



# Charlotte Senior Center

## November-December 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.

### Music Programs:

#### Guitar- Beginner II with John Creech

Wednesdays, 11/2, 11/9, 11/16, 11/30 & 12/7, 12/14  
7:00–8:00 p.m.

Cost: \$75 / Registration required by Monday, October 31.

Interested in learning guitar? This class is for those who have a basic understanding of beginner guitar and is a continuation of the fall Beginner Guitar 6-week class. Join us for adult guitar lessons on Wednesday evenings at the Senior Center. If you have questions about whether this class would be appropriate for your specific skill level, please reach out to John Creech at sonjohncreech@gmail.com.

#### Shape-Note Singing with Mark Williams

Sunday, November 6 & December 4, 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.

### Community Events:

#### BLOOD DRIVE with the American Red Cross

Thursday, December 8, 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 and enter: CHARLOTTE to schedule an appointment.

### Technology:

#### Thursday Tech Help with Susanna Kahn

Thursdays / Cost: Free.

Dates: 11/10 & 12/1

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

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

Thursday, November 17 & December 15, 1:00-3:30 p.m.

Cost: Free.

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.

#### Short Story Selections with Margaret Woodruff

Wednesdays, 1:00–2:00 p.m., Zoom

Dates: 11/9 & 12/7

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.

#### Spanish Conversation with Bernice Wesseling

Tuesdays, 10:00–11:00 a.m.

November 1, 8, and 15. Cost: Free.

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.

### HOLIDAY HOURS AT THE SENIOR CENTER

Wednesday, Nov. 23	Closing at noon.
Thursday, Nov. 24	Closed for Thanksgiving.
Friday, Nov. 25	Closed.
Friday, Dec. 23	Closing at noon.
Monday, Dec. 26	Closed in observance of Christmas.
Monday, Jan. 2	Closed in observance of New Year’s Day.

\*For the week between Christmas and New Year’s (12/27-12-30), the Senior Center will be closing at noon.

Follow us as “CharlotteSeniorCenterVT” on Facebook and Instagram

## Art Programs:

### NOVEMBER ARTIST EXHIBIT:

OUR FRIDAY MORNING ARTS GROUP WILL BE DISPLAYING THEIR ARTWORK THIS MONTH THAT SHOWCASES A WIDE VARIETY OF MEDIUMS.

### Artist Reception

Join us for an Artists' Reception on Friday, November 4, 1:00-2:30 p.m.

The Friday morning arts group's exhibit includes multiple artists with a variety of mediums. Meet the artists, view the exhibit and enjoy some light refreshments. The Friday morning arts group will be exhibiting through the end of November.

### December Artist Exhibit:

**Wind Castles—and Beyond - a Photography Show by Rachel Doran**

Rachel Doran has been exhibiting for about 25 years. This exhibit includes many photographs of Vermont landscapes, as well as glimpses of New York State and Ontario, Canada. It is designed to show the beauty around us, as well as hints of what is happening because of climate change.

### Arts Group on Friday with Kay George

Fridays, 10:00 a.m.–noon. Cost: Free.

\*The group will not meet on Friday, December 30

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\*, 10:00a.m.–noon

\* No gathering on Wednesday, November 23.

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 welcomed to join. Questions? Call Janice at 802-598-9333 or email scampert4@comcast.net.

### Coffee & Canvas with Sherry Senior

Cost: \$25 / Registration & payment required to hold your space.

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 inspiration. No prior painting experience needed. All materials included. Class limit of 12

#### "Explore Your Own Vision"

Friday, November 18, 10:30 a.m.–noon.

Register and payment by Wednesday, November 16.

Do you have a painting that you would like to create for a gift? Or have you always wanted to paint a specific subject? Sherry will have a book filled with inspirational pictures, but feel free to bring photos from home.

#### "Winterscapes"

Friday, December 16, 10:30 a.m.–noon.

Register and payment by Wednesday, December 14.

In this workshop, the theme will be everything winter with lots of inspirational pictures to use as references.

### Collage Fun! with Lynn Cummings

Sunday, December 11, noon-4:00 p.m.

Cost: \$55 (bring ALL your own materials) or

Cost: \$65 (bring some materials, collage papers provided for you)

Registration & payment required by December 5 to hold your space.

Whether you are a watercolor or acrylic painter, or maybe aren't a painter at all, everyone can learn to make interesting collages. In this very creative and instructive workshop, you will work with a variety of materials to create a collage to take home with you. Please register by December 5 and be sure to leave your email address when you register. When registering, let the host know whether you will be providing all your own supplies or interested in having collage papers provided.

