

# 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!**



## Open House & FEAST Fundraiser

As you've been hearing, the *FEAST* meals program is off to a great start! We hope you'll help us celebrate our successful launch— and support its continued success

— by coming to a **harvest-themed open house and fundraiser dinner on Friday, October 18th.**

Our funding model relies on several sources of support, including federal dollars, city dollars, and money that the *FEAST* partners — Good Taste Catering, Just Basics Inc., & Montpelier Senior Activity Center — raise. One way we raise money is through the Thursday *FEAST* to Go meals—the price paid for those meals helps support both the Tuesday and Friday *FEAST* Together meals and the delivered *FEAST* at Home meals. Our October 18th fundraiser dinner is another

(continued on page 3)

## Linda Quinlan, MSAC Member

Linda Quinlan is active as a member of MSAC and in the world. She grew up in Boston, but has lived in many places including San Francisco, Madison, Wisconsin, and New Orleans. She has worked in many capacities over the years from waitress and bartender to grant writer and financial aid advisor. One common thread is writing – she has published many pieces of her own work and was poet of the year in Wisconsin. She will be reading some of her poetry on Thursday October 24th—see page 8 for more details.



Linda values the social aspects of MSAC and activities such as playing bridge and taking ukulele classes (which she can probably hear coming from downstairs some evenings, since she lives in one of the apartments above the center).

Linda has two sons - one in Boston and the other in Montpelier - and three grandchildren. She started what she believes is the first lesbian grandmothers' group in Vermont and New Hampshire, and she remains interested in lesbian issues and women's issues.

## October 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

**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.



This spinach salad from the 9/6 meal is a great example of the beautiful, delicious food served at *Feast*.

Tue 10/1: Chicken Cutlet w Jus and Herbs, WW Pasta, Veg., Apple Crisp

Thur 10/3: Cream and Leek Baked Haddock, Brown Rice, Veg., Pudding

Fri 10/4: Shepards Pie, Candied Squash, Spinach Salad, WW Roll

Tue 10/8: Beef Stew, Egg Noodles, Veg., Custard

Thur 10/10: BBQ Brisket or Black Bean Salad w Flatbread, Veg.

Fri 10/11: Roast Pork w Mustard Crust, Roast Potatoes, Veg., Brownie

Tue 10/15: Chicken Enchilada, Rice and Beans, Veg., Pudding

Thur 10/17: Indian Chicken, Wheat Berry Salad, Veg., Mango, Pumpkin Pie

Fri 10/18: Seared Salmon, Wild Rice Pilaf, Veg.

Tue 10/22: Slow-cooked Pork, Baked Potato, WW Bread, Veg., Apple Crisp

Thur 10/24: Fresh Herb Roast Chicken, Wild Rice Pilaf, Coleslaw, Veg., Brownie

Fri 10/25: Spaghetti w Sauce, Tossed Salad, WW Garlic Bread

Tue 10/29, Thur 10/31: Coming soon

## Open House & *Feast* Fundraiser (Continued from Page 1)

way we can raise funds for a great program while enjoying delicious food and having a great time.

Starting off the evening at **4 pm** will be a **silent auction** of food-oriented items, such as gift certificates to local restaurants, which you can peruse while enjoying **appetizers** and drinks from a **cash bar**. Bidding on the auction is open to all both before the dinner and at 8 pm as the auction nears its close. At **5 pm**, you may choose to **dance** as you listen to **music by the Angie Zorzi Quartet**.

The **three-course meal** (which can be meat-based or vegetarian) — including soup and bread, salad and entrée, and a dessert course — will begin at **6 pm**. The cost of tickets for the whole evening is **\$50** per person. You can purchase tickets in advance at the MSAC office or from selected volunteers selling them.

While we are very pleased with how the FEAST program has been doing so far, how successful we are with fundraising events such as this dinner will determine the long-term success of the program and whether we are able to consider expansion of the program—such as additional meal days, or the ability to serve more individuals on a given day.

So, come to the dinner and bring your friends! Consider donating above and beyond the ticket price to the FEAST program. And if you can't help financially, be in touch with us about how you can volunteer. Every bit of support helps the program continue and grow, and supports area seniors.

