



# Charlotte Senior Center

## October 2022 Newsletter

212 Ferry Road, P.O. Box 207

Charlotte, Vermont 05445

(802) 425-6345 • CharlotteSeniorCenterVT.org



LORI YORK, DIRECTOR • LYORK@CHARLOTTESENIORCENTERVT.org

Kerrie Pughe, Coordinator • KPUGHE@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. We welcome residents from other communities. Senior Center Hours: Monday through Friday, 8:30 a.m. to 4 p.m.

### Outdoor Programs & Trips:

#### Birding Expedition with Hank Kaestner

Wednesday, October 19, 9:00 a.m. departure.

Cost: Free / Registration required.

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. The birding trips are typically from 9:00 a.m.- noon. Group size is limited. To register for the birding trip, email CSCbirding@gmavt.net and include your name and phone number.

#### Croquet with Joan Mollica

Friday afternoons, 1:00–3:00 p.m.

Do you remember passing afternoons playing a game of Croquet with friends and neighbors? Or are you interested in learning how to play Croquet? Join us on Friday afternoons, weather permitting, for a regular game of Croquet at the Senior Center. Questions? If you are interested in playing, contact Joan Mollica at jmollica3@comcast.net.

#### Ethan Allen Homestead Tour

Friday, October 7, 10:00 a.m.–11:30 a.m.

Cost: \$10 / Registration required by Wednesday, October 5.

Visit the Ethan Allen Homestead Museum, with a guided tour of the 235-year-old Allen House, visit Negöni Alnôbaakik, a reconstructed Abenaki village, view the exhibits and explore the reconstructed 18th century colonial garden. See <https://ethanallenhomestead.org>. To register, drop by the Senior Center or call 802-425-6345. Either plan to meet at the Ethan Allen Homestead or coordinate with others to carpool from the Senior Center.

#### Fall Hikes with Mike Yantachka

Join us for two fall hikes and enjoy all the vibrant colors of autumn. Both trails feature roots and rocks that will require sturdy footwear and a hiking stick. There will be several hiking sticks to loan out—please contact Mike if you would like to borrow one. Participants should bring water and a snack. Meet at the Senior Center at 8:45 a.m. We will carpool to the trailhead if possible. For questions, contact Mike at myantachka.dfa@gmail.com or (802)233-5238.

#### Hike Sucker Brook Hollow Trail off Rte.116 in Williston

Wednesday, October 5 / Rain date Thursday, October 6

Cost: Free / Registration required by Monday, October 3.

This trail leads to an overlook, 2.4 miles out and back. This hike is a moderately challenging trail with an elevation gain of 500 feet.

#### Hike Niquette Bay State Park in Colchester

Wednesday, October 12 / Rain date Thursday, October 13

Cost: Free/ Registration required by Monday, October 10.

This trail is a 2.4-mile loop, generally considered easy with an elevation gain of 320 feet.

### Art Programs:

**ART SHOW:** Our Friday morning Arts Group will be displaying their artwork this month. Come check out their work and consider joining the social group on Friday mornings.

#### Arts Group on Friday with Kay George

Fridays, 10:00 a.m.–noon. Cost: Free

You are invited to bring whatever you are working on and enjoy the ideas and encouragement that this friendly and relaxed group has to offer.

#### Card-Crafting Wednesdays with Janice Bauch

Wednesdays, 10:00 a.m.–noon

Bring your supplies and spend the morning creating cards by stamping, embossing, painting, coloring or even using your own photographs. Join us for a morning of creativity and conversation. Scrapbookers are also welcome to join. Questions? Call Janice at 802-598-9333 or email scampert4@comcast.net.

#### Coffee & Canvas–Autumn Inspiration with Sherry Senior

Friday, October 21, 10:30 a.m.–noon.

Cost: \$25 / Register by Wednesday, October 19.

Unlike traditional Paint & Sips, this “Coffee & Canvas” will allow you to explore and create your own unique painting. But don’t worry—there will be plenty of autumn inspiration from landscapes to still life objects from nature. No prior painting experience needed. All materials included. Class limit of 12.

#### Fiber Arts Group with Diane Burgess

Thursdays, 9:15 a.m.–noon. Cost: Free

This is a welcoming place to come and share your love of handwork. Bring your rug hooking, knitting, or other fiber project to work on together.

