

# 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!**



## MSAC Finance 101: FAQs with Janna Clar

To help members and supporters better understand the MSAC budget and our public funding requests, below are seven of the most frequently asked questions (and answers) in advance of the March 4<sup>th</sup> Town Meeting. Please feel free to contact me for further details or to ask other questions. I encourage you to vote in support of the public funding in Montpelier and six

other towns that makes it possible to keep MSAC thriving (and encourage your fellow voters to do the same). I also invite interested members to consider joining one of three newly forming MSAC Advisory Board committees that will include members at large working together with staff: Budget, Fundraising, and Program.

**Q. How big is the annual operating budget for MSAC, and why is it going up? A.** The current (FY14, ending June 30) annual budget is \$303K, and the projected budget for next year (FY15, starting July 1, 2014) is \$353K. The increase is largely based on: 1) the actual operating and maintenance costs for the facility, including the kitchen; 2) the increasing demand for programming, including meals; and 3) a decision to re-allocate staff hours so all staff will be at least half-time and thus earn (pro-rated) benefits like paid time-off.

(continued on page 7)

## Justine Robinson Member and *Feast* Volunteer

Justine became involved at MSAC recently: volunteering with food preparation for the Feast meals program and participating in the Handbuilding with Clay group. She loves people, and enjoys the opportunity to talk to them and ask them about their lives.

She was born in Brooklyn, grew up in Connecticut, and in 1963 moved to a farmhouse in Randolph with her husband where they raised pigs and sheep. She's now lived in Montpelier, with a beautiful view of the Winooski River at Vine Street, for decades. Besides the work of raising five children, Justine was and is an avid volunteer and over the years worked in many capacities including: as a planespotter in Connecticut during the war, in a factory that made airplane parts, with the Red Cross, and in a hospital distributing art materials and good cheer to patients.

Her father was an artist, and among other things created all the covers for a magazine of the time called "Home." Her mother was a painter and a writer of poetry. Her husband was a teacher. He grew up in Greenwich and was dear friends with president George H. W. Bush. He and Justine raised five children: four girls and one boy.



Today, Justine finds joy in the work she does with the Feast program and the people she knows there, and enjoys knitting—she is a prolific knitter and has produced dozens of small baby blankets for donation to the hospital. She likes to live her life according to the golden rule—do unto others as you would have them do unto you -and feels that we all have much to give. Her parting advice during her interview was "Dare to Do. Don't let other people talk you out of the things you want to do. We all have different minds—thank goodness."

## Welcome Dan Groberg, Our New Program/Development Coordinator



Dan Groberg is excited to join the Montpelier Senior Activity Center team as the new Program and Development Coordinator. In this role, Dan will work with instructors and community organizations to schedule classes and workshops, recruit and manage volunteers to help with MSAC programs,

and raise funds to support MSAC's important work.

Dan moved to Montpelier in June with his fiancée, an archivist at Norwich University. Prior to arriving in Montpelier, he received his Masters in Public Administration, focusing on public and nonprofit management, at the University of Pittsburgh. He serves as the board fundraising chair for Friends of Boulder Knoll, a community farm in Cheshire, CT, and has recently joined the Finance Committee of the Unitarian Church of Montpelier.

He greatly looks forward to meeting many of you over the coming weeks.

**Please consider MSAC when planning your estate**

Continue the gift of MSAC programming  
for future generations

# Menus for *Feast*

**For reservations, call 262-6288**

## ***Feast Together: Tues and Fri, 12-1 pm***

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: 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 Feast Together and Feast at Home



Longtime friends and MSAC member volunteers, Fran Krushenick & Mary Alice Bisbee, enjoy lunch on 2/18/14 at MSAC's Valentine's Day Celebration.

