



All activities are free but registration is required by visiting heinebergcsc.org or calling 863-3982 Ext 1
To learn more about all online programs, visit our “online programs” page of our website: heinebergcsc.org

COVID-19 Pandemic: Skills for Wellness, Coping and Recovery Workshop Wednesday, March 3rd at 11:00am

Join COVID Support VT staff for an hour workshop to learn about the pandemic’s impacts upon our mental health, what we can do to cope and recover in healthy ways, and what community resources are available to help.



COVID Support Counselors are here for you! Interested in connecting with friends for a visit or talking with support counselors about how to manage during the pandemic? Call 2-1-1, option 2 to talk with COVID Support VT Counselors Monday – Friday from 8:00 a.m. to 8:00 p.m. Calls are anonymous and free.

Virtual Art

Join Camielle online for the following February art projects.



Monday, February 8th at 12:30pm

Valentine's Day Cards

Monday February 15th at 12:30pm

Watercolor Painting: Nature Studies

Art materials can be picked up at our Center during regular hours starting the Monday prior to each class.

Online Physical Activities From Our Center

- **Balance Class:** Tuesdays at 9:45am. Increase
- **Jazzercise** Contact Michele Catella 355-0487



As part of our “HANDS in the Kitchen” series, Chef Robin will present “Putting Together a Healthy Plate” **live via Zoom Thursday, February 11 at 1:00pm**. Once edited, Chef Robin’s workshop will be available on the **HANDS website handsvt.org or on CCTV’s Channel 17.**

In the Kitchen with Kerry

Kerry will offer a recipe kit with ingredients to prepare *Wild Rice and Roasted Vegetable Winter Salad* then discuss during a follow-up Zoom chat. Recipe kits can be picked up Wednesday, Feb 17th or delivered/picked up Thursday, Feb 18th, Kerry will then join participants for a discussion over **Zoom Friday, February 19th at 11:00am.**

Very special thanks to AARP Vermont, CCTV Town Meeting TV, City Market, and Vermont Foodbank for the support they offer our Nutritional Workshops.



Appointments to **drop off** tax paperwork at our Center are **required**. Visit heinebergcsc.org or call **863-3982** to make your appointment.

AARP Tax-Aide provides offsite tax assistance focused on taxpayers who are 50+ and who have low to moderate income.



Heineberg Book Club

Monday February 8th at 1:00pm

(online over Zoom)

Books can be picked up at our Center during regular hours. February’s book is Hidden Figures.

Sign up to be a Pen Pal

If you are interested in becoming pen pal to one of our 2nd grade grandfriends call us at 863-3982



Center Board Meeting

Thursday February 25, 2021 at 12:30pm
(Zoom) We will be voting on our **budget and by law changes. There will also be a public forum.**



TED Talk Discussion - February 10th at 12:00pm

The power of vulnerability (Brené Brown)

- ✓ Register on **our website** to obtain a link to the TED Talk and follow-up **Zoom** discussion with Kerry
- Or
- ✓ **Visit or call** our Center to obtain a hard copy transcript of the TED Talk along with a **phone** number to join the discussion with Kerry on February 10th.

We also recommend Brené’s Brown’s book “Daring Greatly”. Copies are available for borrowing from our library.

“We don’t have to do all of it alone. We were never meant to...
Vulnerability is not weakness; it’s our greatest measure of courage.” - Brené Brown



February 2021 Activities & Services

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

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

Monday	Tuesday	Wednesday	Thursday	Friday
1 11:00AM Drawing & Painting Workshop 11:30AM Gentle/Stretch Yoga	2 9:45AM Balance Class 12:00PM Scattergories 12:30PM Tai Chi	3 1:00PM Chair Yoga 1:00PM Televēda Bingo	4 10:30AM – 12PM Food & Meal Distribution 11:30AM Strength Building 12:00PM Trivia 1:15PM Zen Flow 3:00PM Televēda Bingo	5 11:00AM Yoga, Cardio & Core 12:00PM Gentle / Stretch Yoga
8 11:30AM Gentle/Stretch Yoga 12:30PM Valentine's Day Cards with Camielle 1:00PM Drawing & Painting 1:00PM Heineberg Book Club discussion	9 9:45AM Balance Class 12:30PM Tai Chi 2:00PM Scattergories 2:00PM Zentangle	10 11:00AM Chair Yoga 12:00PM TED Talk Discussion with Kerry 1:00PM Be My Valentine Bingo!	11 10:30AM – 12PM Food & Meal Distribution 11:30AM Strength Building 1:00PM HANDS in the Kitchen 1:15PM Zen Flow 3:00PM Televēda Bingo 4:00PM Chat w/ Rabbi Levi	12 11:00AM Yoga, Cardio & Core 3:00PM McDonald Observatory Session
15 12:30PM Watercolor Painting with Camielle 1:00PM Drawing & Painting Workshop	16 9:45AM Balance Class 12:30PM Tai Chi 2:00PM Wheel of Fortune	17 1:00PM Chair Yoga 3:00PM Televēda Bingo All Day: Pick-up Kerry's recipe ingredients	18 10:30AM – 12PM Food & Meal Distribution 11:30AM Strength Building 12:00PM Virtual Trivia 1:15PM Zen Flow 3:00PM Televēda Bingo	19 11:00AM Kerry's recipe follow-up 11:00AM Yoga, Cardio & Core
22 9:30AM Gentle/Stretch Yoga 11:00AM Drawing & Painting Workshop	23 9:45AM Balance Class 10:30PM Tai Chi 12:00PM Hollywood Quiz Up!	24 1:00PM Chair Yoga 3:00PM Televēda Bingo	25 10:30AM – 12PM Food & Meal Distribution 9:30AM Strength Building 12:30AM Board Meeting 1:15PM Zen Flow 3:00PM Televēda Bingo 4:00PM Chat w/ Rabbi Levi	26 11:00AM Yoga, Cardio & Core 3:00PM Recipes Corner with Maddie