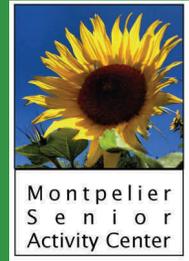


# Active Times

NEWSLETTER OF THE MONTPELIER SENIOR ACTIVITY CENTER



December 2014

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

## With Gratitude...

“How beautiful a day can be  
When kindness touches it!”

-George Elliston



Every day, we are touched with kindness here at MSAC. We are touched by the tremendous gifts that our wonderful volunteers bestow upon

us. So many of you give so much of yourselves to our center, and for that we are tremendously grateful.

So far this year, over 150 of you have given more than 5,000 hours of your time to support us. You have helped lead classes, served on committees, entered data in the computer, helped other members sign up for classes, collected signatures for our petitions, peeled carrots, set the table, welcomed diners, delivered meals, and on, and on, and on. With your help, we are a much stronger organization and a more vibrant center.

Though we know that nothing we can do could fully thank you for your generosity,

## Appeal Update

Thank you so much to the 79 donors who have given \$4,780 as of 11/20.

Target \$7,500



Please continue to support MSAC with contributions large or small. We are so thankful for every gift.

Enclosed is a response envelope. For those of you who have already given, thank you again!

If you have not yet given, please consider a gift to support MSAC. If this envelope is missing, please send a check made payable to “MSAC” to Montpelier Senior Activity Center, 58 Barre St., Montpelier, VT 05602.

Your donation helps keep classes affordable, supports our meal program, and allows us to host many free presentations. Thank you again!

as a small token of our appreciation, we look forward to thanking our volunteers at our Appreciation Luncheon on Thursday, December 11. Thanks to

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# 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:

January 8  
1:30 pm  
MSAC Resource Room

## Win Prizes for Riding the Bus!

If you ride the bus to MSAC between now and the end of fall classes, you could win a \$30 MSAC gift certificate! Simply ride the bus, leave us a comment about your ride experience that we can share with others, and get entered to win.

## Advisory Board Positions

There will be six Advisory Board positions up for election in the Spring. If you would like to be more involved with MSAC, please consider running for one of these important positions! Or, nominate someone who you think would be a good representative. Stop in the office if you are interested or have someone to nominate. Nominations accepted until 3/10. More details to come in January 2015 newsletter.

## Holiday Gift Bags from Hunger Mountain Coop

MSAC partners with Hunger Mountain Coop again to distribute bags of groceries in time for the holidays, filled with goodies from organic teas, to specialty soups, crackers and locally-made sweets. Distributed

annually, the groceries are donated by the Coop, its vendors, Northfield Savings Bank and Coop customers. Sign up in the office ASAP. Limit 40 seniors. Pick up your bag at MSAC starting Tuesday, December 16.

## Holiday Bazaar Thank You!



Thank you so much to all of you who sold your goods, donated, shopped, volunteered, purchased raffle tickets, attended the puppet show, or generally supported the Holiday Bazaar! We had a great event, and exceeded our fundraising goals, raising more than \$3,200. Thank you also to No Strings Marionette Company for donating their time for a magical performance!

## Save the Date

On Friday, February 13, we will be holding a "Love Your Senior Center" dinner and silent auction. Please save the date. We are seeking volunteers to help make this a great event. Please let us know if you can help.

## Emergency Notifications

The City of Montpelier is now using the VT Alert System to provide emergency notifications. Using this new system, the City will provide alerts announcing winter parking bans, flooding or extreme weather events, and other announcements that may help protect the health and safety of residents and visitors. The City encourages all individuals who work or live in Montpelier to sign up for this free service at [www.vtalert.gov](http://www.vtalert.gov). During the sign-up process, individuals will be able to select the preferred delivery method (voice call, SMS, text, email or all modes), locations frequented (home, work, childcare), and the type of alerts they wish to receive.

## City Meetings

All City of Montpelier meetings open to the public are listed on the city website (see Events page and other links) at [www.montpelier-vt.org](http://www.montpelier-vt.org). There is also a new bulletin board in the side vestibule of our building where you can read hard copies of public meeting notices sent here to meet the requirements of Open Meeting Law.

## Around the Center and In the Works

You asked, we listened! We are in the process of getting designs and estimates for facility improvements: installed partitions for the art area, improved sound absorption in the upstairs Activity Room, and new audio-visual equipment for the Community Room. Also on the way in 2015, or sooner in some cases: three better computers for the public lab, new dishes for the dining room, replacement weights for Living Strong classes, additional supplies for yoga classes and accounting/hardware for credit card payments in our office!

## Off-site Program Changes Effective Winter 2015

The MSAC Advisory Board and Staff recently analyzed and discussed programming categories and finances, and we mutually agreed upon some changes to our off-site programming that are necessary to allow us to meet our budget while continuing to offer and subsidize high-demand and relatively affordable programming that does not duplicate already existing community opportunities. We wish to remind all our members that financial aid is available for all programming, and the application process is easy.

