



# Community Circular

A Monthly Update for Community Circle Members • Published by Community National Bank



## July/August 2020

### Happy Summer!

Our Four Seasons Activity Program has been kicked into high gear thanks to Covid-19. Our walking group has been walking on Mondays and Fridays. For July and August, we will meet at 8:00 a.m. and walk for about an hour, either on the bike path, Primeau Woods, downtown or the Bluff Side Farm trails.

Additionally, each week we'll be adding a mid-week outdoor adventure. This will be announced on our Facebook page each Monday for the coming week. Our mid-week adventures are a mix of walking, hiking and paddling. Eagle Point Wildlife Management Area, Jay Rec Trails, Stowe recreation path and Moss Glen Falls hike with lunch and Clyde River Recreation with lunch are just a few of the places we've been. Looking ahead, we plan to hike the trails at Trapp Family Lodge, Dog Mountain, Craftsbury Outdoor Center trails, Jay Peak, Brighton State Park and kayak on the Lamoille River in Jeffersonville. We hope you'll join us!

Please be sure to like us on Facebook at Community Circle Club, VT to view our upcoming events. Not on Facebook? We can add you to our email distribution list, just give us a call or send us an email.



Shelly

Our bank lobbies are **OPEN!**

Saturday, July 4, 2020 – All branches will be closed in observance of the 4th of July.



**MONDAYS & FRIDAYS**

**JULY 3rd through August 31st, 2020 – Note new time from 8:00 to 9:00 a.m.**

### Walking Group with Julie & Shelly

Let's get outside and enjoy the great outdoors! We've moved the start time to 8:00 a.m. during the heat of the summer. We'll meet at the bike path parking lot at North Country Hospital.



### EVENT UPDATE

Unfortunately, some events have been canceled or postponed due to concerns over the novel coronavirus:



- Wednesdays on the Waterfront have been canceled
- July 29th Alaska document party – canceled
- Quebec City – rescheduling for September, 2021
- August 1st Weathervane Theatre – canceled
- August 8th Derby Line Day – canceled
- August Borderline Players summer musical production has been canceled
- Alaska Discovery Land and Cruise has been postponed until August 2021.



# HELLO Summer!

If you're not barefoot, then you're overdressed.

## NORTHWOODS STEWARDSHIP CENTER

THURSDAY, JULY 30th  
from 10:00 a.m. to 2:00 p.m.



### Where the Rivers Flow North – A Guided Paddle on the Clyde River with Northwoods

Explore the Clyde River Wetlands by canoe with Northwoods staff. We'll meet at the Northwoods Lodge located at 154 Leadership Drive in East Charleston for an orientation, then gear up for our excursion. From the Lodge, we'll walk about 15 minutes by trail to access the dock and canoes. This section of the Clyde River is wide and flat – dominated by wetland flora and home to wood ducks, osprey, beaver and red-winged blackbirds. We'll navigate side channels, observe an osprey nest and enjoy a floating lunch before returning to solid ground. Novice paddlers welcome. Canoes, personal flotation devices and paddles provided, binoculars available. Bring a bag lunch and water, sun screen and a hat or visor. Cost for this tour is \$20.00. *Sign up by Friday, July 17th.*



### TUESDAY, SEPTEMBER 8th, 2020 Lobsterfest at Indian Head Resort

Enjoy a deluxe lobster luncheon and afternoon entertainment by the talented musical duo, **Cahlua and Cream**. Lunch includes two drink tickets and a deluxe lobster luncheon (one lobster per person, a handful of steamers and non-seafood options as well). Cost for this trip is \$99.00. *Payment due by July 31st. Bus leaves Derby at 10:00 a.m., Barton at 10:15 a.m. and St. Johnsbury at 10:45 a.m.*



FRIDAY, SEPTEMBER 11th, 2020  
from 1:00 - 3:00 p.m.

### Yoga Workshop – Inspired Yoga School, Main Street in Newport

Casey Baraw founded Inspired Yoga in 2011. She has been teaching and studying yoga for more than a decade with over ten thousand hours of teaching. Casey has trained with world renowned yoga professionals to learn how to work with individuals who have restrictions and limitations. Join us for a special two-hour yoga workshop to learn and experience what

it's all about! The cost for this workshop is \$30.00 and class size is limited to 15. *Please reserve your mat*



with us by August 7th by calling  
334-7915.

