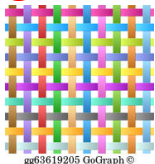




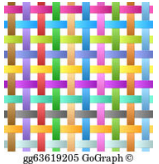







**BURLINGTON RECREATION CHAMPLAIN SENIOR CENTER**

**May 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><b>New Class Starts this Month Weaving Tuesday the 14<sup>th</sup> &amp; 28<sup>th</sup> @ 12:30</b></p> 	<p><b>Fletcher Free Library Visits will be starting Monthly on the First Thursday @ 11:00</b></p> 	<p><b>Bhutanese Seniors</b></p> <p><b>Chair Tai Chi-10:30</b></p> <p>Arm Chair Exercises-11:30</p> <p>Lunch-12:00</p> <p><b>Walk and Roll in the Gym After Lunch</b></p> <p><b>Acrylics with Sue-12:30</b></p>	<p><b>Ted Talk-10:30</b></p> <p><b>Fletcher Free Library will be here for book check out t-11:00-12:00</b></p> <p><b>Chair Yoga-10:30-11:30</b></p> <p>Arm Chair Exercises-11:30</p> <p>Lunch-12:00</p> <p><b>Phone Basics-12:30</b></p>	<p><b>Bone Builders-11:00</b></p> <p>Arm Chair Exercises-11:30</p> <p>Lunch-12:00</p> <p><b>Shopping and Grocery Shopping After Lunch</b></p>	
	<p><b>Bone Builders-11:00</b></p> <p><b>Blood Pressure Checks-10:30</b></p> <p>Arm Chair Exercises-11:30</p> <p>Lunch-12:00</p> <p><b>12:30-2:00-Expanded, Improved, Medicare for All</b></p> <p>Movie-12:30</p> <p><b>Sewing-12:30</b></p>	<p><b>Cooking Around the World with Mulu-10:30</b></p> <p><b>Ted Talk-11:00</b></p> <p>Arm Chair Exercises-11:30</p> <p>Lunch-12:00</p> <p><b>Sketching with Lorna-12:30</b></p> <p><b>Burlington Police Department Community Barbeque-Pickups start @ 3:30. This is located on S.Union and King Streets. Event runs from 4:00-7:00.</b></p> 	<p><b>Bhutanese Seniors</b></p> <p><b>Chair Tai Chi-10:30</b></p> <p>Arm Chair Exercises-11:30</p> <p>Lunch-12:00</p> <p><b>Walk and Roll in the Gym After Lunch</b></p> <p><b>Sketching with Lorna-12:30</b></p> 	<p><b>Trip to Essex Tech for Haircuts and Manicures and Pedicures –Leave @ 9:30 &amp; Lunch Out</b></p> <p><b>Chair Yoga-10:30-11:30</b></p> <p>Arm Chair Exercises-11:30</p> <p>Lunch-12:00</p> 	<p><b>Bone Builders-11:00</b></p> <p>Arm Chair Exercises-11:30</p> <p>Lunch-12:00</p> <p><b>Bone Builders is Cancelled for the Day</b></p>	
	<p><b>Bone Builders-11:00</b></p> <p><b>Jewelry with Casey-10:30–12:00</b></p> <p>Arm Chair Exercises-11:30</p> <p>Lunch-12:00</p> <p>Movie-12:30</p> <p><b>Sam Mazza’s Greenhouse-After Lunch</b></p>	<p><b>Cooking Around the World with Mulu-10:30</b></p> <p><b>Ted Talk-11:00</b></p> <p><b>Arm Chair Exercises-11:30</b></p> <p>Lunch-12:00</p> <p><b>Weaving with Lorna-12:30</b></p> 	<p><b>Bhutanese Seniors</b></p> <p><b>Chair Tai Chi-10:30</b></p> <p>Arm Chair Exercises-11:30</p> <p>Lunch-12:00</p> <p><b>Walk and Roll in the Gym After Lunch</b></p> <p><b>Acrylics with Sue-12:30</b></p>	<p><b>Chair Yoga-10:30-11:30</b></p> <p><b>Ted Talk-10:30</b></p> <p>Arm Chair Exercises-11:30</p> <p>Lunch-12:00</p> <p><b>Out to Lunch-Ray’s Seafood-\$5.00 voucher</b></p> 	<p>Arm Chair Exercises-11:30</p> <p>Lunch-12:00</p> <p><b>Bone Builders is Cancelled for the Day</b></p>	
	<p>Arm Chair Exercises-11:30</p> <p>Lunch-12:00</p> <p>Movie-12:30</p> <p><b>Sewing-12:30</b></p> <p><b>Bone Builders is cancelled for the day</b></p>	<p><b>Cooking Around the World with Mulu-10:30</b></p> <p><b>Ted Talk-11:00</b></p> <p>Armchair Exercises-11:30</p> <p>Lunch-12:00</p> <p><b>Sketching with Lorna-12:30</b></p>	<p><b>Bhutanese Seniors</b></p> <p><b>Chair Tai Chi-10:30-11:30</b></p> <p>Arm Chair Exercises-11:30</p> <p>Lunch-12:00</p> <p><b>Walk and Roll in the Gym After Lunch</b></p>	<p><b>Bowling @ Heineberg Senior Center-Leave @ 10:00</b></p> <p><b>Chair Yoga-10:30-11:30</b></p> <p>Arm Chair Exercises-11:30</p> <p>Lunch-12:00</p> <p><b>Visit Old Spokes Home-After Lunch</b></p>	<p><b>Bone Builders-11:00</b></p> <p><b>Ethan Allen Homestead Musuem-Leave @ 10:00 and Bagged Picnic Lunch</b></p> <p>Arm Chair Exercises-11:30</p> <p>Lunch-12:00</p>	
	<p><b>Closed for Memorial Day</b></p> 	<p><b>Cooking Around the World with Mulu-10:30</b></p> <p><b>Ted Talk-11:00</b></p> <p>Armchair Exercises-11:30</p> <p>Lunch-12:00</p> <p><b>Weaving with Lorna-12:30</b></p>	<p><b>Bhutanese Seniors trip to Sam Mazza’s Green House</b></p> <p><b>Chair Tai Chi-10:30</b></p> <p>Arm Chair Exercises-11:30</p> <p>Lunch-12:00</p> <p><b>Walk and Roll in the Gym After Lunch</b></p> <p><b>Acrylics with Sue-12:30</b></p> <p><b>Out to Dinner-Kentucky Fried Chicken</b></p>	<p><b>Chair Yoga-10:30-11:30</b></p> <p><b>Ted Talk-10:30</b></p> <p>Arm Chair Exercises-11:30</p> <p>Lunch-12:00</p> <p><b>Put Put Golf @ Lang Farm-Leave after lunch-\$6.50</b></p> 	<p><b>Bone Builders-11:00</b></p> <p>Arm Chair Exercises-11:30</p> <p>Lunch-12:00</p>	