



June Birthday Lunch

Tuesday, June 12th, 11:45 am

Lunch is \$5 or FREE for participants with June Birthdays

We will be having Jolley Mobil wraps, your choice of turkey or veggie!

Everyone is welcome!

Reservation required 24 hours in advance

Heineberg Center's Day at the Ballpark

Tuesday, July 3rd - Noon game time

Van leaves Heineberg Center at 11:00 am

Join us for a day at the Centennial Field for a Lake Monster's baseball game!

\$10 for the trip: transportation, game ticket, and lunch voucher (\$5 value)! If interested in throwing the first pitch, enter your name into the raffle at our front desk.

A portion of online ticket sales will go **directly to our Center!** To buy tickets directly, and share link with friends and family, go to our website: heinebergcsc.org



Annual Board Meeting- Top 5 Reasons to attend

Tuesday, June 26th at 10:00 am

1 - Vote in new Board members and thank those members completing their term

2 - We will announce and sample our **NEW (regular) lunch caterer**, provided by Age Well. **Enjoy white vegetable lasagna w/asiago cheese, roasted vegetables, green leaf salad, and apple cake w/topping.**

Everyone attending our full June 26th Board meeting will receive a \$3 lunch voucher for that day or anytime in the future.

3 - After the Board meeting, join us out front of our building for a group photo. Everyone welcome!

4 - Enjoy dessert with Dillon as a special thank you and to wish him all our best.

5 - We'll draw the winner to throw the first pitch at the July 3rd Lake Monster's game.

Connecting Our Community... Then and Now

Join us in celebrating our building's wonderful history and people! We have many participants and community members with memories dating back to our earliest years, almost 80 years ago. Thankfully, we have photos, newspaper articles, and books to help us remember, but we also need you!

Who do you know at Heineberg that you knew in your early years?

Perhaps a workmate, neighbor, childhood friend, or relative?

Send us an email

(hammond@heinebergcsc.org)

or drop off your list at the Center letting us know details of this connection.

Heineberg Community Club Opens New Structure On North Ave. This Weekend: Built By Members



After months of work, members of the Heineberg Community Club, Inc., are about to complete their clubhouse shown above. Although not entirely finished, the building is ready for occupancy.

Self-Defense & Martial Arts Introductory Class

Monday, June 11th at 1:00 pm

Master Brendan Goodall from Apex Martial Arts has offered to bring either of the following classes to our Center. Join us for an introduction of both, and to share what you are interested in. **Both courses are designed for participants 50+**

50+ Self Defense Course: Learn the basics of self-defense and ways of diffusing an unfriendly situation with minimal risk to you.

50+ General Martial Arts Course: Learn a low impact version of Taekwondo, with emphasis on flexibility, and basic skill sets in martial arts.

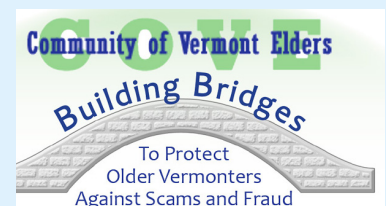
Coffee Hour Chats - Mondays at 10:00 am

June 4 - Join COVE (Community of Vermont Elders) for a casual discussion regarding upcoming Medicare changes, including new cards and numbers. Changes will affect Vermont Residents in July

June 11 - TED Talk- The creation and definition of words.

June 18 - Samantha Mitchell, SASH Wellness Nurse, presents the *Owner's Manual to our Bodies* series. This month's topic: The circulatory system

June 25 - COVE returns to discuss Medicare and important tips to protect yourself from Medicare fraud and errors



