

July 2013

Action Times

Montpelier Senior Activity Center

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A Gathering Place for Healthy Aging and Lifelong Learning

Website:

www.montpelier-vt.org/msac

**Like us on Facebook
to receive other an-
nouncements:**
Montpelier Senior
Activity Center

WELCOME TO GOOD TASTE CATERING & CHEF, JUSTIN TURCOTTE



In late June (press time), our partnership with Just Basics and Good Taste Catering was formalized when a contract was signed to begin production of senior meals at MSAC starting this month!

“I can’t wait to get started at the Montpelier Senior Activity Center. This is a beautiful new space and a lot of people have been working really hard to make it what it is today... Adding delicious home cooked meals to this already thriving community center will just make it better!” says our new chef!

Justin Turcotte grew up in Calais and has fond memories of spending time in his mother’s sweet pea patch during the summer. He graduated from U-32 and went on to earn a degree in Culinary Arts at the Culinary Institute of America in Hyde Park, NY. He has also been an instructor for the New England Culinary Institute in Montpelier.

Continued on page 6...

REGISTRATION
SUMMER QUARTER
(July-August-Sept)
CLASSES BEGIN THE
WEEK OF JULY 1st.

MSAC IS CLOSED
July 4th, THURSDAY.
We are open July 3rd.

RENEW DUES!
ANNUAL MEMBER-
SHIP IS JULY 1, 2013-
JUNE 30, 2014
(Fill out form pp. 7 & 8)

2 WEEKLY ACTIVITIES

July 2013

SUNDAY

5:00-6:30 Integral Hatha Yoga

MONDAY

9:00-10 Living Strong
 10:30-11:15 Dance to Fitness
 10:00-11:30 Exercise at F-i-F
 10:00-12:00 Painting II
 12:30-3 Mah Jongg*
 12:30-3 Bridge II
 1:00-2:30 Clay group*
 2:00 Cribbage
 2:30-3:30 Living Strong
 2:30-4:30 Pool (7/8)
 3:30-5 Vinyasa Res Yoga
 5:00-6 Living Strong
5:30-6:30 Zumba
 6:47-7:45 *Salsa*
 5:00-6 Swimming (Berlin)

TUESDAY

9:00-11 Bowling (Berlin)
 9:00-10:30 Gentle Yoga
 10:00-11 Swimming
 10:00-11:00 Water Aerobics
 10:00-11:30 Exercise at F-i-F (month)
11:00-12:00 Chair Yoga
 11:30-1 Lunch & Band
 2:30-4 *Yoga for Core*
 4:00-5:00 French Conversation
 6:00-8:00 *Acting (7/23)*

WEDNESDAY

8:00-9:30 Gentle Yoga
 8:30-10:00 *Spanish*
 10:00-11:30 Exercise at F-i-F
 1:30-3:00 *Eat, Sleep, Love 7/10...*
 1:30-3:30 Writing (7/10)
 5-6:30 Hatha Yoga
 6:00-7:30 Floral Arranging
 7/10, 8/7, 9/11

Note: Lap Swimming and Water Aerobics times will remain, at 10 am on Tuesday and Thursday into the summer quarter and Tracy Ellis will continue as instructor.

Classes begin week of July 1st Unless otherwise noted.

THURSDAY

9:00-10:30 Gentle Yoga
 9-11:30 Bridge
 9:30-11:30 Rug Hooking
 10:00-11 Swimming (Berlin)
 10:00-11:30 Exercise at F-i-F
 11:00-1:00 Take Out/Cafe
 12:45-3:00 Bridge
 3:00-4:00 *Singing*
 5:00-6:30 Vinyasa Res Yoga
5:00-6:00 Living Strong
 6:00-8:00 Ukulele Group*

FRIDAY

9:00-10 Living Strong
 10-3 Mah Jongg
 10:00-11:30 Exercise at F-i-F (month)
 10:00-11:30 Hatha Yoga
 12:00-1:00 Lunch
 12:00-1:15 Gentle Yoga
 2:30-3:30 Living Strong

*Groups do not require registration. Donations appreciated. Scrabble will resume at a later date.

