



February 2020




Be Our Valentine!

for our Valentine luncheon
Wednesday, February 12, 11:45am
Suggested \$5 donation

Papa Frank's: Meat lasagna (or vegetarian stuffed shells), green salad, garlic bread, and dessert made by BTC Culinary Arts students.

RSVP: by Thursday, February 6. Call 863-3982 or stop by the center.

Arts & Crafts Group

Monday, February 3rd, 10:30am
Create endearing 3D Valentine art with us... not just for Valentine's Day!

Monday, February 17th, 10:30am
We'll use mixed media to create colorful button trees.

Reservations encouraged 863-3982



Robin's Caramel Corn and a Movie!

Monday, February 10th, 10:00am

Robin's Caramel Corn is a favorite at our Center! Now we get to learn how she makes it!
Participants take home what they make.



While the caramel corn is baking, we'll enjoy a movie... *Mama Mia! (and/or join the knitting group!)*

February Birthday Luncheon

Tuesday, February 11, 11:45am
Lunch is \$5 or FREE for participants with February Birthdays


Chicken pita (shawarma) wraps or vegetarian falafel wraps, both with tahini, lettuce, pickles and a bit of Mediterranean sauce, salad, and birthday cake.

RSVP by Thursday, February 6

Join us for the following TED Talks and conversation


February 11, 10:30am – The Brain in Love
February 25, 10:30am – How Shocking Events Can Spark Positive Change



Join UVM Intern, Morgan, for this valuable presentation

Tuesday, February 18th, 10:30am


In this month's wellness talk we will discuss the ten warning signs of Alzheimer's along with current research on how exercise may reduce your risk of developing the disease. During this interactive presentation, we will review a few exercises you can do on your own regardless of ability level!



Knitting and Crocheting Group

Mondays at 11:00am
Beginners welcome!

Participants can continue to work on current projects (scarves and dishcloths) or bring in their own work! We have plenty of knitting needles and yarn to share if needed!



What's your story?

Storytelling Hour
Starting in March, we'll share stories monthly on TBD Tuesday mornings.

Join us for an hour of storytelling! For the first 30 minutes, we will listen to one of our participants tell their story before transitioning to the telling of our own stories. Come prepared to relax, listen, and share, if you feel comfortable. Everyone welcome!

If you would like to share your story, we'd love to hear from you. Please contact Adele at our front desk for more information.



AARP Tax Help

AARP Tax Advisors will be available at our Center every Friday February 7 – April 10. *This is a free service offered to our participants by appointment only.*

Appointments can be made online at www.heinebergcsc.org or by calling 391-7574



February 2020 Meals - Suggested \$5 donation

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

Tuesdays: Served at 11:45am **RSVP by Wednesday 3:00pm**

- **February 4:** Sliced pot roast with yankee gravy, home fries, carrots and cabbage, wheat roll, and double layer chocolate raspberry cake
- **February 11: February Birthday Lunch** - Chicken pita (shawarma) wraps or vegetarian falafel wraps, both with tahini, lettuce, pickles and a bit of Mediterranean sauce, salad, and birthday cake.
- **February 18:** Chicken and biscuit, Bahama blend vegetables, mashed cauliflower, dinner roll, grapes
- **February 25 :** Turkey burger with vegetables and vegetable gravy, diced potatoes, sliced carrots, wheat roll, pumpkin custard with cream

Wednesdays: Served at 11:45am **RSVP by Thursday 3:00pm**

- **February 5:** Hot turkey with gravy, mashed potatoes, winter squash, wheat roll, fruit cocktail
- **February 12: Valentine Luncheon:** Papa Frank's Meat lasagna (or vegetarian stuffed shells), green salad, garlic bread, and dessert made for us by BTC Culinary Arts students.
- **February 19:** Beef steak with brown sauce, mashed potatoes, peas and carrots, wheat bread, Birthday Cake
- **February 26:** Baked macaroni and cheese, tossed salad with balsamic vinaigrette, oriental blend vegetables, wheat bread, pumpkin cookie with craisins

We are very happy to introduce two new members of our Team!

Adele Hohertz-Serpan has accepted our permanent Center Coordinator position. Adele interned at our Center for over a year and is well-known and liked by everyone who has had the pleasure of meeting her.

