

September

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 12 pm *Meal	2	3 8:30-10:30 am Coffee Corner 1-3:30 pm Bingo	4
5	6 LABOR DAY Senior Center Closed	7 8:30-10:30 am Coffee Corner	8 10 am Bone Builders 12 pm *Meal	9	10 8:30-10:30 am Coffee Corner 1-3 pm Card Play	11
12	13 1-3 pm Mahjong	14 8:30-10:30 am Coffee Corner 1-3 pm Adult Coloring	15 10 am Bone Builders 12 pm *Meal	16 1-3 pm Make a Fall Wreath	17 8:30-10:30 am Coffee Corner 1-3:30 pm Bingo	18
19	20 1-3 pm Mahjong	21 8:30-10:30 am Coffee Corner	22 10 am Bone Builders 12 pm *Meal	23 <i>First Day of Autumn</i> 1-3 pm Rock Painting	24 8:30-10:30 am Coffee Corner 1-3 pm Card Play	25
26	27 1-3 pm Mahjong	28 8:30-10:30 am Coffee Corner	29 10 am Bone Builders 12 pm *Meal	30 Coffee Tasting	<i>"We know that in September, we will wander through warm winds of summer's wreckage. We will welcome summer's ghost." - Henry Rollins</i>	

South Burlington Senior Center

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southburlington
RECREATION & PARKS

Feeling Lucky? Come Play BINGO.

Friday Afternoons will never be the same with Dime BINGO at the SB Senior Center.

A dime a card, and 25 cent coverall Jackpot.

Friday September 3rd and 17th from 1-3:30 pm

Coffee Corner

Drop in for Coffee Corner on Tuesdays and Fridays.

Stop into the Senior Center between 8:30-10:30 am and have a cup of coffee or tea.

Socialize, read the paper or watch the news.

Bone Builders is Here!

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.

Wednesday's 10-11am starting September 8th.

Do you have Mahjong Fever?

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.

Mondays 1-3:30 pm

Rummy, Gin, Hearts, UNO, Skip Bo...

What card games do you like to play?

Have a favorite, bring it along.

Come spend the afternoon playing cards and socializing.

Friday September 10th and 24, 1-3:30 pm

Happy National Coloring Day!

Come join the fun, and do some adult coloring.

Tuesday, September 14 from 1-3 pm

It's Almost Time to Celebrate Fall!

Let's start the season with an Autumn Leaf Wreath.

Make a wreath with felt leaves for your door.

\$3 fee for supplies. **Registration Required**

Thursday, September 16 from 1-3 pm

Happy National Rock Day!

Let's celebrate national rock day with some rock painting! Grab a rock and paint your favorite image, saying or color.

Great for gifts, gardens and more. \$3 fee for supplies. **Registration Required**

Thursday, September 23 from 1-3 pm

Do you like Coffee?

Come to a Coffee Tasting Event.

Try different flavors of coffees and see if you have a new favorite.

Thursday, September 30 from 11 am-1 pm

Come have lunch with Friends!

In collaboration with Age Well, the Senior Center will be having sit down lunches every week on Wednesdays. The doors open at 12 pm and lunch is served at 12:30 pm. Every meal is served with a dinner roll and butter. Milk, coffee, and water will also be available.

**Pre-registration is required. \$5 suggested donation.*

Menu for September

September 1:

Stuffed Chicken Breast/Sauce
Mashed Potatoes
Glazed Carrots
Cranberry Sauce
Iced Yellow Yogurt Cake w/Lemon Filling

September 8:

Pork Marsala w/Marsala Mushroom Sauce
Rice Pilaf
Peas & Onions
Fresh Fruit Salad

September 15:

Lasagna Rollette w/Sausage/Beef Sauce
Garden Peas
Broccoli
Vanilla Orange Pineapple Fluff

September 22:

Meatloaf w/Sauce
Red Mashed Potatoes
Carrots w/Dill
Apple/Blueberry Crisp

September 29:

Beef Burgundy w/Sauce
Rotini Noodles
Glazed Beets
Apple Cake w/Icing