



Registration Form for Winter 2019 Adult Classes and Activities (Jan. 7 – March 29)

Class descriptions are available in office and online at www.montpelier-vt.org/CS

Name _____ Town of Residence: _____ Senior Center Member? Y N

Phone _____ Cell Phone _____ E-Mail _____

See Program Guide for full class descriptions, information on drop-in groups (listed on back of this form) and other free activities. Registration forms accepted beginning Monday, November 26. Late fees apply after January 4 for MSAC classes.

Programs for All Adults – see additional programs for adults 50+ starting on page 3
Unless otherwise noted, fees are for Montpelier residents / non-residents.

Performing and Fine Arts Additional materials fees may be required for some classes. Consult the Program Guide.

Circle Class # and Fee	Program	Instructor	Day/Time	Location	Ages	Fee (Res/Non-Res)
6104 A	Cooking 1: Anti-Inflammatory Diet	Lisa Mase	Saturday, January 26, 9:30-11am	MSAC Kitchen	15+	\$20 / \$25
6104 B	New: Cooking 2: Foods for Winter Wellness	Lisa Mase	Saturday, February 2, 9:30-11am	MSAC Kitchen	15+	\$20 / \$25
6104 C	New: Cooking 3: Vegetarian Cooking from Around the World	Lisa Mase	Saturday, February 9, 9:30-11am	MSAC Kitchen	15+	\$20 / \$25
6110	Clay Constructions / Faces and More	Georgia Landau	10 Thursdays, 4-5:30pm, starts 1/10, skip 2/14, 2/21	MSAC Art Room	7+	\$30 MSAC members / \$55 public
6124	Beginner Harmonica (returning)	Ari Erlbaum	10 Wed., 3:45-4:45pm starts 1/9	MSAC Comm. Rm.	14+	\$25 MSAC members / \$50 public
6106 B	Advanced Beginner Guitar	Tom Wales	10 Wednesdays, 5-6pm, starts 1/9	MSAC Comm. Rm.	14+	\$25 MSAC members / \$50 public
6125	New: Lantern Making Workshop for Montpelier's Community Lantern Parade	Kalie Schneider	1 Saturday, Feb 2, 9am-1pm	MSAC Art Room	14+	\$20 MSAC members / \$35 public
6101	Digital Photography – Mixed Levels	Linda Hogan	10 Fridays, 10am-12pm, start 1/11	MSAC Resource	14+	\$35 MSAC members / \$60 public
6115	Reelin' & Rockin': Singing Songs of the 50s and 60s	John Harrison	10 Tuesdays, 2-3pm, starts 1/8	MSAC Comm. Rm.	14+	\$40 MSAC members / \$65 public

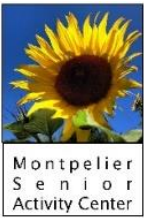
Humanities and More

Circle Class # and Fee	Program	Instructor	Day/Time	Location	Ages	Fee (Res/Non-Res)
6207	Appreciative Living: A Methodology for Growing Resilience and Optimism	Alexandra Arnold	4 Wednesdays, 7-8:30pm, starts 1/23	MSAC Activity Room	21+	\$25 MSAC members / \$50 public
6201 A	NEW TITLE: Film Appreciation: "World Cinema 2010 till Now"	Rick Winston	8 Mondays 9:30am-12pm, starts 1/14, skip 2/18	Savoy Theater	14+	\$50 MSAC members / \$75 public
6201 B	NEW TITLE: Film Appreciation: "The Workplace"	Rick Winston	8 Thursdays 10:00am-12:30pm, starts 1/10	Savoy Theater	14+	\$50 MSAC members / \$75 public
6208	Insights into Conflict (returning)	Yvonne Byrd	3 Wednesdays, 10:30am-12:30pm (1/23, 1/30, 2/6)	City Hall Memorial Room	21+	\$10 MSAC members / \$25 public

