

The Charlotte Senior Center

Winter Schedule 2016–2017
(December, January, February)

WWW.CHARLOTTEVT.ORG



Unless noted, courses and events are open to non-seniors if space is available, although seniors (age 50 and up) will have first preference in sign-up. Residents from other communities are also welcome to participate in the programs. Course and material fees are due upon registration. Scholarships are available. All registration checks should be written out to the Charlotte Senior Center. Please fill registration form out completely or include all needed information, including non-senior or senior status. Register for all courses listed at The Charlotte Senior Center (CSC) at 212 Ferry Road or via mail at P.O. Box 207, Charlotte, VT 05445. Please call the CSC at 425-6345 to speak with a volunteer host or to leave a message if you have any questions, ideas for future courses, or if you are interested in volunteer opportunities.

BLOCK PRINTING

with Elizabeth Llewellyn

Thursday morning, December 1 from 9:30 – 12:00.

Block printing is one of the oldest types of printmaking, and has been around for thousands of years. In this workshop, you will be using Speedball Speedy Carve blocks that are a soft, rubber-like material to carve your design. Then the real fun begins as you experiment with various coloured inks to print your very own one-of-a-kind holiday cards! All necessary tools, blocks, note cards, and printing ink will be provided.

Registration necessary. Limit 10. Fee: \$48 includes materials.

HOLIDAY CRAFT WORKSHOP!

with Lynn Cummings

Tuesday morning December 6 from 9:15 – 12:15.

Learn to create unique paper that can be used as giftwrap, for greeting cards, as decorative borders and many other items for special occasions. This will be as easy as scrapbooking, yet your projects will have your own one-of-a-kind design. A fun class, even for those who think they are “creatively challenged.” All supplies included. Bring your own scissors and X-Acto knife.

Registration required. Fee: \$40

WEDNESDAY WONDERS

Wednesday morning from 9:00 – 11:30

Unleash that creative spirit! Come join us for this new monthly “craft” offering. You do not have to already be an artist but this could open that part of you! A sample of each craft will be available in the foyer at the Center prior to class so you can see what we will be making. All materials will be supplied for these classes.

Registration required. Max. 8. No fee.

December 14 – Hand Stamped Greeting Cards with Janice Bauch

Learn how to create your own greeting cards. In this small, hands-on class you will create two cards that you can take and use – one for the holidays and another all occasion card. This is like scrapbooking (same materials used) but of course, much smaller.

January 11 – Crochet a Spanish “hillo” (thread) purse with Maria Acosta

Learn the lost art of crocheting with thread. Maria will show you three different small jewelry or money purses to choose from and you will begin making one, just for fun!

February 8 – Celebrating Chinese New Year with Sabina Evarts

We will make decorative pieces with a Chinese New Year theme to go along with the luncheon meal.

PAINTING WHITES – SNOW & ICE IN WATERCOLOR

with Lynn Cummings

Tuesday morning January 10 from 9:15 – 12:15.

In this 3-hour special workshop we’ll explore how to maintain the white of the paper to “paint snow,” and how to use color to indicate ice, water, shadows in a snowy landscape. Some experience with watercolor necessary. Watercolor paper will be supplied but please bring your own paints, palette, brushes, etc. Please email: Lynn.Cummings@uvm.edu if you have specific questions.

Registration required by January 3 so Lynn can prepare materials. Max. 12. Fee: \$40.

CALLING ALL CREATIVE SPIRITS!

The Senior Center Community Art Show, now in its 11th year, has become a favorite among our community of artists. This year the show will be held during the month of February 2017 and is open to everyone 50 years or older. All mediums are welcome and we will have a two-piece limit so everyone will have a chance to see their work displayed in the Great Room. Look for registration forms with specific details to appear at the center on Wednesday, January 18. (DEADLINE for submitting forms is Friday, January 27). Mark your calendars and join us for a reception for the artists, friends and relatives on Wednesday, March 1 at 1:00 pm.

BEGINNING SPANISH

with Bernice Wesseling

Tuesday mornings from 10:00 – 11:00. Dates: January 10 thru May 23.

We will continue with the *Easy Spanish Reader* that we began last spring. The readings are simple and no previous knowledge of Spanish is necessary. Come give it try!

