

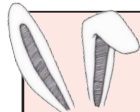


Heineberg Community Senior Center

An independent non-profit, open to all

Heineberg Community Senior Center
14 Heineberg Road Burlington, VT 05408
Ph 802-863-3982
Web www.heinebergcsc.org


April 2018



Hop Into Spring Luncheon Tuesday, April 10th, 11:45 am

Join us for a special luncheon welcoming Spring!

Hot sliced ham au jus, baked potato & sour cream, garden salad, whole wheat roll, lemon meringue pie.

RSVP 24hrs in advance. Suggested donation \$3 

Trip to City Market Thursday, May 10th



Van picks up at our Center at 9:30am
Join Megan from HANDS (Helping and Nurturing Diverse Seniors) and Chef Robin for a fun and informative trip to City Market.
Special focus on buying healthy foods in bulk.

Monday Morning Coffee Hours - Coffee, tea, juice, and light fare served Doors open at 10:00 am. Discussions begin at 10:15.

April 9th – Join Rich Graham as he shares his experience in communal living. *(If you have an interesting topic or life experience you'd like to present at coffee hour please let us know!)*

April 16 – Samantha Mitchell, SASH Wellness Nurse, presents the *Owner's Manual to Our Bodies* series. This month's topic: Respiratory System

April 23 – TED Talk: The Future of Surgery

April 30 – Center Survey results discussion. **If you have not yet filled out our survey, please do so online (heinebergcsc.org) or at our Center!**



April Birthday Lunch

Tuesday, April 3rd, 11:45 am

Everyone Welcome to help us celebrate! 

Lunch is \$5 or FREE for participants with April birthdays. We will be having Jolly Mobil wraps, your choice of ham, turkey or veggie!

Reservation required 24 hours in advance.

Recycling & Home Maintenance Discussions

Tuesday, April 24th

10 am - In celebration of Earth Day, CSWD (Chittenden Solid Waste District) will present recycling, composting, and other earth-friendly habits we can all take on to reduce our footprint.

11 am - Cathedral Square will host a discussion to hear from home owners how you currently manage home and property maintenance and what services you need to keep living in your home.

Join us after discussions for our Salisbury steak with mushroom gravy, spinach, and mashed potatoes lunch!

Reservations are not needed for the presentations. If you'll be staying for lunch please RSVP 24 hours in advance.



Important update

We have postponed Walk of Ages 2018 in order to focus on increasing programming and funding efforts. If you are interested in helping us make Walk of Ages 2019 happen, please let Beth know and join the Walk Committee. Last year's Walk of Ages was significant in many ways and we greatly appreciate everyone who supported the event. We are thrilled to see the positivity and participation continue at our Center!

New Program!

Strength 30 – Mondays 9:00 am

Join Michele as she leads you through a 30-minute chair/standing weight and resistance training to help with balance. FREE for Center participants



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Executive Director: Beth Hammond
Email: hammond@heinebergcsc.org
Center Hours: Monday-Wednesday 10:00-3:00
 Thursday 9:00-3:00
 See calendar for upstairs activities