### Bowling

As of January, MSAC will no longer register members for the bowling program at Twin City Lanes. The good news is that Twin City hosts its own discounted senior bowling program for all seniors. On Tuesdays, still from 9-11 am, regardless of senior center membership, you may go there, pay on your own, and bowl for \$2.50 per game, with shoes included. Most bowlers will end up paying less or the same amount for bowling each quarter as they have been through MSAC, or \$10 more at most for a 13-week quarter. Contact Twin City Lanes for more info: 476-6181. We would like to extend special thanks to Dona and Ed Koemann for voluntarily facilitating the MSAC bowling program for many years, and they intend to continue bowling on Tuesdays!

### Swimming and Water Aerobics

As of this Winter, effective with registration that occurs this December for the January-March 2015 quarter, Lap Swimming Fees will increase to \$40 for Montpelier members and \$75 for all others. Water Aerobics Fees will increase to \$45 for Montpelier and \$60 for all others. The senior center has been subsidizing our

*(Continued on page 5)*

# TRIPS/FEATURES

## Arizona Trip Recap

*Excerpts from letter written by Joanna Meyer to trip organizers Barbara Dall, Whit Dall and Tina Muncy*

Our trip together was so magical, and so vivid in my memory, and all because of *you* and your brilliant planning and endlessly patient shepherding. I felt that I really wanted to write you about how much it all meant to me... I think one reason it was so special is because of how relaxing it was. After 26 years of daily watching over kids, taking care of my husband in his last years, and watching out for myself since he died, it is really a gift to have someone else tell me where to go and when...while planning lovely events for me when I get there! The only times I had to think were setting the alarm and looking at a menu. The rest of the time I could just let go and enjoy... I purely loved it.

But one of the very best things about this trip, for me, was how quickly we became a team. It was only about 24 hrs. before we were bonded into a convivial group, united by our enjoyment, and our gratitude for being lucky enough to sign on.

Mostly, though, I will always be warmed by remembering all your lifting of our suitcases, helping us out of the van, making our lunches, giving us snacks, and the endless patience and many kindnesses that all of you seemed to have an abundance of. It was just one of the loveliest vacations I've ever had, and I thank you for it.

*For the full letter, inquire in the office or visit [www.bit.ly/MSACTrip](http://www.bit.ly/MSACTrip).*

## Trip Update

**The Christmas Revels 2014 in Hanover, NH and visit to King Arthur Bakery**

Saturday, December 20, 10:15 am-5:30 pm

This trip is now full. To add your name to the waiting list, please inquire in the office.

***More trips coming this spring!***



## Member Acknowledgments

### Welcome New Members:

Linda Craig  
Raymond Craig  
Charles Evans  
Donna Leighty

Jean Maclachlan  
Bill Miles  
Jan Miles  
Judy Peacock  
Paulette Petelle  
Susan Power  
Elaine Roberts

## Off-Site and Other Program Changes (Continued from page 3)

member swim programs at First in Fitness by over \$9,000 annually in recent years, currently a loss of approximately \$54 per person per quarter for approximately 45 swimmers and 19 people doing water aerobics. Going back more than five years, a commitment was made to make this beneficial exercise available to more people by maintaining very low fees. We intend to continue that commitment but with added hours for swimming and smaller financial losses in our budget. The Advisory Board will revisit this topic again each new year.

### Other Class Fees and Changes

In order to expand programming to meet community demand and keep overall subsidization at a sustaina-

ble level, classes that are brand new topics at MSAC (as opposed to long-standing, recurring classes) are usually priced to financially break even, or to make a small profit for MSAC if high enrollment occurs. There will be some modest fee increases to some continuing programming that will take effect in the summer, and we will announce more information about that in a future issue of *Active Times*. We appreciate the understanding of our members that we are doing our best to keep fees affordable while the scope of our programming keeps pace with demand. If you have questions, please direct them to Dan Groberg or Janna Clar. Your Advisory Board also welcomes feedback. Once again, financial aid is available to all, we protect your privacy, and we do not ask questions about your income or resources.

## AARP Tax Clinics

Starting in early February, MSAC will once again be hosts for AARP Tax-Aide Volunteers who will be on hand on Tuesdays, Thursdays, and many Fridays. Help will be by appointment only for the preparation of your 2014 federal and Vermont individual income tax returns. We will begin scheduling appointments in January. Many of you are familiar with this service, and we look forward to seeing you again. Stay tuned for additional information in the January newsletter.