Registration required. Limit 14. Fee: \$15 for anyone needing a textbook.

POETRY MEMORIZATION WORKSHOP

with Ginger Lambert

Tuesday afternoon January 24 from 1:00 – 2:00.

Having trouble remembering where you left your keys or what you had for dinner last night? Just like exercising the body, exercising the brain will keep it agile and possibly grow new neurons. Benefits of poetry memorization include increased focus and concentration, greater vocabulary and appreciation for English syntax. Memorizing poetry can train your brain to remember things long term and retain more information. Poetry maven, Ginger Lambert, shares her compilation of tips, methods and benefits of learning a poem by heart. She will provide copies of poems or you can bring your own favorite. Through sharing her tips and methods to memorizing a poem you will commit a few lines to memory in the course of this workshop. Anyone can do it, after all, we have all memorized nursery rhymes or songs at one time or another.

Registration required. Minimum 10. Fee: \$10.

CLASSICAL MUSIC CONVERSATIONS

with Damon Ferrante

Friday Morning January 27, February 10 and 24 from 9:30 – 10:30.

You are invited to an exciting tour of the great works of classical music and opera! Part conversation and part educational, this lively listening and discussion group, led by music professor and composer Damon Ferrante, provides us all with opportunities to explore the wonderful music of these great composers and to socialize along the way. We will have fun learning about the music of Beethoven, Mozart, Ravel, and Verdi. Open to anyone who enjoys (or is curious about) classical music. Some of the sessions will also feature live performances by talented Vermont musicians.

Registration required. No fee.

UNDERSTANDING NONVERBAL COMMUNICATION

Tuesday afternoons from 1:00 – 2:30. Dates: February 7, 14, 21 and 28.

Posture. Eye contact and blinking. Gestures. Tone and pitch. Gait. Body type and clothing choices. How much of our communication is nonverbal? This *Great Course* will view the scope of nonverbal communication through the lens of science, led on DVD by Dr. Mark Frank, a Professor and Chair of the Department of Communication, as well as the Director of the Communication Science Center at the University at Buffalo, the state University of New York. In 12 revealing lectures, you’ll explore the history, evolution, and context of both the outright obvious and the sublimely subtle nuances of personal expression. Throughout this course, you will explore the role of nonverbal communication as it relates to understanding. With careful observation, you can capitalize on this science to further appreciate human expression, smooth social interactions, and strengthen relationships.

Registration required. No fee.

AND THE OSCAR GOES TO . . .

with Sean Moran and The Play Reading Group

Friday afternoon February 24 beginning at 1:00.

Walk the red carpet into a vintage, old fashion movie theater for a special screening of an Oscar nominated film. Veteran actor Sean Moran will assume the role of MC and the “stage” will be set as an old-fashioned Hollywood movie theater brimming with snacks and libations of days gone by. With the Oscar ceremony only two days away, all are welcome to our Hollywood event hosted by the Play Reading group. While black tie is optional, we hope you will come and “dress to impress.” After all, it is the Oscars!

Registration Required. Suggested donation: \$5 for refreshments.

ALL THE WORLD'S A STAGE and it's here at the Center!

with Sean Moran, Thursday, December 15 & Friday, January 20 from 1:00-3:30.

Do you love theatre? Do you appreciate the spoken word? This group meets once a month and is for people who enjoy reading plays aloud or listening to others perform. No experience is needed for either the reader or the audience. Scripts are provided. Please join us as we continue to broaden our exposure to what language can do. Sean Moran re-located to Charlotte from Los Angeles where he spent 35 years in the TV, film and theater business and promises a good time for anyone interested. Please note: a play will be chosen and parts assigned at the end of each session for the following month.

Registration required so we can pick an appropriate play. No fee.

SPANISH CONVERSATION

with Maria Acosta, Tuesday mornings from 11:00 – 12:00. Ongoing.

Challenge your brain! With an eye toward speaking and understanding the language better, this group comes together to chat about the week's activities or interests with a goal of improving their fluency through listening and speaking. A fun, no pressure way to meet some new folks, sharpen your mind, and practice your Spanish. *No fee.*

MEN'S BREAKFAST

with Bob Chutter and Friends, Second and fourth Thursday mornings each month from 7:30 – 9:00.

