

Active Times

NEWSLETTER OF THE MONTPELIER SENIOR ACTIVITY CENTER



August 2014

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

MSAC Resource Room: A Resource for All

Did you know you can find the following in our Resource Room, right across from the front office?

- **Books about health and aging topics** to browse here or borrow and return (honor system), like "How and Why We Age" by Leonard Hayflick, " and "Your Aging Parents: Reflections for Caregivers" by Earl and Sharon Grollman.

- **Hundreds of brochures**, free for the taking, about aging, health, and caregiving topics, such as "CVCOA's Options for Seniors and Caregivers." "Older Adults and Depression," "Aging and Your Eyes," and many more.

- **Quiet space** for games, conversations, small MSAC classes, meetings, and private group rentals.
- **Space for health clinics** such as foot care, flu, massage, Reiki and more.
- **Space for other recurring activities and appointments** with our community partners such as Council on Aging, Law Line, AARP Tax Clinic, Home Share Vermont, and others (look for more in the coming year!)
- **An electric piano** available for classes and private practice.

History of the Room:

The MSAC Resource Room was conceived as a vital part of the new MSAC facility after the 2009 fire. To meet the needs of a growing senior population and serve multiple other purposes, a designated room was planned for a literature library and community service providers. In 2012, MSAC member Liz Dodd developed the literature collection as part of her Americorps work. Mary Alice Bisbee has been a great supporter of the collection as well, especially enriching the Advance Directives and end of life planning materials. In late 2013, the pool table was moved off-site, opening up a more prominent space for the current Resource Room.

Future of the Room:

We hope to soon purchase new literature racks to better display the materials and add to the resource collection. Lighting has been improved. New community partners and health care providers are approaching us regularly, so please share your input about what activities and services you'd like to see offered! Please come in to check out the Resource Room and help spread the word about this under-utilized treasure that is open to all.



Issue Highlights:

Announcements	2
FEAST Menus	3
Upcoming Events	4
Recurring Partner Services	5
Ongoing Events Calendar	6-7
Profile + Member Acknowledgments	8
Trips	10

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:

September 11
1:30 pm
MSAC Resource Room

What Classes Would You Like?

We get so many great suggestions for new classes and groups that we need your help picking what to pursue! In the MSAC Lobby (outside the office), you will find a clipboard listing all the ideas. Please add your name to what you might be interested in.

MSAC Membership

MSAC membership grants you many great benefits! Only MSAC members can sign up for most classes, receive discounted trip rates, use the MSAC Computer Lab, make copies on the office Xerox machine, and more!

As of July 11th, approximately 500 MSAC members had renewed or joined for the 2014-2015 year, but over 350 have not yet renewed!

Did you know that one in five Montpelier residents aged 50+ are MSAC members and nearly half of residents in their 70s are members? Renew your membership today!

Finance Committee

We would still like to recruit more people for the MSAC Finance Committee; especially desired are seniors with a relevant background. Next Committee meeting is August 19th from 3:00-4:30 in the Resource Room.

Summer Classes

Many classes are still accepting new registrants, so don't hesitate to ask in the office! By mid-July, office staff and volunteers had processed 510 registrations by 262 unique individuals for our "slow" Summer quarter with 71% in on-site Movement classes. These figures may be compared with 783 registrations by 401 unique individuals in the recent Spring quarter.

Looking ahead, our fall quarter runs Sept. 28th-Dec. 19th. Fall registration will occur in early September.

Transportation

We are looking at ways to offer transportation in the future for Feast lunches and possibly other MSAC programming. GMTA is also looking for senior input on its routes, especially the Circulator which stops here eight times daily. Please sign your name in the lobby or call the office if you're interested in any of the following: 1) getting van or bus rides to MSAC; 2) getting trained as a regular or substitute MSAC van driver; 3) offering senior input to Green Mountain Transit Agency about their routes.

USPS Newsletters

Make sure to renew your MSAC membership! This will be the last newsletter that non-renewed members will receive in the mail.



