

# Active Times

*Newsletter of the Montpelier Senior Activity Center*



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

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



*Donated items for this year's bazaar*

## Spirit of the Season: Help MSAC By Giving & We'll Help with Your Gifting!

In the holiday season, it's common for organizations to ask for financial gifts to support the work that they do. It's also common for people to reflect on the other special people in their lives and create or select gifts for them.

MSAC attempts to combine these two impulses in our annual **Holiday Arts Crafts and Goodies Bazaar: to be held this year on Saturday,**

**December 14<sup>th</sup> from 9 a.m. to 4 p.m.** We use the bazaar as a fundraiser, and so your purchases are like a gift to us. And, we strive to provide great items that you can use to fill your own holiday gift lists. **[List of what we need for bazaar on Page 2!]**

The bazaar will be part of Montpelier's coordinated Craft and Art Weekend which features many more special events all around town. We are partnering with The Touch of Vermont Gift Market at City Hall, and Planting Hope's Solidarity Craft Fair at the Unitarian Church and Bethany Church, all happening on the same weekend! <https://sites.google.com/a/mcawvt.com/montpelier-s-craft-and-art-weekend/> . This event is a fundraiser for MSAC and also an opportunity for shoppers to see what's happening at the Center.

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**We need donations for the holiday bazaar that are new or in pristine condition!**

**Make, bake, or recycle!**

For the gift table: puzzles, games, ceramics, music for adults and children! Children's

books & very small toys! Hats, mittens, gloves, scarves, handbags, specialty neckties, and jewelry. *No clothing, boots or shoes, please!* Holiday decorations for the tree, the table, the doors or windows!

For the food table: Jams, jellies, sauces, preserves, pickles, fudge, granola, baked items of all kinds!

**Drop-offs accepted week of December 9th.**

Help is needed to clean up at the end of the bazaar at 4 pm, Sat. Dec 14th!

**Thank You  
Kitchen Small  
Wares,  
Equipment &  
Scholarship  
Fund Donors**

Sarah Albert  
American Legion  
Post 3  
Anonymous  
Barbara Arley  
Irene Badeau  
Margaret Baird  
Hedi Ballantyne  
Lorilla Banbury  
Bob & Joan Barrett  
Brenda Bean  
Diane Benoit  
Mary Alice Bisbee  
Alice Blachly  
John Bloch  
Elaine Bower

Merrill Bruce  
Bill & Bea Bruzzese  
Ann Burcroft  
Maria Calamia  
Kathy Callaghan  
Sally Cargill  
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Martha Chaiken  
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Joan & Bob Clar  
Michelle Clark  
Elaine Cohen  
Ruth Coppersmith  
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Suzanne Day  
Sally Deciccio  
Amalia Di Stefano  
Elizabeth Dodge  
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Joan Fadden  
Anne Ferguson  
Barbara & Joseph

Fernandez  
Maggie Frampton  
Olive Franzi  
Ruth Frost  
Veronica Frostick  
Bev Gaboriault  
Leanne Garland  
Ann Geiger  
Ernest & Charlotte  
Gibson  
Jane Gidney  
Pauline Goodell  
John Graves  
Joanne Greenberg  
Amy Handy  
Paul Hartman  
Toni Hartrich  
Julia Heller  
Mona Hersey  
Charis Holbrook  
Stephanie & Anita  
Holland  
Pamela Hull  
Jean Jasman  
Jean Jersey

Christine Jones  
Fred & Nancy  
Jordan  
David Kahn  
Jerusha Keene  
David Kelley  
Lorraine Kessler  
Ray & Sylvia  
Kingsbury  
Ed & Dona  
Koenemann  
Fran Krushenick  
Gina Kurlle  
Barbara Ladabouche  
Renee Lagala  
Suzanne & Charles  
Larkin  
Reginald & Elaine  
LaRosa  
Dorothy Larsen  
Michael & Sandy  
Levine  
Jingji Liang

**(continued on p. 15)**

# Menus for *Feast*

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

Tuesday, come 10:30 to dance to Swingin' Over Sixty

Seniors 60+ no charge; suggested donation of \$5

Guests and others under 60: \$6

Frequent after-lunch, free programming

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

Open to everyone regardless of age or affiliation

\$5-\$8.50 options, including VT Meals Tax

All proceeds benefit Feast Together and Feast at Home



**You can make reservations (at least a day in advance) or inquire about *Feast at Home*, by calling 262-6288 .** Menus are subject to change, and many surprises await! All meals include Milk option and Fresh Fruit.