## Announcements

Save the date and Sign up: On December 14th, MSAC will again hold a **Holiday Arts, Gifts & Goodies Fair**. We need craftspeople/vendors to rent tables, volunteers to bake and sell goodies, and other help for this fundraiser.

**Accessible Automatic Doors** have finally been installed at the side and front interior doors, made possible by a combination of City Accessibility funds and a generous gift from Sylvia Walker in memory of Jackie Secore.

The **Scholarship Fund for member classes** has seen a nice influx in the past month (thank you member donors!), and all late fees paid in October will be applied to the fund, too. We are also grateful for recent contributions to the small wares Kitchen Fund during registration month and are nearing the goal of \$8,000!

**Thank you to all our recent volunteers**, with special thanks to our Data Entry team for the new database: Leslie Breakstone, Maria Calamia, Leane Garland, Sylvia Kingsbury, Melissa Shaw.

**MySeniorCenter**, our new database, is helping us more efficiently manage membership information and class, trip, & meal scheduling. While we're still in transition to this system, we appreciate your patience. Please continue to inform us if your newsletter comes in the wrong manner or quantity.

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



## Osher Lifelong Learning Institute Programs, Wednesday, Oct. 2, 9 & Nov 6, 1:30 p.m.

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

- Oct 2: "Climate Change and Nature in Our Back Yards" w/ Nona Estrin.
- Oct 9: "The Job of a Meteorologist" w/ Roger Hill.
- Nov 6: "Civility in Politics: An Oxymoron?" w/ Gov. James Douglas.

For full information on speakers, costs, and scholarships, visit the MSAC office for a brochure.

**Computer & Technology Assistance,**  
2 Thursdays, Oct. 3rd and 17th, 10 am-12 pm  
Montpelier Middle School students, Omeed Fallahi and Angus Fraser, will be in the MSAC computer lab to provide introductions and technical assistance for such applications as email, Facebook, basic word processing, and more. Please call to confirm before coming for help.

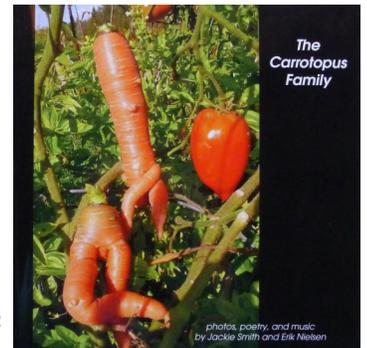


## Reiki Clinic, Friday, October 4th, 12-4 p.m.

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

## Art Walk & Carrotopia Exhibit, Friday, October 4th, 4:30-8:00 p.m.

Meet Jackie Smith and Erik Nielsen, the artists behind the Carrotopia multi-media collaboration at MSAC hanging in the community room through October. The exhibit is a fun-loving combination of photos & songs about carrots with a lot of character! Jackie will also be selling unframed prints of the photos. For more info, see September newsletter, page 13.



## Montpelier Home Tour, Sat. Oct. 5, 10 am-5 pm

MSAC, with other community groups & home owners, presents this fundraiser. There will be five beautiful homes ranging from the 1800's to a new, energy-efficient home. Go to **MontpelierHomeTour.com** to see previews on the self-guided tour. Advance tickets are \$20 & tickets the day of the tour are \$25. **Please purchase your tickets in advance** at the website above, selecting MSAC at the bottom of the

beneficiary list, or in person from an MSAC staff person or member. That way MSAC earns 75% of the sale. The MSAC van will also drive one load of people for \$5/person (call our office to sign up). Volunteers wanted for ticket sales (call Sue at 223-4189) & docent duties (call Tina Muncy at 223-2867).



**Stay Steady: A Presentation & Individualized Assessments for Fall Prevention with Physical Therapist Susan Arbogast, Tue. Oct. 8, 1:30-3:30 pm**  
 A brief presentation that helps people understand how aging effects our balance and our capacity to fall, followed by one-on-one screening and advising to help people move towards reducing their risk factors for falls. Did you know that staying active is the single best thing a person can do to keep their balance? Make 10-minute appointment at office. Reserve for lunch first!

