



February 2019



Valentine's Luncheon

Wednesday, February 13, 11:45am

Our chocolate fountain will be flowing at
11:30 am so come a little early!

Suggested donation \$5

Papa Frank's baked ziti, garlic bread, green
salad, and chocolate chip cookie

Please RSVP by Thursday, February 7

Please note this luncheon is the day **before**
Valentine's Day.

February Birthday Luncheon

Tuesday, February 19, 11:45 am

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

Zachary's Pizza (hamburger & green pepper,
veggie, or cheese), salad, and birthday cake*

*HomeShare VT will be donating a special cake!

RSVP by Thursday, February 14



HomeShare Vermont Presentation

Learn all the wonderful benefits from renting or
finding a home through home sharing.

Tuesday, February 19, 10:30 am

(Right before our monthly birthday lunch!)



TED Talk & discussion

Tuesday, February 5, 10:00 am



What makes a good life? Lessons
from the longest study on happiness.



Keeping Well

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

Up next: **Monday, February 18, 10:00am**

Loneliness and social isolation



AARP Tax Advisors will be available at
our Center February - April.

**This FREE service will be offered on
Fridays, by appointment only.**

Reservations are made through United Way.

For an appointment, call 211, then press 5

Be sure to specify you'll be going to our Center.
Appointments will be offered Feb 8 thru April 12 at 8:30,
9:30, 10:30, 12:30, 1:30, 2:30. If you call afterhours, leave
a message and someone will get back to you.



Valentine Art

Thursday, February 14, 9:30am

Create this sweet Valentine to give
away or keep as art for yourself!

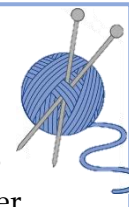
Volunteer Drivers Needed!

If you can help or would like more information,
please contact Beth at 863-3982 Ext 2 or
hammond@heinebergcsc.org **Thank you!!**

Knitting & Crochet Group

Mondays, 11:00am*

This is an open group, everyone welcome!
There will be no formal instruction. Group
participants will learn tips from one another.



February 2019 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 9:45 Novice Tai Chi 10:45 Tai Chi
4 9:45 Novice Tai Chi 10:45 Computer Support 10:45 Yoga 11:00 Knitting & Crochet Group 12:30 Mahjongg 12:30 Adult Coloring	5 10:00 TED Talk 11:45 Lunch* 1:00 BINGO 1:00 Bone Builders	6 9:40 Independent Yoga 10:45 Tai Chi 11:45 Lunch* 1:00 BINGO 1:00 Line Dancing	7 8:45 Food Day 9:40 Yoga 12:30 Cribbage 12:30 Scrabble 1:00 Bone Builders 1:00 Bridge	8 9:45 Novice Tai Chi 10:45 Tai Chi
11 9:45 Novice Tai Chi 10:45 Computer Support 10:45 Yoga 11:00 Knitting & Crochet Group 12:30 Mahjongg 12:30 Adult Coloring 1:00 Book Club	12 10:00 TED Talk 11:00 Blood Pressure Clinic 11:45 Lunch* 12:30 – 2:30 Chair massage* 1:00 BINGO 1:00 Bone Builders	13 10:00 Singing Group 9:40 Independent Yoga 10:45 Tai Chi 11:45 Valentine's Lunch* 1:00 BINGO 1:00 Line Dancing	14 8:45 Food Day 9:30 Art Project 9:40 Yoga 12:30 Cribbage 1:00 Bone Builders 1:00 Bridge	15 9:45 Novice Tai Chi 10:45 Tai Chi
18 9:45 Novice Tai Chi 10:00 Wellness Chat 10:45 Computer Support 10:45 Yoga 11:00 Knitting & Crochet Group 12:30 Mahjongg 12:30 Adult Coloring	19 10:30 HomeShare VT Presentation 11:45 Birthdays Lunch* 1:00 BINGO 1:00 Bone Builders	20 9:40 Independent Yoga 10:45 Tai Chi 11:45 Lunch* 1:00 BINGO 1:00 Line Dancing	21 8:45 Food Day 9:40 Yoga 9:45 – 11:45 Chair massage* 12:30 Cribbage 12:30 Scrabble 1:00 Bone Builders 1:00 Bridge	22 9:45 Novice Tai Chi 10:45 Tai Chi
25 9:45 Novice Tai Chi 10:45 Computer Support 10:45 Yoga 11:00 Knitting & Crochet Group 12:30 Mahjongg 12:30 Adult Coloring	26 11:45 Lunch* 1:00 BINGO 1:00 Bone Builders	27 10:00 Singing Group 9:40 Independent Yoga 10:45 Tai Chi 11:45 Lunch* 1:00 BINGO 1:00 Line Dancing	28 8:45 Food Day 9:40 Yoga 12:30 Cribbage 1:00 Bone Builders 1:00 Bridge	

February 2019 Meals - Suggested \$5 donation

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

Tuesday lunches: Served at 11:45am **RSVP by Thursday 9:30am**



- **February 5:** BBQ pork, garlic potatoes, peas and carrots, roll, and mandarin oranges with cream
- **February 12:** Shepherd's pie with corn, mashed potatoes, baby carrots, wheat roll, and peaches
- **February 19: Birthday Luncheon:** Pizza (hamburger & green pepper, veggie, or cheese), salad, and birthday cake* **HomeShare VT will be donating a special cake!*
- **February 26:** Baked macaroni and cheese, brussels sprouts, sugar snap oriental blend vegetables, wheat bread, pumpkin cookie with raisins and walnuts

WEDNESDAY LUNCHES: Served at 11:45am **RSVP by Thursday 1:00pm**



- **February 6:** Spaghetti and meatballs, Caesar salad, and chocolate brownies
- **February 13: Valentine's Luncheon:** Papa Frank's baked ziti, garlic bread, green salad, and chocolate chip cookie. ***Come a little early as our chocolate fountain will be flowing at 11:30 am*
- **February 20:** Turkey Sandwich on a roll with lettuce, tomato, onion and Cabot cheddar, coleslaw, oatmeal raisin cookie
- **February 27:** Chicken Enchiladas topped with tomatoes and shredded cheddar, served with sour cream, warm corn salad, and blueberry crumb cake

**Our next quarterly Board meeting will
be Tuesday, March 5 at 9:00 am**



Everyone is encouraged to attend! Board meetings are a perfect time to ask questions and share ideas! **At this meeting we'll be sharing a progress report on the Senior Center Study Committee.**



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

Art Group: Monthly on Thursdays, for specific day each month see our monthly calendar

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.

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) 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

Knitting & Crochet Group: Mondays at 11:00am.

Line Dancing: Heineberg High Steppers meet on Wednesdays. Beginners class starting in March! 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.

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 each month see our monthly calendar

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