



# Charlotte Senior Center



## July 2026 Newsletter



212 Ferry Road, P.O. Box 207

Charlotte, Vermont 05445

(802) 425-6345 • [CharlotteSeniorCenterVT.org](http://CharlotteSeniorCenterVT.org)

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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.



The Charlotte Senior Center will be  
**CLOSED ON FRIDAY, JULY 3,**  
in observance of the  
Independence Day holiday.  
We wish everyone a safe and happy  
holiday weekend.

### Outdoors:

#### Hiking Trip

**Wednesday, July 15, 8:45 a.m. departure.**

**Registration required.**

**To register, call 802-425-6345 or email [register@charlotteseniorcentervt.org](mailto:register@charlotteseniorcentervt.org).**

Join us for this month's hiking adventure as we head to the Adirondacks for a hike up Round Mountain in Keene Valley. We will depart a little earlier than usual to catch the 9:00 a.m. ferry. The hike is approximately 4.5 miles round-trip and offers beautiful views from the summit. While there are a few steep sections, most of the trail is moderately graded, with approximately 1,800 feet of elevation gain. This is considered a moderately strenuous hike and is best suited for hikers comfortable with uneven terrain and elevation changes. As an added treat, we may stop at the Noon Mark Diner afterward for a creamie or a slice of pie! For questions about the hike, please contact Michael Rubin at [mjrubin99@gmail.com](mailto:mjrubin99@gmail.com).

#### Birding Trip

**Wednesday, July 22, 9:00 a.m. departure.**

**Registration required.**

**To register, call 802-425-6345 or email [register@charlotteseniorcentervt.org](mailto:register@charlotteseniorcentervt.org).**

Explore the rich and varied birding habitats of Chittenden County with expert birder Hank Kaestner. This guided outing highlights Vermont's natural beauty while helping participants identify local bird species and learn about the habitats they depend on.

#### Gentle Walk

**Thursday, July 23, 9:00 a.m.**

**To register, call 802-425-6345 or email [register@charlotteseniorcentervt.org](mailto:register@charlotteseniorcentervt.org).**

Enjoy the beauty of Nature! Come for a walk at a gentle pace with other older active adults. The group will meet the fourth Thursday of the month for a congenial non-strenuous walk. This month the group will walk along the trails at Meach Cove. Meach Cove is a tranquil, 1,000-acre certified organic farm and nature area located in Shelburne, right on the shores of Lake Champlain. Meet at 9:00 a.m. in the foyer of the Charlotte Senior Center. Questions? Contact Penny Burman at 916-753-7279.

#### Women's Kayak Trips

**Second & Fourth Friday mornings**

**Registration required.**

Join a community of active women who enjoy exploring our local lakes, ponds, and rivers by kayak. Trips are planned based on water and weather conditions and are subject to change. To express interest, email Susan Hyde at [susanfosterhyde@gmail.com](mailto:susanfosterhyde@gmail.com) to be added to the master list of paddlers. Details for each trip will be sent via email the week prior to the outing.

- July 10: Missisquoi River
- July 24: Upper Otter Creek

#### Learn to Play Pickleball

**at the Charlotte Beach pickleball courts**

**Saturdays, 10:00 a.m. – noon. \***

**No registration required.**

**(Please note that there is a parking fee at Charlotte Beach)**

Curious About Pickleball? Pickleball is a fun and fast-growing sport that helps improve balance, agility, reflexes, and hand-eye coordination—without placing too much strain on your body. It's a great option for those who may have enjoyed tennis in the past but now face physical limitations such as hip, shoulder, knee, or other joint concerns.

Come watch a demonstration and see what the excitement is all about! Be sure to bring a folding chair. Afterward, you'll have a chance to give it a try. Paddles will be provided. Just wear comfortable clothing and sneakers. Have questions? Call or text David at 802-425-4567 or text Greg at 802-338-7909. \*To receive updates, please text your email address to Greg to be added to the Pickleball email list to be notified about cancellations due to weather.

