



October 2019

90+ Birthday Celebration

Tuesday, October 22nd at 11:30am

**Roast pork, gravy, mashed potatoes, squash,
dinner roll, and berry crisp with cream**

Family and friends welcome!
Participants 90+ are free. \$5 for guests

Heineberg Community Senior Center
14 Heineberg Road, Burlington

RSVP by Thursday, October 17, 2019
visit or call us at 863-3982



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

Our Annual Holiday Bazaar fundraiser will include...

- Bake sale & lunch
- Tag sale & 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. 7
- If you are interested in **volunteering**, please contact Gloria at 863-3505 or greynolds@burlingtontelecom.net
- 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, November 15th

October Birthday Luncheon

Tuesday, October 8, 11:45 am

Lunch is \$5 or FREE for participants
with October Birthdays
Bagel Café Turkey Chili, green salad,
and birthday cake

RSVP by Thursday, September 5th



Keeping Well Series

Monday, October 21, 10:00am

Topic: Bringing it all together

Summary of this year's topics: Sleep, Loneliness and social isolation, Hydration, Anger, Physical activity, Depression, Anxiety, Nutrition, Memory

Walk-in flu shots

Tuesday, October 8th

10:00am – noon



**Remember to bring your
insurance/Medicare information.**

Pneumonia vaccine available upon request. Please let us know at the front desk if you would like one.

We have lots of new, returning, and ongoing programs.
Be sure to look at our updated list on the back of this newsletter!



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

October 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



- **October 1:** BBQ beef steak, mashed potatoes, sliced carrots, wheat roll, vanilla pudding with peaches and cream
- **October 8: Birthday Lunch** – Bagel Café's turkey chili, green salad, and birthday cake
- **October 15:** Turkey in gravy, sweet potatoes, broccoli florets, wheat bread, pumpkin chip square
- **October 22: 90+ Birthday Celebration Lunch:** Roast pork, gravy, mashed potatoes, squash, dinner roll, berry crisp with cream
- **October 29:** Chicken chow mein with shredded cabbage, vegetable rice pilaf, oriental vegetables, chow mein noodles, pears

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



- **October 2:** Ham & scalloped potato casserole, green beans, green salad, and dessert
- **October 9:** Butler farm meatloaf with gravy, mashed potatoes, corn, green salad, and dessert
- **October 16:** Herbed breaded chicken, rice pilaf, seasonal veggies, green salad, and dessert
- **October 23:** Beef stew, homemade rolls, green salad, and dessert
- **October 30:** Macaroni & cheese, seasonal vegetables, green salad, and dessert

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

October 2019 Activities

Monday	Tuesday	Wednesday	Thursday	Friday
* - Reservation needed	1 11:45 Lunch* 1:00 BINGO 1:00 Bone Builders	2 9:40 Independent Yoga 10:30 Pinochle NEW 10:45 Tai Chi 11:45 Lunch* 1:00 BINGO 1:00 Line Dancing 2:30 Beginner Line Dancing	3 8:45 Food Day 9:40 Yoga 10:00 Wii Bowling 12:30 Cribbage 12:30 Bridge 1:00 Bone Builder	4 9:45 Novice Tai Chi 10:45 Tai Chi
7 9:45 Novice Tai Chi 10:45 Computer Support* 11:00 Knitting & Crochet Group NEW 11:00 Yoga 12:30 Mahjongg 12:30 Adult Coloring	8 10am – Noon Flu shots 11:45 October Birthday Lunch* 12:30 – 2:30 Chair massage* 11:15 Blood Pressure Clinic 1:00 BINGO 1:00 Bone Builders	9 9:40 Independent Yoga 10:30 Pinochle NEW 10:45 Tai Chi 11:45 Lunch* 1:00 BINGO 1:00 Line Dancing 2:30 Beginner Line Dancing	10 8:45 Food Day 9:40 Yoga 10:00 Wii Bowling 12:30 Cribbage 12:30 Scrabble 12:30 Bridge 1:00 Bone Builders	11 9:45 Novice Tai Chi 10:45 Tai Chi
14 9:45 Novice Tai Chi 10:45 Computer Support* 11:00 Knitting & Crochet Group NEW 11:00 Yoga 12:30 Mahjongg 12:30 Adult Coloring 1:00 Book Club	15 11:45 Lunch* 1:00 BINGO 1:00 Bone Builders	16 9:40 Independent Yoga 10:30 Pinochle NEW 10:45 Tai Chi 11:45 Lunch* 1:00 BINGO 1:00 Line Dancing 2:30 Beginner Line Dancing	17 8:45 Food Day 9:40 Yoga 10:00 Wii Bowling 12:30 Cribbage 12:30 Bridge 1:00 Bone Builders	18 9:45 Novice Tai Chi 10:45 Tai Chi
21 9:45 Novice Tai Chi 10:00 Wellness Chat 10:45 Computer Support* 11:00 Knitting & Crochet Group NEW 11:00 Yoga 12:30 Mahjongg 12:30 Adult Coloring	22 9:45 - 12:30 Foot Clinic* 11:30 90+ Birthday Celebration Lunch* 1:00 BINGO 1:00 Bone Builders	23 9:40 Independent Yoga 10:30 Pinochle NEW 10:45 Tai Chi 11:45 Lunch* 1:00 BINGO 1:00 Line Dancing 2:30 Beginner Line Dancing	24 8:45 Food Day 9:40 Yoga 10:00 Wii Bowling 12:30 Cribbage 12:30 Bridge 1:00 Bone Builders	25 9:45 Novice Tai Chi 10:45 Tai Chi
28 9:45 Novice Tai Chi 10:45 Computer Support* 11:00 Knitting & Crochet Group NEW 11:00 Yoga 12:30 Mahjongg 12:30 Adult Coloring	29 9:45 - 12:30 Foot Clinic* 11:45 Lunch* 1:00 BINGO 1:00 Bone Builders	30 9:40 Independent Yoga 10:30 Pinochle NEW 10:45 Tai Chi 11:45 Lunch* 1:00 BINGO 1:00 Line Dancing 2:30 Beginner Line Dancing	31 8:45 Food Day 9:40 Yoga 10:00 Wii Bowling 12:30 Cribbage 12:30 Bridge 1:00 Bone Builders Happy Halloween!	Jazzercise Hours M -EXPRESS -8:30am, 4:30pm T - 8:30am, 4:30pm W - 8:30am, 4:30pm Th - 8:30am, 4:30pm F - 8:30am, 4:30pm Sa - 7:30am, 8:30am Su - 8:30am, 4:30pm



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LOWER LEVEL HOURS*

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Thursday 9:00am - 3:00pm

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

ONGOING PROGRAMS

- Age Well Restaurant Ticket Sales:** Tickets sold at our Center on the first Thursday of the month
- 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
- NEW! 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. **Back for the cooler months!**
- Line Dancing:** Heineberg High Steppers meet on Wednesdays. Beginners class will return in April First class is free! \$20 a month 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.
- NEW! Pinochle:** Wednesdays 10:30 – 11:00am. Please call Jeanie 989-329-1056 for details.
- 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.
- Wellness Chats:** Featuring Samantha Mitchell's Wellness Series. Monthly on Mondays, for specific day each month see our monthly calendar
- 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.