

Active Times

Newsletter of the Montpelier Senior Activity Center

July 2014

Our mission is to enhance the quality of life for older adults in Montpelier through opportunities that develop physical, mental, cultural, social, and economic well-being in a welcoming, flexible environment.



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

FEAST Celebrates First Anniversary; Reflects On Success; Implements Changes By Theresa Murray-Clasen

Just Basic Inc.'s FEAST, the senior nutrition program operating out of the Montpelier Senior Activity Center, is excited to celebrate its first anniversary in July! (Lunch celebration Friday, July 18th, more info p. 3). FEAST is a three-way partnership between Just Basics Inc., Good Taste Catering, operated by Chef Justin Turcotte, and MSAC. In 2013, the projected number of meals FEAST would provide were negotiated through two contracts: one between Just Basics and the Central VT Council on Aging and the other between Just Basics and Good Taste Catering, anticipated to provide approximately 10,200 meals in its first year. As FEAST concludes its first year contract with Good Taste Catering (June 30th), meal projections are expected to top 14,000. As FEAST concludes its first contract with CVCOA (Sept.30th), meal projections are expected to reach at least 15,000.



FEAST volunteer Carol Hammond

The 50% increase in meals has been a testament to the three-way partnership's vision to bring as much fresh, healthy, local food as possible to our seniors and community members with disabilities. Our participants are able to stay in the comfort of their homes longer, they are enjoying a delicious meal and socializing in a lively, supportive setting, and we are investing in our local food economy by purchasing as much as possible from our community farmers and vendors. We also seek to defray costs through gleaning programs, in-kind support and

(continued on page 11)



Andy Potok, facilitator of Growing Older Group

Andy's family escaped from Poland two weeks after World War II began, arriving in New York when he was 8 years old. Quickly Americanized, he attended good schools, studied architecture and art in college, married, lived in Europe for almost a decade, had 2 children and an art career. 50 years ago, he came to Vermont with his children, settled in Plainfield where he began going blind from retinitis pigmentosa, stopped painting, got an advanced degree in counseling and began to write. He has published 4 books, 2 fiction, 2 non-fiction. He moved to Montpelier almost 20 years ago and lives here with his wife Loie, and his Seeing Eye dog, Gabriel. He is now busy writing a memoir.

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MSAC in FY2014 at a glance

(for more such figures, look for our Annual Report this fall!)

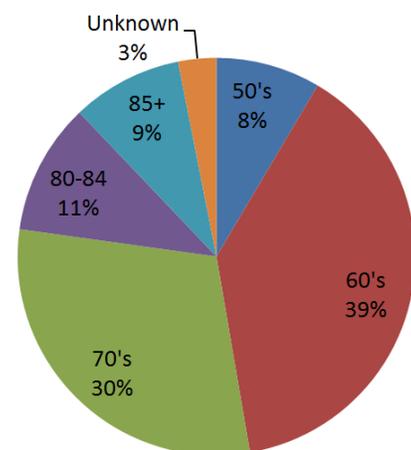
- Total Membership: 870
- 75% from Montpelier / 25% from elsewhere
- 79% Female / 21% Male
- Percentage of Members who are retired: 60%
- Number of Feast meals served on-site and in home deliveries: appr. 14,000
- Number of people provided free tax clinic service in 2014 by AARP volunteers: 205
- Number of people served by CVHHH foot care clinic: 109
- Number of volunteers logging hours: 92*
- Hours logged: over 3,000* (over 1.5 FTE)
- *Many volunteers are not logging hours or not doing so consistently – we know there are closer to 150 of you. Please remember to do so!