**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.

**ANNOUNCING THE FULL MONTY ON THURSDAYS!** Feast To Go has decided that simpler is better and we are now offering only one sized meal. The full portion is still available at the reasonable price of \$8.50- which can sometimes be enough for two meals. **The "half" portion is being retired.** Thank you for your continued support so we may continue to do home deliveries to individuals in the area and serve Seniors at the Montpelier Senior Activity Center. ~The Feast Staff and Volunteers

Tue 3/4: Turkey Pot Pie, Onions, Carrots, Peas, Rutabagas, Brown Rice, Vanilla Custard

Thur 3/6: Beef Lasagna, Broccoli, Garlic Bread, Spinach Salad

Fri 3/7: Roast Pork w/ Mustard Crust, Lemon Brussels Sprouts, Sautéed Onions, Cabbage & Apples, Brownie

Tue 3/11: Chicken Kabobs w/ Peanut Sauce, Spicy Cabbage Salad, Vanilla Pudding

Thur 3/13: Salmon, White Bean Ragout w/ Tomato, Spinach, Asparagus, Apple Crisp

Fri 3/14: Corned Beef Brisket, Onions, Carrots, Peas, Rutabagas, and Potatoes

Tue 3/18: Spaghetti w/ Ground Beef Tomato Sauce, Mixed Vegetables, Tossed Salad, Garlic Bread

Thur 3/20: Beef Meat Loaf, Squash, Garlic Mashed Potatoes, Green Salad, Maple Custard

Fri 3/21: Roast Turkey, Cranberry Sauce, Stuffing, Green Beans, Potatoes, Gravy, Carrot Muffins

Tue 3/25: Slow-cooked Pork w/ Rosemary, Red Cabbage/Kale, Sweet & Russet Potatoes, Apple Crisp

Thur: 3/27: Poached Fish en Pappillote, Zucchini, Potatoes, Apricot & Raisin Freekeh, Pudding

Fri: 3/28: Ground Beef Shepherd's Pie, Corn, Spinach & Shallots, Mashed Potatoes

# Announcements

**Winter Classes Ending:** For ten week classes, most end Fri. March 14<sup>th</sup>. For twelve week classes, most end Fri. March 28<sup>th</sup>. However, some instructors are holding make-up classes, up through the week ending April 4<sup>th</sup>, so check with your instructors to be sure of your final class date.

**Important Details about Registration and Spring Classes Starting:** Spring classes start Sunday, April 6<sup>th</sup>. Registration begins March 3<sup>rd</sup> for Montpelier members only, March 10<sup>th</sup> for Montpelier and Supporting Town members, and March 17<sup>th</sup> for all members. We are hoping to schedule several **Evening Registration sessions** in the March, so inquire for details. **Registration ends Monday, March. 31<sup>st</sup>**, and any non-new member registering for classes after that date will be charged a **late fee** of \$10, which supports the scholarship fund. Everyone is encouraged to fill out and **submit registration materials as early as possible**, and we can hold them if your town's registration period has not yet started!

The **MSAC Advisory Board** has three open seats starting in late June. Nominees and those making nominations must be members of MSAC or must join in order to be considered. Nominations must be received by March 10<sup>th</sup>, in writing and signed. Expectations include: to serve a three-year term, to attend 6-8 approximately 2-hour Advisory Board meetings each year, to gain a general understanding of the MSAC mission and policies, to represent the membership at large, to advise the MSAC Director on various matters, and to serve on at least one of the following committees: Program, Budget or Fundraising. **Please consider running or nominate a candidate** for this important service to your Senior Center!

Hundreds of **lightbulbs donated by Greenlite**, in partnership with Efficiency Vermont, were distributed to seniors in early February. More are expected to arrive soon – inquire in the office and help yourself in the hallway off the lobby!

Check out the **new Resource Room** off the lobby, where you can find a library of brochures and other materials about senior services, aging concerns, health issues, caregiver support, and more. Thank you to Liz Dodd and Mary Alice Bisbee for their generous time in organizing the collection, an ongoing project for which we are seeking donations and grant funds to purchase additional brochure holders, etc.

The next **Montpelier Memory Café** will be held 10:00am, Saturday, March 8th, at MSAC, 58 Barre Street, Montpelier. Featured presenter will be Vermont poet, Geof Hewitt, who will lead several poetry activities. Please bring a poem you have written, or another by a favorite poet that you would like to share. Guest speaker will be Jessie Cornell, the Alzheimer's Association Vermont Chapter Outreach Coordinator. The Montpelier Memory Café is for individuals with Alzheimer's disease and related memory disorders; a care provider must accompany each participant. Free and open to the public, refreshments provided. The next Memory Café Steering Committee meeting is Monday, March 3rd, 6:00pm at MSAC, all are welcome to attend. For further information please

# Special Events (open to public unless noted)



## “Owls Aren’t Wise and Bats Aren’t Blind”

w/ Warner Shedd, Wed, Mar 5, 1:30 pm

Osher Lifelong Learning Institute Program. For info on speakers, costs, & scholarships, visit MSAC for a brochure. (optional 12:30 BYO Brown Bag lunch social time before)



## Film: *To the Wonder*

Sat, March 8th, 6:30 p.m.

