



## August 2019



### Volunteer Appreciation BBQ

Tuesday, August 13<sup>th</sup> at 11:45am

Join us for a fun luncheon to show our hardworking volunteers how much they mean to us!

**Center staff and Board members will serve hot dogs and hamburgers off the grill (or veggie burgers or dogs), salad, chips, and an ice cream sundae.**

**FREE for all Center volunteers.** \$5 for all others  
(Friends and family members welcome!)

**Call or stop by to RSVP by Thursday, August 8<sup>th</sup>.**

**Please mention if you have volunteered at the Center.**

**Beach Ball 50/50 Raffle tickets on sale now at our front desk. We'll have the drawing at the luncheon!**



### August Birthday Luncheon

Tuesday, August 20, 11:45 am

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

**Domino's Pizza:** plain, veggie, or pepperoni

RSVP by Friday, August 16<sup>th</sup>

### Heineberg Holiday Bazaar



The annual Holiday Bazaar will be held in November and we are beginning to collect items (no TVs or clothing). Items may be brought to the Center during regular hours.

#### Volunteers are needed.

Please contact Gloria Reynolds, 863-3505 if you have any questions.



### Keeping Well

**Monday, August 19, 10:00am Topic: Nutrition**

Join Wellness nurse, Samantha, for this important topic.

## August 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**



- **August 6:** Sliced turkey in gravy, homefries, California blend vegetables, wheat roll, pumpkin pudding
- **August 13:** **Volunteer BBQ** – Hamburger, hot dog (or veggie burger or dog), salad, chips, ice cream sundae
- **August 20:** **Birthday Lunch** – Domino's Pizza (plain, veggie, or pepperoni), salad, and birthday cake
- **August 27:** Italian chicken breast with parsley, sweet potatoes, California mixed vegetables, wheat bread, large pumpkin cookie

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



- **August 7:** Ham steaks with grilled pineapple, peas & carrots, mashed potatoes, green salad & dessert
- **August 14:** Maple glazed pork tenderloin, roasted red potatoes, steamed carrots, green salad & dessert
- **August 21:** Herbed breaded chicken, broccoli slaw (with cranberries & almonds), rice pilaf, green salad & dessert
- **August 28:** Baked frittata (ham, peppers, onions) or veggie frittata, seasonal vegetables, green salad & dessert



# 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

## August 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	<p style="text-align: center;">* - Reservation needed</p>	<b>1</b> <b>Age Well Ticket Distribution Day</b> <b>8:45</b> Food Day <b>9:40</b> Yoga <b>10:00</b> Wii Bowling <b>12:30</b> Cribbage <b>12:30</b> Scrabble <b>12:30</b> Bridge <b>1:00</b> Bone Builders	<b>2</b>  <b>9:45</b> Novice Tai Chi <b>10:45</b> Tai Chi
<b>5</b> <b>9:45</b> Novice Tai Chi <b>10:45</b> Computer Support* <b>11:00</b> Yoga <b>12:30</b> Mahjongg <b>12:30</b> Adult Coloring	<b>6</b> <b>11:45</b> Lunch* <b>1:00</b> BINGO <b>1:00</b> Bone Builders	<b>7</b> <b>9:40</b> Independent Yoga <b>10:45</b> Tai Chi <b>11:45</b> Lunch* <b>1:00</b> BINGO <b>1:00</b> Line Dancing <b>2:30</b> Beginner Line Dancing	<b>8</b> <b>8:45</b> Food Day <b>9:40</b> Yoga <b>10:00</b> Wii Bowling <b>12:30</b> Cribbage <b>12:30</b> Bridge <b>1:00</b> Bone Builder	<b>9</b>  <b>9:45</b> Novice Tai Chi <b>10:45</b> Tai Chi
<b>12</b> <b>9:45</b> Novice Tai Chi <b>10:45</b> Computer Support* <b>11:00</b> Yoga <b>12:30</b> Mahjongg <b>12:30</b> Adult Coloring <b>1:00</b> Book Club	<b>13</b> <b>11:45</b> Volunteer BBQ* <b>12:30 – 2:30</b> Chair massage* <b>11:15</b> Blood Pressure Clinic <b>1:00</b> BINGO <b>1:00</b> Bone Builders	<b>14</b> <b>9:40</b> Independent Yoga <b>10:45</b> Tai Chi <b>11:45</b> Lunch* <b>1:30</b> BINGO <b>1:00</b> Line Dancing <b>2:30</b> Beginner Line Dancing	<b>15</b> <b>8:45</b> Food Day <b>9:40</b> Yoga <b>10:00</b> Wii Bowling <b>12:30</b> Cribbage <b>12:30</b> Scrabble <b>12:30</b> Bridge <b>1:00</b> Bone Builders	<b>16</b>  <b>9:45</b> Novice Tai Chi <b>10:45</b> Tai Chi
<b>19</b> <b>9:45</b> Novice Tai Chi <b>10:00</b> Wellness Chat <b>10:45</b> Computer Support* <b>11:00</b> Yoga <b>12:30</b> Mahjongg <b>12:30</b> Adult Coloring	<b>20</b> <b>11:45</b> Birthday Lunch* <b>1:00</b> BINGO <b>1:00</b> Bone Builders	<b>21</b> <b>9:40</b> Independent Yoga <b>10:45</b> Tai Chi <b>11:45</b> Lunch* <b>1:00</b> BINGO <b>1:00</b> Line Dancing <b>2:30</b> Beginner Line Dancing	<b>22</b> <b>8:45</b> Food Day <b>9:40</b> Yoga <b>10:00</b> Wii Bowling <b>12:30</b> Cribbage <b>12:30</b> Bridge <b>1:00</b> Bone Builders	<b>23</b>  <b>9:45</b> Novice Tai Chi <b>10:45</b> Tai Chi
<b>26</b> <b>9:45</b> Novice Tai Chi <b>10:45</b> Computer Support* <b>11:00</b> Yoga <b>12:30</b> Mahjongg <b>12:30</b> Adult Coloring	<b>27</b> <b>11:45</b> Lunch* <b>1:00</b> BINGO <b>1:00</b> Bone Builders	<b>28</b> <b>9:40</b> Independent Yoga <b>10:45</b> Tai Chi <b>11:45</b> Lunch* <b>1:30</b> BINGO <b>1:00</b> Line Dancing <b>2:30</b> Beginner Line Dancing	<b>22</b> <b>8:45</b> Food Day <b>9:40</b> Yoga <b>10:00</b> Wii Bowling <b>12:30</b> Cribbage <b>12:30</b> Bridge <b>1:00</b> Bone Builders	<b>23</b>  <b>9:45</b> Novice Tai Chi <b>10:45</b> Tai Chi

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