

# Active Times

Newsletter of the Montpelier Senior Activity Center

November 2013



*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!**



*Volunteer Wayne Tuller folds napkins before Feast*

## Gratitude is Essential to Well-Being

By Johanna Nichols

On Wednesday, November 20th, we will gather for lunch with an amazing group of volunteers in recognition of the time, energy, and resources they give to the Montpelier Senior Activity Center. A meal is a small gesture of the enormous gratitude we all have for their devotion to creating and sustaining the benefits of MSAC

for all members—those here and those to come.

Volunteers unite the spirit of the MSAC community with the larger spirit of its mission: to enhance the quality of life . . . in a welcoming, flexible environment. We make friends here; what's more, we make a community. Our present Center depends upon many resources of time, energy, and financial contributions to make it possible. People are our greatest resource and we are grateful for what they give to the larger life we share.

(continued on page 3)

# November Menus for *Feast*

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

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, 11am-1pm

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*

Thanks to all who supported and attended the October 18th *Feast Fundraiser Harvest Dinner and Silent Auction!* The event was a great success, and we look forward to more special dinners in 2014!

**Reservations requested by end of previous day, 262-6288** . Menus subject to change, and many surprises await! All meals include Milk option and Fresh Fruit. To inquire about *Feast at Home*, call 595-9145.

Fri 11/1: Turkey or Hummus & Roasted Vegetable Sandwich, Mixed Greens, Orzo Spinach Salad

Tue 11/5: Beef Stew, Veg., Egg Noodles, Custard

Thur 11/7: BBQ Brisket, Broccoli, Black Bean Salad

Fri 11/8: Roast Pork w/ Mustard Crust, Rosemary Potatoes, Brussels Sprouts, Brownie

Tue 11/12: Chicken Enchiladas, Black Beans & Rice, Spinach, Pudding

Thur 11/14: Indian Chicken, Sweet Potatoes, Wheat Berry Salad, Chocolate Pudding

Fri 11/15: Braised Chicken, Polenta, Winter Squash, Cantaloupe

Tue 11/19: Pork w/ Rosemary, Red Cabbage, Baked Sweet/Russet Potatoes, Apple Crisp

Thur 11/21: Fresh Herb Roast Chicken, Poppy Seed Cole Slaw, Wild Rice Pilaf, Brownie

Fri 11/22: Spaghetti & Meat Sauce, Mixed Vegetable/Tossed Salad, WW Garlic Bread

Tue 11/26: Chicken w/ Jus & Herbs, WW Penne & Cream Sauce, Broccoli, Apple Crisp

Thur 11/28 & Fri 11/29: Closed for Thanksgiving



This lovely roast pork with mustard crust from the 10/11 meal will be featured again on 11/8 (see left).



## Thanksgiving Fixings for Sale!

Chef Justin and Good Taste Catering can provide all the fixings you need to serve or supplement your Thanksgiving Feast!

-Roast Turkey, Stuffing, Gravy, Cranberry Sauce, Green Beans, Pumpkin Pie

For complete menu, pricing, schedule, and to place an order, see Chef Justin in the MSAC kitchen.

## Gratitude (Continued from Page 1)

Every day, I feel fortunate to work in a bright, beautiful, healthy, environmentally sustainable, friendly environment. Every day, I am grateful for your positive response when I need to ask for your help. When we moved in a year ago, a group of members agreed to give tours of the Center and to help people register for classes. We called them our “docents.” When Suzie retired and before Lise started, a few of these members came in for a morning or an afternoon every week to help in the office. I am personally grateful that they made it possible for me to take time to help my daughter when she gave birth this summer and to spend time with Ela, my first grandchild.

We are full of gratitude for the members who volunteered in past years and are now sharing those memories with new members, for all who talk about your MSAC experiences with people who could become members, and for those just joining who look with fresh eyes at how we welcome and include new members.

Through the registration process and the annual appeal, we are privileged to see the many acts of generosity of our members that make scholarships possible and enhance the Center through the equipment and kitchen fund. In the registration process, we communicate regularly with our wonderful instructors who give so much of themselves to contribute to our learning experiences. We are grateful to those instructors who graciously volunteer their time.

Dear volunteers, you are essential to the well-being of this Center. Your generosity springs from your gratitude for its place in your lives. For all that you do to make MSAC a welcoming and flexible place, a nourishing place, we are grateful.

Johanna Nichols

Note: A complete list of all 2013 MSAC and Feast volunteers will be posted in November!

