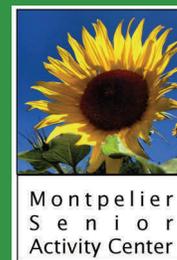


Active Times

NEWSLETTER OF THE MONTPELIER SENIOR ACTIVITY CENTER



April 2015

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

Help us Count Your Activity Here!

Do you come to MSAC to participate in activities such as games, groups, or to use the computer lab?

our story about the programs and services provided at MSAC-- useful for writing grant applications, making program decisions, and more.



If so, we need your help to count this participation that is separate from class registrations. Data like this helps us know how many people we're serving, and it allows us to more accurately report

Starting in April, we ask you to use our lobby computer "touchscreen" or paper logbook each time you attend a free activity at MSAC – a fast process and easy to learn, even if you don't consider yourself "tech-savvy!" During the week of April 20th, we'll have staff and volunteers on hand to train everyone in using the touchscreen, and there will be free snacks and door prizes for all participating seniors!

our impact to our funders, including the city and towns. Numbers also tell part of

Thank you for your help with this effort!

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Rummage, Craft, and Baked Goods Sale

Our annual rummage sale will take place on Friday, April 17 from 10am-5pm and Saturday, April 18 from 9am-2pm.

We'll have tons of great items for sale. We'll also have a "Boutique" filled with nicer items and crafts created by MSAC crafters. Baked goods will also be available to purchase. Saturday from 12-2pm will be the \$3 bag sale and half-off the boutique area. Every purchase will support the senior center!

We need your help! Can you volunteer in the week leading up to the sale or during

the sale? Are you willing to donate baked goods? Contact Dan in the MSAC office (stop in, call 262-6284 or email dgroberg@montpelier-vt.org) to sign up.

We will be accepting donations of clean, stain-free, hole-free clothes, household items in good condition, small furniture, books, trinkets, toys, holiday items, etc. No upholstery or electronics. Items may be brought in April 13, 14, and 15 only. Donations will be accepted between 10am and 4pm on those three days.

Tell your friends! Hope to see you there!

ANNOUNCEMENTS

MSAC Advisory Board

Agendas and Minutes
posted on website

The board is interested in your opinion. Contact info, agendas, minutes are posted on website and outside the office. All board meetings are open to the public, and members are encouraged to attend!

Three Years

Whit Dall
Liz Dodd
Susan Torchia

Two Years

Fran Krushenick
Tina Muncy, Chair
Sue Stukey, Secretary

One Year

Sylvia Kingsbury, Vice Chair
Jane Osgatharp
Janet Ressler

Next meeting:

May 14
1:30 pm
MSAC Activity Room

Vote for Your Advisory Board!

See pages 4 and 5 for photos and biographical statements from each of your six candidates: Bob Barrett, David Carris, Bill Doelger, Ron Merkin, Janet Ressler and Jessica Sanderson. Current members may use the inserted ballot to cast your vote, pick up a ballot in the office, or vote online at <http://bit.ly/msacboard>. Please seal your finished ballot in an envelope and print and sign your name on the envelope. This allows us to cross your name off the voter checklist while keeping your ballot confidential.

Save the Date: MSAC Annual Meeting

MSAC's Annual Meeting will take place at 12:45 on Tuesday, June 23rd, right after FEAST Together luncheon. To reserve a FEAST meal, call 262-6288 or email justbasicsinc@gmail.com. Anyone interested in reading the MSAC by-laws or suggesting amendments to the by-laws may contact the office.

Senior Prom

Saturday, May 30, 7-10:30
pm • \$10

We're thrilled to announce Senior Prom, which will take place on Saturday, May 30, at the National Life ballroom. This promises to be an incredibly fun event. We'll have hors' d'oeuvres, dessert, music, dancing, and decora-

tions, and all the fun of high school prom, with the addition of a cash bar. This event will be open to all, regardless of age or MSAC affiliation. Thank you to Montpelier High School for offering us their prom decorations and to Bourne's Energy and Noyle Johnson Group for your support! Tickets are available now in the MSAC office for \$10.

