

SOUTH BURLINGTON SENIOR CENTER

MONTHLY ACTIVITIES GUIDE - AUGUST 2024

Where has July gone? It seems like yesterday we were celebrating the Independence of our Nation. Now we are sailing into August with hot muggy weather, thunderstorms and thoughts of our season soon to change to cool days and nights.

As we move into August, the senior center will still be booming with events and programs. We are going to start our month with our annual Senior Summer BBQ which I hope will be lots of fun, with some bingo, popular games and some yard games. We will then head into our first Senior Theme Night at our Thursday nights (SB Nite Out) concerts at Veterans Memorial Park. We will have some local organizations tabling, and some prize giveaways. Come out and enjoy an evening in the park with some music by the band Quadra and the variety of food trucks that offer their culinary treasures.

This month, the Senior Center will also be offering a new watercolor series class. It will be a four-week session taught by Janet Anderson. She will lead you through the different techniques that you can use to create unique pieces of art. I am so impressed with Janet's artwork and hope to be able to learn the beautiful style of art she creates. In addition to the new watercolor class, we are adding an open studio time on Thursdays from 9:45 am to 11:45 am in the Senior Living Room. This is an opportunity for you to bring your own art projects and work on them with others. Sit, Socialize and create.

Another great opportunity to be crafty this month will be on August 19th. I have partnered up with Shirley Sweet and we are going to help you create some fun inspired pots for your plants or whatever you want to use them for. Personally, I use pots as fun ways to organize stuff. We will be showing you how to decoupage and paint pots in unique designs. So if you have fun design you have always wanted to see on a planter, bring it along and we will help you make it come to life.

I am sure that August will float by fast, as we are all spending time in our gardens, vacationing with our families and friends and enjoying the days of warmth and sunshine. In whichever activity you are enjoying, my ask of you is to just be kind and patient with others in the world. Our days seem to go by so fast, that we forget to stop and be kind to each other. So take a moment and say thank you to someone or hello. We all have different paths, but we all live in the same society.

Best-
Rebecca

August 2nd - NO LUNCH (Senior BBQ Day)

Closed August 13th for Voting.

Closed August 16th for Bennington Battle Day.

THIS MONTH'S LUNCHES

- August 2:
NO LUNCH - Senior BBQ
- August 7:
Broccoli Quiche / Home Fries / Diced Carrots / Mandarin Oranges
- August 9:
Baked Meatloaf / Brown Sauce / Sweet Potatoes / Brussel Sprouts / Tapioca Pudding w/Peaches & Cream
- August 14:
Chicken Tenders w/Sauce / Yams / Baked Beans / Sliced Apples w/Cinnamon
- August 16:
NO LUNCH - Senior Center Closed
- August 21:
Meatloaf w/BBQ on Side / Mashed Potatoes / Peas & Onions / Granny Smith Apple
- August 23:
Panko Pork Cutlet w/White Sauce / Mashed Potatoes / Diced Carrots / Applesauce
- August 28: **Birthday Lunch**
Orange Ginger Chicken / Vegetable Rice Pilaf / Capri Vegetables
- August 30:
Chicken Breast Cacciatore / Rotini Noodles / Oregon Blend Vegetables / Applesauce

City Clerk Visit - August 7th

The SB City Clerk, Holly Rees, will visit during lunch to talk about the ballot items on the August 13th vote.

Want to Come to a Senior Lunch?

Here's How:

Call: 802-923-5545

Email: risham@southburlingtonvt.gov

Website: recandparks.sbvt.gov

Pre-registration is required the week before. If not pre-registered for lunch you will be turned away.

