

# SOUTH BURLINGTON SENIOR CENTER

MONTHLY ACTIVITIES GUIDE - MARCH 2023



## From the Desk...

March is here. Thoughts of later daylight and spring tulips fill my mind with what is to come. As we move into March, I am hoping that you will like the redesign of the Senior Center Monthly Calendar. I wanted to include more information and activities, so I thought a redesign was necessary. We will continue with our ongoing regular activities however make sure to look at the calendar as we have some educational visitors as well as the addition of a second senior cardio on Friday mornings. Senior Cardio will be at 9:45am on Fridays with Bone Builders moving to 10:15am.

AARP Tax Aide kicked off in February and is still going strong the month of March. They will be here with us on Tuesdays and Fridays until April 7th. So if you need an appointment call or email me and I will be happy to set that up for you.

The senior center will be closed on Tuesday March 7th for the Town Meeting Day voting. As it may seem like it is a disadvantage to have our center as a polling station. It also gives us the opportunity to bring in foot traffic to see our center and what we are offering the community. Older adults are so important to communities and having a place that is theirs to exercise, learn and socialize with each other allows them to share their knowledge.

Lastly, I would like to remind everyone to be kind. Be kind to yourself and to others. We often don't know the things that are going on in someone's life and just a little act of kindness makes a difference.

Hugs,  
Rebecca

## AARP Tax Aide

AARP Tax Aide is here until April 7. AARP tax aide is a free service sponsored by AARP, you do not need to be a member and it is open to anyone. Appointments are Tuesday and Friday mornings. No walk-ins. Please call Rebecca at 802-923-5545 or email at [risham@southburlingtonvt.gov](mailto:risham@southburlingtonvt.gov) to schedule an appointment.

## Inclement Weather Update

When there are storms or inclement weather is predicted, please check our Recreation and Parks website, or our Facebook page. We try to send emails to program regulars, so also make sure to check your email.

## THIS MONTH'S LUNCHES

March 1:

Cheese Tortellini w/Beef / Marinara Sauce & Cheese / Green Beans w/Black Beans / Orange

March 3:

Cheese Rollette w/Mozzarella, Ricotta, Provolone & Asiago Cheese & Marinara / Garden Peas & Carrots Mandarin Oranges w/Cream

March 8:

Beef & Cheddar Burger / Baked Beans / Sliced Carrots w/ Parsley / Clementine

March 10:

Minestrone Bean Soup w/Black Beans & White Kidney Beans / Crackers / Winter Mixed Vegetables / Apricots

March 15:

Chicken Parmesan / Linguine w/Sauce / Brussel Sprouts Fruit Cocktail

March 17:

Vegetable Chow Mein w/Water Chestnuts, Brown Rice Pilaf w/Black Beans / Capri Vegetables / Chow Mein Noodles / Tapioca Pudding with Mandarin Oranges

March 22:

Roast Pork w/Sauce / Mashed Yams / Peas & Onions Oatmeal Raisin Cookies

March 24:

Spinach & Cheddar Pie w/ Zucchini & Summer Squash & Ricotta Cheese / Home fries / Bahama Blend Vegetables / Applesauce w/Cinnamon

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

Shepherd's Pie w/Corn & Mashed Potatoes / Spinach Diced Pears

March 31:

Lasagna Rollette w/Marinara Sauce w/Cheese / Garden Peas w/Mushrooms / Mandarin Oranges

## Want to sign up for lunch?

Call Rebecca at 802-923-5545

or

email: risham@southburlingtonvt.gov

or

visit: recandparks.sbvvt.gov

Pre-registration Required by the week before

## SENIOR CENTER VISITORS

March 15 — Library Happenings (12:30 pm)

March 16 — Callie Flynn, Hannaford Nutritionist, "Eating As We Age" (10 am)

March 22 — Feeling Safe at Home, SBPD & Criminal Justice Center (12:30 pm)

March 29 — Kerry Bastres, Age Well Restaurant Tickets (11:30 am - 1 pm)

## IMPORTANT DATES

March 7 — Closed for Town Meeting Day

March 12 — Daylight Savings Time

March 17 — St. Patrick's Day

March 20 — Movie Monday

March 24 — Brushstrokes & Brews

March 29 — Birthday Lunch

## MOVIE MONDAY

Bring your snacks and a lawn chair and watch a movie with us at the Senior Center!

Monday, March 20 at 5:30pm

Popcorn and Toppings Provided

Movie - *West Side Story* (2021)

## We Are Hosting a Saturday Afternoon Bingo Game!

Door Raffle Prizes, Jackpot Winner and an Afternoon of Fun

Mark your calendars - Saturday, April 1st at 1 pm



## PROGRAMS

### 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.

## Second Session of Senior Cardio Added!

Friday Senior Cardio will stay a regular program at 9:45 am.

Friday Bone Builders will begin at 10:15 am.

### Eating As We Age

Thursday, March 16th at 10 am

Come meet Callie Flynn, our local Hannaford Registered Dietician. We will also make a light yogurt parfait snack.



### 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. We will paint this cute chocolate bunny. No skilled required for this class, just have fun, and socialize with others. All supplies included. \$15 registration fee.



# March

Monday	Tuesday	Wednesday	Thursday	Friday
		1 8:45 am Bone Builders 10 am Bone Builders 12 pm *Meal 1:30 pm Bingo	2 9:30 am Intro. to Tai Chi 11 am Tai Chi (Intermediate) 1 pm Bridge 1 pm Hand & Foot Canasta	3 8:30 am Jazzercise 9:45 am Senior Cardio 10:15 am Bone Builders 12:15 pm *Meal
6 9:15 am Senior Cardio 10 am Bone Builders 1 pm Mahjong 1 pm Mexican Train Dominoes	7 <b>Senior Center Closed Town Meeting Day</b>	8 8:45 am Bone Builders 10 am Bone Builders 12 pm *Meal 1:30 pm Bingo	9 9:30 am Intro. to Tai Chi 11 am Tai Chi (Intermediate) 1 pm Bridge 1 pm Hand & Foot Canasta	10 8:30 am Jazzercise 9:45 am Senior Cardio 10:15 am Bone Builders 12:15 pm *Meal
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20 9:15 am Senior Cardio 10 am Bone Builders 1 pm Mahjong 1 pm Mexican Train Dominoes 5:30 pm Movie Monday	21 8:30 am Jazzercise 10 am Hand & Foot Canasta 1 pm Cribbage	22 8:45 am Bone Builders 10 am Bone Builders 12 pm *Meal 12:30 pm Feeling Safe at Home 1:30 pm Bingo	23 9:30 am Intro. to Tai Chi 11 am Tai Chi (Intermediate) 1 pm Bridge 1 pm Hand & Foot Canasta	24 8:30 am Jazzercise 9:45 am Senior Cardio 10:15 am Bone Builders 12:15 pm *Meal 1:30 pm Brushstrokes & Brews
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