Most classes begin the week of July 1st, except for Thursday classes which begin July 11th (MSAC is closed on July 4th.) See dates for Floral Arranging, Pool, Acting. Check with instructors for dates classes end. New classes are in italics. Time changes are in bold.

Spanish. We welcome back long-time instructor **Betsy Barstow!** Class will likely focus on past tense. This is not a beginning language class; participants must have some proficiency in Spanish.



July 2013

ORCA Channel 15: “Senior Moments” Episodes (about MSAC activities) by MSAC’s own Don Rowan and Ora Paul: Tuesday 9 a.m., Wednesday 1 p.m., Thursday 8 p.m. (check the [ORCA website](#) to view dozens of past episodes!)

Thursdays, 10-12noon, Free Computer Assistance in the Lab with Nate Vaughan
Computer workshops and classes with Beth Burgess: See schedules on lab bulletin board

July 1-7, MOST SUMMER QUARTER CLASSES BEGIN! SCHEDULE PG. 2

Meal Production to Begin in MSAC Kitchen!

Tuesdays: Band & Dancing 11am-12pm, 1-1:30pm (**lunch / socialization** 12-1pm)

July 16,23,30: Delicious Lunch cooked at MSAC! (RSVP 262-6288 by prev.Mon)

(July 2 & 9: BYO Brown Bag for two more weeks: Final prep for on-site meals!)

Thursdays: July 25 anticipated opening of the Take-out /Café meals options! **\$4-8**

Open to the public; proceeds support the meals program

Fridays: July 19, 26: Delicious Lunch cooked at MSAC (must RSVP by prev Thur)

Tues/Fri On-site lunch: *Suggested* donation **\$5** for age 60+; Under 60/guests: **\$5**

Note: Home Delivered Meals production anticipated start date at MSAC: July 8-12.

Call 595-9145 for more info or to request Home Delivered Meals

July 3rd, Wed, Montpelier Independence Day Festivities (FREE & OPEN TO PUBLIC): 1-3:30 pm, Film: “Born on the 4th of July” (1989) 2 hr 24 min.;

4 PM, Zumba and Salsa demonstrations with Constancia Gomez and friends;

6 PM, Parade (MSAC walkers and van-riders needed; RSVP for meet-up info)

July 3rd, Wed, MSAC is OPEN for summer classes!

July 4th, Thurs: MSAC is **CLOSED** for the Holiday.

July 5th, Fri, Reiki Clinic, 12-4pm (see page 10)

July 9th, Tues 2-3pm, Downsizing Workshop, please register in front office. **Free.**

July 12th, Fri, 9-1, Foot Clinic (see page 10)

July 13th, Sat, 6:30-8:00pm, Dharma film *Hope Springs* (see page 4)

July 17th, Wed, Free and Open to the Public—5:30 pm Refreshments, music, & **6:30 pm** movie *The Sixties*. (see page 4)

July 19th, Fri, 9-12 noon, Council on Aging appts (see page 10).

July 19th, Fri, 7-10 PM, West Coast Swing Dance, open to public (fee at door).

July 30th, Tues, 5:00 PM, Free Documentary *Household: Four Stories of Kinship and Curiosity* by filmmaker Craig Saddlemire. Discussion about family after the movie. (see page 4)

July 31, Wed, 6:30 PM, Free film, All of Me (see page 4)

Film and Art Events at MSAC in July

MSAC & DHARMA FILM SERIES July 13th, Saturday, 6:30 pm!

Hope Springs 2012 100 minutes
After decades of marriage, Kay and Arnold go to a couples counselor in order to spice things up and reconnect. The real challenge comes for both of them as they try to reignite the spark that made them fall for each other in the first place. With Meryl Streep and Tommy Lee Jones.
Suggested donation \$3. For comfort, bring a cushion.

