



October 2018



90+ Birthday Celebration!

Join us for this very special tradition!

Tuesday, October 23rd at 11:30 am

Herb crusted roast pork with whipped potatoes, gravy and Vermont grown squash

(Vegetarian option: Fall stuffed squash and mashed potatoes)

\$5 - or - free for participants 90+.

RSVP by Wednesday, October 18, 2018
Visit or call us at 863-3982

Personality Workshop

Thursdays at 10:45am,
starting October 4



Join Dr. Jim Jennings for this 12-week workshop on personality. The group will focus on the nine ways of the Enneagram. The **Enneagram of personality** is a model of the human psyche which describes nine personality types. Understand the world of Enneagram and discover how it can help you.

FLU SHOTS
at the center

Free Flu Shots

Thursday, October 11
10:00am - noon



Happy Halloween! Trick or Treat at the Center, for Participants only **age 50+**. Stop by our front desk October 31, 11am – 1pm, in costume (or fun accessories) to receive a wonderful treat... it's not only candy! Keep the Halloween fun going and stay for a lunch and a games! **RSVP for lunch by Oct 25.**

Mental health matters!

We have partnered with Champlain College to offer the following new opportunities to support our mental health.

Mental Health Support Group
First & Third Mondays, 1 – 2pm

We value diversity and welcome everyone to join this important support group on aging.

MUSIC – the link between the mind and soul
October 2 & November 6, 10:30 – 11:45 am

Illustrating the link between music, cognition, and emotions



TED TED talk with discussion

IDEAS WORTH SPREADING

Tuesdays 10:00 – 11:00 am

October 9 – "The Danger of a Single Story":

The risk of hearing only a single story about another person or country, and how it leads to critical misunderstanding.

October 30 – "My Stroke of Insight": A powerful story about how our brains define us and connect us to the world and to one another.

Storytelling through Collage

Tuesday, October 16, 10:00am

Join Adele for this fun art project! Using our large collection of magazines, create a collage that shares who you are and special life experiences.



Cognitive Reserve Activities

Cognitive Reserve (CR) is your brain's strength and resistance to damage.

The following activities are part of a 12-week workshop which began Sept 24. Even if you did not officially sign-up for the program, you can join us for individual activities. Our 2nd grade friends from CP Smith school will join us for the following activities Tuesday at 11:00am

October 9 – "Laugh" – Bring your favorite joke to share

October 16 – "Read Aloud"

October 30 – "Sing"



Heineberg Holiday Bazaar & Craft Fair

Saturday, November 10, 9:00am - 2:00pm

This fundraiser will include a white elephant tag sale, craft fair, bake sale, lunch, and more!

Please drop off donations at the Center before November 7. We are accepting household items, toys, jewelry, books, etc (NO clothes or large electronics). *Thank you!*

Seeking volunteers and craft vendors (limited pace), if interested in either opportunity, contact Gina Scafa for more info 777-7052 or jasper6858@burlingtontelecom.net



OCTOBER BIRTHDAY LUNCHEON

Tuesday, October 9th, 11:45 am

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

Jolley Wraps: Turkey, Ham, or Veggie
Everyone welcome! Reservations required by Thursday, Oct 4, 9:30 am



