



November 2018



Thanksgiving Luncheon

Tuesday, November 13 at 11:45am

Join us for roast turkey, gravy, stuffing, cranberry sauce, mashed potatoes, baby carrots, wheat roll, and pumpkin pie.

RSVP by visiting or calling the Center before Thursday, November 8.

Our 2nd grade friends from CP Smith School will join us for this celebration and perform their very own Thanksgiving play "Animals Give Thanks".

At this luncheon, we'll kick off our pen pal program with our 2nd grade "grandfriends". Be sure to sign up at, or before, this event.



Heineberg Holiday Bazaar

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

This fundraising event 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).

Seeking volunteers and craft vendors (limited space) If interested, contact Gina Scafa for more info 777-7052 or jasper6858@burlingtontelecom.net



NOVEMBER and DECEMBER BIRTHDAY LUNCHEON

Tuesday, December 4, 11:45 am

Lunch is \$5 or FREE for participants with a November or December Birthday

Domino's Pizza (Plain, Veggie, or Pepperoni)

RSVP by Monday, Dec 3 at 9:30 am



Monday Morning Wellness Chat

You won't want to miss this one!

Immunity – Monday, November 5, 10:00 am

Wellness Nurse, Samantha will discuss our immune systems just in time for cold and flu season.

Samantha's presentation will include a presentation and fun interactive activities!

MUSIC – the link between the mind and soul

Nikolai and Jake return to our Center for this popular presentation

November 6, 10:30 – 11:45 am

Discuss the importance of music in our lives, and the link between music, cognition, and emotions. Everyone is welcome, we'll even create music together!



TED Talk & discussion

Tuesday, November 27, 10:00 am - Body language affects how others see us, but it may also change how we see ourselves. We'll watch this interesting TED Talk together and discuss thoughts afterward.

Art Group

Thursday, November 8, 9:30 – 10:30am

Join Adele in making Fall decorations

Cognitive Reserve Activities.

Cognitive Reserve is your brain's strength and resistance to damage. Learn how the following activities can help keep your brain healthy and strong.

Tuesday, November 13, 11:00am – Writing & Sending Cards

Tuesday, November 20, 11:00 – "Soften your Heart" Feel for others, sense their emotions. It will make your journey so much richer and take your mind off your troubles.

Follow-Up Cognitive Reserve Screening

Monday, November 26, 10:00 – noon (walk-in anytime)
Only those who have attended the first screening will participate in this follow-up



Mahjongg

Mondays at 12:30 – 3:00 pm

Beginner and experienced players welcome

November 2018 Activities

Monday	Tuesday	Wednesday	Thursday	Friday
Jazzercise Hours M -EXPRESS -8:30am, 4:30pm, 5:45pm T - 8:30am, 4:30pm W - 8:30am, 4:30am, 5:45pm Th - 8:30am, 4:30pm	F - 8:30am, 4:30pm Sa - 7:30am, 8:30am Su - 8:30am, 4:30pm	*Reservations required	1 8:45 Food Day 9:40 Yoga 10:45 Wii Bowling 12:30 Cribbage 12:30 Scrabble 1:00 Bone Builders 1:00 Bridge	2 9:45 Novice Tai Chi 10:45 Tai Chi
5 9:00 Strength 30 9:45 Novice Tai Chi 10:00 Monday Morning Coffee Hour "Immunity" 10:45 Computer Support 10:45 Yoga 12:30 Mahjongg 12:30 Adult Coloring 1:00 Mental Health Support Group	6 9:45 - 12:30 Foot Clinic* 10:30 Music Presentation 11:45 Lunch* 1:00 BINGO 1:00 Bone Builders	7 9:40 Independent Yoga 10:45 Tai Chi 11:45 Lunch* 1:00 BINGO 1:00 Line Dancing 2:15 Beginner Line Dancing	8 8:45 Food Day 9:30 Art Group 9:40 Yoga 10:30 Wii Bowling 12:30 Cribbage 1:00 Bone Builders 1:00 Bridge	9 9:45 Novice Tai Chi 10:45 Tai Chi
Center is closed For Veteran's Day 	13 9:45 - 12:30 Foot Clinic* (Lower Level) 11:00 CR Activity 11:00 Blood Pressure Clinic 11:45 Thanksgiving Luncheon 12:30 Chair Massage* 1:00 BINGO 1:00 Bone Builders	14 9:30 Singing Group 9:40 Independent Yoga 10:45 Tai Chi 11:45 Lunch 1:00 BINGO 1:00 Line Dancing 2:15 Beginner Line Dancing	15 8:45 Food Day 9:40 Yoga 10:30 Wii Bowling 9:45 Chair Massage* 12:30 Cribbage 12:30 Scrabble 1:00 Bone Builders 1:00 Bridge	16 9:45 Novice Tai Chi 10:45 Tai Chi
19 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 1:00 Mental Health Support Group	20 11:00 - "Soften your Heart" CR Activity 11:45 Lunch* 1:00 BINGO 1:00 Bone Builders	21 9:40 Independent Yoga 10:45 Tai Chi 11:45 Lunch* 1:00 BINGO 1:00 Line Dancing 2:15 Beginner Line Dancing	Center is closed For Thanksgiving 	23 9:45 Novice Tai Chi 10:45 Tai Chi
26 9:00 Strength 30 9:45 Novice Tai Chi 10:45 Computer Support 10:45 Yoga 12:30 Mahjongg 12:30 Adult Coloring	27 10:00 TED Talk 11:45 Lunch* 1:00 BINGO 1:00 Bone Builders	28 9:30 Singing Group 9:40 Independent Yoga 10:45 Tai Chi 11:45 Lunch* 1:00 BINGO 1:00 Line Dancing 2:15 Beginner Line Dancing	29 8:45 Food Day 9:40 Yoga 10:30 Wii Bowling 12:30 Cribbage 1:00 Bone Builders 1:00 Bridge	30 9:45 Novice Tai Chi 10:45 Tai Chi

