




September 2019




Keeping Well Series
Monday, September 16, 10:00am
Topic: Memory


Join Wellness nurse, Samantha, for this important discussion.



September Birthday Luncheon
Tuesday, September 10, 11:45 am
Lunch is \$5 or FREE for participants with September Birthdays
Jolley North Ave Wraps: Turkey, Ham, or Veggie, Chips, and birthday
RSVP by Thursday, September 5th



Do you have questions regarding 3Squares, Medicaid or VPharm benefits? Would you like to know if you are eligible for such benefits? An Age Well expert will be available at our Center
Tuesday, September 10th from 11am – 1pm to learn more.



SAVE THE DATES

90+ Birthday Party: Tuesday, October 22nd 11:30am
Holiday Bazaar: Saturday, November 16
Volunteers needed, contact Gloria Reynolds, 863-3505

September 2019 Meals - Suggested \$5 donation

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

Tuesday lunches: Served at 11:45am **RSVP by Thursday 9:30am**



- **September 3:** Beef steak with diced beets and Monterey jack cheese, rice with vegetables, brussels sprouts, wheat bread, peaches
- **September 10: Birthday Lunch – Jolley Wraps:** Turkey, Ham, or Veggie, Chips, and birthday cake
- **September 17:** Chicken, corn and potato stew, mixed vegetables, crackers, dinner roll, pineapple tidbits
- **September 24:** Turkey tetrazzini, green leaf salad with dressing, wheat roll, birthday cake

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



- **September 4:** Chicken Stroganoff over egg noodles, buttered peas & carrots, green salad, and dessert
- **September 11:** Stuffed pepper casserole, steamed carrots, green salad, and dessert
- **September 18:** Baked fish & chips, coleslaw, green salad, and dessert
- **September 25:** Beef lasagna garlic bread salad, and dessert



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

September 2019 Activities

Monday	Tuesday	Wednesday	Thursday	Friday
2  WE WILL BE CLOSED LABOR DAY	3 11:45 Lunch* 1:00 BINGO 1:00 Bone Builders	4 9:40 Independent Yoga 10:45 Tai Chi 11:45 Lunch* 1:00 BINGO 1:00 Line Dancing 2:30 Beginner Line Dancing	5 8:45 Food Day 9:40 Yoga 10:00 Wii Bowling 12:30 Cribbage 12:30 Bridge 1:00 Bone Builder	6 9:45 Novice Tai Chi 10:45 Tai Chi
9 9:45 Novice Tai Chi 10:45 Computer Support* 11:00 Yoga 12:30 Mahjongg 12:30 Adult Coloring 1:00 Book Club	10 9:45 - 12:30 Foot Clinic* 11:00 – 1:00 Age Well benefits specialist 11:45 BirthDay Lunch* 12:30 – 2:30 Chair massage* 11:15 Blood Pressure Clinic 1:00 BINGO 1:00 Bone Builders	11 9:40 Independent Yoga 10:45 Tai Chi 11:45 Lunch* 1:00 BINGO 1:00 Line Dancing 2:30 Beginner Line Dancing	12 8:45 Food Day 9:40 Yoga 10:00 Wii Bowling 12:30 Cribbage 12:30 Scrabble 12:30 Bridge 1:00 Bone Builders	13 9:45 Novice Tai Chi 10:45 Tai Chi
16 9:45 Novice Tai Chi 10:00 Wellness Chat 10:45 Computer Support* 11:00 Yoga 12:30 Mahjongg 12:30 Adult Coloring	17 9:45 - 12:30 Foot Clinic* 11:45 Lunch* 1:00 BINGO 1:00 Bone Builders	18 9:40 Independent Yoga 10:45 Tai Chi 11:45 Lunch* 1:00 BINGO 1:00 Line Dancing 2:30 Beginner Line Dancing	19 8:45 Food Day 9:40 Yoga 10:00 Wii Bowling 12:30 Cribbage 12:30 Bridge 1:00 Bone Builders	20 9:45 Novice Tai Chi 10:45 Tai Chi
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30 9:45 Novice Tai Chi 10:45 Computer Support* 11:00 Yoga 12:30 Mahjongg 12:30 Adult Coloring			Jazzercise Hours M -EXPRESS -8:30am, 4:30pm, 5:45pm T - 8:30am, 4:30pm W - 8:30am, 4:30am, 5:45pm	Th - 8:30am, 4:30pm F - 8:30am, 4:30pm Sa - 7:30am, 8:30am Su – 8:30am, 4:30pm

* - Reservation needed

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