

Active Times

Newsletter of the Montpelier Senior Activity Center

April 2014



Our 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.

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



Firebox Dinner & Auction Fundraiser April 12, 5:00-8:00 pm

Come join us at our fundraising dinner and auction with a firehouse theme on Saturday, April 12 at 5 p.m.

The event will feature retired and current Montpelier firefighters, including Bob Snetsinger and Chief Robert Gowans, sharing stories and images about the history of the fireboxes and the Montpelier Fire Department. You'll also have the chance to bid on one of two historic fireboxes and to purchase posters and postcards featuring images of dozens of fireboxes from across Montpelier. The three-course meal, prepared by Chef Justin of Good Taste Catering, will include Firehouse inspired recipes like fiery Buffalo wings and Five-Alarm Chili (vegetarian options available), plus a decadent double chocolate brownie bar for dessert.

Tickets are \$40 each and are available at the MSAC office. Thank you for supporting MSAC!

Anne-Marie Keppel, Feast Program Coordinator

As “Feast Coordinator,” Anne-Marie works out of a beautiful sunny office in the northeast corner of MSAC. She recruits and schedules kitchen and hospitality volunteers, and oversees the flow in the dining room during meals. She screens and welcomes new Feast at Home (Meals on Wheels) participants and schedules volunteer drivers for home delivery. Anne-Marie says “it is wonderful to be able to assist the community and the Seniors in our area in this way. The Feast staff and volunteers are an amazingly fun and caring group of people. Chef Justin Turcotte... creates a kind, inspiring & welcoming environment which all of the volunteers love to be part of.”



She has lived in Vermont since she was five, growing up roaming the forests of the Northeast Kingdom, balancing play & practical work such as stacking wood. She and her kids moved here eight years ago. Her son is a junior at Montpelier High and her daughter is in 6th grade at Orchard Valley Waldorf School.

Anne-Marie has had many jobs, including secretary in a family law office, children’s librarian, doing marketing and development at a Buddhist meditation center, working at a Vermont women’s clothing company, working with a catering company, and booking/promoting music. She coordinates/directs fashion shows, festivals and weddings, teaches tightwire as meditation, and is a Reiki master.

When not at a scheduled job, she enjoys **not** answering her phone and spending time with her two hilarious and wonderful children! She also currently works at The Gary Home and Westview Meadows in residential care and will be completing LNA training in June. Her long-term vision with her fiancée is to build a retirement through end-of-life residence where conscious aging and out-of-life transition is as celebrated as birth.

Announcements

SPRING CLASS AND REGISTRATION INFORMATION

As of March 18th, 259 members have already filled 526 spaces in our 51 regular classes and activities! Our new classes have proven popular as well, especially our new cooking classes! Please note the following important information about our spring classes.

Class Changes:

Rick Winston’s “As Time Goes By: Hollywood

Classics” class on Tuesdays at the Center will be offered on Tuesdays from 6:30-9pm, NOT from 3-5:30pm as incorrectly listed in some registration materials.

The following classes are almost full (as of March 17) – sign up soon or consider another available option:

Memoir, Yoga for Balance, Yoga Integral Hatha, Yoga, Cooking Around the World – Middle Eastern, Living Strong Barrett, Living Strong Koenemanns 9am

Announcements (Continued from Page 2)

(continued on page 12)

Thank You Volunteers!

April is National Volunteer Recognition Month, and MSAC gratefully acknowledges the generous and vital service of the following people who have served in the past year. We apologize for any inadvertent omissions and encourage all volunteers to use our volunteer log in the lobby to record your hours. Thank you for all you do, and we look forward to another wonderful Thanksgiving luncheon together in November!

Arley, Barbara
Ayer, Ashley
Ayer, Florence
Baird, Peggy
Baker, Carole
Barrett, Bob
Barrett, Joan
Begnoch, Kira
Benda, Michael
Berle, Neville
Bisbee, Mary Alice
Bolio, Kathy
Bradley, Bruce
Bragg, Dan
Bragg, Dylan
Brown, Laura
Buckley, Barbara
Burgess, Beth
Burnett, Barbara
Burns, Carole
Calamia, Maria
Callnan, Torin

Cambra, Dan
Carter, Nathan
Cate, Tom
Chickering, Rhoda
Clark, Michelle
Clark, Stewart
Cohen, Elaine
Colman, Sally
Copa, Judy
Cope, Jamie
Dahlkemper, Bobbi
Dall, Whit
Day, Sue
Decicco, Sally
Denison, Debra
Dodd, Lisbeth
Dodge, Elizabeth
Downey, Downey
Dunn, Janice
Dupont, Patricia
Eldred, Helen
Ellerbe, Polly
Englehart, Roseanne
Fallahi, Omeed
Feld, Ken
Fielder, Diane
Finnigan, Pam
Flauto, Donna
Forest, Skye
Fraser, Angus
Frostick, Veronica
Gaboriault, Bev
Galipeau, Nicole
Gambill, Paul
Garland, Leane
Gilbertson, Claire
Gomes, Dennis
Gomez, Constanca
Gomez, Susie
Greenberg, Joanne
Grundy, David
Guerlain, Thierry
Hammond, Bill
Hammond, Carol
Harman, Jaclyn
Harris, Peter
Hayes, Ellie
Hersey, Mona
Hill, Janice
Hood, Bernadette
Houghton, Joan
Humphries, Virginia
Jenney, Richard
Jones, Virginia

