



SOUTH BURLINGTON SENIOR CENTER

MONTHLY ACTIVITIES GUIDE - MAY 2024

Hello May.....

April has come to an end and we are springing into May. April was a busy month at the Senior Center. We completed our third year of offering AARP Tax Aide. It was a big success and I would like to thank everyone for their patience and flexibility. This is a valuable service and is lead by a group of dedicated volunteers. We also finished our GMT Public Transit Workshop with a bus ride to the waterfront. It was a great workshop that showed us how to ride the bus and be safe at the same time. GMT will be coming back to South Burlington City Hall in the next few weeks, to set up accounts for people to be able to ride the bus. The GMT Bus fares are set to go back into effect on May 20. Stay tuned for the date of their sign ups.

The month of April, also had us playing Spring Saturday BINGO. We had a fun afternoon of playing dime bingo, snacks and door prizes. Thank you to everyone who attended, I hope that you had fun and won a little something.

April 17th we hosted the Osteoporosis Bone Health Workshop in partnership with the National Council on Aging. Dr. Jennifer Kelly spoke about Bone osteoporosis and osteopenia and how important it is to have good bone health as we age. The NCOA was amazed about how many seniors came out for the workshop and we were so happy to have had our site to be the host of this educational seminar. If you attended the Workshop, please be looking for an email from me with a post survey and a chance to enter our raffle. You can also stop in at the Senior Center from May 2 to the May 15th and fill out a paper version of the survey and enter the raffle. I want to thank everyone who attended this workshop, it was very humbling to see you all here for this event.

The month of April was also volunteer appreciation month. And I could not do my job without the amazing volunteers who help me serve meals, instruct the Bone Builders and Tai Chi programs and help me with giving their time during BINGO and other programs. I hope that these volunteers know how much I appreciate and care about you. I am lucky to have a group of volunteers who are so dedicated to giving. As we move into May, if you see or talk to a volunteer, not just from our community at the senior center, but anywhere, thank them for donating their time. Many programs like ours rely on volunteers to be able to serve others.

May will bring us blooms of flowers and hopefully warm sunshine. The Senior center will have our regular programs but not too many extras this month. The Birthday Lunch will be on May 22, so make sure to sign up early to reserve your seat. And we will be closed on May 27th to observe Memorial Day. I hope that you will stop and remember some special on this day. The Recreation and Parks department is holding a Memorial Day Event on Friday May 24th at Veterans Memorial Park, if you would like to attend, SSTA can give you a ride on us. Simply call Kate in the Recreation department and she will register you for a ride to the event.

As we journey through the May mud season and pray for sunshine, I hope that you spend time with friends and family whether inside the senior center or outside, do something that brings a smile to your face and warmth to your heart.

Till next month-

Rebecca

Closed May 7th for School Budget Revote. Closed May 27th for Memorial Day.

THIS MONTH'S LUNCHES

May 1:

Glazed Beef Patty w/Cheddar / Baked Beans w/Maple Syrup / Brussel Sprouts / Orange

May 3:

Chicken-n-Biscuit / Diced Carrots w/Dill / Mashed Cauliflower / Granny Smith Apple

May 8:

Cheese Omelet w/Ham / Home Fries w/Onions & Peppers / Broccoli Florets / Texas Toast / Orange Gelatin w/Oranges

May 10:

BBQ Salisbury / Diced Potatoes / Baked Beans / Peaches

May 15:

Chicken Breast w/Vegetable Sweet-n-Sour Sauce / Brown Rice Pilaf w/Veggies & Cannellini Beans / Brussel Sprouts / Pineapple Tidbits

May 17:

Macaroni & Cheese / Broccoli Florets / Sliced Carrots w/Parsley / Pears

May 22: **Birthdays Lunch w/Cake & Ice Cream**

Turkey Vegetable Meatloaf w/Sauce / Mashed Potatoes / Sliced Carrots / Peaches & Pears

May 24:

Shepherd's Pie w/Corn / Mashed Potatoes / Broccoli Florets / Pumpkin Cookie w/Raisin

May 29:

Broccoli Cheddar Quiche / Sliced Carrots / Mix of Green Beans & Wax Beans / Pineapple Orange Combo

May 31:

Chicken A La King / Mashed Potatoes / Brussel Sprouts / Peach Crisp w/Cream

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

May 7 — Senior Center Closed, School Budget Revote

May 15 — SB Public Library Visit

May 17 — Brushstrokes & Brews

May 22 — Age Well Tickets

May 22 — Birthday Lunch

Wellness Workshop

Everything you need to know about osteoporosis!



