

Have you seen our new sign? It communicates a very important message; we are “An independent, non-profit, open to all”. Our non-profit Center is independently owned and operated, we are not connected with any organization; although we partner with many wonderful ones! We are open to the public 50+ throughout Burlington and many towns.

Trip to Gardner's Supply in Williston
Terrarium Making and Lunch

Tuesday, March 20th, van leaves our Center at 10:30 am

We'll be guided through planting our own terrariums to take home, then enjoy a lunch in the café surrounded by beautiful vegetation and fountain. *(To prepare for this trip, we invite you to join us on March 13th to decorate/paint your own terrarium pot!)*

Lunch sandwich choices:

Caprese: fresh mozzarella, tomato, basil pesto and maple balsamic on rosemary focaccia,

Vermont: turkey, apples, cheddar, onion and cranberry dressing on whole wheat.

Total cost is \$10 – this includes transportation, lunch and terrariums.



Terracotta Pot Decorating

Tuesday, March 13th, 1:00 - 2:30 pm

Join us for a fun hands-on arts & crafts project painting and decorating terracotta pots. Take your pot home this day, or save it for our upcoming Gardner's Supply trip. RSVP 24hrs in advance. *(Photo is an example of what can be done)* \$2 - all materials included.



Successful Aging Workshop- Led by Dr. Jim Jennings

Mondays, March 5th - April 9th, 1:00 pm

This six-week interactive workshop on successful aging will help us meet the challenges and opportunities we all experience as we age.

Monday Morning Coffee Hour

Wellness Chats and Ted Talks begin at 10:15 am

Doors open for light fare at 10:00 am

March 5th - TED Talk: Biomimicry: What We Can Learn From Nature

March 12th - Chat with Beth: participants and volunteers are invited to join us for a casual chat discussing ideas, questions, and feedback. 2018 surveys will be distributed.

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

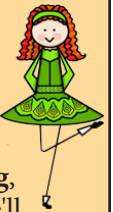
March 26th - CP Smith 2nd graders will lead us in a mindfulness circle. We'll discuss how to live a mindful and thankful life. Jill, our new yoga instructor, will also join us at the beginning to say hello.



St. Patrick's Day Luncheon

Wednesday, March 14th at 11:30am

Join us for Irish beef and vegetable stew, corn bread, lime Jello with fruit & topping, and a cookie. Or, a vegetarian potato soup with bread and a cookie.



Our festive luncheon will begin with a **fun sing-along**, led by our singing group at 11:30 am. After lunch, we'll enjoy a **Celtic dance performance** by Green Mountain Performing Arts dancers.

March Birthday Luncheon

Tuesday, March 6th 11:45 am

Everyone Welcome to help us celebrate!

Lunch is \$5 or **FREE** for participants with March birthdays.

Domino's Pizza: cheese, pepperoni, or veggie, green salad, and birthday cake

Contact the Center 24hrs in advance to RSVP



From Whence Came the (Heineberg) Name

Tuesday, March 13th at 10:30 am

Join us on a trip down memory lane as Reid Allen shares with us the *History of Heineberg: Dr Joseph Heineberg and the Heineberg Bridge* as originally written by Alfred Heining. Lunch will be served after presentation, we invite everyone to stay to share thoughts and memories. If you plan to join us for lunch please RSVP 24hrs in advance.

New! Scrabble Group

This group will meet to play Scrabble a couple times a month. Be sure to check our calendar for upcoming dates. Scrabble games in March are Thursday, March 1st and 22nd at 1:00 pm. The group will meet in our lower level library.



Quarterly Board Meeting, Wednesday, March 21st at 9:00 am. **Everyone Welcome!** We'll review our Financials and introduce Nominees to the Board.

Save the Date!



Our 2nd Annual Walk of Ages fundraiser and community event will be **Sunday, May 20th**. Check-in starts at 1:00 pm, walking at 2:00 pm.

Register, create a team, donate, or view photos
walkofagesvt.org



Heineberg Community Senior Center

March 2018-Programs


14 Heineberg Road Burlington, VT 05408
 PH 802-863-3982 Web www.heinebergcsc.org
 Executive Director: Beth Hammond
 Email: hammond@heinebergcsc.org
 NEW HOURS Monday-Wednesday 10:00 am - 3:00 pm
 Thursday 9:00 am - 3:00 pm
 Upstairs hours will remain the same

