



**CHAMPLAIN SENIOR CENTER**  
Burlington Vermont

**March  
Calendar**

**“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**

**For Computers, Tax Help, & Armchair massage you need to sign up beforehand**

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 <b>Computer Instruction</b> 9:00 – 11:00</p> <p><b>A Matter of Balance</b> 9:30 -11:30</p>	<p>2 <b>Creative Writing</b> with Sue London 10:30 a.m.</p>	<p>3 <b>Armchair Massage</b> with Cheryl 9:00 – 12:00</p> <p><b>Tax Help</b> 9:00 – 12:00</p>	<p>4 <b>“Arts for All”</b> Ginny Mullen 10:30 – 12:00</p>	<p>5 <b>Exercise Motivational Class</b> With Kathleen 11:00</p>
<p>8 <b>Computer Instruction</b> 9:00 – 11:00</p> <p><b>A Matter of Balance</b> 9:30 -11:30</p>	<p>9 <b>Manicures</b> 9:00 – 12:00</p>	<p>10 <b>Foot Care</b> 9:00 – 12:00</p> <p><b>Tax Help</b> 9:00 – 12:00</p>	<p>11 <b>“Arts for All”</b> Ginny Mullen 10:30 – 12:00</p> <p><b>Community Meal</b> 5:30 p.m.</p>	<p>12 <b>Special Activity</b> with Derek 10:00 – 11:00</p>
<p>15 <b>Computer Instruction</b> 9:00 – 11:00</p> <p><b>A Matter of Balance</b> 9:30 -11:30</p>	<p>16 <b>Creative Writing</b> with Sue London 10:30 a.m.</p>	<p>17 <b>St. Patrick’s Day Celebration at the Elks</b> <b>Center is Closed</b></p>	<p>18 <b>Tax Help</b> 9:00 – 12:00</p> <p><b>Armchair Massage</b> with Cheryl 9:00 – 12:00</p> <p><b>Origami</b> 10:30-11:30 am</p>	<p>19</p>
<p>22 <b>Computer Instruction</b> 9:00 – 11:00</p> <p><b>A Matter of Balance</b> 9:30 – 11:30</p>	<p>23 <b>Manicures</b> 9:00 – 12:00</p> <p><b>Fletcher Free Library</b> 11:00 a.m.</p>	<p>24 <b>Tax Help</b> 9:00 – 12:00</p>	<p>25 <b>Movies by Jackie</b> 10:00 a.m.</p>	<p>26</p>
<p>29 <b>Computer Instruction</b> 9:00 – 11:00 with Josh</p> <p><b>A Matter of Balance</b> 9:30 – 11:30</p>	<p>30 <b>Creative Writing</b> with Sue London 10:30 a.m.</p>	<p>31 <b>Tax Help</b> 9:00 – 12:00</p> <p><b>Origami</b> 10:30-11:30 am</p>		

- Regular Weekly Activities:**
- **Armchair Exercise** - Monday – Friday, 11:30 – 12:00
  - **Bridge** - Thursdays, 1:00 – 3:00 p.m.
  - **Games** - **Cards, Scrabble, Bingo, Pool Table, Wii** - Monday – Friday
  - **Knitting** - Fridays, 10:00 – 11:45 a.m.
  - **Yoga with Holly** - Wednesdays at 8:30 a.m.