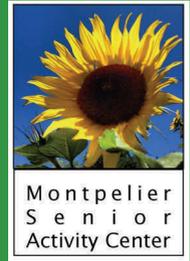


Active Times

NEWSLETTER OF THE MONTPELIER SENIOR ACTIVITY CENTER



November 2014

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

Creating a More Accessible MSAC

We strive to create a center where everyone feels welcome and can enjoy our classes, activities, lectures, and

facility. We have made great strides to welcome everyone regardless of economic circumstances by providing financial aid for classes and trips



and by having many free events. We have a wonderful ADA-compliant building. But we have not done as much to ensure that those with visual or hearing impairments can fully enjoy our programs. With assistance from the State of Vermont Assistive Technology (AT) Program, we aim to make MSAC truly accessible for all seniors.

Assistive Technology is defined as “any item, piece of equipment, or product system ... that is used to increase, maintain, or improve functional capabilities of individuals with disabilities.” Some examples include computer software for those with visual impairments, special telephones with amplification and captioning for those who are hard of hearing, and other aids

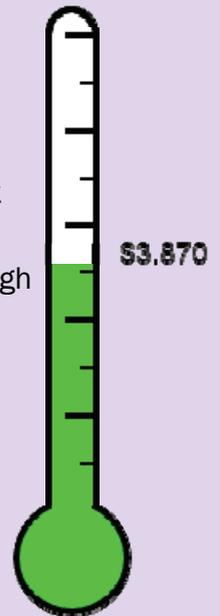
Appeal Update

Thank you to the 66 donors who have given \$3,870 as of 10/21.

Goal: \$7,500

Thank you also to Walmart for their recent \$1,000 gift and for all who supported us through the Montpelier Home Tour!

We are so grateful for your support of our vibrant community center. Please keep up the momentum as we aim toward our \$7,500 goal. Donations of any size are much appreciated.



that ensure that everyone can enjoy life fully. Assistive technology can be simple and low-tech, like a magnifying glass, or as high-tech as a computerized communication system.

After we hosted an eye-opening presentation by the Vermont AT Program in September, we realized that there's a lot more we can be doing to help people fully enjoy all MSAC has to offer. At public lectures and presentations, how can we make sure

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ANNOUNCEMENTS

MSAC Advisory Board

Agendas and Minutes
posted on website

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

Three Years

Whit Dall
Liz Dodd
Susan Torchia

Two Years

Fran Krushenick
Tina Muncy, Chair
Sue Stukey, Secretary

One Year

Sylvia Kingsbury, Vice Chair
Jane Osgatharp
Janet Ressler

Next meeting:

November 13 at 1:30 pm
MSAC Resource Room
November 19 at 6:30 pm
is MSAC presentation at
City Council

Holiday Bazaar: November 15

The Holiday Bazaar will be held on Saturday, November 15 from 9am-4pm and will feature holiday arts, crafts, and artisanal goods, as well as free entertainment and a great raffle.

The family-friendly entertainment kicks off at 10am with a performance of "The Snowmaiden" by No Strings Marionette Company. Nineteen exquisitely handcrafted marionettes are featured in one of Russia's most beloved folk tales. A puppet craft activity for children will follow. Throughout the day, holiday films will be shown. Invite your friends and family!



Volunteers and Donations Needed

We are seeking donations of gift-quality items. Do you have homemade, new, or "like-new" quality crafts, jewelry, gifts, or holiday items that you would be willing to donate? If so, please contact Sally DeCicco at 578-5299 or bring them into the office starting 11/10. If you are able to bake items for our baked goods table?, please contact Brenda Snetsinger at 223-3275. Or, if you can volunteer to set up or help on the day of the Bazaar, please let us know in the office.

Supporting Town Help Needed!

We are very grateful for the support we receive from voters in the towns of East Montpelier, Calais, Middlesex, Worcester, and Berlin. If you live in one of these towns, or in Northfield, Moretown, or Plainfield, and can help us with the ballot petition process or outreach in your town, please let us know. Or, if you are registered voter in one of these towns (no petition for E. Montpelier or Calais), please stop by MSAC at 58 Barre Street in Montpelier to sign our petitions. Thank you!

Yoga Blankets Missing

Have you seen five heavy wool blankets missing from the MSAC Studio? If you know the whereabouts, please let us know!

Win Prizes for Riding the Bus!

