





September 2021 Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<p>"MINI MEALS" Mon-Thurs, 10:30-2:30 Suggested donation \$.50-\$2 per item</p> <p>BUS TRIPS! Reservations Required **Shopping trips are all \$3 Suggested donation.</p> <p>**We charge minimal fares to cover bus expenses for social trips, as listed.</p>	<p>JAZZERCISE Mon, Tues, Wed, Thurs, Fri & Sun 8:30am, 4:30pm Sat- 7:30am, 8:30am</p> <p>*TECH SUPPORT Reservations are required for tech support.</p>	<p>1 9:30 Gardening group 9:55 Yoga Workout 11:05 Tai Chi 12:30 BINGO 1:00 Beginner Line Dancing</p> <p><i>Thank You Volunteers</i> →</p>	<p>2 9:55 Combo Yoga 10:30 – 11:30 Coffee and Conversation 10:30 – 11:30 Food & Meal Distribution 12:00 Volunteer Appreciation BBQ 12:30 Cribbage 12:30 Bridge 1:00 Bone Builders</p> 	<p>3 10:00 Novice Tai Chi 11:00 Tai Chi 10:00 Day trip with lunch \$6: Green Mountain Audubon Center/Birdwatching**.</p>
<p>6</p> <p>WE WILL BE CLOSED ON LABOR DAY</p> 	<p>7 9:00 Shopping trip: Heavenly Cents Thrift store** 9:45 Balance Class 12:45 BINGO 1:00 Bone Builders</p>	<p>8 9:30 Gardening group 9:55 Yoga Workout 11:05 Tai Chi 12:30 BINGO 1:00 Beginner Line Dancing</p>	<p>9 9:55 Combo Yoga 10:30 – 11:30 Coffee and Conversation 10:30-11:30 Food & Meal Distribution 11:00 Shopping trip: University Mall** 12:30 Cribbage 12:30 Bridge 1:00 Bone Builders</p>	<p>10 10:00 Shopping trip: Hannaford & HomeGoods** 10:00 Novice Tai Chi 11:00 Tai Chi</p>
<p>13 10:00 Shopping trip: Walmart** 10:00 Novice Tai Chi 10:15 Art Class: Watercolors 11:05 Chair Yoga 11:30 & 12:05 *Tech Support (RSVP needed) 12:30 Adult Coloring 12:30 Mahjongg 1:00 Book Club.</p>	<p>14 9:45 Balance Class 12:45 BINGO 1:00 Bone Builders</p> <p>Book: <i>The 100-Year-Old Man Who Climbed Out the Window and Disappeared.</i> by J Jonasson</p>	<p>15 9:30 Gardening group 9:55 Yoga Workout 11:05 Tai Chi 12:30 BINGO 1:00 Beginner Line Dancing</p>	<p>16 9:55 Combo Yoga 10:00 Day Trip: Spirit of Ethan Allen cruise and lunch \$25** 10:30 – 11:30 Coffee and Conversation 10:30 – 11:30 Food & Meal Distribution 12:30 Cribbage 12:30 Bridge 1:00 Bone Builders</p>	<p>17 10:00 Novice Tai Chi 11:00 Tai Chi 11:00 Lunch trip: IHOP for lunch \$8**</p>
<p>20 10:00 Novice Tai Chi 10:15 Art Class: Learning the Basics of Gouache Painting 11:30 & 12:05 *Tech Support (RSVP needed) 11:05 Chair Yoga 11:45: BirthDay Luncheon 12:30 Mahjongg 12:30 Adult Coloring</p> 	<p>21 9:45 Balance Class 11:00 Special trip: Asian Market with Chef Kerry \$5** 12:45 BINGO 1:00 Bone Builders</p>	<p>22 9:30 Gardening group 9:55 Yoga Workout 11:05 Tai Chi 12:30 BINGO 1:00 Beginner Line Dancing</p>	<p>23 9:55 Combo Yoga 10:30 – 11:30 Coffee and Conversation 10:30 – 11:30 Food & Meal Distribution 12:30 Cribbage 12:30 Bridge 1:00 Bone Builders 2:45 Shopping trip: Milton Farmer's Market**</p>	<p>24 10:00 Novice Tai Chi 11:00 Tai Chi</p>
<p>27 10:00 Novice Tai Chi 11:00 Shopping trip: Replays Thrift Store** 11:05 Chair Yoga 11:30 & 12:05 *Tech Support (RSVP needed) 12:30 Mahjongg 12:30 Adult Coloring 1:30 Cooking with Chef Kerry</p>	<p>28 9:45 Balance Class 12:45 BINGO 1:00 Bone Builders</p>	<p>29 9:30 Gardening group 9:55 Yoga Workout 11:05 Tai Chi 12:30 BINGO 1:00 Beginner Line Dancing</p>	<p>30 9:55 Combo Yoga 10:00 Shopping trip: Shaw's & Dollar Tree** 10:30 – 11:30 Coffee and Conversation 10:30 – 11:30 Food & Meal Distribution 12:30 Cribbage 12:30 Bridge 1:00 Bone Builders</p>	<p>October 1 10:00 Novice Tai Chi 10:00 Day trip: Hackett's Apple Orchard and lunch \$8** 11:00 Tai Chi</p> 

