

Fall classes end in late November-December; Winter classes start 1/7



# Active Times

NEWSLETTER OF THE MONTPELIER SENIOR ACTIVITY CENTER



December 2018

**A Gathering  
Place for  
Healthy Aging,  
Lifelong  
Learning &  
Delicious  
Meals!**

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## Register for Winter Classes Starting 11/26 —More Than 70 Weekly Offerings!

We have a great line-up of Winter programming on offer for older adults this winter (and many classes for your younger friends and family, too!). We are adding new sessions of some of our highest-demand classes, including Feldenkrais, Pilates and Gentle Flow Yoga, and we are bringing back some popular classes from the past, including Beginner Harmonica and Insights to Conflict. In addition to the brand new classes described below, look for new technology workshops provided in partnership with Montpelier High School and North Branch Tech (February start dates TBA in December), the addition of a First Friday Gourmet Potluck for the greater community, an off-site, drop-in Poetry Club at Kellogg Hubbard Library (starting Mondays at noon in January), and much more including 12 OSHER lectures in early 2019! No reason to get Cabin Fever this winter in Montpelier!

### New Classes this Winter

*Classes are held at 58 Barre Street and starting in the week of January 7, unless otherwise noted. For full details see Program Guide.*

**Cooking Classes: 3 unique options |**  
Lisa Mase | Saturdays (1/26, 2/2, 2/9), 9:30–11am | MSAC Kitchen | \$20 MSAC members / \$25 public | Ages 15+ | Lisa Mase, of Harmonized Cookery will teach class participants how to cook food for better health and to use food as medicine. Take one or more!

**Cooking 1: Anti-Inflammatory Diet | Saturday, January 26:** This class had a waiting list in Fall! See Program Guide for description.

**Cooking 2—Foods for Winter Wellness | Saturday, February 2:** Health is a changing state of balance, dictated by our internal conditions as well as the surrounding environment. During

the colder months, we can feel both dry and damp: a balancing act that can be achieved with culinary medicine. Learn which foods and herbs can help keep you healthy all winter long! Hands-on cooking, and eating included.

**Cooking 3—Vegetarian Cooking from Around the World, | Saturday, February 9:** We will explore traditional nutritional philosophies from China, Japan, India and the Mediterranean, as well as understand how the staple foods of these cuisines can help keep us healthy. From kitchari to congee, we will learn many delightful vegetarian recipes to help reset the gut and restore the balance of flora necessary for optimal digestive health, immunity, and mood.

**Lantern-Making Workshop for Montpelier's Community Lantern Parade |** Kalie Schneider | Saturday, Feb. 2 | 9am–1pm | MSAC Art Room | \$20 MSAC Members/ \$35 public | Ages 14+ | During this fun and creative one-day lantern-making workshop, participants will be building beautiful hand-held luminaries from willow branches and paper for Montpelier's third community lantern parade. Facilitated by visual artist, Kalie Schneider, the luminaries can be used in a parade, or at home and are lit from within with a battery operated LED light. No experience is necessary and all tools and materials will be provided (although if you have a set of hand-held pruning shears, please bring them along as you'll find it useful to have a pair of your own).

**Appreciative Living: A Methodology for Growing Resilience and Optimism |** Alexandra Arnold | 4 Wednesdays, starts 1/23 | 7-8:30 pm | introduction workshop on November 28, 6-7pm, \$5 pre-registration required) | Are you going through your days on autopilot, constantly rushed, or stuck in negativity after listening to the morning news? These workshops

(Continued on page 9)

# ANNOUNCEMENTS

## December Volunteer Updates

by Rebecca Johnston,  
Americorps VISTA member with  
Community Services Department



### Thank You, Open House Volunteers!

Thank you to everyone who volunteered to help host a table, lead a group tour, or simply assisted the staff during our 4th Annual Open House on November 12! Special thanks to FEAST Volunteers Carole Baker, Sue Gilmore, Mike Baginski, Noah Sexton, Jean Richardson, Jeanne Felmly, Susan Trafford! Thanks to Georgia Valentine for staffing the AARP tax-clinic table. Thanks to Advisory Council members Laura Morse, dianne richardson, Eric Rajendra, Bill Doelger, Mary Carlson, and Bob Barrett for serving as docents! Thanks to Sue Stukely and Ellie Bocker-Marshall for recording the event, Tami Calliope for reporting (see next page), and Amy Handy and Sue Carey for their delicious treats! The Crafters table was a fantastic addition, and we really enjoyed the music from the Tom's guitar class and Ari on the Harmonica! Everyone was dazzled by jazz vocalist and MSAC instructor Allison Mann, accompanied by Colin McCaffrey on acoustic guitar — Wow! Thank you all so much for all your help in creating this event!

### Volunteer Luncheon

This month, we hope to recognize all our volunteers at our annual Volunteer Luncheon on December 12. As in previous years, we will have a catered lunch served by city officials as a way to recognize all of the hard work and giving nature of our MSAC volunteers. We'll have music during the lunch and some fun surprises! This year, Santa Finn and Mama Claus, two special MSAC volunteers, will be making an appearance, too! Invitations will be sent out soon; if you don't receive yours and have done any volunteer work in 2018 for MSAC, please let us know! Contact Becky at [rjohnston@montpelier-vt.org](mailto:rjohnston@montpelier-vt.org), or call 802-225-8694. Please RSVP by Tuesday, December 4.

### AARP Tax Clinic Seeks Volunteers

It's almost everyone's favorite time of the year — tax season! Our local AARP Foundation group, led by Georgia Valentine, is seeking volunteer tax counselors and greeters for our free clinic February–April. You can learn more at the AARP Tax Clinic volunteer orientation meeting at MSAC in the Resource Room on December 3, 1:30-3:30pm. For more information, please go to [aarpfoundation.org/taxaidevolunteer](http://aarpfoundation.org/taxaidevolunteer) or call 1-888-227-7699. See more information page 3.

### Volgistics

If you're a volunteer in the MSAC building, you may have noticed that the touch screen kiosk, next to the book where you record your volunteer hours, is back up and running! This is the home of our new Volgistics volunteer management system. In Volgistics, we are able to reduce our paper waste and manual data entry time by tracking hours and recording information online. This system will better enable us to track hours, which will help us with the Montpelier Senior Activity Center accreditation process and with fundraising! We understand that this platform will not be perfect for all the volunteer roles we have at MSAC. However, if, when you come in, you are able to get your four-digit volunteer code from Norma in the office and use that to 'log in' - that will help us establish a digital record of your service. After you've logged in, the system will automatically log you out after four hours, or you can log yourself out after your volunteer service.

If you have questions about the systems, comments on how we might best use this for your volunteer role, or if you need a new volunteer code- please let me know! You can contact me by calling me at 802-225-8694, or emailing me at [rjohnston@montpelier-vt.org](mailto:rjohnston@montpelier-vt.org).

## MSAC Member Fundraising Appeal

By now you've probably received our appeal letter in the mail. To those who responded immediately, thank you! We budgeted to raise \$16,000 to support MSAC programming and hope to do so by the end of December, but contributions received after the New Year will count and are very welcome! So far, just a couple weeks in, we have received over \$1,000 from over 20 donors. Remember, your donation is tax-deductible

## Member Notes

### Welcome New Members

Mary Cooper	Elizabeth Battey
Ann Martin	Rebecca Jones
Molly Bachman	Robert Jones Jr.
Nancy Doda	Regina Murphy

and helps us keep FEAST thriving, class fees affordable and overall programming robust.

## **To be rescheduled: Securing Your Estate and Your Independence: An Attorney's Recommendations**

Our November 13, a presentation by Montpelier lawyer, Claudia Pringle, had to be cancelled because of weather. Lucky for you, this means you still get the chance to attend! We're in the process of rescheduling for January and are welcoming pre-registrations. Those who are already registered will be notified once we've finalized a new date and time. Thanks for your patience! More details can be found on page 5 of the November newsletter.

## **Readers' Choice (formerly Reading Aloud) Drop-In Returns Tuesdays, Dec.—March**

Tuesdays, 12:45—1:45pm | Resumes December 4 | MSAC Resource Room | FREE and open to all

All are invited to Readers' Choice. Enjoy an hour relaxing, sharing short pieces of fiction or non-fiction that you have chosen. Or, if you prefer, listen to pieces that others bring. There's no obligation to attend regularly; come whenever your schedule permits.

