



September 2020 Activities

Monday	Tuesday	Wednesday	Thursday	Friday
<p>September is National Senior Center Month!</p> <p>Join us at the Champlain Senior Center/ONE Center September 1st at 2:15pm for a proclamation from Mayor Miro.</p> 	<p>1</p> <p>9:45 Balance Class 10:30 Still Life Charcoal Drawing 12:30 BINGO 1:00 Bone Builders* 2:15 Mayor Miro Senior Center Proclamation*</p> 	<p>2</p> <p>9:30 Gardening Group 9:55 Independent Yoga 11:15 Tai Chi 12:30 BINGO 1:00 Beginner Line Dancing</p>	<p>3</p> <p>9:55 Yoga 10:30 Social Hour 10:30 – 12:30 Food & Meal Distribution 12:30 Cribbage 12:30 Bridge 1:00 Bone Builders*</p>	<p>4</p> <p>10:00 Novice Tai Chi 11:00 Tai Chi</p>
<p>7</p> <p>We will be CLOSED TO OBSERVE Labor Day</p>	<p>8</p> <p>9:30 Balance Class 10:45 No painting class this week 12:30 BINGO 1:00 Bone Builders*</p>	<p>9</p> <p>9:30 Gardening Group 9:55 Independent Yoga 11:15 Tai Chi 12:30 BINGO 1:00 Beginner Line Dancing</p>	<p>10</p> <p>9:55 Yoga 10:30 Social Hour 10:30 – 12:30 Food & Meal Distribution 12:30 Cribbage 12:30 Bridge 1:00 Bone Builders*</p>	<p>11</p> <p>10:00 Novice Tai Chi 11:00 Tai Chi</p>
<p>14</p> <p>9:15 Mindful Aging Support Group 10:00 Novice Tai Chi 11:00 Knitting & Crochet 11:15 Yoga 12:30 Adult Coloring 1:00 Book Club</p>	<p>15</p> <p>9:45 Balance Class 10:30 Fall themed mason jars 12:30 BINGO 1:00 Bone Builders*</p> 	<p>16</p> <p>9:30 Gardening Group 9:55 Independent Yoga 11:15 Tai Chi 12:30 BINGO 1:00 Beginner Line Dancing</p>	<p>17</p> <p>9:55 Yoga 10:30 Social Hour 10:30 – 12:30 Food & Meal Distribution 12:30 Cribbage 12:30 Bridge 1:00 Bone Builders*</p>	<p>18</p> <p>10:00 Novice Tai Chi 11:00 Tai Chi</p>
<p>21</p> <p>9:15 Mindful Aging Support Group* 10:00 Novice Tai Chi 11:00 Knitting & Crochet 11:15 Yoga 12:30 Adult Coloring</p>	<p>22</p> <p>9:00 – 12:00 Flu Shot Clinic 9:30 Balance Class 10:30 Mixed media art journaling 12:30 BINGO 1:00 Bone Builders*</p> 	<p>23</p> <p>9:30 – 3:00pm Foot Care Clinic (by appt only) 9:30 Gardening Group 9:55 Independent Yoga 11:15 Tai Chi 12:30 BINGO 1:00 Beginner Line Dancing</p>	<p>24</p> <p>9:55 Yoga 10:30 Social Hour 10:30 – 12:30 Food & Meal Distribution 12:30 Cribbage 12:30 Bridge 1:00 Bone Builders*</p>	<p>25</p> <p>9:30 – 12:00 Foot Care Clinic (by appt only) 10:00 Novice Tai Chi 11:00 Tai Chi</p>
<p>28</p> <p>9:15 Mindful Aging Support Group 10:00 Novice Tai Chi 11:00 Knitting & Crochet 11:15 Yoga 12:30 Adult Coloring</p>	<p>29</p> <p>9:45 Balance Class 10:30 Step by Step Acrylic Painting 12:30 BINGO 1:00 Bone Builders*</p> 	<p>23</p> <p>9:30 Gardening Group 9:55 Independent Yoga 11:15 Tai Chi 12:30 BINGO 1:00 Beginner Line</p>	<p>Program Locations Inside/Upper Level Inside/Lower Level Outside</p> <p>*For now, only current participants</p>	

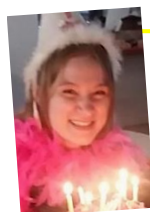
September 2020 Special Programming

Reserve our private computer space for...

- Telehealth appointments
- Zoom Meetings and other online programming
- Checking emails or surfing the web

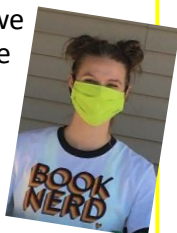


Reserve a room online (heinebergcsc.org) or by calling 863-3982 and we'll provide the computer (with a camera if needed), internet access, and technical assistance.



We'd like to congratulate Adele on accepting a full-time position teaching students in 4-6th grades. We are very happy for her as this is a wonderful opportunity, although we will certainly miss her dearly! Adele

has made such a positive impact on our Center from her very first day as an intern! She promises this is not good-bye as she'll be back to help with events and fundraisers.



Welcome!

We want to give a warm welcome to Camielle as our new Center Coordinator. Camielle has been at our Center all summer teaching painting classes. We are thrilled to have her warm and welcoming personality with us in this new role.

We are also excited to share Kerry (*Support Buddies volunteer and substitute Center employee*) has accepted our Support Buddies Coordinator Position. The Support Buddies program will benefit a great deal from Kerry's passion and enthusiasm for meal and nutrition ideas, computer telehealth support, and our multigenerational programs.



Walk-in flu shots

Tuesday, Oct 22th
9:00am – 12:00pm



Please bring your insurance/Medicare information.

90+ Celebration... with a twist!

DRIVE-IN

Join us for our
90+ Celebration...
2020 style!

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.

We are asking all 90+ Honorees to RSVP no later than Wednesday, Sept 2, 2020. For family and friends the cost is \$5/meal and please RSVP by Wednesday, Oct 14. Call 863-3982 Ext 1 or email 90@heinebergcsc.org



Holiday Bazaar

Saturday, November 7

This year the bazaar will only be the tag sale: jewelry, household items, toys, books, and decorations. We'll be sure to count visitors entering our center. Everyone will have their temperature taken, wear a mask, and sanitize their hands.

Donations Needed!

Donations can be dropped off Monday – Thursday 10am – 3pm **before October 30.** (please no clothes or large electronics like TVs, computers, or printers)

33/33/33 Foliage Raffle!

Similar to our traditional 50/50 snowball raffle but with autumn "leaves" and we'll have **two winners instead of one** (33% each and 33% to our Center). 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 7th. **You do not need to be present to win!**



CENTER HOURS: Mon - Thurs 10:00 am - 3:00pm Fri 10:00 am - 12:00pm

LIBRARY HOURS: Borrow books, puzzles, and adult coloring books. Mon & Tues 12:30 - 3:00pm Wed & Thurs 10:00am - 12:30pm. Fri 10:00am - 12:00pm

COMPUTER RESERVATIONS: Mon & Tues 12:30 - 3:00pm Wed & Thurs 10:00am - 12:30pm

MEAL AND DONATED GROCERY PICK-UP: Anyone 50+ may pick-up donated meals and groceries at our Center. **No orders needed** GROCERIES: Thurs 10:30am - 12:30pm MEALS: Thurs 10:30am - 2:30pm (up to 3 meals)