

THE COMMUNITY SENIOR CENTER OF BOLTON, RICHMOND & HUNTINGTON

The Community Senior Center's (CSC) purpose is to help seniors actively fulfill opportunities for personal fulfillment, new adventures, relations and experiences and to combat isolation:

- Connect with neighbors & new friends
- Improve fitness for a healthier lifestyle
- Explore our area's natural beauty
- Develop creative skills and new hobbies
- Learn more about our area and our world

Currently, CSC offers a wide range of activities for seniors. **Bolton seniors are welcome at these activities and carpooling is an option!** In addition, the CSC has begun working with Bolton residents to organize activities in Bolton.

In keeping with the CSC's main goal, the following programs help seniors avoid unnecessary isolation and enjoy a richer, healthier and more rewarding lifestyle. Current activities cover a wide-range of interests and abilities:

- Games: bridge, cribbage, mah-jong, croquet and golf
- Explore & Enjoy the Outdoors: nature hiking, Nordic walking, kayaking and history walks
- Improve Flexibility & Wellness: Pickle Ball, yoga, and Bone Builders (an osteoporosis prevention and reversal program)
- Creative Skills and Learning: wood turning, rug hooking, knitting, German, French, adult coloring, and classes/lectures (e.g., transition to retirement, genealogy, memoir writing, identity theft protection, travel)
- Tours of businesses and gardens
- Field trips

CSC depends on volunteers to organize activities and make them happen. New ideas are welcome! If you are interested, contact either Carol or Martha. Volunteers are also needed for rides and organizing carpools. If you'd like to organize an event or can help with driving, please get involved.

Copies of the CSC brochure or May activities list are available in the Town Office. Contact: Carol Devlin, Bolton Town Office at 434-3064 ext. 221 or assistbolton@gmavt.net.

For more information: join the email list: rcsc@gmavt.net; visit the website: cscvt.org or Facebook: [cscrchmondvt](https://www.facebook.com/cscrchmondvt) or contact Martha Nye at martha3@gmavt.net 434-3220.