

# Active Times

Newsletter of the Montpelier Senior Activity Center



*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!**

## Lee Lilly Landscapes continues through February

### Live in the Layers

By Johanna Nichols

*I have walked through many lives,  
Some of them my own,  
And I am not who I was,  
Though some principle of being  
Abides, from which I struggle  
Not to stray.*

I am living in layers described in a Stanley Kunitz poem that I never imagined when I retired from parish ministry four years ago. I aspired to be a director of religious education or a congregation consultant, but neither of those paths opened up.

*When I look behind,  
As I am compelled to look  
Before I can gather strength  
To proceed on my journey,  
I see the milestones dwindling  
Toward the horizon*

I look at the milestones ahead of me. I am gathering strength to journey to Turkey

(continued on page 3)



## Jeneane Lunn

### Drawing and Painting Instructor

Jeneane started teaching at MSAC this fall. She appreciates the FEAST program, the quality classes, activities and students, the positive atmosphere, the beautiful space and the vibrant people.



Originally from Oklahoma, Jeneane attended art school in NY and then moved to VT to be with a man she met on a blind date; they now live in Northfield Falls.

Her husband is an artist and the director at CVARC, where he creates fun events for people with disabilities and works to be sure they are understood and understand what is happening in the courts. Their daughter, Jessie, lives and teaches in Boston at a school where 97% of students have free and reduced lunch. Along with her co-teacher, she helped students there achieve the highest math scores in the region. Their younger daughter, Annie, was well known in the Montpelier area for her ready smile, compassion and love of life. Annie died in August 2006. Jeneane tries to support other parents who have lost children.

Jeneane has taught art in Burlington and at U-32, as well as in NY and Quebec, and has shown her work in Burlington and southern Vermont. Currently she teaches in public schools, at Barre's Studio Place Arts and at MSAC, and assists at Twinfield Union School Preschool.

Jeneane always wanted to be an artist and teacher. Her passion in life is painting. She likes to draw, read, listen to music of all types, and (barely) play the ukulele.

## Feb. 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*: Thu, Take-out, 11am-1pm

Open to everyone regardless of age or affiliation  
\$8.50, including VT Meals Tax.

All proceeds benefit Feast Together and Feast at Home



This lovely meal from 1/7 included beef stew over egg noodles, broccoli, and beets.

## Layers (Continued from Page 1)

to care for my five-month-old grandchild while my daughter returns to her teaching post. Upon return, I will move back to the place where I retired from parish ministry. And I am not who I was.

*I turn, turn,*

*Exalting somewhat,*

*With my will intact to go*

*Wherever I need to go.*

*. . . a nimbus-clouded voice*

*directed me:*

*Live in the layers.*

When I retired, I did not anticipate the layers I would live in. I shed the identity of minister and new ones appeared-- daycare director and program assistant. You invited and welcomed me to live in this layer with you.

*Though I lack the art*

*To decipher it,*

*No doubt the next chapter*

*In my book of transformations*

*Is already written.*

*I am not done with my changes.*

I am curious about the new milestones ahead: first time living in a different country, learning a new language, meeting people, and most importantly, bonding with my grandchild.

As years go by, as the children grow up and leave home, as the older generation passes away, and as I say good-byes to the dear people connected to past identities, the path gets quieter of companions.

*Oh, I have made myself a tribe*

*Out of my true affections,*

*And my tribe is scattered!*

*How shall the heart be reconciled*

*To its feast of losses?*

A new grandchild is a precious arrival in the family. I feel so fortunate to live in this layer of her life. For, she will achieve many milestones, make developmental leaps, in the next six months. Me too! Who will I be on the other side of this journey?

Source: *The Collected Poems of Stanley Kunitz* (W. W. Norton and Company, Inc., 2002)

## Doubt Be Gone

Always looking for excuses  
Backing away from chances to  
create

Catching myself sliding into  
procrastination

Derailing my own efforts

Escaping from the challenge

Fighting right brain with left  
brain

Giving each side their due

Hoping the right brain will  
win

I acknowledge my fear of  
failure.

