

Montpelier Senior Activity Center

The Montpelier Senior Activity Center is your home for healthy aging and lifelong learning. Everyone 50+ is welcome at the Montpelier Senior Activity Center (MSAC), a place where vibrant, diverse programming promotes lifelong learning, healthy aging, socialization, enhanced nutrition, and access to aging resources. If you'd like to learn more, visit www.montpelier-vt.org/msac, call us at 223-2518 or stop by at 58 Barre Street in Montpelier.

The mission of the Montpelier Senior Activity Center is to enhance the quality of life for the older adults in the Montpelier area through opportunities that develop physical, mental, cultural, social, and economic well-being at a welcoming, flexible environment.

Our core program is our diverse set of nearly 80 weekly classes, including movement classes, humanities classes, and arts classes that encourage mental and physical well-being. Our welcoming center offers a gathering space for games, computer use, a book and DVD library, and more. Classes are very affordable (a 12-week yoga class is just \$35), many activities are free, and financial aid is available to all.

Community meals, called FEAST Together, are offered on Tuesdays and Fridays for a low suggested donation. Meals are delivered daily to residents in Montpelier and Berlin. Over 18,000 meals in total were served last year. Additionally, MSAC serves to connect older adults to vital community services that can help them stay healthy and independent. MSAC hosts a free tax clinic, inexpensive foot care clinics, and serves as a gateway to community agencies. Our Resource Room provides a library of information about senior services and options.

99% of participants would recommend the Senior Activity Center to a friend, and 94% of participants tell us that the Center has had a positive effect on their life.

One member told us, "I am healthier, happier, more connected, more alive!"

In the past year, at least 100 and as many as 140 or more residents of East Montpelier participated in our programs. Because we converted to a new database, the count was done in a different way from previous years. We are keeping our funding request level at \$8,000, or \$57 to \$80 per person served. As a supporting town, East Montpelier MSAC members have reduced dues and can register for classes as early as Montpelier residents and two weeks earlier than members from non-supporting towns. Additional uncounted residents from East Montpelier took advantage of the many MSAC and community events, meals and services that are free and open to the public at the Center.

We recognize the great importance of Twin Valley Senior Center to your residents, including their senior nutrition program and increasingly diverse class and event offerings, and we believe in working collaboratively with many organizations to serve the vast and quickly growing number of senior citizens in our region!

We hope to serve even more East Montpelier residents in the coming year and greatly appreciate your town's support!