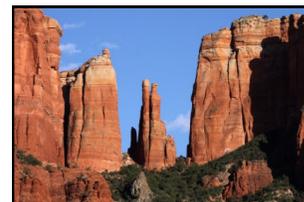
Soon after returning to his native Oklahoma with a beautiful woman he met in Paris, Neil finds himself drifting toward an old friend.

Meanwhile, the woman he brought back with him has unfinished business with her first husband. Directed by Terence Malick. With Ben

Affleck and Rachel McAdams. (MSAC & Dharma Film Series. Suggested donation \$3. For comfort, bring a cushion. For more info, call Neville at 224-1001.)

## Grand Canyon/Sedona Trip Info Session, Tue Mar 11, 12:45pm / Wed Mar 12, 6:30pm

Join Whit Dall and Tina Muncy to discuss a possible trip to Sedona and the Grand Canyon Oct 4-11. We envision a walking vacation exploring the slot canyons of Sedona and the rim of the Grand Canyon, walking from 3-5 miles a day. We hope to keep the trip to around \$1,700-\$2,000 not including airfare. Please join us to discuss the trip and see some slides of Sedona and The Grand Canyon.



## Montpelier Ukulele Players Concert & Sing-along w/ Children, Wed, March 12 at 10:30am

The Montpelier Ukulele players will have a concert & sing-a-long with the kids from Children’s House, playing and singing songs for the 3 and 4 year olds including Old McDonald, the Wheels on the Bus, If You’re Happy and You Know It, You are My Sunshine and others. All are welcome to attend and sing.



## “Peace & Pardon” St. Patrick’s Day Concert, Fri, March 14 at 1:00pm



Peace & Pardon, a small ensemble of women who have been singing together for almost 20 years, will entertain the MSAC audience with a St. Patrick’s Day concert.

Peace & Pardon entertain with a “parlor organ” accompaniment and “a cappella” trios and encourage the audience to sing-along. Plus, join us prior to the concert for a special St. Patrick’s Day meal (menu on page 3)!

## Clean Water for the Children of Peru, Tue, Mar 25, 12:45pm

Today, the main sources of water for Peruvians consist of contaminated rivers, canals, and wells. Almost all of the water that Peruvians drink today does NOT meet standards set forth by the World Health Organization. Although Peru is slowly making improvements to their filtration systems, many rural areas in Peru still lack access to a clean water source. Join Bill Pinchbeck for a presentation and to learn how you can help.





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

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



Recurs First & Third Tuesdays of Most Months



## Computer & Technology Assistance, 2 Thursdays, Mar. 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.

Recurs First & Third Thursdays of Most Months

## Reiki Clinic, Friday, Mar. 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.



Recurs First Friday of Most Months

## Montpelier Memory Café, Saturday, Mar. 8th, 10am

This Café features poet Geof Hewitt, 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.



Recurs Second Saturday of Most Months

## CVCOA: Friday, Mar. 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.



Recurs Third Friday of Most Months



## Foot Clinic, Monday, March 24th, 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.

Recurs Monday Every Six Weeks



## 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

# MSAC Finance 101 (Continued from Page 1)

**Q. What are “Supporting Towns,” why are they asked to give money to MSAC, and how much?** **A.** MSAC’s historic five supporting towns are: Berlin, Calais, E. Montpelier, Middlesex and Worcester, and we hope to add Plainfield as a sixth in FY15. Together, these towns make up nearly 20% of the total MSAC membership. In 2012 the Montpelier City Council enacted a policy stating that city departments serving non-residents need to make efforts to bring in proportionate revenue to support those services. In recent years, our total requests to these towns have gone from \$1000 to \$2050 to \$7800 (FY14). For FY15, we are requesting a total of \$18,300, (but conservatively budgeting for less) which if successful, will represent 10% of our public funding revenue (the rest coming from Montpelier). This figure is based on \$100 per member participating last year, though the actual per-member annual expenses will be closer to \$350.

