Active Times

NEWSLETTER OF THE MONTPELIER SENIOR ACTIVITY CENTER

Montpelier Senior Activity Center

October 2014

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

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Support *Your* Vibrant Community Center

The Montpelier Senior Activity Center belongs to you. MSAC is your yoga studio, your classroom, your home for creative expression, your restaurant, and your place to socialize with friends. It is your confidence booster, your muscle strengthener, and your mind engager. And that's why we need your help.

In the last week of September, you should have received a special letter in the mail from us. This letter talks about our great achievements from the last year, our plans for the year ahead, and the ways that you can support this vibrant community center. We strive to keep classes and membership affordable for all seniors, and to create a place that is truly yours. As we continue to add programming and serve the community, we will be increasingly calling upon your financial support.

We raise money to support our work in five main ways: through tax appropriations from Montpelier and supporting towns; through fees for classes and membership dues; through fundraising events like our Holiday Bazaar and Spring Rummage Sale; from grants and corporate contributions; and from individual contributions during our annual appeal and throughout the year. Tax appropriations support less than half of our annual budget. Fees from classes and dues pay for a good chunk of the rest. However, because we keep these fees affordable, we still need to raise $35,000 to support our annual budget.

MSAC plays an important role in our community. One senior noted that her class gave her more confidence. Another said that her class helps to keep her mind active and engaged. Others note that MSAC helps them feel stronger, maintain their flexibility, and be less afraid to try new things.

We serve one in every five seniors in Montpelier, and hundreds of other seniors from central Vermont. We need your help to keep MSAC strong for today and years to come.

Please read the letter you received carefully, and make as generous a gift as you can afford. Every gift makes a difference. With your help, your senior center will be an even better place to live and learn. Thank you!

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
1:30 pm
MSAC Resource Room

Montpelier Home Tour—Buy Tickets

The Montpelier Home Tour on Saturday, October 11 is an extraordinary opportunity for you to visit inside some of Montpelier's showcase homes. Tickets can be purchased in advance for $20 directly through MSAC, and we receive a 75% portion of the proceeds! We are also seeking volunteers to help staff a house on the day of the tour and to help sell tickets. To buy a ticket or sign up to volunteer, stop by the office or call us at 223-2518.

Discounted Classes at The Summit School

MSAC members now receive discounts on classes at the Summit School of Traditional Music and Culture. Classes are listed at summit-school.org. Contact director@summit-school.org or 917-1186 for more information. Summit's Intermediate Ukulele is half off for MSAC members.

Save the Date: Volunteer Lunch

We look forward to thanking you for all your hard work at our annual volunteer luncheon on Thursday, December 11.

Holiday Bazaar

The 2014 MSAC Holiday Bazaar will be held on Saturday, **November 15** from 9am-4pm. The Bazaar will feature holiday arts, crafts, and artisanal goods, as well as free entertainment and a great raffle. We are seeking volunteers who can help recruit vendors, set-up, publicize, bake cookies, or donate items for our gift and food tables. We are also seeking vendors who wish to sell their crafts or goods. Vendor tables start at $40. We have new lower prices for MSAC members! If you are interested in helping or having a vendor table, please stop in the office or call Dan at 262-6284.

Supporting Town Help Needed!

If you live in one of the towns from whom we request public funding, we ask for your help to get the word out about MSAC! Choose from: distributing brochures, writing letters, posting on Front Porch Forum, talking with fellow citizens and speaking out during Town Meeting. In some towns we also need help with gathering petition signatures this fall. Contact Dan at 262-6284 to help.

Thank you!

We are so grateful for the recent donations of $500 from Union Mutual of Vermont and $1,000 from Vermont Mutual Insurance Group.

ANNOUNCEMENTS

Farewell to Instructor Lynne Ihlstrom

Our fondest farewell to long-time MSAC yoga instructor and Reiki practitioner Lynne Ihlstrom, who recently sold her house, downsized her belongings, and left Vermont in mid-September to travel the country. Lynne will be greatly missed by all of us here at MSAC.

Facility Improvement Suggestions Wanted!

Now that we've been in the new 58 Barre Street building for two years, we are assessing what is working well and what could be better. Staff and advisory board members would love to hear from members about potential improvements to the facility, equipment purchases, etc. that might be added to need and wish lists. Please submit your thoughts to jclar@montpelier-vt.org or add your suggestions to the written list in the lobby.

