



October 2021 Special Programming

50 years

Heineberg Community Senior Center

Celebrating 50 years of building
community and connections

50th Anniversary Celebration – Tuesday, October 26 at 1:30pm

Join us for an afternoon celebrating our Center's past, present, and future! We have something very special at the Heineberg Community Senior Center, so it's not surprising our early days were filled with hard working community members coming together for the common goal of individual and community strength and wellbeing.

Our Celebration will include...

- 🌀 First time walkthroughs of our new "Heineberg Historical Hallway"
- 🌀 Update on our 50th Anniversary Commemorative Walkway (If you have memories from our early days, we'd love to include them on our "Memory Lane". Please stop by our front desk to learn more!)
- 🌀 50th Anniversary t-shirts and copies of the very special "The Friendly Neighborhood – Story of the Heineberg Community Club & the People Who Made It" (Our building is 81 years old, there are lots of great stories!)
- 🌀 Games, snacks, and activities celebrating the decades that make up our past, especially the 70s as we were established in 1971. Guests are encouraged to embrace that decade and come dressed in a little 70s flare.

Creativity with Camielle

Mondays at 10:15am

Oct 4: Guided Beginner's Gouache Painting

October 18: Mini Pumpkin & Gourd Painting
Using acrylic paints, we'll get in the Halloween spirit by painting pumpkins and gourds!

Suggested \$5 donation



**FLU
SHOTS**
at the center

Flu Shot Clinic

Thursday, October 5
9:00am – 1:00pm

Please call us if transportation is needed to and from our Center for your flu shot.



Sing, play an instrument (provided), or just listen... join us for an introduction to interactive music with Music Therapist Liana.

Tuesday, October 19 at 11am

Note from Liana...

Hello, my name is Liana and I am a board-certified Music Therapist. I have been invited to your center to offer an interactive music 'taster' session where we can sing favorite songs together, explore a variety of musical instruments, and have a chat. Those who wish to just listen are also very welcome.

This group is open to everyone, regardless of prior musical training, and it will be tailored to your musical tastes.

MASKS PROVIDED FOR THOSE WISHING TO SING COMFORTABLY AND SAFELY!



Fun with woodworking

October 25 at 10:00am

Join Sachi Hergsheimer from Sawmill Studios for step-by-step instruction on building your own wooden caddy. These caddies have many uses, perfect for your home or to give as a gift.

Cost is \$7 (Includes all instruction and take-home wooden caddy)
Reservations Required



Holiday Bazaar

Saturday, November 20 9am–2pm

This year's bazaar will be setup as a mini flea market/craft sale with lunch and bake sale items offered.

We will only be accepting jewelry donations.

Tables are \$10 and you keep all profits.

To reserve your table, please contact

Gloria at 863-3505 or greynolds@burlingtontelecom.net



Returning Programs

Mondays at 11:00: Knitting for a Cause. Participants work on their own projects or items for causes such as our fundraising bazaar, HANDS Senior Holiday gift bags, UVM Medical Center Pediatrics, and more!



Thursdays at 11:00: Wii Bowling
Enjoy laughter and friendly competition





Join us on the Bus!

To RSVP, visit us online (www.heinebergcsc.org) or call/visit our center.

Times provided are the times the bus will be departing from our Center.

***We charge a minimal fare for social trips to cover cost of gas.**

***Shopping trips are all \$3 Suggested donation.**

- ***Friday, October 1, 10:00am:** Apple Orchard & lunch at Wally's Place. \$8 ** Our bus is full but feel free to meet us at the Orchard and lunch, we'll have Age Well Tickets! If interested call Shannon at 863-3982 Ext 4
- **Tuesday, October 5th 9:00am – 1:00pm:** Walk-in Flu Shot Clinic at our Center. Transportation available, reservation required by calling 863-3982 Ext 4 or online (heinebergcsc.org) Complimentary rides
- ***Wednesday, October 13, 10:00am:** "Thrift Store Circuit" – Join us while we hunt for treasures at three popular thrift stores: Replays, Shalom Shuk, and Possibility Shop



- ***Thursday, October 14:** Lunch on the Lake Narrated Cruise. This is NOT the Age Well cruise, the rescheduled date filled up so we are doing our own day. ****Our bus to the pier is full, but you are more than welcome to join us for the cruise. Meet us at Spirit of Ethan Allen (Boathouse) at 11:30, reservations still required.** Cost is \$25 for cruise and lunch (Reservations and payment needed by Tuesday, Oct 12)

- ***Thursday, October 21 at 12:30pm:** Foliage Trip including Dorset Park for the amazing view, and stops for cider, donuts, and to pick our own sunflowers. & Deli for their homemade apple cider and doughnuts. \$5
- ***Monday, October 25 at 10:00am:** Market 32 Grocery shop with a stop in their new café for a beverage and treat (additional cost). \$3
- ***Thursday, October 28 at 12:00pm:** Lunch at the Dutch Mill Restaurant \$8 (ordering off Age Well menu)
- ***Friday, October 29 at 4:00pm:** Haunted tour of Burlington. We've learned about Burlington's haunted spots and would like to share stories with you. Dress spooky if you'd like. Riders remain on the bus for this trip. \$3

COMMUNITY RIDES

Next month, we will be planning days our bus loops through Burlington to pick-up community members age 60+. If you are interested in updates on this opportunity, please call us at 863-3982 Ext 1.