September 2021 Announcements & Special Programming

We ♥ our
Volunteers!



Our Center is turning 50!

Participants, community members, and businesses are invited to purchase a personalized engraved brick to create their own legacy at our Center. Engraved bricks will fill our front walkway to commemorate our 50th year.

ENGRAVED BRICKS ARE A PERFECT WAY TO SUPPORT OUR CENTER, AND...

- **Celebrate** family bonds, a wedding, anniversary, birthday, graduation, or birth.
- **Remember** a loved one.
- **Thank** a Veteran or active military. (We'll offer a special area under our flagpole for bricks acknowledging veterans and those currently serving in our military.)
- **Promote** a business or organization by supporting our Center

Order your brick(s) today!

Extended deadline is September 27!

Order online (www.heinebergcsc.org) or at our Center.

Volunteer appreciation BBQ

Thursday, September 2 at noon

Hamburgers, hot dogs, and veggie burgers, salad, and a special ice cream truck inspired dessert.

Everyone is welcome!

Lunch is \$3 or FREE for volunteers. Come early or stay late to play lawn games!

Reservations required by Tuesday, August 30. Call or stop by our Center to RSVP.

September Birthday Luncheon

Monday, September 20th, 11:45am

Domino's Pizza: Cheese, Pepperoni or Veggie. Choice of salad or carrot sticks and dessert.

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

Call or stop by the Center by September 17th to RSVP



Creativity with Camielle

Mondays at 10:15am

Sept 13: Watercolor for Beginners: Golden Sunset

Sept 20: Learning the Basics of Gouache Painting

Suggested \$5 donation covers activity and materials



Join us on the Bus!

For day outings and shopping!

Shannon is looking forward to taking participants on the following trips!

Space is limited so please sign up early!

For trip details and to RSVP, visit us online

(www.heinebergcsc.org) or call/visit our center.

✓ Times provided will be departing from our Center.

**We need to charge minimal fares for social trips, as listed.

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

- ****Friday, Sept 3, 10:00am:** Green Mountain Audubon Center/Birdwatching. \$6 Bagged lunch included.
- ****Tuesday, Sept 7, 9:00am:** Heavenly Cents Thrift Store (Space is limited as they are opening early just for our Center. Cash only)
- ****Thursday, Sept 9, 11:00am:** University Mall, So Burlington
- ****Friday, Sept 10, 10:00am:** Hannaford & HomeGoods, Shelburne Rd.
- ****Monday, Sept 13, 10:00am:** Walmart
- ****Thursday, Sept 16, 10:00am:** Age Well sponsored Spirit of Ethan Allen Boat Cruise and Lunch. \$25
- ****Friday, September 17, 11:00am:** IHOP \$8 Includes Age Well restaurant ticket meal.
- ****Tuesday, Sept 21, 11:00am:** Asian Market with Chef Kerry \$5
- ****Thursday, Sept 23 2:45pm:** Milton Farmer's Market \$3
- ****Monday, Sept 27, 11:00am:** Replays Thrift Store, So Burlington
- ****Thursday, Sept 30, 10:00am:** Shaw's & Dollar Tree, Shelburne Rd
- ****Friday, October 1, 10:00am:** Hackett's Apple Orchard & lunch at Wally's Place. \$8, includes Age Well restaurant ticket meal.



Cooking with Chef Kerry

Monday, Sept 27 at 1:30pm

Classic Chocolate Chip Cookies and Zucchini Muffins. Have you wondered why your cookies turn out too flat sometimes? Does baking seem overwhelming? Join us for a fun class and learn simple tips to create delicious cookies and baked goods!

Suggested \$5 Donation



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 this year, other items sold by individuals.

Tables are \$10 and limited so sign up early. You keep all profits. To reserve your table, please contact Gloria at 863-3505 or greynolds@burlingtontelecom.net