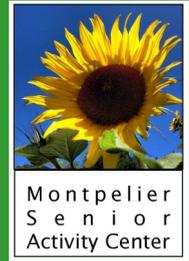


Active Times

NEWSLETTER OF THE MONTPELIER SENIOR ACTIVITY CENTER



September 2014

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

Parking Woes? Next Time, Try The Bus

How often have you driven through traffic and bad weather to your class at

Montpelier Circulator

The Circulator offers free and flexible transportation in and around Montpelier. The route makes nine daily stops at MSAC, operates Monday—Saturday and is designed to travel in two loops to offer extensive coverage throughout the Montpelier area. “I catch [the Circulator bus] at Shaw’s and take it to my appointments,” said Irene Badeau, MSAC member and participant in the Circulator’s initial planning. The Circulator allows for deviations off route up to half a mile for



MSAC Member Irene Badeau rides the Montpelier Circulator bus

MSAC, only to find that the parking lot was completely full? Or perhaps you don’t drive and are looking for easy transportation alternatives? Did you know that GMTA offers a variety of options to seniors for convenient, safe and affordable transportation services?

From local free shuttles, regional connections or special services for medical, personal and daily needs, GMTA can help you remain independent and involved in your community. All GMTA shuttles are ADA-equipped and operated by professional drivers, and many options are free. For easy to use local services, GMTA offers some great options including:

“I would recommend it [the free Circulator bus] to anybody, especially when the weather is bad.”

-Irene Badeau

even greater flexibility and convenience. What’s a deviation? The Circulator travels a regular route but is able to travel off that route up to a half mile. This means greater flexibility and options for door to door service. To request a deviation during regular service times, just call GMTA at 223-7287 at least 1 hour in advance and up to one month in advance. With the Circulator, you can plan your trips to

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ANNOUNCEMENTS

MSAC Advisory Board

Agendas and Minutes
posted on website

The board is interested in your opinion. Contact info, agendas, minutes are posted on 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:

September 11
1:30 pm
MSAC Resource Room

New Fitness Facility Options

We have been working with First-in-Fitness and with other local fitness facilities to be able to provide you with new and expanded gym and swimming options. Check out the fall registration materials or inquire in the office for additional information.

Fall Classes

Spread the word! Choose from over fifty weekly classes and groups, including nine new ones, fourteen scheduled on evenings/weekends, and a dozen open to the public! For schedules see page 14-15. For full details see forms/website starting in late August.

Lost and Found

Many items have been collecting in our lost and found box. Please look through the box and coat closet to see if any of your items were discovered. We intend to donate all remaining unclaimed items on September 15.

Fall Gift Appeal

In late September, you will receive an important letter from MSAC asking for your support. MSAC is *your* center, and we hope you will join us in our effort to raise \$7,500 to support our work.

Merchants Bank

Thank you to Merchants Bank for their recent \$2,500 donation to MSAC. Their support will help us sustain and grow our center!

MSAC Committee Members Wanted

We are still recruiting MSAC members interested in participating in our Finance, Fundraising and Program Committees. Your perspective matters! The next Fundraising Committee meeting is Aug. 28 at 10am, next Finance Committee meeting is Sept. 3 at 9:30am, and next Program Committee Meeting will be scheduled in late September.

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 hope you will plan to attend! We are seeking volunteers who can help recruit vendors, set-up, publicize, and more. Even if you only have a couple hours of time available, we would love your help. We are also seeking vendors who wish to sell their crafts or goods. Tables start at \$40. If you are interested in helping or having a vendor table, please stop in the office or call Dan at 262-6284.

Summer Class Feedback

We are seeking feedback on summer classes at MSAC. We would love to know what you think about our instructors and how we can serve you better. If you did not receive a copy of our feedback form in your class, stop in the MSAC office or visit the MSAC website.

MSAC Book Club

Join with the Gary Home, Kellogg Hubbard Library, and MSAC for a free book discussion group. Meet at The Gary Home (149 Main Street) for refreshments and informal but lively book discussion. The **next meeting is September 30 at 1pm**. Open to all.

Help Fill the Food Pantry Basket!