Jumping in with both feet

Knowing I'll need to produce

Likely to feel intimidated

Marching myself into the

MSAC

Needing to find

Opportunities to create

Putting my needs finally first.

Quieting my doubts

Rising to the challenge

Signing up for 2 classes

To write and to draw.

Uncharted waters for me

Vowing commitment

Wanting to discover

Xciting new paths

Yet undiscovered

Zapping that doubt now and  
forever.

*~ Garet Allen-Malley*

*1/14/2014*

*Write a Poem Class, MSAC*

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



**Nurturing Positive Relationships, Saturday, Feb. 1st, 9 am-12 pm.** Ginny Sassaman brings a unique approach to exploring how to nurture positive relationships. From learning ways to increase our own positivity and resilience to understanding conflict theory and resolution, this 3-hour workshop will be fun, insightful, and provide practical tools you can put to use right away to build happier relationships. To register: 223-2518 by Jan 27. \$25

## **Brown Bag Pharmacy, Tuesday, Feb. 4th, 11 am-2 pm**

A pharmacist from Montpelier Pharmacy will meet with seniors in the Resource Room to advise about their medications, making sure no drugs have expired, there are no duplicate meds, and what to do with expired medications. Please bring your medications.



## **Osher Lifelong Learning Institute Programs,**

**Wednesday, Feb. 5, 12, 19 & 26, 1:30 pm**

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

- Feb 5: "The Ghost of Gold Brook Bridge-The Vermont Story Songs of Banjo Dan" w/ Dan Lindner.
- Feb 12: "Gender Equality: A Prerequisite for Economic Growth & Political Stability" w/ Gov. Madeleine Kunin.
- Feb 19: "Debate: Hazen Union vs. Montpelier High School Debate Teams."
- Feb 26: "History in the Face of Nationalism: Can Patriotic Glory Coexist with Intellectual Integrity" w/ John Turner.

For full information on speakers, costs, and scholarships, visit the MSAC office for a brochure.

## **Lunchtime Theater: Excerpt from "Intake"**

**Friday, February 7th, 12:45-1:30 pm**

Come see an excerpt from MSAC member Margot Lasher's award-winning play "Intake," after Feast Together. The scene showing will be followed by a brief, behind-the-scenes conversation with the playwright, cast and crew. Play will be staged at Lost Nation Theater, Feb 13-15, 7:30 pm and Feb 16 at 2 pm.



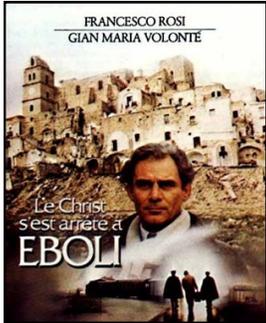
## **Meditating for Happiness, Saturday, Feb. 8th,**

**9 am-12 pm.** To register: 223-2518 by Feb 3. \$25

Research has shown that meditation is one of the best things anyone can do to enhance well-being, outlook, and health. This 3-hour workshop will allow participants to sample meditation and mindfulness activities and discover which practices work best for them. This workshop is non-religious in nature.

## Montpelier Memory Café, Saturday, Feb. 8th, 10 a.m.

This Café features live Irish music, refreshments, board games, & updates on Memory Café and Alzheimer's activities across VT. 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.



## Film: Christ Stopped at Eboli, Sat., Feb. 8th, 6:30 p.m.

The story follows a real-life anti-fascist intellectual, Carlo Levi, into his forced exile in a small, isolated village in a remote region of Southern Italy. According to the local tales, even Christ, in his southward journey, went no further than Eboli. Beyond that point, not even God dared (or could be bothered) to go. Written by Flavio Del Blazo. The film received the BAFTA award for best foreign film of 1982. In Italian, with subtitles. MSAC & Dharma Film Series. Suggested donation \$3. For comfort, bring a cushion. For more info, call Neville at 224-1001.