**Q. Don’t our taxes cover the Senior Center budget?** **A.** Our City of Montpelier’s General Fund tax revenue (\$157K for FY14 and FY15) covers less than half of our operating budget and is being level-funded. We have a diverse revenue stream that also includes dues and fees, investment interest, contributions, grants, fundraisers and rental income, and our fundraising goals will be increasingly ambitious in the coming years.

**Q. Why have class fees and dues gone up in recent years, and will they go up again?** **A.** We subsidize most of our programs in order to keep them affordable for all seniors, and we offer financial aid. As programming increases to meet demand, we’ve needed to reduce the overall subsidization rate by increasing fees. Some large classes’ fees cover instructor expenses, and some are led by volunteers, but we look at the overall program expenses. We are considering modest fee increases in FY15 which will be announced in the next month or so, and we may implement a sliding scale in the future.

**Q. What are the Corry Fund and the Endowment Fund?** **A.** The Corry Fund was established decades ago by Vera Corry, a generous MSAC benefactor, and its interest currently generates about \$48K per year, which we can use to support program and facility expenses but not personnel. The Endowment Fund was established by former Recreation and Senior Center Director, Don Lorinovich, and many members and their families made contributions over the years. The fund has been used to support capital investments such as the renovation of the building and the kitchen. We are seeking to create a new fund for long-term capital needs that is outside of the City Finance system so that donors can make contributions with full confidence that they are only used for Senior Center purposes.

## Town Meeting and Your Tax Dollars

We will be requesting a total of \$175,775 in public funding from Montpelier (General Fund) and our Supporting Town Voters on March 4th. In Montpelier, our \$157,475 request breaks down to \$28 on the average property tax bill, a very low figure compared with other city departments and services. Stand up and let your fellow voters know why you value MSAC! Remember, 20% of our members are from supporting towns, but we’re asking for only 10% of our public funding to come from your towns in FY15!

<u>Town</u>	<u>FY15 Request</u>	<u>\$ per resident</u>	<u>% of MSAC Public Funding</u>
Montpelier	\$157,475	\$20.05	89.6%
East Montpelier	\$5,800	\$2.25	3.3%
Middlesex	\$3,400	\$1.96	1.9%
Berlin	\$2,900	\$1.00	1.6%
Calais	\$2,700	\$1.68	1.5%
Worcester	\$1,900	\$1.90	1.1%
Plainfield	\$1,600	\$1.29	0.9%

# Ongoing Activities

SPACE	SAT./SUN.	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
RESOURCE ROOM		9-4 Tax Clinic	5:00-6 Diabetes Prevention		9-1:45 Tax Clinic 3:00-4 Singing Class	
LARGE COMMUNITY ROOM		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*		9:00-11:30 am Bridge* 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>
ART AREA		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	
STUDIO	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
UPSTAIRS ACTIVITY ROOM		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	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 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
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# 12:30-1:30 Walks with Harris	10-11:30 am Exercise†

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

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

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

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

# New Spring Classes at MSAC

**Classical Music Appreciation Part II**, Erik Nielson, Fridays, 2:30pm-3:30pm,  
\$60 for MSAC members/\$80 for non-members

Realizing we've only scratched the surface of the wonderful worlds contained within classical music, this second series of classes will review some of the same concepts of forms, melody and harmony of the first series. However, we will also cover more composers and more music, particularly that of the 20<sup>th</sup> and 21<sup>st</sup> centuries, but also other composers and forms like opera that were barely touched in the first class. Once again, composer Erik Nielsen will lead the class with humor and passion. The class is open to those who have taken the first course and to those for whom taking the first course (also being offered) is not an option.

**Writing Seminar: Memoir – Stories of Our Lives**, Bob Fisher, Thursdays, 10am-11:30am ,  
\$25 Montpelier/\$35 other for series

Using stories from real life, we'll explore the use of creative non-fiction, examining structure, tense, voice of the narrator, theme, "dressing," dialogue, scene, tension, etc. Bob Fisher is currently enrolled in the Master of Fine Arts program in Creative Writing at Goddard College.

