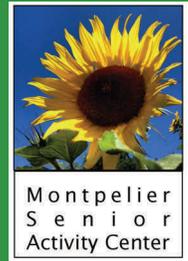


# Active Times

NEWSLETTER OF THE MONTPELIER SENIOR ACTIVITY CENTER



May 2015

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

## Senior Prom: "A Night in the City"

*A Community Celebration for All Ages!*

Saturday, May 30, 7-10:30 pm • \$10 • ALL are welcome!

Buy your tickets today for Senior Prom: "A Night in the City," 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, a cash bar, music by DJ Fred Wilbur, dancing, and decorations. Anticipate even more fun than your high school prom. At 7:30pm, we'll have dance lessons by Samir and Eleni Elabd.

This event will be open to all, regardless of age or MSAC affiliation. Tickets are available now in the MSAC office for \$10 or online at <http://seniorprom.bpt.me>. Your \$10 ticket includes light appetizers and dessert! Please help us plan by purchasing your tickets in

advance.

Come as you are, or as formal as your wish. If you're looking for a prom dress, we have some great dresses on sale at MSAC for \$10 each. The dresses are hanging in the MSAC coat closet, so come check them out! \$5 of each sale will go to MSAC, and \$5 will go to the Montpelier High School Junior Prom committee.

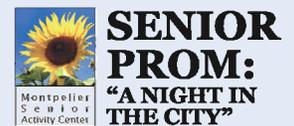
Want to purchase a corsage or boutonniere? Florist Nel Emelen will provide boutonnieres for \$20 (\$5 will support MSAC) and corsages for \$35 (\$10 will support MSAC). Both are available in white, red, or spring green. Place your order in the MSAC office by May 20 and pick up at MSAC on May 29.

Thank you to Montpelier High School for offering us their decorations, to our presenting sponsors, Westview Meadows at Montpelier and The Gary Home, and to our additional sponsors for your support!

We are looking for volunteers to help decorate and work at the event. Please let us know in the office if you can help.

### Issue Highlights:

Announcements	2-3
Member Notes	3
Trips	4
Advisory Board	5
Upcoming Events	6
Partner Services	7
Member Profile	8
FEAST Menus	9
Activities Calendar	10-11



### Presenting Sponsors:



### Sustaining Sponsors:



### Community Connectors:



America's Most Convenient Bank®

### Friends:

Noyle Johnson Group  
Washington Electric Co-op

# 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!

Tina Muncy, Chair

Sylvia Kingsbury,  
Vice Chair

Sue Stucky, Secretary

Whit Dall

Liz Dodd

Fran Krushenick

Jane Osgatharp

Janet Ressler

Susan Torchia

### Next meeting:

May 14

1:30 pm

MSAC Activity Room

## Emergency Preparedness

Several initiatives are in the works to help staff, instructors, volunteers and members be safety conscious and better prepared in the event of emergencies. New first aid kits have been installed, and fire evacuation maps are in the works. In late April, two CPR trainings were led, and more will be offered in coming months for members. Other plans include a spring fire drill and a more centralized location for our defibrillator. Thanks to Montpelier Fire Department for their assistance!

## Coming This Summer: Intergenerational Dementia Puppet Project

We are pleased to announce a new, intergenerational, education and puppet project focused on increasing awareness and sensitivity about dementia. We will partner with No Strings Marionette Company and other community groups, recruit middle and high school students as well as seniors who have dementia, and offer a ten week series that will include creative exercises, creation of rod puppets, and culmination in an October performance, as well as distribution of materials in the wider community. Look for more details coming soon, and inquire in the office if interested in getting involved!

## New Reusable Packaging for FEAST Program

Over the next few months the FEAST at Home program will begin using reusable packaging that will eliminate 10,000-15,000 pieces of garbage every year.

The new packaging is part of our broader sustainability efforts, including composting of food scraps, use of biodegradable chemicals, recycling program, and LEED Platinum certified facility.

Most importantly, the new packaging will enable increased meal quality and variety for FEAST at Home clients. "We are always looking for ways to feed more people better food," said Chef Justin Turcotte.

The new containers are made possible through generous grants from the Hunger Mountain Co-op and Casella Waste. The packaging has already arrived at MSAC, and education involving meal delivery drivers and clients will take place during May and June. Ask to see a sample of the new containers next time you come to MSAC for lunch!