## Thank You to All MSAC Instructors Who Have Led Classes and Workshops in 2013

### **Volunteer Instructors**

*Joan Barrett, Neville Berle,  
Beth Burgess, Carole Burns,  
Tami Calliope, Tom Cate,  
Rhoda Chickering,  
Nicole Galipeau, Paul Gambill,  
Joanne Greenberg,  
Thierry Guerlain, David Kahn,  
Dona Koenemann,  
Ed Koenemann, Tina Muncy,  
Emilye Pelow Corbett,  
Bob Rikken, Melissa Sivvy,  
Alice Smith, Susan Torchia,  
Ellen Urman, Harris Webster*

### **Paid Instructors**

*Nancy Alty, Betsy Barstow,  
Laura Brown, Joni Calcagni,  
Judy Copa, Patty Crawford,  
Ellen Fein, Pam Finnigan,  
Naomi Flanders, Lori Flower,  
Liz Ford, Nicole Galipeau,  
Constancia Gomez, Ellie Hayes,  
Vicki Hill, Lynne Ihstrom,  
David Kahn, Jeneane Lunn,  
Erika Mitchell, Irene Mitchell,  
Edisa Muller, Sherry Olson,  
Yana Poulson, Glenn Scherer,  
Melissa Sivvy, Alice Smith,  
Joan Stander,  
Maggie Thompson,  
Susan Torchia, Tina Valintinetti,  
Tom Viall, Sylvia Walker,  
Rick Winston*

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



**Reiki Clinic, Friday, November 1st, 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

**Monday, November 4th—December 20th**

Montpelier photographer Annie Tiberio 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.”



MSAC is on the Art Walk on Friday, December 6th, from 4:30-8:00 pm.



## Arthritis and You: Understanding What Arthritis Is and How to Manage It.

**Tuesday, November 5th, 12:45-1:45 p.m.**

MaryEllen Boutin, Physical Therapist from Choice Physical Therapy, will review what arthritis is, causes, signs and symptoms of arthritis, different types of arthritis and ways to manage and cope with arthritis.

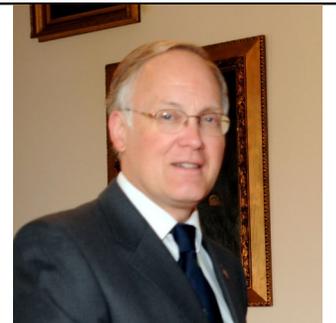
## Osher Lifelong Learning Institute Program

**Wednesday, Nov 6, 1:30 p.m.**

(optional 12:30 BYO Brown Bag lunch social time before)

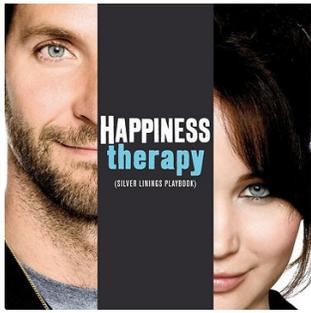
- Nov 6: “Civility in Politics: An Oxymoron?”  
with Gov. James Douglas.

For info on speakers, costs, & scholarships, visit MSAC office for brochure.



## Foot Clinic, Friday, November 8th, 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: Silver Linings Playbook

Saturday, November 9th, 6:30 p.m.

After a stint in a psychiatric hospital, bipolar Pat has no choice but to move back in with his football-obsessed parents in this heart-felt comedy. While he tries in vain to reconcile with his wife, Pat meets a woman who is as unstable as he is -- and she changes his life. With Robert De Niro and Jennifer Lawrence. MSAC & Dharma Film Series. Suggested donation \$3. For comfort, bring a cushion. For more info, call Neville at 224-1001.

## CVCOA: Friday, November 15th, beginning at 9 a.m

Sarah Willhoit from CVCOA will work with people who need any type of assistance with their Medicare Part D Plan. Contact her at 479-4400, and she will schedule a half-hour appointment with you and tell you what to bring.



## Volunteer Recognition Luncheon

Wednesday, Noon, November 20th

For all 2013 volunteers MSAC is serving a turkey dinner with all the fixings by invitation (vegetarian available upon request). If you know you have volunteered, and you don't receive an invitation by Nov.12, please call 223-2518. This special dinner is \$10.00 if you haven't volunteered in 2013.



Please RSVP by Wednesday, Nov. 13th to 262-6288!