#### Play Reading with Sue Foley and Wally Gates

Friday, October 20, 2:00–4:30 p.m.

Cost: \$5 suggested donation per reading

This is table reading fun — with no stage fright to get in your way. The group meets monthly and is for people who enjoy reading plays aloud or listening to others perform. We have a good-sized group, but we are always welcoming to newcomers. We have many women to play the roles but are currently short on men. (But that does not prevent us from casting women in the male roles!) No experience is needed. Scripts are provided and parts assigned. If you have any questions or would just like to stop by and listen to the group, feel free to reach out to Sue at ssnfoley@icloud.com.

#### Watercolor–Let’s Paint Autumn! with Lynn Cummings

Tuesdays, 10/4, 10/11, 10/18, 10/25 & 11/1; 9:00 a.m.–noon.

Cost: \$200/ Register by Monday, September 26.

Get out your paints and let’s go! We’ll paint various fall-themed subjects and explore techniques possibly new to you. In the first two classes we’ll concentrate on color choices and blending, as well as painting the negative space and design, while working on fun subjects in a very supportive atmosphere. All levels are welcome. The supply list will be emailed to you upon registration. Minimum: 6, maximum: 10.

Follow us as “CharlotteSeniorCenterVT” on Facebook and Instagram

## Health & Exercise Programs:

### **Bone Builders** with Danielle Schwer & Carol Miklos

*(Formerly Strength Maintenance)*

*Tuesdays & Fridays, 11:00 a.m.–noon.*

*Cost: Free. No registration required.*

RSVP Bone Builders, a program of United Way of Northwest Vermont, is a no-impact, weight-training program designed to prevent and even reverse the negative effects of osteoporosis in older adults. Bone Builders consists of a warmup, balance exercises, arm and leg exercises, and a cool down with stretching.

### **Essentrics**® with Sherry Senior

*Cost: \$8/class. No registration required.*

*Wednesdays, 8:30–9:30 a.m.*

*Fridays, 9:30–10:30 a.m.*

An Essentrics® session provides a full-body, weight-free workout with a dynamic combination of stretching and strengthening that works through all joints and releases tight muscles. Promotes improvement in flexibility, mobility, and posture, as well as relief of pain. Please bring a mat.

### **Meditation** with Charlie Nardozi

*Fridays, 8:00–9:00 a.m.*

*Cost: \$10/class. No registration required.*

Meditation is an easy-to-learn practice that reduces anxiety, stress, pain and depression. In each class we'll quiet the body and mind by doing simple breathing exercises and a seated, eyes-closed guided meditation. All are welcome, no experience necessary.

### **Mindfulness Meditation** with Jill Abilock (Zoom)

*Mondays, 3:45–4:45 p.m. Cost: Free*

*Zoom information provided upon registration.*

Mindfulness meditation is the simple practice of bringing moment-to-moment awareness to our experience. It has been shown to reduce stress, improve health, increase mental clarity, and enhance our enjoyment of life. The techniques offered in this class are designed to be accessible to everyone from beginners to advanced meditators and to be used as much in daily life as when seated in formal practice.

### **Pilates Fitness** with Phyllis Bartling (Hybrid)

*Tuesdays & Thursdays, 8:30–9:30 a.m.\**

*Cost: \$8/class. No registration required.*

*\* Please note there will be no classes the week of October 10.*

This Pilates class, for folks 55+, is designed to be challenging and safe. It includes upper-body strength work with hand weights and mat exercises. We will work core muscles to improve balance, strength, and posture.

### **T'ai Chi Ch'uan for Beginners** with John Creech (Hybrid)

*Thursdays, 10:00–11:00 a.m.*

*Cost: \$8/class. No registration required.*

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** with Katie Franko

*Thursdays, 11:00 a.m.–noon.*

*Cost: Free. No registration required.*

T'ai Chi is an exercise program for mind/body training to help improve balance, flexibility, stability, and overall health. This is not a class with instruction, but rather a practice for students familiar with the form.