Did you know that Just Basics, one of our three FEAST partners, also runs the Montpelier Food Pantry (aka the Food Shelf)? The Pantry is in urgent need of donations, and we have a donation basket in the MSAC lobby. The most needed non-perishable items include granola bars, goldfish crackers, apple sauce, peanut butter, jams, mac & cheese, pork & beans, pasta, tomato sauce, salad dressing, pickles, olives, tuna fish, condiments, salt, pepper, juices, chips, olive oil, vinegar, any soaps/cleaning products, any paper/ hygiene products, and diapers. Please give generously. Donations may also be dropped off at Trinity Church during Pantry hours, and financial donations are appreciated!

MSAC Space for Rent

Looking for space for a family party or class reunion? Rooms of many sizes available for occasional and ongoing rentals for private functions, classes, meetings, etc. A/C, audio-visual equipment, and on-site catering available! Contact Dan at 262-6284.

Parking Lot News

We have new signage designating that smoking is only allowed 25 feet away from the building.

We are working with our neighbors at 46 Barre Street (including River Rock School) to enforce the MSAC-designated parking spots, particularly in the busy school drop-off and pick-up hours. Please refrain from parking in their spots along the opposite building.

Throw-Back Thursdays



Card players in May 1973

Do you have old photos, mementos, or stories from MSAC activities in decades past? Please consider sharing them with us for our "Throw-back Thursdays" postings on Facebook. We will also be collecting archival materials to

help celebrate our 50th anniversary in 2017! Originals returned upon request.

Wanted: Balance Class Instructors

Interested in contributing to programming? Matter of Balance is an 8-week class for seniors who experience fear of falling. It includes discussion and movement. Free instructors' training available through an arrangement with CVCOA. Please inquire to Janna for more info.

Knitting Group

New "Knitting for Peace" group that will donate knitted items to those in need is holding two organizational meetings: **Sept. 11 from 10-11am and Sept. 11 from 6:30-7:30pm in the MSAC Resource Room.**

FEATURES

Osher Lifelong Learning Institute Returns to MSAC

Fall Semester runs thirteen weeks, September through December in Montpelier and Barre. All programs are on **Wednesdays at 1:30 pm**. Doors open at 12:30 pm for those wishing to have brown bag lunch together. Suggested donation of \$5. For more information, call 802-454-1234 or email pdaggett@myfairpoint.net.

September 10 – Rob Mermin, circus performer and founder of Circus Smirkus presents Silent Clowns: A Celebration of Silent Film Comedians. A dazzling array of clips from classic silent film comedies. Comparison of comedy styles—Keaton, Lloyd, Langdon, Laurel & Hardy, Chaplin.

September 17 – Hon. Dean Pineless, judge on the International Criminal Court of Kosovo from 2011-2013, will explore the recent history of Kosovo, including the war of 1998-99, the issue of war crimes, and current issues.

City Seeks Public Input at Two September Meetings

Seniors, bring your friends and family to MSAC!

Taylor Street Transit Center Project Public Input Meeting at MSAC on Wednesday, **September 3, 6-8:30 pm**.

City and Montpelier Alive's "Branding and Marketing" Public Input Meeting at MSAC on **Tuesday, September 9 from 6-7:00 pm**.

Family Caregiver Support through CVCOA

Are you taking care of a loved one in your home, or supporting one's care and morale from afar? The Central Vermont Council on Aging cares about YOU!

CVCOA recognizes the important and challenging job of the family caregiver and wants to help your journey be as healthy, informed and doable as possible. CVCOA offers programs and resources for family caregivers,

and can help you make connections with other community services.

CVCOA is here to assist you as you support and care for your family member. They provide a wide range of senior services such as information and assistance, options counseling, case management services, health insurance counseling, senior meals and transportation. Case managers can help you navigate the caregiving path, creating care plans and providing assistance to get the services you need. The Family Caregiver Support Program focuses on helping you as a caregiver to maintain your own health and well-being. Offerings include "Powerful Tools for Caregivers" classes and access to dementia respite grants.

For information about upcoming programs, respite grant eligibility and other supports for family caregivers, please contact Barb Asen at 476-2681 or email basen@cvcoa.org. Also visit CVCOA's webpage at <http://www.cvcoa.org/caregiver-support>.

Many Thanks, CVCOA!