## Chinese New Year, Tuesday, Feb. 11th, 5:30 p.m.

MSAC instructor Ellie Hayes will give away her bookmarks graced with calligraphy, and demonstrate Tai Chi. Then, a film: *The King of Masks* (101 min). "Nearing the end of his life, Wang -- a locally renowned street performer & wizard of the art of mask magic -- yearns to pass on his technique. But custom says he must hand it down to a male. Anxious to preserve his art, the heirless Wang buys a poor 8-year-old on the black market. But when the child divulges a secret, Wang faces a choice between filial love & societal tradition." Refreshments made by Jing Ji. Free and open to public; suggested donation of \$5 to defray food costs. RSVP to 223-2518 by Th., Feb 6.

## Valentines Day at Feast Together, Feb 14th, 12-1 p.m.

Join the Feast family for a scrumptious aphrodisiac-inspired meal. Salmon is on the menu along with a lot of celebration in the name of caring for & appreciating one another. Happy Valentines Day!



**The South of Italy by Foot, Feb 12th, 7 pm**  
Discover two of the south of Italy's most beautiful and uncrowded regions — Puglia & Basilicata. This talk/photo show is presented by Mary Sue Lyons, member of the Vermont Italian Club, who has made walking tours of the Italian countryside. She not only brings wonderful memories of Italy but also recipes from the cooking schools there that she continues to re-create

at home in her kitchen.

# Ongoing Activities

SPACE	SAT./SUN.	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>RESOURCE ROOM</b>		9-1 Foot Clinic 2/10 9-4 Tax Clinic	11:00-2:00 Brown Bag 2/4 5:00-6 Diabetes Prevention		9-1:45 Tax Clinic 3:00-4 Singing Class	12:00-4 Reiki Clinic 2/7 9:00-12 CVCOA 2/21
<b>LARGE COMMUNITY ROOM</b>		11:30-12:30 Demystifying Computers 12:30-3:00 Mah Jongg* 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* 2-3 pm Intermediate Bridge*	5:30-6:30 How to Retire (ends 2/12)	9:00-11:30 am Bridge* 10-12:00 Computer Assistance (2/6 & 2/20) 11-1 <i>Feast To Go</i> 12:45-3:00 pm Bridge* 6-8 pm Ukulele Group*	10 am -3 pm Mah Jongg* 12-1 pm <i>Feast Together</i>
<b>ART AREA</b>	Saturday 6:30-8:30 pm - Film	10 am-12 pm Painting II 1-2:30 pm Handbuilding with Clay 3:30-5:30 pm Pastels	4-5:30 Mac User Group	9:30-11:30 Rug Hooking	4:00-5:30 Drawing	
<b>STUDIO</b>	Sunday 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 5-6:30 pm Hatha Yoga	9-10:30 am Yoga for Balance 5-6:30 pm Vinyasa Restorative Yoga 6:45-7:45 International Folk Dance	10:00-11:30 Hatha Yoga
<b>UPSTAIRS ACTIVITY ROOM</b>		9-10 am Living Strong 10:15-11:15 Living Strong 12:45-2:00 French Int. 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 1:15-2:30 Italian II 3-5:30 pm Documentary Film Series	8:30-9:45 am Spanish Past Tense 10:15-11:15 Spanish Conversation 12-1 pm Exploring Balance 1:30-3:30 pm Writing 6:30-9 pm VT Fiddle Orchestra	8:30-9:40 am Living Strong 9:45-11:15 Advanced iPhone (only 2/13) 12:45-2 pm French (Beg.) 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
<b>OFFSITE</b>	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# 10 am-12:30 pm Film at Savoy 12:30-1:30 Walks with Harris	10-11:30 am Exercise† 1:00-2:00 pm Tennis#

†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 & Tennis are activities at FiF in Berlin. Tennis is 8 weeks & the others are 13.