Visit us on our website

[CharlotteSeniorCenterVT.org](http://CharlotteSeniorCenterVT.org)

## Community Support:

### Age Well

**Monday, July 6, 11:30 a.m.–12:30 p.m.**

Visit the Charlotte Senior Center to speak with Pam Niarchos, Nutrition Coordinator with Age Well about the various programs available to seniors, including the restaurant ticket program, which can be used for meals at participating locations.

### Alzheimer's Caregivers Support Group

**Wednesday, July 8, 3:00–4:00 p.m.**

Are you caring for someone with Alzheimer's or do you know someone who is? Please join us for our monthly Caregivers Support Group on the second Wednesday of each month. The meetings provide a safe place for caregivers, family, and friends of persons with dementia to meet and develop a mutual support system. For additional information please contact Louise Fairbank: [louisefairbank67@gmail.com](mailto:louisefairbank67@gmail.com).

### Memory Café

**Wednesday, July 15, 1:15–2:15 p.m. &**

**Saturday, July 18, 11:00–noon.**

**To register, call 802-425-6345 or email [register@charlotteseniorcentervt.org](mailto:register@charlotteseniorcentervt.org).**

We've added a weekday Memory Café for the summer! Memory Café is a welcoming gathering for individuals experiencing memory loss and their care partners, family, and friends. Enjoy activities, conversation, support, and refreshments in a relaxed setting. Free of charge.

**Wednesday, July 15, 1:15–2:15 p.m.**

Enjoy gentle stretching followed by a fun clay activity. Create something unique to take home while connecting with others. Registration appreciated but not required.

**Saturday, July 18, 11:00 a.m.–Noon**

Join Craig Newman, Director of the Office of Earth Stewardship, for a special visit to the Shelburne Farms Aviary. Meet the resident owls and hawks and learn about their care. If it rains, we'll gather at the Senior Center for an alternate activity. Registration is required so we can provide directions and event details.

### Menopause Café

**Thursday, July 2, 6:00–7:30p.m.**

Join Kathryn Blume, Clinical Mental Health Counselor, and Jen Peterson, Ayurvedic Health Counselor, for a welcoming peer support group focused on peri/menopause. Together, we'll explore: *Peri/Menopause 101* — an introduction to the changes, *Peri/Menopause & Ayurveda* — holistic perspectives on care, and *Stories & Stigma* — rethinking and reshaping the narrative. This is a space for learning, sharing, and connection. Questions? Contact: [BlumeHCC@gmail.com](mailto:BlumeHCC@gmail.com). Offered in partnership with the Charlotte Library

### Death Café

**Fourth Wednesday, 2:30–4:00 p.m.**

**Summer Break:** This program will be on hiatus for the summer and will resume in the fall. Questions? Reach out to Polly at [ppolly62@ymail.com](mailto:ppolly62@ymail.com).

We gather on the fourth Wednesday of each month to come together in fellowship, celebrating life through open conversations about death and dying. Join us for open, heart-to-heart conversations about death and dying. While these discussions can be difficult, these supportive discussions help build community and celebrate life through shared stories and questions.

The Charlotte Senior Center does not offer presentations during the summer months, as attendance typically diminishes when the weather is nice. We are currently scheduling presentations for the fall, so if you have a guest speaker or topic you would like to see at the Senior Center, please contact Lori York at [LYork@CharlotteSeniorCenterVT.org](mailto:LYork@CharlotteSeniorCenterVT.org).

As we approach the start of a new fiscal year on July 1, we kindly ask that any outstanding balances be paid at your earliest convenience.

Prompt payment helps us complete our year-end accounting and close out the current fiscal year. Thank you for your cooperation and support.



