



## January 2019

### Keeping Well

SASH Wellness nurse, Samantha, will present her new Monday morning wellness series: *Keeping Well*



Samantha will present the following topics the third\* Monday of every month at 10:00 am

*Up next:* January 21, 10:00am – Sleep

- February-** Loneliness and social isolation
- March-** Hydration
- April-** Anger
- May-** Physical activity
- June-** Depression
- July –** Anxiety
- August-** Nutrition
- September-** Memory
- October-** Bringing it all together
- November-** Q and A session

\*As schedules permit

### Knitting & Crochet Group *Beginning Monday, January 21* Mondays at 11:00am\*

Everyone welcome! This group will support one another with knitting and crochet projects. There will be no formal instruction. We have some needles and yarn available or feel free to bring your own.



### Volunteer Drivers Needed!

We have many community members in need of a ride to our Center. If you can help or would like more information, please contact Beth at 863-3982 Ext 2 or [hammond@heinebergcsc.org](mailto:hammond@heinebergcsc.org) **Thank you!!**

### January Birthday Luncheon

**Tuesday, January 8, 11:45 am**

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

**Bagel Café's turkey chili, salad, bread, and birthday cake**

RSVP by Thursday, January 3



### Art Group

Thursday, January 24  
9:30am

Create a landscape drawing using water color paints and sharpies.

**TED Talk & discussion**  
Tuesday, January 15 at 10:00am



### Let's End Ageism

It's not the passage of time that makes it so hard to get older. It's ageism, a prejudice that pits us against our future selves -- and each other. Ashton Applewhite urges us to dismantle the dread and mobilize against the last socially acceptable prejudice. "Aging is not a problem to be fixed or a disease to be cured," she says. "It is a natural, powerful, lifelong process that unites us all."



AARP Tax Advisors will be available at our Center February - April. **This is a free service offered to our participants on Fridays, by appointment only.**

Reservations will be made through an AARP volunteer, not our Center. We'll share the phone number in early January, as soon as we know it.



# 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](http://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

## January 2019 Activities

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Jazzercise Hours</b> <b>M</b> -EXPRESS -8:30am, 4:30pm, 5:45pm <b>T</b> - 8:30am, 4:30pm <b>W</b> - 8:30am, 4:30am, 5:45pm		<b>Th</b> - 8:30am, 4:30pm <b>F</b> - 8:30am, 4:30pm <b>Sa</b> - 7:30am, 8:30am <b>Su</b> - 8:30am, 4:30pm	<b>*Reservations required</b>	
<b>31</b>  <b>Center is closed For New Years</b>	<b>1</b>  <b>Center is closed For New Years</b>  	<b>2</b> 9:40 Independent Yoga 10:45 Tai Chi 11:45 Lunch* 1:00 BINGO 1:00 Line Dancing 2:15 Beginner Line Dancing	<b>3</b> 8:45 Food Day 9:40 Yoga 12:30 Cribbage 12:30 Scrabble 1:00 Bone Builders 1:00 Bridge	<b>4</b>  9:45 Novice Tai Chi 10:45 Tai Chi
<b>7</b> 9:00 Strength 30 9:45 Novice Tai Chi 10:45 Computer Support 10:45 Yoga 12:30 Mahjongg 12:30 Adult Coloring	<b>8</b> 11:00 Blood Pressure Clinic 11:45 <b>Birthdays Luncheon*</b> 12:30-2:30 Chair Massage* 1:00 BINGO 1:00 Bone Builders	<b>9</b> 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	<b>10</b> 8:45 Food Day 9:40 Yoga 12:30 Cribbage 1:00 Bone Builders 1:00 Bridge	<b>11</b>  9:45 Novice Tai Chi 10:45 Tai Chi
<b>14</b> 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	<b>15</b> 10:00 TED Talk 11:45 Lunch 1:00 BINGO 1:00 Bone Builders	<b>16</b> 9:40 Independent Yoga 10:45 Tai Chi 11:45 Lunch* 1:00 BINGO 1:00 Line Dancing 2:15 Beginner Line Dancing	<b>17</b> 8:45 Food Day 9:40 Yoga 9:45 - 11:30 Chair Massage* 12:30 Cribbage 12:30 Scrabble 1:00 Bone Builders 1:00 Bridge	<b>18</b>  9:45 Novice Tai Chi 10:45 Tai Chi
<b>21</b> 9:00 Strength 30 9:45 Novice Tai Chi 10:00 <b>Keeping Well" wellness series "Sleep"</b> 10:45 Computer Support 10:45 Yoga 11:00 Knitting & Crochet 12:30 Mahjongg 12:30 Adult Coloring	<b>22</b> 9:45 - 12:30 Foot Clinic* 11:45 Lunch 1:00 BINGO 1:00 Bone Builders	<b>23</b> 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	<b>24</b> 8:45 Food Day 9:30 Art Project 9:40 Yoga 12:30 Cribbage 1:00 Bone Builders 1:00 Bridge	<b>25</b>  9:45 Novice Tai Chi 10:45 Tai Chi
<b>28</b> 9:00 Strength 30 9:45 Novice Tai Chi 10:45 Computer Support 10:45 Yoga 11:00 Knitting & Crochet 12:30 Mahjongg 12:30 Adult Coloring	<b>29</b> 9:45 - 12:30 Foot Clinic* 11:45 Lunch 1:00 BINGO 1:00 Bone Builders	<b>30</b> 9:40 Independent Yoga 10:45 Tai Chi 11:45 Lunch* 1:00 BINGO 1:00 Line Dancing 2:15 Beginner Line Dancing	<b>31</b> 8:45 Food Day 9:40 Yoga 12:30 Cribbage 1:00 Bone Builders 1:00 Bridge	