Monday	Tuesday	Wednesday	Thursday	Friday
Lunches offered Tuesday, Wednesday, and Thursday at 11:45 am			1 8:45 Food Day 9:30 HANDS workshop 9:45 Strength & Balance 10:30 Wii Bowling 10:45 Yoga 12:30 Cribbage 1:00 Bone Builders 1:00 Bridge 1:00 Scrabble Group* 7:30 Songwriters Group	2 9:45 Novice Tai Chi 10:45 Tai Chi
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, 5:45pm		Th- 8:30am, 4:30pm F- 8:30am, 4:30pm EXPRESS 7:30-8:00am S- 7:30am, 8:30am Su- 8:30am, 4:30 pm		
5 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 Successful Aging	6 9:45 -Noon Foot Clinic 11:45 Birthday Lunch 12:45 BINGO 12:45 Chair Massage 1:00 Bone Builders	7 9:40 Independent Yoga 10:45 Tai Chi 12:45 BINGO 1:00 Line Dancing 2:30 Beginner Line Dancing	8 8:45 Food Day 9:30 HANDS workshop 9:45 Strength & Balance 10:30 Wii Bowling 10:45 Yoga 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 Successful Aging 1:00 Book Club	13 10:30 Heineberg History Presentation 11:00 Free Blood Pressure Check 12:45 BINGO 1:00 Bone Builders 1:00 Terracotta pot decorating	14 9:40 Independent Yoga 10:00 Singing Group 10:45 Tai Chi 11:30 St. Patrick's Day Lunch  12:45 BINGO 1:00 Line Dancing 2:30 Beginner Line Dancing	15 8:45 Food Day 9:45 Strength & Balance 10:30 Wii Bowling 10:45 Yoga 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 1:00 Successful Aging	20 10:30 Gardner's Supply Trip 12:45 BINGO 1:00 Bone Builders	21 9:00 Quarterly Board Meeting 9:40 Independent Yoga 10:45 Tai Chi 12:45 BINGO 1:00 Line Dancing 2:30 BeginnerLine Dancing	22 8:45 Food Day 9:45 Strength & Balance 10:30 Wii Bowling (Fun tournament with Champlain Senior Center) 10:45 Yoga 12:30 Cribbage 1:00 Bone Builders 1:00 Bridge 1:00 Scrabble Group*	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 1:00 Successful Aging	27 9:45 - Noon Foot Clinic 12:45 BINGO 1:00 Bone Builders	28 9:40 Independent Yoga 10:00 Singing Group 10:45 Tai Chi 12:45 BINGO 1:00 Line Dancing 2:30 Beginner Line Dancing	29 8:45 Food Day 9:45 Strength & Balance 10:30 Wii Bowling 10:45 Yoga 12:30 Cribbage 1:00 Bone Builders 1:00 Bridge	30 9:45 Novice Tai Chi 10:45 Tai Chi

* = New Activity

March 2018 - Meals

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

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Baked stuffed peppers with beef and rice, garden vegetable medley, whole wheat roll, fruit filled cookie	2
5 Monday Morning Coffee Hour TED Talk: Biomimicry	6 Birthday Lunch Domino's Pizza (pepperoni, cheese or veggie), side salad and birthday cake	7 Herb baked chicken breast, orzo vegetable salad, Harvard beets, wheat bread, fresh fruit	8 Hot sliced ham, potatoes au gratin, green & yellow beans, wheat roll, pineapple	9
12 Monday Morning Coffee Hour Special Chat with Beth Including 2018 Survey distribution	13 Broccoli cheddar soup, Caesar salad with chicken & croutons, oatmeal raisin cookie	14 St. Patrick's Day Lunch Irish beef and vegetable stew, corn bread, lime jello with fruit & topping, and a cookie. Vegetarian option: potato soup with bread and a cookie 	15 Chicken & Biscuits with peas, zucchini and yellow squash, berry crisp	16
19 Monday Morning Coffee Hour Topic: Wellness Series - Bones	20 Chicken breast, bread stuffing, spinach, baked potato, sour cream, pears with cinnamon	21 Roast pork & gravy, sour cream and chive mashed potatoes, julienne carrots, dinner roll, applesauce	22 BBQ pork riblets, whipped sweet potatoes, broccoli & cauliflower, wheat bread, tropical fruit	23
26 Monday Morning Coffee Hour Topic: Mindfulness Circle with CP Smith 2 nd grade students	27 Tomato topped meatloaf, baked potato with sour cream, garden salad, wheat bread, Boston cream pie	28 Salisbury steak with mushroom gravy, vegetable medley, sour cream chive mashed potato, marble rye bread, raspberry crumble cake	29 Beef stew with vegetables, broccoli & cranberry raisin salad, biscuit, brownie	30



14 Heineberg Road Burlington, VT 05408
PH 802-863-3982 Web www.heinebergcsc.org

NEW (LOWER LEVEL) HOURS*
Monday-Wednesday 10:00 am - 3:00 pm
Thursday 9:00 am - 3:00 pm

***For upper level activities see calendar for times**

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

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 (RSVP): 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 new 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 tournament with Champlain Senior Center (CSC). We will alternate locations monthly, transportation provided. The next tournament will be at CSC Thursday, March 22nd, van to pick up at our Center at 10:00am. Call or visit our Center to RSVP

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

Chair Massage: Offered once a month on Tuesdays 12:45 - 2:15 pm. \$10 - Call or visit the Center to make a reservation. 50% off if it is your birthday month! In March Massage sessions will be scheduled Tuesday, March 6th.

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 1:00 pm & Beginner Line Dancing - 2:30pm. For more information contact Donna @ 860-7561. \$5 per class.

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 1:00 pm in our library. Be sure to check the calendar for specific dates.

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

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

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