



June 2019

Keeping Well

Monday, June 17, 10:00am

Topic: Depression



Join SASH Wellness nurse,
Samantha, for this important topic.

June Birthday Luncheon

Tuesday, June 11, 11:45 am

Lunch is \$5 or FREE for participants
with June Birthdays
Jolley Mobil's Turkey, veggie, or ham
wraps, chips, and birthday cake
RSVP by Friday, June 7



Housing in Burlington (Accessory Dwelling Units)

Tuesday, June 25 from 9:00 – 10:00 am

Are you interested in exploring ways to expand housing options to support aging in place? AARP is hosting a coffee hour to share ideas and discuss ways to increase housing options in Burlington that provide greater flexibility for homeowners and expand the variety of housing types available. We are especially interested in discussing ways to address the barriers that prevent Accessory Dwelling Units. To learn more please join us from 9-10 am on Tuesday, June 25th, 2019. RSVP: kstoddardpoor@aarp.org

AARP wants to hear your story... how do you deal with medication costs?

Wednesday, June 26 at 12:15 pm

The cost of prescription drugs has skyrocketed and there is no end in sight! Americans pay more than any other country for our meds by a long shot and the pharmaceutical companies are making record profits year after year. AARP has launched a nationwide campaign to hold drug companies accountable and to press our elected officials to take action. To help do that we need real stories of the many Vermonters struggling to afford their meds. Representatives from AARP Vermont will be at the center on June 26 at 12:15 to share more about the campaign and ask if there are folks who might want to share their stories about affording expensive medications.

Annual Board Meeting

Thursday, June 27 at 9:30am

Join us for this important meeting. In addition to financial, programming, and operations updates, we'll review our 2019 Center Survey results.



Please Note!

**Activity leaders
&
Participants**

Please be sure all activity participants include their name on the class roster. This is not a daily attendance but an ongoing participant list, so we know who to contact with activity updates and cancelation notices. If you have any questions regarding this roster, please see Terri at the front desk. **Thank you!**



