

March 2022 Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<p>HCSC closes with the Burlington Schools for heavy snow or extreme cold. We will post any closings on our Facebook page.</p>	<p>1 Grab n Go pick-up 11:00-12:00</p> <p>9:45 Balance Class 12:30 Bingo 1:00 Bone Builders</p>	<p>2 9:55 Yoga Workout 11:05 Tai Chi 12:30 Bingo 1:00 Beginner Line Dancing</p>	<p>3 Free Groceries 10:00-11:30</p> <p>9:55 Combo Yoga 11:00-12:00 Coffee and Conversation 12:00 Cribbage 1:00 Bridge 1:00 Bone Builders</p>	<p>4 10:00 Novice Tai Chi 11:00 Tai Chi 10:00 Peer Support Group</p>
<p>7 10:00 Novice Tai Chi 11:00 Knit/Crochet 11:30 Tech Support 12:30 Adult Coloring 12:30 Mahjongg 1:00 ART WITH CAMELLE</p>	<p>8 Grab n Go pick-up 11:00-12:00</p> <p>9:45 Balance Class 12:30 Bingo 1:00 Bone Builders</p> <p>International Women's Day</p>	<p>9 9:55 Yoga Workout 11:05 Tai Chi 12:30 Bingo 1:00 Beginner Line Dancing</p>	<p>10 Free Groceries 10:00-11:30</p> <p>9:55 Combo Yoga 11:00 Coffee and Conversation 12:00 Cribbage 1:00 Bridge 1:00 Bone Builders</p>	<p>11 10:00 Novice Tai Chi 11:00 Tai Chi 10:00 Peer Support Group</p>
<p>14 10:00 Novice Tai Chi 11:00 Knit/Crochet 11:30 Tech Support 12:30 Adult Coloring 12:30 Mahjongg 3:00 PAC Meeting</p>	<p>15 Grab n Go pick-up 11:00-12:00</p> <p>9:45 Balance Class 12:30 Bingo 1:00 Bone Builders</p>	<p>16 9:55 Yoga Workout 11:05 Tai Chi 12:30 Bingo 1:00 Beginner Line Dancing</p>	<p>17 Free Groceries 10:00-11:30</p> <p>9:55 Combo Yoga 11:00 Coffee and Conversation 12:00 Cribbage 1:00 Bridge 1:00 Bone Builders</p>	<p>18 10:00 Novice Tai Chi 11:00 Tai Chi 10:00 Peer Support Group</p>
<p>21 10:00 Novice Tai Chi 11:00 Knit/Crochet 11:30 Tech Support 12:30 Mahjongg 12:30 Adult Coloring</p>	<p>22 Grab n Go pick-up 11:00-12:00</p> <p>9:45 Balance Class 12:30 Bingo 1:00 Bone Builders</p>	<p>23 9:55 Yoga Workout 11:05 Tai Chi 12:30 Bingo 1:00 Beginner Line Dancing</p>	<p>24 Free Groceries 10:00-11:30</p> <p>9:55 Combo Yoga 11:00 Coffee and Conversation 12:00 Cribbage 1:00 Bridge 1:00 Bone Builders</p>	<p>25 10:00 Novice Tai Chi 11:00 Tai Chi 10:00 Peer Support Group</p>
<p>28 10:00 Novice Tai Chi 11:00 Knit/Crochet 11:30 Tech Support 12:30 Mahjongg 12:30 Adult Coloring</p>	<p>29 Grab n Go pick-up 11:00-12:00</p> <p>9:45 Balance Class 12:30 Bingo 1:00 Bone Builders</p>	<p>30 9:55 Yoga Workout 11:05 Tai Chi 12:30 Bingo 1:00 Beginner Line Dancing</p>	<p>31 Free Groceries 10:00-11:30</p> <p>9:55 Combo Yoga 11:00 Coffee and Conversation 12:00 Cribbage 1:00 Bridge 1:00 Bone Builders</p>	<p>PROGRAM LOCATIONS: Inside/Upper Level Inside/Lower Level</p>

March 2022 Announcements & Special Programming

Peer Support Group, Fridays,
10 am. Facilitated by Jean Cass,
retired social worker and UVM
professor. Call (802) 363-0691 to
register.

Participant Advisory Council
Join us to talk about our wishes and hopes for
HCSC, and to communicate these with our
Board. Questions: Martha Molpus, Board
Member at Large,
(802) 652-0323.

2nd Monday of the month, 3:00.

March 8th is International Women's Day

Bread And Roses, by James Oppenheim, published in *American Magazine*, December 1911

As we go marching, marching, in the beauty of the day,
A million darkened kitchens, a thousand mill lofts gray,
Are touched with all the radiance that a sudden sun discloses,
For the people hear us singing: Bread and Roses! Bread and Roses!

As we go marching, marching, we battle too for men,
For they are women's children, and we mother them again.
Our lives shall not be sweated from birth until life closes;
Hearts starve as well as bodies; give us bread, but give us roses.

As we go marching, marching, unnumbered women dead
Go crying through our singing their ancient call for bread.
Small art and love and beauty their drudging spirits knew.
Yes, it is bread we fight for, but we fight for roses too.

As we go marching, marching, we bring the greater days,
The rising of the women means the rising of the race.
No more the drudge and idler, ten that toil where one reposes,
But a sharing of life's glories: Bread and roses, bread and roses.
Our lives shall not be sweated from birth until life closes;
Hearts starve as well as bodies; bread and roses, bread and roses.

The song is commonly associated with the textile strike in Lawrence, Massachusetts during January to March 1912, now often known as the "Bread and Roses strike." The strike, which united dozens of immigrant communities under the leadership of the Industrial Workers of the World, was led to a large extent by women. The strikers are credited with inventing the moving picket line, so that they would not be arrested for loitering. The strike was settled on terms generally favorable to the workers. They won pay increases, time-and-a-quarter pay for overtime, and a promise of no discrimination against strikers. This song was embraced by the strikers and the notion of "Bread and Roses" has become a cry for justice and dignity for women workers around the world. (source, Zinn Education Project)