## Vote for Your Advisory Board!

Current members may vote now through June 1 for your advisory board in the MSAC office or online at <http://bit.ly/msacboard>. Learn more about candidates on p. 5 or view the April newsletter for larger font and photos.

## Rummage Sale Thank You!

Thank you to everyone who donated items, volunteered, or shopped at our rummage sale. We had more items than ever before and raised more than \$4,300, a new record! All the funds raised will support affordable classes for all seniors! What a great way to continue this lasting tradition. We would especially like to thank everyone who volunteered to help with this event: Barbara Arley, Joan Barrett, Bob Barrett, Sally DeCicco, Amalia Di Stefano, Maureen Doyle, Helen Eldred, Pam Finnigan, Bev Gaboriault, Barbara Gutheil, Mariah Lane, Linda Lane, Jill Macdonald, Cindy McCloud, Tootie McDermott, Ron Merkin, Joan Moureau, Diane Richardson, Barbara Smith, Brenda Snetsinger, Stan Sumner, Elaine Sumner, Susan Torchia, Nancy Trombley, Dale Trombley, and Sue Walker. Additional thanks to all who donated baked goods and anyone else who we forgot in the list above!

## Tax Clinic a Major Success

We are so thankful to the volunteer AARP tax preparers who provided 204 individuals from 18 towns with free tax preparation services this year. We would especially like to thank Georgia Valentine and Jim McQueston for their countless hours of service. We would additionally like to thank the 39 individuals who received tax preparation services and subsequently donated a combined \$1,300 to support MSAC.

## Temperature Control Inside MSAC

Thank you, everyone, for your patience with the fluctuating temperatures inside our facility in the spring. As the weather gets warmer, we will set thermostats to utilize the air conditioning. However, while we are still experiencing some cool temperatures, we will conserve energy and funds by relying mainly on open windows and fans.

## Stroke Awareness Month

May is National Stroke Awareness Month. Living with heart disease or stroke? Find encouragement, or offer your own words of wisdom on the American Heart / American Stroke Association's Support Network. Go to [StrokeAssociation.org/support-network](http://StrokeAssociation.org/support-network) to learn more.

## By-Law Amendments and Annual Meeting

The MSAC Advisory Board will discuss potential by-law amendments at the May 14th meeting. Recommendations will be published in the June newsletter and will require a 2/3 vote of eligible attending members, at the 6/23 Annual Meeting, to take effect. The Annual Meeting will begin at 12:45. An agenda is in the works!

## Spring in the Courtyard!

Thank you to volunteers Kristin Glaser and Nancy and Michael Sherman for cleaning out the raised beds in April to ready them for this year's perennial growth! Thank you to Montpelier Housing Authority for purchasing a new, accessible picnic table and to City Public Works staff for assembling and installing it! We are seeking new volunteers to help with weeding, mulching, and planting. Please let us know if you can help.

## Member Notes

### Welcome New Members

- Michael Badamo
- Marsha Bancroft
- Kathy Barrows
- Mildred Brumback
- Patricia Carstensen
- Alyce Collins
- Ken Dean
- Lawrence Garland
- Julia Gresser
- Terry Hodgdon
- Jane Kast
- Laurie Kelty

- Jean Kern
- Bob Kinzel
- Jeri Martinez
- Phillip Morse
- Jean Phillips
- Anthony Scalzo
- Laura Schlivek
- Beverly Shevis
- Joyce Werntgen

### With Our Sympathies

- Harvey J. Golubock

# UPCOMING TRIPS

## Fleming Museum and Perkins Geology Museum

**Wednesday, May 13, 9:30am-3:30pm · \$20**

A day in Burlington leaving at 9:30AM from the Department of Labor parking lot. We will visit the Fleming Museum with a tour of the The Creation and Legacy of Picasso's *Demaiselles d'Avignon* (Picasso's major 1907 painting, *Les Demaiselles d'Avignon*, created an uproar in the Paris art world and laid the foundation for the development of Cubism.) and their Civil War exhibit, after which you will have time to view the Native American exhibit as well as other parts of this small museum. You may then choose to go to lunch at Bove's, owned by a Vermont based family of Italian chefs or we will leave you at the end of Church Street and you may choose from a wide variety of restaurants. After lunch we will stop at the Perkins Geology Museum. We will see, among other things, the bones of a whale that Vermont workman uncovered in 1849 in a swampy area northwest of Mt. Philo in Charlotte, Vermont. We will be back home at 3:30PM.

