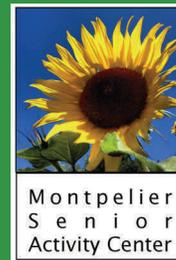


Most winter classes start the week of January 11



January 2016

Active Times

NEWSLETTER OF THE MONTPELIER SENIOR ACTIVITY CENTER

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

Celebrating Montpelier Memory Café's Second Anniversary!

Beginnings of the Memory Cafe

2nd Anniversary Memory Café + Puppet Show

January 9, 2016, 10am-1pm

10am: Montpelier Memory Café, with guests Rich Atkinson and the Montpelier Ukulele Group.

12pm: Free lunch, provided by Mayo Health Care. Pre-registration required by 1/6 to 223-2518. Space is limited.

12:30pm: Performance of the Memory Puppet Project, led by No Strings Marionette Company.

A loosely structured group of dedicated and enthusiastic individuals brainstormed during the fall of 2013, and set the first Café to take place on January 12, 2014 – the morning of an ice storm! Twelve individuals slid their way to MSAC that morning, and had a blast listening to Eric Friedman's guitar and the voice of Gretchen

Doilon as they led the group in song. Koosh balls placed in the room were lightly tossed amongst the tables. People with memory loss, volunteers, and care partners mingled easily as the 90 minutes flew by.

A Memory Café Retrospective

Since that slippery morning in 2014, the Memory Café has enjoyed the music of harpist Hillari Farrington, hands-on activities such as beading and planting in pots, poetry with Geof Hewitt, storytelling with Burr Morse, baseball lore with former Red Sox pitcher Bill "Spaceman" Lee, yoga with Theo Exploration, and Tai Chi with Ellie Hayes. Attendance has been as high



as 50 people, with an average of about 20. One participant said that

her favorite part of Memory Cafe is how it makes her feel when she gets hugs and lots of attention from everyone there. She looks forward to Memory Cafe as a comfortable yet stimulating place to be.

Pictures, videos and announcements can be found on the Montpelier Memory Café website: montpeliermemorycafe.net, on Facebook, and on Twitter. The Café is open to people with memory loss challenges, accompanied by their care partners.

Lunch Provided by Mayo Healthcare

After the Memory Café and before the Puppet Show....enjoy a delicious lunch prepared by the dining staff at Mayo Healthcare, an award-winning Residential Care, Nursing and Rehabilitation facility in Northfield, VT. Pre-registration is required for lunch, and



Issue Highlights:

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- Calendar

(Continued on page 8)

ANNOUNCEMENTS

Advisory Council Elections

This year we have five seats available on the MSAC Advisory Council beginning at the end of June. Positions are for three, two and one year terms. Please nominate someone who you think will represent your interests and the interests of others for one of these positions. These seats are open to any current member of MSAC from any town, and members of our supporting towns are especially encouraged to seek a position. Nomination forms can be found in the office and submitted by any current member. Council members have a responsibility to attend a monthly meeting and participate in a committee each year. A full list of expectations is available in the office. We need new and different points of view as we continue to develop MSAC and prepare to integrate with the Recreation Department, so please take part! The deadline for nominations is March 10, 2016.

Appeal Update

Thanks to the support of more than 130 generous donors, we are pleased to announce that we have surpassed our \$15,000 fundraising goal. We are so grateful for your support. It allows us to offer affordable programming, add new programming in the community, enhance our facility, and launch our transportation pilot project. Thank you!

Town Meetings

We're looking for members from Berlin, Calais, E. Montpelier, Middlesex, Moretown, and Worcester to speak in support of MSAC at Town Meeting Day. If you can help, please speak to Janna in the MSAC office or call us at 223-2518.

Classes at Risk

The following classes are at risk of being cancelled due to low enrollment (as of publication on 12/18). Consider signing up for Adult Human Sexuality or the Monday Writing class. There's also still plenty of space in Advanced Voice, Intermediate French, Positive Psychology, Yoga for Balance Intro, and more. Registration is open through 1/8, so stop by the office to learn more!