FEAST MEALS

RESERVATIONS: 262-6288 OR
JUSTBASICSINC@GMAIL.COM

FEAST Menu

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

Tuesday 8/5: Buttermilk fried chicken, coleslaw, potato salad

Friday 8/8: Chicken Caesar salad, fresh fruit salad, tri-color pasta salad

Tuesday 8/11: Seared salmon filet with stone fruit relish, fresh corn, local chard, green salad

Friday, 8/14: Roast pork loin with gravy, spinach and shallots, whole wheat penne pasta

Tuesday, 8/18: Ground beef chili, tossed salad, corn bread

Friday, 8/21: Chicken enchilada, zucchini, rice and pinto beans

Tuesday, 8/25: Slow cooked BBQ pork shoulder, cole slaw, potato salad, baked beans

Friday, 8/28: Seared chicken breast with tomato caper relish, summer green tomatoes, polenta

FEAST Together, Tuesdays and Fridays, 12-1pm

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

Guests and others under 60: \$9

FEAST To Go, Tuesdays and Fridays, 12pm-1pm

Open to everyone: \$9

All proceeds benefit the FEAST senior meal program

Tuesdays, come at 10:30 to dance/play with the band and stay after lunch for special programs!

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

FEAST Grateful for a Successful Year One!

July 2014 marked the first full year of operation for FEAST, the home delivered (Meals on Wheels), on-site congregate and community To-Go fundraiser meals for our seniors and persons with disabilities. FEAST is a unique three-way partnership between a non-profit, Just Basics Inc., the City of Montpelier (MSAC) and a for profit, Good Taste Catering.

FEAST is committed to providing the freshest, healthiest, local foods available to those who need it most while simultaneously investing in our local food economy.

FEAST was projected, in its first year, to provide 10,200 meals. The meal program's popularity resulted in FEAST providing over 14,000 meals. While this is a glowing testament to the program's success, it has created some funding challenges that the FEAST partners will address in this upcoming year. The FEAST partners will seek additional municipal, private and grant support in addition to support from FEAST participants.

We at FEAST are incredibly thankful for the community's support for this program over the past year. With your continued generosity and the hard work of our partners, we look forward to many healthy, delicious years to come.

Beginning Tuesday August 4, FEAST will increase its "Suggested Donation Request" for seniors 60 years and over and will increase its meal price for those under 60. Please see these new prices as indicated at left.

Community Together Series: **Assistive Technology Hands-on Workshop**

Tuesday, August 5, 1 pm

Please join the Vermont Assistive Technology Program Director, Amber Fulcher, for a hands-on, informational session on useful technology and gadgets to help with everyday tasks. We'll look at tools that can assist you with things like working in the kitchen or garden; using or hearing the telephone and television; keeping track of daily to-do's; seeing and reading bills, books, newspapers & magazines; and communicating with friends or family. We'll explore the spectrum of technology from high-tech devices like iPads to low-tech items like magnifiers. Assistive Technology is an expansive field that not only includes endlessly evolving tools, but also strategies to help you accomplish your goals. This will be a fun and interactive hour!

Community Together Series: **Will Eberle Concert**

Tuesday, August 12, 1 pm

Will Eberle grew up playing classical piano music. As his musical tastes have evolved, Will has adapted his style to also accommodate Jazz, Blues, Gospel, World, and hip-hop musical influences. His shows are improvisational explorations of the music he loves. Will enjoys spending time with his family and being outside in the beautiful rivers and woods of Vermont, as well as playing live piano shows throughout the state. He hopes his love of music will be contagious, and he's pretty confident he'll get your feet tapping and put a smile on your face.

Community Together Series: **Jamie Cope Art Talk**

Tuesday, August 19, 1 pm



Jamie Cope's photographic career spans more than three decades of insightful image making. This retrospective brings together her portraits from when she first began photographing in the 1960s.

Startling, subtle, and graceful, the photographs are an extraordinary revelation of character and feeling – capturing the exuberance of youth and the wisdom of old age. Cope's work has been featured at Burlington's Fleming Museum & at the US Senate offices in Washington DC. Join Jamie for a discussion of her work and her current exhibit at MSAC, which runs through August.

