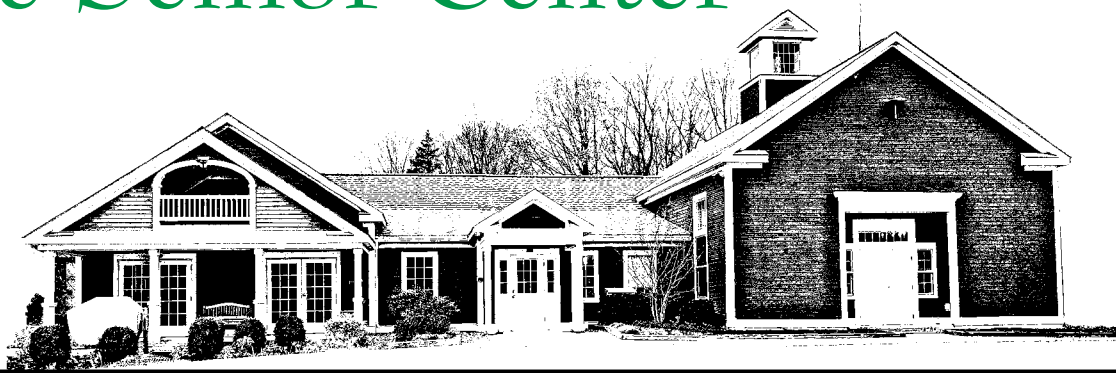


The Charlotte Senior Center

Spring Schedule 2021 (March, April, May)

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. If fees are a hardship, please contact the director with your request for a scholarship at CSCZoom@gmavt.net.

• PROGRAMMING UPDATE •

As we move into the spring months, all programs and courses will continue to use the online Zoom format. At this time — even with mask wearing and social distancing — instructors, activity coordinators, presenters and participants all want to be conservative and minimize their health risks by staying out of groups. While meeting online is a far cry from meeting in person, it is a useful alternative we have been fortunate to adapt to.

Many people ask when the building will be open again. Reopening the building is contingent on two things: the success of the VT Department of Health's vaccination program and the State of Vermont's granting permission for a reopening date given our demographic. Unfortunately, at this time, it is not possible to make a prediction.

• ARTS •

WRITING YOUR LIFE STORY with Laurie McMillan

Friday mornings, 11:00–12:30.

Session A: 3/12–4/2. Session B: 4/16–5/7.

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. Please register by 3/9. Fee: \$48 for each series of 90-min. classes.

PLAY READING with Sue Foley and Wally Gates

Third Thursdays, 2:00–4:30. Dates: 3/18, 4/15 & 5/20.

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. For further information, contact Sue directly at ssnfoley@icloud.com. Fee: \$5 suggested donation per reading.

WATERCOLOR BASICS WORKSHOP with Lynn Cummings

Two Tuesday mornings, 9:00–12:00. Dates: 3/23 & 3/30.

Have you been away from watercolor painting for a while, or maybe you've never painted in this fun and exciting medium? We'll explore basic terminology, various ways of using your brushes, mixing watercolors, and several techniques in this 2-part, online workshop. This will help prepare you for other watercolor classes or help build skills so you can work with more confidence. Materials list will be provided upon receipt of your registration and payment.

Questions? Email: lynn.cummings@wvm.edu. Maximum 12, minimum 6. Registration and payment must be received by 3/16 to hold your spot. Fee: \$72.

SCREEN WRITING for FUN with Mark Williams

Thursday evenings, 6:30–7:45 pm. Dates: 4/8–5/13. (6 weeks)

In this class, you'll discover how to develop a basic storyline and create a logline description. We'll discuss story structures such as the Three Act Structure: What disaster forces the main character into action? What flaw in the main character sends them into hopelessness? What neglected or underestimated strength saves the day? At the end of the course, you'll think about workflow for writing your first draft of a feature film.

Please register by 4/5. Fee: \$58 for the series of 75-min. classes.