## “We are New Here”

Poem by Debby Tait

We are new here  
 Emptied Boxes guard the driveway like Easter Island statues  
 We walk the dog and meet dogs  
 At the other end of their leashes owners voice their welcome  
 We take classes  
 Up 2, 3, 4 and slowly back down  
 We joke and grow stronger and faces become familiar  
 Now we are no longer new here

## Art Exhibition at MSAC: “Out and About”



MSAC member Joyce Kahn’s exhibition “Out and About,” showcasing paintings and pastels from Joyce’s beloved VT “backyard” and on Monhegan Island, Maine, will continue through the end of the year. Thank you to Joyce for hosting a wonderful exhibit opening in November—we had a great turnout to enjoy her work!

## Taking Charge of Your Federal Tax Return

Tuesday, December 2, 1-3 pm

A presentation by AARP Tax-Aide volunteers to help you understand how your federal income tax return will reflect your financial situation, including your financial transactions during the year, and steps you can take to facilitate the process of preparing your tax return. While we can't provide individual tax advice, the presentation is designed to help you answer some of the questions facing many taxpayers. Pre-register to MSAC office. Limited to 14 registrants.

## Osher Lifelong Learning: Movies about Movies

Wednesday, December 3, 1:30—3 pm

Rick Winston, film scholar and MSAC instructor presents clips from comedies, dramas, romances, and thrillers that show what takes place behind the scenes on a movie set.

## Osher Lifelong Learning: Influential Films of the 1960s

Wednesday, December 10, 1:30—3 pm

Rick Winston, film scholar and MSAC instructor presents clips from *2001*, *The Graduate*, and *Who's Afraid of Virginia Woolf*, and a discussion of the French New Wave, the British "Kitchen Sink" school, and directors such as Fellini and Bergman.

## Volunteer Luncheon

Thursday, December 11, 11:30-1 pm

Invitations will be emailed or mailed in late November. Don't forget to RSVP to MSAC by 12/3.

## Medicare Presentation by UnitedHealthCare

Tuesday, December 16, 1—2 pm

A representative from UnitedHealthCare will present information to help you become educated about your Medicare coverage options. During this presentation, you will learn about the basics of Medicare, how to make sense of available plan options, how delaying retirement affects Medicare, and local and online resources where more information is available.

*The use of MSAC facilities for this event does not constitute an endorsement by MSAC or the City of Montpelier. Central Vermont Council on Aging presents free Medicare informational sessions on the 2nd and 4th Tuesday of each month at 59 N. Main St, Suite 200 in Barre. Call 479-0531 to register.*

## Ongoing Groups:

### Knitting4Peace Group

Thursdays, 10-11 am & 6-7:30 pm

### Piano Workshop

Thursdays, 4 pm—5:30 pm

### Growing Older Group

Fridays, 10:30 am—11:30 am

### Reminisce Group

Friday, Dec. 12, 12:45 pm—2:15 pm

### Walks with Harris

Thursdays, 12:45 pm—1:45 pm

*Please inquire for additional information about any of these free groups.*



## Memory Café

Saturday, December 13, 10-11:30 am



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. The December café will feature a holiday theme and will include refreshments and holiday merriment.

## Massage Clinic

Wednesday, Dec. 17, 10 am-4 pm

Rekurs 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.

## Technology Assistance

Friday, Dec. 5, 11:45 am—12:45 pm

Friday, Dec. 19, 11:45 am—12:45 pm

Rekurs bi-weekly—confirm with office

A local student will be available to provide free technology assistance in the MSAC computer lab. Call MSAC to confirm times.

## Foot Clinic

Monday, December 1, 9 am—1 pm

Monday, December 29, 1 pm—4 pm

Rekurs 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.

## Home Share Now

Will not be at MSAC in December

Home Share Now will not have an information table at MSAC this month. If you're interested in learning more about home sharing, you can call Home Share Now at 479-8544.

## CVCOA Chats

Friday, Dec. 19, 9 am-12 pm

Rekurs 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.

## Advance Directives Assistance

By appointment

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.

# ONGOING ACTIVITIES CALENDAR: DECEMBER 2014

Most 10-week classes end week of 12/1 and 12-week classes end week of 12/15. Contact your instructor to confirm.