June 2018 Program Calendar


Monday	Tuesday	Wednesday	Thursday	Friday
Jazzercise Hours M-EXPRESS -8:30 am Strength 30- 9:00 am 4:30pm, 5:45 pm T- 8:30am, 4:30 pm W- 8:30am, 4:30 pm, 5:45 pm Th- 8:30 am, 4:30 pm F- 8:30 am, 4:30 pm S- 7:30 am, 8:30 am				1 9:45 Novice Tai Chi 10:45 Tai Chi
4 9:00 Strength 30 9:45 Novice Tai Chi 10:00 Coffee Hour 10:45 Computer Support 10:45 Yoga 12:30 Mahjongg 12:30 Adult Coloring	5 11:45 Lunch 12:45 BINGO 1:00 Bone Builders	6 9:40 Independent Yoga 10:45 Tai Chi 11:45 Lunch 12:45 BINGO 1:00 Line Dancing	7 8:30 Food Day 10:30 Wii Bowling 10:45 Yoga 11:45 Lunch 12:30 Cribbage 12:30 Scrabble 1:00 Bone Builders 1:00 Bridge 7:00 Songwriter's Group	8 9:45 Novice Tai Chi 10:45 Tai Chi
11 9:00 Strength 30 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 1:00 Self -Defense Intro	12 11:00 Blood Pressure Clinic 11:45 Birthday Lunch 12:30 Chair Massage 12:45 BINGO 1:00 Bone Builders	13 9:40 Independent Yoga 10:00 Singing Group 10:45 Tai Chi 11:45 Lunch 12:45 BINGO 1:00 Line Dancing	14 8:30 Food Day 10:30 Wii Bowling w/ Champlain Senior Center 10:45 Yoga 11:45 Lunch 12:30 Cribbage 1:00 Bone Builders 1:00 Bridge	15 9:45 Novice Tai Chi 10:45 Tai Chi
18 9:00 Strength 30 9:45 Novice Tai Chi 10:00 Coffee Hour 10:45 Computer Support 10:45 Yoga 12:30 Mahjongg 12:30 Adult Coloring	19 11:45 Lunch 12:45 BINGO 1:00 Bone Builders	20 9:40 Independent Yoga 10:45 Tai Chi 11:45 Lunch 12:45 BINGO 1:00 Line Dancing	21 8:30 Food Day 10:30 Wii Bowling 10:45 Yoga 11:45 Lunch 12:30 Cribbage 12:30 Scrabble 1:00 Bone Builders 1:00 Bridge	22 9:45 Novice Tai Chi 10:45 Tai Chi
25 9:00 Strength 30 9:45 Novice Tai Chi 10:00 Coffee Hour 10:45 Computer Support 10:45 Yoga 12:30 Mahjongg 12:30 Adult Coloring	26 10:00 Annual Board Meeting 11:45 Lunch featuring a new caterer! 12:45 BINGO 1:00 Bone Builders	27 9:40 Independent Yoga 10:00 Singing Group 10:45 Tai Chi 11:45 Lunch 12:45 BINGO 1:00 Line Dancing	28 8:30 Food Day 10:30 Wii Bowling 10:45 Yoga 11:45 Lunch 12:30 Cribbage 1:00 Bone Builders 1:00 Bridge	29 9:45 Novice Tai Chi 10:45 Tai Chi



June 2018 Meals Calendar

Reservations required 24 hours in advance

Suggested donation for regular lunches \$3

Monday	Tuesday	Wednesday	Thursday	Friday
May 28	May 29	May 30	May 31	1 No regular Friday lunch
4 Coffee Hour Topic: COVE discusses Medicare changes	5 Soft burrito, beef and/or beans filling with shredded lettuce, mild salsa, sour cream, plain potato chips, fruit muffin	6 Tomato topped meatloaf, baked potato with sour cream, waxed beans, wheat roll, chocolate mousse with whipped topping	7 Chicken parmesan with sauce, spaghetti on the side, Caesar salad, wheat bread, tropical fruit	8 No regular Friday lunch
11 Coffee Hour Topic: TED TALK- The Creation and Definition of words	12  Birthday Lunch (\$5) Jolley Mobil wraps (veggie or turkey), side salad and birthday cake dessert	13 Chicken salad with grapes, tossed salad, croissant, chocolate cake	14 Hot turkey sandwich with gravy, mashed potatoes, julienne carrots, cranberry sauce, fresh fruit	15 No regular Friday lunch
18 Coffee Hour Topic: <i>Wellness Series</i> - The circulatory system	19 Salisbury steak with mushroom gravy, spinach, mashed potatoes, marble rye bread, fruit filled cookie	20 Pulled pork sandwiches, cole slaw, 3 bean salad, bun, caramel apple crumb cake	21 Tuna salad, cottage cheese, broccoli & cran raisin salad, whole wheat roll, hot fruit compote with sugar cookie	22 No regular Friday lunch
25 Coffee Hour Topic: COVE discusses Medicare awareness and fraud	26 New Caterer White vegetable lasagna w/asiago cheese, roasted vegetables, green leaf salad, dinner roll, apple cake w/topping	27 BBQ chicken breasts, potato salad, beet salad, whole wheat roll, blueberry pie	28 Beef stew with vegetables, garden salad, biscuit, pears with cinnamon	29 No regular Friday lunch



Heineberg Community Senior Center

An independent non-profit, open to all

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

LOWER LEVEL HOURS*

Monday-Wednesday 10:00am - 3:00 pm

Thursday 9:00am - 3:00pm

*For upper level activities see calendar for times

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: 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, fun competition with Champlain Senior Center. We will alternate locations monthly, transportation provided. We will play at Champlain Senior Center on **Thursday, June 14th.**

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

Chair Massage: Second Tuesday of each month 12:45 - 2:15 pm. \$10. Call or visit the Center to make a reservation. 50% off if it is your birthday month! This month's appointments are on **June 12th.**

Cribbage: Thursdays, 12:30 – 3:00 pm All levels welcome!

Coffee Hours: Doors open at 10:00 am 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 12:30 pm. All supplies provided.

Computer Support: Mondays 10:45 am. Reservations Required. You can make a reservation online (heinebergcsc.org) or by calling or visiting the Center.

Food Day: Every Thursday at 8:30 am 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 9:45 am – 12:45 pm. \$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

Line Dancing: Heineberg Highsteppers - Every Wednesday at 1:00 pm. For more information contact Donna @ 860-7561.

Lunch: Tuesday, Wednesday, and Thursday 11:45am. 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 first and third Thursdays at 12:30 pm in our library.

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, 7:00 pm.

Strength 30: Mondays 9:00 am. 30-minute strength class. Free for Center participants.

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

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

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.