IMPORTANT DATES

- August 2** — Senior BBQ
- August 8** — Senior Night @ SB Nite Out
- August 13** — Senior Center Closed for Voting
- August 16** — Senior Center Closed - Bennington Battle Day
- August 23** — Brushstrokes & Brews
- August 28** — Birthday Lunch
- August 28** — Age Well Visit - Restaurant Tickets



Bring Your
Arts & Crafts Project





OPEN STUDIO
SENIOR CENTER LIVING ROOM
THURSDAYS
9:45AM-11:45AM
NO REGISTRATION REQUIRED, DROP IN

COME, SOCIALIZE AND SHARE YOUR PROJECT

southburlington RECREATION & PARKS

Fun With Pots

August 19 | Senior Center
11:30 am - 1:30 pm
Class Fee: \$5



We are decorating pots. Come and decorate a pot with decoupage or paint your own design. Use the pot to hold a pretty plant or organize something.
Registration Required.

PROGRAMS (Times on Calendar)

Senior Cardio (Drop-In) - Age 55+

Come join some seniors for 20 minutes of cardio before Bone Builders on Mondays and Fridays. Class is instructed by YouTube Video, "Cardio For Seniors" Come get your heart pumping....No registration required, just drop in.

Bone Builders (Drop-In) - Age 55+

Come work on your balance and light weight training to protect against fractures caused by osteoporosis. Bone Builders helps to gain muscular strength, balance and increase bone density. Sponsored by United Way. No registration required.

Mahjong (Drop-In) - Age 55+

Spend your Monday afternoons playing Mahjong. Mahjong is a tile based game that originated in China. A game of skill, strategy and luck. Bring your own set to share. Beginners welcome.

Mexican Train Dominoes (Drop-in) - Age 55+

Come spend time with others and play Mexican Train. The object of the game is for a player to play all the tiles from their hand onto one or more chains, or trains, emanating from a central hub or "station". No registration required.

Cribbage (Drop-in) - Age 55+

Have you ever wanted to learn to play Cribbage? Are you looking for something to do in the afternoon? Come and learn to play cribbage and join a fun group for a Tuesday afternoon. Beginners welcome.

Watercolor 101 - Age 55+ New

Watercolor 101 will be a class taught by Janet Anderson. Beginning with the different types of supplies and how to use them then on to different techniques and various ways to use watercolor to create one of a kind art pieces. Join us for this 4 week session. *Registration required. No fee.*

Bingo (Drop-In) - Age 55+

Come spend the afternoon playing dime BINGO. We play 12 games of 10 cents a card (6 card limit). And the Grand Coverall Game which is 25 cents per card. Enter the BINGO BALL jar for a chance to win the Jackpot. If you BINGO on the BALL number that day, you win the Jackpot.

Bridge Club (Intermediate Players Only) - Age 55+

Are you an intermediate Bridge player? Come join a group of active bridge players on Thursday afternoons and play the king of card games.

Open Art Studio - Age 55+ New

Bring your art or craft to our open art studio on Thursday mornings from 9:45 am to 11:45 am in the Senior Center Living Room. Share what you love to do and learn what others are working on. This program is drop in and no registration required.

Hand and Foot Canasta (Drop-in) - Age 55+

Like to play card games, then Hand and Foot Canasta is for you. What is Hand and Foot Canasta? Hand and Foot Canasta is a popular variation from the rummy type game of Canasta. It is described as a simpler version of the game Canasta. Come join our group for a time of laughs and fun. Meets Tuesday mornings and Thursday afternoons.

Tai Chi - Beginners (Drop-in) - Age 55+

Learn the Tai Chi for Arthritis and Falls Prevention program to improve balance, flexibility and postural alignment. Class includes a warm-up, a cool down and instruction for basic to more advanced movements which are done slowly and gently while standing. This program is easy to learn, safe and effective. Instructor - Nina Borden

Tai Chi - Intermediate (Drop-in) - Age 55+

Review the Tai Chi for Arthritis and Falls Prevention program. Explore the warm-up exercises and the movements in more detail. Practice the whole set using basic tai chi principles of internal energy, body structure and movement guidelines. Instructor - Nina Borden

Brushstrokes & Brews - Age 55+

Join us for an easy acrylic painting tutorial. No skilled required for this class, just have fun, and socialize with others. All supplies included. \$15 registration fee.



