




May 2021 Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
3 10:00 Novice Tai Chi 11:00 Knitting/Crochet 11:15 Yoga 12:30 Adult Coloring	4 9:45 Balance Class* <i>(*online only until May 25)</i> 10:30 Mother's Day Cards and Paper Flowers 12:30 BINGO 1:00 Bone Builders	5 9:55 Yoga 11:05 Tai Chi 🕒 12:30 BINGO 1:00 Beginner Line Dancing	6 9:55 Yoga 9:30 – 12:00 Food & Meal Distribution 🕒 12:30 Cribbage 12:30 Bridge 1:00 Bone Builders	7 10:00 Novice Tai Chi 11:00 Tai Chi
10 10:00 Novice Tai Chi 11:00 Knitting/Crochet 11:15 Yoga 12:30 Adult Coloring 12:30 Mahjongg 1:00 Book Club (Book: Twilight of Democracy by Anne Applebaum)	11 9:45 Balance Class <i>(*online only until May 25)</i> 10:30 Beaded Suncatchers 12:30 BINGO 1:00 Bone Builders	12 9:30 Gardening group 9:55 Yoga 11:05 Tai Chi 🕒 12:30 BINGO 1:00 Beginner Line Dancing	13 9:55 Yoga 9:30 – 12:00 Food & Meal Distribution 🕒 12:30 Cribbage 12:30 Bridge 1:00 Bone Builders	14 10:00 Novice Tai Chi 11:00 Tai Chi
17 10:00 Novice Tai Chi 11:00 Knitting/Crochet 11:15 Yoga 12:30 Adult Coloring 12:30 Mahjongg 1:30 Cooking demo 🍳 Spring Asparagus Salad with a Lemon Mint Vinagrette dressing	18 9:45 Balance Class <i>(*online only until May 25)</i> 10:30 Art Talk w/ local artist Valerie Hird 12:30 BINGO 1:00 Bone Builders	19 9:30 Gardening group 9:55 Yoga 11:05 Tai Chi 🕒 12:30 BINGO 1:00 Beginner Line Dancing	20 9:55 Yoga 9:30 – 12:00 Food & Meal Distribution 🕒 12:30 Cribbage 12:30 Bridge 1:00 Bone Builders	21 10:00 Novice Tai Chi 11:00 Tai Chi
24 10:00 Novice Tai Chi 11:00 Knitting/Crochet 11:15 Yoga 12:30 Mahjongg 12:30 Adult Coloring	25 9:45 Balance Class 10:30 Paper Marbling 12:30 BINGO 1:00 Bone Builders	26 9:30 Gardening group 9:55 Yoga 11:05 Tai Chi 🕒 12:30 BINGO 1:00 Beginner Line Dancing	27 9:55 Yoga 9:30 – 12:00 Food & Meal Distribution 🕒 12:30 Cribbage 12:30 Bridge 1:00 Bone Builders	28 10:00 Novice Tai Chi 11:00 Tai Chi
31  <p>IN HONOR OF Memorial Day WE WILL BE CLOSED</p>	<p style="text-align: center;">PROGRAM LOCATIONS</p> <p style="text-align: center;"> Inside/Upper Level Inside/Lower Level Outside 🍳 Offered in-person and online NEW distribution space outside Outside "Café" Tables 🕒 New time </p> <p style="background-color: #f0f0f0; padding: 5px;">Please register for all activities. If you have not registered, a class or activity may be full when you arrive. You may register by visiting heinebergcsc.org or calling 863-3982 Ext 1</p>			

We are still offering **Televeda** online activities. The monthly calendar can be found on our website heinebergcsc.org



COVID Support VT is now offering **online activity groups for older Vermonters**, enjoy lots of **GAMES AND SOCIAL TIME!** Register at: covidsupportvt.org/workshops/ or find the link on our website and find more resources at COVIDSupportVT.org

May 2021 Announcements & Special Programming



IMPORTANT UPDATES

Effective Monday, May 3

Checking-in will be no longer required. Please take your temperatures at home. Or for your convenience, we'll have a self-screen area in the side ground-floor entrance. **If you cannot answer NO to the following please remain home and call your doctor.**

- Do you have any COVID -19 symptoms?
- Have you been in close contact with anyone having COVID-19?
- Are you unvaccinated and travelled out-of-state

Masks will no longer be required* for upper-level heavier breathing activities (including yoga, tai chi, bone builders, balance, and dancing)

*Masks still required...

- While walking around immediately before/after class
- **If you are not vaccinated, you need to wear a mask at all times**

IMPORTANT NOTES

- Registration is still required online or by calling us at 863-3982 Ext 1
- Some people cannot be vaccinated due to health conditions, not by choice. Anyone unvaccinated regardless of the reason will simply keep their mask on at all times. It is NOT OK to ask anyone if they are vaccinated, Center staff will take care of this.



Introducing Heineberg's "Mini Meals"

Fresh and delicious **homemade** breakfast and lunch items with **locally sourced** products supporting Vermont farmers and producers.

Reservations are not needed. A different selection of baked goods, soups, salads and sandwiches, juice, milk and fruit will be available Monday – Thursday 10:00am – 3:00pm. A menu will be on our website Monday morning for each week.

Suggested donation for each item ranges from \$1 -\$3

This is a Support Buddies program in collaborations with HANDS VT. And supported by: Age Well, Hannaford's, City Market, and Vermont Foodbank.



Walk of Ages

COMMUNITY • FITNESS • MUSIC • FUN

Saturday, May 22, 2021

1:00 pm Check-in begins

2:00 pm Walk kicks off from our Center

Join us for our 3rd annual **Walk of Ages** fundraising walk and community resource event to help reduce isolation and support positive, active aging throughout our community.

We encourage you (family, friends, and coworkers) to create your own fundraising webpage or team page to share online.

For more information visit www.walkofagesvt.org

Or contact us at the Center.

Birthday Luncheon's are Back

Monday, May 24, 11:45am

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



Grill Day: Burgers (meat and veggie) hot dogs, chips and carrot sticks.

Call or stop by the Center by Wednesday May 19 to RSVP

Art with Camielle

May 4 -10:30am

Mother's Day Cards and Paper Flowers

May 11 -10:30am

Beaded Suncatchers

May 18 -10:30am

Art Talk w/ local artist Valerie Hird

May 25 -10:30am

Paper Marbling



Cook with Kerry

Monday May 17th @ 1:30

Cooking Demo: Spring Asparagus Salad with a Lemon Mint Vinaigrette dressing.

Now that we are back in-person, instead of distributing recipe kits we'll be offering a copy of the recipe along with the premade salad as part of our "Mini Meals" program May 10-13th.

Did you know...

We have iPads available to borrow or use in the center? Popular games like bridge, mahjong and solitaire have already been installed. Ask one of us for more details!