### 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.

## Health & Exercise Programs:

**Bone Builders** with Katie Franko, Carol Miklos, Carol Pepin & Mary Van Vleck

Tuesdays & Fridays, 10:30–11:30 a.m. Cost: Free.

No pre-registration required, but there will be paperwork to complete for the RSVP Bone Builders program.

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.

Mondays & Wednesdays, 8:30–9:15 a.m.

Fridays, 9:30–10:15 a.m.

\* There will be no Essentrics classes the week of December 26.

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.

\* No class on December 23.

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.

\* No class on December 26 and January 2.

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 for in-person classes.

Zoom information provided when registering to attend class online.

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.

**Tai Chi Ch'uan for Beginners** with John Creech (Hybrid)

Thursdays, 10:00–11:00 a.m.

Cost: \$8/class. No registration required for in-person classes.

Zoom information provided when registering to attend class online.

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.

**Tai Chi Practice** with Katie Franko

Thursdays, 11:00 a.m.–noon.

Cost: Free. No registration required.

Tai 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.

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.

## Presentations & Movies:

**Poetry about Charlotte Park & Wildlife Refuge** With Dan Close  
*Thursday, November 3, at 1:00 p.m.*  
*Cost: Free / Register by Tuesday, November 1.*

Join Dan Close, poet and novelist and member of the Poetry Society of Vermont, Burlington Writers, and Peace Corps Writers, as he presents his poetry about the Charlotte Park & Wildlife Refuge. The reading will be accompanied by slides of the wildlife refuge. Co-sponsored with the Charlotte Library.

**Open Discussion with Charlotte Volunteer  
Fire and Rescue Services** With Ginger Parent, Community Outreach  
*Thursday, November 10, at 1:00 p.m.*  
*Cost: Free / Register by Tuesday, November 8.*

Please join AEMT/Firefighter Ginger Parent for an open discussion. Topics include CVFRS role in the community, home safety, winter driving, using 911, and possible future community classes. Co-sponsored with the Charlotte Library.

### The Charlotte Grange

*Thursday, November 17, at 1:00 p.m.*  
*Cost: Free / Register by Tuesday, November 15.*

Join Charlotte Grange members to learn about the importance of having a vibrant Grange in our community and what is the Charlotte Grange's vision moving forward.

### The Quinlan Schoolhouse

*Thursday, December 1, at 1:00 p.m.*  
*Cost: Free / Register by Tuesday, November 29.*

Join members of the Quinlan Schoolhouse committee to learn more about this historical gem in our community. We will watch the video (video length: 39 minutes) of the story of the historic Quinlan Schoolhouse. After the video, there will be a guided tour of the schoolhouse that is located between the Charlotte Library and the Town offices. Co-sponsored with The Charlotte Library.

### Movies at the Senior Center

*Tuesday, November 22, at 1:00 p.m.*  
*Thursday, December 15, at 1:00 p.m.*  
*Cost: Free.*

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.

## 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!

### Veterans Day Lunch

*Friday, November 11*  
*11:30 a.m.–12:30 p.m. / No reservation required.*  
*Suggested lunch donation of \$5 / Veterans eat for free.*

Our volunteer cooks will prepare a hearty lunch of Shepard's Pie, salad, and dessert to celebrate Veterans Day. Meals are served until 12:30 p.m. or when the food runs out! Open to all, but Veterans eat for free. Thank you for your service.

*\*Please note, as of October 1st, all current participants will need to complete an Age Well Congregate Meal Registration Form for Age Well's 2023 fiscal year. There will be copies available at the Senior Center and on the Age Well website at [agewellvt.org](http://agewellvt.org).*

## Board & Card Games:

**Backgammon** with Jonathan Hart  
*Mondays, 2:00–3:30 p.m. & 6:30–9:00 p.m.*

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](mailto:jonathanhart1@gmail.com).

**Canasta** with Sandy Armell  
*Fridays at 12:30 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 Bananagrams 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](mailto:lin.linkalson7@gmail.com).

**Shanghai Mahjong** with Jean-Carol Dunham, Nan Mason & Nancy Rosenthal  
*Tuesdays, 12:45–3:45 p.m.*  
*\*No Mahjong on November 22 and December 27.*

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](mailto: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, Bananagrams, Cribbage, Scrabble...the opportunities are endless.

