

♥ *February 2018* ♥

Valentine's Day Luncheon

Wednesday, February 14th at 11:30am

We'll start with the chocolate fountain and songs by CP Smith 2nd graders. We'll also enjoy Hunt Middle School Students as special guest servers

Catered by Papa Frank's: lasagna or stuffed shells (vegetarian), salad, bread and dessert

\$6- Reservations required 24 hours in advance, Call 863-3982 or stop by the Center

Monday Morning Coffee Hour

*Wellness Chats and TED Talks begin at 10:15am
Doors open for light fare at 10:00am*

February 5th - Effective Communication Strategies: help connect and communicate at each stage of the disease. Presented by the Alzheimer Association.

February 12th - **TED Talk**- Technology's Impact on Love

February 19th- Samantha Mitchell, SASH Wellness Nurse, presents the *Owner's Manual to Our Bodies* series. This month's topic: Muscles.

February 26th - **TED Talk**- Archaeology from Space and Underwater Caves.

**"HANDS in the Kitchen"
Cooking & Nutrition
Workshops**



Thursdays at 9:30 am, starting February 1st

Free workshops, Everyone welcome! Sample snacks will be provided each week.

Join us to learn about shopping on a budget, healthy snacks, some fun one-pot meals, cooking with herbs, and foods through the decades made healthier.

Workshops share fun new ideas and are brought to you by Chef Robin Burnett, HANDS, and Heineberg Community Senior Center

February Birthday Luncheon

Tuesday, February 6th at 11:45 am.

Lunch is \$5 or FREE for participants with February birthdays!

Bagel Café's pulled BBQ chicken sandwich or egg salad sandwich, green salad, and birthday cake. Everyone is welcome to celebrate our February Birthdays! Call 863-3982 or stop by the Center to RSVP 24-hours in advance.

** 50% off chair massage for birthday participants!

Massages are the 1st Tuesday of every month (February 6th) 12:45 - 2:15pm. Regular price \$10. Call or visit Center to make an appointment**

Have Fun Bowling With Us!

Every Thursday Wii Bowling 10:30-11:30

The player with the best score each week will receive a free lunch! We'll have a Wii Bowling Tournament with participants from Champlain Senior Center on the 2nd Thursday of every month and alternate playing at both Centers. Don't miss the fun and laughter!

Bowling Trip to Spare Time - Thursday, February 22nd

Join Heineberg Community Senior Center and Champlain Senior Center on a fun trip! We'll enjoy lunch at our Center and at 1:00pm we will head to Spare Time. We'll return at 3:30. Cost is \$7 and includes lunch, transportation and bowling.

Free Tax Help! Starting February 2nd

AARP tax advisors will be at the Center to assist participants with their taxes. Appointments will be offered on Fridays 8:30-11:30 am and 12:30-3:30 pm.

Reserve your appointment by calling Johanna at 315-945-6360 between the hours 10:00 am and 4:00 pm



50+ and Baby Boomers Expo!

Sheraton Hotel, Saturday, February 3rd, 9am - 4pm

Enjoy all the entertainment and information this day has to offer. Be sure to visit our table while you are there!

Interested in Scrabble or Knitting? We would like to start groups for both. Please share your interested with Beth: hammond@heinebergcsc.org or phone 863-3982 x2.