**Foot Clinic, Friday, October 11, 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: The House I Live In**  
**Saturday, October 12th, 6:30 p.m.**  
 This documentary shines a harsh light on America's "war on drugs" and its long-term impact on society. Local filmmaker Eugene Jarecki captures the stories of dealers, police officers, prison inmates and others affected by the crusade.



**Friday, October 18th, 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.



**FEAST Open House/Fundraiser, Fri Oct. 18, 4-9 pm**  
 If you haven't yet feasted at MSAC, here's your chance! On Friday, Oct. 18, join us for an open house & fundraising dinner—complete with local music & cash bar—for the FEAST meals program. **\$50/person. Proceeds support the meals program & seniors in your community!** See our front-page feature story for more details.



# Ongoing Activities

Some classes are full (see p.9), while others are still taking registrations. If you have a question about a particular class, just ask us at the office. And remember, if you have outstanding dues or class fees, please pay them ASAP!

SPACE	SAT./SUN.	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>LARGE COMMUNITY ROOM</b>		12:30-3:00 Mah Jongg* 12:30-3:00 Bridge* 2:00-4:00 Cribbage* 6:00-7:00 Salsa	10:30 am-noon Band & Dancing 12-1 pm <i>Feast Together</i> 1:30-3:00 Scrabble* 6:15-8:15 Ukulele Class	10:15-11:15 Spanish Conversation 12:30-3 pm OSHER Lifelong Learning Lecture Series (Oct 2,9)	9:00-11:30 am Bridge* 11-1 <i>Feast To Go</i> 12:30-2:45 pm <u>Advanced</u> Bridge* 3:00-4:00 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
<b>ART AREA</b>		10:00-12:00 Painting II 1:00-2:30 Handbuilding with Clay 4:30-6:00 pm Drawing	4:00-5 pm French Conversation	9:30-11:30 am Rug Hooking 5-6:15 Stage to Screen	12:30-2:00 pm Painting for Fun	
<b>STUDIO</b>	Sunday 5-6:30 pm Yoga Integral Hatha	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 11:00 am -12:00 pm Chair Yoga	8-9:30 am Gentle Yoga 10-11:30 Yoga for Cancer Survivors (10/23-11/20) 1:30-3 pm Tai Chi Long 5-6:30 pm Hatha Yoga	9-10:30 am Gentle Yoga 11 am – 12 noon Chair 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 4:30-5:30 Tai Chi for Arthritis 6:30-9 pm Classic Films of the 50s	8:30-9:45 am Spanish Past Tense 10:30 am-12:30 pm Writing 1:30-3:30 pm Writing 6:30-9:00 pm VT Fiddle Orchestra (rental)	8:30-9:40 am Living Strong (Beginners) 10-11:30 am iPhone (10/3-24) 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 <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 am-12:30 pm Film at Savoy: Foreign Films of the 1960s	10-11:30 am Exercise <sup>†</sup> 1:00-2:00 pm Tennis <sup>#</sup> (starts 10/11)

<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.

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

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



**Mix It Up at Lunch Day, Tue., Oct. 22, 12-1 pm**

“Mix It Up” day is part of a nationwide effort launched ten years ago by Teaching Tolerance. The concept is simple – move out of your comfort zone and connect with someone new. Research has shown this can have large implications and help reduce prejudice. It’s a great opportunity to bring a friend. Liz Snell will host the activities at lunch.

**Basics of Medicare, Wed., Oct. 23, 12:30-2:30 pm**

**Individual Enrollment Appointments, 2:30-4:30 pm**

With Dagny Hoff, Central Vermont Council on Aging (CVCOA)

Topics will include Medicare A, B, D, Advantage Plans, supplemental insurances and costs, issues specific to hospital admissions, preventive services, fraud.

Dagny will also cover the various State and Federal assistance programs that assist people in covering their medical expenses. Contact MSAC office staff by Monday, October 21st for individualized appointments and list of what to bring.



