

January 2018

As we welcome the new year, we'd like to thank you all for being part of our Heineberg Family. We are thrilled to see so many of you joining us regularly for programs, specials events, and meals. We are honored to be part of your lives and look forward to sharing many fun times together in 2018. *Happy New Year!*

Paint & Sip Party Fundraiser

Saturday, January 20th, 6:00-8:00pm

Doors open at 5:30pm

Come early for snacks and non-alcoholic beverages. We welcome you to BYOB. \$30 per person including all artist instruction and materials.



Stop by or call (863-3982) the Center to RSVP.

Gift Certificates available at front desk!

January Birthday Luncheon

Tuesday, January 9th at 11:45am

Jolley Catered Lunch: Turkey, ham, or veggie wraps, green salad, and birthday cake.

\$5 or FREE for participants with January birthdays!

Everyone is welcome to help us celebrate! To RSVP, call 863-3982 or stop by at least 24 hours in advance.



Explore Echo With Us!

Monday, January 29 at 9:30am

Our van leaves the Center at 9:30am for a day trip to Echo.

We'll enjoy lunch together at Echo's Cafe; a variety of menu options available. **Special Exhibit:** *My Sky* invites visitors of all ages to explore the sun, moon and stars.

\$7 Includes transportation, admission and lunch.

3D Movie offered at 1pm for an additional \$3.



Monday Morning Coffee Hour

Chats and Talks begin at 10:15am. Light fare served at 10:00am.

January 8th – UVM Medical Center's Frymoyer Community Health Resource Center offers free personalized healthcare assistance. Join Resource Center Lead, Alan Lampson, M.L.S., for an introduction to the center.

January 15th – Wellness Nurse Samantha kicks off a new series: Owner Manual to Our Bodies. First topic: *Skin: How to Keep It Healthy and Why It's So Important*

January 22nd – TED Talk, *Making an Effective New Year's Resolution*

January 29th – *Know the 10 Signs:* Alzheimer Association's discussion on the warning signs, what to do if you see the signs in yourself or someone you love.

February 5th – *Effective Communication Strategies* with someone who has Alzheimer's disease. Includes interviews with professionals who explain critical aspects of communication throughout the Alzheimer's journey.

Heineberg Library

Our new library space is ready for all to use! Borrow a book, use our public computer with internet, work on a puzzle, or relax in our "Heineberg Getaway" corner in front of our new fish tank and UV therapy mood light.



Center Updates

New Center Hours: Monday, Tuesday, and Wednesday 10am – 3pm and Thursdays 9:00am – 3:00pm. Upper level hours will not change. Last minute changes will be communicated through class leaders and notices at the Center.

Our Newsletter: 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.

New Center Sign: Our Center sign will be updated to reflect who we are and serve. Our current sign will be preserved and hung inside at the Center.

Lower Level Remodel: In January, you'll notice new flooring on all our stairways, as well as a new exterior side door. This work completes our lower level remodeling project, completely funded by the City of Burlington's CEDO office.

Volunteers Needed!

Volunteer Info Meeting

Tuesday, January 9th at 10am

We are an independent non-profit and depend on volunteers to continue offering free activities to all our 50+ community. Make a difference and meet new people! **Call or email Beth (863-3982 Ext 2 or hammond@heinebergcsc.org)** to learn about our many volunteer opportunities.

Everyone is encouraged to join us for our Volunteer Info meeting Tuesday, January 9th at 10am.