CONFLICT RESOLUTION with Mark Williams

Wednesday mornings, 11:00–12:00. Dates: 4/14–5/19. (6 weeks)

This fascinating and useful topic can benefit anyone – because we all encounter conflict. Using role-playing and mediation exercises, participants in this 6-week course will learn practical skills, such as: how to calm an angry person down, how to empathize with a person with whom you disagree, and more. Mark Williams is a licensed couples' counselor; however, please note that this course is not intended for couples.

Please register by 4/12. Fee: \$48 for the series.

> To register and pay for courses, please see box at the top right. <

How to Register for Online Courses:

All online courses require registration.

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 from the instructor.

How to Pay for Courses:

Please note that payment and registration are separate processes; be sure to register online as above.

Checks should be made out to Charlotte Senior Center and mailed to P.O. Box 207, Charlotte, VT 05445. It is very helpful if you write the full title of the course in your check memo.

- For courses with a specific number of meeting dates, please send payment by the start of the course. See course descriptions for fees.
- For ongoing courses (mostly exercise classes), send payment at the end of every month. Unless otherwise indicated, please total for each class attended at \$5 each.

If the fees are a hardship, please do not hesitate to contact the director about a scholarship at CSCZoom@gmavt.net address. We want everyone to keep healthy and to stay engaged during this challenging time.

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 •

BOOK DISCUSSION GROUP: *Walking Each Other Home: Conversations on Loving and Dying*

Mondays, 11:00–12:30. Dates: 3/15, 4/5, 4/26 & 5/17.

This facilitated group began with a discussion of *Walking Each Other Home*. It has just started *Being With Dying: Cultivating Compassion and Fearlessness in the Presence of Death* by Joan Halifax. The group now welcomes newcomers. No fee.

EXPLORING YOUR SPIRITUAL AUTOBIOGRAPHY with Carole Wageman

Thursdays, 1:00–2:30. Dates: 4/1–5/6. (6 weeks)

This workshop will explore our personal autobiographies through a lens of spirituality. Our experiential consideration takes a broad view of the topic and does not promote any specific faith tradition. "Spirituality" does not mean "Religion" – but refers to that mysterious, non-physical part of ourselves that responds to our life experiences with inspiration, curiosity, and a sense that there is something greater than ourselves.

Group is limited to 8 participants. No fee.

The Rev. Carole Wageman, an Episcopal priest, has served in local congregations and recently authored her first book: *The Light Shines Through: Our Stories Are God's Story*.

ITALIAN for REAL BEGINNERS with Nicole Librandi

Fridays, 1:00–2:00. Session A: 3/5–4/9. Session B: 4/16–5/21.

Are you dreaming of traveling to Italy someday soon? Of ordering a cappuccino in a sun-drenched piazza? Feeling tongue-tied? Then this class is for you! Now is the time to begin your study of Italian – and have fun along the way! Class size is limited, so please register by 3/1.

Fee: \$48 for each 6-week session.

Visit us at CharlotteSeniorCenterVT.org

ITALIAN INTRO with Nicole Librandi

Fridays, 2:30–3:30. Session A: 3/5–4/9. Session B: 4/16–5/21.

If you've studied some Italian, but your knowledge of the language is "rusty," then this is the right place 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 3/1.*

Fee: \$48 for each 6-week session.

ITALIAN REFRESHER with Nicole Librandi

Fridays, 4:00–5:00. Session A: 3/5–4/9. Session B: 4/16–5/21.

Join this class to refresh your knowledge of Italian through conversation and grammar updates. Enjoy Italy—virtually—as you practice Italiano through conversation, reading, writing, films, games and songs. *Class size is limited, so please register by 3/1. Fee: \$48 for each 6-week session.*

FRENCH CONVERSATION CIRCLE with Alysse Anton

Tuesdays, 1:30–2:30. Session A: 3/9–4/13. Session B: 4/20–5/25.

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 or articles you'll review before class. Not intended for beginning French speakers. *Class size is limited; please register by 3/5. Fee: \$48 for each 6-week session.*

FRENCH COFFEE CLUB with Alysse Anton

Friday mornings, 9:00–10:00. Session A: 3/12–4/16. Session B: 4/23–5/28.