6209 A	Spanish 7	Carlos Reyes	10 Tuesdays, 9-10:15am, starts 1/8	MSAC Resource	14+	\$30 MSAC members / \$55 public
6209 B	Spanish 8 (New Level)	Carlos Reyes	10 Thursdays, 9-10:15am, starts 1/10	MSAC Art & Resource	14+	\$30 MSAC members / \$55 public

Active Living and Wellness

Circle Class # and Fee	Program	Instructor	Day/Time	Location	Ages	Fee (Res/Non-Res)
3425 A	Archery	R&L Staff	4 Tuesdays, 6-7pm, 1/15-2/5	R&L Archery, Barre	8+	\$30/\$45
3529 A	Adult Co-Ed Dodgeball League Winter A	n/a	6 Tuesdays, 7-9pm, 1/8-2/12	UES Gym	18+	\$15/\$20
3529 B	Adult Co-Ed Dodgeball League Winter B	n/a	6 Tuesdays, 7-9pm, 3/12-4/23 (skip 4/16)	UES Gym	18+	\$15/\$20
6306 A	Feldenkrais Movement Exploration (with floor work)	Paul Erlbaum	10 Tuesdays, 2:45-3:45pm (start 1/15, skip 3/19)	MSAC Studio	18+	\$25 MSAC members / \$50 public (see another Feldenkrais class for age 50+ at Westview, p. 4)
3509	Fitness Hooping	Carol Becker	4 Thursdays, 7-8pm, 1/17-2/7	Rec Gym	18+	\$30/\$40
3516 A	Hiit Kick A	Renee Ancel	Tues/Thur, 5:30-6:30pm, 1/3-2/21	UES Small Gym	18+	\$84/\$105
3516 B	Hiit Kick B	Renee Ancel	Tues/Thur, 5:30-6:30pm, 3/7-4/11 (skip 4/4)	UES Small Gym	18+	\$60/\$75
2521A	Noontime Basketball	N/A	Monday-Friday, 12-1:15pm, year-round except Sep.	Rec Gym	18+	\$80 res./\$120 non-res.; \$2/\$3 per day
2522 A	Sunday Basketball	N/A	Sundays, 10am-12pm 11/4-4/14 (skip 11/25, 12/23, 30)	Main St. Middle School	18+	\$50 res. / \$75non-res. OR \$3/\$4.50 per visit
	Pickleball	N/A	See separate flyer for daily times	Rec Gym		See separate flyer
6313	New time and location: Pilates Express	Mary Dobbins	10 Mondays, 12-12:45pm	Middlesex Town Hall	18+	\$35 MSAC members / \$45 public (3 more pilates classes for 50+, p.4)
6312 A	New: Qi Gong: Chinese Medicine in Motion	Edward Kentish	10 Tuesdays, 11:45am - 12:45pm, starts 1/8	MSAC Activity Room	21+	\$30 MSAC members/ \$55 public
6315 A	New: Somatic Movement Series : Move Better, Breathe Better, Feel Better	Amy Lepage	6 Fridays, 12-1pm, start 1/11	MSAC Studio	18+	\$25 MSAC members/ \$50 public
6315 B	New: Somatic Movement Series : Freeing the Shoulders	Amy Lepage	3 Fridays, 12-1pm, start 3/15	MSAC Studio	18+	\$15 MSAC members/ \$30 public
3526 A and B	Tae Kwon Do Series A: Ages 7-8: 5:30-6:30pm B: Ages 9+: 6:30-7:30pm	Matthew Girouard	Mondays and Thursdays, 1/3-4/11 (skip 1/21, 1/28, 2/25, 2/28, 3/4, 4/4)	Union Elementary School Big Gym	9+	\$80/\$115 OR \$49/\$70 for an adult participating with a child
6300 C	New Time: Gentle Yoga in Worcester	Barb Alpert	10 Tuesdays, 2:45-4:00pm	Worcester Town Hall	18+	\$40 MSAC members/ \$50 public
6300 T	New Instructor and Time: Yoga Movement	Ron Sweet	12 Mondays, 3-4pm	Middlesex Town Hall	18+	\$40 MSAC members/ \$50 public
3430	Hatha Yoga (21 more yoga classes for 50+, p.4-5)	Bessie Sandberg	Tuesdays starting 1/8, 6:30-8pm	MSAC Studio	16+	\$120 / \$170
6318 A	Zumba Series 1	Megan Pow	10 Thursdays, 7-8pm, starts 1/17, skip 1/24, 2/14, 2/28	MSAC Studio	15+	\$60 res./\$90 non-res.



