

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!**



Montpelier Vintage Edition Fashion Show

The 10th Annual Montpelier Fashion Show is going vintage and **raising money for Meals on Wheels and MSAC!** The 2014 Vintage Edition Fashion Show and Practical Auction will be held at **4:00 on Saturday June 7th** at the Montpelier Senior Activity Center. Dona Bate will serve as M.C.

and auctioneer, and Megan Ruprecht, 2014 Mrs. Vermont, will serve as hostess.

The event will feature looks from the 1920's through the 1990's, and models will walk to tunes of eras gone by provided by the DJ skills of Fred Wilbur. Montpelier's *The Getup Vintage* clothing store will provide the attire for the models along with some who will wear their own vintage clothing that they've discovered in the back of their closets.

Both men and women models will walk the runway holding the item up for bid (Vanna White style). These are mostly practical items and services that you would have bought anyway, but if you get them at the auction, your money goes to help feed people. For example, you can bid on an oil change for your car or \$500 worth of tax preparation

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Leane Garland, Member and Volunteer

According to Leane, MSAC is a great place to meet people and hang out. There is always something going on, someone to talk to, or something to do to help others or the Center. She takes classes (such a terrific variety of classes, and all of high quality!) and volunteers in the MSAC Office.

Leane was born in Lewiston, ME and grew up in Greenfield, MA. She and her husband moved to Chittenden, VT in 1972. She moved to Montpelier in 1998 to be near work and friends and found herself in the middle of a Renaissance city! The arts, broadly speaking, are all well represented and practiced here, and in such a small and friendly community, one can get to know the practitioners! She loves small-town life, and Vermont all feels like a small town to her. She loves that it's hard to get places on time because she has to chat with friends she meets on the street. MSAC also embodies this "feel." She feels blessed to live in such a supportive and intellectually challenging place.

Leane finally figured out what she wants to be when she grows up—retired!! She's achieved that after working for many years in early childhood education, special education, and family services. She worked for the State for almost 30 years, and is constantly amazed and gratified by the quality of civil servants we have in Vermont.

The Garland family has been based in New Hampshire for generations. When Leane was little, they moved a lot and her parents had four children born in four separate states. She now has family in Hawai'i, New York City, Greenfield, and Jackson, NH. Her Mom died at 90 in 2010, and her Dad is still alive and kicking at 94! (She hopes she inherited those genes!) She has a niece and nephew, and a married son who lives in North Newport, NH. No grandbabies yet, but she's patient!

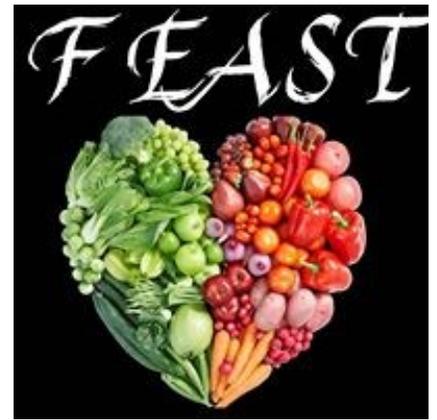


Leane loves studying new subjects and learning every day. So, she takes LOTS of classes at MSAC and pursues whatever she can in the community. She loves music — especially classical and chamber — and opera! She travels to Boston, Montreal, Saratoga, and even the Mad River Valley to hear and learn about opera. She serves on the T. W. Wood Art Gallery Board and is learning more and more about the visual arts. She likes to read and has a big library of her own. Leane has two cats who keep her warm in winter and loved when she needs it. She loves to travel: Mexico, all over the U.S. and Canada, Europe, and China. Most of all, she enjoys the company of friends and making connections with new people.

Please consider MSAC when planning your estate.

Continue the gift of MSAC programming
for future generations.

Menus for *Feast* reservations 262-6288



Feast Together: Tues and Fri, 12-1 pm

Tuesday, come 10:30 to dance/play with the band
Seniors 60+ no charge; suggested donation of \$5
Guests and others under 60: \$6; Frequent after-lunch programs

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

Open to everyone regardless of age or affiliation; \$8.50,
including VT Meals Tax
All proceeds benefit the Feast senior meal program

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, and many surprises await! All meals include Milk option and Fresh Fruit.

