

# 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.***

## **What's Inside:**

Profiles: Sylvia Kingsbury & Liz Dodd ..... 2  
 Menu and Announcements ..... 3-4  
 One-time Activities and Events..... 5-7, 10  
 Ongoing Activities Calendar ..... 8-9  
 Volunteer Needs.....10  
 Fall Class Information and Registration.. 11-12  
 The Green Corner, Art Show, Wish List .. 13  
 Trips ..... 14

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



*Volunteer Ken Feld serving during Feast Together*

## **MSAC Volunteers: Achieving our Mission!**

We thank, and encourage you to thank, all of the MSAC volunteers, including members, students, local business people and others. They log hundreds of hours each month when they lead classes, help in the office, deliver donations, run errands, do outreach, clinics and mailings, participate in Feast programs, serve on the Advisory Board, and much more. At Thanksgiving time we will again host a volunteer recognition luncheon and look forward to honoring all of them!

Volunteer service not only helps MSAC achieve our mission, it also helps volunteers stay active physically and mentally, learn new skills, connect with others in the community, and feel satisfaction in contributing and belonging. If you are or would like to become a member of Onion River Exchange (see page 7), you may use time banking to receive services in return for your volunteer service with MSAC or Just Basics. Perhaps you've always wanted to volunteer but weren't sure how. Perhaps you have friends, neighbors, or family members that might like to get involved. Now is a great time!

The following list summarizes our greatest current needs for volunteer service. Unless otherwise noted, please contact the office to learn more or sign up!

(continued on page 6)

## Sylvia Kingsbury

### Advisory Board Member/Office Volunteer

In an effort to introduce the MSAC community to some of the people they may see around the center, we plan to feature profiles like this as an ongoing feature of the newsletter.

Sylvia works at the MSAC office Tuesday and Thursday afternoons. She enjoys the work because it gives her “a sense of the many things that are going on at MSAC” and is “a way of getting to know the members and staff and... helping in a very real way.”

Sylvia grew up in Watertown, New York, and moved to Montpelier in 1974. Here she worked at Central Vermont Hospital as an RN for 25 years. She and her husband Ray have three children: Susan, Linda and Michael.

Besides spending time with her family and friends, Sylvia enjoys ballroom dancing which she does weekly in Burlington as well as helping with Montpelier Recreation Department dance programs. She also enjoys swimming, XC skiing and cycling.



## Liz Dodd, N2N Americorps Member, Completes Year of Service!

We thank Liz for her eleven months (1700 hours) of service to local seniors at MSAC and in the community, which concluded at the end of August. During the past year, she: developed the MSAC Resource Room and built up our resource library; recruited and managed volunteers to do direct service in seniors' homes; helped coordinate the Volunteer luncheon, holiday food bag distribution and kitchen inventory; produced a successful panel series on five topics related to Successful Life Changes for Seniors that was attended by over 200 people and broadcast on ORCA; led two series of Growing Stronger exercise classes at MSAC; strengthened partnerships with community organizations such as CVCOA; organized free film events; and enthusiastically marketed her Healthy Aging events in local media.

As an Americorps Member Liz received a modest stipend, and she is eligible for an education award for her service. Liz is a Licensed Clinical Social Worker specializing in gerontology and will continue her psychotherapy practice. We know that Liz will also stay engaged in lifelong learning, successful aging endeavors, and volunteer service in the MSAC community as we develop Alzheimer's and dementia programming. Liz looks forward to seeing you at the free film event she is hosting on Sep. 24th, *Some Like it Hot* (see p.10).



# Menus for *Feast* (new name!)

## *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/Café, 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.

Tue 9/3: Chicken Cutlet w Jus and Herbs, WW Pasta, Veg., Apple Crisp

Thur 9/5: Cream and Leek Baked Haddock, Brown Rice, Veg., Pudding

Fri 9/6: Shepards Pie, Candied Squash, Spinach Salad, WW Roll

Tue 9/10: Beef Stew, Egg Noodles, Veg., Custard

Thur 9/12: BBQ Brisket or Black Bean Salad w Flatbread, Veg.