Open House Thanks

On Monday, November 30, the Montpelier Senior Activity Center hosted our first ever Open House! More than 100 attended and enjoyed refreshments, music by our Piano Workshop and Ukulele Group, opera singer Jing Ji Stangel, and special guest Burr Morse, and learned more about MSAC and all our programs. Thank you to all who attended, and special thanks to event sponsors The Residence at Shelburne Bay and The Residence at Otter Creek.

Love Your Senior Center Dinner and Senior Prom

On Friday, February 12, we'll host our Love Your Senior Center Dinner, with a lovely casual dinner catered by Chef Justin and the screening of the classic romantic comedy "When Harry Met Sally." Tickets are \$20 and are available now in the MSAC office.

On Saturday, May 28, we'll host the second annual Senior Prom at the Capitol Plaza Hotel! Stay tuned for more details. This year, we're adding even more fun with a pre-Prom dinner and a silent auction. We can't wait to boogie with you on the dance floor!

Volunteer Luncheon

On Wednesday, December 16, we hosted our annual Volunteer Recognition Luncheon to recognize the amazing contributions of our more than 150 volunteers. Last year, volunteers gave over 10,000 hours of their time to MSAC and FEAST. Volunteers are an integral part of our office, our meals program, and all our programming. We are so grateful for all you do. We could not do it without you! We'd like to thank our Volunteer Luncheon sponsors, United Health Care, AARP, and Hunger Mountain Coop. If you are interested in volunteering, please let us know.

MSAC Advisory Council	
<i>The council is interested in your opinion. Contact info, agendas, and minutes are posted on our website and outside the office. All meetings are open to the public. Members are encouraged to attend!</i>	Bob Barrett Whit Dall, Chair Liz Dodd Bill Doelger Fran Krushenick Ron Merkin Jane Osgatharp Janet Ressler Jessica Sanderson Sue Stukey, Vice Chair Susan Torchia, Secretary
Next meeting: Thursday, January 21, 1pm	

Sloppy Weather

As sloppy and colder weather arrives, please consider bringing indoor shoes to wear at MSAC, use our boot racks, and help us keep our pathways clear and safe. Please be respectful of our limited parking and those with mobility challenges, and utilize nearby street parking, carpooling, or the Circulator bus (which stops at MSAC ten times daily) as you are able. In the event of winter weather, please note that MSAC will be closed whenever the Montpelier Public Schools are closed.

Call for Proposals

Proposals for Spring classes (April-June) will be accepted through January 15. If you would like to lead a class series or workshop, please request an application packet in the office or via email to dgroberg@montpelier-vt.org. The MSAC Program Committee will review proposals in late January.

Van Transportation to MSAC Starting Soon!



Funding is coming together (including a grant from Hunger Mountain Coop) for our Tuesday van transportation pilot. We anticipate beginning rides in February. We are seeking volunteers to serve as door-to-

door assistants to ride on the van one or more days per month. We are also seeking to fill part-time paid positions driving the van (background checks required). Please give your name to front office staff if interested in any of these positions.

Rides will be provided at no cost to residents of Montpelier and Berlin (our FEAST home delivered meal contracted area) who have transportation barriers, and donations will be accepted. Riders may be seniors who no longer drive, who have no car, or who have difficulty using the regular bus without assistance. The van will travel twice each morning and twice each afternoon, allowing riders to come for FEAST lunch only, or activities before/after lunch. Please contact the office if you would like to try out this service, and our ride planner will be in touch with you to discuss details.

Budget Process for Next Year (2016-2017)

MSAC is a department of the City of Montpelier, and in recent months our staff have worked closely with city colleagues to draft a budget that meets our service priorities and City Council's tax policy directives. Our FY17 Proposed Budget includes the below listed points. The complete budget draft, along with performance measure targets, is available on the city website, and there are City Council meetings at City Hall scheduled on January 6 and January 13 at which the public is welcome to make comments. If you have questions, please contact Janna Clar.

