



Heineberg Community Senior Center 14 Heineberg Road, Burlington, VT 05408 **Ph** 802-863-3982

Web www.heinebergcsc.org Email info@heinebergcsc.org

June 2021 Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
PROGRAM LOCATIONS: Inside/Upper Level Inside/Lower Level Outside Distribution space outside Outside "Café"	9:45 Balance Class 12:45 BINGO 1:00 Bone Builders	9:30 Gardening group 9:55 Yoga 11:05 Tai Chi 12:30 BINGO 1:00 Beginner Line Dancing	3 9:55 Yoga 9:30 – 11:00 Coffee and Conversation 9:30 – 11:00 Food & Meal Distribution 12:30 Cribbage 12:30 Bridge 1:00 Bone Builders	4 10:00 Novice Tai Chi 11:00 Tai Chi
7 10:00 Novice Tai Chi 11:00 Knitting/Crochet 11:05 Yoga 12:30 Adult Coloring 12:30 Mahjongg	8 9:45 Balance Class 10:30 Art Class: Vision Board Making 12:45 BINGO 1:00 Bone Builders	9 9:30 Gardening group 9:55 Yoga 11:05 Tai Chi 12:30 BINGO 1:00 Beginner Line Dancing	10 9:55 Yoga 9:30 – 11:00 Coffee and Conversation 9:30 – 11:00 Food & Meal Distribution 12:30 Cribbage 12:30 Bridge 1:00 Bone Builders	11 10:00 Novice Tai Chi 11:00 Tai Chi
14 10:00 Novice Tai Chi 11:00 Knitting/Crochet 11:05 Yoga 12:30 Adult Coloring 12:30 Mahjongg 1:00 Book Club 1:30 Cooking demo Chicken Enchiladas with Homemade Enchilada Sauce	9:45 Balance Class 12:45 BINGO 1:00 Bone Builders	16 9:30 Gardening group 9:55 Yoga 11:05 Tai Chi 12:30 BINGO 1:00 Beginner Line Dancing	17 9:55 Yoga 9:30 – 11:00 Coffee and Conversation 9:30 – 11:00 Food & Meal Distribution 12:30 Cribbage 12:30 Bridge 1:00 Bone Builders	18 10:00 Novice Tai Chi 11:00 Tai Chi
21 10:00 Novice Tai Chi 11:00 Knitting/Crochet 11:05 Yoga 12:30 Mahjongg 12:30 Adult Coloring	9:45 Balance Class 10:30 Art Class: Watercolor for Beginners 12:45 BINGO 1:00 Bone Builders	9:30 Gardening group 9:55 Yoga 11:05 Tai Chi 12:30 BINGO 1:00 Beginner Line Dancing		25 10:00 Novice Tai Chi 11:00 Tai Chi
28 10:00 Novice Tai Chi 11:00 Knitting/Crochet 11:05 Yoga 12:30 Mahjongg 12:30 Adult Coloring	9:45 Balance Class 10:30 Art Talk w/Vt photographer Caroline Bates 12:45 BINGO 1:00 Bone Builders	30 9:30 Gardening group 9:55 Yoga 11:05 Tai Chi 12:30 BINGO 1:00 Beginner Line Dancing	31 9:55 Yoga 9:30 - 11:00 Coffee and Conversation 9:30 - 11:00 Food & Meal Distribution / 12:30 Cribbage 12:30 Bridge 1:00 Bone Builders	Jazzercise Hours: Mon, Tues, Wed, Thurs, Fri & Sun 8:30am, 4:30pm Sat- 7:30am, 8:30am

June 2021 Announcements & Special Programming



IMPORTANT UPDATES

If you are <u>vaccinated</u>, masks and distancing is no longer required inside or outside of the Center.

We are asking ALL participants to sign our "Paticipant Vaccination Slip" for us to keep on file, thank you!

If you have not filled out a participation form, please do so as that is important information needed for funding for the Center.

Please see any of us if you have any questions or concerns. Thank you! Beth, Kerry, Camielle & Shannon.

IMPORTANT NOTES

- Registration is still <u>required</u> online or by calling us at 863-3982 Ext 1
- Some people cannot be vaccinated due to health conditions, not by choice. Anyone unvaccinated regardless of the reason will simply keep their mask on at all times. It is not ok to ask anyone if they are vaccinated, Center staff will take care of this.

Heineberg's Mini Meals"

Fresh and delicious **homemade** breakfast and lunch items with **locally sourced** products supporting Vermont farmers and producers.



Reservations are not needed. A different selection of baked goods, soups, salads and sandwiches, juice, milk and fruit will be available Monday – Thursday 10:30am – 2:30pm. A menu will be on our website Monday morning for each week.

Suggested donation for each item ranges from \$1 -\$2

This is a Support Buddies program in colaborations with HANDS VT. And supported by: Age Well, Hannaford's, City Market, and Vermont Foodbank.

Creativity with Camielle



June 8
Vision Board Making

June 22
Watercolor for Beginners



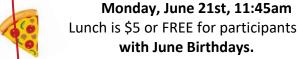
June 29

Art Talk w/Vermont Photographer Carolyn Bates

Carolyn is a published author and freelance photographer of 40 years.



Birthday Luncheon Pizza Day



Pizza: Cheese, Pepperoni, Veggie tossed salad and dessert.

Call or stop by the Center by Thurs June 17th to RSVP



Cook with Kerry

Monday June 14th @ 1:30

Cooking Demo: Southwest Chicken Enchiladas with Homemade Enchilada Sauce.

Now that we are back in-person, instead of distributing recipe kits we'll be offering a copy of the recipe along with the premade enchiladas as part of our "Mini Meals" program June 14-17th.



Gardeners needed!

Do you enjoy being in the garden or caring for your houseplants? Would you like to learn about gardening?

Garden Club would love have you join them every **Wednesday at 9:30 am.**



COFFEE & CONVERSATION

Thursdays 9:30am-11am



Elsewhere: A Memoir By Richard Russo

> Meeting held Monday 6/14 @ 1pm