Questions? Email Nancy: [SaddleShoes2@gmail.com](mailto:SaddleShoes2@gmail.com)

## **Long Life Qi Gong Drop-In Returns Fridays, Dec.—March**

Fridays starting Dec.7, 11:40am—12pm | MSAC Activity Room | FREE and open to all, age 50+

Invest 20 minutes for a longer life! All are invited to participate in a 20-minute series of gentle movements from the Chinese Qi Gong "Long Life" tradition of Master Ru. The movements are done while standing in a circle. Participants follow the leader who guides the series with few spoken words. Many movements have imaginative names such as "Dancing with the Moon," "Watching the Clouds Go By," and "Swimming Dragon." At the end of the 20 minutes, participants often report feeling both calm and invigorated. The series will be led by movement instructor Nancy Schulz, who encourages you to come early for FEAST lunch in order to join this group first. Questions? Email Nancy:

[SaddleShoes2@gmail.com](mailto:SaddleShoes2@gmail.com)

## **Revised Inclement Weather Policy for Office vs. Programs**

When the Montpelier Roxbury Public Schools close due to inclement weather, our office will be open but all programs (classes, FEAST, activities) will be cancelled unless you are otherwise notified by staff or your activity instructor/leader.

## **AARP Foundation Tax-Aide Program Seeks Volunteers in Central Vermont!**

New volunteers are sought for Senior Center teams in Barre, Randolph, Northfield, East Montpelier (Twin Valley), Waterbury and Montpelier. AARP Tax-Aide is the nation's largest free volunteer-run tax return preparation service. We welcome volunteers of all ages and backgrounds. You do not need to be an AARP member, a retiree, or a trained return preparer. Please consider joining the Tax-Aide Team if:

- You can commit reliable free time in the winter months - January through mid-April—generally a minimum of 6 hours or one day a week.
- You enjoy working with people of all ages and backgrounds. Tax-Aide serves primarily older and low-to-moderate income clients without regard to race, ethnicity, or national origin, so long as they have no income from complex sources outside the 'scope' of our training.
- You are comfortable learning and practicing new skills via on-line training and tax software.

No prior experience in tax preparation is necessary. AARP, the IRS and the VT Dept. of Taxes provide software, training, and on-site reference materials. Volunteers take an IRS exam, using the reference materials, and commit to following specific standards of confidentiality and responsible practices. We work in a collaborative and mutually supportive manner. Returns are prepared and reviewed by two volunteers in constant conversation with clients to ensure that the returns are 'true, accurate and complete' before they are signed.

If tax return preparation isn't your 'thing,' we welcome volunteers for site scheduling and client assistance, program administrative roles (including Communications and PR), and technology assistance. We find that trained 'Client Facilitators' are very helpful in welcoming clients, answering preliminary questions, and making certain all required documents are available. Whatever



# ANNOUNCEMENTS

your role, Tax-Aide is a great way to meet new people, learn new skills, and use your existing skills to help others.

For more information on how you can join the AARP Foundation Tax-Aide team, visit our Web site at [www.aarpfoundation.org/taxaidevolunteer](http://www.aarpfoundation.org/taxaidevolunteer) or call the Montpelier Senior Activity Center at 223-2518 to be referred to a local volunteer. Or attend the recruitment event on Monday, December 3 — see page 6!

## Winter Weather is Upon Us: Help Keep MSAC safe and clean!

Please take advantage of our coat room, shoe racks, and rentable lockers! If you notice slippery areas inside or outside, please notify office staff. We do our best to keep our floors, entry-areas and parking lot safe for all, and thank you for your patience! Please leave wet, sandy shoes outside the Activity Room and switch to clean, dry shoes before class. It is extra important to keep outdoor wear outside the Studio in this season.

## Hunger Mountain Coop Holiday Grocery Gift Bags!

Once again this year, we will be the distribution location for people 50+ wishing to receive a lovely selection of (mostly non-perishable) groceries provided by Hunger Mountain Coop and generous donors who support the project. Volunteers are needed to help Norma with pickup at the VT Food Bank in Barre and with sorting at MSAC on Wednesday afternoon, December 12. To receive a bag, sign up in the office. Supplies are limited, though we will have a greater number this year. Call 223-2518 to add your name to the list! Distribution is Thursday, December 13 and Friday, December 14 at 58 Barre Street.

## 4th Annual Open House at MSAC: A Review

By Tami Calliope, MSAC Member

Monday, November 12, MSAC opened its doors to the community to demonstrate the plethora of activities and classes, food and music, friendship and fun that have been its hallmark from the start and grown more var-



ied and wonderful each year. Attendees investigated ongoing classes and a tentative schedule of the winter season's offerings, featuring brand-new classes as well as time-tested ones,

many of which boast a devoted following. While some people wandered into the community room to learn MahJong from members who never miss a week, others gravitated to the "Drawing Basics" table to experiment under the encouraging eye of Janice Walrafen, a well-loved teacher at the Center.

Tables were set up in the main area of the community room by staff and volunteers who shared information on a variety of issues with interested visitors. Aptly for the day after the centennial of Armistice, the Veterans' table, with red poppies in its basket, detailed the array of services and help open to Veterans, a number of whom are already MSAC members. Jessica Sanderson, director of our fabulous FEAST meals, presided with the cheerfulness and good humor we've come to love her for.

Jessica also spoke about FEAST, great meals open to members and the public on-site every Tuesday and Friday (complete with swing band), as well as its program of home-delivered meals to homebound elders.

FEAST seeks more volunteers for prep work in the kitchen and especially needs more volunteer drivers.



Becky Johnston, Americorps VISTA Member, was ready with information and stories. "I love being in Americorps VISTA," she said, with a radiant smile. "It's deeply interesting and fulfilling, and I meet so many different kinds of people." She, too, was recruiting volunteers.

Fitness and Health opportunities are amply provided by the Center. Choose your class and your level: yoga classes run the gamut from Chair Yoga and Very Gentle Yoga to moderately vigorous Hatha Yoga. Bone Builders, Pilates, Living Strong, Feldenkrais Movement, Tai Chi, Somatic Movement, Moving for Parkinson's and Parkinson's Pantomime Project (taught by Rob Mermin of Circus Smirkus fame) are only some of the classes available to loosen up body and mind. Ragan Sheridan

offers members discounted one-on-one sessions of yoga therapy for chronic pain, stress, illness and injury, and spiritual integration.

Visitors were able to dip into a number of these classes during the Open House to see what they felt like. Tours of the entire facility were led by seasoned members and staff. There was, as always, a great deal of fun being had in the community room. The walls (which feature a fresh exhibit each month or two) were hung with Monica DiGiovanni's beautiful abstracts of nature in oil, pastel, pen and ink, and watercolor.



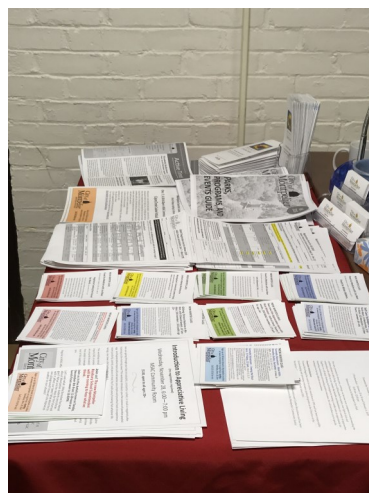
And out from the FEAST kitchen came tray upon tray of food that looked like art itself. Luscious grapes and varied cheeses and crackers; homemade cookies and unbelievable (even gluten-free) cakes made by Amy Handy, chocolate and almond and coconut, banana and maple; deviled eggs and big, loaded sandwiches . . . what more could one want?

Music? Ok, there was music! Tom Wales, who teaches guitar here at the Center, teamed up with students Craig Boyce and Carole Welch, and was later joined by Bob Barrett (who, with his wife Joan, leads ukulele) and Ari Erlbaum, who returns to teach harmonica this winter. In the most informal and laughter-filled spirit, they harmonized on such songs as "Don't Be Cruel," The Grateful Dead's "Ripple," "Heart of Gold," "Good Night Irene," and "Run-Around Sue." I asked Tom, before they started, if they had a particular genre. "Oh, yes," he laughed. "It's called Spaghetti On the Wall."

Meanwhile, in the somewhat quieter "resource room," I spoke with Georgia Valentine, whose value at tax-return time exceeds diamonds and gold. To make sure you get a one-on-one session, call to make an appointment as early as January 15. If you are interested and capable, Georgia is looking for more tax-aide volunteers for five sites.

