



August 2018



Thursday, August 16th, 11:45am

All participants welcome!

\$7 - or - FREE if you are a Center volunteer!



➤ **Chicken Charlie's flame-grilled chicken tenders, mashed potatoes, and coleslaw.**

OR

➤ **Chicken Charlie's vegetarian Greek salad and homemade mac-n-cheese.**

And a fun dessert for all!

Come early or stay after to play: Bocce, horseshoe, croquet, and cornhole

Reservations for this luncheon required by Monday, August 13th. Call or stop by to make your reservation 863-3982

Tickets for our Beach Ball Raffle currently on sale at our front desk. We'll have the drawing at the luncheon!

PROGRAM UPDATES

- **NEW 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, August 1st at 1:00pm.
- **Monday Morning Coffee Hour (Monthly)** August's Coffee Hour will be Monday, August 20. Samantha, SASH Wellness Nurse, will discuss changes with our reproductive system.
- **Additional Day for Chair Massages!** 2nd Tuesday of each month 12:30 - 2:30 pm and the 3rd Thursday 9:45 to 11:30 am. \$10. Call or visit the Center to make a reservation. 50% off if it is your birthday month!



AUGUST BIRTHDAY LUNCHEON

Tuesday, August 14th, 11:45 am



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

Bagel Café's BLT or egg salad sandwich, pasta salad, and birthday cake.

Everyone welcome!

Reservation required by 9:30am, Thursday, August 9

THE IMPORTANCE OF MEDICARE SUMMARY NOTICES (MSN)

Tuesday, August 28, 10:30am

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!

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Medicare Summary Notice
for Part B (Medical Insurance)
The Official Summary of Your Medicare Claims from the Centers for Medicare & Medicaid Services

FACILITY NAME: JENNIFER WASHINGTON
STREET ADDRESS: CITY, ST 12345-6789

THIS IS NOT A BILL

Notice for Jennifer Washington
Medicare Number: XXXX-XX-1234A
Date of This Notice: September 16, 2011
Claims Processed Between: June 15 - September 15, 2011

Your Claims & Costs This Period
Did Medicare Approve All Items and Services? YES
See page 2 for how to double-check your notice.
Total You May Be Billed: \$61.31

FREE TECH SUPPORT

Starting July 30 through August, Mondays and Wednesdays 10:00 – 11:00 am

Rice Memorial High School senior, Davis, will be offering free tech support sessions for iPads, smartphones, Kindles, laptops, and more!

Call or stop by our front desk today to reserve your 15-minute tech session!





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

LOWER LEVEL HOURS*

Monday-Wednesday 10:00am -3:00 pm
Thursday 9:00am - 3:00pm

*For upper level activities see calendar for times

August 2018 Activities

Monday	Tuesday	Wednesday	Thursday	Friday
Jazzercise Hours M -EXPRESS -8:30 am, 4:30 pm, 5:45 pm T - 8:30am, 4:30 pm W - 8:30am, 4:30 pm, 5:45 pm Th - 8:30 am, 4:30 pm F - 8:30 am, 4:30 pm Sa - 7:30 am, 8:30 am Su - 8:30 am		1 9:40 Independent Yoga 10:45 Tai Chi 11:45 Lunch 12:45 BINGO 1:00 50+ Taekwondo / Self-defense 2:15 Line Dancing	2 8:30 Food Day 10:45 Yoga 11:45 Lunch 12:30 Cribbage 12:30 Scrabble 1:00 Bone Builders 1:00 Bridge	3 9:45 Novice Tai Chi 10:45 Tai Chi
6 9:00 Strength 30 9:45 Novice Tai Chi 10:45 Computer Support 10:45 Yoga 12:30 Mahjongg 12:30 Adult Coloring	7 11:45 Lunch 12:30 Chair Massage 12:45 BINGO 1:00 Bone Builders	8 9:40 Independent Yoga 10:45 Tai Chi 11:45 Lunch 12:45 BINGO 1:00 Line Dancing	9 8:30 Food Day 10:45 Yoga 11:45 Lunch 12:30 Cribbage 1:00 Bone Builders 1:00 Bridge	10 9:45 Novice Tai Chi 10:45 Tai Chi
13 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	14 9:45 - 12:30 Foot Clinic* 11:00 Blood Pressure Clinic 11:45 Birthday Lunch 12:30 Chair Massage* 12:45 BINGO 1:00 Bone Builders	15 9:40 Independent Yoga 10:45 Tai Chi 11:45 Lunch 12:45 BINGO 1:00 Line Dancing	16 8:30 Food Day 10:45 Yoga 10:30 Wii Bowling w/ Champlain Center 9:45 Chair Massage* 11:45 Volunteer Appreciation Luncheon 12:30 Cribbage 12:30 Scrabble 1:00 Bone Builders 1:00 Bridge	17 9:45 Novice Tai Chi 10:45 Tai Chi
20 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	21 9:45 - 12:30 Foot Clinic* 11:45 Lunch 12:45 BINGO 1:00 Bone Builders	22 9:40 Independent Yoga 10:45 Tai Chi 11:45 Lunch 12:45 BINGO 1:00 Line Dancing	23 8:30 Food Day 10:45 Yoga 11:45 Lunch 12:30 Cribbage 1:00 Bone Builders 1:00 Bridge	24 9:45 Novice Tai Chi 10:45 Tai Chi
27 9:00 Strength 30 9:45 Novice Tai Chi 10:45 Computer Support 10:45 Yoga 12:30 Mahjongg 12:30 Adult Coloring	28 10:30 COVE presentation Medicare Summary Notice 11:45 Lunch 12:45 BINGO 1:00 Bone Builders	29 9:40 Independent Yoga 10:45 Tai Chi 11:45 Lunch 12:45 BINGO 1:00 Line Dancing	30 8:30 Food Day 10:45 Yoga 11:45 Lunch 12:30 Cribbage 1:00 Bone Builders 1:00 Bridge	* Reservations required

