


Blue = Upstairs
 Red = Downstairs
 Green = Food

October 2022

Classes marked \$\$ have a fee

Unmarked activities are **FREE**

Monday	Tuesday	Wednesday	Thursday	Friday
10:00 Novice Tai Chi 3 10:00 Flower Arranging 11:00 Yoga with Jill \$\$ 12-12:45 Hot Lunch \$\$ 12:30 Adult Coloring 12:30 Mahjong	Farm Share Produce 4 9:45 Balance Class 11:00 Block Printing 12:30 Bingo 1:00 Bone Builders	10:30 Meals pick-up 5 9:55 Yoga with Ilse 11:05 Adv. Tai Chi 12:30 Bingo 1:00 Line Dancing	10:00 Free Groceries 6 10:15 Yoga with Jill \$\$ 10:30 ART w/Camielle 11:30 Cribbage 1:00 Bridge 1:00 Bone Builders	 <p>PIE BREAKFAST TOMORROW!</p> 8
10:00 Novice Tai Chi 10 10:00 Flower Arranging 11:00 Yoga with Jill \$\$ 12-12:45 Hot Lunch \$\$ 12:30 Adult Coloring 12:30 Mahjong	Farm Share produce 11 9:45 Balance Class 12:30 Bingo 1:00 Bone Builders	10:30 Meals pick-up 12 9:55 Yoga with Ilse 11:05 Adv. Tai Chi 12:30 Bingo 1:00 Line Dancing	10:00 Free Groceries 13 10:15 Yoga with Jill \$\$ 10:30 Coffee/Conv. 11:30 Cribbage 1:00 Bridge 1:00 Bone Builders	14 10:00 Novice Tai Chi 11:00 Advanced Tai Chi 10:15 Support Group Call (802) 497-0723
10:00 Novice Tai Chi 17 10:00 Flower Arranging 11:00 Yoga with Jill \$\$ 12-12:45 Hot Lunch \$\$ 12:30 Adult Coloring 12:30 Mahjong	Farm Share Produce 18 9:45 Balance Class 11:00 Knit/Fiber Group 12:30 Bingo 1:00 Bone Builders	10:30 Meals pick-up 19 9:55 Yoga with Ilse 11:05 Adv. Tai Chi 12:30 Bingo 1:00 Line Dancing	10:00 Free Groceries 20 10:15 Yoga with Jill \$\$ 10:30 Coffee/Conv. 11:30 Cribbage 1:00 Bridge 1:00 Bone Builders	21 10:00 Novice Tai Chi 11:00 Advanced Tai Chi 10:15 Support Group Call (802) 497-0723
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10:00 Novice Tai Chi 31 10:00 Flower Arranging 11:00 Yoga with Jill \$\$ 12-12:45 Hot Lunch \$\$ 12:30 Adult Coloring 12:30 Mahjong	Nov. 19th Wreath Making Class \$25. includes large fresh wreath, all decorations. Must pre-register.	Please call (802) 863-3982 for more information about any of our programming.	 <p>Heineberg Community Senior Center Burlington, Vermont</p>	