## Red Sox Trip

**Sunday, June 14, 8:30am-9pm**

The Red Sox trip is now full. Please make your final payment (total cost is \$80 per person) by May 15. The bus will leave from the Dept. of Labor parking lot at 8:30am on June 14 and return to Montpelier around 9pm. There will be no stop for lunch on the way down (eat at the game, or bring a lunch with you) but there will be a stop for dinner (TBD) on the way back.

## Northern Star Cruises on Lake Memphremagog

**Thursday, July 30, 9am-3:30pm · \$52**

This trip includes transportation on deluxe motor coach, signature sandwich buffet lunch, and a scenic cruise around Lake Memphremagog aboard the Northern Star. Trip departs Barre Auditorium at 9am. Make checks out to "Barre Area Senior Center."

## Vermont Country Store and "Guys and Dolls" at Weston Playhouse

**Wednesday, August 19, 9:15am-6:30pm · \$95**

This trip includes transportation on deluxe motor coach, lunch at the Bryant House Restaurant, a visit to the Vermont Country Store, and a matinee performance of "Guys and Dolls" at the Weston Play House. Leaves Barre Auditorium at 9:15am. Sign up in the MSAC office. Make checks out to "Barre Area Senior Center."

## Walking Trips with Tina Muncy and Whit Dall

*Please note some dates/times have changed since the trips were originally announced.*

**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 Dept. 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 back to the bus for the ride back to Montpelier. RSVP in the MSAC office by May 13.

**Wed. 6/17, 12-4pm:** Chickering Bog • \$5

**Wed. 7/13, 9:30am-3pm:** Woodstock Carriage Roads • \$15

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

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

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

**Fri. 9/25, 1-4pm:** Mill Stone Trails • \$5

## More Upcoming Trips

Thurs. June 18: Shelburne Museum • \$29

Mon. July 6: Burton Island • \$28

Wed. July 15: Perennial Pleasures Gardens • Price TBD

Wed. July 22: Montreal Museum of Art • \$42

Wed. August 5, Zack Woods Herb Farm • Price TBD

Fri. August 21: Barton Fair • \$27

Mon. August 24: Edith Wharton House • Price TBD

Thurs. Sept. 24: Visions of VT Art Galleries • Price TBD

# 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 21<sup>st</sup> 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.

**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 administrator 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**

---

## **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 people. 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.

## **Senior Success Series**

Tuesdays, May 5-June 16 at 1pm

On Tuesdays May 5-June 16 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 Willhoit.

**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 Jeanne Kern.

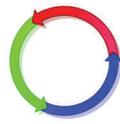
**June 9 at 1pm:** Learn how to stay involved as a volunteer! Learn how you can share your life experience, knowledge, and skills through service at a non-profit in your neighborhood—led by Kate Reilly-FitzPatrick, RSVP Coordinator.

**June 16 at 1pm:** Learn about end-of-life legal devices, such as wills, Powers of Attorney, etc. This is not an attempt to push anyone toward any kind of service, but rather an opportunity for people to learn about different devices and how they are used. A presentation outlining options will be following by an opportunity to meet one on one—led by Martha Smryski.

## **Save the Date: Panel on Senior Driving**

Tuesday, July 7, 1-2:30pm

Save the date for a panel discussion on senior driving issues, focusing on the decision to give up driving. Panelists include representatives from CVCOA, GMTA, DMV, AARP, AAA, and ORE, and MSAC members.



## Technology Assistance

Friday, May 1, 10:45—11:45 am  
 Friday, May 29, 10:45-11:45am  
 Recurs bi-weekly—confirm with office

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

## Foot Clinic

Monday, May 4, 1pm-4pm  
 Monday, May 18, 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.

## LGBTQA Older Adults

Tuesday, May 5, 5:30-6:30pm  
 Tuesday, May 19, 1-2pm

Are you an older Lesbian, Gay, Bisexual or Transgender individual or Ally? Come to this group to build your LGBT community, have some fun, educate others, advocate for recognition and social justice, and create a new local LGBT resource. Sponsored by The Pride Center of Vermont. For more info, contact [jean@pridecentervt.org](mailto:jean@pridecentervt.org) or call 860-7812.

## Blood Pressure Clinic

Wednesday, May 6, 9am-12pm

A nurse from SASH will provide blood pressure parameters and healthy life style tips. Free to all who choose to participate. First-come, first-served.