Travel Journal Workshop

Wednesday, May 6, 6:30-
8:30 pm • \$15 members/
\$20 public

Join travel enthusiast Liz Snell for a hands-on workshop to create your own personalized memento of your travels or of your daily journey in life! Participants should bring a blank journal or one that you've begun and would like to complete. Liz will provide a small travel kit as well as materials for experimenting, including paints, papers, maps, stamps, and more. All skill levels welcomed! Co-sponsored by The Drawing Board. Register in the MSAC office or at The Drawing Board by April 29.

Learn to Play "Paddywhack"

May 5, May 8, May 12, and
May 15 1-2 pm • \$10

Learn to play a fun new game! Created and taught by Montpelier residents Bill Morancy and Rob Mermin, Paddywhack is a physical game played by two peo-

ple. It involves wooden paddles and a small soft foam ball. The game is cooperative rather than competitive. No points! No score! No rules! It is totally for fun. It is played with both hands for bilateral dexterity, balance, increasing agility and reflexes, and most important, for laughing. Class size is limited to 8 physically active people. The game will be played indoors in the MSAC studio. Equipment is provided. Sign up in the MSAC office.

Powerful Tools for Caregivers at MSAC Starts April 16

Are you caring for a spouse with dementia, an aging parent, or an ill family member? Is the stress of caregiving taking its toll on your health or your relationships? Then Powerful Tools for Caregivers is for you! Powerful Tools for Caregivers is a 6-session class designed to provide you with the tools you need to take good care of yourself. The class will be taught at MSAC on Thursdays between April 16 and May 21 from 2-3:30pm. To register, contact Barb Asen, Family Caregiver Support Coordinator, at basen@cvcoa.org or call 476-2681. A donation to CVCOA to help defray the cost of the handbook is suggested, but not required to attend the class.

Senior Success Series

On Tuesdays May 5-June 9 at 1pm, MSAC and the Central Vermont Council on Aging will present a series of presentations on topics important to seniors, including food assistance, fuel assistance, Medicare, long term care options, caregiver support, transportation, and volunteer opportunities. Join us for any of these free presentations. All are open to the public.

- **May 5 at 1pm:** Learn about food assistance (3SquaresVT and CSFP) and fuel assistance—led by Ellie Hayes
- **May 12 at 1pm:** Learn about healthcare assistance, including Medicare, Medigap, Medicare D, VPharm, and Medicaid—led by Dagny Hoff

- **May 19 at 1pm:** Learn about long term care options, including long term care Medicaid Programs, assisted living, etc. – led by Sarah Wilhoit
- **May 26 at 1pm:** Learn about caregiver support, including dementia respite grants, support groups, etc. – led by Barb Asen.
- **June 2 at 1pm:** Learn about transportation options, including GMTA, the senior companion program, CVCOA volunteer driver program, ORE, Front Porch Forum, and more – led by Ellie Hayes
- **June 9 at 1pm:** Learn how to stay involved as a volunteer! Kate Reilly-Fitzpatrick, RSVP Coordinator, will share information how you can share your life experience, knowledge, and skills through service at a non-profit organization in your neighborhood.

Spreading the Cheer

There are so many past members of MSAC who are in our hearts. They may be home bound, or in residential homes, or just not able to visit MSAC. But we remember you, and often ask, “How is —, I haven't seen her or him. But I miss her and him, and value our friendship, and I care how he or she is doing!”

We would like to contact these treasures, and let them know how we value them! We are thinking that we would try to visit each of them twice a year—in February for Valentine's Day, and around the Fourth of July.

If you know someone who would appreciate a visit, or if you would like to volunteer to visit these wonderful people, please contact Lise in the MSAC office at 223-2518. We need the following information:

PEOPLE WE SHOULD VISIT

Do you know a present or past member of MSAC who would like a visit from us? Please tell us their name, location, and contact info for a friend or family member.

MSAC VOLUNTEERS

Your name, contact info, and if there is someone special you'd like to visit?

ADVISORY BOARD CANDIDATES

Bob Barrett

I am a resident of Montpelier and retired from IBM in 2014 after working in the High Tech field for various companies. I have been an active member of the Montpelier Senior Activity Center participating in classes as well as participating in the Montpelier Ukulele Players which started with a beginning ukulele class offered by the Senior Center a few years ago. I have enjoyed what MSAC has to offer and often tell others about the courses. I am interested in serving on the MSAC Advisory Board to support the mission of MSAC and to work with the members on providing the types of classes and services that we desire.



