



Charlotte Senior Center

August 2026 Newsletter



212 Ferry Road, P.O. Box 207

Charlotte, Vermont 05445

(802) 425-6345 • 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.

Art Programs:

August Photography Exhibit:

Experience two unique perspectives on the world through the lenses of local photographers Toby Nadell and Dave Pearson.

Photography Night Scenes

by Toby Nadell

invites viewers to see familiar places transformed by darkness. Captured after sunset—and often in weather that would keep most people indoors—these striking images reveal the beauty, mystery, and quiet atmosphere of the night.

Photography of the Natural World

by Dave Pearson

celebrates the beauty of nature through thoughtful use of light, composition, and perspective. Specializing in wildlife photography, Dave captures the action, personality, and intelligence of the animals he encounters, reminding us that truly seeing the natural world begins with patience, trust, and careful observation.

Create Your Own Ceramic Tray or Plate

Friday August 21, 1:00-2:30 p.m.

Cost: \$20 plus a \$10 supply fee (paid directly to the instructor).

Registration and payment required by Tuesday, August 18.

Join potter Judy Devitt for a hands-on workshop where you'll create your own ceramic tray or dish. Starting with a clay slab, you'll add texture and design using fabric and stamps, then learn how to attach decorative elements. No experience is necessary. Once your piece is dry, Judy will fire and glaze it in the color of your choice. Your finished tray will be ready for pickup at the Senior Center in about three weeks. To register, call 802-425-6345 or email register@charlotteseniorcentervt.org

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, August 16, 2:00–4:00 p.m.

Photographers of all levels are invited to share photos and stories 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 "Portals". Email 3-5 image files to Dave Pearson or bring prints. Questions? Contact Dave Pearson at pearsond3@comcast.net.

Shape-Note Singing

Sunday, August 23, 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

NOW ACCEPTING SUBMISSIONS for the September 2026 Community Art Show!



Artists of all skill levels, ages 50 and older, are invited to submit their work for the September 2026 Community Art Show. The entry deadline is **Thursday, August 20**. Submissions received after this date will be considered only if space is available. Registration forms are available at the Charlotte Senior Center and may also be downloaded from our website. For questions, please contact Judy Tuttle at jtuttle@gmavt.net or 802-425-2864.

SAVE THE DATE! Join us for the Community Art Show Artists' Reception on Thursday, September 10, from 4:00–6:00 p.m. Come celebrate the creativity and talent of our local artists!



The Charlotte Senior Center will be closed in observance of Bennington Battle Day on Monday, August 17, 2026. As the Senior Center is a Town-owned building staffed by Town employees, it observes all official Town holidays.

Health & Exercise Programs:

Beginner Tai Chi-Yang

Thursdays, 10:45–11:30 a.m.

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

***No Beginner Tai Chi on 8/13 due to the scheduled Blood Drive.**

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.

***No Bone Builders on 8/13 due to the scheduled Blood Drive.**

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.

***There is no Essentrics on the 2nd Friday of the month when the Men's Breakfast meets.**

Join Sherry Senior 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, 9:45–10:45 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.

***No Tai Chi Practice on 8/13 due to the scheduled Blood Drive.**

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.

Multigenerational Movement

Tuesday, August 11, 11:00 a.m.–Noon.

Join Heather Preis for a free Let Your Yoga Dance pop-up class! Invite a friend or family member of any age to join you for a fun, supportive experience that combines simple dance-like movements with music. All fitness levels and abilities are welcome. Celebrate the joy of movement, music, and connection while bringing together people of all ages and life stages.

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.

Community Support:

Age Well

Monday, August 3, 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, August 12, 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.

Red Cross Blood Drive

Thursday, August 13, 12:30–5:00 p.m.

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.

Memory Café

Wednesday, August 19, 1:15–2:15 p.m. &

Saturday, August 15, 11:00 a.m.–Noon.

To register, call 802-425-6345 or email register@charlotteseniorcentervt.org.

We've added a weekday Memory Café to our summer schedule! The Memory Café is a welcoming gathering for individuals experiencing memory loss, along with their care partners, family members, and friends. Enjoy engaging activities, conversation, support, and refreshments in a relaxed, welcoming environment. The program is free of charge and is offered in collaboration with the Charlotte Senior Center, the Charlotte Library, and Age Well. Registration is appreciated but not required. For questions, please contact Susan Cartwright at cartwright.susan1@gmail.com.

- **Saturday, August 15, 11:00 a.m.–Noon**

We'll begin our time together with some gentle stretching, then wrap up the hour with a fun garden- and art-themed game while enjoying conversation, refreshments, and the support of good company.