Kahn, David
Keck, Beverly
Keene, Jehrusha
Kelley, Alayne
Kelley, David
Kessler, Lorraine
Kidd, Jen
Kingsbury, Sylvia
Koenemann, Dona
Koenemann, Ed
Krushenick, Fran
Ladabouche, Barb
Lane, Linda
Lane, Mariah
LeBlanc, Laurie
Lilly, Lee
Lindner, Jaye
Lorello, Peggy Ann
MacDonald, Jill
Major, Cassie
Major, Paulette
Martin, Cynthia
Masure, Larry
Matthews, Karen
McCloud, Lucinda
McKelvy, Maryjean
McQuesten, Jim
Merchant, Lara
Merkin, Ron
Miller, Loren
Molus, Patricia
Morris, Maggie
Morse, Deborah
Morse, Maggie
Moureau, Joan
Muncy, Tina
Munno, Nancy
Nettler, Irene
Olsen, Gen
Osgatharp, Jane
Paul, Ora
Pelow Corbett, Emily
Polizzotti, Charlie
Provost, Dawn
Ramel, Peggy
Rathburn, Ruth
Ressler, Janet
Riggen, Bob
Robinson, Justine
Rogers, Geoffrey
Rose, Erin
Rowan, Don
Rowe, Joyce

Rubin, Lisa
Ruiz, Ignacio
Russo, Donna
Seidel, Eric
Shaw, Melissa
Sheppard, Rebecca
Sheriden, Corrine
Sherman, Nancy
Simpson, Catherine
Sivvy, Melissa
Sladek, Marilyn
Smith, Alice
Smith, Barbara
Smith, Bob
Smyrski, Maguerite
Snell, John
Snell, Liz
Snetsinger, Bob
Snetsinger, Brenda
Sowbel, Ed
Spear, Ella May
Stone, Ruth Ann
Stone, Sandra
Stukey, Art
Stukey, Sue
Sumner, Elaine
Sumner, Stan
Sweeney, Carol
Tait, Deborah
Terry, Christine
Thompson, Barbara
Thompson, Maggie
Torchia, Susan
Troester, Robert
Urman, Ellen
Valentine, Georgia
Viall, Tom
Walker, Sylvia
Walther, Lynne
Watson, Bonnie
Webster, Harris
Winston, Rick
Withey, Bob
Withey, Maria
Woods, Frank
Workman, Linda
Wortman, Jean
Yearman, Diane
Youngblood, Donna
Zorzi, Angeles

One-time Activities and Events (open to public unless noted)

Happiness Café, Tue, Apr 1, 12:45-2:15

Bring your friends and family! We'll set up the room like a cafe, with small tables and chairs. Participants will sit in very small groups, and engage in a facilitated series of conversations that allow us to get to know our neighbors, while sharing our thoughts about happiness and the conditions that support its pursuit. The conversations are inspiring, profound and intimate. You'll leave content and happy with new friends and new thoughts about life, happiness and community. Facilitated by Judy Warriner Walke, a seasoned organizational and leadership development consultant; and Skye Forest and Paula Francis, Happiness Walkers and members of Gross National Happiness USA who ask people What Matters Most.



Osher Lifelong Learning Institute Programs,

Wed, Apr 2 & 30, 1:30 pm

(optional 12:30 BYO Brown Bag lunch social time before)

- Apr 2: "What is Critical Psychiatry" w/ Sandra Steingard.
 - Apr 30: "Freedom & Unity: Under the Surface" w/ filmmaker Louise Michaels.
- For full info on speakers, costs, and scholarships, visit MSAC office for a brochure.

REMINISCE Group Information Session, Fri, Apr 4, 12:45-1:45 pm

Have you lived at least three quarters of a century? Would you like to REMINISCE with others from our era? Following our FEAST lunch, we will meet in the Arts Area to discuss starting a group to talk about our diverse paths through the 1930's, 1940's and even the 1920's! REMINISCING is good for the soul and helps us stay connected in many ways. These workshops will be free. If you have questions, ideas for format, etc., call Mary Alice Bisbee at 223-8140.

