



Heineberg Community Senior Center



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"	1 9:45 Balance Class 12:45 BINGO 1:00 Bone Builders	2 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	15 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	22 9:45 Balance Class 10:30 Art Class: Watercolor for Beginners 12:45 BINGO 1:00 Bone Builders	23 9:30 Gardening group 9:55 Yoga 11:05 Tai Chi 12:30 BINGO 1:00 Beginner Line Dancing	24 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	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	29 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

Please register for all activities. If you have not registered, a class or activity may be full when you arrive.
You may register by visiting heinebergcsc.org or calling 863-3982 Ext.1

June 2021 Announcements & Special Programming



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 collaborations with HANDS VT. And supported by: Age Well, Hannaford's, City Market, and Vermont Foodbank.



IMPORTANT UPDATES

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

We are asking ALL participants to sign our "Participant 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 required 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.

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

Monday, June 21st, 11:45am

Lunch is \$5 or FREE for participants **with June Birthdays.**

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

This Month's Book Club Read is...
Elsewhere: A Memoir By **Richard Russo**

Meeting held Monday 6/14 @ 1pm

