



**BURLINGTON
RECREATION
CHAMPLAIN SENIOR CENTER**

August 2019

Drop-In Programs

(802) 658-3585 | (802) 316-1510-Sarah Carter

Hours: Monday – Thursday 10am - 2pm | Friday 11am-2pm

enjoyburlington.com | shcarter@burlingtonvt.gov

\$4.00 suggested meal donation

We are located at the Old North End Community Center -20 Allen Street

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|---|---|---|---|--|----------|
| | |  | | <p>1</p> <p>Chair Yoga-10:30-11:30</p> <p>Arm Chair Exercises-11:30</p> <p>Lunch-12:00</p> <p>Grocery Shopping/-Leave After Lunch Shopping Trip to Wal-Mart-After Lunch</p> | <p>2</p> <p>Bone Builders-11:00</p> <p>Arm Chair Exercises-11:30</p> <p>Rescheduled Ferry Ride @ Lunch-Bring \$\$ for Ice Cream. We will leave @ 10:00</p> | |
| | <p>5</p> <p>Bone Builders-11:00</p> <p>Jewelry with Casey-10:30--12:00</p> <p>Arm Chair Exercises-11:30</p> <p>Lunch-12:00</p> <p style="text-align: center;"></p> | <p>6</p> <p>Cooking Around the World with Mulu-10:30</p> <p>Ted Talk-11:00</p> <p>Arm Chair Exercises-11:30</p> <p>Lunch-12:00</p> <p>Weaving with Lorna-12:30</p> | <p>7</p> <p>Bhutanese Seniors Sunflower Picking</p> <p>Chair Tai Chi-10:30</p> <p>Arm Chair Exercises-11:30</p> <p>Lunch-12:00</p> <p>Acrylics with Sue-12:30</p> <p style="text-align: center;"></p> | <p>8</p> <p>Chair Yoga-10:30-11:30</p> <p>Fletcher Free Library will be here for book check out t-11:00-12:00</p> <p>Arm Chair Exercises-11:30</p> <p>Lunch-12:00</p> <p>Out to Lunch-Dutch Mill Restaurant-This is a \$5.00 Coupon</p> <p style="text-align: center;"></p> | <p>9</p> <p>Bone Builders-11:00</p> <p>Arm Chair Exercises-11:30</p> <p>Lunch-12:00</p> <p>Trip to the Vermont State Capitol-Leave @ 9:30. We will eat in the State House Cafeteria. Bring \$\$\$ for Lunch</p> <p style="text-align: center;"></p> | |
| | <p>12</p> <p>Bone Builders-11:00</p> <p>Arm Chair Exercises-11:30</p> <p>Lunch-12:00</p> <p>Movie-12:30</p> <p style="text-align: center;"></p> | <p>13</p> <p>Cooking Around the World with Mulu-10;30</p> <p>Ted Talk-11:00</p> <p>Arm Chair Exercises-11:30</p> <p>Lunch-12:00</p> | <p>14</p> <p>Bhutanese Seniors</p> <p>Chair Tai Chi-10:30</p> <p>Arm Chair Exercises-11:30</p> <p>Lunch-12:00</p> | <p>15</p> <p>Chair Yoga-10:30-11:30</p> <p>Arm Chair Exercises-11:30</p> <p>Lunch-12:00</p> <p style="text-align: center;"></p> | <p>16</p> <p>Bone Builders-11:00</p> <p>Arm Chair Exercises-11:30</p> <p>Lunch-12:00</p> <p>Boyden Valley Wine Trip/Exploring Jeffersonville-Leave @ 9:30-Bagged lunch provided. Bring \$\$ for spending</p> <p style="text-align: center;"></p> | |
| | <p>19</p> <p>Bone Builders-11:00</p> <p>Arm Chair Exercises-11:30</p> <p>Lunch-12:00</p> <p>Movie-12:30</p> <p style="text-align: center;"></p> | <p>20</p> <p>Cooking Around the World with Mulu-10;30</p> <p>Ted Talk-11:00</p> <p>Armchair Exercises-11:30</p> <p>Lunch-12:00</p> <p>Sketching with Lorna-12:30</p> | <p>21</p> <p>Bhutanese Seniors</p> <p>Chair Tai Chi-10:30-11:30</p> <p>Arm Chair Exercises-11:30</p> <p>Lunch-12:00</p> <p>Sunflower Picking after Lunch-Bring \$\$\$</p> | <p>22</p> <p>Chair Yoga-10:30-11:30</p> <p>Arm Chair Exercises-11:30</p> <p>Lunch-12:00</p> <p>Trip to Henry Sheldon Musuem in Middlebury and lunch at Rosies Diner in Middlebury-Leave @ 9:30</p> | <p>23</p> <p>Bone Builders-11:00</p> <p>Arm Chair Exercises-11:30</p> <p>Lunch-12:00</p> <p style="text-align: center;"></p> | |
| | <p>26</p> <p>Bone Builders-11:00</p> <p>Arm Chair Exercises-11:30</p> <p>Lunch-12:00</p> <p>Movie-12:30</p> <p>Out to Dinner-Olive Garden-This is not a \$5.00 Coupon</p> | <p>27</p> <p>Cooking Around the World with Mulu-10;30</p> <p>Ted Talk-11:00</p> <p>Arm Chair Exercises-11:30</p> <p>Lunch-12:00</p> <p>Sketching with Lorna-12:30</p> <p>Senior Day at the Fair-Leave @ 10:30</p> | <p>28</p> <p>Bhutanese Seniors-Clemmons Family Farm</p> <p>Chair Tai Chi-10:30-11:30</p> <p>Arm Chair Exercises-11:30</p> <p>Lunch-12:00</p> <p>Sam's Club's visit-11:00-1:00</p> | <p>29</p> <p>Chair Yoga-10:30-11:30</p> <p>Arm Chair Exercises-11:30</p> <p>Lunch-12:00</p> <p style="text-align: center;"></p> | <p>30</p> <p>Bone Builders-11:00</p> <p>Arm Chair Exercises-11:30</p> <p>Lunch-12:00</p> <p>Enjoy the shade & Sun @ North Beach-After Lunch</p> | |