Our Bus (and driver) is also available for rentals! Any organization serving the 60+ population is encouraged to contact Beth at the center to learn more 863-3982 Ext 3 or hammond@heinebergcsc.org.

WE
NEED
YOU

VOLUNTEERS NEEDED!

As an independent, non-profit center, we rely on volunteers to keep offering a variety of high-quality programming at little to no cost.

If interested in volunteering, please contact Beth at hammond@heinebergcsc.org, 863-3982 Ext 3 or sign-up online www.heinebergcsc.org

- Help with our Thursday morning food distribution
- Work special events and fundraisers
- Lead programs like, music, crafts, Bone Builders, support groups, tech support and more!
- **Become a "Winter Buddy":** Make a difference by checking-in on community members living alone, shoveling for older adults, or occasionally delivering meals.



ADVISORY
COUNCIL

We are recruiting members for
our new HCSC Participant Advisory Council.

Council participants represent the center in the community and advise the HCSC Board of Directors on participant matters. We are seeking members of various older adults and from different neighborhoods. **Interested?** To learn more about this opportunity and qualifications, contact Martha Molpus at mmolpus@sover.net or (802) 652-0323



MEAL PROGRAMS

- No reservations required for Mini Meals
- Reservations required for special luncheons* (see menu)
- Mini Meals are available **Monday – Thursdays 11:00am – 1:00pm** (Except days we have special luncheons; **there will be no mini meals Oct 19 or 26**)
- Prices listed are suggested donations.

Monthly Menu

If not a special luncheon, menu is à la carte

October 4 – 7: Apple Spice Muffins, Apple Crisp, and Chicken or Vegetable Stir Fry with Rice.

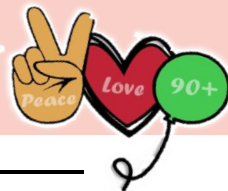
October 11 - 14: Mini Quiche (spinach or cheese), Apple Spice Muffins, Apple Crisp.

October 18, 20, 21: Pasta Bake (beef or veggie), Pumpkin Chocolate Chip Muffins

***October 19: October Birthday Luncheon.** The Bagel Café's Split Pea and Ham soup (vegetarian soup available upon request), Salad, Bread, and dessert. \$5 or free for participants with October Birthdays. **Lunch is served at Noon.** Please RSVP by Thursday, Oct 14.

October 25, 27, 28: Ham & Cheese Sandwiches, Apple Crisp, Assorted Muffins.

***October 26: This is the day of our 90+ Luncheon.** For everyone's health, we are keeping the number of people congregating to eat at a minimum. The sit-down luncheon on this day will be 90+ honorees and limited guests only. However, everyone is welcome to order a takeout meal and join us for the 50th Anniversary Celebration immediately following the luncheon. **Menu:** Pot roast with boiled potatoes and carrots, green leaf salad w/dressing, and dinner roll. **Takeout on this day will not be available until 1pm.** Cost is \$5 and **reservations required by Wednesday, Oct 20.**



NUTRITION PROGRAMS



Cooking with Chef Kerry

Monday, October 11 at 1:30pm

Nepalese Red Lentil Dahl

Did you know Burlington has a large Nepali population? Come and join us for a fun class to learn more about Nepalese cooking and the wonderful markets in our community that specialize in that cuisine.

In preparation for cooler weather, changes are coming to our grocery pick-up day.





Beginning Thursday, November 4th, we will only offer pre-bagged groceries with a variety of items donated by Hannaford and City Market. Items vary each week so we cannot guarantee contents of your bag or prepare bags based on individual preferences. Bags will always contain a variety of healthy food options.

IMPORTANT: If you would like to receive a bag each week (starting Nov 1) Everyone needs to fill out our "Pre-bagged Order Form" at the Center.

The Vermont Food Bank Gleaning Program will continue through the first week in November.



