



January 2020



Arts & Crafts Group

Led by a variety of creative folks!

Meets the 1st & 3rd Monday of each month

Monday, January 6 at 10:30am

Create decorative glass plates with printed fabric.

Monday, January 20, 10:30am

Enjoy whimsical fun by creating paper dolls. We'll have cutout dolls and clothes. Feel free to bring any accents you'd like!

Reservations encouraged 863-3982

Our Arts & Crafts and Knitting & Crocheting groups will overlap so we can enjoy one another's company. Feel free to join us for one or both.
Everyone is welcome!



Knitting & Crocheting Group

Meets every Monday at 11:00am

All levels welcome!

A new volunteer, Carole, has stepped up to support participants with their projects.

We'll start the year off making a crocheted dish cloth, then work on knitted scarves. Feel free to join us to work on your own projects as well!

We have materials to use if needed.



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

Appointments can be made through an AARP volunteer. We'll share the phone number in mid-January.

January Birthday Luncheon

Tuesday, January 14, 11:45am

Lunch is \$5 or FREE for participants with January Birthdays

Domino's Pizza (Plain, Veggie, or Pepperoni), salad, and birthday cake

RSVP by Friday, January 10



Beginner Line Dancing

Wednesdays at 1:00pm



First class is free, every class thereafter will be \$5

Learn all the basic skills required for line dancing. Derived from square and ballroom Dancing, line dancing is great for exercising the **Body** and **Mind!** For more information: Donna @ 399-1532



Mindful Aging Support Group

Led by Center Yoga instructor
Jill Nye-McKeown

Thursdays at 10:45am starting January 16th

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



Wii Bowling – Thursdays at 10am

Join us for this fun activity every Thursday. Once a month we play Champlain Senior Center, at their Center and ours. This month Champlain participants will join us Thursday, January 16.

There will be small prizes after every game!



Heineberg Community Senior Center
14 Heineberg Road Burlington, VT 05408
Ph 802-863-3982
Web www.heinebergcsc.org
Email info@heinebergcsc.org

January 2020 Meals - Suggested \$5 donation

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




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

- **January 7:** Chicken and biscuit, broccoli florets, waxed beans, and pineapple upside down cake
- **January 14: January Birthday Lunch - Domino's Pizza:** Cheese, Veggie, or Pepperoni, green salad, and birthday cake
- **January 21:** Roast pork with sauce, cabbage and carrots, boiled potatoes, dinner roll, and applesauce
- **January 28:** Pot roast with brown sauce, mashed potatoes, beets, wheat roll, fruit crisp with cream

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

- **January 8:** Vegetable quiche, California mixed vegetables, biscuit, and tropical fruit salad
- **January 15:** Roast turkey and gravy, mashed potatoes, winter squash, wheat dinner roll, and cake
- **January 22:** Chopped steak with brown sauce, mashed potatoes, diced carrots, wheat dinner roll, and melon
- **January 29:** Chicken cordon bleu with white sauce, mashed yams, green beans, wheat roll, an apple, and a cookie

PLEASE NOTE: Our Center pays for all meals ordered. If you will not be able to make it for a reserved meal, or need to switch it to a take-out, we ask that you call us before 11:00am that day. **We cannot promise dine-in meals will be saved unless we receive a call by 11:00am.**

Bring this ad in to receive **color copies for just .29 cents each.** And **shredding for .79 cents per pound**
The UPS Store  **UPS Store 1127 - Ph 802-861-4100 - North Ave Ste 27, Burlington, VT 05408**



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

January 2020 Activities

Monday	Tuesday	Wednesday	Thursday	Friday
Jazzercise Hours M - 8:30am, 4:30pm T - 8:30am, 4:30pm W - 8:30am, 4:30pm Th - 8:30am, 4:30pm		1 Center will be closed Happy New Year!	2 8:45 Food Day 9:40 Yoga 10:00 Wii Bowling 12:30 Cribbage 12:30 Scrabble 12:30 Bridge 1:00 Bone Builders	3 9:45 Novice Tai Chi 10:45 Tai Chi
6 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>	7 11:45 Lunch* 1:00 BINGO 1:00 Bone Builders <i>Age Well Restaurant</i> <i>Tickets sales 10am-2pm</i>	8 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>	9 8:45 Food Day 9:40 Yoga 10:00 Wii Bowling 12:30 Cribbage 12:30 Bridge 1:00 Bone Builders <i>Age Well Restaurant</i> <i>Tickets sales 10am-2pm</i>	10 9:45 Novice Tai Chi 10:45 Tai Chi
13 9:45 Novice Tai Chi 10:45 Computer Support* 11:00 Knitting & Crochet Group 11:00 Yoga 12:30 Mahjongg 12:30 Adult Coloring 1:00 Book Club	14 9:45 - 12:30 Foot Clinic* 12:30 - 2:30 Chair massage* 11:45 Birth day Luncheon* 1:00 BINGO 1:00 Bone Builders	15 9:40 Independent Yoga 10:45 Tai Chi 11:45 Lunch* 1:00 BINGO 1:00 Beginner Line Dancing	16 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	17 9:45 Novice Tai Chi 10:45 Tai Chi
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***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 will be Wednesdays at 1:00pm (starting Nov 13) 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.

Scrabble: Meets Thursdays at 12:30 pm in our library. If planning to attend, please call the Center to make sure there will be other player(s) attending.

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

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