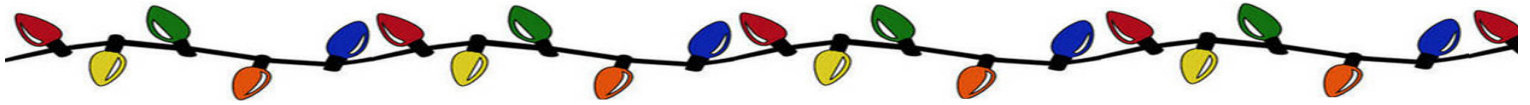


December 2017



Holiday Luncheon

Wednesday, December 13th at 11:45

We'll enjoy roast beef & gravy, mashed potatoes, creamy whipped squash, whole wheat roll, blueberry pie with topping. *Or, Ask about our vegetarian option.*

Our Heineberg Singing group will help us get into the holiday spirit by leading a sing-a-long, followed by a festive performance by the Heineberg Highsteppers. Bring a small \$3-5 gift if you would like to participate in the Yankee Swap. We'll also offer a 50/50 raffle with a few extra gifts for the holidays.



Winter Paint and Sip Fundraiser

Saturday, January 20th

Doors open at 5:30 for light snacks and refreshments; painting is 6:00-8:00pm



Join us for another fun evening of painting! Tickets are \$30 and **gift certificates are available** at the Center's front desk. A great gift for the holidays! Please purchase your tickets by Tuesday, January 19th at the Center.

Board Meeting

Friday, December 15th, 9:00-11:00am

Everyone is welcome! Learn all about the latest Center updates and news, as well as share any comments or questions you have.

Monday Morning Coffee Hour

Every Monday at 10:00am

December 4: Self-Defense and Safety Awareness-

Learn tips and practical advice on keeping yourself and your possessions safe. Everything from street smarts to phone scams will be covered. Presented by Pearson Consulting & Investigations.

All PCI investigators are former law enforcement officers.

**Stay!
Safe!**

December 11: Ted Talk- A creative approach to building green and sustainably.



December 18: Winter Blues- Do you feel a bit blue during winter months? Or struggle with Seasonal Affective Disorder (SAD) all winter long? There are ways you can ease seasonal depression... without leaving Vermont! Presentation by Wellness Nurse Samantha Mitchell.

****Center staff has a surprise for you after this presentation!**

December Birthday Lunch

Tuesday, December 5th at 11:45am

Lunch is \$5, or FREE for participants with December birthdays



Lunch will feature Domino's Pizza (cheese, pepperoni or veggie), green salad and dessert

Help us celebrate all our December birthdays! To RSVP, call 863-3982 or stop by at least 24 hours in advance.

Songwriters Group

Interested in the songwriting process? Or are you a musician willing to backup songwriters as they bring their music to life? Join us for a brief introduction to the group Thursday December 7th at 11:30, just before lunch.

Meetings are at our Center the first Thursday of each month at 6pm.

Chair Massage Holiday Special!

