

SOUTH BURLINGTON SENIOR CENTER

MONTHLY ACTIVITIES GUIDE - APRIL 2024

Spring has Sprung!

April is here. Wow, where have the winter months gone? It certainly has been a mild winter with little snow. Soon we will be in the summer months, enjoying the green grass and beautiful sunsets our state has to offer.

April at the Senior Center will be a busy month. We will be closed April 4th for the revoting of the School budget. That is our only planned closed day for the month. We will witness history with the solar eclipse on April 8th. Have you gotten your glasses?

April will also host a special Senior Saturday Bingo on April 13th from 12 to 2. There will be door prizes and a special Jackpot. If you want to catch a ride with SSTA, to the event, you can. We are partnering with SSTA to provide transportation to some of our special events. All you have to do is call Kate in the Recreation department and she will get you set up.

Next up will be an event I am very excited about. The National Council on Aging will be here on April 17th for a presentation by Dr. Jen Kelly, UVM Metabolic Bone Specialist. It will be an afternoon of education and discussion. There will be a free catered lunch prior to the event, so make sure to sign up. We will end the month, with our monthly birthday lunch which is becoming very popular, so make sure to sign up early, if you wish to attend.

April will be a busy month but I hope that you will stop and take the time to enjoy the new beginnings of spring, from the robins arrival to the new flowers sprouting. Happy Spring!

Rebecca

A Note of Thanks....

I would like to thank everyone at the South Burlington Senior Center for making my retirement from Monday's Bone Builders and Cardio class a wonderful moment. Thank you for all the beautiful cards and gifts with wonderful caring words. Thank you, Rebecca, for organizing a delicious and memorable gathering after Bone Builders. I know you put a lot of work and effort to make sure my parting was wonderful and special. It was great thanks for everything. Thanks to Kathryn for helping assist Rebecca. I would like to say many thanks to Dorothea, my assistant for all her help in making my retirement joyful. I have been so lucky to have met every one of you with your kindness and thoughtfulness for the past 3 years. Moments, I will never forget. Like laughter when I mess up, doing wrong exercises and just forgetting exercises. You made me feel important and well appreciated. I just can't say thank you enough. Miss you all, sending my love. I will see you around. Keep in touch.

Many thanks, Cathy Gratton

Closed April 4th for Voting.

THIS MONTH'S LUNCHES

April 3:

Baked Ham w/Raisin Sauce / Sweet Potatoes / Capri Blend Vegetables / Fruit Crisp w/Cream

April 5:

Minestrone Soup w/Beef / Crackers / Sliced Carrots / Strawberries w/Parfait Yogurt

April 10:

BBQ Pork Loin / Mashed Potatoes / Brussel Sprouts / Apricots

April 12:

Cheese Omelet / Home Fries / Green Beans / Texas Toast / Orange

April 17: **NO AGE WELL LUNCH**

Free Catered Lunch: Soup, Salad, and Sandwiches

April 19:

Turkey A La King / Mashed Potatoes / Harvard Beets / Pumpkin Cookie w/Craisins

April 24: **Birthday Lunch w/Cake & Ice Cream**

Chicken & Gravy / Mashed Potatoes / Sliced Carrots w/ Parsley / Pumpkin Custard w/Cream

April 26:

Over Roasted Pork Cutlet w/Panko & Apple Tidbit Sauce / Sweet Potatoes / Vegetable Blend / Vanilla Pudding & Peaches

IMPORTANT DATES

April 4 — Senior Center Closed for Voting

April 19 — Brushstrokes & Brews

April 10 — SB Public Library Visit

April 24 — Age Well Tickets

April 24 — Birthday Lunch



PROGRAMS (Times on Calendar)

Senior Cardio (Drop-In)- Age 55+

Come join some seniors for 20 minutes of cardio before Bone Builders on Mondays and Fridays. Class is instructed by YouTube Video, " Cardio For Seniors" Come get your heart pumping....No registration required, just drop in.

Bone Builders (Drop-In)- Age 55+

Come work on your balance and light weight training to protect against fractures caused by osteoporosis. Bone Builders helps to gain muscular strength, balance and increase bone density. Sponsored by United Way. No registration required.

Mahjong (Drop-In)- Age 55+

Spend your Monday afternoons playing Mahjong. Mahjong is a tile based game that originated in China. A game of skill, strategy and luck. Bring your own set to share. Beginners welcome.

Mexican Train Dominoes (Drop-in) - Age 55+

Come spend time with others and play Mexican Train. The object of the game is for a player to play all the tiles from their hand onto one or more chains, or trains, emanating from a central hub or "station". No registration required.

Cribbage (Drop-in)- Age 55+

Have you ever wanted to learn to play Cribbage? Are you looking for something to do in the afternoon? Come and learn to play cribbage and join a fun group for a Tuesday afternoon. Beginners welcome.

Art Classes with Lin Warren- Age 55+

Do you like to be creative and do art? Come to our Tuesday Art Classes with Lin Warren. For April, she will be instructing on Watercolor painting, Acrylic Painting, Pastels, Printmaking and Abstract Art. Registration is Required and class space is limited to 10. Registration Fee: \$5

Bingo (Drop-In)- Age 55+

Come spend the afternoon playing dime BINGO. We play 12 games of 10 cents a card (5 card limit). And the Grand Overall Game which is 25 cents per card. Enter the BINGO BALL jar for a chance to win the Jackpot. If you BINGO on the BALL number that day, you win the Jackpot.

Bridge Club (Intermediate Players Only)- Age 55+

Are you an intermediate Bridge player? Come join a group of active bridge players on Thursday afternoons and play the king of card games.