October 2021 Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: center;">JAZZERCISE</p> <p>Mon, Tues, Wed, Thurs, Fri & Sun 8:30am, 4:30pm Sat- 7:30am, 8:30am This is an independent program. For more info call Michele at 355-0487</p>	<p style="text-align: center;">"MINI MEALS" Available Mon-Thurs, 11am – 1pm (Except on days we have special luncheons)</p> 	<p style="text-align: center;">*TECH SUPPORT Reservations are required.</p> <p style="text-align: center;">Coming soon, an online security class taught by our tech volunteer, Mary. Look for updates online and at the Center.</p>	<p style="text-align: center;">BUS TRIPS! Reservations Required</p> <p>**Shopping trips are all \$3 Suggested donation.</p> <p>**We charge minimal fares, as listed, to cover bus expenses for social trips.</p>	<p>1 10:00 Novice Tai Chi 11:00 Tai Chi 10:00 Day trip: Hackett's Apple Orchard and lunch \$8</p> 
<p>4 10:00 Novice Tai Chi 10:15 Art Class: Learning the Basics of Gouache Painting 11:00 Knitting for a Cause 11:30 & 12:05 *Tech Support (RSVP needed) 11:05 Chair Yoga 12:30 Mahjongg 12:30 Adult Coloring</p>	<p>5 9:00 – 1:00 Flu Shot Clinic 9:45 Balance Class 1:15 BINGO (Note the later start this day only) 1:00 Bone Builders</p>	<p>6 9:55 Yoga Workout 11:05 Tai Chi 12:30 BINGO 1:00 Beginner Line Dancing</p>	<p>7 9:55 Combo Yoga 10:30 – 11:30 Grocery Distribution 11:00 – 12:00 Coffee Hour 12:30 Cribbage 12:30 Bridge 1:00 Bone Builders</p>	<p>8 10:00 Novice Tai Chi 11:00 Tai Chi</p>
<p>11 10:00 Novice Tai Chi 11:00 Knitting for a Cause 11:05 Chair Yoga 11:30 & 12:05 *Tech Support (RSVP needed) 12:30 Adult Coloring 12:30 Mahjongg 1:00 Book Club 1:30 Cooking with Chef Kerry: Nepalese cooking</p>	<p>12 9:45 Balance Class 12:45 BINGO 1:00 Bone Builders</p> <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 10px auto;"> <p>Book The African Queen by C. Forester</p> </div>	<p>13 9:55 Yoga Workout 10:00 Trip: "Thrift Store Circuit" 11:05 Tai Chi 12:30 BINGO 1:00 Beginner Line Dancing</p>	<p>14 9:55 Combo Yoga 10:30 – 11:30 Grocery Distribution 11:00 – 12:00 Coffee Hour 11:00 Wii Bowling 11:30 Lunch on the Lake  Narrated Cruise 12:30 Cribbage 12:30 Bridge 1:00 Bone Builders</p>	<p>15 10:00 Novice Tai Chi 11:00 Tai Chi</p>
<p>18 10:00 Novice Tai Chi 10:15 Art Class: Mini Pumpkin & Gourd Painting 11:00 Knitting for a Cause 11:30 & 12:05 *Tech Support (RSVP needed) 11:05 Chair Yoga 12:30 Mahjongg 12:30 Adult Coloring</p>	<p>19 9:45 Balance Class 12:00: October Birthday Luncheon (This is our monthly luncheon, not 90+) 11:00 Interactive Music 12:45 BINGO 1:00 Bone Builders</p> 	<p>20 9:55 Yoga Workout 11:05 Tai Chi 12:30 BINGO 1:00 Beginner Line Dancing</p>	<p>21 9:55 Combo Yoga 10:30 – 11:30 Grocery Distribution 11:00 – 12:00 Coffee Hour 12:30pm: Foliage Trip 12:30 Cribbage 12:30 Bridge 1:00 Bone Builders</p>	<p>22 10:00 Novice Tai Chi 11:00 Tai Chi</p>
<p>25 10:00 Novice Tai Chi 10:00 Market 32 Grocery & Cafe 10:00 Woodworking 11:00 Knitting for a Cause 11:05 Chair Yoga 11:30 & 12:05 *Tech Support (RSVP needed) 12:30 Mahjongg 12:30 Adult Coloring</p>	<p>26 11:00 90+ Luncheon (By invitation only, however, you may order take-out, see menu) 1:30 50th Anniversary Celebration</p>	<p>27 9:55 Yoga Workout 11:05 Tai Chi 12:30 BINGO 1:00 Beginner Line Dancing</p>	<p>28 9:55 Combo Yoga 10:30 – 11:30 Grocery Distribution 11:00 – 12:00 Coffee Hour 11:00 Wii Bowling 12:00pm: Trip: Lunch at the Dutch Mill Restaurant 12:30 Cribbage 12:30 Bridge 1:00 Bone Builders</p>	<p>29 10:00 Novice Tai Chi 11:00 Tai Chi 4:00 Day trip: Haunted Tour of Burlington</p>

All regular programming will be canceled this day 10/26 for safe numbers and special

Bring this ad in to receive **color copies for just .29 cents each.** And **shredding for .79 cents per pound**

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