The COVE Savvy Seniors, Tue, Apr 8, 1:00– 1:45 pm

Vermont SMP of the Community of Vermont Elders has partnered with Lyric Theatre to present the "Savvy Seniors." Our goal is to provide education through humorous performances about a serious issue: Healthcare error, fraud, and abuse. Join us for a witty 1/2 hour presentation, ask questions, and discuss issues .

VT Association for the Blind Presentation, Fri, Apr 11, 12:45pm

Join the Vermont Association for the Blind & Visually Impaired (VABVI) for a presentation on their services. Age-related eye diseases can be debilitating. VABVI provides older Vermonters with the skills & confidence they need to learn to live a new way, thereby helping them regain their independence & mobility, offering rehabilitation, orientation & mobility, assistive technology, a social network, & many other services.

Film: Doing Time, Doing Vipassana, Sat, Apr 12, 6:30 pm

This award winner takes viewers into India's largest prison - known as one of the toughest in the world - & shows dramatic changes brought about by the introduction of Vipassana meditation. MSAC & Dharma Film Series. Suggested donation \$3. For comfort, bring a cushion. For more info, call Neville at 224-1001.

PoemCity at Montpelier Senior Activity Center



**VT Studio Center Alumni Poetry Reading,
Thu, Apr 17, 7pm**

Join Jim Schley, Julia Shipley, Hilary Poremski-Beitzel & Kristin Fogdall for a group poetry reading. Founded by artists in 1984, the VT Studio Center is the largest international artists' & writers' Residency Program in the US, hosting 50 visual artists & writers each month from across the country & around the world.

Poetry Reading with Main Street Middle School at MSAC, Tues, Apr 29, 1pm

Sixth grade MSMS poets will be reading poetry in conjunction with Sherry Olson's poetry class on April 29th at 1:00 PM. The theme of the poems will be 'Adolescence.' This event is open to the public and sponsored by The Quirky Pet on State Street.

Poetry StoryWalk® Exhibit on Display, Apr 28 to May 16

StoryWalk® has taken a new turn by matching the poetry of Mary Oliver & Wendell Berry with the work of local artists & photographers. Two poems by Mary Oliver, *I Want to Write Something So Simply* & *With Thanks to the Field Sparrow, Whose Voice Is So Delicate and Humble* & *The Peace of Wild Things* by Wendell Berry are used with permission. StoryWalk® was created by Anne Ferguson of Montpelier, developed in collaboration with the Vermont Bicycle & Pedestrian Coalition & the Kellogg-Hubbard Library. *PoemCity is a collaboration between the Kellogg-Hubbard library & Montpelier Alive.*

Don Mitchell, VT Author Book Reading, Tue, Apr 22, 12:45 pm

Join us for a special Earth Day reading from VT novelist Don Mitchell, whose latest book is *Flying Blind* (Chelsea Green, 2013). Don will tell of creating a habitat for endangered bats on his Vergennes farm—a tale as profound as it is funny. Books will be available for sale & signing after the talk. Don Mitchell is a novelist, essayist & screenwriter, as well as a shepherd with 35 years' experience. Plus, in honor of Earth Day, enter a door-prize raffle for one of two Energy Efficient Kaleidoscope Desk Lamps.

Cherry Blossom Festival, Fri, Apr 25 from 1-3 pm



Montpelier Cherry Blossom Festival will be a week-long festival held at various locations around Montpelier including Kellogg-Hubbard Library, Montpelier Senior Activity Center, Capitol City Grange and culminating with a large day-long event April 26th at Montpelier High School. The Festival will spotlight various traditional Japanese arts, crafts and sports, showcasing the talents of many local artisans who want to share the amazing cultures of Japan with the attendees of the Festival. Join the activities at MSAC in the afternoon of April 25.



Home Share Now, Tue Apr 1 10:30-12
Joel Rhodes, Program and Outreach Assistant with Home Share Now and VHCB AmeriCorps Member, will be at an information table at MSAC to discuss the Home Share program and answer questions.



Rekurs First Tuesday of Most Months

Computer & Technology Assistance,
2 Thursdays, Apr. 3rd and 17th, 10 am-12 pm
Montpelier Middle School students, Omeed Fallahi and Angus Fraser, will be in the computer lab to provide introductions and technical assistance for such applications as email, Facebook, basic word processing, and more. Call to confirm before coming. Open to MSAC members.



Rekurs First & Third Thursdays of Most Months



Reiki Clinic, Friday, Apr. 4th, 12-4 p.m.

\$15 for 1/2 hour. Hour sessions available. For appt, call Lynne Ihlstrom, Reiki Master, at 522-0045.

Rekurs First Friday of Most Months

Montpelier Memory Café, Saturday, Apr. 12th, 10am
This Café will feature a gentle Tai Chi activity with veteran local instructor Ellie Hayes. The Café is for those with memory disorders; a care provider must accompany each participant.