## Advance Directives Assistance, Friday, November 22nd, 2-4 p.m.

Sponsored by the Funeral Consumers Alliance of VT, these appointments 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.

## Film: Pink Panther—A Shot in the Dark

Friday, November 22nd, 6:30 p.m.

One of the masters of slapstick, Peter Sellers returns in the second Pink Panther movie playing the bumbling, disaster-causing Inspector Jacques Clouseau, who somehow always manages -- quite by accident -- to solve the crime. It's a fun movie, complete with great scenes of Paris, fake French accents, well-executed gags, and acting so bad (or so over the top) that it's actually good. BYOS(nacks).



# Ongoing Activities

SPACE	SAT./SUN.	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>LARGE COMMUNITY ROOM</b>		11:30-12:30 Basic Computer (lab) 12:30-3:00 Mah Jongg* 1:00-3:00 Bridge* 2:00-4:00 Cribbage*	10:00-noon Band & Dancing 12-1 pm <i>Feast Together</i> 1:30-3:00 Scrabble* 4-5:30 pm Mac User Group 6:00-8:00 Ukulele Class*		9:00-11:30 am Bridge* 7th & 21st: 10-12 Computer Help 11-1 <i>Feast To Go</i> 12:45-3:00 pm Bridge* 1:30-2:30 Computer Workshop 3:30-4:30 pm Singing 6-8 pm Ukulele Group*	10 am -3 pm Mah Jongg* 12-1 pm <i>Feast Together</i> 3:30-4:30 pm Classical Music Appreciation Class (except 11/8)
<b>ART AREA</b>	2nd Sat. Film 6:30-8:30 pm	10 am-12 pm Painting II 1-2:30 pm Handbuilding with Clay 4:30-6:00 pm Drawing		9:30-11:30 Rug Hooking 5-6:15 Stage to Screen (except 11/6, 11/27)		
<b>STUDIO</b>	Sunday 5-6:30 pm Yoga Integral	10:30-11:15 am Dance to Fitness 1:00-2:15 Gentle Yoga 3:30-5:00 pm Vinyasa Restorative Yoga	9:00-10:30 am Gentle Yoga 11-12:00 pm Chair Yoga 4:30-5:30 Tai Chi for Arthritis	8-9:30 am Gentle Yoga 10-11:30 Yoga for Cancer Survivors 1:30-3 pm Tai Chi Long Form 5-6:30 pm Hatha Yoga	9-10:30 am Gentle Yoga 5-6:30 pm Vinyasa Restorative Yoga	10:00-11:30 Hatha Yoga
<b>UPSTAIRS ACTIVITY ROOM</b>		9-10 am Living Strong 10:15-11:15 Living Strong 12:45-2:00 French Int. 2:30-3:30 Living Strong 5-6 pm Living Strong 6:10-7:10 Living Strong	8:30-9:40 am Living Strong (Beginners) 10-noon Write a Poem 1-2 pm Italian Cont. (Beg.) 2:15-3:15 Italian II 6:30-9 pm Classic Films of the 50s	8:30-9:45 am Spanish Past Tense 10:15-11:15 Spanish Conversation 1:30-3:30 pm Writing 6:30-9 pm VT Fiddle Orchestra (rental)	8:30-9:40 am Living Strong (Beginners) 12:45-2 pm French (Beg.) 5-6 pm Living Strong 6:10-7:10 Living Strong	9:00-10 Living Strong 10:15-11:15 Living Strong 2:30-3:30 Living Strong
<b>OFFSITE</b>		10-11:30 am Exercise† 5-6 pm Swimming#	9-11 am Bowling° 10-11:30 am Exercise† 10-11 am Swimming# 10-11 Water Aerobics#	10-11:30 am Exercise†	10-11:30 am Exercise† 10-11 am Swimming# 10 am-12:30 pm Film at Savoy 12:30-1:30 Walks with Harris	10-11:30 am Exercise† 1:00-2:00 pm Tennis#

†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 & Tennis are activities at FiF in Berlin. Tennis is 8 weeks & the others are 13.

°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. We are still gathering names in the front office for a Scrabble group.

# Announcements

Monday, November 4<sup>th</sup>, we welcome the opening of a new **photography show** in the MSAC gallery: "Robert Frost in Images: The Art of **Annie Tiberio Cameron** paired with the Poetry of Robert Frost". The show will hang until December 20<sup>th</sup>, including the December 6<sup>th</sup> Art Walk.

