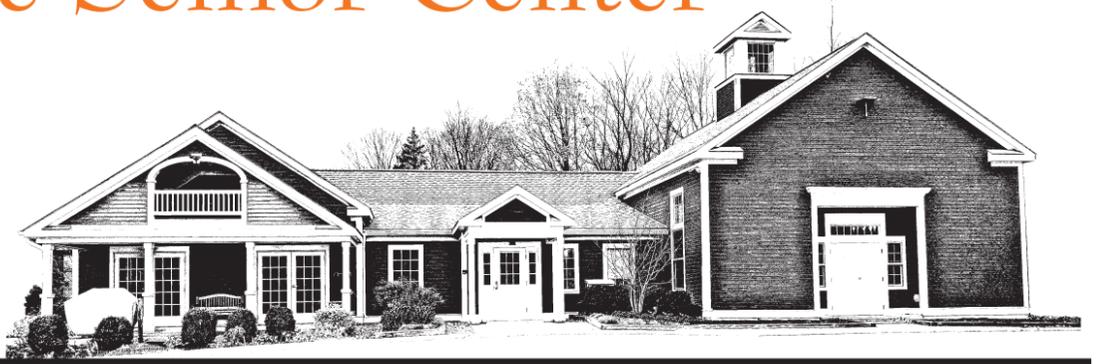


The Charlotte Senior Center

Fall Schedule 2020 (September, October, November)

212 Ferry Road, P.O. Box 207, Charlotte, VT 05445
CAROLYN KULIK, Director • charlottesrctr@gmavt.net
(802) 425-6345 • CharlotteSeniorCenterVT.org



Seniors (age 50 and up) will have first preference in sign-ups. • Courses and events are open to non-seniors if space is available. Residents from other communities are also welcome. • Registration checks should be made out to the Charlotte Senior Center. Course and material fees are due at the beginning of class. • Scholarships are available.

• PROGRAMMING UPDATE •

As the Fall Schedule goes to press, life during Covid has changed, and what we thought was a temporary situation has become a much longer journey with no clear end date. All programs and courses have moved to an online Zoom format, with the exception of those activities which take place out of doors. This has been partly due to state requirements about social distancing and mask wearing, and partly due to instructors, group coordinators and participants who all want to be conservative and minimize their health risks.

There are no plans for re-opening the building at this time, and that would be contingent on medical advances in the treatment of the disease, as well as the development of an effective and widely-distributed vaccine. Keeping that in mind, this year would be unlikely.

Fees for courses have been temporarily reduced. Please see payment information in the box at right and after each course description.

Any program changes and cancellations will be announced on our website, CharlotteSeniorCenterVT.org; in *The Charlotte News*; on Front Porch Forum in several towns; and, also on our recorded telephone message.

• ARTS •

PLAY READING with Sue Foley and Wally Gates

Third Thursdays, 1:00–3:30. Dates: 9/17, 10/15 & 11/19.

This is table reading fun — with no stage fright to get in your way. Group meets monthly and is for people who enjoy reading plays aloud or listening to others perform. No experience is needed. Scripts are provided and parts assigned. Hoping to welcome a few more males into the group. *Maximum 10. Registration required; contact Sue directly at ssnfoley@icloud.com. Fee: \$5 suggested donation per reading.*

SCRIPT WRITING for FUN with Mark Williams

Thursday evenings, 6:30–7:30 pm. Dates: 10/1–11/5. (6 weeks)

Have you been itching to write a movie, TV episode or play? In this 6-week class you will learn the basics of how to write a script. Members of the class will:

- decide on a genre for your story
- start with a crisis that draws the audience in
- create 6 fascinating characters to populate your movie
- create an outline for a three-act story
- create an ending that ties up your story
- write the first 15 pages of your script

For 12 years, Mark wrote and filmed his own original movies, entering them in competitions. One of them, *Girl With the Tear in Her Eye*, won first place at the Vermont Film School Festival, 2016. *Registration required by 9/29. Fee: \$30 for the 6-week series.*

LEMON FAIR SCULPTURE PARK with Frank and Elaine Ittleman

Saturday, 10/3. Please meet at the Center by 9:30 to carpool. (Rain date: 10/10)

The Ittlemans invite you to enjoy a magnificent rural setting dedicated to outdoor art at their private residence in Shoreham. With Frank as our guide, the 1.5-mile loop passes about 18 large-scale artworks; enjoy their color, geometry, spatial relations, and movement. Be sure to bring water and wear sturdy shoes. Head home around noon, or stop in nearby Middlebury for a leisurely lunch. If you have visited before, there is more to see as the park has expanded recently. *Registration necessary by phone. No fee.*

WRITING YOUR LIFE STORY with Laurie McMillan

Fridays, 11:00–12:30. Dates: 10/23, 10/30, 11/6 & 11/13.