Montpelier Senior Activity Center Programs for 50+: pages 3-6

These programs are open only to members of MSAC, unless indicated by a . Classes indicated with are open to anyone 50 or older, regardless of membership. Membership is \$15 per year for Montpelier residents, \$30 supporting towns (Berlin, Calais, East Montpelier, Middlesex, Moretown, Worcester), or \$50 for others. **Where prices are listed as \$XX/\$XX, the first price indicates the rate for MSAC resident-members and the second price for all non-resident members.** Most classes are cancelled on Monday holidays of January 21 and February 18, but there will be some exceptions, so please check with your instructor closer to the holidays.

Performing and Fine Arts Classes run for 10 weeks – start week of 1/7, end week of 3/11, unless noted.

Additional materials fees may be required for some classes. Consult the Program Guide. Schedule subject to change.

Circle Class # and Fee	Program	Instructor	Day/Time	Location	Fee (Res / Non)
6103 A	Drawing Basics I	Janice Walrafen	Thursdays, 1-2:30pm	MSAC Art Room	\$25/\$35
6103 B	Exploring Perspective Drawing	Janice Walrafen	5 Mondays, 5-7pm, start 1/7	MSAC Art Room	\$25/\$35
6103 C	Drawing the Figure	Janice Walrafen	5 Mondays, 5-7pm, start 2/11	MSAC Art Room	\$25/\$35
6107	Handbuilding in Clay	Nicole Galipeau	Mondays, 1-2:30 pm	MSAC Art Room	\$55 MSAC members
6112	Painting in Oils	Jeneane Lunn	Tuesdays, 4:30-6:30pm	MSAC Art Room	\$30/\$40
6113	Intermediate Pastels	Jeneane Lunn	Wednesdays, 4:30-6:30pm	MSAC Art Room	\$30/\$40
6116	Rug Hooking	Pam Finnigan	Wednesdays 9:30-11:30am	MSAC Art Room	\$30/\$40
6117	Beginner and Intermediate Voice for Shy Singers	Naomi Flanders	Thursdays 4-5pm	MSAC Comm.	\$25/\$35
6118	Advanced Voice: Keeping Your Voice in Shape for Life	Naomi Flanders	Fridays 4:30-5:30pm	MSAC Studio	\$25/\$35

Humanities and More Classes run for 10 weeks – start week of 1/7, end week of 3/11, unless noted. Schedule subject to change.

Circle Class # and Fee	Program	Instructor	Day/Time	Location	Fee (Res/ Non)
6203	Computer Class: Using Google Services 101	Middle School Students	6 Thursdays, 11:30am-12:30pm, 1/17, 1/31, 2/7, 2/21, 3/7, 3/21	Main Street Middle School	\$5 MSAC members/\$10 public
7601 D	New Technology Workshops: will likely include: Windows 101, Mac 101, Android Smartphones, iPhones, Internet Safety/Cyber-security /Password Management, and Navigating Social Media.	Montpelier High School Students	Dates and times still TBA. Ask in office to be put on a notification list! Sign up for one, several, or all six!	Montpelier High School	\$5 MSAC members / \$10 public (each)
6212	Making Poems	Carol Henrikson	Wednesdays 10am-12pm	MSAC Activity	\$30/\$40
6210 A	Writing Monday	Maggie Thompson	Mondays 10:15am-12:15pm	MSAC Activity	\$30/\$40
6210 B	Writing Wednesday	Maggie Thompson	Wednesdays 12:30-2:30pm	MSAC Activity	\$30/\$40

Active Living and Wellness Classes run for 12 weeks – start week of 1/7, end week of 3/25 unless noted. Schedule subject to change.

