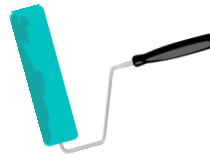


July 2017



The Lower Level is getting a new look!

The Lower Level (only) of the Center will be closed July 17th– July 20th



Improvements Include:

New wall color, cleaner and safer flooring, energy efficient lighting & improved wiring/outlets. **This work is entirely funded by a City of Burlington/CEDO Grant**

Monday Morning Coffee Hour

Join us for light fare, coffee/tea and juice starting at 9:45. **Our Wellness Chat Begins at 10:00**

July 10th: Arthritis Friendly Diet with suggested food samples: lead by Nectar Nutrition Consulting

July 24th: The importance of a healthy gut: how it can help with immunity, digestion and diseases as well as aging in general. Lead by Colleen, UVM Dietetics student Intern

July 31st: B-Vitamins: the importance Bs play in healthy aging and the prevention of diseases and conditions. Sources and recommended quantities included in discussion.

The following adjustments and special activities are planned for the week of July 17th—20th

Monday, July 17: No coffee hour. Mahjong & Adult coloring will be upstairs, featuring a special stained glass painting session to help decorate our center and/or bring home!



Tuesday, July 18: No lunch or BINGO. **A trip to Shelburne Museum is planned** - A hired van will pick participants up at our Center at 9:30am, and return at 2:30pm. The Center will cover transportation costs, participants pay a reduced \$12pp entry fee. There is a Café at the Museum for lunch, or we'll include a bagged lunch for a total \$15pp.



Reservation and payment is required by Thursday, July 13th. Space is limited, please call 863-3982 to reserve **Beth (and her kids) & Dillon will join participants for this fun trip!**

Wednesday, July 19: No lunch or BINGO

Thursday, July 20: No lunch or Food Day. Cribbage & Bridge will be offered upstairs (sharing space with Bone Builders)

Volunteers needed! Interested in volunteering? We have plenty of opportunities to have fun, meet some great people, and support our wonderful Center! If interested, please visit our website's volunteer page or contact Beth at 863-3982 x2 or hammond@heinebergcsc.org



Holiday Bazaar & Craft Fair We know summer has just begun! But we need to start planning this special tradition now. If you are a local crafter, or know of anyone who may be interested in a table at our annual holiday bazaar and craft fair (**Nov 18, 2017**), please contact Gloria greynolds@burlingtontelecom.net for more information.

Beach Ball Raffle!

Tickets cost \$5 and are on sale at the front desk.

1st Prize: \$150.00






2nd Prize: \$75.00

3rd Prize: \$25.00



Reminders:






- The Center will be closed July 3rd and 4th
- We have added two new programs: **Strength & Balance** and **Bone Builders**. Check the calendar for schedule.
- **Chair Messages** \$10, Tuesday, July 11th, 1-3pm (by appointment)

