



SOUTH BURLINGTON SENIOR CENTER

MONTHLY ACTIVITIES GUIDE - *DECEMBER 2023*

Merry Everything and Happy Always....

December has arrived, the last month of 2023. The days and months came and went in no time at all. Again winter is upon us, we will have the dusky cold days and our hopes for the spring sunshine. However, within the walls of the Senior Center we will have smiles, laughter, and joy for the holiday season.

December will begin with the recreation departments, "Spark the Park" kick off Celebration on Friday, December 1st. Join me and the rest of the recreation department at Veterans Memorial Park from 6p to 8p for our kickoff event. We will be serving hot chocolate and lighting up the park with our annual holiday lights show. The lights will be on every night from December 1st to January 7th. So, you can visit as many times as you would like during the holiday season.

December will also bring our annual Senior Holiday Dinner on Friday, December 8th. We will have a holiday meal provided by Sugarsnap and a holiday concert from the Northern Bronze Handbell Ensemble. Northern Bronze is Northern Vermont's only community handbell ensemble and has been playing since 2002. I am very excited to hear the melody of music that they have put together for the South Burlington Senior Community. The Senior Center will not have lunch on Friday, December 8th to set up for the evening dinner.

As we move into mid- month, we will have our birthday celebration on Wednesday, December 20. This will be a week earlier than normal, so please mark your calendars. We will round out the December events, with a special Friday afternoon BINGO on December 22nd. It will be from 130p to 330p. Come enjoy an afternoon of BINGO fun, with special prizes and holiday cheer.

As I reflect on the 2023 year, my heart is full of gratitude. Gratitude to the volunteers who are my lifeline to be able to successfully do my job each day. Gratitude to the amazing seniors who walk through the doors each day and allow me to be part of their busy lives. Gratitude that I was given this amazing opportunity to support my community with my creativity and love of helping people. In whatever way you celebrate this December, please know that I wish you a merry and happy 2024.

Warmly,

Rebecca

Closed December 25th thru January 1st.

THIS MONTH'S LUNCHES

December 1:

Cheese Ravioli w/Meat Sauce / Parmesan Cheese / Cauliflower / Biscuit / Fruit Yogurt Parfait

December 6:

Sweet-n-Sour Roast Pork / Rice Pilaf w/Vegetables / Spinach / Wheat Dinner Roll / Mandarin Oranges

December 8: **NO LUNCH**

December 13:

Beef Stew / Winter Mixed Vegetables / Wheat Biscuit / Tapioca Pudding w/Cream and Peaches

December 15:

Stuffed Chicken Breast w/Apple-Cranberry Stuffing / Gravy / Mashed Potatoes / Carrots / Cranberry Sauce / Wheat Dinner Roll / Pumpkin Bar w/White Chips and Craisins

December 20: **Birthdays Lunch w/Cake & Ice Cream**

Chicken & Biscuit / Mashed Cauliflower / Green Beans w/Black Beans / Oatmeal Craisin White Chip Cookie

December 22:

Baked Penne w/Beef / California Blend Vegetables / Corn Bread / Fruit Cocktail

December 27: **NO LUNCH**

December 29: **NO LUNCH**

Want to Come to a Senior Lunch?

Pre-registration is required the week before.

Here's How:

Call: 802-923-5545

Email: risham@southburlingtonvt.gov

Website: recandparks.sbvt.gov

Alert! Winter Weather is Here!

Wear your outside shoes in.



Change into your inside shoes!

IMPORTANT DATES

December 1 — Spark the Park Kickoff (6-8 pm)

December 8 — Senior Holiday Dinner

December 12 — Holiday Ornament Making

December 15 — Brushstrokes & Brews

December 20 — Birthday Lunch

December 22 — Holiday Afternoon Bingo

Dec. 25 - Jan. 1 — Senior Center Closed

Coming to an Event or Program



Make sure to bring a sweater, as our room's temperature fluctuates!

DEC. 1st to JAN. 7th
4:30-8 PM
VETERANS MEMORIAL PARK

Join us on Friday, December 1st from 6-8 pm for the kickoff of Spark the Park. We will have hot chocolate and treats for you to enjoy while you stroll through the display.

PRODUCED BY SOUTH BURLINGTON RECREATION & PARKS

SPONSORED BY NORTH COUNTRY Your community credit union

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.

Holiday Ornament Making- Age 55+

Come and make ornaments with friends. We will make 4 to 5 ornaments with paper doilies, pine cones and ribbon. Pre-registration preferred. \$5 class fee.



Bingo (Drop-In)- Age 55+

Come spend the afternoon playing dime BINGO. We play 12 games of 10 cents a card (5 card limit). And the Grand Overall 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.

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.

Jazzercise LO - Age 55+

Join us for our popular Jazzercise LO class. Muscles, not momentum, drive this class that is a low impact dance-based and strength training class designed with you in mind.*\$64 monthly autodraft fee. Includes classes on Wednesdays @ 5:45p, Saturdays @ 9:30a and livestreams. No commitment, cancel anytime. Contact Kit for pre-registration: getfitwithkit@aol.com or 802-434-2676.

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.



Special Holiday Bingo

Friday, December 22 | 1:30-3:30 pm | Holiday Fun, Prizes and Good Cheer!

December

Monday

Tuesday

Wednesday

Thursday

Friday

				1 8:30 am Jazzercise 9:45 am Senior Cardio 10:15 am BB - Shirley 12:15 pm Meal
4 9:15 am Senior Cardio 10 am BB - Cathy G 1 pm Mahjong 1 pm Mexican Train Dominoes	5 8:30 am Jazzercise 9:30 am H & F Canasta 12 pm Movement for Parkinson's 1 pm Cribbage	6 8:45 am Bone Builders 10 am BB - Mary 12 pm Meal 1:30 pm Bingo	7 9:30 am Intro. to Tai Chi 11 am Tai Chi (Intermediate) 12:30 pm H & F Canasta 1 pm Bridge	8 8:30 am Jazzercise 9:45 am Senior Cardio 10:15 am BB - Shirley 12:15 pm No Lunch
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25	26	27	28	29

Senior Center Closed This Week