You've got your story to tell, but what to include and what to leave out? How can you make your memories interesting to a reader? Explore storytelling techniques and utilize in-class exercises to help launch your own meaningful and important stories. Bring your favorite journal and pen. Newcomers welcome. *Registration required. Fee: \$30 the 4-part series of 90-min. classes.*

How to Register for Outdoor Activities:

Unless otherwise noted, kindly call and leave a message at (802) 425-6345 with the activity, your name and phone number. Messages can be left at any time; voicemail is checked daily. You may also register by mail with a note.

How to Register for Online Courses:

Unless otherwise noted, please email your name, address, phone number, and name of the course to CSCZoom@gmavt.net. You will receive a confirmation that you are enrolled, and prior to class you will receive an invitation link to join the session.

Payment: Checks should be made out to CSC and mailed to P.O. Box 207, Charlotte, VT 05445.

- For courses with specific meeting dates, please send payment by the start of the course.
- For ongoing courses (mostly exercise classes), please send payment at the end of the month.

Never zoomed? It's not hard. Honest.

If you have any questions or need help with Zooming, please email: CSCZoom@gmavt.net, or leave a message at (802) 425-6345.



• POTPOURRI •

FRENCH CONVERSATION CIRCLE with Alysse Anton

Tuesdays, 1:30–2:30. Dates: 9/15–11/17. (10 weeks)

These relaxed, fun circles are designed for intermediate/advanced speakers who want to improve their skills and confidence. This interactive and student-centered class offers conversation practice through role-plays, debates, as well as discussions about movies, short stories and/or articles you've reviewed before class. Not intended for beginning French speakers.

Registration required. Fee: \$50 for the 10-week series.

FRENCH COFFEE CLUB with Alysse Anton

Fridays, 9:00–10:00. Dates: 9/18–11/20. (10 weeks)

Have engaging French conversation with your morning coffee. This course is designed for high-beginner/low-intermediate French speakers who are able to carry on a basic conversation, but who would like to improve confidence and fluidity discussing a variety of topics. Not intended for beginning French speakers. *Registration required. Fee: \$50 for the 10-week series.*

ITALIAN INTRO with Nicole Librandi

Fridays, 1:30–2:30. Session A: 9/18–10/23. Session B: 11/6–12/18. (no class 11/27)

If you've never studied Italian, or if your knowledge of the language is "rusty," this class is for you! We'll have fun with the Italian language and culture together, through basic conversation and virtual tours of Italian art, music, style and cuisine. *Class size is limited, so please register by 9/16 for the first 6-week course. Suggested fee \$30, but donations of any amount accepted.*

ITALIAN REFRESHER with Nicole Librandi

Fridays, 3:00–4:00. Session A: 9/18–10/23. Session B: 11/6–12/18. (no class 11/27)

Join this class to refresh your knowledge of Italian through conversation and grammar updates. Enjoy Italy — virtually — as you practice Italiano in conversation, games and song: think musica, bellissimo, pasta, Roma, Venezia, etc. *Class size is limited, so please register by 9/16 for the first 6-week course. Suggested fee \$30, but donations of any amount accepted.*

CIVIL DISCOURSE: MAKING IT HAPPEN with Stephen Joyce

Thursdays, 1:00–2:00. Dates: 9/24–10/29. (6 weeks)

On the eve of the 2020 general elections, Americans are more divided about politics than they have ever been. Some have forgotten or simply never learned how to speak civilly with their ideological "opponents." Are you frustrated with discussions about politics that persuade no one, clarify nothing, and go nowhere? Learn theories about civil communication and how to put them into practice when you are disagreeing with family, friends, and strangers. *Sponsored by Friends of Charlotte Senior Center. No fee.*

Visit our website at CharlotteSeniorCenterVT.org

FRENCH CONVERSATION GATHERING

Mondays, 2:00–3:00. Ongoing.

This friendly, self-directed French conversation group is for high-beginners to intermediate French speakers who can carry on everyday conversations. This gathering is not intended for beginning French speakers, nor advanced French speakers. *No fee; registration required.*

SPANISH CONVERSATION

Tuesday mornings, 11:00–12:00. Ongoing.

