

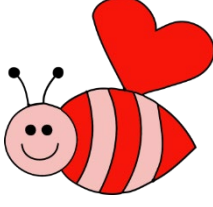







**BURLINGTON
RECREATION
CHAMPLAIN SENIOR CENTER**

February 2019
Drop-In Programs
 (802) 658-3585 | (802) 316-1510-Sarah Carter
 Hours: Monday – Thursday 10am - 2pm | Friday 11am-2pm
 enjoyburlington.com | sharter@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
					1	
					Bone Builders-11:00 Arm Chair Exercises-11:30 Lunch-12:00	
	4	5	6	7	8	
	Ageing Gracefully with Phoebe-11:00-UVM Human Development Intern- Bone Builders-11:00 Arm Chair Exercises-11:30 Lunch-12:00 Movie-12:30 Jewelry with Casey-12:30-2:00 	Ted Talk-Nhi-UVM Psychology intern-11:15 Arm Chair Exercises-11:30 Lunch-12:00 12:30-Patricia Wellman-City of Burlington Code Office-What are your needs as a renter. Cooking Around the World with Mulu-1:00 	Bhutanese Seniors Chair Tai Chi-10:30 Winooski Valley Parks Nature Program-10:30-11:30 Arm Chair Exercises-11:30 Lunch-12:00 Clay with Alissa Faber-12:30-2:00 Walk and Roll in the Gym After Lunch	Mental Health Awareness with UVM Psychology Intern Sarah-10:30 Chair Yoga-10:30-11:30 Arm Chair Exercises-11:30 Lunch-12:00 Grocery Shopping After Lunch 	Bone Builders-11:00 Arm Chair Exercises-11:30 Lunch-12:00	
	11	12	13	14	15	
	Ageing Gracefully with Phoebe-11:00-UVM Human Development Intern- Bone Builders-11:00 Arm Chair Exercises-11:30 Lunch-12:00 Movie-12:30 Sewing-12:30	Ted Talk-Nhi-UVM Psychology intern-11:15 Arm Chair Exercises-11:30 Lunch-12:00 Out to Lunch-Olive Garden-Leave @ 11:30 Cooking Around the World with Mulu-12:30 	Bhutanese Seniors Chair Tai Chi-10:30 Winooski Valley Parks Nature Program-10:30-11:30 Arm Chair Exercises-11:30 Lunch-12:00 Clay with Alissa Faber-12:30-2:00 Walk and Roll in the Gym After Lunch	Mental Health Awareness with UVM Psychology Intern Sarah-10:30 Chair Yoga-10:30-11:30 Valentines Music with D.J. Dan-11:00-1:00 Arm Chair Exercises-11:30 Lunch-12:00 Shopping After Lunch 	Bone Builders-11:00 Arm Chair Exercises-11:30 Lunch-12:00 Visit City Hall to see Art Work-After Lunch	
	18	19	20	21	22	
	Closed for Presidents Day 	UVM Psychology Intern-Nhi-11:15-Ted Talk Armchair Exercises-11:30 Lunch-12:00 Cooking Around the World with Mulu-12:30	Bhutanese Seniors Chair Tai Chi-10:30-11:30 Winooski Valley Parks Nature Program-10:30-11:30 Arm Chair Exercises-11:30 Lunch-12:00 Clay with Alissa Faber-12:30-2:00 Walk and Roll in the Gym After Lunch	Mental Health Awareness with UVM Psychology Intern Sarah-10:30 Chair Yoga-10:30-11:30 Arm Chair Exercises-11:30 Lunch-12:00 Jewelry with Casey-12:30-2:00	Bone Builders-11:00 Arm Chair Exercises-11:30 Lunch-12:00 Visit Pet Co/Michael's/Staples-After Lunch	
	25	26	27	28		
	Ageing Gracefully with Phoebe-10:30-UVM Human Development Intern Bone Builders-11:00 Arm Chair Exercises-11:30 Lunch-12:00 Sewing-12:30	UVM Psychology Intern-Nhi-11:15-Ted Talk Lunch-12:00 Arm Chair Exercises-11:30 Lunch-12:00 Cooking Around the World with Mulu-12:30	Bhutanese Seniors Chair Tai Chi-10:30-11:30 Arm Chair Exercises-11:30 Lunch-12:00 Clay with Alissa Faber-12:30-2:00 Walk in the Gym-12:30	Mental Health Awareness with UVM Psychology Intern Sarah-10:30 Chair Yoga-10:30-11:30 Arm Chair Exercises-11:30 Lunch-12:00 12:30-Vermont Legal Aid-Advanced Directives/Planning a Will/Power of Attorney	