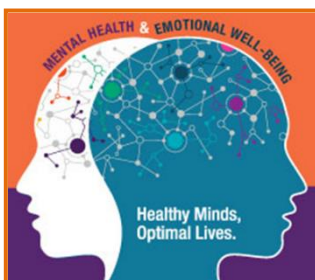




September 2018



SUPPORT YOUR MENTAL HEALTH

We are excited to share our partnership with Champlain College to offer the following **three opportunities** to support your mental and emotional health.

MENTAL HEALTH SUPPORT GROUP

First & Third Mondays starting September 17, 1 – 2pm
Champlain College psychology seniors will lead this support group to facilitate important conversations around mental and emotional health as we age.

HOW'S YOUR COGNITIVE RESERVE? WHY DOES IT MATTER? HOW YOU CAN INCREASE IT?

Did you know you can reduce symptoms of Alzheimer's by increasing your cognitive reserve (CR)? Under the direction of Barbara Colombo, Ph.D., Associate Professor, Psychology and Head of Champlain's Neuroscience Lab, Champlain Students will be offering CR screening days at our Center. **This opportunity will also include weekly support days in October and November for participants to complete activities and strengthen their cognitive reserve.**

- **Initial Cognitive Reserve Screening:** Monday, September 24. Screenings take about 20min. Participants can arrive anytime 10am – noon.
- **Follow-up Cognitive Reserve Screening:** Monday, November 26. Screenings take about 20min. Participants can arrive anytime 10am – noon.

MUSIC - THE LINK BETWEEN MIND AND SOUL

October 2 & November 6, 10:30 – 11:45 am

Music inspired workshops illustrating the link between music, cognition, and emotions.

Join us in welcoming our new UVM intern, Adele. Adele is a senior majoring in Human Development and Family Studies, she will be offering TED Talks and conversation, arts & crafts, and more! Join Adele in September for "**Gratitude and Mindfulness**".

- **Tuesday, Sept 18th at 10am - TED Talk:** **Want to be happy, be grateful** will be featured with conversation following.

- **Tuesday, Sept 25, 10:00 – 11:00am* & Wednesday, Sept 26, 12:45 – 1:45pm**
\$2/day - Join Adele painting mindfulness stones and gratitude rocks.

***On Tuesday, Sept 25 our painting time will be followed by a special visit from our CP Smith 2nd grade friends! Students will arrive at 11am to share gratitude rocks they have painted for our Center.**



SEPTEMBER BIRTHDAY LUNCHEON

Tuesday, Sept 11th, 11:45 am

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

Panera Sandwiches: Turkey, ham & swiss, or Mediterranean veggie, green salad, chips, a pickle, and birthday cake.

Everyone welcome! Reservations required by Thursday, Sept 6, 9:30 am

Please Note

Age Well Restaurant tickets are now sold monthly at the Center. Stop by the 1st Thursday of every month 10 am – 1 pm to purchase

Join HomeShare Vermont at the Center

Are you a Burlington home owner and want a family member to move closer but not live with you? Or have you considered home sharing? Come to an informational workshop at our Center to learn about "**Accessory Dwelling Units**" (ADUs)

Saturday, September 22, 10 am - Noon

Please register by calling 802-863-5625 or email kirby@HomeShareVermont.org.

