


Blue = Upstairs
 Red = Downstairs
 Green = Food

November 2022

Classes marked \$\$ have a fee
 Unmarked activities are **FREE**

Monday	Tuesday	Wednesday	Thursday	Friday
Winter Farm Share Produce Monday Nov 7 and 21 - Alternate weeks only	10-Noon <i>DAIL Listening Session</i> 12:30 Bingo 1:00 Bone Builders	1 10:30 Meals pick-up 2 9:55 Yoga with Ilse 11:05 Adv. Tai Chi 12:30 Bingo 1:00 Line Dancing	10:00 Free Groceries 3 10:15 Yoga with Jill \$\$ 10:30 ART w/Camielle 11:30 Cribbage 1:00 Bridge 1:00 Bone Builders	10:00 Novice Tai Chi 4 11:00 Advanced Tai Chi 10:15 Support Group Call (802) 497-0723 to pre-register
10:00 Novice Tai Chi 7 10:00 Flower Arranging 11:00 Yoga with Jill \$\$ 12-12:45 Hot Lunch \$\$ 12:30 Adult Coloring 12:30 Mahjong	8 9:45 Balance Class 12:30 Bingo 1:00 Bone Builders	9 10:30 Meals pick-up 9 9:55 Yoga with Ilse 11:05 Adv. Tai Chi 12:30 Bingo 1:00 Line Dancing	10 10:00 Free Groceries 10 10:15 Yoga with Jill \$\$ 10:30 Coffee/Conv. 11:30 Cribbage 1:00 Bridge 1:00 Bone Builders	11 10:00 Novice Tai Chi 11 11:00 Advanced Tai Chi 10:15 Support Group Call (802) 497-0723 to pre-register
10:00 Novice Tai Chi 14 10:00 Flower Arranging 11:00 Yoga with Jill \$\$ 12-12:45 Hot Lunch \$\$ 12:30 Adult Coloring 12:30 Mahjong	15 11:30-12:30 Kerry here with Age Well restaurant tickets 9:45 Balance Class 12:30 Bingo 1:00 Bone Builders	16 10:30 Meals pick-up 16 9:55 Yoga with Ilse 11:05 Adv. Tai Chi 12:30 Bingo 1:00 Line Dancing	17 10:00 Free Groceries 17 10:15 Yoga with Jill \$\$ 10:30 Coffee/Conv. 11:30 Cribbage 1:00 Bridge 1:00 Bone Builders	18 10:00 Novice Tai Chi 18 11:00 Advanced Tai Chi 10:15 Support Group Call (802) 497-0723 to pre-register
10:00 Novice Tai Chi 21 10:00 Flower Arranging 11:00 Yoga with Jill \$\$ 12-12:45 Hot Lunch \$\$ 12:30 Adult Coloring 12:30 Mahjong	22 9:45 Balance Class 12:30 Bingo 1:00 Bone Builders	23 10:30 Meals pick-up 23 9:55 Yoga with Ilse 11:05 Adv. Tai Chi 12:30 Bingo 1:00 Line Dancing	24 Closed We are thankful for one another.	25 Closed 
10:00 Novice Tai Chi 28 10:00 Flower Arranging 11:00 Yoga with Jill \$\$ 12-12:45 Hot Lunch \$\$ 12:30 Adult Coloring 12:30 Mahjong	29 9:45 Balance Class 12:30 Bingo 1:00 Bone Builders	30 10:30 Meals pick-up 30 9:55 Yoga with Ilse 11:05 Adv. Tai Chi 12:30 Bingo 1:00 Line Dancing	Please call Heineberg Community Senior Center at (802) 863-3982 for more information about any of our programming.	Saturday Nov 12th Holiday Bazaar! 9 am to 2 pm Saturday Nov 19th Wreath Making Class 10 am to Noon \$25.00