### **Chair Exercise** with Tiny Sikkes

*Mondays, 9:30–10:30 a.m.*

*Wednesdays, 10:00–11:00 a.m.\**

*Cost: \$10/class. No registration required.*

*\* There will be no class on Wednesday, October 26.*

Gentle exercises work on strength, balance, and flexibility. This class uses chairs for balance and includes gentle yoga poses, making exercise accessible to those who are challenged by balance, the ability to get on the floor, or any physical limitations.

### **Gentle Yoga** with Heidi Kvasnak

*Mondays, 11:00 a.m.–noon.*

*Cost: \$10/class. No registration required.*

A gentle yoga class that focuses on breath-led movement, building bone strength, and improving mobility, balance, and flexibility. Suggestions are given for adapting the practice. Please bring a blanket or pillow to sit on. Suitable for all levels.

## Music Programs:

### **Ukulele** with John Creech

*Fridays, 1:00–2:00 p.m.*

*Dates: 10/21, 10/28, 11/04, 11/11, 12/02, 12/09*

*Cost: \$75 / Registration required by Friday, October 14.*

Are you interested in learning to play the ukulele? Ukuleles are easy to learn, even if you have no musical background. This group is for anyone who already plays and just wants to play in a group as well as beginners interested in learning. Join John Creech for this fun and easy-going ukulele class on Friday afternoons at the Senior Center. Bring a ukulele, along with an electronic clip-on tuner, and the curiosity for learning something new. If there is interest, we will have a performance at the end of this 6-week class.

### **Shape-Note Singing** with Mark Williams

*Sunday, October 2, 1:00–3:00 p.m. Cost: Free*

Traditional a capella, four-part harmony sung for the joy of singing. . .not as a practice for performance. Search "Sacred Harp" on YouTube for examples. . . then come and sing with us! Introduction to shape notes and scales is recommended and offered 30 minutes before each first Sunday singing. Contact Kerry Cullinan (kclynxvt@gmail.com) to schedule.

## Technology Programs:

### **Thursday Tech Help** with Susanna Kahn

*Thursdays / Cost: Free.*

*Dates: 10/13 & 10/20*

*30-minute appointments scheduled at 1:00 p.m., 1:30 p.m. and 2:00 p.m.*

*Registration required.*

Email enigma? Kindle conundrum? App apprehension? Computer questions? Or maybe you want to learn how to use your library card to read or listen to books on a device.

Sign up for a 30-minute, one-on-one session at the Senior Center with Susanna, Charlotte Library's Technology Librarian, for some tech support! She will troubleshoot with you and will provide suggestions for next steps.

Make sure to bring your device and any necessary login information. When registering, please provide a specific topic/item that you need help with and include the device you will be bringing to the session (e.g. Windows laptop, Mac laptop, Kindle, iPhone, iPad, Android phone, etc.).

## Literature & Language:

### **Current Events** with Mary Donnelly

*Thursdays, Noon–1:00 p.m.*

Join this new group for a weekly informal discussion about what is happening in the news. All are welcome if there is an openness to hearing different viewpoints about the topic being discussed. Feel free to bring your lunch and join us for a lively and open conversation. For questions contact Mary Donnelly at cadanino@gmail.com or 207-807-3874.

### **Short Story Selections** with Margaret Woodruff

*Thursdays, 1:00–2:00 p.m., Zoom*

*Dates: 10/13 & 10/27*

*Cost: Free. Register at the Charlotte Library.*

Join Library Director Margaret Woodruff to share and discuss short stories old and new. The reading list will include a variety of authors, and one or two stories will be featured each session. Copies of the stories available at the library circulation desk or via email. Co-sponsored with The Charlotte Library.

### **Italian for Total Beginners** with Nicole Librandi

*Fridays, 10:00–11:00.*

*Dates: 10/21, 10/28, 11/04, 11/11, 11/18, (5 weeks)*

*Cost: \$50 /Please register by Friday, October 14.*

You've never studied Italian? Do you dream of traveling to Italy and ordering your morning 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!

### **Spanish Conversation** with Bernice Wesseling

*Tuesdays, 10:00–11:00 a.m. / Ongoing.*

The objective of this class is to use the Spanish that you know. We will converse using a list of vocabulary words that will be distributed. At times there will be a grammar lesson that will pertain to the topic at hand. No fee, but at times there will be a request of one dollar to help defray the cost of printing.

