



# Heineberg Community Senior Center



Heineberg Community Senior Center  
14 Heineberg Road, Burlington, VT 05408  
Ph 802-863-3982  
Web [www.heinebergcsc.org](http://www.heinebergcsc.org)  
Email [info@heinebergcsc.org](mailto:info@heinebergcsc.org)

## July 2021 Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<b>PROGRAM LOCATIONS</b>  <b>Inside/Upper Level</b> <b>Inside/Lower Level</b> <b>Outside</b> <b>Tent/Outside Shelter</b> <b>Outside "Café"</b>	<b>Heineberg "Mini Meals"</b>  Available Mon-Thurs 10:30-2:30 Suggested donation \$1-\$2 per item New menu each week	<b>June 30<sup>th</sup> Board Meeting 10:00am</b>  We will be meeting outside weather permitting.	<b>1</b> 9:55 <b>Combo Yoga</b> 10:30 – 11:30 <b>Coffee and Conversation</b> 10:30 – 11:30 <b>Food &amp; Meal Distribution</b> 12:30 <b>Cribbage</b> 12:30 <b>Bridge</b> 1:00 <b>Bone Builders</b>	<b>2</b> 10:00 <b>Novice Tai Chi</b> 11:00 <b>Tai Chi</b>
<b>5</b> WE WILL BE CLOSED IN OBSERVANCE OF JULY 4TH  	<b>6</b> 10:30-11:30 <b>Tech Support</b> ( <i>Reservation Required 24 hour notice</i> ) 12:45 <b>BINGO</b> 1:00 <b>Bone Builders</b>	<b>7</b> 9:30 <b>Gardening group</b> 9:55 <b>Gentle Yoga</b> 11:05 <b>Tai Chi</b> 12:30 <b>BINGO</b> 1:00 <b>Beginner Line Dancing</b>	<b>8</b> 9:55 <b>Combo Yoga</b> 10:30 – 11:30 <b>Coffee and Conversation</b> 10:30-11:30 <b>Food &amp; Meal Distribution</b> 12:30 <b>Cribbage</b> 12:30 <b>Bridge</b> 1:00 <b>Bone Builders</b>	<b>9</b> 10:00 <b>Novice Tai Chi</b> 11:00 <b>Tai Chi</b>
<b>12</b> 10:00 <b>Novice Tai Chi</b> 11:00 <b>Knitting/Crochet</b> 11:00 – 12:00 <b>Tech Support</b> ( <i>Reservation Required 24 hour notice</i> ) 11:05 <b>Chair Yoga</b> 12:30 <b>Adult Coloring</b> 12:30 <b>Mahjongg</b> 1:00 <b>Book Club: Book Such a Fun Age by Kiley Reid</b>	<b>13</b> ) 12:45 <b>BINGO</b> 1:00 <b>Bone Builders</b>	<b>14</b> 9:30 <b>Gardening group</b> 9:55 <b>Gentle Yoga</b> 11:05 <b>Tai Chi</b> 12:30 <b>BINGO</b> 1:00 <b>Beginner Line Dancing</b>	<b>15</b> 9:55 <b>Combo Yoga</b> 10:30 – 11:30 <b>Coffee and Conversation</b> 10:30 – 11:30 <b>Food &amp; Meal Distribution</b> 12:30 <b>Cribbage</b> 12:30 <b>Bridge</b> 1:00 <b>Bone Builders</b>	<b>16</b> 10:00 <b>Novice Tai Chi</b> 11:00 <b>Tai Chi</b>
<b>19</b> 10:00 <b>Novice Tai Chi</b> 10:15 <b>Art Class: Watercolors</b> 11:00 <b>Knitting/Crochet</b> 11:05 <b>Chair Yoga</b> 12:30 <b>Mahjongg</b> 12:30 <b>Adult Coloring</b> 1:30 <b>Cooking Demo: Seasonings &amp; Spices for Different Cuisines</b>	<b>20</b> 10:30-11:30 <b>Tech Support</b> ( <i>Reservation Required 24 hour notice</i> ) 12:45 <b>BINGO</b> 1:00 <b>Bone Builders</b>	<b>21</b> 9:30 <b>Gardening group</b> 9:55 <b>Gentle Yoga</b> 11:05 <b>Tai Chi</b> 12:30 <b>BINGO</b> 1:00 <b>Beginner Line Dancing</b>	<b>22</b> 9:55 <b>Combo Yoga</b> 10:30 – 11:30 <b>Coffee Hour: Meet and Greet Farmers</b> 10:30 – 11:30 <b>Food &amp; Meal Distribution</b> 12:30 <b>Cribbage</b> 12:30 <b>Bridge</b> 1:00 <b>Bone Builders</b>	<b>23</b> 10:00 <b>Novice Tai Chi</b> 11:00 <b>Tai Chi</b>
<b>26</b> 10:00 <b>Novice Tai Chi</b> 11:00 <b>Knitting/Crochet</b> 11:00 – 12:00 <b>Tech Support</b> ( <i>Reservation Required 24 hour notice</i> ) 11:05 <b>Chair Yoga</b> 12:30 <b>Mahjongg</b> 12:30 <b>Adult Coloring</b>	<b>27</b> 12:45 <b>BINGO</b> 1:00 <b>Bone Builders</b>	<b>28</b> 9:30 <b>Gardening group</b> 9:55 <b>Gentle Yoga</b> 11:05 <b>Tai Chi</b> 12:30 <b>BINGO</b> 1:00 <b>Beginner Line Dancing</b>	<b>29</b> 9:55 <b>Combo Yoga</b> 10:30 - 11:30 <b>Coffee and Conversation.</b> 10:30 – 11:30 <b>Food &amp; Meal Distribution /</b> 12:30 <b>Cribbage</b> 12:30 <b>Bridge</b> 1:00 <b>Bone Builders</b>	<b>Jazzercise Hours:</b> <b>Mon, Tues, Wed,</b> <b>Thurs, Fri &amp; Sun</b> 8:30am, 4:30pm <b>Sat-</b> 7:30am, 8:30am

