



Heineberg Community Senior Center



Heineberg Community Senior Center
14 Heineberg Road, Burlington, VT 05408
Ph 802-863-3982
Web www.heinebergcsc.org
Email info@heinebergcsc.org

March 2020



St. Patrick's Day Luncheon

Tuesday, March 17, 11:45am
Suggested \$5 donation

Top round beef, boiled potatoes, cabbage and carrots, wheat roll, leprechaun cake with frosting

UVM Celtic Cats will be performing at this luncheon!



Our Center Update meeting will immediately follow luncheon and performance at 1:00pm

Center Meetings – everyone welcome!

Tuesday, March 17

Board Meeting: 10:00am

Center Update Meeting: 1:00pm

Be sure to RSVP if you would like to join us for our St. Patrick's Day luncheon this same day!



Join us for the following TED Talks and conversation

March 3, 10:30am – Does photographing a moment steal the experience from you

March 31, 10:30am – Everything happens for a reason and other lies I've loved

Arts & Crafts Group



Monday, March 2, 10:30am

Create your own sand art picture

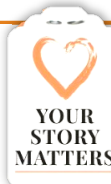
Monday, March 16, 10:30am

Design your own coffee mug with stencils

Story Hour

Tuesday, March 10, 10:30am

Join us for an hour of storytelling! For the first 30 minutes we will listen to a participant's story before transitioning to everyone sharing stories. Come prepared to relax, listen, and share if you feel comfortable. Everyone welcome!



March Birthday Luncheon

Wednesday, March 18, 11:45am

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

Vegetable quiche, green, wax, and black bean medley, wheat bread, birthday cake

RSVP by Thursday, March 12



Join UVM Intern, Morgan, for this valuable presentation

Tuesday, March 24th, 10:30am

(Rescheduled due to weather in February)

In this month's wellness talk we will discuss the ten warning signs of Alzheimer's along with current research on how exercise may reduce your risk of developing the disease. During this interactive presentation, we will review a few exercises you can do on your own regardless of ability level!



Fun with Champlain Senior Center!

Monday, March 9, 1:30 – 2:30pm (our Center, upper level) Join us for a fun game of Family Feud... Champlain Family vs Heineberg Family!

Monday, March 30, 1:00pm – We'll head to Champlain Senior Center to join them for a classic Cary Grant movie. Transportation provided. Please call us by Thursday, March 26 to save your spot on the van.





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March 2020 Meals - Suggested \$5 donation

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

Tuesdays: Served at 11:45am **RSVP by Wednesday 3:00pm**

- **March 3:** Jolley North Ave Wraps: Turkey, Ham, or Veggie, chips, and a cookie
- **March 10:** Cheese omelet, sliced home fries, broccoli Normandy, wheat hamburger roll, peaches
- **March 17: St. Patrick's Day Luncheon** - Top round beef, boiled potatoes, cabbage and carrots, wheat roll, leprechaun cake with frosting
- **March 24 :** Cavatappi pasta and cheese, mixed vegetables, beets, wheat bread, peaches
- **March 31 :** Roast pork and sauce, mashed potatoes, green leaf salad with dressing, roll, pumpkin bar

Wednesdays: Served at 11:45am **RSVP by Thursday 3:00pm**

- **March 4:** Diced beef with potatoes and sauce, broccoli florets, biscuit, fruit
- **March 11:** - Stuffed chicken with gravy, mashed red potatoes, French green beans, wheat roll, sugar cookies
- **March 18: March Birthday Luncheon** - Vegetable quiche, green, wax and black bean medley, wheat bread, birthday cake
- **March 25:** Roast turkey, cranberry apple gravy, mashed potatoes, carrots, wheat roll, pineapple tidbits



AARP Tax Advisors will be available at our Center every Friday until April 10. *This is a free service offered to our participants by appointment only.*

Appointments can be made online at
www.heinebergcsc.org or by calling 391-7574

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



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



Heineberg Community Senior Center

An independent non-profit, open to all

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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