## Board & Card Games:

### Backgammon with Jonathan Hart

**Mondays, 2:00–3:30 p.m.\* & 6:30–9:00 p.m.**

\*Please note the new time on Monday afternoons!

Backgammon is a tactical table game with a 5,000-year history. Often played by two people, there's an exciting variant for 3 or more players. Open to all skill levels from Beginner to Advanced. You can just show up for the Monday afternoon Backgammon game. If you are interested in joining the Monday evening group, please contact Jonathan at jonathanhart1@gmail.com.

### Canasta with Sandy Armell

**Fridays, at 1:00 p.m.**

Canasta is a form of rummy using two full decks in which players or partnerships try to meld groups of three or more cards of the same rank and score bonuses for 7-card melds. If you are interested in joining this group or if you have questions, please contact Sandy Armell 802-425-3248.

### Duplicate Bridge with Lane Morrison and Lorna Bates

**Mondays, 12:30–4:00 p.m.**

We play an intermediate level of duplicate bridge using the basic ACBL (American Contract Bridge League) conventions. Names are drawn for partners, and friendly games ensue. Those unfamiliar with duplicate bridge are welcome and paired with an experienced player to help for a few weeks of open dialogue training. We are always looking for new players who have basic bridge knowledge.

### Word Games with Lin Kalson

**Wednesdays, at 3:30 p.m.**

Do you enjoy playing Scrabble but don't have anyone to play with? How about Banagrams or Boggle? Join us for word games at the Senior Center. There are games available, but also feel free to bring your own word games. Questions? Please call Lin Kalson at 608-345-9321 or email lin.linkalson7@gmail.com.

### Shanghai Mahjong with Jean-Carol Dunham, Nan Mason & Nancy Rosenthal

**Tuesdays, 12:45–3:45 p.m.**

New or experienced in the Shanghai style of Mahjong, you are welcome to join this informal get-together. For questions contact: anne.mason@uvm.edu.

### Game Afternoons

**Friday afternoons, drop in between 1:00–4:00 p.m.**

Bring your friends and stop by the Senior Center on Friday afternoons for Game Afternoons. Dominoes, Canasta, Texas Hold'em, Bridge, Backgammon, Banagrams, Cribbage, Scrabble...the opportunities are endless.

## Meals:

### Monday Munch

**Mondays from 11:30 a.m.–12:30 p.m. / No reservation required.**

**Suggested lunch donation of \$5.**

Our volunteer cooks prepare hearty lunches of homemade soup (or chef's choice), salad, bread, and dessert. Meals are served until 12:30 p.m. or when the food runs out!

### Men's Breakfast

**Thursday, October 13, 7:00–9:30 a.m.**

**Register by Tuesday, October 11, by noon.**

**Suggested breakfast donation of \$6.**

On the second Thursday of the month, the men gather for breakfast and conversation.

The guest speaker this month is Kate Lampton from the Charlotte Land Trust (CLT). She will be speaking about the CLT's Study of Farming in Charlotte. See: <https://www.charlottelandtrust.org/publications/charlotte-land-trust-agricultural-landscape-study> To register, contact Tim McCullough at cubnut5@aol.com.

### Grab & Go Meals provided by Age Well

**Registration required. Cost: Free**

Pick up on Thursdays between 10 and 11 a.m. at the Charlotte Senior Center.

Menus are posted on the Senior Center website: [CharlotteSeniorCenterVT.org](http://CharlotteSeniorCenterVT.org).

Pre-register by Monday for the Thursday meal. To register, contact Kerrie Pughe at 802-425-6345 or [Kpughe@CharlotteSeniorCenterVT.org](mailto:Kpughe@CharlotteSeniorCenterVT.org).

## Presentations & Movies:

### Shirley Bean—Reflections on the Charlotte Senior Center

**Video length: 45 minutes**

**Wednesday, October 5, at 1:00 p.m.**

Join us for the story of the Charlotte Senior Center as told by Shirley Bean. An unexpected bequest from the estate of Charlotte resident Walter Irish and his wife, Gertrude, Shirley led a group of community members in fulfilling the requirements of the will, which would provide the funds for a Senior Center. This video was taped on September 11, 2008, at the Senior Center with Bob Chutter, and Don and Betty Ann Lockhart. Shirley's story was transcribed by Diane Nichols.