Heineberg Community Senior Center

An independent non-profit, open to all

14 Heineberg Road Burlington, VT 05408

PH 802-863-3982 Web www.heinebergcsc.org

LOWER LEVEL HOURS*

Monday-Wednesday 10:00am -3:00 pm

Thursday 9:00am - 3:00pm

*For upper level activities see calendar for times

June 2019 Activities

Monday	Tuesday	Wednesday	Thursday	Friday
Jazzercise Hours M -EXPRESS -8:30am, 4:30pm, 5:45pm T - 8:30am, 4:30pm W - 8:30am, 4:30am, 5:45pm	Th - 8:30am, 4:30pm F - 8:30am, 4:30pm Sa - 7:30am, 8:30am Su - 8:30am, 4:30pm	* - Reservation needed		
3 9:45 Novice Tai Chi 10:45 Computer Support 11:00 Yoga 12:30 Mahjongg 12:30 Adult Coloring	4 9:45 - 12:30 Foot Clinic* 11:45 Lunch* 1:00 BINGO 1:00 Bone Builders	5 9:40 Independent Yoga 10:45 Tai Chi 11:45 Lunch* 1:00 BINGO 1:00 Line Dancing 2:30 Beginner Line Dancing	6 Age Well Ticket Sales 8:45 Food Day 10:00 Wii Bowling 9:40 Yoga 12:30 Cribbage 12:30 Bridge 1:00 Bone Builders	7 9:45 Novice Tai Chi 10:45 Tai Chi
10 9:45 Novice Tai Chi 10:45 Computer Support 11:00 Yoga 12:30 Mahjongg 12:30 Adult Coloring 1:00 Book Club	11 10:00 TED Talk 11:45 Birthday Lunch* 12:30 - 2:30 Chair massage* 11:15 Blood Pressure Clinic 1:00 BINGO 1:00 Bone Builders	12 9:40 Independent Yoga 10:45 Tai Chi 11:45 Lunch* 1:00 BINGO 1:00 Line Dancing 2:30 Beginner Line Dancing	13 8:45 Food Day 9:40 Yoga 10:00 Wii Bowling 12:30 Cribbage 12:30 Scrabble 12:30 Bridge 1:00 Bone Builders	14 9:45 Novice Tai Chi 10:45 Tai Chi
17 9:45 Novice Tai Chi 10:00 Wellness Chat 10:45 Computer Support 11:00 Yoga 12:30 Mahjongg 12:30 Adult Coloring	18 11:45 Lunch* 1:00 BINGO 1:00 Bone Builders	19 9:40 Independent Yoga 10:45 Tai Chi 11:45 Lunch* 1:30 BINGO 1:00 Line Dancing 2:30 Beginner Line Dancing	20 8:45 Food Day 9:40 Yoga 9:45 - 11:45 Chair massage* 10:00 Wii Bowling 12:30 Cribbage 12:30 Bridge 1:00 Bone Builders	21 9:45 Novice Tai Chi 10:45 Tai Chi
24 9:45 Novice Tai Chi 10:45 Computer Support 11:00 Yoga 12:30 Mahjongg 12:30 Adult Coloring	25 9:00 Accessory Dwelling Units Coffee Hour 11:45 Lunch* 1:00 BINGO 1:00 Bone Builders	26 9:40 Independent Yoga 10:45 Tai Chi 11:45 Lunch* 12:15 AARP Medication Costs discussion 1:00 BINGO 1:00 Line Dancing 2:30 Beginner Line Dancing	27 8:45 Food Day 9:30 Annual Board Meeting 9:40 Yoga 10:00 Wii Bowling 12:30 Cribbage 12:30 Bridge 1:00 Bone Builders	28 9:45 Novice Tai Chi 10:45 Tai Chi

June 2019 Meals - Suggested \$5 donation

Reservations required - call 863-3982 or stop by the front desk



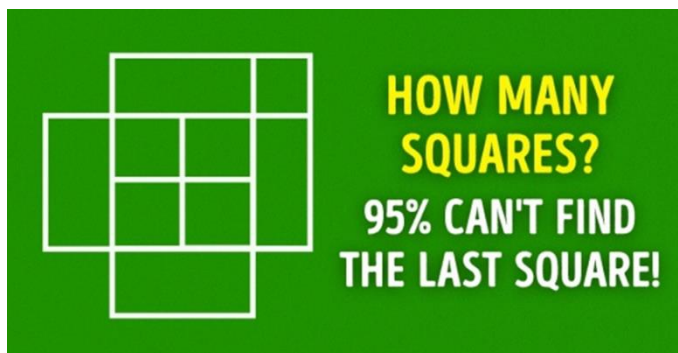
Tuesday lunches: Served at 11:45am **RSVP by Thursday 9:30am**

- **June 4:** Paprika breaded chicken with bbq sauce, rice, red beans and vegetables, Scandinavian vegetables, wheat bread, orange
- **June 11 June Birthday Luncheon** - Jolley Mobil's Turkey, veggie, or ham wraps, chips, and birthday cake
- **June 18:** Meatloaf with brown sauce, mashed potatoes, mixed vegetables, wheat bread, apple crisp
- **June 25:** Roast pork, gravy, mashed cauliflower, garden peas, wheat biscuit, vanilla fluff with pineapple and mandarin oranges

WEDNESDAY LUNCHES: Served at 11:45am **RSVP by Thursday 1:00pm**



- **June 5:** Shepherd's pie, brussel sprouts, green salad, and dessert
- **June 12:** Roasted pork loin w/herb gravy, baked potato, mixed vegetable, green salad, and dessert
- **June 19:** Baked haddock with lemon butter sauce, brown rice pilaf, butter peas, green salad, and dessert
- **June 26:** Spaghetti with meat sauce, garlic bread, green salad, and dessert



See the back page for the answer

Prepared by Living Well Group
Available at Heineberg Community Senior Center

**Enjoy Living Well Group's
NEW meals to go!**

Meals are available, fresh and frozen, in airtight bags and can be easily warmed in the microwave or stovetop.
In or out of the bag!