August

Monday	Tuesday	Wednesday	Thursday	Friday
			<p>1</p> <p>9:30 am Tai Chi - Beginners 9:45 am Open Studio 11 am Tai Chi - Intermediate 12:30 pm H & F Canasta 1 pm Bridge</p>	<p>2</p> <p>8 am BB - Becca 9:15 am Senior Cardio 10 am BB - Patti 12 pm Senior BBQ</p>
<p>5</p> <p>9:15 am Senior Cardio 10 am BB - Shirley 12:30 pm Mahjong 1 pm Mexican Train Dominoes</p>	<p>6</p> <p>8:30 am BB - Becca 9:30 am H & F Canasta 9:45 am Watercolor 101 12 pm Movement for Parkinson's 1 pm Cribbage</p>	<p>7</p> <p>8:45 am BB - Kathryn & Liz 10 am BB - Shirley 12 pm Meal 1:30 pm Bingo</p>	<p>8</p> <p>9:30 am Tai Chi - Beginners 9:45 am Open Studio 11 am Tai Chi - Intermediate 12:30 pm H & F Canasta 1 pm Bridge 5 pm SBNO Senior Nite</p>	<p>9</p> <p>8 am BB - Becca 9:15 am Senior Cardio 10 am BB - Patti 12 pm Meal</p>
<p>12</p> <p>9:15 am Senior Cardio 10 am BB - Shirley 12:30 pm Mahjong 1 pm Mexican Train Dominoes</p>	<p>13</p> <p>Senior Center Closed due to Voting 9:45 am Watercolor 101</p>	<p>14</p> <p>8:45 am BB - Kathryn & Liz 10 am BB - Patti 12 pm Meal 1:30 pm Bingo</p>	<p>15</p> <p>9:30 am Tai Chi - Beginners 9:45 am Open Studio 11 am Tai Chi - Intermediate 12:30 pm H & F Canasta 1 pm Bridge</p>	<p>16</p> <p>Senior Center Closed in observance of Bennington Battle Day</p>
<p>19</p> <p>9:15 am Senior Cardio 10 am BB - Shirley 11:30 am Fun with Pots 12:30 pm Mahjong 1 pm Mexican Train Dominoes</p>	<p>20</p> <p>8:30 am BB - Becca 9:30 am H & F Canasta 9:45 am Watercolor 101 12 pm Movement for Parkinson's 1 pm Cribbage</p>	<p>21</p> <p>8:45 am BB - Kathryn & Liz 10 am BB - Shirley 12 pm Meal 1:30 pm Bingo</p>	<p>22</p> <p>9:30 am Tai Chi - Beginners 9:45 am Open Studio 11 am Tai Chi - Intermediate 12:30 pm H & F Canasta 1 pm Bridge</p>	<p>23</p> <p>8 am BB - Becca 9:15 am Senior Cardio 10 am BB - Patti 12 pm Meal 12:30 pm Mahjong 1:30 pm Brushstrokes & Brews</p>
<p>26</p> <p>9:15 am Senior Cardio 10 am BB - Shirley 12:30 pm Mahjong 1 pm Mexican Train Dominoes</p>	<p>27</p> <p>8:30 am BB - Becca 9:30 am H & F Canasta 9:45 am Watercolor 101 12 pm Movement for Parkinson's 1 pm Cribbage</p>	<p>28</p> <p>8:45 am BB - Kathryn & Liz 10 am BB - Patti 12 pm Meal 1:30 pm Bingo</p>	<p>29</p> <p>9:30 am Tai Chi - Beginners 9:45 am Open Studio 11 am Tai Chi - Intermediate 12:30 pm H & F Canasta 1 pm Bridge</p>	<p>30</p> <p>8 am BB - Becca 9:15 am Senior Cardio 10 am BB - Patti 12 pm Meal 12:30 pm Mahjong</p>