### Vermont Association for the Blind and Visually Impaired

With Dan Norris, Director of Adult Services

**Wednesday, October 12, at 1:00 p.m.**

Back by popular demand. You will not want to miss this presentation if you or someone you love is experiencing vision loss! Join Dan Norris, Director of Adult Services at the Vermont Association for the Blind and Visually Impaired, for this hour-long interactive presentation. Dan will share the variety of large-print, digital and audio resources that are available to help you to access print and how you can access these resources through smart devices like an iPad or smartphone. Less high-tech solutions include large-print books and audiobooks that can be obtained through the ABLE library (a branch of the state library system) by way of your local library. VABVI is a nonprofit that can also help you to get magnifiers or teach you how to use smart devices to access print. Co-sponsored with the Charlotte Library,

### Dragonheart Vermont

**Wednesday, October 19, at 1:00 p.m. Rescheduled from July.**

**Cost: Free / Register by Monday, October 17.**

In honor of Breast Cancer Awareness month, join Dragonheart Vermont's executive director Nina Atkinson and board chair Pat King for an overview of the Lake Champlain Dragon Boat Festival, benefitting local cancer survivors. They will share stories from the Club Crew World Championships, and what it is like to compete representing Dragonheart Vermont and the United States.

### AARP Smart Driver™ Course

**Wednesday, October 26, 10:30 a.m.–3:30 p.m.**

**Cost: \$25 / \$20 for AARP members**

**Register by Monday, October 17.**

The AARP Smart Driver™ course is designed especially for drivers age 50 and older, will help you refresh your driving skills, and may even help you save on your auto insurance! Members can take the course at a discounted rate. Please plan to bring lunch. Register early as class size is limited to 15. Checks should be made out to AARP.

### Movie Afternoon

**Thursday, October 27, at 1:00 p.m.**

**Cost: Free / Register by Wednesday, 10/26.**

The listing of this movie is posted at the Charlotte Senior Center. Unfortunately, under the requirements of our contract through the Motion Picture Licensing Corporation, we are unable to name the scheduled movies on our website or in our print newsletter that is shared in the larger community. Please call the Senior Center if you are interested in the title of the movie to be shown.

## Community Events:

### BLOOD DRIVE with the American Red Cross

**Thursday, October 6, 2:00–7:00 p.m. at the Charlotte Senior Center**

Please consider donating blood. The Red Cross is experiencing the worst blood shortage in over a decade. Call 1-800-RED-CROSS or visit [RedCrossBlood.org](http://RedCrossBlood.org) and enter: CHARLOTTE to schedule an appointment.

### Annual Meeting of the Friends of Charlotte Senior Center

This year's Annual Membership Meeting will be held on Friday, October 28, at 1:00 p.m. Join us to hear the highlights of this past year and what is being planned moving forward. An update of our financial position will be given, any questions will be answered, and the election of board members will take place. We hope to see you there.