- Tue 6/3: Balsamic Chicken with Olives & Walnuts/Pecans, White Bean & Quinoa Salad, Vanilla Custard
Thur 6/5: Pork Curry w/ Rice, Sweet & White Potatoes, Green Beans, Pudding
Fri 6/6: Pollock Fillet, Spinach, Onions, Carrots, Potatoes & Fennel
Tue 6/10: Chicken & Peanut Sauce over Rice w/ Cilantro, Spinach, Spicy Cabbage Salad, Vanilla Pudding
Thur 6/12: Cumin Chicken w/ Raita, Spinach Curry, Brown/Jasmine Rice, Apple Crisp
Fri 6/13: Pork Loin Stir-fry w/ Basil, Peppers, Onions and Bean Sprouts, Brown Rice, Brownies
Tue 6/17: Ground Beef Chili w/ Sour Cream, Mixed Vegetables, Tossed Salad, Kidney/Black Beans, Corn Bread
Thur 6/19: Roast Chicken w/ Cilantro Pesto over Rice, Zucchini/Potatoes, Balsamic & Grape Quinoa, Carrot Muffins
Fri 6/20: Ginger Beef, Poppy Seed Cole Slaw, Wheat Berry Salad, Wild Rice Pilaf
Tue 6/24: Barbecued Entrées, Potato Salad & Cole Slaw, Baked Beans, Watermelon, Sponge Cake
Thur: 6/26: Beef Lasagna, Broccoli, Spinach Salad, Garlic Bread (Annual Meeting Day!)
Fri: 6/27: Chicken Caesar Salad w/ Chopped Tomatoes, Polenta, Brownie

FEAST Farewell, Welcomes, Appeal

- **Anne-Marie Keppel**, ever cheerful and buoyant Feast Program Manager, is moving on to another adventure with her family that will keep her professionally involved with elders, pursuing the dream of opening an elder care facility in VT in the near future.
- We welcome **Theresa Murray-Clasen** who was recently appointed by the Just Basics Inc. Board of Directors as their Executive Director. Theresa is responsible for the oversight of the Montpelier Food Pantry and FEAST, the senior meal program operating out of MSAC, and will be a familiar face each day at both sites.
- Welcome to MSAC member **Linda Workman** who joins FEAST as a part-time Program Manager helping to ensure the daily FEAST operations run smoothly.
- Welcome to MSAC member **Maggie Morris** who joins the FEAST program as a volunteer staff person focusing on office responsibilities and hospitality. We are so fortunate to have both Linda and Maggie share their years of invaluable professional experience with the FEAST program!
- **Just Basics, Inc.**, the non-profit partner of FEAST, gratefully accepts much-needed financial contributions (tax-deductible!) at 137 Main St., Montpelier, VT, 05602.

Announcements

Spring Classes Ending: Most Movement classes are 12 weeks and end June 23-27. Most other classes are 10 weeks and end June 9-13. Some classes are shorter, had a delayed start or will have makeup dates. **CHECK WITH YOUR INSTRUCTOR** for accurate planning!

Important Details about Registration and Summer Classes Starting: Most Summer classes begin July 6-12. Registration begins June 2 for Montpelier members only, June 9 for Montpelier and Supporting Town members, and June 16 for all other members. Registration ends Monday, June 30, and any non-new member registering for classes after June will be charged a late fee of \$10 (once/quarter), which supports the scholarship fund. Everyone is encouraged to submit registration materials as early as possible, and we can hold them if your town's registration period is delayed!

Members: Please remember to **renew your membership** and pay your dues in the month of June, due July 1 and necessary to enroll for Summer classes. Montpelier dues are increasing to \$15, Supporting towns remain at \$30, and other towns remain at \$50 per year. When renewing, please **stop at the office for a print-out of your membership data** we'll have on file, which you can review and update as necessary before signing your renewal form. We appreciate your cooperation with this process to save data entry labor!

After a year of serving as Outreach & Media Assistant, **James Sharp will be leaving MSAC at the end of June** to pursue full-time work at his other employer: the Hunger Mountain Co-op. We are grateful for James' dedication in vastly improving our print, electronic and community media communications and green initiatives as well as streamlining our use of AV, photos, signage and more! According to James: "I've been so impressed with the breadth of interesting programming at the center, and I hope I've helped to improve our effectiveness in the outreach arena over the past year. Don't be surprised if you still see me around on Thursdays, taking advantage of the amazing meals!"

Dan Groberg's position as Program & Development Coordinator will expand to absorb outreach work starting in July, while **Janna's schedule** will be slightly reduced.

MySeniorCenter: After spending many months getting our membership, activity and volunteer data into our new database, we are getting closer to being able to offer online registration and credit card payment. Stay tuned for updates this summer!

Volunteer opportunities: Looking for ways to contribute your time in new ways to MSAC?