Two mornings a month a handful of guys gather for an early morning of camaraderie and conversation over breakfast. Some do the food prep. Some cut, peel, and slice the fruit. Some set the tables and put out the napkins. Somehow the dishes get washed. Everyone enjoys a morning well spent and most leave knowing a little or a lot more than they did before they came.

Registration required by the Wednesday before a breakfast. Suggested donation: \$5.

FRIDAY MORNING ART GROUP

with Sabina Evarts, Friday mornings from 10:00 – 12:00.

An informal get-together of artists pursuing their creativity and discussing all manner of art topics and techniques. This group offers a chance to work on your own with the possibility of sharing knowledge and skill with other people. You are invited to bring whatever you are working on and enjoy the give and take of ideas and encouragement that the group has to offer. *No fee.*

MAH JONG

with Helen Cassell and Jean-Carol Dunham, Tuesday afternoon from 12:45 – 4:00.

For those new to the Chinese style of mah jong and the not so new, come to this informal get-together and learn while playing. *No fee.*

DUPLICATE BRIDGE

with Dot Myers and friends, Monday afternoons from 12:30 – 4:00. Ongoing.

Each week a fifteen-minute skill-building lesson begins the afternoon. We then draw names for a partner and a friendly game ensues as the afternoon progresses. For those unfamiliar with duplicate bridge you are welcome to observe and join in when you feel ready to play. *No fee.*

FITNESS AT ANY AGE

with Ginger Lambert, Tuesday mornings from 9:15 – 10:00.

Dates: 12/6, 12/13, 1/10, 1/17, 1/24, 1/31, 2/7, 2/14.

We all have different body types and fitness experience but know that being strong and fit helps us to live our lives to their full potential. Using timed intervals and a series of stations this class will incorporate body weight, light weights, and other cardio/strength building tools to boost strength, cardiovascular fitness, agility, and flexibility. Some active games will be included to make this a fun and interesting workout. Joint and ligament issues will be taken into account. Every exercise can be modified for any ability or level of fitness. If you have been looking for a class that challenges you but doesn't leave you in the dust, then this is for you.

Registration required. Limit 10. Fee: \$10 per class.

PILATES

with Phyllis Bartling, Thursday mornings from 8:30 – 9:30.

Session I: 12/22, 12/29, 1/5, 1/12, 1/19, 2/2.

Session II: 2/9, 2/16, 2/23, 3/2, 3/9, 3/16.

This is not your granddaughter's Pilates class! This mat Pilates class is designed for folks 55 years and older to be challenging and safe. Pilates specifically targets the core muscle groups, including the lower abdominals, lower back and gluteals, to improve balance, strength and posture. Exercises are done on the floor on mats (a small rolled up towel to put under your head is a good idea).

Registration required. Fee: \$42 per session.

YANG TAI CHI CHUAN for Beginners

with John Creech, Thursday mornings from 10:00 – 11:00.

Session I: 12/1, 12/8, 12/15, 12/22, 1/5, 1/12.

Session II: 1/19, 1/26, 2/2, 2/9, 2/16, 2/23.

Yes, you can learn the true Yang Family style of Tai Chi famous for its myriad benefits to health and wellbeing. The flowing movements and postures will increase flexibility, improve balance, and strengthen core muscles. Practitioners cultivate a deeper sense of relaxation, increased energy level and a real sense of confidence and presence. John Creech has been studying and practicing Tai Chi for 10 years and invites you to come learn and practice together.

Registration necessary. Fee: \$42 per session.

T'AI CHI PRACTICE

with Marty Morrissey

Every Thursday from 11-12:00 for students familiar with the form, ongoing.

T'ai Chi is now recognized throughout the world as an unparalleled exercise program for mind/body training and endorsed by the Arthritis Foundation to help improve balance, flexibility, stability, and overall health. Robust health, peace of mind, and personal empowerment are just a few of the rewards that await the practitioner of this ancient art.

Registration necessary. No Fee.

GENTLE YOGA

with Jean White, Mondays from 11:00 – 12:00.

Session I: 12/5, 12/12, 12/19, 12/26, 1/2 (closed), 1/9, 1/16.

Session II: 1/23, 1/30, 2/6, 2/13, 2/20, 2/27.