Assorted Items for Sale

MSAC has the following items for sale. All are in excellent condition. Proceeds benefit MSAC. For more information, contact us at 223-2518.

New FRP (fire rated panel) – Two sheets sized 8' .5" x 4'. $60 each or best offer.

Door kick plates – One kick plate that is 37" long by 8.5" tall and eight that are 34" long x 10" tall. $20 each or best offer.

Casino night set – includes 5 green felt cloths, marked for blackjack (layouts); 2 unmarked green felts; approximately 30 instruction sheets with blackjack and roulette rules; 7 plastic cases for distributing cards for blackjack (six-deck dealing shoes); 1000+ assorted color poker chips. $100 or best offer for the set.

Fall Classes

At press time, 340 of you had already registered for 599 individual classes and activities. While many classes have already filled, there are still classes with space available (as of 9/22) — come sign up!:

Forgiveness Workshop (10/11); Making Chocolate Bark (11/20); Rug Hooking; Beginner Ukulele; Beg. & Int. French; Italian II; Tennis; Write a Poem afternoon class; Kripalu Yoga on Saturday AM.

First in Fitness

We're excited to announce the details of our new contract with First in Fitness. First in Fitness gym membership has expanded hours (9-noon, M-F), and now includes a number of classes at the Montpelier gym at no added charge. We have also added a fourth hour of swimming, Fridays from 5-6pm. Swim only memberships that allow you to swim anytime M-F from 9am-4pm are now available in addition to discounted class punch cards valid at both the Montpelier and Berlin facilities. For more info, come speak to us in the office.

Living Strong Group Seeking Leader

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

ORE Energy Site Visits

ORE members can receive a free home visit to install energy efficient products and provide resources for all income levels to help save money while increasing energy efficiency. Contact ORE at 552-3040 for info.

UPCOMING EVENTS Open to the Public

Osher: Where Do You Get Your Ideas? An Author's Response

Wednesday, October 1, 1:30 pm-3 pm

Kathryn Davis, award-winning novelist, senior fiction writer at Washington University in St. Louis.
Her most recent novel is *Duplex*. A conversation about writing, including her imaginative responses to the question every author knows is coming. $5 suggested donation.

Good Beginnings of Vermont Info Table

Tuesday, October 7, 11 am-1 pm

Since its creation in 1991, Good Beginnings of Central Vermont has proven that even small, everyday actions can make a big difference for a family in transition. Good Beginnings is seeking volunteers to visit and provide helping hands to new parents postpartum. Good Beginnings will have an information table to let you know about ways that you can become involved.

Osher: Education in Vermont: Vermont's Commitment to Continuous Improvement

Wednesday, October 8, 1:30 pm-3 pm

Rebecca Holcombe is Vermont's first Secretary of Education. She has been a teacher, school principal, and director of the Dartmouth Teacher Education Program.

Osher: Animal Investigators: Wildlife CSI

Wednesday, October 15, 1:30 pm-3 pm

Laurel Neme, science writer, radio host, expert consultant on crimes against wildlife.
The author of Animal Investigators: How the World's First Wildlife Forensics Lab Is Solving Crimes and Saving Endangered Species gives us a look into the world of illegal wildlife trade. $5 suggested donation.

Free Film Screening: *To Have and Have Not*

Friday, October 24, 2:30 pm

To Have and Have Not is a 1944 thriller romance war adventure film about expatriate American Harry Morgan who helps to transport a Free French Resistance leader and his beautiful wife to Martinique while romancing a lounge singer. Directed by Howard Hawks. Written by Jules Furthman and William Faulkner, based on the novel *To Have and Have Not* by Ernest Hemingway. The film pairs Humphrey Bogart, who plays Morgan, and Lauren Bacall, in her first film, who plays the romantic interest.

RECURRING SERVICES

Technology Assistance

Mondays, 10-11:30 am

Recurs most Mondays

Nate Vaughan, professional graphic designer, will be available in the computer lab to provide technology assistance. Call MSAC office to confirm times.

Home Share Now

Tuesday, October 14, 10:30 am-12 pm

Recurs one Tuesday of most months

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

Foot Clinic

Monday, October 6, 1 pm-4 pm

Monday, October 20, 9 am-1 pm

Recurs 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.

Reminisce Group

Will not meet in October.