- Serve on one of the three **committees dedicated to Fundraising, Program or Finance**. Members with accounting backgrounds are especially helpful to the Finance Committee
- Walk with MSAC or ride our van in the **July 3rd Montpelier Independence Day Parade!**
- Make a regular or substitute commitment to **laundering kitchen towels/aprons** for the Feast program.

Photography Exhibit by Jamie Cope

continues through July, not to be missed!

Jamie Cope's photographic career spans more than three decades of insightful image making. This retrospective brings together her portraits from when she first began photographing in the 1960s. Startling, subtle, and graceful, the photographs are an extraordinary revelation of character and feeling – capturing the exuberance of youth and the wisdom of old age. Cope's work has been featured at Burlington's Fleming Museum & at the US Senate offices in Washington DC.

At the end of July (time TBD), Jamie will share stories about taking the photographs.

Copies of **Jamie's book** of photography, "Portraits," will be available **for sale** in the MSAC office throughout the exhibition for \$15. Proceeds support MSAC. Thank you, Jamie!



(continued on page 13)

Special Events (open to public unless noted)

Playtime Event for Theater Lovers

Monday, June 9 from 5:00-6:15pm

Christopher Durang's contemporary comedy, *Beyond Therapy*, will be coming for a very short run (June 10-15) to Vermont Stage in Burlington. As *Time Magazine* said when it premiered: "The jokes [about psychiatrists] have never stopped, but rarely have they been as funny as they are in *Beyond Therapy*. Join a free discussion session on Monday, June 9, 5:00-6:15 at MSAC where we will look at some highlights of the play, featuring guest readers and film clips. MSAC members can read a copy of the script ahead of time at the MSAC office. Please sign up for this session at the MSAC office by Wednesday, June 4.



How Macs Are Organized with instructor Beth Burgess, June 9, 3-4:30pm

This free workshop will teach the basic structure of MacBooks and how to find what you're looking for. Bring your own laptop. Please sign up in the MSAC office.

Montpelier Memory Café, Saturday, June 14th, 10:00 am

The June 14th Café will feature beading, and participants will be able to take home items they make during a workshop led by beading expert Lauren Sales. 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 see article page 11 or contact: Lisbeth Dodd, (802) 229-9630.



MSAC Monthly Film Series: *Mother of George*

Monday, Jun. 16th, 6:30 p.m.



Mother of George tells the story of a newly married Nigerian couple in Brooklyn who own and manage a small restaurant while struggling with fertility issues. Suggested donation \$3. For comfort, bring a cushion. Please RSVP to MSAC 223-2518 — show will go forward if at least 5 people confirm.

Clay Group Exhibition, Tuesday, June 17, 1-3 pm

Members of the MSAC Handbuilding in Clay class will host a public exhibition of their work. Come to the art area to view their finished creations & talk with class members, and to manipulate some clay. Work in progress will also be displayed, and class members will discuss the process of creating new work.



La Cenerentola (Cinderella) Free Dress Rehearsal at Barre Opera House. Wed, June 18, 7:30 pm

This year, the Green Mountain Opera Festival is performing *La Cenerentola* (Cinderella) by Gioacchino Rossini at the Barre Opera House. In this variation of the traditional Cinderella story, the wicked stepmother is replaced by a wicked stepfather, Don Magnifico. The Green Mountain Opera Festival has extended an invitation for all area seniors to attend this dress rehearsal at no cost. Please sign up in the MSAC office to indicate you plan to attend so that we can give the organizers an accurate count. Please note that this is NOT an MSAC van trip — you must provide your own ride.



Foot Clinic, Mondays, June 2nd & 16th, 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.



Recurs Often; Check Future Newsletters to Confirm

Home Share Now, Tuesday June 24 10:30 am-12:00 pm

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



Note date change this month

Computer & Technology Assistance, Thursday, June 5, 10 am-noon

Montpelier Middle School students, Omeed Fallahi and Angus Fraser, will be in MSAC's computer lab to give introductions and technical assistance for email, Facebook, word processing, & more. Call to confirm. For MSAC members.



Recurs Irregularly in Summer; updates will be posted

Reiki Clinic, Friday, June 6, 12-4 pm

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



Recurs First Friday of Most Months

Massage Clinic, Wed, June 18th, 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 to make an appointment as space is limited! Seniors (50+) only.



Recurs Third Wednesday of Most Months

CVCOA: Friday, June 20, 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.



