



June 2020

“From Home Programs” (noted with a 🏠)

- **Joining us online?** Register by visiting our “Online Programs” web page (heinebergcsc.org)
- **Joining us using any phone?** Call us at the Center for phone-in details.

Unless recommendations change, our tentative reopen date is June 16th.



STAY ACTIVE

Stay active with us!

Two new programs

Heineberg Center Walking Group

Wednesdays at 1:30pm

Walk together, but 6' apart, around our neighborhoods. Then join us back at the Center for complimentary bottled water and a snack.

Balance Class 🏠

Tuesdays at 9:45am

(Starting June 16 this class is in-person or online)

This balance class will offer a Well-Rounded Workout that will increase: coordination, muscle, brain function, stronger bones, and improved reaction time to help you right yourself if you start to fall by quickly shifting your weight or putting out an arm to grab something stable.

Wellness chats - Mondays at 10:00am 🏠

We are thrilled Morgan, our UVM intern, has decided to stay with us this summer! Join her for these informative virtual wellness chats and activities.



June 8 – Benefits of Stretching: After spending so much time at home, it is important we maintain flexibility. Join us to learn how stretching improves your posture and movement in joints, helps relieve muscle tension/soreness, and reduces injuries.

June 22 – Houseplants and the positive influence they have on mental health: Houseplants are great reminders for us to take care of ourselves. Plants are mood enhancers, they help to reduce stress and increase positive calm energy, they produce oxygen, and purify the air. **Join us for this fun wellness chat and activity!** Every participant will plant their own succulent to take home and care for. If you prefer to join us from home, please let us know and we'll have your pot and plant ready to be picked up curbside.



Story Hour 🏠

Tuesday, June 16 at 11:00am

Join Adele and participants for an hour of storytelling. The group will focus on a different topic every month. This month's topic will be “Unexpected or Surprising!”



Virtual Coffee Hours 🏠

Wednesdays at 10:00 am

Our coffee hour will be virtual or by phone until June 17th. After this date, participants can (tentatively) join us in-person, outside under our tent.

TED
IDEAS WORTH SPREADING

Join us for the following TED
Talk conversations 🏠

We ask that you watch or read the TED Talk any time before our conversation at 10:00am on specified Monday. Links to the TED Talk can be found on our website and hard copy transcripts are available hanging on our side door or can be mailed to you.

Conversations are the following Mondays at 10:00am

June 1 - "Everything happens for a reason" — and other lies I've loved

June 15 - Mental health for all by involving all

June 29 - The world needs all kinds of minds

Support Buddies is a COVID response program created by our Center and HANDS to support our homebound participants. We offer support, resources, and friendship to all 50+ community members.

Our program includes:

- ♥ Phone, Technology, and/or Pen Pal Buddies (Thanks to some amazing volunteers)
- ♥ Prepared donated meals (Thanks to Age Well and Burlington's Resource and Recovery Center)

If you are interested in joining the program as a recipient or volunteer, please visit our website at www.heinebergcsc.org, call 863-3982 Ext 1, or email info@heinebergcsc.org



We are listening, and we care! *Exciting News!*

We know there is a great **need for transportation...** now more than ever! Over the summer, we'll be trying out a new program. And due to coronavirus concerns, rides will be complimentary. **Starting June 16th**, if you live in Burlington and need a ride Monday – Thursday, 9am -3pm to and from our Center (only) call Michele and Gary at 355-0487 24hrs in advance for safe, door-to-door transportation. All door handles and seats will be sanitized between riders. Both Michele and Gary are licensed Uber drivers and well-known to the Center. Masks are mandatory for everyone riding in their vehicles.

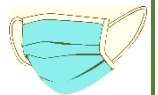


We have also heard many participants would like to join us, family, and friends online but **need a little technical assistance. Or, need internet, computers, and training!** We are talking with local organizations to help Center participants obtain what they need to enjoy online activities and communications. If you are interested in learning more, please call Beth at 863-3982 Ext 2 or hammond@heinebergcsc.org.



AARP Tax Advisors are planning to return to our Center mid-June. They have implemented new procedures to offer safe interactions and are awaiting final approval. If you had an appointment, you will be contacted as soon as possible.

We have masks for our 50+ participants. Stop by any Tuesdays 10:00 – 11:00am or Thursdays 11:00am – 12:30pm to pick one up. After June 16, masks can be picked up anytime we are open.



Our library remains open for participants to visit, one-at-a-time. We will provide gloves and ask everyone entering to wear a mask to select books, puzzles, activity book, and adult coloring supplies. Returned items are sanitized and/or quarantined for far longer than necessary.

We are planning upper level and outside activities to begin June 16. As long as state recommendations do not change, we are ready! **We have established new Center protocols and procedures to ensure everyone's safety while enjoying our Center.** New protocols include pre-screening of all participants, facial masks, touchless temperature checks, physical spacing, attendance logs, and smaller class sizes. All frequently touched surfaces throughout the Center will be sanitized frequently.

Programming Notes

The following programs will **(tentatively) begin June 16**, following our regular schedule as much as possible...

Outdoor BINGO, TED Talks & Story Hour (joining participants from home), Wellness Chats, Tai Chi, Yoga, Line Dancing, Balance Class, Arts & Crafts, Adult Coloring, Walking Group, Lawn Games, and Coffee Hour.

We look forward to seeing or talking with you soon!

Beth Hammond
Executive Director

Adele Hohertz-Serpan
Center Coordinator

Morgan Montgomery
UVM Intern