Heineberg Community Senior Center

January 2018


14 Heineberg Road Burlington, VT 05408
 PH 802-863-3982 Web 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**

Monday	Tuesday	Wednesday	Thursday	Friday
1 9:45 Novice Tai Chi 10:00 Coffee Hour 10:45 Computer Support 10:45 Yoga 12:30 Mahjongg 12:30 Adult Coloring	2 11:45 Lunch 12:45 BINGO 1:00 Bone Builders	3 9:40 Independent Yoga 10:45 Tai Chi 11:45 Lunch 12:45 BINGO 1:00 Line Dancing 2:30 Beginner Line Dancing	4 8:30 Food Day 9:30 Wii Bowling 9:45 Strength & Balance 10:45 Yoga 11:45 Lunch 12:30 Cribbage 1:00 Bone Builders 1:00 Bridge 7:30 Songwriters Group	5 9:45 Novice Tai Chi 12:30 Tai Chi
8 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	9 10:00 Volunteer Info Meeting 11:00 Blood Pressure 11:45 Birthday Lunch 12:45 BINGO 1:00 Bone Builders	10 9:40 Independent Yoga 10:45 Tai Chi 11:45 Lunch 12:45 BINGO 1:00 Line Dancing 2:30 Beginner Line Dancing	11 8:30 Food Day 9:30 Wii Bowling 9:45 Strength & Balance 10:45 Yoga 11:45 Lunch 12:30 Cribbage 1:00 Bone Builders 1:00 Bridge	12 9:45 Novice Tai Chi 12:30 Tai Chi
15 9:45 Novice Tai Chi 10:00 Coffee Hour 10:45 Computer Support 10:45 Yoga 12:30 Mahjongg 12:30 Adult Coloring	16 9:00 - Noon Foot Clinics 11:45 Lunch 12:45 BINGO 1:00 Bone Builders	17 9:40 Independent Yoga 10:45 Tai Chi 11:45 Lunch 12:45 BINGO 1:00 Line Dancing 2:30 Beginner Line Dancing	18 8:30 Food Day 9:30 Wii Bowling 9:45 Strength & Balance 10:45 Yoga 11:45 Lunch 12:30 Cribbage 1:00 Bone Builders 1:00 Bridge	19 9:45 Novice Tai Chi 12:30 Tai Chi <div style="border: 1px solid black; padding: 5px; text-align: center;"> Saturday, Jan 20th 5:30 - 8:00pm Paint & Sip Party </div>
22 9:45 Novice Tai Chi 10:00 TED Talk 10:45 Computer Support 10:45 Yoga 12:30 Mahjongg 12:30 Adult Coloring	23 9:00 - Noon Foot Clinics 11:45 Lunch 12:45 BINGO 1:00 Bone Builders	24 9:40 Independent Yoga 10:45 Tai Chi 11:45 Lunch 12:45 BINGO 1:00 Line Dancing 2:30 Beginner Line Dancing	25 8:30 Food Day 9:30 Wii Bowling 9:45 Strength & Balance 10:45 Yoga 11:45 Lunch 12:30 Cribbage 1:00 Bone Builders 1:00 Bridge	26 9:45 Novice Tai Chi 12:30 Tai Chi
29 9:45 Novice Tai Chi 10:00 Coffee Hour 9:30 Echo Trip 10:45 Computer Support 10:45 Yoga 12:30 Mahjongg 12:30 Adult Coloring	30 11:45 Lunch 12:45 BINGO 1:00 Bone Builders	31 9:40 Independent Yoga 10:45 Tai Chi 11:45 Lunch 12:45 BINGO 1:00 Line Dancing 2:30 Beginner Line Dancing		

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
 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

January 2018

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

Monday	Tuesday	Wednesday	Thursday	Friday
1 Center Closed Happy New Year	2 Chicken & biscuits with peas, zucchini and yellow squash, peaches	3 Salisbury steak with mushroom gravy, string beans, sour cream, chive mashed potato, marble rye bread, ambrosia	4 Shepherd's pie with gravy on the side, carrot & raisin salad, marble rye bread, hot fruit compote with sugar cookie	5
8 Coffee Hour - 10am Topic: UVM Medical Center's Community Health Resource Center	9 January Birthday Lunch Jolley North Ave Wraps: ham, turkey, or veggie wraps, green salad, and birthday cake 	10 Herb baked chicken breast, orzo vegetable salad, julienne carrots, wheat bread, chocolate pudding	11 Eggplant parmesan, tossed garden salad with Italian dressing, garlic bread, tropical fruit	12
15 Coffee Hour- 10am Topic: Importance of Maintaining Healthy Skin	16 Pork riblets, whipped sweet potatoes, broccoli & cauliflower, wheat bread, mandarin oranges	17 Vegetable lasagna, garden salad, wheat roll, chocolate chip cookie	18 Baked stuffed peppers with beef, garden vegetable medley, whole wheat roll, warm fruit filled cookie	19
22 Coffee Hour- 10am Topic: Ted Talk- New Year's Resolutions	23 Roast pork & gravy, roasted red potatoes, peas, apple sauce, dinner roll, lemon meringue pie	24 Beef stew with vegetables, broccoli & cranberry raisin salad, biscuit, brownie	25 Broccoli & cheddar soup, Caesar salad with chicken & croutons, oatmeal raisin cookie	26
29 Coffee Hour- 10am Topic: Know the 10 signs of Alzheimer's disease 9:30 Echo Trip & Lunch	30 Swedish meatballs with mushroom gravy, baked potato with sour cream, peas & onions, pumpernickel bread, mandarin oranges	31 Chicken breast, bread stuffing, spinach, baked potato, sour cream, pears with cinnamon		



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***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 (heinebergcsc.org) 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.
- 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.
- 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.

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