We at MSAC are very grateful for the ongoing partnership and generous, multi-faceted support of Central VT Council on Aging. CVCOA contracts with our FEAST partners to provide significant and crucial federal funding to support the senior nutrition program here with partial reimbursements. In June, CVCOA chose to offer additional support from a separate, non-earmarked fund to help meet Just Basics' budget shortfall for 4,000 meals when participation exceeded initial projections. CVCOA provides an Information & Assistance Specialist on-site by appointment monthly, along with occasional visits from their a specialist to talk about Medicare. CVCOA staff are working with us to strategize about improving senior awareness of and access to transportation services, as well as potential collaborations with other organizations serving seniors. CVCOA has supported the Montpelier Memory Café, senior volunteer service, our Resource Room library, and instructor training opportunities.

These are just a few of the ways that CVCOA consistently contributes to and enriches the programming and services we provide here at MSAC, and we haven't recognized them often or thoroughly enough. Thank you,

(Continued on page 11)

Memory Café by Ellen Sholk, Montpelier Memory Café volunteer

The momentum is building at the Montpelier Memory Café with more and more people hearing about and attending the monthly Cafés at MSAC on the second Saturday morning of each month. The Montpelier Ukelele Players wowed us in August, and the September 13th Café promises to be another especially exciting event!

Joining us will be retired legendary Red Sox pitcher Bill “Spaceman” Lee and Brian Gallagher, Vice-President and General Manager of the Mountaineers, Vermont’s own baseball team. Lee, now a resident of Craftsbury, Vermont, continues to play Senior ball, runs children’s baseball clinics in Canada, and makes baseball bats. Gallagher led the Mountaineers to a tremendous season this year, finishing with a 29-17 won/loss record, and will have many baseball stories to share with us.

This special Café will be held **at the Montpelier Recreation Field** on Elm Street on **Saturday, September 13th, from 11 AM to 12:30 PM** (later than our usual time) for a baseball-themed picnic lunch that should be a memorable Café for all. Hot dogs, beverages and fixings will be provided. Attendees are also welcome to bring food and/or beverage to share.

The Montpelier Memory Café is for individuals with Alzheimer’s disease and related memory disorders. A care partner must accompany each participant. Admission to the Café is free, and MSAC membership is not required to attend. The **next Memory Café Steering Committee meeting will be Monday, September 8th at 6:00 pm at MSAC**. Volunteers are welcome, and participants are encouraged to attend. For further information please contact: Lisbeth Dodd, (802) 229-9630.

Art Exhibition by Frank Woods at MSAC



Selected Work from *RECENT CHAOS: Landscape, Kimono and Abstraction* by Montpelier painter and MSAC member Frank Woods will be on display at MSAC beginning September 18 through October.

Frank Woods was raised in Montreal where he attended McGill University.

His current favorite themes are landscapes, small barns and Kimono. Nearly all of his works tend towards abstraction.



Woods generally begins his landscapes en plein air, with follow-up work done in the studio. Their gravitation to the abstract is restrained by his desire to maintain the visual convention of a landscape in each piece.

His Kimono and small barn paintings have an iconic quality to them. Together, they form a series of silhouettes: all paintings maintain their basic form, while each varies in line and color. They are essentially flat exercises in surface design, with distinctive geometric elements playing a strong role.

Community Together Series: **Social Security Lunch and Learn**

Tuesday, September 2, 12:15 pm-1 pm

Take your lunch hour to learn about Social Security and retirement benefits. Grab your FEAST lunch and bring it with you to the Resource Room for this presentation. Ron Cameron, Public Affairs Specialist for the Social Security Administration, will discuss Social Security eligibility requirements, how to obtain personalized benefit estimates, how a Social Security benefit is calculated, when to file for retirement benefits, and benefits payable to spouses, children and widowers. Ron will also answer questions. RSVP kindly requested to 223-2518.

Community Together Series: **Tips for Saving Energy and Money with Paul Markowitz**

Tuesday, September 16, 1 pm-2 pm

Paul Markowitz from Efficiency Vermont will be giving a workshop for home energy savings. We'll explore simple, low cost ways to improve the efficiency of your home so you can reduce your energy bills. Door prizes will be offered! Sponsored by Onion River Exchange and Efficiency Vermont.