Fri 9/13: Roast Pork w Mustard Crust, Roast Potatoes, Veg., Brownie

Tue 9/17: Chicken Enchilada, Rice and Beans, Veg., Pudding

Thur 9/19: Indian Chicken, Wheat Berry Salad, Veg., Mango, Pumpkin Pie

Fri 9/20: Seared Salmon, Wild Rice Pilaf, Veg.

Tue 9/24: Slow Cooked Pork, Baked Potato, WW Bread, Veg., Apple Crisp

Thur 9/26: Fresh Herb Roast Chicken, Wild Rice Pilaf, Coleslaw, Veg., Brownie

Fri 9/27: Spaghetti w Sauce, Tossed Salad, WW Garlic Bread

## Announcements

### FROM US AT MSAC

This will be the last newsletter mailed in print to non-renewed members. Don't miss out!

MSAC, with the Montpelier Chamber Orchestra and several other community groups and home owners, presents a **Home Tour fundraiser** on **October 5th 10am-5pm**. There will be five beautiful homes ranging from the 1800's to a new, energy-efficient home. Go to **[www.MontpelierHomeTour.com](http://www.MontpelierHomeTour.com)** to see previews on the self-guided tour. Advance tickets are \$20 and 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 a member of the Senior Center or the office. We will benefit by earning 75% of that sale. The MSAC van will also be driving one load of passengers for \$5/person. Volunteers wanted for ticket sales (call Sue Stukeky 223-4189) and docent duties (call Tina Muncy at 223-2867).

Save the Date! We will be holding a **Kitchen Open House**, followed by a **Harvest Fundraiser Dinner** to celebrate the recent launch of Feast meal programs. The event will be **Fri, Oct. 18th (time, price TBD)** and include a food-based silent auction/raffle.

(continued on page 4)

# Announcements Continued from Page 3

The **Rughooking Raffle** raised \$207, but the winner decided to pass, so instructor/donor Pam Finnigan will do a re-draw on Thurs Sep. 5th during Rughooking class.

Did you know? Onion River Community Access (**ORCA**) broadcasts a show about MSAC activities and people, called **Senior Moments**, 4 times weekly and online at [orcamedia.net](http://orcamedia.net). There are already **31 episodes** and more in the works, thanks to Don Rowan and Ora Paul.

MSAC welcomes Middle School **student volunteers Omeed Fallahi and Angus Fraser!** They help members in the **computer lab** and help staff with technology-related projects, and their Fall schedule will be posted soon. We thank **Nathan Vaughn** for his years of volunteer service in the lab, and he is still available for limited appointments (see business card available in the office).

The Sept. 11th 6 pm **Floral workshop** with Yana Poulson is still accepting registrants. Try it!

**MSAC Kitchen Small Wares Fund:** A little over \$1,000 to go to meet our goal – we're getting close! Thank you to all who have contributed thus far. We also thank Montpelier Housing Authority for helping make the new outdoor **benches** possible! Enjoy the new **bike rack** in the courtyard, too, courtesy of a City of Montpelier grant!

Save the date and Sign up: On December 14<sup>th</sup>, MSAC will again hold a **Holiday Arts, Gifts & Goodies Fair**, in conjunction with other events at MSAC and around the city during Montpelier Craft and Art Weekend. We are recruiting vendors to rent tables, volunteers to bake and sell goodies, and other help for this important fundraiser. Inquire in the office, and vendor applications will be on the website soon!

## FROM THE COMMUNITY

**Senior citizens who receive 3SquaresVT benefits can double their money at the Capital City Farmers Market!** For every dollar spent at the market, they can get another dollar, up to \$10 per market day. Stop by the Wool Shed booth, and they will award your coupons (up to \$10 per market day). For any questions about the market, sign up for the market newsletter by emailing Carolyn Grodisnky at: [manager@montpelierfarmersmarket.com](mailto:manager@montpelierfarmersmarket.com).

**Sat, Sep 14**, there will be an all-day event at MSAC hosted by the **Rug Hookers Association**. See Pam Finnigan, Rughooking Instructor, for details, or call 223-5101.