Tue 12/3: Beef Stew over Egg Noodles, Carrots Peas & Parsnips, Vanilla Custard

Thur 12/5: BBQ Beef Brisket, Mashed Potatoes, Broccoli

Fri 12/6: Roast Pork w/ Mustard Crust, Lemon Brussels Sprouts w/ Sauteed Onions, Cabbage & Apples, Rosemary Roasted Potatoes, Brownie

Tue 12/10: Chicken Enchiladas, Spinach, Black Beans, Pudding

Thur 12/12: Swordfish, Orzo Pasta Salad, Potato Salad, Salad Greens, Chocolate Pudding

Fri 12/13: Braised Chicken & Hungarian Mushroom Stew, Winter Squash, Polenta, Cantaloupe

Tue 12/17: Roast Turkey w/ Gravy, Green Beans & Potatoes, Bread Stuffing, Cranberry Sauce

Thur 12/19: Indian Roast Chicken, Poppy Seed Cole Slaw, Wheat Berry Salad, Curried Spinach Wild Rice Pilaf, Brownie

Fri 12/20: Spaghetti w/ Meat Sauce, Mixed Vegetables, Tossed Salad, Garlic Bread

## **Fall Classes End/ Winter Registration/Closures!**

**Fall Classes Ending:** For ten week classes, most end Fri. Dec. 6<sup>th</sup>. For twelve week classes, most end Fri. Dec. 20<sup>th</sup>. However, some instructors are holding make-up classes during the weeks of Dec. 23<sup>rd</sup> and Dec. 30<sup>th</sup>, so check with your instructors to be sure of your final class date.

**Registration and Winter Classes Starting:** Winter classes start Sunday, Jan. 5<sup>th</sup>. Registration begins Dec. 2<sup>nd</sup> for Montpelier members only, Dec. 9<sup>th</sup> for Montpelier and Supporting Town members, and Dec. 16<sup>th</sup> for all members. **New: Evening Registration** will be held Mon. Dec. 2<sup>nd</sup>, Tues. Dec. 10<sup>th</sup> and Thurs. Dec. 19<sup>th</sup>. **Registration ends Friday, Jan. 3<sup>rd</sup>**, and any non-new member registering for classes after that date will be charged a late fee of \$10, which supports the scholarship fund. Everyone is encouraged to fill out and submit registration materials as early as possible, and we can hold them if your town's registration period has not yet started!

**MSAC Holiday closures:** Tues. Dec. 24<sup>th</sup>, Wed. Dec. 25<sup>th</sup>, Thur. Dec. 26<sup>th</sup>, Tues. Dec. 31<sup>st</sup>, and Wed. Jan. 1<sup>st</sup>. Some facility maintenance will happen during the holiday week, and registration continues on days we are open. **Feast will be closed** Wed. Dec. 25<sup>th</sup> – Wed. Jan. 1<sup>st</sup>, and there will be NO Feast Together meal served Tues. Dec. 24<sup>th</sup> since MSAC is closed, or on Friday, Dec. 27<sup>th</sup> even though MSAC is open that day.

# Announcements

In late November, we said **goodbye to Kimberley Lashua**, long-time Executive Director of Just Basics, Inc., who has had a daily presence at MSAC since July but has accepted a position with the State of Vermont. Kimberley will continue on as a JBI board member and will help in the transition as we **welcome JBI's new Feast Coordinator, Anne-Marie Keppel**. Anne-Marie brings a wealth of experience in organizing, food service, event planning, and promoting good work!

We need members, friends, family, neighbors, and yes, even strangers, to sign our petitions that will **help MSAC get on the ballot in six towns for 2014 Town Meeting Day**. This year we will be requesting funding from Plainfield, in addition to our usual five supporting towns of Berlin, Calais, East Montpelier, Middlesex and Worcester. Stop by the office to sign a petition, take one with you to gather more signatures, help us post info about MSAC on Front Porch Forum in your town... Do you value MSAC? There are plenty of ways to support town funding efforts!

MSAC is involved in the City of Montpelier **budget process** that began this fall and continues this month. We are also considering the **dues and fees** for the next fiscal year and appreciate **member input** on these and other matters. Contact Janna if you'd like to learn more, attend an **Advisory Board** meeting, talk with your Advisory Board members, and consider running for election in 2014!

After careful consideration and consultation with many stakeholders, MSAC Advisory Board and Staff have backed a **plan to relocate the pool table** across the street to the Recreation Department this winter. Seniors will still have easy access to this beautiful piece of equipment, it will be well protected and reserved for adults only, and members may even request a key to use it when the building is closed. If you play pool and want more info, please ask in the office. The **MSAC game room** will continue to serve as a place for storing puzzles and other games but will also be developed for multiple uses including brochure display, quiet conversations, small classes, clinics, and more. Stay tuned!

Last month we announced **lap swimming** on Monday night would switch to Sunday. We got fast feedback from several swimmers and decided to poll all who registered in the past year. Roughly twice as many responders prefer the switch to Sunday, so we will go ahead with the **change to Sunday** from 2-3 pm on an experimental (not necessarily permanent) basis, **starting Jan.5**. We apologize to those swimmers for whom this is a disappointment but hope to attract some new swimmers who were previously unable to participate at all or as much. Tuesday and Thursday lap schedules remain as is.

