



## August 2020 Activities

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> 9:15 Mindful Aging Support Group 10:00 Novice Tai Chi 11:00 Knitting & Crochet 11:15 Yoga 12:30 Adult Coloring	<b>4</b> 9:45 Balance Class 10:45 Guided Still-Life Painting 12:30 BINGO 1:00 Bone Builders* 	<b>5</b> 9:30 Gardening Group 9:55 Independent Yoga 11:15 Tai Chi 12:30 BINGO 1:00 Beginner Line Dancing	<b>6</b> 9:55 Yoga 10:30 Coffee Hour 11:30 – 12:30 Food & Meal Distribution 12:30 Cribbage 12:30 Bridge 1:00 Bone Builders*	<b>7</b> 10:00 Novice Tai Chi 11:00 Tai Chi
<b>10</b> 9:15 Mindful Aging Support Group 10:00 Novice Tai Chi 11:00 Knitting & Crochet 11:15 Yoga 12:30 Adult Coloring 1:00 Book Club	<b>11</b> 9:45 Balance Class 10:45 Mugs and Masks decorating 12:30 BINGO 1:00 Bone Builders* 	<b>12</b> 9:30 Gardening Group 9:55 Independent Yoga 11:15 Tai Chi 12:30 BINGO 1:00 Beginner Line Dancing	<b>13</b> 9:55 Yoga 10:30 Coffee Hour 11:30 – 12:30 Food & Meal Distribution 12:30 Cribbage 12:30 Bridge 1:00 Bone Builders*	<b>14</b> 10:00 Novice Tai Chi 11:00 Tai Chi
<b>17</b> 9:15 Mindful Aging Support Group 10:00 Novice Tai Chi 11:00 Knitting & Crochet 11:15 Yoga 12:30 Adult Coloring	<b>18</b> 9:45 Balance Class 10:45 Mixed Media Art Journaling (see below) 12:30 BINGO 1:00 Bone Builders*	<b>19</b> 9:30 Gardening Group 9:55 Independent Yoga 11:15 Tai Chi 12:30 BINGO 1:00 Beginner Line Dancing	<b>20</b> 9:55 Yoga 10:30 Coffee Hour 11:30 – 12:30 Food & Meal Distribution 12:30 Cribbage 12:30 Bridge 1:00 Bone Builders*	<b>21</b> 10:00 Novice Tai Chi 11:00 Tai Chi
<b>24</b> 9:15 Mindful Aging Support Group* 10:00 Novice Tai Chi 11:00 Knitting & Crochet 11:15 Yoga 12:30 Adult Coloring	<b>25</b> 9:45 Balance Class 10:45 Painting Class 12:30 BINGO 1:00 Bone Builders* 	<b>26</b> 9:30 Gardening Group 9:55 Independent Yoga 11:15 Tai Chi 12:30 BINGO 1:00 Beginner Line Dancing	<b>27</b> 9:55 Yoga 10:30 Coffee Hour 11:30 – 12:30 Food & Meal Distribution 12:30 Cribbage 12:30 Bridge 1:00 Bone Builders*	<b>28</b> 10:00 Novice Tai Chi 11:00 Tai Chi 11:30 – 1:00 Volunteer Luncheon* *Volunteers only
<b>30</b> 9:15 Mindful Aging Support Group 10:00 Novice Tai Chi 11:00 Knitting & Crochet 11:15 Yoga 12:30 Adult Coloring	<b>31</b> 9:45 Balance Class 12:30 BINGO 1:00 Bone Builders*	Example mixed media art for August 18 class 	<b>Program Locations</b> Inside/Upper Level Outside/Big Tent Outside/Little Tent Outside	

\*For now, only current participants

### Jazzercise Hours

Mon, Tues, Wed, Thurs, Fri & Sun - 8:30am, 4:30pm

Sat - 7:30am, 8:30am

## August 2020 Activities

**Art and Painting Class:** Tuesdays at 10:45 am. Led by our new artist volunteer, Camielle.

**BINGO (Penny Bingo):** Tuesday & Wednesdays, 12:30 – 3:00 pm.

**Bone Builders: (At the moment, reservations are only open for current Center participants)** Tuesdays & Thursdays, 1:00 – 2:00 pm. Please wear comfortable sneakers and bring a water bottle.

**Birthdays:** Everyone 50+ celebrating their birthday during this pandemic, please stop by our Center for a little birthday gift from us to you!

**Book Club:** 2nd Monday of every month at 1:00pm. The book for August's discussion is *Wolf Hall* by Hilary Mantel

**Bridge: Bridge Club:** Thursdays, 12:30 – 3:00 pm All levels welcome!

**Coffee Hour:** Thursdays at 10:30am. Join us for coffee, tea, or water, and fun conversation!

**Coloring:** Adult Coloring every Monday at 12:30 pm. All supplies provided.

**Computer Support:** Looking for tech support? **(Including access to the internet and donated computers)** Contact Beth at hammond@heinebergcsc.org or 863-3982 Ext 2

**Cribbage: Cribbage:** Thursdays, 12:30 – 3:00 pm All levels welcome!

**Food & Meal Day:** Every Thursday we distribute prebagged groceries and packaged meals 11:30 – 12:30. To place your order, email Adele at adele@heinebergcsc.org or call 863-3982 Ext 1

**Gardening Group:** Meet outside our Center Wednesday mornings at 9:30am to help keep our flower and vegetable beds looking great.

**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 \$49/MTh. Contact: Michele Catella 802.355.0487

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

**Line Dancing:** Heineberg High Steppers Beginners class Wednesdays at 1:00pm. First class is free, \$5 a class after that. For more information Donna @ 399-1532

**Mindful Aging Support Group:** Led by Adele, Center Coordinator. Mondays at 9:15 am.

**Tai Chi:** Novice Tai Chi Monday & Friday 10:00 am / Tai Chi Wednesday & Friday 11:00 am.

**Yoga:** Chair or Standing Yoga. Mondays\* 11:00 am, Independent Yoga Wednesdays 9:55 am, Thursdays\* 9:55 am. (\*Suggested donation \$2-3 per class)



### Holiday Bazaar Donations

Our Holiday Bazaar is scheduled for Saturday, November 7. We are keeping this tradition, although details will be different. Watch for more information in the coming months. For now, we are looking for donations!

Please bring donated household items, toys, jewelry, books to our Center Monday – Thursday 10am – 3pm **by October 30.** (NO clothes or large electronics like TVs, computers, or printers)  
**Thank you!**

### Board Meeting - Friday, August 7 at 10:00am

Outside under the tent. Everyone is welcome. There will be Center updates and a public forum.



### Volunteer Appreciation Luncheon

(Volunteers only, please)

Friday, August 28 from 11:30am – 1:00pm (outside)

Domino's pizza (cheese, pepperoni, or veggie) and mini carrots.

**Palmer's Maple Creemee truck will be visiting for dessert!** If you volunteered at our Center 2019 – 2020, please call 863-3982 Ext 1 to let us know if you can make it. If you cannot make it, please still call as we have a small gift for you.

Important Notice!

**Remember to register for all activities!** Register online ([www.heinebergcsc.org](http://www.heinebergcsc.org)) or by calling 863-3982 Ext 1. Registration opens at 11:00 am Fridays for the following week.