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## NORTHWOODS THURSDAY, SEPTEMBER STEWARDSHIP CENTER 17th, 2020 at 10:00 a.m.



### Bluff Mountain Hike guided by Wyatt Peterson of Northwoods

Bluff Mountain sits at the edge of Island Pond overlooking the lake. The trail starts in a pine plantation and winds its way up Bluff through hardwood dominated forest. Wyatt will share his knowledge of the great outdoors with us on our 3.2 mile round-trip hike to the summit, with a view of Island Pond from the top. Bring a bag lunch, water, sun screen, and a hat or visor is also recommended. The cost for this hike is \$20.00. *Sign up with us by Friday, September 4th.*

We'll meet at the Northwoods lodge located at 154 Leadership Drive in East Charleston. This is about a 20 minute drive from Derby. Follow route 105 to East Charleston and turn onto the 10 Mile Square Road. Leadership Drive is about two miles from the turn.



### MONDAY, SEPTEMBER 21st, 2020 at 10:00 a.m. Tech Savvy Series: Facebook Workshop

Enhance your Facebook skills with a free expert led class! You'll leave with a deeper knowledge of hashtags, photo tagging, photo sharing, and an understanding of the settings. There will also be a question and answer period. We'll meet in the Community National Bank Training Room in Derby. Enter from Crawford Road for the Training Room Entrance. *Call to register.*



### MONDAY, OCTOBER 5th, 2020 at 10:00 a.m. Tech Savvy Series: iPhone Workshop

Enhance your iPhone skills with a free expert-led class! You'll leave with a deeper knowledge of what your smart phone can do for you! There will be plenty of time for questions and answers. We'll meet in the Community National Bank Training Room. *We've limited our class size to allow plenty of room for social distancing. Call to register.*

TUESDAYS and THURSDAYS, OCTOBER 6th through  
NOVEMBER 12th, 2020 from 10:30 - 11:30 a.m.

### Therapeutic Yoga Series – Inspired Yoga School, Main Street in Newport

Join Casey Baraw at Inspired Yoga where they believe yoga is for all ages, and most beneficial during our later years when strength, flexibility, and balance make a big difference in our quality of life. This therapeutic yoga series for Community Circle incorporates seated, standing, and floor poses targeting areas of the body that tend to weaken and stiffen with age. Through movement, breathing, and meditation, she aims to improve circulation, increase vitality and balance, and have a little fun along the way.

If you've ever wanted to try yoga, this is the perfect opportunity! If you're already a seasoned pro, join us for the fun of it! Casey teaches to all abilities. All you need is a t-shirt, yoga pants

and your own yoga mat. \$78.00 for 6 classes or \$120.00

for 12 classes. *Call Shelly or Julie to register at 334-7915.*



with us by August 7th by calling  
334-7915.





**FRIDAY, OCTOBER 9th, 2020**  
**Fall Foliage Cruise on Lake Winnepesaukee**

Join us aboard the M/S Mount Washington for a 2 ½ hour narrated cruise on beautiful Lake Winnepesaukee. This will be followed by free time for lunch on your own at the pier. Enjoy a stop at the Moulton Farm on the way home for complimentary coffee/cider and donuts. The cost for this trip is \$89.00. *Final payment is due September 4th. Bus leaves Derby at 7:00 a.m., Barton at 7:15 a.m. and St. Johnsbury at 7:45 a.m.*



**FRIDAY, OCTOBER 23rd, 2020 – Noon to 3:30 p.m.**  
**Jose Duddy at the East Side Restaurant in Newport, VT**  
*(rescheduled from June 19th)*

Jose Duddy, “Award Winning Singer/Entertainer” will join us at the East Side Restaurant. Don’t forget your dancing shoes! Jose will perform from 1:30 to 3:30 p.m. The price for this fun-filled afternoon is \$47.00 and includes gratuities. *Call us to reserve your seat and let us know your entrée choice:*

- Crusted Cod with Lemon Caper Sauce
- Chicken Cordon Blue
- Pork Tenderloin with Apple Butter
- Non-alcoholic beverage and dessert are also included.