August 2018 MEALS

Suggested \$5 donation

Reservations required - call 863-3982 or stop by the front desk

Monday	Tuesday RSVP by Thursday 9:30am	Wednesday RSVP by Thursday 1:00pm	Thursday RSVP by Monday 9:30am	Friday
		1 Broccoli & cheese quiche, green beans with red pepper, wheat bread, watermelon and cantaloupe tidbits	2 Chicken breast with tarragon sauce, spinach, mashed cauliflower, wheat roll, pumpkin custard	
	7 Sliced pork loin with cider sauce, mashed potatoes, brussel sprouts, wheat roll, applesauce	8 Sliced turkey in gravy, home fries, California blend vegetables, wheat roll, pumpkin pudding with cream	9 Pot roast, mashed potatoes, peas and mushrooms, oatmeal bread, pineapple upside down cake with cream	
	14 Birthday Lunch Bagel Café's BLT or egg salad sandwich, pasta salad, and birthday cake. \$5, or free for those celebrating their birthday this month	15 Baked penne pasta with ground beef and mozzarella cheese, coleslaw with pineapple and carrots, wheat bread, cantaloupe	16 Volunteer Appreciation Luncheon - \$7 or free for volunteers. Chicken Charlie's Flame-grilled chicken tenders, mashed potatoes, and coleslaw. or Vegetarian option: Greek salad and their homemade mac-n-cheese. <i>And a fun dessert for all!</i>	
	21 Chicken and biscuit, red mashed potatoes, mixed beans, strawberry cake	22 Shepherd's pie with corn, mashed potatoes, diced carrots, wheat roll, oatmeal raisin cookie	23 BBQ chicken thigh, mashed sweet potatoes, baked beans, wheat bread, apple crisp with topping	
	28 Roast turkey, mashed potatoes with cheddar, baby carrots, cranberry sauce, wheat bread, date bar	29 Italian chicken breast with parsley, sweet potatoes, California mixed vegetables, wheat roll, large pumpkin cookie	30 BBQ meatloaf, mashed potatoes, green beans, wheat roll, blueberry cupcakes	



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LOWER LEVEL HOURS*

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

Thursday 9:00am - 3:00pm

***For upper level activities see calendar for times**

ONGOING PROGRAMS

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. This group is growing and will move to our upper level most weeks.

Bowling (Wii): Once a month our Heineberg Team will have a friendly, fun competition with Champlain Senior Center.

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

Chair Massage: Second Tuesday of each month 12:30 - 2:30 pm and the Third Thursday 9:45 to 11:30 am. \$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: Third Monday of the month at 10am 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) or by calling or visiting the Center.

Food Day: Every Thursday at 8:30 am we distribute donated food from Hannaford's. Selections vary but usually include treats and 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. Contact: Michele Catella 802.355.0487

Line Dancing: Heineberg High Steppers - Every Wednesday. For more information Donna @ 860-7561.

Lunch: Tuesday, Wednesday, and Thursday 11:45am. Regular lunch \$5 suggested donation. RSVP 3 days in advance 863-3982. For special events and catered holidays prices and reservations deadlines vary.

Mahjongg: Mondays at 12:30 – 3:00 pm. Beginner and experienced players welcome.

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+.

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.