**Handbuilding in Clay Class**, Nicole Galipeau, Mondays, 1pm-2:30pm, \$55 Montpelier/\$65 other + small materials fee for clay (class fee includes instructor firing your work off-site)

In this introduction to the art of hand-building in clay, we will begin by using small slabs to make similar sculptures as a class. For those new to working in clay, this will enable us to get to know the clay body and various techniques. After this group project, we will make small sculptures or vessels in accordance with individual interest. Work will be finished and fired at Montpelier Mud. A small fee for materials and firing will be extra. Nicole Galipeau is a local artist with a strong love for figurative art in clay. She has deep interest in the human psyche and finds working with a group in a studio setting to be most therapeutic and gratifying.

**Fit for Health at The Confluence**, Thursdays at 2pm-3pm , Starts April 10, runs 8 weeks,  
\$60 Montpelier/\$70 other for series, Off-site: The Confluence Community Fitness Center  
654 Granger Rd. in Berlin

This class is designed specifically for seniors to increase strength, balance, and mobility. Using functional, full body movements and resistance training, Fit for Health develops "everyday" fitness for everyday life. The Confluence's mission is to strengthen the health and well-being of our communities by creating a culture of fitness with innovative and affordable pay for all.

**Gentle Yoga: Additional Session Added!**, Lori Flower, Fridays, 1-2:15pm ,  
\$20 Montpelier/\$30 other for series

**Gentle Yoga**, Sheryl Rapée Adams, Saturdays, 10-11:00am , \$20 Montpelier/\$30 other for series  
Gentle Active Yoga to promote mindfulness, balance, flexibility, and strength. Sheryl Rapée Adams has decades of experience leading yoga classes for people of diverse ages and abilities at health clubs, yoga studios, and other settings. She is also a certified massage therapist and bodyworker.

**Living with a Disability Support Group**, Andy Potok, Tuesdays, 11am-12pm, Starts May 6,  
No charge, open to all seniors

This is an informal group to share experiences, thoughts and fears about aging, including expected and unexpected disabilities, relationship to friends, old and new, community, relationships with children , grandchildren etc. I think that it is difficult, if not impossible, to prepare for some of the limitations imposed by aging or disability. For instance, closing our eyes to try to know what it is like to be blind does nothing to prepare waking up blind every morning, but once any of these limitations are upon us, we find ways to not only accept them but to work them into productive lives. This group will be a forum for sharing, for supportive and meaningful dialogue, rather than teaching. Andy Potok was a painter earlier in his life and, because of blindness, began to write. He has published four books, two of them about disability.

## **WORKSHOPS**

**How to Move Smarter, Not Harder**, Robin Cornell, Saturday, April 19 from 1-3pm, \$10 for session  
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 who has been offering spirit-centered bodymind techniques in private practice and workshops for over 35 years.

**Introduction to Laughter Yoga**, Robin Cornell, Saturday, May 16 from 11:45am-12:45pm, \$5 for session

“I have not seen anyone ‘dying of laughter,’ but I know millions who are dying because they are not laughing.” – Dr. Mandan Kataria, founder and creator of Laughter Yoga

What if laughter IS the best medicine? Laughter Yoga is specifically designed to: boost your immune system, improve social connections, increase cardio and oxygen intake, increase circulation throughout your body, increase emotional intelligence, decrease the negative effects of stress, and release emotional and energy blocks. How does it get any better or more fun than this? No yoga experience or sense of humor required. Robin Cornell is a master bodywork therapist, holistic health practitioner, ordained minister and educator with over 30 years of education, trainings, and clinical experience.

**Boomer Bike Ride Series**, Nancy Schulz and Anne Ferguson, May 6, May 13, May 20, May 27, 1-3pm, \$30 Montpelier/\$40 other for series

Has it been years since you've been on a bicycle? Would you like to ride again with comfort and confidence? Would you like to enjoy the company of a supportive group? Would you like to know how to safely and legally share VT's roads? If you answered "yes" to one or more of these questions, then the "Boomer Bike Ride Series" is for you. Each class will feature classroom presentations on relevant topics followed by a guided, easy bicycle ride. 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.

**Cooking around the World**, Loren Miller, April 9, April 23, May 7, May 21, June 4, 5pm-8pm, Sign up for one or all, \$15 per session, includes dinner

Join Loren Miller to explore the world through food. This delectable class will showcase a different world cuisine each session. In this hands-on class, you might learn to make the exotic curries of India, recreate the vibrant flavors of the Middle East, or make a comforting Italian pasta dish. After your hard work, sit down to enjoy the fruits of your labor.

