

**JULY 2018**



**Heineberg Community Senior Center**  
14 Heineberg Road Burlington, VT 05408  
Ph 802-863-3982  
Web [www.heinebergcsc.org](http://www.heinebergcsc.org)

**LAKE MONSTERS FUNDRAISER**

Join us Tuesday, July 3rd, 12:05 pm  
for a baseball game

Van leaves Heineberg Community Senior Center at 11am

\$10, includes transportation, ticket to the game,  
and lunch voucher (\$5 value)

OR

Purchase tickets separately through our website  
[www.heinebergcsc.org](http://www.heinebergcsc.org) and a portion of all proceeds  
will go directly to our Center's free programs

Thank you for supporting our fundraiser and  
sharing our link with friends and family!



**WHO'S WHO AROUND THE CENTER**

Please welcome **Terri Price**, our new Center Coordinator. Terri brings to the Center her cheerful personality and strong desire to support participants. Terri's experience includes working as the business office assistant at the Residence at Shelburne Bay and a Healthier Living Workshop state coordinator at Blueprint for Health.

**Mahjongg Leaders**

We'd like to welcome **Robin** and **Lorraine** as new leaders for our Monday Mahjongg group.

**Clip-on name badges**

A popular request! Name badges are now available at the Center to help us learn new names, and know who is staff, volunteers, and participants. There will be a space upstairs and down to create and keep your badge.

**SPECIAL COVE SPONSORED PRESENTATIONS**

**Tuesday July 17, 10:30am – The importance of Medicare Summary Notices (MSN)** Join Mike from COVE to learn how to quickly and efficiently look through your MSN for error, fraud, or possible abuse. Mike will share some easy tips on how to protect your Medicare services and have some fun along the way!

**Thursday, July 26, 9:30am - COVE Savvy Seniors Performance** - Senior volunteers provide comical performances about issues that touch all of us: healthcare fraud and errors, identity theft, telemarketing and mail fraud, and much more. The Savvy Seniors demonstrate ways consumers can protect themselves from being targets of fraud and other unscrupulous activities.

**JULY BIRTHDAY LUNCH**

Tuesday, July 10<sup>th</sup>, 11:45 am

Lunch is \$5 or FREE for participants  
with July Birthdays

Leonardo's Pizza (Cheese, pepperoni, or veggie), green salad, and birthday cake

Everyone welcome!

Reservation required 24 hours in advance



**CSWD TOUR**

Tuesday, July 24<sup>th</sup>, the van leaves Heineberg Center  
at 9:30am and returns at noon.

CSWD facilities collect, process and manage thousands of tons of recyclables, compostables, and trash every year. A tour of the facilities will give you a behind-the-scenes look at how it is processed.

We will be walking around an active facility so please be sure to check in with the front desk for tour requirements.



**PROGRAM UPDATES**

- **NEW 50+ Taekwondo/Self-defense Class** – The 1<sup>st</sup> Wednesday of every Month at 1:00pm, Master Brendan Goodall from Apex Martial Arts will teach a free Taekwondo/self-defense class designed for any level 50+. The first class will be Wednesday, August 1st at 1:00pm.

- **New lunch caterer** – Age Well has announced their new meal vendor, Lindley Food Services will now be preparing all our regular lunches. Lindley has more than 25 years experience providing quality, fresh, and nutritious meals to numerous congregate and homebound delivery programs throughout the Northeast. **Please note:** Effective July 5, the new suggested donation is \$5 to cover food and transportation cost.

**This is a suggested donation only, we appreciate any amount that is comfortable for you.**



- **Our Monday Morning Coffee Hours** will now be *monthly*. SASH Wellness Nurse, Samantha will visit the 3<sup>rd</sup> Monday of every month at 10am to discuss a variety of health and wellness topics. July's Coffee Hour will be Monday, July 16. Samantha will discuss the urinary system

- **Regularly scheduled TED Talks and Current Event Discussions** will resume in the fall on Tuesdays with our new UVM Intern, Adele.

