



## October 2020 Activities

Monday	Tuesday	Wednesday	Thursday	Friday
<b>PROGRAM LOCATIONS</b> Inside/Upper Level    Inside/Lower Level NEW distribution space & outside  <b>**Please register for all activities. 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>			<b>1</b> 9:55 Yoga 10:30 – 12:30 Food & Meal Distribution 12:30 Cribbage 12:30 Bridge 1:00 Bone Builders* *For now, only current participants	<b>2</b> 10:00 Novice Tai Chi 11:00 Tai Chi
<b>5</b> 10:00 Novice Tai Chi 11:00 Knitting & Crochet 11:15 Yoga 12:30 Adult Coloring 12:30 Mahjong	<b>6</b> 9:45 Balance Class 10:45 Drip Paint Ornaments 12:30 BINGO 1:00 Bone Builders* 	<b>7</b> 9:55 Yoga 11:15 Tai Chi 12:30 BINGO 1:00 Beginner Line Dancing	<b>8</b> 9:55 Yoga 10:30 – 12:30 Food & Meal Distribution 12:30 Cribbage 12:30 Bridge 1:00 Bone Builders* *Current participants only	<b>9</b> 10:00 Novice Tai Chi 11:00 Tai Chi
<b>12</b> 10:00 Novice Tai Chi 11:00 Knitting & Crochet 11:15 Yoga 12:30 Adult Coloring 12:30 Mahjong 1:00 Book Club* (*location TBD, depending on weather)	<b>13</b> 9:45 Balance Class 10:30 Mixed Media Painting 12:30 BINGO 1:00 Bone Builders* 	<b>14</b> 9:55 Yoga 11:15 Tai Chi 12:30 BINGO 1:00 Beginner Line Dancing	<b>15</b> 9:55 Yoga 10:30 – 12:30 Food & Meal Distribution 12:30 Cribbage 12:30 Bridge 1:00 Bone Builders* *Current participants only	<b>16</b> 10:00 Novice Tai Chi 10:30 Heineberg Singing Group 11:00 Tai Chi
<b>19</b> 10:00 Novice Tai Chi 11:00 Knitting & Crochet 11:15 Yoga 12:30 Adult Coloring 12:30 Mahjong	<b>20</b> 9:45 Balance Class 10:30 Decoupage Fabric onto plates 12:30 BINGO 1:00 Bone Builders* 	<b>21</b> 9:55 Yoga 11:15 Tai Chi 12:30 BINGO 1:00 Beginner Line Dancing 5:00pm <b>90+ Celebration Drive-in style at the Elk's Lodge</b> 	<b>22</b> 9:55 Yoga 10:30 – 12:30 Food & Meal Distribution 12:30 Cribbage 12:30 Bridge 1:00 Bone Builders* *Current participants only	<b>23</b> 10:00 Novice Tai Chi 10:30 Heineberg Singing Group 11:00 Tai Chi
<b>26</b> 10:00 Novice Tai Chi 11:00 Knitting & Crochet 11:15 Yoga 12:30 Adult Coloring 12:30 Mahjong	<b>27</b> 9:45 Balance Class 10:30 Spooky Decor 12:30 BINGO 1:00 Bone Builders* 	<b>28</b> 9:55 Yoga 11:15 Tai Chi 12:30 BINGO 1:00 Beginner Line Dancing	<b>22</b> 9:55 Yoga 10:30 – 12:30 Food & Meal Distribution 12:30 Cribbage 12:30 Bridge 1:00 Bone Builders* *Current participants only	<b>23</b> 10:00 Novice Tai Chi 10:30 Heineberg Singing Group 11:00 Tai Chi

### Jazzercise Hours

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

# October 2020 Special Programming

## Fall Raffle

Similar to our traditional 50/50 snowball raffle but with autumn “leaves” and **we’ll have two winners!**

Pick your numbers at our Center’s front desk. Numbers (chances) are \$5 each. The drawing will be at the end of our bazaar on November 7<sup>th</sup>. **You do not need to be present to win!**

## Updates and REMINDERS!

- All activities will move inside October 1<sup>st</sup>. We are prepared to do so **comfortably** and **safely**. As always, we will be enforcing our protocol and check-in procedures, safe distancing, and mask wearing.
  - The first full week of October you’ll also see new HEPA air filters on both levels.
- Participants age 50+ may pick up a variety of **groceries**, at no charge, every **Thursday from 10:30am – 12:30pm**.
- **Meals** are now available for pick-up **Monday - Thursday, 10:00am – 3:00pm**. Please pick just one day each week to pick-up, up to three meals. No need to call ahead, just stop by.
- **Everyone**, attending any class or activity at the Center **needs to fill our Participant form**. These forms are important to us for funding\* as well as to ensure we have your up-to-date contact information. *\*we rely on a variety of funding to continue offering programs at no charge to the public age 50+.*
- The Department of Health has increased our capacity limits. You’ll see some activities increasing in size a bit, however, most of the time we will keep our numbers low to ensure everyone’s comfort and safety.

## 90+ Celebration... with a twist!

**Wednesday, October 21 at 5:00 pm**  
(Rain date Thursday, October 22)  
**Elks Lodge Parking Lot**

We’ll remain safely in our cars as we watch, together on a big screen, a special tribute to our participants age 90+.

**Dinner will be served to your car**

**Menu:** Hamburgers (or veggie burgers), French fries, “root beer float” cupcakes, and bottled water.

Family, **friends, and participants** are welcome!  
The cost is \$5/meal. Call 863-3982 Ext 1 or stop by the Center to **RSVP by Wednesday, October 14.**



## Holiday Bazaar

**Saturday, November 7, 9:00am – 2:00pm**

**This year the bazaar consists of a tag sale items and a few craft fair tables on both levels (no lunch or bake sale items).**

**Our 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.**



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

**Join us outside for our 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 special songs of the season... other little surprises! Stay tuned for details!

### Heineberg Center Singing Group

If you would like to warm up your vocal cords and/or keep the cheer going every week... we are planning to bring back our **singing group** at the Center **every Friday at 10:30am**. No experience needed! **Our new protocols will be strictly enforced. It will also be a small group with distancing and special face masks and/or shields for all singers.**