

# SOUTH BURLINGTON SENIOR CENTER

**MONTHLY ACTIVITIES GUIDE - JULY 2024**

It's Summertime. I hope that you are all enjoying what summer in Vermont has to offer, bbqs, bonfires, camping, sweet watermelon and warm sunshine. July will blast in with sunshine and humidity for us to celebrate Independence Day. So make sure that you are staying cool and hydrated.

July is Recreation and Parks month and the Recreation Department is celebrating. This month, we are hosting free fitness classes in our parks. Did you know that South Burlington has 11 parks?

There is a variety of free classes spread out across our parks such as yoga, running and strength training. There is no fee and no registration, you just show up. I have included a schedule in this month's program that includes the locations, times and classes.

July will also bring three of our SB Nite Outs at Veterans Memorial Park. These are our food truck and summer concert events. They are on Thursday evenings from 5pm to 8pm. This year we have a free shuttle running from Rick Marcotte School to the park during the event. I hope that you will stop in and have dinner and listen to the great bands. July 25th will be the evening that we light up the sky with fireworks. SB Nite Out will also continue into August, with August 8th being senior night. More details to come on Senior Night.

August 2nd will be our Annual Senior Summer BBQ at Veterans Memorial Park, so make sure to mark your calendars. Registration will begin on Monday July 15th. More information in the coming days.

Summer is one of the four seasons that we here in Vermont get to enjoy. Although we had a mild winter, we always never know what the next one will be like so enjoy the days of summer and the time we get to spend with our family, friends and community.

I know that I look forward to everyday when the walls of the senior center are bursting with laughter and conversation. Thank you for bringing the Senior Center to life.

Enjoy the July summer....

Rebecca

**Closed July 4<sup>th</sup> for Independence Day.**

**July 5 - NO LUNCH**

## THIS MONTH'S LUNCHES

July 3:

Cheese Tortellini Alfredo / Peas & Carrots / Green Beans / Watermelon

July 10:

Egg Salad w/Celery & Onions / Cole Slaw / Spinach Salad w/Chickpeas & Veggies and Italian Dressing / Pears

July 12:

Chicken-n-Biscuit / Diced Potatoes / Sliced Carrots w/ Dill / Vanilla Pudding w/Peaches

July 17:

Chicken Fingers w/BBQ Sauce / Sliced Carrots / Dice Potatoes w/Parsley / Pineapple Tidbits

July 19:

Roast Pork Loin / Gravy / Mashed Potatoes / Garden Peas & Onions / Apple & Strawberry Crisp w/Cream

July 24: **Birthday Lunch w/Cake & Ice Cream**

Breaded Chicken Breast w/Sauce / Brussel Sprouts / Mashed Cauliflower / Tapioca Pudding w/Peaches

July 26:

Turkey Patty w/Vegetables / Rice Pilaf w/Carrots & Lentils / Winter Mixed Vegetables / Fruit Mix

July 31:

Beef Goulash w/Parmesan Cheese & Sausage / Peas & Mushrooms / Pineapple

## 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

## Do you have a program or event you would like to see at the Senior Center?

Email Rebecca at risham@southburlingtonvt.gov

## IMPORTANT DATES

July 3 — SB Public Library Visit

July 4 — Senior Center Closed

July 5 — No Lunch

July 24 — Birthday Lunch

July 26 — Brushstrokes & Brews



## Annual Senior BBQ



The Annual BBQ will take place on August 2<sup>nd</sup>. Registration will open on July 15<sup>th</sup>. More details and information to come, so stay tuned!



**Mondays** — Yoga | 6 pm  
Hubbard Rec. & Nat. Area

**Tuesdays** — Tai Chi | 9:30 am  
Wheeler Homestead

**Wednesdays** — Pilates | 7:45 am | Jaycee Park

**Thursdays** — Strength Training | 6 pm  
Farrell Park

**Fridays** — Yoga | 6 pm | Bay Crest Park

**Saturdays** — Dance/Zumba | 9 am  
Veterans Memorial Park

**Sundays** — Running | 8 am  
Veterans Memorial Park

All classes are free and open to the public.  
First 200 participants receive a free shirt!  
No 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.

**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.

## July Notes

- Art classes will resume in August.
- Brushstrokes & Brews is on the 4th Friday this month only.
- Bone Builders classes on Tuesdays at 8:30 am and Fridays at 8 am will continue.