°Bowling is a 13 week activity held at Twin City Lanes in Berlin.

\*Bridge, Cribbage, Mah Jongg, Scrabble, Ukulele Group do not require registration. Donations appreciated. We are still gathering names in the front office for a Scrabble group.



### Home Share Now, Tuesdays Feb. 4th, & 18th 10:30-12

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



Rekurs First & Third Tuesdays of Most Months



**Computer & Technology Assistance,**  
2 Thursdays, Feb. 6th and 20th, 10 am-12 pm  
Montpelier Middle School students, Omeed Fallahi and Angus Fraser, will be in the MSAC computer lab to provide introductions and technical assistance for such applications as email, Facebook, word processing, & more. Call to confirm before coming for help. Open to MSAC members.

Rekurs First & Third Thursdays of Most Months

### Reiki Clinic, Friday, February 7th, 12-4 p.m.

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



Rekurs First Friday of Most Months



### Foot Clinic, Monday, February 10th, 9 am-1 pm

Nurses from Central VT Home Health & Hospice will provide this service for \$15. Check or cash to CVHHH. Fifteen-minute appointments. To reserve call MSAC at 223-2518. What to bring: nurses clip toe nails, clean nail beds, file nails & lotion feet. Please arrive 15 minutes early.

Rekurs Monday Every Six Weeks

### CVCOA: Friday, Feb. 21st, 9-noon by Appointment

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 at MSAC by appointment only. Call Sarah directly at 479-4400 to set up an appointment.



Rekurs Third Friday of Most Months



### Advance Directives Assistance by Appointment

Sponsored by the Funeral Consumers Alliance of VT, these appointments include information on funeral planning. Forms will be available.

Assistance is free, but donations to MSAC are appreciated. Call Mary Alice at 223-8140 for more info.

By Appointment

# Feast Menus (Continued from Page 2)

**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 595-9145.

Tue 2/4: Turkey pot pie, rice, onions, carrots, peas & rutabaga, puff pastry and vanilla custard.

Thur 2/6: Beef lasagna, broccoli, garlic bread, and spinach salad.

Fri 2/7: Roast pork with mustard crust, lemon brussels sprouts, sautéed onions cabbage & apples, macaroni & cheese, and brownies.

Tue 2/11: Chicken kebobs with peanut sauce, spicy cabbage salad, rice, and pudding.

Thur 2/13: Beef brisket, green beans, garlic mashed potatoes, pinto beans, and chocolate pudding.

Fri 2/14: Salmon fillet with hollandaise sauce, spinach & asparagus, white bean ragout, and apple crisp.

Tue 2/18: Spaghetti & tomato meat sauce, mixed vegetables, tossed salad, and garlic bread.

Thur 2/20: Beef meat loaf, squash, garlic mashed potatoes, and maple custard.

Fri 2/21: Roast turkey & stuffing, gravy, green beans & potatoes, and carrot muffins.

Tue 2/25: Slow-cooked pork with rosemary, red cabbage, baked white & sweet potatoes, and apple crisp.

Thur 2/27: Poached fish en papillote, zucchini, potatoes, and pudding.

Fri 2/28: Ground beef shepherd's pie, spinach and shallots, and mashed potatoes.

**Feast office seeks volunteer to assist Feast Coordinator.** This position can be anywhere from 3-6 hours per week and requires being on site on Tuesday and Friday mornings. The job is largely clerical and would include tasks such as taking phone messages and performing very simple computer data entry. Applicants may message Anne-Marie at [justbasicsinc@gmail.com](mailto:justbasicsinc@gmail.com) or call 802-262-6288.

Activities are the answer.

Before you go out of your mind,

Choose a sport, a hobby, something,

Distraction from the daily grind.

Every new year brings more winter.

Faced with wind and snow and sleet,

Get your imagination swirling,

Hurry up, get on your feet.