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. This conversation class is not intended for beginning French speakers. *Class size is limited, please register by 3/9. Fee: \$48 for each 6-week session.*

FRENCH CONVERSATION GATHERING with Roberta Whitmore

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. We hope that everyone will take the opportunity to speak, and when useful, we will explain to others what words were used and offer communication pointers. This gathering is not intended for beginning French speakers, nor advanced French speakers. *No fee.*

SPANISH CONVERSATION with Linda Gilbert

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

This self-directed 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. Ongoing.

Twice a month, the men gather for (virtual) breakfast and conversation. The group has migrated to an online Zoom format and continues to have presentations on a variety of interesting topics. It's worth a visit!

Please register by the Tuesday before to get the invitation/link.

> *To register and pay for courses, please see the box on Page 1.* <

• EXERCISE & HEALTH •

Unless otherwise indicated, the reduced fees for exercise classes are \$5 per class. For a course that has limited, set dates, payment for the entire series is requested by the start of the course. For ongoing exercise classes, attendance can be totaled and paid by check at the end of each month. Remember to write the full titles of the classes you are paying for on your check memo line.

Please see the box on Page 1 for the mailing address.

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: COMPREHENSIVE EXERCISE

Tuesday and Thursday mornings, 11:00–11:45.

Session A: 3/2–4/8. Session B: 4/13–5/20.

Physical therapists from Dee Physical Therapy will lead two, 6-week courses designed to improve your balance and reduce fall risk. This program consists of two classes per week with progressive advancement towards more complex balance exercises. Appropriate for individuals of varied balance abilities; recommendations will be made to adjust exercise difficulty. Newcomers welcome. *Fee: Each session \$45 for 12 classes. (Please pay at the start of each of these series. For how to send payment, please see Page 1.)*

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.

ESSENTRICS™ with Sherry Senior

Wednesday mornings, 8:30–9:30. (no class 4/21) Ongoing.

Friday mornings, 9:30–10:30. (no class 4/23) Ongoing.

As seen on PBS, an ESSENTRICS™ session provides a full-body, weight-free workout that improves how you feel in your body. A dynamic combination of stretching and strengthening works through all the joints and releases tight muscles. It promotes improvement in flexibility, mobility, and posture, as well as relief of pain. You'll need a mat and some water.

GENTLE YOGA with Jane Pottmeyer and Jean White

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

A gentle-paced class that will cover all aspects of yoga, including meditation, breathwork and postures, for flexibility and strength. Suggestions will be given for adapting, although students are encouraged to do only what they know is best for their body.

MINDFULNESS for LIFE – INTRO with Jill Abilock.

Monday mornings, 10:00–11:00. Dates: 3/8–4/12. (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, as well as deepen fulfillment from all of life's joys. Beginners welcome. *Suggested donation: \$30 for the series.*

MINDFULNESS for LIFE – INTERMEDIATE with Jill Abilock

Monday afternoons, 1:00–2:00. Dates: 3/8–4/12. (6 weeks)

Deepen your practice and further enhance your experience of life, one moment at a time! This 6-week course offers a series of next-level techniques for participants who have completed a Mindfulness for Life Intro course and/or have regularly attended the Mindfulness Meditation Practice sessions on Wednesdays. *Suggested donation: \$30 for the series.*

MINDFULNESS MEDITATION PRACTICE 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. *No fee.*

PILATES with Phyllis Bartling

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

This Pilates class, for folks 55+, is designed to be challenging and safe. Pilates specifically targets the core muscle groups to improve balance, strength and posture. Pilates exercises are done on the floor on mats; includes upper-body strength work with hand weights. Bring a small rolled-up towel to put under your head.

PILATES PLUS+ with Phyllis Bartling

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

Pilates Plus+ takes it "up a notch" and is a bit more challenging, but still safe! We move at a faster pace, sometimes using chairs along with the weights and Pilates floor exercises. The goal remains the same: to target the core muscle groups to improve and maintain balance, strength and good posture.

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.

T'AI CHI PRACTICE–ADVANCED with Marty Morrissey

Thursday mornings, 11:00–12:00. [This in-person course is currently on hold.]

BLOOD DRIVE with the American Red Cross

Thursday, 2:00–7:00. Date: 4/15.

