



Charlotte Adult Community Center

A New Name for a New Chapter!
See page 4 for this exciting news!!

September 2026 Newsletter

212 Ferry Road, P.O. Box 207

Charlotte, Vermont 05445

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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.

Outdoors:

Hiking Trip

Wednesday, September 23, 9:00 a.m. departure.

Registration required.

Our September hike returns to a longtime favorite—Snake Mountain—just in time for the beautiful fall foliage. This year we'll take the east-side trail for a change of pace. The hike is approximately 5 miles round trip with about 1,000 feet of elevation gain. Rated as moderate, it rewards hikers with scenic views overlooking Lake Champlain. Meet at 9:00 a.m. in the foyer of the Center. If you have questions about the hike, please contact Michael Rubin at mjrubin99@gmail.com. To register, call 802-425-6345 or email register@charlotteseniorcentervt.org.

Birding Trip

Wednesday, September 16, 9:00 a.m. departure.

Registration required.

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

Gentle Walk

Thursday, September 24, 9:00 a.m.

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 Center before heading out together. For questions about the walk, contact Penny Burman at 916-753-7279. To register, call 802-425-6345 or email register@charlotteseniorcentervt.org.

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. *

Curious About Pickleball? Pickleball is a fun, fast-growing sport that improves balance, agility, reflexes, and hand-eye coordination while being easier on the joints than tennis. Come watch a demonstration and then give it a try! Bring a folding chair, wear comfortable clothing and sneakers, and we'll provide the paddles. Questions? Call/text David at 802-425-4567 or text Greg at 802-338-7909. To receive weather cancellation updates, text your email address to Greg to join the Pickleball email list. No registration required. Please note that there is a parking fee at Charlotte Beach.

Community Support:

Age Well

Monday, September 14, 11:30 a.m.–12:30 p.m.

Visit the Charlotte Adult Community 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, September 9, 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.

Memory Café

Memory Café will take a pause in September and resume in October.

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 and welcoming environment. The program is free of charge and offered in collaboration with the Charlotte Adult Community Center, Charlotte Library, and Age Well.

Menopause Café

Thursday, September 17, 6:00–7:30 p.m.

Join Kathryn Blume, Clinical Mental Health Counselor, and Jen Peterson, Ayurvedic Health Counselor, on the third Thursday of the month 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 Charlotte Adult Community Center and the Charlotte Library.

Tech Help

Tuesday, September 22, 10–noon

**20-minute appointments at the Charlotte Adult Community Center
scheduled at 10:00 a.m., 10:30 a.m., 11:00 a.m. & 11:30 a.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 20-minute, one-on-one session at the senior center with Susanna Kahn, 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. To register, call 802-425-6345 or email register@charlotteseniorcentervt.org.

Death Café

Wednesday, September 23, 2:30–4:00 p.m.

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. Questions? Reach out to Polly at ppolly62@gmail.com. Registration is appreciated. Call 802-425-6345 or email register@charlotteseniorcentervt.org.

**The Center will be closed on Monday, September 7
in observance of Labor Day**

Health & Exercise Programs:

Beginner Tai Chi-Yang

Thursdays, 10:45–11:30 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.

Free. No advance 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 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.

Free. No advance registration required.

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 Movement: Move, Stretch & Renew

Tuesdays starting September 29, 11:00 a.m.–12:00 p.m.

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

Move your body, lift your spirit, and reconnect with yourself in this uplifting class led by Heather Preis. Blending gentle yoga, dance-inspired movement, and inspiring music, this joyful practice is guided by the body's energy centers (chakras) to encourage balance, creativity, and self-expression. With a welcoming, nonjudgmental atmosphere, participants of all fitness levels and abilities are invited to move at their own pace and discover the freedom of letting their yoga dance.

Yoga Strength-Building Practice

Wednesdays, 11:00 a.m.–Noon.

Cost: \$10/class. No advance 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 & Music Programs:

September Community Art Show Reception

Thursday, September 10, 4:00–6:00 p.m.

Celebrate the creativity and talent of local artists at our Community Art Show Reception. This month's exhibit features a diverse collection of artwork created by community members age 50 and older. Join us on Thursday, September 10, from 4:00–6:00 p.m. to view the exhibit, meet the artists, and enjoy light refreshments and conversation. Everyone is welcome to attend and help celebrate the artistic spirit of our community.