This group chats about the week's activities or interests with a goal of improving fluency through listening and speaking. A no-pressure way to meet new folks, sharpen your mind, and practice your Spanish. *No fee.*

GENTS BREAKFAST with Bob Chutter and Friends

Second and fourth Thursday mornings, 8:00–9:30.

Twice a month, the men gather for breakfast and conversation. The group has migrated to an online Zoom format and continues to have presentations on a variety of interesting topics. *Please register by the Tuesday before.*

• EXERCISE & HEALTH •

SAFETY REMINDER for all virtual class participants: Please be sure that you have a safe space at home for exercise—clear your area of tripping hazards, use the balance supports you need (walker, cane, etc.), and have a family member or caretaker with you, if needed.

BETTER BALANCE I: INTRODUCTORY BALANCE EXERCISE

Tuesday mornings, 11:00–11:45. Dates: 9/15, 9/22 & 9/29. (3 weeks)

Doctors of Physical Therapy from Dee Physical Therapy will lead a weekly series of classes designed to improve your balance and reduce fall risk. This program will emphasize development of a safe home exercise program that participants can do between sessions and continue beyond the 3-week course. For individuals of varied balance abilities; recommendations made to adjust exercise difficulty. *Registration required. No fee.*

BETTER BALANCE II: COMPREHENSIVE BALANCE EXERCISE

Tuesday and Friday mornings, 11:00–11:45. Dates: 10/6–11/13. (6 weeks)

Doctors of Physical Therapy from Dee Physical Therapy will lead a 6-week series of classes designed to improve your balance and reduce fall risk. This program, a more intensive version of Better Balance I, consists of two classes per week with progressive advancement towards more complex balance exercises. For individuals of varied balance abilities; recommendations made to adjust exercise difficulty. *Registration required. No fee.*

CHAIR YOGA with Carol Bokan

Monday and Wednesday mornings, 9:30–10:30. Ongoing.

This class uses chairs for balance and for all seated postures, making yoga accessible to those who are challenged by balance, the ability to get on the floor, or any physical limitations. Receive the benefits of improved breath capacity, strength, and flexibility. *Registration required. Fee: \$5 per class.*

GENTLE YOGA with Jean White

Monday mornings, 11:00–12:00. Ongoing.

Learn classic yoga postures in a gentle way — adapted to individual needs and all fitness levels. You'll improve your strength, balance, flexibility, and breathing. *Registration required. Fee: \$5 per class.*

MINDFULNESS for LIFE – INTRO with Jill Abilock.

Mondays, 1:00–2:00. Dates: 9/14–10/26 (no class 9/28). (6 weeks)

Enhance your experience of life, one moment at a time! This 6-week course offers a personal toolkit of mindfulness techniques to help you meet life's challenges with strength and ease, and deepen fulfillment from all of life's joys. Beginners welcome. *Suggested donation is \$30 for the 6-week series. Registration required.*

MINDFULNESS MEDITATION with Jill Abilock

Wednesday afternoons, 2:30–3:45 p.m. Ongoing.

You can't always change what you experience in life, but you can change how you experience it. Mindfulness Meditation provides tools that help change how you experience things — increasing fulfillment and happiness, and reducing stress. *Registration necessary. No fee.*

PILATES PLUS+ with Phyllis Bartling

Tuesday mornings, 9:00–10:00. Ongoing.

Pilates Plus+ takes the Thursday class "up a notch" and is a bit more challenging, but still safe! We move at a faster pace and utilize chairs along with weights and floor exercises. The goal remains the same: to target the core muscle groups to improve and maintain balance, strength and good posture. *Registration required. Fee: \$5 per class.*

T'AI CHI CH'UAN for BEGINNERS with John Creech

Tuesday and Thursday mornings, 10:30–11:30. Ongoing.

The flowing movements and postures will increase flexibility, improve balance, and strengthen core muscles. Cultivate a deeper sense of relaxation, gain an increased energy level, and experience a sense of confidence. *Registration required. Fee: \$5 per class.*

ESSETRICS™ with Sherry Senior

Wednesday mornings, 8:30–9:30.

Friday mornings, 9:30–10:30. (Note time difference.) Ongoing.

An ESSETRICS™ session provides a full-body, weight-free workout with a dynamic combination of stretching and strengthening which releases tight muscles and joints. It promotes improvement in flexibility, mobility, and posture, as well as relief of pain. *Registration required. Fee: \$5 per class.*

PILATES with Phyllis Bartling

Thursday mornings, 8:30–9:30. Ongoing.

