

July

At the Resource Center

Please sign up for all events by calling 488-6331 or 343-0440, or by emailing JWEBER@HOWARDCENTER.ORG

The Resource Center calendar is available online at www.howardcenter.org.

Paper copies of the calendar are available at the

Resource Center 31 Swift Street, or at HowardCenter 102 So. Winooski Ave.

The Resource Center may close for a half hour during the day. Please call prior to coming to the facility when events/classes are not scheduled! Thank you!

Thursday, July 1st

9:00 – 11:00 **GRACE ARTS**

11:30 – 1:30 **GRACE ARTS**

2:00 – 4:00 **GRACE ARTS**

Please come at the time you are signed up for. If you have attended the class less than two times during the previous month, please call to sign up for this program. Class space is limited. There is **no drop in lunch** during the Grace Arts Program. Eating snacks or lunch will **not** be allowed in the main room throughout the day. **Participants who have signed up for the midday session may eat their lunch in the kitchen or small classroom, but please clean up after yourself.** Thank you for your cooperation.

Friday, July 2nd

10:00 – 11:00 BINGO!

11:30 – 1:30 Drop in Lunch

2:00 – 3:30 **Hand Drumming with Bruce McKenzie.** Final Class. All are welcome to enjoy the music the class will perform.

Sunday July 4th Happy Independence Day!

Monday July 5th

Resource Center is closed in observance of Independence Day!

Tuesday July 6th

10:00 – 11:00 **Card Making with Joy!**

11:30 – 1:30 Drop in Lunch. Connect with other clients and staff to make plans for outings and social networking.

2:00 – 3:30 Drop In Day! Stop by the Resource Center for games, puzzles, computer time, or help out in the garden.

Wednesday July 7th

9:45 – 11:30 Movie and Popcorn. “The Spy Next Door”. Starring Jackie Chan as a spy who decides to retire from spying to try and have a normal relationship and a normal life.

11:30 – 1:30 Drop in Lunch.

1:30 – 2:30 World Geography and Culture Club. China is on our map this week.

3:00 – 4:00 **Zumba with Shannon!** Be ready to move to the Latin groove!

Thursday July 8th

9:00 – 11:00 **GRACE ARTS**

11:30 – 1:30 **GRACE ARTS**

2:00 – 4:00 **GRACE ARTS**

Call for space availability.

Friday July 9th

9:30 – 10:15 Stretch and Dancercise with Jayne.

10:30 – 12:00 **BSAC (Burlington Self-Advocates Club)** monthly business meeting at the Resource Center. Join the club and learn what it means to be a self-advocate.

11:30 – 1:30 Drop in Lunch

1:30 – 2:30 Living Healthy Group is cooking with Connor.

3:00 – 3:45 Current Events. Find out what is happening in your world, neighborhood, and horoscope.

Monday July 12th

10:00 – 11:00 **Card making with Joy.** Joy's birthday is on July 14th, so let's sing!

11:30 – 1:30 Drop in Lunch. Connect with other clients and staff to make plans for outings and social networking.

1:30 – 2:30 Stain Glass Mosaic Project. We are creating a nature piece for a friend of VSA, who made a generous donation for our Dome Project Fundraiser. Meet in the Conference room.

3:00- 4:00 **Yoga with Morgan.** Eight mats available or bring your own.

Tuesday July 13th

9:30 – 11:30 Awareness Theatre.

10:00 – 11:00 Stain Glass Mosaic Project. We are creating a nature piece for a friend of VSA, who made a generous donation for our Dome Project Fundraiser. Meet in the Conference room.

11:30 – 1:30 Drop in Lunch. Connect with other clients and staff to make plans for outings and social networking.

2:00 – 3:30 Come on down! The Price is Right!

Wednesday July 14th

10:00 – 11:30 Come on down! The Price is Right!

11:30 – 1:30 Drop in Lunch.

1:45 – 4:00 Movie and Popcorn. "Invictus", starring Morgan Freeman and Matt Damon. Nelson Mandela was imprisoned 27 years for his heroic fight against apartheid. Once freed, he rejects revenge, forgives his oppressors and finds hope of national unity in an unlikely place: the rugby field.

Thursday July 15th

9:00 – 11:00 **GRACE ARTS**

11:30 – 1:30 **GRACE ARTS**

2:00 – 4:00 **GRACE ARTS**

Call for space availability.

Friday July 16th

10:00 – 11:00 **Peter Tells Tales.** Join us for the storytelling antics of Peter Burns.

11:30 – 1:30 Drop in Lunch.

1:30 – 4:00 Living Healthy Group goes for a hike. Join us at the RC to carpool to our Niquette Bay State Park. Please wear good hiking shoes and bring a bottle of water.

Monday July 19th

10:00 – 11:00 **Zumba with Shannon.** Be ready to move to the Latin groove!
11:30 – 1:30 Drop in Lunch. Connect with other clients and staff to make plans for outings and social networking.
1:30 – 2:30 **Jackson and Joel.** Joel B. will tell us about the art work of Jackson Pollock and then we will try our hand at his painting technique.
3:00 – 4:00 **Yoga with Morgan.** Eight mats available or bring your own.

Tuesday July 20th

9:30 – 11:30 Awareness Theatre.
11:30 – 1:30 Drop in Lunch. Connect with other clients and staff to make plans for outings and social networking.
1:30 – 2:30 **Card Making with Joy!**
3:00 – 4:00 BINGO!