**Tuesday, July 30th, 5:00 PM,
community-based screening of
a recent documentary by
filmmaker Craig Saddle mire
Household: Four Stories of
Kinship and Curiosity.**

**There will be dialogue about
family after the movie.**

“An extended refugee family from Somalia, an interracial same-sex couple, a single mother in a housing cooperative, and a mother of six who has fostered nearly 50 children in her lifetime... To explore how his friends and neighbors are defining family for themselves today, Craig Saddle mire requested that four different households in his community allow him to document their routines and challenges. In addition to sharing their personal stories, members from each family volunteered to research and narrate the story of a different family in the project. Through food, finances, and sibling disputes, *Household* presents an ever-shifting perspective on the enduring bonds of kinship. It reveals what it means to be a family member by choice, by birth, and by circumstance.” Craig is in Vermont to attend the MFA program at Vermont College of Fine Arts.

Free and open to the public.

**** MOVIES! * * * * MOVIES! ****
**Sponsored by MSAC& Americorps
Neighbor to Neighbor Program**

July 17th, Wednesday 5:30 p.m.
Reception with light refreshments. Live music provided by Eric Friedman and Amy Torchia. Wear your favorite t-shirt of the time, and your name will be entered for the door prize. **6:30 p.m. Movie, The Sixties: The Years That Shaped A Generation** a PBS documentary of the tumultuous and exhilarating moments of a decade that continues to have a profound impact on our society today.
Free Admission and Open to the Public.



July 31st, Wednesday, 6:30 p.m. LAUGH A MINUTE. One of America's finest comedians Lily Tomlin & Steve Martin in *All of Me.*
Free popcorn and admission. Open to the public.

**A collection of Art
work by Sylvia Walker**
will be on display at MSAC from the middle of June through July. Sylvia paints in oils, pastels, water-colors and pen & ink. Most are landscapes of local Vermont scenes. Sylvia has taught art at MSAC for 16 years and has volunteered countless additional hours of service to MSAC as well.

Announcements of This & That

5

- ◇ **Band, Recruitment and Dancing.** The Swingin' Over Sixty Band, who have been playing danceable music from the 30s to the 60s for over 20 years at MSAC, are recruiting new musicians to join their group. They rehearse Tuesday mornings at MSAC before lunch, then play a second set after lunch at 1:00. Dancers welcome — MSAC historically hosted dozens of dancers every week on lunch days, and we hope to revive this popular event with the return of fresh-cooked meals at MSAC this month! The band welcomes musicians under age 50 as well, so tell your friends and family members! Especially seeking keyboardists.
- ◇ **Volunteers still needed for Meals Program Teams:** Still recruiting volunteers interested in making a min. 3 month commitment to being part of a team to do kitchen support, hospitality, food rescue, special events planning, and more. More info and sign-up forms avail.
- ◇ **Class lengths/dates/instructors.** Reminder: Movement classes (Yoga, Living Strong, Dance, Tai Chi) return to 12 week quarter lengths starting this summer. Most other classes are 10 weeks in length. Off-site activities (bowling, gym, swimming, water aerobics) continue to run a full 3 months per quarter. A few classes are shorter in length; stay in touch with your instructor for updates on their summer schedules.
- ◇ **Facility Updates.** Capital Campaign Donor Recognition permanent signage and engraved benches are finally here! Kitchen equipment is all installed, last tweaks are happening, and inspections are pending at press time! Automatic Door openers will be installed any day! Activity Room paint damage and room darkening issues have been addressed! New front exterior doors are still on order! Final warranty items are awaiting contractor attention!
- ◇ **Seeking Living Strong instructors.** We are especially seeking instructors willing to lead new classes in Living Strong (strength training). If you might be interested but need some training before leading, let us know in the office, as we may be organizing a trainers' event.
- ◇ **Tai Chi for the Summer.** People who are practicing Tai Chi on Wednesdays from 1:30-2:30 invite others to join them through August.
- ◇ **Available Space at MSAC.** When rooms are vacant outside scheduled class times, members are welcome to use them for practicing anything from foreign languages to dance to yoga.... You name it! Inquire in the office for current room schedules. (Private rentals also available for non-member meetings, rehearsals, parties, etc. Rates in office.)

