

SOUTH BURLINGTON SENIOR CENTER

MONTHLY ACTIVITIES GUIDE - *SEPTEMBER 2023*

Welcome September..

As the month begins, I was hoping that we would see the change from the hot rainy summer to the cool warm autumn days. However, I am hearing 90-degree weather for the first week of September. Hmmm, has mother nature decided to change our seasons? I hope not, as I am already enjoying my pumpkin spice coffee and planning my fall outings.

Thank you to all that participated in the "Post it note" Quilt of what it meant to be a Senior Citizen. It was so nice to read everyone's responds to what it means to them. This month is the Senior Center's 2nd birthday, and one of the ways I would like to celebrate is by conducting a survey. Beginning on Tuesday, September 6, a table will be set up with a brief survey about our Center. If you would like to participate, fill out the survey and put it in the box. I would like to know what you like, want to see more of and any other thoughts you want to share.

It is Senior Center Month. Each year in September, Senior Centers across America are recognized for their contributions to the Older Adults in their communities. Senior Centers trace their roots back to the 1940s when the Hodson Center in New York City focused on assisting lower income older people. Today, there are more than 11,000 senior centers nationwide that serve over a million older adults. The South Burlington Senior Center was implemented into the new City Hall building built in 2019 and opened in 2021. Prior to having their own space, the Senior Community of South Burlington was a group of seniors who attended lunch programs and had mini trips with the Recreation department. Today, we are a growing senior center with more than a hundred participants in our programs.

The National Institute of Senior Centers picks a theme for Senior Center Month. This year it is "Discover Yours". To honor our senior center, I would challenge each of you to visit our senior center, if you have never been, "Discover It". If you are a regular participant at our senior center, I challenge you to bring a friend, so that they can discover the fun, social activities. I am always in the Senior Center Living Room on Fridays from 9:30 to 10:30, stop in.

When you are looking through the September Monthly Program, please make sure to mark your calendars that the Senior Center will be closed Monday, September 4 for Labor Day. It will also be closed Thursday, September 28 and Friday, September 29.

Warmly,
Rebecca

Closed on September 4th for Labor Day.

Closed September 28th & 29th - no programs

THIS MONTH'S LUNCHES

September 1:

Chicken Breast Cacciatore / Home Fries / Oregon Blend Vegetables / Wheat Bread / Oatmeal Cookie

September 6:

Turkey & Potato Pie w/Corn / Carrots & Cabbage / Wheat Bread / Applesauce

September 8:

Spaghetti & Meatballs in Marinara Sauce / Winter Mixed Vegetables / Wheat Bread / Red Grapes

September 13:

Cavatappi w/Cheese / Brussel Sprouts / Green Beans / Wheat Bread / Mandarin Oranges

September 15:

Stuffed Chicken Breast / Mashed Potatoes / Glazed Beets / Wheat Roll / Vanilla Fluff w/Blueberries & Strawberries

September 20:

Chicken-n-Biscuit / Mashed Cauliflower / Peas & Carrots / Apple & Berry Crisp

September 22:

Meatloaf w/Gravy / Mashed Red Potatoes / Diced Carrots w/Dill / Wheat Roll / Pears

September 27: **Birthday Lunch w/Cake and Ice Cream**

Roast Pork w/Gravy / Boiled Potatoes w/Parsley / Butternut Squash / Wheat Bread / Cookie w/Dates & Craisins

IMPORTANT DATES

September 4 — Senior Center Closed

September 6 — Library

September 15 — Brushstrokes & Brews

September 27 — Birthday Lunch

September 27 — Age Well Tickets, Kerry Bastres

September 28 — Senior Center Closed

September 29 — Senior Center Closed

Coffee Hour with Rebecca

Come chat with Rebecca and have a cup of coffee.



She will be in the Senior Living Room Fridays from 9:30 to 10:30 am.

Stop in and say hello.

Coming to Enjoy...Bingo, Dominoes, Mahjong or Cribbage



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

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

Did You Know...

- Open Monday–Friday 8:30 am to 4 pm
- Our Senior Center is open to anyone, 55 and above.
- You do not need to live in South Burlington to attend lunches or programs.
- No Membership Fee
- Most programs are free, unless noted otherwise and some programs require pre-registration while other programs you can just show up!

Coming to an Exercise Program...



Make sure to bring your water bottle.

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 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.

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+

This month we are going to do a little something different. You can paint your pumpkins on a canvas, or you can choose to paint on a wooden cutting board. Included pictures of both, same picture different surfaces.



Do You Like Fresh Vegetables?

Stop in Tuesdays at 2:30 pm and pick up some FREE vegetables.

Locally Yours CSA Share Program is sponsored by a grant from Age Well and brings us free vegetables to hand out each week.



September

Monday	Tuesday	Wednesday	Thursday	Friday
				1 8:30 am Jazzercise 9:45 am Senior Cardio 10:15 am BB - Mary 12:15 pm Meal
4 Closed in observance of Labor Day.	5 8:30 am Jazzercise 9:30 am Hand & Foot Canasta 1 pm Cribbage	6 8:45 am Bone Builders 10 am BB - Mary 12 pm Meal 12:30 pm Library 1:30 pm Bingo	7 9:30 am Intro. to Tai Chi 11 am Tai Chi (Intermediate) 12:30 pm Hand & Foot Canasta 1 pm Bridge	8 8:30 am Jazzercise 9:45 am Senior Cardio 10:15 am BB - Patti 12:15 pm Meal
11 9:15 am Senior Cardio 10 am BB - Shirley 1 pm Mahjong 1 pm Mexican Train Dominoes	12 8:30 am Jazzercise 9:30 am Hand & Foot Canasta 12 pm Movement for Parkinson's 1 pm Cribbage	13 8:45 am Bone Builders 10 am BB - Mary 12 pm Meal 1:30 pm Bingo	14 9:30 am Intro. to Tai Chi 11 am Tai Chi (Intermediate) 12:30 pm Hand & Foot Canasta 1 pm Bridge	15 8:30 am Jazzercise 9:45 am Senior Cardio 10:15 am BB - Bert 12:15 pm Meal 1:30 pm Brushstrokes & Brews
18 9:15 am Senior Cardio 10 am BB - Shirley 1 pm Mahjong 1 pm Mexican Train Dominoes	19 8:30 am Jazzercise 9:30 am Hand & Foot Canasta 12 pm Movement for Parkinson's 1 pm Cribbage	20 8:45 am Bone Builders 10 am BB - Mary 12 pm Meal 1:30 pm Bingo	21 9:30 am Intro. to Tai Chi 11 am Tai Chi (Intermediate) 12:30 pm Hand & Foot Canasta 1 pm Bridge	22 8:30 am Jazzercise 9:45 am Senior Cardio 10:15 am BB - Shirley 12:15 pm Meal
25 9:15 am Senior Cardio 10 am BB - Shirley 1 pm Mahjong 1 pm Mexican Train Dominoes	26 8:30 am Jazzercise 9:30 am Hand & Foot Canasta 12 pm Movement for Parkinson's 1 pm Cribbage	27 8:45 am Bone Builders 10 am BB - Mary 11:30 am Age Well 12 pm Meal 1:30 pm Bingo 	28 Senior Center Closed NO ACTIVITIES	29 Senior Center Closed NO ACTIVITIES