



May 2019

Grandfriend Throwback Luncheon!

Tuesday, May 7th 11am – 12:45pm

Join us for classic games, creating a collaborative mural, and lunch with our 2nd grade “grandfriends”.

We hope everyone with a pen pal can make it! But it's not just for pen pals, everyone is welcome!

11:00 am - games and mural creation
11:45 am - Lunch will be served

Grilled PB&J sandwiches (Chef Tim's favorite!) OR
Mac and cheese, fresh carrots, fruit and root beer floats or vanilla ice cream.

RSVP: Call (863-3982) or visit us by Wed, May 1.
Suggested donation \$5



May Birthday Luncheon

Tuesday, May 14, 11:45 am

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

Bagel Café's turkey chili, bread,
green salad, and birthday cake
RSVP by Thursday, May 9



Falls Awareness

Tuesday, May 28, 10:00 am



Physical Therapist, Dan Curry, MPT
from AppleTree Bay Physical Therapy
will present valuable information on...

Fall Prevention - You'll learn precautions you can take throughout your home and tips how to navigate safely throughout the community.

What to do if you (or someone else) falls – If you do happen to fall, be prepared by learning the safest way to fall and get up, as well as how to help someone who has fallen.



Comedy Show

Wednesday, May 22
12:30 – 1:30 pm

Four local, well-known comedians will delight you with their popular comedy acts.

TED Talk & discussion

Tuesday, May 14, 10:00 am



Inside the mind of a master procrastinator

Tim Urban knows that procrastination doesn't make sense, but he's never been able to shake his habit of waiting until the last minute to get things done. In this hilarious and insightful talk, Urban takes us on a journey through procrastinations and encourages us to think harder about what we're really procrastinating on.



Keeping Well

Monday, May 20, 10:00am

Topic: Physical activity

Once a month SASH Wellness nurse, Samantha, will present a Monday morning wellness talk on a variety of topics.

Jessica Early, Outreach Representative from Office of U.S. Senator Bernie Sanders will host an informal discussion sharing services and resources available through Bernie Sander's office.

