

# February

## At the Resource Center

Please sign up for all events (except for activities noted as "drop in") by calling 488-6331 or 343-0440, or by emailing:

[JWEBER@HOWARDCENTER.ORG](mailto:JWEBER@HOWARDCENTER.ORG)

The Resource Center calendar is available online at [www.howardcenter.org](http://www.howardcenter.org).

Contact Jayne at the above phone # or email address if you'd like to receive the RC calendar by email. Paper copies of the calendar are available at the Resource Center 31 Swift Street, or at HowardCenter 102 So. Winooski Ave. Please remember that the RC is not a "drop-in center". Thank you!

### Wednesday February 1<sup>st</sup>

9:30 – 11:00 In honor of Special Olympics' "Penguin Plunge" on Saturday February 4<sup>th</sup> and the HowardCenter team who will be taking the plunge, we'll watch the movie, "Mr. Popper's Penguins", and eat popcorn, of course.

**10:00 -11:30 VSA Can Do Arts sponsors "Print It!, hosted by Burlington City Arts. Class registration is closed.**

11:30 – 1:30 Drop in Lunch.

1:30 – 2:30 It's National Children's Author Week through February 6<sup>th</sup>. We'll read a chapter of the classic, "Winnie the Pooh", by A.A. Milne, and do an art activity related to the reading.

3:00 – 4:00 **Zumba! With Toni!**

### Thursday February 2<sup>nd</sup>

9:00 – 11:00 **GRACE ARTS** – this time slot is currently full.

**11:00 – 11:30 Instructor Break**

11:30 – 1:00 **GRACE ARTS**

**1:00 – 2:00 Instructor Lunch Break**

2:00 – 4:00 **GRACE ARTS**

**No Drop in Lunch.**

**Please come at the time you are signed up for.** The midday session has been shortened to allow the instructor to have a lunch break. Students may continue to work independently or with the assistance of their staff until 1:30.

**Please stay only for the time you are signed up for as class space is limited.** Contact Jayne at 343-0440 or 488-6331 if you wish to be placed on the waiting list for a time slot that is currently full. If you have attended the class less than two times during the previous month, your space will be forfeited to the next person on the waiting list.

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 February 3<sup>rd</sup> Happy Birthday, Norman Rockwell.**

**10:00 – 11:30 “So You’re Interested in Awareness Theatre?” This class is full.**

10:15 – 11:15 FC with Friends! Folks who FC and their friends will gather in the conference room to chat and hang out.

10:30 – 12:00 BSAC Social at the Resource Center. Help us plan our Valentine’s Dance in February.

11:30 – 1:30 Drop in Lunch.

1:30 – 2:30 Living Healthy.

2:30 – 3:30 Drop in Games, Puzzles, Wii, etc...

**Saturday February 4<sup>th</sup> Penguin Plunge**, benefiting the Special Olympics. Waterfront Park, 11am. Go to [http://www.vtso.org/burlington\\_plunge.php](http://www.vtso.org/burlington_plunge.php) to learn more and register!

**Sunday February 5<sup>th</sup> Super Bowl Sunday!** New England Patriots vs NY Giants.

**Monday February 6<sup>th</sup> Happy Birthday, Bob Marley!**

**10:00 – 11:00 Card Making with Joy. Please remember to sign up for this class as it is a popular class and space is limited.**

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

1:30 – 3:00 **Video Viewing with Scott**, “Abbott and Costello Meet Frankenstein”

3:00 - 4:00 We’re Jammin’ with the Reggae rhythms of Bob Marley and the Wailers.

**Tuesday February 7<sup>th</sup>**

9:30 – 11:30 Awareness Theatre Company.

10:00 – 11:00 Valentine Craft inspired by the work of Norman Rockwell. 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.

1:30 – 2:30 Valentine Craft inspired by the work of Norman Rockwell. Meet in the conference room.

3:00 – 4:00 **Yoga with Sarab.** Join us for a stretch of the body, mind, and spirit.

**Wednesday February 8<sup>th</sup>**

10:00 – 11:00 Mr. Vegas Elvis Aveni performs LIVE at the RC!

**10:00 -11:30 VSA Can Do Arts sponsors “Print It!, hosted by Burlington City Arts.** This class is full.

11:30 – 1:15 Drop in Lunch.. *Happy 4<sup>th</sup> Anniversary Resource Center!* Join us for hotdogs, baked beans, chips, drinks and celebration! All are invited!

1:30 – 2:30 **Cupcakes with Leta.**

3:00 – 4:00 **Zumba! With Toni!** Come join us for a fun Latin inspired dance-exercise! Wear comfortable clothing and appropriate shoes.