SPACE	SAT./SUN.	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>RESOURCE ROOM</b>		6:00-8:00 pm Memory Café Steering Committee (12/1) 9:00-1:00 Foot Care (12/1) 1:00-4:00 pm Foot (12/29)	1:00-3:00 AARP Tax Presentation (12/2) 1:00-2:30 Medicare Presentation (12/16)	10am-4pm Massage Clinic (12/17)	10:00-11:00 Knitting4Peace Group 3:00-4:00 Singing 6:00-7:30 Knitting4Peace Group	9:00-noon CVCOA (12/19) 10:30-11:30 Growing Older Group w/ Andy Potok
<b>COMMUNITY ROOM</b>	Sat. 10-11:30 Memory Café (12/13)	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 Meals 1:00-3:00 Scrabble* 6:00-8:00 Beg. Uke		9:00-11:30 am Bridge* 12:45-3:00 pm Bridge* 4:00-5:30 Piano Workshop* 6:00-8:00 Ukulele Group*	12-1 pm FEAST Meals 12:45-2:15 pm Reminisce Group (12/12)
<b>ART AREA</b>		10:00-noon Painting 1:00-2:30 pm Clay		9:30-11:30 Rug Hooking 4:00-5:30 Intro Drawing 5:30-7 Advanced Drawing		10:00 am-3:00 pm Mah Jongg*
<b>STUDIO</b>	Sun 5-6:30 Integral Hatha Yoga	10:30-11:15 Dance to Fitness 1:00-2:15 Gentle Yoga 3:30-4:30 Gentle Active Yoga	9:00-10:30: Gentle Yoga 11:00-noon Chair Yoga 4:45-5:45 Tai Chi for Arthritis	9:00-10:30 Yoga Gentle 11:45-1:15 BodyBreathBalance in Motion 1:30-3:00 Tai Chi Long Form 5:00-6:30: Kripalu Yoga	9:00-10:30 Yoga for Balance 11:00-11:45 Dance to Fitness 1:00-2:00 Chair Yoga 5:00-6:30 Integral Hatha Yoga 6:45-8:00 International Folk Dance	10:00-11:30 Hatha Yoga 1:00-2:15 Gentle Yoga
<b>ACTIVITY ROOM</b>		9:00-10:00 Living Strong 10:15-11:15 Living Strong 12:45-2:00 French 2:30-3:30 Living Strong Group* 5:00-6:00 Living Strong	8:30-9:40 Living Strong 10:00-12:00 Poetry 1:15-2:30 Italian II 2:45-4:45 Poetry 6:30-9:00 Films: Screwball Comedy	9:00-10:15 Situational Spanish 1:30-3:00 Osher (12/3; 12/10) 1:30-3:30 Writing 5:00-6:00 How To Retire (12/3)	8:30-9:40 Living Strong 5:00-6:00 Living Strong	9:00-10:00 Living Strong 10:15-11:15 Living Strong 2:00-3:00 Living strong Group* 3:45-4:45 Opera Appreciation
<b>OFFSITE</b>		9:00-12:00 Exercise † 5:00-6:00 Swimming #	9:00-11:00 Bowling° 10:00-11:00 Swimming # 10:00-11:00 Water Aerobics # 9:00-12:00 Exercise †	9:00-12:00 Exercise †	9:00-12:00 Exercise † 10:00-11:00 Swimming # 11:30-12:30 Computer Class at MSMS (11/6, 11/20) 12:45-1:45 Walks with Harris*	9:00-12:00 Exercise † 1:00-2:00 Tennis 5:00-6:00 Swimming #

†Exercise refers to monthly membership for use of gym at First in Fitness in Montpelier. A monthly use can start any day and includes weekly classes at FiF.

#Swimming & Water Aerobics are activities at First in Fitness 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, Walks with Harris, and Reminisce group do not require registration. Donations appreciated.

# 2014 VOLUNTEERS

## Volunteers

**Thank you for  
contributing more than  
5,000 volunteer hours this  
year!**

*Thank you to countless  
others who are not  
included in these lists!*

Mary Alexander  
Barbara Arley  
Irene Badeau  
Peggy Baird  
Carole Baker  
Pat Barberi  
Bob Barrett  
Joan Barrett  
Donna Bate  
Neville Berle  
Mary Alice Bisbee  
Adam Blair  
Jane Bryant  
Barbara Buckley  
Ann Burcoff  
Beth Burgess  
Barb Burnett  
Lena Canas  
David Carris  
Rhoda Chickering  
Russell and Dan Clar  
Janet Clark  
Michelle Clark  
Jamie Cope  
Barb Dall  
Whit Dall  
Sue Day  
Sally DeCicco  
Sandra Denner  
Amalia Di Stefano  
Liz Dodd

Elizabeth Dodge  
Roberta Downey  
Janice Dunn  
Helen Eldred  
Omeed Fallahi  
Diana Fielder  
Pam Finnigan  
Donna Flauto  
Skye Forest  
Dorothea Foster  
Angus Fraser  
Veronica Frostick  
Beverly Gaboriault  
Nicole Gallipeau  
David Gardner  
Leane Garland  
Ernest Gibson  
Susan Gilmore  
Kristin Glaser  
Susie Gomez  
Bob Gowans  
Joanne Greenberg  
Mary Margaret Groberg  
David Grundy  
Thierry Guerlain  
Norma Hall  
Carol Hammond  
Jaclyn Harman  
Margaret Harmon  
Peter Harris  
Scott Hess  
Janice Hill  
Vicki Hill  
Bernadette Hood  
Ginnie Humphreys  
Dan Jestes  
Ginny Jones  
David Kahn  
Joyce Kahn  
Alayne Kelley  
Sylvia Kingsbury  
Anne-Marie Keppel

