

Hi Friends of the Community Senior Center of Huntington, Richmond and Bolton,

Please note, no there won't be Monday Bone Builders this week, because of the Holiday. Also, note **Bone Builders is moving to the Richmond Congregational Church Fellowship Hall** for both Mondays and Wednesdays starting this Wednesday. In addition, Wednesday's start time is changing to 10:00 AM. **Parking** is going to be an issue in the Town Center Lot for a while, because of the re-roofing work being done on the Town Center. Volunteers Green is perhaps the best option, if all spots are filled in the Town Center Lot.

This is the week for the Annual Benefit Concert, Wednesday, [May 31 7:30 PM](#) at the Richmond Free Library. It's an evening of **great classical music performed by the Greenfield Piano Associates**. We are again privileged to host these exceptional pianists prior to their performing the same concert at St. Paul's Cathedral in Burlington. This year's theme is "Inspired by the Muse: Water Music and More..."

Also, this week, the no-charge class called "Controlling Windows 10 and Related Technologies" begins. This is a great opportunity for seniors (and others) who would like help with their computers. The seven session class will be offered on Tuesday evenings **beginning May 30** (and one Monday) from 6pm to 7:30pm. For full details and to sign up, please go to <http://alcwm.com/giving-back/> In addition to hoping that area seniors will increase their confidence and knowledge base in technology, we'd also be thrilled if one or two members of the class might be willing to help us reach and teach others once the series has been completed. If you choose to take the course, keep that in mind-- you could become a mentor!

It's not too late, the West Bolton Golf Club is generously offering the Community Senior Center special reduced rates for us to play and/or take lessons at their 18 hole course. At this point we are assessing interest, after which we'll be able to provide full details on what the deal will be. So..... would you like to take lessons? (Beginner? Brush-up? Stroke clinic?) Or, would you like to be part of a weekly foursome? Something else? Please let me martha3@gmavt.net know what your thoughts are, and we'll take it from there.

And on Friday, we have a fun and interesting opportunity: Jason Bednarz of Motown Mushrooms will offer a special session for CSC participants, to be held from 4 to 7pm at the Black Barn Farm, 428 Bolton Access Road, Bolton 05676. We'll spend time foraging for mushrooms, discussing how to grow them, and enjoying some delicious roasted mushrooms. There will be plenty of time for questions and discussion, too! Space is limited to 20 participants and the fee is \$20*. Click <http://www.cscvt.org/register.html> to register or contact martha3@gmavt.net with questions. *Please note, the Community Senior Center has an activities grant fund to help anyone for whom the fee is a challenge. There will be a box on the online registration to check off if you need some help. (Confidentiality respected.)

We also want to draw attention to our Nordic Walking opportunity on Friday mornings. We will continue this through the summer and would like to encourage anyone who would like to go for no longer than an hour long walk, please consider joining in. We will have poles to lend for this experience. It will be geared to your own pace and offer you both lower and upper body exercise.

Please let us know if you have ideas for additional activities.

See the schedule below for this week's activities.

Yours in staying active all year long,
Martha

MONDAY

BONE BUILDERS

NO Bone Builders Monday, May 29.

PICKLEBALL

Monday, May 29: 10:00 AM-Noon at Huntington Town Hall. Let Deborah Worthley deborah.worthley@uvm.edu know if you are interested. Small donation.

KNITTING-BEGINNING AND REFRESHER

Monday, May 29: 11:30 to 1:00 at Richmond Terrace Community Room, 200 Thompson Road, Richmond. No charge, but knitters will need to supply their own needles and yarn. You do not have to be a senior to join! If you are interested, please contact Betsy Emerson at betsyandjane@gmavt.net.

TUESDAY

FRENCH CONVERSATION

Tuesday, May 30: 8:30 AM-10:00 AM under the leadership of Cathy Plas in the Richmond Town Center Community Meeting Room. Contact Martha3@gmavt.net with questions. Never too late to join in. No Charge.

HIKING

Tuesday, May 30: 9:30 AM John Hamerslough John.hamerslough@gmail.com, Leader. **Sucker Brook Hollow Country Park Trail.** About an hour and half (not including travel time) hike that continues at a very steady incline, winding through the woods. At the top is a nice open area with a bench that faces west across Lake Champlain. The Sucker Brook Hollow Country Park Trail is located at 5035 St. George Road (Route 2A). From the intersection of Route 2 and Route 2A head south on Route 2A for approximately 2.7 miles. The parking area and trailhead will be on your left. Meet at Volunteers Green, Richmond, to carpool at 9:30 AM or meet us at the trail head at 9:50 AM **Rain cancels hike.** No Charge.

