



**“Be a part of a growing community.”**

241 North Winooski Avenue, Burlington (www. Champlainseniorcenter.org)  
Hours: Monday – Friday 9:00 a.m. – 3:00 p.m. The Center Serves Noon meals every day.

**Call 658-3585 for reservations or more information**

Monday	Tuesday	Wednesday	Thursday	Friday
			1 <b>“Arts for All”</b> Ginny Mullen 10:30 – 12:00 <b>Armchair Exercise</b> with Marcia 11:30 -12:00 <b>Bridge</b> 1:00 – 3:00	2 <b>T'ai Chi</b> with Madeleine 10:00 – 11:00 <b>Armchair Exercise</b> with Marcia 11:30 -12:00
5 <b>4<sup>th</sup> of July Holiday Center Closed</b>	6 <b>Identity Theft</b> With Shirley 11:00 <b>Healthy Aging Discussion</b> With Brian Dubie 11:30 <b>Armchair Exercise</b> with Marcia 11:30 -12:00	7 <b>Yoga</b> with Holly 8:30 <b>Computer</b> with Lyndsey 9:00 <b>Multigenerational Fun Day</b> 10:30 – 11:30 <b>Armchair Exercise</b> with Marcia 11:30 -12:00 <b>Bingo</b> 12:30	8 <b>“Arts for All”</b> Ginny Mullen 10:30 – 12:00 <b>Armchair Exercise</b> with Marcia 11:30 -12:00 <b>Bridge</b> 1:00 – 3:00 <b>Community Meal</b> 5:30 p.m.	9 <b>T'ai Chi</b> with Madeleine 10:00 – 11:00 <b>Armchair Exercise</b> with Marcia 11:30 -12:00
12 <b>Computer</b> with Josh 9:00 – 11:00 <b>Multigenerational Fun Day</b> 10:30 – 11:30 <b>Armchair Exercise</b> with Marcia 11:30 -12:00	13 <b>Creative Writing</b> with Sue London 10:30 a.m. <b>Armchair Exercise</b> with Marcia 11:30 -12:00	14 <b>Yoga</b> with Holly 8:30 am <b>Computer</b> with Lyndsey 9:00 <b>Foot Care</b> 9:00 – 12:00 <b>Origami with Don</b> 10:30 am <b>Armchair Exercise</b> with Marcia 11:30 -12:00 <b>Bingo</b> 12:30	15 <b>“Arts for All”</b> Ginny Mullen 10:30 – 12:00 <b>Piano</b> With Margaret Shaub 10:00 <b>Armchair Exercise</b> with Marcia 11:30 -12:00 <b>Bridge</b> 1:00 – 3:00	16 <b>T'ai Chi</b> with Madeleine 10:00 – 11:00 <b>“Arts for All”</b> Ginny Mullen 10:30 – 12:00 <b>Armchair Exercise</b> with Marcia 11:30 -12:00
19 <b>Diabetic Education</b> With Dawn 11:00 – 12:00 9:00 <b>Armchair Exercise</b> with Marcia 11:30 -12:00	20 <b>Armchair Exercise</b> with Marcia 11:30 -12:00	21 <b>Picnic at Oakledge</b> 10:00 – 2:00 See Marie for Tickets <b>Yoga</b> with Holly <b>Armchair Exercise</b> with Marcia 11:30 -12:00 <b>Bingo</b> 12:30	22 <b>Blood Pressure</b> 11:00 <b>Armchair Exercise</b> with Marcia 11:30 -12:00 <b>Bridge</b> 1:00 – 3:00	23 <b>Armchair Exercise</b> with Marcia 11:30 -12:00
26 <b>Computer</b> with Josh 9:00 – 11:00 <b>Armchair Exercise</b> with Marcia 11:30 -12:00	27 <b>Creative Writing</b> with Sue London 10:30 a.m. <b>Armchair Exercise</b> with Marcia 11:30 -12:00	28 <b>Yoga</b> with Holly 8:30 <b>Computer</b> with Lyndsey at 9:00 <b>Origami with Don</b> 10:30 am <b>Armchair Exercise</b> with Marcia 11:30 -12:00 <b>Night-time Meal at CSC</b> 4:00 entertainment 5:00 meal Roast Pork, Strawberry Shortcake Get tickets from Marie Suggested donation: \$5.00 <b>Bingo</b> 12:30	29 <b>Armchair Exercise</b> with Marcia 11:30 -12:00 <b>Bridge</b> 1:00 – 3:00	30

As always - Games - Cards, Scrabble, Bingo, Pool Table, Wii - Monday – Friday