David Carris

I moved to Liberty Street in Montpelier six years ago with my three children, though I've lived in the area since 1989. I first encountered the Senior Activity Center a couple years ago when I was asked to teach a course on retirement planning and was greatly impressed by the vibrant center and the breadth of activities and participants. I have a deep interest in the topic of retirement and the social, personal, and policy issues surrounding it. Professionally, I have a wealth management practice at UBS in South Burlington where I focus on retirement planning and sustainable and social investment. Over the course of my career I've been intrigued at the many approaches to retirement and the question of just what makes it successful for someone, the return on life versus just return on investment. Pretty much every study of successful aging puts community and social networks at the center of success, so we should all be proud of what Montpelier is accomplishing. I'm not yet retired myself, though I am old enough to join the AARP. I've either worked for or served on the board of a nonprofit organization most of my life and currently serve on the boards of River Arts in Morrisville and UVM's Fleming Museum. I look forward to the chance to work with the MSAC leadership on organizational development and strategy issues and, in a volunteer capacity, to continue some interesting discussion about the practical and policy issues of retirement and growing older in the 21st century.



Bill Doelger

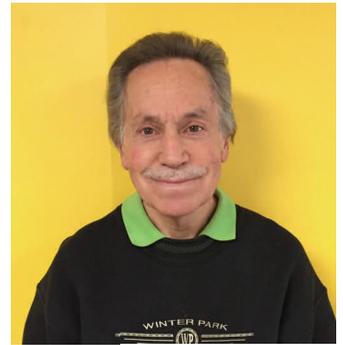
My wife and I retired and moved to Montpelier in 2003 to help Linda's father, Stretch. He played every week in the Swinging Over Sixty Band. A year later my new cardiologist sent me to Cleveland for heart surgery. When my physical therapy was done, I wanted to find something that would help me stay fit. We wondered if Strong Living could really help even though most of the exercises are done sitting in a chair. We did one session and went home to take a nap. We have been attending ever since. I have served on the board before and helped with the capital campaign after the fire. I have an interest in doing what I can to insure the long term future of the MSAC.



ADVISORY BOARD CANDIDATES

Ron Merkin

It's probably coincidental, but I'd feel proud if the group I recently began to encourage men to play a more active role at MSAC influenced the three male candidates beside myself to run for the advisory board. I was born and raised in a child's summertime paradise. Situated on Long Island's Great South Bay, Patchogue affords swimming within a five to thirty minute trip in everything from medium sized salt water waves (the bay itself) to fresh water (a lake in town) to super calm salt water (the Long Island Sound) to the Atlantic Ocean's crashing surf (a half hour by boat across the bay). Fantasies of becoming an opera or musical comedy star influenced me to move to New York City after finishing college at twenty two. But minor roles and countless unsuccessful auditions convinced me after several years that the saying "For every light on Broadway there are a million broken hearts" is no exaggeration. I had some near big breaks; finally fascination with psychological development and interest in a securer future took me back to school. Another degree, but after working in mental health eleven years I moved to Europe and switched to what seemed to me the more exciting fields of journalism and entertainment. (What fun!) The advisory board's not guaranteed to be fun, I imagine. But it should be interesting to explore how many of the suggestions I've heard for improving the new center are implementable.



Janet Ressler

I have been involved in the arts for as long as I can remember—dance and visual arts primarily along with numerous volunteer and employee administrative positions. I participated in two community dance companies in Cleveland and Milwaukee and ran a weaving program in Maine. In 1978 I was instrumental in developing The Artisans Hand in Montpelier. During two terms at the Vermont Arts Council, I administered Touring, Grants, Community Development, and Education programs and organized Artist and Arts Administrators' conferences. For 7 years I was Executive Director of the Onion River Arts Council and developed strong educational and community development programs, along with regular performance presentations, community festivals, and significant fundraising. Since retiring in 2006, I have been making quilts for fun and sale at the Artisans Hand, spent time with my 99 year old mother and 103 year old aunt, who have both sadly since died, as well as children and grandchildren, and assisted the Senior Center Capital Campaign efforts. I also put together a documentary video of Flutist Louis Moyse. Having been on the Senior Center's Advisory Board, I am happy to run again and continue for another three years.