# October 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>3</b></p> <ul style="list-style-type: none"> <li>9:30 Chair Exercise</li> <li>10:30 Book Discussion</li> <li>11:00 Gentle Yoga</li> <li>11:30 Monday Munch</li> <li>12:30 Bridge</li> <li>1:00 Halloween planning mtg.</li> <li>2:00 Backgammon</li> <li>2:30 French (full)</li> <li>3:45 Mindfulness Med. (Zoom)</li> <li>6:30 Backgammon Evenings</li> </ul>	<p><b>4</b></p> <ul style="list-style-type: none"> <li>8:30 Pilates (Hybrid)</li> <li>9:00 Watercolor</li> <li>9:45 Board Meeting</li> <li>10:00 Spanish Conversation</li> <li>11:00 Bone Builders</li> <li>12:45 Mahjong</li> </ul>	<p><b>5</b></p> <ul style="list-style-type: none"> <li>8:30 Essentrics</li> <li>9:00 Fall Hike</li> <li>9:45 Card Crafting</li> <li>10:00 Chair Exercise</li> <li>1:00 Reflections on Senior Center</li> <li>3:30 Word Games</li> <li>7:00 Guitar</li> </ul>	<p><b>6</b></p> <ul style="list-style-type: none"> <li>8:30 Pilates</li> <li>9:00 Hike- Rain Date</li> <li>9:15 Fiber Arts Group</li> <li>10:00 Memoir Writing (full)</li> <li>10:00 Age Well Meals</li> <li>10:00 Tai Chi- Beginner (Hybrid)</li> <li>11:00 Tai Chi Practice</li> <li>12:00 Current Events</li> <li>2:00 Blood Drive</li> </ul>	<p><b>7</b></p> <ul style="list-style-type: none"> <li>8:00 Meditation</li> <li>9:30 Essentrics</li> <li>10:00 Ethan Allen Homestead Tour</li> <li>10:00 Arts Group</li> <li>11:00 Bone Builders</li> <li>1:00 Games Afternoon</li> <li>1:00 Croquet</li> <li>1:00 Canasta</li> </ul>
<p><b>10</b></p> <ul style="list-style-type: none"> <li>9:30 Chair Exercise</li> <li>11:00 Gentle Yoga</li> <li>11:30 Monday Munch</li> <li>11:30 Age Well Rest. Tickets</li> <li>12:30 Bridge</li> <li>1:00 French (Zoom) (full)</li> <li>2:00 Backgammon</li> <li>2:30 French (full)</li> <li>3:45 Mindfulness Med. (Zoom)</li> <li>6:30 Backgammon Evenings</li> </ul>	<p><b>11</b></p> <ul style="list-style-type: none"> <li>9:00 Watercolor</li> <li>10:00 Spanish Conversation</li> <li>11:00 Bone Builders</li> <li>12:45 Mahjong</li> </ul>	<p><b>12</b></p> <ul style="list-style-type: none"> <li>8:30 Essentrics</li> <li>9:00 Fall Hike</li> <li>10:00 Card Crafting</li> <li>10:00 Chair Exercise</li> <li>1:00 Blind &amp; Visually Impaired presentation</li> <li>3:30 Word Games</li> <li>7:00 Guitar</li> </ul>	<p><b>13</b></p> <ul style="list-style-type: none"> <li>7:00 Men's Breakfast</li> <li>9:00 Hike- Rain Date</li> <li>9:15 Fiber Arts Group</li> <li>10:00 Age Well Meals</li> <li>10:00 Memoir Writing (full)</li> <li>10:00 Tai Chi- Beginner (Hybrid)</li> <li>11:00 Tai Chi Practice</li> <li>12:00 Current Events</li> <li>1:00 Short Stories</li> <li>1:00 Tech Help</li> </ul>	<p><b>14</b></p> <ul style="list-style-type: none"> <li>8:00 Meditation</li> <li>9:30 Essentrics</li> <li>10:00 Arts Group</li> <li>11:00 Bone Builders</li> <li>1:00 Games Afternoon</li> <li>1:00 Croquet</li> <li>1:00 Canasta</li> </ul>