## July 2018 Program Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> 9:00 Strength 30 9:45 Novice Tai Chi 10:45 Computer Support 10:45 Yoga 12:30 Mahjongg 12:30 Adult Coloring	<b>3</b> 9:45 Foot Clinic <b>11:00 Lake Monsters Game</b> 12:45 BINGO 1:00 Bone Builders <b>There will be no lunch this day for the transition to new caterer.</b>	<b>4</b> <div style="background-color: red; color: white; text-align: center; padding: 10px;"> <b>Center Closed for Fourth of July Holiday</b> </div>	<b>5</b> 8:45 Food Day 10:45 Yoga 11:45 Lunch 12:30 Cribbage 12:30 Scrabble 1:00 Bone Builders 1:00 Bridge 7:30 Songwriter's Group	<b>6</b> 9:45 Novice Tai Chi 10:45 Tai Chi
<b>9</b> 9:00 Strength 30 9:45 Novice Tai Chi 10:45 Computer Support 10:45 Yoga 12:30 Mahjongg 12:30 Adult Coloring 1:00 Book Club	<b>10</b> 9:45 Foot Clinic 11:00 Blood Pressure Clinic <b>11:45 Birthday Lunch</b> 12:30 Chair Massage 12:45 BINGO 1:00 Bone Builders	<b>11</b> 9:40 Independent Yoga 10:45 Tai Chi 11:45 Lunch 12:45 BINGO 1:00 Line Dancing	<b>12</b> 8:45 Food Day 10:30 Wii Bowling w/ Champlain Center 10:45 Yoga 11:45 Lunch 12:30 Cribbage 1:00 Bone Builders 1:00 Bridge	<b>13</b> 9:45 Novice Tai Chi 10:45 Tai Chi
<b>16</b> 9:00 Strength 30 9:45 Novice Tai Chi 10:00 Coffee Hour 10:45 Computer Support 10:45 Yoga 12:30 Mahjongg 12:30 Adult Coloring	<b>17</b> <b>10:30 COVE presentation Medicare Summary Notice</b> 11:45 Lunch 12:45 BINGO 1:00 Bone Builders	<b>18</b> 9:40 Independent Yoga 10:45 Tai Chi 11:45 Lunch 12:45 BINGO 1:00 Line Dancing	<b>19</b> 8:45 Food Day 10:45 Yoga 11:45 Lunch 12:30 Cribbage 12:30 Scrabble 1:00 Bone Builders 1:00 Bridge	<b>20</b> 9:45 Novice Tai Chi 10:45 Tai Chi
<b>23</b> 9:00 Strength 30 9:45 Novice Tai Chi 10:45 Computer Support 10:45 Yoga 12:30 Mahjongg 12:30 Adult Coloring	<b>24</b> <b>9:30 CSWD Tour</b> 11:45 Lunch 12:45 BINGO 1:00 Bone Builders	<b>25</b> 9:40 Independent Yoga 10:45 Tai Chi 11:45 Lunch 12:45 BINGO 1:00 Line Dancing	<b>26</b> 8:45 Food Day <b>9:30 COVE Savvy Seniors Performance</b> 10:45 Yoga 11:45 Lunch 12:30 Cribbage 1:00 Bone Builders 1:00 Bridge	<b>27</b> 9:45 Novice Tai Chi 10:45 Tai Chi
<b>30</b> 9:00 Strength 30 9:45 Novice Tai Chi 10:45 Computer Support 10:45 Yoga 12:30 Mahjongg 12:30 Adult Coloring	<b>31</b> 11:45 Lunch 12:45 BINGO 1:00 Bone Builders	<b>Jazzercise Hours</b> M-EXPRESS -8:30 am      W- 8:30am, 4:30 pm, 5:45 pm Strength 30- 9:00 am      Th- 8:30 am, 4:30 pm 4:30pm, 5:45 pm          F- 8:30 am, 4:30 pm T- 8:30am, 4:30 pm        S- 7:30 am, 8:30 am		



## July 2018 MEALS Calendar

**\*\*Important Updates from Age Well:** Reservations now required **2 days** in advance. Please call or stop by the Center by **9:30am 2 days prior to the day you wish to join us for lunch.** Please also note, the new suggested donation is **\$5 to cover food and transportation cost.** This is a suggested donation, we appreciate any amount that is comfortable for you.

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>2</b></p> <p>No regular Monday lunch</p>	<p><b>3</b></p> <p>There will be no lunch this day for the transition to new caterer.</p>	<p><b>4</b></p> <p>Center Closed for Fourth of July Holiday</p>	<p><b>5</b></p> <p>Roast turkey, monterey jack cheese, mayo, cole slaw with carrots and pineapple, potato salad, wheat roll, cantaloupe</p>	<p><b>6</b></p> <p>No regular Friday lunch</p>
<p><b>9</b></p> <p>No regular Monday lunch</p>	<p><b>10 Birthday Lunch</b> Leonardo's Pizza (Cheese, pepperoni or veggie), green salad and birthday cake \$5</p>	<p><b>11</b> Chicken marsala with mushroom sauce, rice pilaf, green beans, dinner roll, vanilla fluff with cream</p>	<p><b>12</b> sweet and sour sliced pork, egg noodles, oriental sugar snap blend vegetables, wheat bread, pumpkin cookies</p>	<p><b>13</b></p> <p>No regular Friday lunch</p>
<p><b>16</b></p> <p>Monday Morning Coffee Hour</p> <p>Samantha Mithchell discusses the urinary system</p>	<p><b>17</b> Macaroni and cheese, stewed tomatoes, green beans, wheat bread, orange jello with fruit</p>	<p><b>18</b> Stuffed chicken with sage sauce, mashed potatoes, carrots, wheat roll, vanilla pudding with cream and peaches</p>	<p><b>19</b> Cream of broccoli and cheddar soup, crackers, zucchini and summer squash, wheat roll, melon</p>	<p><b>20</b></p> <p>No regular Friday lunch</p>
<p><b>23</b></p> <p>No regular Monday lunch</p>	<p><b>24</b> Glazed pork and ham burger, mashed yam, cauliflower, wheat roll, mandarin oranges with cream</p>	<p><b>25</b> Beef steak with brown sauce, mashed potatoes, broccoli florets, wheat roll, pumpkin cookie</p>	<p><b>26</b> Italian chicken fingers with BBQ sauce, peas and carrots, mashed potatoes, wheat dinner roll, tropical fruit</p>	<p><b>27</b></p> <p>No regular Friday lunch</p>
<p><b>30</b></p> <p>No regular Monday lunch</p>	<p><b>31</b> Sweet and sour meatballs, medium shells, California blend vegetables, wheat bread apple slices with cinnamon</p>			