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

- **January 8: January Birthday Luncheon:** Bagel Café's turkey chili, bread, salad, and birthday cake
- **January 15:** Swedish steak with mushroom sauce, mashed potato, sour cream, brussels sprouts, wheat roll, and applesauce
- **January 22:** chicken breast with vegetable sweet and sour sauce, vegetable rice pilaf, broccoli florets, wheat roll, tapioca pudding with peaches
- **January 29:** macaroni and cheese, Italian beans, stewed tomatoes, wheat roll, and applesauce with cinnamon

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

- **January 2:** Goulash, Caesar salad, sautéed zucchini, and a chocolate chip cookie
- **January 9:** Ham and cheese sandwich served on a roll with lettuce, tomato and onion, spinach salad, and apple crisp
- **January 16:** Chicken and biscuits, tossed salad, and a peanut butter cookie
- **January 23:** Bacon, cheddar, and potato quiche, tomato salad, green beans, and a chocolate brownie
- **January 30:** Beef Chili served with cornbread, tossed salad, and a lemon bar



**Preventing falls during winter**

1. Plan trips around the weather. If you do not need to go out, don't go out. Wait for the weather and travel conditions to improve.
2. Allow enough time to get where you are going. The chances of falling increase when you rush.
3. Exercise caution when getting into and out of vehicles. Always hold securely to a door or another person.
4. Take the path of least resistance. Look for the safest route to your location, including the paths into buildings. Choose alternate routes when necessary.
5. Ask for help. Ask someone to help you navigate slippery or unsafe paths.
6. Concentrate on the path ahead. Take your time and walk slowly and deliberately. Try to place each foot flat on the ground with each step.
7. Wear appropriate footwear. Wear shoes or boots with rough-textured soles that provide good grip in all kinds of weather conditions.
8. Avoid carrying items. Keep hands free for stabilization and balance.
9. Always use handrails. Holding securely to a handhold can prevent a fall if you should slip.
10. Clean your shoes after going inside. Snow and ice can freeze onto the soles of shoes and become treacherous, even indoors.

## ONGOING PROGRAMS

**Art Group:** A new art project will be offered every month on a TBD Thursday. See our newsletter for details.

**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. Meets at 1:00 pm.

**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!

**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](http://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 will 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

**Knitting & Crochet Group:** Mondays at 11:00am. *(Starting January 21)*

**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. Reservations required, call 863-3982 or stop by our front desk. 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.

**Wellness Chats:** Featuring Samantha Mitchell's Wellness Series. Monthly on Mondays, for specific day refer to our monthly activities calendar.

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