This Pilates class, for folks 55+, is challenging yet safe. Pilates exercises are done on the floor on mats; this class also includes upper-body strength work with hand weights. Have a small rolled-up towel to put under your head. *Registration required. Fee: \$5 per class.*

T'AI CHI ADVANCED PRACTICE with Marty Morrissey

Thursday mornings, 11:00–12:00. Ongoing.

T'ai Chi is recognized worldwide as an unparalleled exercise program for mind/body training to help improve balance, flexibility, stability, and overall health. For students familiar with the form. *Registration required by phone. No fee. (Note: This small class is held in person.)*

FOOT CLINIC – Wednesday mornings, 9:15–11:30.

Dates for the fall are not decided and will be announced. Those who were signed up for May and June will have priority and will be contacted by phone for appointments.

BLOOD PRESSURE CLINIC – Wednesday mornings, 11:30–12:00.

Dates will be announced and are held on the same days as Foot Clinics.

BLOOD DRIVE with the American Red Cross

Thursday, 2:00–7:00. Date: 10/1 & 12/10.

The Senior Center is always happy to host the American Red Cross blood drives. If you wish to donate blood, please visit RedCrossBlood.org, or call 1-800-RED-CROSS.

• OUTDOORS •

BIRDING EXPEDITIONS with Hank Kaestner

Please meet at the Center 15 minutes prior to our 9 a.m. departure to carpool to the location for spectacular bird watching. *Registration necessary. No fee.*

Trip #1: Wed., 9/16 Trip #2: Wed., 10/14 Trip #3: Wed., 11/18

FALL ROAD HIKES in the CHAMPLAIN VALLEY with Joan Mollica

Tuesday mornings. Meet at 8:45 to carpool from the Senior Center, unless noted. Please wear good hiking shoes, bring water and a snack or bag lunch. Call for details of each hike. *Registration required. No fee.*

*Hike #1 Sept. 29 Raven Ridge, Monkton
Hike #2 Oct. 6 Charlotte Town Link Trail, Charlotte
Hike #3 Oct. 13 Niquette Bay State Park, Colchester
Hike #4 Oct. 20 Rock Point Trails, Burlington
Hike #5 Oct. 27 Makeup day if a hike is cancelled due to weather.*

KAYAK TRIPS FOR WOMEN Friday mornings

These trips provide an opportunity for active women to explore our many local lakes, ponds and rivers. For more information, please email Susan Hyde directly at susanfosterhyde@gmail.com. *Registration required. Maximum is determined by leaders. No fee.*

*Sept. 11 Little Otter Slang or Lake – Kate Mesaros and Susan Hyde
Sept. 18 Caspian Lake – June Lais and Nancy Bretschneider
Sept. 25 Molly Falls – Rosemarie Conn and Joan Mollica*

• LECTURES & EVENTS •

Wednesdays at 1:00 via ZOOM, unless otherwise indicated.

Invitations/links to lectures are posted by the day prior on the Senior Center website: CharlotteSeniorCenterVT.org.

~ Registration is not required. ~

9/2: PUTTING the "PUBLIC" BACK in PUBLIC HIGHER ED with Tom Streeter

Prof. Streeter will discuss the changing role of universities, and argue for a return to the concept of higher education as a public good — something that serves all of society. *Formerly a professor and president of the faculty union at UVM, Tom Streeter now teaches at Western University in Ontario, Canada.*

9/9: THE BASICS TO BETTER BALANCE: A VIRTUAL LECTURE

Balance is an integral element in nearly all of our physical functions. Be it keeping steady as you descend Camel's Hump or walking to the mailbox without fear of falling, balance plays a major role in our daily lives. Understanding balance and where it comes from is the first step in improving it. Doctors of Physical Therapy from Dee Physical Therapy will be discussing the anatomy of the balance system, how it works, typical problems, and how these are commonly treated.

9/16: ESCAPE and SURVIVAL DURING WWII with Ayana Touval

As a two-year old toddler, Ayana had to flee with her parents from Nazi-infested Zagreb in July 1941. The family had no way to know how long the ordeal would last — or where the dangers loomed. She will tell her story and some of the lessons learned along the way — which could be useful today.

