

January 2021 Calendar

- **Online activities offered by televēda** These are live activities offered to our participants free of charge. Many activities hosted by experts from around the world. You only need to register once, then simply attend the online activity by following links on our website heinebergcsc.org.
- **Online activities in green** hosted by Heineberg Community Senior Center staff and volunteers. Registration is required by visiting our website: heinebergcsc.org

Monday	Tuesday	Wednesday	Thursday	Friday
4 11:00AM Gentle/ Stretch Yoga 1:00PM Drawing & Painting Workshop	5 9:45AM Balance Class 12:30PM Tai Chi 2:00PM Scattergories	6 1:00PM Chair Yoga 3:00PM Televēda Bingo	7 10:30AM – 12PM Food & Meal Distribution 11:30AM Strength Building 12:00PM Trivia 1:15PM Zen Flow 3:00PM Bingo	8 11:00AM Yoga, Cardio & Core 3:00PM Woman Who Paved the Way by Homestead National Monument of Am.
11 11:30AM Gentle/ Stretch Yoga 12:30PM Coffee filter flowers with Camielle 1:00PM Drawing & Painting 1:00PM Heineberg Book Club discussion of <i>Enemies: A Love Story</i>	12 9:45AM Balance Class 12:30PM Tai Chi 2:00PM Crazy Eights (card game) 4:00PM Zentangle	13 1:00PM Chair Yoga 3:00PM Televēda Bingo	14 10:30AM – 12PM Food & Meal Distribution 12:00PM Trivia 1:15PM Zen Flow 3:00PM Bingo 4:00PM Chat w/ Rabbi Levi	15 11:00AM Yoga, Cardio & Core 4:00PM Sculpting Workshop
18 11:30AM Gentle/ Stretch Yoga 12:30PM Watercolor postcards with Camielle 1:00PM Drawing & Painting Workshop	19 9:45AM Balance Class 12:30PM Tai Chi 2:00PM Virtual Trivia	20 1:00PM Chair Yoga 3:00PM Televēda Bingo	21 10:30AM – 12PM Food & Meal Distribution 11:30PM Strength Building 12:00PM Virtual Trivia* 1:15PM Zen Flow* 3:00PM Televēda Bingo*	22 11:00AM Kerry's recipe follow-up 11:00AM Yoga, Cardio & Core 3:00PM Excite Space, Observing the Sun with McDonald Observatory
25 1:00PM Drawing & Painting Workshop*	26 9:45AM Balance Class 12:30PM Tai Chi 2:00PM Hollywood Quiz Up!	27 1:00PM Chair Yoga 3:00PM Televēda Bingo with Pembroke Pines School Students!	28 10:30AM – 12PM Food & Meal Distribution 12:00PM Virtual Trivia 1:15PM Zen Flow 3:00PM Televēda Bingo 4:00PM Chat w/ Rabbi Levi	29 11:00AM Yoga, Cardio & Core 3:00PM Travel talk with Mark Kacik



MyChart Training Class Friday, January 15, 1:00pm

Taught by: Sarah K. Chistolini, MBA, UVM Medical Center's Senior Telehealth Program Strategist

MyChart is free online tool for everyone receiving health care through the UVM Health Network.

With MyChart...

- Communicate with your doctor
- Get answers to your medical questions from the comfort of your own home
- Access your test results
- Request prescription refills
- Manage your appointments

Call 863-3982 Ext 1 to reserve your spot or register online (heinebergcsc.org) to attend remotely

OUR CENTER REMAINS OPEN **MONDAY – THURSDAY 10AM – 12PM**
FOR THE FOLLOWING ONGOING SERVICES...