Circle Class # and Fee	Program	Instructor	Day/Time	Location	Fee (Res/Non)
6304 A	Bone Builders	Laura Morse	Mon/Fri 3:15-4:30pm	MSAC Activity	\$30/\$40
6304 B	Bone Builders	Laura Brown and Theresa Lever	Mon/Thur 5-6pm	MSAC Activity	\$30/\$40

6304 C	Bone Builders	Tina Muncy	Tues/Fri 5-6 pm,	MSAC Activity	\$30/\$40
6304 D	Bone Builders	Nancy Schulz	Tues/Fri 10:15-11:30am	MSAC Activity	\$30/\$40
6304 E	Bone Builders	Joan Barrett/Barbara Ladabouche/Jean Phillips	Tues/Thur 8:30-9:30am	MSAC Activity	\$30/\$40
6304 F	Bone Builders Non-Beginner	Dona and Ed Koenemann	Mon/Fri 9-10am	MSAC Activity	\$30/\$40
6302 A	New Time: Dance: Tap, Weights & Stretch	Allison Mann (at Contemporary Dance & Fitness Studio - CDFS)	12 Tuesdays, 11am-12:15pm	CDFS, 18 Langdon St.	\$25/\$35
6302 B	New Time: Dance, Stretch & Strengthen	Allison Mann	12 Wednesdays, 11am-12:15pm	CDFS, 18 Langdon St.	\$25/\$35
6306 B	 New Location: Feldenkrais Movement Exploration (standing and in chairs)	Paul Erlbaum (see another Feldenkrais class for age 18+ at MSAC, p. 2)	10 Tuesdays, 10-11am (start 1/15, skip 3/19)	Westview Meadows	\$25 MSAC members / \$50 public
6307	 Moving for Parkinson's and Other Neuro-Movement Challenges	Sara McMahon	10 Thursdays, 10-11:30am, starts 1/24	MSAC Activity	\$25 MSAC members / \$35 public
6308	 The Parkinson's Pantomime Project	Rob Mermin	10 Saturdays, 10:30am-12pm	MSAC Activity	\$40 MSAC members / \$65 public
6309 A	Pilates for Beginners	Shannon Hepburn	10 Mondays 10:30-11:30am	MSAC Studio	\$25/\$35
6313	 New Time and Location: Pilates Express	Mary Dobbins (now for age 18+)	10 Mondays, 12-12:45pm	Middlesex Town Hall	\$35 members / \$45 public
6310 A	Pilates Express	Shannon Hepburn	10 Fridays, 9-9:45am	MSAC Studio	\$25/\$35
6310 B	 New Time: Pilates Express	Mary Dobbins	12 Saturdays, 8:45-9:30am	MSAC Studio	\$25 members / \$35 public
6314	New: A Self Care Technique Sampler	Barb Alpert	10 Wednesdays, 10:30-11:45	MSAC Studio	\$25/\$35
See page 2	Somatic Movement Series (2)	Amy LePage	Now for age 18+, see page 2		See page 2
6319 A	Tai Chi for Fall Prevention	Ellie Hayes	10 Tuesdays, 4:15-5pm	MSAC Studio	\$25/\$35
6319 B	Longer class time: Tai Chi Sun Style Long Form	Ellie Hayes	10 Tuesdays, 5-6:00pm	MSAC Studio	\$25/\$35
Yoga classes (3 more for age 18+ on page 2) are sorted from least to most vigorous. See the Program Guide for additional information.					
6300 A	Chair Yoga	Sarah Parker-Givens	11 Tuesdays, 11am-12pm, skip 2/26	MSAC Studio	\$25/\$35
6300 U	New Time and Location: Chair Yoga	Ragan Sheridan Royer	12 Thursdays 10:30-11:30am	MSAC Studio	\$25/\$35
6300 B	Very Gentle Yoga	Sarah Parker-Givens	11 Mondays, 3:30-4:30pm, skip 2/25	MSAC Studio	\$25/\$35
6300 I	New: Yoga for Stroke Survivors	Patty Crawford	12 Mondays, 1:30-2:30pm	MSAC Studio	\$25/\$35
6300 C	 New Time: Gentle Yoga in Worcester (now for age 18+)	Barb Alpert	10 Tuesdays, 2:45-4:00pm	Worcester Town Hall	\$40 MSAC members / \$50 public
6300 E	Gentle Yoga	Patty Crawford	12 Tues 9-10:15am	MSAC Studio	\$25/\$35
6300 G	Gentle Yoga (includes breathing, chanting & intro to meditation)	Ragan Sheridan Royer	12 Thurs 5-6:30pm	MSAC Studio	\$25/\$35
6300 D	Yoga for Men	Ron Sweet	12 Mondays, 9-10:15am	MSAC Studio	\$25/\$35
6300 F	Gentle Flow Yoga (Additional Time)	Sarah Parker-Givens	11 Wed 9-10:00am, skip 2/27	MSAC Studio	\$25/\$35
6300 H	Gentle Flow Yoga	Sarah Parker-Givens	11 Wednesdays 3:30-4:30pm, skip 2/27	MSAC Studio	\$25/\$35