Jessica Sanderson

Jessica Sanderson is a proud Vermonter who lived out of state for most of her 62 years in New York and Connecticut as an office administration in the private sector. She returned home to Vermont in 2006 and discovered the joy of non-profit work through volunteering at places like the Vermont Foodbank. She is the current manager for the FEAST program, which operates out of MSAC with the help of many member and community volunteers. These meals are vital to the well-being of many MSAC members and community elders who need help with their nutrition. She would like to be their voice on the MSAC Advisory Board since they are an integral part of life for seniors and their families in Montpelier. She is available on site Tuesdays through Fridays, 9:30 – 12:30 to talk with members about their suggestions, needs and concerns for the FEAST program and other MSAC matters.



UPCOMING EVENTS Open to the Public

Osher: Climate Change Update

Wednesday, April 1, 1:30-3 pm

Meteorologist Roger Hill has been paying attention to global climate change for many years. He will give a presentation which takes into account the most current climate research. The results are unambiguous. "Houston, we have a problem." \$5 suggested donation to Osher.

19th Century Women Artists Lecture

Tuesday, April 7, 10:30am-12pm

Deborah Tait, MSAC member and lifelong arts teacher, presents a lecture on the arts and lives of 19th-century women artists. Deborah will discuss their avenues to success and training in the male dominated culture of 19th-century America. The talk will cover artists Sarah Meriam Peale, Lily Martin Pencer, Edmonia Lewis, Harriet Hosmer, and Mary Cassatt. Free and open to the public. Donations welcome.

Capital City Concert

Thursday, April 9, 7-8:15 pm

For the past decade and a half, Capital City Concerts has brought world-class music to Montpelier. "April in Paris" is the French program they are bringing to the Montpelier Senior Center. Performers are New York City Ballet concertmaster Arturo Delmoni -violin and viola, Montpelier's own Grammy-nominated flutist Karen Kevra, and harpist Rebecca Kauffman. They will mix and match instruments in works by Berlioz, Bax, and Saint-Saëns, and will join forces for Debussy's masterpiece Sonata for flute, viola, and harp. Admission by donation.

Poetry Reading with the Pacem School

Wednesday, April 29, 10-11 am

Students from the Pacem School and seniors from the MSAC poetry classes will take turns sharing poems that they have written starting with the prompt "under the snow pile." This event is part of PoemCity, a national poetry month celebration. Free and open to the public. Donations welcome.

Intergenerational Bingo

Tuesday, April 21, 1:30-2:30 pm

Come play a fun game of bingo with the kids from the Montpelier Recreation Department's April vacation camp. No cash prizes, just fun! Drop-in for free.

Osher: Masters of International Cinema I

Wednesday, April 22, 12:30-2:30pm
Savoy Theater, Montpelier

Film historian and MSAC instructor Rick Winston leads this presentation, one of three on the Masters of International Cinema. In Ingmar Bergman's 1963 *Winter Light*, a priest grapples with loss of faith. Note different time and location. \$5 suggested donation to Osher.

Osher: Masters of International Cinema II

Wednesday, April 29, 12:30-2:30pm
Savoy Theater, Montpelier

Film historian and MSAC instructor Rick Winston leads this presentation, one of three on the Masters of International Cinema. The 1952 romantic comedy *The White Sheik* was Federico Fellini's first solo-directed film. Note different time and location. \$5 suggested donation to Osher.



Technology Assistance

Friday, April 3, 10:45–11:45 am

Friday, April 17, 10:45-11:45am

Recurs bi-weekly—confirm with office

A local student will be available in the computer lab to provide technology assistance.

LGBTQA Older Adults

Tuesday, March 31, 5:30-6:30pm

Tuesday, April 21, 1-2pm

Are you an older Lesbian, Gay, Bisexual or Transgender individual or Ally? Are you looking to build your LGBT community, have some fun, educate others, advocate for recognition and social justice, and create a new local LGBT resource? The Pride Center of Vermont is starting a planning group for older LGBT and Allied central VT residents and is seeking dedicated people to join a core committee to help structure and plan social, educational, and social justice advocacy events for the LGBT community in this area. Invite a friend, and don't forget your thinking caps. For more info, contact jean@pridecentervt.org or call 860-7812.