Lorraine Kessler  
Dona Koenemann  
Ed Koenemann  
Fran Krushenick  
Barbara Ladabouche  
Linda Lane  
Mariah Lane  
Elaine LaRosa  
Laurie LeBlanc  
Donna Leighty  
Lee Lilly  
Peggy Ann Lorello  
Jeneane Lunn  
Mary Sue Lyons  
Jill Macdonald  
Lise Markus  
Cynthia Martin  
Glen Marold  
Lawrence Masure  
Trudy McArdle  
Lucinda McCloud  
Ron Merkin  
Lori Miller  
Patricia Molus  
Maggie Morris  
Theresa Murray-Clasen  
Joan Moureau  
Tina Muncy  
Nancy Munno  
Aidan Murphy  
Juna Nagle  
Irene Nettler  
Erik Nielsen  
Genevieve Olson  
Jean Olson  
Jane Osgatharp  
Ora Paul  
Avery Paull-McGurran  
Nancy Read  
Janet Ressler  
Bob Rikken  
Justine Robinson

Don Rowan  
Donna Russo  
Eric Seidel  
Sarvesh Sharma  
Rebecca Sheppard  
Corrine Sheridan  
Nancy Sherman  
Catherine Simpson  
Alice Smith  
Barbara Smith  
Jackie Smith  
Marguerite Smyrski  
Bob Snetsinger  
Brenda Snetsinger  
Wendy Speight  
Sandra Stone  
Art Stukey  
Susan Stukey  
Elaine Sumner  
Stanley Sumner  
Carol Sweeney  
Don Taylor  
Christine Terry  
Barbara Thompson  
Susan Torchia  
Robert Troester  
Ellen Urman  
Georgia Valentine  
Tina Valentinetti  
Nate Vaughn  
Tom Viall  
Emily Wagner  
Susan Walker  
Sylvia Walker  
Lynne Walther  
Ruth Wallace-Brodeur  
Harris Webster  
Maria Withey  
Robert Withey  
Frank Woods  
Linda Workman  
Jean Wortman

## Donors

### Corporate/Foundation

AARP	Irene Badeau	Gibson	Marie McWilliam
Auto Craftsmen	Lorilla Banbury	JoAnn Gibson	Lorrain Menard
Ben and Jerry's Foundation	Barbara Barranco	Kristin Glaser	Gloria Miller
Capital Dry Cleaners	Bob Barrett	Harvey Golubock	Loren Miller
Chill Gelato	Joan Barrett	Chris and Nancy Graff	Margaret Moon
Community National Bank	Dona Bate	Barbara Gramuglia	Julia Morgan
The Confluence	Theresa Beatty	John Graves	George Morse
First in Fitness	Suzanne Beaudin	Joanne Greenberg	Joan Moureau
Gossens Bachman Architects	Mary Alice Bisbee	Thierry Guerlain and Julie Hendrickson	Nancy Munno
Green Mountain Life Coach	John Bloch	Norma Hall	Theresa Mureta
Guys Farm and Yard	Elaine Bower	Patrick Healy	Daniel A. Neary, Jr.
Hunger Mountain Coop	Mary Bronson	Betha Hedenburg	Irene Nettler
Kismet	Laura Brown	Mona Hersey	Lucy Nichol
Massage Vermont	Maria Calamia	Scott Hess and Amy Willis	Johanna Nichols
Montpelier Chamber Orchestra	David Carris	Paul Hill, Jr.	Sandra Noyes
Montpelier Pharmacy	MarthaLeah Chaiken	Judith Hinds	Andrew and Ridun Nuquist
The Savoy Theater	Michelle Champoux	Peter Hogg	Cameron O'Connor
Office of Senator Patrick Leahy	Michele Childs	John and Jennifer Hollar	Kathleen O'Connor
Three Penny Taproom	Lori Cohen	Patricia Horan	Sherry Olson
Merchant's Bank	Frederick Cook	Carol Huntsman	Anthony and Trudy Otis
Mudgett, Jennet, and Krough-Wisner	Judy Copa	Jean Jersey	Priscilla Page
Onion River Animal Hospital	Jamie Cope	Eileen Jones	William Pinchbeck
Perry's Service Station	Emilye Pelow Corbett	David and Wilma Kelley	Kathleen Preis
Uncommon Market	Sally DeCicco	Anne-Marie Keppel	Nancy Read
Union Mutual	Amalia Di Stefano	Deborah Khan	Janet Ressler
UnitedHealthCare	Elizabeth Dodge	Ray and Sylvia Kingsbury	Dianne Richardson
Vermont Audiology	Bill Doelger and Linda Normandeau	Ed and Dona Koenemann	Joe Ann Richardson
Vermont Mutual	William Doyle	Fran Krushenick	Carolyn Ridpath
Walmart Foundation	Suzanne Eikenberry	Gina Kurrle	Susan Ritz
Wayside Restaurant	Anne Ferguson	Elaine LaRosa	Justine Robinson
	Hope Ann Ferris	Betty Larson	Sheri Rockcastle
	Diana Fielder	Annette Lawson	Patricia Rouelle
	Carol FitzPatrick	Frances Lovelette	Christine Rousseau
	Dorothea Foster	Jean Macdonald	Donna Russo and Eric Siedel
	Veronica Frostick	Susan Margolin	Karen Saudek
	Beverly Gaboriault	Lise Markus	Merry Schmidt
	Laura Gamble	Cynthia Martin	Karen Schwartz
	Elizabeth Gambler	Trudy McArdle	Norma Segale
	Erica Garfin	Cameron McCormack	William Segel
	Leane Garland	David McGraw	Rebecca Sheppard
	Robert Gefvert	Jody McGraw	Catherine Simpson
	Ernest and Charlotte	Mary Jean McKelvy	

