



Heineberg Community Senior Center



Heineberg Community Senior Center
14 Heineberg Road Burlington, VT 05408
Ph 802-863-3982
Web www.heinebergcsc.org
Email info@heinebergcsc.org

April 2019

Springtime Luncheon

Wednesday, April 17, 11:45am

Suggested donation \$5

Living Well Group's maple glazed ham, sweet potato, fresh buttered green beans, and a homemade dinner roll. A special dessert will be made and served by BTV Culinary Arts Students

Please call 863-3982 or stop by our front desk to
RSVP by Monday, April 8

Join us at 11:00 right before the luncheon for egg
decorating with our 2nd grade grandfriends!



Attendees at this luncheon will be the first to hear our
new microphone and speaker!

April Birthday Luncheon

Tuesday, April 9, 11:45 am

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

Domino's Pizza: Cheese, Veggie, or
Peperoni, salad, and birthday cake
RSVP by Thursday, April 4



TED Talk & discussion

Tuesday, April 2, 10:00 am

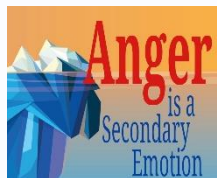


How to speak so people listen In this useful talk,
we'll learn the how-to's of powerful speaking
and tips on how to speak with empathy. A talk
that might help the world sound more beautiful.

&

What happens when we reply to spam email

Follow along as writer and comedian James Veitch
narrates a hilarious, weeks-long exchange with a
spammer who offered to cut him in on a hot deal.



Keeping Well

Monday, April 15, 10:00am

Topic: Anger

Once a month SASH Wellness nurse, Samantha,
will present a Monday morning wellness talk on
a variety of topics.

Cats are good for us!

A local cat rescue is looking for foster and
permanent homes for their many cats and kittens.
And with the warmer weather arriving, even more
kittens will need homes.

Did you know? Cats provide a host of health
benefits—they can help lower blood pressure, reduce
cholesterol, relieve stress, and improve mental
health. Seniors who live with a cat feel mentally,
emotionally, and physically better. Petting a
cat helps you feel calm and reduces feelings
of anxiety, depression, and loneliness.

If interested in learning more, please
contact Beth at the Center 863-3982 Ext 2
or hammond@heinebergcsc.org



Earth Day Monday April 22



10:00 CSWD Presentation on
recycling and composting

11:00 Showing of *Dirt! The Movie* –
connecting with the natural world
We'll also have earth-friendly
giveaways, as well as members of our newly
formed composting committee will be available
to discuss the Center's new composting efforts.

Art Project

Origami Butterflies

Thursday, April 25, 9:30am



It's Survey Time!

We'd love to hear from you. Surveys
are available at our Center and online
at heinebergcsc.org





Heineberg Community Senior Center

An independent non-profit, open to all

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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

