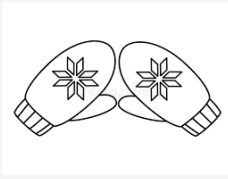
Heineberg Community Senior Center
14 Heineberg Rd, Burlington VT
(802) 863-3982 www.heinebergcsc.org

NOVEMBER 2026

Unmarked activities BY DONATION
Activities marked $$ have a fee

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 10:00 Tai Chi 2 10:00 Craft & Mend 11:10 Core Power Yoga $$ 11:30 Free Lunch 12:30 Adult Coloring 12:30 Mahjong 1:00 Tai Chi 1 2:15 **NO Gentle Yoga**	3 **NO Farm Share** 10:00 Bone Builders 10:30 Board Games 12:30 Bingo 1:30 Bone Builders	4 10:00 Yoga with Ilse 10:30 **Phoenix Crocket Music** 11:30 Free Lunch 12:30 Bingo 1:00 Broadway Dance/ Tap	5 **9:30 Free Groceries** 10:00 Core Power Yoga $$ 11:00 **Dutch Mill Trip** 11:00 Cribbage 1:00 Bridge 1:30 Bone Builders	6 Bone Builders 10:00 AM Tai Chi for Mobility & Fall Prevention 11:30AM - 12:30PM
9 10:00 **WINTER FARM SHARE** 10:00 Tai Chi 2 10:00 Craft & Mend 11:10 Core Power Yoga $$ 11:30 Free Lunch 12:30 Adult Coloring 12:30 Mahjong 1:00 Tai Chi 1 2:15 Gentle Chair Yoga	10 10:00 Bone Builders 10:30 **Bianca Stone Poetry** 11:30 **Walk/Talk w/Jules** 12:30 Bingo 1:30 Bone Builders	11 10:00 Yoga with Ilse 11:30 Free Lunch 12:30 Bingo 1:00 Broadway Dance/ Tap 3:30 **VT Youth Leaders**	12 **9:30 Free Groceries** 10:00 Core Power Yoga $$ 10:30 **Collage w/Alora** 11:00 Cribbage 1:00 Bridge 1:30 Bone Builders	13 Bone Builders 10:00 AM Tai Chi for Mobility & Fall Prev. 11:30AM - 12:30PM **Heineberg Bazaar Sat. Nov. 14**
16 10:00 Tai Chi 2 10:00 Craft & Mend 11:10 Core Power Yoga $$ 11:30 Free Lunch 12:30 Adult Coloring 12:30 Mahjong 1:00 Tai Chi 1 2:15 Gentle Chair Yoga	17 10:00 Bone Builders 10:30 Board Games 12:30 Bingo 1:30 Bone Builders	18 10:00 Yoga with Ilse 11:30 Free Lunch 11:30 **SMP Presentation** 12:30 Bingo 1:00 Broadway Dance/ Tap	19 **9:30 Free Groceries** 10:00 Core Power Yoga $$ 10:30 **Cooking w/ Kerry** 11:00 Cribbage 1:00 Bridge 1:30 Bone Builders	20 Bone Builders 10:00 AM Tai Chi for Mobility & Fall Prevention 11:30AM - 12:30PM
23 10:00 **WINTER FARM SHARE** 10:00 Tai Chi 2 10:00 Craft & Mend 11:10 Core Power Yoga $$ 11:30 Free Lunch 12:30 Adult Coloring 12:30 Mahjong 1:00 Tai Chi 1 2:15 Gentle Chair Yoga	24 10:00 Bone Builders 10:30 **NO Board Games** 12:30 Bingo 1:30 Bone Builders	25 10:00 Yoga with Ilse 11:30 Free Lunch 12:30 Bingo 1:00 Broadway Dance/ Tap	26 	27 ~ CLOSED ~
30 10:00 Tai Chi 2 10:00 Craft & Mend 11:10 Core Power Yoga $$ 11:30 Free Lunch 12:30 Adult Coloring 12:30 Mahjong 1:00 Tai Chi 1 2:15 Gentle Chair Yoga	**O'Brien's Haircuts Mon. Nov. 23 12:15PM**	**Chair Massage Mon. Nov. 9 & Thurs. Nov. 19 By appointment**		**HEINEBERG BAZAAR Sat. Nov. 14 9AM - 2PM**