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. *Please note that strict Covid health protocols will be followed for the safety of those participating in this event.*

• OUTDOORS •

BIRDING EXPEDITIONS with Hank Kaestner

Please meet at the Center 10 minutes prior to our 9 a.m. departure so we can carpool to the location for spectacular bird watching. Good views are guaranteed through Hank's 'Oh-my-God' telescope.

Registration begins 3/01: Send your name, phone number, and date/s you wish to join to CSCbirding@gmavt.net. No fee. Group size limited.

Trip #1: Wed., 3/10 Trip #2: Wed., 4/07 Trip #3: Wed., 5/05

SPRING TRAIL WALKS with Teri Fitz-Gerald

Meet at the Center at 9 a.m. for departure to our destination. Wear good hiking or walking shoes, bring water and a snack, and bug repellent if desired. *To register, and for more information, please contact Teri directly at: tfg417@gmail.com. No fee.*

Hike #1: Tues., 4/20 – Charlotte Park & Wildlife Refuge

Hike #2: Tues., 4/27 – Mt. Philo State Park, road to the top

Hike #3: Tues., 5/04 – Red Rocks Park, Burlington

Hike #4: Tues., 5/11 – Rokeby Museum Trails

Visit our website at CharlotteSeniorCenterVT.org

• LECTURES & EVENTS •

Wednesdays at 1:00 via Zoom, unless otherwise indicated.
 Invitations/links to lectures are posted by the day prior on the
 Center website: CharlotteSeniorCenterVT.org.
 ~ Registration is not required. Free. ~

3/10: BEEKEEPING & PEACE-MAKING with Anne Outwater

After being a first responder at the bombing of the U.S. Embassy in Dar es Salaam, Dr. Outwater has been dedicated to the prevention of violence. Her research findings, interventions and next steps include entrepreneurship and beekeeping – drawing on her experiences growing up in Vermont. *Anne Outwater, PhD, RN, is a faculty member at Muhimbili University of Health and Allied Sciences in Dar es Salaam, Tanzania.*

3/17: COMPOSTING FOR EVERYONE with Natasha Duarte

Confused about the new “compost law?” Join Natasha, the Director of the Composting Association, to get your questions answered. Composting supports healthy, resilient communities and the environment. Learn a simple technique for successful backyard composting as well as what options you have if you aren’t interested or able to compost at home.

3/24: PREPARING YOUR ADVANCED DIRECTIVE with Tina D’Amato, DO

This interactive presentation will review the Vermont Advanced Directive Form, clarify its wording, show how to register the form once complete, and clarify differences between DNR/DNI and “full code.” We will also spend some time on how to update your advanced directive, if necessary. *Dr. D’Amato is a family medicine physician at Charlotte Family Health.*

3/31: THE POWER OF A POWER OF ATTORNEY with Leah Burdick, Esq.

A legal Power of Attorney document can be a powerful tool to safeguard your financial well-being. This talk will explain the ins and outs of what a Power of Attorney document is, how it is created, and what it means to be a named agent in a Power of Attorney under Vermont law. *Leah Burdick, Esq., is an Elder Law attorney within the Elder Law Project at Vermont Legal Aid, Inc.*

4/07: COVID UPDATE: THE FIRST HUNDRED DAYS with Jim Hyde

With only three weeks to go before the end of the first hundred days of the Biden administration, we will look at what progress has been made in gaining control of the pandemic. The focus will be on vaccination rates, access to testing and control of community spread of coronavirus. There will be time for Q & A. *Jim Hyde is a Professor Emeritus of Public Health at the Tufts University School of Medicine and former Director of Preventive Medicine at the Massachusetts Dept. of Public Health.*

4/14: DESIGNING SACRED SPACE: DISCOVERY with Ann Vivian

It’s likely each of us can recall times in our lives when we have felt embraced by sacred space. What are characteristics of spaces we experience – or remember – or imagine that feel sacred to us? What does the idea of sacred space contribute to nurturing and sustaining community? Ann will talk about her experience designing sacred spaces for religious communities, as well as some spaces that have particularly influenced her work. *Ann is partner at G-V-V (Guillot-Vivian-Viehmman) Architects in Burlington and is a graduate of Rhode Island School of Design and Andover Newton Theological School.*