# Heineberg Community Senior Center

An independent non-profit, open to all

14 Heineberg Road Burlington, VT 05408  
PH 802-863-3982 Web [www.heinebergcsc.org](http://www.heinebergcsc.org)

**LOWER LEVEL HOURS\***

Monday-Wednesday 10:00am -3:00 pm

Thursday 9:00am - 3:00pm

\*For upper level activities see calendar for times

**Blood Pressure Clinic:** Second Tuesday of every month, 11:00 am. No appointments necessary.

**BINGO (Penny Bingo):** Tuesday & Wednesdays, 12:45 – 3:00 pm. All money collected goes back to the winners.

**Bone Builders:** Tuesdays & Thursdays, 1:00 – 2:00 pm. Please wear comfortable sneakers and bring a water bottle. The RSVP Bone Builders Program focuses on balance and light weight training to protect against fractures caused by osteoporosis, a condition in which bones become fragile due to loss of tissue.

**Book Club:** Second Monday of each month 1:00 pm, meets in our lower level library.

**Bowling (Wii):** Once a month our Heineberg Team will have a friendly, fun competition with Champlain Senior Center. We will alternate locations monthly, transportation provided. We will play at Champlain Senior Center on **Thursday, July 12.**

**Bridge Club:** Thursdays, 1:00 – 3:00 pm All levels welcome!

**Chair Massage:** Second Tuesday of each month 12:45 - 2:15 pm. \$10. Call or visit the Center to make a reservation. 50% off if it is your birthday month!

**Cribbage:** Thursdays, 12:30 – 3:00 pm All levels welcome!

**Coffee Hours:** Every 3rd Monday of the month featuring Samantha Mitchell's Wellness Series

**Coloring:** Adult Coloring every Monday at 12:30 pm. All supplies provided.

**Computer Support:** Mondays 10:45 am. Reservations Required. You can make a reservation online ([heinebergcsc.org](http://heinebergcsc.org)) or by calling or visiting the Center.

**Food Day:** Every Thursday at 8:30 am we distribute donated food from Hannafords. Selections vary but usually includes treats and many nutritious options such as meats, cheese, fruits & vegetables. **Everyone welcome!**

**Foot Care Clinic:** Scheduled Tuesdays 9:45 am – 12:45 pm. \$10 Suggested donation. Reservations Required. Call the Center's Front Desk 863-3982.

**Jazzercise:** See newsletter calendar for class days and times. For all ages and abilities. Center participants get discounted rates and no regular fee. Any days for \$44/mth. Jazzercise Contact: Michele Catella 802.355.0487

**Line Dancing:** Heineberg Highsteppers - Every Wednesday at 1:00 pm. For more information contact Donna @ 860-7561.

**Lunch:** Tuesday, Wednesday, and Thursday 11:45am. Regular Lunch \$5 suggested donation. For special events and catered holidays \$5 - \$7.

**Mahjongg:** Mondays at 12:30 – 3:00 pm. Beginner and experienced players welcome. For rules: [nationalmahjonggleague.org](http://nationalmahjonggleague.org).

**Scrabble:** Meets first and third Thursdays at 12:30 pm in our library.

**Singing Group:** Second and fourth Wednesday of each month, 10:00 am. All are welcome, no experience needed. **On hold until September**

**Songwriters Group:** First Thursday of each month, 7:30 pm.

**Strength 30:** Mondays 9:00 am. 30-minute strength class. Free for Center participants.

**Tai Chi:** Novice Tai Chi Monday & Friday 9:45 am / Tai Chi Wednesday & Friday 10:45 am.

**50+ Taekwondo/Self-defense Class** The 1st Wednesday of every Month at 1:00pm, Master Brendan Goodall from Apex Martial Arts will teach a free Taekwondo/self-defense class designed for any level 50+. The first class will be Wednesday, Aug 1.

**Yoga:** Chair or Standing Yoga. \$2 donation appreciated. Mondays 10:45 am, Independent Yoga Wednesdays 9:40 am, Thursdays 10:45 am.

*Thanks to support from the North Avenue UPS Store 4618, we will print our newsletter locally and replace advertising on the back with a list of ongoing Center programs.*