MSAC partners with **Hunger Mountain Coop** again to distribute bags of groceries in time for the holidays, filled with goodies from organic teas, to specialty soups, crackers and locally-made sweets. Distributed annually, the groceries are donated by the Coop, its vendors, Northfield Savings Bank and Coop customers. Sign up in the office ASAP. Limit 40 seniors. Pick up your bag at MSAC on Tuesday, December 17<sup>th</sup>.

**Winter weather, boots and coats are here!** We appreciate your cooperation with efforts to keep the facility clean and safe for all. Coats must be IN your classroom or IN the coat closet on the 1<sup>st</sup> floor. (Using the 2<sup>nd</sup> floor railings and surrounding area to hang coats and place boots is a fire code violation.) Boots & outdoor shoes must be in the trays or racks provided IN the rooms and IN the lobby and coat closet. Please bring indoor shoes for the Center and consider keeping a pair here. Wet boots and shoes create slippery floors—a hazard!

When the Montpelier Public Schools are **closed due to inclement weather** so are MSAC and classes for the day. We do our best to announce it on the voicemail greeting, website and Facebook ASAP.

Kellogg-Hubbard Library continues to offer **library book delivery service** to seniors at 58 Barre Street. There is a sign-up sheet with more info in the MSAC lobby, and 12/4 is the next delivery. Watch for an intro from Rachael Grossman of KHL after an upcoming Feast Together luncheon!

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# One-time Activities and Events (open to public unless noted)

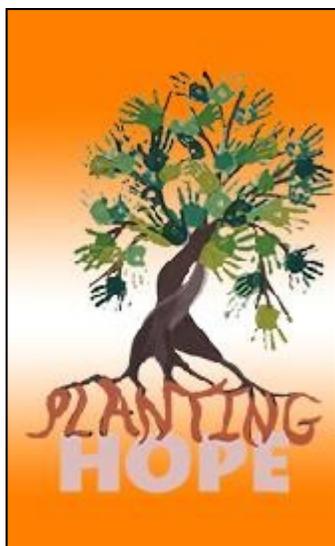


Home Share Now, Tuesdays, December 3rd and 17th, 10:30-Noon

Joel Rhodes, Program and Outreach Assistant with Home Share Now and VHCBC AmeriCorps Member, will be at an information table at MSAC from 10:30 to noon on Tuesday December 3 and 17 to discuss the Home Share program and answer questions. We hope this will become a monthly event.

Visit with Mayor John Hollar and Sue Aldrich, Chair, School Board, Tuesday, December 3rd, 1 p.m.

John Hollar and Sue Aldrich will join us for lunch and be available at 1:00 to talk about upcoming issues/challenges/goals for both the city and the schools.



Presentation by Beth Merrill of Planting Hope: An Upcoming Multi-Generational Trip to Nicaragua, Wednesday, December 4th, 1 p.m. at MSAC

Montpelier-based non-profit organization, Planting Hope, seeks adventurous and enthusiastic volunteers to spend 10 days (April 19-29, 2014) with our staff and high school students in tropical Nicaragua, promoting reading, dynamic and cooperative games and making new friends. Participants live with a Nicaraguan host family, lead and participate in activities with children, age pre-school to university level. Activities include shadowing a Nicaraguan peer, traditional food workshop, sharing life experiences, cultural

and Spanish language immersion, plus vacation days at the beach and market. Spanish is helpful, but not necessary.

Trip is open to seniors, individuals, mature high school students and families. Approximate Cost: \$1,150 + Airfare (\$700) = \$1,850 per person. Family Discounts available. Please call Beth at 778-0344 for more information or email [Beth@plantinghope.org](mailto:Beth@plantinghope.org)



Reiki Clinic, Friday, December 6th, 12-4 p.m.

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

## Annie Tiberio Cameron Art Show

Friday, December 6th—December 20th

The Dec. 6 Art Walk, from 4:30-8 pm, officially kicks off Montpelier photographer Annie Tiberio Cameron's art show. Cameron pairs her photographs with poetry from Robert Frost. She says, "My hope is that in these pairings, I will not have trivialized his poetry.... The images... are close to my heart, yet I find new meaning in them as I study this prolific and intimate poet."



**Onion River Exchange**, one of our community partners, is doing a **Silent Auction** here in our lobby which started on November 25<sup>th</sup> and **will end on December 7<sup>th</sup>**, culminating with a benefit dinner on Dec. 7<sup>th</sup>. Contact Onion River Exchange to donate goods and services or inquire more about the events. 552-3020 or [info@orexchange.org](mailto:info@orexchange.org).

## Foot Clinic, Friday, December 13, 9 am-1 pm

Nurses from Central VT Home Health & Hospice will provide this service for \$15. Check or cash to CVHHH. Fifteen-minute appointments. To reserve call MSAC at 223-2518. Call for details on what to bring. Nurses clip toe nails, clean nail beds, file the nails and lotion the feet. Please arrive 15 minutes early.



## Film: My Reincarnation

Saturday, December 14th, 6:30 p.m.

