



14 Heineberg Road Burlington, VT 05408  
PH 802-863-3982 Web [www.heinebergcsc.org](http://www.heinebergcsc.org)

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

**\*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, 11:00am. 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 9:30am for friendly bowling competition.
- Bridge Club:** Thursdays, 1:00 – 3:00pm All levels welcome!
- Chair Massage:** Dates TBD, \$10. Call or visit the Center for dates.
- Cribbage:** Thursdays, 12:30 – 3:00pm All levels welcome!
- Coffee Hours:** Monday Mornings 10:15am join us for wellness chats, presentations, and TED Talks. For details 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** or by calling or visiting the Center.
- Food Day:** Every Thursday at 8:30am we distribute donated food items from Hannafords. Selections vary but usually includes treats and many nutritious options. Everyone welcome!
- Foot Care Clinic:** Tuesdays 9:00am – Noon. \$10 Suggested donation. Reservations Required. Call the Center's Front Desk 863-3982.
- 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. Jazzercise Contact: Michele Catella 802.355.0487 [michele\\_catella@comcast.net](mailto:michele_catella@comcast.net).
- Line Dancing:** Heineberg High Steppers - 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 holidays cost varies \$3 - \$7.
- Mahjongg:** Mondays at 12:30 – 1:30pm. Beginner and experienced players welcome. Volunteer leader: Linda Ayer will teach any new players any Monday. For rules: [nationalmahjonggleague.org](http://nationalmahjonggleague.org).
- Singing Group:** Starting back up in February 2018.
- 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 10:45am & Friday 12:30pm.
- Yoga:** Chair or Standing Yoga. \$1-2 donation appreciated. Mondays 10:45am, Independent Yoga Wednesdays 9:40am, Thursdays 10:45am.

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