

SOUTH BURLINGTON SENIOR CENTER

MONTHLY ACTIVITIES GUIDE - FEBRUARY 2024

As I write this month's letter, it is a cold 29 degrees outside. Winter is upon us, and I hope that you are all keeping warm and staying healthy. It is hard to believe that the second month of 2024 is here and that we all have our sights set on spring and summer. Although it always seems to be a cold month of the year, February is always one of my favorite months of the year. Why is always the question I am presented with.

February is the month of love. Love for yourself, love for your family and friends and love for the community around you. I think that celebrating what we have is important and reminds us that not everyone has the same advantages and opportunities in the world today, however we do have the ability to love each other and treat each other with kindness.

As February begins, we will all be looking to see if Punxsutawney Phil sees his shadow. Who thought that we would be waiting to see if a groundhog would predict more winter or an early spring. The Pennsylvania Dutch settlers were superstitious about a groundhog emerging from hibernation, if he saw his shadow, it would return to its den and winter will continue for six more weeks; if he does not see his shadow, spring will arrive early. Today thousands of people flock to Gobblers Knob, in Punxsutawney, Pennsylvania each year for the annual Groundhog Day festivities. If you get a chance, tune in to the live stream and watch the live stream of Phil's Prediction, I have done this the last few years and it is a memorable ceremony.

The Senior Center will begin the first week of February with the return of the AARP Tax Aide Preparation. They will be using our Senior Living Room on Tuesdays and Fridays from 8:30 to 2pm. This is a great program and you do not need to live in South Burlington to use their services. If you are looking for an appointment, email me or go to our recreation website to sign up. With AARP Tax Aide using our living room space on Tuesdays, our Hand & Foot Canasta group will move to the Senior Activities Room from 9:45am to 12pm. And our Cribbage group will also move to the Senior Activities Room from 1:30pm to 3:30pm. If you have any questions regarding these changes, please let me know. The beginning of February also brings the return of the Flynn's Movement for Parkinson's group. This is a great dance movement program focused not only on individuals with Parkinson's but anyone with disabilities.

As we move into the middle of February, along with it comes Valentine's Day. Now most people believe that Valentine's Day is for couples and about love. To me Valentine's Day is a day to let people know that you care about them. My wish for all of you this Valentine's Day is to Share Goodness, Demonstrate Kindness, and Celebrate Love.

The Senior Center will be closed Monday, February 19th in honor of President's Day. On Wednesday, February 21st, we will welcome Jessie Baker, our City Manager, to speak to us around 12:30pm about our upcoming Town Meeting Day voting, as well as answer any other questions that you may have about our city. We will finish out the month with our monthly birthday celebration on February 28th, this is becoming a very popular lunch, so make sure that you sign up early. Also make sure to let me know if you are celebrating a birthday this month.

February will swirl by even with the extra Leap Year Day. And before we know it, we will be talking about spring flowers and summer evenings. I hope this month provides you with warm hugs and lots of love.



Warmly,
Rebecca

THIS MONTH'S LUNCHES

- February 2:
Minestrone w/Vegetables, Pasta & Chicken / Crackers / Broccoli Florets / Fruit Cocktail
- February 7:
Stuffed Chicken Breast w/Ham & Cheese / Mashed Potatoes / Beets / Pears
- February 9:
Pork & Vegetable Stew / Four Bean Medley / Southern Biscuit / Pineapple Tidbits
- February 14:
Mild Vegetarian Chili / Rice Pilaf w/Vegetables & Wild Rice / Peas & Onions / Corn Bread / Peaches
- February 16:
Zucchini, Summer Squash & Onion Quiche / Greek Pasta w/Tomato & White Beans / Apricots
- February 21:
Chicken-n-Southern Biscuit / Mashed Cauliflower / Spinach / Apple Crisp
- February 23:
Cheese Ravioli w/Marinara Sauce / Parmesan Cheese / Peas / Diced Carrots / Fruited Yogurt Parfait
- February 28: **Birthday Lunch w/Cake & Ice Cream**
Cheese Torellini w/Beef, Marinara Sauce & Cheese / Green Beans / Orange

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.sbvvt.gov

Town Meeting Day Overview with City Manager Jessie Baker Wednesday, Feb. 21st @ 12:30 pm

City Manager Jessie Baker will provide an overview of this year's proposed budget and projects, as well as answer any of your questions.

IMPORTANT DATES

- February 14** — SB Public Library Visit
- February 16** — Brushstrokes & Brews
- February 19** — Senior Center Closed (President's Day)
- February 21** — Town Meeting Day Overview
- February 28** — Age Well Tickets
- February 28** — Birthday Lunch

Coming To The Senior Center?

When you come to the Senior Center to participate in a fitness class, lunch, or any other program make sure to plan ahead with these helpful tips:



Make sure to bring a sweater/sweatshirt, as our room's temperature fluctuates throughout the day.