Recurs Third Friday 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

Fashion Show (Continued from Page 1)

services. There are a few unique items such as a 45 minute in-your-house Montpelier Chamber Orchestra performance and a US flag that has flown over the U.S. Capitol in Washington DC. Auction prices will begin at half of each item's value. Contributors list as of May 21st includes U.S. Senator Patrick Leahy; Emilye Pelow Corbet; Uncommon Market; Massage Vermont; Montpelier Chamber Orchestra; Jo Romano; Three Penny Taproom; Wayside Restaurant; Chill Gelato; First in Fitness; The Savoy; Fothergill, Segale & Valley; The Confluence; Kismet; Guy's Farm & Yard; Auto Craftsmen; Mudgett, Jennet & Krough-Wisner; Perry's Service Station; Onion River Animal Hospital; Ohmeed Fallahi; and Marcia Dion.

Although admission is free to the event, those who wish to participate in the Practical Auction must purchase bidding paddles for \$5. Five dollars is the magic number that provides one meal to a Meals on Wheels participant. Those who purchase bidding paddles are allowed early entry (and a good seat) into the event. Standing room and free admission 5-10 minutes before the event.

The audience is encouraged to dress in vintage attire and to drive their vintage car. Call ahead if you would like a special viewing space reserved for your car. For more information, call 262-6288.

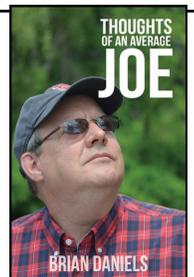
Special Events (Continued from Page 5)

MSAC Annual Meeting, Thursday, June 26th, 12:45 pm

RSVP for Feast lunch (menu p. 3, starts as early as 11:00) by calling 262-6288 by 6/19 please. Sliding scale \$5.00-8.50 for members of MSAC on this day (usual Thursday price is \$8.50 for all). Agenda includes announcement of new board members, proposed bylaw changes (see p.13), year in review, brief look ahead, and a chance to give staff and board your feedback and input about your Senior Activity Center. We hope for good attendance! (Cast your votes for the board through June 1)

Reading: "Thoughts of an Average Joe" Fri, June 27, 1-2:30 pm

Author Brian Daniels will read from his recently published book, "Thoughts of an Average Joe." The book is a compilation of humorous articles Daniels has written as a column which has appeared in many newspapers (including *The Northfield News*) for the past five+ years. Many of the articles, including "I'm Comfortable in My Old Skin" and "This Medication Will Help You (If It Doesn't Kill You)," address the challenges and frustrations of getting older. Daniels will also perform humorous songs on his guitar.



AARP Driver Safety Class, July 12, 9:00 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.

Ongoing Activities

SPACE	SAT./SUN.	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
RESOURCE ROOM		6/2: 1-4pm Foot Clinic 6/16: 9am-1pm Foot Clinic			3:00-4 Singing Class 11-noon Growing Older Group (6/5 & 6/12)	1-2:30 Reminisce Group (6/13 and 6/27) 1-2:30 Reiki (6/6)
LARGE COMMUNITY ROOM		12:30-3:00 Mah Jongg* 12:30-3 Bananagrams* 1:00-3:00 Bridge* 2:00-4:00 Cribbage *	10:30-noon Band & Dancing 12-1 pm <i>Feast Together</i> 1:30-3:00 Scrabble*	5-8 pm Cooking Around the World (6/4)	9:00-11:30 am Bridge* 11-1 <i>Feast To Go</i> 12:45-3:00 pm Bridge* 6-8 pm Ukulele Group *	12-1 pm <i>Feast Together</i> 2:30-3:30 pm Classical Music II 3:45-4:45 pm Classical Music I
ART AREA		10 am-12 pm Painting 1-2:30 pm Clay 3:30-5:30 pm Pastels 6:30-8:30 pm MSAC Monthly Film Series (6/16)		9:30-11:30 Rug Hooking 4:00-5:30 Drawing		10 am -3 pm Mah Jongg* 10 am—3pm Bananagrams*
STUDIO	Sat 10-11 am Gentle Yoga Sun 5-6:30 pm Yoga Integral	10:30-11:15 am Dance to Fitness 1:00-2:15 Gentle Yoga 3:30-5:00 pm Vinyasa Restorative Yoga	9:00-10:30 am Gentle Yoga 11-12:00 pm Chair Yoga 4:45-5:45 Tai Chi for Arthritis	9-10:30 am Gentle Yoga 1:30-3 pm Tai Chi Long Form 5-6:30 pm Hatha Yoga	9-10:30 am Yoga for Balance 5-6:30 pm Vinyasa Restorative Yoga	10:00-11:30 am Hatha Yoga 1-2:15 pm Gentle Yoga
UPSTAIRS ACTIVITY ROOM		9-10 am Living Strong 10:15-11:15 Living Strong 12:45-2:00 French II 2:30-3:30 Living Strong Group 5-6 pm Living Strong 6:10-7:10 Living Strong	8:30-9:40 am Living Strong 10-noon Write a Poem 1:15-2:30 Italian II	8:30-9:45 am Spanish Past Tense, Pt. 2 11:45 am-1:15 pm Exploring Balance 1:30-3:30 pm Writing	8:30-9:40 am Living Strong 10-11:30am Memoir 12:45-2 pm French I 5-6 pm Living Strong 6:10-7:10 Living Strong	9:00-10 Living Strong 10:15-11:15 Living Strong 2:30-3:30 Living Strong Group
OFFSITE	Sunday 2-3 pm Swimming#	10-11:30 am Exercise†	9-11 am Bowling° 10-11:30 am Exercise† 10-11 am Swimming# 10-11 Water Aerobics#	10-11:30 am Exercise†	10-11:30 am Exercise† 10-11 am Swimming# 10am-12:30pm Film at Savoy (ends 6/6)	10-11:30 am Exercise† 2-3pm Indoor Tennis ends 5/30; play outside at Rec courts in the summer!

