



**BURLINGTON
RECREATION
CHAMPLAIN SENIOR CENTER**

January 2019

Drop-In Programs

(802) 658-3585 | (802) 316-1510-Sarah Carter

Hours: Monday – Thursday 10am - 2pm | Friday 11am-1pm

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>Center Closed for New Year's Day</p> 	<p>2</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>3</p> <p>Chair Yoga-10:30-11:30</p> <p>Wii Bowling-10:30</p> <p>Arm Chair Exercises-11:30</p> <p>Lunch-12:00</p> 	<p>4</p> <p>Bone Builders-11:00</p> <p>Arm Chair Exercises-11:30</p> <p>Lunch-12:00</p> <p>Ted Talk-12:30</p> <p>Grocery Shopping-After Lunch</p>	
	<p>7</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>Jewelry with Casey-12:30-2:00</p> 	<p>8</p> <p>Crafty Art Class-10:30</p> <p>Arm Chair Exercises-11:30</p> <p>Lunch-12:00</p> <p>Cooking Around the World with Mulu-12:30</p> 	<p>9</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>Acrylics with Sue-12:30</p> <p>Walk and Roll in the Gym After Lunch</p>	<p>10</p> <p>Chair Yoga-10:30-11:30</p> <p>Arm Chair Exercises-11:30</p> <p>Lunch-12:00</p> <p>Shopping Trip-After Lunch</p> 	<p>11</p> <p>Bone Builders-11:00</p> <p>Arm Chair Exercises-11:30</p> <p>Lunch-12:00</p> <p>Ted Talk-12:30</p> <p>Trip to Shelburne Museum-Leave after Lunch-No Charge</p>	
	<p>14</p> <p>Bone Builders-11:00</p> <p>Navigating Health Care Documents-The Residence @ Shelburne Bay-Leave @ 10:00-12:30</p> <p>Arm Chair Exercises-11:30</p> <p>Lunch-12:00</p> <p>Movie-12:30</p> <p>Sewing-12:30</p>	<p>15</p> <p>Cooking Around the World with Mulu-12:30</p> <p>Arm Chair Exercises-11:30</p> <p>Lunch-12:00</p> <p>Out to Lunch-Chili's-Leave @ 11:30</p> 	<p>16</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>17</p> <p>Center for Technology-Hair Cuts/Manicures/Pedicures-Leave @ 9:30</p> <p>Chair Yoga-10:30-11:30</p> <p>Arm Chair Exercises-11:30</p> <p>Lunch-12:00</p> 	<p>18</p> <p>Bone Builders-11:00</p> <p>Arm Chair Exercises-11:30</p> <p>Lunch-12:00</p> <p>Ted Talk-12:30</p> 	
	<p>21</p> <p>Center Closed for Martin Luther King Day</p> 	<p>22</p> <p>UVM Psychology Intern-Nhi-10:30</p> <p>Armchair Exercises-11:30</p> <p>Lunch-12:00</p> <p>Cooking Around the World with Mulu-12:30</p> <p>Lunch @ Ethan Allen Residence-Leave @ 11:30</p>	<p>23</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>Acrylics with Sue-12:30-2:00</p> <p>Walk and Roll in the Gym After Lunch</p>	<p>24</p> <p>Mental Health Awareness with 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>Art Studio Visit-After Lunch</p> 	<p>25</p> <p>Bone Builders-11:00</p> <p>Arm Chair Exercises-11:30</p> <p>Lunch-12:00</p> <p>Ted Talk-12:30</p>	
	<p>28</p> <p>Ageing Gracefully with Phoebe-10:30-UVM Human Development Intern</p> <p>Bone Builders-11:00</p> <p>Arm Chair Exercises-11:30</p> <p>Lunch-12:00</p> <p>Sewing-12:30</p>	<p>29</p> <p>UVM Psychology Intern-Nhi-10:30</p> <p>Cooking Around the World with Mulu-12:30</p> <p>Arm Chair Exercises-11:30</p> <p>Lunch-12:00</p> <p>Lunch @ Ethan Allen Residence-Leave @ 11:30</p>	<p>30</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 in the Gym</p>	<p>31</p> <p>Mental Health Awareness with 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>iPhone Basics Workshop-12:30</p>		

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