9/23: LANDSCAPE and YOUR VISUAL SENSE OF PLACE with Jonathan Silverman

From cave paintings to Impressionism, from Japanese woodblock prints to contemporary environmental art, artists have used shapes, color, line, and texture to express their understanding of and relationship to "place." As we find resilience during the coronavirus pandemic, we become aware of

our own sense of place and the surrounding landscape in Vermont. Join us for a look at landscape across history, culture, genres, and artistic intent. *Jonathan Silverman, Emeritus Professor at St. Michael's College, will encourage participation by raising questions to invite discussion on our own visual perception.*

9/30: UTAH'S GEMS with Lynn Cummings

Take a guided trip through Southern Utah's famous and some not-so-famous national parks and monuments. This stunning area is called the "Golden Circle," and you'll travel virtually through magnificent rock formations, Native American sites, the Colorado River and small towns in this portion of The Beehive State.

10/7: PREPARING to PREPARE YOUR ADVANCED DIRECTIVE with Tina D'Amato, DO

An interactive introduction on how to prepare this important document that helps communicate your medical wishes at end of life. We will review the Vermont Advanced Directive Form, clarify its wording, and learn how to register the form once complete. We will also look at resources to help you complete the forms. *Dr. D'Amato is a family medicine physician working at Charlotte Family Health.*

10/12: ANNUAL MEETING of the FRIENDS of CHARLOTTE SENIOR CENTER

Monday at 1 p.m. — Join us to become better acquainted with the workings of our organization. An update of our financial position will be given, any questions will be answered, and the election of board members will take place. Hope to see you there.

10/14: COVID-19: TEN MONTHS IN, WHERE DO WE STAND? with Jim Hyde

This session will provide a quick update from a public health perspective about what is currently known about routes of exposure, the prevalence of infection, testing, and prevention and control. We will also look at the latest information on vaccine development and new therapeutics. At least half the time will be devoted to Q&A. *Jim is an Emeritus Professor of Public Health at the Tufts University School of Medicine and former Director of Preventive Medicine at the Massachusetts Dept. of Public Health.*

10/21: MEDICAL IMAGING: 1895 TO NOW with Rick Goldman

Take a look at the changes in medical imaging, particularly neuroradiology, which parallel the advances we have seen in the technology we use in our daily lives. Neuroradiologists interpret x-rays, magnetic resonance images (MRI), and computed tomography (CT) scans showing the effect of strokes and cerebral hemorrhages, Alzheimer's disease, multiple sclerosis, and brain trauma. *Dr. Goldman was Head of Neuroradiology at Hartford Hospital, 1977-2010.*

10/28: A MILE OF ICE ABOVE US with Craig Heindel

Learn about the most recent geologic history of Vermont and the Champlain Valley—from more than a mile of ice over us, to raging meltwater rivers, to a salty sea (home of the ill-fated beluga whose skeleton was found in Charlotte), and then, finally, to some large, higher-elevation lakes.

11/4: LONG AGO in CHARLOTTE: TRAIN DEPOT & WEST CHARLOTTE VILLAGE with Jenny Cole

Take a photo tour Charlotte's West Village and train depot in the early 1900s. Adding a few more details and stories of longtime Charlotte residents will bring this enterprising village to life. People in the audience are invited to share their own memories. *Co-sponsored by the Charlotte Library, Charlotte Historical Society and local historians.*

11/11: TURBULENCE: WHAT CAN WE DO ABOUT IT? with Steve Gross

To say the least, we live in turbulent times. COVID-19, the struggle for racial equity, and a volatile political environment are just some of the forces we are dealing with as a society, as individuals, and in our families. This talk will help you better understand the nature of turbulent change and steps you can take to respond effectively to it. *Steven Jay Gross is Professor Emeritus at Temple University.*

11/18: IS AMERICA'S OLDEST ASIAN SECURITY ALLIANCE ENDING? with David Rosenberg

A crisis is brewing between the U.S. and the Philippines: President Duterte sees that U.S. influence in the region is waning, while China is becoming more aggressive. He is concerned that the U.S. is not living up to its end of the Mutual Defense Treaty between the two countries and is charting a slow, but steady, course away from the U.S. — and toward China. Are there any options for averting the end of America's oldest strategic alliance in Asia? *David Rosenberg is Professor Emeritus of Political Science at Middlebury College and an international specialist in this area.*

SENIOR CENTER FUND-RAISING DRIVE POSTPONED

As a result of the coronavirus situation, the Senior Center has postponed its Spring Annual Fund-Raising Drive. In the meantime, if folks would like to make a donation to the Senior Center, that would be appreciated.

If you wish, a check could be made out to CSC and mailed to P.O. Box 207, Charlotte, VT 05445. Thank you for your support.

BEST TIMES TO VIEW ART SHOWS at the Senior Center

Visitors are very welcome.

Please schedule an appointment at least 24 hours in advance.