Memory Café

Saturday, April 11, 10-11:30 am

The next Montpelier Memory Cafe will feature musical guests Hilari Farrington and Benedict Koehler. Benedict and Hilari are well-known across North America as performers and teachers of Irish music, and their East Montpelier home is a noted gathering place for traditional musicians from around the world. This musical couple will take you back to a time when music was played around the kitchen table, and stories and jokes were freely added to the music-making. Benedict and Hilari founded the Vermont School of Irish Traditional music where they offer classes, workshops and the occasional concert.

We invite all people with early to mid-stage memory loss disorders, and their care partners, to enjoy the April 11th Memory Cafe. The Cafe is free and open to the public. Donations are welcome, but not required. All are also welcome to attend the next Montpelier Memory Cafe Steering Committee meeting at 6:00 PM on Monday, April 6th, at MSAC. We particularly encourage people living with memory loss to join the committee; your insights are important and meaningful.

Massage Clinic

Wednesday, April 15, 10am-4pm

Erika Peterson offers Integrative massage, which includes a variety of techniques to individualize each session for the client's needs. 15 min. chair massages by donation; 50 min. table massages on sliding scale starting at \$25. 249-4115 for an appointment.

CVCOA Chats

By appointment

Questions about health insurance/senior services? Sarah Willhoit, Information and Assistance Specialist with Central Vermont Council on Aging, is available by appointment. Call 479-4400 to set up a time to meet here, at CVCOA, or at your home.

Foot Clinic

Monday, April 6, 9am-1pm

Nurses from Central VT Home Health & Hospice clip toe nails, clean nail beds, file nails & lotion feet. \$15 for 15-minute appointment—call 223-2518.

Advance Directives Help

By appointment

Have you created an Advance Directive? Mary Alice Bisbee of the Funeral Consumers Alliance of VT can assist for free. 223-8140 for appointment.

FEATURES

Profile of Don Rowan and Ora Paul



Yoga, music appreciation, dance for fitness, the Vermont Funeral Consumers' Alliance: almost everyone at MSAC has at one time or another noticed the two men in this photo filming classes, informational meetings, travel presentations and other events for their monthly ORCA TV Senior Moments program. The volunteer publicity that show host Don Rowan (left) and cameraman Ora Paul (right) have provided MSAC spans three years and 69 episodes. But what, other than their on-air productions, is known about these men? An interview with both unearthed some surprising anecdotes.

Ora rescued an average of four or five injured skiers per week while working on the ski patrol at Woodstock's Suicide Six resort for fifteen years during the 1970s and 80s. "Accidents could be more serious in those days," he said. "Modern safety equipment like bindings with release buttons and ski breaks to prevent runaway skis had not yet been invented."

The most difficult incident in which Ora intervened involved an above the knee fracture. It may sound counter intuitive but the pain and risk to this skier's injury forced Ora and his colleague to walk the man down the mountain. "We proceeded step by step," Ora explained. "Lying this guy on a stretcher was simply not advisable."

Don has so many grandchildren it took him a few seconds to calculate the number. Seeming almost surprised, "Twelve!" he finally realized. Don's four children—two boys and two girls—are responsible. An "almost vegetarian", Don adds sugar to meat as a dietary no no. "I don't eat it," he said. "Actually there's some cheating from time to time."

Ora's major in accounting while studying for a BA at

American International College led him among other positions to work as a revenue officer for the IRS. Don's Wharton School of Finance MBA degree led him, among other positions, to boost Vermont's economy by supporting the state's ski and other recreational industries while Executive Secretary / Vice President of the Small Business Development.

To keep in shape, both Don and Ora walk regularly. Ora also lifts weights and maintains leg muscle strength by rising from a sitting to standing position without pushing up with his arms three times per week.

Ora has been married 52 years. Don, 54. That number Don had no trouble remembering. Must mean those years have been happy.

Red Sox Trip

The Red Sox trip is now full. Please make your final payment (total cost is \$80 per person) by May 15.