While fighting to preserve his spiritual legacy, a Tibetan spiritual master must also do battle with his own son, who has no interest in his destiny. The documentary story that unfolds is a fascinating father-son conflict. Featuring Silvano Namkhai and Chogyal Namkhai

Norbu. MSAC & Dharma Film Series. Suggested donation \$3. For comfort, bring a cushion. For more info, call Neville at 224-1001.

## Memory Café coming in January!

Saturday, January 11th, at 10:00 a.m. doors will open for the first time for the Montpelier Memory Café at MSAC. It will have the distinction of being only the second Memory Café in Vermont, and currently one of approximately a hundred throughout the United States. Volunteer-led, the Café invites individuals with early to mid-stage Alzheimer's disease or a related memory disorder, accompanied by a support person, whether family or friend, to attend a pleasant morning of activities from 10 to 11:30 a.m.



## Spirit of the Season (Continued from Page 1)

In addition to vendors, we will also have MSAC volunteers selling arts, crafts, and baked goodies that are donated by our members and friends of MSAC for this fundraising event. Along with the Bazaar, we will be selling delicious bag lunches from our kitchen and screening free films in the upstairs activity room (schedule to be finalized soon).

Those who would like to help out by contributing gift items -- or volunteering to bake, sell or help in other ways -- may contact the MSAC office at 223-2518 or by stopping in at 58 Barre Street. Vendors who are interested in renting a table at the bazaar may pick up an application at the office, or download it online from the MSAC website at [Montpelier-vt.org/msac](http://Montpelier-vt.org/msac). Tables must be reserved by December 4th.

To further honor the spirit of giving that we've benefited from already this year, we'd like to recognize the great responses we've received this year to specific appeals, including support for the following:

**Kitchen Small Wares Fund:** When we expressed our need to quickly raise \$8,000 in early June to purchase the remaining necessary small wares for our new kitchen, people stepped up to the challenge. The goal was reached by November and an eclectic list of needed items from sheet trays to tablecloths and from stock pots to blenders were purchased, allowing our kitchen to open on time in July. Every time a meal is prepared at MSAC, we are thankful for your support!



**Scholarship Fund:** Support of our scholarship fund this year was also notable. While we strive to keep fees low, it can be difficult for some to pay for the great classes at MSAC, and having a well-supported scholarship fund can make those difficulties surmountable.

See page 2 for a full list of those who gave to the funds in 2013.

With that, we wish you the happiest of holidays, and may we all contribute to a healthy spirit of giving this year!

Donation Totals for 2013! Equipment Fund \$1056, Scholarship Fund \$259,  
Kitchen Small Wares Fund \$8019

### ***Winter Class List, Groups & Games, more on page 12!***

**OFF-SITE ACTIVITIES:** *Bowling*, Tue 9-11, Twin City Lanes; **F-in-F Gym Monthly**, Montpelier, M-F daily 10-11:30; **Swimming**, F-i-F Berlin, **Sunday 2-3 pm**; T & Th 10-11 (laps); **Tennis**, F-in-F, Berlin, **8 Fridays, 2-3, Jan 10-Feb 28**; **Walks with Harris**, Thur 12:30-1:30

**Water Aerobics**, F-in-F Berlin, Tue 10-11

**GROUPS (no class fees):** **Hand-building with Clay (materials fee)**, Mon 1-2:30; **Living Strong**, Mon & Fri, 2:30-3:30; **Mac User Group**, Tues, 4-5:30; **Ukulele**, Thu, 6-8 pm.

**GAMES:** Bridge, Mon 1-3 (call Elaine 223-2138), Thu 12:30-3 (email Marsha MrshMrt@ aol.com) - need even # to play; Cribbage, Mon 2-4 pm; Mah Jongg, Mon 12:30-3, Fri 10-3; Scrabble, Tue 1:30-3.