Viewing days are Tues. and Thurs., 1:00–3:00. Leave a message anytime at (802) 425-6345, and be sure to include your name and phone number for a confirmation of your appointment.

September 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 • 9:00 Pilates Plus • 10:30 Tai Chi Beginners • 11:00 Spanish Conv.	2 • 8:30 Essentrics • 9:30 Chair Yoga ★ ★ 1 pm The Public in Public Higher Education ★ ★ • 2:30 Mindfulness Meditation	3 • 8:30 Pilates • 10:00 Memoir Writing • 10:30 Tai Chi Ch'uan Beginners • 11:00 Tai Chi Adv.	4 • 9:30 Essentrics	5
6	7 • 9:30 Chair Yoga • 11:00 Gentle Yoga • 2:00 French Conv. Gathering	8 • 9:00 Pilates Plus • 10:30 Tai Chi Beginners • 11:00 Spanish Conv.	9 • 8:30 Essentrics • 9:30 Chair Yoga ★ ★ 1 pm Basics to Better Balance ★ ★ • 2:30 Mindfulness Meditation	10 • 8:00 Gents Breakfast • 8:30 Pilates • 10:00 Memoir Writing • 10:30 Tai Chi Ch'uan Beginners • 11:00 Tai Chi Adv.	11 • 9:00 Kayak Trip • 9:30 Essentrics	12
13	14 • 9:30 Chair Yoga • 11:00 Gentle Yoga • 11:00 Book Group Part 2 • 1:00 Mindfulness/Life • 2:00 French Conv. Gathering	15 • 9:00 Pilates Plus • 10:30 Tai Chi Begin. • 11:00 Better Balance I-Intro • 11:00 Spanish Conv. • 1:30 French Conv. Circle	16 • 8:30 Essentrics • 9:00 Birding Trip #1 • 9:30 Chair Yoga ★ ★ 1 pm Escape and Survival in WWII ★ ★ • 2:30 Mindfulness Meditation	17 • 8:30 Pilates • 10:00 Memoir Writing • 10:30 Tai Chi Ch'uan Beginners • 11:00 Tai Chi Adv. • 1:00 Play Reading	18 • 9:00 French Coffee Club • 9:00 Kayak Trip • 9:30 Essentrics • 1:30 Italian Intro-A • 3:00 Italian Refresher-A	19
20	21 • 9:30 Chair Yoga • 11:00 Gentle Yoga • 1:00 Mindfulness/Life • 2:00 French Conv. Gathering	22 • 9:00 Pilates Plus • 10:30 Tai Chi Beginners • 11:00 Better Balance I-Intro • 11:00 Spanish Conv. • 1:30 French Conv. Circle	23 • 8:30 Essentrics • 9:30 Chair Yoga ★ ★ 1 pm Landscape and Your Sense of Place ★ ★ • 2:30 Mindfulness Meditation	24 • 8:00 Gents Bkfst • 8:30 Pilates • 10:00 Memoir Writing • 10:30 Tai Chi Ch'uan Beginners • 11:00 Tai Chi Adv. • 1:00 Civil Discourse	25 • 9:00 French Coffee Club • 9:00 Kayak Trip • 9:30 Essentrics • 1:30 Italian Intro-A • 3:00 Italian Refresher-A	26
27	28 • 9:30 Chair Yoga • 11:00 Gentle Yoga • 2:00 French Conv. Gathering	29 • 8:45 Fall Hike #1 • 9:00 Pilates Plus • 10:30 Tai Chi Begin. • 11:00 Better Balance I-Intro • 11:00 Spanish Conv. • 1:30 French Conv. Circle	30 • 8:30 Essentrics • 9:30 Chair Yoga ★ ★ 1 pm Utah's Gems ★ ★ • 2:30 Mindfulness Meditation	Visit CharlotteSeniorCenterVT.org		

SEPTEMBER Art Exhibit— Bill Stirewalt: Large Format Photography.

During his long medical career, Dr. Stirewalt maintained his hobby of fine art photography. Most pieces depict the natural world, although the subject matter is very varied, and spans the 1960s to the present. Two stunning pictures are of the moss-covered trees and vines in the Hoh Rain Forest, Olympic Peninsula. There is also a spectacular 6-foot panorama of Lake Champlain with purple mountains and peak autumn color.