Reminisce Group

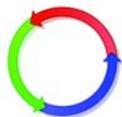
Friday, August 29, 12:45 pm—2:15 pm

The Reminisce group is a free drop-in group for those over 70 who want an opportunity to talk about their early memories on a regularly scheduled basis with other elders. The group typically meets every 2nd and 4th Friday, but will only meet on the 29th in August.

Film Screening: *Iron Lady*

Friday, August 29, 2:30 pm

The Iron Lady is a 2011 British biographical film based on the life of Margaret Thatcher (1925–2013). An elderly Thatcher talks to the imagined presence of her recently deceased husband as she struggles to come to terms with his death. Thatcher is played by Meryl Streep, who received a Best Actress Oscar for her portrayal. Join us for a free screening.



Technology Assistance

Mondays, 10-11:30 am

Recurs most Mondays

Nate Vaughan, professional graphic designer, will be available in the computer lab to provide technology assistance. Call MSAC office to confirm times.

Reiki Clinic

Friday, August 1, 12 pm-4 pm

Recurs first Friday of most months

Sessions are 1/2 hour, fee is \$15. Hour sessions available. To make appointment, call Lynne Ihstrom, Reiki Master, at 522-0045.

Home Share Now

Tuesday, August 12, 10:30 am-12 pm

Recurs one Tuesday of most months

Joel Rhodes, Program and Outreach Assistant with Home Share Now, will be at an information table to discuss the program and answer questions.

CVCOA Chats

Friday, August 15, 9 am-12 pm

Recurs third Friday of most months

Do you have questions about health insurance or other senior services? Sarah Willhoit, Information and Assistance Specialist with Central Vermont Council on Aging, is available to chat by appointment. Call Sarah at 479-4400 to set up a time.

Memory Café

Saturday, August 9, 10 am

See page 9 for more information.

Massage Clinic

Wednesday, August 20, 10 am-4 pm

Recurs third Wednesday of most months

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.

Foot Clinic

Monday, August 25, 1-4 pm

Recurs often; check future newsletters

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 to make appointment and find out what to bring. Arrive 15 minutes early. Cash or check to CVHHH.

Wills and Advance

Directives Assistance

By appointment

If you need help with wills or Advance Directives, we have two opportunities for you to receive help:

1) Have you created an Advance Directive, specifying what to do in case you can't make your wishes known at the end of life? MSAC member Mary Alice Bisbee of the Funeral Consumers Alliance of VT can assist for free. Call 223-8140 for an appointment.

2) Volunteer lawyers from Law Line of Vermont can provide free private assistance on the creation of wills & advance directives. Income eligibility guidelines apply. Call MSAC office at 223-258 for info or appointment.

ONGOING ACTIVITIES CALENDAR

SPACE	SAT./SUN.	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
RESOURCE ROOM		1:00-4:00 Foot Care Clinic (8/25)	10:30-noon Homeshare Now (8/12) 5:30-7:30 Have Fun and Be Safe While Bicycling (8/12, 8/19, 8/26)	10am-4pm Massage Clinic (8/20)	3:00-4:00 Singing	9:00-noon CVCOA Chats (8/15) Noon-4:00 Reiki Clinic (8/1) 12:45-2:15 Reminisce Group (8/29)*
COMMUNITY ROOM	10-11:30 Memory Café (8/9)	12:30-3:00 Mah Jongg* 1:00-3:00 Bridge* 2:00-4:00 Cribbage *	10:30-noon Band & Dancing Noon-1:00 pm Feast Together Noon-1:00 pm FEAST To Go 1:00-3:00 Scrabble*	2:00-4:00 Piano Time*	9:00-11:30 am Bridge* 12:45-3:00 pm Bridge* 6-8 pm Ukulele Group*	12-1 pm FEAST Together 12-1 FEAST To Go (no meals 8/1)
ART AREA		10:00-noon Painting 1:00-2:30 pm Clay		9:30-11:30 Rug Hooking		10:00 am-3:00 pm Mah Jongg*
STUDIO	Sat. 10:00-11:00 Gentle Active Yoga	10:30-11:15 Dance to Fitness 1:00-2:15 Gentle Yoga 3:30-5:00 Vin/Res Yoga	9:00-10:30: Gentle Yoga 11:00-noon Chair Yoga 1:00-2:00 Meditating for Happiness	9:00-10:30 Yoga Gentle 5:00-6:30: Hatha Yoga	9:00-10:30 Gentle Yoga 5:00-6:30 Vin/Res Yoga 6:45-8:00 Hatha Yoga	10:00-11:30 Hatha Yoga 1:00-2:15 Gentle Yoga
ACTIVITY ROOM		9:00-10:00 Living Strong 2:30-3:30 Living strong Group* 5:00-6:00 Living Strong	8:30-9:40 Living Strong 1-2:30 Community Together Series (8/5, 8/12, 8/19)	1:30-3:30 Writing	8:30-9:40 Living Strong 5:00-6:00 Living Strong	9:00-10:00 Living Strong 2:30-3:30 Living strong Group*
OFFSITE	Sunday 2:00-3:00 Swimming #	10:00-11:30 Exercise † 10:00 am-12:30 pm Film Class at Savoy	9:00-11:00 Bowling° 10:00-11:00 Swimming # 10:00-11:00 Water Aerobics # 10:00-11:30 Exercise †	10:00-11:30 Exercise †	10:00-11:00 Swimming # 10:00-11:30 Exercise † 6:00-7:00 Wine 101 at North Branch Café (ends 8/14)	10:00-11:30 Exercise †