# Ongoing Activities

SPACE	SAT./SUN.	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>LARGE COMMUNITY ROOM</b>		11:30-12:30 Computer Skills 101 12:30-3 Mah Jongg 1-3:00 Bridge 2-4:00 Cribbage	10:30-12:00 Band 12-1:00 <i>Feast Together</i> 1:30-3:00 Scrabble 6-8:00 Ukulele Class		9:00-11:30 Bridge 11-1 <i>Feast to Go</i> 4th & 18th 10-12 Computer Help 12:45-3:00 Bridge 1:30-2:30 E-mail & Internet Class 3-4:00 Singing 6-8:00 Ukulele Group	10-3:00 Mah Jongg 12-1:00 <i>Feast Together</i> 3:30-4:30 Classical Music Appreciation Class (no class 12/6) 4-7:00 Art Walk 12/6
<b>ART AREA</b>		10-12:00 Painting II 1-2:30 Handbuilding in Clay 4:30-6:00 Drawing	4-5:30 Mac User Group	9:30-11:30 Rug Hooking 5-6:15 Stage to Screen		
<b>STUDIO</b>	Sunday 5-6:30 pm Yoga Integral	10:30-11:15 Dance to Fitness 1-2:15 Gentle Yoga 3:30-5 Vinyasa Restorative Yoga	9-10:30 Gentle Yoga 11-12 Chair Yoga 4:30-5:30 Tai Chi for Arthritis	8-9:30 Gentle Yoga 1:30-3 Tai Chi Long Form 5-6:30 Hatha Yoga	9-10:30 Gentle Yoga 5-6:30 Vinyasa Restorative Yoga	10-11:30 Hatha Yoga
<b>UPSTAIRS ACTIVITY ROOM</b>		9-10:00 Living Strong 10:15-11:15 Living Strong 12:45-2:00 French Intermed 2:30-3:30 Living Strong 5-6:00 Living Strong 6:10-7:10 Living Strong	8:30-9:40 Living Strong 10-12:00 Write a Poem 1-2:00 Italian Beginner 2:15-3:15 Italian II 6:30-9 Classic Films of the 50s	8:30-9:45 Spanish Past Tense 10:15-11:15 Spanish Conversation 1:30-3:30 Writing	8:30-9:40 Living Strong 12:45-2:00 French Beg 5-6:00 Living Strong 6:10-7:10 Living Strong	Living Strong Classes: 9:00-10:00 10:15-11:15 2:30-3:30
<b>OFFSITE</b>		10-11:30 am Exercise <sup>†</sup> 5-6 pm Swimming <sup>#</sup>	9-11 am Bowling <sup>°</sup> 10-11:30 am Exercise <sup>†</sup> 10-11 am Swimming <sup>#</sup> 10-11 Water Aerobics <sup>#</sup>	10-11:30 am Exercise <sup>†</sup>	10-11:30 am Exercise <sup>†</sup> 10-11 am Swimming <sup>#</sup>	10-11:30 am Exercise <sup>†</sup>

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

<sup>#</sup>Swimming, Water Aerobics & Tennis are activities at FiF in Berlin. Tennis is 8 weeks & the others are 13 weeks.

<sup>°</sup>Bowling is a 13 week activity held at Twin City Lanes in Berlin.

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

## Memory Café (Continued from Page 6)

The Montpelier Memory Café is a social gathering where people with early to mid-stage memory loss disorders, and their care partners, come together to connect and support one another in a relaxed, non-judgmental atmosphere. Participants enjoy social time and food, as well as activities and exercise. These may include art, music, dance and movement. (Please note that the Memory Café is not a drop-off or adult day care center. Each participant is expected to be accompanied by a care partner.)

Volunteers are always welcome to help the creation and management of the Café, serving on its steering committee, as well as facilitating the many activities during the Café meeting itself. We'd love to see musicians, singers and other performers offer to bring their talents to one of the monthly meetings for a 20-30 minute performance. Experience with the challenges of dementia is not essential, but the desire to assist others in a caring, and supportive manner is. We particularly encourage people with early or middle-stage dementia to join the steering committee, as their input would be of immense value. There are many ways for volunteers to assist at the Montpelier Memory Café.

We invite interested members to attend our next **Steering Committee meeting, Monday, December 16th**, at 6:00 pm at MSAC.

For further information about the Montpelier Memory Café , and volunteer opportunities, please contact: Lisbeth Dodd, (802)229-9630, [ldodd2005@live.com](mailto:ldodd2005@live.com)



Friday, December 20th, 9-12 p.m., by appointment

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

Advance Directive Assistance, Friday, December 27th, 2-4 p.m.

Sponsored by the Funeral Consumers Alliance of VT, these sessions (by appointment only, and scheduled at least one day in advance) include information on funeral planning. Forms will be available. Assistance is free, but donations to MSAC are appreciated. Call Mary Alice at 223-8140 for more info.

# **New Classes This Winter, Starting week of Jan 5**

**See registration form & class descriptions in MSAC lobby & on website for instructors, fees & start dates.**

## **Advanced iPhone, 4 Thursdays, 10-11:30, beg. Jan 9, with Thierry Guerlain**

This class is for people with iPhones only who have acquired some basic skills and are ready for more advanced instruction. Limited to 4 participants.

**Demystifying Computers, Mondays 11:30 - 12:30, 10 weeks, with Beth Burgess, \$20/\$30** This full-length class will help you learn how to develop your skills and confidence – more easily email, browse the internet, organize and edit photos and successfully create documents. The course also will cover file organization, troubleshooting and online safety. Includes handouts with shortcuts, safety tips, and instruction summaries. Limited to 6 participants

**How to Retire (Without Going Broke), 5 Wednesdays, 5:30-6:30, Jan 15-Feb 12, With David Caris, Free.** The challenges for those who are retired or about to do so are significant. With no sales pitches or product promotions, this class will take a look at how to create a sustainable income for the rest of your life. We'll look at a variety of techniques, examine recent academic thinking on the topic, touch on some of the risks along the way, and wrap up with a look at how to put your plan into action and manage it. David Carris is with UBS Financial Services in South Burlington with over 19 years experience helping people navigate the complex road to and through retirement.