*Payment is due by September 25th.*



**MONDAYS, NOVEMBER 2nd, 9th, 16th, 23rd & 30th, 2020 from 10:30 - 11:30 a.m.**  
**Beginner’s Contemporary Line Dancing Class with Maureen Profera**

Take out your dancing shoes for some great fun and exercise. **Classes will be held at the Derby Line Fire Station on Elm Street in Derby Line** so there will be plenty of room for us to spread out! No experience or partner is necessary. The price for all five classes is \$35.00, *due by Friday, October 23rd. Call 334-7915 to register.*



**MONDAY, NOVEMBER 2nd, 2020**  
**Tech Savvy Series: iPad**

Just getting started with your iPad? This class will help you get comfortable using it. Get the most out of the powerful built-in apps including Calendar, Contacts, Siri, Email, Texting, Facetime, Safari, iBooks and more! Attend our free class and learn some great tips from our local expert and get all your questions answered! *Limited class size to allow plenty of room for social distancing. Call to register.*

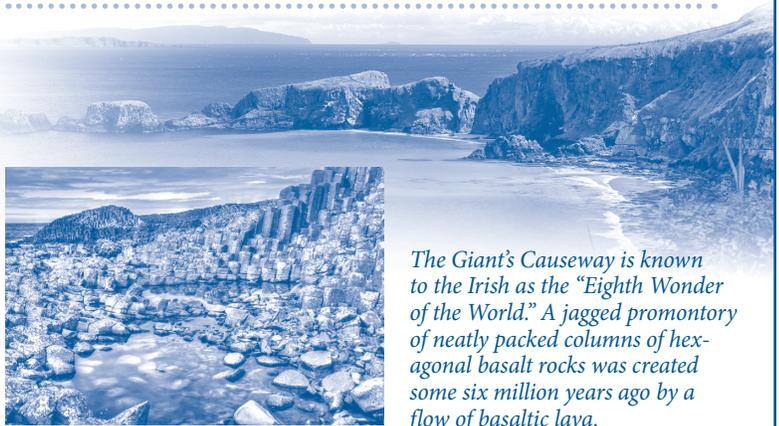


**NOVEMBER 4th - 6th, 2020**  
**Foxwoods Casino**

Join us for two fun-filled days at Foxwoods with two nights at the beautiful Great Cedar Hotel and Tower. Try your luck at the many casinos, enjoy a variety of restaurants, the spa and pool. Foxwoods is also home to the largest Tanger Outlets all under one roof. Thursday evening, a group of us will try our luck at Bingo. A shuttle will also be available for the Mashantucket Pequot Museum and Research Center. Enjoy an immersive, eye-opening journey through time to explore history and today’s vibrant American Indian cultures.



The price for this trip is \$326.00 per person double occupancy, \$306.00 per person triple occupancy, and \$426.00 for a single room. This includes round trip transportation, hotel for two nights, all taxes, luggage handling, driver gratuity, two buffet dinners, two buffet breakfasts, as well as \$20 slot play. *A \$50.00 per person deposit is due at booking with final payment due by Friday, September 18th. We’ll leave the Community National Bank parking lot in Derby at 10:00 a.m., Barton at 10:15 a.m. and St. Johnsbury at 10:45 a.m.* We’ll stop in White River Junction for lunch and arrive at Foxwoods by late afternoon. On Friday we will depart for home at 1:00 p.m.



*The Giant’s Causeway is known to the Irish as the “Eighth Wonder of the World.” A jagged promontory of neatly packed columns of hexagonal basalt rocks was created some six million years ago by a flow of basaltic lava.*

**APRIL 29th - MAY 11th, 2021**  
**Shades of Ireland, featuring Northern Ireland**

Shelly and Julie invite you to experience the beauty, the history and the charm of Ireland. Our adventure to Ireland features many must-see inclusions such as the fascinating history of Dublin, Blarney Castle, Killarney and the Ring of Kerry, Killarney National Park, the spectacular 700-foot-high Cliffs of Moher, Giant’s Causeway, the famous walled city of Derry, and Belfast, Northern Ireland. Our tour includes 11 nights in 4-star (or greater) hotels, 17 meals, trip cancellation insurance (cancel for ANY reason), airfare from Boston and round trip motor coach transportation from Derby, Barton and St. Johnsbury. Park your car and leave the rest to us with this fully escorted tour. Rates are \$4,998.00 per person double occupancy and \$5,798.00 single occupancy. *A deposit of \$829.00 per person is due at the time of booking and the balance is due by February 21st, 2021.* For a detailed day-by-day itinerary visit: <https://gateway.gocollette.com/link/1035900> – or call us to review the details and receive an itinerary by mail.