Hand and Foot Canasta (Drop-in) - Age 55+

Like to play card games, then Hand and Foot Canasta is for you. What is Hand and Foot Canasta? Hand and Foot Canasta is a popular variation from the rummy type game of Canasta. It is described as a simpler version of the game Canasta. Come join our group for a time of laughs and fun. Meets Tuesday mornings and Thursday afternoons.

Tai Chi - Beginners (Drop-in) - Age 55+

Learn the Tai Chi for Arthritis and Falls Prevention program to improve balance, flexibility and postural alignment. Class includes a warm-up, a cool down and instruction for basic to more advanced movements which are done slowly and gently while standing. This program is easy to learn, safe and effective. Instructor - Nina Borden

Tai Chi - Intermediate (Drop-in) - Age 55+

Review the Tai Chi for Arthritis and Falls Prevention program. Explore the warm-up exercises and the movements in more detail. Practice the whole set using basic tai chi principles of internal energy, body structure and movement guidelines. Instructor - Nina Borden

Brushstrokes & Brews- Age 55+

Join us for an easy acrylic painting tutorial. No skilled required for this class, just have fun, and socialize with others. All supplies included. \$15 registration fee.



GMT: Public Transit Workshop

Part 2: Friday, April 12th

Meet at Senior Center @ 1:30 pm

Supervised Bus Ride!

Wellness Workshop

Everything you need to know about osteoporosis!



Wednesday, April 17

1:30 - 2:45 pm

South Burlington Senior Center

For more information & register:

Visit RECANDPARKS.SBVT.GOV

or

Email Rebecca:

RISHAM@SOUTHBURLINGTONVT.GOV



April

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>9:15 am Senior Cardio 10 am BB - Shirley 12:30 pm Mahjong 1 pm Mexican Train Dominoes</p>	<p>2</p> <p>9:45 am H & F Canasta 12 pm Movement for Parkinson's 1:30 pm Cribbage 1:30 pm Art Class w/Lin Warren</p>	<p>3</p> <p>8:45 am Bone Builders 10 am BB - Patti 12 pm Meal 1:30 pm Bingo</p>	<p>4</p> <p>Senior Center Closed for the School Budget Vote</p>	<p>5</p> <p>9:15 am Senior Cardio 10 am BB - Bert 12 pm Meal</p> <p><i>Closed at 1:30 pm for Illuminate VT</i></p>
<p>8</p> <p>9:15 am Senior Cardio 10 am BB - Shirley 12:30 pm Mahjong 1 pm Mexican Train Dominoes</p>	<p>9</p> <p><i>Last Day of Tax Prep</i> 9:45 am H & F Canasta 12 pm Movement for Parkinson's 1:30 pm Cribbage 1:30 pm Art Class w/Lin Warren</p>	<p>10</p> <p>8:45 am Bone Builders 10 am BB - Mary 12 pm Meal 12:30 pm Library Visit 1:30 pm Bingo</p>	<p>11</p> <p>9:30 am Tai Chi - Beginners 11 am Tai Chi - Intermediate 12:30 pm H & F Canasta 1 pm Bridge</p>	<p>12</p> <p>9:15 am Senior Cardio 10 am BB - Patti 12 pm Meal 1:30 pm GMT Supervised Bus Ride</p>
<p>15</p> <p>9:15 am Senior Cardio 10 am BB - Shirley 12:30 pm Mahjong 1 pm Mexican Train Dominoes</p>	<p>16</p> <p>9:45 am H & F Canasta 12 pm Movement for Parkinson's 1 pm Cribbage 1:30 pm Art Class w/Lin Warren</p>	<p>17</p> <p>8:45 am Bone Builders 10 am BB - Mary 12 pm Meal NO BINGO 1:30 pm Bone Health Workshop</p>	<p>18</p> <p>9:30 am Tai Chi - Beginners 11 am Tai Chi - Intermediate 12:30 pm H & F Canasta 1 pm Bridge</p>	<p>19</p> <p>9:15 am Senior Cardio 10 am BB - Bert 12 pm Meal 1:30 pm Brushstrokes & Brews</p>
<p>22</p> <p>9:15 am Senior Cardio 10 am BB - Shirley 12:30 pm Mahjong 1 pm Mexican Train Dominoes</p>	<p>23</p> <p>9:45 am H & F Canasta 12 pm Movement for Parkinson's 1 pm Cribbage 1:30 pm Art Class w/Lin Warren</p>	<p>24</p> <p>8:45 am Bone Builders 10 am BB - Mary 12 pm Meal 1:30 pm Bingo</p> 	<p>25</p> <p>9:30 am Tai Chi - Beginners 11 am Tai Chi - Intermediate 12:30 pm H & F Canasta 1 pm Bridge</p>	<p>26</p> <p>9:15 am Senior Cardio 10 am BB - Patti 12 pm Meal 12:30 pm Mahjong</p>
<p>29</p> <p>9:15 am Senior Cardio 10 am BB - Shirley 12:30 pm Mahjong 1 pm Mexican Train Dominoes</p>	<p>30</p> <p>9:45 am H & F Canasta 12 pm Movement for Parkinson's 1 pm Cribbage 1:30 pm Art Class w/Lin Warren</p>	<p>Free Round Trip Shuttle Service</p>  <p>Want a reliable transport option for getting to and from an SBRP event? South Burlington Recreation and Parks is offering complimentary SSTA shuttle service for select upcoming events! Visit our website to see the events we have shuttle service for.</p>		