



November 2019



Thanksgiving Luncheon

Tuesday, November 19th
at 11:30am

Roast turkey, gravy, stuffing, cranberry sauce, mashed potatoes, sliced carrots, wheat roll, and pumpkin pie with cream

\$5 Suggested Donation
RSVP by Thursday, November 14th by
visiting or calling us at 863-3982

This luncheon starts a bit earlier... our 2nd grade "grandfriends" will be joining us at 11:30 to put on a short play and sing a song. We'll also be collecting names at this luncheon for this year's pen pal program. Those interested in becoming a pen pal can sign up at this luncheon or anytime before the luncheon at our front desk

Holiday Bazaar Arts & Crafts Fair

Saturday, November 16
9:00am - 2:00pm

Our Holiday fundraiser will include...

- Bake sale and lunch
- Tag sale and craft tables: White Elephant, Jewelry, Home Goods, Toys, Holiday Decorations, and Books
- Seeking **donations** of household items, toys, jewelry, books, etc (NO clothes or large electronics like TVs, computers or printers) Please bring to center by Nov. 13th
- We are also looking for **donations of baked goods** for our bake sale. Baked goods can be dropped off at the Center the morning of Friday, Nov. 15th

The Secret to Relationships That Work

Presented by Dr. Jim Jennings

Tuesday, November 12th 10:00 – 11:30am
(Upstairs at the Center. We'll open at 9:45am this day.)



This interactive workshop will share positive strategies for enjoying relationships that work, as well as common causes for stressful relationships.

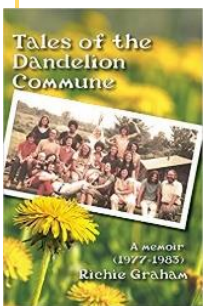
November Birthday Luncheon

Tuesday, November 12, 11:45 am

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

Domino's Pizza: Cheese, Veggie, or Pepperoni, green salad, and birthday cake

RSVP by Thursday, November 7th



Monday, November 25 at 10:30am
Come hear Richie Graham share his memoir based on his six-year experience living at the Dandelion Commune. Dandelion was part of the Federation of Egalitarian Communities which were originally inspired by the Utopian novel "Walden Two." All the communities in the Federation were committed to building an egalitarian society.



Beginner Line Dancing

Beginner classes will begin **November 13th**, every **Wednesday at 1:00pm**

First class is free, every class thereafter will be \$7:00

This class will begin with all the basics and skills required for line dancing, which derives from square and ballroom Dancing. Line dancing is great time to exercise the **Body** and **Mind!** For more information: Donna @ 399-1532

Board Meeting – Wednesday, November 13th at 10:00am

Everyone is welcome! Join us for Center updates and a public forum
This meeting will include updates on discussions with the City.





Heineberg Community Senior Center
14 Heineberg Road Burlington, VT 05408
Ph 802-863-3982
Web www.heinebergcsc.org
Email info@heinebergcsc.org

November 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**



- **November 5:** Pot roast with gravy, mashed potatoes, winter mixed vegetables, wheat roll, peaches
- **November 12: November Birthday Lunch – Domino's Pizza:** Cheese, Veggie, or Pepperoni, green salad, and birthday cake
- **November 19:** Thanksgiving Luncheon - Roast turkey, gravy, stuffing, cranberry sauce, mashed potatoes, sliced carrots, wheat roll, and pumpkin pie with cream
- **November 26:** Turkey and vegetable stew, cut green beans, biscuit, and cake



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



- **November 6:** Chicken & biscuits, green salad, and dessert
- **November 13:** Beef stroganoff served over egg noodles, green beans, green salad, and dessert
- **November 20:** Ham steaks with grilled pineapple, peas & carrots, mashed potatoes, green salad, and dessert
- **November 27:** BBQ chicken breast, mashed potatoes, beets with orange sauce, wheat roll, and pineapple chunks

Bring this ad in to receive **color copies for just .29 cents each**. And **shredding for .79 cents per pound**