4/21: VERMONT in DEEP TIME with Craig Heindel

Take a geologic journey through earth’s history, and learn how Vermont, the Champlain Valley and New England were formed. How did it happen that Vermont’s Green Mountains are more similar to the mountains of Sweden and Norway and to the Atlas Mountains of North Africa than to the Adirondacks and the White Mountains? *Craig Heindel, a consulting groundwater geologist, has lived in the Champlain Valley and explored the region since his graduate-school days at UVM in the mid-1970s.*

4/28: CONSERVATION of YOUR HEIRLOOMS with Rick Kerschner

Objects Conservator Rick Kerschner will evaluate your heirloom’s condition online and advise on how to preserve it, whether conservation treatment is necessary, and how to find a qualified conservator. Join the meeting using the Zoom mobile phone app, and place heirlooms on a table so all sides can be easily viewed using your phone. This virtual platform enables viewing furniture, paintings or other heirlooms difficult to transport. He cannot address value. *Richard Kerschner is Conservator Emeritus, Shelburne Museum.*

5/05: THE ELECTORAL COLLEGE: A DISASTER FOR DEMOCRACY with Jesse Wegman

The framers of the Constitution battled over it. Lawmakers have tried to amend or abolish it more than 700 times. To this day, millions of voters, and even members of Congress, misunderstand how it works. How can we tolerate it when every vote does not count the same, and the candidate who gets the most votes can lose? There is a way we can at long last make every vote in the United States count—and restore belief in our democratic system. *Jesse Wegman is a member of the New York Times editorial board, where he has written about the Supreme Court and legal affairs since 2013.*

Thurs., 5/13: “LIVE FREE OR DIE” IN CHINA with Tao Sun

Learn about the tragic story of a U.S.-educated English literature scholar who went back to China right after the Communist Party came to power. In his autobiography, Prof. Wu tells of being imprisoned and publicly shamed after being labeled as an “ultra-rightist.” Targeted because he was outspoken, he liked to repeat the phrase, “Live Free or Die.” Despite its dramatic economic growth, China still pays only lip service to the protection of free speech, as written into its constitution. Censorship by the one-party state was partially responsible for the spread of coronavirus in China and beyond. *Dr. Sun is associate professor of public communication at UVM and a former news editor in China.*

5/19: AMAZING LIBRARIES of the WORLD with Margaret Woodruff

From the clay tablets and papyrus of ancient civilizations to the digital downloads of today, the thread of library history is information. The power and prestige of the written word led to the development of majestic spaces to house these collections. Join Margaret Woodruff, Director of the Charlotte Library, for a virtual tour of libraries past and present. We’ll consider what future libraries will offer as places of access and resource. *Co-sponsored by Charlotte Public Library.*



5/26: INSIDE the INTERNET: HOW IT WORKS with Brian Bock

Did you know that the Internet of today evolved out of a military project which was actually designed to survive a nuclear war? What do acronyms like HTTP or DNS mean and why are they important? Find out how the Internet really works from a technical perspective – but geared toward the non-techie. At the end, you will have a chance to ask your burning questions. *Brian Bock has worked online his entire career and in 1996 started his own Internet-based software development firm.*