This event is free and open to the public. For further info please contact: Lisbeth Dodd, (802) 229-9630.

Rekurs Second Saturday of Most Months



Massage Clinic, Wed, Apr. 16th, 11 am-3 pm

Erica Peterson will offer Integrative massage, which includes a variety of techniques and modalities to individualize each session for the client's needs and limitations. She has been practicing for 4 years privately and works part-time with a local chiropractor. 15 min. chair massages are by donation; 50 min. table massages are on a sliding scale starting at \$25! Come relax and take a

break from the world! Please call 249-4115 to schedule an appointment as space is limited!

Rekurs Third Wednesday of Most Months

CVCOA: Friday, April 18th, 9-12 p.m., by appt.

Do you have questions about health insurance or other senior services? Sarah Willhoit, Information and Assistance Specialist with CVCOA, is available at MSAC by appt. only. Call Sarah directly at 479-4400 to set up an appointment.



Rekurs Third Friday of Most Months

April Menus for *Feast*

Feast Together: Tues and Fri, 12-1pm

Tuesday, come 10:30 to dance to *Swingin' Over Sixty*
Seniors 60+ no charge; suggested donation of \$5
Guests and others under 60: \$6
Frequent after-lunch, free programming

Feast To Go: Thur, Take-out, 11am-1pm

Open to everyone regardless of age or affiliation
\$8.50 options, including VT Meals Tax
All proceeds benefit *Feast Together* and *Feast at Home*



Lasagna from 2/6 (Tina Valentinetti)

Reservations requested by end of previous day, 262-6288 . Menus subject to change, and many surprises await! All meals include Milk option and Fresh Fruit. To inquire about *Feast at Home*, call 262-6288.

Tue 4/1: Balsamic Chicken with Olives and Walnuts/Pecans, Onions, Carrots, Bell Peppers and Plum Tomatoes, White Bean and Quinoa salad, and Vanilla Custard.

Thur 4/3: Beef Lasagna, Broccoli, Garlic bread, Green Salad.

Fri 4/4: Pork Loin Stir Fry with Basil over Brown Rice, Sautéed Onions, Peppers, Bean Sprouts, Brownies.

Tue 4/8: Chicken Kebobs with Peanut Sauce and White Rice, Spinach, Cilantro, Spicy Cabbage Salad, Vanilla Pudding.

Thur 4/10: Cumin Chicken over Brown/Jasmine Rice with Raita, Spinach Curry, Apple Crisp.

Fri 4/11: Beef Stew, Rutabagas, Spinach, Onions, Carrots and Green Peas, Whole Wheat Roll.

Tue 4/15: Ground Beef Chili, Mixed Vegetables, Tossed Salad, Corn Bread.

Thur 4/17: Roast Chicken with Cilantro Pesto over Balsamic and Grape Quinoa, Zucchini/Potatoes, Carrot Muffins.

Fri 4/18: Glazed Ham, Green Beans and Sweet Potatoes, Baked Beans, and Deviled Eggs.

Tue 4/22: Sweet Italian sausage with Rosemary and White Beans, Tomatoes, Fennel, Crusty Whole Wheat Bread, Apple Crisp.

Thur 4/24: Sultan's Eggplant, Green Salad, Bulgur Tabouleh Salad, Hummus, Pudding.

Fri 4/25: Ground Beef Shepherd's Pie, corn, Spinach and Shallots, Mashed Potatoes, Whole Wheat Roll.

Tue 4/29: Ginger Beef, Poppy Seed Cole Slaw, Wheat Berry Salad, Wild Rice Pilaf.

