



Charlotte 50⁺ Community Center

October 2026 Newsletter

212 Ferry Road, P.O. Box 207

Charlotte, Vermont 05445

(802) 425-6345 • CharlotteSeniorCenterVT.org



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Adults (age 50 and up) will have first preference in sign-ups. • Courses and events are open to younger adults if space is available.

We welcome residents from other communities. Center Hours: Monday through Friday, 8:30 a.m. to 4 p.m.



Art & Music Programs:

October Botanical Arts Exhibit:

The October exhibit features the work of botanical artists Ed LeClair, Lynne Gavin, and Alice Trageser, who harvest, extract, sculpt, and transform nature's colors into wearable and displayable art. Their work showcases botanical printing and sculpture on raw silk, charmeuse, Crêpe de Chine, silk satin, and a variety of fine and upcycled cottons.

iPhone Camera Workshop Sunday, October 4, 2:00-4:00 p.m.

David Beckett's iPhone Photography Workshop returns to Charlotte! You own a surprisingly good camera, and it's always with you. Join this free hands-on workshop and learn to shoot sharp, well-composed photos with nothing but the iPhone in your pocket. We'll cover composition, natural light, the hidden capabilities of Portrait Mode and the editing tricks that turn a snapshot into a keeper — nothing but your iPhone is required. All are welcome, but the workshop is designed for iPhones specifically. Registration is appreciated. Call 802-425-6345 or email register@charlotteseniorcentervt.org.

Watercolor - Fall in Full Swing! Tuesdays, 9:00 a.m.-Noon, October 6, 13, 20 & 27 Cost: \$165. Registration and payment due Tuesday, September 29.

Celebrate the beauty of fall through watercolor! Turning leaves, autumn harvests, orchards filled with ripening fruit, and Halloween will inspire colorful, textured paintings in October's classes. Join us for a supportive, creative, and fun class where you can explore your artistic side and enjoy the process. Classes fill quickly, so be sure to register ASAP! A supply list will be provided upon receipt of your registration and payment. To register, call 802-425-6345 or email register@charlotteseniorcentervt.org.

Fundoodles workshop

Wednesday, October 7, 3:00-4:30 p.m.

Cost: \$25 Registration and payment due

Monday, October 5.

Let's have fun putting pen to paper and discovering the relaxing, creative world of doodling! Cathy Hartley will share her lifelong experience with doodling and guide you in creating a drawing with very little structure. The fun is in the unpredictable outcome! **Please bring:** a black ballpoint pen with plenty of ink, a sharpened pencil, an eraser, a ruler, and a jar lid. All other materials will be provided. To register, call 802-425-6345 or email register@charlotteseniorcentervt.org.

Photo Discussion group

Sunday, October 18, 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 October photo discussion will be iPhone Camera Images. Email 3-5 image files to Dave Pearson or bring prints. Questions? Contact Dave Pearson at pearsond3@comcast.net.

Mugs, Cups or Short Vases pottery workshop

Friday, October 23, 1:00-2:30 p.m.

Cost: \$20 plus a \$10 supply fee

(paid directly to the instructor).

Registration and payment due by

Tuesday, October 20.

Join Judy Devitt for a hands-on pottery workshop and create your own ceramic cup, mug, or short vase using the slab method. Add texture and personality to your piece using a variety of fabrics and stamps. Judy will also demonstrate a fun new three-legged form. Judy will fire and glaze all completed pieces, which will be returned to the Center in approximately three weeks. All finished pieces will be food safe. To register, call 802-425-6345 or email register@charlotteseniorcentervt.org.

Shape-Note Singing

Sunday, October 25, 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

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.



VISIT US ON OUR WEBSITE
CharlotteSeniorCenterVT.org

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, 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.

Literature & Language:

CVU Conversation Group

Monday, October 5 & 19, 3:30–4:30 p.m.

October 5 prompt: What drives our impulse to help others: innate empathy, social expectation, or something deeper?

October 19 prompt: What is one unwritten rule of society that everyone follows, but nobody talks about?

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

New! Drop-In Weekly Writing Group

Tuesdays, 11:00 a.m.–12:30 p.m. - Starting October 13

Looking for motivation to keep writing? Join this free weekly drop-in writing group for encouragement, regular writing time, and optional constructive feedback from fellow writers. All forms of writing are welcome. Questions? Contact Toni Sunderland at tonisunderland46@gmail.com.

Play Reading

Thursday, October 22, 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

Memoir Writing Class

Thursdays, 10/22, 10/29, 11/5, 11/12, 11/19 & 12/3, 1:00–3:00 p.m.

Cost: \$60. Registration required.

Explore your life experiences through crafting them in writing. In this six-week class, Bronwyn Dunne and Laurie Caswell Burke will guide participants as we write, read, and share our work, with the goal of moving our stories forward. Through storytelling techniques, we will explore our personal experiences. Through discussion & writing exercises, this class offers a fun and engaging opportunity to create a focused narrative that explores thoughts, experiences and emotions. Storytelling connects us, and offers a legacy to future generations. To register, call 802-425-6345 or email register@charlotteseniorcentervt.org. For questions, email Laurie Caswell Burke at lcaswellburke@comcast.net.

