






December 2020 Calendar

- **Online activities offered by televēda** These are live activities offered to our participants free of charge. Many activities hosted by experts from around the world. You only need to register once, then simply attend the online activity by following links on our website heinebergcsc.org.
- **Online activities in green** hosted by Heineberg Community Senior Center staff and volunteers. Registration is required by visiting our website: heinebergcsc.org

Monday	Tuesday	Wednesday	Thursday	Friday
14 11:00AM Yoga* 1:00PM Drawing & Painting Workshop* 1:00PM Book Club (Zoor A Jewish Refugee in New York)	15 9:45AM Balance Class 12:30PM Tai Chi* 2:00PM Virtual Trivia*  Happy Hanukkah	16 1:00PM Chair Yoga* 3:00PM Televēda Bingo* 4:00PM Social Media Made Easy*	17 10:30AM – 12PM Food & Meal Distribution at Heineberg 12:00PM Virtual Trivia* 1:15PM Zen Flow* 3:00PM Televēda Bingo* 4:00PM Chat with Rabbi Levi*	18 11:00AM Kerry's recipe follow-up 3:30PM Fresh Start Strong (Balance/fitness)*
21 12:30PM Watercolor holiday cards with Camielle 1:00PM Drawing & Painting Workshop* 6:00PM Book Chat with Marty*	22 9:45AM Balance Class 12:30PM Tai Chi* 2:00PM Virtual Trivia*	23 1:00PM Chair Yoga* 3:00PM Televēda Bingo*	24  10:30AM – 12PM Food & Meal Distribution at Heineberg Holiday Celebration Outside our Center 10:30 am – 12:30pm	25  
28 1:00PM Drawing & Painting Workshop*	29 12:30PM Tai Chi* 2:00PM Virtual Trivia*	30 1:00PM Chair Yoga* 3:00PM Televēda Bingo*	31 12:00PM Virtual Trivia* 1:15PM Zen Flow* 3:00PM Televēda Bingo*	January 1 

Our Center will be closed Dec 25 – Jan 1. Online programming continues as noted. 



MyChart Training Class

Friday, January 15, 1:00pm

Taught by: Sarah K. Chistolini, MBA
UVM Medical Center's Senior Telehealth Program Strategist

MyChart is free online tool for everyone receiving health care through the UVM Health Network.

With MyChart...

- Communicate with your doctor
- Get answers to your medical questions from the comfort of your own home
- Access your test results
- Request prescription refills
- Manage your appointments

Call 863-3982 Ext 1 to reserve your spot or register online (heinebergcsc.org) to attend remotely

Happy Holidays To You

- **Holiday Celebration:** Join us outside our Center Thursday, December 24th anytime 10:30am to 12:30pm to enjoy special holiday treats and gifts for all participants from under our tree. (masks and distancing will be required while sharing holiday cheer)
- **Holiday Dinner:** Friday, December 25th: HANDS (Helping and Nurturing Diverse Seniors) 17th Annual Holiday Dinner for Seniors. To have a hot meal delivered (ham dinner OR vegetarian lasagna) to anyone 50 years or older, **please call Age Well at 865-0360 by Friday, December 18th.**

OUR CENTER REMAINS OPEN **MONDAY – THURSDAY 10AM – 12PM**
FOR THE FOLLOWING ONGOING SERVICES...

- **Lending Library:** Individuals wishing to browse our library Monday – Thursday 10:00am – 12:00pm for books, coloring materials, or puzzles will be invited down one-by-one with masks on.
- **Pre-Packaged and Frozen Meals** can be picked up Monday – Wednesday 10:00am – 12:00pm or picked up or delivered Thursdays 10:30am – 12:00pm. To place a meal or grocery order, call Kerry at 863-3982 Ext 2 or batres@heinebergcsc.org.
- **Pre-Bagged Groceries** will be offered every Thursday 10:30am – 12:00pm. Participants pick up groceries outside our Center or request a delivery. To place a meal or grocery order, call Kerry at 863-3982 Ext 2 or batres@heinebergcsc.org.
- **Telehealth (Remote) Doctor's Appointments:** As a telehealth host site, we offer highspeed internet, computers, and tech support for all remote doctor's appointments. Contact us or visit our website for more information.
- **Tech Support:** Assistance obtaining internet, a computer, or iPad (iPads for telehealth appointments from home), or technology training. For more information, call Camielle at 863-3982 Ext 1 or aylwin@heinebergcsc.org

NEW ONLINE ACTIVITIES

To join any online program, go to our "online programs" page of our website: heinebergcsc.org

- ✓ We have partnered with **televēda** to offer live, interactive (online senior center) activities noted in **Purple**. These activities are free to our participants. Once you create an account, you can join as many activities as you'd like.
- ✓ Online activities in **Green** are hosted by **Heineberg Community Senior Center** staff and volunteers. **Registration is required** by visiting our website: heinebergcsc.org.

- **(Virtual) Art:** Join Camielle twice a month on Mondays at 12:30 for virtual art (painting or sketching) or arts and crafts. Special project-specific materials can be picked up at our Center during regular hours starting the Monday prior to each class. If you need frequently used materials such as glue, scissors, etc we will have prebagged items for a \$2 suggested donation.
December 21: Watercolor holiday cards and handmade envelopes. **January 4:** Coffee filter flowers.
January 18: watercolor postcards. Registration required by visiting heinebergcsc.org or calling 863-3982 Ext 1.
- **Balance Class:** Tuesdays at 9:45am. Increase coordination, muscle, brain function, and bone strength.
- **BINGO (online!):** Print BINGO cards or borrow some from the Center. Dates listed on the calendar.
- **Book Chat:** What genres and book topics do you find the most interesting? Let's talk about your favorite story, poem or just enjoy a friendly banter.
- **Chair Yoga:** Move through a series of seated yoga poses designed to increase flexibility, balance, and range of motion. All levels
- **Fresh Start Strong** (Balance/Fitness): Enjoy a 45-minute fitness class to improve our strength and balance.
- **Heineberg Book Club:** Second Monday of every month 1:00pm. Books lent to us from the Fletcher Free Library can be picked up at our Center during regular hours. Book for Jan 11 discussion: *Enemies, A Love Story*
- **In the Kitchen with Kerry:** Every month Kerry will prepare a recipe kit with ingredients to prepare then discuss during a follow-up Zoom chat. Recipe kits can be picked up the third Wednesday of every month from 10am – 12pm. (If needed we can have the kits delivered on Thursdays). In December, bakers will be creating **Orange Cranberry Bread**. Materials picked up Wednesday, December 16th and discussed over Zoom Friday, December 18th. Registration required by visiting heinebergcsc.org or calling 863-3982 Ext 1.
- **Jazzercise** Contact Michele Catella 802.355.0487 for more information
- **Social Media Made Easy:** Learn the ins & outs of all the social media platforms. Topics will include security & privacy, platform changes, picture design, and more.
- **Tai Chi:** Televēda Tai Chi is a chair-based graceful form of exercise that is easy to learn and follow. It involves a series of movements performed in a slow, focused manner that are accompanied by deep breathing to help improve well-being and focus.
- **Virtual Trivia:** It's game time! Televēda's host leads 5 rounds of interactive brain games that will keep your mind active. Play individually, or on a team.
- **Yoga:** Come and join us as we move through a series of graceful yoga poses that will help improve mobility, better respiration, reduce anxiety, and many more health benefits.
- **Zen Flow:** Televēda's Zen Flow class combines mindful meditation, breathing, and seated Tai Chi.

