

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

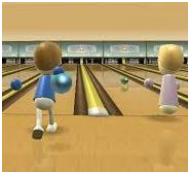
Jazzercise for all ages and abilities 8:30am every day. Instructors trained to customize the class based on personal needs. Center participants get discounted rates and no regular fee. Any days for \$44/mth.

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



Wii Bowling - 10:30am



Blood Pressure Clinic - 11:00am

Second Tuesday of each month



Lunch - 11:45am

Be sure to make your reservation 24hrs in advance



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 *(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, June 6th - 1 – 3pm *(by appointment)*

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



Independent Yoga - 9:30am



Singing Group - 9:30am

2nd & 4th Wednesday of each month



Center Information Meetings - 10:00am

Quarterly –Check our newsletters for specific dates



Lunch - 11:45am

Be sure to make your reservation 24hrs in advance



Tai Chi - 10:45am



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



Food Day - 8:30am

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

Please see front desk staff/volunteers



Lunch - 11:45am

Be sure to make your reservation 24hrs in advance



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 - 1:00pm

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