## Literature & Language:

### Play Reading

**Thursday, July 16, 1:00–3:30 p.m.**

**Registration required.**

Join Sue Foley and Wally Gates for a fun, no-pressure play reading group—no tryouts, rehearsals, or reviews! Meets monthly to read a selected play aloud. Newcomers are welcome to attend as audience guests. For info or to join, contact Sue at [ssnfoley@icloud.com](mailto:ssnfoley@icloud.com)

### Living Your Best Life discussion

**Thursday, July 16, 2:00–3:00 p.m.**

**Registration is helpful.**

This book group will help to nurture curiosity, wonder, inspiration, and delight in our lives. For this month's conversation, please read *The Gift of Years: Growing Older Gracefully* by Joan Chittister. Depending on availability, copies may be available to borrow at the Charlotte Library. Questions? Please contact Ginnie Bukowski at 802-453-5211 or [vbukowski@middlebury.edu](mailto:vbukowski@middlebury.edu). To register, call 802-425-6345.

### Conversation Group

**Monday, July 20, 9:00–10:00 a.m.**

**To register, call 802-425-6345 or email [register@charlotteseniorcentervt.org](mailto:register@charlotteseniorcentervt.org).**

**Prompt: Do we make up our ethics as we go along?**

Experience the Harkness conversation method, facilitated by Champlain Valley Union High School students. Originating at Phillips Exeter Academy in the 1930s, this discussion-based approach emphasizes active engagement over passive listening. Participants and CVU students will sit together at an open table, collaboratively exploring texts, problems, and ideas. Join us to share your perspectives on an open-ended prompt.

### Silent Book Club

**Friday, July 24, 11:30–12:30 p.m.**

Join us on the fourth Friday of the month for the Silent Book Club, a no-assigned-reading gathering. This welcoming space offers a relaxed way to socialize and build community, without the pressure of structured discussion or the need to finish the book. Bring whatever you're currently reading fiction or nonfiction, print, eBook, or audiobook. We'll begin by book sharing where we casually share what book you are enjoying. You may even discover your next great read, so consider bringing a notebook to jot down recommendations. Afterwards, you can continue with casual conversations about the books you are reading, or you can find a cozy nook to continue silently reading your book. Light refreshments will be provided. To register, call 802-424-6345.

### Conversations in Advanced Italian

**Fridays, July 10 & 24, 11:30 a.m.–12:30 p.m.**

**Free. Register directly with Nicole Librandi.**

Unisciti a questo gruppo per rafforzare la tua conoscenza avanzata dell'italiano. Goditi l'Italia virtualmente tramite conversazione, scrittura, lettura, film, giochi, canzoni. Le lezioni sono condotte quasi esclusivamente in italiano. Contatta Nicole Librandi ([nicolelibrandi2@gmail.com](mailto:nicolelibrandi2@gmail.com)) direttamente per iscriverti.

### French Conversation

**Mondays, 2:30–3:30 p.m.**

Parlez-vous français? We are an intermediate group of French speakers who meet weekly for French conversation. As the group grows, there may be opportunities to split according to skill levels. Questions? Contact Roberta Whitmore at [robertawhitmore27@gmail.com](mailto:robertawhitmore27@gmail.com).

### German Conversation

**Tuesdays, 3:00–4:00 p.m.**

Möchtest du dein Deutsch üben? Come join this group to meet other German speakers and practice your German. No agenda, just a casual conversation. All experience levels are welcome. Questions? Contact Dan York at [dnyork@Lodestar2.com](mailto:dnyork@Lodestar2.com).

### Spanish Conversation

**Tuesdays, 10:00–11:00 a.m.**

**Summer Break:** This program will be on hiatus for the summer and will resume in the fall. Watch for updated dates and information. Questions? Contact Bernice Wesseling at [Bernice.Wesseling@uvm.edu](mailto:Bernice.Wesseling@uvm.edu).

¿Hablas Español? We will meet weekly—at each session one member of the group will announce the topic of conversation for the following week. Come join our group for conversation in Spanish.

## Health & Exercise Programs:

### Beginner Tai Chi-Yang

Thursdays, 10:45 a.m.–11:30 a.m.