### Individual

Janice Abair  
Sarah Albert

(Continued on page 12)

# ANNOUNCEMENTS

## Donors

*(Continued from page 11)*

Marjorie Skott  
 Barbara Smith  
 Debra Smith  
 Bob and Brenda  
 Snetsinger  
 John and Liz Snell  
 Susan Steinhurst  
 Charles Stone, Jr.  
 Art and Sue Stukey  
 John Sykas  
 Colin Tait  
 Susan Templeton  
 Christine Terry  
 JosephTetreault  
 Barbara Thompson  
 Margaret Thompson  
 Patricia Topping  
 John Totman  
 Bob Troester and Joan  
 Stepenske  
 Robert Trombly  
 Robert Tucker  
 Lyn Turcotte  
 Ellen Tyrrell  
 Georgia Valentine  
 Theresa Vasseur  
 Meg Walbridge  
 Ruth Wallace-Brodeur  
 Lynne Walther  
 JosephWhelan  
 Charles Wiley  
 Kevin Wilkinson  
 Frank and Betty Woods  
 Linda Workman  
 Marit Young  
 Karen Zaur  
 Marjorie Zunder

## With Gratitude... *(Continued from page 1)*

support from UnitedHealthcare, Hunger Mountain Coop, and AARP, we are able to treat you to a really wonderful meal this year. We'll have delicious food, and musical performances by local musician Michelle Rodriguez. Plus, for a change, we will serve you!

Invitations will be sent by email or mail in late November. If you have volunteered this year and do not get an invitation, we apologize for leaving you off the list! Please give us a call at 223-2518 and we'll get you an invitation. Please mark your hours on the volunteer log outside of the office so that we can count your hours!

Dona and Ed Koenemann are one example of our tremendous volunteer group. They have volunteered more than 220 hours at MSAC this year. Dona and Ed have lived in Montpelier since 1968 and been involved in leading or participating in a myriad of recreational activities, including kayaking, biking, water safety, and bowling. They have four children, ten grandkids, and a great grandchild on the way, and are kept busy visiting family and supporting their grandchildren's soccer teams. Here at MSAC, Dona and Ed have led Living Strong classes for twelve years, in addition to helping in the office, with special events and facilitating bowling. "Knowing something that you pass on to someone else is very satisfying," Dona said. "It's great to do something that helps," Ed added, noting that he was particularly gratified to learn that one of their class members could carry a laundry

basket up the stairs again thanks to the class.

Joan and Bob Barrett have volunteered more than 200 hours at MSAC this year. Joan has been a member of the center for ten years, while Bob joined five years ago. Joan has kept busy taking yoga, Living Strong, and bicycle classes. Bob is the leader of the Ukulele Group, which has graced MSAC and other community groups with their musical talents. Joan volunteers her time as the leader of one section of our Living Strong course, and has been an active volunteer at many MSAC special events, especially our spring rummage sale. "What we enjoy about the Senior Center is the way it helps us to stay active and to do the activities we enjoy," Bob and Joan said. "It's an excellent place it meet nice folks."

Our immense thanks to Dona, Ed, Joan, and Bob for all they contribute to MSAC. It is a true inspiration to witness the generosity of these four and all of our amazing volunteers!

We are also grateful to the hundreds of you who have given us financial gifts. Whether through our current annual appeal or at one of our fundraising events, so many of you have generously supported our work, and for that we are thankful. You can find a list of this year's volunteers and donors on pages 10-12.

Thank you for a wonderful 2014, and here's to an even better 2015!