†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, Ukulele, Piano Time, Living Strong, and Reminisce groups do not require registration. Donations appreciated.

FEATURES

Profile of Sheryl Rapee-Adams, MSAC Yoga Instructor

What is your relationship to the Montpelier Senior Activity Center? Why are you involved with MSAC?

I joined MSAC this year when I turned 50. I'm taking French 1 and teaching gentle yoga. I began practicing Kripalu Yoga in 1990 and teaching in 1993. I also formerly taught the Ashtanga (Power) Yoga series. Now my body welcomes gentler yoga. As a professional, I want to better serve other yoga practitioners and massage clients who want to remain healthy and active safely throughout the aging process. In 2013, I completed professional teacher training in Therapeutic Yoga for Seniors at Duke Integrative Medicine and recently trained with the Daybreak Geriatric Massage Institute.

Where are you from, where do you live now, and how long have you been there or in this area?

I am a native of Miami Beach, as is my mother. People say, "Miami to Vermont, didn't you get that backwards?" In 1988, I moved to northern New England. I can't imagine living anywhere else. Vermont is my chosen home, and Montpelier is my favorite place in Vermont.

Tell us about your work.

In October, my husband Chris and I moved here from Rutland, where we had a massage practice for 17 years. We've reopened in Montpelier as Massage Vermont. My new treatment room is so beautiful, just the kind of soothing space where I'd want to get a

massage. In this room it's as relaxing for me to give as to receive massage.

Tell us about your family.

Our household consists of my husband Chris, me, and our cats Teazer and Sammy the Serpent. Please do "Like" Sammy at <http://facebook.com/SammyTheSerpent> – or else. We are devoted to helping animals and all beings. I volunteer with several organizations, including serving on the board of VT-CAN! Spay/Neuter Clinic in Middlesex.

Tell us about your activities and interests.

My husband Chris and I want to eat über-local and get to know our new neighbors. So we're hosting a community garden where we live on Elm Street. There's still room for more gardeners. Anyone who's interested can get in touch with me. We'll be growing some crops communally, including vegetables, melons, and medicinal and kitchen herbs. People can tend their own individual plots, too. We're partnering with AmeriCorps VISTA and the Vermont Community Garden Network, among others.



Member Acknowledgments

Welcome New Members:

Heather Bailey

Steve Bailey

Dona Bate

Elizabeth Benjamin

Teri Berube

Candice Brunell

Marianne Cisz

Stanley Cisz

Joy Huckins-Noss

Patsy Jenkins

Meredith Kitfield

Michael Leahey

Sally Leahey

Maurice Martineau

Teresa Martineau

Karen Noone

Harlan Ober

Catherine Orr

William Orr

Donna Petterssen

Deborah Reed

MaryColleen Sinnott

With Our Sympathy:

Marjorie D. Morse

Memory Café by Lisbeth Dodd, Montpelier Memory Café volunteer

Both the regular attendees of the Montpelier Memory Café, as well as the increasing number of new participants it draws, are enjoying one another's company, its wonderful guests, and fine food.