6300 J	Moving into Stillness: Yoga & Meditation	Sarah Parker-Givens	11 Thursdays 1:30-2:45pm, skip 2/28	MSAC Studio	\$25/\$35
6300 L	New Day/Time: Gentle/Moderate Yoga	Monica DiGiovanni	12 Tuesdays 1:15-2:30pm	MSAC Studio	\$25/\$35
6300 K	New Time and Prerequisites: Moderate Yoga	Ron Sweet	12 Mondays 11:45-1:00pm	MSAC Studio	\$25/\$35
6300 T	 New Instructor and Time: Yoga Movement	Ron Sweet (now for age 18+)	12 Mondays, 3-4pm	Middlesex Town Hall	\$40 MSAC/ \$50 public
6300 M	Moderate Yoga for Balance	Patty Crawford	12 Thursdays, 9-10:15am	MSAC Studio	\$25/\$35
6300 V	Moderate Yoga to Improve Balance	Ragan Sheridan Royer	12 Thursdays 3:15-4:30pm	MSAC Studio	\$25/\$35
6300 N	Gentle/Moderate Flow Yoga and Meditation	Sarah Parker-Givens	11 Mondays 5-6:30pm, skip 2/25	MSAC Studio	\$25/\$35
6300 O	Moderate Flow Yoga	Sarah Parker-Givens	11 Wednesdays 5-6:30pm, skip 2/27	MSAC Studio	\$25/\$35
6300 P	New Instructor and Time: Moderate/Vigorous Hatha Yoga	Ron Sweet	12 Thursdays 11:45am-1:15 pm	MSAC Studio	\$25/\$35
6300 Q	Yoga for Focus and Fitness: Strengthen Wednesday	Monica DiGiovanni	12 Wednesdays 1:30-2:45 pm	MSAC Studio	\$25/\$35
6300 X	New Time: Yoga for Focus and Fitness: Stretch Friday	Monica DiGiovanni	12 Fridays 10:00-11:15am	MSAC Studio	\$25/\$35

First In Fitness Programs for Montpelier Senior Activity Center and Members and Participants of Area Senior Centers See also Program Guide page 28 for details about two First in Fitness Full Club Membership options for MSAC members as well as discounts at Rehab Gym (classes, membership) and Alpenglow Fitness (Silver Cycle indoor spinning & punch-cards)