NEW SUMMER CLASS (left off registration form earlier—woops!): Eat, Sleep, Love: Living the 3 Pillars of Ayurveda July 10th thru Aug. 14th, 6 Wednesdays 1:30 - 3:00

Learn how the three pillars of Ayurvedic Medicine—a healthy diet, restful sleep, and loving relationships with yourself and others—can help you live a fulfilled life. Includes simple dietary, herbal, lifestyle, exercise, and meditation tips to bring joy into daily life. Karen Johnston is a Kripalu certified Ayurvedic Lifestyle Consultant, graduating in 2012. She is a dedicated adherent of yoga, a former organic farmer, and passionate promoter of food sovereignty.



WELCOME TO LISE MARKUS

FRONT OFFICE ASSISTANT

I was born and raised in Pittsburgh, PA. I majored in English at Bates College in Lewiston, Maine, and have lived in New England since then except for two years in the San Francisco Bay area. My husband's job in renewable energy brought us to Vermont twenty years ago. We fell in love with Montpelier the minute we saw it. We have one daughter, Zoe, who graduated from UVM two years ago and now lives in Montana where she works for the U.S. Forest Service as a trail crew technician.



I earned my M.A. in counseling psychology from Antioch University in Keene, NH, and was a school counselor for several years before my daughter was born. After she was born, I worked as an instructional assistant for the Montpelier Public Schools and later was an editorial assistant for *Vermont Life*. My most recent position was circulation librarian at Kellogg-Hubbard Library. I enjoy hiking, gardening, cooking, traveling, walking my dog (a poodle named Nina), and reading. I'm very happy to be working at our vibrant senior center and look forward to seeing everyone! Stop by the office and say hello! (note: Lise's normal hours are Monday-Friday, 9:00-noon, she'll be traveling for 3 weeks in July, and then she'll work some longer hours later in the summer while Johanna is on leave.)

Continued from Page 1, Story about Justin Turcotte, new Chef at MSAC:

Justin Turcotte has 23 years of food experience. After culinary school, he started at a dude ranch in Wyoming and then worked with Alice Waters at Chez Panisse in Berkeley, California. It was here that he made a strong connection with the importance of using high quality ingredients and a deep respect for food. He spent several years as a free agent and consultant in the catering and restaurant development field in San Francisco, coordinating events for a wide range of clients. He moved on to be special events coordinator for a supper club in Palo Alto. He returned to Vermont as General Manager for All Fired up Billiards and Bistro in Barre and was most recently Executive Chef for Central Vermont Medical Center. Here he learned more about the role of food in diet-related health.

Justin lives in Montpelier with his wife Michele Turcotte, a Primary Teacher at Berlin Elementary School, and their two children, ages 5 and 7.

He writes, "Sharing great food is an act of love, that is why your grandmother's cooking is the best. Not because she slaved away over some lavish production, but because she was thinking about you when she made it. You can taste that in the food and it makes life better."

Justin has already been busy helping staff finalize kitchen preparations and inspections, identify and fill gaps in small wares inventory, and more. We are so pleased to have him on board and look forward to all the yummy smells from the kitchen! More information in next newsletter and during the month!

Farm To Family Program: Two Options

Farmers Market Program: \$30 worth of coupons to buy fresh fruits or fresh vegetables this summer at farmers markets throughout Vermont.

Senior Farm Share Program: \$50 worth of fruits and vegetables throughout the growing season from a farm in their community.

Who qualifies? Seniors who are 60 years or older.

How and when do I apply? Central VT Community Action Council starts taking applications and issuing coupons on June 24. Call or visit the Barre Office: 479-1053 or 1-800-639-1053.

