



**BURLINGTON RECREATION CHAMPLAIN SENIOR CENTER**

**June 2019**

**Drop-In Programs**





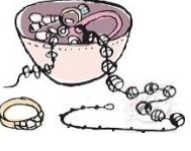


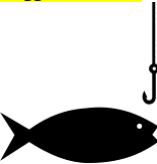


(802) 658-3585 | (802) 316-1510-Sarah Carter

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
	3 <b>Bone Builders is Cancelled for Today @-11:00</b> Arm Chair Exercises-11:30 Lunch-12:00 Movie-12:30 <b>Sewing-12:30</b> 	4 <b>Cooking Around the World with Mulu-10:30</b> <b>Ted Talk-11:00</b> Arm Chair Exercises-11:30 Lunch-12:00 <b>Sketching with Lorna-12:30</b> <b>Hands in the Kitchen-4:00-5:30</b> Introduction to Healthy Eating, Shopping Tips and cooking for one	5 <b>Bhutanese Seniors</b> <b>Chair Tai Chi-10:30</b> Arm Chair Exercises-11:30 Lunch-12:00 <b>Walk and Roll in the Gym After Lunch</b> <b>Acrylics with Sue-12:30</b> 	6 <b>Ted Talk-10:30</b> <b>Fletcher Free Library will be here for book check out t-11:00-12:00</b> <b>Chair Yoga-10:30-11:30</b> Arm Chair Exercises-11:30 Lunch-12:00 	7 <b>Bone Builders is cancelled for today @-11:00</b> Arm Chair Exercises-11:30 Lunch-12:00 	
	10 <b>Bone Builders is Cancelled for Today @-11:00</b> <b>Jewelry with Casey-10:30--12:00</b> Arm Chair Exercises-11:30 Lunch-12:00 Movie-12:30 	11 <b>Cooking Around the World with Mulu-10:30</b> <b>Ted Talk-11:00</b> Arm Chair Exercises-11:30 Lunch-12:00 <b>Hands in the Kitchen-4:00-5:30-Jar Salads</b>	12 <b>Bhutanese Seniors to Von Trapp Gardens in Stowe</b> <b>Chair Tai Chi-10:30</b> Arm Chair Exercises-11:30 Lunch-12:00 <b>Walk and Roll in the Gym After Lunch</b>	13 <b>Chair Yoga-10:30-11:30</b> Arm Chair Exercises-11:30 Lunch-12:00 <b>Phone Basics-12:30</b> 	14 <b>Bone Builders-11:00</b> Arm Chair Exercises-11:30 Lunch-12:00 <b>Grocery and Shopping After Lunch</b> 	
	17 <b>Bone Builders-11:00</b> Arm Chair Exercises-11:30 Lunch-12:00 Movie-12:30 <b>Sewing-12:30</b>	18 <b>Cooking Around the World with Mulu-10:30</b> <b>Ted Talk-11:00</b> <b>Arm Chair Exercises-11:30</b> Lunch-12:00 <b>Sketching with Lorna-12:30</b> <b>Hands in Kitchen-4:00-5:30-Herbs in the Kitchen</b>	19 <b>Bhutanese Seniors</b> <b>Chair Tai Chi-10:30</b> Arm Chair Exercises-11:30 Lunch-12:00 <b>Walk and Roll in the Gym After Lunch</b> <b>Acrylics with Sue-12:30</b>	20 <b>Bowling with Heineberg Senior Center @ Heineberg</b> <b>Chair Yoga-10:30-11:30</b> <b>Ted Talk-10:30</b> Arm Chair Exercises-11:30 Lunch-12:00 <b>Out to Lunch-Chiles-Leave @ 11:30</b>	21 <b>Bone Builders is cancelled for today @-11:00</b> Arm Chair Exercises-11:30 Lunch-12:00 <b>Let's Go Fishing Program-Leave at 9:30 and return @ 2:00- Bagged Lunches</b> 	
	24 Arm Chair Exercises-11:30 Lunch-12:00 Movie-12:30 <b>Sewing-12:30</b> <b>Out to Dinner @ IHOP-Pickups begin \$5.00 voucher</b>	25 <b>Cooking Around the World with Mulu-10:30</b> <b>Ted Talk-11:00</b> Armchair Exercises-11:30 Lunch-12:00 <b>Weaving with Lorna-12:30</b> <b>Hands in the Kitchen-4:00-5:30-Simple Low Sugar Jams</b> 	26 <b>Bhutanese Seniors</b> <b>Chair Tai Chi-10:30-11:30</b> Arm Chair Exercises-11:30 Lunch-12:00 <b>Walk and Roll in the Gym</b>	27 <b>Chair Yoga-10:30-11:30</b> Arm Chair Exercises-11:30 Lunch-12:00 <b>Trip to Von Trapp Gardens in Stowe-Leave @ 9:30 Bagged Lunch</b> 	28 <b>Bone Builders-11:00</b> Arm Chair Exercises-11:30 Lunch-12:00 <b>Strawberry Picking @ Mazza's after lunch</b>	

**New Monday evening class-"Hands in the Kitchen "with Chef Robin Burnett**

\*Adults 50 Plus

\*Tuesdays June 4-July 23

\*4:00-5:30

\*Event Hall-ONE Community Center-20 Allen Street

\* Individual Classes are \$5.00 each or \$40 for the Series. Scholarships are available and free transportation is available through BPRW.

\* Brought to you by HANDS (Helping and Nurturing Diverse Seniors) and Burlington Parks, Recreation and Waterfront

\*Please register by calling 864-0123 or on-line @ enjoyburlington.com/Please call 316-1510 or 864-7528 for more information