## **International Folk Dance, Thursdays 6:45-7:45 pm, with Nancy Schulz, \$20/\$30**

All are welcome to this introductory class. No dance experience is necessary. Feel free to come with or without a partner. Dances will include circles, lines, triples, sets of four, and couple formations. The emphasis will be on having fun while learning a bit about other cultures and moving to wonderful music. Nancy Schulz has been teaching dance in Vermont for 20 years. Prior to moving to VT, Nancy danced competitively in the New York area.

## **Exploring Balance, Wednesdays 12-1 pm, with Louisa Nufield, \$20/\$30**

Learn Louisa's ABC's of movement and gain appreciation for the diversity of movements that can free us from our fears. Once you learn, understand and practice these movements, including moving on floor mats, you'll walk, dance, travel and play with more awareness, energy, security, and comfort in your body. Louisa Nufield, OMT focuses on the acquisition of wonderful balance in motion. As an Orthopedic Body Therapist for over 25 years, she has observed and treated the consequences of poor balance in hundreds of people of all ages.

## **Documentaries from 1930's to Today, 8 Tuesdays, 3-5:30 pm, beg. Jan. 7<sup>th</sup> at MSAC, with Rick Winston, \$30/\$45**

We'll take a look at the development of the documentary film, from its origins in the 1930s to the great variety today. We'll see examples of various documentary styles, plus a few that are uncategorizable.

## **Films from Scandinavia, 6 Thursdays, 10-12:30, beg. Jan 23rd at the Savoy, with Rick Winston \$35/\$50**

In this class we will watch and discuss recent films from Scandinavia, including films from Norway, Denmark, Finland, and Sweden.

## **Working from Photos in Pastels with Jeneane Lunn, Monday 3:30-5:30 pm \$25/\$35**

This class will cover all the basics to become better at using soft pastels. Beginners and experienced pastelists will find something positive they can add to their work. We will be working from photographs and this class will help you learn to re-compose a photograph to make it your own, learning to mass complicated areas and make a pastel from a photograph look like it was painted from life. Start gathering photos now so you will have plenty to choose from. List of materials available at registration table.

## **Macbook User Group, 10 Tuesdays, with Beth Burgess, Free**

Workshop and support group takes you through popular topics, troubleshooting and shortcuts at an easy pace. Must bring your own laptop.

# Here's how to Register for Winter Classes!

1. Registration schedule: **Week 1—Montpelier only:** Dec 2-6; **Week 2—Montpelier and Supporting Towns only:** Dec 9-13; **Week 3-4—All Towns:** Dec 16-Jan 3 (on days MSAC is open). This ensures that members from towns that support MSAC with tax dollars get preference. **EVENING REGISTRATION** will be held from 4-7 p.m. on Monday December 2, Tuesday December 10, & Thursday December 19. .
2. **Current Members who register after Jan 3** will be charged a one-time **late registration fee of \$10** (regardless of number of classes). When members wait until the quarter has started to register, it puts some classes in jeopardy of not running and prevents instructors from obtaining accurate class lists in advance. Our staff and volunteers appreciate your cooperation with this.
3. **All members may fill out and submit forms starting Dec 2**, and we will hold your forms until the week of your town's registration start date, if applicable. When a new week starts, we will proceed to fill available class slots in order of the date when forms were received in the office.
4. **All forms are available online!** If using one, print and fill out completely, then bring to office so a **docent may assist you with processing**. Docents will also be available to answer general questions and check your membership status.
5. Remember: Only members in good standing (dues paid up for FY14) may register for fee-based classes. **Over 200 members still need to renew**. Are you one?
6. Classes without minimum registration before first class session will be placed on hold. **At end of first week of class, classes still not meeting minimum will be cancelled**. Exceptions: some classes led by volunteers will still run without meeting minimum registration.

## Full Winter Class List (Sun Jan 5 —Fri Mar 28). . . from page 7.

### ARTS, HUMANITIES, TECHNOLOGY & OTHER ON-SITE CLASSES:

*Advanced iPhone, Thur 10-11:30;*  
*Demystifying Computers, Mon 11:30-12:30;*  
*Documentaries-1930's to Today, Tue (MSAC)  
3-5:30;*  
*Drawing, Thur 4:15-5:45;*  
*Films from Scandinavia, Th (Savoy) 10-12:30;*  
*French I, Thur 12:45-2;*  
*French II, Mon 12:45-2;*  
*How to Retire, Jan 15-Feb 12, Wed 5:30-6:30;*  
*Intermediate Bridge, Tue 2-3:30.*  
*Italian 2, Tue 1:15-2:30;*  
*Pastels: Working from Photos Mon 3:30-  
5:30;*  
*Rug Hooking, Wed 9:30-11:30;*  
*Singing, Thur 3-4;*  
*Spanish Past Tense Part 2, Wed 8:30-9:45;*  
*Spanish Conversation, Wed 10:15-11:15;*  
*Painting II, As You Want It, Mon 10 -12;*

