



December 2019

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



Holiday Luncheon
Tuesday, December 17th at 11:45am
Suggested donation \$5
(RSVP by Wednesday, December 11 at 3pm)

Stuffed chicken breast with apple cranberry stuffing, gravy, mashed potatoes, sliced carrots, cranberry sauce, wheat roll, pumpkin cake.

If you would like to participate in the Yankee swap, please bring a small \$3-5 gift.

Snowball Raffle tickets on sale now at the front desk!
The drawing will be during this luncheon.

**** Due to the size and timing of this luncheon, Bone Builders will meet 2-3pm on this Tuesday only. ****



November And December Birthday Luncheon

Tuesday, December 10, 11:45am
Lunch is \$5 or FREE for participants with a November or December Birthdays

Jolley North Ave Wraps (veggie, turkey, or ham), chips, and birthday cake.


RSVP by Friday, December 6



Mindful Aging Support Group
Led by Center Yoga instructor Jill Nye-McKeown
Thursday, December 12 at 11:00am

This first meeting is all about brainstorming to share ideas and feedback.

We hope to incorporate mindful meditation, traditional support group discussions, holiday and winter blues, and special guest speakers.




Arts & Craft Group
Led by a variety of creative folks!
Brainstorming meeting...

Monday, December 9 at 10:30 am
Reservations are appreciated, but not required. Just stop by or call 863-3982 if you are planning to come.
Suggested donation \$2

This group is sure to offer something fun and different every time. Join us for this initial gathering to discuss meeting times and project ideas. At this meeting we'll make holiday bells and pinecone tree decorations with repurposed k-cups.



We are looking for additional leaders! Anyone with a creative spark please let us know your interest and availability at the meeting or contact Beth at 863-3982 Ext 2 or hammond@heinebergcsc.org



The Secret to Relationships That Work
Presented by Dr. Jim Jennings
Monday, December 16, 1:00 – 2:30pm

This interactive workshop will share positive strategies for enjoying relationships that work, as well as common causes for stressful relationships.

(Upstairs at the Center)

Many Hands Make LIGHT Work

VOLUNTEERS NEEDED!
We are a small non-profit with just two part-time staff. Every volunteer means a lot to our Center. If you are interested in helping at special luncheons or regular operations, please contact Beth at 863-3982 ext 2 or hammond@heinebergcsc.org. Thank you!



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December 2019 Meals - Suggested \$5 donation

Reservations required - call 863-3982 or stop by the front desk

Tuesday lunches: Served at 11:45am **NEW deadline RSVP by Wednesday 3:00pm**



- **December 3:** Cheese Omelet, Rice Pilaf with Vegetables, Broccoli Florets, Wheat Roll, and Seasoned Apple Slices
- **December 10:** **Nov & Dec Birthday Lunch - Jolley North Ave Wraps** (veggie, turkey, or ham), chips, and birthday cake
- **December 17:** **Holiday Luncheon** - Stuffed Chicken Breast With Apple Cranberry Stuffing, Gravy, Mashed Potatoes, Sliced Carrots, Cranberry Sauce, Wheat Roll, and Pumpkin Cake



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



- **December 4:** Baked Haddock with Lemon Butter Sauce, Rice Pilaf, Buttered Peas, Green Salad, and Dessert
- **December 11:** Butler Farm Meatloaf, Mashed Potatoes, Corn, Green Salad, and Dessert
- **December 18:** Beef Lasagna, Garlic Bread, Carrots, Green Salad, and Dessert

