

December 2018



Holiday Luncheon

Wednesday, December 19th at 11:45

(RSVP by calling or stopping by the Center
before Thursday, December 13)

Chicken breast with apple-cranberry stuffing, gravy, mashed potatoes, baby whole carrots, cranberry sauce, wheat roll, and pumpkin cake.

Our Heineberg Singing Group will get us into the holiday spirit by leading a sing-along, followed by a festive performance by the Heineberg Highsteppers.

Bring a small \$3-5 gift if you would like to participate in the Yankee swap.



NOVEMBER and DECEMBER BIRTHDAY LUNCHEON

Tuesday, December 4, 11:45 am

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

Domino's Pizza (Plain, Veggie, or Pepperoni), salad, and birthday cake
RSVP by Monday, Dec 3 at 9:30 am



Create your own
Snowman Centerpiece
Thursday, December 6
9:30 am



AARP Tax Advisors will be offering free tax assistance at our Center February - April. **This free service will be offered on Fridays, by appointment only.**

Our January newsletter will give the phone number to call for appointments. Reservations are not made at the Center.

WINTER WEATHER CLOSINGS

If Burlington Schools are closed due to weather, so are we.

If unsure, please watch the news or call the Center before coming in. We'll update our phone recording as early as possible.

Scheduled holiday closings will be included in our monthly newsletter, available at the Center and on our website www.heinebergcsc.org.

TED Talk & discussion

Tuesday, December 11, 10:00am



The power of vulnerability

Brené Brown studies human connection -- our ability to empathize, belong, love. In a poignant, funny talk, she shares a deep insight from her research, one that sent her on a personal quest to know herself as well as to understand humanity.

Board Meeting

Wednesday, December 5, 9:30 am

All participants welcome! Board meetings are a valuable way to share feedback and hear Center news and updates from Board members and staff.

December 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	
3 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 Mental Health Support Group (final meeting, we'll be discussing future plans and suggestions)	4 11:45 Birthday Luncheon 12:30 Chair Massage* 1:00 BINGO 1:00 Bone Builders	5 9:30 Board Meeting 9:40 Independent Yoga 10:45 Tai Chi 11:45 Lunch* 1:00 BINGO 2:15 Line Dancing	6 8:45 Food Day 9:30 Art Project 9:40 Yoga 10:30 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 9:45 - 12:30 Foot Clinic* 10:00 TED Talk 11:00 Blood Pressure Clinic 11:45 Lunch 1:00 BINGO 1:00 Bone Builders	12 10:00 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	13 8:45 Food Day 9:40 Yoga 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 10:45 Computer Support 10:45 Yoga 12:30 Mahjongg 12:30 Adult Coloring	18 9:45 - 12:30 Foot Clinic* 11:45 Lunch 1:00 BINGO 1:00 Bone Builders	19 9:40 Independent Yoga 10:45 Tai Chi 11:45 Holiday Luncheon 9:45 Chair Massage*  1:00 BINGO 1:00 Line Dancing 2:15 Beginner Line Dancing	20 8:45 Food Day 9:40 Yoga 10:30 Wii Bowling with Champlain 12:30 Cribbage 12:30 Scrabble 1:00 Bone Builders 1:00 Bridge	21 9:45 Novice Tai Chi 10:45 Tai Chi
24 Center is closed for Christmas Eve	25 Center is closed For Christmas Day 	26 10:00 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	27 8:45 Food Day 9:40 Yoga 10:30 Wii Bowling 12:30 Cribbage 1:00 Bone Builders 1:00 Bridge	28 9:45 Novice Tai Chi 10:45 Tai Chi
31 Center is closed For New Years	1 Center is closed For New Years 			



Heineberg Community Senior Center

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



Tuesday lunches: RSVP by Thursday 9:30am

- **December 4:** November/December Birthday Luncheon: Domino's Pizza (Plain, Veggie, or Pepperoni), salad, and birthday cake
- **December 11:** Pork chow mein, vegetable rice pilaf, Japanese vegetables, chow mein noodles, and diced pears
- **December 18:** Sliced scalloped potatoes & ham, green beans, whole beets, wheat roll, and a chocolate chip cookie

WEDNESDAY LUNCHES: RSVP by Thursday 1:00pm

- **December 5:** Bacon and Cheddar Quiche, Tomato Salad, Garlic Broccoli and a Lemon Bar
- **December 12:** Macaroni and Cheese, Caesar Salad, Roast Carrots, Chocolate Brownie
- **December 19:** Holiday Luncheon: Stuffed chicken breast with apple/cranberry stuffing, gravy, mashed potatoes, baby whole carrots, cranberry sauce, wheat roll, pumpkin cake
- **December 26:** Open Faced Turkey Sandwich, Mashed Potatoes with Gravy, Green Beans and Berry Crisp

Free Community Holiday Meals



- ❖ U.S. Senator Bernie Sanders invites you to a **SENIOR TOWN HALL AND SENIOR HOLIDAY DINNER**
Sunday, December 9 1:00 pm - 2:30 pm, Hilton Hotel, 60 Battery St, Burlington
Enjoy a free meal with your neighbors and meet new friends! Featuring live holiday music by area high school students. Please RSVP by Wednesday, December 5 by calling (800) 339-9834 or (802) 862-0697 Space is limited.
- ❖ **SENIOR HOLIDAY DINNER - December 20, 5:00 pm - 8:00 pm, Miller Center, 130 Gosse Court, Burlington**
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 – December 25, HANDS' 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.



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: Featuring Samantha Mitchell's Wellness Series (*A new series will begin in January*)

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.

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.