



OCTOBER 2017



Join us for our annual 90th+ Birthday Party!

Thursday, October 26 at 11:45 am
Suggested donation for guests \$3
Lunch will include beef stew, biscuit, green salad and birthday cake/cupcakes

Party guests: RSVP by Tuesday, October 24
Guests of Honor (90+): RSVP by Thursday, October 19
Call 863-3982 or stop by the Center to RSVP

Reduce, Reuse, Recycle with Coca-Cola

Tuesday, October 10th at 11:30 am

Lunch will begin at 11:30

Presentation immediately following

Back by popular demand! Coca-Cola's award-winning presentation on what they and other major corporations are doing to reduce their global footprint. We'll learn interesting facts about reusing products and why what we purchase and put into our recycling bins matter.



Join us for lunch catered by BOVE'S:

Lasagna or Baked Mostaccioli (ziti), Salad and Dessert.
\$7pp - Reservations required, call 863-3982 or stop by the Heineberg Center.

Free Flu Shot Clinic

Monday October 2nd, 10:00am-12:00pm. Walk ins welcome, stop by the front desk for more information!



Monday Morning Coffee Hour

Every Monday Starting at 10:00 am



Oct 2: Free Flu Clinic
Oct 9: Transitions Group Introduction
Oct 16: Medication Management presented by Samantha Mitchell Wellness Nurse
Oct 23: Meditation & Mindful Living- Meditation Instructor Bill McPheters of Burlington Shambala Center will lead this discussion
Oct 30: TED Talk lead by Dillon, Renewable Energy- Imagining a World without Oil

Heineberg Holiday Bazaar

Saturday November 18, 9:00am-2:00pm

White elephant, home goods, holiday, toys, and jewelry tables downstairs. Kids crafts, bake sale, and lunch upstairs. Donations for the sale can be dropped off anytime at the Center.



A Workshop on Transitions

The Major Changes you've Experienced in Life

The year is 1977, answer this question: *Who are you and what is important to you?* Now in the year 2017, forty years have passed. *How has your answer to that question changed?*

This workshop will help us make sense of of life's changes and offer strategies for coping with difficult, painful and confusing times in our lives.

Meeting every other Monday starting Oct 16 at 1:00pm, lead by Dr. Jim Jennings. The information session will be Monday Oct 9 at 10:00am for Coffee Hour

New and Returning Programs-

Heineberg Singing Group- Everyone is welcome to join this group! No experience or aptitude necessary. The group will meet the 2nd and 4th Wednesday of every month at 9:30am. For more information please contact Johanna Prong, gnorp@capital.net or 859-3464

Transitions Discussion Group- Group meets on the 1st and 3rd Monday of every month at 1:00pm upstairs

Wii Bowling- Every Tuesday at 11:00am. The Heineberg Wii Bowlers have a lot of fun! We'll be enjoying friendly competitions with Champlain Senior Center

Knitting Group- Dates/Times TBD. If you are interested in this group, we are looking for a leader. Please contact Beth at hammond@heinebergcsc.org or 863-3982



OCTOBER 2017

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>9:45 Novice Tai Chi 10:00 Coffee Hour (Flu Clinic) 10:45 Computer Support 10:45 Independent Yoga 12:30 Adult Coloring 12:30 Mahjongg</p>	<p>3</p> <p>9:45 Strength and Balance 11:00 Wii Bowling* 11:45 Lunch 12:45 BINGO 1:00 Bone Builders</p>	<p>4</p> <p>9:40 Independent Yoga 10:45 Tai Chi 11:45 Lunch 12:45 BINGO 1:00 Line Dancing 2:30 Beginner Line Dancing</p>	<p>5</p> <p>8:30 Food Day 10:45 Yoga 11:45 Lunch 12:30 Cribbage 1:00 Bridge 1:00 Bone Builders</p>	<p>6</p> <p>9:45 Novice Tai Chi 12:30 Tai Chi</p>
<p>9</p> <p>9:45 Novice Tai Chi 10:00 Coffee Hour 10:45 Computer Support 10:45 Yoga 12:30 Adult Coloring 12:30 Mahjongg 1:00 Book Club</p>	<p>10</p> <p>9:45 Strength and Balance 11:00 Wii Bowling* 11:15 Blood Pressure 11:30 BOVE'S and Coca-Cola Lunch 1:00 Bone Builders</p>	<p>11</p> <p>9:30 Singing Group* 9:40 Independent Yoga 10:45 Tai Chi 11:45 Lunch 12:45 BINGO 1:00 Line Dancing 2:30 Beginner Line Dancing</p>	<p>12</p> <p>8:30 Food Day 10:45 Yoga 11:45 Lunch 12:30 Cribbage 1:00 Bridge 1:00 Bone Builders</p>	<p>13</p> <p>9:45 Novice Tai Chi 12:30 Tai Chi</p>
<p>16</p> <p>9:45 Novice Tai Chi 10:00 Coffee Hour 10:45 Yoga 12:30 Adult Coloring 12:30 Mahjongg 1:00 Transitions Workshop*</p>	<p>17</p> <p>9:45 Strength and Balance 11:00 Wii Bowling* 11:45 Lunch 12:45 BINGO 1:00 Bone Builders</p>	<p>18</p> <p>9:40 Independent Yoga 10:45 Tai Chi 11:45 Lunch 12:45 BINGO 1:00 Line Dancing 2:30 Beginner Line Dancing</p>	<p>19</p> <p>8:30 Food Day 9:00 Foot Clinic 10:45 Yoga 11:45 Lunch 12:30 Cribbage 1:00 Bridge 1:00 Bone Builders 1:00 Chair Massage</p>	<p>20</p> <p>9:45 Novice Tai Chi 12:30 Tai Chi</p>
<p>23</p> <p>9:45 Novice Tai Chi 10:00 Coffee Hour 10:45 Computer Support 10:45 Yoga 12:30 Adult Coloring 12:30 Mahjongg</p>	<p>24</p> <p>9:45 Strength and Balance 11:00 Wii Bowling* 11:45 Lunch 12:45 BINGO 1:00 Bone Builders</p>	<p>25</p> <p>9:30 Singing Group* 9:40 Independent Yoga 10:45 Tai Chi 11:45 Lunch 12:45 BINGO 1:00 Line Dancing 2:30 Beginner Line Dancing</p>	<p>26</p> <p>8:30 Food Day 8:40 Foot Clinic 10:45 Yoga 11:45 90+ Birthday Party Lunch 12:30 Cribbage 1:00 Bridge</p>	<p>27</p> <p>9:45 Novice Tai Chi 12:30 Tai Chi</p>
<p>30</p> <p>9:45 Novice Tai Chi 10:00 Coffee Hour 10:45 Yoga 12:30 Adult Coloring 12:30 Mahjongg 1:00 Transitions Workshop*</p>	<p>31</p> <p>9:45 Strength and Balance 11:00 Wii Bowling* 11:45 Lunch 12:45 BINGO 1:00 Bone Builders</p>	<p>Nov 1</p> <p>* = New Program/ Returning Program</p>	<p>Nov 2</p>	<p>Nov 3</p>