**December 14<sup>th</sup>**, Saturday, MSAC will host our annual **Holiday Arts, Crafts and Goodies Bazaar** from 9am-4pm. There will also be several free films screened upstairs, and many more special events all around town as part of Montpelier Craft and Art Weekend. Contact the office to request a vendor application or volunteer to bake, sell, or help in other ways. In the week leading up to the bazaar (but not sooner!), we will also be accepting gently used gift-able items.

**Weather cancellations policy:** Remember, if the Montpelier public schools are closed due to the winter weather, so is MSAC. We will always do our best to record this on our voicemail and post on the website and Facebook when this occurs.

Fall is a busy time at the MSAC with classes, events, clinics, presentations, OSHER, games, and meals! **Parking is quite a challenge!** With 2 handicapped parking spaces and 20 parking spaces for MSAC, we cannot all park in this lot. *For those who are able to walk*, we recommend parking on Barre Street, Hubbard Street, Wilder Street, Msgr Crosby Ave, and Stone Cutters Way (walk through next to the Recreation Department). In this way, we keep spaces open for members who have mobility issues. Please remember not to park in spots for tenants and along 46 Barre Street which are reserved for River Rock School and the music schools, or where there are no parking lines. Thank you!

Please let us know if you intend to **withdraw** from a class so that we can open it up to another member who may be on a **waiting list**. Eighteen classes filled up this quarter!

Tuesday morning **swim time at First in Fitness** is for MSAC members only now (no FIF members). Starting in January, Monday night swim time will change to Sunday (time still TBD), to make it more conducive for those who wish to swim all three sessions each week. Tuesday and Thursday morning swim times will remain as is.

**New to Bridge at MSAC?** For Thursday afternoons, before coming the first time, please contact Marsha Martin, who coordinates the group numbers and calls substitutes when necessary. Marsha can be reached at 433-1649 or mrshmrt@aol.com. For Mondays, please contact Elaine Cohen at 223-2138.

A **chess and multiple games** (backgammon, cribbage, dominoes) set is now available on the shelf in the game room, thanks to a gift from an anonymous member who wishes to encourage casual game-playing gathering at MSAC.

It's that time of the year! 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.... There are plenty of ways to help, and we need your support!

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Starting in November, the **Kellogg-Hubbard Library will be delivering and picking up books right** here at MSAC on a biweekly basis. You can request books via the sign-up sheet outside the office or by emailing Rachael Grossman at [khloutreach@kellogghubbard.org](mailto:khloutreach@kellogghubbard.org). Include the name and, if possible, the author of the book(s) you want. Be sure to let her know you would like your books delivered to the Senior Center. To browse the library's online catalog: Go to [kellogghubbard.org](http://kellogghubbard.org), click on catalog/login. You do not need to create an account to browse through the online catalog, but if you do, you can renew online. Questions, 223-3338.

Remember that **Senior Moments** is broadcast on ORCA four times weekly and features many new episodes about the wonderful classes and activities happening at MSAC! Look for the show each Mon. 7:30 pm, Thur. 4:00 pm, Fri. 1:30 pm, Sat. 8:00 am. Or find them online!

## One-Time Activities and Events (Continued from Page 5)

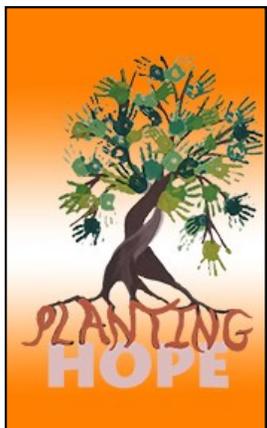


**Onion River Exchange**, one of our community partners, will be doing a **Silent Auction** here in our lobby from November 25<sup>th</sup> to December 6<sup>th</sup>, culminating with a benefit dinner on Dec. 6<sup>th</sup>. Contact Onion River Exchange to donate goods and services or inquire more about the events. 552-3020 or [info@orexchange.org](mailto:info@orexchange.org).

### Thanksgiving Flower Centerpiece Workshop with Yana Poulson Mon. Nov. 25, 6:30-8:30 pm

In this fun and creative workshop you will use colorful autumn flowers and various natural materials to get inspired for the holiday preparations and make a wonderful arrangement for Thanksgiving dinner. All supplies will be provided, but everyone is welcome to bring ideas and any natural materials to share.

Register by Mon. 11/18. \$35 per person. 5 person minimum.