★★★★ *Join us at the Movies!* ★★★★★



**August 11th, 2020**  
**STAR THEATRE**  
 Eastern Avenue, St. Johnsbury

For movie listings:  
 Website – [stjaytheatre.com](http://stjaytheatre.com)  
 or phone 802-748-9511.

**CITY CINEMA**

Waterfront Plaza, Newport

At the time this newsletter went to press, we did not have an update from City Cinema in Newport. We hope to be able to offer movie morning in Newport on August 26th. Please check their Website at [citycinemanewport.com](http://citycinemanewport.com) or call 802-334-2610.

*We serve complimentary coffee and pastries from 8:30 a.m. to 9:30 a.m. Then at 9:30 a.m., you can see the movie of your choice – on us!*

*Adult guests are welcome.*



**WALKABILITY CHART**

Our travel activities are rated by “walkability” according to the sneaker chart below – from very easy (one sneaker) to strenuous physical activity (four sneakers).

<b>Very Easy</b> – with little incline.	
<b>Moderate</b> – ability to walk at a moderate pace.	
<b>Slightly Strenuous</b> – ability to walk quickly for up to 30 minutes.	
<b>Strenuous Activity</b> – ability to move quickly over uneven terrain for longer periods of time.	



**Would you like to receive our monthly newsletter by email?**

Drop us a line to let us know and we'll add you to our new email distribution list! Email

Shelly at [smorey@communitynationalbank.com](mailto:smorey@communitynationalbank.com) or Julie at [jmossa@communitynationalbank.com](mailto:jmossa@communitynationalbank.com). In addition to the newsletter, you can also opt to receive periodic updates and information on newly added events.



**New Events Calendar**

Check out Community Circle's new events calendar on the Community National Bank website. Stay up to date on what's happening!

Visit [www.communitynationalbank.com](http://www.communitynationalbank.com), click on **Community Circle**, then select **Events Calendar**. Our digital newsletters are also available here.

**Coming Soon:**

- **December 3rd** – Mountain View Grand Holiday Luncheon & History Tour
- **December 4th** – Holiday Greens Workshop



Like us on Facebook:  
 Community Circle Club, VT

**Trip and Event Cancellation Policy**

If a cancellation is necessary, every effort will be made to provide either a partial or full refund. However, we cannot guarantee a full refund. There may be times when refunds will not be possible due to ticket purchases, meal number guarantees, etc., but you can count on us to always do our best for you!



**Motor Coach Departure**

*Please arrive at least 15 minutes before the scheduled departure tour.*

**Your Community Circle Representatives**

The following representatives are available to help with any questions you might have about Community Circle's membership and benefits. Please don't hesitate to give them a call or stop by to visit.

**Lorilee Drown**  
 Barre, 476-6565

**Sarah Stevens**  
 Barton, 525-3524

**Sheila Gleason**  
 Derby Line, 873-3101

**Heather Elwood**  
 Enosburg Falls, 933-8500

**Debby Monfette**  
 Island Pond, 723-4356

**Lori Leonard**  
 Lyndonville, 626-1200

**Jennifer Garrett**  
 Montpelier, 223-0598

**Billie Jo Wescom**  
 Morrisville, 888-4633

**Robin Coulter**  
 Newport, 334-7915

**Karen York**  
 St. Johnsbury, 748-3605

**Julie Marquis**  
 Troy, 744-2287

**Shelly Morey**  
 Community Circle Director  
 4811 U.S. Route 5,  
 Newport, VT 05855  
 334-7915 (office)  
 673-4615 (cell)

**Julie Mossa**  
 Community Circle  
 Assistant  
 334-7915 (office)  
 673-6245 (cell)

*Shelly*

*Julie*



You can also view our newsletters at [communitynationalbank.com](http://communitynationalbank.com) and click on the Community Circle icon.



Providing members with a unique blend of social, travel and financial benefits.