April 2018- Program Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
2 9:00 Strength 30 9:45 Novice Tai Chi 10:00 Coffee Hour 10:45 Computer Support 10:45 Yoga 12:30 Mahjongg 12:30 Adult Coloring	3 11:45 Birthday Lunch 12:45 BINGO 12:45 Chair Massage 1:00 Bone Builders	4 9:40 Independent Yoga 10:45 Tai Chi 11:45 Lunch 12:45 BINGO 1:00 Line Dancing 2:30 Beginner Line Dancing	5 8:45 Food Day 10:30 Wii Bowling 10:45 Yoga 11:45 Lunch 12:30 Cribbage 1:00 Bone Builders 1:00 Bridge 7:30 Songwriters Group	6 9:45 Novice Tai Chi 10:45 Tai Chi
9 9:00 Strength 30 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	10 9:45 Foot Clinic 11:00 Blood Pressure Clinic 11:45 Hop Into Spring Luncheon 12:45 BINGO 1:00 Bone Builders	11 9:40 Independent Yoga 10:00 Singing Group 10:45 Tai Chi 11:45 Lunch 12:45 BINGO 1:00 Line Dancing 2:30 Beginner Line Dancing	12 8:45 Food Day 10:30 Wii Bowling w/ Champlain Senior Center 10:45 Yoga 11:45 Lunch 12:30 Cribbage 12:30 Scrabble 1:00 Bone Builders 1:00 Bridge	13 9:45 Novice Tai Chi 10:45 Tai Chi
16 9:00 Strength 30 9:45 Novice Tai Chi 10:00 Coffee Hour 10:45 Computer Support 10:45 Yoga 12:30 Mahjongg 12:30 Adult Coloring	17 9:45 Foot Clinic 11:45 Lunch 12:45 BINGO 1:00 Bone Builders	18 9:40 Independent Yoga 10:45 Tai Chi 11:45 Lunch 12:45 BINGO 1:00 Line Dancing 2:30 Beginner Line Dancing	19 8:45 Food Day 10:30 Wii Bowling 10:45 Yoga 11:45 Lunch 12:30 Cribbage 12:30 Scrabble 1:00 Bone Builders 1:00 Bridge	20 9:45 Novice Tai Chi 10:45 Tai Chi
23 9:00 Strength 30 9:45 Novice Tai Chi 10:00 Coffee Hour 10:45 Computer Support 10:45 Yoga 12:30 Mahjongg 12:30 Adult Coloring	24 10:00 CSWD Presentation 11:45 Lunch 12:45 BINGO 1:00 Bone Builders	25 9:40 Independent Yoga 10:00 Singing Group 10:45 Tai Chi 11:45 Lunch 12:45 BINGO 1:00 Line Dancing 2:30 Beginner Line Dancing	26 8:45 Food Day 10:30 Wii Bowling 10:45 Yoga 11:45 Lunch 12:30 Cribbage 12:30 Scrabble 1:00 Bone Builders 1:00 Bridge	27 9:45 Novice Tai Chi 10:45 Tai Chi
30 9:00 Strength 30 9:45 Novice Tai Chi 10:00 Coffee Hour 10:45 Computer Support 10:45 Yoga 12:30 Mahjongg 12:30 Adult Coloring	<div style="background-color: #e1f5fe; padding: 10px;"> <p>Jazzercise Hours</p> <p>M-EXPRESS -8:30 am Strength 30- 9:00 am 4:30pm, 5:45 pm</p> <p>T- 8:30am, 4:30 pm W- 8:30am, 4:30 pm, 5:45 pm</p> <p>Th- 8:30 am, 4:30 pm F- 8:30 am, 4:30 pm S- 7:30 am, 8:30 am Su- 8:30 am, 4:30 pm</p> </div>			

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April 2018- Meals Calendar

Please call 24 hours in advance to reserve or cancel lunch- suggested donation \$3

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Monday Morning Coffee Hour</p> <p>Topic: Open Discussion</p>	<p>3 Birthday Lunch</p> <p>Jolly Mobil wraps- Ham, turkey or veggie, side salad and cake</p> 	<p>4</p> <p>Shephard's pie with gravy, green beans, marble rye bread, tropical fruit</p>	<p>5</p> <p>Baked stuffed peppers, Greek salad, pumpernickel bread, chocolate pudding</p>	<p>6</p> <p>No regular Friday lunch</p>
<p>9</p> <p>Monday Morning Coffee Hour</p> <p>Topic: Rich Graham shares his experience with communal living</p>	<p>10 Hop into Spring</p> <p>Hot sliced ham au jus, baked potato & sour cream, garden salad, whole wheat roll, lemon meringue pie</p> 	<p>11</p> <p>Chicken salad with grapes, tossed salad, croissant, chocolate cake</p>	<p>12</p> <p>Hot turkey sandwich with gravy, mashed potatoes, spinach, cranberry sauce, fresh fruit</p>	<p>13</p> <p>No regular Friday lunch</p>
<p>16</p> <p>Monday Morning Coffee Hour</p> <p>Topic: Samantha Mitchell presents the respiratory system</p>	<p>17</p> <p>Roast pork & gravy, roasted red potatoes, peas, apple sauce, dinner roll, butterschotch pudding</p>	<p>18</p> <p>Beef stew with vegetables, broccoli & cranberry-raisin salad, biscuit, brownie</p>	<p>19</p> <p>Teriyaki chicken breast, veggie lo mein noodles, vegetable eggroll, Mandarin oranges</p>	<p>20</p> <p>No regular Friday lunch</p>
<p>23</p> <p>Monday Morning Coffee Hour</p> <p>Topic: TED Talk- The Future of Surgery</p>	<p>24</p> <p>Salisbury steak with mushroom gravy, spinach, mashed potatoes, marble rye bread, fruit filled cookie</p>	<p>25</p> <p>Tomato topped meatloaf, baked potato with sour cream, garden salad, wheat bread, Boston cream pie</p>	<p>26</p> <p>Broccoli cheddar soup, Caesar salad with chicken & croutons, oatmeal raisin cookie</p>	<p>27</p> <p>No regular Friday lunch</p>
<p>30</p> <p>Monday Morning Coffee Hour</p> <p>Topic: Join Beth to discuss the results of the Center survey</p>				