Fall Prevention Awareness Day

Tuesday, September 23, 1 pm

The 7th annual Falls Prevention Awareness Day will be observed on September 23, 2014. This year's theme, "Strong Today, Falls Free Tomorrow", seeks to raise awareness about how to prevent fall-related

injuries among older adults. In conjunction with the nationwide event, MaryEllen Boutin of Choice Physical Therapy in Montpelier will lead a presentation about fall prevention and awareness, risk factors, and exercises that can help.

Reminisce Group

Friday, September 12 and Friday,
September 26, 12:45 pm—2:15 pm

The Reminisce group is a free drop-in group for those over 70 who want an opportunity to talk about their early memories on a regularly scheduled basis with other elders. Recurs 2nd and 4th Fridays.

Free Film Screening: *The Big Sleep*



Friday, September 26,
2:30 pm

A dangerous blackmailer has targeted the Sternwoods, a wealthy family once tucked away in the safety of their Los Angeles mansion. But while private eye Philip Marlowe (Humphrey Bogart) works on the case, he ends up falling for the clan's fiery daughter (Lauren Bacall). Crackling dialogue and the perfect pairing of Bogart and Bacall make this adaptation of Raymond Chandler's novel a timeless classic. Join us for a free screening.

CVHHH Flu Clinic

Monday, September 29, 1:30-3:30 pm

\$30 for the general public, \$15 for anyone 50+ or considered a "high risk." No appointment necessary; first come, first served.



Technology Assistance

Mondays, 10-11:30 am

Rekurs most Mondays

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

Reiki Clinic

Friday, September 5, 12 pm-4 pm

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

Home Share Now

Will not be at MSAC in September

Foot Clinic

Monday, September 8, 9 am-1 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.

Memory Café

Saturday, September 13, 11 am

Picnic at Montpelier Recreation Field, with retired legendary Red Sox pitcher Bill "Spaceman" Lee and Brian Gallagher, Vice-President and General Manager of the Mountaineers, Vermont's own baseball team. See page 5 for more information.

Massage Clinic

Wed., September 17, 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.

CVCOA Chats

Friday, September 19, 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

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

CALENDAR REFLECTS SUMMER CLASSES THROUGH SEP. 27. FALL SCHEDULE STARTS SEPT. 28.

SPACE	SAT./SUN.	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
RESOURCE ROOM		9:00-1:00 Foot Care Clinic (9/8)	12:15—1:00 pm Community Together Series (9/2): Social Security Lunch and Learn	10am-4pm Massage Clinic (9/17)	3:00-4:00 Singing	9:00-noon CVCOA Chats (9/19) Noon-4:00 Reiki Clinic (9/5) 12:45-2:15 Reminisce Group (9/12, 9/26)*
COMMUNITY ROOM		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 Together Noon-1:00 pm FEAST To Go 1:00-3:00 Scrabble* 5:30-7:30 Have Fun and Be Safe While Bicycling (9/2)		9:00-11:30 am Bridge* 12:45-3:00 pm Bridge* 6-8 pm Ukulele Group*	12-1 pm FEAST Together 12-1 FEAST To Go
ART AREA		10:00-noon Painting 1:00-2:30 pm Clay		9:30-11:30 Rug Hooking		10:00 am-3:00 pm Mah Jongg*
STUDIO	Sat. 10-11 Gentle Active Yoga	10:30-11:15 Dance to Fitness 1:00-2:15 Gentle Yoga 3:30-5:00 Vin/Res Yoga	9:00-10:30: Gentle Yoga 11:00-noon Chair Yoga	9:00-10:30 Yoga Gentle 5:00-6:30: Hatha Yoga	9:00-10:30 Gentle Yoga 5:00-6:30 Vin/Res Yoga 6:45-8:00 Hatha Yoga	10:00-11:30 Hatha Yoga 1:00-2:15 Gentle Yoga
ACTIVITY ROOM		9:00-10:00 Living Strong 2:30-3:30 Living strong Group* 5:00-6:00 Living Strong	8:30-9:40 Living Strong 1-2:30 Community Together Series (9/16, 9/23)	1:30-3:30 Writing	8:30-9:40 Living Strong 5:00-6:00 Living Strong	9:00-10:00 Living Strong 2:30-3:30 Living strong Group*
OFFSITE	Sunday 2:00-3:00 Swimming # Sat. 11-12:30 Memory Café (9/13)	10:00-11:30 Exercise †	9:00-11:00 Bowling° 10:00-11:00 Swimming # 10:00-11:00 Water Aerobics # 10:00-11:30 Exercise †	10:00-11:30 Exercise †	10:00-11:00 Swimming # 10:00-11:30 Exercise †	10:00-11:30 Exercise †

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

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

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

*Bridge, Cribbage, Mah Jongg, Scrabble, Ukulele, Piano Time, Living Strong, and Reminisce groups do not require registration. Donations appreciated.

