

July 2020 Activities

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Program Locations: Inside/Upper Level Outside/Big Tent Outside/Little Tent Outside</p> <p>* New/Special Programs</p>		<p>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</p>	<p>2 9:55 Yoga 11:30 – 12:30 Food & Meal Distribution</p>	<p>3 10:00 Novice Tai Chi 11:00 Tai Chi</p>
<p>6 9:15 Mindful Aging Support Group* 10:00 Novice Tai Chi 11:00 Knitting & Crochet 11:15 Yoga 12:30 Adult Coloring</p> <p><i>Age Well Restaurant Tickets sales 10 -2</i></p>	<p>7 9:45 Balance Class* 12:30 BINGO</p> <p><i>Age Well Restaurant Tickets sales 10 -2</i></p>	<p>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</p> <p><i>Age Well Restaurant Tickets sales 10 -2</i></p>	<p>9 9:55 Yoga 11:30 – 12:30 Food & Meal Distribution 1:00 HANDS in the Dirt Series*</p> <p><i>Age Well Restaurant Tickets sales 10 -2</i></p>	<p>10 10:00 Novice Tai Chi 11:00 Tai Chi</p> <p><i>Age Well Restaurant Tickets sales 10 -2</i></p>
<p>13 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</p>	<p>14 9:45 Balance Class* 10:45 Painting Class* 12:30 BINGO 1:00 HANDS in the Dirt Series*</p>	<p>15 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</p>	<p>16 9:55 Yoga 11:30 – 12:30 Food & Meal Distribution</p>	<p>17 10:00 Novice Tai Chi 11:00 Tai Chi</p>
<p>20 9:15 Mindful Aging Support Group* 10:00 Novice Tai Chi 10:30 Arts & Crafts: Decoupage* 11:00 Knitting & Crochet 11:15 Yoga 12:30 Adult Coloring</p>	<p>21 9:45 Balance Class* 12:30 BINGO</p>	<p>22 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</p>	<p>23 9:55 Yoga 11:30 – 12:30 Food & Meal Distribution</p>	<p>24 10:00 Novice Tai Chi 11:00 Tai Chi</p>
<p>27 9:15 Mindful Aging Support Group* 10:00 Novice Tai Chi 11:00 Knitting & Crochet 11:15 Yoga 12:30 Adult Coloring</p>	<p>28 9:45 Balance Class* 10:45 Painting Class* 12:30 BINGO</p>	<p>22 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</p>	<p>23 9:55 Yoga 11:30 – 12:30 Food & Meal Distribution</p>	<p>24 10:00 Novice Tai Chi 11:00 Tai Chi</p>

Jazzercise Hours

Mon, Tues, Wed, Thurs, Fri & Sun - 8:30am, 4:30pm

Sat - 7:30am, 8:30am

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.



Birthdays: If you have (or will) celebrate your birthday March – July 2020, please stop by our Center for a little birthday gift from us to you!

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 Nardozi, 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.



Tai Chi: Novice Tai Chi Monday & Friday 10:00 am / Tai Chi Wednesday & Friday 11:00 am.

Transportation: If you live in Burlington and need a ride (Monday – Thursday, 9am -3pm) to and from our Center (only) call Michele at 355-0487 24hrs in advance for safe, door-to-door transportation. All door handles and seats will be sanitized between riders. Michele is a licensed Uber driver and very well-known to our Center. Masks are mandatory for everyone!



Walking Group: Wednesdays at 9:30am. Casually walk with fellow participants around our neighborhood.

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)

Important
Notice!

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.