**The Creativity Exchange**, Jackie Smith, April 9, April 16, April 23, April 30 from 6-8pm, \$30 Montpelier/\$40 other for series

Do you want to be more creative? In this free-wheeling class, participants will discover creativity that already exists within them and unleash more of it in their daily lives. This is not an art class; we will focus on process and learning from each other. Photographer and Creative Catalyst Jackie Smith will facilitate discussions and playful activities inspired by her own journey to reclaim creativity. You may have seen Jackie's whimsical carrot photographs on the walls of the MSAC Community Room this fall. You may have also noticed her favorite question on the big orange wall: “What can we create together?”

**Fitness Hooping**, Carol Becker, P.T., Saturday, May 31, 11am-12pm, Saturday, June 14, 11am-12pm, \$10 per session

Hooping helps recruit all of the abdominal and back muscles. It gives great feedback with regards to posture and centering, and helps one improve balance and agility. It also facilitates improved coordination of movement. A physical therapist by day and a hooper by night, Carol Becker teaches

## Here's how to Register for Spring Classes!

1. **All members may fill out and submit forms starting March 3**, 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 March 31st** 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 March 31st 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 Spring 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 web-site.

### ARTS AND HUMANITIES AND OTHER ON-SITE CLASSES

*Classical Music Appreciation Part II*,  
Fri. 2:30-3:30pm

*Drawing*, Weds. 4-5:30pm

*Everything you Always Wanted to Know about Classical Music but were Afraid to Ask*, Fri. 3:45-4:45pm

*Handbuilding in Clay*, Mon. 1-2:30pm

*As Time Goes By: Hollywood Classics of the 1940s Film Series at MSAC*, Tues. 6:30-9pm

*Passport to World Cinema at The Savoy*,  
Thurs. 10am-12:30pm

*French I*, Thurs. 12:45-2pm

*French II*, Mon. 12:45-2pm

*Italian II*, Tues. 1:15-2:30pm

*Memoir: Stories of Our Lives*, Thurs,  
10-11:30am

*Painting: As You Want It*, Mon., 10am-12pm

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

*Singing*, Thurs. 3-4pm

*Spanish: Past Tense Part II*, Wed. 8:30-9:45am

*Write a Poem*, Tues. 10am-12pm

*Working with Pastels*, Mon. 3:30-5:30pm

*Writing*, Wed. 1:30-3:30pm

### MOVEMENT CLASSES

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

*Exploring Balance 101*, Wed. 11:45am-1:15pm

*Fit for Health at The Confluence*,  
Thurs. 2-3pm, off-site

*Living Strong*, Mon/Thurs. 5-6pm

*Living Strong*, Mon/Thurs. 6:10-7:10pm

*Living Strong*, Tues/Thurs. 8:30-9:40am

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

*Living Strong (non-beginners)*, Mon/Fri. 10:15  
-11:15am

*Tai Chi for Arthritis*, Tues. 4:45-5:45pm

*Tai Chi Long Form*, Wed. 1:30-3pm, six weeks  
TBA

*Yoga for Balance*, Thurs. 9-10:30am

*Yoga, Chair Only*, Tues. 11am-12pm

*Yoga, Gentle*, Mon. 1-2:15pm

contact: Lisbeth Dodd, (802) 229-9630. Thank you to Hilari Farrington, for her beautiful performance at the well attended Café on February 8th.

## **DATES to SAVE!**

**Save the Date and Buy a Ticket Soon! On Saturday evening, April 12<sup>th</sup>, we will host a Montpelier Firebox Auction & Dinner** at MSAC! This fun, MSAC fundraiser event will feature retired and current Montpelier Fire-fighters (including Bob Snetsinger and Chief Robert Gowans) sharing stories and images about the history of the fireboxes and the MFD, a delicious Firehouse-themed meal prepared by Chef Justin of Good Taste and the chance to bid on each of two historic fireboxes and purchase posters/postcards with images of dozens of fireboxes. The fireboxes were decommissioned and taken down in Fall 2013 and have been donated to area non-profits for fundraising events like ours. Tell your friends about this exciting local history event and the chance to enjoy a wonderful evening and dinner!