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

#Swimming & Water Aerobics are activities at FiF in Berlin that run for 13 weeks.

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

*Bridge, Cribbage, Mah Jongg, Scrabble, Bananagrams, Ukulele Group do not require registration. Donations appreciated.

New Summer Classes at MSAC

Acting, Melissa Sivvy, Tuesdays 6-8 pm, (7 weeks, starts 7/22)

\$40 Montpelier / \$50 other

Students will practice and learn monologues and scenes with partners using movement, character, and improvised dialogue exercises. Classes will include working with the voice and body and, like yoga and other such practices, can be done gently and easily adapted for those with physical challenges. At the end of the quarter, the class will perform their final pieces for a small audience of friends and family and the MSAC community on Friday, September 5. Content/focus will be tailored to the experience and the interests of group members. Melissa has taught and directed at colleges and communities throughout the northeast and has produced theater in New York City and South Carolina. This summer she returns from teaching at the Chautauqua Institution in western New York to share her experience with you in this fun and rewarding acting class.

How to Move Smarter, Not Harder, Robin Cornell, Mondays 5:15-6:45 pm, starts 7/7 (4 weeks)

\$20 Montpelier / \$25 other

Have you given up on some of your favorite activities due to pain or restricted movement? Have you been frustrated with limited range of motion in your body even though you stretch and strengthen? Join me in this two-hour playshop where we will explore an integration of several neuro-muscular re-programming techniques that can restore full function and range of motion – in an easy, effortless manner. The accessing of the neuro-motor cortex is often the “missing link” in restoring optimal function. Robin Cornell is a holistic educator, guide, and catalyst for revealing your healing. She has been offering spirit-centered bodymind techniques in private practice and workshops for over 35 years. *Participants must be able to get down to work on mat and to stand for at least 10 minutes at a time.*

Jewelry Making, Susan Torchia, Mondays 6-8 pm (8 weeks)

\$40 Montpelier / \$50 other

Susan Torchia, of Chrysalis Designs, has been making (building) jewelry and selling it for over 8 years at craft fairs and particularly at the Vermont Open Studio. She teaches students how to "re-purpose" their old costume jewelry and/or repair some pieces if needed. If students have tools, they should bring them. She will provide enough tools for class to share as well. Cost of materials (metal findings, etc.) is under \$5.00, and will be collected at the first class. Please email her at: jewelfeathers@hotmail.com for more information.

Meditating for Happiness, Ginny Sassaman, Tuesdays 1-2 pm (8 weeks)

\$25 Montpelier / \$35 other

Learn and try out a wide variety of meditation and mindfulness practices. Each class will be fun, informative, supportive, relaxing, and non-religious to help you establish a regular meditation practice. A tremendous amount of research proves that meditation is one of the best things you can do for health and happiness. It can boost immune systems; reduce stress; increase positive emotions; build compassion; strengthen the parts of the brain linked to memory; and much more. Ginny Sassaman is an experienced facilitator who has been meditating since 1998. She teaches meditation at The Health Center in Plainfield, Vermont and is deeply committed to helping others lead happier, more content lives.

Spanish Food & Conversation, Betsy Barstow, Wednesdays 8:15-9:30 am

\$25 & book Montpelier / \$35 other

Each week, we will take turns bringing in a food from a Spanish speaking country and a recipe. The recipes will be compiled into a class cookbook. After our desayuno, we will engage in conversation based on a theme. We will choose the conversation themes for the quarter during the first class. This class is open to all levels. Buen provecho!