Memory Café

Saturday, October 11, 10 am

Our next Cafe will feature some gentle yoga instruction by Theo Exploration. He is a massage therapist in addition to being a trained practitioner of Bikram yoga. For more info, see page 9.

Massage Clinic

Wed., October 15, 10 am-4 pm

Recurs 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.

CVCOA Chats

Friday, October 17, 9 am-12 pm

Recurs 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

If you need help with wills or Advance Directives, we have two opportunities for you to receive help:

1) 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.

2) Volunteer lawyers from Law Line of Vermont can provide free private assistance on the creation of wills & advance directives. Income eligibility guidelines apply. Call MSAC office at 223-2518 for info.

ONGOING ACTIVITIES CALENDAR: OCTOBER 2014

SPACE	SAT./SUN.	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
RESOURCE ROOM		1:00-4:00 Foot Care (10/6) 9:00-1:00 Foot Care (10/20)		10am-4pm Massage Clinic (10/15)	10:00-11:00 Knitting Group 3:00-4:00 Singing 6:00-7:30 Knitting Group	9:00-noon CVCOA (10/17) 10:30-11:30 Growing Older Group w/ Andy Potok
COMMUNITY ROOM	Sat. 10-11:30 Memory Café (10/11)	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 (starts 10/14)^	1:30-3:00 Osher (10/1, 10/8, 10/15) - may be moved to Activity Room—look for signage	9:00-11:30 am Bridge* 12:45-3:00 pm Bridge* 4:00-6:00 Piano Workshop* 6:00-8:00 Ukulele Group*	12-1 pm FEAST Meals
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	Sat. 8-9 Kripalu Yoga^ Sat. 9-12 Forgiveness Workshop^ (10/11) 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 5:15-6:45 How to Move Smarter, Not Harder^	9:00-10:30: Gentle Yoga 11:00-noon Chair Yoga^ 1:00-2:00 Open Meditation Time 4:45-5:45 Tai Chi for Arthritis	9:00-10:30 Yoga Gentle 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^ (starts 10/16)	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 Int. French^ 2:30-3:30 Living strong Group* 5:00-6:00 Living Strong 6:10-7:10 Living Strong^	8:30-9:40 Living Strong 10:00-12:00 Poetry (starts 10/7) 1:15-2:30 Italian II^ 2:45-4:45 Poetry (starts 10/7)^ 5:00-6:00 Improv Comedy 6:30-9:00 Films: Screwball Comedy	9:00-10:15 Situational Spanish^ 11:45-1:15 BodyBreathBalance in Motion 1:30-3:30 Writing 5:00-6:00 How To Retire (Starts 10/29	8:30-9:40 Living Strong 12:45-2:00 Beg. French^ 5:00-6:00 Living Strong 6:10-7:10 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 †	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 (10/8, 10/22)	9:00-12:00 Exercise † 2:00-3:00 Tennis at FiF^ 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.
^ Indicates class was at risk of cancellation at time of publication.
*Bridge, Cribbage, Mah Jongg, Scrabble, Ukulele, Piano Time, Living Strong, and Reminisce groups do not require registration. Donations appreciated.

Profile of Lori Flower, Yoga Instructor

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

I was invited by Janna Clar to be involved in teaching Yoga at MSAC a couple years ago. I love all the people I meet in class. They are so responsive and appreciative!

Where are you from and where do you live now?

I grew up in Buffalo NY and moved to NYC to study documentary film. Upon graduating, I realized that what I really wanted to do was teach yoga and live in the country, so I currently live in North Montpelier and have been in Vermont for 14 years now.

Tell us about your work.

I am a full time yoga instructor with 15 years experience teaching all ages and levels. I am also a Thai Yoga bodyworker and an Acrobat. I specialize in something called "Acro Yoga" which is a blend of Acrobatics & Yoga.

Tell us about your family.

I am mother to an amazing little girl: Aura Zee, who is 5 years old and attends Orchard Valley Waldorf school.

Tell us about your activities and interests.

I love discovering new ways of doing things and moving through life creatively. Travel and interaction with new people is always exciting. I love Being in nature and challenging myself to expand my horizons of what is possible.

Jessica Sanderson, New FEAST Program Manager

Jessica Sanderson, a Montpelier resident, has joined Just Basics, Inc. as the new Program Manager. Linda Workman, who has done a phenomenal job in this position, is helping her learn the ropes and will continue as a volunteer. An eighth-generation Vermonter, Jessica feels a special bond to the Green Mountain State and its people. She has worked with many of the groups and agencies Just Basics, Inc. partners with to provide meals to Montpelier residents.

