

Calendar

2012 SB LEGISLATIVE FORUMS: June 4, and November 26. 7 p.m., Community Room, SB Police Department on Gregory Drive.

THURSDAY, MAY 17

SB ROTARY MEETING: 7:30-8:30 a.m. Vermont National Country Club. Program: Alec Lyall, memoirist. For information go to southburlingtonrotary.org.

FRIDAY, MAY 18

JEREMY WANDO IN CONCERT: 7 pm. Christian music. The Rock of Greater Burlington, 73 Thompson Street, SB. 864-6516.

SATURDAY, MAY 19

10TH ANNUAL WALK FOR THOUGHT–BRAIN INJURY ASSOCIATION OF VT: Oakledge Park. Check-in begins at 9 am with kick-off at 9:50 am. Visit <http://biavt.donorpages.com/WalkforThought2012/> to start a team, or for more information. You can reach us by phone at 1-877-856-1772 or at support1@biavt.org.

ALL ABOUT BABY & TODDLER TAG SALE: 9 a.m. to 2 p.m. at Rice Memorial High School Cafeteria, 99 Proctor Ave., SB. Infant through toddler clothing, blankets and quilts. Baby furniture (handmade hardwood cradle, high chairs, activity centers, crib, and swing). Toys. Maternity wear. ALL proceeds benefit Care Net Pregnancy Centers of Burlington & St. Albans. 658-8046.

5K WALK/RUN/BIKE FOR SARA: 10 a.m. at Dorset Park. This special event has been organized in honor of Sara Garvey, an SBHS senior who is battling leukemia. The event is open to the community, and all proceeds will go to support the Leukemia and Lymphoma Society. The organizers of the event are SBHS students Ashley Frizzell, Amy Lawliss, Qianyue Liu, Jess O'Toole and Riya Patel. Online registration for the event is \$10 (\$5 for children under 10) at <http://www.active.com/running/south-burlington-vt/5k-walk-run-bike-for-sara-2012>.

GREEN MOUNTAIN FOLKLORE SOCIETY SPRING MEETING: Congregational Church, 20 Main Street, Richmond. 9 am start. Free and open to the public. The site is handicapped accessible. Reserve by May 12. 879-1925.

RJ'S RICE RUN. The first annual RJ's Rice Run is a 5K fun-run that benefits the Rice Memorial Boosters Club. The goal for this first year's event is to attract runners who are students, alumni, parents and friends of Rice Memorial High School. Race begins and finishes at Rice Memorial High School, 9 am. 5K. Go to <http://ricerun-zvents.eventbrite.com/> to register.

SUNDAY, MAY 20

VERMONT WALK TO CURE DIABETES: Champlain Valley Union High School, Hinesburg. Registration starts at 9 am with the walk beginning at 10 am. For more information, please visit www.jdrf.org.

3RD ANNUAL WALK FOR EPILEPSY: Oakledge Park, Burlington. Registration begins at 10am. You must pre-register. Epilepsy Foundation of Vermont at 1-800-565-0972.

'OPEN MY LIPS' - A CONCERT OF SACRED MUSIC FROM 1600 TO TODAY: Choral music by Salamone Rossi, Michael Praetorius, Louis Lewandowski, Bruce Chalmer, and Don Jamison, performed by the Rossi Festival Singers and the Burlington Jewish Community Choir, directed by Bruce Chalmer. 4 pm, Temple Sinai, 500 Swift Street, SB. 860-6671.

NEED A BREAK? RELAX, RESTORE & REPLENISH WITH MINDFULNESS PRACTICES: The Stress-Reduction Practice Series concludes in a welcoming, relaxed atmosphere with Kim Nolan, M.Ed., as our guide. 2–5 p.m. in SB's F.H.T. Middle School library at 500 Dorset Street. No experience with mindfulness is necessary. Free and open to adults from any community. Offered by the SBSD's Wellness & Resilience Program and Talk About Wellness. Questions? Contact Marcy Murray at mmurrayv@gmail.com or 658-0521.

WEDNESDAY, MAY 23

PEACEFUL PARENTING: A MINDFULNESS-BASED APPROACH. 7 p.m. The Wellness & Resilience Lecture Series conclusion. SBHS auditorium. Patricia Jennings, M.Ed., Ph.D., of the Garrison Institute & Penn State University will share brain research and ways to replace our automatic emotional reactions with thoughtful responses toward our teens and younger children. Offered by the SBSB's Wellness & Resilience Program, Talk About Wellness, and other supporters. Free to adults from any community. Questions? Contact Marcy Murray at 658-0521 or mmurrayv@gmail.com.

THURSDAY, MAY 24

AMERICAN RED CROSS: South Burlington High School, 9 a.m., 2:30 p.m.

LOOK GOOD...FEEL BETTER PROGRAM: 11 a.m.–12:30 p.m. Hope Lodge, Lois McClure – Bee Tabakin Building, 237 East Ave., Burlington. Look Good...Feel Better is a free program that teaches female cancer patients beauty techniques to help restore their appearance and help them feel good about the way they look during chemotherapy and radiation treatments. Volunteer cosmetologists teach women about make-up techniques, skincare and options related to hair loss. Call Hope Lodge at 802-658-0649.