Wine 101, North Branch Café, Thursdays 6-7 pm, starts 7/24 (4 weeks)

\$40 Montpelier / \$50 other

The wine staff at The North Branch Tea and Wine Cafe lead a 4-week basic wine course. Topics will include: the most important grape varietals; basic wine terms; the difference between Old World and

New World wines, and how to decipher their labels; the factors that influence how wines taste, and other topics of interest to participants. Each class will include tasting of several wines, included in the course fee. Runs four weeks: July 24, July 31, August 7, and August 14.

Have Fun and Be Safe While Bicycling! Workshop Series, Nancy Schulz & Anne Ferguson, Tuesdays, 5:30-7:30 pm, (8 weeks—register individually or get a discount on the whole series). \$8 all members / \$10 non-members, or register for all 8 for \$50 members / \$70 non-members

Each two-hour session will feature a distinct topic in the classroom and a guided bicycle ride. For full descriptions of each session, please stop in the office or visit the MSAC website. All who wish to participate in the rides must arrive with a bicycle in good working order and a helmet. Sign up for one or all. Classes are open to anyone 18+, regardless of MSAC membership. Eight Tuesdays from 5:30 to 7:30 pm, beginning July 8 and ending September 2 (no class on August 5). Instructor Nancy Schulz is the executive director of the Vermont Bicycle & Pedestrian Coalition, a former tour guide with Vermont Bicycle Tours, and an instructor certified by the League of American Bicyclists. Instructor Anne Ferguson is retired from a career dedicated to health, physical education, and recreation, including many years focused on chronic disease prevention. **Open to all adults (18+) including non-members!**

NEW GROUPS

SEE PAGE 15 FOR INFORMATION ABOUT NEW BOOK DISCUSSION GROUP AND PIANO WORKSHOP AND PLAYTIME GROUP

MONTPELIER MEMORY CAFÉ – Beading, and Baseball- By Lisbeth Dodd, Volunteer

Since its opening this winter participants at the Montpelier Memory Café have enjoyed each other's company, but also musical performances, a poetry workshop, participated in a Tai Chi demonstration, and a spring planting workshop. The June 14th the Café will feature beading and participants will be able to take home items they make during a workshop led by beading expert Lauren Sales. Then on July 12th there will be ice cream and a special guest musical performance. Participants will enjoy a picnic and baseball fun on August 9th at the Montpelier Recreational Field.



The Montpelier Memory 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 are provided. The Cafe meets the second Saturday each month from 10:00 a.m. to 11:30 a.m. at the Montpelier Senior Activity Center. Participants do not have to be an MSAC member, nor an area resident to attend. (Participants have attended past Cafés from central Vermont, Chittenden and Grand Isle counties, and upstate New York.)

The Montpelier Memory Café is a community based, volunteer initiative. The next **Memory Café Steering Committee meeting** will be held **June 9th at 6:00pm** at MSAC. The Committee is open to anyone wishing to volunteer, and especially welcomes participants. For further info, or if you have an interest/ talent you would be willing to share as a guest presenter at the Café, please contact: Lisbeth Dodd, (802) 229-9630.

Here's how to Register for Summer Classes!

1. **All members may fill out and submit forms starting June 2**, and we will hold your forms until the week of your town's registration start date, if applicable. Full Registration schedule: **See announcements, page 4.**
2. **Current Members who register after June 30th** will be charged a one-time **late registration fee of \$10** (regardless of number of classes).
3. **All forms are available in the lobby and online!** If using one, print and fill out completely, then bring to office so a **docent may assist you with processing**. Docents will also be available to answer general questions and check your membership status.
4. Classes without minimum registration by June 30th will be placed on hold. **At end of first week of class, classes still not meeting minimum will be cancelled.** Exceptions: some classes led by volunteers will still run without meeting minimum registration.

Full Summer 2014 Class List

New classes appear in *italics*. See registration form and full class descriptions (which include instructor names and fees) in the MSAC lobby or on our website. Most classes start July 6-12.

