



## November 2020 Activities

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> 10:00 Novice Tai Chi 11:00 Knitting & Crochet 11:05 Yoga (new time!) 12:30 Adult Coloring 12:30 Mahjong	<b>3</b> 9:45 Balance Class 10:30 Bean Art Mosaics 12:30 BINGO 1:00 Bone Builders  	<b>4</b> 9:55 Yoga 11:15 Tai Chi 12:30 BINGO 1:00 Beginner Line Dancing	<b>5</b> 10:00 Yoga (new time!) 10:30 – 12:30 Food & Meal Distribution 12:30 Cribbage 12:30 Bridge 1:00 Bone Builders	<b>6</b> (There will be no Tai Chi classes this day so we can prepare for the bazaar) 10:30 Heineberg Singing Group <b>Saturday Nov 7</b> 9:00am – 2:00pm Holiday Bazaar 
<b>9</b> 10:00 Novice Tai Chi 11:00 Knitting & Crochet 11:05 Yoga (new time!) 12:30 Adult Coloring 12:30 Mahjong	<b>10</b> 9:45 Balance Class 10:30 Beginner Woodworking Make your own wooden "grabber", a fun gift for a grandchild or useful tool for you!  12:30 BINGO 1:00 Bone Builders	<b>11</b> 9:55 Yoga 11:15 Tai Chi 12:30 BINGO 1:00 Beginner Line Dancing  <b>Free Veteran's Day take out meal for all Veterans!</b>	<b>12</b> 10:00 Yoga (new time!) 10:30 – 12:30 Food & Meal Distribution 12:30 Cribbage 12:30 Bridge 1:00 Bone Builders	<b>13</b> 10:00 Novice Tai Chi 10:30 Heineberg Singing Group 11:00 Tai Chi 9:00 – 4:00 Foot Clinics * <b>*By appointment only call 863-3982 Ext 1</b>
<b>16</b> 10:00 Novice Tai Chi 11:00 Knitting & Crochet 11:05 Yoga (new time!) 12:30 Adult Coloring 12:30 Mahjong 1:00 Book Club* <b>*Book: A Jewish Refugee in New York</b>	<b>17</b> 9:45 Balance Class 10:30 Mixed Art Journaling 12:30 BINGO 1:00 Bone Builders 	<b>18</b> 9:55 Yoga 11:15 Tai Chi 12:30 BINGO 1:00 Beginner Line Dancing	<b>19</b> 10:00 Yoga (new time!) 10:30 – 12:30 Food & Meal Distribution 12:30 Cribbage 12:30 Bridge 1:00 Bone Builders	<b>20</b> 10:00 Novice Tai Chi 10:30 Heineberg Singing Group 11:00 Tai Chi 1:00 UVM Health Network's MyChart Training Class* <b>(*Reservations required)</b>
<b>23</b> 10:00 Novice Tai Chi 11:00 Knitting & Crochet 11:05 Yoga (new time!) 12:30 Adult Coloring 12:30 Mahjong	<b>24</b> 9:45 Balance Class 10:30 Pine Cone Turkeys and "Give Thanks" Painted Rocks 12:30 BINGO 1:00 Bone Builders 	<b>25</b> 9:55 Yoga 11:15 Tai Chi 12:30 BINGO 1:00 Beginner Line Dancing	<b>26</b>  There will be no regular programming but we will be distributing Thanksgiving Meals. RSVP today.	<b>27</b> 10:00 Novice Tai Chi 11:00 Tai Chi
<b>30</b> 10:00 Novice Tai Chi 11:00 Knitting & Crochet 11:05 Yoga (new time!) 12:30 Adult Coloring 12:30 Mahjong	<b>PROGRAM LOCATIONS</b> <b>Inside/Upper Level    Inside/Lower Level</b> <b>NEW distribution space &amp; outside</b>			
<b>**Please register for <u>all</u> activities.</b> If you have not registered, a class or activity may be full when you arrive. You may register by visiting <a href="http://heinebergcsc.org">heinebergcsc.org</a> or calling 863-3982 Ext 1 <b>If there are last minute cancelations, this is the only way we'll know to notify you.</b>				

### Jazzercise Hours

Mon, Tues, Wed, Thurs, Fri & Sun - 8:30am, 4:30pm    Sat - 7:30am, 8:30am

# November 2020 Special Programming

THE  
University of Vermont  
HEALTH NETWORK  
Medical Group



Heineberg  
Community Senior Center

## Telehealth appointments made easy!

If you are 60+ you can now complete most doctor's appointments from the comforts of our Center\*. **We offer private rooms, a computer, internet, and tech support during your appointment.** Ask any of us (Beth, Camielle, or Kerry for more information) **Please note, our check-in protocols and screening questions will apply to everyone entering our Center.** *If you have the following symptoms we ask that you call your doctor for guidance as we are unable to host your appointment: Cough, Shortness of Breath/Difficulty Breathing, Fever (> 100.4°F / 38°C) or felt feverish, Chills, Sore Throat, or New loss of taste or smell*

## MyChart Training Class

Friday, November 20, 1:00pm

Taught by: Sarah K. Chistolini, MBA

UVM Medical Center's Senior Telehealth Program Strategist

To fully support your overall wellness, we are hosting training for **MyChart**. MyChart is free online tool for everyone receiving health care through the UVM Health Network.

### With MyChart...

- Communicate with your doctor
- Get answers to your medical questions from the comfort of your own home
- Access your test results
- Request prescription refills
- Manage your appointments

**Space is limited! Call 863-3982 Ext 1 or stop by our front desk to reserve your spot**



## Holiday Bazaar

Saturday, November 7, 9:00am – 2:00pm

Our 2020 holiday bazaar will include tag sale items and a few craft fair tables on both levels (No lunch or bake sale items). **This fundraising sale will include;** jewelry, household items, toys, books, and decorations.

**All visitors will be counted for safe numbers and spacing. Everyone will have their temperature taken, wear a mask, and sanitize their hands.**

Connecting with our Grandfriends!

October 30<sup>th</sup> at 12:00pm  
Silliness with Seniors

Our 2<sup>nd</sup> grade grandfriends will visit us wearing masks they have decorated, fun, silly hats, and accessories. We'll have fun Halloween masks for our participants, join us to give and receive treats with our grandfriends!



Free lunch for all  
our Veterans!

Stop by our Center anytime  
**10am – 3pm Wednesday, November 11** for a take-out meal of **chili, cornbread, and a special treat!**



## Warm Thanksgiving Day meal

**Sweetwaters** will be preparing their annual free Thanksgiving Day meal for our Center to distribute to community members age 60+.

### Menu

**Misty Knoll Turkey, mashed potatoes, sweet potatoes, stuffing, a roll, and a slice of Mazza's pie**

Please call 863-3982 Ext 1 or stop by to reserve your meal. Meals can be picked up at our Center Thanksgiving Day between 1:00 – 2:00pm. If you need them delivered please let us know.



Friday, December 18<sup>th</sup> 1:00 – 2:30pm

Join us outside for a **Holiday Celebration**

and **Sing-A-Long**. We'll gather around (together but 6' apart) our (International) Christmas Tree, enjoy hot chocolate, tea, or coffee, special holiday treats and sing a variety of songs of the season... and other little surprises!