

June 2017

Welcome Stephanie! Please stop by the center to meet our new Executive Assistant, Stephanie. Her hours are Mondays 9-11am and Tues-Thurs 9am-12pm. Stephanie will be managing many front desk tasks including our meal program and our participant database. If you would like to update your contact information or have meal questions please stop by, call or email Stephanie at stewart@heinebergcsc.org.

We are also very happy that Dillon will remain with us as our Center Coordinator, responsible for our newsletter, trip coordination and programming support. Dillon's hours are Mon-Thurs 1-3pm. If you have any questions for Dillon please stop by, call or email him at boisvert@heinebergcsc.org.

As always, if you have questions, suggestions or concerns regarding anything at the Center, please call, visit or email Beth at Hammond@heinebergcsc.org

New Programs

FREE for Center Participants Bone Builders

starting June 6th, Tues & Thurs 1pm

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. *Please wear comfortable sneakers and bring a water bottle*

Active Older Adults Balance & Strength

Starting June 6th, Tuesdays at 9:45

This class is designed to help make everyday activities easier by increasing your balance and strength with traditional and functional exercise that anyone can do.

Monday Morning Coffee Hour

Mondays at 9:30am

Join us for Coffee Hour. We'll plan a Wellness Chat to begin at 10am for many Monday Morning Coffee Hours. Fruit, light fare, coffee/ tea, and juice will be served. Call to RSVP or just stop by!



June 5 — Food Labels (*Bring food labels from items you regularly eat*)

June 12 — TBD

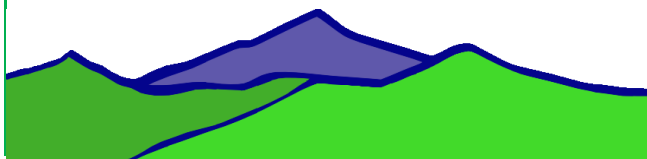
June 19 — Diabetes: basic carb counting

June 26 — Eating for Mental Health

The Hills of Home: Mountains and Identity in

Vermont History— Thursday, June 15th at 9:30am

Guest Speaker Jill Mudgett, cultural historian, will be presenting on the cultural importance of mountains in Vermont. Discover the origins of our pride in the Vermont's landscape and explore their cultural history.



Chair Massages, June 6th 1-3pm (by appointment)

Call or stop by the Center to schedule your 15 relaxing minutes with Jean Barber. The cost of an appointments is \$10.

Thank you! We'd like to thank volunteers from North Country Federal Credit Union for spending a Saturday with us to clean up our grounds. We were able to rake over 40 bags of leaves!

Upcoming Center Meetings

Annual Board Meeting— Wednesday, June 21st, 10:30am

Join us for this important Board Meeting and complimentary lunch. We'll discuss financials, programming and vote on new board members. Please RSVP to lunch 24 hours in advance. We will have pulled pork sandwiches and a vegetarian option.

Center Meeting— Wednesday, June 28th, 10:30am

Our Center information meeting will now be quarterly. We'll discuss programming, news and updates, and any questions or ideas you have.

Lower Level Renovations

Starting in late June and July, lower level renovations will begin. This will include painting our walls, new (safer) flooring and energy efficient lighting. This work will be entirely funded by a City of Burlington/CEDO grant. There will be days in the coming months our Center will be closed for the work. When possible we'll move activities upstairs or plan trips outside of the center. We'll keep you posted... in the meantime come vote on our new paint color!

Monday	Tuesday	Wednesday	Thursday	Friday
			1 8:30 Food Day 10:45 Yoga 11:45 Lunch 12:30 Cribbage 1:00 Bridge	2 9:45 Novice Tai chi 10:45 Tai chi
5 9:30 Coffee Hour and Wellness Chat 9:45 Novice Tai chi 10:45 Yoga 10:45 Computer Support 12:30 Adult Coloring 12:30 Mahjongg	6 9:45 Balance and Strength* 10:30 WII Bowling 11:45 Lunch 12:45 BINGO 1:00 Bone Builders* 1:00—3:00 Chair Massages*	7 9:40 Independent Yoga 10:45 Tai chi 11:45 Lunch 12:45 BINGO 1:00 Line Dancing 2:30 Beginner Line Dancing	8 8:30 Food Day 10:45 Yoga 11:45 Lunch 12:30 Cribbage 1:00 Bridge 1:00 Bone Builders*	9 9:45 Novice Tai chi 10:45 Tai chi
12 9:30 Coffee Hour and Wellness Chat 9:45 Novice Tai chi 10:45 Chair/standing Yoga 10:45 Computer Support 12:30 Adult Coloring 12:30 Mahjongg 1:00 Book Club	13 9:45 Balance and Strength* 10:30 WII Bowling 11:00 Blood Pressure 11:45 Lunch 12:45 BINGO 1:00 Bone Builders*	14 9:40 Independent Yoga 9:30 Singing group 10:45 Tai chi 11:45 Lunch 12:45 BINGO 1:00 Line Dancing 2:30 Beginner Line Dancing	15 8:30 Food Day 9:00 Foot Clinic 9:30 Hills of Home Presentation 10:45 Yoga 11:45 Lunch 12:30 Cribbage 1:00 Bridge 1:00 Bone Builders*	16 9:45 Novice Tai chi 10:45 Tai chi
19 9:30 Coffee Hour and Wellness Chat 9:45 Novice Tai chi 10:45 Yoga 10:45 Computer Support 12:30 Adult Coloring 12:30 Mahjongg	20 9:45 Balance and Strength* 10:30 WII Bowling 11:45 Lunch 12:45 BINGO 1:00 Bone Builders*	21 9:40 Independent Yoga 10:30 Board Meeting Lunch 10:45 Tai chi 11:45 Lunch 12:45 BINGO 1:00 Line Dancing 2:30 Beginner Line Dancing	22 8:30 Food Day 8:40 Foot Clinic 10:45 Yoga 11:45 Lunch 12:30 Cribbage 1:00 Bridge 1:00 Bone Builders*	23 9:45 Novice Tai chi 10:45 Tai chi
26 9:30 Coffee Hour and Wellness Chat 9:45 Novice Tai chi 10:45 Yoga 10:45 Computer Support 12:30 Adult Coloring 12:30 Mahjongg	27 9:45 Balance and Strength* 10:30 WII Bowling 11:45 Lunch 12:45 BINGO 1:00 Bone Builders*	28 9:40 Independent Yoga 9:30 Singing group 10:30 Center Meeting 10:45 Taichi 11:45 Lunch 12:45 BINGO 1:00 Line Dancing 2:30 Beginner Line Dancing	29 8:30 Food Day 10:45 Yoga 11:45 Lunch 12:30 Cribbage 1:00 Bridge 1:00 Bone Builders*	30 9:45 Novice Tai chi 10:45 Tai chi

Center Hours	
M — 9:00am – 3:00pm	TH — 9:00am— 3:00pm
T — 9:00am -3:00pm	F — downstairs closed
W — 9:00 -3:00pm	Upstairs open

Jazzercise Hours	
M — 8:30am, 4:30pm	Th — 8:30am, 4:30pm, 5:45pm
Express 7:30-8:00am	
T — 8:30am, 4:30pm, 5:45pm	F — 8:30am, 4:30pm
	EXPRESS 7:30-8:00am
W — 8:30am, 4:30pm	S — 7:30am, 8:30am / Su — 8:30am, 4:30pm