Rick Winston, founder and longtime owner of the Savoy Theater, whose brilliant, themed film series (two each quarter at the Savoy) are MSAC classes, spoke in front of a cabinet crammed with DVDs, the crème de la crème of the Savoy's Downstairs Video collection and now available to members of the Savoy and/or MSAC - 2 per week, and free! You can either browse the shelves or see what's on offer by going to

[www.savoydvdarchives](http://www.savoydvdarchives). Rick's tale about their origins as VHS tapes, transmutation into DVDs, and varied venues was a short piece of local history delivered in a comic vein, and inevitably engaging, because Rick is *always* interesting. One of my own greatest delights as member of MSAC is the chance to attend his many superb film series, which invariably expand my horizons on every level.



New classes this winter include Lisa Mase's next Food As Medicine series; it will include Vegetarian Cooking From Around The World, Anti-inflammatory Diet, and more. Barb Alpert will be teaching a Technique Sampler of Self-Care and Mutual Care for singles and couples, using a variety of disciplines. Alexandra Arnold will teach Appreciative Living - resilience and optimism. Sounds great to me! Edward Kentish, will be

teaching QiGong: Chinese Medicine in Motion. And there will be a Lantern-Making Workshop taught by Kallie Schneider on Saturday, February 2, from 9 to 1, so that we can hold our lanterns high in Montpelier's third annual Lantern Parade. (Continued on next page)

### MSAC Advisory Council

The council is interested in your opinion. Agendas and minutes are posted on our website and outside the office.

All meetings are open to the public, and members are encouraged to attend!

**Rescheduled Nov. meeting:**  
Mon., December 10, 2018,  
12:30-3pm in Resource Room

Bob Barrett, *Chair*  
Mary Alice Bisbee  
Mary Carlson  
Liz Dodd, *Vice Chair*  
Bill Doelger  
Fran Krushenick  
Barb Ladabouche  
Dianne Maccario  
Laura Morse  
Eric Rajendra  
dianne richardson



But meanwhile, back in the Community Room, the grand finale has begun! Allison Mann (who will again teach dance, stretch, and tap classes this winter) and her longtime companion-in-music, Colin McCaffrey, were both so relaxed that their flawless harmonies and astonishing virtuosity were unexpected (to me) and very exciting. Allison's voice is as clear as water, and her range of musical and emotional expression is perfect for the sweet old jazz songs she gave us. Colin's complex yet seemingly effortless finger work on guitar showed him to be a master, even as he pitched into perfectly timed voice harmony with Allison. They just happened to play/sing some of my favorite oldies: Sunny Side of the Street, Bye-Bye, Blackbird, Dream a Little Dream of Me, and more.



Suddenly they launched into "Accentuate the Positive," and...slithering and swinging into vision from the back of the room came the Bone-Builder-Dancers, a Flash Mob that had been kept secret, though they had been rehearsing with Nancy Schulz, a Bone-Builder instructor and dancer, and Alana Rancourt Phinney, dancer and choreographer. As Colin and Allison continued, the group of dancing women executed perfectly timed and playful moves that were sheer joy to watch and to dance, too—it was obvious from their high-spirited movements and irrepressible grins.



Afterwards, I asked one of the dancers, Nancy Munno, how it had felt, rehearsing and then performing. "A great, team-building experience of fun, inspired by our muse" she replied. She started to turn away, then faced me again to say, "You know, each one of us gave one move to the dance." I can think of no better description of MSAC in action. It is a guided, team-building experience, in which each member gives one move to the dance.

## AARP Tax-Aide Volunteer Recruitment Meeting

Monday, December 3, 1:00 –3:30pm

Join Georgia Valentine and others in the Resource Room to learn more. You can start by checking out the announcement on the preceding page.

## Come Talk with our New School Superintendent!

Tuesday, December 4, 11:30-12:45

The new Superintendent of Montpelier Roxbury Public Schools will be coming to hear what we think. Join us in the MSAC Activity Room from 11:30am–12:00pm or at FEAST lunch in the Community Room from 12:00-12:45pm. School Board member and MSAC Volunteer, Tina Muncy, suggests: Let's ask what Libby Bonesteel has learned about Montpelier students since she began. What are her ideas for the future and how it will affect our taxes? What about the Union School playground? How will she improve education in our schools?

## Learn About and Share Ideas for Confluence River Park

Tuesday, December 4, 6:00 –7:30 pm

The Vermont River Conservancy (VRC) welcomes members of the public to hear about the Confluence River Park in the heart of downtown Montpelier. This park will be located on the One Taylor Street parcel, at the confluence of the North Branch and main stems of the Winooski River. VRC has contracted with an engineering and design firm to create a Conceptual Design for the park.

Come hear about the process and timeline, offer input to VRC and the park designers, and share your priorities for a Confluence River Park. What would you like to see at a Montpelier riverside park? How would you use it? We want to hear from you! This presentation is open to the public and is free! RSVP: to Richarda Ericson: richarda@vermontriverconservancy.org, or by calling 802-229-0820.

## Cajun Creole Potluck with Montpelier Gourmet Cooking Meetup

Friday, December 7, 6:30-8:30pm

(new theme every 1st Friday this Winter!)

Join the fun with the Montpelier Gourmet Cooking

Meetup! From Rod, the organizer: Whenever I come back from travels abroad ... or even from the funky restaurant district of a big U.S. city... I'm reminded again how much I miss the unique flavors of international food. If you have the same longing then this is the group for you. It's a great way to hone your gourmet cooking skills (ALL skill levels welcome), share and learn recipes, and meet some interesting people who share your enjoyment of good food. All skill levels welcome! Once a month (first Fridays) for a potluck of a different ethnicity. Cutlery and dishes are provided. Stove and microwave available for reheating. (This is potluck, so no cooking on site.) No alcohol, please. \$5.00 suggested (\$2.00 minimum) donation. THANKS!

For more info please message Rod through [www.meetup.com/Montpelier-Gourmet-Cooking-Meetup/](http://www.meetup.com/Montpelier-Gourmet-Cooking-Meetup/), call him at 802-236-0893, or email him at [rod@infinitelasertag.com](mailto:rod@infinitelasertag.com). *Note: This is an established group that has been meeting elsewhere and is looking forward to welcoming MSAC members and people of all ages from the greater community! January will be New Year's Resolution Potluck, February will be Brazilian, and March will be Pi(e) Day!*

## MSAC Volunteer Recognition Luncheon

**Wednesday, December 12, 11:45 am—1 pm**  
We would like to invite everyone who has volunteered at MSAC or FEAST to join us for food, music, some fun surprises and a gift to show our appreciation. This year, Santa Finn and Mama Claus, two special MSAC volunteers, will be making an appearance, too!

Every year, hundreds of people give thousands of hours to MSAC through donating their time, talent, and support. Volunteers teach classes, organize drop in groups, help deliver meals, answer phones, or lead tours. You enable our center to provide health resources, tax support, and meals to neighbors who are homebound. You make our Center the thriving and joyous place it is, and we could not maintain such a great place without your help! Invitations will be mailed soon, and the menu is being finalized (vegetarian option available). If you have any questions or suggestions for the event, please contact Becky at [rjohnston@montpelier-vt.org](mailto:rjohnston@montpelier-vt.org), or at (802) 225-8694. RSVP to Becky by Tuesday, December 4.

## 2nd Friday Folk Dancing

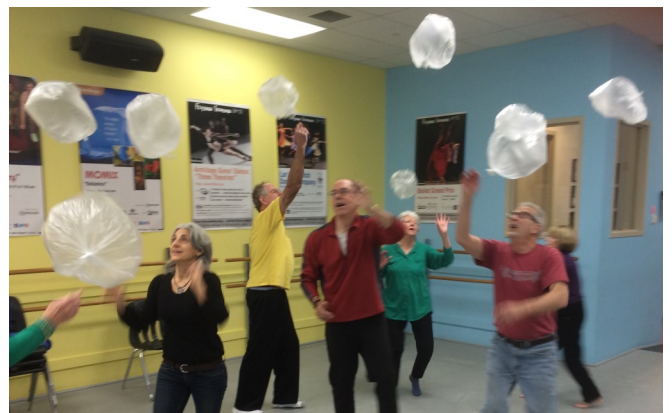
**Friday, December 14, 6:30-8:30 pm**

Interested in getting a bit of exercise, meeting friendly people, having a good time, and learning about other cultures? If so, you're invited to come to Folk Dancing Fridays in the Activity Room upstairs. You don't need experience or a partner to join the fun. And you don't need to be a MSAC member. Nancy Schulz will supply the music and instructions. You'll learn dances from a variety of countries; the mix will include circle, line, and couple dances. Refreshments will be served. Your \$5 contribution at the door will go to supporting programming at MSAC. Questions? Email Nancy: [Saddle-Shoes2@gmail.com](mailto:Saddle-Shoes2@gmail.com). Folk Dancing will repeat on the second Friday of each month between now and March.