Save
the
Date

Save the date

More information will be on our flyers and in our October newsletter

90+ Birthday Luncheon: Tuesday, October 23, 11:45am

Holiday Bazaar: Saturday, November 10, 9am -2pm



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

September 2018 Activities

Monday	Tuesday	Wednesday	Thursday	Friday
3 Closed for Labor Day	4 11:45 Lunch 12:45 BINGO 1:00 Bone Builders	5 9:40 Independent Yoga 10:45 Tai Chi 11:45 Lunch 12:45 BINGO 1:00 50+ Taekwondo / Self-defense 2:15 Line Dancing	6 8:45 Food Day 9:40 Yoga (new time) 10:45 Wii Bowling 12:30 Cribbage 12:30 Scrabble 1:00 Bone Builders 1:00 Bridge	7 9:45 Novice Tai Chi 10:45 Tai Chi
10 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	11 11:45 Birthday Lunch* 12:30 Chair Massage* 12:45 BINGO 1:00 Bone Builders	12 9:40 Independent Yoga 10:45 Tai Chi 11:45 Lunch 12:45 BINGO 1:00 Line Dancing 2:15 Beginner Line Dancing*	13 8:45 Food Day 9:40 Yoga (new time) 10:30 Wii Bowling 12:30 Cribbage 1:00 Bone Builders 1:00 Bridge	14 9:45 Novice Tai Chi 10:45 Tai Chi
17 9:00 Strength 30 9:45 Novice Tai Chi 10:00 Monday Morning Coffee Hour "Nervous System" 10:45 Computer Support 10:45 Yoga 12:30 Mahjongg 12:30 Adult Coloring 1:00 Mental Health Support Group*	18 10:00 TED Talk* 11:00 Blood Pressure Clinic 11:45 Lunch 12:45 BINGO 1:00 Bone Builders	19 9:40 Independent Yoga 10:45 Tai Chi 11:45 Lunch 12:45 BINGO 1:00 Line Dancing 2:15 Beginner Line Dancing*	20 8:45 Food Day 9:40 Yoga (new time) 10:30 Wii Bowling w/ Champlain Center 9:45 Chair Massage* 12:30 Cribbage 12:30 Scrabble 1:00 Bone Builders 1:00 Bridge	21 9:45 Novice Tai Chi 10:45 Tai Chi
24 9:00 Strength 30 9:45 Novice Tai Chi 10:00 – Noon Cognitive Reserve Screening* 10:45 Computer Support 10:45 Yoga 12:30 Mahjongg 12:30 Adult Coloring	25 9:45 - 12:30 Foot Clinic* 10:00 Gratitude Rock Painting* 11:00 2 nd Graders Visit 11:45 Lunch 12:45 BINGO 1:00 Bone Builders	26 9:30 Singing Group* 9:40 Independent Yoga 10:45 Tai Chi 11:45 Lunch 12:45 BINGO 1:00 Gratitude Rock Painting* 1:00 Line Dancing 2:15 Beginner Line Dancing*	27 8:45 Food Day 9:40 Yoga (new time) 10:30 Wii Bowling 12:30 Cribbage 1:00 Bone Builders 1:00 Bridge	28 9:45 Novice Tai Chi 10:45 Tai Chi

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, 4:30 pm

*New or returning programs

* Reservations required

September 2018 Meals

Suggested \$5 donation

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

Monday	Tuesday <i>RSVP by Thursday 9:30am</i>	Wednesday <i>RSVP by Thursday 1:00pm</i>	Thursday	Friday
	4 Cream of broccoli soup with chicken breast, crackers, mixed blend vegetables, wheat bread, diced cantaloupe	5 Baked Ziti with Chicken Sausage, White Bean Soup, Spinach Salad, Lemon Almond Cake	<p>Thursday lunches have been put on hold.</p> <p>We will continue to serve lunch on our more popular days and add days as demand increases.</p> <p>In the meantime, please enjoy a greater variety of menu items Tuesdays & Wednesdays, as well as healthy snacks Thursdays, noon – 2pm.</p>	
	11 Birthday Luncheon Panera Sandwiches: Turkey, ham & swiss, or Mediterranean veggie, green salad, chips, a pickle, and birthday cake.	12 Bacon and Cheddar Quiche, Tomato Soup, Caesar Salad, Berry Cobbler		
	18 Chicken marsala with mushroom sauce, mashed potatoes, peas and onions, wheat roll, fruit cocktail	19 Roast Turkey Sandwich with onion, lettuce and tomato, Broccoli Cheddar Soup, Cucumber Salad Apple Pie		
	25 Swedish steak with sauce, seasoned penne pasta, broccoli florets, wheat bread, peaches	26 Chicken Noodle Soup Fresh Rolls, Butternut Squash, Oatmeal Raisin Cookies		

ONGOING PROGRAMS

Blood Pressure Clinic: Tuesdays at 11:00 am - refer to our monthly calendar for dates. No appointments needed.

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

Book Club: Second Monday of each month 1:00 pm.

Bowling (Wii): Every Thursday at 10:30 am. Once a month our we 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 8:45 am we distribute food donated 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 meet on Wednesdays. **Beginner Line Dancing class is every Wednesday at 2:15pm, except the first Wednesday of the month.** For more information Donna @ 860-7561.

Lunch: Tuesdays & Wednesdays at 11:45am. Regular lunch \$5 suggested donation. RSVP 3 days in advance 863-3982. For special events and catered holidays prices vary.

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

Mental Health Support Group: First & third Mondays (starting sept 17) 1:00 – 2:00pm Champlain College psychology seniors will lead support group to facilitate important conversations around mental and emotional health as we age.

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. Starting Sept 26. Everyone welcome, no experience needed.

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 first Wednesday of every Month at 1:00 pm, 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 9:40 am.