# July 2021 Announcements & Special Programming



## Computer time at Heineberg!

Use our new dedicated “**tech area**” for Checking emails, researching online, printing, and more.

Also in this area we’ll be offering **one-on-one Tech Support**. Sign up for a 25 min session on our website or at the Center.

- Registration is required for tech support.
- Suggest \$5 donation per session.

### Trainer availability in July...

- **Mary** works at New York life insurance and is available the **Monday, July 12th & 26th 11:00 – 11:25am & 11:35am - noon**
- **Ariel** is a BHS student and is available **Tuesday, July 6th & 20th 10:30- 10:55am & 11:05 - 11:30am**



## Enjoy online games at our Center... they are fun and great for your memory!

Reserve time for individual games or bring a friend(s) for some competitive fun! Wii time slots available from **10:00 – 10:55am or 11:05am - noon**. Sign-up at the Center.

iPads are available for use at the Center for online games, telehealth appointments, and socializing with friends. Staff is available to assist as needed.



## Learn more about the 3SquaresVT in a SNAP program

Pat Long from Agewell VT will be here on **Thurs July 29th 10:30-12** to answer questions and provide information.



## Meet and Greet our Farmers Thurs July 22nd 10:30-11:30am



Farmers who provide the beautiful produce we have been receiving at the Center, will be available to answer questions about their produce and the importance of “Gleaning”.

## Book Club Meeting 7/12 @ 1pm

July’s Book: *Such a Fun Age*  
Author: Kiley Reid



Creativity with Camielle  
Come and enjoy a class on painting watercolors.  
Monday July 19th 10:15am



## Creative Cooking with Chef Kerry

Monday July 19th @ 1:30

**Cooking Demo: Seasonings and Spices for Different Cuisines.** Would you like to know more about how to use specific seasonings and spices? This cooking demo will feature flavors from **Thailand and India** with a **Thai Peanut Sauce** and **Indian Tikka Masala**. Simple and Delicious Flavors!

## Birthday Luncheon BBQ Day

Monday, July 26th, 11:45am

Lunch is \$5 or FREE for participants with July Birthdays.



**BBQ** : Choice of Hamburger, Veggie Burger or Hot Dog, Chips, Salad, and Dessert.



Call or stop by the Center by Thurs July 22nd to RSVP



## Programming Updates

- **New Food Distribution Time:** Thursdays 10:30-11:30am
- **Balance Class will be on hold for July** due to treatment Michele needs on her foot.