FEATURES

Profile of Christine Terry, Office Volunteer

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

After I retired, I began taking art classes with Sylvia Walker. I've learned so much from her and am inspired by other artists in the class. I've also taken Dance to Fitness classes, line dancing, yoga, and swimming. All of the day trips I've been able to take have been great, as well as fabulous trips to Hawaii and Italy with others from the Center. Johanna [Nichols] recruited me to work in the office a couple of years ago, and I'm glad she did. Working at the Center has helped me to meet so many wonderful people and stay part of the action.



Where are you from and where do you live now?

I grew up in western Massachusetts and attended college at UMass Amherst. After marrying and spending four years as part of a Coast Guard family, my husband got his first guidance counseling job in Canaan, Vermont, in 1973, and we moved to Montpelier three years later. My husband died in 1998, and I still live in the house in which we raised my daughter Andrea and my son Mike. Although the winters are tough for me, I love being so close to town and all the activities here.

Tell us about your work.

My favorite and longest-held job was as the school librarians for Main Street Middle and Union Elementary schools, (and I did both schools for two years). I retired in 2010 after eighteen years in the district, where I worked with many wonderful teachers. I really loved helping students find books for free reading or for research, and especially enjoyed reading aloud to the children in the library.

Tell us about your family.

My son Michael and his girlfriend live in Northfield with their three dogs. My daughter Andrea lives in Bowdoin, Maine with her husband and daughter and their dog. I live with my old black Lab Emma and a cat named Freddy.

Tell us about your activities and interests.

Besides watercolor painting, I always have a quilting project that I am working on. I'm determined to finish the projects that are in my sewing room! My other interests are photography and travel, which, for me, go hand-in-hand. I've been to China, England, and Jamaica, and hope to go to Australia in the future.

I also keep busy by volunteering at the weekly Bethany Bowl and the Central Vermont Humane Society. In the summer, I tend my huge flower garden and go kayaking when the weather is right. I've been very fortunate to live in such a beautiful, active city, in a neighborhood of people who watch out for each other.

Member Acknowledgments	
<p>Welcome New Members:</p> <p>Ray Brown Elizabeth Gilleland Margaret Grevatt Sue MacMartin</p>	<p>Robin Rattazzi Wendy Rieger Donna Robinson</p> <p>With Our Sympathy:</p> <p>Marion C. Milne</p>

Transportation Options Continued from P. 1

MSAC up to one month in advance and get to meals and activities safely and with no parking worries. And did we mention...it's FREE?



Special Service Transportation

GMTA offers a variety of programs for individuals

age 60 and over, those with disabilities, Medicaid clients or critical health care patients. These special services are provided through regular shuttles and/or volunteer drivers. One such program is Ticket to Ride which offers free transportation for daily needs, medical trips, shopping, community events and activities.

GMTA also provides approved medical appointment

trips for all Medicaid clients in our region and offer medical transportation for non-Medicaid medical trips through a partnership with the Council on Aging.

For those undergoing medical treatments considered critical care, such as dialysis and radiation treatments, GMTA offers free transportation under our Critical Care program. This program is available to all within the central Vermont region regardless of age or income.

With route deviations and Special Service Transportation available, it's worth a quick phone call to GMTA to see how you might be able to take advantage of the bus. There are likely options that you never even knew existed! You can contact GMTA at 223-7287 or info@gmtaride.org.

GMTA representatives will be available at MSAC on Friday, September 26 from 11:30am-1:00pm to provide one-on-one advice on your transportation options.

Thank you, CVCOA Continued from P. 4

CVCOA staff and board members! A special shout out goes to Kathy Paquet, Jeanne Kern, Sarah Willhoit, El-lie Hayes, Sarah Semler, Dagny Hoff and Wanda Craig from the CVCOA team.