Members: We have a new database, and it's time to update your information. Thanks for your cooperation in cutting out, completing, and returning the following form to us (front and back!). Blank copies available at office and on website, too!



**Montpelier Senior Activity Center: Member Dues Renewal FY14
THANK YOU FOR PAYING YOUR ANNUAL DUES and for
helping us update important information for our records!**

Today's Date _____ Date of Birth _____ Gender _____

NAME: First _____ Middle _____ Last _____

NICKNAME or other name instructions: _____

MAILING ADDRESS _____

TOWN/CITY, STATE, ZIP _____

TOWN/CITY OF RESIDENCE (if different from mailing) _____

Do you live elsewhere part of the year? If so, please tell us which months and your other address: _____

Home Phone _____ Cell _____ Other Phone _____

E-MAIL _____

Do you live with another MSAC member? (This information helps us streamline print mailings and save postage) _____

How do you prefer to receive the MSAC monthly newsletter, *Action Times*? (email only saves us nearly \$1/month in printing and postage) (Always posted online at www.montpelier-vt.org/msac)

Via e-mail ____; USPS ____; Both ____

Emergency Contact Person _____ Relationship _____

His/her telephone and address _____

Do you have any special health issues or disabilities about which we should be aware? _____

Allergies / Dietary Restrictions? _____

Please read and sign the following MSAC Release of Liability Statement, which we will keep on file:

I assume all risks and hazards incidental to participation in activities at MSAC and MSAC-sponsored activities off-site, including transportation to and from activity, and I hereby waive, release, absolve, indemnify, and agree to hold harmless the City of Montpelier, the Montpelier Senior Activity Center, their officers, agents, officials, employees, volunteers, organizers, partners, sponsors, supervisors and participants for any acclaim arising out of an injury to myself.

Signature _____ Date _____

Are you employed? No, retired ____; No, between jobs ____; Yes, Full-time ____; Yes, Part-time ____

What are your reasons for being a member? On-site Classes ____; Off-site activity Discounts ____; Trips ____; Access to facility for no-fee activities/games ____; Other (please describe) _____

Are there any new activities, programs, or services you would like to suggest?

OVER, PLEASE → ONE MORE PAGE →

What talents, skills, interests, or leadership experience might you like to share at the Center?

MSAC is grateful for the service of over 100 people who contribute as volunteers annually. Are you currently involved as or interested in being a volunteer at the Center? Yes ___ Maybe ___ No ___

If Yes/Maybe, please consider the following areas and let us know your interest..... THANK YOU!

Volunteer Category	Yes, now	Maybe in the future	Volunteer Category	Yes, now	Maybe in the future
Art/Creative Events planning			Other Special Events planning		
Assist with Health/Tax Clinics			Photography / Video		
A-V/Equipment/Technology			Repairs/Facility projects		
Board / Committees			Resource Room/info & assistance		
Community Partnership Initiatives			Social Media		
Data Entry (from MSAC or from your own home)			Supporting Town Outreach and Town Meeting efforts		
Fundraising (many different op-			Teaching/leading an activity		
Gardening/Green Initiatives			Transportation / Driving van		
Kitchen and/or Meals Program			Trip-planning		
Mailings			Welcoming/Docent tasks		
Music / Entertainment			Writing / Reporting Projects		
Office assistance			Other / Suggestions (say more!)		

Note: Membership is renewed annually in June/July (or later) upon receipt of your annual dues*.

Dues for July 2013-June 2014: Montpelier residents: \$10; Supporting Towns: \$30; Other towns: \$50.

Supporting Towns for FY14: Berlin, Calais, E. Montpelier, Middlesex and Worcester. These towns collectively appropriated \$7800 to MSAC at Town Meeting in March 2013, to supplement the \$157K appropriation from City of Montpelier tax-payers. Members from these towns enjoy lower dues and may register one week before members from Other towns during class registration time. Dues are a vital part of MSAC's revenue. Renewing dues enables you to register for classes/trips, receive the newsletter, and enjoy other benefits.