Highlights at MSAC in FY2014 included:

- FEAST program and partnership established
- Montpelier Memory Café launched
- Movement Class offerings increased
- Fundraising, Finance and Program Committees started

Challenges for MSAC in FY2015 include:

- Balance demands on facility with off-site opportunities
- Meet programming demand for growing membership
- Establish MSAC van transportation for Friday lunches
- Help create a dementia-friendly community



Membership By Age Group

**Bring your bottle redemption to
Montpelier Discount Beverage next to Shaw's,
and ask to donate your nickels to MSAC!**

Menus for *Feast* reservations 262-6288

Feast Together and Feast To-Go: now Tues and Fri

Feast Together, 12-1pm

Seniors 60+ no charge; suggested donation of \$5
Guests and others under 60: \$6

Feast To Go, 11am-1pm

Open to everyone regardless of age or affiliation; \$8.50
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!

You can make reservations (at least a day in advance) or inquire about *Feast at Home*, by calling 262-6288.

Menus are subject to change. All meals include Milk option and Fresh Fruit.

Tue 7/1: Balsamic chicken with olives and walnuts; white bean and quinoa salad

Fri 7/4: Closed for July 4 holiday

Tue 7/8: Roast pork loin with rosemary; spinach and shallots; whole wheat penne pasta

Fri 7/11: Shrimp or tofu stir fry; broccoli, red peppers, onions, snap peas; brown rice

Tue 7/15: Ginger beef; poppy seed coleslaw; wild rice pilaf

Fri 7/18 (First Anniversary Luncheon Party*):

Tue 7/22, 7/24, 7/25, 7/29, 7/31, 8/1: CLOSED

***Fri, July 18 at noon: FEAST First Anniversary Luncheon Party!**

Come Celebrate with us! Enjoy Door-Prizes! Shrimp or Chicken Caesar Salad, Homemade Garlic Croutons, Crisp Romaine, Fresh Lemon and Pepper, Parmesan, and a Rainbow of Fruit Smoothies! After lunch, share the Feast with your neighbors by helping assemble frozen meals.

FEAST CHANGES IN JULY

- FEAST To Go will be offered on Tuesday and Friday, and no longer on Thursday, beginning on July 1.
- FEAST Together and FEAST To Go meals will be on hiatus on Monday July 21 through Friday August 1.
- FEAST at Home (Meals on Wheels) service will continue with frozen meals delivered Monday through Friday to our at home participants.
- The FEAST office will be open and staffed Monday 7/21 through Friday 8/1 from 10 am - 12 pm.
- FEAST kitchen staff will organize the daily home delivered meal service and complete a "deep cleaning" of the FEAST kitchen and dish room. We look forward to FEAST Together and FEAST ToGo resuming the week of Aug 4.
- **Please Mark Your Calendar: FEAST Together and FEAST To Go will not be offered on the following days:**
 - Tues 7/22
 - Thurs 7/24
 - Fri. 7/25
 - Tues. 7/29
 - Thurs 7/31
 - Fri. 8/1

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

Understanding the Dynamics of Domestic Violence: How Is Your Community Responding? - Tuesday, July 8, 1 pm

Meg Kuhner, Co-Director of Circle, will first define domestic violence, describe tactics used by domestic violence offenders, and discuss the realities of living with a partner who is using this coercive control. She will also answer the most commonly asked question, "Why don't women just leave?" And, second, Meg will describe what Circle, the Domestic Violence advocacy agency for Washington County, is doing every day to support victims, and how the agency is trying, with many others, to end domestic violence.



AARP Driver Safety Class, Saturday, July 12, 9 am-1:30 pm

An AARP Driver Safety Instructor will teach tips to help keep older drivers independent, safe and confident while on the road. By taking a driver safety course you'll learn the current rules of the road, defensive driving techniques and how to operate your vehicle more safely in today's increasingly challenging driving environment. You'll learn how you can manage and accommodate common age-related changes in vision, hearing and reaction time. Anyone who attends gets a certificate, and many auto insurance companies provide a discount for those who have completed the class. Two 15-minute breaks will be provided. Please bring a bag lunch. Any age can attend but the class is recommended for those 55 or older. Class is \$15 for AARP members and \$20 for non-members. Register for the class by calling Doug Masson, AARP volunteer, at 644-8310.