- **Lending Library:** Individuals wishing to browse our library Monday – Thursday 10:00am – 12:00pm for books, coloring materials, or puzzles will be invited down one-by-one with masks on.
- **Pre-Packaged and Frozen Meals** can be picked up Monday – Wednesday 10:00am – 12:00pm or picked up or delivered Thursdays 10:30am – 12:00pm. To place a meal or grocery order, call Kerry at 863-3982 Ext 2 or batres@heinebergcsc.org.
- **Pre-Bagged Groceries** will be offered every Thursday 10:30am – 12:00pm. Participants pick up groceries outside our Center or request a delivery. To place a meal or grocery order, call Kerry at 863-3982 Ext 2 or batres@heinebergcsc.org.
- **Telehealth (Remote) Doctor's Appointments:** As a telehealth host site, we offer highspeed internet, computers, and tech support for all remote doctor's appointments. Contact us or visit our website for more information.
- **Tech Support:** Assistance obtaining internet, a computer, or iPad (iPads for telehealth appointments from home), or technology training. For more information, call Camielle at 863-3982 Ext 1 or aylwin@heinebergcsc.org

NEW ONLINE ACTIVITIES

To learn more or join any online program, go to our "online programs" page of our website: heinebergcsc.org

- ✓ We have partnered with **televēda** to offer live, interactive (online senior center) activities noted in **Purple**. These activities are free to our participants. Once you create an account, you can join as many activities as you'd like.
- ✓ Online activities in **Green** are hosted by **Heineberg Community Senior Center** staff and volunteers. **Registration is required** by visiting our website: heinebergcsc.org.

- **(Virtual) Art:** Join Camielle twice a month on Mondays at 12:30 for virtual art (painting or sketching) or arts and crafts. Art materials can be picked up at our Center during regular hours starting the Monday prior to each class. **January 11 (NEW DATE):** Coffee filter flowers. **January 18:** watercolor postcards. Registration required by visiting heinebergcsc.org or calling 863-3982 Ext 1.
- **Balance Class:** Tuesdays at 9:45am. Increase coordination, muscle, brain function, and bone strength.
- **BINGO (online!):** Print BINGO cards or borrow some from the Center. Dates listed on the calendar.
- **Chair Yoga:** Move through a series of seated yoga poses designed to increase flexibility, balance, and range of motion. All levels
- **Fresh Start Strong** (Balance/Fitness): Enjoy a 45-minute fitness class to improve our strength and balance.
- **Heineberg Book Club:** Second Monday of every month 1:00pm. Books lent to us from the Fletcher Free Library can be picked up at our Center during regular hours. Book for Jan 11 discussion: *Enemies, A Love Story*
- **In the Kitchen with Kerry:** Every month Kerry will prepare a recipe kit with ingredients to prepare then discuss during a follow-up Zoom chat. Recipe kits can be picked up the third Wednesday of every month from 10am – 12pm. (If needed we can have the kits delivered on Thursdays). In January, Carrot Ginger Soup will be made. Materials picked up Wednesday, January 20th or delivered/picked up Wednesday, January 21st and discussed over Zoom Friday, January 22nd. Registration required by visiting heinebergcsc.org or calling 863-3982 Ext 1.
- **Jazzercise** Contact Michele Catella 802.355.0487 for more information
- **Sculpting Workshop:** Clay and tools can be picked up or delivered (\$5 suggested donation) from our Center beginning Monday, January 11
- **Tai Chi:** Televēda Tai Chi is a chair-based form of exercise that is easy to learn and follow. It involves a series of movements performed in a slow, focused manner that are accompanied by deep breathing to help improve well-being and focus.
- **Virtual Trivia:** It's game time! Televēda's host leads 5 rounds of interactive brain games that will keep your mind active. Play individually, or on a team.
- **Yoga:** Come and join us as we move through a series of graceful yoga poses that will help improve mobility, better respiration, reduce anxiety, and many more health benefits.
- **Zen Flow:** Televēda's Zen Flow class combines mindful meditation, breathing, and seated Tai Chi.
- **Zentangle:** Ever heard about Zentangle? It's a fun and relaxing way to create images. It's done by creating tiles and patterns and is a less intimidating way to enjoy art as a beginner.