Ongoing Activities

SPACE	SAT./SUN.	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
RESOURCE ROOM		9am-4pm Tax Clinic (ends 4/14)			9-1:45 Tax Clinic (ends 4/10) 3:00-4 Singing Class	
LARGE COMMUNITY ROOM		12:30-3:00 Mah Jongg* 12:30-3 Bananagrams* 1:00-3:00 Bridge* 2:00-4:00 Cribbage *	10:30-noon Band & Dancing 12-1 pm <i>Feast Together</i> 1:30-3:00 Scrabble*	5-8 pm Cooking Around the World (4/9 + 4/23)	9:00-11:30 am Bridge* 11-1 <i>Feast To Go</i> 12:45-3:00 pm Bridge* 6-8 pm Ukulele Group *	12-1 pm <i>Feast Together</i> 2:30-3:30 pm Classical Music II 3:45-4:45 pm Classical Music I
ART AREA		10 am-12 pm Painting 1-2:30 pm Handbuilding with Clay 3:30-5:30 pm Pastels		9:30-11:30 Rug Hooking 4:00-5:30 Drawing 6-8 Creativity Exchange		10 am -3 pm Mah Jongg* 10 am-3pm Bananagrams*
STUDIO	Sat 10-11 am Gentle Yoga Sun 5-6:30 pm Yoga Integral	10:30-11:15 am Dance to Fitness 1:00-2:15 Gentle Yoga 3:30-5:00 pm Vinyasa Restorative Yoga	9:00-10:30 am Gentle Yoga 11-12:00 pm Chair Yoga 4:45-5:45 Tai Chi for Arthritis	9-10:30 am Gentle Yoga 1:30-3 pm Tai Chi Long Form (Starts 4/16) 5-6:30 pm Hatha Yoga	9-10:30 am Yoga for Balance 5-6:30 pm Vinyasa Restorative Yoga	10:00-11:30 am Hatha Yoga 1-2:15 pm Gentle Yoga
UPSTAIRS ACTIVITY ROOM		9-10 am Living Strong 10:15-11:15 Living Strong 12:45-2:00 French II 2:30-3:30 Living Strong Group 5-6 pm Living Strong 6:10-7:10 Living Strong	8:30-9:40 am Living Strong 10-noon Write a Poem (starts 4/15) 1:15-2:30 Italian II 6:30-9 pm Film Series at MSAC	8:30-9:45 am Spanish Past Tense, Pt. 2 11:45 am-1:15 pm Exploring Balance 1:30-3:30 pm Writing 6:30-9 pm VT Fiddle Orchestra	8:30-9:40 am Living Strong 10-11:30am Memoir 12:45-2 pm French I 5-6 pm Living Strong 6:10-7:10 Living Strong	9:00-10 Living Strong 10:15-11:15 Living Strong 2:30-3:30 Living Strong Group
OFFSITE	Sunday 2-3 pm Swimming#	10-11:30 am Exercise†	9-11 am Bowling° 10-11:30 am Exercise† 10-11 am Swimming# 10-11 Water Aerobics#	10-11:30 am Exercise†	10-11:30 am Exercise† 10-11 am Swimming# 10am-12:30pm Films at Savoy 2-3 pm Fit for Health 3-4 pm North Branch Nature	10-11:30 am Exercise† 2-3 pm Tennis (starts 4/11)

†Exercise refers to monthly membership for use of gym at First in Fitness in Montpelier. A monthly use can start any day.
 #Swimming & Water Aerobics are activities at FiF in Berlin that run for 13 weeks.
 °Bowling is a 13 week activity held at Twin City Lanes in Berlin.
 *Bridge, Cribbage, Mah Jongg, Scrabble, Bananagrams, Ukulele Group do not require registration. Donations appreciated.

Candidates for the MSAC Advisory Board

If there was no ballot included with this newsletter,
you can stop by the office for one or vote at <http://svy.mk/1j4UbgZ>



Whit Dall: I am a resident of Montpelier. I was an elementary school teacher for thirty three years and I worked part-time at National Life for five years. I have been an active member of the Montpelier Senior Activity Center participating in classes, working out at the gym, playing tennis, and doing volunteer work. I really enjoy what MSAC has to offer and I'm often encouraging others to join or come eat the delicious food!

I am happily married and I have two grown children plus a lovely grandson. I am interested in serving on the MSAC advisory board to further strengthen the mission of MSAC and to encourage a healthy vision of seniors who are active, engaged, and like to walk!



Liz Dodd: During my year as an Americorps member serving at MSAC, I came to better appreciate the important role MSAC plays in our community. Through my work in direct services, volunteer recruitment and management, and leading workshops on topics of employment, housing, and depression, and writing for the newsletter, I learned first hand more about the issues facing our elder community. Since completing my Americorps term, I have continued to volunteer at MSAC. For

example, I have helped lead the development of the Montpelier Memory Café, which serves people with Alzheimer's disease. I am a Licensed Clinical Social Worker, and since receiving my Masters in Social Work from UVM, have practiced in community health and mental services in Vermont for about 20 years. I maintain a private psychotherapy practice, with a focus on elder care. I feel MSAC will play an increasingly important leadership role in senior services in our community, as well as in Vermont, especially in the field of Alzheimer's disease. And it will need to closely consider its programming, financial and administrative structure, and operations as it does so. By serving on the Advisory Board I would like to positively contribute to that effort.



Scott Hess: Scott Hess and his wife Amy Willis moved to East Montpelier from New York City four and half years ago. For most of Scott's career, he was a self-employed trader on the floor of the New York Mercantile Exchange (NYMEX) in lower Manhattan. He served on NYMEX's board of directors for ten years, with three years on the executive committee. He was also employed in the organic bulk food business for two

and a half years after he left the exchange. For the past four years, Scott has been an elected member of the East Montpelier planning commission. He has been on the Hunger Mountain Coop council for the past four years and is currently its treasurer. Scott is the co-chair of the stewardship committee of the Unitarian Church of Montpelier. He holds a BS from Montclair State University and an MBA from Pace University.



