



April 2021 Activities

Monday	Tuesday	Wednesday	Thursday	Friday
<p>PROGRAM LOCATIONS Inside/Upper-Level Inside/Lower Level Outside ☞ Offered in-person <u>and</u> online NEW distribution space outside Outside "Café" Tables</p> <p>**Please register for all activities. If you have not registered, a class or activity may be full when you arrive. You may register by visiting heinebergcsc.org or calling 863-3982 Ext 1**</p>			<p>1 10:30 – 12:00 Food & Meal Distribution</p>	<p>2</p>
<p>5 10:00 REOPENING! (Easter basket goodies) 10:00 Novice Tai Chi 11:00 Knitting/Crochet 11:15 Yoga 12:30 Adult Coloring</p> 	<p>6 9:45 Balance Class* (*online only in April. In-person and online for May) 10:45 Acrylic Painting* ☞ 12:30 BINGO</p>	<p>7 9:55 Yoga 11:15 Tai Chi 12:30 BINGO 1:00 Beginner Line Dancing</p>	<p>8 <i>**Thursdays yoga starts 3/15</i> 10:30 – 12:00 Food & Meal Distribution 12:30 Cribbage 12:30 Bridge</p>	<p>9 10:00 Novice Tai Chi 11:00 Tai Chi</p>
<p>12 10:00 Novice Tai Chi 11:00 Knitting/Crochet 11:15 Yoga 12:30 Adult Coloring 1:00 Book Club (Book club will be online in April. In-person in May)</p>	<p>13 9:45 Balance Class 10:45 Mug Rug Coasters* ☞ 12:30 BINGO</p> 	<p>14 9:55 Yoga 11:15 Tai Chi 11:30 Spring Celebration (meal pick-up) 11:30 Charlie Nardozi 12:30 BINGO 1:00 Plant Swap/seed planting 1:00 Beginner Line Dancing</p>	<p>15 9:55 Yoga 10:30 – 12:00 Food & Meal Distribution 11:00 HANDS in the Kitchen 12:30 Cribbage 12:30 Bridge</p>	<p>16 10:00 Novice Tai Chi 11:00 Tai Chi</p>
<p>19 10:00 Novice Tai Chi 11:00 Knitting/Crochet 11:15 Yoga 12:30 Adult Coloring 1:30 Cooking demo ☞ "Healthy and Delicious Spring Quinoa Salad" (online attendees may pick-up ingredients after demo)</p>	<p>20 9:45 Balance Class 10:30 Painted Planters* ☞ 12:30 BINGO 1:00 Bone Builders</p>	<p>21 9:55 Yoga 11:15 Tai Chi 12:30 BINGO 1:00 Beginner Line Dancing</p>	<p>22 9:55 Yoga 10:30 – 12:00 Food & Meal Distribution 12:00 Earth Day CSWD Presentation 12:30 Cribbage 12:30 Bridge 1:00 Bone Builders 1:00 "Earth" Documentary</p>	<p>23 10:00 Novice Tai Chi 11:00 Tai Chi</p>
<p>26 10:00 Novice Tai Chi 11:00 Knitting/Crochet 11:15 Yoga 12:30 Adult Coloring</p>	<p>27 9:45 Balance Class 10:30 Button Mosaics* ☞ 12:30 BINGO 1:00 Bone Builders</p> 	<p>28 9:55 Yoga 11:15 Tai Chi 12:30 BINGO 1:00 Beginner Line Dancing</p>	<p>29 9:55 Yoga 10:30 – 12:00 Food & Meal Distribution 12:30 Cribbage 12:30 Bridge 1:00 Bone Builders</p>	<p>30 10:00 Novice Tai Chi 11:00 Tai Chi</p>

*If joining art classes online through Zoom, participants can pick up supplies the Monday before each class.

April 2020 Special Programming & Announcements



IMPORTANT UPDATES

- Please carefully read our new protocols found on our [website](#) and at our Center. **Be sure to let staff know if you have any questions or concerns.** Highlights include:
 - **Everyone** entering our building or participating in any activity, inside and out, needs to check in for attendance, temperature check, screening questions, and hand sanitizing.
 - **Everyone** entering our building needs to wear a mask at all times, unless seated and eating. We hear soon those attending exercise classes will be exempt as well, but that is not the case just yet.
 - There are some activities **unvaccinated** participants will not be able to participate in due to unknown risks, these include group table games and meals at a group table. **ONLY Center staff will ask and monitor who is and is not vaccinated.**
- Not all activities are immediately returning. Some are planned to start in May. Please look over our calendar carefully each month.
- Participants may still pick-up a variety of **groceries**, at no charge, every **Thursday from 10:30am – 12:00pm. Those arriving earlier than 10:30 will be asked to wait in our outside waiting areas or your car.** Meals are now available for pick-up Monday - Thursday, 10:00am – 3:00pm. No need to call ahead, just stop by.

Join us for reopening day
Monday, April 5!

Whether you are joining us for an in-person activity or just to say hello on this **happy** day, **we look forward to seeing you!**

As part of our celebration, beginning at 10:00am we'll offer mini "Easter baskets" for everyone to fill with little treats and gifts.



Spring Celebration Wednesday, April 14

Reservations required each of the activities and meal.
Visit heinebergcsc.org or call 863-3982

Join us to pick-up Age Well's Spring take-out meal: Baked Ham w/Raisin Sauce, Mashed Sweet Potatoes, Broccoli Florets, Dinner roll with butter, Apple Pie w/cream.

11:30am: Garden expert Charlie Nardozi is presenting an online **HANDS in the Dirt** workshop on gardening.

1:00pm: A Heineberg plant swap and seed planting. Bring your plants or cuttings to swap with fellow participants or come to plant your own seeds. This would also be a great time to let us know if interested in joining our gardening club.



Earth Day Celebration

Thursday, April 22

12:00pm: CSWD will offer an outdoor presentation on composting & recycling. Feel free to bring a bagged lunch.

1:30pm we'll move inside (with masks and distancing) for an uplifting viewing of Disney Nature's "Earth" documentary.



Walk of Ages

COMMUNITY • FITNESS • MUSIC • FUN

Saturday, May 22, 2021

1:00 pm Check-in begins

2:00 pm Walk kicks off from our Center

Join us for our 3rd annual **Walk of Ages** fundraising walk and community resource event to help reduce isolation and support positive, active aging throughout our community.

We encourage you (family, friends, and coworkers) to create your own fundraising webpage or team page to share online.

For more information visit www.walkofagesvt.org

Or contact us at the Center.

HANDS in the Kitchen presentation with Robin. "Plant-Based Proteins" April 15, 11:00am -12:00 pm, outside under our wooden structure. Registration required online or by calling 863-3982

Garden expert Charlie Nardozi is presenting an **online only HANDS in the Dirt** workshop titled 'Companion Planting' at 10:00am on Wednesday, April 21. Charlie will explain how certain veggies and herbs like to be together. Please email handsvt@gmail.com to receive the link.