

Active Times

NEWSLETTER OF THE MONTPELIER SENIOR ACTIVITY CENTER



August 2015

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



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Fall Construction Project on 1st Floor

You asked, we listened! Since moving into our renovated space in 2012, members have expressed a desire for more small, enclosed, sound-proofed spaces for activities. Plans are underway to realize these wishes. Highlights include:

- The construction of ceiling-to-floor, moveable room dividers between the Art Area and the rest of the Community Room will create a newly sound-proofed area
- Sturdy glass extending to the ceiling from the side entrance half-wall will complete the sound-proofing effect while preserving visual openness.
- Changes will be made to the back kitchen pass-through window and kitchen doors to further enhance sound-proofing between meal production and activities in the larger space.
- A new kitchenette area along the orange wall will centralize beverage-making and service as well as provide cabinetry for storing items in a more efficient, sanitary, and tidy way.

Because noise disruption will be eliminated in the Art Area, these improvements will enable us to schedule the spaces on the first floor more often, while maintaining flexibility. We are also planning to install sound absorption tiles to the walls and ceilings of the Activity Room upstairs. This will make activities there more manageable, especially for people with hearing loss. Improvements to audio-visual equipment are in the works, too.

Gossens Bachman Architects designed the project with input from staff and Advisory Council members. We hope to do

the work in late September, between Summer and Fall quarters. Construction work will likely have an impact from the second half of September into early October. We will appreciate everyone's tolerance and flexibility when rooms are unavailable, activities are occasionally crowded, moved or postponed, etc. We will do our best to keep you updated. As of press time, we had completed our bidding process and anticipate negotiating a contract. We hope to bring the project and funding plan to City Council for approval at the 8/12 meeting.

Join An Advisory Council Committee

MSAC members are invited to join and participate in meetings of any of four Advisory Council Committees: Fundraising, Finance, Program and Membership/Hospitality. Inquire in office for info.

Dementia Awareness Project

We have postponed our Dementia-Friendly Puppet Project until the fall quarter to allow more time for people to sign up! We are looking for seniors with memory disorders and middle/high school students to join this fun class. Inquire in office for info.

Fall Classes

Registration begins on 8/31. All registration forms for members from any town will be accepted beginning on this date. Class info will be available on 8/17 and in the September newsletter.

ANNOUNCEMENTS

MSAC Advisory Council

Agendas and
Minutes posted on
website

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

Bob Barrett

Davis Carris

Whit Dall

Liz Dodd

Bill Doelger

Fran Krushenick

Ron Merkin

Jane Osgatharp

Janet Ressler

Jessica Sanderson

Sue Stukey

Susan Torchia

Next meeting:

August 20, 1:15-
2:30pm

Photography Exhibit

Tina Valentineti's photography exhibit in the Community Room will continue through the month of August.

Shirts for Sale

We have brand new senior center t-shirts! These snazzy blue shirts features the sunflower logo and are available to purchase in the office for \$20. Sizes from medium to XL are available.

Assistive Listening Devices

After testing various devices, we have purchased a new device that will help individuals with hearing difficulty to better participate in MSAC activities. The device is very easy to use, and we are happy to help you. Come by the office at any time to borrow the device for your class or an MSAC event.

Israeli and World Dance Lessons

Sat. August 22, 2:30-4PM • \$3
Danny Pollock will teach Multi-Formational Israeli and World Dances to all skill and mobility levels in the MSAC Studio. All ages are welcome! Please bring an extra pair of soft-sole shoes with clean tread (no flip-flops) for dancing and, if you wish, finger foods to share. It will be great fun, good exercise and a memorable dance experience! Danny Pollock has taught Israeli folk dance as his chosen vocation for more than 25 years. You can find him in multiple departments of New York City's 92nd Street Y, and he has led Israeli folk dance programs, workshops, and mini-series at YMCA's, Jewish Community Centers, synagogues, dance sessions, dance camps & week-

ends, and more throughout New York's Metropolitan area and beyond. For more information, email portico@stowevt.net. *Not affiliated with the Montpelier Senior Activity Center or the City of Montpelier.*

Circus Smirkus

Circus Smirkus is coming back to Montpelier with the 2015 Big Top Tour: Bon Appétit, and MSAC members and their families have a special opportunity to get a backstage tour with Smirkus Founder Rob Mermin! This season, they follow a new recipe to whet your appetite, exploring the culinary arts and food's fantastic flavors in our Big Top bistro. It's a multiple course menu with acrobatic hors d'oeuvres, juggling sous chefs, sweet and sour unicycles, and high frying aerialists. Every delicious discovery is freshly baked fun, spiced with excitement, sautéed in silliness, with a pinch of whimsy. So grab your fork and tuck in your napkin for a tasty triumph! Join Mermin for a special meet and greet at the 8/11, 2PM show. Tickets are available in the MSAC office through 8/7. Tickets are \$19.50 for adults, \$15.50 for youths 7-12, and \$12.50 for children 2-6.

