

SOUTH BURLINGTON SENIOR CENTER

MONTHLY ACTIVITIES GUIDE - JUNE 2022



southburlington
RECREATION & PARKS

Programs

South Burlington Senior Center
802.923.5545 | recandparks.sbvt.gov

Coffee Corner (Drop-In)- Age 55+

DATE	DAY	TIME	FEE R/NR	LOCATION
1/4-12/30	TU, F	8:30-10a	FREE	Senior Living Room

Drop in for Coffee Corner on Tuesdays and Fridays to have a cup of coffee or tea. Socialize, read the paper or watch the news.

Mahjong (Drop-In)- Age 55+

DATE	DAY	TIME	FEE R/NR	LOCATION
1/3-12/26	M	1-3p	FREE	Activities Room

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.

Tai Chi - Beginners - Age 60+

DATE	DAY	TIME	FEE R/NR	LOCATION
1/4-12/29	TU, TH	11a-12p	FREE	Activities Room

Sun Style Tai Chi for Beginners - Tai chi can help with balance, relax the body and the mind while increasing strength and stamina. Class meets twice a week. Sponsored by Age Well VT.

Tai Chi - Advanced - Age 60+

DATE	DAY	TIME	FEE R/NR	LOCATION
1/4-12/29	TU	12:15-1:15p	FREE	Activities Room

Sun 73 Tai Chi - Learn new moves in this next level Tai Chi class. Experience/knowledge with beginning Sun style needed. Sponsored by Age Well VT.

Bone Builders (Drop-In)- Age 55+

DATE	DAY	TIME	FEE R/NR	LOCATION
1/3-12/26	M	9-10a	FREE	Activities Room
11/5-12/28	W, F	10-11a	FREE	Activities Room

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.

Bingo (Drop-In)- Age 55+

DATE	DAY	TIME	FEE R/NR	LOCATION
1/5-12/28	W	1:30-3:30p	FREE	Activities Room

Stay after lunch for a couple hours of dime BINGO. Play 12 games of BINGO and win the Coverall Jackpot.

Cribbage (Drop-in)- Age 55+

DATE	DAY	TIME	FEE R/NR	LOCATION
1/4-12/27	TU	1-3p	FREE	Activities Room

We are playing Cribbage. Beginners or Intermediate, all are welcome. Want to learn, come and learn the game from cribbage lovers.

Bridge Club (Intermediate Players Only)- Age 55+

DATE	DAY	TIME	FEE R/NR	LOCATION
1/6-12/29	TH	1-3p	FREE	Activities Room

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+

DATE	DAY	TIME	FEE R/NR	LOCATION
2/3-12/29	TH	1-3p	FREE	Senior Living Room

Are you a Canasta player and looking to join in on the fun? Come join our Hand and Foot Canasta group on Thursday afternoons.

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

DATE	DAY	TIME	FEE R/NR	LOCATION
5/9-7/25	M	1-3p	FREE	Activities Room

Come spend time with others and play Mexican Train. Mexican Train is a game played with dominoes. The object of the game is for a player to play all the tiles from his or her hand onto one or more chains, or trains, emanating from a central hub or "station". **No registration required just show up. This program meets the 2nd and 4th Monday of each month.**

Brushstrokes and Brews - Age 55+

DATE	DAY	TIME	FEE R/NR	LOCATION
6/17	F	1:30-3:30p	\$15/\$20	Activities Room

Come and join us for an afternoon of fun, socializing and painting. No experience necessary, just your laughter and creativity. This month we are going to paint flip flops on the beach. Snacks, coffee, tea are provided. **Registration required.**

A decorative border of white and purple flowers, possibly Impatiens, surrounds the text. The flowers are arranged in a wreath-like pattern at the top and bottom, and in vertical columns on the left and right sides. The white flowers have yellow centers, and the purple flowers are small and clustered.

Hello,

June is here. The flowers are blooming and the senior center doors are opening to many new faces joining our weekly activities. We kicked off last month with a Spring Senior Brunch catered by Sugar Snap and served by the Girls Varsity Lacrosse Team. It was a Saturday morning of sunshine, smiles and laughter to lead our center into summer. May was also celebrating Older Americans Month, which was fun to find out how many of you are enjoying your well-deserved retirement years with activities and trips.

As June begins, we will start the month with another fun activity with Beeswax, making lip balm this time. So, join us on June 7th to learn about the benefits of beeswax. We will continue our regular exercise classes, except Yoga for You will become, Good Morning Yoga and be held on Wednesday mornings from 730a to 830a at Veterans Memorial Park Bandshell.

Our Technology Corner is coming along, we have ordered the chrome book and printer and awaiting their arrival. This cozy space will be in the senior living room.

June will also begin the planning of the annual Senior BBQ which I am hoping will also be the celebration of one year that the Senior Center has been opened. If you have any entertainment ideas please let me know.