### Men's Breakfast

*Thursday, November 10 & December 8*  
*7:00–9:30 a.m.*  
*Register by Tuesday, November 8 & December 6, by noon.*  
*Suggested breakfast donation of \$6.*

On the second Thursday of the month, the men gather for breakfast and conversation. November's guest speaker, Bill Fraser-Harris will be providing a travelogue of his trip last year across the country with his wife and dogs in his Airstream trailer. December's guest speaker is Vermont's own John Cohn IBM/MIT Fellow on Artificial Intelligence (AI) distinguishing fantasy from reality. To register, contact Tim McCullough at [cubnut5@aol.com](mailto:cubnut5@aol.com).

**Grab & Go Meals provided by Age Well**  
*Registration required. Cost: \$5 suggested donation.*

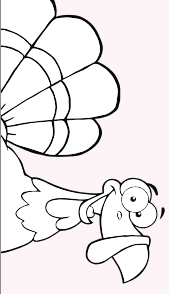
Pick up on Thursdays between 10 and 11 a.m. at the Charlotte Senior Center. Menus are posted on the Senior Center website: [CharlotteSeniorCenterVT.org](http://CharlotteSeniorCenterVT.org). Pre-register by Monday for the Thursday meal. To register, contact Kerrie Pughe at 802-425-6345 or [Kpughe@CharlotteSeniorCenterVT.org](mailto:Kpughe@CharlotteSeniorCenterVT.org).

## 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 Pughe at 802-425-6345 or [Kpughe@CharlotteSeniorCenterVT.org](mailto:Kpughe@CharlotteSeniorCenterVT.org).