March 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 • 9:30 Chair Yoga • 11:00 Gentle Yoga • 2:00 French Conv. Gathering	2 • 9:00 Pilates Plus • 10:30 T'ai Chi–Begin. • 11:00 Better Balance–A • 11:00 Spanish Conv. • 1:30 French Book Club	3 • 8:30 Essentrics • 9:30 Chair Yoga • 2:30 Mindfulness Med. Practice	4 • 8:30 Pilates • 10:00 Memoir Writing • 11:00 T'ai Chi–Begin. • 11:00 Better Balance–A	5 • 9:00 French Coffee Club • 9:30 Essentrics • 1:00 Italian Begin.–A • 2:30 Italian Intro–A • 3:00 Italian Refresher–A	6
7	8 • 9:30 Chair Yoga • 10:00 Mindfulness–Intro • 11:00 Gentle Yoga • 1:00 Mindfulness–Inter. • 2:00 French Conv. Gathering	9 • 9:00 Pilates Plus • 10:30 T'ai Chi–Begin. • 11:00 Better Balance–A • 11:00 Spanish Conv. • 1:30 French Conv. Circle–A	10 • 8:30 Essentrics • 9:00 Birding Trip #1 • 9:30 Chair Yoga ★ ★ 1 pm Beekeeping & Peace-Making ★ ★ • 2:30 Mindfulness Med. Practice	11 • 8:00 Gents Breakfast • 8:30 Pilates • 10:00 Memoir Writing • 10:30 T'ai Chi–Begin. • 11:00 Better Balance–A	12 • 9:00 French Coffee Club–A • 9:30 Essentrics • 11:00 Writing Your Story • 1:00 Italian Begin.–A • 2:30 Italian Intro–A • 3:00 Italian Refresher–A	13
14	15 • 9:30 Chair Yoga • 10:00 Mindfulness–Intro • 11:00 Gentle Yoga • 11:00 Book Group • 1:00 Mindfulness–Inter. • 2:00 French Conv. Gath.	16 • 9:00 Pilates Plus • 10:30 T'ai Chi–Begin. • 11:00 Better Balance–A • 11:00 Spanish Conv. • 1:30 French Conv. Circle–A	17 • 8:30 Essentrics • 9:30 Chair Yoga ★ ★ 1 pm Composting for Everyone ★ ★ • 2:30 Mindfulness Med. Practice	18 • 8:30 Pilates • 10:00 Memoir Writing • 11:00 T'ai Chi–Begin. • 11:00 Better Balance–A • 2:00 Play Reading	19 • 9:00 French Coffee Club–A • 9:30 Essentrics • 11:00 Writing Your Story • 1:00 Italian Begin.–A • 2:30 Italian Intro–A • 3:00 Italian Refresher–A	20
21	22 • 9:30 Chair Yoga • 10:00 Mindfulness–Intro • 11:00 Gentle Yoga • 11:00 Book Group • 1:00 Mindfulness–Inter. • 2:00 French Conv. Gath.	23 • 9:00 Pilates Plus • 9:00 Watercolor Workshop • 10:30 T'ai Chi–Begin. • 11:00 Better Balance–A • 11:00 Spanish Conv. • 1:30 French Conv. Circle–A	24 • 8:30 Essentrics • 9:30 Chair Yoga ★ ★ 1 pm Preparing Your Advanced Directive ★ ★ • 2:30 Mindfulness Med. Practice	25 • 8:00 Gents Breakfast • 8:30 Pilates • 10:00 Memoir Writing • 10:30 T'ai Chi–Begin. • 11:00 Better Balance–A	26 • 9:00 French Coffee Club–A • 9:30 Essentrics • 11:00 Writing Your Story • 1:00 Italian Begin.–A • 2:30 Italian Intro–A • 3:00 Italian Refresher–A	27
28	29 • 9:30 Chair Yoga • 10:00 Mindfulness–Intro • 11:00 Gentle Yoga • 11:00 Book Group • 1:00 Mindfulness–Inter. • 2:00 French Conv. Gath.	30 • 9:00 Pilates Plus • 9:00 Watercolor Workshop • 10:30 T'ai Chi–Begin. • 11:00 Better Balance–A • 11:00 Spanish Conv. • 1:30 French Conv. Circle–A	31 • 8:30 Essentrics • 9:30 Chair Yoga ★ ★ 1 pm The Power of a Power of Attorney ★ ★ • 2:30 Mindfulness Med. Practice			