Walks with Harris

Join MSAC member Harris Webster for healthy exercise and conversation. Walks resume on Thursdays in August (starting 8/6), departing from MSAC at 12:45pm.

Member Notes

Welcome New Members

Diana Colby
Robin DePalma
Edith Drury
Fred Feldman
Frieda Feldman
Marcy Frink
Elizabeth Grant
Donna Gray
Raymond Holland
Billy Kahn

Dian Kahn
Josie Kokarev
Alec Mielnikowski
Nicola Morris
Steve Norton
Donald Robisky
Janet Shadroui
Ausra Tartter
David Tartter
Anne Unangst
Vera Winter
Jennifer Zollner

UPCOMING TRIPS

Zack Woods Herb Farm

Wednesday, August 12, 8am-2pm · \$29

Visit this certified-organic medicinal herb farm in rural Hyde Park, VT, for a walking tour and a discussion of the benefits of herbs for supporting health while aging and the challenges of operating a small farm. Materials are included and lessons will be provided to make your own lip balm and a delicious bag of tea to bring home or give as a gift. Bring your own lunch for a picnic before returning to Montpelier. Register by 8/5.

VT Country Store and “Guys and Dolls” at Weston Playhouse

Wed., August 19, 8:45am-6:30pm · \$95

This trip is full. Please inquire in the office if you wish to be added to the wait list. The bus will leave the Department of Labor lot at 8:45am.

Orleans County Fair

Fri., August 21, 9am-3:45pm · \$27

It is August and time to go to a typical Vermont fair. We will drive to Barton, VT, where there is a small fair grounds with animals, fair food and exhibits of crafts and the best county vegetables! Register by 8/14.

Edith Wharton House

Monday, August 24, 8:30am-9pm · \$60

Edith Wharton was born into a tightly controlled society that discouraged women from achieving anything beyond a proper marriage. Essentially self-educated, she was the first woman to receive the Pulitzer Prize for Fiction. *The Mount* is a turn-of-the-century classical revival house with formal gardens, which Wharton designed and built. Bring lunch or dine at the site for \$16. If you wish to dine there, let us know when you register. We will stop in Lebanon for dinner on the return trip. Register by 8/7.

VT Festival of the Arts

Friday, August 28, 11am-4pm · \$11

A celebration of the Mad River Valley creative community. Art is everywhere. Leaving at 11:00am, the van will take you to the Round Barn for the photo show and then leave you in the village for lunch on your own and

to walk from exhibit to exhibit. We will stop on the return trip at the Big Red Barn for the art show there.

Kayaking Trips with Nancy and Anne

Guided kayaks led by Anne Ferguson and Nancy Schulz. Transportation is not provided, but efforts will be made to caravan or car pool. Sign up deadline one week in advance. Minimum of 8 participants. Trips are suitable for kayakers who have flat-water experience and the ability to paddle for three hours.

Roam the Rock River!

Tuesday, August 25 · \$10

Explore the quiet, slow Rock River near the Canadian border. After putting in at Highgate, VT, paddle flat-water under a canopy of trees for miles, watching and listening for wildlife as you go. Depart Montpelier at 8:30am and arrive at the put in at approximately 10am. Stop and enjoy a bag lunch on the river. Afterwards, participants have the option of returning directly to Montpelier or stopping for food along the way. Return to Montpelier at approximately 4pm (or 5pm if participating in optional dinner stop).

Chittenden Reservoir

Wednesday, September 2 · \$10

Discover the charming coves along the shoreline of Chittenden Reservoir. Depart Montpelier at 8:30am and arrive at the put in in Chittenden, VT, at approximately 10am. Explore the seven miles of irregular shoreline, stopping to eat a bag lunch along the way. Afterwards, stroll the grounds of the Mountain Top Inn and enjoy dinner in the tavern, with sweeping views of the water. Return to Montpelier at approximately 5pm (or later if participating in optional dinner stop).

More Upcoming Trips

Inquire for more information. Sign up deadline one week in advance.

Thurs. Sept. 24: Visions of VT Art Galleries • \$16

Wednesday, Oct. 7: Hobo Railroad Foliage Trip • \$65

Walks with Tina and Whit

Sign up deadline one week in advance unless noted.

Thurs. 8/13, 12:30-3:30: Burlington Bike Path • \$9

Thurs. 9/10, 9:30-12:30: S. Woodbury Rd • \$9

Fri. 9/25, 1-4: Mill Stone Trails • \$5

PARTNER SERVICES/UPCOMING EVENTS

Memory Café

Saturday, August 8, 10-11:30 am

The next Memory Cafe will feature guest storyteller, Burr Morse. Burr's storytelling is enriched by 7th-generation VT roots, and his love of the land and its people. His knowledge of maple, farming, and traditional folklore will make for a lively Cafe. Besides owning and operating Morse Farm Maple Sugarworks in East Montpelier, Burr has authored three books. Enjoy an ice cream social while you listen to Burr's fascinating tales. Free and open to the public.