- **Wednesday, August 19, 1:15–2:15 p.m.**

Come enjoy a fun hour on the porch creating your own ice cream sandwich while reminiscing about summer memories and enjoying the support of good company.

Menopause Café

Third Thursday of the month, 6:00–7:30 p.m.

The Menopause Café will not meet in August and will resume on Thursday, September 17, from 6:00–7:30 p.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. 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@gmail.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.

Literature & Language:

Interest in an Ongoing Writing Group?

We are exploring whether there is interest in starting an ongoing writing group at the Senior Center. Would this be something you would enjoy participating in? If you are interested, please let us know by calling the Senior Center at 802-425-6345 or emailing register@charlotteseniorcentervt.org. Once we determine the level of interest, we will work with participants to decide on the group's format, frequency, and meeting schedule.

Play Reading

Thursday, August 20, 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 Sueat ssnfoley@icloud.com

Living Your Best Life discussion

Thursday, August 20, 2:00–3:00 p.m.

Registration is helpful.

This book group will help to nurture curiosity, wonder, inspiration, and delight in our lives. This month, we will discuss *Curious?: Discover the Missing Ingredient to a Fulfilling Life*, Todd B. Kashdan. Please check with the Charlotte Library if you are interested in borrowing this book title. Questions? Contact Ginnie Bukowski at 802-453-5211 or vbukowsk@middlebury.edu. To register, call 802-425-6345 or email register@charlotteseniorcentervt.org.

Silent Book Club

Friday, August 21, 11:30–12:30 p.m.

Join us 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 or email register@charlotteseniorcentervt.org.

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.

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 dyork@Lodestar2.com.

Italian for Beginners

Fridays, 9/4, 9/11, 9/18, 9/25, 10/2, 10/9, 10:00–11:00 am

Cost: \$60. Registration & payment by 8/21/26.

To register, call 802-425-6345 or email register@charlotteseniorcentervt.org.

New to Italian or looking to refresh the basics? Join us as we explore the beauty of the Italian language and culture through conversation, reading, games, and music in a fun, supportive environment. Enrollment is limited to 10 participants, with a minimum of 6 required for the class to run. If you know you'll miss a class, video recordings are available upon advance request to Nicole. A student workbook will be available for purchase from the instructor for \$20. For questions, contact Nicole Librandi at nicolelibrandi2@gmail.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.

¿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.

Outdoors:

Hiking Trip

Wednesday, August 26, 8:30 a.m.

Registration required.

To register, call 802-425-6345 or email register@charlotteseniorcentervt.org.

Join us for this month's hiking adventure as we head to Split Rock Mountain in Essex, New York. This moderately easy hike features scenic overlooks of Lake Champlain, with approximately 4–5 miles and minimal elevation gain. After the hike, we'll stop at the Essex Ice Cream Shop for a well-deserved treat before heading home. We'll meet at the Senior Center at 8:30 a.m. to catch the 9:00 a.m. ferry. For questions about the hike, please contact Michael Rubin at mjrubin99@gmail.com.

Birding Trip

Wednesday, August 12, 9:00 a.m. departure.

Registration required.

To register, call 802-425-6345 or email 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, August 27, 9:00 a.m.

To register, call 802-425-6345 or email register@charlotteseniorcentervt.org.

Enjoy the beauty of nature while taking a leisurely walk with other active older adults. This friendly group meets on the fourth Thursday of each month to explore scenic, non-strenuous walking routes in Charlotte and Shelburne. Walks are designed to be relaxed, social, and accessible for a variety of fitness levels. Meet at 9:00 a.m. in the foyer of the Charlotte Senior Center before heading out together. For questions about the walk, 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 to be added to the master list of paddlers. Details for each trip will be sent via email the week prior to the outing.

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.

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.

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.

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 jonathanhart1@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.

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

American-Style Mahjong

Tuesdays, 12:45–3:45 p.m. – Drop in for casual, social play. All levels are welcome. If you're brand new to American Mahjong, you're welcome to stop by and observe a game. Once you feel comfortable with the basics, we encourage you to join a table. Questions? Contact Cyndie White at 1cyndie.ma@gmail.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

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

Friday, August 14

Doors open at 7:00 a.m., Breakfast 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. If you plan to attend the men's breakfast, please register by emailing Lane at lmorrison@gmavt.net by Tuesday, August 11 so we know how many are planning to join us.

Visit us on our website

CharlotteSeniorCenterVT.org

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

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.

If you are interested in offering a program or a presentation at the Senior Center, please contact Lori at 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.