April 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 • 8:30 Pilates • 10:00 Memoir Writing • 11:00 T'ai Chi-Begin. • 11:00 Better Balance-A • 1:00 Spiritual Autobiography	2 • 9:00 French Coffee Club-A • 9:30 Essentrics • 11:00 Writing Your Story • 1:00 Italian Begin.-A • 2:30 Italian Intro-A • 3:00 Italian Refresher-A	3
4	5 • 9:30 Chair Yoga • 10:00 Mindfulness-Intro • 11:00 Gentle Yoga • 11:00 Book Group • 1:00 Mindfulness-Inter. • 2:00 French Conv. Gath.	6 • 9:00 Pilates Plus • 10:30 T'ai Chi-Begin. • 11:00 Better Balance-A • 11:00 Spanish Conv. • 1:30 French Conv. Circle-A	7 • 8:30 Essentrics • 9:00 Birding Trip #2 • 9:30 Chair Yoga ★★ 1 pm COVID-19 Update ★★ • 2:30 Mindfulness Med. Practice	8 • 8:00 Gents Brkfst • 8:30 Pilates • 10:00 Memoir Writing • 11:00 T'ai Chi-Begin. • 11:00 Better Balance-A • 1:00 Spiritual Autbio. • 6:30 Screen Writing	9 • 9:00 French Coffee Club-A • 9:30 Essentrics • 1:00 Italian Begin.-A • 2:30 Italian Intro-A • 3:00 Italian Refresher-A	10
11	12 • 9:30 Chair Yoga • 10:00 Mindfulness-Intro • 11:00 Gentle Yoga • 1:00 Mindfulness-Inter. • 2:00 French Conv. Gath.	13 • 9:00 Pilates Plus • 10:30 T'ai Chi-Begin. • 11:00 Better Balance-A • 11:00 Spanish Conv. • 1:30 French Conv. Circle-A	14 • 8:30 Essentrics • 9:30 Chair Yoga • 11:00 Conflict Resolution ★★ 1 pm Designing Sacred Space ★★ • 2:30 Mindfulness Med. Practice	15 • 8:30 Pilates • 10:00 Mem. Write • 11:00 T'ai Chi-Begin. • 11:00 Better Balance-B • 1:00 Spiritual Autbio. • 2:00 BLOOD DRIVE • 2:00 Play Reading • 6:30 Screen Writing	16 • 9:00 French Coffee Club-A • 9:30 Essentrics • 11:00 Writing Your Story • 1:00 Italian Begin.-B • 2:30 Italian Intro-B • 3:00 Italian Refresher-B	17
18	19 • 9:30 Chair Yoga • 11:00 Gentle Yoga • 2:00 French Conv. Gath.	20 • 9:00 Pilates Plus • 9:00 Spring Hike #1 • 10:30 T'ai Chi-Begin. • 11:00 Better Balance-B • 11:00 Spanish Conv. • 1:30 French Conv. Circle-B	21 • 9:30 Chair Yoga • 11:00 Conflict Resolution ★★ 1 pm Vermont in Deep Time ★★ • 2:30 Mindfulness Med. Practice	22 • 8:00 Gents Brkfst • 8:30 Pilates • 10:00 Memoir Writing • 11:00 T'ai Chi-Begin. • 11:00 Better Balance-B • 1:00 Spiritual Autbio. • 6:30 Screen Writing	23 • 9:00 French Coffee Club-B • 11:00 Writing Your Story • 1:00 Italian Begin.-B • 2:30 Italian Intro-B • 3:00 Italian Refresher-B	24
25	26 • 9:30 Chair Yoga • 11:00 Gentle Yoga • 11:00 Book Group • 2:00 French Conv. Gath.	27 • 9:00 Pilates Plus • 9:00 Spring Hike #2 • 10:30 T'ai Chi-Begin. • 11:00 Better Balance-B • 11:00 Spanish Conv. • 1:30 French Conv. Circle-B	28 • 8:30 Essentrics • 11:00 Conflict Resolution • 9:30 Chair Yoga ★★ 1 pm Heirloom Clinic ★★ • 2:30 Mindfulness Med. Practice	29 • 8:30 Pilates • 10:00 Mem. Write • 11:00 T'ai Chi-Begin. • 11:00 Better Balance-B • 1:00 Spiritual Autobiography • 6:30 Screen Writing	30 • 9:00 French Coffee Club-B • 9:30 Essentrics • 11:00 Writing Your Story • 1:00 Italian Begin.-B • 2:30 Italian Intro-B • 3:00 Italian Refresher-B	

SENIOR CENTER FUND-RAISING DRIVE POSTPONED

As a result of the COVID-19 pandemic, the Senior Center has postponed its Annual Fund-Raising Drive. In the meantime, if you would like to make a donation, that is always appreciated. Please make your check out to Friends of the Charlotte Senior Center and mail it to P.O. Box 207, Charlotte, VT 05445. Thank you for your support.