To learn more about CVCOA and their many available services for yourself or a loved one, call the Senior Helpline at 1-800-642-5119 or visit www.cvcoa.org. Please show your support for CVCOA, ask about how you can make a tax-deductible donation to CVCOA, or get involved as a volunteer with CVCOA.

For Senior Car Owners

A free **CarFit** educational program that offers older adults the opportunity to check how well their personal vehicles "fit" them will be held at the AAA office in Montpelier on **October 31** from 9am-noon. Contact Doug Masson at 802-644-8310 to register.

Nearby AARP Driving Classes

AARP held a great Smart Driver class at MSAC recently, with 12 in attendance. If you missed the class, additional sessions are being offered in the area. An AARP Driver Safety Instructor will teach tips to help keep older drivers independent, safe and confident while on the road. Contact Doug Masson at 802-644-8310 to register. \$15 for AARP members, \$20 for non-members.

- (1) At Westview Meadows, September 10 from 2:30pm-5:00pm.
- (2) At the Barre Senior Center, October 30 from 12:30pm-5:00pm.

MSAC TRIPS

Van Trips

Trips depart from Dept. of Labor parking lot. 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.

Montreal Museum of Fine Arts and Sir George-Étienne Cartier National Historic Site

Thursday, September 18, 8:30 am—7:00 pm

We will start the day with a tour of the Sir George-Étienne Cartier National Historic Site. A house, a history, a way of life, this historic site presents the life and work of Sir George-Étienne Cartier (1814-1873), one of the main Fathers of Confederation. The Cartier's family home has been meticulously restored according to the tastes and customs of the Montreal bourgeoisie around 1860. This house is a window onto the intimacy of a period.

Then we will head off to the Montreal Museum of Fine Arts which is now composed of five exhibition spaces, each with its own architectural character and focus. The Museum complex now

stretches between the north and south sides of Sherbrooke Street, Crescent and Bishop Streets and Du Musée Avenue.



\$38. Reserve by September 9th. 223-2518.

Save the Date: Shelburne Museum

Tuesday, October 28, 9:30 am—4:45 pm

More details to be announced. \$30. Reserve by October 21. 223-2518.

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 or visit one of several restaurants in downtown Lebanon. The afternoon is on your own to visit the Art and Civil Rights in the Sixties Exhibit at the Hood Museum, stop at the Lebanon book store or even visit some of the interesting shops in Hanover. \$12. Reserve by October 30. 223-2518.

Once a Month Walks with Whitney Dall and Tina Muncy

Each walk is about two miles except where noted, and generally on flat ground with stopping places to enjoy the scenery. All trips start at the Dept. of Labor parking lot in Montpelier. Please pre-register for each trip one week in advance, as trips not meeting the minimum by that date will be cancelled. For full information on these trips, contact MSAC at 223-2518 or see bulletin board/website.

Foliage and Mill Stone Trails, Barre

Tuesday, September 16th, 1:00 pm—4:00 pm • \$5

There are over 70 miles of scenic trails, access to dozens of historic quarry sites, over 20 miles of scenic hiking trails leading to spectacular "grout" pile lookouts, and miles of abandoned rail beds and old quarry roads providing moderate trails for family hiking. This will be a moderate two-hour hike with views of the changing foliage. Should you wish to stop at MSAC for lunch at noon, let us know, and we will pick you up there at 1:00 pm.



FEAST MEALS

RESERVATIONS: 262-6288 OR
JUSTBASICSINC@GMAIL.COM

FEAST Menu

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

Tuesday 9/2: Chicken parmesan with linguine, maple glazed rutabaga

Friday 9/5: Coq-au-vin, egg noodles, baby lima beans, green salad

Tuesday 9/9: Seared salmon filet with stone fruit relish, fresh corn, green salad

Friday, 9/12: Roast beef au jus, mashed hubbard squash, Yorkshire pudding, rissole potatoes

Tuesday, 9/16: Chicken enchilada, zucchini, rice and pinto beans

Friday, 9/19: Beef stroganoff, white rice pilaf with fresh herbs, poppy seed coleslaw

Tuesday, 9/23: Slow cooked BBQ pork shoulder, cole slaw, potato salad, baked beans

Friday, 9/26: Seared chicken breast with tomato caper relish, summer green tomatoes, polenta

Tuesday, 9/30: Menu will be available in late Sep.