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

The UPS Store 

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

December 2019 Activities

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|---|--|
| 2 9:45 Novice Tai Chi 10:45 Computer Support* 11:00 Knitting Group 11:00 Yoga 12:30 Mahjongg 12:30 Adult Coloring <i>Age Well Restaurant Tickets sales 10am-2pm</i> | 3 Foot Clinic* 11:45 Lunch* 1:00 BINGO 1:00 Bone Builders <i>Age Well Restaurant Tickets sales 10am-2pm</i> | 4 9:40 Independent Yoga 10:45 Tai Chi 11:45 Lunch* 1:00 BINGO <i>Age Well Restaurant Tickets sales 10am-2pm</i> | 5 8:45 Food Day 9:40 Yoga 10:00 Wii Bowling 12:30 Cribbage 12:30 Scrabble 12:30 Bridge 1:00 Bone Builders <i>Age Well Restaurant Tickets sales 10am-2pm</i> | 6 9:45 Novice Tai Chi 10:45 Tai Chi |
| 9 9:45 Novice Tai Chi 10:30 Arts & Crafts 10:45 Computer Support* 11:00 Knitting Group 11:00 Yoga 12:30 Mahjongg 12:30 Adult Coloring 1:00 Book Club | 10 Foot Clinic* 11:15 Blood Pressure Clinic 11:45 Nov & Dec Birthday Lunch* 1:00 BINGO 1:00 Bone Builders | 11 9:40 Independent Yoga 10:45 Tai Chi 11:45 Lunch* 1:00 BINGO 1:00 Beginner Line Dancing | 12 8:45 Food Day 9:40 Yoga 10:00 Wii Bowling 11:00 Mindful Aging Support Group 12:30 Cribbage 12:30 Bridge 1:00 Bone Builders | 13 9:45 Novice Tai Chi 10:45 Tai Chi |
| 16 9:45 Novice Tai Chi 10:45 Computer Support* 11:00 Knitting Group 11:00 Yoga 12:30 Mahjongg 12:30 Adult Coloring 1:00 Dr. Jim Jennings "Positive Relationships" <i>(Upper level)</i> | 17 11:45 Holiday Luncheon* 1:00 BINGO 2:00 Bone Builders* *Starting an hour later for the Holiday Luncheon | 18 9:40 Independent Yoga 10:45 Tai Chi 11:45 Lunch* 1:00 BINGO 1:00 Beginner Line Dancing | 19 8:45 Food Day 9:40 Yoga 10:00 Wii Bowling 11:00 Mindful Aging Support Group 12:30 Cribbage 12:30 Bridge 1:00 Bone Builders | 20 9:45 Novice Tai Chi 10:45 Tai Chi |
| 23 9:45 Novice Tai Chi 10:45 Computer Support* 11:00 Knitting Group 11:00 Yoga 12:30 Mahjongg 12:30 Adult Coloring | 24 Closed for Christmas Eve | 25 Closed  Hanukkah Dec 22-30 | 26 8:45 Food Day 9:40 Yoga 10:00 Wii Bowling 11:00 Mindful Aging Support Group 12:30 Cribbage 12:30 Bridge 1:00 Bone Builders | 27 9:45 Novice Tai Chi 10:45 Tai Chi |
| 30 9:45 Novice Tai Chi 10:45 Computer Support* 11:00 Knitting Group 11:00 Yoga 12:30 Mahjongg 12:30 Adult Coloring | 31 Closed for New Year's Eve  | Jazzercise Hours M -EXPRESS -8:30am, 4:30pm T - 8:30am, 4:30pm W - 8:30am, 4:30am Th - 8:30am, 4:30pm F - 8:30am, 4:30pm Sa - 7:30am, 8:30am Su - 8:30am, 4:30pm | | |



14 Heineberg Road Burlington, VT 05408
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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 the first week of every month. Check our newsletter for specific days.

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, 12:30 – 3:00 pm All levels welcome!

Chair Massage: Second Tuesday of each month 12:30 - 2:30 pm \$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. There is no instruction or leader of this group. Participants will enjoy support and conversation from one another.

Line Dancing: Heineberg High Steppers Beginners class will be Wednesdays at 1:00pm (starting Nov 13) First class is free, \$7 a class after that. For more information Donna @ 860-7561.

Lunch: Tuesdays & Wednesdays at 11:45am. Regular lunch \$5 suggested donation. For special events and catered holidays suggested donation varies.

Mahjongg: Mondays at 12:30 – 3:00 pm. Beginner and experienced players welcome.

Scrabble: Meets Thursdays at 12:30 pm in our library. If planning to attend, please call the Center to make sure there will be other player(s) attending.

Tai Chi: Novice Tai Chi Monday & Friday 9:45 am / Tai Chi Wednesday & Friday 10:45 am.

Wii Bowling: Thursdays at 10:00am

Yoga: Chair or Standing Yoga. Mondays 11:00 am, Independent Yoga Wednesdays 9:40 am, Thursdays 9:40 am.