October 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
				1 • 8:30 Pilates • 10:00 Memoir Writing • 10:30 Tai Chi Ch'uan Beg. • 11:00 Tai Chi Adv. • 1:00 Civil Discourse • 2:00 BLOOD DRIVE • 6:30 Script Writing	2 • 9:00 French Coffee Club • 9:30 Essentrics • 1:30 Italian Intro-A • 3:00 Italian Refresher-A	3 • 9:30 Lemon Fair Sculpture Park Trip
4	5 • 9:30 Chair Yoga • 11:00 Gentle Yoga • 1:00 Mindfulness/Life • 2:00 French Conv. Gathering	6 • 8:45 Fall Hike #2 • 9:00 Pilates Plus • 10:30 Tai Chi Begin. • 11:00 Better Balance II -Comprehensive • 11:00 Spanish Conv. • 1:30 French Conv. Circle	7 • 8:30 Essentrics • 9:30 Chair Yoga ★★ 1 pm <i>Preparing to Prepare Your Advanced Directive</i> ★★ • 2:30 Mindfulness Meditation	8 • 8:00 Gents Bkfst • 8:30 Pilates • 10:00 Memoir Writing • 10:30 Tai Chi Ch'uan Beg. • 11:00 Tai Chi Adv. • 1:00 Civil Discourse • 6:30 Script Writing	9 • 9:00 French Coffee Club • 9:30 Essentrics • 11:00 Better Balance II-Comprehensive • 1:30 Italian Intro-A • 3:00 Italian Refresher-A	10 • 9:30 Lemon Fair Sculpture Park Trip (Rain Date only.)
11	12 • 9:30 Chair Yoga • 11:00 Gentle Yoga • 11:00 Book Group Part 2 • 1:00 Mindfulness/Life • 1:00 Annual Mtg. Friends of CSC • 2:00 French Conv.	13 • 8:45 Fall Hike #3 • 9:00 Pilates Plus • 10:30 Tai Chi Begin. • 11:00 Better Balance II -Comprehensive • 11:00 Spanish Conv. • 1:30 French Conv. Circle	14 • 8:30 Essentrics • 9:00 Birding #2 • 9:30 Chair Yoga ★★ 1 pm <i>COVID-19 Update</i> ★★ • 2:30 Mindfulness Meditation	15 • 8:30 Pilates • 10:00 Memoir Wrt. • 10:30 Tai Chi Ch'uan Beg. • 11:00 Tai Chi Adv. • 1:00 Play Reading • 1:00 Civil Discourse • 6:30 Script Writing	16 • 9:00 French Coffee Club • 9:30 Essentrics • 11:00 Better Balance II-Comprehensive • 1:30 Italian Intro-A • 3:00 Italian Refresher-A	17
18	19 • 9:30 Chair Yoga • 11:00 Gentle Yoga • 1:00 Mindfulness/Life • 2:00 French Conv. Gathering	20 • 8:45 Fall Hike #4 • 9:00 Pilates Plus • 10:30 Tai Chi Begin. • 11:00 Better Balance II -Comprehensive • 11:00 Spanish Conv. • 1:30 French Conv. Circle	21 • 8:30 Essentrics • 9:30 Chair Yoga ★★ 1 pm <i>Medical Imaging: 1895 to Now</i> ★★ • 2:30 Mindfulness Meditation	22 • 8:00 Gents Bkfst • 8:30 Pilates • 10:00 Memoir Writing • 10:30 Tai Chi Ch'uan Beg. • 11:00 Tai Chi Adv. • 1:00 Civil Discourse • 6:30 Script Writing	23 • 9:00 French Coffee • 9:30 Essentrics • 11:00 Writing Your Life • 11:00 Better Balance II-Comprehensive • 1:30 Italian Intro-A • 3:00 Italian Refresher-A	24
25	26 • 9:30 Chair Yoga • 11:00 Gentle Yoga • 1:00 Mindfulness/Life • 2:00 French Conv. Gathering	27 • 8:45 Fall Hike #5 • 9:00 Pilates Plus • 10:30 Tai Chi Begin. • 11:00 Better Balance II -Comprehensive • 11:00 Spanish Conv. • 1:30 French Conv. Circle	28 • 8:30 Essentrics • 9:30 Chair Yoga ★★ 1 pm <i>A Mile of Ice Above Us</i> ★★ • 2:30 Mindfulness Meditation	29 • 8:30 Pilates • 10:00 Memoir Writing • 10:30 Tai Chi Ch'uan Beg. • 11:00 Tai Chi Adv. • 1:00 Civil Discourse • 6:30 Script Writing	30 • 9:00 French Coffee Club • 9:30 Essentrics • 11:00 Writing Your Life • 11:00 Better Balance II-Comprehensive	31