Monday	Tuesday	Wednesday	Thursday	Friday
3 Center Closed	4 Center Closed July 4th Holiday 	5 9:40 Independent Yoga 10:45 Tai Chi 11:45 Lunch 12:45 BINGO 1:00 Line Dancing 2:30 Beginner Line Dancing	6 8:30 Food Day 10:45 Yoga 11:45 Lunch 12:30 Cribbage 1:00 Bridge 1:00 Bone Builders	7 9:45 Novice Tai Chi 10:45 Tai Chi
10 9:30 Coffee Hour and Wellness Chat 9:45 Novice Tai Chi 10:45 Computer Support 10:45 Yoga 12:30 Adult Coloring 12:30 Mahjong 1:00 Book Club	11 9:45 Strength & Balance 10:30 Wii Bowling 11:00 Blood Pressure 11:45 Lunch 12:45 BINGO 1:00 Bone Builders 1:00 Chair Massage	12 9:40 Independent Yoga 10:45 Tai Chi 11:45 Lunch 12:45 BINGO 1:00 Line Dancing 2:30 Beginner Line Dancing	13 8:30 Food Day 10:45 Yoga 11:45 Lunch 12:30 Cribbage 1:00 Bridge 1:00 Bone Builders	14 9:45 Novice Tai Chi 10:45 Tai Chi
17  9:45 Novice Tai Chi 10:45 Yoga 12:30 Adult Coloring featuring stained glass (upstairs) 12:30 Mahjong (upstairs)	18  9:30 Shelburne Museum 9:45 Strength & Balance 1:00 Bone Builders	19  9:40 Independent Yoga 10:45 Tai Chi 1:00 Line Dancing 2:30 Beginner Line Dancing	20  10:45 Yoga 12:30 Cribbage (upstairs) 1:00 Bridge (upstairs) 1:00 Bone Builders	21 9:45 Novice Tai Chi 10:45 Tai Chi
24 9:30 Coffee Hour and Wellness Chat 9:45 Novice Tai Chi 10:45 Computer Support 10:45 Yoga 12:30 Adult Coloring 12:30 Mahjong	25 9:45 Strength & Balance 10:30 Wii Bowling 11:45 Lunch 12:45 BINGO 1:00 Bone Builders 1:00 Chair Massage	26 9:40 Independent Yoga 10:45 Tai Chi 11:45 Lunch 12:45 BINGO 1:00 Line Dancing 2:30 Beginner Line Dancing	27 8:30 Food Day 10:45 Yoga 11:45 Lunch 12:30 Cribbage 1:00 Bridge 1:00 Bone Builders	28 9:45 Novice Tai Chi 10:45 Tai Chi
31 9:30 Coffee Hour and Wellness Chat 9:45 Novice Tai Chi 10:45 Computer Support 10:45 Yoga 12:30 Adult Coloring 12:30 Mahjong	<p>Center Hours</p> <p>M – 9:00am – 3:00pm T – 9:00am– 3:00pm W – 9:00am -3:00pm TH – 9:00 -3:00pm F – Downstairs closed Upstairs open</p>		<p>Jazzercise Hours</p> <p>M—EXPRESS 7:30-8:00am 8:30am, 4:30pm F —EXPRESS 7:30-8:00am 8:30am, 4:30pm T— 8:30am, 4:30pm, 5:45pm S — 7:30am, 8:30am W— 8:30am, 4:30pm SU— 8:30am, 4:30pm Th— 8:30am, 4:30pm, 5:45pm</p>	



July 2017 Meals Calendar

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

Monday	Tuesday	Wednesday	Thursday	Friday
3 Center Closed	4 Center Closed 	5 stuffed shells & marinara, tossed salad, wheat roll, strawberry short-cake with topping	6 broccoli cheddar soup, Caesar salad with grilled chicken & croutons, water-melon	7 No Regular Friday Lunch
10 Coffee Hour and Wellness Chat Light fare, juice and coffee Topic: Arthritis friendly diet	11 soft burrito beef and/or beans filling with shredded cheese & lettuce, mild salsa, sour cream on the side, plain potato chips, fruit muffin	12 boneless chicken breasts topped with gravy, stuffing on side, roasted red potatoes, Harvard beets, watermelon	13 pulled pork sandwiches, Cole slaw, 3 bean salad, bun, caramel apple crumb cake	14 No Regular Friday Lunch
17 	18 	19 	20 	21 No Regular Friday Lunch
24 Coffee Hour and Wellness Chat Light fare, juice and coffee Topic: A healthy gut	25 Salisbury steak with mushroom gravy, spinach, mashed potatoes, marble rye bread, fruit filled cookie	26 Herb baked chicken breast, wild brown rice pilaf with sautéed vegetables, oriental vegetables, roll, fruited jello with topping	27 Sloppy joes, Cole slaw, Macaroni vegetable salad, bun, ambrosia	28 No Regular Friday Lunch
31 Coffee Hour and Wellness Chat Light fare, juice and coffee Topic: B Vitamins				