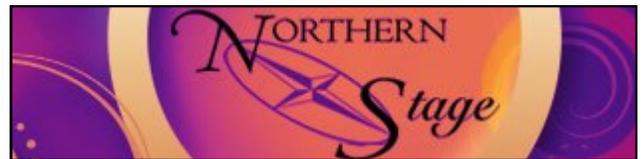


### April 2014 Trip to Nicaragua: inquire for more info!

Watch for the date (still being scheduled at press time): In the first week of December, MSAC will host Planting Hope Director, Beth Merrill, who will give an introduction to our April 2014 multi-generational trip to Nicaragua. Planting Hope has built a strong reputation for enhancing educational opportunities, supporting grassroots initiatives, and fostering cultural exchange in Nicaragua and the US. This will be a great opportunity to combine service and vacation, practice your Spanish, and enjoy time with younger friends and family, too. See [www.plantinghope.org](http://www.plantinghope.org) to learn more about the organiza-

# MSAC Van Trips

Reserve your spot on the van now!



**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.**

***Falstaff***—Saturday December 14<sup>th</sup>.  
**Sign up by November 27<sup>th</sup>.**



**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.**

***God of Carnage***—Thursday, November 7<sup>th</sup>  
When two prosperous couples meet following a playground scuffle between their children, their initial cordiality descends into mutual recriminations.

**Sign up by October 28<sup>th</sup>!**

***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.

**Sign up by November 25<sup>th</sup>**

**Inquire for non-member rates and rules.**

## Barre Senior Center Trips

The “Trips” bulletin board at MSAC also announces many wonderful trips for Barre Senior Center. If you are interested in learning more about these trips, visit their website at [barreseniors.org](http://barreseniors.org) or call 479-9512.

# The Green Corner

Research is underway into re-usable containers for FEAST delivered and take-out meals. If you have suggestions, including how funds could be raised to purchase the original containers and how returns could be encouraged, please e-mail [jsharp@montpelier-vt.org](mailto:jsharp@montpelier-vt.org)

You may be aware that MSAC toilets are 'dual flush', using less when flushed 'up' and more water when flushed 'down' for bigger jobs. The sign above the toilet explains this, but some of the stickers on the flush mechanisms were applied incorrectly. Just remember, flush 'up' if there's not much going down the toilet, and you'll save water!

MSAC computers have now been programmed to start up automatically in the morning to make sure our slow-to-mount network is available for our work. Previously they had to be left on all night. We're glad to be saving energy! On another energy note, we'd like to make a friendly reminder that while we want everyone to be comfortable, please be mindful of air-conditioning (and soon, heat) use. Ask for staff to assistance.

We recently added additional recycling boxes and our custodians report that they are being used. Thank you all for helping conserve our resources.

Finally, MSAC staff has decided to voluntarily avoid wearing artificially-fragranced products at the center to respect those with chemical sensitivities who can feel physically sick around such substances. We hope you'll consider doing the same.

## MSAC Wish List

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

- Vendors, bakers and volunteers for 12/14 Holiday Bazaar
- Postage stamps
- Tabletop amplification system

## Member Acknowledgments



Lorelei Bullard	Skye Forest	Brad Raymond
Nancy Chartrand	Joanne Hardy	Pauline Roberts
Fred Cleveland	Stephanie	Myriam Romanoff
Anne DeVaughn	Kirkham	Joan Senecal
Ruth Dockter	Therese Knight	Kenneth Senecal
Mel Donovan	Mark Lang	Marjorie Skott
Kathryn Eberly	Marsha Lang	Judee Travis
Earl Fechter	Ellen Maxon	Judy Walke
Claudia Fitch	Ruth Pope	

**Note:** Birthday lists are hung on the bulletin board now rather than printed in *Active Times*.

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

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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).*

**MSAC is closed Nov. 11 for Veterans Day and Nov. 28-29 for Thanksgiving Holiday. There will be no classes or activities on those days.**

**Submissions for December Newsletter due Nov. 11!**

**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 Meetings: Wed. Nov. 13 & Dec. 11 starting at 1:30 at City Hall Manager's Conference Room in City Hall, 39 Main St.
Tina Muncy	Jane Osgatharp	Peter Harris	
Sue Stukey	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 (Tu, Th, 12-8)  
Kimberley Lashua, Just Basics Exec. Director (M-F, 9-1)  
Justin Turcotte, Chef for Feast (M-F, 7-2:30)