**AARP's safe driving class** this month is on **Wed, Sep 25th** 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.

**Court Advocates for Children Needed.** Right now, there are children involved in the Washington County Family Court who need your help. In some cases, they have been abused, neglected or caught in a custody dispute – but they all share a need: to have a judge-appointed advocate who will look out for their best interest. To be a volunteer Guardian ad Litem, you don't need any special experience – just strong interpersonal skills, a passion for helping children and the ability to think critically, be assertive, work with others effectively, and use sound judgment. Training is provided, and the personal reward is immeasurable. Can you help? The next training session is in October. Info/applications: email Mary Hayden at [JUD-VermontGAL@state.vt.us](mailto:JUD-VermontGAL@state.vt.us) or call 1(800)622-6359.

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

## Tag Sale to Benefit Summit School

Saturday, August 31st, 9:00 a.m.-3:30 p.m.

Come support the Summit School of Music and Culture (next door neighbor of MSAC). Items will include baked goods, books, antiques, collectibles, kitchen items, furniture, decorative items, toys, tools, and musical instruments. Have something to donate? Contact [hendrixfiddle@gmail.com](mailto:hendrixfiddle@gmail.com) or call 802 229 1403.



## Grandkids as Play Partners, Tuesday, September 3, 10 & 24, 10:30 a.m.-12:00 p.m.

Want to engage more with your grandchild but not sure how? Learn how play helps child development, the developmental stages of play, &

how you can be your grandchild's best play partner. We'll watch & discuss movies of children playing, practice playing & provide handouts to share with your grown children! Members register at MSAC office \$15/\$20 for all three, 223-2518.

Piano Presentation, Thur, Sep. 5, 4-5 pm & Fri, Sep 6, 1-2 pm after Feast Together. Nicholas Mortimer will introduce the Simply Music method: a new option in the Montpelier area for anyone who dreams of playing piano. This approach to music education is based on playing great-sounding songs in various genres from the very first lessons. For more info, visit [LovePlayingPiano.org](http://LovePlayingPiano.org) or contact Nicholas Mortimer at (802) 595-1220 or [nicholas@LovePlayingPiano.org](mailto:nicholas@LovePlayingPiano.org)



## Reiki Clinic, Friday, September 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.



## Powerful Tools for Caregivers, 6 Wednesdays, starting September 11th, 5-7 pm.

This six-week class, sponsored by CVCOA, provides family caregivers with the tools they need to care for themselves while caring for others. A suggested donation of \$20 to help defray the cost of The Caregiver Helpbook is appreciated, but not required to attend. More info in office; 476-2671 to register.

## Volunteer Service (Continued from Page 1)

- *Feast*, our new meal program, is still in need of additional volunteers to help each day with many tasks including food prep, kitchen support and hospitality, in morning, mid-day and afternoon shifts ranging from 9 am to 2:30 pm. Call Kimberley at 595-9145 or look for her at MSAC.
- **Home Tour** is a fundraising event (see more info p. 3) for which we need help selling advance tickets and serving as a docent for a two- or three-hour shift at one of the homes on Saturday, October 5th.
- **Health Clinics** include monthly foot clinics and annual flu clinics, and help is needed with check-in tasks.
- **Harvest Dinner and Kitchen Open House on Friday, October 18th**, a fundraiser for Feast, will require help with many tasks including ticket sales, donations requests, decorating, hospitality, break-down and dishwashing.
- Our **Holiday Bazaar**, part of Montpelier Craft and Art Weekend around the city on Saturday, December 14th, will require help with vendor recruitment and management, set-up and break-down, baking and sales.
- **Annual Town Funding Appropriations Requests** require help this fall with gathering petition signatures in our supporting towns: Berlin, Calais, E. Montpelier, Middlesex and Worcester (and new for FY15: Plainfield).

We thank members who recently filled out the volunteer section of your new member application or renewal form! Staff and volunteers are now processing those and will be in touch with those whose interests match the above needs!

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



### Osher Lifelong Learning Institute Programs, Wednesday, September 11, 18 & 24, 1:30 p.m.

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

- Sep 11: “Economic Innovation in VT” w/ Lars Hasselblad Torres.
- Sep 18: “History and Struggle in Egypt” w/ Sandy Mohlman.
- Sep 25: “VT’s New Health Initiative: ‘Healthcare For All?’” w/ Georgia Maheras.