<p><b>17</b></p> <ul style="list-style-type: none"> <li>9:30 Chair Exercise</li> <li>10:30 Book Discussion</li> <li>11:00 Gentle Yoga</li> <li>11:30 Monday Munch</li> <li>12:30 Bridge</li> <li>1:00 French (Zoom) (full)</li> <li>2:00 Backgammon</li> <li>2:30 French (full)</li> <li>3:45 Mindfulness Med. (Zoom)</li> <li>6:30 Backgammon Evenings</li> </ul>	<p><b>18</b></p> <ul style="list-style-type: none"> <li>8:30 Pilates (Hybrid)</li> <li>9:00 Watercolor</li> <li>10:00 Spanish Conversation</li> <li>11:00 Bone Builders</li> <li>12:45 Mahjong</li> </ul>	<p><b>19</b></p> <ul style="list-style-type: none"> <li>8:30 Essentrics</li> <li>9:00 Briding Trip</li> <li>10:00 Chair Exercise</li> <li>10:00 Card Crafting</li> <li>1:00 Dragonheart VT presentation</li> <li>3:30 Word Games</li> <li>7:00 Guitar</li> </ul>	<p><b>20</b></p> <ul style="list-style-type: none"> <li>8:30 Pilates</li> <li>9:15 Fiber Arts Group</li> <li>10:00 Age Well Meals</li> <li>10:00 Memoir Writing (full)</li> <li>10:00 Tai Chi- Beginner (Hybrid)</li> <li>11:00 Tai Chi Practice</li> <li>12:00 Current Events</li> <li>1:00 Tech Help</li> <li>2:00 Play Reading</li> </ul>	<p><b>21</b></p> <ul style="list-style-type: none"> <li>8:00 Meditation</li> <li>9:30 Essentrics</li> <li>10:00 Arts Group</li> <li>10:00 Italian</li> <li>10:30 Coffee &amp; Canvas</li> <li>11:00 Bone Builders</li> <li>1:00 Games Afternoon</li> <li>1:00 Croquet</li> <li>1:00 Canasta</li> <li>1:00 Ukulele</li> </ul>
<p><b>24</b></p> <ul style="list-style-type: none"> <li>9:30 Chair Exercise</li> <li>11:00 Gentle Yoga</li> <li>11:30 Monday Munch</li> <li>12:30 Bridge</li> <li>1:00 French (Zoom) (full)</li> <li>2:00 Backgammon</li> <li>2:30 French (full)</li> <li>3:45 Mindfulness Med. (Zoom)</li> <li>6:30 Backgammon Evenings</li> </ul>	<p><b>25</b></p> <ul style="list-style-type: none"> <li>8:30 Pilates (Hybrid)</li> <li>9:00 Watercolor</li> <li>10:00 Spanish Conversation</li> <li>11:00 Bone Builders</li> <li>12:45 Mahjong</li> </ul>	<p><b>26</b></p> <ul style="list-style-type: none"> <li>8:30 Essentrics</li> <li>10:00 Card Crafting</li> <li>10:30 Driver Safety</li> <li>3:30 Word Games</li> <li>7:00 Guitar</li> </ul>	<p><b>27</b></p> <ul style="list-style-type: none"> <li>8:30 Pilates</li> <li>9:15 Fiber Arts Group</li> <li>10:00 Age Well Meals</li> <li>10:00 Memoir Writing (full)</li> <li>10:00 Tai Chi- Beginner (Hybrid)</li> <li>11:00 Tai Chi Practice</li> <li>12:00 Current Events</li> <li>1:00 Movie Afternoon</li> <li>1:00 Short Stories (Zoom)</li> </ul>	<p><b>28</b></p> <ul style="list-style-type: none"> <li>8:00 Meditation</li> <li>9:30 Essentrics</li> <li>10:00 Arts Group</li> <li>10:00 Italian</li> <li>11:00 Bone Builders</li> <li>1:00 CSC Annual Meeting</li> <li>1:00 Games Afternoon</li> <li>1:00 Croquet</li> <li>1:00 Canasta</li> <li>1:00 Ukulele</li> <li>2:00 Halloween Treat Assembly</li> </ul>