Sign up for a 15 minute chair massage for **half price - \$5.**

Tuesday, December 12th 1:00-3:00pm

December 2017

Monday	Tuesday	Wednesday	Thursday	Friday
Nov 27	Nov 28	Nov 29	Nov 30	1 9:45 Novice Tai Chi 12:30 Tai Chi
4 9:45 Novice Tai Chi 10:00 Coffee Hour 10:45 Computer Support 10:45 Yoga 12:30 Mahjongg 12:30 Adult Coloring 1:00 Transitions Group	5 11:00 Wii Bowling 11:45 Birthday Lunch 12:45 BINGO 1:00 Bone Builders	6 9:30 Singing Group 9:40 Independent Yoga 10:45 Tai Chi 11:45 Lunch 12:45 BINGO 1:00 Line Dancing 2:30 Beginner Line Dancing	7 8:30 Food Day 9:45- 10:30 Strength & Balance (NEW TIME) 10:45 Yoga 11:45 Lunch 12:30 Cribbage 1:00 Bone Builders 1:00 Bridge 6:00 Songwriters Group	8 9:45 Novice Tai Chi 12:30 Tai Chi
11 9:45 Novice Tai Chi 10:00 Coffee Hour 10:45 Computer Support 10:45 Yoga 12:30 Mahjongg 12:30 Adult Coloring 1:00 Book Club	12 11:00 Wii Bowling 11:45 Lunch 12:45 BINGO 1:00 Bone Builders	13  11:45 Holiday Luncheon 12:45 BINGO 1:00 Line Dancing 2:30 Beginner Line Dancing	14 8:30 Food Day 9:45- 10:30 Strength & Balance (NEW TIME) 10:45 Yoga 11:45 Lunch 12:30 Cribbage 1:00 Bone Builders 1:00 Bridge	15 9:45 Novice Tai Chi 12:30 Tai Chi
18 9:45 Novice Tai Chi 10:00 Coffee Hour 10:45 Computer Support 10:45 Yoga 12:30 Mahjongg 12:30 Adult Coloring 1:00 Transitions Group	19 11:00 Wii Bowling 11:45 Lunch 12:45 BINGO 1:00 Bone Builders	20 9:40 Independent Yoga 10:45 Tai Chi 11:45 Lunch 12:45 BINGO 1:00 Line Dancing 2:30 Beginner Line Dancing	21 8:30 Food Day 9:45- 10:30 Strength & Balance (NEW TIME) 10:45 Yoga 11:45 Lunch 12:30 Cribbage 1:00 Bone Builders 1:00 Bridge	22 9:45 Novice Tai Chi 12:30 Tai Chi
25 Center Closed for Christmas Holiday 	26 11:00 Wii Bowling 11:45 Lunch 12:45 BINGO 1:00 Bone Builders	27 9:30 Singing Group 9:40 Independent Yoga 10:45 Tai Chi 11:45 Lunch 12:45 BINGO 1:00 Line Dancing 2:30 Beginner Line Dancing	28 8:30 Food Day 9:45- 10:30 Strength & Balance (NEW TIME) 10:45 Yoga 11:45 Lunch 12:30 Cribbage 1:00 Bone Builders 1:00 Bridge	29 9:45 Novice Tai Chi 12:30 Tai Chi

Center Hours

M- 9:00am-3:00pm
T- 9:00am-3:00pm
W- 9:00am-3:00pm
Th- 9:00am-3:00pm
F- downstairs closed, upstairs open

Jazzercise Hours


M- 8:30am, 4:30pm
EXPRESS 7:30-8:00am
T- 8:30am, 4:30pm, 5:45pm
W- 8:30am, 4:30pm

Th- 8:30am, 4:30pm, 5:45pm
F- 8:30am, 4:30pm
EXPRESS 7:30-8:00am
S- 7:30am, 8:30am
Su- 8:30am, 4:30pm



December 2017 - Meals Calendar

Suggested Donation \$3, please call 24 hours in advance to reserve or cancel lunch

Monday	Tuesday	Wednesday	Thursday	Friday
Nov 27	Nov 28	Nov 29	Nov 30	1 No Regular Friday Lunch
4 Monday Morning Coffee Hour Topic: Safety and Scam Awareness	5  Birthday Lunch Domino's Pizza, cheese, pepperoni or veggie, green salad and a dessert	6 Herb baked chicken breast, orzo vegetable salad, julienne carrots, wheat bread, chocolate pudding	7 Roast pork & gravy, roasted red potatoes, peas apple sauce, dinner roll, carrot cake	8 No Regular Friday Lunch
11 Monday Morning Coffee Hour Topic: Ted Talk, A Creative Approach to Building Green	12 Pork riblets, whipped sweet potatoes, broccoli & cauliflower, wheat bread, mandarin oranges	13  Holiday Lunch Roast beef & gravy, mashed potatoes, creamy whipped squash, whole wheat roll, blueberry pie with topping <i>Ask about our vegetarian option!</i>	14 Tomato topped meatloaf, baked potato with sour cream, garden salad, wheat bread, Boston cream pie	15 No Regular Friday Lunch
18 Monday Morning Coffee Hour Topic: Winter Blues (with surprise from Center Staff!)	19 Hot sliced ham, potatoes au gratin, green & yellow beans, roll, fruit churro	20 Baked stuffed peppers with beef, garden vegetable medley, whole wheat roll, warm fruit filled cookie	21 Beef stew, with vegetables broccoli & cran raisin salad, biscuit, brownie	22 No Regular Friday Lunch
25 Center Closed for Christmas Holiday 	26 Spaghetti & meatballs, Italian vegetables & garlic bread, peaches	27 Broccoli cheddar soup, Caesar salad with chicken & croutons, oatmeal raisin cookie	28 Pulled pork sandwiches, cole slaw, 3 bean salad, caramel apple bun cake	29 No Regular Friday Lunch