*Write a Poem, Tue 10-12;*

*Writing, Wed 1:30-3:30;*

### MOVEMENT CLASSES:

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

*Exploring Balance, Wed 12-1;*

*International Folk Dance, Thur 6:45-7:45;*

*Living Strong, M & Th 5-6;*

*Living Strong, M & Th 6:10-7:10;*

*Living Strong, M & F 9-10;*

*Living Strong, M & F, 10:15-11:15;*

*Living Strong, T & Th 8:30-9:40;*

*Tai Chi for Arthritis, Tue 4:30-5:30;*

*Tai Chi Long Form, Wed 1:30-3;*

*Yoga for Balance, Thur 9-10:30;*

*Yoga, Chair Only, Tue 11-12;*

*Yoga, Gentle, Mon 1-2:15;*

*Yoga, Gentle, Tue 9-10:30;*

*Yoga, Gentle, Wed, 9-10:30;*

*Yoga, Hatha, Wed, 5-6:30;*

*Yoga, Hatha, Fri 10-11:30;*

*Yoga, Integral Hatha, Sun,5-6:30;*

*Yoga, Vinyasa/Restorative, Mon, 3:30-5;*

*Yoga, Vinyasa/Restorative, Thurs 5-6:30*

# Announcements (Continued from Page 4)

Did you know you can purchase **frozen meals and fresh bread** from Chef Justin? Inquire at the kitchen for more details...

**Coffee update:** With money from the Kitchen Small Wares Appeal, we purchased a **new Bunn multi-pot, automatic drip coffee-maker**, and caffeinated and de-caf will be available. Kitchen staff make one pot in the morning, and it can be stored in one of the new thermoses. Please turn off the burner under an empty pot and be mindful not to leave an almost empty pot heating! Many kinds of tea, milk, non-dairy creamer, sugar and Splenda are available. We have **stopped purchasing Keurig coffee cups** due to high cost (and solid waste!). The Keurig machine is still available, donated hazelnut coffee cups are plentiful, and members are welcome to bring their own K-cups or purchase boxes to be shared. **We request cash donations** when members use the coffee service and sincerely appreciate the change and bills we find in the donation jar. Think about the cost at a restaurant or store when considering your donation!

## The Green Corner

Many of you have been commenting on how warm the Center is lately (often 70-75°). It may seem that we are blasting the heat, but we've actually had thermostats set well below these temperatures. The warmth is due to the excellent insulation of the renovated facility, our great south-facing windows that gather heat from the sun, some ambient heat from cooking in the kitchen, and the lack of cold days and nights so far this year.

Since we have generally stopped turning on the air conditioning, the space is in fact warmer now than it was in the early fall. Luckily, in our experience, being comfortable is sometimes simply a matter of removing some extra layers of clothing that may have been necessary in your cooler home or the outdoor environment.

If any group is truly uncomfortable, we are not opposed to turning on the air conditioner temporarily, but that IS expensive, and we don't want to make a habit of it in these cooler months. Once the heat is coming on regularly, we will experiment with scheduling the thermostats to cool down a bit overnight and heat back up in the morning.

It's also worth noting that when we *do* run the heat, we are now using a cost-efficient wood pellet system that burns a renewable fuel instead of fossil fuels.

## MSAC Wish List

Can you help MSAC by donating any of the following? Thanks in advance!

- Coffee donations to defray cost of refreshment area.
- Head phones (not ear buds) for computer lab
- Shelving/Brochure holders in good condition for Resource Room overhaul
- "Waterhog" runner rugs in good condition or funds to purchase more
- Free indoor winter parking space for MSAC 12-person van (close to town)
- Members to gather signatures for Supporting Town funding petitions

# MSAC Van Trips

## Reserve your spot on the van now!

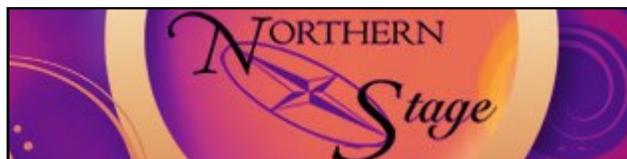
Note: on meal stops, every effort will be made to locate affordable options.



### Join MSAC for a “Live-streamed in HD” Metropolitan Opera at the Palace Theater in South Burlington

We will leave at 11:15 am and return at about 4:30-5:00 pm.

Visit [metoperafamily.org](http://metoperafamily.org), and click on “Season and Tickets.” This will allow you to read a little more about the performance. Look for a more detailed poster at MSAC. Please bring your lunch. **\$40 includes ticket.**



### MSAC Travels to Northern Stage Theater Two More Times This Quarter

Leave at 12:30 pm & return at 5:30. You may bring your lunch on the bus OR reserve a delicious “Feast to Go” take-out lunch from MSAC (let us know by the previous day, and your lunch can be delivered to you at the van.) We will not have time to stop for lunch. **\$40 includes ticket.**

**Falstaff**—Saturday December 14<sup>th</sup>.  
(Call to reserve a seat by December 2).



**White Christmas**—Thursday, December 5<sup>th</sup>  
Two World War II veterans take their song-and-dance act to a Vermont lodge as they pursue the singing Haynes sisters.  
(Call to reserve a seat by November 29<sup>th</sup>!)