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

Join Eliza Hammer for a gentle Tai Chi class designed for individuals with little or no prior experience in Tai Chi. It is a mind-body exercise program that introduces the foundational concepts and postures of this ancient Chinese art, focusing on slow, flowing movements, controlled breathing, balance, and mindfulness. Participants will learn the short Sun Style form. Movements can easily be modified to accommodate various fitness levels and mobility restrictions, making it suitable for all physical abilities. Eliza is a certified instructor and has studied with Dr. Lam, the founder of the Tai Chi for Arthritis Association. If you'd like more information, feel free to contact Eliza at belizahammer@hotmail.com with any questions.

### Bone Builders

Mondays, Wednesdays & Fridays, 9:45–10:45 a.m.

Tuesdays & Thursdays, 1:00–2:00 p.m.

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 warm-up, balance exercises, arm and leg exercises, and a cool down with stretching. No advance registration required, however, there is paperwork to complete for the RSVP Bone Builders program.

### Core & Strength Fitness

Tuesdays & Thursdays, 8:30–9:30 a.m.

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

Join Phyllis Bartling for a class designed specifically for individuals 55+. This safe yet challenging workout combines upper-body strength exercises with hand weights and mat exercises that focus on strengthening core muscles to improve balance, strength, and posture.

### Essentrics®

Mondays, Wednesdays & Fridays, 8:30–9:20 a.m.\*

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

\*Essentrics will be held on July 10. While there is typically no Friday Essentrics class on the second Friday of the month due to the Men's Breakfast, this month the breakfast will be meeting off-site, so Essentrics will take place as scheduled.

Join Sherry and Beth Comolli for Essentrics®, a full-body, weight-free workout that combines dynamic stretching and strengthening. This session targets all joints, releasing tight muscles while improving flexibility, mobility, and posture, and offering pain relief. Please bring a mat.

### Tai Chi-Yang Style Short Form

Thursdays, 9:45 a.m.–10:45 a.m.

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

Join certified instructor Eliza Hammer for a Tai Chi class featuring the popular Yang International Short Form, known for its slow, flowing movements paired with breath. Regular practice enhances balance, flexibility, coordination, and mental clarity. Some prior experience with Tai Chi and the Yang style is recommended. Feel free to observe a class or contact Eliza at belizahammer@hotmail.com with questions.

### Tai Chi Practice

Thursdays, 11:30 a.m.–12:30 p.m.

Tai Chi is an exercise program for mind/body training that helps improve balance, flexibility, stability, and overall health. While this is not a class with formal instruction, the group has been gathering for years to practice together, support one another, and deepen their familiarity with the form. This practice is intended for participants who already know the basics. For questions, email Katie Franko at kfranko@gmavt.net.

### Gentle Yoga

Mondays, 11:00 a.m.–noon.

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

Join Heidi Kvasnak for a gentle yoga class focused on breath-led movement, bone strength, and enhancing mobility, balance, and flexibility. Modifications are offered to adapt the practice to your needs. Please bring a yoga mat, blanket or pillow to sit on. Suitable for all levels.

### Yoga Dance

Tuesdays, 11:00 a.m.–Noon.

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

Summer Break: This weekly class will take a break for the summer. Watch for summer pop-up dates and information. Questions? Contact Heather at heather.LYYD@gmail.com

### Free Pop-Up: Yoga Dance with Your Child or Grandchild

Tuesday, July 14, 11:00 a.m.–Noon

Join Heather Preis for a fun, family friendly Let Your Yoga Dance class featuring music, movement, and creative self-expression. This welcoming practice encourages participants of all ages and abilities to move freely and joyfully. Bring your child or grandchild and enjoy this free summer event together! No advance registration required.

### Yoga Strength-Building Practice

Wednesdays, 11:00 a.m.–noon.

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

Join Heidi Kvasnak for an integrative practice that builds strength and stability while cultivating ease and spaciousness in both body and mind. This class combines longer-held postures to strengthen muscles, bones, and the core, with breath-led flowing movements, including sun salutations. **Prerequisite:** Participants must be able to comfortably get down to and up from the floor, with or without props.