*MSAC does not pro-rate membership dues for participation during a partial year or for only the final quarter unless joining or renewing after May 1st, in which case dues may be pro-rated to half the normal rate upon request.

MSAC Staff: Janna Clar, Director / Johanna Nichols, Program Assistant / Vacant: Office & Outreach Assistants. Montpelier Senior Activity Center, 58 Barre Street, Montpelier, VT 05602, email:

msac@montpelier-vt.org. PHONE 802-223-2518, FAX 262-6285 Website: www.montpelier-vt.org/msac

Office Use Only Date Form Rec'd ___ Gave packet ___ Cash/Check Amount ___

Signed Liability Statement ___ **Later:** Database entry ___ Member ID Number: _____

Notes:

MSAC TRIPS

HURRY! RESERVE FOR MONTREAL/QUEBEC CITY BY JULY 1ST! NON-MEMBER GUESTS WELCOME! We need 8 more participants!

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The Stained Glass Peonies of Hildene, by Tina Muncy

One rainy Tuesday morning in June, a group of sunny senior citizens set out for Manchester, Vermont. Their destination was Hildene, the home of Robert Todd Lincoln, the only child of Abraham and Mary Todd Lincoln to survive to adulthood. He built a Georgian Revival mansion in 1905 in the scenic village of Manchester. It became home to only Lincoln descendants until 1975, longer than any other Lincoln residence.

Since there was overwhelming positive thinking in the van on the trip down, the rain stopped by the time the group got to Season's for lunch. Even though the weather had not been sunny that week, the peonies had just begun to open up in the garden behind the house. The group enjoyed the tour of the home and a walk in the gardens. Ron even tried out Mary Lincoln's Steinway piano!

SUMMER VAN TRIPS: Reserve your spot now!

Thurs, July 25: Edward Hopper's VT Watercolors Exhibit at Middlebury College. 12:30-5:30 pm. This summer the Middlebury College Museum of Art hosts Edward Hopper in Vermont, a rare and stunning exhibit of watercolors and drawings of Vermont subjects by the iconic American painter. In the more than 75 years since their creation, the majority of Hopper's Vermont works have been shrouded in obscurity, and some have not been on view to the public in nearly fifty years. This exhibition, assembled from museums and private collections throughout the United States, reunites Hopper's Vermont works and displays them together, in Vermont, for the first time. **\$15. Reserve by 7/18**

Fri, July 26: Stowe/Mt. Mansfield/Gondola/Luncheon. 9:30am-3pm with 3-course lunch at the renowned Cliffhouse Restaurant. Stroll in the village of Stowe first, then travel to the mountain and ride gondola round-trip. Possible stop at Ben & Jerry's or Cold Hollow Cider Mill on return (you pay). **\$75** includes ride on gondola and lunch. **Reserve by 7/16.**

Mon, July 29: Hope Cemetery 10 AM-1:30 PM (Rain date: 8/1) An outdoor museum with 100 flowering trees on 65 acres. Established in 1895, it has 10,000 memorials, 90 % of these are made from Barre granite. We will take a tour on our air conditioned bus or you may choose to get out and walk. If you have never been to Hope Cemetery you are in for a treat. You will see a racecar, then a biplane, a soccer ball and a couple lying in bed. It is one of the worlds most impressive collections of memorial art. You **MUST** have a charged cell phone for this tour to hear about the history of many of the memorials on display. Lunch (you pay) at Soups and Greens in Barre. **\$5 fee for the van trip. Reserve by 7/22.**

Wed, Aug.7: Ausable Chasm. 9am-7:30pm with lunch available at cafe and dinner stop in Burlington (you pay). Step back in time as you walk the nature trails in the midst of a primeval Adirondack Forest. Stroll past falls, caves, rocks, and the quiet of Mystic Gorge. Descend hundreds of feet to walk on natural stone walkways and gaze upon eons of geologic history etched in stone. Requires ability to walk on uneven ground and hills. **\$65** includes admission; optional scenic raft ride: \$10. **Reserve by 7/26.**