Bring a water bottle, but don't forget to bring it home!



If you are attending a fitness class, please make sure to bring a change of shoes; so the floor stays clean for exercising. Also, please do not change your shoes in the livingroom.

FLYNN
JOIN THE FLYNN FOR

Movement for Parkinson's Dance Class

South Burlington Senior
Center Activities Room

TUESDAYS

12PM -130PM

Join Flynn teaching artist Sara McMahon for Movement for Parkinson's. These dance classes have been nationally recognized for their inspiring, beneficial, and creative movement experiences for the Parkinson's community. Partners and caregivers are welcome to join in!



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.

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.



AARPSM
Tax-Aide™

AARP Tax Aide is Back!

Looking to have your taxes prepared?

February 6th - April 9th

Appointments available for February, March, and April.

Book an appointment online through the SB Recreation & Parks website or via email: risham@southburlingtonvt.gov

Must have an appointment. No walk-ins accepted.

**Senior Center Living Room Closed Every Tuesday and Friday until 2:00 pm
Starting February 6th thru April 9th**

February

Monday	Tuesday	Wednesday	Thursday	Friday
			<p style="text-align: right;">1</p> <p>9:30 am Intro. to Tai Chi 11 am Tai Chi (Intermediate) 12:30 pm H & F Canasta 1 pm Bridge</p>	<p style="text-align: right;">2</p> <p>8:30 am Jazzercise 9:45 am Senior Cardio 10:15 am BB - Shirley 12:15 pm Meal</p> 
<p style="text-align: right;">5</p> <p>9:15 am Senior Cardio 10 am BB - Cathy G 1 pm Mahjong 1 pm Mexican Train Dominoes</p>	<p style="text-align: right;">6</p> <p>8:30 am Jazzercise 9:45 am H & F Canasta 12 pm Movement for Parkinson's 1:30 pm Cribbage</p>	<p style="text-align: right;">7</p> <p>8:45 am Bone Builders 10 am BB - Bert 12 pm Meal 1:30 pm Bingo</p>	<p style="text-align: right;">8</p> <p>9:30 am Intro. to Tai Chi 11 am Tai Chi (Intermediate) 12:30 pm H & F Canasta 1 pm Bridge</p>	<p style="text-align: right;">9</p> <p>8:30 am Jazzercise 9:45 am Senior Cardio 10:15 am BB - Shirley 12:15 pm Meal</p>
<p style="text-align: right;">12</p> <p>9:15 am Senior Cardio 10 am BB - Cathy G 1 pm Mahjong 1 pm Mexican Train Dominoes</p>	<p style="text-align: right;">13</p> <p>8:30 am Jazzercise 9:45 am H & F Canasta 12 pm Movement for Parkinson's 1:30 pm Cribbage</p>	<p style="text-align: right;">14</p> <p>8:45 am Bone Builders 10 am BB - Patti 12 pm Meal 12:30 pm Library Visit 1:30 pm Bingo</p> 	<p style="text-align: right;">15</p> <p>9:30 am Intro. to Tai Chi 11 am Tai Chi (Intermediate) 12:30 pm H & F Canasta 1 pm Bridge</p>	<p style="text-align: right;">16</p> <p>8:30 am Jazzercise 9:45 am Senior Cardio 10:15 am BB - Shirley 12:15 pm Meal 1:30 pm Brushstrokes & Brews</p>
<p style="text-align: right;">19</p> <p>Senior Closed in observance of President's Day</p>	<p style="text-align: right;">20</p> <p>8:30 am Jazzercise 9:45 am H & F Canasta 12 pm Movement for Parkinson's 1:30 pm Cribbage</p>	<p style="text-align: right;">21</p> <p>8:45 am Bone Builders 10 am BB - Bert 12 pm Meal 12:30 pm Town Meeting Day Overview 1:30 pm Bingo</p>	<p style="text-align: right;">22</p> <p>9:30 am Intro. to Tai Chi 11 am Tai Chi (Intermediate) 12:30 pm H & F Canasta 1 pm Bridge</p>	<p style="text-align: right;">23</p> <p>8:30 am Jazzercise 9:45 am Senior Cardio 10:15 am BB - Shirley 12:15 pm Meal</p>
<p style="text-align: right;">26</p> <p>9:15 am Senior Cardio 10 am BB - Cathy G 1 pm Mahjong 1 pm Mexican Train Dominoes</p>	<p style="text-align: right;">27</p> <p>8:30 am Jazzercise 9:45 am H & F Canasta 12 pm Movement for Parkinson's 1:30 pm Cribbage</p>	<p style="text-align: right;">28</p> <p>8:45 am Bone Builders 10 am BB - Patti 12 pm Birthday Lunch 1:30 pm Bingo</p> 	<p style="text-align: right;">29</p> <p>9:30 am Intro. to Tai Chi 11 am Tai Chi (Intermediate) 12:30 pm H & F Canasta 1 pm Bridge</p>	