Watercolor - Glorious Autumn in Vermont

Tuesdays, September 8, 15, 22 & 29, 9:00 a.m.–Noon

Cost: \$165. Registration and payment due Monday, August 31.

Celebrate Vermont's spectacular fall season through watercolor! Explore the rich colors of autumn while learning how to mix vibrant hues without creating muddy tones. Using local fall landscapes and subjects as inspiration, you'll build your watercolor skills in a fun and supportive environment. Whether you're new to watercolor or have previous experience, this class led by Lynn Cummings has something to offer. Beginners will develop a strong foundation, while intermediate painters will expand their techniques with engaging new challenges. Please register by August 31 so there is enough time to receive the class instructions and supply list before the first session. To register, call 802-425-6345 or email register@charlotteseniorcentervt.org.

Beginner Watercolor Workshop

Wednesdays, September 30, October 7, 14, 21 & 28, 1:00–3:00 p.m.

Cost: \$150. Registration and payment due Friday, 9/18.

Join instructor John Edebohl for a fun, welcoming six-week beginner watercolor class! This class is designed for those with little or no painting experience. Learn basic brush techniques, color blending, washes, and loose-painting methods through step-by-step instruction. John will also provide tips on supplies and a helpful reference guide. Come create, learn, laugh, and discover the joy of watercolor! Please register by September 18 to receive a supply list before the first session. Call 802-425-6345 or email register@charlotteseniorcentervt.org.

Arts group

Fridays, 10:00 a.m.–Noon.

Create, connect & get inspired! Bring your latest art project and spend a relaxing morning with fellow artists. Share ideas, discover inspiration, and enjoy the simple pleasure of creating together. All skill levels and artistic mediums are welcome!

Creative Arts group

Wednesdays, 10:00 a.m.–Noon.

Bring your creativity—whatever form it takes! Spend a fun and relaxed morning working on a project you enjoy, from painting and writing to knitting, scrapbooking, origami, and more. Come create, chat, exchange ideas, and enjoy the inspiration that comes from making things together. All are welcome! Questions? Email Katie Franko at kfranko@gmavt.net.

Fiber Arts group

Thursdays, 9:15 a.m.–Noon.

Stitch, hook, knit & create! Bring your rug hooking, knitting, embroidery, or other fiber projects and enjoy a relaxed morning with fellow fiber enthusiasts. Share ideas, pick up inspiration, and enjoy good conversation while you work on something you love. All skill levels are welcome! Questions? Contact Diane at dianburgess@hotmail.com.

Photo Discussion group

Sunday, September 20, 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 September photo discussion will be **Composition** - Rule of thirds, rule of odds, frame within a frame, symmetry & balance, leading lines, directing viewer eyes and verticals. Email 3-5 image files to Dave Pearson or bring prints. Questions? Contact Dave Pearson at pearsond3@comcast.net.

Shape-Note Singing

Sunday, September 27, 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 kclnxyvt@gmail.com

Programs:

Protecting Yourself from Fraud & Scams

Wednesday, September 9, 1:00-2:00 p.m.

Scammers are becoming increasingly sophisticated, making it more important than ever to know how to recognize and avoid fraud. Join JPMorgan Chase Vice President and Community Manager Sarah Daluisio for an informative presentation on today's most common scams, including phone, email, text message, and online fraud. Learn practical strategies to safeguard your personal information, recognize warning signs, and take steps to protect your finances and identity. Bring your questions and leave with valuable tips to help you stay one step ahead of scammers. Registration is appreciated. Call 802-425-6345 or email register@charlotteseniorcentervt.org.

"The Final Gift: A Guide to Planning Your Funeral and Leaving a Lasting Legacy"

Wednesday, September 16, 1:00-2:00 p.m.

Join Michele Ambrosino, a third-generation funeral director, from Ready Funeral Home in Burlington. Michele will provide a comprehensive session on funeral pre-arrangements, pre-payments, and assisted planning. It covers the benefits of pre-planning, the various options available, and how to make informed decisions that will help you and your loved ones during a difficult time. Registration is appreciated. Call 802-425-6345 or email register@charlotteseniorcentervt.org.