Montpelier Memory Café, Saturday, July 12, 10:00 am

We'll host an ice cream "social". Make your own sundae with Ben & Jerry's ice cream and all the fixings; listen to music by Eric Friedman and his vocalist Heidi. The Café is for individuals with Alzheimer's disease and related memory disorders, and a care provider must accompany each participant. Free and open to the public, refreshments provided. The Memory Café Steering Committee welcomes your participation at their next meeting at MSAC, 6:00pm, Monday, July 7th. For more please contact: Lisbeth Dodd, 229-9630 or visit <http://sympavt.wix.com/montpeliermemorycafe>.

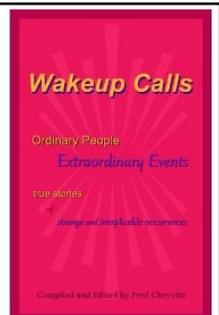


Pete's Greens CSA 101, Tuesday, July 15 at 1pm

For over 25 years, Community Supported Agriculture (CSA) has become a popular way for consumers to buy local, seasonal food directly from a farmer. Learn more about CSAs, the advantages for farmers and consumers, and how you can participate, in this presentation by Pete's Greens, a certified-organic farm in Craftsbury. Pete's Greens has a CSA pickup location right here at MSAC!

Book Reading: "Wakeup Calls: Ordinary People, Extraordinary Events," Tuesday, July 22 at 1pm

After decades of ignoring the mysterious things that happened to him, author Fred Chayette began paying attention to and speaking of these events. He discovered that he wasn't alone. Friends and strangers then shared their own true stories of unexplainable experiences. Chayette will read from his book "Wakeup Calls: Ordinary People, Extraordinary Events" and take questions. If you are interested in unexplained mysteries or writing, this presentation is for you.





Technology Assistance, Mondays, 10-11:30 am

Nate Vaughan is a professional graphic designer. He will be available in the computer lab to provide assistance with computer questions, online, and other digital devices.

Call MSAC office to confirm times.

Rekurs most Mondays



Foot Clinic, Monday, July 14, 1 pm–4 pm; Monday, July 28, 9 am-1 pm

Nurses from Central VT Home Health & Hospice provide this service for \$15. Cash or check to CVHHH. Call 223-2518 to reserve 15-minute appointments and to find out what to bring. Nurses clip toe nails, clean nail beds, file nails &

lotion feet. Arrive 15 minutes early.

Rekurs Often; Check Future Newsletters to Confirm

Home Share Now, Tuesday, July 15 10:30 am-12:00 pm

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



Rekurs One Tuesday of Most Months



Massage Clinic, Wednesday, July 16, 11 am-3 pm

Erika Peterson will offer Integrative massage, which includes a variety of techniques and modalities to individualize each session for the client's needs and limitations. 15 min. chair massages are by donation; 50 min. table massages are on a sliding scale starting at \$25! Come relax & take a break from the world! Call 249-4115 for an appointment: space is limited! Seniors (50+) only.

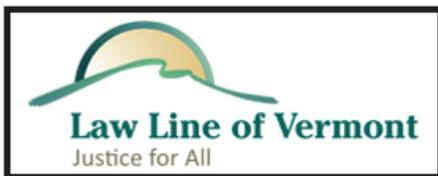
Rekurs Third Wednesday of Most Months

CVCOA: Friday, July 18, 9 am-12 pm, 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 by appointment only. Call Sarah directly at 479-4400 to set up an appointment.



Rekurs Third Friday of Most Months



Wills & Advanced Directives Clinic Wednesday, July 23 at 12-4pm

Volunteers from Law Line of Vermont, a non-profit legal services law firm, will provide private assistance on the creation of wills & advanced directives. Details are being finalized. Please check with the MSAC office for info or to register.