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

Wow! This first year has flown by! We are thrilled to provide truly restaurant quality food and to live by Chef Justin's mission statement, "our goal is to feed the highest quality food to the most people in central Vermont." We're pleased to see the crowds at our meals, but we want to continue to grow, so please bring a friend!

We are welcoming more and more volunteers into the kitchen, and we are having fun while we work hard. We are so grateful for our many volunteer helpers. I want to acknowledge a few volunteers who have gone above and beyond recently. Julia, who just graduated from high school, and her brother Ben, have been just wonderful to work with. They both love food and cooking, and do everything asked of them with a smile. I am a teacher, so I love the opportunity to teach people about food.

I want to thank you, chocolate angels, for enabling me to produce delicious treats. Be sure to view our upcoming cooking demonstrations on ORCA. Thank you to the people who have brought in tools we need. Little things make a difference really. We could use another hand masher and would love to have our own electric knife sharpener. Thank you to volunteer Lori for lending us hers in the interim.

We are also grateful for the food that is being donated from home gardens and from wonderful farmers, including Pete's Greens, Dog River Farm, and Community Harvest of Central VT.

It is really great that so many people of all ages and all walks of life, volunteer. Thank you to everyone who supports our efforts each and every day.

Seeking Substitute Volunteer Drivers

Just Basics seeks individuals willing to be on call for one day per week or flexible days when regular home delivery drivers are unable to deliver FEAST at Home meals. Training provided!

LIST OF FALL CLASSES

Fall Registration

Fall Quarter runs
Sept. 28-Dec. 19

When can I register?

Week 1

SEPT. 2-5

Montpelier Only

Week 2

SEPT. 8-12

Supporting
Towns +
Montpelier

Week 3/4

SEPT. 15-26

All Towns

Non-new members who register after Sept. 26 will be charged a \$10 late registration fee.

Only members in good standing may register for *most* fee-based classes.

Workshops

How to Retire Without Going Broke, 4 Wednesdays, starts 10/29, 5-6 pm

Technology Class at Main Street Middle School, 6 Thursdays, 11:30-12:30

Improvisational Comedy, 4 Tuesdays, 9/30, 10/7, 10/14, 10/21, 5-6 pm

Forgiveness Workshop, Sat. 10/11, 9-noon

Making Chocolate Bark, Thurs., 11/20, 2-5

Arts & Crafts Classes

Advanced Drawing, Wed. 4:30-6

Intro to Drawing, Wed., 3-4:30

Handbuilding in Clay, Mon. 1-2:30

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

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

Singing, Thur 3:00-4:00

Beginner Ukulele, 8 Tuesdays, starts 10/14, 6:00-8:00

Working with Pastels, Mon 3:30-5:30

Humanities Classes

Film Series at MSAC: Screwball Comedy, Tues 6:30-9:00

Film Series at Savoy: Eight Views of World War II, Thur 10 am -12:30 pm

Beginner French, Thur 12:45-2:00

Intermediate French, Mon 12:45-2:00

Italian II, Tues 1:15-2:30

Opera Appreciation, Fri 3:45-4:45

Situational Spanish, Wed 9-10:15

Write a Poem, Tues 10-12:00

Writing, Wed 1:30-3:30

Movement Classes

BodyBreathBalance in Motion, Wed 11:45-1:15

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

Dance to Fitness, Thurs 10:45-11:30

How to Move Smarter, Not Harder (6 Mondays, starts 10/6, 5:15-6:45

International Folk Dance, 8 Thursdays, starts 10/16, 6:45-8:00

Living Strong, Mon/Thur 5 - 6:00

Living Strong, Mon/Thur 6:10-7:10

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

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

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

Tai Chi for Arthritis, Tues 4:45-5:45

Tai Chi Long Form (starts 9/17), Wed 1:30-3

Yoga for Balance, Thur 9-10:30

Chair Yoga, Tues 11-12

Chair Yoga, Thurs 1-2

Gentle Yoga, Mon 1-2:15

Gentle Yoga, Tues 9-10:30

Gentle Yoga, Wed 9-10:30

Gentle Yoga, Fri 1-2:15

Gentle Active Yoga, Mon 3:30-5

Hatha Yoga, Fri 10-11:30

Integral Hatha Yoga, Thurs 5-6:30

Integral Hatha Yoga, Sun 5-6:30

Kripalu Yoga, Wed 5-6:30

Kripalu Yoga, Sat 8-9

Offsite

Inquire about options for tennis, bowling, swimming, water aerobics and gym fitness.