Learn classic yoga postures in a gentle way – perfect for beginners, those with injuries or even experienced students just wanting a relaxed pace and easy style. The tone of this class is one of encouragement, compassion and patience, using yoga philosophy as the basis for treating yourself kindly! You'll improve your strength, balance, flexibility, and breathing. Most of all learn to relax, release negativity and feel a great sense of peace come into your day. Poses are adapted to meet individual needs and all fitness levels. Please bring a blanket and yoga mat.

Registration required. Fee: \$60 per session.

CHAIR YOGA

with Tiny Sikkes, Mondays from 9:30 – 10:30.

Session I: 12/5, 12/12, 12/19, 12/26, 1/9, 1/16.

Session II: 1/23, 1/30, 2/6, 2/13, 2/20, 2/27.

This is a great class if you are concerned about adapting in a standard class. Using chairs for balance and for all seated postures, this class makes yoga accessible to those who are challenged by balance, the ability to get on the floor or have any physical limitations. We cover the full range of yoga postures and benefits while sitting comfortably in chairs – improving breath capacity, strength and flexibility.

Registration required. Fee: \$60 per session.

STRENGTH MAINTENANCE

with Sylvia Levine, Tuesday and Friday from 11:00 – 12:00.

Based on the Living Strong program, this series of exercises helps maintain independence by increasing strength, muscle mass and bone density using hand and ankle weights. Balance exercises enhance agility and decrease the likelihood of falls while flexibility exercises increase joint mobility and reduce the risk of injury. The weight-bearing exercises are done seated and standing behind the back of a chair. These are particularly effective for osteo-arthritis sufferers, who benefit from increased pain-free range of motion. Hand and ankle weights are provided. *No fee.*

BLOOD DRIVE

with the American Red Cross

Thursday December 1 and February 9 from 2:00 – 7:00.

The Center is pleased to host the American Red Cross for this much-needed community event. The comfortable atmosphere and great snacks make giving the "Gift of Life" at this site most pleasurable.

FRIDAY OPEN HOUSE

Friday afternoons are open to all who would like to drop in and use the Center. The possibilities are as varied as your imagination. Come enjoy!

SUNDAY AFTERNOONS AT THE SENIOR CENTER

Sundays from 1:00 – 4:00.

Join others for cards and board games. *No fee.*

SENIOR LUNCHEONS

Our glorious Senior Luncheons are held every Wednesday at 12:00. Reservations are necessary in advance and can be made by calling the Senior Center at 425-6345. *Suggested donation: \$4.00.*

MONDAY MUNCH

Mondays from 11:30 – 1:00.

Always healthy and delicious, each menu offers a fresh salad and a choice of soup or Chef's Surprise, bread, beverage, special dessert and fruit.

Suggested donation: \$4.00. Reservations not required.

BLOOD PRESSURE CLINIC

with Martha McAuliffe, RN, UVM Medical Center

Wednesday morning

December 14, January 18 and February 22 from 9:15 – 11:30.

This clinic is free, open to the public, and offered before the luncheon.

FOOTNOTERS

with Julia Jacques and Martha McAuliffe

Wednesday morning

December 14, January 18 and February 22 from 9:15 – 11:30.

The continuance of this free podiatry clinic is based on the generosity of professionals from the UVM Medical Center who volunteer. Due to the limited appointments available, scheduling priority will be given to Charlotte residents 65+ or those with a disability requiring assistance. Please bring a towel. *Registration necessary.*

**A COLLECTION OF LECTURES, PERFORMANCES AND SPECIAL EVENTS
SHOWCASING THE DIVERSE INTERESTS OF OUR COMMUNITY**

Wednesday afternoons beginning at 1:00 p.m. No registration or fee.

12/7: A CELLO QUARTET FOR THE HOLIDAYS with Judy Chaves

You will delight in the three- and four-part harmonies of this small cello choir as they play traditional holiday carols from England, France, Spain, and the United States. Some will be familiar (and you can sing along!), some not so familiar—but all are guaranteed to get you in the holiday spirit!

12/14: SHARING YOUR HOLIDAY CRAFT

So many wonderful hand made items appear this time of year. If you would like to share how you have made a special item, there will be tables set up in the Great Room to display your craft and we can spend the afternoon in awe of the creative spirit among us.