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

### Foot Clinic, Friday, September 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.





## Time Banking with Onion River Exchange Friday, September 13th, 1 p.m. (after Feast Together)

Want to save money, meet new people, learn new skills, & help your community? Come learn what a time bank is & how it works, & hear what it's like to be a member. Over 400 members exchange rides, food, snow shoveling, weeding, massages, wood stacking, handiwork around the home & more. Bonus for MSAC or ORE members: we're creating ways to use time-banking to pay for certain classes & opportunities. If you already volunteer with MSAC or Just Basics, then participating in ORE may allow you to receive services in return. Learn more: 802-552-3020, [www.orexchange.org](http://www.orexchange.org).

**Advance Directive Assistance, Friday, September 13 & 27, 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.

**Acting Showcase, Friday, September 13, 6 p.m.**  
Melissa Sivvy's MSAC Acting Class presents a showcase of their summer work. Open to MSAC members, friends and family to come and show their support.



## Film: The Kids are Alright Saturday, September 14th, 6:30 p.m.

Joni and Laser, the children of same-sex parents Nick and Jules become curious about their sperm-donor dad and set out to make him part of their family unit. But his arrival complicates the household dynamics, in this warm-hearted dramedy. With Julianne Moore, Annette

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

## England & Italy: A Travel Talk & Slideshow, Tuesday, September 17th, 6 pm.

Join us for a slideshow & talk by Montpelier residents Lise Markus (MSAC staff member) & Ed Linton about their recent trip to England & Italy. Lise & Ed walked 50 miles of the Cotswold Way, a 100-mile trail that runs from Chipping Campden to Bath, England. Follow them as they walk through fields of flowers & sheep, past thatched-roof houses & stunning English gardens. Then on to Abruzzo, Italy, a mountainous, rustic region with narrow winding roads & breathtaking hairpin turns to see ancient hilltop towns.



# Ongoing Activities

Some classes are full, 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	SATURDAY/SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>LARGE COMMUNITY ROOM</b>	10:30-noon Summit Saturdays for Srs and Jrs (starts 9/21)	12:30-3 Mah Jongg* 12:30-3:00 Bridge* 2:00-4:00 Cribbage* 6-7 Salsa	10:30-12:00 Band and Dancing 12-1 pm <i>Feast Together</i>	OSHER 12:30-3 9/ 11, 18, 25	9:00-11:30 am Bridge* 11-1 <i>Feast To Go</i> 12:45-3:00 pm Bridge* 6-8 pm Ukulele	10-3 pm Mah Jongg* 12-1 pm <i>Feast Together</i>
<b>ART AREA</b>		10:00-12:00 Painting 1:00-2:30 Clay Group		OSHER 12:30-3 6:00-7:30 pm Floral Arranging 9/11 only 5:00-7:00 Powerful Tools Sept 18-Oct 16	9:30-11:30 am Rug Hooking 6-8 pm Ukulele	
<b>STUDIO</b>	Sunday 5-6:30 pm Yoga Integral	10:30-11:15 Dance to Fitness 3:30-5:00 Vinyasa Restorative Yoga	9:00-10:30 Gentle Yoga 11:00-12:00 Chair Yoga	8-9:30 am Gentle Yoga 1:30-2:30 pm Tai Chi (starts 9/18) 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 2:30-3:30 Living Strong 5-6 pm Living Strong	10:30-12 Grandkids as Play Partners 4-5 pm French Conversation 6-8 pm Acting (through 9/10)	8:30-9:45 am Spanish 1:30-3:30 pm Writing 5-7 pm Powerful Tools for Caregivers (9/11)	5-6 pm Living Strong	9:00-10 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#	10-11:30 am Exercise†

†Exercise refers to monthly membership for use of gym at First in Fitness in Montpelier.  
 #Swimming and Water Aerobics are 13 week activities at FiF in Berlin.  
 °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.

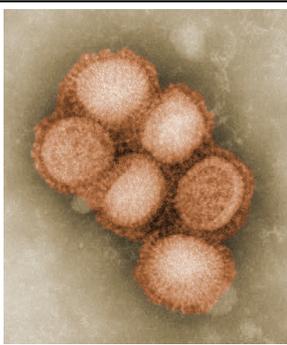
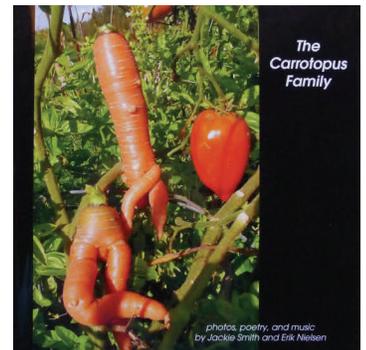


Friday, September 20th, 9-12 p.m., by appointment

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.