New Classes and Workshops for Fall 2014

Improv Comedy with Joanne Greenberg

Four Tuesdays: Sept. 30, Oct. 7, 14, 21, 5-6pm • \$15 members/\$30 non-members

Intrigued, but perhaps also intimidated, by the prospect of doing improvisation? In this spirited workshop series, we will focus on the warm-up activities and skill-building games that give you the tools and confidence to do improv. In four fun-filled sessions, you will learn the basic techniques that help you think quickly on your feet, explore the craft of storytelling, and improve your acting and communication skills. And you'll laugh uproariously in the process. For both beginners and those with some previous experience. Open to all ages and to the public.

Computer Topics with Main Street Middle School

Six Thursdays: Oct. 9, Oct. 23, Nov. 16, Nov. 20, Dec. 4, Dec. 18, 11:30am-12:30pm • \$10 members/\$20 non-members.

Students from Montpelier's Main Street Middle School will lead a series of classes on various popular technology topics. Designed by the students based on feedback from MSAC members, this series will cover topics such as computer security, editing digital photographs, using Skype and FaceTime to communicate with loved ones, online photo sharing, and more. Each session will also allow time to explore subjects more deeply and receive one-on-one attention. If you would like to expand your use of computers, this is the class for you. No computer knowledge necessary, but a basic understanding will allow you to get the most out of the class. Open to all seniors age 50+.

Making Chocolate Bark with Mary Roehm

Thurs., Nov. 20, 2-5pm • \$20 all members

Ever wanted to make chocolate? In this three-hour workshop, we will learn how to make chocolate from scratch and learn about its rich history in the process. We will make bark with sea salt, pistachios, and cranberries. Chocolate is both fun and frustrating to work with, so join me for this delicious adventure.

Opera Appreciation with Erik Nielsen

Fridays, 3:45-4:45pm • \$60 members/\$80 non-members

While many people regard opera as something only for the wealthy, for much of its life as an art form, it's been one of the most popular musical genres. This course will explore opera's origins and its early composers, and will go up to the 19th century with the rise of Italian bel canto works. Composers we'll listen to include Monteverdi, Purcell, Handel, Mozart, Beethoven and Rossini. The class is open to anyone with curiosity about opera and a willingness to listen.

Forgiveness Workshop with Ginny Sassaman

Saturday October 11, 9am-noon • \$15 members / \$20 general public

Sonja Lyubomirsky, author of the practical and science-based *The How of Happiness*, says forgiveness is possibly the most difficult happiness strategy to pursue. Yet it is so vital to our well being! Burdens of anger, resentment, hurt, etc. can definitely undermine our joy in life. In this three-hour workshop, we'll explore what forgiveness is and isn't, why it matters to happiness, and different forgiveness choices each of us can make.

Additional Fall Class/Activity Info

- **New 2nd Sessions Added:** Chair Yoga and Dance to Fitness
- **New Informal Group: Open Meditation Time,** Tuesdays from 1-2pm
- **Returning:** International Folk Dance, Beginner Ukulele Class, How to Retire Without Going Broke, Foreign Languages, Write a Poem, Tai Chi, Drawing, Pastels
- **Many Yoga Classes** have changed instructors or times—be sure to look at the class descriptions guide or inquire in the office.
- **More classes** open to the general public!
- **Full descriptions,** instructor names, fees, etc. available on forms in office/website late August.

Montpelier Senior Activity Center
58 Barre Street
Montpelier, VT 05602

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We are closed on Labor Day, Mon. Sept. 1

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 October
Newsletter due September 12th!**

Have feedback on our new design?

Let us know what you think! Stop in the MSAC office or call us at 223-2518.

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.

September is National Senior Center Month. This year's theme is "Senior Centers: Experts at Living Well."



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
Linda Workman, Just Basics, FEAST Program Manager
Justin Turcotte, Chef for FEAST