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

A More Accessible MSAC

(Continued from page 1)

that everyone can hear the presenter? In a writing class, what tools might enable everyone to participate and hear the beautiful words of fellow students? In our computer lab, can people see the text on their emails, or is it too small? On our public phone in the lobby, can people hear the voice of their loved ones?

In the coming months, we hope to learn more and invest in technologies and equipment that will allow all this and more. In early November, we will be trialing a system that sends sound from a wireless microphone directly to a hearing aid.

If you have any knowledge or past experience with these devices that you can share with us, please do so. If there's something you'd love to do at MSAC but some barrier is preventing you from doing so, please let us know and we can explore tools that might help.

Beyond MSAC, there are tools and technologies available that can help in your everyday life, and the Vermont Assistive Technology Program can help you learn about them. If you have difficulty performing an everyday task, call the Vermont AT Program at 800-750-6355 to learn about available solutions.

Groups Seeking Leaders

The Living Strong group, a free, drop-in, volunteer-led group that meets on Monday and Friday afternoons, is seeking a new group leader. The group loves to sing while exercising.

We are also seeking a volunteer instructor for a new class we hope to add called "Bone Builders" aimed at preventing and reversing osteoporosis.

If you are interested in leading either group, please let us know in the office.

Swimming at First in Fitness: Expanded Hours

Don't forget about our new expanded swimming hours at First in Fitness! Now you can swim four times a week! Fall swim hours are Monday/Friday evening from 5-6 and Tuesday/Thursday morning from 10-11. Swimming is now open to seniors from other area senior centers, so be sure to invite your friends! Swimming is \$25 per quarter for Montpelier members and \$70 for members from other towns or seniors from other centers. Join any time during the quarter!

Fall Class Update

398 of you are registered for 675 classes this fall. A few classes still have room. Consider joining our Technology Class at Main Street Middle School (every other Thursday, 11:30am-12:30pm, \$10 members/\$20 general public), or the Making Chocolate Bark workshop (Thursday 11/20, 2-5pm, \$20 members).

Sloppy Weather

As sloppy and colder weather arrives, please consider bringing indoor shoes to wear at MSAC, use our boot racks, and help us keep our pathways clear and safe.

Save the Date

We look forward to thanking you for all your hard work at our annual volunteer recognition luncheon on **Thursday, December 11**. The luncheon is generously sponsored by UnitedHealthCare, AARP, and Hunger Mountain Coop.

We plan to host a "Love Your Senior Center" benefit dinner on **February 13, 2015**. Please mark the date in your calendars and contact Dan if you can volunteer.

Osher: The Red Scare Comes to Bethel 1950

Wednesday, Nov. 5, 1:30 pm-3 pm

Rick Winston, MSAC instructor, noted film scholar, and community historian, will talk about an incident that epitomizes the McCarthy period as it affected Vermonters. \$5 suggested donation.

School Board Q&A

Friday, Nov. 7, 1 pm-2 pm

Have questions about next year's school budget? Concerned about your taxes? Charlie Phillips, a Montpelier School Board Member, will be at MSAC for lunch and will stay after in the Resource Room to listen to your concerns and entertain any questions. Stop by to let him know what you think.

Eldersong Concert & Panel: Benefit for MSAC

Saturday, Nov. 8, 2 pm-3 pm

Erik Nielsen presents his project of setting five poems of five different living Vermont poets to music. The piece "Until Time Itself," written for soprano, clarinet, and piano, will be performed. A panel discussion will follow on the passage of time and how artists respond to the process of aging.

The musicians are Lindsey Warren, soprano; Wesley Christiansen, clarinet; and Mary Jane Austin, piano. The five poets are David Budbill, Jean L. Connor, Ronald Ferry, Sherry Olson (MSAC poetry instructor) and Jackie Smith. Some of the poets will be at each concert and will speak afterward.

The event is a joint benefit for MSAC and COVE. All are welcome. \$10 suggested donation.

Taking Charge of Your Federal Tax Return

Tuesday, December 2, 1 pm-3 pm

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

Ongoing Groups:

Knitting Group

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

Knitting group meets to knit items for those in need. Come for either weekly session, or both.

Piano Workshop

Thursdays, 4 pm—5:30 pm

An opportunity for pianists to perform in a fun supportive environment. Singers & listeners welcome.

Growing Older Group

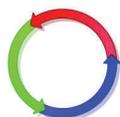
Fridays, 10:30 am—11:30 am

Andy Potok leads a drop-in group that discusses growing older and living with disabilities.