Walking Trips with Tina Muncy and Whit Dall

Wednesday, May 20, 1-3pm: Barre Town School to Rock of Ages Gift Shop • \$5

This is a nice way to ease back into walking. Take the Senior Center bus from the Department of Labor in Montpelier to Barre. Then walk on the paved bike path to the Rock of Ages visitor's center and gift shop for an interesting look around. Then a walk back to the bus for the ride back to Montpelier. RSVP in the MSAC office by May 13.

Fri. 6/12, 12-4pm: Chickering Bog • \$5

Wed. 7/1, 9:30am-3pm: Woodstock Carriage Roads • \$15

Mon. 7/27, 9:30am-3pm: Colchester Causeway • \$10

Thurs. 8/13, 12:30-3:30pm: Burlington Bike Path from Oakledge Park • \$9

Wed. 9/9, 9:30am-12:30pm: South Woodbury Rd • \$9



FEAST MEALS

RESERVATIONS: 262-6288 OR
JUSTBASICSINC@GMAIL.COM

FEAST Menu

Menus are subject to change. All meals include milk option and fresh fruit and incorporate seasonal produce.

Friday 4/3: Glazed ham with pineapples, green beans, baked beans, devilled eggs

Tuesday 4/7: Chicken kabobs with peanut sauce, white rice, spicy cabbage salad, spinach

Friday 4/10: Beef stew with rutabagas, carrots, onions, potatoes, and peas served over egg noodles

Tuesday 4/14: Ground beef chili, tossed salad, corn bread

NOTE THAT FEAST WILL OCCUR ON THURSDAY 4/16 INSTEAD OF FRIDAY 4/17 DUE TO RUMMAGE SALE

Thursday, 4/16: Roast chicken with cilantro pesto, balsamic and grape quinoa

Tuesday, 4/21: Sweet Italian sausage with white beans, rosemary, and fennel, served with crusty bread

Friday, 4/24: Herbed chicken, roast vegetables, wild rice pilaf

Tuesday, 4/28: Ginger beef with wheat berry salad, poppy seed coleslaw

FEAST Together or FEAST To Go

Tuesdays and Fridays, 12pm-1pm

Seniors 60+: No charge with suggested donation of \$7
Under 60: \$9

All proceeds benefit the FEAST senior meal program.

Live music every Tuesday with the Swingin' Over Sixties band from 10:30am - 12:00pm.

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

Nutrition Notes

6 Ways to Eat Well As You Get Older

- Know what a healthy plate looks like**
See how to build a healthy plate at ChooseMyPlate.gov
- Look for important nutrients**
Eat enough protein, fruits and vegetables, whole grains, low-fat dairy, and Vitamin D.
- Read nutrition labels**
Be a smart shopper! Find items that are lower in fat, added sugars, and sodium.
- Use recommended servings**
Learn the recommended daily servings for adults aged 60+ at heart.org
- Stay hydrated**
Water is an important nutrient too! Drink fluids consistently throughout the day.
- Stretch your food budget**
Get help paying for healthy food at BenefitsCheckUp.org/getSNAP

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National Council on Aging

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ACTIVITIES CALENDAR

SPACE	SAT./SUN.	MONDAY	TUESDAY
RESOURCE ROOM		9-12 Foot Care (4/6) 6-8 Memory Café Steering Committee (4/13)	9-4 Tax Clinic (ends 4/14) 5-7 Spanish for Beginners
COMMUNITY ROOM	Sat. 10-11:30 Memory Café (3/14)	12:30-3 Mah Jongg* 1-3 Bridge* 2-4 Cribbage *	10:30-noon Band & Dancing 1:30-2:30 Bingo* (4/21) Noon-1 Feast Meals 1-3 Scrabble*
ART AREA		10-noon Painting 1-2:30 Handbuilding in Clay^	1-2 LGBT Seniors Group* (4/21)
STUDIO		10:30-11:15 Dance to Fitness (no class 1:00-2:15 Moderate Yoga 3:30-4:30 Very Gentle Yoga 5-6:30 Vigorous Yoga Beat Flow	9-10:30: Gentle Yoga (no class 4/28) 11-noon Chair Yoga (starts 4/21)^ 4:45-5:45 Tai Chi to Improve Balance (starts 4/14)
ACTIVITY ROOM		9-10 Living Strong 12:45-2 French Class 2:30-3:30 Living Strong Group* 5-6 Living Strong	8:30-9:40 Living Strong 10:30-12 19th Century Woman Artists (4/7)* 10-12 Poetry (starts 4/14) 1:15-2:30 Italian II^ 2:45-4:45 Poetry (starts 4/14) 5:10-6:10 Living Strong 6:30-8:30 Beginner Ukulele^
OFFSITE		5-6 Swimming	10-11 Swimming 10-11 Water Aerobics 10-12:30 Canadian Film at Savoy (starts 4/14)