## Memory Café

Saturday, May 9, 10-11:30 am

Montpelier Memory Café is a social gathering where people experiencing memory loss and their care partners come together to connect and support one

another in a relaxed, non-judgmental atmosphere. Participants enjoy social time, refreshments, music, entertainment, and other fun activities. The Cafe is free and open to the public. Donations are welcome, but not required. For its May 4th meeting, the Memory Cafe Steering Committee and anyone interested in helping with Memory Cafe planning, will gather at the Kellogg-Hubbard library in Montpelier. There is a reception for the CVCOA Art of Creative Aging exhibit, beginning at 5 PM. Many of us will be attending the reception, so the committee members plan to find a table in the library at 6 PM and have the Steering Committee meeting there.

## Home Share Now Info

Wednesday, May 15, 10:30am-12pm

## Massage Clinic

Wednesday, May 20, 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.

## 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 Deane Merrill and Jean Villa, Swingin' Over Sixties Band Members by Ron Merkin

### Deane Merrill

Can people fall in love at age 77? Swingin' over Sixty Band leader and saxophonist Deane Merrill did.

It wasn't his first time. His wife of nearly fifty years had died four and half years earlier. Then, in 2001, an accordion player, Jeane Timerson, who'd been widowed for three and a half years, joined one of the weekly MSAC band sessions. It didn't take long for Deane and Jeane to develop a strong relationship. Their music wasn't restricted to the



Swingin' over Sixty combo. A Bavarian dance band they performed with was booked in festivals "all over Vermont." Jeane didn't want to marry again but they had ten wonderful years living and playing together.

"I was holding Jeane's hand when she died," Deane recalled. "She was in the Greensboro Nursing Home, wouldn't let go until I said 'I'll always love you'. Her hand relaxed then. My words must have given her the release she needed."

Deane turned 90 in December, 2014. In addition to his Tuesday morning performances at MSAC, Deane also plays in a band featuring pianist John Lincoln on Wednesdays at Heaton Woods Senior Community where he currently resides.

### Jean Villa

Pianist Jean Villa plays regularly with Deane and the Swingin' over Sixty Band.

It's with a mixture of envy and admiration that I listen to Jean's perfectly timed introductions, steady pacing, and improvised fillers. It's no wonder Jean's good. She's played steadily since beginning lessons at age five. "I

was studying classical," she mentioned, "but by my teens I started tucking in enough notes not written in the music that my mother knew I'd be a jazz pianist."

Jean first played professionally as a freshman in her North Adams, Massachusetts high school band. The weddings and square dances they did prepared her for "countless jobs" in adulthood. She still plays classical as well. In fact, she performed her last service before retiring at age 85 this Easter Sunday as Trinity Church's organist and pianist.

Does Jean prefer classical or jazz? "Both," she replies. "Also Broadway, rock and roll, and cabaret. I like pianists with rhythm, don't like to fall asleep. Melody, too, and give it a little feeling." But not too much feeling, Jean said. She prefers male to female singers because they "don't overdo the interpretation part."

PAID ADVERTISEMENT

Get back to living your life.

*Mayo*  
HEALTHCARE

A locally owned nonprofit.  
Come visit and learn more about  
Mayo Residential Care. (802) 485-3161.  
Mayohc.org



# 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. Options for vegetarians or those with other dietary restrictions are available. Inquire for details.*

**Friday 5/1:** Spaghetti with meat sauce, green beans

**Tuesday 5/5:** Chicken parmesan served with whole wheat spaghetti

**Friday 5/8:** BBQ braised beef short ribs served with baked beans, coleslaw, and watermelon

**Tuesday 5/12:** Sautéed turkey scaloppini with tomato caper relish, served with spinach and linguine

**Friday, 5/15:** Beef stew loaded with fresh vegetables and served atop egg noodles

**Tuesday, 5/20:** Ground beef chili served with mixed vegetables, tossed salad, and corn bread

**Friday, 5/22:** Ginger beef served with wheat berry salad, poppy seed coleslaw

**Tuesday, 5/26:** Chicken pot pie loaded with carrots, potatoes, and onions

**Friday, 5/29:** Ground beef Sheppard's pie topped with mashed potatoes and served with kale and onions

### 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.

## Did you ever wonder...

*When I make a donation to Just Basics Inc. at a FEAST Together Community Meal, how are those funds used?*

### Your donations play a critical role in the following:

- \* Ensuring that **high quality** meats, fresh fruits and vegetables, and whole grains are part of every meal
- \* Maintaining JBI's commitment to providing a free, hot, nourishing meal to **every citizen** over 60 who comes to the Senior Center on a Feast Together Community Meal day (In March '15, that was 401 meals).
- \* Providing **home delivered meals** for ALL people who can't get out or are unable to cook (without placing people in need on a waiting list.) The Central Vermont Council on Aging (CVCOA) funds only a contracted number of meals. In March 2015, we delivered 1201 meals (469 meals above and beyond our current CVCOA contract.)
- \* **Closing the gap** between funds/meal provided by the CVCOA and the cost of a nutrient dense, delicious meal. (This gap amounts to \$1.80/meal).

