



**BURLINGTON  
RECREATION  
CHAMPLAIN SENIOR CENTER**

**December 2018**

**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>3</b></p> <p><b>Mental Health Awareness for Seniors-10:30</b></p> <p><b>Bone Builders-10:30</b></p> <p>Arm Chair Exercises-11:30</p> <p>Lunch-12:00</p> <p>Movie-12:30</p> <p><b>Sewing with Terri-Trip to Joanne's Fabrics After Lunch</b></p>	<p><b>4</b></p> <p>Arm Chair Exercises-11:30</p> <p><b>Blood Pressure Checks-10:30</b></p> <p><b>Sewing with Terri-10:30</b></p> <p><b>Nhi Activity-10:30</b></p> <p>Lunch-12:00</p> <p><b>Cooking with Mulu-12:30</b></p> 	<p><b>5</b></p> <p>Bhutanese Seniors</p> <p><b>Chair Tai Chi-10:30</b></p> <p>Arm Chair Exercises-11:30</p> <p>Lunch-12:00</p> <p><b>Grocery Shopping After Lunch</b></p>	<p><b>6</b></p> <p><b>Chair Yoga-10:30-11:30</b></p> <p><b>Wii Bowling-10:30</b></p> <p>Arm Chair Exercises-11:30</p> <p>Lunch-12:00</p> <p><b>Lunch @ Shelburne Bay-11:30</b></p>	<p><b>7</b></p> <p><b>Bone Builders-11:30</b></p> <p>Arm Chair Exercises-11:30</p> <p>Lunch-12:00</p> <p><b>Ted Talk-12:30</b></p> 	
	<p><b>10</b></p> <p><b>Bone Builders-10:30</b></p> <p>Arm Chair Exercises-11:30</p> <p>Lunch-12:00</p> <p>Movie-12:30</p> <p><b>Jewelry with Casey-12:30</b></p> 	<p><b>11</b></p> <p><b>Holiday Art-10:30</b></p> <p>Arm Chair Exercises-11:30</p> <p>Lunch-12:00</p> <p><b>Cooking with Mulu-12:30</b></p> 	<p><b>12</b></p> <p>Bhutanese Seniors</p> <p><b>Chair Tai Chi-10:30</b></p> <p>Arm Chair Exercises-11:30</p> <p>Lunch-12:00</p> <p><b>Acrylics with Sue-12:30</b></p> <p><b>Holiday Shopping After Acrylics-2:00</b></p>	<p><b>13</b></p> <p><b>Chair Yoga-10:30-11:30</b></p> <p><b>Parsons Dance Thursday, December 13, 2018 at 10:00 AM</b></p> <p>Arm Chair Exercises-11:30</p> <p>Lunch-12:00</p>	<p><b>14</b></p> <p><b>Bone Builders-11:30</b></p> <p>Arm Chair Exercises-11:30</p> <p>Lunch-12:00</p> <p><b>Ted Talk-12:30</b></p> <p><b>Dakin Farms/Shelburne Country Store Holiday Visit-After Lunch</b></p> 	
	<p><b>17</b></p> <p><b>Bone Builders-10:30</b></p> <p>Arm Chair Exercises-11:30</p> <p>Lunch-12:00</p> <p>Movie-12:30</p> <p><b>Sewing with Terri-12:30</b></p> 	<p><b>18</b></p> <p><b>Cooking with Mulu-10:30</b></p> <p>Arm Chair Exercises-11:30</p> <p>Lunch-12:00</p> <p><b>Lunch @ Ray's Seafood-Leave @ 11:30</b></p>	<p><b>19</b></p> <p>Bhutanese Seniors</p> <p><b>Chair Tai Chi-10:30</b></p> <p>Arm Chair Exercises-11:30</p> <p>Lunch-12:00</p> <p><b>Acrylics with Sue-12:30-2:00</b></p>	<p><b>20</b></p> <p><b>Chair Yoga-10:30-11:30</b></p> <p><b>Wii Bowling @ Heineberg Senior Center-10:30-11:30</b></p> <p>Arm Chair Exercises-11:30</p> <p>Lunch-12:00</p> <p><b>Trip to the Christmas Loft-After Lunch</b></p> 	<p><b>21</b></p> <p><b>Bone Builders-11:30</b></p> <p>Arm Chair Exercises-11:30</p> <p>Lunch-12:00</p> <p><b>Ted Talk After Lunch</b></p>	
	<p><b>24</b></p> <p>Center Closed for Holiday Celebrations</p> 	<p><b>25</b></p> <p>Center Closed for Holiday Celebrations</p> 	<p><b>26</b></p> <p>Bhutanese Seniors</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>Music with Migmar-After Lunch</b></p>	<p><b>27</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>New Year's Bingo-After Lunch</b></p>	<p><b>28</b></p> <p><b>Bone Builders-11:30</b></p> <p>Arm Chair Exercises-11:30</p> <p>Lunch-12:00</p> <p><b>Ted Talk-12:30</b></p>	
	<p><b>31</b></p> <p><b>Arm Chair Exercises-11:30</b></p> <p><b>New Year's Celebration Lunch-12:00</b></p> <p><b>Sewing with Terri-12:30</b></p>	<p>Happy New Year 2019</p> 				