Did you attend the Osteoporosis Bone Health Workshop?

The NCOA (National Council on Aging) would like you to fill out their survey about the workshop. It is a short 5 minute survey to better understand your experience attending the bone health lecture and use of related resources. You are not required to fill out the survey, but this information assists them with providing future high-quality lectures.

There are 2 ways to complete the survey:

- Online via the link you were emailed on May 1st
- Stop by the Senior Center to fill out a paper copy and give to Rebecca

The survey needs to be completed by May 15th online or May 14th for paper versions.

Did I mention that by filling out the online or paper survey you are entered into a raffle for a chance to win one of four (4) prizes:

\$100 Hannaford Gift Card

\$100 Shaw's Gift Card

\$100 Windjammer Gift Card

\$100 Olive Garden Gift Card

Raffle prize drawings will happen on May 16th.

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.



Free Round Trip Shuttle Service

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.

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.



May

Monday	Tuesday	Wednesday	Thursday	Friday
		<p style="text-align: right;">1</p> <p>8:45 am Bone Builders 10 am BB - Mary 12 pm Meal 1:30 pm Bingo</p>	<p style="text-align: right;">2</p> <p>9:30 am Tai Chi - Beginners 11 am Tai Chi - Intermediate 12:30 pm H & F Canasta 1 pm Bridge</p>	<p style="text-align: right;">3</p> <p>9:15 am Senior Cardio 10 am BB - Bert 12 pm Meal</p>
<p style="text-align: right;">6</p> <p>9:15 am Senior Cardio 10 am BB - Shirley 12:30 pm Mahjong 1 pm Mexican Train Dominoes</p>	<p style="text-align: right;">7</p> <p>Senior Center Closed for the School Budget Vote</p>	<p style="text-align: right;">8</p> <p>8:45 am Bone Builders 10 am BB - Mary 12 pm Meal 1:30 pm Bingo</p>	<p style="text-align: right;">9</p> <p>9:30 am Tai Chi - Beginners 11 am Tai Chi - Intermediate 12:30 pm H & F Canasta 1 pm Bridge</p>	<p style="text-align: right;">10</p> <p>9:15 am Senior Cardio 10 am BB - Patti 12 pm Meal</p>
<p style="text-align: right;">13</p> <p>9:15 am Senior Cardio 10 am BB - Shirley 12:30 pm Mahjong 1 pm Mexican Train Dominoes</p>	<p style="text-align: right;">14</p> <p>9:45 am H & F Canasta 12 pm Movement for Parkinson's 1 pm Cribbage</p>	<p style="text-align: right;">15</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 style="text-align: right;">16</p> <p>9:30 am Tai Chi - Beginners 11 am Tai Chi - Intermediate 12:30 pm H & F Canasta 1 pm Bridge</p>	<p style="text-align: right;">17</p> <p>9:15 am Senior Cardio 10 am BB - Bert 12 pm Meal 1:30 pm Brushstrokes & Brews</p>
<p style="text-align: right;">20</p> <p>9:15 am Senior Cardio 10 am BB - Shirley 12:30 pm Mahjong 1 pm Mexican Train Dominoes</p>	<p style="text-align: right;">21</p> <p>9:45 am H & F Canasta 12 pm Movement for Parkinson's 1 pm Cribbage</p>	<p style="text-align: right;">22</p> <p>8:45 am Bone Builders 10 am BB - Mary 12 pm Meal 1:30 pm Bingo</p> <p style="text-align: center;"></p>	<p style="text-align: right;">23</p> <p>9:30 am Tai Chi - Beginners 11 am Tai Chi - Intermediate 12:30 pm H & F Canasta 1 pm Bridge</p>	<p style="text-align: right;">24</p> <p>9:15 am Senior Cardio 10 am BB - Patti 12 pm Meal 12:30 pm Mahjong</p>
<p style="text-align: right;">27</p> <p>Senior Center Closed in Observance of Memorial Day</p>	<p style="text-align: right;">28</p> <p>9:45 am H & F Canasta 12 pm Movement for Parkinson's 1 pm Cribbage</p>	<p style="text-align: right;">29</p> <p>8:45 am Bone Builders 10 am BB - Mary 12 pm Meal 1:30 pm Bingo</p>	<p style="text-align: right;">30</p> <p>9:30 am Tai Chi - Beginners 11 am Tai Chi - Intermediate 12:30 pm H & F Canasta 1 pm Bridge</p>	<p style="text-align: right;">31</p> <p>9:15 am Senior Cardio 10 am BB - Bert 12 pm Meal 12:30 pm Mahjong</p>