Idleness will be your downfall.

Just think what you can do.

Knowing you are just a step away,

Let your New Year's dreams lead you.

Many opportunities await, for

Nothing's out of reach.

One might want to try some yoga, or

Paint a watercolor beach.

Quick, before you lose your focus,

Resolve to make a great new start.

String those beads or write that novel,

Twill make boredom depart.

Unleash the music in your soul, with

Violin or flute or drum,

Whatever instrument appeals,

Xylophones are fun.

You'll soon be writing poetry or filming last year's faun, then

"Zinnias are up," you'll say, "Where has the winter gone?"

-Margaret Rouelle, Write a Poem Class

# Announcements

This year we have **three seats available on the MSAC Advisory Board** beginning on June 25. They are all for three year terms. Please **nominate someone** you think will represent your interests and the interests of others for a position. Visit the office for a nomination form. These seats are open to any current member of the Center. Board members have a responsibility to attend a board meeting each month of about two and a half hours and contribute their time organizing or contributing to one or two functions a year sponsored by MSAC. We need new and different points of view as we continue to increase the membership of the board, so join us! The deadline for nominations is March 10, 2014.

As in prior years, volunteers affiliated with **the IRS/AARP Tax Aide program will be preparing federal and Vermont income tax returns at MSAC on Mondays and Thursdays, beginning on Feb. 3**, and continuing into early April by appointment only (call 223-2518). You can pick up an Interview Form and a list of required and recommended info from the Senior Center office. If you have questions about whether or not they can prepare your returns or what info you need to bring, please leave your name and a telephone number and time where you can be reached, and they will call you. We are looking for volunteers to work on Mondays 9-11:30 a.m. or 1-3:30 p.m. and on Thursdays 9-11:30 a.m. or 9 a.m.-1:45 p.m. to greet people and make reminder phone calls. Call 223-2518.

We are seeking members from Berlin, Calais, East Montpelier, Middlesex, Plainfield and Worcester to make postings to **Front Porch Forum** as part of MSAC's awareness-building in our supporting towns. Templates and instructions available upon request in the office or by email. We also need members to stand up at Town Meeting in support of our requests by sharing your experience.

**Report on Winter Registration:** No classes were cancelled for low registration, and more classes are full than in any recent quarter. Movement classes continue as most in-demand. Total activity registrations (as of mid-Jan): 653 from 354 members (337 from 220 unduplicated members, in Movement category). The biggest new "hit" has been the "How to Retire" series, & the biggest "revival" has been Rughooking. Many classes still have space; ask at the office and refer a friend!

**MSAC Membership:** As of Jan. 16th, total membership was 791, compared with ~820 at the end of last fiscal year. So halfway through this year, we are quite close to last year's high. The breakdown is: Montpelier 571 (72%), Supporting Towns 152 (19%), Other Towns 68 (9%). Advisory Board members and staff are working to clarify MSAC benefits for members vs. benefits open to the general public.

**Personnel:** Johanna Nichols, our dear Program Assistant of over two years, is departing to join her daughter and infant granddaughter in Turkey for the remainder of the school year. She has been invaluable in developing systems, programming, and fundraising at MSAC. We bid farewell to Johanna at the end of January and wish her all the best in her adventure ahead! We hope to announce a new hiree, with a revised title and job description, in early February. Lise Markus, part-time Office Assistant, will have an increased schedule as a result of staff re-allocation of hours.

MSAC will increase **fundraising in 2014** to include a Firebox/MFD history event (March), a direct appeal (April), the rummage sale (May) and many small and large grant applications. We welcome any members who wish to volunteer their time in leadership and/or support roles for any of these efforts.

**Thank you, Hunger Mountain Coop**, for 40 gift bags distributed over the holidays for seniors, a case of natural dish soap for the MSAC coffee area, and a recent \$1750 grant for an eventual Cryovac vacuum packing machine to help us process more local produce in our Feast kitchen!