May 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 • 9:30 Chair Yoga • 11:00 Gentle Yoga • 2:00 French Conv. Gath.	4 • 9:00 Pilates Plus • 9:00 Spring Hike #3 • 10:30 T'ai Chi-Begin. • 11:00 Better Balance-B • 11:00 Spanish Conv. • 1:30 French Conv. Circle-B	5 • 8:30 Essentrics • 9:00 Birding Trip #3 • 9:30 Chair Yoga • 11:00 Conflict Resolution ★★ 1 pm Electoral College: Disaster for Democracy ★★ • 2:30 Mindfulness Med. Practice	6 • 8:30 Pilates • 10:00 Mem. Write • 11:00 T'ai Chi-Begin. • 11:00 Better Balance-B • 1:00 Spiritual Autobiography • 6:30 Screen Writing	7 • 9:00 French Coffee Club-B • 9:30 Essentrics • 11:00 Writing Your Story • 1:00 Italian Begin.-B • 2:30 Italian Intro-B • 3:00 Italian Refresher-B	8
9	10 • 9:30 Chair Yoga • 11:00 Gentle Yoga • 2:00 French Conv. Gath.	11 • 9:00 Pilates Plus • 9:00 Spring Hike #4 • 10:30 T'ai Chi-Begin. • 11:00 Better Balance-B • 11:00 Spanish Conv. • 1:30 French Conv. Circle-B	12 • 8:30 Essentrics • 9:30 Chair Yoga • 11:00 Conflict Resolution • 2:30 Mindfulness Med. Practice	13 • 8:00 Gents Brkfst • 8:30 Pilates • 10:00 Memoir Writing • 11:00 T'ai Chi-Begin. • 11:00 Better Balance-B ★★ 1 pm "Live Free or Die" in China ★★ • 6:30 Screen Writing	14 • 9:00 French Coffee Club-B • 9:30 Essentrics • 1:00 Italian Begin.-B • 2:30 Italian Intro-B • 3:00 Italian Refresher-B	15
16	17 • 9:30 Chair Yoga • 11:00 Gentle Yoga • 11:00 Book Group • 2:00 French Conv. Gath.	18 • 9:00 Pilates Plus • 10:30 T'ai Chi-Begin. • 11:00 Better Balance-B • 11:00 Spanish Conv. • 1:30 French Conv. Circle-B	19 • 8:30 Essentrics • 9:30 Chair Yoga • 11:00 Conflict Resolution ★★ 1 pm Amazing Libraries of the World ★★ • 2:30 Mindfulness Med. Practice	20 • 8:30 Pilates • 10:00 Memoir Writing • 11:00 T'ai Chi-Begin. • 11:00 Better Balance-B • 2:00 Play Reading	21 • 9:00 French Coffee Club-B • 9:30 Essentrics • 1:00 Italian Begin.-B • 2:30 Italian Intro-B • 3:00 Italian Refresher-B	22
23	24 • 9:30 Chair Yoga • 11:00 Gentle Yoga • 2:00 French Conv. Gath.	25 • 9:00 Pilates Plus • 10:30 T'ai Chi-Begin. • 11:00 Spanish Conv. • 1:30 French Conv. Circle-B	26 • 8:30 Essentrics • 9:30 Chair Yoga ★★ 1 pm Inside the Internet ★★ • 2:30 Mindfulness Med. Practice	27 • 8:00 Gents Brkfst • 8:30 Pilates • 10:00 Memoir Writing • 11:00 T'ai Chi-Begin.	28 • 9:00 French Coffee Club-B • 9:30 Essentrics	29
30	31 • 9:30 Chair Yoga • 11:00 Gentle Yoga • 2:00 French Conv. Gath.	