## Art Programs:

### July Art Exhibit: Landscape Paintings

by Alden Mauck

As a retired English teacher, Alden draws inspiration from the writings of Ralph Waldo Emerson and Henry David Thoreau, as well as the paintings of Thomas Cole and Fairfield Porter. Reflecting Thoreau's observation that "We can never have enough of nature," Alden finds both challenge and inspiration in landscape painting, striving to capture the beauty, scale, and power of the land, water, and sky.

**Artist Reception:** Tuesday, July 7, 4:00–6:00 p.m.

Join us to meet the artist and enjoy light refreshments while viewing the exhibit.

### Arts group

Fridays, 10:00 a.m.–noon.

All skill levels welcome! Bring your current project and enjoy a supportive, social space to share ideas, get inspired, and connect with fellow artists.

### Creative Arts group

Wednesdays, 10:00 a.m.–noon.

Join the arts group Wednesday mornings for a fun, creative time! Bring any project—painting, writing, knitting, scrapbooking, origami, and more. Share ideas, get inspired, and enjoy a supportive atmosphere. Questions? Email Katie Franko at kfranko@gmavt.net.

### Fiber Arts group

Thursdays, 9:15 a.m.–noon.

Bring your rug hooking, knitting, or other fiber projects to a friendly, creative gathering. Questions? Contact Diane at dianburgess@hotmail.com.

### Photo Discussion group

Sunday, July 12, 2:00–4:00 p.m.

Photographers of all levels are invited to share a photo and story in this monthly group. Connect, get feedback, and explore your work in a supportive, creative space. The topic for the July photo discussion will be "Shadow Play", and they can be sent to Dave Pearson, or printed and brought in (prints are always encouraged). Questions? Contact Dave Pearson at pearsond3@comcast.net.

### Shape-Note Singing

Sunday, July 26, 12:30–2:30 p.m.

Join us for traditional, a cappella four-part harmony singing—purely for the joy of it! An intro to shape notes is offered 30 minutes before each session. First hour: Sacred Harp singing. Second hour: Alternate Shape-Note book (books provided). Questions? Contact Kerry Cullinan at kclynxvt@gmail.com

## Board & Card Games:

### Cribbage

**Thursdays, 1:00-3:45 p.m.**

Enjoy a casual game of cribbage in a friendly, relaxed setting. This group is open to players who already know the basics and want to play socially. All are welcome to join for an afternoon of cards and conversation. Questions? Contact John at [jc.kareckas@gmail.com](mailto:jc.kareckas@gmail.com).

### Bananas-for-Bingo

**Wednesday, July 15, 1:00-3:00 p.m.**

From postage stamps to six-pack to four corners, every round keeps things fun and lively. Join us for Bananas-for-Bingo, a relaxed and social afternoon filled with laughter, friendly conversation, and all your classic bingo favorites. Bingo cards are 50¢ a card—two card minimum. No experience is needed—everyone's welcome. Feel free to bring your own snacks or purchase snacks on-site. Bring a friend—or come make a new one!

### Backgammon

**Tuesdays, 6:00-8:30 p.m.**

Backgammon is a tactical table game with a 5,000-year history. We welcome players at all levels. Free. If you are interested in joining the Backgammon folks, please contact Jonathan at [jonathanhartl@gmail.com](mailto:jonathanhartl@gmail.com).

### Brain Games

**Fridays, 2:00-4:00 p.m.**

Boost your brainpower with fun, social games that support memory and mental well-being. Bring your own games or enjoy ours—laughter and good company guaranteed!

### Chess: Beginner to Intermediate

**Mondays, 2:00-3:45 p.m.**

Join us for weekly casual chess playing. Each session will begin with a brief chess lesson. If you have a set, please bring it with you but attend regardless as extra sets will be available.