The UPS Store

UPS Store 1127 - Ph 802-861-4100 - North Ave Ste 27, Burlington, VT 05408



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

November 2019 Activities

Monday	Tuesday	Wednesday	Thursday	Friday
Jazzercise Hours			3	1
M -EXPRESS -8:30am, 4:30pm T - 8:30am, 4:30pm W - 8:30am, 4:30am Th - 8:30am, 4:30pm	F - 8:30am, 4:30pm Sa - 7:30am, 8:30am Su - 8:30am, 4:30pm		8:45 Food Day 9:40 Yoga 10:00 Wii Bowling 12:30 Cribbage 12:30 Bridge 1:00 Bone Builder	9:45 Novice Tai Chi 10:45 Tai Chi
4 9:45 Novice Tai Chi 10:45 Computer Support* 11:00 Knitting & Crochet Group 11:00 Yoga 12:30 Mahjongg 12:30 Adult Coloring <i>Age Well Restaurant</i> <i>Tickets sales 10am-2pm</i>	5 11:45 Lunch* 11:15 Blood Pressure Clinic 1:00 BINGO 1:00 Bone Builders <i>Age Well Restaurant</i> <i>Tickets sales 10am-2pm</i>	6 9:40 Independent Yoga 10:45 Tai Chi 11:45 Lunch* 1:00 BINGO <i>Age Well Restaurant</i> <i>Tickets sales 10am-2pm</i>	7 8:45 Food Day 9:40 Yoga 10:00 Wii Bowling 12:30 Cribbage 12:30 Scrabble 12:30 Bridge 1:00 Bone Builders <i>Age Well Restaurant</i> <i>Tickets sales 10am-2pm</i>	8 9:45 Novice Tai Chi 10:45 Tai Chi
11 Closed  VETERANS DAY Thank you for your service	12 10:00 Dr. Jim Jennings' "Positive Relationships" 11:45 November Birthday Lunch* 1:00 BINGO 1:00 Bone Builders	13 9:40 Independent Yoga 10:00 Board Meeting 10:45 Tai Chi 11:45 Lunch* 1:00 BINGO 1:00 Beginner Line Dancing	14 8:45 Food Day 9:40 Yoga 10:00 Wii Bowling 12:30 Cribbage 12:30 Bridge 1:00 Bone Builders	15 9:45 Novice Tai Chi 10:45 Tai Chi <div style="border: 1px solid red; padding: 5px; display: inline-block;"> Holiday Bazaar Saturday, Nov 16 9am - 2pm</div>
18 9:45 Novice Tai Chi 10:45 Computer Support* 11:00 Knitting & Crochet Group 11:00 Yoga 12:30 Mahjongg 12:30 Adult Coloring	19 11:45 Thanksgiving Luncheon* 1:00 BINGO 1:00 Bone Builders	20 9:40 Independent Yoga 10:45 Tai Chi 11:45 Lunch* 1:00 BINGO 1:00 Beginner Line Dancing	21 8:45 Food Day 9:40 Yoga 10:00 Wii Bowling 12:30 Cribbage 12:30 Bridge 1:00 Bone Builders	22 9:45 Novice Tai Chi 10:45 Tai Chi
25 10:30 Rich Graham's "Dandelion Commune" 9:45 Novice Tai Chi 10:45 Computer Support* 11:00 Knitting & Crochet Group 11:00 Yoga 12:30 Mahjongg 12:30 Adult Coloring	26 11:45 Lunch* 1:00 BINGO 1:00 Bone Builders	27 9:40 Independent Yoga 10:45 Tai Chi 11:45 Lunch* 1:00 BINGO 1:00 Beginner Line Dancing	28 Closed  Happy Thanksgiving	29 9:45 Novice Tai Chi 10:45 Tai Chi



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***For upper level activities see calendar for times**

ONGOING PROGRAMS

Age Well Restaurant Ticket Sales: Tickets sold the first week of every month. Check our newsletter for specific days.

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 \$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. There is no instruction or leader of this group. Participants will enjoy support and conversation from one another.

Line Dancing: Heineberg High Steppers Beginners class will be Wednesdays at 1:00pm (starting Nov 13) First class is free, \$7 a class 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 Thursdays at 12:30 pm in our library. If planning to attend, please call the Center to make sure there will be other player(s) attending.

Singing Group: This group now meets on 2nd and 4th Friday at 10am at Heineberg Housing. For additional information please contact Johanna at 802-859-3464 or gnorp@capital.net.

Tai Chi: Novice Tai Chi Monday & Friday 9:45 am / Tai Chi Wednesday & Friday 10:45 am.

Wii Bowling: Thursdays at 10:00am

Yoga: Chair or Standing Yoga. Mondays 11:00 am, Independent Yoga Wednesdays 9:40 am, Thursdays 9:40 am.