

**CHELSEA, ROYALTON AND STRAFFORD SENIOR CENTERS NEWSLETTER
NOVEMBER 2015 NEWSLETTER**



THANKSGIVING DINNERS

CHELSEA : MONDAY, NOVEMBER 17TH

ROYALTON : NOVEMBER 18TH

STRAFFORD: NOVEMBER 19TH

TURKEY & ALL THE FIXINGS.

PLEASE CALL AND MAKE A

RESERVATION

PLEASE SIGN UP TO BRING A PIE. THANKS



CHRISTMAS

BAZZAAR

SAT.

NOV. 21ST

9 TO 2

CHELSEA SENIOR

CENTER

CRAFT SALE

SAT. DEC. 5TH

9 TO 2

ROYALTON SENIOR

CENTER

**CHELSEA SENIOR CENTER IS LOOKING FOR
GOOD CLEAN ITEMS FOR THE
WHITE ELEPHANT TABLE . PLEASE BRING
THEM TO THE CENTER.**

**ROYALTON SENIOR CENTER IS LOOKING
FOR CRAFT ITEMS AND GOOD CLEAN ITEMS
FOR THE SENIOR TABLE
PLEASE BRING THEM TO THE CENTER.
THANK YOU FOR SUPPORTING THE CENTERS!!!**

South Royalton Market invites
 Senior Citizens to a Free Congregate Lunch
 prepared by Senior Center staff & volunteers.
BE OUR GUEST the 2nd Tuesday of each month .
(NOVEMBER 10TH 12:00 Noon)

In appreciation of the community's seniors,
 the South Royalton Market is covering the cost of this meal.

Make your reservation one week in advance:
CALL Susan at 763-7386
Please remember to check in when you arrive.

Royalton Area Senior Center
 Academy Building
 Route 14, Royalton Village

**HAPPY BIRTHDAY
 NOVEMBER BABIES**



THANK YOU

**ANNETTE BRYAN
 RAY BULLARD
 LORRIANE
 WITHINGTON
 ROBERTA PARKER
 BARBARA NELL
 CAROL ZUCCULO
 SHIRLEY CUMMINGS
 ANAH TUTTLE
 ARLENE STOCKWELL
 CORRINNE
 INGRAHAM
 LILLA WOODARD
 BARBARA BROWN
 BEULAH LANPHER**

**LILLIAM
 WILLIAMSON.
 BETTY FRARY
 JOHN LEAVITT
 *AND OF COURSE ALL
 OF OUR VOLUNTEERS
 AND OUR COOKS**



**FOOT CLINICS
 IN CHELESA**

**ON FRIDAY, NOV. 13, 2015
 YOU NEED TO MAKE AN APPT.
 THE ROYALTON SENIOR CENTER
 VOTED TO PAY FOR THE FOOT
 CLINIC FOR THE YEAR OF 2015**

**IN STRAFFORD
 ON WED. NOV. 18, 2015**

9:45 TO 12

**IN ROYALTON
 TUES. NOV. 10TH**

**YOU NEED TO BRING A TOWEL
 AND BASIN TO SOAK YOUR FEET.
 THESE ARE BY APPOINTMENT ONLY
 CALL SUE PIRIE TO MAKE APPT.
 AS SOON AS POSSIBLE !!**

SOME INFORMATION FOR YOU

**CASE MANAGER FOR THE TOWNS OF TUNBRIDGE,
BETHEL, ROYALTON, CHELSEA
STRAFFORD AND SHARON**

KAREN EDDY

763-2907

CVCOA

P.O. BOX 807

SO. ROYALTON, VT. 05068

CALL FOR APPOINTMENT

COMMUNITY ACTION

1/802/222/5419

COVERING THE TOWN OF VERSHIRE

1-800-846-9506

COVERING THE TOWNS OF TUNBRIDGE &

CHELSEA

**WILL HELP WITH FUEL ASST. , FARM COUPONS
AND FOOD STAMPS**

CVCOA HELPLINE 1-800-642-5119

**** IF ANYONE WOULD LIKE TO SUBMIT TO OUR NEWSLETTER,
PLEASE LET ME KNOW**

***** PLEASE TELL THE CENTER DIRECTOR IF IT WOULD BE HELPFUL TO YOU TO HAVE
THIS MENU IN ANOTHER FORMAT**

(SUCH AS LARGER PRINT)

***** IF YOU HAVE ANY SUGGESTIONS, CONCERNS OR PROBLEMS, PLEASE DO NOT
HESITATE TO CONTACT ME. THANK YOU**

SUSAN H. PIRIE—DIRECTOR

CARD PARTIES START IN CHELSEA

At 7:00 pm . It will be held at the Chelsea Courts, Riverside Drive, Chelsea
Everyone Welcome.



NOVEMBER 6TH, NOVEMBER 20TH

DECEMBER 4TH, DECEMBER 18TH.

AND MORE AFTER THE FIRST OF THE YEAR.