Wed, Aug. 14: Tour of Wind Turbines. 8:30 am-3 pm. Working together with Vermont Electric Coop, Green Mountain Power has built 21 wind turbines along the ridgeline of the Lowell Mountain Range. This location offers both a reliable source of wind, and also the infrastructure necessary to bring the project online. These turbines provide electricity to 24,000 Vermont homes. You may bring a lunch and we eat at Johnson State College to enjoy the view and have time to visit the library, or you might enjoy a pizza at a local Johnson restaurant. Short stop at the Johnson Woolen Mill before we head for home. **\$15 Reserve by 8/7**

Tues, Sept. 3: Rudyard Kipling House (Dummerston). 10am-6pm with lunch stop in Putney (you pay). Trip to Naulakha, a National Historic Landmark. Tour of house of 1 ½ hours (may be difficult for physically challenged people – steep stairs, and bathrooms are on 2nd floor); also we can walk around the property, gardens, path to pergola. **\$45** includes admission. **Reserve by 8/23.**

Reiki Clinic, Friday, July 5th, 12-4 PM

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

Foot Clinic at MSAC

Friday, July 12th , 9am-1:00

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 223-
2518.** Nurses will clip toe nails, clean nail beds, file the
nails and lotion the feet. Please arrive 15 minutes early
and bring: A basin for soaking, Towel, Nail clippers, Foot-
soak powder, Lotion.



Friday, July 19th, 9 am – noon, by appointment.

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

A Phenomenal Perfor- mance of the Life Map

Project! As Paul Gambill, who
directs the Montpelier Chamber
Orchestra said, “this is a world
premier performance.” And in-
deed it was worth every minute.
The performance began with an
electric violin, drum, and bass
introducing the speakers: state-
ments from the high school sen-
iors and members of the Senior
Center on who am I and where
am I going? A very energized
orchestra joined the electric vio-
linist for a piece that built into a
wonderful harmony. Participating
from MSAC were: Jane Os-
gatharp, Mona Hersey, Linda
Normandeau and Linda Suter
whose pieces are printed here.
And then, the full orchestra
played the entire Beethoven’s 5th
Symphony. It was truly a joyful
evening.

SENIOR HELPLINE For More Resources
and Answers: 1-800-642-5119

From Life Map Project...

Living life to the fullest
With the other life
Looming overhead

Done it all
Taking up space
Waiting for the light
Waiting
Life after life

Daily pain and little
joys
More pills
Signs of the end

Flying high
Waiting
For the plane to land

Linda Normandeau

Caring; Giving Back; Love -
Words that embody life - with
fulfillment and joy!
Mona Hersey

I love the round ocean.
Beach and boulder,
the shining air.

We long to take care of
the earth, for the earth
is our soul.

The bird and blowing wind
are like me, and are
my brothers.

Linda Suter

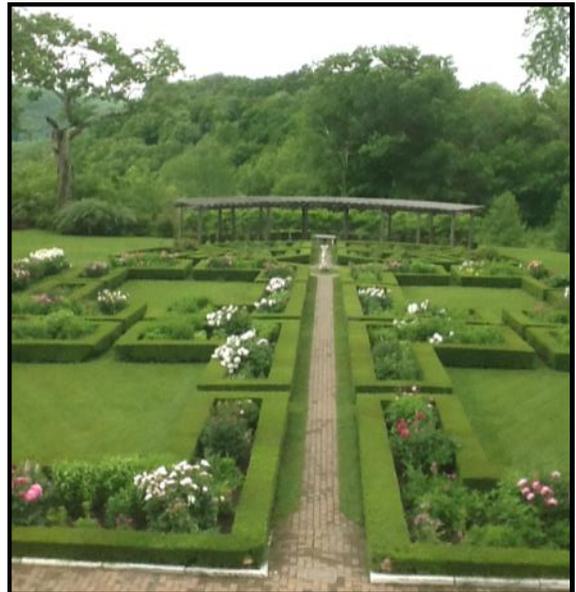
But Love endures. Love never dies.
Jane Osgatharp