**Selections and quantities vary. For an up-to-date list of meals available visit our website
www.heinebergcsc.org
(under "programs")**

Volunteers Needed!

From substitute lawn mower to meal servers, please contact us if interested in joining our wonderful group of volunteers!

For more information, contact Beth Hammond, Executive Director at 863-3982 x2 or hammond@heinebergcsc.org

Bring this ad in to receive **color copies for just .29 cents each.** And **shredding for .79 cents per pound**

The UPS Store 

UPS Store 1127
North Ave Ste 27
Burlington, VT
05408
Ph 802-861-4100



14 Heineberg Road Burlington, VT 05408
PH 802-863-3982 Web www.heinebergcsc.org

LOWER LEVEL HOURS*

Monday-Wednesday 10:00am - 3:00 pm

Thursday 9:00am - 3:00pm

***For upper level activities see calendar for times**

ONGOING PROGRAMS

- Age Well Restaurant Ticket Sales:** Tickets sold at our Center on the first Thursday of the month
- Blood Pressure Clinic:** Tuesdays at 11:00 am - refer to our monthly calendar for dates. No appointments needed.
- BINGO (Penny Bingo):** Tuesday & Wednesdays, 1:00 – 3:00 pm. All money collected goes back to winners.
- Bone Builders:** Tuesdays & Thursdays, 1:00 – 2:00 pm. Please wear comfortable sneakers and bring a water bottle. The RSVP Bone Builders Program focuses on balance and light weight training to protect against fractures caused by osteoporosis.
- Book Club:** Second Monday of every month 1:00 pm.
- Bridge Club:** Thursdays, 12:30 – 3:00 pm All levels welcome!
- Chair Massage:** Second Tuesday of each month 12:30 - 2:30 pm and the third Thursday 9:45 to 11:30 am. \$10. Call or visit the Center to make a reservation. 50% off if it is your birthday month!
- Cribbage:** Thursdays, 12:30 – 3:00 pm All levels welcome!
- Coloring:** Adult Coloring every Monday at 12:30 pm. All supplies provided.
- Computer Support:** Mondays 10:45 am. Reservations Required. You can make a reservation online (heinebergcsc.org) or by calling or visiting the Center.
- Food Day:** Every Thursday at 8:45 am we distribute food donated from Hannaford's. Selections vary but usually include treats and nutritious options such as meats, cheese, fruits & vegetables. **Everyone welcome!**
- Foot Care Clinic:** Scheduled Tuesdays 9:45 am – 12:45 pm. \$10 Suggested donation. *Reservations Required.* Call the Center's Front Desk 863-3982.
- 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 \$44/MTh. Contact: Michele Catella 802.355.0487
- Line Dancing:** Heineberg High Steppers meet on Wednesdays. Beginners class will return in April First class is free! \$20 a month after that. For more information Donna @ 860-7561.
- Lunch:** Tuesdays & Wednesdays at 11:45am. Regular lunch \$5 suggested donation. RSVP 3 days in advance 863-3982. For special events and catered holidays suggested donation varies.
- Mahjongg:** Mondays at 12:30 – 3:00 pm. Beginner and experienced players welcome.
- Scrabble:** Meets first and third Thursdays at 12:30 pm in our library.
- Singing Group:** On hold for the Summer.
- Tai Chi:** Novice Tai Chi Monday & Friday 9:45 am / Tai Chi Wednesday & Friday 10:45 am.
- Wellness Chats:** Featuring Samantha Mitchell's Wellness Series. Monthly on Mondays, for specific day each month see our monthly calendar
- Wii Bowling:** Thursdays at 10:00am
- Yoga:** Chair or Standing Yoga. Mondays 11:00 am, Independent Yoga Wednesdays 9:40 am, Thursdays 9:40 am.

Answer: 11 squares (Can't find them all? See Terri at the front desk)