# November 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<ul style="list-style-type: none"> <li>8:30 Essentrics</li> <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 <i>(Zoom! Fall!)</i></li> <li>2:00 Backgammon</li> <li>2:30 French (full)</li> <li>3:45 Mindfulness Med. <i>(Zoom!)</i></li> <li>6:30 Backgammon Evenings</li> </ul>	<p><b>1</b></p> <ul style="list-style-type: none"> <li>8:30 Pilates <i>(Hybrid)</i></li> <li>9:00 Watercolor</li> <li>9:45 Board Meeting</li> <li>10:00 Spanish Conversation</li> <li>10:30 Bone Builders</li> <li>12:45 Mahjong</li> </ul>	<p><b>2</b></p> <ul style="list-style-type: none"> <li>8:30 Essentrics</li> <li>10:00 Card Crafting</li> <li>10:00 Chair Exercise</li> <li>3:30 Word Games</li> <li>7:00 Guitar II</li> </ul>	<p><b>3</b></p> <ul style="list-style-type: none"> <li>8:30 Pilates</li> <li>9:15 Fiber Arts Group</li> <li>10:00 Memoir Writing <i>(full)</i></li> <li>10:00 Age Well Meals</li> <li>10:00 Tai Chi- Beginner <i>(Hybrid)</i></li> <li>11:00 Tai Chi Practice</li> <li>1:00 Poetry- Charlotte Park &amp; Wildlife Refuge</li> </ul>	<p><b>4</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 Bone Builders</li> <li>12:30 Canasta</li> <li>1:00 Artist Reception</li> <li>1:00 Ukulele</li> <li>1:00 Games Afternoon</li> </ul>
<p><b>7</b></p> <ul style="list-style-type: none"> <li>8:30 Essentrics</li> <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 <i>(Zoom! Fall!)</i></li> <li>2:00 Backgammon</li> <li>2:30 French (full)</li> <li>3:45 Mindfulness Med. <i>(Zoom!)</i></li> <li>6:30 Backgammon Evenings</li> </ul>	<p><b>8</b></p> <ul style="list-style-type: none"> <li>8:30 Pilates</li> <li>10:00 Spanish Conversation</li> <li>10:30 Bone Builders</li> <li>12:45 Mahjong</li> </ul>	<p><b>9</b></p> <ul style="list-style-type: none"> <li>8:30 Essentrics</li> <li>10:00 Card Crafting</li> <li>10:00 Chair Exercise</li> <li>1:00 Short Stories <i>(Zoom!)</i></li> <li>3:30 Word Games</li> <li>7:00 Guitar II</li> </ul>	<p><b>10</b></p> <ul style="list-style-type: none"> <li>7:00 Men's Breakfast</li> <li>8:30 Pilates</li> <li>9:15 Fiber Arts Group</li> <li>10:00 Age Well Meals</li> <li>10:00 Memoir Writing <i>(full)</i></li> <li>10:00 Tai Chi- Beginner <i>(Hybrid)</i></li> <li>11:00 Tai Chi Practice</li> <li>1:00 Charlotte Fire &amp; Rescue</li> <li>1:00 Tech Help</li> </ul>	<p><b>11</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 Bone Builders</li> <li>11:30 Veterans Day Lunch</li> <li>12:30 Canasta</li> <li>1:00 Ukulele</li> <li>1:00 Games Afternoon</li> </ul>
<p><b>14</b></p> <ul style="list-style-type: none"> <li>8:30 Essentrics</li> <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 <i>(Zoom! Fall!)</i></li> <li>2:00 Backgammon</li> <li>2:30 French <i>(full)</i></li> <li>3:45 Mindfulness Med. <i>(Zoom!)</i></li> <li>6:30 Backgammon Evenings</li> </ul>	<p><b>15</b></p> <ul style="list-style-type: none"> <li>8:30 Pilates</li> <li>10:00 Spanish Conversation</li> <li>10:30 Bone Builders</li> <li>12:45 Mahjong</li> </ul>	<p><b>16</b></p> <ul style="list-style-type: none"> <li>8:30 Essentrics</li> <li>10:00 Card Crafting</li> <li>10:00 Chair Exercise</li> <li>3:30 Word Games</li> <li>7:00 Guitar II</li> </ul>	<p><b>17</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 <i>(full)</i></li> <li>10:00 Tai Chi- Beginner <i>(Hybrid)</i></li> <li>11:00 Tai Chi Practice</li> <li>1:00 Charlotte Grange</li> <li>1:00 Play Reading</li> </ul>	<p><b>18</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 Bone Builders</li> <li>10:30 Coffee &amp; Canvas</li> <li>12:30 Canasta</li> <li>1:00 Games Afternoon</li> </ul>
<p><b>21</b></p> <ul style="list-style-type: none"> <li>8:30 Essentrics</li> <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 <i>(Zoom! Fall!)</i></li> <li>2:00 Backgammon</li> <li>2:30 French <i>(full)</i></li> <li>3:45 Mindfulness Med. <i>(Zoom!)</i></li> <li>6:30 Backgammon Evenings</li> </ul>	<p><b>22</b></p> <ul style="list-style-type: none"> <li>8:30 Pilates <i>(Hybrid)</i></li> <li>10:30 Bone Builders</li> <li>1:00 Movie</li> </ul>	<p><b>23</b></p> <ul style="list-style-type: none"> <li>8:30 Essentrics</li> <li>10:00 Chair Exercise</li> <li>•Senior Center closes at noon.</li> </ul>	<p><b>24</b></p> <p>Happy Thanksgiving</p> <p>SENIOR CENTER CLOSED</p> 	<p><b>25</b></p> <p>SENIOR CENTER CLOSED</p>
<p><b>28</b></p> <ul style="list-style-type: none"> <li>8:30 Essentrics</li> <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 <i>(Zoom! Fall!)</i></li> <li>2:00 Backgammon</li> <li>2:30 French <i>(full)</i></li> <li>3:45 Mindfulness Med. <i>(Zoom!)</i></li> <li>6:30 Backgammon Evenings</li> </ul>	<p><b>29</b></p> <ul style="list-style-type: none"> <li>8:30 Pilates <i>(Hybrid)</i></li> <li>10:30 Bone Builders</li> <li>12:45 Mahjong</li> </ul>	<p><b>30</b></p> <ul style="list-style-type: none"> <li>8:30 Essentrics</li> <li>10:00 Card Crafting</li> <li>10:00 Chair Exercise</li> <li>3:30 Word Games</li> <li>7:00 Guitar II</li> </ul>	<p>Sign up for our <b>WEEK AHEAD e-newsletter</b></p> <p>Interested in receiving a weekly reminder about what is happening at the Senior Center? Sign up for the email newsletters at <a href="mailto:charlotteseniorcenter@vtr.org">charlotteseniorcenter@vtr.org</a>. The "Week Ahead" emails sent out on Friday mornings with activities, lunch menus, and special programming for the upcoming week.</p>	

