



Heineberg Community Senior Center 14 Heineberg Road, Burlington, VT 05408 Ph 802-863-3982

Web www.heinebergcsc.org Email info@heinebergcsc.org

July 2020 Activities

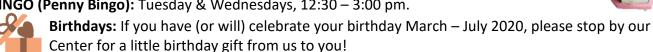
Monday	Tuesday	Wednesday	Thursday	Friday
Program Locations: Inside/Upper Level Outside/Big Tent Outside/Little Tent Outside * New/Special Programs		1 9:30 Gardening Group* 9:30 Walking Group* 9:55 Independent Yoga 10:30 Coffee Hour* 11:15 Tai Chi 12:30 BINGO 1:00 Beginner Line Dancing	2 9:55 Yoga 11:30 – 12:30 Food & Meal Distribution	3 10:00 Novice Tai Chi 11:00 Tai Chi
6 9:15 Mindful Aging Support Group* 10:00 Novice Tai Chi 11:00 Knitting & Crochet 11:15 Yoga 12:30 Adult Coloring	7 9:45 Balance Class* 12:30 BINGO	8 9:30 Gardening Group* 9:30 Walking Group* 9:55 Independent Yoga 10:30 Coffee Hour* 11:15 Tai Chi 12:30 BINGO 1:00 Beginner Line Dancing	9 9:55 Yoga 11:30 – 12:30 Food & Meal Distribution 1:00 HANDS in the Dirt Series*	10 10:00 Novice Tai Chi 11:00 Tai Chi
Age Well Restaurant Tickets sales 10 -2	Age Well Restaurant Tickets sales 10 -2	Age Well Restaurant Tickets sales 10 -2	Age Well Restaurant Tickets sales 10 -2	Age Well Restaurant Tickets sales 10 -2
9:15 Mindful Aging Support Group* 10:00 Novice Tai Chi 11:00 Knitting & Crochet 11:15 Yoga 12:30 Adult Coloring 1:00 Book Club	9:45 Balance Class* 10:45 Painting Class* 12:30 BINGO 1:00 HANDS in the Dirt Series*	9:30 Gardening Group* 9:30 Walking Group* 9:55 Independent Yoga 10:30 Coffee Hour* 11:15 Tai Chi 12:30 BINGO 1:00 Beginner Line Dancing	16 9:55 Yoga 11:30 – 12:30 Food & Meal Distribution	17 10:00 Novice Tai Chi 11:00 Tai Chi
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CENTER PROGRAMS – As of July 1, 2020

Age Well Restaurant Ticket Sales: Tickets sold the first FULL week of every month 10am – 2pm.

Arts & Crafts: Monday, July 20th at 10:30am. Our new artist volunteer, Camielle, will lead us in an arts & crafts activity. We'll decoupage mini bird houses or wooden jewelry trays.

BINGO (Penny Bingo): Tuesday & Wednesdays, 12:30 – 3:00 pm.



Book Club: Second Monday of every month 1:00 pm.

Coffee Hour: Wednesdays at 10:30am. Join us for coffee, tea, or water, snacks, friends, and fun conversation!

Coloring: Adult Coloring every Monday at 12:30 pm. All supplies provided.

Computer Support: Looking for tech support? (Including internet and computer access) Contact Beth at hammond@heinebergcsc.org or 863-3982 Ext 2

Food & Meal Day: Every Thursday we distribute prebagged groceries and packaged meals 11:30 – 12:30. To place your order, email Adele at adele@heinebergcsc.org or call 863-3982 Ext 1

Gardening Group: Meet outside our Center Wednesday mornings at 9:30am to help keep our flower and vegetable beds looking great.

Jazzercise: See newsletter calendar for class days and times. For all ages and abilities. Center participants get discounted rates and no regular fee. Any days for \$49/MTh. Contact: Michele Catella 802.355.0487 Knitting & Crochet Group: Mondays at 11:00am.

Line Dancing: Heineberg High Steppers Beginners class Wednesdays at 1:00pm. First class is free, \$5 a class after that. For more information Donna @ 399-1532

Mindful Aging Support Group: Led by Adele, Center Coordinator. Mondays at 9:15 am.

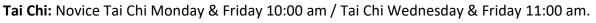


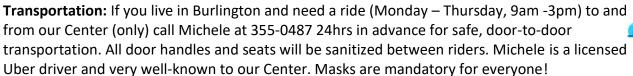
Painting Classes: Tuesdays, July 14 & 28 at 10:45am. Camielle is an experienced artist and will lead the class in fun watercolor paintings. On July 14, the class will paint a colorful landscape, and on July 28, floral watercolor cards will be created. Supplies provided. Please RSVP, space is limited.

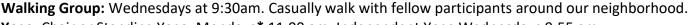




Special Presentations: HANDS (Helping and Nurturing Diverse Seniors) is presenting two workshops at our Center as part of the "HANDS in the *Dirt"* series. The first will be on Thursday, July 9 at 1:00pm with garden expert Charlie Nardozzi, called "Summertime Gardening". Chef Robin will offer a second workshop, titled "Healthy Ways to Use Summer Produce", on Tuesday, July 14 at 1:00pm. Please RSVP, space is limited.







Yoga: Chair or Standing Yoga. Mondays* 11:00 am, Independent Yoga Wednesdays 9:55 am, Thursdays* 9:55 am. (*Suggested donation \$2-3 per class)



Remember to register for all activities! For safe physical distancing, we need to limit upper level activities to 13 people and 15 people in our large outside tent... activities will fill up! Register online (www.heinebergcsc.org) or by calling 863-3982 Ext 1.

Registration opens at 11:00 am Fridays for the following week.