

Heineberg Community Senior Center
 14 Heineberg Road, Burlington
 (802) 863-3982 www.heinebergcsc.org

May 2024

Activities marked \$\$ have a fee
 Unmarked activities are FREE

Monday	Tuesday	Wednesday	Thursday	Friday
AARP SCAM JAM Marriott Burlington 1117 Williston Rd. So. Burlington, VT 05403 Wed., May 8, 9-11:30 AM Must REGISTER ONLINE vtaarp@aarp.org Ques.- 877-926-8300	Walk of Ages And Health Fair Saturday, May 18 10-12 noon	10-11:30 Meal pick-up 1 10:00 Yoga with Ilse 11:30 Tai Chi 2 11:30 Free Lunch 12:45 Bingo 1:00 Line Dancing	10:00 Free Groceries 2 10:15 Yoga with Jill \$\$ 10:00 Coffee/Convo 11:00 Cribbage 1:00 Bridge 1:00 Bone Builders	9:00 YARD CLEANUP 3 TOMORROW MAY 4TH 10:15 Peer Support Group: to sign up call Jean at 802-497-0723 10:30 Tai Chi 1 11:30 Tai Chi
10:00 Tai Chi 1 6 11:00 Yoga with Jill \$\$ 11:30 Free Lunch 12:30 Adult Coloring 12:30 Mahjong	10:00 Bone Builders 7 12:30 Bingo	10-11:30 Meal pick-up 8 10:00 Yoga with Ilse 11:30 Tai Chi 2 11:30 Free Lunch 12:45 Bingo 1:00 Line Dancing	10:00 Free Groceries 9 10:15 Yoga with Jill \$\$ 10:00 Coffee/Convo 11:00 Cribbage 1:00 Bridge 1:00 Bone Builders	10:15 Peer Support 10 Group: to sign up call Jean at 802-497-0723 10:30 Tai Chi 1 11:30 Tai Chi 2
10:00 Tai Chi 1 13 11:00 Yoga with Jill \$\$ 11:30 Free Lunch 12:30 Adult Coloring 12:30 Mahjong	10:00 Bone Builders 14 12:30 Bingo	10-11:30 Meal pick-up 15 10:00 Yoga with Ilse 11:30 Tai Chi 2 11:30 Free Lunch & Birthday Cake 12:45 Bingo 1:00 Line Dancing	10:00 Free Groceries 16 10:15 Yoga with Jill \$\$ 10:00 Coffee/Convo 11:00 Cribbage 1:00 Bridge 1:00 Bone Builders	WALK OF AGES 17 AND HEALTH FAIR SATURDAY, MAY 18 10-12 NOON
10:00 Tai Chi 1 20 11:00 Yoga with Jill \$\$ 11:30 Free Lunch 11:30-12:30 KERRY (AGE WELL) REST. TIX 12:30 Adult Coloring 12:30 Mahjong	10:00 Bone Builders 21 12:30 Bingo	10-11:30 Meal pick-up 22 10:00 Yoga with Ilse 11:30 Tai Chi 2 11:30 Free Lunch 12:45 Bingo 1:00 Line Dancing	10:00 Free Groceries 23 10:15 Yoga with Jill \$\$ 10:00 Coffee/Convo 11:00 Cribbage 1:00 Bridge 1:00 Bone Builders	10:15 Peer Support 24 Group: to sign up call Jean at 802-497-0723 10:30 Tai Chi 1 11:30 Tai Chi 2
10:00 Tai Chi 1 27 11:00 Yoga with Jill \$\$ 11:30 Free Lunch 12:30 Adult Coloring 12:30 Mahjong	10:00 Bone Builders 28 12:30 Bingo	10-11:30 Meal pick-up 29 10:00 Yoga with Ilse 11:30 Tai Chi 2 11:30 Free Lunch 12:45 Bingo 1:00 Line Dancing 10:00 Coffee w/ Councilor Sarah Carpenter	10:00 Free Groceries 30 10:15 Yoga with Jill \$\$ 10:00 Coffee/Convo 11:00 Cribbage 1:00 Bridge 1:00 Bone Builders	10:15 Peer Support 31 Group: to sign up call Jean at 802-497-0723 10:30 Tai Chi 1 11:30 Tai Chi 2