## 31 Halloween

- 9:30 Chair Exercise
- 10:30 Book Discussion
- 11:00 Gentle Yoga
- 11:30 Halloween Lunch
- 12:30 Bridge
- 1:00 French (Zoom) (full)
- 2:00 Backgammon
- 2:30 French (full)
- 3:45 Mindfulness Med. (Zoom)
- 6:30 Backgammon Evenings



Residents from other communities are always welcome. Our mission is to serve those over 50. We are located at 212 Ferry Road, Charlotte, just across from the post office.

### Contact Us:

Hours are M-F from 8:30-4.  
 (802) 425-6345 • [CharlotteSeniorCenterVT.org](http://CharlotteSeniorCenterVT.org)  
 Follow us as "CharlotteSeniorCenterVT" on Facebook and Instagram.

### Sign up for our

## WEEK AHEAD e-newsletter

Interested in receiving a weekly reminder about what is happening at the Senior Center? Sign up for the email newsletters at [charlotteseniorcentervt.org](http://charlotteseniorcentervt.org). The "Week Ahead" emails sent out on Friday mornings with activities, lunch menus, and special programming for the upcoming week.

# Halloween at the Senior Center:

## LOOKING FOR HALLOWEEN VOLUNTEERS!

Do you enjoy Halloween? Are you a baker who enjoys making treats? Or would you like to help decorate the Senior Center?

Join us for the Halloween Planning Meeting on Monday, October 3, at 1:00 p.m. We are looking for volunteers to be part of the Halloween festivities at the Center. If you are unable to attend this meeting and would like to volunteer or have questions, please contact Susan Hyde at [susanfosterhyde@gmail.com](mailto:susanfosterhyde@gmail.com).

### Halloween Planning Meeting

Monday, October 3, 1:00 p.m.

### Halloween Bakers

Sign-up sheets will be at the Senior Center for bakers to make our traditional fudge and Rice Krispies treats to be handed out on Halloween eve to the children in the community. Ingredients will be provided.

### Halloween Treat Assembly

Friday, October 28, 2:00 p.m.

### Halloween Decorating Committee

Date & Time, TBD

### Trick or Treat at the Senior Center

The Charlotte Senior Center joins the town in the annual trick-or-treat festivities. If you are interested in dressing up in costume and handing out treats, please attend our Halloween Planning Meeting on October 3 at 1:00 p.m. or contact Susan Hyde at [susanfosterhyde@gmail.com](mailto:susanfosterhyde@gmail.com).

### Monday Halloween Lunch

Monday, October 31, 11:30-12:30

No registration required. Suggested \$5 lunch donation.

Join us for a festive Halloween lunch. There will be a costume contest (costumes are optional). Wear your Halloween costume, mask or hat! Halloween treat bags and hopefully no tricks! Join us! Food available until we run out!

## Events & Trips:

Registration details listed inside the newsletter.

### Shape-Note Singing

Sunday, October 2, 1:00-3:00 p.m.

### Halloween Planning Meeting

Monday, October 3, 1:00 p.m.

### Fall Hike-Sucker Brook Hollow Trail

Wednesday, October 6, at 9:00 a.m.

### Rain Date: Thursday, October 7, at 9:00 a.m.

### Shirley Bean-Reflections on the Senior Center

Wednesday, October 6, at 1:00 p.m.

### BLOOD DRIVE- American Red Cross

Thursday, October 6, 2:00-7:00 p.m.

### Ethan Allen Homestead Tour

Friday, October 7, 10:00-11:30 p.m.

### Fall Hike-Niquette Bay State Park

Wednesday, October 12, at 9:00 a.m.

### Rain Date: Thursday, October 13, at 9:00 a.m.

### VT Association of the Blind & Visually Impaired

Wednesday, October 12, at 1:00 p.m.

### Birding Expedition

Wednesday, October 19, at 9:00 a.m.

### Dragonheart VT

Wednesday, October 19, 1:00 p.m.

### AARP Driver Safety Program

Wednesday, October 26, 10:30 a.m.-3:30 p.m.

### Movie Afternoon

Thursday, October 27, 1:00 p.m.

### Friends Annual Meeting

Friday, October 28, 1:00 p.m.

### Halloween Treat Assembly

Friday, October 28, 2:00 p.m.

### Halloween Lunch

Monday, October 31, 11:30-12:30 p.m.

## How to Register:

You can register in person at the Center, by mail, or by phone at 802-425-6345. Some activities require registration directly with the program leader and will be noted in the program description. Most of our exercise classes do not require registration unless the class is offered on Zoom.

## How to Pay:

Payment and registration are separate processes; be sure to register if the program requires registration. You may drop off your cash or check payment at the Center, or mail a check to **P.O. Box 207, Charlotte, VT 05445.**

Please make your check out to Charlotte Senior Center (CSC), and write the full name of the course in the memo section of your check.

## VOLUNTEER OPPORTUNITIES

The Charlotte Senior Center would not be able to provide the wide variety of programming without the support of our dedicated volunteers. There are several opportunities to volunteer—from joining our cooking teams, helping out as a dishwasher or welcoming our visitors and answering questions as a reception desk host. Please share your time and talents so that together we can build a stronger community.

If you are interested in volunteering, please contact Kerrie Pugh at 802-425-6345 or [KPugh@CharlotteSeniorCenterVT.org](mailto:KPugh@CharlotteSeniorCenterVT.org).