Silent Book Club

Friday, October 23, 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.

Living Your Best Life discussion

Thursday, October 29, 2:00–3:00 p.m.

Nurture your curiosity, wonder, inspiration, and delight through thoughtful conversation and engaging books. This group's intention is to expand our lives by reading & discussing nurturing, inspirational, and stimulating books. This month's book, **Think Again: The Power of Knowing What You Don't Know** by Adam Grant, will be available at the Charlotte Library as of mid-September. (You will need your local library card). This month, the group will discuss *The Art of Gathering: How We Meet and Why It Matters* by Priya Parker. 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.

Advanced Italian Conversation

Friday, October 2, 11:30 a.m.–12:30 p.m.

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

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.

Spanish Conversation

Tuesdays, 10:00–11:00 a.m.

¿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.

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.

Programs:

Understanding Parkinson's Disease: Living Well and Thriving

Wednesday, October 7, 1:00-2:00 p.m.

Join Katie of Healthy at Home VT for an approachable, hopeful look at Parkinson's disease including the signs to watch for, how it's diagnosed, and the practical steps that help people thrive, from exercise and medication to home safety and planning ahead. The presentation includes trusted national and local Vermont resources, plus a one-page take-home guide for every attendee. All are welcome, whether you're living with Parkinson's, caring for someone, or simply want to learn more. Registration is appreciated. To register, call 802-425-6345 or email register@charlotteseniorcentervt.org.

Can You Trust Anything Online Anymore? AI presentation

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

Could you tell if a family member's voice had been copied? Would you know if a dramatic photo, touching animal rescue, or urgent message was AI-generated? Join Brandon Tieso for a practical, plain-English discussion on the new world of fakes, scams, and online trust — and the simple habits that can help you stay safe. Registration is appreciated. To register, call 802-425-6345 or email register@charlotteseniorcentervt.org.

Hearing Loss Presentation

Friday, October 9, 1:00 p.m.

Join Dr. Corey Enanto, Audiologist at Better Living Audiology, for a brief presentation on the early signs of hearing loss, tinnitus, and balance issues—and how addressing these concerns can help prevent falls and support cognitive health. The 15-minute presentation will be followed by a complimentary hearing screening and free hearing-aid cleanings. Please note those already diagnosed with hearing loss or who wear hearing aids should schedule a full diagnostic evaluation instead of a screening. Registration is appreciated. Call 802-425-6345 or email register@charlotteseniorcentervt.org.

Federal Actions and the Well-Being of Vermonters: What's at Stake

Wednesday, October 14, 1:00-2:00 p.m.

The federal government is pulling back on many critical programs it has supported for decades and creating uncertainty and disruption in many others. Federal funding supports much of what we do as a state — from housing to income support, education, food security and healthcare. Join Bekah Mandell of Vermont's Public Assets Institute to learn about the impacts of federal actions on the state budget — and what Vermonters can do to protect what we value. Offered in partnership with the Charlotte Library. Registration is appreciated. To register, call 802-425-6345 or email register@charlotteseniorcentervt.org.

Everything You Need to Know About Estate Planning

Friday, October 16, 1:00-2:30 p.m.

Local attorneys Sarah B. Haselton, Esq., and Amanda F. Mowle, Esq., will present a free seminar covering the essentials of estate planning. Attendees will gain a basic understanding of estate planning concepts and important legal documents, as well as learn why having a plan in place is essential to protecting themselves during their lifetime and ensuring their wishes are honored after their passing. Offered in partnership with the Charlotte Library. Registration is appreciated. To register, call 802-425-6345 or email register@charlotteseniorcentervt.org.

"Gone Guys" Film Screening & Discussion

Monday, October 19, 6:00-8:00 p.m.

Space is limited; registration is required at charlottepubliclibrary.org.

"Gone Guys" examines the challenges faced by boys and young men in the United States today through the lens of experience in rural Vermont. Through personal stories, striking data, and expert insight, the film examines how issues like struggles in school, loneliness, and even radicalization is taking root in the lives of young men—and what communities can do about it. Howard Center's Mary Munns, LICSW, School Services Supervisor, and Gabrielle Johansen, social worker for Charlotte Central School, will facilitate a discussion about the film and related experiences in our own community, including time for questions and answers. In partnership with the Charlotte Library. Screening and discussion at the Charlotte 50+ Community Center.

Energy in Charlotte: Brainstorming Paths to Affordability, Resiliency, and Sustainability

Tuesday, October 20, 7:00 p.m.

Where we get our energy, and how we use it, affects all of us. The choices we make impact our wallet, our health, our community, and future generations. Yet, figuring out the best options for your situation can be confusing, while changes in policies and regulations can feel dizzying. Join us for an evening of learning, conversation, and brainstorming as we explore ways to meet Charlotte's town plan goals. We'll share ideas, experiences, and perspectives that can help shape the future of energy in our community. James Hodson will lead the discussion as speaker and moderator. This program is hosted by the Charlotte Energy & Climate Action Committee in partnership with the Charlotte 50+ Community Center and Charlotte Library and is part of the Community Resilience Hub grant project. Light refreshments will be served. Registration is appreciated. To register, call 802-425-6345 or email register@charlotteseniorcentervt.org.

