



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

Web www.heinebergcsc.org

Hours: Monday – Thursday 10:00am – 12:00pm

All activities are free but registration is required by visiting heinebergcsc.org or calling 863-3982 Ext 1

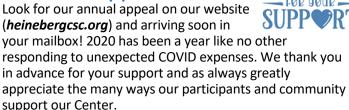
To learn more about all online programs, visit our "online programs" page of our website: heinebergcsc.org



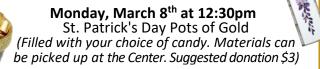
COVID-19 Pandemic: Skills for Wellness, Coping and Recovery Workshop

Wednesday, March 3rd at 11:00am
Join COVID Support VT for an hour workshop to learn about the pandemic's impacts upon our mental health, what we can do to cope and recover in healthy ways, and what community resources are available to help.

Annual Appeal Time!



Virtual Art online with Camielle



Monday, March 22th at 12:30pm Hand painted Watercolor Bookmarks

Art materials can be picked up at our Center during regular hours starting the Monday prior to each class.

Online Heineberg Book Club Monday March 8th at 1:00nm

Monday, March 8th at 1:00pm Books can be picked up at our

Center during regular hours. **March's book:** "Five Days Gone: the mystery of my mother's disappearance as a child"



TED Talk Discussion with Kerry Wednesday, March 24th at 12:00pm

The power of vulnerability

- Register on our website to obtain a link to the TED Talk and follow-up Zoom discussion. OR
- ✓ Visit or call our Center to obtain a hard copy transcript of the TED Talk along with a phone number to join the discussion.



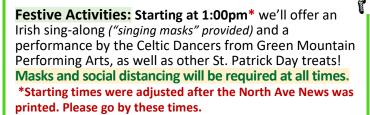
4

Join us for an outside St. Patrick's Day Celebration!

Wednesday, March 17

(Rain/snow date Thursday, March 18)

St. Patrick's Day meal: Corned Beef, Diced Potatoes, Dinner Roll/Butter, Cabbage & Carrots, and St. Patty's Day Cake. Pick up your meal beginning at 12:00pm* on St. Patrick's Day. Deliveries available as needed. There is no charge for this Age Well meal. Reservations required for St. Patrick's Day meals. Call 863-3982 by Monday, March 15.



Snow Removal Help

You deserve a break!

We invite community members 65+ to call us or sign-up online (heinebergcsc.org) to be connected with a volunteer to help with the next snow fall.

Interested in volunteering? Please call or sign-up online.

Ph 863-3982 Ext 1 or heinebergcsc.org



In the Kitchen with Kerry March Maple Madness!

Kerry will offer recipe kits with ingredients to prepare Maple Mango Salsa and a Cilantro Maple Dressing. Both are wonderful on fish tacos and so many other things! Kerry will discuss during a follow-up Zoom chat Friday, March 19. Recipe kits can be picked up Wednesday, March 17 th or delivered/picked up Thursday, March 18th.

As part of our "HANDS in the Kitchen" series, Chef Robin will present the following topics: March 4 at 1pm "Grains Explained"

March 25 at 1pm "Foods for Digestive Health"

April 15 at 1pm "Plant-Based Proteins"

Once edited, Chef Robin's workshop will be available on the

HANDS website handsvt.org or on CCTV's Channel 17.

Very special thanks to AARP Vermont, CCTV Town Meeting TV, City Market, and Vermont Foodbank for the support they offer our Nutritional Workshops.

March 2021 Activities & Services

OUR CENTER REMAINS OPEN **MONDAY – THURSDAY 10AM – 12PM** FOR THE FOLLOWING SERVICES...

- Lending Library: Individuals wishing to browse our library Monday Thursday 10:00am 12:00pm for books, coloring materials, or puzzles will be invited down one-by-one with masks on.
- ➤ Pre-Packaged and Frozen Meals can be picked up Monday Wednesday 10:00am 12:00pm or picked up or delivered Thursdays 10:30am 12:00pm. To place a meal or grocery order, call Kerry at 863-3982 Ext 2 or batres@heinebergcsc.org.
- ➤ Pre-Bagged Groceries will be offered every Thursday 10:30am 12:00pm. Participants pick up groceries outside our Center or request a delivery. To place a meal or grocery order, call Kerry at 863-3982 Ext 2 or batres@heinebergcsc.org.
- Telehealth (Remote) Doctor's Appointments: As a telehealth host site, we offer highspeed internet, computers, and tech support for all remote doctor's appointments. Contact us or visit our website for more information.
- **Tech Support:** Assistance obtaining internet, a computer, or iPad (iPads for telehealth appointments from home), or technology training. For more information, call Camielle at 863-3982 Ext 1 or aylwin@heinebergcsc.org
- Online activities in purple offered by televeda. These are live, interactive activities offered to our participants free of charge. You only need to register once, then simply attend the online activity by following links on our website.
- ✓ Heineberg Activities in green (in-person/online) hosted by Heineberg Community Senior Center staff and volunteers.

For more information on all activities, registration, and assistance, visit our website: heinebergcsc.org

Monday	Tuesday	Wednesday	Thursday	Friday
1 10:30AM Yoga	9:45AM Balance Class 11:30AM Chair Yoga 12:30PM Tai Chi 3:00PM Scattergories	3 11:00 COVID-19 Pandemic: Skills for Wellness, Coping and Recovery Workshop 1:00PM Gentle Chair Yoga	4 10:30AM – 12PM Food Distribution 11:30AM Strength Building 12:00PM Trivia 1:00 "Grains Explained"	5
12:30PM Pots of Gold	9 9:45AM Balance Class 11:00AM ASU Grand Shopp Project 11:30AM Chair Yoga 12:30PM Tai Chi	3:00PM Televëda Bingo		3:00PM Mindful Music with Debi Kret
15 11:30AM Yoga	16 9:45AM Balance Class 12:30PM Chair Yoga 1:30PM Tai Chi 3:00PM Wheel of Fortune	Day Meal Pick-Up 1:00PM St. Patrick's Day Celebration	2:15PM Zen Flow 4:00PM Televëda Bingo	19 11:00AM Kerry's recipe follow-up 4:00PM Along the footpaths of Asia with Mark Kacik
	23 9:45AM Balance Class 12:30PM Chair Yoga 1:30PM Tai Chi 3:00PM <i>Musical Quiz</i>	24 12:00PM TED Talk Discussion with Kerry 2:00PM Gentle Chair Yoga 4:00PM Televëda Bingo		3:00PM Scattergories 4:00PM Collage Mania!
2:00PM Drawing &	30 9:45AM Balance Class 12:30PM Chair Yoga 1:30PM Tai Chi 3:00PM Wheel of Fortune	31 2:00PM Gentle Chair Yoga 4:00PM Televëda Bingo		