ARTS AND HUMANITIES AND OTHER ON-SITE CLASSES

Handbuilding in Clay, Mon 1-2:30 pm

Painting: As You Want It, Mon 10 am-12:00

Rug Hooking, Wed 9:30-11:30 am

Singing, Thur 3:00-4:00 pm

Acting (7 wks + showcase, starts 7/23),
Tues 6-8 pm

Jewelry Making (8 weeks), Mon. 6-8 pm

Spanish Food & Conversation, Wed 8:15-9:30 am

Writing, Wed 1:30-3:30 pm

MOVEMENT CLASSES

Dance to Fitness, Mon 10:30-11:15 am

Have Fun and Be Safe While Bicycling
(8 weeks, starts 7/8), Tues. 5:30-7:30 pm

How to Move Smarter, Not Harder

(4 weeks, starts 7/7), Mon. 5:15-6:45 pm

Living Strong, Mon/Thur 5 – 6:00 pm

Living Strong, Tue/Thur 8:30-9:40 am

Living Strong (non-beginners), Mon/Fri
9-10 am

Meditating for Happiness (8 wks),
Tues 1-2 pm

Yoga Chair Only, Tues 11-12:00

Yoga Gentle, Mon 1-2:15 pm

Yoga Gentle, Tues 9-10:30 am

Yoga Gentle, Wed 9-10:30 am

Yoga for Balance, Thur 9-10:30 am

Yoga Integral Hatha, Thurs 6:45-8 pm

Yoga Gentle, Fri 1-2:15 pm

Yoga Gentle Active, Sat 10-11 am

Yoga Hatha, Wed 5-6:30 pm

Yoga Hatha, Fri 10-11:30 am

Yoga Vinyasa/Restorative, Mon 3:30-5 pm

Yoga Vinyasa/Restorative, Thur 5-6:30 pm

(See new Yoga vigor/experience levels on registration materials!)

Announcements

(Continued from Page 4)

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!

Thank you to:

- **All the dozens of members and friends who generously helped** with our May 16-17 **Rummage Sale** by donating items, sorting, pricing, advertising, making crafts, selling, bagging, and cleaning up. Thanks to Trinity Community Thrift Store for taking the leftovers away. We raised nearly \$3400 this year, surpassing our goal!
- Five **National Life Group** employees (Sue Carey, Liz Prevost, Jean Smith, Bev Bocash, and Janis Blais) who volunteered on May 2nd, processing two mailings.
- **Landscaping/gardening volunteers** Kristin Glaser, Nancy Sherman, Joan Moreau, Linda Lane and Cameron O'Connor!
- **Glen Marold of Montpelier Fire Department** for CPR and other safety training for MSAC staff members and class leaders on May 7.
- The **Ben and Jerry's Foundation Vermont Community Action Team Grant Program** for a recent \$750 gift to MSAC.
- **Neil Groberg** for a winning bid on one of our antique Fire Alarm Boxes (one more still available!)
- **Individual members** who have made significant contributions to MSAC during our Spring Major Gift Campaign, raising \$6000 so far (all FY14 donors will be recognized in our Annual Report later this summer).

Scrabble on Tuesdays will now begin at 1pm instead of 1:30.

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

MSAC Proposed By Law Changes: The following will be voted on at **MSAC Annual Meeting on June 26th. Save the Date** and plan to attend. Please contact the office if you wish to see a full copy of the ByLaws of MSAC.

- Article III: Purpose: A. The purpose of the Montpelier Senior (Citizens—omit) Activity Center is to maintain.....etc.
- Article VI: Advisory Board: B. The Advisory Board shall consist of 10 members, the majority of whom shall be residents of Montpelier. MSAC shall endeavor to elect at least one Advisory Board member from a contributing town. Advisory Board members shall be elected for three year terms and may not serve more than two consecutive terms...etc.
- G. A quorum for the Board meetings shall be six members.

Parking Lot Reminders: MSAC parking spots are for 58 Barre St. activities only, not for members to use when coming downtown for other reasons. Please refrain from using the tenant and 46 Barre St parking spots, and finally, use caution in the parking lot, particularly when driving and walking around the blind corners of the building!

Hundreds of **MSAC photos are online** and categorized now! Find a link to our Flickr page on the website, browse, and send us your MSAC photos of events, trips, etc.!

Growing Older Support Group will meet for two more Thursdays on June 5th & 12th from 11-noon in the Resource Room! (More info in May newsletter and office.)

Ways to support MSAC financially:

1. Write a check today—all proceeds support your senior center operations, and all sized gifts are appreciated!
2. Purchase Fire Alarm Box posters/postcards or the remaining antique Fire Alarm Box \$10-\$250
3. Purchase Jamie Cope's "Portraits" photography book for \$15
4. Attend the June 7th Fashion Show/ Practical Auction and bid!

MSAC Van Trips



Reserve your spot now!

All trips depart from Department of Labor parking lot.