Reminisce Group

Friday, Nov. 14, 12:45 pm—2:15 pm

The Reminisce group is a free drop-in group for those who want an opportunity to reminisce about their memories of years gone by. A discussion prompt will lead off each meeting. Recurs 2nd and 4th Fridays.



Memory Café

Saturday, November 8, 10-11:30 am

The Montpelier Memory Cafe on 10/11 was a very interesting, fun, and informative time with Theo Exploration, as he shared his expertise in yoga.

Our next Cafe is November 8th, from 10 am to 11:30 am, led by our Café volunteers. People with memory loss and their care partners are invited to enjoy a "Cornucopia" of activities. There will be refreshments, music, movement, humor, and some interactive games and socializing. Start the holiday season at the free Memory Cafe, open to all.

All are welcome to join the Steering Committee meeting at 6:00 PM on Monday, November 3rd at MSAC.

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.

Massage Clinic

Wednesday, Nov. 12, 10 am-4 pm

Rekurs third Wednesday of most months

Erika Peterson offers Integrative massage, which includes a variety of techniques to individualize each session for the client's needs. 15 min. chair massages by donation; 50 min. table massages on sliding scale starting at \$25. 249-4115 for an appointment.

Technology Assistance

Friday, Nov. 14, 11:45 am—12:45 pm

Rekurs bi-weekly—confirm with office

A student from Main Street Middle School will be available in the computer lab to provide technology assistance. Call MSAC office to confirm times.

Foot Clinic

Monday, November 17, 1 pm—4 pm

Rekurs often; check future newsletters

Nurses from Central VT Home Health & Hospice clip toe nails, clean nail beds, file nails & lotion feet. \$15 for 15-minute appointment. Call 223-2518 to make appointment and find out what to bring. Arrive 15 minutes early. Cash or check to CVHHH.

Home Share Now

Friday, Nov.21, 10:30 am-12 pm

Linda Macris, new Program and Outreach Assistant with Home Share Now, will be at an information table to discuss the program and answer questions. Call Home Share at 479-8549 for info.

CVCOA Chats

Friday, November 21, 9 am-12 pm

Rekurs third Friday of most months

Do you have questions about health insurance or other senior services? Sarah Willhoit, Information and Assistance Specialist with Central Vermont Council on Aging, is available to chat by appointment. Call Sarah at 479-4400 to set up a time.

Wills and Advance

Directives Assistance

By appointment

Have you created an Advance Directive, specifying what to do in case you can't make your wishes known at the end of life? MSAC member Mary Alice Bisbee of the Funeral Consumers Alliance of VT can assist for free. Call 223-8140 for an appointment.

ONGOING ACTIVITIES CALENDAR: NOVEMBER 2014

SPACE	SAT./SUN.	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
RESOURCE ROOM		6:00-8:00 pm Memory Café Steering Committee (11/3) 1:00-4:00 pm Foot Care (11/17)		10am-4pm Massage Clinic (11/12)	10:00-11:00 Knitting Group 3:00-4:00 Singing 6:00-7:30 Knitting Group	9:00-noon CVCOA (11/21) 10:30-11:30 Growing Older Group w/ Andy Potok
COMMUNITY ROOM	Sat. 10-11:30 Memory Café (11/8)	12:30-3:00 Mah Jongg* 1:00-3:00 Bridge* 2:00-4:00 Cribbage *	10:30-noon Band & Dancing Noon-1:00 pm Feast Meals 1:00-3:00 Scrabble* 6:00-8:00 Beg. Uke		9:00-11:30 am Bridge* 12:45-3:00 pm Bridge* 4:00-5:30 Piano Workshop* 6:00-8:00 Ukulele Group*	12-1 pm FEAST Meals 12:45-2:15 pm Reminisce Group (11/14)
ART AREA		10:00-noon Painting 1:00-2:30 pm Clay		9:30-11:30 Rug Hooking 4:00-5:30 Intro Drawing 5:30-7 Advanced Drawing		10:00 am-3:00 pm Mah Jongg*
STUDIO	Sun 5-6:30 Integral Hatha Yoga	10:30-11:15 Dance to Fitness 1:00-2:15 Gentle Yoga 3:30-4:30 Gentle Active Yoga	9:00-10:30: Gentle Yoga 11:00-noon Chair Yoga 4:45-5:45 Tai Chi for Arthritis	9:00-10:30 Yoga Gentle 11:45-1:15 BodyBreathBalance in Motion 1:30-3:00 Tai Chi Long Form 5:00-6:30: Kripalu Yoga	9:00-10:30 Yoga for Balance 11:00-11:45 Dance to Fitness 1:00-2:00 Chair Yoga 5:00-6:30 Integral Hatha Yoga 6:45-8:00 International Folk Dance	10:00-11:30 Hatha Yoga 1:00-2:15 Gentle Yoga
ACTIVITY ROOM		9:00-10:00 Living Strong 10:15-11:15 Living Strong 12:45-2:00 French 2:30-3:30 Living Strong Group* 5:00-6:00 Living Strong	8:30-9:40 Living Strong 10:00-12:00 Poetry 1:15-2:30 Italian II 2:45-4:45 Poetry 6:30-9:00 Films: Screwball Comedy	9:00-10:15 Situational Spanish 1:30-3:00 Osher (11/5) 1:30-3:30 Writing 5:00-6:00 How To Retire (11/12, 11/19)	8:30-9:40 Living Strong 5:00-6:00 Living Strong	9:00-10:00 Living Strong 10:15-11:15 Living Strong 2:00-3:00 Living strong Group* 3:45-4:45 Opera Appreciation
OFFSITE		9:00-12:00 Exercise † 5:00-6:00 Swimming #	9:00-11:00 Bowling ° 10:00-11:00 Swimming # 10:00-11:00 Water Aerobics # 9:00-12:00 Exercise † 12:30-1:30 Walks with Harris*	9:00-12:00 Exercise †	9:00-12:00 Exercise † 10:00-11:00 Swimming # 10:00-12:30 Film Series at Savoy 11:30-12:30 Computer Class at MSMS (11/6, 11/20)	9:00-12:00 Exercise † 1:00-2:00 Tennis 5:00-6:00 Swimming #