The ever popular Montpelier Ukulele Players will perform at the **August 9th** Café, with a medley of old favorites and sing-a-longs. Doors open at 10:00 am at the Montpelier Senior Activity Center, 58 Barre Street, for what promises to be very fun morning.

The Café will mark the end of summer on September 13th with a picnic beginning at 11:00 am at the Montpelier Recreation Field, at the gazebo next to the swim-

ming pool. Our very special guests will be Brian Gallagher, Vice-President and General Manager of the Mountaineers, and Bill Lee, pitching legend of the Boston Red Sox.

The Montpelier Memory Café is for individuals with Alzheimer's disease and related memory disorders. A care provider must accompany each participant. Free and open to the public, refreshments are provided. MSAC membership is not required to attend. The next Memory Café Steering Committee will be 6:00 pm, at MSAC. Volunteers are welcome, and participants are encouraged to attend. For further information please contact: Lisbeth Dodd, (802) 229-9630.

Notes from the Kitchen by Sous Chef Mary Roehm

We celebrate one year this month, one year of offering FEAST At Home, FEAST To-Go, and FEAST Together meals. 80% of our meals include fresh, local and organic ingredients. Our goal was to serve 10,000 meals; we will have served 14,400 in the very first year! Soon, the Central Vermont Council on Aging will host a luncheon at MSAC for all 17 Vermont senior nutrition program chefs. They can learn how we are doing this so they can do it too. It will be an honor to host so many of Vermont's finest chefs.

Again, in large part, it is our troop of excellent, reliable and trusted volunteers. Carol and Carole, Laurie and Lori, Sue, Donna, Bruce, Ing, Larry and Lee, Cameron, Patricia and many others support us in our efforts. We could not do this without you! Most importantly, we have fun!

Special thanks to all my Chocolate Angels! Your first big dessert after our July break will be a Chocolate Roulade Cake with a pot du crème filling! So save some calories for me, please.

It is our goal to feed the best possible food to the most possible people in central Vermont. I'm interested in working Jerusalem artichoke into our meals and welcome your ideas and recipes if anyone has experience. And of course, we could use another 47 ways to prepare kale!

We have a 14-year-old, Emma, volunteering for the summer and Julia, a recent high-school graduate, working almost daily with us until she leaves for Ireland in the fall.

Charlie, one of our stewards, is learning to prep and cook. This will free me up to develop more programming, cooking classes, demos, workshops, etc.

As many of you know, I am first a ceramic artist, and have an exhibition of work currently at Santa Fe Clay in New Mexico. If you are curious, you may go to santafeclay.com and see the exhibition online. In August, I hope to begin building a community wood-fired bread oven and kiln. This way I will be able to do my ceramics work as well as bake. Local potters will gain access to wood-firing, and chefs will use it for baking.

It occurs to me to suggest that if you'd like to contribute to the kitchen, real vanilla is always welcome! I won't bake with imitation and have been buying it myself. Only REAL food here, no imitation anything!

We hope you will join us for a FEAST meal, offered every week on Tuesdays and Fridays. Hope you are having a wonderful summer! Oh yes, a big thank you to all the home gardeners for bringing us all the lovely veggies!

Van Trips

Trips depart from Dept. of Labor parking lot. Drivers wait 10 minutes after trip start time at DOL and then leave, so please arrive early!

For non-members: if trip is under \$15, there is a \$5 surcharge for non-members. If trip is over \$15, there is a \$10 surcharge charge for non-members from Montpelier and a \$25 surcharge for non-members from other towns.

Hood Museum of Art in Hanover and King Arthur Flour in Norwich

Wednesday, August 6, 2014, 9:00 am—3:30 pm

Travel by MSAC van to Hood Art Museum in Dartmouth, NH and then travel to King Arthur Flour for lunch and/or shopping. Trip deadline July 28. \$12.