Art Presentation, Friday, Sep. 20th, 1 p.m.

Jackie Smith and Erik Nielsen's multi-media art collaboration hangs at MSAC Sep-Oct. See p. 13 for more details. To get the full, fun effect of the photos, poetry and music together, they will be here to talk about their collaboration and to play the music it inspired, and Erik will introduce his new classical music class that starts in October.



Flu Clinic, Monday, September 23rd, 2-4 p.m.

Three CVHHH nurses will be on site, and Medicare may be billed. \$30 for the general public, but \$15 for anyone over the age of 50 or considered a "high risk" for complications of the flu (with a chronic illness, respiratory disease, pregnant women and individuals who are immunocompromised.) No appointment necessary; first come, first served.

Film: Some Like It Hot, Tue, Sep. 24, 6:30 pm.

This classic American film, directed by Billy Wilder, is a superb comic vehicle for Marilyn Monroe, Tony Curtis, Jack Lemmon, and George Raft. This film may inspire you to register for Rick Winston's 1950's film series premiering in October at MSAC (see p. 11). BYO Snacks. For further info please call Liz Dodd 223-2518.



Peace & Pardon in the Parlor, Fri, Sep. 27, 1 p.m.

Merry Kay Shernock, Page Guertin & Cybil Aitken unite in song & bring to life songs from the Civil War to 1910 or so! Here you'll find many American classics, including: Danny Boy, Peg O' My Heart, Take Me Out to the Ballgame, In the Gloaming, Juanita, & Promised Land. Songs are performed with "parlor organ" & a cappella & the ladies include poems & trivia from the era & background material — all presented in period costume & setting. Audiences are invited to sing along. Come join the fun!

# **New classes this Fall, Starting week of Sep 30**

**See registration form & class descriptions in MSAC lobby & on website for instructors, fees & start dates. *New classes & times in italics below***

## **Summit Saturdays for Seniors and Juniors: Traditional Music**

**6 Saturdays, Sept. 21 - Oct 26, 10:30 – noon.** Explore all kinds of Traditional instruments and music with favorite teachers. No experience necessary! This class will be offered at MSAC and will be an exploration of stringed instruments and song - a different featured instrument or style each week with a variety of teachers. Presented in partnership with next-door neighbor, Summit School of Traditional Music & Culture, and open to youth and seniors. \$50 for all 6 weeks, \$30 for Seniors.

**New Living Strong Sessions on Monday & Thursday 6:10-7:10 p.m. and on Tuesday & Thursday 8:30-9:40 a.m.,** suitable for beginners.

## **New Chair Yoga, Thursdays 11 am-12 pm**

**Films of the 1950s with Rick Winston, 10 Tuesdays, 6:30-9:00pm at MSAC.** This class will feature films from veteran directors at their peak, films from younger directors, films that flopped in their time but are now considered classics, and others.

**The 1960s: Movies that Mattered (Part 2: Foreign Films) with Rick Winston, 8 Thursdays, 10am-12:30pm at Savoy Theater.** In the spring, we looked at American and British films from a tumultuous decade; now we will see some influential foreign films from Japan, Poland, Sweden, Czechoslovakia, India, and the Soviet Union.

**Drawing with Jeneane Lunn, 10 Fridays 10-11:30am.** This class will cover all the basics to become a better drawer. Beginners and experienced drawers will find something positive that they can add to their work. We will cover gesture drawing, contour drawing, creating form with light and shadow, still life, portrait and figure.

**Stage-to-Screen Play-Reading with Joanne Greenberg, 9 Wednesdays, 5:00-6:15 pm,** will cover 4-5 great plays that then have been successfully made into great movies. After reading the scripts outside of class, we will watch clips from the films and discuss how the two versions worked as performance pieces. One of the play/movie combos will be "The Crucible," which we will also see at Lost Nation Theater, followed by a talk-back with the cast.