All levels of play are welcome. If you have any questions, contact Ted Fink at [jantedfink@gmail.com](mailto:jantedfink@gmail.com).

### Bridge

**Mondays, 12:30-4:00 p.m.**

Join us for a friendly, partner-drawn intermediate level of duplicate bridge using basic ACBL conventions. New to duplicate? We'll pair you with an experienced player for guided play. Free and open to those with basic bridge knowledge.

### Canasta (Samba)

**Tuesdays & Thursdays at 12:00 p.m. and Fridays at 12:30 p.m.**

Samba is a new version of Canasta that has quickly become very popular due to its variety of melds, which keeps the game interesting. If you are curious to learn how to play Samba, contact Sandy Armell at 802-425-3248.

### Shanghai Mahjong

**Tuesdays, 12:30-3:45 p.m.**

All experience levels welcome for casual Shanghai-style Mahjong and conversation. Questions? Contact Nan Mason: [anne.mason@uvm.edu](mailto:anne.mason@uvm.edu)

### American-Style Mahjong

**Tuesdays, 12:45-3:45 p.m.** – Drop in for casual, social play. All levels are welcome. Questions? Contact Suzanne: [suzluna@madriver.com](mailto:suzluna@madriver.com)

**Mondays, 6:00 p.m.** – Enjoy evening social play for all skill levels. If you are planning to attend or have questions, please email Jane Krasnow at [jane.krasnow@gmail.com](mailto:jane.krasnow@gmail.com)

## Meals:

### Monday Munch

**Mondays from 11:30 a.m.-12:30 p.m.**

**Suggested donation: \$5. No reservation required.**

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- Coffee at the Charlotte Beach

**Friday, July 10**

**Breakfast goodies at 7:30 a.m.**

**Registration required by Tuesday for the Friday gathering.**

On the second Friday of every month, the men gather for a morning of breakfast, fellowship, and a guest speaker. This month there will be no speaker. Instead, we are meeting for coffee at Charlotte beach. Bring a folding chair, beverage of your choosing, we'll supply some goodies, you supply the conversation. In case of rain we'll meet the following Friday, July 17.

If you plan to attend the coffee gathering at the beach, please register by emailing Lane at [lmorrison@gmavt.net](mailto:lmorrison@gmavt.net) by Tuesday, July 9 so we know how many are planning to join us.

### Contact Us:

Our mission is to serve those 50 and older, while warmly welcoming residents from all communities. Although priority is given to seniors, our programs are open to adults of all ages.

We are located at  
**212 Ferry Road, Charlotte,**  
just across from the Post Office.

Hours are Monday through Friday,  
8:30 a.m. to 4 p.m.

Phone: **802-425-6345**

**[CharlotteSeniorCenterVT.org](http://CharlotteSeniorCenterVT.org)**

### How to Register:

You can register in person at the Senior Center or by calling 802-425-6345. Most exercise classes do not require registration unless they are part of a multi-week session. If registration is required, it will be noted in the class description—otherwise, no advance sign-up is needed.

### Volunteer Opportunities:

We offer a diverse range of programs made possible by our dedicated volunteers, and we invite you to share your talents—whether in program leadership, cooking, gardening, or reception—to help strengthen and enrich our community.

If you are interested in volunteering, please contact Thyleen at [TTenney@CharlotteSeniorCenterVT.org](mailto:TTenney@CharlotteSeniorCenterVT.org).

If you are interested in offering a program or a presentation at the Senior Center, please contact Lori at [LYork@CharlotteSeniorCenterVT.org](mailto:LYork@CharlotteSeniorCenterVT.org)

### 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.

**Refund Policy:** For courses requiring pre-payment (typically multi-week sessions), payment must be received at least one week before the course begins. Refunds are available up to one week prior to the start date, minus a \$25 non-refundable fee. We are unable to offer refunds or prorated fees for missed sessions. If a course is canceled due to low enrollment, a full refund will be issued. For full details, please visit our website under the Registration tab.