St. Johnsbury: Athenaeum, Dog Chapel and Fairbanks Museum

Wednesday, June 4th, 9 am – 4:30 pm

Begin your day at the St. Johnsbury Athenaeum, a private, nonprofit library and art gallery. Then on to the Stephen Huneck Gallery and Dog Chapel. A stop for lunch with the picnic you brought or at one of several restaurants in St Johnsbury. After lunch we are on to the Fairbanks Museum and Planetarium. You will have some time to look at the varied items in this unusual museum and then we will have a private show of the night sky as it will be that night. **\$27 includes admission; lunch is on your own. Min. 8, reserve by May 28th.**

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 information, contact MSAC.

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

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

\$12 includes museum admission. Min. 8. Reserve by July 28th. For more information, contact MSAC or see bulletin board/website.

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

Come on this walk in East Montpelier to hear the frogs and see the vegetation. Wear boots or shoes that do not mind being a little wet.

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

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

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

Summer Class List (Continued from Page 12)

OFF-SITE ACTIVITIES

Film Class: *The Down Under Renaissance: Films from Australia – 1980-1994*, at Savoy (8 weeks), Mon 10 am–12:30pm

Wine 101 at North Branch Café, (4 weeks, starts 7/24), Thur 6-7 pm

Swimming F-in-F, Berlin, Sun 2-3; Tues/Th 10-11

Water Aerobics F-in-F, Berlin, Tuesday 10-11:00

F-in-F Gym Option, Mon-Fri 10-11:30 am

Bowling-Twin City Lanes, Tues 9-11:00 am

GAMES

Bananagrams, Monday, 1-3:00 pm; Thurs 9-11:30 am, 12:45-3 pm

Bridge, Monday, 1-3:00 pm; Thurs 9-11:30 am, 12:45-3 pm

Cribbage, Monday 2:00-4:00 pm

Mah Jongg, Mon 12:30-3 pm; Friday 10 am-3 pm

Scrabble, Tuesday 1:30-3:00 pm

GROUPS

Growing Older Support Group, Thursdays June 5th & 12th from 11-noon

Living Strong Group, Monday & Friday 2:30-3:30 pm

Ukulele Group, Thursday 6:00-8:00 pm

NEW: Piano Workshop and Playtime, Tuesdays 2-4 pm with Ron Merkin; begins July 9. The MSAC Community Room piano will be available for anyone who would like to play. Are you taking lessons? Have you recently or years ago? Want to refresh your skills in a supportive atmosphere with fellow pianists? Would you like feedback, informal lessons, or help with performance anxiety when playing before audiences? Then join us! **Singers and listeners who enjoy music are also welcome.**

NEW: Book Discussion Group: Join with the Gary Home, Kellogg-Hubbard Library, and MSAC for a new free book discussion group. Meet at The Gary Home (149 Main St.) for free refreshments and informal but lively discussion. The **first meeting will be on Tuesday, 6/24** at the Gary Home at 1pm and will be an organizing meeting—participants will create a book group that works for them. Rachael Grossman, Outreach Coordinator at KH, will be on hand to facilitate. Three other meetings are scheduled: 7/29, 8/26, and 9/30 at 1pm. Books will be chosen at the 6/24 meeting. **Please register at MSAC by Friday, 6/20.** The group will be limited to 15 people. KH can assist with interlibrary loan and Bear Pond Books offers a 15% discount to participants. **Open to all.**

Member Acknowledgments



Edward Epstein
Howard Friedman
Dietrich Gewissler
Susan Pelchar
Nan Prince



In Sympathy
Norman White
Jehrusha Keene

Montpelier Senior Activity Center
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**“Save the date” for MSAC’s
Annual Meeting on June 26th**

**Class Registration for the
Spring Quarter Runs from
June 2nd-30th.**

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

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

3 Years	2 Years	1 Year	Advisory Board Meeting Dates
Fran Krushenick	Sylvia Kingsbury	Elizabeth Dodge	Next Meetings: Thursday, June 26th
Tina Muncy	Jane Osgatharp	Peter Harris	10:15 am and 2:00 pm (current/new boards)
Sue Stukey	Janet Ressler	Frank Woods	12:45 Annual Meeting in Community Room

Montpelier Senior Activity Center

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

E-mail: msac@montpelier-vt.org

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

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

Feast Reservations Number: 262-6288

Linda Workman, Just Basics, Feast Program Manager
Justin Turcotte, Chef for Feast
Theresa Murray-Clasen, Just Basics, Inc. Exec. Dir.

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your Capital City