**Everything You Always Wanted to Know about Classical Music but Were Afraid to Ask, with Erik Nielsen, 8 Fridays, 3:30-4:30 am** Brookfield composer Erik Nielsen will lead a class in which there will be plenty to listen to, but also time for discussion and questions (yours and his). By concentrating on a single work in each class, Erik's aim is to whet your appetite for more while giving you insight into the work under discussion, plus some history of the composer and the period. He loves music and telling stories and plans to make this a lively and enjoyable experience for all. This class is offered in partnership with Monteverdi Music School and is open to the public. Class fee still TBD at time of printing.

## **Returning after a hiatus:**

Beginning Ukulele with Bob Rikken (open to all ages), Tuesdays 6:15-8:15 pm

Handbuilding in Clay with Nicole Galipeau, Mondays 1-2:30 pm

Yoga for Chronic Pain with Ellen Fein, Wednesdays 10-11:30 am

# Here's how to Register for Fall Classes!

1. Registration schedule: **Week 1—Montpelier only:** Sep 3-6; **Week 2—Montpelier and Supporting Towns only:** Sep 9-13; **Week 3-4—All Towns:** Sep 16-27. This ensures that members from towns that support MSAC with tax dollars get preference.
2. Current Members who register after Sep 27 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 Sep 3**, 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 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 1st 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 Fall Class List (Monday Sep 30—Friday Dec 20)

See registration form & class descriptions in MSAC lobby & on website for instructors, fees & start dates. *New classes & times in italics below*

### ARTS, HUMANITIES, TECHNOLOGY & FOREIGN LANGUAGE CLASSES:

*Drawing, Fri 10-11:30 am, Everything you Always Wanted to Know about Classical Music but Were Afraid to Ask, Fri 3:30-4:30 pm, Films of the Fifties (Series), Tues 6:30-9:00 pm, Films of the Sixties (Series), at Savoy Thurs 10 am-12:30 pm, Handbuilding with Clay, Mon, 1-2:30 pm, How to Use an iPhone, Thurs 10-11:30 am, Painting for Fun, Thurs 12:30-2 pm, Painting II, As You Want It, Mon 10 am—noon, Rug Hooking, Wed 9:30-11:30 am, Singing, Thurs 3:30-4:30 pm, Stage to Screen Reading, Wed 5-6:15 pm, Summit Music for Srs & Jrs, Sat (9/21-10/26), 10:30-noon, Ukulele for Beginners, Tues 6:15-8:15 pm, Writing, Wed, 10:30 am-12:30 pm, & 1-3 pm, Writing a Poem, Tues 10 am-noon, French Elementary, Thurs 12:45-2 pm, French Intermediate, Mon 12:45-2 pm, French Conversation, Tues, 4-5 pm, Italian 1 (continuing), Tues 1-2 pm, Italian 2, Tues 2:15-3:15 pm, Spanish Conversation, Wed 10:15-11:15 am, Spanish Past Tense Part 2, Wed 8:30-9:45 am*

**MOVEMENT CLASSES:** **Dance to Fitness**, Monday, 10:30-11:15 am, **Living Strong**, M & F 9-10 am; M & F, 10:15-11:15 am; M & F, 2:30-3:30 pm; M & Th 5-6 pm; *M & Th 6:10-7:10 pm; T & Th 8:30-9:40 am*, **Salsa**, Tuesday, 5-6 pm, **Tai Chi Long Form**, Weds. 1:30-3 pm, **Tai Chi for Arthritis**, Tuesday, 4:30-5:30 pm; **Yoga, Chair Only**, Tuesday 11 am-noon, Thursday 11-noon; **Yoga, Gentle**, Monday 1-2:15 pm, Tuesday 9-10:30 am, Wednesday, 8-9:30 am, Thursday, 9:00-10:30 am; **Yoga, Integral Hatha**, Sunday, 5-6:30 pm, **Yoga, Chronic Pain**, Wed. 10-11:30 am, (10/23-11/20); **Yoga, Vinyasa/Restorative**, Monday, 3:30-5 pm, Thursday 5-6:30 pm; **Yoga, Hatha**, Wednesday, 5-6:30 pm, Friday 10-11:30 am;

**OFF-SITE ACTIVITIES:** **Bowling**, Tuesday, 9-11 am, Twin City Lanes, **Exercise**, First-in-Fitness Montpelier, M-F daily 10-11:30 am, **Swimming**, F-i-F Berlin, Monday 5-6 pm; T & Th 10-11 am, **Tennis**, First-in-Fitness, Berlin, Fridays 1-2pm, **Walks with Harris**, Thursday, 12:30-1:30 pm, (beg. 11/7), **Water Aerobics**, F-in-F Berlin, Tuesday 10-11 am.