Nancy Munno: I moved here 7 years ago to be close to my son-in-law, daughter, and two grandchildren. I love Montpelier and being in my grandsons' lives. I have a BA in biology and an MAT in education. I was a biochemist with a pharmaceutical company, spent 25 years teaching middle school science, and, for the last 7 years, was a librarian in Northfield. My daughter's family lives in Montpelier and my two sons live in Syracuse, NY and Telluride, CO. My dog Captain keeps me

active. I've been a Brownie and Girl Scout leader, board president for an environmental group, on the boards of two different condo associations, held various PTA positions when my children were in school, delivered Meals-On-Wheels, volunteered at the humane society, and currently volunteer in the MSAC kitchen. The Senior Center has been important to making a new home in Montpelier. I've taken yoga classes there for many years. It's a welcoming place that allows us seniors to explore and expand our interests within a caring and stimulating community. We are so lucky. I'd like to serve on the advisory board of the MSAC to help further the mission of this wonderful place.



Susan Torchia: My name is Susan Torchia, and I'm a candidate for one of the seats on the MSAC Advisory Board. I've been a member and volunteer at the MSAC for three years. My involvement as a volunteer has ranged from creating educational and colorful "table toppers" for Feast meals, to assisting with the development and facilitation of MSAC programs and fund raisers. I've taken many interesting classes at the center, as well as teaching a jewelry making course. My

professional experience as an RN for the last 32 years has been invaluable. In assuming leadership roles in a variety of clinical settings, I've developed useful organizational and management skills. Other qualifications include previously serving on several local boards of directors. Currently, I'm a nurse volunteer at the PHWC in Barre, and a hospice volunteer for the CVHHH. I have seven wonderful grandchildren and look forward to the birth of my great grandson in April. I enjoy kayaking, fly fishing, and making art. My vision for the future of the MSAC includes increasing its visibility in the community by offering a broader scope of relevant educational opportunities.

The following classes are now full. You may get on a waiting list without paying now, or consider an alternate class option. Yoga Gentle Tuesday Patty Crawford, Yoga Gentle Wednesday Patty Crawford, Yoga Hatha Friday Joan Stander, Painting: As You Want It (*A second Painting class may be added if the waiting list is long*), Yoga Hatha Wednesday Joan Stander

The following classes are at risk of being cancelled (as of March 17th) due to low registration. Please consider registering to keep them running: Handbuilding in Clay, Classical Music Appreciation I, Yoga Gentle with Sheryl Rapee-Adams on Saturday morning, Fit for Health at The Confluence, North Branch Nature Series, How to Move Smarter, Not Harder, Introduction to Laughter Yoga, The Creativity Exchange, Fitness Hooping

Transition from Winter to Spring Classes: For the Winter Quarter, classes end in the last weeks of March, and the week of March 31 is a make-up week for some instructors. For the Spring Quarter, most classes start the week of Monday, April 7. Non-new members registering after March 31 will pay a one-time late fee of \$10 which supports the financial aid fund. Please check the registration materials or ask in the office if you have any questions.

Facility updates: We are getting closer to having new, portable, sound-absorbing partitions to allow for better separation of certain activities in the Community Room and Art Areas. We are also expecting the new front doors to arrive soon, after a long, long wait. Thanks for your patience!

Call for volunteers:

1. **Montpelier Memory Café at MSAC: Performers, Crafters, Speakers, Instructors, and Cafe Assistants.** If you have a talent, hobby or special interest, and are willing to share your knowledge and passion for 20-30 minutes at a future Memory Cafe, or to help with refreshments, activities, and working at the registration table or on the cleanup crew, please contact Lisbeth Dodd, 229-9630. Next café: April 12th (more info p. 6).
2. **Film enthusiasts** to help facilitate free film events at MSAC
3. Parade enthusiasts, walkers, and creative folks to assist Susan Torchia in creating and/or riding aboard a wonderful **MSAC float for the Montpelier Independence Day Parade** on July 3rd.
4. Members who may be interested in serving on one of **three newly forming committees** that will each include Advisory Board members, members-at-large, and a staff liaison: Budget, Fundraising and Program

Committees. First meetings will be scheduled in April. More information available after newsletter goes to print; leave name in office if interested in one or more.

5. Volunteers are also always needed to help with the foot clinic, during registration as a docent and the monthly newsletter mailing.

Thank you to:

- AARP tax preparation volunteers Georgia Valentine, Jim McQuesten and Polly Ellerbe for their dedicated service Mondays & Thursdays
- Volunteers and voters in our five Supporting Towns:** Berlin, Calais, East Montpelier, Middlesex, and Worcester, for all your efforts in collecting signatures, doing outreach, and voting to support our requests for funding, which will provide \$16K in revenue next year. If you're from Plainfield and would like to help us try again next year, please get in touch!
- Members rounding up your totals at registration to make **gifts to the financial aid / scholarship fund and other areas of need.**
- Voters in Montpelier** for supporting the City budget that will provides over \$157K in revenue to our our FY15 budget.
- People making **donations** to MSAC in appreciation for the **tax clinic.**
- Osher** Lifelong Learning Institute and its volunteers for purchasing a **new podium** to be on long-term loan at MSAC, and enhance many special events.