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

October 2018 Activities


*Reservations required

Monday	Tuesday	Wednesday	Thursday	Friday
1 9:00 Strength 30 9:45 Novice Tai Chi 10:45 Yoga 10:45 Computer Support 12:30 Mahjongg 12:30 Adult Coloring 1:00 Mental Health Group	2 9:45 - 12:30 Foot Clinic* 10:30 Music Presentation 10:30 Cognitive Reserve activity "Dance" 11:45 Lunch* 1:00 BINGO 1:00 Bone Builders	3 9:40 Independent Yoga 10:45 Tai Chi 11:45 Lunch* 1:00 BINGO 1:00 50+ Taekwondo / Self-defense 2:15 Line Dancing	4 8:45 Food Day 9:40 Yoga 10:45 Personality Workshop 10:30 Wii Bowling 12:30 Cribbage 12:30 Scrabble 1:00 Bone Builders 1:00 Bridge	5 9:45 Novice Tai Chi 10:45 Tai Chi
8 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	9 10:00 TED Talk 11:00 Cognitive Reserve Activity: "Laugh" 11:00 Blood Pressure Clinic 11:45 Birthday Lunch* 12:30 Chair Massage* 12:45 BINGO 1:00 Bone Builders	10 9:40 Independent Yoga 10:00 Singing Group 10:45 Tai Chi 11:45 Lunch* 1:00 BINGO 1:00 Line Dancing 2:15 Beginner Line Dancing	11 8:45 Food Day 9:40 Yoga 10:00 – Noon Flu Shots 10:45 Personality Workshop 10:30 Wii Bowling 12:30 Cribbage 1:00 Bone Builders 1:00 Bridge	12 9:45 Novice Tai Chi 10:45 Tai Chi
15 9:00 Strength 30 9:45 Novice Tai Chi 10:00 Monday Morning Coffee Hour "Endocrine System" 10:45 Computer Support 10:45 Yoga 12:30 Mahjongg 12:30 Adult Coloring 1:00 Mental Health Group	16 10:00 Art project: Story telling through collage 11:00 Cognitive Reserve Activity: "Read" 11:45 Lunch* 1:00 BINGO 1:00 Bone Builders	17 9:40 Independent Yoga 10:45 Tai Chi 11:45 Lunch* 1:00 BINGO 1:00 Line Dancing 2:15 Beginner Line Dancing	18 8:45 Food Day 9:40 Yoga 10:45 Personality Workshop 10:30 Wii Bowling w/ Champlain Center 9:45 Chair Massage* 12:30 Cribbage 12:30 Scrabble 1:00 Bone Builders 1:00 Bridge	19 9:45 Novice Tai Chi 10:45 Tai Chi
22 9:00 Strength 30 9:45 Novice Tai Chi 10:45 Computer Support 10:45 Yoga 12:30 Mahjongg 12:30 Adult Coloring	23 11:00 Cognitive Reserve Activity "Be Curious" 90+ 11:45 90+ Birthday Luncheon* 1:00 BINGO 1:00 Bone Builders 	24 9:40 Independent Yoga 10:00 Singing Group 10:45 Tai Chi 11:45 Lunch* 1:00 BINGO 1:00 Line Dancing 2:15 Beginner Line Dancing	25 8:45 Food Day 9:40 Yoga 10:45 Personality Workshop 10:30 Wii Bowling 12:30 Cribbage 1:00 Bone Builders 1:00 Bridge	26 9:45 Novice Tai Chi 10:45 Tai Chi
29 9:00 Strength 30 9:45 Novice Tai Chi 10:45 Computer Support 10:45 Yoga 12:30 Mahjongg 12:30 Adult Coloring	30 10:00 TED Talk 11:00 Cognitive Reserve Activity: "Sing" 11:45 Lunch* 1:00 BINGO 1:00 Bone Builders	31 9:40 Independent Yoga 10:45 Tai Chi 11:00 – 1:00 Participant trick-or-Treat at front desk 11:45 Lunch* & trivia 1:00 BINGO 1:00 Line Dancing 2:15 Beginner Line Dancing	Jazzercise Hours M -EXPRESS -8:30 am, 4:30 pm, 5:45 pm T - 8:30am, 4:30 pm W - 8:30am, 4:30pm, 5:45pm 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	

October 2018 Meals

Suggested \$5 donation

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

Tuesday RSVP by Thursday 9:30am	Wednesday RSVP by Thursday 1:00pm
<p>2</p> <p>Southwest quiche, broccoli florets, wheat roll, applesauce</p>	<p>3</p> <p>Shepherd's Pie, Tossed Salad, Cream of Mushroom Soup, and Chocolate Chip Cookie</p>
<p>9</p> <p>Monthly Birthday Luncheon Jolley Wraps: Turkey, Ham, or Veggie, salad, and birthday cake.</p>	<p>10</p> <p>Ham and Cheese Sandwich served on a roll with lettuce, Tomato and onion, Split Pea Soup, Spinach Salad Apple Crisp</p>
<p>16</p> <p>Turkey divan casserole, rotini noodles, diced carrots, wheat roll, fruit medley</p>	<p>17</p> <p>Macaroni and Cheese, Tomato Soup Caesar Salad, Chocolate Brownies</p>
<div style="display: flex; align-items: center;">  <div> <p>23 90+</p> <p>90+ Birthday Luncheon <i>Event begins at 11:30 am</i> Herb crusted roast pork, whipped potatoes, gravy and Vermont grown squash <i>(Vegetarian option: Fall stuffed squash and mashed potatoes)</i> \$5 - or - free for participants 90+.</p> </div> </div>	<p>24</p> <p>Beef Chili with Cornbread, Tossed Salad, and Lemon Bar</p>
<p>30</p> <p>Lasagna roll with beef, brussel sprouts, parmesan cheese, wheat bread, apricots</p>	<p>31</p> <p>Turkey Club Sandwich, Black Bean Soup, Cucumber Salad, and Oatmeal Raisin Cookie</p>

ONGOING PROGRAMS

Arts & Crafts: Monthly on TBD Tuesday at 10:00. Look for date and project in monthly newsletter

Blood Pressure Clinic: Second Tuesday of every month at 11:00am. No appointments needed.

BINGO (Penny Bingo): Tuesday & Wednesdays, 1:00 – 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 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.

TED Talks with discussion: TBD Tuesdays each month at 10:00 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.