Wednesday, May 1, 11:15 am



Heineberg Community Senior Center

An independent non-profit, open to all

14 Heineberg Road Burlington, VT 05408

PH 802-863-3982 Web www.heinebergcsc.org

LOWER LEVEL HOURS*

Monday-Wednesday 10:00am -3:00 pm

Thursday 9:00am - 3:00pm

*For upper level activities see calendar for times

May 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 9:40 Independent Yoga 10:45 Tai Chi 11:45 Lunch* 1:00 BINGO 1:00 Line Dancing 2:30 Beginner Line Dancing	2 <i>Age Well Ticket Sales</i> 8:45 Food Day 9:40 Yoga 10:00 Wii Bowling 12:30 Cribbage 12:30 Scrabble 12:30 Bridge 1:00 Bone Builders	3 9:45 Novice Tai Chi 10:45 Tai Chi
6 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	7 11:00 Grandfriends Throwback Luncheon* 1:00 BINGO 1:00 Bone Builders	8 10:00 Singing Group 9:40 Independent Yoga 10:45 Tai Chi 11:45 Lunch* 1:00 BINGO 1:00 Line Dancing 2:30 Beginner Line Dancing	9 8:45 Food Day 10:00 Wii Bowling 10:30 Senior Center Committee Meeting 9:40 Yoga 12:30 Cribbage 12:30 Bridge 1:00 Bone Builders	10 9:45 Novice Tai Chi 10:45 Tai Chi
13 9:45 Novice Tai Chi 10:45 Computer Support 10:45 Yoga 11:00 Knitting & Crochet Group 12:30 Mahjongg 12:30 Adult Coloring	14 10:00 TED Talk 11:15 Blood Pressure Clinic 11:45 Birthday Lunch* 12:30 – 2:30 Chair massage* 1:00 BINGO 1:00 Bone Builders	15 9:40 Independent Yoga 10:45 Tai Chi 11:45 Lunch* 1:00 BINGO 1:00 Line Dancing 2:30 Beginner Line Dancing	16 8:45 Food Day 9:40 Yoga 9:45 – 11:45 Chair massage* 10:00 Wii Bowling 12:30 Cribbage 12:30 Scrabble 12:30 Bridge 1:00 Bone Builders	17 9:45 Novice Tai Chi 10:45 Tai Chi
20 9:45 Novice Tai Chi 10:00 Wellness Chat 10:45 Computer Support 10:45 Yoga 11:00 Knitting & Crochet 12:30 Mahjongg 12:30 Adult Coloring	21 10:30 Survey Results Coffee hour 11:45 Lunch* 1:00 BINGO 1:00 Bone Builders	22 10:00 Singing Group 9:40 Independent Yoga 10:45 Tai Chi 11:45 Lunch* 12:30 Comedy Show 1:30 BINGO 1:00 Line Dancing 2:30 Beginner Line Dancing	23 8:45 Food Day 9:40 Yoga 10:00 Wii Bowling 12:30 Cribbage 12:30 Bridge 1:00 Bone Builders	24 9:45 Novice Tai Chi 10:45 Tai Chi
27 Closed for Memorial Day	28 9:45 - 12:30 Foot Clinic* 10:00 Falls Awareness 11:45 Lunch* 1:00 BINGO 1:00 Bone Builders	29 10:00 Singing Group 9:40 Independent Yoga 10:45 Tai Chi 11:45 Lunch* 1:00 BINGO 1:00 Line Dancing 2:30 Beginner Line Dancing	30 8:45 Food Day 9:40 Yoga 10:00 Wii Bowling 12:30 Cribbage 12:30 Bridge 1:00 Bone Builders	

May 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**

- **May 7: Grandfriend Throwback Luncheon** - Gilled PB&J sandwiches (*Chef Tim's favorite!*) OR Mac and cheese, fresh fruit and root beer floats or vanilla ice cream.
- **May 14: May Birthday Luncheon** - Bagel Café's turkey chili, bread, green salad, and birthday cake
- **May 21:** Lasagna rollups with tomato marinara meat sauce, vegetable blend, wheat bread, pumpkin bar with raisins
- **May 28:** Pork loin topped with warm applesauce, baked potato wedges, zucchini, whole wheat roll, banana cookies

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



- **May 1:** Baked chicken with Apples, Sweet potatoes and Brussel sprouts, Green salad, and dessert
- **May 8:** Pulled Pork, Garlic potato wedges, Coleslaw, and dessert
- **May 15:** Beef Stroganoff with egg noodles, Corn, Green salad, and dessert
- **May 22:** Curried Chicken, Brown Rice, Steamed Broccoli, Green salad, and dessert
- **May 29:** Baked pork chops, Herb gravy and baked potatoes, Mixed veggies, Green salad, and dessert

It's Survey Time!

We'd love to hear from you. Surveys are available at our Center and online at heinebergcsc.org

We'll be hosting a coffee hour Tuesday, May 21 at 10:30 to discuss results.



Senior Center Committee Meeting

Thursday, May 9, 10:30am - noon
Heineberg Community Senior Center

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.

Volunteers Needed!

Would you like to join our fun group of meals servers? We are looking for regular and substitute servers. If interested please contact Beth Hammond, Executive Director at 863-3982 x2 or hammond@heinebergcsc.org



Prepared by Living Well Group
Available at Heineberg Community Senior Center

Enjoy Living Well Group's NEW meals to go!

Meals are available, fresh and frozen, in airtight bags and can be easily warmed in the microwave or stovetop. In or out of the bag!

Selections and quantities vary. For an up-to-date list of meals available visit our website www.heinebergcsc.org (under "programs")

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14 Heineberg Road Burlington, VT 05408
PH 802-863-3982 Web www.heinebergcsc.org
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, 12:30 – 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 will return in April First class is free! \$20 a month after that. 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

Wii Bowling: Thursdays at 10:00am

Yoga: Chair or Standing Yoga. Mondays 10:45 am, Independent Yoga Wednesdays 9:40 am,

Thursdays 9:40 am.