- 10.7% decrease to the City Tax Appropriation (from \$143,475 to \$128,107) following a 9.8% decrease between FY15 and FY16 (from \$157,745 to \$143,475).
- Maintaining member dues and activity fees at current levels per the recommendations of MSAC Advisory Council members and in an effort to keep services as affordable as possible for residents.
- Substantial increases in fundraising revenue projections, including a target of raising \$35,000 in private grants. Projected \$1,900 increase in supporting town tax contributions.
- Personnel costs are projected to be \$55,796 higher than the tax appropriation.
- Implementation of Council-approved modest investment revenue on Jackman Fund.
- Decrease in the 58 Barre Street Condo Fee City portion of reserve fund payment while recognizing other MSAC/city funds would be available in the event of a major capital project need.
- Increase of payment to JBI in recognition of high increased in meals served on-site and in home deliveries to the most vulnerable in the community.
- Increases in workman's comp and liability insurance expenses as a result of adjustments to city policy.
- Several efficiencies through collaboration with Recreation Department are in early planning phases at the time budget is being drafted.

UPCOMING EVENTS

Blood Drive

Wednesday, January 6, 12-5pm

The American Red Cross will host a blood drive at MSAC. There is an urgent need for blood donations in the community, and we have 26 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. Please contact us if you are available to help.**

Parlor Game Nights

Friday, January 15 & 29, 6:30-8:30pm

Nights are long in January and February, so it's the perfect time to get together with friendly folks to play parlor games. Parlor games usually involve teams, friendly competition, and lots of laughter. If you've ever played "Charades," you've experienced one kind of parlor game. There are countless others. You're sure to have fun if you come with an open mind and are willing to be a little silly. No experience necessary! Games' Mistresses are Anne Ferguson and Nancy Schulz. Free and open to the public. *Future game nights are Mon. 2/8 and Wed. 2/24 from 6:30-8:30pm.*

Armchair Travel

Tuesday, January 5 & 19, 6:30-8pm

In the middle of winter do you wish you were on a trip to some exciting and interesting place? Join us for a presentation of pictures from trips that you might consider or at least enjoy watching from your armchair at MSAC. *Stay tuned for presentations on Cuba, Vienna, and a trip from Prague to Budapest.*

Tuesday, January 5: Thailand



Cassie Major leads us through Thailand with a local family as our guide. Leave the air-conditioned sky train to feel the 99 degree heat of downtown Bangkok's Grand Palace, local markets and a

private school. Journey 12 hours north into the mountains of Chiang Mai to enjoy the flora of the

Queen's Palace Gardens, experience an Elephant Rescue Center and the village of the local tribal women. Discover why Thailand is truly the land of Smiles.

Tuesday, January 19: Cymru - An Ancient Land in a Modern World



Photographer John Snell takes us through Wales, a stunningly beautiful but unique and fiercely independent part of the United Kingdom. John has

been fortunate to have travelled in nearly all parts of this small country enjoying the remarkable landscapes, culture and history, and the people. Join him as an Armchair Traveler to see castles, gardens, concerts, boat canals and much more.

Discussion of Berlin Pond Charter Change

Thursday, January 14, 1-2pm



In 2012, the Agency of Natural Resources opened our drinking water source, Berlin Pond, to recreation. At town

meeting the City Council will be asking us to vote on a charter change that will allow the City to regain management control over the pond. It's important that the Montpelier community both understand and get behind the Council's decision. Not only is this charter change important to the citizens of Montpelier from a health perspective, but also to avoid increased future financial burdens. Jed and Page Guertin will discuss the issues and answer questions.