## Interested in Free, Nutritious Food?

The Commodity Supplemental Food Program can help. The Commodity Supplemental Food Program (CSFP) is a USDA nutrition program that offers free monthly nutrition information and nutritious foods, including canned fruits and vegetables, fruit juices, cereals, and cheese. People over 60 years of age who meet income guidelines may join. Call 800-214-4648 to learn more. Volunteers are also needed!

# ACTIVITIES CALENDAR

SPACE	SAT./SUN.	MONDAY	TUESDAY
<b>RESOURCE ROOM</b>		1-4 Foot Care (5/4) 9-1 Foot Care (5/18)	1:15-2:30 Italian II 5-7 Spanish for Beginners
<b>COMMUNITY ROOM</b>	Sat. 10-11:30 Memory Café (5/9)	12:30-3 Mah Jongg* 1-3 Bridge* 2-4 Cribbage *	10:30-noon Band & Dancing Noon-1 Feast Meal 1-3 Scrabble*
<b>ART AREA</b>		10-noon Painting 1-2:30 Handbuilding in Clay	5:30-6:30 LGBT Older Adults* (5/5)
<b>STUDIO</b>		10:30-11:15 Dance to Fitness (no class 5/4, 5/11) 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 11-noon Chair Yoga 1-2 LGBT Older Adults*(5/19) 4:45-5:45 Tai Chi to Improve Balance
<b>ACTIVITY ROOM</b>		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 10-12 Poetry 1-2:30 Senior Success Series* 2:45-4:45 Poetry 5:10-6:10 Living Strong 6:30-8:30 Beginner Ukulele
<b>OFFSITE</b>	7-10:30 Senior Prom (5/30)	5-6 Swimming	10-11 Swimming 10-11 Water Aerobics 10-12:30 Film Class at Savoy 1-4 Keys to Kayaking (5/12, 5/19, 5/26)

WEDNESDAY	THURSDAY	FRIDAY
9-12 Blood Pressure Clinic (5/6) 10-4 Massage Clinic (5/20)	10:3-12 Sewing Group 12:45-2 French Club* 3-4 Beginner Voice 6-7:30pm Knitting4Peace Group*	
6:30-8:30 Travel Journal Workshop (5/6)	9-11:30 am Bridge* 12:45-3 Bridge* 4-5:30 Piano Workshop* 6-8 Ukulele Group*	Noon-1 pm FEAST Meal
9:30-11:30 Rug Hooking 4:30-6 Advanced Drawing	10-11 Knitting4Peace Group*	10-3 Mah Jongg*
9-10:30 Gentle Yoga 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 5/7) 11-11:45 Dance to Fitness (no class 5/7, 5/14) 3:30-4:30 Moderate Yoga 5-6:30 Moderate Yoga Hatha (no class 5/7)	10-11:30 Vigorous Yoga 5:15-5:45 Tai Chi Extra Practice*
10-11:30 Men's Group* (5/6, 5/20) 1:30-3:30 Writing 5-6 Improv (5/20, 5/27)	8:30-9:40 Living Strong 1:30-4 CVCOA Powerful Tools 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 12:30-2:30 Osher: Masters of International Cinema* (4/22, 4/29)	10-11 Swimming 10-12:30 Film Class at Savoy 11:30-12:30 Technology Class at MSMS (5/14, 5/28) 12:45-1:45 Walks with Harris*	1-2 Tennis^ 5-6 Swimming

\*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

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

**Walk or Bike to MSAC on May 6!**

May 6 is International Walk and Roll to School Day. We are joining in this celebration by asking you to consider walking or biking to MSAC that day!

**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 lmarkus@montpelier-vt.org.

**Submissions for June Newsletter due May 15.**

**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](http://www.montpelier-vt.org/msac) • [msac@montpelier-vt.org](mailto: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  
Justin Turcotte, Chef for FEAST