### April 19-29, 2014 Trip to Nicaragua:

On December 4th, MSAC will host Planting Hope Director, Beth Merrill, who will give an introduction to our April 2014 multi-generational trip to Nicaragua (see page 5 for more info). This will be a great opportunity to combine service and vacation, practice your Spanish, and enjoy time with younger friends and family, too.



## Donors

(continued from p. 2)

John Lincoln	Reidun & Andrew Nuquist	Anne Sarcka	Paul & Ruth Wallace
Don Lyons	Karin Omasta	Rebecca Sheppard	-Brodeur
Cynthia MacDonald	Jane Osgatharp	Joseph Sikorski	Sylvia Walker
Jill Macdonald	Margaret O'Toole	Carolyn Silsby	Lynne Walther
Cynthia Martin	Glenda Otto	Catherine Simpson	Sheila & Alfred
Trudy McArdle	Priscilla Page	Mary T. Smith	Warburton
Deborah McCormick	Kathy Perreault	Deborah Smith	Evelyn Webler
Rita McInerney	Lorraine Pilon	Marguerite Smyrski	C.E. Wiley
Bruce Merrill	Herb Proper	John & Elizabeth Snell	Colleen Wilford
Deane Merrill	Nancy & Michael Read	Bob & Brenda Snetsinger	Susan & Duncan Wilkie
John Micknick	Maria Redmond	Jingji Stengel	Ann Wilson
Martin & Edith Miller	Janet Ressler	Art Stukey	Bob & Marilyn Wilson
Milne Travel	JoeAnne Richardson	Sue Stukey	Priscilla Wilson
Julia Morgan	June Richardson	Terry Sudol	Marit Young
Joan Moureau	Carolyn Ridpath	Debby Tapper	
Nancy Munno	Susan Ritz	Christine Terry	
Joe & Terry Mureta	Wally Roberts	Barbara Thompson	
Judith Murray	Justine Robinson	Margaret Thompson	
Margaret Murray	Susan Roop	Robert & Joan Troester	
Irene Nettle	P.A Rouelle	Robert Tucker	
Lucy Nichol	Christine Rousseau	Wayne Tuller	
Johanna Nichols	Marie Roy	Richard & Pamela Turner	
	Donna Russo		
	Tina Ruth		

Thank you to local businesses who donated to the luncheon for MSAC volunteers on Nov 20th

Capitol Copy

Your Solutions

## Member Acknowledgments



Robin Cornell  
Jane Dale  
Barbara Donnelly

Deborah Dwyer  
Darragh Ellerson  
R. David Ellerson  
Robin Gorges  
Cynthia Hartnett  
Anne Howland  
Annette Lawson  
Melitta Maddox  
Juliana Plummer



Zita Boardman  
Charlotte Karr  
James Sheridan, Sr.  
Mary Williams

**Montpelier Senior Activity Center**  
**58 Barre Street**  
**Montpelier, VT 05602**

**PRSRT STD**  
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*Dear Newsletter Subscribers! Some of you are receiving Active Times by e-mail only. Thank you for saving MSAC \$1 per month (and paper)! To make the switch, and always have your newsletter in color online, send an e-mail to: [msac@montpelier-vt.org](mailto:msac@montpelier-vt.org). You can now also sign up for our e-Letters by using the simple form on our website!*

**MSAC is closed December 24, 25, 26 & 31, and January 1.**

**Winter Registration dates, including night-time hours, are inside on page 12!**

**Fall classes end in December. Confirm date with instructors.**

**Submissions for January Newsletter due Dec. 16!**

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

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

<b>3 Years</b>	<b>2 Years</b>	<b>1 Year</b>	<b>Advisory Board Meeting Dates</b>
Fran Krushenick	Sylvia Kingsbury	Elizabeth Dodge	Next Meeting: Weds, December 11 starting at 1:30 in Council Chamber at City Hall, 39 Main St.
Tina Muncy	Jane Osgatharp	Peter Harris	
Sue Stucky	Janet Ressler	Frank Woods	

**Montpelier Senior Activity Center**

**223-2518 • 262-6285 (fax) • [www.montpelier-vt.org/msac](http://www.montpelier-vt.org/msac)**

**E-mail: [msac@montpelier-vt.org](mailto:msac@montpelier-vt.org)**

**Front Office is Open: Mon-Fri 9-4**

**Staff Names and Normal Schedules:**

Janna Clar, Director (M-F, 9-4)

Johanna Nichols, Program Assistant (M-F, 9-4)

Lise Markus, Office Assistant (M-F, 9-12)

James Sharp, Outreach Assistant

Anne-Marie Keppel, Just Basics, Feast Coordinator (TBD)

Justin Turcotte, Chef for Feast (M-F, 7-2:30)