**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.

**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.



# July

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: right;"><b>1</b></p> <p><b>9:15 am</b> Senior Cardio  <b>10 am</b> BB - Shirley  <b>12:30 pm</b> Mahjong  <b>1 pm</b> Mexican Train                      Dominoes</p>	<p style="text-align: right;"><b>2</b></p> <p><b>8:30 am</b> Bone Builders  <b>9:30 am</b> H &amp; F Canasta  <b>12 pm</b> Movement for                      Parkinson's  <b>1 pm</b> Cribbage</p>	<p style="text-align: right;"><b>3</b></p> <p><b>8:45 am</b> Bone Builders  <b>10 am</b> BB - Mary  <b>12 pm</b> Meal  <b>12:30 pm</b> Library Visit  <b>1:30 pm</b> Bingo</p>	<p style="text-align: right;"><b>4</b></p> <p><b>Senior Center Closed                      in Observance of                      Independence Day</b></p>	<p style="text-align: right;"><b>5</b></p> <p><b>8 am</b> Bone Builders  <b>9:15 am</b> Senior Cardio  <b>10 am</b> BB - Patti  <b>12:30 pm</b> Mahjong</p>
<p style="text-align: right;"><b>8</b></p> <p><b>9:15 am</b> Senior Cardio  <b>10 am</b> BB - Shirley  <b>12:30 pm</b> Mahjong  <b>1 pm</b> Mexican Train                      Dominoes</p>	<p style="text-align: right;"><b>9</b></p> <p><b>8:30 am</b> Bone Builders  <b>9:30 am</b> H &amp; F Canasta  <b>12 pm</b> Movement for                      Parkinson's  <b>1 pm</b> Cribbage</p>	<p style="text-align: right;"><b>10</b></p> <p><b>8:45 am</b> Bone Builders  <b>10 am</b> BB - Mary  <b>12 pm</b> Meal  <b>1:30 pm</b> Bingo</p>	<p style="text-align: right;"><b>11</b></p> <p><b>9:30 am</b> Tai Chi -                      Beginners  <b>11 am</b> Tai Chi -                      Intermediate  <b>12:30 pm</b> H &amp; F Canasta  <b>1 pm</b> Bridge</p>	<p style="text-align: right;"><b>12</b></p> <p><b>8 am</b> Bone Builders  <b>9:15 am</b> Senior Cardio  <b>10 am</b> BB - Patti  <b>12 pm</b> Meal  <b>12:30 pm</b> Mahjong</p>
<p style="text-align: right;"><b>15</b></p> <p><b>9:15 am</b> Senior Cardio  <b>10 am</b> BB - Shirley  <b>12:30 pm</b> Mahjong  <b>1 pm</b> Mexican Train                      Dominoes</p>	<p style="text-align: right;"><b>16</b></p> <p><b>8:30 am</b> Bone Builders  <b>9:30 am</b> H &amp; F Canasta  <b>12 pm</b> Movement for                      Parkinson's  <b>1 pm</b> Cribbage</p>	<p style="text-align: right;"><b>17</b></p> <p><b>8:45 am</b> Bone Builders  <b>10 am</b> BB - Mary  <b>12 pm</b> Meal  <b>1:30 pm</b> Bingo</p>	<p style="text-align: right;"><b>18</b></p> <p><b>9:30 am</b> Tai Chi -                      Beginners  <b>11 am</b> Tai Chi -                      Intermediate  <b>12:30 pm</b> H &amp; F Canasta  <b>1 pm</b> Bridge</p>	<p style="text-align: right;"><b>19</b></p> <p><b>8 am</b> Bone Builders  <b>9:15 am</b> Senior Cardio  <b>10 am</b> BB - Patti  <b>12 pm</b> Meal</p>
<p style="text-align: right;"><b>22</b></p> <p><b>9:15 am</b> Senior Cardio  <b>10 am</b> BB - Shirley  <b>12:30 pm</b> Mahjong  <b>1 pm</b> Mexican Train                      Dominoes</p>	<p style="text-align: right;"><b>23</b></p> <p><b>8:30 am</b> Bone Builders  <b>9:30 am</b> H &amp; F Canasta  <b>1 pm</b> Cribbage</p>	<p style="text-align: right;"><b>24</b></p> <p><b>8:45 am</b> Bone Builders  <b>10 am</b> BB - Mary  <b>12 pm</b> Meal  <b>1:30 pm</b> Bingo</p> <p style="text-align: center;"></p>	<p style="text-align: right;"><b>25</b></p> <p><b>9:30 am</b> Tai Chi -                      Beginners  <b>11 am</b> Tai Chi -                      Intermediate  <b>12:30 pm</b> H &amp; F Canasta  <b>1 pm</b> Bridge</p>	<p style="text-align: right;"><b>26</b></p> <p><b>8 am</b> Bone Builders  <b>9:15 am</b> Senior Cardio  <b>10 am</b> BB - Patti  <b>12 pm</b> Meal  <b>12:30 pm</b> Mahjong  <b>1:30 pm</b> Brushstrokes &amp;                      Brews</p>
<p style="text-align: right;"><b>29</b></p> <p><b>9:15 am</b> Senior Cardio  <b>10 am</b> BB - Shirley  <b>12:30 pm</b> Mahjong  <b>1 pm</b> Mexican Train                      Dominoes</p>	<p style="text-align: right;"><b>30</b></p> <p><b>9:45 am</b> H &amp; F Canasta  <b>12 pm</b> Movement for                      Parkinson's  <b>1 pm</b> Cribbage</p>	<p style="text-align: right;"><b>31</b></p> <p><b>8:45 am</b> Bone Builders  <b>10 am</b> BB - Mary  <b>12 pm</b> Meal  <b>1:30 pm</b> Bingo</p>		