"It's NOT just plain vanilla"

Friday, September 11 at 1:00-2:00 p.m.

Back by popular demand! Join Hank Kaestner for a fascinating look at the world's most popular flavor—vanilla. Discover its rich history, how it is cultivated, and the complex process of bringing this beloved spice from vine to table. Hank retired as Director of Spice Procurement at McCormick & Co., Inc., where he was responsible for sourcing spice raw materials from around the world. In 2010, he was inducted into the International Culinary Arts Hall of Fame in recognition of his contributions to the culinary industry. Many at the Center also know Hank as an avid bird watcher and leader of our popular birding trips. Registration is appreciated. Call 802-425-6345 or email register@charlotteseniorcentervt.org.

Preparing for Medicare Fall Open Enrollment

Tuesday, September 22, 10-11:30 a.m.

Medicare Open Enrollment takes place each year from October 15–December 7 and is the time to review your coverage for the coming year. Join Age Well's State Health Insurance Assistance Program (SHIP) for an informative session designed to help you prepare for Fall Open Enrollment. Learn when and how to review and change your Medicare Part D prescription drug coverage, what questions to ask when comparing plans, financial assistance programs that may help lower Medicare costs, and how to use the Medicare website to compare options with confidence. Registration is appreciated. Call 802-425-6345 or email register@charlotteseniorcentervt.org.

Understanding Medical Aid in Dying: Information, Choices & Conversations

Wednesday, September 23, 1:00 - 2:00 p.m.

Presented by speakers from Patient Choices Vermont (PCV), this informative presentation will explore Medical Aid in Dying (MAID) in Vermont. Learn how the process works, who may qualify, and what is required under Vermont's Act 39. The discussion will also explore how to have meaningful conversations with your healthcare providers and loved ones about your wishes and plans. This presentation provides an opportunity to ask questions, learn more, and become better informed about this important and personal topic. Attendees will leave with resources and a greater understanding of the choices available under Vermont law. Registration is appreciated. Call 802-425-6345 or email register@charlotteseniorcentervt.org.

AARP Safe Driver

Saturday, September 26, 10:00 a.m.-3:00 p.m.

\$20/AARP members and \$25/AARP non-members

Registration required.

The AARP Smart Drivers course is designed for drivers ages 50 and older to give the most up to date information that will help to refresh your driving skills. The course aims to give you confidence on the road and upon completion, you may be eligible to receive an auto insurance discount! (Consult your agent for details.) This course is open to all, at a cost of \$25, with AARP members getting a \$5 discount. Please bring a bag lunch, your current AARP member card and your driver's license. Checks should be made out to AARP. For questions, call Krista Willett at (802)238- 9117. To register, call 802-425-6345 or email register@charlotteseniorcentervt.org.

How to Give Your Kids Money Without Making a Mess

Wednesday, September 30, 6:30-7:30 p.m.

Helping your children or grandchildren financially sounds simple, until questions of fairness, control, taxes, home purchases, education, family loans, and your own retirement enter the picture. In this educational program, Brandon Tieso, CFP, will walk through a practical way to decide what kind of help you want to provide, what can go wrong, and which structures are worth discussing before money changes hands. This is an educational talk, and no products will be presented. Brandon Tieso is a Certified Financial Planner and Wealth Advisor with Community Financial Services Group, known for making complicated financial subjects concrete, candid, and understandable. Registration is appreciated. Call 802-425-6345 or email register@charlotteseniorcentervt.org.

Literature & Language:

Interest in an Ongoing Writing Group?

We are exploring whether there is interest in starting an ongoing writing group at the Charlotte Adult Community Center. Would this be something you would enjoy participating in? If you are interested, please let us know by calling the 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.

Conversation Group

The CVU students are taking September off as they settle into their school-year schedules. Stay tuned for the group's return in October!

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 and thoughtful exchange. Participants and CVU students gather around an open table to explore texts, problems, and ideas together. Come share your perspective and join the conversation!

Living Your Best Life discussion

Thursday, September 17, 2:00-3:00 p.m.