Rekurs Fourth Wednesday of Most Months

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? Will you be buried or cremated? Have you chosen a final resting place? Do your family/friends know what you want? How do you want to be remembered? MSAC member Mary Alice Bisbee of the Funeral Consumers Alliance of VT can assist for FREE. Call 223-8140 for an appointment at MSAC or in your home.

By Appointment

There will be no Reiki clinic in July, but it will return on August 1! Call Lynne Ihlstrom at 522-0045.

Ongoing Activities—Most summer classes start week of 7/6—check registration form for exceptions

SPACE	SAT./SUN.	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
RESOURCE ROOM		1:00-4:00 Foot Care (7/14) 9:00-1:00 Foot Care (7/28)	5:30-7:30 Have Fun and Be Safe While Bicycling [^]	10am-4pm Massage Clinic (7/16) 12:00-4:00 Wills + Advanced Directives Clinic (7/23)	9:00-11:30 Bridge* 3:00-4:00 Singing [^]	1:00-2:30 Reminisce Group (7/11 + 7/25)*
LARGE COMMUNITY ROOM	10-11:30am Memory Café (7/12)	12:30-3:00 Mah Jongg* 12:30-3:00 Bananagrams* 1:00-3:00 Bridge* 2:00-4:00 Cribbage *	10:30-noon Band & Dancing Noon-1 pm Feast Together (7/1, 7/8, & 7/15 only) 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 (7/11 & 7/18 only)
ART AREA		10:00-noon Painting 1:00-2:30 pm Clay 6:00-8:00 Jewelry Making [^]		9:30-11:30 Rug Hooking [^]		10:00-3:00 Mah Jongg* 10:00-3:00 Bananagrams*
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 Yoga Vin/Res 5:15-6:45 How to Move Smarter, Not Harder	9:00-10:30: Gentle Yoga 11:00-12:00 Chair Yoga 1:00-2:00 Meditating for Happiness	9:00-10:30 Gentle Yoga 5:00-6:30: Yoga Hatha	9:00-10:30 Gentle Yoga 5:00-6:30 Yoga Vin/Res [^] 6:45-8:00 Yoga Hatha	10:00-11:30 Yoga Hatha 1:00-2:15 Gentle Yoga
UPSTAIRS ACTIVITY		9:00-10:00 Living Strong 5:00-6:00 Living Strong	8:30-9:40 Living Strong 1-2:30 Community Together Lecture Series 6:00-8:00 Acting (starts 7/22) [^]	8:15-9:30 Spanish [^] 1:30-3:30 Writing [^]	8:30-9:40 Living Strong 5:00-6:00 Living Strong	9:00-10:00 Living Strong
OFFSITE	Sunday 2:00-3:00 Swimming #	10:00-11:30 Exercise † 10:00-12:30 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 (starts 7/24)	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, Bananagrams, Ukulele, Piano Time, and Reminisce groups do not require registration. Donations appreciated.
[^]Class at risk of cancellation due to low enrollment as of publication. Please contact MSAC office to confirm.
 * Donations appreciated.

Announcements

July 3rd Independence Day Parade - Join us – Sign up in the lobby! There is space for 12 passengers on the van, and unlimited space for those who wish to walk/dance/move their way down the parade route - and feel free to bring props that represent your activity at MSAC!

Thank you to **outgoing Advisory Board members** Elizabeth Dodge, Peter Harris and Frank Woods for their many years of service and contributions to the mission and development of MSAC! Welcome to **newly elected, Advisory Board members** Whit Dall, Lisbeth Dodd, and Susan Torchia. All MSAC members are welcome at meetings, and **committee members are still sought** for Program, Finance and Fundraising Committees. On Tuesday, July 15th, from 9:30-12:30, the new Advisory Board will meet in the Resource Room to discuss the MSAC budget.

Membership renewal time is NOW! Come to the office for your form to review and update when paying your dues. Renewal is necessary before enrolling in most summer classes. A full list of membership benefits is available. Open to all aged 50 and up!