A number of **previously run classes may be revived** in the summer, fall or winter if there is demand, so please contact us if you'd be interested, or if you have other classes you'd like to see again besides these: Jewelry-Making, Tap Dancing, Fly-tying, Ukulele for Beginners, Digital Photo, or Facebook. We've also had a request for Pilates and would like to know how much interest exists among our membership.

A member is interested in building a **community clay oven/kiln for bread-making and ceramics** work and classes, location and affiliation/organizational structure yet to be determined. Others who are interested in learning more, please share your contact info with Janna Clar or Mary Roehm.

Did you know that if you are using the **Onion River Exchange Time Bank**, volunteer hours served at MSAC count? Contact Chloe for more info or to become an ORE member: chloe@orexchange.org or 552-3040.

The Green Corner

This is the month we hope to see a lot more natural green out in the world as the snow thaws and the temperature warms, and so it's the perfect time to celebrate Earth Day. On Earth Day we'll be hosting a talk by Don Mitchell, at which he'll discuss his new book "Flying Blind," about his experiences with endangered bats. Plus, in honor of Earth Day, we'll be continuing to give away energy efficient light bulbs and holding a door-prize raffle for one of two Energy Efficient Kaleidoscope Desk Lamps

Recently we received data on our composting efforts from the solid waste district, and we're happy to report that we (the kitchen staff, Feast volunteers and YOU) diverted 900 pounds of organic waste from the landfill through the composting program for the month of January. That's 45 pounds per day! We'll continue to report our numbers in future issues of *Active Times* as space permits.

Finally, our Outreach Assistant James wanted to share his first experience borrowing a vehicle from Car Share Vermont.

"Car Share Vermont is a non-profit organization that lets you borrow cars when you need them—more flexibly and affordably than renting a car. When you join, you gain 24/7 access to their neighborhood-based fleet of vehicles. Their vehicles are currently available in Burlington (though they're developing a strategy for expanding to Montpelier), but a quick \$8 round-trip via the bus remedied that.

You pay a monthly membership fee of \$5-15, and then rates start at \$5.50/hour and 30 cents per mile, with day rates available. Insurance and gas are included. I took a trip to upstate NY for a less than a rental would be, and for short trips (like getting to a doctor's appointment) the hourly rates make it much cheaper than a rental option or owning a car that sits idle much of the time.

I reserved my trip online in minutes. With my electronic 'key', I walked up to the car, unlocked it, and drove away. When I needed gas, I used the card in the glove box. When I came home I simply parked the car in the same spot and relocked it. No hassle. Money saved. It was a no-brainer. I plan to borrow a car this summer for camping, maybe several times, and I can't wait!"

Member Acknowledgments



Patricia Barberi	Scott Hess
Judith Blank	John Hyslop
Lori Cohen	John Russell
Cindy Griffith	Ira Sollace
Jan Hare	Linda Vincent



Ruth Damon
Wayne Tuller

MSAC Trips

Reserve your spot on the van now!



**Boston Museum of Fine Arts or the
Isabella Stewart Gardner Museum
Wednesday, April 16th, 9:15am-8:30 pm**

You may choose whether you spend 2.5 hours at the Boston Museum of Fine Arts or the Isabella Stewart Gardner Museum. You may bring your lunch and eat it before you leave the van or choose to buy one in the Museum Café. We will stop on the way home in West Lebanon for dinner at Lui Lui, an Italian restaurant (entrees from \$10, soup at \$5). At the Museum of Fine Arts there are several exhibitions (see website), and an exhibit called Boston Loves Impressionism is also available for an additional fee of \$25. The Isabella Stewart Gardner Museum houses a collection of world importance in historic and contemporary art. **\$68 includes museum admission and van ride, bring money for lunch and dinner. Minimum of 9 people, reserve by April 9th.**

***The Spitfire Grill,*
performed at Northern Stage Theater in White River Junction.
Thursday, May 1st, 12:30-5:30 pm**

Music and book by James Valcq. A warm and uplifting musical that reflects the camaraderie of small town life. A Wisconsin town rallies around a local restaurant, propelling the residents into a future filled with new optimism. Bring lunch on van or request Feast to Go from MSAC in advance and we'll bring it for you! **\$55 includes ticket and van ride. Minimum of 10 people, reserve by April 24th.**