Nurture your curiosity, wonder, inspiration, and delight through thoughtful conversation and engaging books. This month, the group will discuss *The Art of Gathering: How We Meet and Why It Matters* by Priya Parker. The Charlotte Library has generously provided copies of the book to borrow. For questions, please contact Ginie Bukowski at 802-453-5211 or vbukowsk@middlebury.edu. Registration is appreciated. To register, call 802-425-6345 or email register@charlotteseniorcentervt.org.

Silent Book Club

Friday, September 25, 11:30–12:30 p.m.

Join the Silent Book Club, a relaxed, no-assigned-reading gathering. Bring whatever you're currently reading fiction or nonfiction, print, eBook, or audiobook. We'll start with brief book sharing, then enjoy casual conversation or quiet reading time. Light refreshments will be provided. Registration is appreciated. Call 802-425-6345 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 9/1.

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 nicolelibrandi2@gmail.com. To register, call 802-425-6345 or email register@charlotteseniorcentervt.org.

Advanced Italian Conversation

Fridays, 11:30 a.m.-12:30 p.m., 9/4, 9/18 & 10/2

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. Le registrazioni video delle lezioni possono essere richieste previa notifica a Nicole. Ongoing registration: contact Nicole at nicolelibrandi2@gmail.com

Spanish Conversation

Tuesdays, 10:00–11:00 a.m.

Starting back up after the summer break on Tuesday, September 15.

¿Habras 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

Board & Card Games:

Cribbage

Thursdays, 1:30–3:30 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 a friendly, casual game of chess each week! Whether you're a longtime player, just learning, or somewhere in between, everyone is welcome. Each session will begin with a brief chess lesson before we get to playing. Have a chess set? Bring it along! If not, no worries, extra sets will be available. Come learn, play, and enjoy some friendly competition and conversation. 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.

Curious about Samba? Come give this fun and engaging card game a try! Samba is a lively variation of Canasta, offering a greater variety of melds and plenty of opportunities to keep the game interesting. New to Samba? No problem! If you'd like to learn how to play, contact Sandy Armell at 802-425-3248. Come learn something new and enjoy a friendly game with others!

Shanghai Mahjong

Tuesdays, 12:30–3:45 p.m.

Come join us for a friendly afternoon of Shanghai-style Mahjong, conversation, and fun! Whether you're an experienced player or new to the game, all skill levels are welcome. Come play, learn, and enjoy the company of fellow Mahjong enthusiasts. Questions? Contact Nan Mason at anne.mason@uvm.edu.

American-Style Mahjong

Tuesdays, 12:45–3:45 p.m. – Join us for a relaxed afternoon of casual, social Mahjong! Players of all experience levels are welcome. New to American-style Mahjong? While we don't offer formal instruction, you're welcome to stop by, observe a game, and get a feel for how it's played. Once you're comfortable with the basics, we'd love to have you 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. Whether you're new to the game or a seasoned player, you're welcome! New to Mahjong? **Starting in October, Jane is starting a beginner-friendly class at the beginning of each month.** Already know how to play? Come and enjoy a night of friendly competition. Please email Jane Krasnow at jane.krasnow@gmail.com to let her know you are coming or if you are interested in the beginner lessons starting in October!

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, September 11 • 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. This month our guest speaker will be Hank Kaestner talking about "How it all began. My journey into the world of spices." Hank will tell how he happened to end up in his dream job, traveling the world buying spices for McCormick and Company. Yes, cinnamon really is the bark of a tree. Grown mostly on the slopes of Mt Korintji in Sumatra, Indonesia.

If you plan to attend the men's breakfast, please register by emailing Lane at lmorrison@gmavt.net by Tuesday, September 8 so we know how many are planning to join us.

A NEW NAME FOR A NEW CHAPTER!

As we look ahead to our **25th anniversary in 2027**, we're excited to share that the **Charlotte Senior Center will become the Charlotte Adult Community Center**. Our name is changing, but our mission remains the same: creating opportunities for learning, wellness, recreation, volunteerism, and connection for adults 50+. You'll begin to see some of these changes over the next couple of months as we transition to our new name. Thank you for being part of our community as we begin this exciting new chapter!

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 Charlotte Adult Community 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 T.Tenney@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.