## Parkinson's Pantomime Project Showcase with Rob Mermin

**Saturday, December 15, 1:00 pm**

The MSAC Parkinson's Pantomime Project class, led by Rob Mermin for over one year, will perform a showcase of skits and songs in the MSAC Community Room at 58 Barre Street. The demonstration is geared towards fun as well as education about what it is like to live with Parkinson's Disorder. Learn about this innovative class in our Program Guide. Free and Open to the Public!



## Foot Clinics

Monday, December 10, 9am—1pm  
Wed., December 19, 9am—12pm

Nurses from Central Vermont Home Health & Hospice clip toenails, clean nail beds, file nails & lotion feet. \$15 for 15-minute appointment—call 223-2518. Bring basin for soaking feet, a towel, and nail clippers.

## Death Café

Friday, December 14, 12:15-1:45pm

MSAC hosts this free, volunteer-led, drop-in discussion group each month. Death Café is part of an international movement to “increase awareness of death with a view to helping people make the most of their (finite) lives.” Death Café provides a forum for you to share your thoughts about death, dying, and anything related in a safe, community environment. You can learn more at [www.deathcafe.com](http://www.deathcafe.com) or email [montpel-ierdeathcafe@gmail.com](mailto:montpel-ierdeathcafe@gmail.com). All are welcome; bring an open mind. Ellen Fein facilitates discussion. Advance sign-up in MSAC office. Free and open to the public.

## Rainbow Umbrella of Central Vermont

Tuesday, December 18, meet at 5:45pm

Rekurs 3rd Tuesdays. Rainbow Umbrella of Central VT, an adult LGBTQ group, meets the third Tuesday at 5:45 for a casual dinner at a local restaurant. We gather first at MSAC. Info: [RUCVTAdmin@PrideCenterVT.org](mailto:RUCVTAdmin@PrideCenterVT.org).

## Advanced Cancer Support Group

Is meeting elsewhere for a special gathering during the month of December but will return on the 4th Sunday in January. For more info contact Theresa Lever, CVMC's Patient Navigator for Cancer Care, at (802) 225-5449 or [theresa.lever@cvmc.org](mailto:theresa.lever@cvmc.org)

## One-On-One Somatic Movement Sessions

MSAC members receive a discount on private Somatic Movement (neuromuscular re-training) sessions with MSAC instructor Amy LePage. If you want to increase your mobility and coordination, improve your posture or balance, reduce pain and gain a greater sense of well-being, contact Amy at [emergeyoga@gmail.com](mailto:emergeyoga@gmail.com) or (802) 778-0300.

## One-On-One Yoga Therapy

Contact Ragan to schedule a future appointment at 552-8995.

## One-On-One PC Help

Weekly Computer Assistance Tuesdays 3:15—4:15pm | Fridays 1-2pm and by appointment | MSAC Computer Lab Local student Sarvesh Sharma and member-volunteer Ed Linton are available for computer assistance. Call (802) 223-2518 to schedule your appointment.

## Advance Directives Help

Contact Vermont Ethics Network at 828-2909 or visit [www.vtethicsnetwork.org](http://www.vtethicsnetwork.org) for more information.

## CVCOA Chats

Questions about health insurance/senior services/Fuel Assistance / Three Squares? Council on Aging is available. Call 479-4400 to set up an appointment.

## Financial Coaching

Capstone Community Action can provide one-on-one financial assistance. Contact Liz Scharf at 477-5215.

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Member SIPC



(Continued from page 1)

introduces you to the science of positive psychology and Appreciative Inquiry (AI) and teaches you simple and practical tools to experience more positivity, control, and peace of mind. You'll walk away knowing that whatever life brings, you have a full toolbox to handle it. Refer to longer description and instructor bio in Program Guide!

**QiGong: Chinese Medicine in Motion** | Edward Kentish | 10 Tuesdays, starts Jan. 8 | 11:45am-12:45pm | MSAC Activity Room | \$30 MSAC members/\$55 non-members | Ages 21+

Like acupuncture and other branches of Chinese Medicine, the purpose of Qi Gong is to cultivate the smooth and abundant flow of Qi, or life energy. Life flows better when we do this! We'll be learning a set of movements known as "The Twenty YinYang."

These are gentle, fluid movements, practiced with breath and concentration. The images are nature-based, such as: "Paired swallows skim across the water," "Wind brushes emerald willows" and "Water beads roll on lotus leaves."

**A Self Care Technique Sampler** | Barb Alpert | 10 Wednesdays, starts Jan. 9 | MSAC Studio | 10:30–11:45am | members \$25/\$35 | We are the only ones who can take care of ourselves each day on an ongoing basis. Barb will introduce some self-care and partner care techniques, including a short daily yoga practice, myofascial release tech-

niques for you to do on your own, and Thai yoga massage for partners, helping us to learn how to help each other do simple stretches that feel good. We will also do some breathwork and some meditation. This class is open to singles or partners. The singles can partner up together to practice or have the option to watch, if that is more comfortable.

**New: Yoga for Stroke Survivors** | Patty Crawford | 12 Mondays, starts Jan. 7 | MSAC Studio | 1:30–2:30pm | \$25 Montpelier resident/ \$35 non-resident | Ages 50+ Discussion is focused on the mind-body disconnect that often occurs after stroke. We will address how to improve balance, strength and range of motion. Meditation and breathing techniques are practiced to help overcome the stress and emotional impact of stroke. Yoga poses are adapted for your individual body. Participants need to be able to get up and down from a chair. You may bring an assistant as needed.

**Two New Film Appreciation Series at Savoy Theater**  
Rick Winston | 8 weeks each | \$50 MSAC members/\$75 public | Ages 14+ | List of titles available at MSAC

*World Cinema, 2010 Til Now* | Mondays, 9:30am-12pm  
A survey of some stunning recent films from around the globe, tackling issues such as immigration, civil war, family estrangement, and political involvement. All films shown with subtitles

## Winter Class Registration Details

### Forms will be processed in the following order

(ALL forms accepted November 26, starting 9:00am in person and online):

- Starting November 26: Montpelier & Supporting Towns.
- Starting December 10: All towns/non-members for classes open to public.
- \$10 late fee applies to registrations after January 4.
- online registration requires a user-ID and password; inquire at office if you need one or if you have trouble.

### Winter Classes begin the week of January 7 unless otherwise noted.

Most 10-week classes will end the week of March 11. Most 12-week classes will end the week of March 25. Make-up classes will be held during the week of April 1. MSAC will be closed the week of December 24 and on January 1, 21 and February 18 for holidays. MSAC will be open on Town Meeting Day.

**For complete info on all our classes, groups and programs**, consult our website or materials in the MSAC lobby. Information subject to change.

**Financial aid** is available for membership (Montpelier and Supporting Towns) and all of our classes (residents age 50+ of all towns). Simple application available online and in office.

# WINTER CLASSES

(Continued from page 9)

**The Workplace** | Thursdays, 10am-12:30pm

Classic and modern, comedy and drama, these films are set largely in workplaces: a retail store, an advertising agency, a factory, a newsroom and on Wall Street.

**NEW: Two New Somatic Movement Classes** | Amy Lepage | MSAC Studio | Ages 50+ | Contact Amy at: amy.emergeyoga@gmail.com or call: 802-778-0300 with any questions. Amy has extensive training in clinical somatics, functional movement, and yoga therapy. Learn more about her group classes and individual sessions at [www.emergeyoga.com](http://www.emergeyoga.com).

**Somatic Movement: Move Better, Breath Better, Feel Better** | Amy Lepage | 6 Fridays, starts 1/11 | 12-1pm | \$25 members/ \$50 public | Ages 50+

Somatic Movement utilizes slow, focused, gentle movements that actively engage the nervous system in a new learning process (neuromuscular retraining). These 6 weeks focus on "freeing your center" which helps: increase mobility; improve posture; enhance coordination; reduce aches and pains; improve your breathing; and develop an internal quietness and calm. Movements will be done standing, sitting and lying on the floor.