**Thursday February 9<sup>th</sup>**

9:00 – 11:00 **GRACE ARTS** – this time slot is currently full.

**11:00 – 11:30 Instructor Break**

11:30 – 1:00 **GRACE ARTS**

**1:00 – 2:00 Instructor Lunch Break**

2:00 – 4:00 **GRACE ARTS**

**No Drop in Lunch.**

### **Friday February 10<sup>th</sup>**

10:15 – 11:15 FC with Friends! Folks who FC and their friends will gather in the conference room to chat and hang out.

10:30 – 12:00 BSAC Business meeting. Valentine's Dance preparations and assignments! P-A-R-T-Y tonight!

12:00 – 1:30 Drop in Lunch.

1:30 – 3:00 Living Healthy

7:00 – 10:00 *BSAC Annual Valentines Dance and Fundraiser! It's a Black and White Attire Affair!* Contois Auditorium, Burlington City Hall. DJ Forest "Love" Scrivens spins. \$5 plus a canned/boxed food item is the entry fee. Proceeds benefit the Chittenden Emergency Food Shelf!

See attached flyer for more details.

### **Monday February 13<sup>th</sup>**

10:00 – 11:00 **Card Making with Joy. Please remember to sign up for this class as it is a popular class and space is limited.**

10:00 – 11:00 **Hungry Girl Project with MJ and Amy.** Each month, the group will prepare, serve, and clean-up after a wonderful homemade meal. This month we are making Sloppy Joe Wraps for lunch. We need 2 people to help prepare the meal, 3 to serve, and 3 to help with the clean-up.

11:30 – 1:30 Drop in Lunch. **All of DS is invited to come savor our delicious Sloppy Joe Wraps and engaging company!**

2:30 – 3:30 Meet at the Burlington YMCA program pool for a swim and water volleyball!

### **Tuesday February 14<sup>th</sup>**

9:30 – 11:30 Awareness Theatre Company.

10:00 – 11:00 Valentine's Day Baking!

11:30 – 1:30 Drop in Lunch. **Join us for a sweet Valentines treat, music, and dancing!**

1:30 – 3:00 Glee Club. Join us for the drama, the music, the dancing, the fun as we watch the popular TV series.

3:00 – 4:00 **Yoga with Sarab.** Join us for a stretch of the body, mind, and spirit.

### **Wednesday February 15<sup>th</sup>**

10:00 – 11:00 BINGO!

**10:00 -11:30 VSA Can Do Arts sponsors "Print It!, hosted by Burlington City Arts,** This class is full.

11:30 – 1:15 Drop in Lunch.

1:00 – 2:30 **VSA Creative Light Project with Burlington Dances Instructor Julie Peoples-Clark,** at the Burlington Dances Studio, Chase Mill, on Mill St, right before the Winooski River bridge. This class will guide each individual in finding their own movement potential and expression. In a supportive environment, students will gain an understanding of different movement qualities related to dance movement. We will look at our differences as opportunities for creative ideas and solutions rather than obstacles. No prior experience necessary. All sizes and abilities are welcome. Class limited to 10 clients and their staff.

1:30 – 2:30 **Drumming with Seth.** No experience? No problem! This is an experimental, improvisational, drumming jam. Bring your own rhythm instrument or use what we have at the RC.

3:00 – 4:00 **Zumba! With Toni!** Wear comfortable clothing and shoes.

### Thursday February 16<sup>th</sup>

9:00 – 11:00 **GRACE ARTS** – this time slot is currently full.

**11:00 – 11:30 Instructor Break**

11:30 – 1:00 **GRACE ARTS**

**1:00 – 2:00 Instructor Lunch Break**

2:00 – 4:00 **GRACE ARTS**

**No Drop in Lunch.**

### Friday February 17<sup>th</sup>

**9:00 – 9:45** Open House, check us out! Open to everyone: clients, direct service staff, shared living providers, high school programs, and program managers. Come see the space, learn about our programs and how the RC operates, make suggestions, etc.

**10:00 – 11:30 “So You’re Interested in Awareness Theatre?”** This class is full.

12:00 – 1:30 Drop in Lunch.

1:30 -2:30 Living Healthy.

**3:00 – 3:45** Open House, check us out! Open to everyone: clients, direct service staff, shared living providers, high school programs, and program managers. Come see the space, learn about our programs and how the RC operates, make suggestions, etc.