Lastly, I would like to thank you for taking the time to fill out my Senior Center Participant Survey. I realize that you have been asked to complete many surveys lately and I appreciate that so many of you took the time to complete ours. I appreciate your ideas, thoughts and feedback.

As always thank you for letting me be part of your day....

Warmly,

Rebecca

June Senior Center Lunch Menu

We offer two hot lunches per week on Wednesdays and Fridays. The meals are provided by Age Well Vermont. Each meal is a \$5 suggested donation. **All meals must be pre-registered for by the Friday before.** Doors open at 11:30 am. Lunch is served at 12 pm.

June 1:

- Broccoli & Cheddar Quiche
- Sliced Carrots
- Mix of Green Beans, Waxed Beans & Cannellini Beans
- Wheat Roll
- Pineapple Orange Combo

June 3: NO MEAL

June 8:

- Chicken Fingers w/Teriyaki Glaze
- Vegetable Brown Rice
- Oriental Vegetables
- White Dinner Roll
- Mandarin Oranges

June 10:

- Roast Turkey & Gravy
- Mashed Potatoes
- Diced Carrots
- Southern Biscuit
- Pumpkin Custard

June 15:

- Roast Pork Cutlet w/Sauce
- Diced Beets
- Mashed Sweet Potatoes
- Wheat Bread
- Oatmeal Cookies w/Raisins

June 17:

- Spaghetti w/Meatballs & Sauce/Parmesan Cheese
- Broccoli Florets
- Wheat Bread
- Pumpkin Father's Day Cake

June 22:

- BBQ Beef Steak
- Baked Beans
- Sliced Carrots
- Dinner Roll
- Melon

June 24:

- Roast Beef Au Jus
- Cheddar Mashed Potatoes
- Green Beans w/Pimentos
- Wheat Dinner Roll
- Pumpkin Cookie w/Raisins

June 29: **Birthday Lunch w/Cake and Ice Cream**

- Meatballs in Garlic Sauce and Parsley
- Parmesan Sauce
- Mashed Potatoes
- Broccoli Florets
- Whole Wheat Roll
- Blueberry Crisp w/Cream



Jazzercise LO - Age 55+

DATE	DAY	TIME	FEE R/NR	LOCATION
6/3-6/28	TU, F	8:30-9:30a	\$59/\$59	Activities Room

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. *\$59 month (includes 9+ livestream & replay classes every week). Contact Kit for pre-registration: getfitwithkit@aol.com or 802-434-2676.

Bee-tiful You - Age 55+

DATE	DAY	TIME	FEE R/NR	LOCATION
6/7	TU	1-3p	\$7/\$10	Activities Room

Learn the benefits of beeswax and create your own unique to you beeswax lip balm. **Registration required.**

Monthly Activities

Recipe Swap

We will have a monthly recipe swap space. Simply bring in a copy of your favorite recipe of the month's theme to share and take a copy of recipes you want to try.

This month's theme - Sweet Treats

Age Well Restaurant Tickets

Age Well will be here the first Friday of every month from 11 am-12 pm to sell restaurant tickets and for you to ask questions. Come see Kerry and welcome her to the area.

Birthday Lunch - June 29

Have a birthday? Come to our Birthday Lunch on the last Wednesday of the month. We will celebrate all the month's birthdays with cake and ice cream.

Library Programs

Library staff will be attending the third Wednesday lunch of each month at 12:30 pm to discuss some of their current and upcoming offerings.

Get Set Up - What is it?

The Vermont Association of Area Agencies on Aging has partnered with GetSetUp to provide free virtual classes for older adults. Learn about the program and what it has to offer. If you would like more information or assistance with program, make an appointment with Rebecca for a one on one.

How to Register for Programs:


All drop-in programs do not need to be registered for.

All programs with fees, must be pre-registered for. If the minimum number of participants is not met, the program will be cancelled.

Visit recandparks.sbvt.gov to register online.

For questions, call Rebecca at 802-923-5545 or email: risham@southburlingtonvt.gov

June

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		10 am Bone Builders 12 pm *Meal 1:30 pm Bingo	11 am Tai Chi - Beginner 1 pm Bridge (<i>intermediate players only</i>) 1 pm Hand & Foot Canasta	Senior Center Closed
6	7	8	9	10
9 am Bone Builders 1 pm Mahjong	8:30 am Coffee Corner 8:30 am Jazzercise 11 am Tai Chi - Beginner 12:15 am Tai Chi - Adv. 1 pm Cribbage	10 am Bone Builders 12 pm *Meal 1:30 pm Bingo	11 am Tai Chi - Beginner 1 pm Bridge (<i>intermediate players only</i>) 1 pm Hand & Foot Canasta	8:30 am Coffee Corner 8:30 am Jazzercise 10 am Bone Builders 12 pm *Meal
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