12/21: CVU MADRIGAL SINGERS

The CVU Madrigal Singers bring a repertoire filled with the joys of the season to one of their favorite venues and welcome the opportunity to be among friends, sharing the gift of song. They have been working throughout the fall to prepare repertoire that will be inspiring, uplifting, and joyful. Please join us for this special afternoon of music!

1/4: CUBA TODAY! with Lynn Cummings

Take a tour of Havana, small rural towns and the countryside of Cuba with Lynn & Don Cummings, who landed in Cuba just days before the Obamas arrived in March 2016. See photos of American 50's cars, organic farms, dancers, mountains, old forts, beaches and the decayed beauty of historic Havana. Plenty of time for questions after the slide show!

1/11: SAFARI SERENGETI: TANZANIA with Patrice MaComber

Learn about the culture, history, and wildlife of Tanzania, including visits to Arusha, Tarangire Park, Serengeti National Park, and the Ngorongoro Crater. Experience a day in the life of Maasai women in their village *bomba*, as well as visiting a local school in Arusha. See what it is like to spend four nights in a tented camp in the middle of the Serengeti Plains.

1/18: THE HIGHLANDS AND RAINFORESTS OF BELIZE with Mary VanVleck

Belize is a small country sandwiched between Mexico, Guatemala, and the Caribbean Ocean with the lowest population density of all the Central American countries. Most of the land is undeveloped and forested: there are highly distinctive ecosystems ranging from mangrove swamps along the Caribbean, to inland rain forests and arid areas. Previously called British Honduras, a British colony, its name changed in 1973; Belize has been fully independent since 1981. Mary will describe the highlights of her two trips to Belize to the least developed highlands and rainforests searching for the amazing and exotic Belizean birds. It's a magnificent country!!

1/25: LAND OF THE THUNDER DRAGON with Carl Herzog

Join Carl Herzog as he takes us on a photographic journey to Bhutan, "Land of the Thunder Dragon". A Himalayan Buddhist kingdom sandwiched between China and India, Bhutan is noted for its remoteness and uniqueness. (Where else is Gross National Happiness more important than Gross Domestic Product?) Carl has made two trekking visits to Bhutan, and will introduce us to the scenery and culture of this fantastic country.

2/1: A LOOK AT NEPAL with Sandi Detwiler

Resilient people, historical sites and breath-taking natural beauty! Rick and Sandi had the privilege of living in Nepal for several months in 2012, before the devastating earthquake of 2015. Although Nepal is a poor, landlocked country struggling with the aftermath of the earthquake, it is a tolerant country where Hindus and Buddhists live side by side. Her pictures tell a story of the history, the challenges and the perseverance of Nepali people.

2/15: FROM THE MEKONG RIVER TO THE COLORADO AND BEYOND Global Challenges in Meeting People's Needs for Safe Drinking Water with Jim Hyde

More than one billion people worldwide do not have access to safe drinking water. The cruel irony is that in terms of volume there is plenty of water on earth. The problems are access, control, and stewardship of this life-sustaining commodity. These issues have interested Jim both professionally and personally as he has traveled to different parts of the world. In this talk Jim will explore these issues using as examples factors that have affected access to safe drinking water in different parts of the world he has visited.

2/22: A SELDOM VISITED ISLAND: TAIWAN with Hank Kaestner

Taiwan contains an abundance of Chinese culture; dozens of snow-capped peaks; fascinating offshore islands that were the source of the early Polynesian seafaring explorers; and, for Hank, a wonderful group of birds, many of which are found only on this single island. A well-rounded presentation to educate and entertain, you will see one of the world's tallest buildings in Taipei, the capitol; giant redwood trees that will remind you of California; a look at food that even brings a smile to Hank (could this mean ice cream???) and, of course, a few feathered friends! Come and enjoy a presentation about an off the beaten track location that will make you want to hop on the plane and add Taiwan to your world country list!

