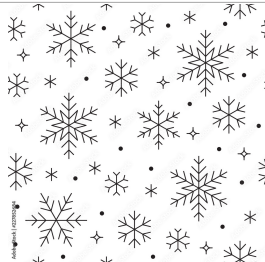


# December 2022

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>FREE Winter Farm Share Produce</b></p> <p><b>Monday Dec. 5 and 19</b></p>	<p>Please call Heineberg Community Senior Center at (802) 863-3982 for more information about any of our programming.</p>		<p>10:00 <b>Free Groceries</b></p> <p>10:15 <b>Yoga with Jill</b> \$\$</p> <p>11:00 <b>Cribbage</b></p> <p>1:00 <b>Bridge</b></p> <p>1:00 <b>Bone Builders</b></p>	<p>10:00 <b>Novice Tai Chi</b></p> <p>11:00 <b>Advanced Tai Chi</b></p> <p>10:15 <b>Support Group</b> Call (802) 497-0723 to pre-register</p>
<p>10:00 <b>Novice Tai Chi</b> 5</p> <p>10:00 <b>Flower Arranging</b></p> <p>11:00 <b>Yoga with Jill</b> \$\$</p> <p>12-12:45 <b>Hot Lunch</b> \$\$</p> <p>12:30 <b>Adult Coloring</b></p> <p>12:30 <b>Mahjong</b></p>	<p>6</p> <p>9:45 <b>Balance Class</b></p> <p>10:30 <b>Window Stars craft class</b></p> <p>12:30 <b>Bingo</b></p> <p>1:00 <b>Bone Builders</b></p>	<p>7</p> <p>10:30 <b>Meals pick-up</b></p> <p>9:55 <b>Yoga with Ilse</b></p> <p>11:05 <b>Adv. Tai Chi</b></p> <p>12:30 <b>Bingo</b></p> <p>1:00 <b>Line Dancing</b></p>	<p>8</p> <p>10:00 <b>Free Groceries</b></p> <p>10:15 <b>Yoga with Jill</b> \$\$</p> <p>10:30 <b>ART w/Camielle</b></p> <p>11:30 <b>Cribbage</b></p> <p>1:00 <b>Bridge</b></p>	<p>9</p> <p>10:00 <b>Novice Tai Chi</b></p> <p>11:00 <b>Advanced Tai Chi</b></p> <p>10:15 <b>Support Group</b> Call (802) 497-0723 to pre-register</p>
<p>10:00 <b>Novice Tai Chi</b> 12</p> <p>10:00 <b>Flower Arranging</b></p> <p>11:00 <b>Yoga with Jill</b> \$\$</p> <p>12-12:45 <b>Hot Lunch</b> \$\$</p> <p>12:30 <b>Adult Coloring</b></p> <p>12:30 <b>Mahjong</b></p>	<p>13</p> <p>9:45 <b>Balance Class</b></p> <p>10:30 <b>Window Stars craft class</b></p> <p>12:30 <b>Bingo</b></p> <p>1:00 <b>Bone Builders</b></p>	<p>14</p> <p>10:30 <b>Meals pick-up</b></p> <p>9:55 <b>Yoga with Ilse</b></p> <p>11:05 <b>Adv. Tai Chi</b></p> <p>12:30 <b>Bingo</b></p> <p>1:00 <b>Line Dancing</b></p>	<p>15</p> <p>10:00 <b>Free Groceries</b></p> <p>10:15 <b>Yoga with Jill</b> \$\$</p> <p>11:00 <b>Cribbage</b></p> <p>1:00 <b>Bridge</b></p> <p>1:00 <b>Bone Builders</b></p>	<p>16</p> <p>10:00 <b>Novice Tai Chi</b></p> <p>11:00 <b>Advanced Tai Chi</b></p> <p>10:15 <b>Support Group</b> Call (802) 497-0723 to pre-register</p>
<p>10:00 <b>Novice Tai Chi</b> 19</p> <p>10:00 <b>Flower Arranging</b></p> <p>11:00 <b>Yoga with Jill</b> \$\$</p> <p>12-12:45 <b>Hot Lunch</b> \$\$</p> <p>12:30 <b>Adult Coloring</b></p> <p>12:30 <b>Mahjong</b></p>	<p>20</p> <p>9:45 <b>Balance Class</b></p> <p>10:30 <b>Window Stars</b></p> <p>11:30-12:30 <b>Kerry: Age Well rest. tickets</b></p> <p>12:30 <b>Bingo</b></p> <p>1:00 <b>Bone Builders</b></p>	<p>21</p> <p>10:30 <b>Meals pick-up</b></p> <p>9:55 <b>Yoga with Ilse</b></p> <p>11:05 <b>Adv. Tai Chi</b></p> <p>12:30 <b>Bingo</b></p> <p>1:00 <b>Line Dancing</b></p>	<p>22</p> <p>10:00 <b>Free Groceries</b></p> <p>10:15 <b>Yoga with Jill</b> \$\$</p> <p>11:00 <b>Cribbage</b></p> <p>1:00 <b>Bridge</b></p> <p>1:00 <b>Bone Builders</b></p>	<p>23</p> <p>10:00 <b>Novice Tai Chi</b></p> <p>11:00 <b>Advanced Tai Chi</b></p> <p>10:15 <b>Support Group</b> Call (802) 497-0723 to pre-register</p>
<p>26</p> <p><b>CLOSED</b></p>	<p>27</p> <p>9:45 <b>Balance Class</b></p> <p>12:30 <b>Bingo</b></p> <p>1:00 <b>Bone Builders</b></p>	<p>28</p> <p>10:30 <b>Meals pick-up</b></p> <p>9:55 <b>Yoga with Ilse</b></p> <p>11:05 <b>Adv. Tai Chi</b></p> <p>12:30 <b>Bingo</b></p> <p>1:00 <b>Line Dancing</b></p>	<p>29</p> <p>10:00 <b>Free Groceries</b></p> <p>10:15 <b>Yoga with Jill</b> \$\$</p> <p>11:00 <b>Cribbage</b></p> <p>1:00 <b>Bridge</b></p> <p>1:00 <b>Bone Builders</b></p>	<p>30</p> <p>10:00 <b>Novice Tai Chi</b></p> <p>11:00 <b>Advanced Tai Chi</b></p> <p>10:15 <b>Support Group</b> Call (802) 497-0723 to pre-register</p>