

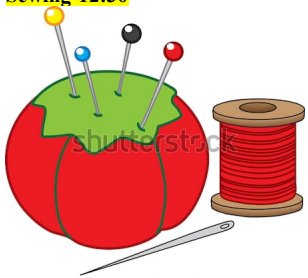






**BURLINGTON
RECREATION
CHAMPLAIN SENIOR CENTER**

**March 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
					1 Bone Builders-11:00 Arm Chair Exercises-11:30 Lunch-12:00 Circus Smirkus Camp Performance @ Edmunds Middle School Gym-Leave @ 1:00	
	4 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	5 Closed for Town Meeting Day	6 Bhutanese Seniors Chair Tai Chi-10:30 Arm Chair Exercises-11:30 Lunch-12:00 Walk and Roll in the Gym After Lunch	7 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	8 Bone Builders-11:00 Arm Chair Exercises-11:30 Lunch-12:00 Visit Gardeners Supply After Lunch	
	11 Bone Builders-11:00 Arm Chair Exercises-11:30 Lunch-12:00 Movie-12:30 Sewing-12:30 	12 Cooking Around the World with Mulu-10:30 Arm Chair Exercises-11:30 Lunch-12:00 National Association of Mental Health Presentation-12:30 	13 Bhutanese Seniors Chair Tai Chi-10:30 Arm Chair Exercises-11:30 Lunch-12:00 Walk and Roll in the Gym After Lunch	14 Chair Yoga-10:30-11:30 Arm Chair Exercises-11:30 Lunch-12:00 Shopping After Lunch	15 Bone Builders-11:00 Arm Chair Exercises-11:30 Lunch-12:00 	
	18 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	19 Cooking Around the World with Mulu-10:30 UVM Psychology Intern-Nhi-11:15-Ted Talk Armchair Exercises-11:30 Lunch-12:00 Out to Lunch-Grand Buffet-Leave @ 11:30.	20 Bhutanese Seniors Chair Tai Chi-10:30-11:30 Arm Chair Exercises-11:30 Lunch-12:00 Walk and Roll in the Gym After Lunch Acrylics with Sue-12:30 	21 Mental Health Awareness with UVM Psychology Intern Sarah-10:30 Chair Yoga-10:30-11:30 Arm Chair Exercises-11:30 Lunch-12:00 SPRING 	22 Bone Builders-11:00 Arm Chair Exercises-11:30 Lunch-12:00 Morse Maple Sugar Farm Tour-Leave @ 9:30. Bring \$\$ for lunch. \$3.00 also for Maple Creemee	
	25 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 Dinner @ Trader Dukes-\$5.00	26 Cooking Around the World with Mulu-10:30 UVM Psychology Intern-Nhi-11:15-Ted Talk Lunch-12:00 Arm Chair Exercises-11:30 Lunch-12:00	27 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	28 Mental Health Awareness with UVM Psychology Intern Sarah-10:30 Chair Yoga-10:30-11:30 Arm Chair Exercises-11:30 Lunch-12:00 iPhone Help with Travis-12:30	29 Bone Builders-11:00 Arm Chair Exercises-11:30 Lunch-12:00	