# The Green Corner

Welcome back to the Green Corner! We recently received information from the Solid Waste District in regards to their Additional Recyclables Collection Center (ARCC) and wanted to pass it on to you. The two-page list which explains that a broad range of so-called ‘additional’ recyclables — items in addition to regular recyclables picked up at the curb — can be taken to the ARCC. The cost is \$1 per carload, and the facility at 3 Williams Lane in Barre is open Mondays and Fridays from 12:30-5:30 pm. If you visit the MSAC website, you can download the full list. Or ask for a copy at the office.

## Multi-Media Art Collaboration: Carrotopia! At MSAC Sep. 5 through October

The visual portion of this exhibit features whimsical photos taken by MSAC member Jackie Smith and poetry by Erik Nielsen honoring some of the more unusual carrots that grew in Erik’s Brookfield garden last year. Jackie and Erik saw a distinct “personality” in each member of the Carrotopus (Car-ROT-o-puss) family, and Erik went to work writing poetry and music for each of the 12 “characters” that appeared in a 2013 holiday calendar for friends and family. Erik is a professional composer who took the collaboration one step further, creating music inspired by each of the carrots. On Friday, Sep. 20 at 1 pm, they’ll talk about their collaboration and play the music it inspired. Erik will be teaching a Fall class at MSAC on “Everything you Always Wanted to Know about Classical Music but Were Afraid to Ask.” Jackie’s business is Quirky Nature Photography and Creative Collaborations. She rents a tiny work space next door at 46 Barre Street.



## 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 during classes
- Small sturdy table appr. 24x24 with similar clearance below
- Sandwich boards in good shape
- Aprons in good shape
- Office-style scissors
- Large frame, appr 16x20
- 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

# MSAC Van Trips

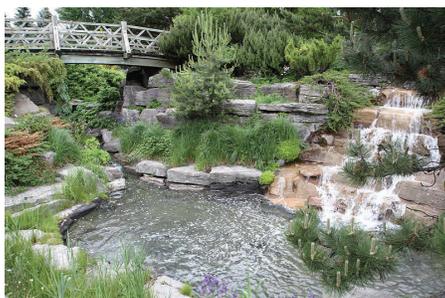


## Reserve your spot on the van now!

**Tues, Sept. 3rd: Rudyard Kipling House** (Dummerston). May still have openings. More details in office. \$45 includes admission.

**Fri, Sept 13th: Walk with Whitney at Rock of Ages.** 1:30-3:30 p.m. Whitney Dall would like to encourage you to walk with him. Start with an easy one hour walk. Ride the van to Barre, then walk on the paved bike path to the Rock of Ages visitor's center and gift shop for an interesting look around. Then a walk back to the van, which will take you back to Montpelier. \$5. **Reserve by 9/6.**

**Wed, Sept. 18th, 8:30 am- 7 pm: A Day in Montreal: Art or Gardens.** While our longer Montreal trip for this week was cancelled due to lack of interest, here's another more focused chance to visit Montreal! You have a choice! The MSAC van will go to Montreal for the day and leave you at either the Museum of Fine Arts or the Botanical Gardens for four hours. Please bring something to eat for an evening meal on the way home. You may also bring a lunch or plan to purchase something at the Museum or the Gardens. If you are going to the gardens, please be dressed for the weather, and there are also inside spaces throughout. Indicate at the time you sign up for the trip which place you will be visiting. See flyer with more details on website and MSAC bulletin board. All participants must bring a current passport or enhanced license. \$50. **Reserve by 9/11.**



**Thur, Sept. 26th: Shelburne Museum and Wyeth Exhibit.** Wyeth Vertigo examines extreme perspectives, unconventional angles and powerful narratives in 36 works by three generations of one of the most influential families in modern American art. There are also two other exhibits and the permanent collections of the museum for those interested, as the group will be onsite for 4 hours. Admission included, lunch is on your own (bring brown bag or eat at museum café). Meet at Dept. of Labor lot. Cost for this trip is \$30 for members. **Reserve by 9/16. MSAC lunch to-go available!**



