



March 2019

St. Patrick's Luncheon

Tuesday, March 19, 11:45am

Suggested donation \$5

Living Well's corned beef and cabbage, steamed red potato and carrots, green salad, and a special dessert made by the Burlington Culinary Students.

Please RSVP by Thursday, March 14 by calling 863-3982 or stopping by our front desk



This fun event will begin with a lively Irish sing-a-long led by our Heineberg Singing Group, and finish with a performance by the Irish dancers at Green Mountain Performing Arts.

March Birthday Luncheon



Tuesday, March 5, 11:45 am

Lunch is \$5 or FREE for participants with March Birthdays

Jolley North Ave Wraps: Turkey, Ham, or Veggie, Chips, and birthday cake

RSVP by Thursday, February 28

Show Me Your Seedy Side

Tuesday, March 19, 10:00 am

(Right before our St. Patrick's Luncheon!)

Gardening expert Charlie Nardozi will offer this fun workshop showcasing heirloom varieties of tomatoes, peppers, and other vegetable seeds to start indoors. Charlie will teach ways to grow plants under lights with proper soil, water, and fertilizer so they're ready to be planted in May. There will be a chance to share stories about old seed varieties and experiences of growing vegetables in Vermont. And we'll have a hands-on activity of planting seeds to take home.

Special thanks to HANDS for sponsoring the workshop.



Keeping Well

Once a month SASH Wellness nurse, Samantha, will present her Monday morning wellness series



Monday, March 18, 10:00am

Topic: Hydration

TED Talk & discussion

Tuesday, March 12, 10:00 am



The Gift and Power of Emotional Courage

Psychologist Susan David shares how the way we deal with our emotions shapes everything that matters: our actions, careers, relationships, health and happiness. In this deeply moving, humorous and potentially life-changing talk, she challenges a culture that prizes positivity over emotional truth and discusses the powerful strategies of emotional agility.

Paper Towel Tube Art

Thursday, March 28, 9:30am

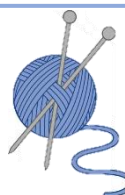
Create this beautiful 3D piece of art for your home. If you will be joining us, please save all your paper towel and toilet paper tubes. We'll have some too.



Knitting & Crochet Group

Mondays, 11:00am*

This is an open group, everyone welcome! There will be no formal instruction. Group participants will learn tips from one another.



AARP Tax Advisors will be available at our Center February - April.

This FREE service will be offered on Fridays, by appointment only.

For an appointment, call 211 (from any phone) then press 5

Be sure to specify you'll be going to our Center.