FRIDAY, MAY 25

"YOU CAN'T TAKE IT WITH YOU," timeless and hilarious Pulitzer-winning three act comedy presented by Rice Memorial High School Theatre. The madcap Sycamore family is having "just a quiet evening at home," including play writing, ballet dancing, xylophone playing, rocket-making, snake feeding and philosophical debate, when they are interrupted by an unexpected visit. Along with the rest of the cast, included is South Burlington resident, junior Owen Lyons, who brings his theatrical experience to the show. McCarthy Arts Center, St. Michael's College. Also, Saturday, May 26. Call Rice High School at 862-6521 ext. 0.

SATURDAY, MAY 26

FUNDRAISER FOR OUTRIGHT VT: 5–8 pm at McClure Multigenerational Center Dining Room, 241 North Winooski Avenue, in Burlington, Vermont. For more info, call 865-9677 or visit outrightvt.org.

THURSDAY, MAY 31

SB ROTARY MEETING: 7:30-8:30 a.m. Vermont National Country Club. Program: Tom Brassard, Catamount Marketing. For information go to southburlingtonrotary.org.

SATURDAY, JUNE 2

DRAGONHEART VT FUNDRAISER: 9 am, Dragonheart VT fundraiser craft/vendor fair, lawn sale, bake sale and grilled food sale. To take place outside. Come and enjoy the crafts, great used items, homemade food and fun while helping to raise funds for Dragonheart VT. 9 am–3 pm. 634 Route 2, South Hero, VT. 777-9406.

PARTY FOR THE PUPS: 7 pm. Sheraton Burlington, Emerald Ballroom III. Hors d'oeuvres, cash bar, live music, silent auction, 50/50 raffle. For tickets go to www.goldenhuggs.org or call 508-450-3648.

ON GOING

A CAPELLA SINGERS: The Champlain Echoes. Monday nights 6:30–9:30 at The Pines, 7 Aspen Drive (off Dorset St) in SB. Women, younger and older, who love to sing are invited to come. 540-0071.

ALZHEIMER'S SUPPORT GROUP: 9:30–11:30 a.m. The Arbors at Shelburne, 687 Harbor Rd, Shelburne. Every 3rd Wednesday. 985-8600.

ARMISTEAD CAREGIVER SERVICES, support for younger individuals with early diagnosis of Alzheimer's, Lewy Body disease or other member impairments and their support person. 2nd Tuesday of each month, 5:30 p.m. The Arbors, Shelburne. 985-8600.

CHAMPLAIN ADAPTIVE MOUNTED PROGRAM – Lessons throughout the week. For more information for riders contact 372-4087. Volunteers contact 372-6015.

CHITTENDEN COUNTY CHESS CLUB: Come play the game of kings. Play chess against a real human being not a computer. Chess Club meets every Thursday evening beginning at 7:15pm, Faith United Methodist Church, 899 Dorset Street, SB. Novice and experts welcome. Inexpensive competitive fun; only \$2 per evening. Call Dave Carter at 324-1143 for information.

CHITTENDEN COUNTY STAMP CLUB – Meeting every first Wednesday of the month at GE Healthcare, 40 IDX Drive, SB. 6:15 p.m. 660-4817.

SB FAMILY CENTER PLAYGROUPS: Mondays at 9:30-11 a.m. following SB school schedule. Leo O'Brien Civic Center, 113 Patchen Rd next to Jaycee Park. Do you have a child between the ages of 0-5 years old? Are you interested in socializing your child or are you looking to add something new to your schedule? Playgroup provides your child with the opportunity to meet and play with other children. It offers parents/care-providers a place to share parenting tips and companionship. Each playgroup provides time for free play and ends with songs, stories and snacks. SburIFC@gmail.com.

SENIOR ART & CRAFT CLASSES: Shelburne Bay Senior Living Community (Newly named The Lodges at Shelburne Bay) is offering Senior Art & Craft Classes to non-residents. Fridays & Saturdays, 1:30–3:30 pm. Friday's class is the Art Class and Saturday's class is the Craft Class. 864-0604.

SENIOR EXERCISE FOR BALANCE: Gentle cardiovascular exercises, strength training, strategies for stability and flexibility. Many exercises done from chairs. \$5/class. Monday and Friday, 10-11 a.m., SB Community Senior Center at the Pines Senior Living Center, 7 Aspen Drive by Green Mountain Suites, Dorset Street. Classes led by professionally certified trainer and group fitness instructor. 658-7477.

SUPPORT YOUR VETERANS: VFW Post 782, 176 South Winooski Avenue, Burlington. Events open to the public. Line dancing every Thursday, 6–9 p.m., \$10, class at 6, dance at 7. Bar Bingo every Friday, 6–9 p.m. \$1 card. Dancing to live band every Saturday 7–11 p.m. \$6. For more information call 864-6532.

TAI CHI CLASS: Tues. & Thurs. 1:15 to 2 p.m., McKenzie House, March 13 to May 3. There is no charge for the classes but donations are welcome. Open to all age 50 and over. Call CVAA's Cindy Sarault at 865-0360 ext 1028 to register.

VT ADULT LEARNING offers GED testing three times a month. 846-7245.

VT FRENCH-CANADIAN GENEALOGICAL SOCIETY: The VT Genealogy Library has the VT Vital Records, baptism, marriage, and burial records, etc., as well as resources for New England and NY. Located on Hegeman Avenue, Fort Ethan Allen in Colchester. Open Tuesdays 3 to 9:30 and Saturdays 10 to 4. 802-238-5934.