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LOWER LEVEL HOURS*

Monday-Wednesday 10:00am - 3:00 pm

Thursday 9:00am - 3:00pm

*For upper level activities see calendar for times

Blood Pressure Clinic: Second Tuesday of every month, 11:00 am. No appointments necessary.

BINGO (Penny Bingo): Tuesday & Wednesdays, 12:45 – 3:00 pm. All money collected goes back to the winners.

Bone Builders: Tuesdays & Thursdays, 1:00 – 2:00 pm. Please wear comfortable sneakers and bring a water bottle. The RSVP Bone Builders Program focuses on balance and light weight training to protect against fractures caused by osteoporosis, a condition in which bones become fragile due to loss of tissue.

Book Club: Second Monday of each month 1:00 pm, meets in our lower level library.

Bowling (Wii): Join us Thursdays at 10:30 am for Wii bowling. Once a month our Heineberg Team will have a friendly, fun competition with Champlain Senior Center. We will alternate locations monthly, transportation provided. We will play Champlain Senior Center **April 12th**

Bridge Club: Thursdays, 1:00 – 3:00 pm All levels welcome!

Chair Massage: First Tuesday of each month 12:45 - 2:15 pm. \$10. Call or visit the Center to make a reservation. 50% off if it is your birthday month! This month's appointments are on **April 3rd**

Cribbage: Thursdays, 12:30 – 3:00 pm All levels welcome!

Coffee Hours: Monday Mornings 10:15 am. Doors open at 10:00 am for coffee/tea, juice, and light fare. Join us for wellness chats, presentations, and TED Talks. For details on topics scheduled, see our newsletter or website.

Coloring: Adult Coloring every Monday at 12:30 pm. All supplies provided.

Computer Support: Mondays 10:45 am. Reservations Required. You can make a reservation online (heinebergcsc.org) or by calling or visiting the Center.

Food Day: Every Thursday at 8:30 am we distribute donated food from Hannafords. Selections vary but usually includes treats and many nutritious options such as meats, cheese, fruits & vegetables. **Everyone welcome!**

Foot Care Clinic: Scheduled Tuesdays 9:45 am – 12:45 pm. \$10 Suggested donation. Reservations Required. Call the Center's Front Desk 863-3982.

Jazzercise: See newsletter calendar for class days and times. For all ages and abilities. Center participants get discounted rates and no regular fee. Any days for \$44/mth. Contact: Michele Catella 802.355.0487

Line Dancing: Heineberg High Steppers - Wednesdays at 1:00 pm & Beginner Line Dancing - 2:30 pm. High Steppers contact: Donna 860-7561.

Lunch: Tuesday, Wednesday, and Thursday 11:45 am. Regular Lunches \$3 suggested donation.

For special events and catered holidays \$3 - \$7.

Mahjongg: Mondays at 12:30 – 3:00 pm. Beginner and experienced players welcome.

For rules: nationalmahjonggleague.org.

Scrabble: Meets Thursdays at 12:30 pm in our library.

Singing Group: : Second and fourth Wednesday of each month, 10:00 am. All are welcome, no experience needed.

Songwriters Group: First Thursday of each month, 7:30 pm.

Strength 30: Mondays 9:00 am. 30-minute strength class. Free for Center participants. Contact: Michele Catella 355.0487

Tai Chi: Novice Tai Chi Monday & Friday 9:45 am / Tai Chi Wednesday & Friday 10:45 am.

Yoga: Chair or Standing Yoga. \$2 donation appreciated. Mondays 10:45 am, Independent Yoga Wednesdays 9:40 am, Thursdays 10:45 am.

Thanks to support from the North Avenue UPS Store 4618, we are able to print our newsletter locally and replace advertising on the back with a list of ongoing Center programs.