**Somatic Movement: Freeing the Shoulders** | 3 Fridays, starts 3/15 | 12:00–1:00 pm | \$15 MSAC members/ \$30 public | Ages 50+

These 3 weeks will focus on "freeing the shoulders," utilizing gentle, functional movement and the slow, detailed focus of neuromuscular retraining based on Thomas Hanna Somatics. Movements will be done standing, sitting and lying on the floor.

## New: Technology Workshops

Led by Montpelier High School Students | 6 Tuesdays starting in February, dates TBA | 3:15–4:30 pm | Montpelier High School | \$5 MSAC members / \$10 public, age 50+ Sign up individually or for all; specific titles and dates TBA, but will likely include: Windows 101, Mac 101, Android Smartphones, iPhones, Internet Safety/Cyber-security/ Password Management, and Navigating Social Media. Contact MSAC office for updated info.

**Returning: Insights into Conflict** | Yvonne Byrd & Judy Gibson | 3 Wed., 1/23, 1/30, 2/6 | City Hall Memorial Room | 10:30 am–12:30pm | \$10 MSAC memb./ \$25 public | 21+ | This class, presented in three parts, will help you become more competent at understanding the conflicts inherent in daily living. You will be guided to explore your typical style and relationship with conflict as you consider the benefits and limitations of a variety of approaches. Together, we'll study thinking and strategies for turning a conflict into an

opportunity for deepening relationships and creating positive outcomes. We'll introduce you to specific techniques for having difficult conversations. Yvonne Byrd began her career in conflict resolution in '93 and has been responsible for developing and operating restorative justice programs as the Director at the Montpelier Justice Center since 2003. Judy Gibson has a Masters Degree in Mediation and Conflict Resolution and has been the Restorative Justice Programs Coordinator at the Montpelier Community Justice Center since 2006.



## Complete Class List

Subject to change. Classes at 58 Barre Street unless otherwise noted. Please refer to most recent registration form for latest information. See complete new Winter program guide for class descriptions, dates, length, pricing, several new MSAC drop-in groups and additional adult classes offered by the Montpelier Recreation Division. Most classes begin the week of January 7 and run 10 or 12 weeks.

## Performing, Fine and Culinary Arts

**RETURNING: Cooking 1: Anti-Inflammatory Diet** | Lisa Mase | Saturday, 1/26 | 9:30-11:00am

**NEW: Cooking 2: Foods for Winter Wellness** | Lisa Mase | Saturday, 2/2 | 9:30-11:00am

**NEW: Cooking 3: Vegetarian Cooking from Around the World** | Lisa Mase | Saturday, 2/9 | 9:30-11:00am

**Clay Construction—Faces and More** | Georgia Landau | Thursdays | 4:00-5:30pm

**RETURNING: Beginner Harmonica** | Ari Erlbaum | Wednesdays | 3:45–4:45pm

**Advanced Beginner Guitar** | Tom Wales | Wednesdays | 5:00-6:00pm

**NEW: Lantern-Making Workshop for Montpelier's Community Lantern Parade**

Kalie Schneider | Saturday, 2/2 | 9:00am–1:00pm

**Digital Photography—Mixed Levels** | Linda Hogan | Fridays | 10:00am–12:00pm

**Reelin' & Rockin': Singing Songs of the 50s and 60s**

(Continued on page 11)

*(Continued from page 10)*

John Harrison | Tuesdays | 2:00-3:00pm

**Drawing Basics 1**

Janice Walrafen | Thursdays | 1:00-2:30pm

**Exploring Perspective Drawing**

Janice Walrafen | 5 Mondays, starts 1/7 | 5-7:00pm

**Drawing the Figure**

Janice Walrafen | 5 Mondays, starts 2/11 | 5-7:00pm

**Hand-building in Clay**

Nicole Galipeau | Mondays | 1:00-2:30pm

**Painting in Oils**

Jeneane Lunn | Tuesdays | 4:30–6:30pm

**Intermediate Pastels**

Jeneane Lunn | Wednesdays | 4:30-6:30pm

**Rug Hooking**

Pam Finnigan | Wednesdays | 9:30-11:30am

**Beginner & Intermediate Voice for Shy Singers**

Naomi Flanders | Thursdays | 4:00-5:00pm

**Advanced Voice: Keeping Your Voice in Shape for Life**

Naomi Flanders | Fridays | 4:30-5:30pm

## Humanities, Technology, Social Sciences and More

**NEW: Appreciative Living—A Methodology for Growing Resilience and Optimism**

Alexandra Arnold | 4 Wednesdays, starts 1/23 | 7–8:30 pm

**NEW: Two New Film Appreciation Series**

Rick Winston | 8 weeks each | Savoy Theater

- **World Cinema 2010 til Now**—Mondays | 9:30 am–12pm
- **The Workplace**—Thursdays | 10am-12:30pm

**RETURNING: Insights into Conflict**

Yvonne Byrd and Judy Gibson | 3 Wednesdays, 1/23, 1/30, and 2/6 | 10:30am–12:30pm | City Hall Memorial Room

**Spanish 7**

Carlos Reyes | Tuesdays | 9:00–10:15am

**Spanish 8 (New Level)**

Carlos Reyes | Thursdays | 9:00–10:15am

**Computer Class: Using Google Services 101** | MSMS

Students | Thursdays, 1/17, 1/31, 2/7, 2/21, 3/7, 3/21 | Main Street Middle School | 11:30am-12:30pm

**NEW: Technology Workshops**

Led by Montpelier High School Students | 6 Tuesdays starting in February | 3:15–4:30 pm | Montpelier High School | sign up individually or for all | specific titles and dates TBA, but will likely include: Windows 101, Mac 101, Android Smartphones, iPhones, Internet Safety/Cyber-security/Password Management, and Navigating Social Media

**Making Poems (RETURNING INSTRUCTOR)**

Carol Henrickson | Wednesdays | 10am–12pm

**Writing: Two Separate Classes** | Maggie Thompson

Mondays | 10:15am–12:15pm or

Wednesdays | 12:30-2:30pm

## Active Living and Wellness

**Archery**

Tuesdays, 1/15-2/5 | 6-7pm | R&amp;L Archery, Barre

**Adult Co-Ed Dodgeball League**

A: Tuesdays, 1/ 8–2/12 | UES Gym | 7-9pm

B: Tuesdays, 3/12–4/23 (skips 4/16) | UES Gym | 7-9pm

**Feldenkrais Movement Exploration with Floor Work**

Paul Erlbaum | Tuesdays, starts 1/15 (skips 3/19) | 2:45–3:45pm

**NEW: Feldenkrais Movement Exploration: Standing and in Chairs**

Paul Erlbaum | Tuesdays, starts 1/15 (skips 3/19) | 10-11am | Westview Meadows | 50+

**Fitness Hooping**

Carol Becker | Thursdays, 1/17-2/7 | Rec Gym | 7-8pm

**Hiit Kick**

Renee Ancel | UES Small Gym | Tues &amp; Thurs, 5:30-6:30 pm | A: 1/3-2/21 | B: 3/7–4/11 (skips 4/4)

**Noontime Basketball**

Monday–Friday, 12:00–1:15 pm | Rec Gym

**Sunday Basketball**

Sundays, Nov. 4–April 14 (skips Nov. 25, Dec. 23 and Dec. 30) | 10:00am–12:00 pm | MSMS

**Hatha Yoga** (Rec Adult Program at MSAC)

Bessie Sandberg | Tuesdays | 6:30–8:00pm

**Pickleball**

Monday–Friday, Year-round | see flier for details | Rec Gym

**NEW: Qi Gong—Chinese Medicine in Motion**

Edward Kentish | Tuesdays | 11:45am-12:45pm

**Zumba**

Megan Pow | Thursdays | 7:00 8:00 pm

**Bone Builders**

Laura Morse | Mondays/Fridays | 3:15–4:30pm

Laura Brown/Theresa Lever | Mon/Thur | 5:00-6:00pm

Tina Muncy | Tuesdays/Fridays | 5:00-6:00pm

Nancy Schulz | Tuesdays/Fridays | 10:15-11:30am

Joan Barrett / Barbara Ladabouche / Joan Phillips |

Tuesdays/Thursdays | 8:30–9:30am

**Bone Builders Non-Beginner** | Dona & Ed Koenemann

| Mondays/Fridays | 9-10am

**Indoor Cycling**

Register directly at AlpenGlow Fitness now (Main Street, Montpelier) | No MSAC specific classes, but two classes designed with older adults in mind and a 20% discount off punch cards for current MSAC members

*(Continued on page 12)*



(Continued from page 11)