March 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				1 9:45 Novice Tai Chi 10:45 Tai Chi
*Reservations required				
4 9:45 Novice Tai Chi 10:45 Computer Support 10:45 Yoga 11:00 Knitting & Crochet Group 12:30 Mahjongg 12:30 Adult Coloring	5 9:45 - 12:30 Foot Clinic* 11:45 Birthdays Lunch* 1:00 BINGO 1:00 Bone Builders	6 9:00 Board Meeting 9:40 Independent Yoga 10:45 Tai Chi 11:45 Lunch* 1:00 BINGO 1:00 Line Dancing	7 <i>Age Well Ticket Sales</i> 8:45 Food Day 9:40 Yoga 12:30 Cribbage 12:30 Scrabble 1:00 Bone Builders 1:00 Bridge	8 9:45 Novice Tai Chi 10:45 Tai Chi AARP Tax Help <i>Lower level, by appointment only</i>
11 9:45 Novice Tai Chi 10:45 Computer Support 10:45 Yoga 11:00 Knitting & Crochet Group 12:30 Mahjongg 12:30 Adult Coloring 1:00 Book Club	12 9:45 - 12:30 Foot Clinic* 10:00 TED Talk 11:00 Blood Pressure Clinic 11:45 Lunch* 12:30 - 2:30 Chair massage* 1:00 BINGO 1:00 Bone Builders	13 10:00 Singing Group 9:40 Independent Yoga 10:45 Tai Chi 11:45 Lunch* 1:00 BINGO 1:00 Line Dancing	14 8:45 Food Day 9:40 Yoga 12:30 Cribbage 1:00 Bone Builders 1:00 Bridge	15 9:45 Novice Tai Chi 10:45 Tai Chi AARP Tax Help <i>Lower level, by appointment only</i>
18 9:45 Novice Tai Chi 10:00 Wellness Chat 10:45 Computer Support 10:45 Yoga 11:00 Knitting & Crochet Group 12:30 Mahjongg 12:30 Adult Coloring	19 10:30 "Show me your seedy side" presentation 11:45 St. Patrick's Lunch* 12:45 Senior Center Committee Updates 1:00 BINGO 1:00 Bone Builders	20 9:40 Independent Yoga 10:45 Tai Chi 11:45 Lunch* 1:00 BINGO 1:00 Line Dancing	21 8:45 Food Day 9:40 Yoga 9:45 - 11:45 Chair massage* 12:30 Cribbage 12:30 Scrabble 1:00 Bone Builders 1:00 Bridge	22 9:45 Novice Tai Chi 10:45 Tai Chi AARP Tax Help <i>Lower level, by appointment only</i>
25 9:45 Novice Tai Chi 10:45 Computer Support 10:45 Yoga 11:00 Knitting & Crochet Group 12:30 Mahjongg 12:30 Adult Coloring	26 11:45 Lunch* 1:00 BINGO 1:00 Bone Builders	27 10:00 Singing Group 9:40 Independent Yoga 10:45 Tai Chi 11:45 Lunch* 1:00 BINGO 1:00 Line Dancing	28 8:45 Food Day 9:30 Art Project 9:40 Yoga 12:30 Cribbage 1:00 Bone Builders 1:00 Bridge	28 9:45 Novice Tai Chi 10:45 Tai Chi AARP Tax Help <i>Lower level, by appointment only</i>

March 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**

- **March 5: Birthday Luncheon - Jolley North Ave Wraps:** Turkey, Ham, or Veggie, chips, and birthday cake
- **March 12:** Cheese omelet, sliced home fries, broccoli Normandy, wheat hamburger roll, and peaches
- **March 19: St. Patrick's Luncheon: Living Well Group's** corned beef and cabbage, steamed red potato and carrots, green salad, and a special dessert made by the Burlington Technical Center's Culinary Arts Students.
- **March 26:** Cavatappi and cheese, mixed vegetables, Brussel sprouts, wheat bread, peaches

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



- **March 6:** Beef roulade stuffed with spinach, herb rice, and bacon, green beans, green salad, dessert
- **March 13:** Clam chowder with a ham and cheese sandwich, green salad, dessert
- **March 20:** Lasagna, garlic bread, steamed broccoli, green salad, dessert
- **March 27:** Roasted Chicken with gravy, mashed potatoes, buttered peas, green salad, dessert

Quarterly Board meeting **Wednesday, March 6, 9:00am**

**Save
the
Date**



Everyone is encouraged to attend! Board meetings are a perfect time to ask questions and share ideas! **At this meeting we'll be sharing an update on the Senior Center Study Committee.**

Senior Center Committee Update Meeting *(Most committee members will be attending this meeting)*

Tuesday, March 19 at 12:45pm
(following our St. Patrick's Luncheon)

Burlington's Senior Center Committee has been formed to review and provide recommendations regarding senior services throughout the city to meet the needs of an aging population in a cost-effective way.

Join members of the committee at the Heineberg Community Senior Center for an update on their progress and Q&A time.

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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
- Art Group:** Monthly on Thursdays, for specific day each month see our monthly calendar
- 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, 1:00 – 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
- Knitting & Crochet Group:** Mondays at 11:00am.
- Line Dancing:** Heineberg High Steppers meet on Wednesdays. Beginners class starting in March! 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:** Second and fourth Wednesday of each month, 10:00 am. Everyone welcome, no experience needed.
- 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
- Yoga:** Chair or Standing Yoga. Mondays 10:45 am, Independent Yoga Wednesdays 9:40 am, Thursdays 9:40 am.