1 Renee Lagala, George Belcher, Louis Mondejar, Molly Power
2 Judith Bingham, Sylvia Walker, Charles Taylor
3 Dorothy Cayia, Teia Katavola, Martin Miller
4 Lucille Quesnel
5 Bernice Aber, Lorraine Copping, Pamela Finnigan, Claire Gaboriault, Georgia Valentine
6 Robert Brower, Elle Wainwright
7 Diane Sophrin, Bernie Villemaire
8 Carla Safford, Paul Wallace-Brodeur, Makela Kahlil
9 Martha Wales, Dona Koenemann, Shirley Scribner, Ora Paul
10 Janet Ressler, Armand Poulin
11 Celine Blais, Danis Regal, Marion Deitzler
12 Jim Abrams, Laurence Masure, Andrew Potok
13 Karen Swails
14 Sherry Olson, Mary Ann Vuillemin
16 Patricia Molus

18 Susan Torchia
19 Sandra Stone
20 Valerie Lewis
21 Gene Tyrrell, Carole MacIntyre, Roy Marcel
22 Rick Winston
23 Wilma Kelley
24 Richard Jenney, Catherine Mayo, Andrea Serota, Jack Glasner
25 Yvonne Lane, Bea Bruzzese
26 Bill Bruzzese, George Gerundo
27 Helene Hunt, Nancy Trombley, Diane Yearman, Christine Terry, Barbara Ladabouche
28 Kenneth Trask
29 Priscilla Alexander, Judee Dibbell
30 Barbara Fernandez, Daphne Makinson, Mardean Moeglein
31 Wendy Soliday, Barbara Stalling, Jim Sheridan, Christine Zern

WELCOME NEW MEMBERS!

Debra Carr *Diana Estes*
Robert Goss *Daniel Gribbin*
Sheryl Hull *Louise Katz*
Alayne Kelley *Bill Kelly*
Jing Ji Stangel



Mary Todd Lincoln's "Stained Glass" Peony Garden at Hildene.



With Our Sympathy. . .

Betty B. Daniels

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

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MONTPELIER, VT
PERMIT NO 113**

Dear Newsletter Subscribers! Some of you are receiving Action Times by email 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.

**Submissions for August
Newsletter due by July 17th!**

MSAC Kitchen Fund: \$4,000 raised and \$4,000 to go to meet our goal—we're half way there! Thank you to all who have contributed thus far—73 members as of press time!

MSAC Advisory Board 2013-2014 ([Agendas and Minutes posted on website!](#))

The board is interested in your opinion. Contact info for board members is posted on website and outside the office. We welcome new Adv. Bd. Member, Sue Stukey and returning members Fran K. and Tina M.

3 Years

Fran Krushenick
Tina Muncy
Sue Stukey

2 Years

Sylvia Kingsbury
Jane Osgatharp
Janet Ressler

1 Year

Elizabeth Dodge
Peter Harris
Frank Woods

Next Advisory Board Meeting Dates:

The new schedule will be determined at the June 25th Advisory Board meeting.

Montpelier Senior Activity Center

802-223-2518 / 802-262-6285 (fax) / www.montpelier-vt.org/msac

Email : msac@montpelier-vt.org

Janna Clar, Director

Lise Markus, Office Assistant

James Sharp, Outreach/Media Assistant: just hired; introduction next issue!

Johanna Nichols, Program Assistant

Lisbeth Dodd, N2N Americorps Member

Johanna Nichols will take some time over the summer to attend to her daughter who is due to give birth in VT at the beginning of August. She will accompany them back to Turkey and stay for two weeks.

The mission of the Montpelier Senior Activity Center 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.