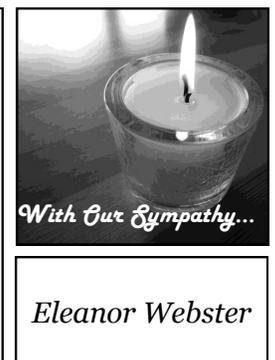
**Save the Date! Saturday, May 17<sup>th</sup>** will be the Annual **MSAC Rummage Sale**, another fun fundraiser event! Contributions may be dropped off the week of May 12<sup>th</sup>. More details to come soon, but please start saving up the items you're ready to pass on as you do spring cleaning, and sign up at the office if you'd like to volunteer to help!

**Save the Date and Sign Up! The Montpelier Fashion Show** is very pleased to announce the 10th Annual show, the **Vintage Edition** will be held at MSAC on **Saturday June 7<sup>th</sup>**. The show will feature fashions from the 1920's (or earlier?!) through today's fashions along with the creative and artistic designs of local designers. There will be two shows this year, one of which will be a benefit for MSAC and Just Basics Inc., who coordinate "Feast", the program that serves and home delivers meals to seniors and those with disabilities in Montpelier and Berlin. This show will lots of fun, but it's going to take lots of volunteers as well, so please sign up. There are many ways that you can help! See you on the runway! ~Anne-Marie Keppel, Event Coordinator

On February 18, MSAC and FEAST hosted **Love Fest**, a slightly belated (we love the snow too, right?) celebration of Valentines Day. Volunteers Skye Forest and Michael Bender did a beautiful job decorating the Community Room, and Chef Justin and his team at FEAST prepared a delicious meal. Local businesses provided great door prizes. This great event made it onto WPTZ and the pages of the Times-Argus! Thanks to all!

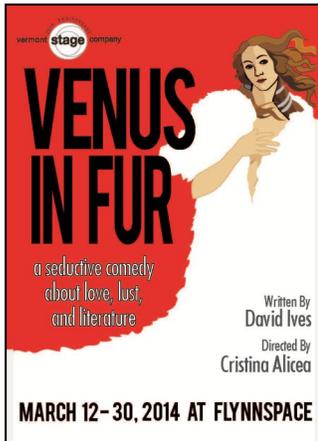
## Member Acknowledgments

	Monica Archibald Marilyn Blackwell Elizabeth Blouin Sylvia Currier Judy Eklund Dorothea Hedges Susan Kowalski Juri Prince	Lorraine Rich Alice Silverman Samuel Silverman James Turner Susan Turner Gerard Guertin, Jr. Page Guertin
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Eleanor Webster

# MSAC Van Trips

Reserve your spot on the van now!



**Sun, Mar. 23rd: Venus in Fur.**  
12:30-6 pm

Join MSAC Instructor and local Theater Director Joanne Greenberg for a van trip to see VT Stage's production of Venus in Fur. The play opens with, Vanda, an unusual actress who arrives late to audition for the lead in playwright Thomas' adaptation of the 1870 German erotica novel, "Venus in Furs." During the reading, realities begin to shift and Thomas finds himself heading into dangerous territory. Does art imitate life? Or is it the other way around?

Written by comic mastermind David Ives, this sizzling new play will keep you guessing until the very end. \$40 per person includes

ticket, trip and cast talk-back after the show! Min. 8 people need to commit by March 6th to make this trip a go, so call MSAC now to reserve a spot! Note: on MSAC van meal stops, every effort will be made to locate affordable options.

**Interested in discussing trips for the coming year?** Come join a group of members to talk about where you would like to go on **Thursday, March 6th at 10 am** in the Activity Room at the Senior Center. We will meet for about an hour to generate ideas and see what more information we need to plan a trip on your list.

## Upcoming Barre Area Senior Center Trips

*Open to the public. 479-9512 or  
director@barreseniors.org for more info or to register.*

March 25, Saratoga Casino and Raceway, \$55 incl lunch  
and play (Reserve by 3/20)

May (date TBD): Foster's Clambake, York, Maine

June (date TBD): Mystic Seaport, Mystic, Connecticut

## Rent MSAC Van or Facility

Did you know that our wheelchair  
-accessible 12-passenger van is  
available for rent to insured  
groups. Did you know that you  
can rent our beautiful facility for  
your community event?