She is thrilled to be at the Montpelier Senior Activity Center during the week, to facilitate FEAST Together and To Go meals on Tuesdays and Fridays, and FEAST at Home meals during the week. Feel free to stop by the kitchen office to introduce yourself between 10am – 12pm or call her at 262-6288 or email justbasicsinc@gmail.com.

Member Acknowledgments

Welcome New Members:

Amy Blakeman
Nevia Campi
Edda Cardenas
Gwendolyn Cook
Chandra Cranse
Maribeth Domanski
Kiley Donlan-Kite
Harvey Golubock
Martha Harris
Kathie Hickman
Mary Ann Johnson
Gail Lacy
Sharon Larkin
Carol Leech
Sharon Lafley
Allan Mackey
Virginia Mackey
Nancy Mercer
Ann Mixer
Virginia Noor
Emma Ottolenghi
Mhairi Paget
Kathryn Provost
Jeanette Quinn
Marjorie Remeika
Faye Rice
Margaret Richey
Robert Thomas
Alison Underhill
Beth Warrell
Susan Werntgen

With Our Sympathy:

Carol FitzPatrick
Howard Friedman

Memory Café by Ellen Sholk, Montpelier Memory Café volunteer

The Montpelier Memory Cafe on September 13th was 90 minutes of laughs, storytelling, camaraderie and delicious picnic food, as we welcomed two very special guests. Many thanks go to Brian Gallagher, Vice President and General Manager of the Vermont Mountaineers baseball team, and Bill "Spaceman" Lee, pitcher for the Boston Red Sox in the 1970's, who graciously agreed to join us at our Cafe.

Jeremy Carpenter and Mountaineers GM Brian Gallagher at the September Memory Café.

After an early morning decision to move the venue indoors due to a chilly weather forecast, we met at MSAC. People with memory disorders, their friends and families, volunteers and our invited speakers all formed a large circle for introductions. Connections were made; Bill Lee and Liz D. had both partied with Abbie Hoffman! Bob G.'s favorite team, the Minnesota Twins, was also a favorite of Bill Lee's because he'd defeated them 10 out of 11 times in his career! Brian Gallagher told us of the connections he's witnessed between the college baseball players who live with local families, forming lifelong friendships. He feels great pride in the success of the Mountaineers' program and offered to bring some players with him to a summer Cafe next year. Thanks also to our grillmasters, John and Janet Poeton, who served up trays full of yummy "Fenway Franks."

Our next Cafe is on Saturday, October 11th. It will be at MSAC, from 10 AM to 11:30 AM, and will feature some gentle yoga instruction by Theo Exploration. He is a massage therapist in addition to being a trained practitioner of Bikram yoga.

All are welcome to join the Steering Committee meeting at 6:00 PM on Monday, October 6th at MSAC.

October Art Exhibition

Selected Work from *RECENT CHAOS: Landscape, Kimono and Abstraction* by Montpelier painter and MSAC member Frank Woods will be on display at MSAC through October.

A Sunset by Rachael Skinder, volunteer

As clouds
slowly turn colors
like fireworks while
The sun silently slips down
it takes my breath away
like an ocean that has no end in sight as far as
my eye can see my soul
is at peace when I see
a sunset

TRIPS/FEATURES

Trip Notice

Due to unforeseen issues with our van lease, the details of many previously scheduled trips are now in flux. We cannot say at this time whether these trips will run as planned, or whether they will be cancelled or altered. This affects the following trips:

Shelburne Museum, Tuesday, October 28, 9:30 am—4:45 pm

A Day in Hanover, NH - Orozco Murals and Hood Museum, Thursday, November 6, 9:00 am—3:30 pm

For the latest updates on these trips, please contact the MSAC office.

Our senior van lease expires soon, and we are considering a lease extension in order to continue offering trips. We ask for and appreciate your patience while we figure out the best way forward!

Walks in Montpelier

October 8-16 is "We Walk Week" in Montpelier, organized by the Montpelier Pedestrian Advisory Committee. Join free walks such as "Montpelier's Trees," leaving from City Hall on Oct. 11 at 1pm and "Photographing Downtown Montpelier," leaving from City Hall on Oct. 15 at 4:30pm. Walks are hosted by MSAC members John Snell, Harris Webster, and others. For more info, see the flier in the MSAC lobby or online at http://bit.ly/montpelierwalkweek.

