

May 2022 Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
2 PROGRAM LOCATIONS: Inside/Upper Level Inside/Lower Level	3 CLOSED this week due to Covid	4 Meal pick-ups *Wednesday* for the month of May ^ ^ ^ ^ ^ ^ ^ ^ ^ ^	5	6 10:00 Novice Tai Chi 11:00 Tai Chi
9 10:00 Novice Tai Chi 11:30 Tech Support 12:30 Adult Coloring 12:30 Mahjongg 3:00 PAC Meeting 1:00 Art w/Camielle! Spring-inspired acrylics on canvas	10 9:45 Balance Class 12:30 Bingo 1:00 Bone Builders 10 am visit from kids/teachers of Next Generation Child Care	11 Grab n Go pick-up 11:00-12:00 VACCINE CLINIC Noon to 4:00 9:55 Yoga Workout 11:05 Tai Chi 12:30 Bingo 1:00 Beginner Line Dancing	12 Free Groceries 10:00-11:30 9:55 Combo Yoga 11:00 Coffee and Conversation 12:00 Cribbage 1:00 Bridge 1:00 Bone Builders	13 10:00 Novice Tai Chi 11:00 Tai Chi
16 10:00 Novice Tai Chi 10:00 <u>NO Flowers</u> 11:30 Tech Support <u>Noon:</u> Congregate Sit Down Meal 12:30 Adult Coloring 12:30 Mahjongg	17 9:45 Balance Class 12:30 Bingo 1:00 Bone Builders	18 Grab n Go pick-up 11:00-12:00 9:55 Yoga Workout 11:05 Tai Chi 12:30 Bingo 1:00 Beginner Line Dancing	19 Free Groceries 10:00-11:30 9:55 Combo Yoga 11:00 Coffee and Conversation 12:00 Cribbage 1:00 Bridge 1:00 Bone Builders	20 10:00 Novice Tai Chi 11:00 Tai Chi *WALK of AGES Tomorrow 10 am to Noon! ***
23 10:00 Novice Tai Chi 10:00 Flower Arranging 11:30 Tech Support <u>Noon:</u> Congregate Sit Down Meal 12:30 Mahjongg 12:30 Adult Coloring	24 9:45 Balance Class 12:30 Bingo 1:00 Bone Builders	25 Grab n Go pick-up 11:00-12:00 9:55 Yoga Workout 11:05 Tai Chi 12:30 Bingo 1:00 Beginner Line Dancing	26 Free Groceries 10:00-11:30 VACCINE CLINIC Noon to 4:00 9:55 Combo Yoga 11:00 Coffee and Conversation 12:00 Cribbage 1:00 Bridge 1:00 Bone Builders	27 10:00 Novice Tai Chi 11:00 Tai Chi
30 CLOSED for Memorial Day	31 9:45 Balance Class 12:30 Bingo 1:00 Bone Builders	VACCINE CLINICS May 11 & 26 Noon to 4:00		

May Van Trips:

****Sign up at the Front Desk or call (802) 863-3982**

Tuesday May 10, Hannaford, 12-2:30, \$4.00 No need to drive your car or take the bus, ride with Gary and he will carry your grocery shopping to your door!

Thursday May 19, Shelburne Country Store and The Flying Pig Bookshop, 12-2:30, \$4.00: Treasures abound in the Shelburne Country store; be sure to look in every corner. Walk over to The Flying Pig and find the newest novels and non-fiction reads, a book to share with your grandchild, or a treasury of Vermont history.

Monday May 23, VT Teddy Bear Co, 10:15 am-1 pm, \$8.00 (includes tour): Take a tour of Vermont's famous Teddy Bear Company – maybe you'll come home with a new friend.

Tuesday May 24, Claussen's Greenhouse, 12-2:30, \$4.00: Step into the greenhouse and soak in the scents and sights of spring! Pick up some early tomato starts, find some blooming hanging baskets, or just enjoy breathing in the spring goodness.



Vaccine Information from the CDC (“Give me the facts, ma’am, just the facts.”)

COVID-19 vaccination causes a more predictable immune response than infection with the virus that causes COVID-19. Getting a COVID-19 vaccine gives most people a high level of protection against COVID-19 and can provide [added protection for people who already had COVID-19](#).

[One study](#) showed that, for people who already had COVID-19, those who do not get vaccinated after their recovery are more than 2 times as likely to get COVID-19 again than those who get fully vaccinated after their recovery.

All [COVID-19 vaccines](#) currently available in the United States are [effective](#) at preventing COVID-19. Getting sick with COVID-19 can offer some protection from future illness, sometimes called “natural immunity,” but the [level of protection](#) people get from having COVID-19 may vary depending on how mild or severe their illness was, the time since their infection, and their age.

Getting a COVID-19 vaccination is also [a safer way to build protection](#) than getting sick with COVID-19. COVID-19 vaccination helps protect you [by creating an antibody response](#) without you having to experience sickness. Getting vaccinated yourself may also protect people around you, particularly people at increased risk for severe illness from COVID-19. Getting sick with COVID-19 can cause severe illness or death, and we can’t reliably predict who will have mild or severe illness. If you get sick, you can spread COVID-19 to others. You can also continue to [have long-term health issues after COVID-19 infection](#).

Viruses are constantly changing and new types of the virus, called [variants](#), occur. New variants of the virus that causes COVID-19 are spreading in the United States and in other parts of the world. COVID-19 vaccines are effective against the Delta variant and other variants with widespread circulation in the United States. **Current vaccines are expected to protect against severe illness, hospitalizations, and deaths due to infection with the [Omicron variant](#).** We don’t yet know how effective the vaccines will be against new variants that might arise. CDC will continue to monitor vaccine effectiveness to see if variants have any impact on how well COVID-19 vaccines work in real-world conditions.

The Heineberg Community Senior Center requires all employees, participants, group leaders, volunteers, and Board members to maintain full vaccination, receiving boosters as appropriate.

~ Thank you for working together to keep everyone safe.

May 2022 Announcements & Special Programming

Covid-19 Vaccination Clinics [here!](#) Wednesday May 11th and Thursday May 26th. Free, open to the public, walk-ins welcome.

Participant Advisory Council

Planning for our future, together!
Questions: Martha Molpus,
Board Member at Large,
(802) 652-0323.

Second Monday of the month, 3:00.

ART with Camielle

Spring-Inspired Painting with Acrylics

Monday May 9th, 1:00 pm



Walk of Ages will be held Saturday, May 21, 10 am to Noon. Get your Pledge Forms at the Front Desk or online. Our goal is to raise \$6,000 to support free program activities at the Heineberg Center. *** We need YOUR help!**

We hope to resume congregate meals on Mondays as of May 16th. Reservations required by prior Thursdays, \$5.00 donation requested.