Most **summer classes** start the week of July 6th, so **sign up NOW** (full info on website and in lobby; late fees apply after June 30)! Some classes are full, many have openings, and some may be on hold due to low registrations. Inquire in the office for the latest updates, forms, detailed info about the new Bike series (open to the general public 18+), a new off-site Wine 101 class, and more new and continuing offerings. A third of our summer classes are scheduled evenings or weekends, so working members can celebrate! As always, financial aid is available so MSAC programming stays accessible to all.

FEAST Takes A Break in Late July:

Reminder, there will be no Feast Together or Feast To Go lunches served at MSAC the last two weeks of July (July 22nd, 24th, 25th, 29th, 31st, Aug. 1st). See page 3 for more info.

MSAC Monthly Free Film Series is also

taking a break this month (not to be confused with Rick's film classes). We are considering changing the free series to feature old/classic films from decades past. Have a favorite you'd like to see again? Requests are welcome on a sign-up sheet in the lobby along with scheduling votes!

Recent fundraising results: The June 7th **Vintage Fashion Show and Practical Auction** raised nearly \$2000 for the partnership of Just Basics and MSAC to support expenses for Meals on Wheels. Special thanks to Anne-Marie Keppel of Amare Events for event coordination, Hannah Bean of The GetUp Vintage, hosts Dona Bate and Megan Ruprecht, and DJ Fred Wilber, who all contributed to the success of the show and auction. Northfield Savings Bank is appreciated for sponsoring the event. We are grateful to the twenty-two auction donors and winning bidders, and all the models, volunteers and attendees who created a lively atmosphere celebrating vintage clothing and music while supporting senior nutrition! A recently-joined MSAC member purchased the second **historic Montpelier Fire Alarm Box**, bringing another \$300 to our earnings! Thanks to **Sally DeCiccio and Rebecca Sheppard** for raising money by sewing and selling unique aprons and other items. Finally, our Spring **Major Gift Campaign** has raised close to \$7,000 to address budget shortfalls this year, thanks to a dozen generous donors and the diligence of MSAC Program and Development Coordinator, Dan Groberg.

MSAC member and renowned photographer **Jamie Cope's Photography Show** hangs in the community room through July, and you can still purchase copies of her beautiful book, *Portraits*, for \$15 in the office – proceeds support MSAC. Thank you, dear Jamie!

You can also raise money for MSAC by **bringing your redeemable bottles/cans to Montpelier Discount Beverage** on Main Street in Montpelier and **designating MSAC as your beneficiary**. Thanks in advance for taking advantage of this easy way to support our efforts!

Spring Class Feedback Survey: We received 212 survey responses, out of 742 class signups in the spring quarter—nearly 30% of all class participants provided feedback, an exceptionally high number considering this is the first time we have formally gathered such feedback. **The feedback we received was overwhelmingly positive.** 86% of respondents said they were very likely to take their class again in the future. Only 4.5% said they were unlikely to take their class again. 75% of respondents gave their class the highest possible rating overall, and another 21% gave it the second highest possible rating. Across the board, instructors were rated highly for their knowledge of the subject matter, preparation for each class, communication, and rapport with students. 80% said the value provided by the class for the cost exceeded their expectations. For more info, including constructive criticism and testimonial samples, contact Dan Groberg. Thank you, instructors, for all you do so well!

Congratulations and thank you to Chef Justin and the kitchen team on making possible an **impressive score of 95%** in our recent (surprise) **kitchen inspection** by the State of Vermont Health Department. According to Chef, a score over 90% takes constant diligence on the part of Mary, Brian, Charlie and the volunteers. Three cheers for the kitchen team!

MSAC was given **ten copies of *Wonder* by R.J. Palacioto to distribute to members**, courtesy of Kellogg Hubbard Library. KHL is organizing community discussions about the book, which was chosen by Vermont Humanities Council for Vermont Reads in 2014. First come, first served for the books in the front office!