**Poetry Reading by Linda Quinlan, Thu, Oct. 24, 7:30 pm**

Linda Quinlan, Poet of the Year in Wisconsin, has been published in many journals, some of which include "Pudding," "Sinister Wisdom," "The New Orleans Review," and "Conditions, The International Edition." As an undergraduate at the University of Massachusetts, she studied with Martha Collins and later studied with Kathleen Spivak at the Radcliffe Institute of Harvard College. Linda is an active member of MSAC.

**Advance Directives Assistance, Friday, October 25th, 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.

## Announcements (Continued from Page 3)

**We appreciate and encourage donations for members who drink coffee at MSAC.**

Related expenses for coffee, cream/milk, sugar, cups, etc. cost over \$2500 last year, but recently we have only been receiving about \$10/week in donations.

**Town Funding Season**, including Petition Signature gathering, is here! We need help from those of you from Berlin, Calais, E. Montpelier, Middlesex, and Worcester. This year we will be adding Plainfield! Together, your towns make up 20% of our membership! **Come sign a petition and ask how else you can help!**

Save the date for a **Thanksgiving-themed Floral Arrangement workshop** with Yana Poulson on Monday evening, **Nov. 25, at 6:00 pm.** Inquire if interested.

**Roberta Downey** is the **winner of the Rughooking Raffle** re-draw that took place September 5th.

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# Announcements Continued from Page 8

**AARP's safe driving class** this month is on **Wed., Oct. 23rd from 1-5 pm** at Westview Meadows. The cost is \$12 for AARP members and \$14 for non-members. Call Chelsea Copeland with questions at (802) 223-1068 extension 4.

We are planning a **multi-generational trip in April to Nicaragua** in collaboration with Planting Hope, a local non-profit organization. This will include a combination of touring and service work. More info soon - inquire if interested!

## Fall Class Information

### Class Registrations

As of Press Time (9/19), registration was going very well for the Fall quarter, with over 550 class registrations for 51 activities processed already in our new database! If you haven't yet registered for classes, please do so right away by ensuring your dues are paid and filling out a registration form to submit with payment. Any non-new member registering after 9/27 will be charged a late fee of \$10 (once per quarter), which will support the Scholarship Fund.

### Full Classes (more will likely be added) - Waiting Lists in Process:

Thursday **How to Use an iPhone** (must have iPhone); Monday **Vinyasa Restorative Yoga** with Lynne Ihlstrom; Wednesday **Hatha Yoga** with Joan Stander; Friday **Hatha Yoga** with Joan Stander; Sunday **Integral Hatha Yoga** with Patty Crawford; Tuesday **Gentle Yoga** with Patty Crawford; Wednesday **Gentle Yoga** with Patty Crawford; Thursday **Gentle Yoga** with Patty Crawford; Monday **Drawing** with Jeneane Lunn; Monday **Painting II: As you want it** with Sylvia Walker; Wednesday **Tai Chi Long Form** with Judy Copa (9/18); Mon/Fri **9:00 Living Strong** with Dona and Ed Koenemann (try 10:15 class!); Mon/Thur **5:00 Living Strong** with Laura Brown & Tom Viall; Wednesday **Spanish Past Tense** with Betsy Barstow; Tuesday **Water Aerobics** with Tracy Ellis.

### Classes with Plenty of Space—Consider Joining:

Handbuilding with Clay, Painting for Fun, Rug Hooking, French Conversation, Italian I and II, Spanish Conversation, Stage to Screen, Writing morning, Living Strong M/Th 6:10pm, Salsa, Yoga for Cancer Survivors, Chair Yoga Thursdays, Yoga Vinyasa Restorative Thur., Tennis.

**Changes from last newsletter:** **Writing** Afternoon class: time changed to 1:30-3:30; **Drawing** class: different day and time (Monday at 4:30, not Fri); **Ellen Fein yoga** class: new title is **Yoga for Cancer Survivors**; **Singing**: will start at 3:00 again instead of 3:30; **Salsa** changed back to Monday nights at 6:00; **Powerful Tools for Caregivers** and **Summit Saturdays Music** postponed.