## **Dance: Taps, Weights & Stretch (New Time)**

Allison Mann | Tuesdays | CDFS | 11am–12:15pm

## **Dance, Stretch & Strengthen (New Time)**

Allison Mann | Wednesdays | CDFS | 11am–12:15pm

## **Moving for Parkinson's and Other Neuro-Movement Challenges**

| Sara McMahon  
Thursdays, starts Jan. 24 | 10–11:30 am

## **The Parkinson's Pantomime Project**

Rob Mermin | Saturdays | 10:30am–12:00 pm

## **Pilates for Beginners**

Shannon Hepburn | Mondays | 10:30–11:30 am

## **Pilates Express (Three options now!)**

- Mondays with Mary Dobbins | (New Time and Location) 12-12:45 | Middlesex Town Hall
- Fridays with Shannon Hepburn | 9–9:45 am | MSAC
- Saturdays with Mary Dobbins | (Revised Time) 8:45–9:30 am | MSAC

## **NEW: Self Care Technique Sampler**

Barb Alpert | Wednesdays | 10:30–11:45 am

## **NEW: Somatic Movement Series:**

Amy Lepage | MSAC Studio

Move Better, Breath Better, Feel Better

6 Fridays, starts 1/11 | 12:00–1:00pm

Freeing the Shoulders

3 Fridays, starts 3/15 | 12:00–1:00pm

## **Tai Chi for Fall Prevention**

Ellie Hayes | Tuesdays | 4:15–5:00pm

## **Tai Chi: Sun Style Long Form (Longer Class Time)**

Ellie Hayes | Tuesdays | 5:00-6:00pm

*Yoga classes arranged in order of vigorous–least vigorous to most...*

## **Chair Yoga Tuesday**

Sarah Parker-Givens | 11 Tuesdays | 11am-12pm

## **Chair Yoga Thursday (New Time and Location)**

Ragan Sheridan | Thursdays | 10:30-11:30am

## **Very Gentle Yoga**

Sarah Parker-Givens | 11 Mondays | 3:30–4:30pm

## **NEW: Yoga for Stroke Survivors**

Patty Crawford | Mondays | 1:30-2:30pm

## **Gentle Yoga in Worcester (Revised Time)**

Barb Alpert | 10 Tuesdays | Worcester Town Hall | 2:45-4:00pm

## **Gentle Yoga**

Patty Crawford | 10 Tuesdays | 9-10:15am

## **Gentle Yoga with Breathing, Chanting & Meditation**

Ragan Sheridan | 10 Thursdays | 5:00–6:30pm

## **Yoga for Men**

Ron Sweet | 12 Mondays | 9:00–10:15am

## **Gentle Flow Yoga (Additional Time Added!)**

Sarah Parker-Givens | 11 Wednesdays | 9:00-10:00am (New!)

Sarah Parker-Givens | 11 Wednesdays | 3:30–4:30pm

## **Moving into Stillness: Yoga and Meditation**

Sarah Parker-Givens | 11 Thursdays | 1:30–2:45pm

## **Gentle/Moderate Yoga (New Day & Time)**

Monica DiGiovanni | Tuesdays | 1:15-2:30pm

## **Moderate Yoga (New Time)**

Ron Sweet | 12 Mondays | 11:45am–1:00pm

## **Yoga Movement in Middlesex**

Ron Sweet | 12 Mondays | Middlesex Town Hall | 3-4pm

## **Moderate Yoga for Balance**

Patty Crawford | 10 Thursdays | 9:00 –10:15am

## **Moderate Yoga to Improve Balance**

Ragan Sheridan | 10 Thursdays | 3:15-4:30pm

## **Gentle/Moderate Flow Yoga and Meditation**

Sarah Parker-Givens | 11 Mondays | 5:00–6:30pm

## **Moderate Flow Yoga**

Sarah Parker-Givens | 11 Wednesdays | 5:00–6:30pm

## **Moderate/Vigorous Hatha Yoga (New Instructor and Day/Time)**

Ron Sweet | 12 Thursdays | 11:45am-1:15pm

## **Yoga for Focus and Fitness (Two Different Themes Now)**

Monica DiGiovanni | (Session 1: Strengthen): Wednesdays | 1:30–2:45pm

**NEW TIME:** (Session 2: Stretch): Fridays 10:00-11:15am

## **First in Fitness Discounted MSAC Programs in Berlin**

## **Lap Swimming (13 weeks)**

Monday, Friday, 5:00-6:00pm and Tuesday, Wednesday, Thursday, 10:00-11:00am (Choose any/all)

## **Water Aerobics (12 weeks)**

Ann Gilbert | Tuesday Series | 10:00-11:00am

Ann Gilbert | Friday Series | 10:00-11:00am

## **Tennis (2 different series, no instructor)**

Series 1 | 6 Fridays, start 1/11 | 11am-12:30pm

Series 2 | 6 Fridays, start 2/22 | 11am-12:30pm

See also, in Program Guide page 28, information about discounted benefits for MSAC members at three area Fitness Centers:

1. First in Fitness (Berlin)
2. Alpenglow Fitness (Montpelier)
3. Rehab Gym (Barre)

# COMMUNITY ANNOUNCEMENTS

*Please note: The following two community surveys are available in the MSAC Lobby*

## **Transportation is Changing— Make it Work for You: Input Survey**

The Central Vermont Regional Planning Commission (CVRPC), in partnership with the Vermont Center For Independent Living (VCIL), the Central Vermont Council on Aging (CVCOA), Barre Project Independence, VT Agency of Transportation and Green Mountain Transit (GMT) are working together to gather input into how a Paratransit Service should operate in the Barre-Montpelier area.

Paratransit service is being proposed as a replacement for the current deviated route service for persons who are unable to use the fixed route bus system due to a disability. That service is currently provided within three-quarters of a mile on either side of the fixed route bus service, during the operating hours of the fixed route.

**The purpose of the survey is to hear from older adults, person with disabilities and caregivers who use public transit as well as those users who would take advantage of the paratransit service. This is an opportunity for you to honestly share your preference for this new service.** The data we collect will be used to help develop an outline of a rural paratransit service in the Barre-Montpelier area.

Your responses to this survey will be confidential. Nothing you say in the survey will affect your ability to participate in this transportation services in any way.



## **Aging at Home in Montpelier:**

### **Please Fill out Survey!**

If you live in Montpelier and you're 50 or older, the Montpelier Village Project hopes you will participate in their survey about aging at home in Montpelier. This group of Montpelier residents (who are themselves 50+) is exploring the possibility of creating a "Village" in Montpelier. A Village is not a physical place. It's an organized network of volunteers and trusted service providers who offer support and services to Village members so they can remain active, socially connected, safe, and comfortable in their homes and communities as they grow older.

The first Village was started in Beacon Hill, Boston, in 2001. There are now more than 250 Villages around the country, with many more under development. Each Village reflects the needs of its members and community. Although every Village is different, the kinds of services they provide often include light home maintenance and handyperson services, assistance with simple household tasks, transportation around town, grocery shopping and other errands, and social opportunities. For needs that volunteers can't meet, many Villages also provide referrals to screened service providers who offer discounts to Village members.

The Montpelier Village Project is conducting a survey to find out what members of the community have to say. To take the survey on your computer, click on this link: <https://goo.gl/forms/tLLaivTY70tWBK0u2>. Print copies of the survey are available at the **Montpelier Senior Activity Center**, City Hall, and the Kellogg Hubbard Library. Completed surveys may be dropped off in marked boxes at those locations. Print copies of the survey will also be distributed through Meals on Wheels. **The last day to submit completed surveys is December 7.** You must live in Montpelier and be 50 or older to participate in the survey.

For more information, contact the Montpelier Village Project at [montpelievillagegroup@gmail.com](mailto:montpelievillagegroup@gmail.com) or call 802-223-7158.

# COMMUNITY ANNOUNCEMENTS

## City Winter Parking Ban

Parking is allowed overnight on Montpelier city streets except when the City Manager calls for a Winter Parking Ban due to inclement weather or snow removal activities. When a ban is in effect, parking is prohibited between 1:00 am and 7:00 am on all City streets. Every effort will be made to notify Montpelier residents of a Winter Parking Ban by 6:00 pm. Receive phone calls, emails and/or text messages alerting you to Winter Parking Bans by signing up on [VT Alerts](https://vem.vermont.gov/vtalert) (<https://vem.vermont.gov/vtalert>), step by step instructions on how to sign up can be found [here](https://www.montpelier-vt.org/DocumentCenter/View/3278/How-to-sign-up-for-VT-Alerts?bidId=) (<https://www.montpelier-vt.org/DocumentCenter/View/3278/How-to-sign-up-for-VT-Alerts?bidId=>).

