













**BURLINGTON
RECREATION
CHAMPLAIN SENIOR CENTER**

**September
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 |
|--------|--|--|---|--|---|----------|
| | 2 Closed for Labor Day  | 3 Cooking Around the World with Mulu-10:30 Ted Talk-11:00 Arm Chair Exercises-11:30 Lunch-12:00 | 4 Bhutanese Seniors Chair Tai Chi-10:30 Arm Chair Exercises-11:30 Lunch-12:00 Acrylics with Sue-12:30  | 5 Chair Yoga-10:30-11:30 Fletcher Free Library will be here for book check out t-11:00-12:00 Arm Chair Exercises-11:30 Lunch-12:00 | 6 Arm Chair Exercises-11:30 Lunch-12:00  | |
| | 9 Bone Builders-11:00 Arm Chair Exercises-11:30 Lunch-12:00 Sewing with Terri-12:30 | 10 Cooking Around the World with Mulu-10:30 Arm Chair Exercises-11:30 Lunch-12:00 Sketching with Lorna-12:30 | 11 Bhutanese Seniors Chair Tai Chi-10:30 Arm Chair Exercises-11:30 Lunch-12:00 I-Phone Basics-12:30 | 12 Chair Yoga-10:30-11:30 Arm Chair Exercises-11:30 Lunch-12:00  | 13 Bone Builders-11:00 Arm Chair Exercises-11:30 Lunch-12:00 Walmart & Grocery Shopping-After Lunch | |
| | 16 Jewelry with Casey-10:30--12:00 Arm Chair Exercises-11:30 Lunch-12:00 Movie-12:30 Trip to Morgan Horse Farm in Weybridge Vermont-\$5.00. Bagged Lunch Provided. Leave @ 9:30 | 17 Cooking Around the World with Mulu-10:30 Bone Builders-11:00 Arm Chair Exercises-11:30 Lunch-12:00 Weaving with Lorna-12:30 | 18 Chair Tai Chi-10:30 Arm Chair Exercises-11:30 Lunch-12:00 Acrylics with Sue-12:30  | 19 Chair Yoga-10:30-11:30 Arm Chair Exercises-11:30 Lunch-12:00 Out to Lunch-Athens Diner-\$5.00 Coupon  | 20 Arm Chair Exercises-11:30 Lunch-12:00 Apple Picking trip to South Hero-Leave @ 9:30-Bagged Lunch  | |
| | 23 Bone Builders-11:00 Arm Chair Exercises-11:30 Lunch-12:00 Movie-12:30 Sewing with Terri-12:30 Out to Dinner St. Michael's College-\$5 | 24 Cooking Around the World with Mulu-10:30 Armchair Exercises-11:30 Lunch-12:00 Weaving with Lorna-12:30 | 25 Bhutanese Seniors -Apple Picking Chair Tai Chi-10:30-11:30 Arm Chair Exercises-11:30 Lunch-12:00  | 26 Chair Yoga-10:30-11:30 Arm Chair Exercises-11:30 Lunch-12:00 Biscotti Making-12:30- | 27 Arm Chair Exercises-11:30 Lunch-12:00 Vermont Country Store in Westford-Leave @ 9:30-Bagged Lunches Provided.  | |
| | 30 Bone Builders-11:00 Arm Chair Exercises-11:30 Lunch-12:00 Movie-12:30 | | HAPPY FALL  |  | | |

Check for the Fall and Winter Burlington Parks and Recreation Activity Brochure for more Activities and Trips.