**Currier Museum and Frank Lloyd Wright House,
Manchester, New Hampshire**

**Wednesday, May 23rd, 10:45 am-7:30 pm
\$54 includes all admissions and van ride. Min.10, reserve by May
16th. For more information, contact MSAC.**

St. Jay: Athenaeum, Dog Chapel and Fairbanks Museum

**Wednesday, June 4th, 9 am – 4:30 pm
\$27 includes admission; lunch is on your own. Min. 8, reserve by
May 28th. For more information, contact MSAC.**

Once a Month Walks with Whitney Dall & Tina Muncy

Each walk is about two miles except where noted, and generally on flat ground with stopping places to enjoy the scenery. All trips start at the Department of Labor commuter parking lot in Montpelier—just take the Montpelier Circulator bus there, or drive there and leave your car before hopping on the van. **Please pre-register for each trip one week in advance, as trips not meeting the minimum by that date will be cancelled.** For full information on these trips, contact MSAC.

Thu, May 15th - Causeway – Colchester 3 ½ miles 9:30am to 3pm \$9
Walk on the gravel path across Lake Champlain and back. We will stop on the way home for you to buy lunch or picnic, if you bring your own.

Tue, June 10th - Chickering Bog 12:30pm to 4pm \$5

Tue, July 8th - Woodstock Carriage Roads – 9:30am to 3pm \$12

Tue, August 5th - Stowe, Vermont 9:30-1:30 \$8

Tue, September 16th - Foliage and Mill Stone Trails-- 1pm-4pm- \$5

Grand Canyon & Sedona Trip Saturday October 4th- Saturday October 11th

Sedona and the Grand Canyon are two amazing places that highlight canyons big and small. Sedona is famous for its red rocks and box canyons. The Grand Canyon's breadth and depth inspire awe and



wonder. Participants will spend two nights in the Grand Canyon and three nights in Sedona. Each day will include 3-5 miles of walking. Highlights will include: two nights in the Grand Canyon; Museum of Northern Arizona; Walnut Canyon National Monument; Hiking in Sedona; V Bar V Ranch and Petroglyphs; Montezuma's Well and Castle. For more information, visit the office, see the MSAC website or contact Whit Dall and Tina Muncy at aztrip@getframed.org. **Sign up by April 12th.**

Montpelier Senior Activity Center
58 Barre Street
Montpelier, VT 05602

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***Dear Newsletter Subscribers!** Some of you are receiving Active Times by e-mail only. Thank you for saving MSAC \$1 per month (and paper)! To make the switch, and always have your newsletter in color online, send an e-mail to: msac@montpelier-vt.org. You can now also sign up for our e-Letters by using the simple form on our website!*

Purchase tickets at MSAC for our April 12 Firebox Auction & Dinner!

Save the Date: May 17 Rummage Sale!

Submissions for May Newsletter due April 11!

MSAC Advisory Board 2013-2014 (Agendas and Minutes posted on website)

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

3 Years	2 Years	1 Year	Advisory Board Meeting Dates
Fran Krushenick	Sylvia Kingsbury	Elizabeth Dodge	Next Meeting: Wed. May. 28
Tina Muncy	Jane Osgatharp	Peter Harris	starting at 1:30 at City Hall Manager's
Sue Stukey	Janet Ressler	Frank Woods	Conference Room in City Hall, 39 Main St.

Montpelier Senior Activity Center

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

E-mail: msac@montpelier-vt.org

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

Janna Clar, Director

Dan Groberg, Program and Development Coordinator

Lise Markus, Administrative Assistant

James Sharp, Outreach Assistant

Feast Reservations Number: 262-6288

Anne-Marie Keppel, Just Basics, Feast Coordinator

Justin Turcotte, Chef for Feast

MSAC: a service of
your Capital City



2014 MSAC ADVISORY BOARD BALLOT VOTING INSTRUCTIONS

(To vote online instead, go to <http://svy.mk/1j4UbgZ>)

Your name will be checked against the voter checklist but separated from your ballot for confidentiality)

Ballots must be received in the MSAC office by June 2nd, 2014, and voting is for all current members. Please seal your finished ballot in the provided envelope, and print and sign your name on the envelope so that we can cross your name off the voter checklist while keeping your ballot confidential. If by mail, please postmark by May 31st and sign your envelope. Or feel free to come in and vote at the office.

Save the date! The first meeting of the new Advisory Board will be Thur. June 26th, after the Annual Meeting. To reserve lunch that day (sliding scale of \$5-8.50), call 262-6288.

SPRING 2014 BALLOT for MSAC ADVISORY BOARD

There are 3 openings on the Advisory Board. Please check up to 3 names from the choices below. (Bios are on pages 10-11 of the newsletter). The three (3) candidates receiving the most votes will serve 3-year terms.

_____ Whit Dall
_____ Scott Hess
_____ Susan Torchia

_____ Liz Dodd
_____ Nancy Munno

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