Montreal Museum of Fine Arts and Sir George-Étienne Cartier National Historic Site

Thursday, September 18, 8:30 am—7:00 pm

We will start the day with a tour of the

Sir-George-Étienne-Cartier National Historic Site. A house, a history, a way of life, this historic site presents the life and work of Sir George-Étienne Cartier (1814-1873), one of the main Fathers of Confederation. The Cartier's family home has been meticulously restored according to the tastes and customs of the Montreal bourgeoisie around 1860. This house is a window onto the intimacy of a period.



Then we will head off to the Montreal Museum or Fine Arts which is now composed of five exhibition spaces, each with its own architectural character and focus. The Museum complex now stretches between the north and south sides of Sherbrooke Street, Crescent and Bishop Streets and Du Musée Avenue.

\$38. Reserve by Sep 9th. 223-2518.

Once a Month Walks with Whitney Dall and Tina

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 Dept. of Labor parking lot in Montpelier. 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 or see bulletin board/website.

Stowe Bike Path

Tuesday, August 5, 9:30 am -1:30 pm • \$8

An easy two-hour walk on the bike path. We picked morning, in case it is warm. Bring your lunch to stop and eat along the way, or choose to stop and eat in a restaurant of your choice.

Foliage and Mill Stone Trails

Tuesday, September 16th, 1:00 pm—4:00 pm • \$5

There are over 70 miles of scenic trails, access to dozens of historic quarry sites, over 20 miles of scenic hiking trails leading to spectacular "grout" pile lookouts, and miles of abandoned rail beds and old quarry roads providing moderate trails for family hiking. This will be a moderate two-hour hike with views of the changing foliage. Should you wish to stop at MSAC for lunch at noon, let us know, and we will pick you up there at 1:00 pm.

Around Town

Take The Circulator Bus

Did you know that the Circulator Bus offers on-board and same day call-in route deviation requests within half a mile of its scheduled route? That means the bus serves nearly all of Montpelier! Plus there's a stop right here at MSAC eight times daily. Call GMTA at 223-7287 to request a ride.

GMTA will host a community meeting at MSAC to discuss the Circulator bus, and potential changes and improvements on July 28 at 5:30pm.

Green Mountain Club Trekkers Group

The Trekkers are a group of people—mostly retired—who like the outdoors, each other's company, and staying active. Anyone is welcome to join. Contact Nancy Jordan at trekkers@gmcmontpelier.org to be added to their email list.

Did you know? As a senior, you can...

- Swim at the Montpelier pool for free (65+ Montpelier residents)
- Stop at your city clerk's office and pick up a Green Mountain Passport for \$2.00 for admission to VT State Parks (62+)
- Stop at any National Park and for \$10 get a lifetime pass to all National Parks (62+)
- Receive a 6% discount at Hunger Mountain Coop (65+)

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Get the Word Out

We are looking for dedicated volunteers to help get the word out about MSAC and our great classes, programs, and trips. We need volunteers to distribute newsletters and brochures in Montpelier and surrounding towns, to post on Front Porch Forum on our behalf, to hang fliers, and to be a "cheerleader" for MSAC trips, spreading the word to friends, family, and others.

The Journey

by Elizabeth Dodge,
member of MSAC poetry class

I'd like to take a journey
To lands near and far, but
If that isn't feasible why
then I'll take a car.

The road I'll take will
get me where I think
I want to go,
as long as when I get
there,
there isn't any snow.

And if the car can't get
me there, why then I'll take
a train,
as long as when I get
there,
there isn't any rain

The reason that I'm going
on this journey in my mind,
is because I don't travel well,
which leaves me in a bind.

The mind is a wonderful place to
go
because there is no limit to the
adventures you can have
and the people you can meet.

So take it easy and don't you
fret.

There's lots to do, we're not
finished yet.

Montpelier Senior Activity Center
58 Barre Street
Montpelier, VT 05602

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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 msac@montpelier-vt.org.

**Submissions for September
Newsletter due August 15th!**

Have feedback on our new design?

Let us know what you think! Stop in the MSAC office or call us at 223-2518.

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



**MSAC: a service of
your capital City**

FEAST Reservations Number: 262-6288

Theresa Murray-Clasen, Just Basics, Inc. Executive Director
Linda Workman, Just Basics, FEAST Program Manager
Justin Turcotte, Chef for FEAST