**Thank you to recent MSAC member donors** who came forward with generous contributions during registration time ranging from \$5 to \$1000, adding to our scholarship funds, equipment, and more. Each donation helps, small or large! We will print an updated donor list after this quarter ends.

Did you know **MSAC rooms are available for rent** when not in use for programming? Keep this in mind for private meetings, classes, events, reunions or functions you or others you know need to host. Reasonable rates, A-V equipment available, and on-site catering that can't be beat!

# The Green Corner

In our continuing efforts to be greener at MSAC, we've taken full advantage of the programmable thermostats and set temperatures so they drop during the night when heat is not needed, and rise a few hours before classes begin to the temperature needed. We've made a few adjustments already, and the temperatures seem to be set properly.

To make sure this set-up keeps working well, we could use your help. Sometimes people open the windows in the studio or activity room a crack when things get hot during an exercise class. If you do so, or are in a class where this happens, please help us by making sure the windows are closed and locked when the class is over. This will help conserve heat, energy and money.

For your own recyclables, you might want to know that the Additional Recyclables Collection Center (ARCC) is reopening! The ARCC accepts hard-to-recycle items like paint, printer cartridges, batteries, propane tanks, nuts and bolts, and more. We have posted the full list in the kitchenette area of MSAC. The new location of the ARCC is 540 North Main Street, Barre in the old Times-Argus Building. They hold 'dollar days' on Tuesdays and Thursdays from 12:30 p.m. - 5:30 p.m., and every 3rd Saturday of the month from 9 a.m. - 1 p.m., except for state holidays. On dollar days, additional recyclables are accepted for \$1 per car load for district member towns.

We expect that by the time this newsletter is printed, energy-efficient lightbulbs will have been delivered to MSAC for free distribution to seniors. Check with the office for current availability.

## Member Acknowledgments



Meredith Augustoni  
David Baroudi  
Susan Biggam  
Miriam Brin

Ken Cadigan  
Robert Fairbanks  
Erica Garfin  
Numa Haase  
David Hartnett  
Kathy Johnson  
Pamela Kentish  
Susan Kowalski  
Elizabeth Le Serviget  
James Libby  
Cameron O'Connor

Kathleen O'Connor  
Michael O'Connor  
Gerald Rouelle  
Margaret Rouelle  
Jan Ruta  
Kirby Scarborough  
Norma Segale  
Joanne Van Arsdell  
Mary Wheeler

**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](mailto:msac@montpelier-vt.org).*

**MSAC is closed Monday, February 17th for President's Day. There will be no classes or activities on that day unless instructors make special arrangements.**

**Submissions for March Newsletter due Feb. 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!

<b>3 Years</b>	<b>2 Years</b>	<b>1 Year</b>	<b>Advisory Board Meeting Dates</b>
Fran Krushenick	Sylvia Kingsbury	Elizabeth Dodge	Next Meetings: Wed. Feb. 12 & Apr. 9 starting at 1:30 at City Hall Manager's Conference Room in City Hall, 39 Main St.
Tina Muncy	Jane Osgatharp	Peter Harris	
Sue Stucky	Janet Ressler	Frank Woods	

**Montpelier Senior Activity Center**

**223-2518 • 262-6285 (fax) • [www.montpelier-vt.org/msac](http://www.montpelier-vt.org/msac)**

**E-mail: [msac@montpelier-vt.org](mailto:msac@montpelier-vt.org)**

**Front Office is Open: Mon-Fri 9-4**

**Staff Names and Normal Schedules:**

Janna Clar, Director (M-F, 9-4)

Lise Markus, Office Assistant (M-F, except Tues/Thurs afternoon)

New Hire & Schedule T.B.A., Program & Development Coordinator

James Sharp, Outreach Assistant

Anne-Marie Keppel, Just Basics Exec. Director (M-F, 9-1)

Justin Turcotte, Chef for Feast (M-F, 7-2:30)