







**BURLINGTON
RECREATION
CHAMPLAIN SENIOR CENTER**

**April 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>Bone Builders-10:30</p> <p>Jewelry with Casey-11:00</p> <p>Arm Chair Exercises-11:30</p> <p>Lunch-12:00</p> <p>Movie-12:30</p> <p>Ageing Gracefully with Phoebe-1:00-UVM Human Development Intern-</p>	<p>2</p> <p>Cooking Around the World with Mulu-10:30</p> <p>Arm Chair Exercises-11:30</p> <p>Lunch-12:00</p> <p>Bayada Hospice Volunteer Presentation-12:30</p>	<p>3</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>Walk and Roll in the Gym After Lunch</p> <p>Acrylics with Sue-12:30</p>	<p>4</p> <p>Mental Health Awareness with UVM Psychology Intern Sarah-10:30</p> <p>Chair Yoga-10:30-11:30</p> <p>Arm Chair Exercises-11:30</p> <p>Lunch-12:00</p> <p>Grocery Shopping After Lunch</p>	<p>5</p> <p>Bone Builders-11:00</p> <p>Arm Chair Exercises-11:30</p> <p>Lunch-12:00</p> 	
	<p>8</p> <p>Ageing Gracefully with Phoebe-11:00-UVM Human Development Intern-</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>Sewing-12:30</p> 	<p>9</p> <p>Cooking Around the World with Mulu-10:30</p> <p>Arm Chair Exercises-11:30</p> <p>Lunch-12:00</p> <p>Sewing-12:30</p> 	<p>10</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>Walk and Roll in the Gym After Lunch</p> <p>Sketching with Lorna-12:30</p> 	<p>11</p> <p>Mental Health Awareness with UVM Psychology Intern Sarah-10:30</p> <p>Chair Yoga-10:30-11:30</p> <p>Trip to Essex Tech for Haircuts and Manicures and Pedicures -Leave @ 9:30 & Lunch Out</p> <p>Arm Chair Exercises-11:30</p> <p>Lunch-12:00</p> <p>Spring Candy Making After Lunch</p> 	<p>12</p> <p>Bone Builders-11:00</p> <p>Arm Chair Exercises-11:30</p> <p>Lunch-12:00</p>	
	<p>15</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>Movie-12:30</p> <p>Ageing Gracefully with Phoebe-1:00-UVM Human Development Intern-</p>	<p>16</p> <p>Cooking Around the World with Mulu-10:30</p> <p>UVM Psychology Intern-Nhi-11:15-Ted Talk</p> <p>Arm Chair Exercises-11:30</p> <p>Lunch-12:00</p> <p>Out to Lunch-Joyce's Noodle House</p> 	<p>17</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>Walk and Roll in the Gym After Lunch</p> <p>Acrylics with Sue-12:30</p>	<p>18</p> <p>Mental Health Awareness with UVM Psychology Intern Sarah-10:30</p> <p>Chair Yoga-10:30-11:30</p> <p>City Information Fair in the Community Space 1st Floor</p> <p>Trip to Essex Tech for Haircuts and Manicures and Pedicures -Leave @ 10:45 and lunch out</p> <p>Arm Chair Exercises-11:30</p> <p>Lunch-12:00</p> <p>Spring Baskets-After Lunch</p>	<p>19</p> <p>Bone Builders-11:00</p> <p>Arm Chair Exercises-11:30</p> <p>Lunch-12:00</p> <p>Ice Cream Trip-After Lunch</p> 	
	<p>22</p> <p>Ageing Gracefully with Phoebe-11:30</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>Sewing-12:30</p>	<p>23</p> <p>UVM Psychology Intern-Nhi-11:15-Ted Talk</p> <p>Armchair Exercises-11:30</p> <p>Lunch-12:00</p> <p>Fairy Gardens-After Lunch</p> 	<p>24</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>Walk and Roll in the Gym After Lunch</p> <p>Sketching with Lorna-12:30</p>	<p>25</p> <p>Mental Health Awareness with UVM Psychology Intern Sarah-10:30</p> <p>Chair Yoga-10:30-11:30</p> <p>Arm Chair Exercises-11:30</p> <p>Lunch-12:00</p> <p>i-Phone Basics Assistance-12:30</p> <p>Sewing-12:30</p>	<p>26</p> <p>Bone Builders-11:00</p> <p>Arm Chair Exercises-11:30</p> <p>Lunch-12:00</p> 	
	<p>29</p> <p>Bone Builders-10:30</p> <p>Jewelry with Casey-11:00</p> <p>Arm Chair Exercises-11:30</p> <p>Lunch-12:00</p> <p>Movie-12:30</p> <p>Ageing Gracefully with Phoebe-1:00-UVM Human Development Intern-</p> <p>Dinner @ Denny's -Pickups begin @ 4:00</p>	<p>30</p> <p>Cooking Around the World with Mulu-10:30</p> <p>UVM Psychology Intern-Nhi-11:15-Ted Talk</p> <p>Armchair Exercises-11:30</p> <p>Lunch-12:00</p> <p>UVM Psychology Intern-Nhi-11:15-Ted Talk</p>		<p>*New Program-Sketching on Wednesday April 10 & 24-12:30-2:00</p> 