

Mondays

Jazzercise



Jazzercise for all ages and abilities 8:30am every day. Instructors trained to customize the class based on personal needs. Center participants get discounted rates and no regular fee. Any days for \$44/mth.

Class times	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
7:30am		EXPRESS				EXPRESS	
8:30am	Jazzercise	Jazzercise	Jazzercise	Jazzercise	Jazzercise	Jazzercise	Jazzercise
4:30pm	Jazzercise	Jazzercise	Jazzercise	L1/H1	Jazzercise	Jazzercise	
5:45pm		Jazzercise	Jazzercise		Jazzercise		

Michele Catella 802.355.9487 michele_catella@comcast.net



Coffee Hour & Wellness Chat - 9:30am

Including many nutrition and wellness discussions



Novice Tai Chi - 9:45am



Chair/Standing Yoga - 10:45am

For more information on all yoga classes call Mary 999-7238



Individual Computer Support

One-on-one computer training every Monday morning. Reserve your time [here](#) or by calling/visiting the Center 863-3982.

- 10:45-11:15am
- 11:15-11:45am

Our computer with internet is available on a first come basis for participants to use at all times the Center is open.



Mahjongg - 12:30pm

Beginner and experienced players welcome.



Adult Coloring - 12:30pm

All supplies will be provided.



Book Club - 1:00

Second Monday of each month.

Tuesdays



Jazzercise

Jazzercise for all ages and abilities 8:30am every day. Instructors trained to customize the class based on personal needs. Center participants get discounted rates and no regular fee. Any days for \$44/mth.

Class times	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
7:30am		EXPRESS				EXPRESS	
8:30am	Jazzercise	Jazzercise	Jazzercise	Jazzercise	Jazzercise	Jazzercise	Jazzercise
4:30pm	Jazzercise	Jazzercise	Jazzercise	L1/H1	Jazzercise	Jazzercise	
5:45pm		Jazzercise	Jazzercise		Jazzercise		

Michele Catella 802.355.9487 michele_catella@comcast.net



Balance & Strength - 9:45 – 10:15am



Blood Pressure Clinic - 11:00am - Free no appointment needed!

Second Tuesday of each month



Lunch - 11:45am (Suggested donation \$3 for regular lunches. Price varies for catered lunches and some holidays)

Be sure to make your reservation 24hrs in advance **ph 863-3982**



Bingo - 12:45pm

Special (after 4 game set) - 2 cards for \$0.05

Coverall – 3 cards for \$0.25, Chair – 3 cards for \$0.25

ALL money collected per game goes back to the winners.



Bone Builders -1pm **FREE** (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.



Chair Messages 1 – 3pm \$10 By appointment, usually the 2nd Tuesday of each month. Please check our newsletter each month for the specific date. Call or stop by the Center to schedule your 15 relaxing minutes with Jean Barber

Wednesdays

Jazzercise

Jazzercise for all ages and abilities 8:30am every day. Instructors trained to customize the class based on personal needs. Center participants get discounted rates and no regular fee. Any days for \$44/mth.



Class times	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
7:30am		EXPRESS				EXPRESS	
8:30am	Jazzercise	Jazzercise	Jazzercise	Jazzercise	Jazzercise	Jazzercise	Jazzercise
4:30pm	Jazzercise	Jazzercise	Jazzercise	L1/H1	Jazzercise	Jazzercise	
5:45pm		Jazzercise	Jazzercise		Jazzercise		

Michele Catella 802.355.9487 michele_catella@comcast.net



Tai Chi - 10:45am



Lunch - 11:45am (Suggested donation \$3 for regular lunches. Price varies for catered lunches and some holidays)

Be sure to make your reservation 24hrs in advance **ph 863-3982**



Penny Bingo - 12:45pm

Special (after 4 game set) – 2 cards for \$0.05

Coverall- 3 cards of \$0.25, chair- 3 cards of \$0.25

All money collected per game goes back to the winner



Heineberg High Steppers - 1:00pm

Beginner Line Dancing - 2:30pm

For more information contact Donna @ 860-7561

Thursdays



Jazzercise

Jazzercise for all ages and abilities 8:30am every day. Instructors trained to customize the class based on personal needs. Center participants get discounted rates and no regular fee. Any days for \$44/mth.

Class times	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
7:30am		EXPRESS				EXPRESS	
8:30am	Jazzercise	Jazzercise	Jazzercise	Jazzercise	Jazzercise	Jazzercise	Jazzercise
4:30pm	Jazzercise	Jazzercise	Jazzercise	L1/H1	Jazzercise	Jazzercise	
5:45pm		Jazzercise	Jazzercise		Jazzercise		

Michele Catella 802.355.9487 michele_catella@comcast.net



Feeding the Community

Food Day - 8:30am - *Everyone welcome!*

Food Days are every Thursday at 8:30 am. Pick out fresh food donated by Hannaford's. Selection varies week from week.



Chair/Standing Yoga - 10:45am

\$1-2 Donation appreciated

For more information on all yoga classes call Mary 999-7238



Foot Care Clinic \$10

Call or stop by the Center to make an appointment. Please check our newsletter each month for the specific dates.



Lunch - 11:45am (Suggested donation \$3 for regular lunches. Price varies for catered lunches and some holidays)

Be sure to make your reservation 24hrs in advance **ph 863-3982**



Cribbage - 12:30

All levels welcome, 15-2, 4, 6 to the right Jack, a double run of 3, a pair of Jacks and more!



Bridge Club - 1:00pm

All levels welcome!



Bone Builders -1pm FREE (Please wear comfortable sneakers and bring a water bottle) The RSVP Bone Builders Program focuses on balance and light weight

Fridays

(The lower level of the Center is closed Fridays. Below are upper level activities)



Jazzercise

Jazzercise for all ages and abilities 8:30am every day. Instructors trained to customize the class based on personal needs. Center participants get discounted rates and no regular fee. Any days for \$44/mth.

Class times	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
7:30am		EXPRESS				EXPRESS	
8:30am	Jazzercise	Jazzercise	Jazzercise	Jazzercise	Jazzercise	Jazzercise	Jazzercise
4:30pm	Jazzercise	Jazzercise	Jazzercise	L1/H1	Jazzercise	Jazzercise	
5:45pm		Jazzercise	Jazzercise		Jazzercise		

Michele Catella 802.355.9487 michele_catella@comcast.net



Novice Tai Chi 9:45

Tai Chi 10:45