

SOUTH BURLINGTON SENIOR CENTER

MONTHLY ACTIVITIES GUIDE - MARCH 2024

This morning as I was getting ready for work I heard the familiar spring song bird. Now I don't know what kind of bird, however I know that it is always the first bird I hear when spring is here. That song bird, brings me hope that we will soon see more sunshine and warm days soon. Spring reminds us of the cycle of life as we welcome our trees leaves and our blooms of tulips and daffodils.

As March arrives at the Senior Center we have the retirement of Cathy Gratton from our Bone Builders program. Cathy was the Senior Centers first volunteer and brought the Bone Builders program to us. For the last two and half years, Cathy has been a familiar face on Monday mornings to over 40 seniors wanting to begin their week with some bone health exercises. Thank you Cathy for your dedication and work to help me with developing the Bone Builders program. We will miss your instruction but hope to continue to see you around.

March also brings us the St. Patrick's Day holiday. St. Patrick was the patron saint of Ireland who died on March 17th. It has become the most celebrated national holiday in many countries. From green beer, parades to shamrocks, St. Patrick's Day is a day to celebrate the Irish. We will flow from St. Patrick's day into an early Easter holiday at the end of the month.

March is a month of transition. From the cold winter air to the slightly warm spring sunshine. The Senior Center will also use March to transition into our spring events such as our Senior Spring Brunch and our Bone Health Seminar sponsored by the National Council on Aging.

In closing, I would like to say thank you. Thank you for always bringing your joyful smiles and ideas to the Senior Center. I hope that you are able to enjoy at least one of our programs or all of our programs.

Warmly,
Rebecca

Closed March 5th for Voting.

AARP Tax appointments will continue as scheduled.

THIS MONTH'S LUNCHES

March 1:

Cheese Rollette w/Mozzarella, Ricotta, Provolone & Asiago and Marinara / Garden Peas & Carrots / Mandarin Oranges w/Cream

March 6:

Sheperd's Pie w/Corn & Mashed Potatoes / Spinach / Diced Pears

March 8:

Minestrone Bean Soup w/Black Beans & White Kidney Beans / Crackers / Winter Mixed Vegetables / Apricots w/Vanilla Yogurt

March 13:

Chicken Parmesan / Linguine w/Sauce / Brussel Sprouts / Fruit Cocktail

March 15:

Vegetable Chow Mein w/Water Chestnuts / Brown Rice Pilaf w/Black Beans / Capri Vegetables / Chow Mein Noodles / Tapioca Pudding w/Mandarin Oranges

March 20:

Roast Pork w/Sauce / Mashed Yams / Peas & Onions / Oatmeal Raisin Cookies

March 22:

Spinach & Cheddar Pie w/Zucchini & Summer Squash and Ricotta Cheese / Home Fries / Capri Blend Vegetables / Applesauce w/Cinnamon

March 27: **Birthday Lunch w/Cake & Ice Cream**

Beef & Cheddar Burger / Baked Beans / Sliced Carrots w/Parsley / Orange

March 29:

Lasagna Rollette w/Marinara Sauce & Cheese / Garden Peas w/Mushrooms / Mandarin Oranges

Want to Come to a Senior Lunch?

Pre-registration is required the week before.

Here's How:

Call: 802-923-5545

Email: risham@southburlingtonvt.gov

Website: recandparks.sbvt.gov

IMPORTANT DATES

March 5 — Senior Center Closed for Voting

March 15 — Brushstrokes & Brews

March 20 — SB Public Library Visit

March 27 — Age Well Tickets

March 27 — Birthday Lunch

Coming To The Senior Center?

When you come to the Senior Center to participate in a fitness class, lunch, or any other program make sure to plan ahead with these helpful tips:



Make sure to bring a sweater/sweatshirt, as our room's temperature fluctuates throughout the day.



Bring a water bottle, but don't forget to bring it home!



If you are attending a fitness class, please make sure to bring a change of shoes; so the floor stays clean for exercising. Also, please do not change your shoes in the livingroom.



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.

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 Coverall 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.

Jazzercise LO - Age 55+

Join us for our popular Jazzercise LO class. Muscles, not momentum, drive this class that is a low impact dance-based and strength training class designed with you in mind. *\$64 monthly autodraft fee. Includes classes on Wednesdays @ 5:45p, Saturdays @ 9:30a and livestreams. No commitment, cancel anytime. Contact Kit for pre-registration: getfitwithkit@aol.com or 802-434-2676.

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.



AARPSM
Tax-AideTM

Appointments Are Filling Up!

Looking to have your taxes prepared?

Now - April 9th

Appointments available for March and April.

Book an appointment online through the SB Recreation & Parks website or via email: risham@southburlingtonvt.gov

Must have an appointment. No walk-ins accepted.

Senior Center Living Room Closed Every Tuesday and Friday until 2:00 pm thru April 9th

March

Monday

Tuesday

Wednesday

Thursday

Friday

				1 8:30 am Jazzercise 9:45 am Senior Cardio 10:15 am BB - Bert 12:15 pm Meal
4 9:15 am Senior Cardio 10 am BB - Shirley 11:30 am Art Class w/ Lin Warren 1 pm Mahjong 1 pm Mexican Train Dominoes	5 Senior Center Closed for Voting. AARP Tax appointments continue as scheduled.	6 8:45 am Bone Builders 10 am BB - Patti 12 pm Meal 1:30 pm Bingo	7 9:30 am Intro. to Tai Chi 11 am Tai Chi (Intermediate) 12:30 pm H & F Canasta 1 pm Bridge	8 8:30 am Jazzercise 9:45 am Senior Cardio 10:15 am BB - Bert 12:15 pm Meal
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