Nutrition News from CVCOA

How important are those "5 a day" fruits and vegetables?

Fruits and Vegetables are loaded with nutrients we need to remain healthy and functioning at our best.

- Vitamins – think red/orange (carrots , squash, sweet potato) or take dark green – (spinach, broccoli, Swiss chard) – all these contain Vitamin A, a nutrient important for night vision, & smooth skin.
- Take citrus fruits, melon and berries – they all provide vitamin C which helps to ward off infections and help with healing.
- Minerals – bananas, berries, dark green & orange vegetables all provide potassium needed for blood pressure control and fluid balance.
- Fiber - Fruits and vegetables contain fiber to help move food through the digestive system and decrease risk of constipation.
- Phytonutrients – who knew? Scientists are discovering micronutrients in fruits & vegetables that provide some benefits like maintaining eye health, and may delay some effects of the aging process.
- Fluid – most fruits and vegetables are > 50% water. They can help to maintain hydration. The water content of fruits and vegetables can help provide 20% of daily fluid needs.
- Disease prevention - These nutritional powerhouses can decrease risk of various types of cancer, help control blood pressure and limit heart disease.
- Weight control – they are low in calories and provide "fill", and a feeling of satiety which often results in eating fewer high calorie, low nutrition foods.
- Longevity - A recent Swedish study indicates people who ate 5 or more servings of fruits & vegetables a day averaged a longer life span by 1 ½-3 years compared to those who ate less than the recommended amount.

FEAST MEALS

RESERVATIONS: 262-6288 OR JUSTBASICSINC@GMAIL.COM

FEAST Menu

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

Tuesday 10/7: Chicken parmesan with linguine, maple glazed rutabaga

Friday 10/10: Roast beef au jus, mashed hubbard squash, Yorkshire pudding, rissole potatoes

Tuesday 10/14: Shepherd's Pie with gravy, carrots and peas, chocolate pudding

Friday, 10/17: Coq au vin (red-wine braised chicken), baby lima beans, egg noodles, green salad

Tuesday, 10/21: Chicken enchilada, rice and pinto beans, zucchini

Friday, 10/24: Beef stroganoff, white rice pilaf with fresh herbs, poppy seed coleslaw

Tuesday, 10/28: Slow cooked BBQ pork shoulder, cole slaw, potato salad, baked beans

Friday, 10/31 Seared chicken breast with tomato caper relish, green tomatoes, polenta

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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

Summer's over but we are so grateful for the fresh fruits and veggies that you are all bringing into the kitchen. Thank you! It is wonderful to work with such excellent quality produce. We are inventing new ways to work with kale so you won't get bored. Someone donated giant green beans. We've never seen such beautiful, big beans before.

We are in a new menu cycle now, reflecting the season, so you'll start to see heartier soups and squash. Thank you to all of our urban and rural farmers! You are wonderful, really.

Thanks again to all my chocolate angels. I am working on a successful chocolate roulade cake. My first two experiments didn't work, but this is a process, and I am confident the third try will be a charm and well worth the effort.

Our volunteers are just amazing: so reliable, thoughtful and patient. Thank you to Donna, Sue, and so many others. I love working with you. It's truly an honor. Laurie's back with us—what a great dishwasher! If you are curious, come visit us. Maybe you'd like to join our family of volunteers. You never know, you might enjoy yourself. We try to have fun. Preparation for these fabulous meals is labor intensive, but a true labor of love. Thank you.

We look forward to seeing you at a meal here, noon, Tuesday and Friday. Be there or be square!

Seeking FEAST Volunteers

The FEAST kitchen is seeking kind, friendly, positive individuals who like to work as a team to nourish the community. There are opportunities to volunteer in the kitchen & dining room or for home delivery of meals. Days are Monday through Friday between the hours of 7:00 am and 2:00 pm. Make your own schedule! Call 262-6288.

Montpelier Senior Activity Center
58 Barre Street
Montpelier, VT 05602

RETURN SERVICE REQUESTED

PRSRT STD
US POSTAGE PAID
MONTPELIER, VT
PERMIT NO 113

We are closed on Columbus Day, Monday October 13

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 msac@montpelier-vt.org.

Submissions for November Newsletter due October 17!

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