The Charlotte Senior Center, 212 Ferry Road, P.O. Box 207, Charlotte, VT 05445
 MARY RECCHIA, Program Director • charlottesrctr@gmavt.net
 PEGGY SHARPE, Volunteer Coordinator • srctrvol@gmavt.net
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December 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
DECEMBER/JANUARY ART EXHIBIT The Champlain Valley Quilter's Guild Vermont will display their challenge quilts that reflect this year's theme: "All That Jazz." These quilts feature all manner of designs that illustrate the quilters' interpretation of the theme.				1 • 8:30 Pilates • 9:30 Block Printing • 10:00 Yang Tai Chi Chuan • 10:00 Memoir Writing • 11:00 Tai Chi Practice • 2:00 BLOOD DRIVE	2 • 10:00 Friday Art Group • 11:00 Strength Maint. • 1:00 Open House	3
4 • 1:00 Sunday Games	5 • 9:30 Chair Yoga • 11:00 Yoga • 11:30 Monday Munch • 12:30 Bridge	6 • 9:15 Holiday Crafts • 9:15 Fitness at any Age • 11:00 Strength Maint. • 11:00 Spanish Conver. • 12:45 Mah Jong	7 • 12:00 Luncheon ★★ 1 pm: Cello Quartet for the Holidays ★★	8 • 7:30 Men's Breakfast • 8:30 Pilates • 10:00 Yang Tai Chi Chuan • 10:00 Memoir Writing • 11:00 Tai Chi Practice	9 • 10:00 Friday Art Group • 11:00 Strength Maint. • 1:00 Open House	10
11 • 1:00 Sunday Games	12 • 9:30 Chair Yoga • 11:00 Yoga • 11:30 Monday Munch • 12:30 Bridge	13 • 9:15 Fitness at any Age • 11:00 Mah Jong • 11:00 Strength Maint. • 11:00 Spanish Conver.	14 • 9:00 Wed. Wonders • 9:15 Footnoters • 11:30 Blood Pressure • 12:00 Luncheon ★★ Sharing Your Holiday Craft ★★	15 • 8:30 Pilates • 10:00 Yang Tai Chi Chuan • 10:00 Memoir Writing • 11:00 Tai Chi Practice • 1:00 All the World's...	16 • 10:00 Friday Art Group • 11:00 Strength Maint. • 1:00 Open House	17
18 • 1:00 Sunday Games	19 • 9:30 Chair Yoga • 11:00 Yoga • 11:30 Monday Munch • 12:30 Bridge	20 • 11:00 Strength Maint. • 11:00 Spanish Conver. • 12:45 Mah Jong	21 • 12:00 Luncheon ★★ 1 pm: CVU Madrigals ★★	22 • 8:30 Pilates • 10:00 Yang Tai Chi Chuan • 10:00 Memoir Writing • 11:00 Tai Chi Practice	23 • 10:00 Friday Art Group • 11:00 Strength Maint. • 1:00 Open House	24
25 HAPPY HOLIDAYS! The Center will be CLOSED TODAY.	26 • 9:30 Chair Yoga • 11:00 Yoga • 11:30 Monday Munch • 12:30 Bridge	27 • 11:00 Strength Maint. • 11:00 Spanish Conver. • 12:45 Mah Jong	28 • 12:00 Luncheon	29 • 8:30 Pilates • 10:00 NO Yang Tai Chi Chuan • 10:00 Memoir Writing • 11:00 Tai Chi Practice	30 • 10:00 Friday Art Group • 11:00 Strength Maint.	31

