

Monday	Tuesday	Wednesday	Thursday	Friday
2				
<b>CLOSED</b>	9:45 Balance Class 12:30 Bingo 1:00 Bone Builders	10:30 Meals pick-up 9:55 Yoga with Ilse 11:05 Adv. Tai Chi 12:30 Bingo 1:00 Line Dancing	10:00 Free Groceries 10:00 Coffee/Conv. 10:15 Yoga with Jill \$\$ 11:00 Cribbage 1:00 Bridge 1:00 Bone Builders	10:00 Novice Tai Chi 11:00 Advanced Tai Chi 10:15 Support Group Call (802) 497-0723 to pre-register
9	10	11	12	13
10:00 Novice Tai Chi 10:00 Flower Arranging 11:00 Yoga with Jill \$\$ 12-12:45 Hot Lunch \$\$ 12:30 Adult Coloring 12:30 Mahjong	11:30 <b>BIRTHDAY LUNCH!! \$5.</b> 9:45 Balance Class 12:30 Bingo 1:00 Bone Builders	10:30 Meals pick-up 9:55 Yoga with Ilse 11:05 Adv. Tai Chi 12:30 Bingo 1:00 Line Dancing	10:00 Free Groceries 10:00 Coffee/Conv. 10:15 Yoga with Jill \$\$ 11:00 Cribbage 1:00 Bridge 1:00 Bone Builders	10:00 Novice Tai Chi 11:00 Advanced Tai Chi 10:15 Support Group Call (802) 497-0723 to pre-register
16	17	18	19	20
10:00 Novice Tai Chi 10:00 Flower Arranging 11:00 Yoga with Jill \$\$ 12-12:45 Hot Lunch \$\$ 12:30 Adult Coloring 12:30 Mahjong	9:45-12:45 <b>Free HEARING SCREENING</b> <b>NO Balance Class</b> 12:30 Bingo 1:00 Bone Builders	10:30 Meals pick-up 9:55 Yoga with Ilse 11:05 Adv. Tai Chi 12:30 Bingo 1:00 Line Dancing	10:00 Free Groceries 10:15 Yoga with Jill \$\$ 11:00 Cribbage 1:00 Bridge 12-4 pm <b>Covid Vaccine Clinic - walk-in</b> <b>NO Bone Builders</b>	10:00 Novice Tai Chi 11:00 Advanced Tai Chi 10:15 Support Group Call (802) 497-0723 to pre-register
23	24	25	26	27
10:00 Novice Tai Chi 10:00 Flower Arranging 11:00 Yoga with Jill \$\$ 12-12:45 Hot Lunch \$\$ 12:30 Adult Coloring 12:30 Mahjong	9:45 Balance Class 11:30-12:30 <b>Kerry: Age Well tickets</b> 12:30 Bingo 1:00 Bone Builders	10:30 Meals pick-up 9:55 Yoga with Ilse 11:05 Adv. Tai Chi 12:30 Bingo 1:00 Line Dancing	10:00 Free Groceries 10:00 Coffee/Conv. 10:15 Yoga with Jill \$\$ 11:00 Cribbage 1:00 Bridge 1:00 Bone Builders	10:00 Novice Tai Chi 11:00 Advanced Tai Chi 10:15 Support Group Call (802) 497-0723 to pre-register
30	31			
10:00 Novice Tai Chi 10:00 Flower Arranging 11:00 Yoga with Jill \$\$ 12-12:45 Hot Lunch \$\$ 12-4 pm <b>Covid Vaccine Clinic - walk-in</b>	9:45 Balance Class 12:30 Bingo 1:00 Bone Builders	<b>Birthday Lunches are back! Second Tuesday of the month. \$5.00, free if your birthday is this month.</b>	<b>FREE Winter Farm Share Produce</b>  <b>Mondays Jan 9 and 23</b>	<b>Please call Heineberg Community Senior Center at (802) 863-3982 for more information about any of our programming.</b>