Special Guided Meditating for Happiness Session with Ginny Sassaman

Saturday, January 16, 9-11am • \$15

Start your new year with a two hour group meditation experience, featuring a variety of guided meditations on loving kindness, gratitude, mindfulness, etc. This will be supportive and gentle, designed to help anyone deepen their regular practice or kick-start a practice that may have lapsed. Everyone is welcome to join this special session, whether or not you've ever meditated. Register and pay Ginny directly. To register, contact Ginny at HappinessParadigm@gmail.com

OLLI: Pro Marijuana Legalization

Wednesday, January 27, 1:30-3pm



Laura Subin, J.D., Director of the Vermont Coalition to Regulate Marijuana (VCRM), will discuss why she believes it is time to end the prohibition of marijuana in Vermont. Ms. Subin's presentation will provide an overview of marijuana policy

nationally and in Vermont specifically. It will offer comprehensive information regarding the status of Vermont's marijuana laws and legislative proposals that would change them. Ms. Subin will discuss statistical evidence regarding public attitudes towards marijuana legalization and provide background information that might explain relevant trends. She will also offer updates on emerging data from the states that have legalized marijuana. **Presented by the Osher Institute for Lifelong Learning (OLLI).** Open to all. Free for OLLI members or \$5 suggested donation to OLLI for non-members. Debby Haskins of Smart Approaches to Marijuana Vermont will discuss the opposing position on February 17. *The use of MSAC facilities for this event does not constitute an endorsement by MSAC or the City of Montpelier.*

American Art in the 1930s: The Worst of Times

Thursday, January 28, 1-2:30pm

As the depression deepens, painters record the life of people (Burchfield, Marsh, Benton, Wood and Rockwell.) The WPA is formed to put men back to

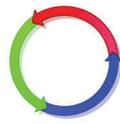


work, including artists. Public buildings need decoration (Diego Rivera, Shaun), young black artists need work and training to survive (Laurence, Bearden), and photographers record hard times (White, Lange). Realism dominates but some more abstract painters persevere (Okeefe, Davis, Bolitovsty). As the decade draws to a close, painting foreshadow WWII. Join art historian Debbie Tait for a presentation on American Artists in the 1930's.

Read-Aloud from "Two in the Far North"

Every Tuesday, starting 1/12, 1-2pm

You won't need to leave the comfort of the MSAC lounge to experience the excitement of exploring Alaska. Come and listen to the words of Margaret Murie's memoir about her adventures in Alaska in the first half of the 20th Century. Murie traveled by dog sled and pole boat and worked beside her scientist husband, Olaus. Murie's stories in "Two in the Far North" are filled with humor, vivid descriptions, and a deep love for the Alaskan wilderness. Nancy Schulz will read in weekly one-hour installments. Feel free to attend any of the installments. You don't need to hear them in sequence to enjoy.



Massage Clinic

Monday, January 4, 9am-4pm

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

Memory Café

Saturday, January 9, 10-1:30pm

See page 1 for more information.

Foot Clinic

Monday, January 11, 1pm-4pm

Monday, January 25, 9am-1pm

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

Rainbow Umbrella of Central Vermont

Tuesday, January 12, 5:30-7pm

Tuesday, January 26, 5:30-7pm

Come to this group to build your LGBT community, have fun, educate others, advocate for social justice, and create a new local LGBT resource. Sponsored by The Pride Center of Vermont. For info, call 860-7812.

Blood Pressure Clinic

Thursday, January 14, 9:45-10:45am

A nurse from Services and Support at Home (SASH) will provide free blood pressure screenings and consultations. First-come, first-served.

Home Share Now Info

Friday, January 15, 9:45-10:45am

NEW: Acupuncture Clinic

Tuesdays, starting 1/19, 10am-12pm

Treatment in a group setting performed by licensed acupuncturist Jen Etheridge. Treatments are all auricular acupuncture—all points chosen will be in the ears. Group acupuncture is recommended for many conditions including stress and anxiety management including PTSD, addiction management, and sleep issues. Treatments are about 30 minutes each. All treatments conclude at 12, so you must arrive before 11:30 to have a treatment. No appointment necessary. Open to everyone 50 and older. \$10 to Integrative Acupuncture and Oriental Medicine.

Smart Driver Course

Monday, February 8, 10am-3pm

Learn defensive driving techniques, proven safety strategies, and new traffic laws and rules of the road. Taught by an AARP trained instructor. \$15 for AARP members, \$20 for non-members. To sign up, contact Dave Peter at 888-3394 or davep@pwshift.com.

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.