†Exercise refers to monthly membership for use of gym at First in Fitness in Montpelier. A monthly use can start any day and includes weekly classes at FiF.
 #Swimming & Water Aerobics are activities at First in Fitness in Berlin that run for 13 weeks.
 °Bowling is a 13 week activity held at Twin City Lanes in Berlin.
 *Bridge, Cribbage, Mah Jongg, Scrabble, Ukulele, Piano Time, Living Strong, Walks with Harris, and Reminisce group do not require registration. Donations appreciated. Walks with Harris meets at MSAC at 12:30.

Profile of Brandy Kolling, new MSAC Yoga Instructor

What is your relationship to the Montpelier Senior Activity Center? Why are you involved with MSAC?

I am thrilled to be part of the MSAC community. My short experience of teaching yoga here has already exceeded my expectations. I love to share my enthusiasm for movement and yoga with others. I love teaching at the MSAC community because I find that this community is readily willing to try something new and I learn so much from everyone at MSAC.

Where are you from and where do you live now?

I grew up in southern NH but spent my summers visiting family in Vermont. I met my husband during college at the University of New Hampshire. We both wanted to raise a family in Vermont, as we feel it's one of the last places in the country where children can run around outside and not live an "over-scheduled" life. Currently, we live in Barre Town with our two boys and dog.

Tell us about your work.

I am a trained Kripalu Yoga teacher and was a trained ballet dancer for over 18 years. I bring my knowledge from both disciplines to my yoga classes. I started yoga because, at the age of 13, I was diagnosed with moderate/severe scoliosis. The only options that doctors gave me were bracing and/or surgery where they would replace my spine with a metal rod. While I was braced for all my teenage years, I did not want to undergo such an intense surgery. Then I found yoga. Yoga has relieved my body of back pain and prevented my scoliosis from getting worse. The more I practiced yoga, the more I began to realize all that yoga has to offer. It's not just about stretching and strengthening, it's a way of living.

Tell us about your family.

I have a young and very active family. My husband and I are constantly busy raising our two boys, ages 2 and 9 months. We love spending time outdoors and cooking together. Life is always throwing us new adventures and there is never a boring moment in our house!

Tell us about your activities and interests.

Besides yoga and dance, I love to cook. I am always experimenting in the kitchen. Currently, my family and I are eating wheat-free and dairy-free. I am always looking for and trying new recipes to accommodate those diet choices. I love buying food local and meeting local hard-working farmers. It is a passion of mine to know where our food came from. It is so much fun to watch our two year old get to know farmers and make the connection that his dinner came from "Farmer Jon's farm." I also love to spend time at my mom's camp in NH, swimming, hiking, kayaking and paddle-boarding.