The **Vermont Senior Games Association** is a group of active people aged 50 and over who coordinate, facilitate and participate in the Vermont Senior Games. They also have a great program called MOVE for Well Being. Go to www.vermontseniorgames.org and www.moveforwellbeing.org to read more about the VSGA and MOVE.

Farewell, MSAC Outreach Assistant, James Sharp – we hope you'll come back to visit! Thank you for all you've done during your year here!

Members are encouraged to come enjoy the **Swingin' Over Sixty Band** (join in with your instrument or dancing if you are so inclined) each Tuesday starting at 10:30!

Montpelier Recreation Department's pool is available for free to Montpelier seniors. For non-resident seniors, the daily rate is \$7 and summer pass is \$37. Please call 225-8699 for more info/schedules. Info about summer tennis lessons and more also at www.montpelierrec.org

Contact Whit Dall at 229-4870 to learn about the informal **tennis group** made up of MSAC members that has formed.

"Reminisce" is a free activity for those over 70 years old, who want an opportunity to talk about their early memories on a regularly scheduled basis with other elders. A recent article on aging states that early memories, those made before the age of 24, are the most important to most elders. Life Review is also a great way to put our lives in order. The time frame, from 12:45 PM to 2:15 PM immediately following the FEAST lunch on the 2nd and 4th Fridays of the month will permit elders needing transportation assistance to have a chance to take part in MSAC activities. If transportation or mobility assistance is needed, please call 223-8140 a day in advance, to arrange for pick up and return, before lunch and at the end of the activity.

To join **Facebook** and receive lots of late-breaking announcements, reminders and updates about MSAC and community happenings and topics of interest to seniors, go to facebook.com, click on sign up, enter your email address and a password. Then search for "Montpelier Senior Activity Center," click on our name, and click the **'like'** button to **follow** our posts.

MSAC Van Trips



Reserve your spot (we have trip registration forms now)! Trips depart from Dept. of Labor parking lot. If trip is under \$15, there is a \$5 charge for non-members. If trip is over \$15, there is a \$10 charge for non-members from Montpelier. If the member is not from Montpelier, there is a \$25 charge. Drivers wait 10 minutes after trip start time at DOL and then leave, so please arrive early!

President Calvin Coolidge State Historic Site & Vermont Country Store

Thursday, July 10, 8:30 am – 5:00 pm

Travel by MSAC van to the Coolidge home in Plymouth. There are houses, several barns, a cheese factory, school house, church and gardens. Walking is required because the site covers some distance. After several hours there, travel to the Vermont Country Store and Bryant House Restaurant where you may eat lunch and check out the endless items in the store.

Since we will probably arrive at Weston between 12:30 and 1:00PM, you may choose to eat your lunch on the bus and save more time for shopping as an alternative! Return between 4:30 and 5:00PM. **\$38 includes museum admission and van ride. Bring your own lunch or money for lunch. Min 10. Reserve by July 1st.** For more info, contact MSAC.

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

Wednesday, August 6, 2014, 9 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.

You may bring your lunch and eat outside the Café. Hood Museum is featuring the exhibit “The Art of Weapons: Selection from African Collection,” focusing on the aesthetic quality of the objects, and on the ways in which they reflect notions of masculinity, warrior-hood, and ideal male beauty in traditional African societies. Another exhibit: “Alan Houser: The Centennial Exhibition.” Allan Houser (1914–1994) was a noted American sculptor, painter, and draftsman and one of the major figures in Native American art of the twentieth century. He often drew on his Chiricahua Apache heritage in making sculptures that depicted the Native American people of the Southwest.

King Arthur Flour is a baker’s store and Café. Bring lunch or money for lunch. **\$12**

includes museum admission. Min.