**Fri, Oct. 11th: Walk with Whitney at Millstone Trails.** 1-4 p.m. Enjoy the fall foliage with Whitney Dall. Take the Senior Center bus from the Department of Labor in Montpelier to Mill Stone Trails in Barre. There is 1500 acres of unique terrain, with over 70 miles of scenic trails, providing access to dozens of historic quarry sites. There are over 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. **Inquire for non-member rates and rules. \$5. Reserve by 10/4.**

# Member Acknowledgments



1	John Bloch	14	Gail Falk	23	Ernest Gibson
2	Barbara Hannon	14	Julia Heller	23	Claire Guare
2	Gladys Johnson	14	Jerry Kilcourse	23	Linda Henzel
2	Carolyn Grodinsky	14	Maria Redmond	23	Peter Hogg
3	Lucy Wollaeger	14	Joseph Tetreault	23	Cynthia Murphy
4	Hedi Ballantyne	15	Barbara Gutheil	24	Eileen Jones
4	Lorraine Menard	16	Annie Cameron	24	Lucinda McCloud
4	Alban Richey	16	Bernadette Hood	24	Janet Moyse
6	Paul Hill	17	Eva Cassavoy	24	Holly McDermott
6	Pickett Viall	17	Roberta "Bobbie" Dahlkemper	24	Jim Roos
7	Mary Roehm	17	Rosemary Roy	25	Robert Goss
8	Sarah Albert	18	Jan Burrus	26	Joanna Meyer
8	Mark Betit	18	Gail Halme	26	Debra Smith
8	Joan Innes	18	Penny Hannigan	27	Lois Hadd
8	Robert McIntyre	18	David McGraw	27	Judith Miller
9	Ruth Damon	18	Sylvia Murray	28	Ann Fitch
9	Daniel Downey	18	Helen Reindel	28	John Turner
9	Susan Plagge	19	Olive Franzi	29	John Micknick
10	Sheri Berger	19	Jody McGraw	29	Carole Naquin
10	Elden Brown	19	Charles Wiley	30	Joanne Blakeman
10	Pauline Gosselin	20	Patricia Rouelle	30	Cheyenne Tiera
10	Gloria Miller	21	Michelle Clark		Susan Roop
11	William Beard	21	Bev Heise		
11	Rebecca Riley	21	Pauline Redmond		
12	Lisbeth Dodd	21	Joseph Whelan		
12	Katherine Keinath	22	Chris Brown		
12	Lorna Maloney	22	Barbara Dall		
12	Jo Ann Richardson	22	George Olson		
13	Tina Valentinetti	22			



Kim Chicoine  
 Caroline Clifton  
 Marie Dessureau  
 Laurel Farnham  
 Jo Ann Gibson  
 Toni Hartrick  
 Deborah Khan  
 Betty Lord  
 Ken Matzner  
 Mary Jean McKelvy  
 Diane Meeks  
 Mary Mello

Suzanne Miller  
 Barbara Nelson-Brown  
 Beverly Pembroke Hill  
 Judy Rosenstreich  
 Linda Stern  
 Raymond Stroutsos  
 Colin Tait  
 Deborah Tait  
 Richard Temple

Jane Bartrum  
 Margaret Blanchard  
 Victoria Cherney



*With Our Sympathy..*

Vincent Illuzzi Sr.

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

**PRSRT STD**  
**US POSTAGE PAID**  
**MONTPELIER, VT**  
**PERMIT NO 113**

*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 Monday Sept. 2, Oct. 14 and Nov. 11 for City holidays.**

**Fall Registration begins Tues Sept. 3rd. More info inside!**

**Summer classes end Sept. Confirm date with your instructor.**

**Submissions for October Newsletter due Sept. 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: Wed. Sep. 25
Tina Muncy	Jane Osgatharp	Peter Harris	starting at 1:30 at City Hall Manager's
Sue Stukey	Janet Ressler	Frank Woods	Conference Room in City Hall, 39 Main St.

**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 (on leave in Sept.)  
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)