April 2019 Activities

Monday	Tuesday	Wednesday	Thursday	Friday
1 9:45 Novice Tai Chi 10:45 Computer Support 10:45 Yoga 11:00 Knitting & Crochet Group 12:30 Mahjongg 12:30 Adult Coloring	2 10:00 TED Talk 1:00 BINGO 1:00 Bone Builders	3 9:40 Independent Yoga 10:45 Tai Chi 11:45 Lunch* 1:00 BINGO 1:00 Line Dancing 2:30 Beginner Line Dancing*	4 <i>Age Well Ticket Sales</i> 8:45 Food Day 9:40 Yoga 10:00 Wii Bowling* 12:30 Cribbage 12:30 Scrabble 12:30 Bridge 1:00 Bone Builders	5 9:45 Novice Tai Chi 10:45 Tai Chi AARP Tax Help <i>Lower level, by appointment only</i>
8 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	9 11:45 Birthday Lunch* 12:30 – 2:30 Chair massage* 1:00 BINGO 1:00 Bone Builders	10 10:00 Singing Group 9:40 Independent Yoga 10:45 Tai Chi 11:45 Lunch* 1:00 BINGO 1:00 Line Dancing 2:30 Beginner Line Dancing*	11 8:45 Food Day 10:00 Wii Bowling* 9:40 Yoga 12:30 Cribbage 12:30 Bridge 1:00 Bone Builders	12 9:45 Novice Tai Chi 10:45 Tai Chi AARP Tax Help <i>Lower level, by appointment only</i> (Last day)
15 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	16 9:45 - 12:30 Foot Clinic* 11:15 Blood Pressure Clinic 1:00 BINGO 1:00 Bone Builders	17 9:40 Independent Yoga 10:45 Tai Chi 11:45 Springtime Luncheon* 1:00 BINGO 1:00 Line Dancing 2:30 Beginner Line Dancing*	18 8:45 Food Day 9:40 Yoga 9:45 – 11:45 Chair massage* 10:00 Wii Bowling* 12:30 Cribbage 12:30 Scrabble 12:30 Bridge 1:00 Bone Builders	19 9:45 Novice Tai Chi 10:45 Tai Chi
22 9:45 Novice Tai Chi 10:00 Earth Day Activities 10:45 Computer Support 10:45 Yoga 11:00 Knitting & Crochet Group 12:30 Mahjongg 12:30 Adult Coloring	23 9:45 - 12:30 Foot Clinic* 11:45 Lunch* 1:00 BINGO 1:00 Bone Builders	24 10:00 Singing Group 9:40 Independent Yoga 10:45 Tai Chi 11:45 Lunch* 1:00 BINGO 1:00 Line Dancing 2:30 Beginner Line Dancing*	25 8:45 Food Day 9:30 Art Project 9:40 Yoga 10:00 Wii Bowling* 12:30 Cribbage 12:30 Bridge 1:00 Bone Builders	26 9:45 Novice Tai Chi 10:45 Tai Chi
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* - Returning activities

April 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**

- **April 2:** Baked salmon with honey ginger sauce, rotini with vegetables, sliced carrots, wheat roll, oranges
- **April 9: Birthday Luncheon – Domino's Pizza:** Veggie, Cheese, or Peperoni, salad and birthday cake
- **April 16:** Cavatappi with cheese, peas and onions, summer squash, roll, mandarin oranges with cream
- **April 23:** Scalloped potatoes with ham and cheddar, vegetable blend with cannellini beans, wheat roll, pumpkin chip cookies
- **April 29:** Hungarian goulash, diced potatoes with parsley, brussels sprouts, whole wheat bread, applesauce with cinnamon

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



- **April 3:** Spaghetti and Meatballs, Garlic Bread, Mixed Vegetable, Green Salad and Chocolate Chip Cookies
- **April 10:** Barbecued Pulled Pork, Brown Rice Pilaf, Cole Slaw and Carrot Cake
- **April 17: Springtime Luncheon -** Living Well Group's maple glazed ham, sweet potato, fresh buttered green beans, and a homemade dinner roll. A special dessert will be made and served by BTV Culinary Arts Students
- **April 24:** Beef Chili, Steamed Carrots, Roasted Potatoes, Green Salad and Blueberry Cake

Sandy's Kitchen



We will be having a special luncheon **Wednesday, April 3** in honor of our dear friend, Sandy St. Louis. Sandy passed away last month and we'd like to keep her memory alive at the Center by dedicating our kitchen in her honor, recognizing all the time and love she devoted to our meal service.

Bring this ad in to receive **color copies for just .29 cents each**. And **shredding for .79 cents per pound**



Enjoy Living Well Group's NEW meals to go!

All meals made from scratch in Living Well Group's kitchen, same as our popular Wednesday meals.

Meals are available, fresh and frozen, in airtight bags and can be easily warmed in the microwave or stovetop. In or out of the bag!

Prepared by Living Well Group
Available at Heineberg Community Senior Center

Selections and quantities vary.

The UPS Store 

UPS Store 1127
North Ave Ste 27
Burlington, VT 05408
Ph 802-861-4100



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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

- Age Well Restaurant Ticket Sales:** Tickets sold at our Center on the first Thursday of the month
- 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 will return in April First class is free! \$20 a month after that. 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
- Wii Bowling:** Thursdays at 10:00am
- Yoga:** Chair or Standing Yoga. Mondays 10:45 am, Independent Yoga Wednesdays 9:40 am, Thursdays 9:40 am.