## VFW Holiday Luncheon for Seniors

Saturday, December 1, 12:00 pm

Join the VFW of Montpelier for a holiday senior luncheon. The luncheon will begin at noon at the VFW at 1 Pioneer Street in Montpelier. RSVPs are required; please call (802) 229-9028 to inquire about menu or to save your seat! Free of charge.

## Senator Sanders Holiday Luncheon for Seniors

Monday, December 17, 12:00 pm

Free of charge, Senator Sanders invites you to join him for a free Holiday Dinner (with live music) at the Canadian Club, 414 East Montpelier Rd, Barre. Please RSVP by Wednesday, Dec. 12 to 800-339-9834 (toll free) or 802-862-0697.

## Montpelier Art Walk:

Dec. 7, 2018, 4:00—8:00 pm

Nearly 30 venues will offer art openings in one special evening in Montpelier—including our very own MSAC Open Studio Participants. Browse at your own pace, meet many of the artists and enjoy a free refreshment or two! MSAC Open Studio Participants will be showing their art work at the East State Salon, 32 East State Street (not at MSAC). In addition, through December, please continue to enjoy the paintings of Monica DiGiovanni in our Community Room!

## Fuel Assistance this Winter

As the weather gets colder and heating costs go up, some Vermonters will have a hard time keeping warm. If you or someone you know is struggling to pay for heat, help may be available. Make sure to see the fliers in the MSAC lobby.

## The Bus Blotter

*This is a regular monthly column from Green Mountain Transit.*

Green Mountain Transit offers older adults an affordable, accessible, convenient, and safe way to travel in Vermont. You can do this all while avoiding the hassle of navigating traffic and the ever-changing Vermont winter roads and while taking advantage of discounted fares for older adults.

A few tips for safe winter travel:

- **Dress Warmly:** Layering up and wearing a hat, gloves, and snow boots are all critical to staying warm while you wait for the bus.
- **Be Visible:** It is dark more than it is light this time of year. Make yourself visible to drivers; signal your presence to the bus driver with bright or reflective clothing and a flasher.
- **Stand Back:** When the bus is arriving, please stand back. Roads are often icy and unpredictable. Please give the driver room to safely navigate the road.
- **Wait in a Cleared Place:** Bus stops can often be covered in ice and snow. Please safely stand in the nearest cleared area.
- **Anticipate Delays:** Winter weather can affect all traffic. GMT drivers' #1 priority is your safety. Download the RouteShout 2.0 mobile app to track your bus in real time and see service alerts.
- **Carefully Enter and Exit the Bus:** Please use handrails and take your time when boarding and disembarking from the bus to ensure your safety.

To learn more and volunteer, please contact: [802-540-2589](tel:802-540-2589).





## FEAST MEALS

### FEAST Together Menu

Tuesdays and Fridays, 12pm-1pm

*Menus are subject to change. Options for vegetarians or those with other dietary restrictions are available.*

**Tuesday, December 4:** Beef Stew with root vegetables, egg noodles, whole wheat roll, grapes and dessert.

**Friday, December 7:** Roast pork with a mustard crust, vegetables, roasted potatoes, apple sauce and dessert.

**Tuesday, December 11:** Chicken Enchiladas, vegetables, rice and beans, fruit and dessert.

**Friday, December 14:** Hungarian Mushroom Stew, apple sauce, root vegetables, brown rice, and dessert.

**Tuesday, December 18:** Roast Turkey with gravy, squash puree, bread stuffing, cranberry sauce, fruit and dessert.

**Friday, December 21:** Spaghetti with tomato, meat sauce, mixed veggies, whole wheat garlic bread, grapefruit and dessert.

**Tuesday, December 25:** Closed

**Friday, December 28:** Closed

**Tuesday, January 1:** Closed

60+: No charge with suggested \$5 donation. Under 60: \$7. All proceeds benefit the FEAST meal program. Take-out: \$7 for all ages.

**Make recommended reservations** (at least a day in advance) or inquire about FEAST at Home, by calling 262-6288 or emailing [justbasicsinc@gmail.com](mailto:justbasicsinc@gmail.com).

### Focus on FEAST

November kicked off the Holiday Season at MSAC, and folks at FEAST Together celebrated Thanksgiving with Roast Turkey and all the fixings on Tuesday, November 20. Now it is December, and the white stuff has arrived in full force, making winter-weatherizing for homes and cars a necessity. Come inside for the Tuesday or Friday lunch and stay warm with good food, good friends and good music on Tuesdays when the Swingin' Over 60's Band tunes up for great standards. Sing-a-long, dance or just sit and enjoy. All are welcome!

### Dec.21 Ice Cream Birthday Social

Joan Moureau was our Birthday Raffle Winner in November. Remember to come to the FEAST Together on the third Friday of each month for the Ice Cream Birthday Social. If your birthday is in December you will be entered into the raffle drawing for a yummy baked good but because of the holiday we may have a special surprise this month! Win or lose, everyone has fun and gets ice cream. Call 262-6288 to make your reservations. You must be present at 12:30 to win the Raffle.

### FEAST Together News

We want to give a big shout out to Pinky's on Main Street, who donated humongous sandwiches and divine cookies to our Open House, November 12. The assortment of sandwiches was fantastic, and dear reader, you will not go wrong treating yourself to lunch there soon. Thank you, Pinky's!

Chef Justin Turcotte and his family are on an eight month tour of South East Asia. You can visit their travel blog at <http://teamtinternational2.blogspot.com/> ask to see the binder with postcards, pictures and Anika's Blog of their journey. They have made their way through South Korea, Japan, China and Nepal or Tibet, heading toward Cambodia next.

FEAST Senior Meals will be closed 12/24–1/1 . FEAST Together resumes on Friday, January 4.

Friends of FEAST donated many food items during November, including squash and Brussels sprouts, plus the generous donation of turkeys from Joan Barrett, Ruth McCullough, Eileen O'Connor and Susan Sander-son for our Thanksgiving meal. We are so lucky to live in a community that shares its bounty with neighbors. Chef Michael Morse used the donations of pie pumpkins to make pies, breads and cookies. Nothing is wasted – if you have anything extra, please donate to the kitchen.

### FEAST Together “Wish List”

Please call 262-6288 to arrange for pickup or delivery.

- 12 Cup Drip Coffee Maker
- Metal or plastic serving platters (no china please)
- Steak Knives
- Soup Spoons

Thank you, Team FEAST  's you!

**Montpelier Senior Activity Center**  
**58 Barre Street**  
**Montpelier, VT 05602**

RETURN SERVICE REQUESTED

**PRSRT STD**  
**US POSTAGE PAID**  
**MONTPELIER, VT**  
**PERMIT NO 113**

**Dear Newsletter Subscribers:**

Save MSAC \$1 per month (and save paper!) by switching to our electronic newsletter. You'll get the newsletter in full color, usually earlier than the USPS edition. To switch, call 223-2518 or email [msac@montpelier-vt.org](mailto:msac@montpelier-vt.org). Thank you!

**Important dates.... Happy Holidays!**

Monday-Friday, December 24-28: We are closed

Other upcoming holiday closures:

- Tuesday, January 1 (New Year's Day)
- Monday, January 21 (Martin Luther King, Jr. Day)
- Monday, February 18 (Presidents Day)

**Sustaining MSAC's Futures**

Please consider MSAC when making your estate plans and keep us vibrant for years to come. To learn more, contact Becca at 262-6284 or [bjordan@montpelier-vt.org](mailto:bjordan@montpelier-vt.org).

**Montpelier Senior Activity Center**

Office hours: Monday-Friday from 9am-4pm.

