

February 2022 Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<p>HCSC closes with the Burlington Schools for heavy snow or extreme cold. We will post any closings on our Facebook page.</p>	<p>1 9:45 Balance Class cancelled this week 12:30 Bingo 1:00 Bone Builders</p>	<p>2 9:55 Yoga Workout 11:05 Tai Chi 12:30 Bingo 1:00 Beginner Line Dancing</p>	<p>3 Free Food 10:00-11:30 9:55 Combo Yoga 11:00-12:00 Coffee and Conversation 12:00 Cribbage 1:00 Bridge 1:00 Bone Builders VAN TRIP: Hannaford Noon to 3pm, \$4.</p>	<p>4 10:00 Novice Tai Chi 11:00 Tai Chi 10:00 Peer Support Group</p>
<p>7 10:00 Novice Tai Chi 10:15 Art w/Camielle 11:00 Knitting/Crochet 11:30 Tech Support 12:30 Adult Coloring 12:30 Mahjongg VAN TRIP: Walmart Noon to 3pm, \$4.</p>	<p>8 9:45 Balance Class 12:30 Bingo 1:00 Bone Builders</p>	<p>9 9:55 Yoga Workout 11:05 Tai Chi 12:30 Bingo 1:00 Beginner Line Dancing</p>	<p>10 Free Food 10:00-11:30 9:55 Combo Yoga 11:00 Coffee and Conversation 12:00 Cribbage 1:00 Bridge 1:00 Bone Builders</p>	<p>11 10:00 Novice Tai Chi 11:00 Tai Chi 10:00 Peer Support Group</p>
<p>14 10:00 Novice Tai Chi 11:00 Knitting/Crochet 11:30 Tech Support 12:30 Adult Coloring 12:30 Mahjongg Valentine's Day trip to the Dutch Mill – see Gary to sign up!</p>	<p>15 9:45 Balance Class 12:30 Bingo 1:00 Bone Builders</p>	<p>16 9:55 Yoga Workout 11:05 Tai Chi 12:30 Bingo 1:00 Beginner Line Dancing</p>	<p>17 Free Food 10-11:30 9:55 Combo Yoga 11:00 Coffee and Conversation 12:00 Cribbage 1:00 Bridge 1:00 Bone Builders</p>	<p>18 10:00 Novice Tai Chi 11:00 Tai Chi 10:00 Peer Support Group</p>
<p>21 10:00 Novice Tai Chi 10:15 Art w/Camielle 11:00 Knitting/Crochet 11:30 Tech Support 12:30 Mahjongg 12:30 Adult Coloring</p>	<p>22 9:45 Balance Class 12:30 Bingo 1:00 Bone Builders VAN TRIP: Target Noon to 3pm, \$4.</p>	<p>23 9:55 Yoga Workout 11:05 Tai Chi 12:30 Bingo 1:00 Beginner Line Dancing</p>	<p>24 Free Food 10:00-11:30 9:55 Combo Yoga 11:00 Coffee and Conversation 12:00 Cribbage 1:00 Bridge 1:00 Bone Builders</p>	<p>25 10:00 Novice Tai Chi 11:00 Tai Chi 10:00 Peer Supprt Group</p>
<p>28 10:00 Novice Tai Chi 11:00 Knitting/Crochet 11:30 Tech Support 12:30 Mahjongg 12:30 Adult Coloring</p>		<p>JAZZERCISE Mon, Tues, Weds, Thurs, Fri, Sun 8:30am, 4:45pm Sat- 7:30am, 8:30am This is an independent program. Call Michele at 355-0487 for info.</p>	<p>Free Food Distribution Thursdays 10-11:30. Please bring a bag.</p>	<p>PROGRAM LOCATIONS: Inside/Upper Level Inside/Lower Level</p>

February 2022 Announcements & Special Programming

Current Covid Protocols

Masks are required inside the Center at all times. In order to be fully vaccinated, a third "booster" shot is required. Thank you, and stay safe!

IMPORTANT NOTES

Board Meeting

**Wednesday, February 16th
10:30 am**

All are welcome.

AARP Tax Preparation services:
please sign up at the Front Desk or
on our website.

Participant Advisory Council

Join us to talk about our wishes and hopes for HCSC, and to communicate these with our Board. Questions: Martha Molpus, Board Member at Large, (802) 652-0323.

2nd Monday of the month, 3:00.

Creativity with Camielle

Art Classes February 7th and February 21st

Grab n Go fresh meals, FREE, Tuesdays, 11am -Noon. Sign up by Thursday before with Andrea.

Menu available at Front Desk and Office.

Frozen restaurant meals, FREE, Tuesday-Thursday. No sign-up necessary, please see Andrea or Gary for assistance with pick-up.

1. Who was the first person to reach the North Pole, in 1909?
2. Who was the first Black woman elected to the US Congress?
3. Who was the first American to receive an international pilot's license?
4. Who was the first Black woman to be named as principal ballerina by the American Ballet Theater?
5. Who was the first Black child to desegregate an all-white elementary school in New Orleans? Bonus - what year?
6. Who invented the first clock in America, in the 1750's?
7. What cultural blossoming took place in New York City in the 1920's-1930's?

1. Matthew Henson
2. Shirley Chisholm
3. Bessie Coleman
4. Misty Copeland
5. Ruby Bridges, 1960
6. Benjamin Banneker
7. The Harlem Renaissance