Foot Clinic

Monday, August 10, 9am-1pm

Monday, August 31, 1pm-4pm

Nurses from Central VT Home Health & Hospice clip toe nails, clean nail beds, file nails & lotion feet. \$15 for 15-minute appointment—call 223-2518.

LGBTQ Older Adults

Tuesday, August 11, 5:30-6:30pm

Tuesday, August 25, 5:30-6:30pm

Are you an older Lesbian, Gay, Bisexual or Transgender individual? Come to this group to build your LGBT community, have some fun, educate others, advocate for recognition and social justice, and create a new local LGBT resource. Sponsored by The Pride Center of Vermont. For more info, contact jean@pridecentervt.org or call 860-7812.

Blood Pressure Clinic

Thursday, August 13, 10:30-11:30am

Led by a SASH nurse. Free and open to all seniors.

Attention Kayak Owners!

Tuesday, August 18, 5:30pm

Curious about kayaks other than your own? You're invited to a free demo evening at Wrightsville Reservoir. We'll gather at the Wrightsville Boat Launch, which is accessed from Rt. 12 in Middlesex and take turns trying each other's boats so that we can experience how each feels and handles in the water. Participants must bring a personal flotation device. More participants = greater the benefit to all. Non-boat owners are also welcome. Please RSVP to Nancy at SaddleShoes2@gmail.com. (Rain date: 8/21)

Massage Clinic

Wednesday, August 19, 10am-4pm

Erika Peterson offers integrative massage, which includes a variety of techniques to individualize each session for the client's needs. 15 min. chair massages by donation; 50 min. table massages on sliding scale starting at \$25. 249-4115 for an appointment.

American Red Cross Blood Drive

Wednesday, August 26, 1pm-6pm

The American Red Cross will host a blood drive at MSAC on August 26. There is an urgent need for blood donations in the community, and we have 45 available donation slots to fill. To sign up an approximately one-hour appointment, stop by the office or call us at 223-2518. We are also looking for volunteers to staff the check-in desk and canteen. If you can help, please let us know.

CVCOA Chats

By appointment

Questions about health insurance/senior services? Sarah Willhoit, Information and Assistance Specialist with Central Vermont Council on Aging, is available by appointment. Call 479-4400 to set up a time.

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FEAST MEALS

RESERVATIONS: 262-6288 OR
JUSTBASICSINC@GMAIL.COM

FEAST Menu

Menus are subject to change. All meals include milk option and fresh fruit and incorporate seasonal produce. Options for vegetarians or those with other dietary restrictions are available. Inquire for details.

Tuesday 8/4: Buttermilk fried chicken with potato salad and coleslaw

Friday 8/7: Chicken breast and shrimp served with romaine lettuce salad and tri color rotini pasta salad

Tuesday 8/11: Seared salmon served with stone fruit relish, local corn, local chard

Friday, 8/14: Roast pork loin with gravy, served with whole wheat pasta, local zucchini

Tuesday, 8/19: Ground beef chili with corn bread, local tossed salad

Friday, 8/22: Chicken enchiladas served with rice and pinto beans, local zucchini

Tuesday, 8/26: Slow cooked BBQ pork shoulder, served with potato salad, baked beans, and coleslaw

Friday, 8/29: Seared chicken breast topped with tomato caper relish, served with summer greens and polenta

FEAST Together or FEAST To Go

Tuesdays and Fridays, 12pm-1pm

Seniors 60+: No charge with suggested donation of \$7

Under 60: \$9

All proceeds benefit the FEAST senior meal program.

Live music every Tuesday with the Swingin' Over Sixties band from 10:30am - 12:00pm.

Make recommended reservations (at least a day in advance) or inquire about FEAST at Home, by calling 262-6288 or emailing justbasicsinc@gmail.com.

Focus on FEAST

Deep Cleaning Complete

The MSAC kitchen closed the last two weeks of July for a deep cleaning and although we did not have Feast Together, participants in Feast At Home continued to receive their meals every day. Our first FEAST Together will be on Tuesday, August 4th – hope to see you there and we did miss everyone.

FEAST Survey Result

Thank you to those people who filled out the recent FEAST survey. The results are ready! Please look at the printed version on the welcome table where you sign in for meals or request by email. We learned lots of new things, including everyone loves salmon, cilantro is not the most popular herb, and that you would like soup and sandwich meals sometimes.