We also welcome **Morgan Montgomery** as our new intern. Morgan is a senior at UVM majoring in Human Development and Family Studies.

(Photo: Beth Hammond, Executive Director, Adele Hohertz-Serpan, Center Coordinator, and Morgan Montgomery, Intern)



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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
LOWER LEVEL HOURS*
 Monday-Wednesday 10:00am - 3:00 pm
 Thursday 9:00am - 3:00pm
 *For upper level activities see calendar for times

February 2020 Activities

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|---|---|
| Jazzercise Hours | | | | |
| M - 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 | *Reservations Required | |
| 3 9:45 Novice Tai Chi 10:45 Computer Support* 10:30 Arts & Crafts 11:00 Knitting & Crochet Group 11:00 Yoga 12:30 Mahjongg 12:30 Adult Coloring <i>Age Well Restaurant</i> <i>Tickets sales 10am-2pm</i> | 4 9:45 - 12:30 Foot Clinic* 11:45 Lunch* 1:00 BINGO 1:00 Bone Builders <i>Age Well Restaurant</i> <i>Tickets sales 10am-2pm</i> | 5 9:40 Independent Yoga 10:45 Tai Chi 11:45 Lunch* 1:00 BINGO <i>Age Well Restaurant</i> <i>Tickets sales 10am-2pm</i> | 6 8:45 Food Day 9:40 Yoga 10:00 Wii Bowling 10:45 Mindful Aging Support Group 12:30 Cribbage 12:30 Bridge 1:00 Bone Builders <i>Age Well Restaurant</i> <i>Tickets sales 10am-2pm</i> | 7 9:45 Novice Tai Chi 10:45 Tai Chi |
| 10 9:45 Novice Tai Chi 10:00 Caramel Corn making & Movie 10:45 Computer Support* 11:00 Knitting & Crochet Group 11:00 Yoga 12:30 Mahjongg 12:30 Adult Coloring 1:00 Book Club | 11 9:45 - 12:30 Foot Clinic* 10:30 TED Talk 12:30 - 2:30 Chair massage* 11:45 Birthday Luncheon* 1:00 BINGO 1:00 Bone Builders | 12 9:40 Independent Yoga 10:45 Tai Chi 11:45 Valentine Luncheon* 1:00 BINGO 1:00 Beginner Line Dancing | 13 8:45 Food Day 9:40 Yoga 10:00 Wii Bowling w/ Champlain Senior Ctr. 10:45 Mindful Aging Support Group 12:30 Cribbage 12:30 Bridge 1:00 Bone Builders | 14 9:45 Novice Tai Chi 10:45 Tai Chi |
| 17 9:45 Novice Tai Chi 10:45 Computer Support* 10:30 Arts & Crafts 11:00 Knitting & Crochet Group 11:00 Yoga 12:30 Mahjongg 12:30 Adult Coloring | 18 10:30 Move for Minds Presentation 11:45 Lunch* 1:00 BINGO 1:00 Bone Builders | 19 9:40 Independent Yoga 10:45 Tai Chi 11:45 Lunch* 1:00 BINGO 1:00 Beginner Line Dancing | 20 8:45 Food Day 9:40 Yoga 10:00 Wii Bowling 10:45 Mindful Aging Support Group 12:30 Cribbage 12:30 Bridge 1:00 Bone Builders | 21 9:45 Novice Tai Chi 10:45 Tai Chi |
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PH 802-863-3982 Web 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**

ONGOING PROGRAMS

Age Well Restaurant Ticket Sales: Tickets sold the first week of every month. Check our newsletter for specific days.

Arts & Crafts: First and Third Monday of every month at 10:30am

Blood Pressure Clinic: Tuesdays at 11:15 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.

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

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.

Mindful Aging Support Group: *Led by Center Yoga instructor Jill Nye-McKeown.* **Thursdays at 10:45am**

All participants 50+ are welcome to join this support group!

Singing Group: Now meets at Heineberg Senior Housing, on the second and fourth Friday at 10am in the social room. Everyone who enjoys singing is welcome to join! The club will not meet Jan 10th.

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

Wii Bowling: Thursdays at 10:00am. Once a month we play Champlain Senior Center, at their Center and ours. *There will be small prizes after every game!*

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