6403-A	Lap Swimming	N/A	13 weeks: 1/7 – 4/5 Mondays / Fridays, 5-6pm Tuesdays / Wednesdays/ Thursdays 10-11am	First in Fitness, Berlin	Sliding scale: You choose what you can afford Minimum: Montpelier Resident \$55 Non-Montpelier \$90 Maximum: \$120 covers full cost
6405-A	Water Aerobics - Tuesdays	Ann Gilbert	12 Tuesdays, 10-11am, 1/8 – 3/26	FIF Berlin	You choose what you can afford Minimum: Montpelier Resident \$60 Non-Montpelier \$75 Maximum: \$120 covers full cost
6405-B	Water Aerobics - Fridays	Ann Gilbert	12 Fridays, 10-11am 1/11 – 3/29	FIF Berlin	You choose what you can afford Minimum: Montpelier Resident \$60 Non-Montpelier \$75 Maximum: \$120 covers full cost
6404-A	Tennis Winter Series I	N/A	6 Fridays, 11am-12:30pm, 1/11 – 2/15	FIF Berlin	Montpelier Resident \$45 Non-Montpelier \$55
6404-B	Tennis Winter Series 2	N/A	6 Fridays, 11am-12:30pm, 2/22 – 3/29	FIF Berlin	Montpelier Resident \$45 Non-Montpelier \$55

To Apply for Financial Aid for MSAC Classes:

Fill out a financial aid application and submit with your registration form. Do not submit any payment today. We will reserve a spot for you. We will be in touch with you within one week.

We subsidize most of our classes to keep them affordable for all, and offer financial aid. **Please consider making a tax-deductible donation to support our work.**

SUBTOTAL of class fees above	
Additional Donation <input type="checkbox"/> MSAC Area of Greatest Need <input type="checkbox"/> MSAC Scholarship Fund <input type="checkbox"/> Rec Area of Greatest Need	
Additional Fees <i>if applicable</i> (locker rental at \$15/quarter; MSAC membership dues; etc.)	
LATE FEE FOR CLASS REGISTRATION AFTER January 4 (EXCEPT NEW MEMBERS) (\$10)	
Subtract Credit <i>if applicable</i>	-
TOTAL PAID (make checks payable to Montpelier Community Services)	Check/Cash/CC

Drop-In Activities and Groups: update with general times/dates where relevant

The following are also available and **DO NOT require advance registration**. Most occur at the Senior Activity Center and are free, with the exception of Pickleball at the Rec Gym, Folk Dancing and Poetry Club at the Kellogg-Hubbard Library. Refer to Winter Program Guide, e-letters, or ask in the office for current schedules. Some start with Winter classes, while others are already underway or have a delayed start. Donations are gratefully accepted for free activities.

- Bridge (Monday and Thursday) / Mah Johng (Monday and Friday) / Scrabble (Tuesday)
- Crafters Group (Wednesday)
- Drop-in Art Studio (Monday)
- French Club (Monday) / Italian Group (Tuesday)
- 2nd Friday Folk Dancing (\$5.00 per person)
- **New:** Gourmet Potluck Meetup – 1st Fridays (suggested donation)
- Living Strong Group (Monday and Friday)
- Long Life Qi Gong (Friday)
- Pickleball (fee applies, M-F)
- **New:** Poetry Club (Mondays at Kellogg Hubbard Library)
- Rainbow Umbrella Group (Tuesday & Wednesday)
- Readers' Choice (Tuesday)
- Swingin' Over Sixty Band (Tuesday)
- Trash Tramps (Tuesday)
- Ukulele Group (Thursday)
- Walks with Joan / Walks with Harris (Both on Tuesday, separate times)

Date received: _____ Received by: _____ Date class entered: _____ Date payment entered: _____