March 2020 Activities

Monday	Tuesday	Wednesday	Thursday	Friday
2 9:45 Novice Tai Chi 10:45 Computer Support* 10:30 Arts & Crafts 11:00 Knitting & Crochet 11:00 Yoga 12:30 Mahjongg 12:30 Adult Coloring <i>Age Well Restaurant</i> <i>Tickets sales 10am-2pm</i>	3 10:30 TED Talk 11:45 Lunch* 1:00 BINGO 1:00 Bone Builders <i>Age Well Restaurant</i> <i>Tickets sales 10am-2pm</i>	4 9:40 Independent Yoga 10:45 Tai Chi 11:45 Lunch* 1:00 BINGO <i>Age Well Restaurant</i> <i>Tickets sales 10am-2pm</i>	5 8:45 Food Day 9:40 Yoga 10:00 Wii Bowling 10:45 Mindful Aging Support Group 12:30 Cribbage 12:30 Bridge 1:00 Bone Builders <i>Age Well Restaurant</i> <i>Tickets sales 10am-2pm</i>	6 9:45 Novice Tai Chi 10:45 Tai Chi
9 9:45 Novice Tai Chi 10:45 Computer Support* 11:00 Knitting & Crochet 11:00 Yoga 12:30 Mahjongg 12:30 Adult Coloring 1:00 Book Club 1:30 Family Feud with Champlain Center	10 10:30 Story Hour 11:45 Lunch* 12:30 – 2:30 Chair massage* 1:00 BINGO 1:00 Bone Builders	11 9:40 Independent Yoga 10:45 Tai Chi 11:45 Lunch* 1:00 BINGO 1:00 Beginner Line Dancing	12 8:45 Food Day 9:40 Yoga 10:00 Wii Bowling w/ Champlain Senior Ctr. 10:45 Mindful Aging Support Group 12:30 Cribbage 12:30 Bridge 1:00 Bone Builders	13 9:45 Novice Tai Chi 10:45 Tai Chi
16 9:45 Novice Tai Chi 10:45 Computer Support* 10:30 Arts & Crafts 11:00 Knitting & Crochet 11:00 Yoga 12:30 Mahjongg 12:30 Adult Coloring	17 9:45 - 12:30 Foot Clinic* 10:00 Board Meeting 11:45 St. Patrick's Day Luncheon* 1:00 Center Update Meeting 1:00 BINGO	18 9:40 Independent Yoga 10:45 Tai Chi 11:45 Birthday Luncheon* 1:00 BINGO 1:00 Beginner Line Dancing	19 8:45 Food Day 9:40 Yoga 10:00 Wii Bowling 10:45 Mindful Aging Support Group 12:30 Cribbage 12:30 Bridge 1:00 Bone Builders	20 9:45 Novice Tai Chi 10:45 Tai Chi
23 9:45 Novice Tai Chi 10:45 Computer Support* 11:00 Knitting & Crochet 11:00 Yoga 12:30 Mahjongg 12:30 Adult Coloring	24 9:45 - 12:30 Foot Clinic* 10:30 Move for Minds Presentation 11:45 Lunch* 1:00 BINGO 1:00 Bone Builders	25 9:40 Independent Yoga 10:45 Tai Chi 11:45 Lunch* 1:00 BINGO 1:00 Beginner Line Dancing	26 8:45 Food Day 9:40 Yoga 10:00 Wii Bowling 10:45 Mindful Aging Support Group 12:30 Cribbage 12:30 Bridge 1:00 Bone Builders	27 9:45 Novice Tai Chi 10:45 Tai Chi
30 9:45 Novice Tai Chi 10:45 Computer Support* 11:00 Knitting & Crochet 11:00 Yoga 12:30 Mahjongg 12:30 Adult Coloring 1:00 Movie at Champlain Center	31 10:30 TED Talk 11:45 Lunch* 1:00 BINGO 1:00 Bone Builders	Jazzercise Hours M - 8:30am, 4:30pm Th - 8:30am, 4:30pm Sa - 7:30am, 8:30am T - 8:30am, 4:30pm F - 8:30am, 4:30pm Su - 8:30am, 4:30pm W - 8:30am, 4:30am		



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ONGOING PROGRAMS

Age Well Restaurant Ticket Sales: Tickets sold the first week of every month. Check our newsletter for specific days.

Arts & Crafts: First and Third Monday of every month at 10:30am

Blood Pressure Clinic: Tuesdays at 11:15 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 \$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 \$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

Lunch: Tuesdays & Wednesdays at 11:45am. Regular lunch \$5 suggested donation. For special events and catered holidays suggested donation varies.

Mahjongg: Mondays at 12:30 – 3:00 pm. Beginner and experienced players welcome.

Mindful Aging Support Group: *Led by Center Yoga instructor Jill Nye-McKeown.* **Thursdays at 10:45am**

All participants 50+ are welcome to join this support group!

Singing Group: Now meets at Heineberg Senior Housing, on the second and fourth Friday at 10am in the social room. Everyone who enjoys singing is welcome to join! The club will not meet Jan 10th.

Tai Chi: Novice Tai Chi Monday & Friday 9:45 am / Tai Chi Wednesday & Friday 10:45 am.

Wii Bowling: Thursdays at 10:00am. Once a month we play Champlain Senior Center, at their Center and ours. *There will be small prizes after every game!*

Yoga: Chair or Standing Yoga. Mondays 11:00 am, Independent Yoga Wednesdays 9:40 am, Thursdays 9:40 am.