# December 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>5</b></p> <ul style="list-style-type: none"> <li>8:30 Essentrics</li> <li>9:30 Chair Exercise</li> <li>9:45 Board meeting</li> <li>11:00 Gentle Yoga</li> <li>11:30 Monday Munch</li> <li>12:30 Bridge</li> <li>1:00 French <i>(Zoom! Fall!)</i></li> <li>2:00 Backgammon</li> <li>2:30 French (full)</li> <li>3:45 Mindfulness Med. <i>(Zoom!)</i></li> <li>6:30 Backgammon Evenings</li> </ul>	<p><b>6</b></p> <ul style="list-style-type: none"> <li>8:30 Pilates <i>(Hybrid)</i></li> <li>10:30 Bone Builders</li> <li>12:45 Mahjong</li> </ul>	<p><b>7</b></p> <ul style="list-style-type: none"> <li>8:30 Essentrics</li> <li>10:00 Card Crafting</li> <li>10:00 Chair Exercise</li> <li>1:00 Short Stories <i>(Zoom!)</i></li> <li>3:30 Word Games</li> <li>7:00 Guitar II</li> </ul>	<p><b>8</b></p> <ul style="list-style-type: none"> <li>7:00 Men's Breakfast</li> <li>8:30 Pilates</li> <li>9:15 Fiber Arts Group</li> <li>10:00 Age Well Meals</li> <li>10:00 Memoir Writing <i>(full)</i></li> <li>10:00 Tai Chi- Beginner <i>(Hybrid)</i></li> <li>11:00 Tai Chi Practice</li> <li>2:00 Blood Drive</li> </ul>	<p><b>9</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>10:30 Bone Builders</li> <li>12:30 Canasta</li> <li>1:00 Games Afternoon</li> <li>1:00 Ukulele</li> </ul>
<p><b>12</b></p> <ul style="list-style-type: none"> <li>8:30 Essentrics</li> <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 <i>(Zoom! Fall!)</i></li> <li>2:00 Backgammon</li> <li>2:30 French (full)</li> <li>3:45 Mindfulness Med. <i>(Zoom!)</i></li> <li>6:30 Backgammon Evenings</li> </ul>	<p><b>13</b></p> <ul style="list-style-type: none"> <li>8:30 Pilates <i>(Hybrid)</i></li> <li>10:30 Bone Builders</li> <li>12:45 Mahjong</li> </ul>	<p><b>14</b></p> <ul style="list-style-type: none"> <li>8:30 Essentrics</li> <li>10:00 Card Crafting</li> <li>10:00 Chair Exercise</li> <li>3:30 Word Games</li> <li>7:00 Guitar II</li> </ul>	<p><b>15</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 Tai Chi- Beginner <i>(Hybrid)</i></li> <li>11:00 Tai Chi Practice</li> <li>1:00 Movie</li> <li>1:00 Play Reading</li> </ul>	<p><b>16</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>10:30 Bone Builders</li> <li>10:30 Coffee &amp; Canvas</li> <li>12:30 Canasta</li> <li>1:00 Games Afternoon</li> </ul>
<p><b>19</b></p> <ul style="list-style-type: none"> <li>8:30 Essentrics</li> <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 <i>(Zoom! Fall!)</i></li> <li>2:00 Backgammon</li> <li>2:30 French (full)</li> <li>3:45 Mindfulness Med. <i>(Zoom!)</i></li> <li>6:30 Backgammon Evenings</li> </ul>	<p><b>20</b></p> <ul style="list-style-type: none"> <li>8:30 Pilates <i>(Hybrid)</i></li> <li>10:30 Bone Builders</li> <li>12:45 Mahjong</li> </ul>	<p><b>21</b></p> <ul style="list-style-type: none"> <li>8:30 Essentrics</li> <li>10:00 Card Crafting</li> <li>10:00 Chair Exercise</li> <li>3:30 Word Games</li> </ul>	<p><b>22</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 <i>(full)</i></li> <li>10:00 Tai Chi- Beginner <i>(Hybrid)</i></li> <li>11:00 Tai Chi Practice</li> </ul>	<p><b>23</b></p> <ul style="list-style-type: none"> <li>9:30 Essentrics</li> <li>10:00 Arts Group</li> <li>10:30 Bone Builders</li> <li>•Senior Center closes at noon.</li> </ul>
<p><b>26</b></p>  <p>SENIOR CENTER CLOSED OBSERVED FOR CHRISTMAS</p>	<p><b>27</b></p> <ul style="list-style-type: none"> <li>8:30 Pilates <i>(Hybrid)</i></li> <li>10:30 Bone Builders</li> <li>•Senior Center closes at noon.</li> </ul>	<p><b>28</b></p> <ul style="list-style-type: none"> <li>10:00 Card Crafting</li> <li>10:00 Chair Exercise</li> <li>•Senior Center closes at noon.</li> </ul>	<p><b>29</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 Tai Chi- Beginner <i>(Hybrid)</i></li> <li>11:00 Tai Chi Practice</li> <li>•Senior Center closes at noon.</li> </ul>	<p><b>30</b></p> <ul style="list-style-type: none"> <li>8:00 Meditation</li> <li>10:30 Bone Builders</li> <li>•Senior Center closes at noon.</li> </ul>

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