Spring classes start week of 4/5 unless noted

WEDNESDAY	THURSDAY	FRIDAY
10-4 Massage Clinic (4/15)	9-2 Tax Clinic (ends 4/9) 12:45-2 French Club* 3-4 Beginner Voice 6-7:30pm Knitting4Peace Group*	10:30-11:30 Growing Older Group 12-4 Tax Clinic (ends 4/10)
1:30-3 OSHER (4/1)*	9-11:30 am Bridge* 12:45-3 Bridge* 4-5:30 Piano Workshop* 6-8 Ukulele Group* 7-8:15 Capital City Concert (4/9)	Noon-1 pm FEAST Meals
9:30-11:30 Rug Hooking 4:30-6 Advanced Drawing	10-11 Knitting4Peace Group*	10-3 Mah Jongg*
9-10:30 Gentle Yoga (no class 4/29) 11:45-1:15 BodyBreathBalance in Motion 1:30-3: Tai Chi Long Form (starts 4/15) 5-6:30: Mod./Vigorous Kripalu Yoga	9-10:30 Yoga for Balance (no class 4/30) 11-11:45 Dance to Fitness (no class 4/23) 3:30-4:30 Moderate Yoga 5-6:30 Moderate Yoga Hatha (no class 4/30)	10-11:30 Vigorous Yoga 5:15-5:45 Tai Chi Extra Practice*
10-11:30 Men's Group* (4/8, 4/22) 10-11 PoemCity Reading* (4/29) 1:30-3:30 Writing	8:30-9:40 Living Strong 10-11 Chair Yoga^ 1:30-4 CVCOA Powerful Tools (starts 4/16) 5-6 Living Strong	9-10 Living Strong 2-3 Living Strong Group* 3:45-4:45 Opera II 5:10-6:10 Living Strong
9:30-11:30 Pastels at Westview Meadows (no class 4/15) 12:30-2:30 Osher: Masters of International Cinema* (4/22, 4/29)	10-11 Swimming 10-12:30 Strangers in a Strange Land Films at Savoy (starts 4/16) 11:30-12:30 Technology Class at MSMS (4/9, 4/16, 4/30) 12:45-1:45 Walks with Harris*	1-2 Tennis^ 5-6 Swimming

^ Class at risk at time of publication due to low enrollment

*Does not require registration. Donations appreciated. Walks with Harris meets at MSAC.

Montpelier Senior Activity Center
58 Barre Street
Montpelier, VT 05602

RETURN SERVICE REQUESTED

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Member Notes

Welcome New Members:

Charlene Bohl
Gerow Carlson
Gail Carrigan

Tara Gita
Toni Kaeding
Dianne Maccario
Julia Roberts
Elizabeth Romeka-Pluta
Lauren Sales

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, earlier than the USPS edition. To switch, call 223-2518 or email Imarkus@montpelier-vt.org.

Submissions for May Newsletter due April 17.

Summer Activity Proposals due April 17.

Sustaining MSAC's Future

Please consider MSAC when making your estate plans and keep us vibrant for years to come. To learn more, contact Dan Groberg at 262-6284 or dgroberg@montpelier-vt.org.

Montpelier Senior Activity Center

223-2518 • 262-6285 (fax) • www.montpelier-vt.org/msac • msac@montpelier-vt.org

Front Office is Open: Mon-Fri 9-4, closed 12-12:30

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



Janna Clar, Director
Dan Groberg, Program and Development Coordinator
Lise Markus, Administrative Assistant



FEAST Reservations Number: 262-6288

Kristen Andrews, Just Basics, Inc. Executive Director
Jessica Sanderson, Just Basics, FEAST Program Manager
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