Member Acknowledgments

Welcome New Members:

Elizabeth Barndt
Ron Cameron
Pamela Cameron
Rick Haynes
Janet Hewitt
Marilyn Kerin
Laurie LeBlanc
Marilyn Mode
Carolyn Peduzzi
Kathleen Scheele
Ellen Sholk

Diane Swan
Jane Wass
Constance Weems
Carole Welch
Carolyn Wells
Katherine Whitely
Elizabeth Winn
Susan Winslow

With Our Sympathy:

Beverly Keck
Vincent (Gene) Tyrell

Washington County Youth Service Bureau Community Thanksgiving Dinner

The Washington County Youth Service Bureau/Boys and Girls Club will be hosting the 42nd annual free Community Thanksgiving Dinner on Thursday, November 27 from 11:30am to 2:00pm at Bethany Church in Montpelier. All are invited. For those unable to attend, delivery service is available — call 229-9151. If you would like to volunteer at the dinner or contribute in any way, call 229-9151.

CVCOA Powerful Tools for Caregivers Course

The Central Vermont Council on Aging is presenting a six-week course entitled "Powerful Tools for Caregivers" at Twin Valley Senior Center. The class will be Tuesdays, Oct. 28-Dec.2, from 3-4:30 pm. Learn how to balance caring for yourself while caring for others. In this six-week course, you will learn ways to help reduce stress, reduce guilt and depression, communicate your needs, and care for yourself. \$30 suggested donation for *The Caregiver Helpbook*. Call Barb Asen at 476-2681 to register.

CVCOA Seeks Volunteers

Here's your chance to help those neighbors who have worked to build and serve the community you call home: become a CVCOA volunteer. As a friendly visitor, you can provide companionship, read aloud, offer rides to appointments, or help with household tasks. There are many ways to help, and flexible scheduling. For more information, contact CVCOA at 476-0151 or volunteer@cvcoa.org.

Onion River Exchange Abundance Dinner and Silent Auction Fundraiser

On Saturday, November 22 from 5:30-8pm at MSAC, Onion River Exchange will host The Abundance Dinner, an evening to showcase the abundance of our community. The evening includes music by Michael Arnowitt, hors d'oeuvre, dinner by Chef Mary Roehm, divine desserts, and the conclusion of a month-long silent auction. Dinner reservations suggested to Info@orexchange.org or 552-3040. The Silent Auction bid sheets will be posted in the MSAC Lobby from 11/7 through 11/22. All funds raised will be used to support the Onion River Exchange time bank where members share their skills and talents using time instead of money, and everyone's time is equal.

November Art Exhibition at MSAC: "Out and About"



MSAC member Joyce Kahn's exhibition "Out and About," showcasing paintings from Joyce's beloved VT "backyard" and on Monhegan Island, Maine, will be on display at MSAC throughout November.

TRIPS

Trip Update

We are happy to announce that we are set to resume use of our van and can't wait to hit the road for some fun upcoming trips!

We're also excited to announce that all trips are now run in partnership with the Barre Area Senior Center. Look forward to more options and friendly new faces!

Thank you to our leaders and participants for a great trip to Sedona and the Grand Canyon! Stay tuned for an upcoming slideshow with photos from the trip.

Trips depart from Dept. of Labor parking lot unless noted. Drivers wait 10 minutes after trip start time at DOL and then leave, so please arrive early!

For non-members: if trip is under \$15, there is a \$5 surcharge for non-members. If trip is over \$15, there is a \$10 surcharge charge for non-members from Montpelier and a \$25 surcharge for non-members from other towns. *There is no longer any surcharge for members of the Barre Area Senior Center.*

A Day in Hanover, NH - Orozco Murals and Hood Museum

Thursday, November 6, 9:00 am—3:30 pm

We will begin the day with a tour of the Orozco Murals. Then you are free to sit on the green with a picnic lunch if the weather is not too cold or visit one of several restaurants in downtown Hanover. The afternoon is on your own to visit the



Art and Civil Rights in the Sixties Exhibit at the Hood Museum, stop at the Dartmouth book store or even visit some of the interesting shops in town. \$12. Reserve by November 3. Make checks out to "MSAC." 223-2518.

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

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



Celebrate the holiday season with the Christmas Revels! through a festive mash up of music and traditions that spans seven centuries and be whisked away into the magic of Haddon Hall, an historic English manor house with a wealth of interest and intrigue.

