Blind and Visually Impaired has provided a Magnavision TV for our members and guests. The Magnavision TV is used to enlarge documents so the visually impaired can easily read them. It is also very helpful for balancing checking accounts. The set is located in the front hall and is available Mon. through Fri. 8:30-4:30

# November 2017

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
			<b>1</b> <b>Yoga 8:30-9:45</b> <b>Better Balance</b> 10:00-11:00 <b>Lunch 12:00</b> <b>Seated Tai Chi</b> 1:00 <b>NO Great Courses</b> Customs of the World <b>Eat Well 4:30-5:30</b>	<b>2</b> <b>Bone Builders</b> 9:30-10:30 <b>Learn to Knit</b> 9:30-11 <b>Tai Chi 4</b> 10:45-11:30 <b>Tai Chi 1</b> 11:30-12:30 <b>Great Courses</b> Unexpected Economics 1:00	<b>3</b> <b>Coffee Hour</b> 9-11 <b>Better Balance</b> <b>10-11</b> <b>Mah Jong</b> 9:30-12:00 <b>GAME DAY</b> <b>12:00-2:30</b> <b>Ballroom Dance</b> 7:30-8:30	<b>4</b>
<b>5</b>	<b>6</b> <b>Better Balance</b> <b>10-11</b> <b>Lunch 12:00</b> <b>Bridge 1-4</b> <b>Sewing Circle 1-3</b> <b>Dance for Health</b> <b>4:15-5:15</b> <b>Tai Chi - Sun73</b> 5:30-7:00	<b>7</b> <b>Bone Builders</b> 9:30-10:30 <b>Circuit Works 11-12</b> <b>Line Dance 12:00-1:00</b> <b>Lunch 12:00</b> <b>Book Discussion 1:30-3</b> <b>Dominoes 1 :00</b> <b>Tai Chi 4</b> 1:30-2:15 <b>Tai Chi D</b> 2:30-3:00 <b>Quit Smoking</b> 5-6 <b>Ballroom Dance 7:00</b>	<b>8</b> <b>Yoga 8:30-9:45</b> <b>Better Balance</b> 10:00-11:00 <b>Lunch 12:00</b> <b>Seated Tai Chi</b> 1:00 <b>Great Courses</b> Customs of the World 1:30-3:00 <b>Eat Well 4:30-5:30</b>	<b>9</b> <b>Bone Builders</b> 9:30-10:30 <b>Learn to Knit</b> 9:30-11 <b>Tai Chi 4</b> 10:45-11:30 <b>Tai Chi 1</b> 11:30-12:30 <b>Ceramic Workshop</b> 1-2:30 <b>Great Courses</b> Unexpected Economics 1:00	<b>10</b> <b>Coffee Hour</b> 9-11 <b>Better Balance</b> 10:00-11:00 <b>Mah Jong</b> 9:30-12:00 <b>Scrabble 11:00</b>	 <b>Holiday Craft Fair 9-3</b>
<b>12</b>	<b>13</b> <b>Better Balance</b> <b>10-11</b> <b>Knitter's Network 10-11:00</b> <b>Lunch 12:00</b> <b>Bridge 1-4</b> <b>Sewing Circle 1-3</b> <b>Dance for Health</b> <b>4:15-5:15</b> <b>Tai Chi - Sun73</b> 5:30-7:00	<b>14</b> <b>Bone Builders</b> 9:30-10:30 <b>Circuit Works 11-12</b> <b>Lunch 12:00</b> <b>Line Dance 12:00-1:00</b> <b>Book Discussion 1:30-3</b> <b>Dominoes 1 :00</b> <b>Tai Chi</b> 1:30-2:15 <b>Tai Chi D</b> 2:30-3:00 <b>Quit Smoking</b> 5-6 <b>Ballroom Dance 7:00</b>	<b>15</b> <b>Yoga</b> 8:30-9:45 <b>Better Balance</b> 10:00-11:00 <b>Blood Pressure 11:30</b> <b>Thanksgiving/Birthday Dinner 12:00</b> <b>Seated Tai Chi</b> 1:00 <b>Great Courses</b> Customs of the World 1:30-3:00 <b>Eat Well 4:30-5:30</b>	<b>16</b> <b>Adv. Directives</b> 9:00-1:00 (appt.) <b>Bone Builders</b> 9:30-10:30 <b>Learn to Knit</b> 9:30-11 <b>Tai Chi 4</b> 10:45-11:30 <b>Tai Chi 1</b> 11:30-12:30 <b>Ceramic Workshop</b> 1-2:30 <b>Great Courses</b> Unexpected Economics 1:00	<b>17</b> <b>Coffee Hour</b> 9-11 <b>Better Balance</b> 10:00-11:00 <b>Mah Jong</b> 9:30-12:00 <b>Scrabble 11:00</b> <b>Jeopardy</b> 1:00-2:00 <b>Ballroom Dance</b> 7:30-8:30	<b>18</b>
<b>19</b>	<b>20</b> <b>Better Balance</b> <b>10-11</b> <b>Lunch 12:00</b> <b>Bridge 1-4</b> <b>Sewing Circle 1-3</b> <b>Dance for Health</b> <b>4:15-5:15</b> <b>Tai Chi - Sun73</b> 5:30-7:00	<b>21</b> <b>Bone Builders</b> 9:30-10:30 <b>Circuit Works 11-12</b> <b>Lunch 12:00</b> <b>Medicare Minutes 12:30</b> <b>Line Dance 12:00-1:00</b> <b>Book Discussion 1:30-3</b> <b>Dominoes 1:00</b> <b>Tai Chi</b> 1:30-2:15 <b>Tai Chi D</b> 2:30-3:00 <b>Quit Smoking</b> 5-6 <b>Ballroom Dance 7:00</b>	<b>22</b> <b>Yoga 8:30-9:45</b> <b>Better Balance</b> 10:00-11:00 <b>Lunch 12:00</b> <b>Seated Tai Chi</b> 1:00 <b>Great Courses</b> Customs of the World 1:30-3:00	<b>23</b> Closed 	<b>24</b> Closed	<b>25</b>
<b>26</b>	<b>27</b> <b>Better Balance</b> <b>10-11</b> <b>Knitter's Network 10-11:00</b> <b>Lunch 12:00</b> <b>Bridge 1-4</b> <b>Sewing Circle 1-3</b> <b>Dance for Health</b> <b>4:15-5:15</b> <b>Tai Chi - Sun73</b> 5:30-7:00	<b>28</b> <b>Bone Builders</b> 9:30-10:30 <b>Circuit Works 11-12</b> <b>Lunch 12:00</b> <b>Line Dance 12:00-1:00</b> <b>Book Discussion 1:30-3</b> <b>Dominoes 1:00</b> <b>Tai Chi</b> 1:30-2:15 <b>Tai Chi D</b> 2:30-3:00 <b>Quit Smoking</b> 5-6 <b>Ballroom Dance 7:00</b>	<b>29</b> <b>Yoga 8:30-9:45</b> <b>Better Balance</b> 10:00-11:00 <b>Lunch 12:00</b> <b>Seated Tai Chi</b> 1:00 <b>Great Courses</b> Customs of the World 1:30-3:00	<b>30</b> <b>Bone Builders</b> 9:30-10:30 <b>Learn to Knit</b> 9:30-11 <b>Tai Chi 4</b> 10:45-11:30 <b>Tai Chi 1</b> 11:30-12:30 <b>Great Courses</b> Unexpected Economics 1:00-2:30		