*Inquire in the office for  
more details.*

## Upcoming Art Exhibition at MSAC

**"Monday Paintings" by Lorilla Banbury • March 13-April 24**



I have always wanted to learn to paint. And 5 years ago I timidly walked into MSAC and joined Sylvia Walker's Monday Morning Painting Class. I have been painting ever since. This show reflects the joy that learning to paint has brought to my life. I hope you enjoy them too.

## New Spring Classes (Continued from Page 11)

hooping and uses it as a low impact, full body workout.

**North Branch Nature Series**, April 10, April 17, April 24 from 3-4pm, At North Branch Nature Center (713 Elm Street), \$30 Montpelier/\$40 other for series

Join the knowledgeable staff at the North Branch Nature Center to learn about spring in Vermont. This three class series will consist of two presentations, "Amphibians on the Move" and "Vermont's Bumblebees," followed by an "Introduction to Bird Identification" gentle walk. For more than a decade North Branch Nature Center has put people in touch with the sights, sounds and sensations of the wild within our capital.

## Full Spring 2014 Class List (Continued from Page 12)

**Yoga, Gentle**, Tues. 9-10:30am

**Yoga, Gentle**: Wed. 9-10:30am

**Yoga, Gentle**: Fri. 1-2:15pm

**Yoga, Gentle**, Sat. 10-11am

**Yoga, Hatha**, Wed. 5-6:30pm

**Yoga, Hatha**, Fri. 10-11:30am

**Yoga, Integral Hatha**, Sun. 5-6:30pm

**Yoga, Vinyassa/Restorative**, Mon. 3:30-5pm

**Yoga, Vinyassa/Restorative**, Thurs 5-6:30pm

### WORKSHOPS

**Boomer Bike Ride Series**, Tues. May 6, May 13, May 20, May 27 from 1-3pm

**Cooking Around the World**, Weds. April 9, 23; May 7, 21; June 4 from 5pm-8pm

**Fitness Hooping**, Sat. May 31, Sat. June 14, 11am-12pm

**How to Move Smarter, Not Harder**, Sat. April 19, 1-3pm

**Introduction to Laughter Yoga**, Sat. May 17, 11:45am-12:45pm

**North Branch Nature Series**, April 10, April 17, April 24 from 3-4pm

**The Creativity Exchange**, Wednesdays, April 9, 16, 23, 30 from 6-8pm

**Topics in Computers**, Dates TBA

### GROUPS (NO CLASS FEES)

**Living with a Disability Support Group**,

Tues. 11am-12pm; **Ukulele**, Thurs. 6-8pm;

**Living Strong Group**, Mon/Fri. 2:30-3:30pm

### GAMES

**Bridge**, Mon 1-3pm (call Elaine 223-2138),

Thurs. 12:30-3pm (email Marsha at [mrsh-mrt@aol.com](mailto:mrsh-mrt@aol.com)) – need even # to play; **Crib-**

**bage**, Mon. 2-4pm; **Mahjong**, Mon. 12:30-3pm, Fri. 10am-3pm, instruction on request;

**Scrabble**, 1:30-3pm; **Bananagrams**, Mon. 12:30-3pm, Fri. 10am-3pm

### OFF-SITE ACTIVITIES

**Bowling**, Tue 9-11, Twin City Lanes; **Gym**

**Monthly Pass**, F-in-F Montpelier, M-F daily 10-11:30; **Swimming**, F-in-F Berlin, Sun. 2-3

pm, Tues. & Thurs. 10-11am (laps); **Tennis**, F-in-F, Berlin, 8 Fridays, 2-3pm, April 11-May 30;

**Walks with Harris**, Thur 12:30-1:30; **Water Aerobics Class**, F-in-F Berlin, Tues. 10-11am;

**Fit for Health at The Confluence**, see details in movement classes section

**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). You can now also sign up for our e-Letters by using the simple form on our website!

**“Save the date” for Montpelier  
Firebox Auction & Dinner at  
MSAC on April 12th**

**Class Registration for the  
Spring Quarter Runs from  
March 3rd-31st.**

**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 Meeting: Weds, March 19 starting at 1:30 in Council Chamber at City Hall, 39 Main St.
Tina Muncy	Jane Osgatharp	Peter Harris	
Sue Stukey	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, 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**

Anne-Marie Keppel, Just Basics, Feast Coordinator

Justin Turcotte, Chef for Feast

MSAC: a service of  
your Capital City