Wednesday July 21st

10:00 – 11:30 Drop In Day! Stop by the Resource Center for games, puzzles, computer time, or help out in the garden.
11:30 – 1:30 Drop in Lunch.
1:30 – 2:30 World Geography and Culture Club. We'll continue our visit to China.
3:00 – 4:00 **Zumba with Shannon.** Be ready to move to the Latin groove!

Thursday July 22nd

9:00 – 11:00 **GRACE ARTS**
11:30 – 1:30 **GRACE ARTS**
2:00 – 4:00 **GRACE ARTS**
Call for space availability.

Friday July 23rd

9:30 – 10:15 Stretch and Dancercise with Jayne.
10:30 – 11:30 Karaoke Sing Along. Beatles, Beyonce, The Go-Go's and more.
10:30 – 12:00 **BSAC (Burlington Self-Advocates Club)** monthly social meeting at the Burlington Towne Center Food Court, behind the escalators. All are welcomed to join this club and learn what it means to be a self-advocate.
11:30 – 1:30 Drop in Lunch
1:30 – 2:30 Living Healthy Group **Banking 101 with Jamie Marchessault**, Personal Banker of Merchants Bank. Jamie and his colleagues will teach us some banking basics.
3:00 – 4:00 Summer Arts and Crafts.

Monday July 26th

10:00 – 11:00 **Card making with Joy.**
11:30 – 1:30 Drop in Lunch. Connect with other clients and staff to make plans for outings and social networking.
1:30 – 2:30 Stain Glass Mosaic Project. We are creating a nature piece for a friend of VSA, who made a generous donation for our Dome Project Fundraiser. Meet in the Conference room.
3:00- 4:00 **Yoga with Morgan.** Eight mats available or bring your own.

Tuesday July 27th

9:30 – 11:30 Awareness Theatre.

10:00 – 11:00 Stain Glass Mosaic Project. We are creating a nature piece for a friend of VSA, who made a generous donation for our Dome Project Fundraiser. Meet in the Conference room.

11:30 – 1:30 Drop in Lunch. Connect with other clients and staff to make plans for outings and social networking.

2:00 – 3:30 Karaoke Sing Along. Beatles, Beyonce, The Go-Go's and more.

Wednesday July 28th

10:00 - 11:00 BINGO!

11:30 – 1:30 Drop in Lunch.

1:30 – 2:30 BINGO!

3:00 – 4:00 Ice Cream Social: In honor of July being National Ice Cream Month.

FYI: July is also Anti-boredom Month, Cell Phone Courtesy Month, National Baked Beans Month, National Bikini Month, and National Hotdog Month. So keep your friends from falling to sleep while you text them by wearing a yellow polka dot bikini while eating your hotdog and beans.... Huh?

Thursday July 29th

9:00 – 11:00 **GRACE ARTS**

11:30 – 1:30 **GRACE ARTS**

2:00 – 4:00 **GRACE ARTS**

Call for space availability.

Friday July 30th

9:30 – 10:30 Help prep for the BBQ.

11:00 – 3:00 SURF'S UP! Hawaiian Luau BBQ and Potluck.

Happy Birthday July Celebrants! Please sign up to bring a dish, salad, drink, or dessert.

Who's bringing the spam and pineapple? We'll see who is the best at limbo-ing and hula hooping! Location: Farrell Park.

3:00 – 4:00 Help clean up. Thanks!

July

Community Access

Resource Center

Happenings:

BSAC – Burlington Self Advocacy Club

Meet some new friends, get involved in the community, and learn what it means to be a self advocate. Business meeting is on Fri. July 9th from 10:30 – 12:00. Social meeting is on Fri. July 23rd from 10:30 – 12:00 at the Burlington Towne Centre Mall food court.

Drop in days at the RC:

Tuesday July 6th from 2:00 – 3:30 and Wednesday July 21st from 10:00 – 11:30. Join us for games, puzzles, computer time, gardening, or just hanging out with your friends.

BBQ and Potluck and Happy Birthday July

Celebrants on Friday July 30th from 11:00 – 3:00. Please sign up to bring a dish to share. Location: TBA.

Burlington

www.enjoyburlington.com/

www.fletcherfree.org

Colchester

www.burnham.lib.vt.us

town.colchester.vt.us/recreation

South Burlington

www.south-burlington.com

www.sbcl.sbschools.net

Jericho

www.jerichovt.gov

Shelburne

www.shelburnemuseum.org

Essex

www.essex.org

Hinesburg

www.hinesburg.org

Milton

www.milton.govoffice2com/

(go to departments on the left side bar)

Winooski

www.onioncity.com

Anywhere!

www.findandgoseek.net

www.burling.planetdiscover.com

Looking for something to do? Check this out:

Burlington Farmers Market on Saturday

City Hall Park May 8th – Oct 30th
8:30 am – 2pm. Yummy food, beautiful art, and farm fresh produce.

Champlain Valley Folk

Festival July 30th – August 1st

Burlington Waterfront Park

info@cvfest.org

Fireworks Celebration July 3rd Burlington Waterfront Parks

Visit:

www.enjoyburlington.com

And follow the links provided under the fireworks image. Activities begin at 4pm and end with the fireworks at 9:30pm.