WATCH THE NEWSLETTER UNDER
ENTERTAINMENT.

DECEMBER 3RD TRIP

**PLEASE MAKE SURE YOU HAVE PAID FOR THIS TRIP
IT WAS DUE BY OCTOBER 30TH**

WE WILL BE LEAVING ROYALTON AT 8:45 AM
WE WILL BE LEAVING CHELSEA AT 9:15AM
WE WILL BE LEAVING FAIRLEE AT 9:00 AM

WE WILL BE ARRIVING BACK IN FAIRLEE AROUND 7:00 PM
WE WILL BE ARRIVING BACK IN CHELSEA AROUND 7:30 PM
WE WILL BE ARRIVING BACK IN ROYALTON AROUND 8:00 PM

PLEASE CALL THE OFFICE AND LET US KNOW WHAT STOP
YOU WILL BE GETTING ON

THANK YOU

SENIOR'S SUPER CLUB

A Wellness Project

**Come to Royalton Academy and join the Senior Center before lunch for low impact fitness & meditation
on Tuesdays and Thursdays from 11:15 am - 11:45 am.**

Wear loose, comfortable clothing.

Done by Yaunek Murray, a Vermont Law School Student

BOARD MEMBERS FOR ROYALTON/ STRAFFORD SENIOR CENTERS

TOWN OF BETHEL

CARROLL KETCHUM 234-9771

ROBERT GAIKO 234-9393

JOHN MANNING

**IF ANY SENIOR HAS QUESTIONS,
OR IS IN NEED OF SOME HELP
CALL A BOARD MEMBER FROM
YOUR TOWN.**

TOWN OF ROYALTON

ROBERT CARON 763-7218

CORINNE INGRAHAM 763-8606

KAY INGRAHAM 763-8355- VICE PRESIDENT

TOWN OF STRAFFORD

SUE COBURN 765-4445- TREASURER

JUNE SOLSAA 765-4527- SECRETARY

BARBARA MURRAY 765-4401

TOWN OF SHARON

MARTHA FISK 763-7032- PRESIDENT

NORMA VINCENT 763-7609

MARY AYER 763-8549

BOARD MEMBERS FOR THE CHELSEA SENIOR CENTER

TOWN OF CHELSEA

ALLEN FLINT- PRESIDENT

LOIS FLINT

ANN WADE

ELLEN BOGARDUS

JEAN BUTTON

SHIRLEY HEWITT-

DEDE MELVIN

DENNIS BOARDMAN

TOWN OF VERSHIRE

BRENDA BENOIR

JEAN MAC DONALD

TOWN OF TUNBRIDGE

GINNY WEST- TREASURER

ARLENE STOCKWELL



T is for turkey on Thanksgiving Day,
H is for "Hurry, I'm hungry!" we say,
A is for Auntie, she works and she mends,
N is for Native American friends.
K is for kitchen, the oven's on low,
S is for silverware, set in a row.
G is for Grandma, the one we love most,
I is for inside, where we're warm as toast.
V is for vegetables, eat them we try,
I is for ice cream on top of the pie.
N is for never do we have enough dressing,
G is for Grandpa, who gives thanks for our blessings.

WINTER WEATHER CLOSINGS

CHELSEA SENIOR CENTER

**IF THE CHELSEA, TUNBRIDGE OR VERSHIRE SCHOOLS ARE
CLOSED OR DELAYED DUE TO THE WEATHER THEN WE WILL BE CLOSED
AND NO MEALS WILL BE DELIVERED**

ROYALTON SENIOR CENTER

**IF THE ROYALTON, BETHEL OR SHARON SCHOOLS ARE CLOSED OR DELAYED
DUE TO THE WEATHER THEN WE WILL BE
CLOSED AND NO MEALS WILL BE DELIVERED.**

STRAFFORD SENIOR CENTER

**IF THE NEWTON SCHOOL IS CLOSED OR DELAYED DUE TO THE WEATHER
THEN WE WILL BE CLOSED AND NO MEALS WILL BE DELIVERED.**

LISTEN TO WDEV 96.1 FM OR 550 AM

OR FROGGY 100.9 FM FOR THE CLOSINGS

**IF YOU DO NOT KNOW IF WE ARE CLOSED CALL THE CENTER BEFORE YOU
COME TO MAKE SURE WE ARE OPEN STAY SAFE AND WARM !!!!!**