Saturday Oct 14th
Donny (Elvis) Concert
Doors open 6:00pm
Tickets sold at the Center
or through Bobbi at
557-2760

Center Hours
M- 9:00am-3:00pm
T- 9:00am-3:00pm
W- 9:00am-3:00pm
Th- 9:00am-3:00pm
F- downstairs closed, upstairs open


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

OCTOBER 2017 MEALS CALENDAR



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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Monday Morning Coffee Hour</p> <p>Free Flu Clinic</p>	<p>3</p> <p>Chicken & Vegetable stir fry, rice, Boston cream pie</p>	<p>4</p> <p>Salisbury steak with mushroom gravy, spinach, baked potato with sour cream, marble rye bread, fruit filled cookie</p>	<p>5</p> <p>Pulled pork sandwiches, cole slaw, 3 bean salad, caramel apple bun cake</p>	<p>6</p> <p>No regular Friday Lunch</p>
<p>9</p> <p>Monday Morning Coffee Hour</p> <p>Topic: Transitions Group Introduction</p>	<p>10</p> <p>Special Lunch</p> <p>Coca-Cola Presentation with Boves catered lunch: Lasagna or Baked Mostaccioli, Salad & Dessert. \$7, reservations required</p>	<p>11</p> <p>Vegetable lo-mein with teriyaki chicken, vegetable egg roll, peaches</p>	<p>12</p> <p>Soft burrito beef and/or beans filling with shredded cheese & lettuce, mild salsa, sour cream on the side, plain potato chips, fruit muffin</p>	<p>13</p> <p>No regular Friday Lunch</p>
<p>16</p> <p>Monday Morning Coffee Hour</p> <p>Topic: Medication Management</p>	<p>17</p> <p>Baked stuffed peppers, Greek salad, pumpernickel bread, lemon meringue pie</p>	<p>18</p> <p>stuffed shells & marinara, yellow beans, wheat roll, strawberry short-cake topping</p>	<p>19</p> <p>Boneless chicken breasts topped with gravy, stuffing on side, roasted red potatoes, whipped squash, tropical fruit</p>	<p>20</p> <p>No regular Friday Lunch</p>
<p>23</p> <p>Monday Morning Coffee Hour</p> <p>Topic: Meditation</p>	<p>24</p> <p>Chicken & biscuits with peas, mashed potatoes, broccoli & cauliflower, blueberry pie</p>	<p>25</p> <p>Hot turkey sandwich with gravy, garlic mashed potatoes, spinach, cranberry sauce, brownie</p>	<p>26</p> <p>90+ Birthday Party</p> <p>beef stew, tossed salad, biscuit, chocolate cupcake</p> 	<p>27</p> <p>No regular Friday Lunch</p>
<p>30</p> <p>Monday Morning Coffee Hour</p> <p>Topic: TED Talk Renewable Energy</p>	<p>31 Happy Halloween</p> <p>Spaghetti and meatballs, garden salad, garlic bread, chocolate pudding</p>	<p>Come to Halloween lunch dressed up (accessories count!) and receive a free lunch voucher!</p>		