223-2518 • 262-6285 (fax) • [www.montpelier-vt.org/msac](http://www.montpelier-vt.org/msac) • [msac@montpelier-vt.org](mailto:msac@montpelier-vt.org)

*MSAC is a division of the Community Services Department. MSAC's mission is to enhance the quality of life for older adults in the Montpelier area through opportunities that develop physical, mental, cultural, social, and economic well-being in a welcoming, flexible environment.*



Janna Clar, Director of Senior Activity Center  
Becca Jordan, Communications & Development Coordinator  
Norma Maurice, Office Manager  
Harry Divack, Administrative Assistant  
Becky Johnston, Resource Development AmeriCorps VISTA

**FEAST Meals Program and Reservations Number: 262-6288**

Jessica Sanderson, FEAST Program Manager

Michael Morse, Kitchen and Operations Manager for Good Taste Catering

# DECEMBER 2018 MSAC ACTIVITIES CALENDAR

Mondays	Tuesdays	Wednesdays
<ul style="list-style-type: none"> <li>• 8:30-12:00 French classes (Savard, non-MSAC)</li> <li>• 9-10 Bone Builders Non-Beginner (Koenemanns)</li> <li>• 9-10:15 Yoga for Men (Mandell)</li> <li>• 9am—1pm Foot Clinic (12/10 only)</li> <li>• 9:30-12 Films about World War I (Winston, at Savoy)</li> <li>• 10-12 Drop-in Art Time*</li> <li>• 10:30-11:30 Pilates for Beginners (Hepburn)</li> <li>• 10:15-12:15 Writing</li> <li>• 12-3 Mah Jongg*</li> <li>• 1-2:30 Handbuilding in Clay (Galipeau)</li> <li>• 12:30-1:45 Club de Français Intermédiaire*</li> <li>• 1-3 Bridge*</li> <li>• 1:15-2:45 Moderate Yoga (Sweet)</li> <li>• 2-3 Living Strong Group*</li> <li>• 3-4:30 Intuitive Art Journaling</li> <li>• 3:15-4:30 Bone Builders (Morse)</li> <li>• 3:30-4:30 Very Gentle Yoga (Parker-Givens)</li> <li>• 4-6 Savoy DVD Lending*</li> <li>• 5-6 Bone Builders (Brown/Lever)</li> <li>• 5-6:30 Gentle/Moderate Flow Yoga &amp; Meditation (Parker-Givens)</li> <li>• 5-7 Drawing the Figure</li> </ul>	<ul style="list-style-type: none"> <li>• 8:30-9:30 Bone Builders (Barrett/Ladabouche/Phillips)</li> <li>• 9:45-11:15 Walks with Joan*</li> <li>• 9-10:15 Spanish 6</li> <li>• 9-10:15 Gentle Yoga (Crawford)</li> <li>• 10-11:15 Dance: Tap, Weights, Stretch (Mann, at CDFS, Langdon Street)</li> <li>• 10:15-11:30 Bone Builders (Schulz)</li> <li>• 10:30-11:45 Band &amp; Dancing*</li> <li>• 11-12 Chair Yoga (Parker-Givens)</li> <li>• 12-1 FEAST Meal</li> <li>• 1-2 Walks with Harris*</li> <li>• 1-3 Scrabble*</li> <li>• 1:15-2:45 Italian Group*</li> <li>• 1:45-3 Trash Tramps*</li> <li>• 2-3 Reelin' &amp; Rockin' Singing Songs of the 1950s</li> <li>• 2-3:15 Gentle Yoga in Worcester (Alpert)</li> <li>• 2:45-3:45 Feldenkrais Movement Exploration</li> <li>• 3:15-4:15 Computer Assistance*</li> <li>• 4:15-5 Tai Chi for Fall Prevention (Hayes)</li> <li>• 5-5:45 Tai Chi Sun Style Long Form (Hayes)</li> <li>• 4:30-6:30 Painting in Oils</li> <li>• 5-6 Bone Builders (Muncy)</li> <li>• 5:45 Rainbow Umbrella* (12/18)</li> <li>• 6:30-8 Hatha Yoga (Sandberg)</li> </ul>	<ul style="list-style-type: none"> <li>• 9-10:15 Gentle Viniyoga</li> <li>• 9-11 Photography Club*</li> <li>• 9am-12pm Foot Clinic (12/19 only)</li> <li>• 9:30-11:30am Rug Hooking</li> <li>• 10-11:15 Dance, Stretch, Strengthen (Mann, at CDFS, Langdon Street)</li> <li>• 10-12 Making Poems</li> <li>• 12-2 Crafters Group*</li> <li>• 12:30-2:30 Writing</li> <li>• 1-3 Savoy DVD Lending*</li> <li>• 1:30-2:45 Yoga for Focus and Fitness</li> <li>• 2:45-3:45 Chair Yoga (Feldman Subs)</li> <li>• 3:30-4:30 Gentle Flow Yoga (Parker-Givens)</li> <li>• 4:30-6:30 Intermediate Pastels</li> <li>• 5-6:30 Moderate Flow Yoga (Parker-Givens)</li> </ul> <div data-bbox="1068 1276 1432 1444">  <p>City of Montpelier SENIOR ACTIVITY CENTER</p> </div> <div data-bbox="1058 1852 1503 1965"> <p>Flip over for Thursday—Sunday activities</p>  </div>



# DECEMBER 2018 MSAC ACTIVITIES CALENDAR

Thursdays	Fridays	Saturdays/Sundays
<ul style="list-style-type: none"> <li>• 8:30-9:30 Bone Builders (Barrett/Ladabouche)</li> <li>• 9-10:15 Moderate Yoga for Balance (Crawford)</li> <li>• 9-10:15 Spanish 7</li> <li>• 10-11:30 Moving for Parkinson's &amp; Other Neuro-movement Challenges</li> <li>• 11:30-12:30 Computer Class (at Main Street Middle School) (11/29, 12/6 only)</li> <li>• 11:45-1:15 Tai Chi Long Form Sky (Copa)</li> <li>• 12:45-3:30 Bridge*</li> <li>• 1-2:30 Drawing Basics I</li> <li>• 1:30-2:45 Moving into Stillness: Yoga &amp; Meditation (Parker-Givens)</li> <li>• 3:15-4:30 Moderate Yoga to Improve Balance (Royer)</li> <li>• 4-4:45 Indoor Cycling / Spinning (at Alpenglow Fitness, Main St. Montpelier)</li> <li>• 4-5 Beginner/ Intermediate Voice for Shy Singers</li> <li>• 4-5:30 Clay Constructions / Faces &amp; More (Landau)</li> <li>• 5-6 Bone Builders (Brown/Lever)</li> <li>• 5-6:30 Gentle Yoga with Breath, Chanting, Meditation (Royer)</li> <li>• 6-8 Ukulele Group* (skip 12/13)</li> <li>• 7-8 Zumba</li> </ul>	<ul style="list-style-type: none"> <li>• 9-9:45 Pilates Express (Hepburn)</li> <li>• 9-10 Bone Builders Non-Beginner (Koenemanns)</li> <li>• 10-11:30 Mod/Vig Hatha Yoga (Stander)</li> <li>• 10-12 Digital Photography</li> <li>• 10-3 Mah Jongg*</li> <li>• 10:15-11:30 Bone Builders (Schulz)</li> <li>• 11:40-12 Long Life Qi Gong* (Schulz)</li> <li>• 12-1pm FEAST Meal (Bday Social 12/21)</li> <li>• 12-1 Somatic Movement Series (Lepage)</li> <li>• 12:15-1:45 Death Café* (12/14 only)</li> <li>• 1-2 or by appt.—Computer Assistance*</li> <li>• 1:30-2:30 Yoga for Focus &amp; Fitness (DiGiovanni)</li> <li>• 2-3 Living Strong Group*</li> <li>• 2:45-4 Gentle/Moderate Yoga (DiGiovanni)</li> <li>• 3:15-4:30 Bone Builders (Morse)</li> <li>• 3:15-4:45 Music Appreciation: 10 Wks, One Composer: Bach (Nielsen)</li> <li>• 4:30-5:30 Advanced Voice</li> <li>• 5:00-6:00 Bone Builders (Muncy)</li> <li>• 6:30—8:30 2nd Fridays Folk Dancing (12/14)</li> </ul>	<ul style="list-style-type: none"> <li>• Saturday 9-9:45 Pilates Express (Dobbins)</li> <li>• Saturday 10:30-12 Parkinson's Pantomime Project (Mermin)</li> <li>• Sunday 4-6 * Advanced Cancer Support Group usually meetings 4th Sundays (no December gathering at MSAC)</li> </ul> <div> <p><b>MOST FALL CLASSES END THE WEEK OF NOVEMBER 26 OR DECEMBER 10. SOME HAVE MAKE-UPS THROUGH DECEMBER 21. PLEASE CHECK WITH YOUR INSTRUCTOR OR IN THE OFFICE FOR FINAL CLASS DATE. UNLESS OTHERWISE NOTED, LISTED ACTIVITIES ARE WEEKLY.</b></p> </div> <div> <p>*Does not require registration. Donations appreciated.</p> </div>