8. Reserve by July 28. For more info, contact MSAC or see bulletin board/website.

Montreal Museum of Fine Arts and Sir-George-Étienne-Cartier National Historic Site Thursday, Sept 18th -8:30AM – 7:00PM – Price to be determined (about \$40).

Once a Month Walks with Whitney Dall & Tina Muncy

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

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

Walk some lovely carriage roads. We are going to walk to Pogue Pond on the Mountain road. We’ll stop on the way home for you to buy lunch or picnic, if you bring your own. Distance is 2.4 miles.

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

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

Feast Anniversary (Continued from Page 1)

donations.

All of this activity and success has given the partnership “food for thought” as it moves into the second year of operation. Final touches are being put on a new contract with Good Taste Catering, and productive conversations are happening with Central VT Council on Aging regarding the current meal overrun and 2014-2015 contract. Program administrators are fine-tuning actual costs after a full year of operation, and creative solutions are evolving that will help us work with actual operational costs and meet the increased demand in meal participation.

Accordingly, FEAST will experience some changes in the next few weeks, necessary to keep the program sustainable while allowing it to adhere to its mission. **See page 3 for more info about the late July FEAST schedule** – meal service at MSAC takes a break for two weeks from July 21 through August 1, while home delivery service continues.

FEAST Together

Beginning Tuesday Aug. 5:

- The suggested donation cost for FEAST Together meals will be \$7.00 for everyone

age 60+. This price more accurately reflects the actual cost of the meal and helps offset the costs for homebound participants, our most vulnerable population. As always, there is no charge for those 60 and over, and the \$7 (or any portion thereof) is only a suggested donation for these seniors.

- FEAST Together meals will now cost \$9 for anyone under 60.

FEAST To Go

Also beginning Tuesday Aug. 5, FEAST To Go, the community fundraiser take-out meal, will be available on Tuesdays and Fridays and will no longer be sold on Thursdays. These meals will now cost \$9 (no longer \$6 or \$8.50). Proceeds benefit Just Basics.

We are confident these changes will only serve to make the FEAST program more viable for years to come. We are truly appreciative of the community support FEAST has received over this past year and will continue to work together to ensure FEAST’s success. As always, we welcome suggestions and ideas to keep this fledgling enterprise as the great senior nutrition model it is becoming. Please contact Linda Workman, FEAST Program Manager or Theresa Murray-Clasen, Just Basics Executive Director at justbasicsinc@gmail.com or 802-262-6288.

Member Acknowledgments



Richard Agran

Merry Schmidt

Esther Bolduc

Gretta Stone

Brenda Lindemann

Jacob Stone

Jean Lowell

Martha Smyrski

Charlotte MacLeay

John Totman

Bob Milanese

Mary Zybura

Note: Birthday lists are hung on the bulletin board now rather than printed in *Active Times*.

Montpelier Senior Activity Center
58 Barre Street
Montpelier, VT 05602

RETURN SERVICE REQUESTED

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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.

MSAC is closed July 4th.

Most classes start week of July 6th. Late fee for summer class registration after June 30th.

Submissions for August Newsletter due July 11th!

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

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

3 Years	2 Years	1 Year	Advisory Board Meeting Dates
Whit Dall	Fran Krushenick	Sylvia Kingsbury	Next Meeting: Tue. Jul. 15th
Liz Dodd	Tina Muncy	Jane Osgatharp	starting at 9:30 in MSAC's Resource Room
Susan Torchia	Sue Stucky	Janet Ressler	

Montpelier Senior Activity Center

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

E-mail: msac@montpelier-vt.org

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

Janna Clar, Director

Dan Groberg, Program and Development Coordinator

James Sharp, Outreach Assistant (departing July 1)

Lise Markus, Administrative Assistant

Feast Reservations Number: 262-6288

Linda Workman, Just Basics, Feast Program Manager

Justin Turcotte, Chef for Feast

Theresa Murray-Clasen, Just Basics, Inc. Exec. Dir.