Experience drama and processions, participate in festive dance and glorious carols, and take delight in music from the middle ages to the early twentieth century. Classic Revels traditions will include The Lord of the Dance, The Boar's Head, Abbots Bromley and Dona Nobis Pacem. Join our children's, teen and adult choruses, musicians, actors and dancers for a holiday extravaganza worthy of our 40th Anniversary!

Trip includes transportation to and from the event, a visit to King Arthur Flour Bakery (where lunch will be available for purchase — or feel free to bring a lunch) and tickets to the event.

Very limited seating! Please reserve early! \$58. Reserve by November 28. Make checks out to "Barre Area Senior Center." 223-2518.



FEAST Menu

Menus are subject to change. All meals include milk option and fresh fruit and incorporate seasonal produce.

Tuesday 11/4: Chicken parmesan with linguine, maple glazed rutabaga

Friday 11/7: Roast beef au jus, mashed hubbard squash, Yorkshire pudding, rissole potatoes

Tuesday 11/11: Closed for Veterans' Day

Friday, 11/14: Coq au vin (red-wine braised chicken), baby lima beans, egg noodles, green salad

Tuesday, 11/18: Roast pork loin, sautéed onions and cabbage, apple sauce

Friday, 11/21: Slow cooked beef brisket, mashed potatoes, poppy seed coleslaw

Tuesday, 11/25: Join us for a special Thanksgiving dinner with all the fixings — roast turkey, stuffing, green beans, cranberry sauce, pumpkin pie

Friday, 11/28: Closed for Thanksgiving

FEAST Together, Tuesdays and Fridays, 12-1pm

Seniors 60+: No charge with suggested donation of \$7

Guests and others under 60: \$9

FEAST To Go, Tuesdays and Fridays, 12pm-1pm

Open to everyone: \$9

All proceeds benefit the FEAST senior meal program.

Tuesdays, come at 10:30 to dance/play with the band and stay after lunch for special programs!

Make recommended reservations (at least a day in advance) or inquire about Feast at Home, by calling 262-6288 or emailing justbasicsinc@gmail.com.

Notes from the Kitchen

by Sous Chef Mary Roehm

Fall is really here, and we are grateful to all of our gleaners and local farms that are donating so much freshly grown food to us! As the season changes, so does our menu. Soups, stews, and roasts are all coming up on the menu. We are in high gear processing it all. We have ten volunteers all helping process squash donations, and we plan to strip corn cobs and freeze the kernels so that you can enjoy fresh corn all winter long.

We could never offer the quality of food that we do without the help of all our volunteers. Thank you to Justine, our carrot and onion preparation queen, and Donna, who, despite being a vegetarian, is a great help preparing chicken. Soon we will welcome a senior class from Montpelier High School to help process squash. They will take what they learn back to their own school kitchen to process the riches from their own school garden.

If you have spare time on Monday-Friday between 7am and 2pm and can lend a hand, contact us at 262-6288 to sign up as a volunteer.

Easy Roasted Butternut Squash Recipe

Add some seasonal color to your plate and reap the benefits! Nutritionally, most of the orange vegetables qualify as "super foods" because they are bursting with beneficial fiber and vitamins A and C.

- 16 ounces butternut squash, peeled and cubed
- 1/2-1 tablespoon vegetable oil
- 1 teaspoon real maple syrup
- 1 teaspoon ground cinnamon

1. Preheat the oven to 450 degrees F.
2. Peel and cube the butternut squash.
3. Toss the squash with oil, cinnamon and syrup.
4. Roast in a baking pan until soft and steamy - about 30-40 minutes.

Montpelier Senior Activity Center
58 Barre Street
Montpelier, VT 05602

RETURN SERVICE REQUESTED

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**We are closed on Veterans' Day (Tues. 11/11),
Thanksgiving Day (Thurs. 11/27), and the day
after Thanksgiving (Fri. 11/28).**

On days we are closed, all classes, activities, and meals are cancelled unless you are specifically notified by your instructor. Some classes may also be cancelled on 11/26.

Dear Newsletter Subscribers:

Save MSAC \$1 per month (and save paper!) by switching to our electronic newsletter. You'll get the newsletter in full color, earlier than the USPS edition. To switch, call 223-2518 or email lmarkus@montpelier-vt.org.

**Submissions for December
Newsletter due November 14!**

Montpelier Senior Activity Center

Holiday Bazaar

Saturday, November 15, 2014

9am-4pm • 58 Barre Street, Montpelier



Montpelier Senior Activity Center

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

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

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



Montpelier
Senior
Activity Center

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



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

FEAST Reservations Number: 262-6288

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