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



Heineberg Community Senior Center

November 2018 Meals - Suggested \$5 donation Reservations required - call 863-3982 or stop by the front desk



AGE WELL
CONFIDENT AGING STARTS HERE.

Tuesday lunches: **RSVP by Thursday 9:30am**

- **November 6:** Italian chicken fingers, BBQ sauce, rice risotto with diced tomatoes, baby carrots, wheat bread, pineapple tidbits
- **November 13: Thanksgiving Luncheon,** Roast turkey, gravy, stuffing, cranberry sauce, mashed potatoes, baby carrots, wheat roll, pumpkin pie with cream
- **November 20:** Spinach and quiche, broccoli floret, green beans, dinner roll, and pears
- **November 27:** Baked mini penne with marinara meat sauce and mozzarella cheese, broccoli florets, Italian bread, and pineapple tidbits

WEDNESDAY LUNCHES: **RSVP by Thursday 1:00pm**

- **November 7:** Bean and cheese burritos with salsa & sour cream, seared corn, tossed salad, and a chocolate chip cookie
- **November 14:** Goulash, Caesar salad, sautéed veggies, and a chocolate brownie
- **November 21:** Fried chicken sandwich served on a roll with lettuce, tomato, onion, and cheddar, served with coleslaw, a pickle, apple crisp
- **November 28:** Beef stew, dinner roll, tossed salad, and an oatmeal raisin cookie

Free Community Holiday Meals

THANKSGIVING DAY – Free coat drive and Thanksgiving Day dinner

Sweetwaters (120 Church St., Burlington) will open their doors to anyone wishing to join them for dinner on Thanksgiving Day. This is a tradition Sweetwaters has been offering our community for 29 years.



SENIOR HOLIDAY DINNER - December 20 @ 5:00 pm - 8:00 pm, Free

There is limited seating of 100, so please reserve your spot early! To register please call 864-0123. Bus transportation provided upon request from senior housing and centers. **No charge for this event, but a donation of a canned good for the Chittenden Emergency Food Shelf is much appreciated!**



CHRISTMAS DAY – 14TH ANNUAL HOLIDAY DINNER (Two free options!)

At the Elks Lodge

The FREE 14th Annual Holiday Dinner will be held on Christmas Day from Noon-3:00 p.m. at the Elks Lodge, 925 North Avenue. This event is free and open to the public. There will be a special gathering there at 1:00 for seniors. If seniors need transportation, please call Megan Humphrey at 864-7528 or email meganjhumphrey@gmail.com.

Delivered to your home

To reserve a FREE meal (ham or vegetarian lasagna dinner) delivered to a senior's home (50 years or older) on Christmas Day anywhere in Chittenden County, please call Age Well at 865-0360 by December 20. **AFTER** December 20, call Megan Humphrey at 864-7528 or email meganjhumphrey@gmail.com. For more information or to donate, please check www.handsvt.org. Thank you!



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**

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, 1:00 – 3:00 pm. All money collected goes back to 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 every month 1:00 pm.

Bowling (Wii): Every Thursday at 10:30 am. Once a month 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. 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 suggested donation varies.

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

Mental Health Support Group: First & third Monday 1:00 – 2:00pm. Champlain College psychology seniors will lead 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. 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.

Yoga: Chair or Standing Yoga. Mondays 10:45 am, Independent Yoga Wednesdays 9:40 am, Thursdays 9:40 am.