February 2018

Monday	Tuesday	Wednesday	Thursday	Friday
= New Program			1 8:30 Food Day 9:30 HANDS workshop 9:45 Strength & Balance 10:30 Wii Bowling 10:45 Yoga 11:45 Lunch 12:30 Cribbage 1:00 Bone Builders 1:00 Bridge 7:30 Songwriters Group	2 9:45 Novice Tai Chi 10:45 Tai Chi <div style="border: 1px solid black; background-color: #ADD8E6; padding: 5px; text-align: center;"> Saturday, Feb 3rd 9am-4pm 50+ Expo </div>
5 9:45 Novice Tai Chi 10:00 Coffee Hour 10:45 Computer Support 10:45 Yoga 12:30 Mahjongg 12:30 Adult Coloring	6 11:45 Birthday Lunch 12:45 BINGO 12:45 Chair Massage 1:00 Bone Builders	7 9:40 Independent Yoga 10:45 Tai Chi 11:45 Lunch 12:45 BINGO 1:00 Line Dancing 2:30 Beginner Line Dancing	8 8:30 Food Day 9:30 HANDS workshop* 9:45 Strength & Balance 10:30 Wii Bowling 10:45 Yoga 11:45 Lunch 12:30 Cribbage 1:00 Bone Builders 1:00 Bridge	9 9:45 Novice Tai Chi 10:45 Tai Chi
12 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	13 11:00 Free Blood Pressure Check 11:45 Lunch 12:45 BINGO 1:00 Bone Builders	14 10:00 Singing Group 11:30 Valentine's Lunch 12:45 BINGO 1:00 Line Dancing 2:30 Beginner Line Dancing  <i>No yoga or tai chi today</i>	15 8:30 Food Day 9:30 HANDS workshop* 9:45 Strength & Balance 10:30 Wii Bowling 10:45 Yoga 11:45 Lunch 12:30 Cribbage 1:00 Bone Builders 1:00 Bridge	16 9:45 Novice Tai Chi 10:45 Tai Chi
19 9:45 Novice Tai Chi 10:00 Coffee Hour 10:45 Computer Support 10:45 Yoga 12:30 Mahjongg 12:30 Adult Coloring	20 10:00 Special Board Meeting 11:45 Lunch 12:45 BINGO 1:00 Bone Builders	21 9:40 Independent Yoga 10:45 Tai Chi 11:45 Lunch 12:45 BINGO 1:00 Line Dancing 2:30 Beginner Line Dancing	22 8:30 Food Day 9:30 HANDS workshop* 9:45 Strength & Balance 10:30 Wii Bowling 10:45 Yoga 11:45 Lunch 12:30 Cribbage 1:00 Bone Builders 1:00 Bridge 1:00 Bowling Trip	23 9:45 Novice Tai Chi 10:45 Tai Chi
26 9:45 Novice Tai Chi 10:00 Coffee Hour 10:45 Computer Support 10:45 Yoga 12:30 Mahjongg 12:30 Adult Coloring	27 9:45 Foot Clinic 11:45 Lunch 12:45 BINGO 1:00 Bone Builders	28 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	March 1 <div style="background-color: #FFFF00; padding: 5px;"> Jazzercise Hours M- 8:30am, 4:30pm EXPRESS 7:30-8:00am T- 8:30am, 4:30pm, 5:45pm W- 8:30am, 4:30 pm </div>	March 2 <div style="background-color: #FFFF00; padding: 5px;"> 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, 4:30 pm </div>



February 2018

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

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Tomato topped meatloaf, baked potato with sour cream, garden salad, wheat bread, Boston cream pie	2
5 Coffee Hour- 10:00 am Topic: Alzheimer's Communication Strategies	6 Birthday Lunch Bagel Cafe's pulled BBQ chicken sandwich or egg salad sandwich, green salad and birthday cake 	7 Teriyaki chicken with vegetable lo mein, vegetable egg roll, mandarin oranges	8 Swedish meatballs with mushroom gravy, baked potato with sour cream, peas & onions, pumpernickel bread, peaches	9
12 Coffee Hour- 10:00 am Topic: TED Talk- Love and Technology	13 Beef stew with vegetables, broccoli & cranberry raisin salad, biscuit, brownie	14 Valentine's Day Lunch Papa Frank's catered lunch- lasagna or stuffed shells (vegetarian), salad, bread and dessert 	15 Chicken breast, bread stuffing, spinach, baked potato, sour cream, pears with cinnamon	16
19 Coffee Hour- 10:00 am Topic: Learning about the muscles	20 Turkey a la king, parslid potatoes, harvard beets, biscuits, butterscoth pudding	21 Brocoli cheddar soup, Caesar salad with chicken & croutons, oatmeal raisin cookie	22 Roast pork & gravy, roasted red potatoes, julienne carrots, apple sauce, dinner roll, lemon meringue pie	23
26 Coffee Hour- 10:00 am Topic: TED Talk- Archaeology	27 Salisbury steak with mushroom gravy, vegetable medley, sour cream chive mashed potato, marble rye bread, ambrosia	28 Shepherd's pie with gravy on side, broccoli & cauliflower, marble rye bread, hot fruit compote with sugar cookie	March 1	March 2

ONGOING PROGRAMS - All programs and services are **FREE** unless otherwise noted.

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

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

Bone Builders: Tuesdays & Thursdays, 1:00 – 2:00pm. 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 1:00pm.

Bowling (Wii): Join us Thursdays at 10:30am 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.

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

Chair Massage: First Tuesday of each month 12:45 - 2:15pm. \$10. Call or visit the Center to make a reservation.

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

Coffee Hours: Monday Mornings 10:15am. Doors open at 10:00am 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 12:30pm. All supplies provided.

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

Food Day: Every Thursday at 8:30am 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 9:45am – 12:45pm. \$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. Jazzercise Contact: Michele Catella 802.355.0487, michele_catella@comcast.net

Line Dancing: Heineberg Highsteppers - Every Wednesday at 1:00pm & Beginner Line Dancing - 2:30pm. For more information contact Donna @ 860-7561.

Lunch: Tuesday, Wednesday, and Thursday 11:45am. Regular Lunches \$3 suggested donation. For special events and catered holidays \$3 - \$7.

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

Volunteer leader: Linda Ayer will teach any new players any Monday. For rules: nationalmahjonggleague.org.

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

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

Strength & Balance: Thursdays 9:45 – 10:30am.

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

Yoga: Chair or Standing Yoga Mondays 10:45am, Independent Yoga Wednesdays 9:40am, Thursdays 10:45am.