NOVEMBER 2015

CHELSEA, ROYALTON AND STRAFFORD SENIOR CENTERS

**** SUGGESTED DONATION \$ 3.00 PER MEAL, UNDER 60 COST \$ 4.00 PER MEAL**

CHELSEA SUGGESTED DONATION \$ 4.00 PER MEAL UNDER 60 COST \$ 6.00

Mon/ CHELSEA 685-2290	Tue/ ROYALTON 763-7386	Wed/ STRAFFORD 765-4121	Thu/ ROYALTON 763-7386	Fri/ CHELSEA 685-2290
2 SW. & SOUR CHICKEN RICE IT. MIXED VEG. BROWNIES	3 CORN CHOWDER EGG SANDWICH CARROT SALAD DUMP CAKE	4 CORN CHOWDER EGG SANDWICH 4 BEAN SALAD TROP FRUIT	5 CHICKEN PIE SW. POTATO GREEN BEANS APPLE CRISP	6 SPAG W MEATSAUCE GARLIC BREAD TUSCON VEG. TROP. FRUIT
9 THANKSGIVING DINNER TURKEY & ALL THE FIX- INGS ASST. PIES	10 ZUCCHINI CASS. PIZZA IT. BREAD MIXED VEG. PEARS	11 THANKSGIVING DINNER TURKEY AND ALL THE FIXINGS ASST. PIES	12 MAC. & CHEESE BROC. / BEETS PUMPKIN BREAD BIRTHDAY CAKE	13 CHILI CORN BREAD 4 BEAN SALAD DUMP CAKE
16 SHEP. PIE CARROTS ZUCCHINI BREAD BIRTHDAY CAKE	17 THANKSGIVING DINNER TURKEY & ALL THE FIXINGS ASST. PIES	18 CRANBERRY CHICKEN RICE BREAD BIRTHDAY CAKE	19 FISH SW. POT FRIES PEAS & CAR- ROTS STRAW. SHORTCAKE	20 CHICKEN PIE SW. POT. GREEN BEANS PEARS
23 FISH SW. POT. FRIES PEAS & CAR- ROTS STRAW. SHORTCAKE	24 AMERICAN CHOPSUEY TUSCON VEG. GARLIC BREAD PEACHES	25 CLOSED HAPPY	26 CLOSED THANKS	27 CLOSED GIVING
30 MAC. & CHEESE BROC/ BEETS PUMPKIN BREAD PEACH COB- BLER				

November 2015 Entertainment Christmas Bazaar—Nov. 21 in Chelsea

Mon	Tue	Wed	Thu	Fri
2 MUSIC BY THE HAROLD LUCE TRIBUTE BAND	3	4 MUSIC BY THE STRAF- FORD STUDENTS @ 11:45 AM	5 LIBRARY DAY	6 MUSIC BY GALEN MUDGETT
9 THANKSGIVING DINNER	10 MUSIC BY THE PEA PICKERS BP. CLINIC FOOT CLINIC BY APPT. FREE DINNER SIGN UP ASAP.	11 THANKSGIVING DINNER	12 BIRTHDAY DAY SURPRISE BINGO AT 10:45 AM	13 FOOT CLINIC BY APPT.
16 BIRTHDAY DAY	17 THANKSGIVING DINNER BOARD MEETING	18 BP. CLINIC FOOT CLINIC BY APT. BIRTHDAY DAY.	19 MUSIC BY GALEN MUDGETT	20 LUNCH AT THE CHELSEA SCHOOL AT 12:30 CARD PARTY AT 7:00 PM
23	24 HOME SHARE NOW 11 TO 1	25 CLOSED HAPPY -	26 CLOSED THANKS -	27 CLOSED GIVING !!
30				

**CHELSEA, ROYALTON &
STRAFFORD SENIOR CENTERS
P.O. BOX 344
SO. ROYALTON, VT. 05068**



CVCOA HELPLINE 1/800/642/5119

SO. ROYALTON SENIOR CENTER THRIFT SHOP 802-763-7895

**SO. ROYALTON
SENIOR CENTER
P.O. BOX 344
SO. ROYALTON, VT.
05068
LOCATED AT THE
ROYALTON ACADEMY
BUILDING
4266 VT. RTE 14
ROYALTON, VT.
Phone: 802-763-7386
Fax: 802-763-7386 *51
E-mail:
royalton@myfairpoint.net**

**STRAFFORD SENIOR
CENTER
LOCATED
AT
BARRETT HALL
JCT. RTE 132 &
JUSTIN MORRILL HWY
SO. STRAFFORD, VT.

PHONE
802-765-4121**

**CHELSEA SENIOR CENTER
P.O. BOX 44,
CHELSEA, VT. 05038
LOCATED AT
UNITED CHURCH OF CHELSEA
13 NORTH COMMON
CHELSEA, VT
PHONE 802-685-2290
E—MAIL:
chelseaseniorcenter@gmail.com**

STAFF

EXECUTIVE DIRECTOR - SUSAN PIRIE

ROYALTON THRIFT SHOP—STEPHANIE HENDERSON

ROYALTON COOK- MARY LAMB

ROYALTON KITCHEN AID—VOLUNTEERS

CHELSEA COOK - ELAINE MORGAN

STRAFFORD COOK - LINDA DUCHARME

CHELSEA KITCHEN AIDE- BETTY ROGERS

STRAFFORD KITCHEN-AID- VOLUNTEERS

ALL OUR VOLUNTEERS!!