

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 SUPPORT VT

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!

Look for our annual appeal on our website (heinebergcsc.org) and arriving soon in your mailbox! 2020 has been a year like no other responding to unexpected COVID expenses. We thank you in advance for your support and as always greatly appreciate the many ways our participants and community support our Center.



Virtual Art online with Camielle



Monday, March 8th at 12:30pm
 St. Patrick's Day Pots of Gold
(Filled with your choice of candy. Materials can be picked up at the Center. Suggested donation \$3)

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 1:00pm

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.



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.**



Festive Activities: Starting at **1:00pm*** we'll offer an Irish sing-along (“singing masks” provided) and a performance by the Celtic Dancers from Green Mountain Performing Arts, as well as other St. Patrick Day treats! **Masks and social distancing will be required at all times.**

***Starting times were adjusted after the North Ave News was printed. Please go by these times.**

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 17th 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 televēda.** 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 11:30AM Stretch Yoga 1:00PM Drawing & Painting	2 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 3:00PM Televēda Bingo	4 10:30AM – 12PM Food Distribution 11:30AM Strength Building 12:00PM Trivia 1:00 "Grains Explained" 1:15PM Zen Flow 3:00PM Televēda Bingo	5 12:00PM Zentangle 3:00PM Consumer Scams
8 10:30AM Yoga 11:30AM Stretch Yoga 12:30PM Pots of Gold with Camielle 1:00PM Drawing & Painting 1:00PM Heineberg Book Club	9 9:45AM Balance Class 11:00AM ASU Grand Shopping Project 11:30AM Chair Yoga 12:30PM Tai Chi	10 1:00PM Gentle Chair Yoga 3:00PM Televēda Bingo	11 10:30AM – 12PM Food Distribution 11:30AM Strength Building 12:00PM Trivia 1:00PM HANDS in the Kitchen 1:15PM Zen Flow 3:00PM Televēda Bingo	12 3:00PM Mindful Music with Debi Kret
15 11:30AM Yoga 12:30PM Stretch Yoga 2:00PM Drawing & Painting Workshop	16 9:45AM Balance Class 12:30PM Chair Yoga 1:30PM Tai Chi 3:00PM Wheel of Fortune	17 11:30 – 1:00PM St. Patrick's Day Meal Pick-Up 1:00PM St. Patrick's Day Celebration 2:00PM Gentle Chair Yoga 4:00PM Televēda Bingo All Day: Pick-up Kerry's recipe ingredients	 18 10:30AM – 12PM Food Distribution 1:00PM Trivia 2:15PM Zen Flow 4:00PM Televēda Bingo 5:00PM Chit Chat Rabbi Levi	19 11:00AM Kerry's recipe follow-up 4:00PM Along the footpaths of Asia with Mark Kacik
22 11:30AM Yoga 12:30PM Stretch Yoga 12:30PM Watercolor Bookmarks w/Camielle 2:00PM Drawing & Painting Workshop	23 9:45AM Balance Class 12:30PM Chair Yoga 1:30PM Tai Chi 3:00PM Musical Quiz	24 12:00PM TED Talk Discussion with Kerry 2:00PM Gentle Chair Yoga 4:00PM Televēda Bingo	25 10:30AM – 12PM Food Distribution 12:30PM Strength Building 1:00PM Trivia 1:00 "Foods for Digestive Health" 2:15PM Zen Flow 4:00PM Televēda Bingo	26 3:00PM Scattergories 4:00PM Collage Mania! With Tina Velasquez Hays
29 11:30AM Yoga 12:30PM Stretch Yoga 2:00PM Drawing & Painting Workshop	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 Televēda Bingo		