OCTOBER Art Exhibit—Photography by Mike Sipe and Photography by James Regan

“The Lake Champlain region is my unparalleled muse; the beauty of the lake, skies, mountains, valley and the people enjoying its splendor. I don’t have to travel the world to find world-class beauty; it is here, in my own backyard. My ability to find the area’s essence is evolving and it is exhilarating to me.”
 — Mike Sipe

“I particularly like to photograph the birds that thrive on Vermont’s lakes – sandpipers and great blue herons. It’s fascinating to get up close to things like sunflowers and milkweed with a zoom lens and show the details that people usually overlook – it’s almost another world. I like to bring out what is special about the mundane.”
 — James Regan

November 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 • 9:30 Chair Yoga • 11:00 Gentle Yoga • 2:00 French Conv. Gathering	3 • 9:00 Pilates Plus • 10:30 Tai Chi Beginners • 11:00 Better Balance II -Comprehensive • 11:00 Spanish Conv. • 1:30 French Conv. Circle	4 • 8:30 Essentrics • 9:30 Chair Yoga ★★ 1 pm <i>Long Ago in Charlotte-photos</i> ★★ • 2:30 Mindfulness Meditation	5 • 8:30 Pilates • 10:00 Memoir Writing • 10:30 Tai Chi Ch'uan Beginners • 11:00 Tai Chi Adv. • 6:30 Script Writing	6 • 9:00 French Coffee • 9:30 Essentrics • 11:00 Writing Your Life • 11:00 Better Balance II-Comprehensive • 1:30 Italian Intro-B • 3:00 Italian Refresher-B	7
8	9 • 9:30 Chair Yoga • 11:00 Gentle Yoga • 11:00 Book Group Part 2 • 2:00 French Conv. Gathering	10 • 9:00 Pilates Plus • 10:30 Tai Chi Beginners • 11:00 Better Balance II -Comprehensive • 11:00 Spanish Conv. • 1:30 French Conv. Circle	11 • 8:30 Essentrics • 9:30 Chair Yoga ★★ 1 pm <i>Turbulence-What Can We Do About It</i> ★★ • 2:30 Mindfulness Meditation	12 • 8:00 Gents Breakfast • 8:30 Pilates • 10:00 Memoir Writing • 10:30 Tai Chi Ch'uan Beginners • 11:00 Tai Chi Adv.	13 • 9:00 French Coffee • 9:30 Essentrics • 11:00 Writing Your Life • 11:00 Better Balance II-Comprehensive • 1:30 Italian Intro-B • 3:00 Italian Refresher-B	14
15	16 • 9:30 Chair Yoga • 11:00 Gentle Yoga • 2:00 French Conv. Gathering	17 • 9:00 Pilates Plus • 10:30 Tai Chi Beginners • 11:00 Spanish Conv. • 1:30 French Conv. Circle	18 • 8:30 Essentrics • 9:00 Birding #3 • 9:30 Chair Yoga ★★ 1 pm <i>Is America's Oldest Asian Security Alliance Ending?</i> ★★ • 2:30 Mindfulness Meditation	19 • 8:30 Pilates • 10:00 Memoir Writing • 10:30 Tai Chi Ch'uan Beginners • 11:00 Tai Chi Adv. • 1:00 Play Reading	20 • 9:00 French Coffee Club • 9:30 Essentrics • 1:30 Italian Intro-B • 3:00 Italian Refresher-B	21
22	23 • 9:30 Chair Yoga • 11:00 Gentle Yoga • 2:00 French Conv. Gathering	24 • 9:00 Pilates Plus • 10:30 Tai Chi Beginners • 11:00 Spanish Conv.	25 • 8:30 Essentrics • 9:30 Chair Yoga • 2:30 Mindfulness Meditation	CLOSED FOR THANKSGIVING	CLOSED FOR THANKSGIVING	28
29	30 • 9:30 Chair Yoga • 11:00 Gentle Yoga • 2:00 French Conv. Gathering	Visit our website at CharlotteSeniorCenterVT.org				

NOVEMBER Art Exhibit—Photography by James Regan and Paintings by Vivian Jordan

“I particularly like to photograph the birds that thrive on Vermont’s lakes – sandpipers and great blue herons. It’s fascinating to get up close to things like sunflowers and milkweed with a zoom lens and show the details that people usually overlook – it’s almost another world. I like to bring out what is special about the mundane.”
 — James Regan

“My paintings are inspired by animals and nature. Many are detailed and realistic, others express feelings, and some have a surprising twist. All have a signature touch of sparkle... but you won’t see that until the light hits them just right.”
 — Vivian Jordan