RUG HOOKING

Tuesday, May 30: 10:00 AM Rug Hooking with the Richmond Rug Hooking Group at the Richmond Catholic Church Parish Hall. Please contact Martha at martha3@gmavt.net if you are interested. No Charge.

GENEALOGY GROUP

Tuesday, May 30: 1:30 PM in the Richmond Free Library. We will focus on using Internet resources to do family research. If you have one, please bring your laptop or other device. (No need to sign up.) Have questions? Let martha3@gmavt.net know. No Charge.

MAH JONG

Tuesday, May 30: 3:00 PM. Meet in the Richmond Free Library Mezzanine. Contact leader Jan Sibal if interested jsibal@gmavt.net No Charge.

CONTROLLING WINDOWS 10 & RELATED TECHNOLOGIES

Tuesday, May 30: 6:00-7:30 PM. Meet in the Richmond Free Library. Scott Lowe, Leader. Sign up via <http://alcwm.com/giving-back/> No Charge.

WEDNESDAY

BIRDING WALK

[Wednesday, May 31](#): 8:00 AM at the Birds of Vermont Museum. \$5.00 per person. Please let Jane Vossler know if you are interested. janevossler@gmail.com

HIKING

[Wednesday, May 31](#): 9:30 AM Carlene Squires, Leader. carlene@gmavt.net 802-434-2533, for questions. Meet at Volunteers Green to carpool to Mobbs Hill/Valley Trails in Jericho off from Fitzsimons Road, about 2 hours, some up and down hiking. **Rain Cancels hike.** No Charge.

BONE BUILDERS--Note Time and Location Change.

[Wednesday, May 31](#): 10:00 AM -11:00 AM at Richmond Congregational Church Fellowship Hall, 40 Church Street. Please let Martha martha3@gmavt.net know if you are interested or have questions. There is very little parking on Church Street and for a while, parking is going to be limited in the Town Center Lot, because of roof work on the Town Center. Volunteers Green may be the best spot. No Charge.

TRANSITIONING FROM FULL TIME WORK TO RETIREMENT

[Wednesday, May 31](#): 4:30 PM-5:30 PM Richmond Free Library Mezzanine. Please contact Jane Vossler janevossler@gmail.com if you are interested or have questions. No Charge.

PICKLEBALL

[Wednesday, May 31](#): 6:00 PM to 7:30 PM at the Richmond Elementary School Gym. Please contact Peggy Curtis at peggyratcliffcurtis@gmail.com for more information. No Charge.

GREENFIELD PIANO ASSOCIATES

[Wednesday, May 31](#): 7:30 PM at the Richmond Free Library Annual Benefit Concert. An evening of **great classical music performed by the Greenfield Piano Associates**. We are again privileged to host these exceptional pianists prior to their performing the same concert at St. Paul's Cathedral in Burlington. This year's theme is "Inspired by the Muse: Water Music and More...". \$10.00 donation.

THURSDAY

MEMOIR WRITING:

Thursday, June 1: 3:30 PM- 5:00 PM in the Richmond Free Library Mezzanine Room. Please contact Jane Vossler janevossler@gmail.com for questions or to sign up. No Charge.

BRIDGE-EXPERIENCED

Thursday, June 1: 4:00 PM-5:50 PM Richmond Free Library. Some experience recommended. Contact **Ike Patch** isaacpatch@gmail.com if you are interested and/or have questions. No Charge.

FRIDAY

TAI CHI

Friday, June 2: 10:00 AM-11:00 AM Richmond Congregational Church Fellowship Hall under the leadership of Janet Makaris. Contact martha3@gmavt.net with questions or to register. Fee.

NORDIC WALKING

Friday, June 2: 11:00 AM Volunteers Green in Richmond. Contact Sabine Reising sabine65195@gmail.com or Martha at 434-3220. Come dressed for the weather, with sturdy walking shoes or hiking boots and with a pair of walking poles. No Charge.

SATURDAY

YOGA

Saturday, June 3: 9:00 AM - 10:15 AM Under the leadership of Maggie Mae Anderson. Richmond Free Library. Contact Liz Graves lizgraves777@gmail.com for questions or to register. Fee.

CONVERSATIONAL GERMAN

Will be taking a summer break. Please contact Sabine Reising sabine65195@gmail.com with questions about the fall session. No Charge

SUNDAY

MAH JONG

Sunday, June 4: 1:00 PM at the Huntington Public Library with our mentor/leader, George Lam. No need to sign up. No Charge.

SAVE THE DATE

Wednesday, June 7: 7:00 PM The Community Senior Center is very excited to sponsor an evening of memoir sharing, celebrating the work produced in the Senior Center Memoir Writing Workshop, led by Jane Vossler, as well as other memoir writers, with honored guest, Winifred Walsh Doane. Donation.