January 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 HAPPY NEW YEAR! The Center will be closed today.	2 The Center will be closed today.	3 • 11:00 Strength Maint. • 11:00 Spanish Conver. • 12:45 Mah Jong	4 • 12:00 Luncheon ★ ★ 1 pm Cuba Today ★ ★	5 • 8:30 Pilates • 10:00 Yang Tai Chi Chuan • 10:00 Memoir Writing • 11:00 Tai Chi Practice	6 • 10:00 Friday Art Group • 11:00 Strength Maint. • 1:00 Open House	7
8 • 1:00 Sunday Games	9 • 9:30 Chair Yoga • 11:00 Yoga • 11:30 Monday Munch • 12:30 Bridge	10 • 9:15 Snow & Ice in Watercolor • 9:15 Fitness at any Age • 10:00 Beginning Spanish • 11:00 Strength Maint. • 11:00 Spanish Conver. • 12:45 Mah Jong	11 • 9:00 Wed. Wonders • 12:00 Luncheon ★ ★ 1 pm Safari Serengeti: Tanzania ★ ★	12 • 7:30 Men's Bkfst. • 8:30 Pilates • 10:00 Yang Tai Chi Chuan • 10:00 Memoir Writing • 11:00 Tai Chi Practice	13 • 10:00 Friday Art Group • 11:00 Strength Maint. • 1:00 Open House	14
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22 • 1:00 Sunday Games	23 • 9:30 Chair Yoga • 11:00 Yoga • 11:30 Monday Munch • 12:30 Bridge	24 • 9:15 Fitness at ... • 10:00 Beginning Spanish • 11:00 Strength Maint. • 11:00 Spanish Conver. • 12:45 Mah Jong • 1:00 Poetry Memoriz.	25 • 12:00 Luncheon ★ ★ 1 pm Land of the Thunder Dragon ★ ★	26 • 7:30 Men's Bkfst. • 8:30 NO Pilates • 10:00 Yang Tai Chi Chuan • 10:00 Memoir Writing • 11:00 Tai Chi Practice	27 • 9:30 Classical Music... • 10:00 Friday Art Group • 11:00 Strength Maint. • 1:00 Open House • 4:00 Art Show Reg. due	28
29 • 1:00 Sunday Games	30 • 9:30 Chair Yoga • 11:00 Yoga • 11:30 Monday Munch • 12:30 Bridge	31 • 9:15 Fitness at any Age • 10:00 Beginning Spanish • 11:00 Strength Maint. • 11:00 Spanish Conver. • 12:45 Mah Jong	DECEMBER/JANUARY ART EXHIBIT The Champlain Valley Quilter's Guild Vermont will display their challenge quilts that reflect this year's theme: "All That Jazz." These quilts feature all manner of designs that illustrate the quilters' interpretation of the theme.			

February 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
THE SENIOR CENTER COMMUNITY ART SHOW!			1 • 12:00 Luncheon ★ ★ 1 pm A Look at Nepal ★ ★	2 • 8:30 Pilates • 10:00 Yang Tai Chi Chuan • 10:00 Memoir Writing • 11:00 Tai Chi Practice	3 • 10:00 Friday Art Group • 11:00 Strength Maint. • 1:00 Open House	4
5 • 1:00 Sunday Games	6 • 9:30 Chair Yoga • 11:00 Yoga • 11:30 Monday Munch • 12:30 Bridge	7 • 9:15 Fitness at ... • 10:00 Beginning Spanish • 11:00 Strength Maint. • 11:00 Spanish Conver. • 12:45 Mah Jong • 1:00 Nonverbal Comm.	8 • 9:00 Wed. Wonders • 12:00 Luncheon	9 • 7:30 Men's Bkfst. • 8:30 Pilates • 10:00 Yang Tai Chi Chuan • 10:00 Memoir Writing • 11:00 Tai Chi Practice • 2:00 BLOOD DRIVE	10 • 9:30 Classical Music... • 10:00 Friday Art Group • 11:00 Strength Maint. • 1:00 Open House	11
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26 • 1:00 Sunday Games	27 • 9:30 Chair Yoga • 11:00 Yoga • 11:30 Monday Munch • 12:30 Bridge	28 • 10:00 Beginning Spanish • 11:00 Strength Maint. • 11:00 Spanish Conver. • 12:45 Mah Jong • 1:00 Nonverbal Comm.	FEBRUARY EXHIBIT The Senior Center Community Art Show, now in its 11th year, has become a favorite among our community of artists. This year the show will be held during the month of February 2017 and will represent many different mediums from over 25 creative folks, 50 years or older. Mark your calendars and join us for a reception for the artists, friends and relatives on Wednesday, March 1 at 1:00 pm.			

The Charlotte Senior Center is open from 9-4, Monday through Friday. Coffee and tea are always available, along with the daily Burlington Free Press and The Charlotte News. Also available for use is an iMac with DSL Internet access, reference and reading material, a sewing machine, piano, and a meeting room. Please stop by, bring along some friends, or come and meet some new ones.

The Charlotte Senior Center Winter 2016-2017 Course Registration Form

Name _____
 Address _____ Phone _____
 Email _____ Senior (50+) _____ Non-Senior _____
 Courses _____