Summer Food for Kids

Summer Food for Kids is bringing many children to the MSAC front palazzo. Up to 45 kids come for delicious, nutritious food and cooking activities with locally-sourced produce, Mondays through Friday, 11:30-1PM. Tuesdays, when the MSAC Band plays, they love to come inside and dance. Stop by and meet some of Montpelier's young ones.

Volunteer Spotlight



Susan Torchia volunteers her talent and time every month writing the menu for the Feast Together meals on the sandwich board in the lobby by the computer bank. A wonderful artist, she was a successful graphic artist before retiring to Vermont, and we are

so lucky to have her volunteering her special talents. We are thrilled she is designing a logo for Just Basics, Inc., to be revealed soon! Thank you, Susan!

ACTIVITIES CALENDAR

SPACE	SAT./SUN.	MONDAY	TUESDAY
RESOURCE ROOM		9-1 Foot Care (8/10) 1-4 Foot Care (8/31) 5-6:30 Beginning Chinese	
COMMUNITY ROOM	Sat. 10-11:30 Memory Café (8/8)	12:30-3 Mah Jongg* 1-3 Bridge* 2-4 Cribbage*	10:30-noon Band & Dancing Noon-1 FEAST Meal 1-3 Scrabble*
ART AREA		10-noon Painting 1-2:30 Handbuilding in Clay Group*	5:30-6:30 LGBT Older Adults* (8/11, 8/25)
STUDIO	3-4:30 Israeli + World Folk Dance Workshop (8/22)	8:45-10 Gentle Viniyoga 10:30-11:15 Dance to Fitness 1:15-2:30 Moderate Yoga 3:30-4:30 Very Gentle Yoga	9-10:30: Gentle Yoga 11-noon Chair Yoga 4:45-5:45 Tai Chi for Arthritis/ Fall Prevention
ACTIVITY ROOM		9-10 Living Strong 2:30-3:30 Living Strong Group* 5-6 Living Strong	8:30-9:40 Living Strong
OFFSITE			10-12 Film Class at Savoy 2—Circus Smirkus (8/11) 5:30—Kayak Demo (8/18)

WEDNESDAY	THURSDAY	FRIDAY
10-4 Massage Clinic (8/19)	10:30-11:30 Blood Pressure Clinic (8/13) 3-4 Beginner Voice 6-7:30pm Knitting4Peace Group*	
1-6 American Red Cross Blood Drive (8/26—sign up in the office)	4-5:30 Piano Workshop* 6-8 Ukulele Group*	Noon-1 pm FEAST Meal
9:30-11:30 Rug Hooking	9-11:30 am Bridge* 12:45-3 Bridge*	10-3 Mah Jongg*
9-10:30 Gentle Yoga 11:45-1:15 BreatheBodyBalance in Motion (no class 8/5) 3:30-4:30 Gentle Flow Yoga 5-6:30: Mod./Vigorous Kripalu Yoga 6:45-7:45 Introduction to Ballroom Dancing	9-10:30 Yoga for Balance 11-11:45 Dance to Fitness 3:30-4:30 Moderate Yoga 5-6:30 Moderate Yoga Hatha	10-11:30 Vigorous Yoga 5-5:30 Tai Chi for Arthritis/Fall Prevention
10-11:30 Men's Group* (8/12, 8/26) 1:30-3:30 Writing	8:30-9:40 Living Strong 5-6 Living Strong	9-10 Living Strong 2-3 Living Strong Group*

*Does not require registration. Donations appreciated.

Montpelier Senior Activity Center
58 Barre Street
Montpelier, VT 05602

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Dear Newsletter Subscribers:

Save MSAC \$1 per month (and save paper!) by switching to our electronic newsletter. You'll get the newsletter in full color, earlier than the USPS edition. To switch, call 223-2518 or email lmarkus@montpelier-vt.org.

Submissions for September Newsletter due August 14.

Sustaining MSAC's Future

Please consider MSAC when making your estate plans and keep us vibrant for years to come. To learn more, contact Dan Groberg at 262-6284 or dgroberg@montpelier-vt.org.

Montpelier Senior Activity Center

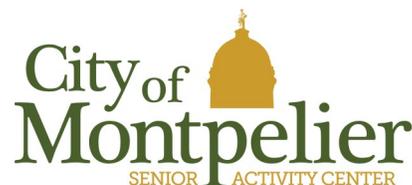
223-2518 • 262-6285 (fax) • www.montpelier-vt.org/msac • msac@montpelier-vt.org

Front Office is Open: Mon-Fri 9-4, closed 12-12:30

MSAC's 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.



Janna Clar, Director
Dan Groberg, Director of Programs and Development
Lise Markus, Administrative Assistant



FEAST Reservations Number: 262-6288

Kristen Andrews, Just Basics, Inc. Executive Director
Jessica Sanderson, Just Basics, FEAST Program Manager
Justin Turcotte, Chef for FEAST