**Monday February 20<sup>th</sup>** *Presidents Day, Happy Birthday, Mr. President*  
*The Resource Center is closed .*

**Tuesday February 21<sup>st</sup>** *Fat Tuesday, the day before Lent begins.*

*Happy Mardi Gras!*

9:30 – 11:30 Awareness Theatre Company

10:00 – 11:00 Making Jambalaya and cornbread. Space limited to 3 clients and staff.

11:30 – 1:30 Drop in Lunch. Connect with other clients and staff to make plans for outings and social networking. Join us for Jambalaya and cornbread for lunch!

12:00 – 12:30 **Awareness Theatre performs for us!**

1:30 -2:30 **Card Making with Joy. Please remember to sign up for this class as it is a popular class and space is limited.**

3:00 – 4:00 **Yoga with Sarab.** Join us for a stretch of the body, mind, and spirit.

**Wednesday February 22<sup>nd</sup>** **Happy Birthday George Washington!**

10:00 - 11:00 Wii Fitness and Dance.

**10:00 -11:30 VSA Can Do Arts sponsors “Print It!, hosted by Burlington City Arts,** at Main and Union Sts. This class is full.

11:30 – 1:30 Drop in Lunch

1:00 – 2:30 **VSA Creative Light Project with Burlington Dances Instructor Julie Peoples-Clark,** at the Burlington Dances Studio, Chase Mill, on Mill St, right before the Winooski River bridge. Call for space availability.

1:30 – 2:30 BINGO!

3:00 – 4:00 **Zumba! With Toni!**

**Thursday February 23<sup>rd</sup>**

9:00 – 11:00 **GRACE ARTS** – this time slot is currently full.

**11:00 – 11:30 Instructor Break**

11:30 – 1:00 **GRACE ARTS**

**1:00 – 2:00 Instructor Lunch Break**

2:00 – 4:00 **GRACE ARTS**

**No Drop in Lunch.**

### **Friday February 24<sup>th</sup>**

**10:00 – 11:30 “So You’re Interested in Awareness Theatre?”** This class is full.

10:15 – 11:15 FC with Friends! Folks who FC and their friends will gather in the conference room to chat and hang out.

10:30 – 12:00 BSAC Social at the Fletcher Free Library, Pickering Room. Celebrating our successes! Wrapping up the Valentines Dance.

11:30 – 1:00 Drop in Lunch.

1:30 – 3:30 Living Healthy. Join us for “Scrap Booking Our Successes!

### **Monday February 27<sup>th</sup>**

10:00 – 11:00 **Card Making with Joy. Please remember to sign up for this class as it is a popular class and space is limited.**

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

2:00 – 4:00 Movie and popcorn, “Dolphin Tale”, is inspired by the amazing true story of a brave dolphin and the compassionate strangers who banded together to save her life.

### **Tuesday February 28<sup>th</sup>**

9:30 – 11:30 Movie and popcorn, “Dolphin Tale”, is inspired by the amazing true story of a brave dolphin and the compassionate strangers who banded together to save her life.

11:30 – 1:30 Drop in Lunch. Connect with other clients and staff to make plans for outings and social networking. *Happy Birthday February Celebrants!*

1:30 – 2:30 Glee Club. Join us for the drama, the music, the dancing, the fun as we watch the popular TV series.

3:00 – 4:00 **Yoga with Sarab.** Join us for a stretch of the body, mind, and spirit.

### **Wednesday February 29<sup>th</sup> Happy Leap Year Day!**

9:00 – 1:00 **Haircuts with Linda.** Call for an appointment.

Donations of \$5 - \$10.

**10:00 -11:30 VSA Can Do Arts sponsors “Print It! hosted by Burlington City Arts.**

This class is full.

11:30 – 1:30 Drop in Lunch.

1:00 – 2:30 **VSA Creative Light Project with Burlington Dances Instructor Julie Peoples-Clark,** at the Burlington Dances Studio, Chase Mill, on Mill St, right before the Winooski River bridge. This class is closed.

1:30 – 2:30 **Drumming with Seth.** No experience? No problem! This is an experimental, improvisational, drumming jam. Bring your own rhythm instrument or use what we have at the RC.

3:00 – 4:00 **Zumba! With Toni!**

### **Thursday March 1<sup>st</sup>**

9:00 – 11:00 **GRACE ARTS** – this time slot is currently full.

**11:00 – 11:30 Instructor Break**

11:30 – 1:00 **GRACE ARTS**

**1:00 – 2:00 Instructor Lunch Break**

2:00 – 4:00 **GRACE ARTS**

**No Drop in Lunch.**

## Friday March 2<sup>nd</sup>

### 10:00 – 11:00 Eye to Hand: Puzzles and Gadgets that Move.

Discover, build, create from an array of things that snap, lock, lever, swing, and balance. Meet in the conference room.