# 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 12/2:** Beef stew with local root vegetables, egg noodles

**Friday 12/5:** Roast pork with mustard crust, sautéed onions, cabbage, and apples, rosemary roasted potatoes

**Tuesday 12/9:** Chicken enchiladas, pinto beans, white rice, local kale and butternut squash

**Friday, 12/12:** Braised chicken and Hungarian mushroom stew, brown rice, turnips and beets

**Tuesday, 12/16:** Roast turkey with gravy, stuffing, cranberry sauce, squash puree

**Friday, 12/19:** Spaghetti with meat sauce, mixed vegetables, whole wheat garlic bread

***FEAST is closed for the holidays from Dec. 24-Jan. 1. Thank you for enjoying our meals this year and to all our volunteers!***

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### **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, 12-1pm**

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 at Home: Drivers Needed!

Drivers urgently needed to join the Home Delivered Meals delivery team with Just Basics. Make a regular commitment once weekly or sign on as a substitute. To learn more, contact Jessica at 262-6288.

## VFW Senior Luncheon

The Montpelier VFW will hold a holiday luncheon for seniors on Sat. December 6 at noon. The ham dinner will take place at 1 Pioneer Street in Montpelier. For more information or to RSVP, call 229-9028.

## Barre Senior Center Luncheon & Concert

The Barre Area Senior Center will host a ham luncheon for seniors on Tues. December 16 at noon, followed by a concert performed by their "Young at Heart Singers" at 1:00. A great chance to visit their new space at 131 S. Main St. in Barre! \$5 per person, limited seating; please RSVP at 479-9512 .

## Seniors' Holiday Dinner with Sen. Bernie Sanders

Join Senator Bernie Sanders for a free seniors' holiday dinner with live music, Sat. December 20 at noon at the Canadian Club, 414 E. Montpelier Rd in Barre. RSVP by 12/8 by calling 800-339-9834. Please mention if you use a wheelchair or a walker.

**Winter  
Registration**

Winter Quarter runs  
January 4-March 27

**When can I  
register?**

**Week 1**

**DEC. 1-5**

Montpelier Only

**Week 2**

**DEC. 8-12**

Supporting  
Towns +  
Montpelier

**Week 3/4**

**DEC. 15-23**

All Towns

Early registration form drop-offs welcome.

Non-new members who register after Dec. 30 will be charged a \$10 late fee.

Only members in good standing may register for most fee-based classes.

**Arts & Crafts Classes**

- Advanced Drawing**, Jeneane Lunn, Wed. 4:30-6 pm
- Handbuilding in Clay**, Nicole Galipeau, Mon. 1-2:30 pm
- Painting: As You Want It**, Sylvia Walker, Mon. 10 am-12 pm
- Rug Hooking**, Pam Finnigan, Wed. 9:30-11:30 am
- Singing**, Naomi Flanders, Thur 3:00-4:00 pm

**Humanities Classes**

- Bridge: Review of Basic Skills and Guided Play**, Rhoda Chickering, Tues 1-2:30 pm
- Film Series at MSAC: Family Relationships on Film**, Rick Winston, Tues 6:30-9:00 pm
- Film Series at Savoy: Le Cinéma Français**, Rick Winston, Thur 10 am -12:30 pm
- Intermediate French**, David Kahn, Mon 12:45-2:00 pm
- Italian II**, Irene Mitchell, Tues 1:15-2:30 pm
- Tea 101 at North Branch Café**, 5 Wednesdays starting 2/10, 10-11:30 am
- Technology Class at Main Street Middle School**, 6 Thursdays, 11:30 am-12:30 pm
- The Quintet Jazz History**, Tom Cate, Mon 7-8:30 pm
- Write a Poem**, Sherry Olson, Tues 10-12: Tues 2:45-4:45 pm
- Writing**, Maggie Thompson, Wed 1:30-3:30 pm

**Movement Classes**

- BodyBreathBalance in Motion**, Louisa Nufield, Wed 11:45 am-1:15 pm
- Dance to Fitness**, Tina Valentinetti, Mon 10:30-11:15 am OR Thurs 10:45-11:30 am