**Free Fall Computer Classes and Group**, with Beth Burgess, times TBD based on interest. Sign up in office if interested, and Beth will contact you about scheduling.

- **Basic computing:** Making your way around MSAC computers. No prior experience needed, slow pace.
- **Using Email and the Internet:** Getting more comfortable, search tips, shortcuts.
- **Mac Users Group** continues. Not a class – a hybrid between a workshop and a support group.

# MSAC Van Trips

## Reserve your spot on the van now!

### Fri, Oct. 11th, 1-4: Walk with Whitney at Millstone Trails.

p.m. Enjoy the fall foliage with Whitney Dall. Take the MSAC bus from the Dept. of Labor in Montpelier to Millstone Trails in Barre. There is 1500 acres of unique terrain, with 70+ miles of scenic trails with access to dozens of historic quarry sites, and 20+ miles of scenic hiking trails leading to spectacular "grout" pile lookouts. Miles and miles of abandoned rail beds and old quarry roads provide moderate trails for family hiking. This will be a moderate 2-hour hike with views of the changing colors.

**\$5. Sign up and pay by 10/4.**



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

Choose one of the following Saturday performances or all three! We will leave at 11:15 am and return at about 4:30-5:00 pm. (The November performance will be a little later.)

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

***The Nose***—Saturday October 26<sup>th</sup>  
**Sign up by October 11<sup>th</sup>**

***Tosca***—Saturday November 9<sup>th</sup>  
**Sign up by October 25<sup>th</sup>**

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



### MSAC Travels to Northern Stage Theater Three 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 per trip includes ticket.**

***Twelve Angry Men***—Thursday October 17<sup>th</sup>  
In a steamy jury room, 12 people determine the fate of a 19-year-old accused of murder.  
**Sign up by October 7<sup>th</sup>**

***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>**

# The Green Corner

We've placed new recycling bins around the center and added more prominent signage on the walls above to point them out. We hope you'll join us in making a redoubled effort to keep recyclables out of the landfill. We've also posted info on where to recycle 'hard-to-recycle' items like the following that you may not have even known you could recycle: batteries, electronics, empty propane canisters, latex paint, ink cartridges, fluorescent bulbs, nuts & bolts, and more!

We'd also like to share that thanks to the composting efforts of those involved with the *FEAST* meals program, MSAC is diverting about 300 pounds of food waste from the landfill every week - that's 1.5 tons since the program began. Not too shabby!

## MSAC Wish List

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

- Table-top amplification system to assist members with hearing difficulties
- Small sturdy table approximately 24x24 with similar clearance below
- Sandwich boards in good shape
- Aprons in good shape
- Lap-top PC or Mac in excellent shape with recent operating systems and software
- Point-of-sale cash register system to use with computer in office
- Stopwatch for exercise classes

## Member Acknowledgments



Carl Baren  
Morgan Brown  
Didi Brush  
Carolyn Haas  
Carol Huntsman  
Juliana Fechter  
Vera Fogg

Cindy Foster  
Wayne Foster  
Ellen Hayes  
Patricia Foulkes  
Bernie Johnson  
Marilyn Johnson  
Suzanne Miller  
Steve Murphy  
Pam Passburg  
Susan Reid  
Liz Sykas-Ringgenberg  
Justine Robinson  
Ausra Tartter  
Charlotte Younger



*Madeline Booth  
Donald Collins  
Ralph Lowe*

**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 Oct. 14 and Nov. 11 for City holidays. There will be no classes or activities on those days.**

**Submissions for November Newsletter due Oct. 14!**

**Fundraiser Event Reminders:**  
**Home Tour Oct. 5**  
**Feast Fundraiser Dinner Oct. 18**

**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 (returning!), Program Assistant (M-F, 9-4)  
Lise Markus, Office Assistant (M-F, 9-12)  
James Sharp, Outreach Assistant (M-F, 4-7)  
Kimberley Lashua, Just Basics Exec. Director (M-F, 9-1)  
Justin Turcotte, Chef for Feast (M-F, 7-2:30)