### 10:00 – 11:30 “So You’re Interested in Awareness Theatre. This class is full.

11:30 – 1:30 Drop in Lunch.

### 2:00 – 3:30 Snacks and Stories with Storyteller and Cook Peter Burns

At the Resource Center, Mar 2, 9, 16, 23, 30, April 6, 13 (7 classes)

Class limit-none! Join storyteller and cook Peter Burns as we make healthful and delicious snacks to feed our body and then tell and act out great stories to nurture our spirit. We will tell both traditional and personnel stories and use a variety of art forms to enhance storytelling. No previous cooking or storytelling experience necessary.

## February Community Access

### Resource Center

#### Happenings:

**Bottle Drive** : to benefit the Food Shelf. Please bring your clean redeemable bottles and cans to the RC.  
*Monday Feb. 13<sup>th</sup>*

**10:00am, Hungry Girl Project with MJ and Amy.** Each month, the group will prepare, serve, and clean-up after a wonderful homemade meal. This month we are making Sloppy Joe Wraps for lunch. We need 2 people to help prepare the meal, 3 to serve, and 3 to help with the clean-up.

*Friday March 2<sup>nd</sup>*

**2:00 – 3:30 Snacks and Stories with Storyteller and Cook Peter Burns**  
At the Resource Center, March 2 - April 13  
Class limit-none! Join storyteller and cook Peter Burns as we make healthful, delicious snacks to feed our body and then tell and act out great stories to nurture our spirit

**Activity suggestions are welcomed Please contact**

Jayne at 488-6331 or  
jweber@howardcenter.org

### Burlington

[www.enjoyburlington.com/](http://www.enjoyburlington.com/)

[www.fletcherfree.org](http://www.fletcherfree.org)

### Colchester

[www.burnham.lib.vt.us](http://www.burnham.lib.vt.us)

town.colchester.vt.us/recreation

### South Burlington

[www.south-burlington.com](http://www.south-burlington.com)

[www.sbcl.sbschools.net](http://www.sbcl.sbschools.net)

### Jericho

[www.jerichovt.gov](http://www.jerichovt.gov)

### Shelburne

[www.shelburnemuseum.org](http://www.shelburnemuseum.org)

### Essex

[www.essex.org](http://www.essex.org)

### Hinesburg

[www.hinesburg.org](http://www.hinesburg.org)

### Milton

[www.milton.govoffice2com/](http://www.milton.govoffice2com/)

(go to departments on the left side bar)

### Winooski

[www.onioncity.com](http://www.onioncity.com)

### Anywhere!

[www.findandgoseek.net](http://www.findandgoseek.net)

[www.burling.planetdiscover.com](http://www.burling.planetdiscover.com)

### Go to:

[www.vermontopia.com/](http://www.vermontopia.com/)

for valuable coupons to local restaurants and vendors.

[www.findandgoseek.net](http://www.findandgoseek.net)

Vermont's insider guide to friendly fun.

[www.kidsvt.com](http://www.kidsvt.com)

Great resource for kids of all ages.

### Looking for something to do? Check this out:

#### Saturday Feb. 4<sup>th</sup> Penguin

**Plunge!** Benefits Special Olympics. Waterfront Park at 11am. and Winter Fest! Waterfront Park, Echo, Hilton Hotel: Snow sculptures, Family Expo, food, music, and fun! Please visit :

[www.enjoyburlington.com](http://www.enjoyburlington.com)

**Friday Feb. 10<sup>th</sup>, 7 - 10pm BSAC Valentine Dance and Fundraiser, benefiting the Food Shelf.** Contois Auditorium \$5 plus canned/boxed food item donation. DJ Forest “Love” Scrivens spins music.

**Bowling with Friends:** Tues. 9 - 11am at Spare Time or Champlain Lanes. \$2.75 per game, no charge for shoes.

**Public Skating:** Tuesdays from 8:30 - 11:15am at Leddy Park. \$4 for adults, skate rentals\$3.

**Adaptive International Folk Dancing:** Mon. from 1 - 2pm at 294 N. Winooski Ave, \$5, n/c for staff

**NEW! Social Swim at Bonnie's,** Thursday s 1:45 - 2:45, \$5, n/c for staff. Essex. Call 878-7714 for more info. Bonnie has a degree in Therapeutic Recreation and is certified in CPR, Water Safety Instruction and Lifeguarding.