# CCC



# November

		1 Stuffed Shells w/Italian Sausage, Parmesan Cheese Green Beans Italian Bread Mandarin Oranges w/Orange Gelatin
6 Pot Roast w/Gravy Mashed Potatoes Winter Mixed Vegetables Wheat Dinner Roll Melon	7 Sweet-n-Sour Vegetable Pork Vegetable Rice Pilaf Brussel Sprouts Wheat Bread Applesauce	8 Beef Stew w/Carrots & Potatoes Whole Beets Buttermilk Biscuit Fruit Cocktail w/Cream
13 Meatloaf w/Gravy Mashed Potatoes Brussel Sprouts Wheat Dinner Roll Chocolate Chip Cookies	14 Chipped Beef & Gravy Mashed Cauliflower Broccoli Salad Wheat Bread Carrot Cake w/Cream Cheese Frosting	15 <b>Thanksgiving/Birthday</b> Roast Turkey, Gravy Stuffing Mashed Potatoes Baby Carrots Wheat Dinner Roll Pumpkin Pie
20 Chicken-n-Biscuit Mashed Potatoes Winter Mixed Vegetables Pumpkin Cookie w/Raisins	21 Mac & Cheese w/Ham Italian Beans Stewed Tomatoes Wheat Bread Apple Crisp w/Cream	22 Baked Mini Penne w/Marinara Meat Sauce & Mozzarella Cheese Broccoli Florets Italian Bread Pineapple Tidbits
27 Turkey Stew Biscuit Cut Green Beans Mandarin Oranges in Gelatin w/Cream	28 BBQ Chicken Breast Mashed Potatoes Beets w/Orange Sauce Wheat Dinner Roll Yellow Cake w/Strawberry Yogurt	29 Spinach-Ricotta Pie Cole Slaw Wheat Bread Pineapple Chunks

Seniors \$4.00 Non-seniors \$5.00

Please remember that we must have all reservations by 10:00AM the day before and Friday at 10:00AM for Monday's meal. We try to keep a waiting list in case someone cancels, but in all fairness to others attending, we must have an accurate count in advance. Also, please be kind and let us know as soon as possible if you must cancel a reservation. Remember, the Center is billed for each meal we order, so it is important to call ahead. Thank you!