Fraud, Scams & Con Artists: Coming to a Computer Near You

Wednesday, October 21, 1:00-2:00 p.m.

Join Bill April from AARP for an informative presentation on the why, how, and basic defenses against internet scams. This presentation is continually updated to address the latest cyber threats and will cover how to recognize malicious emails and pop-ups, as well as Wi-Fi security concerns related to the increased use of tablets and smartphones. Registration is appreciated. To register, call 802-425-6345 or email register@charlotteseniorcentervt.org.

A Process of Inner Awareness and Journey with the Divine

Saturday, October 24, 1:00-4:15 p.m.

Join us for a free workshop exploring inner awareness, spiritual connection, and personal growth. Through journaling, quiet contemplation, and guided reflection, participants will explore thoughts, emotions, intuition, and ways to cultivate greater peace, clarity, presence, and self-compassion. The workshop will also include an introduction to the Golden Age Movement and the Great Compassionate Light. All ages are welcome; no experience is necessary. Come as you are! Registration is required. Call 802-425-6345 or email register@charlotteseniorcentervt.org. A follow-up email with full event details will be sent after registration.

Understanding Home Care vs Community Care

Wednesday, October 28, 1:00-2:00 p.m.

What are the advantages of getting care in your home? When does it make sense to move into a supportive community? Making the right choice when you need assistance as an older adult can be scary (cheesy Halloween reference) ... Join two industry professionals to get your questions answered: Gena Braman, Client Care Manager with Home Care Assistance and Les Hayke, Marketing Director at the Converse Home Assisted Living. Registration is appreciated. To register, call 802-425-6345 or email register@charlotteseniorcentervt.org.

Outdoors:

Birding Trip

Wednesday, October 14, 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.

Hiking Trip

Wednesday, October 21, 9:00 a.m. departure.

Registration required.

Our October hike will take us to Raven's Ridge to enjoy the last of the fall colors. This easy 3-4-mile hike includes some elevation gain and features a beautiful overlook with scenic views. Please meet in the foyer of the Center. For questions about the hike, contact Michael Rubin at mjrubin99@gmail.com. To register, call 802-425-6345 or email register@charlotteseniorcentervt.org.

Gentle Walk

Thursday, October 22, 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.

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, October 9 • 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. Our October speaker will be Charlie Prout from Horsford's, an iconic business in Charlotte which serves the entire region.

If you plan to attend the men's breakfast, please register by emailing register@charlotteseniorcentervt.org or calling 802-425-6345 by Tuesday, October 6 so we know how many are planning to join us.

Visit us on our website
CharlotteSeniorCenterVT.org

Board & Card Games:

Learn to Play American-Style Mahjong

Wednesdays, 6:00 p.m. • 10/14, 10/21, & 10/28, 6:00 p.m. Registration required.

New to Mahjong? Starting in October, Jane Krasnow will teach a free beginner-friendly American Mahjong class each month. Each session will introduce you to the basics and help you build your skills through practice and play. Can't make the October session? No worries, a new class will begin in November. Questions? email Jane Krasnow at jane.krasnow@gmail.com. To register, call 802-425-6345 or email register@charlotteseniorcentervt.org.

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 lcyndie.ma@gmail.com.

Wednesdays, 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! Come and enjoy a night of friendly competition.

Questions? email Jane Krasnow at jane.krasnow@gmail.com.

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.

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 janteditfink@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 & Fridays at 12:00 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!

Community Support:

Age Well

Monday, October 5, 11:30 a.m.-12:30 p.m.

Visit the Charlotte 50+ 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.

iPhone and iPad Accessibility Features for Older Adults

Tuesday, October 13, 2:30 p.m. • Registration required. Limited to 15.

Tech Librarian Susanna Kahn will show how older adults can customize their iPhone and/or iPad using accessibility settings and apps already available on their devices to better fit their unique needs. To register, call 802-425-6345 or email register@charlotteseniorcentervt.org.

Alzheimer's Caregivers Support Group

Wednesday, October 14, 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, October 15, 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.

Menopause Café

Thursday, October 15, 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 50+ Community Center and the Charlotte Library.

Guitar Music at the Memory Café

Wednesday, October 21, 1:15-2:15 p.m.

This month, join musician Franc Gambatese for an afternoon of familiar melodies and shared memories as he performs popular songs by Neil Young, Simon & Garfunkel, Bob Dylan, and James Taylor on guitar and harmonica.

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 friendly environment. Memory kits will also be available. This program is free of charge and is offered in collaboration with the Charlotte 50+ Community Center, the Charlotte Library, and Age Well. Registration is appreciated. Call 802-425-6345 or email register@charlotteseniorcentervt.org. For questions, contact Susan Cartwright at cartwright.susan1@gmail.com.

Death Café

Wednesday, October 28, 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@ymail.com. Registration is appreciated. Call 802-425-6345 or email register@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 Charlotte 50+ 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 Thylene 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.