- Indian Dance**, Monika Gadre, 4 Fridays, starts 1/9, 5-6 pm
  - Living Strong**, Laura Brown and Tom Viall, Mon/Thur 5-6 pm
  - Living Strong**, Tina Muncy, Tues/Fri 5-6 pm (new time!)
  - Living Strong**, Joan Barrett and Barbara Ladabouche, Tue/Thur 8:30-9:40 am
  - Living Strong (non-beginners)**, Donna and Ed Koenemann, Mon/Fri 9-10 OR Mon/Fri 10:15-11:15 am
  - Meditating for Happiness**, Ginny Sassaman, 10 Tuesdays starting 1/13, 1-2 pm
  - Tai Chi to Improve Balance**, Ellie Hayes, Tues 4:45-5:45 pm
  - Tai Chi Long Form**, Judy Copa, Wed 1:30-3:00 pm
  - Yoga for Balance**, Patty Crawford, Thur 9-10:30 am
  - Chair Yoga**, Sheryl Rapee-Adams, Tues 11 am-12 pm OR Thurs 1-2 pm
  - Moderate Yoga**, Lori Flower, Mon 1-2:15 pm OR Thurs 3:30-4:30 pm
  - Gentle Yoga**, Patty Crawford, Tues 9-10:30 am OR Wed 9-10:30 am
  - Very Gentle Yoga**, Sheryl Rapee-Adams, Mon 3:30-4:30 pm
  - Vigorous Yoga—Hatha**, Joan Stander, Fri 10-11:30 am
  - Moderate Yoga—Hatha**, Patty Crawford, Thurs 5-6:30 pm
  - Moderate/Vigorous Yoga—Kripalu**, Brandy Kolling, Wed 5-6:30 pm
  - Vigorous Yoga—Kripalu Beat Flow**, Brandy Kolling, Mon 5-6:30 pm
  - Water Aerobics at First in Fitness**, Annie Tiberio-Cameron, Tues 10-11 am
- Inquire about options for tennis, swimming, and gym fitness.***

## New Classes and Workshops for Winter 2015

### Bridge: Review of Basic Skills and Guided Play

Tuesdays 1-2:30 pm, starts 1/13 • Rhoda Chickering  
\$20 Montpelier/\$30 other towns

This class will review basic Bridge skills and include guided play. A supportive environment to have fun and learn to play better.

### Film Series at MSAC: Family Relationships on Film

Tuesdays, 6:30-9 pm • Rick Winston  
\$35 Montpelier/\$50 other towns

We'll watch and discuss films dealing with parent-child and sibling relationships, in a variety of genres. Films will include "East of Eden," "Running on Empty," "Radio Days," "Beginners," and "You Can Count on Me."

### Film Series at Savoy: Le Cinéma Français: A Broad Look at the Best of French Cinema

8 Thursdays, 10 am–12:30 pm • Rick Winston  
\$45 members/\$70 public

We'll watch and discuss a variety of French films (with subtitles), from the 1950s up to the present. Films include "The Earrings of Madame De," "Mon Oncle," "Un Coeur en Hiver," "Sunday in the Country," and "Conversations with My Gardener."

### Indian Dance

4 Fridays, starts 1/9, 5-6 pm • Monika Gadre  
\$25 Montpelier/\$35 other towns

Picture a woman draped in a silk sari, her arms and hands bedecked with bracelets and jewels. She is moving rhythmically, hypnotically to the plaintive voice of the Indian singer and the driving beat of the musical accompaniment. Her students watch and, as they imitate her movements, they are transported to another time and place. Is this a scene from a Bollywood movie? No—it's an image from MSAC and you can place yourself in this scene by registering for "Indian Dance with Monika." Monika Gadre is a native of India who now lives and works in central VT.

### Tea 101 at North Branch Café

5 Wednesdays, starts 2/10, 10-11:30 am •  
\$40 Montpelier/\$50 other towns

This five week class, led by tea shop owner Lauren Parker, will be a hands-on exploration of the five major types of tea, tea history, and tea customs. Each class will be 60-90 minutes and include tastings of several teas.

### The Quintet Jazz History at Union Elementary

Monday, 7-8:30 pm • Tom Cate  
\$45 members/\$65 general public

The course will be a post swing-era history of jazz, including readings and listening to concert recordings. More detailed class description available.

### Vigorous Yoga – Kripalu Beat Flow

Monday, 5-6:30 pm • Brandy Kolling  
\$20 Montpelier/\$30 other towns

The Beat Flow Yoga class is slightly more vigorous than Brandy's Wednesday class. Workout to a playlist of upbeat music along with relaxation in this invigorating yoga class through movement and breath, based on Kripalu Yoga.

### Additional Winter Class/Activity Info

- **Yoga Classes** have been renamed to make it easier for you to understand the level of each. Please let us know if you have any questions!
- **French Club:** On Thursdays from 12:45-1:45 pm, David Kahn provides a free drop-in opportunity to further your study of French. This group will supplement the Intermediate French Class, but is open to all.
- **Meditating for Happiness** class has returned, 10 Tuesdays from 1-2pm, starting 1/13.
- **Reminder: First in Fitness** gym membership is improved with expanded hours (weekdays, 9-noon) and included classes. You can now pay directly at First in Fitness, \$45/month for all MSAC members.

**Montpelier Senior Activity Center**  
**58 Barre Street**  
**Montpelier, VT 05602**

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**We are closed on Dec. 24, Dec. 25, Dec. 26, Dec. 31, and Jan. 1. There will be no classes or activities on these days.**

FEAST is closed Dec. 24-Jan. 1.

**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 January Newsletter due December 12!**

**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.*



Montpelier  
Senior  
Activity Center

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



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

**FEAST Office and Reservations Number: 262-6288**

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