Advance Directives Help

Have you created an Advance Directive? Mary Alice Bisbee, can answer questions by phone and direct you to resources. Contact 223-8140.

Financial and Credit Coaching

By appointment

Financial coaches from Capstone Community Action can help put you on the path to economic stability. Financial coaches will work with you to create a monthly budget and spending plan, review your credit, assist with a debt reduction plan, and more. Contact Liz Scharf at 477-5215 for an appointment.

FEATURES

MSAC FY 2017 Priorities

Each year, MSAC staff, working with the MSAC Advisory Council, develop a set of working priorities. These are our priorities for FY '17, starting July 2016:

- Continue to be responsive to programming and service demands and interests of community and membership.
- Continue to develop diverse revenue streams to supplement local tax support, including private fundraising strategies.
- Begin national accreditation process through the National Council on Aging/National Institute of Senior Centers.
- Work with City employees across multiple Departments to increase collaborations and efficiencies as well as to develop a comprehensive plan for integration into Community Services Division.

Art Exhibit: Kari Meyer Throughout January and February



The works of artist Kari Meyer will be on display at MSAC in January and February. Says the artist, “My imagery demonstrates an abstraction of nature. My work urges the viewer to contemplate the relationship between oneself, nature, and the universe.”

Group on Aging Forming

Andrew Potok and Margaret Harmon propose starting a discussion group in January on Aging and the Brain in order to share thoughts and experiences as well as discussions of articles and books on the subject. If you are interested, please get in touch with Andrew at 802-223-4615 or apotok@comcast.net.

In The Community: Vermont Pride Theater at Chandler Arts Center

Join Vermont Pride Theater at Chandler for the first Vermont presentation of Terrence McNally's 1994 play *Love! Valour! Compassion!* in a staged reading to benefit Vermont CARES and the HIV/HCV Resource Center. Saturday, January 30 at 7pm. \$17 tickets. For more info, call 728-6464 or visit www.chandlerarts.org.

The Bus Blotter

This is a new monthly column from Green Mountain Transit Agency.

Looking for reliable, free transportation to the Montpelier Senior Center? Monday – Friday, CCTA/GMTA operate the Montpelier Circulator: Loop 1, that picks up and drops off directly at the Montpelier Senior Center ten times daily. Look forward to seeing you on the bus! Call 223-7287 for more info.

	Montpelier Shaw's 1	Elm St./ Spring St. 2	Pool & Rec Field/ CCV 3	Summer St./ Winter St. 4	WCMH/ Heaton Woods 5	College Green 6	Hunger Mtn. Co-op 7	Senior Center 8	Montpelier Shaw's 1
	6:50	7:53	6:58	7:03	7:07	7:10	7:17	7:27	7:30
	7:50	7:53	7:58	8:03	8:07	8:10	8:17	8:27	8:30
	8:50	8:53	8:58	9:03	9:07	9:10	9:17	9:27	9:30
	-	-	-	-	-	-	-	-	-
	10:50	10:53	10:58	11:03	11:07	11:10	11:17	11:27	11:30
AM	11:50	11:53	11:58	12:03	12:07	12:10	12:17	12:27	12:30
PM	12:50	12:53	12:58	1:03	1:07	1:10	1:17	1:27	1:30
	1:50	1:53	1:58	2:03	2:07	2:10	2:17	2:27	2:30
	2:50	2:53	2:58	3:03	3:07	3:10	3:17	3:27	3:30
	3:50	3:53	3:58	4:03	4:07	4:10	4:17	4:27	4:30
	4:50	4:53	4:58	5:03	5:07	5:10	5:17	5:27	5:30

Memory Café (Continued from page 1)

space is limited. Please call us at 223-2518 to reserve a free meal.

The Memory Puppet Project Performance



The No Strings Marionette Company has worked for the past 8 weeks with a group of high school students and seniors from the central Vermont area. Through a grant provided by The Redduds Foundation, No Strings has facilitated understanding between young people and their

elders living with memory loss. In learning about puppet-making during 8 weekly 90-minute sessions at MSAC this fall, the participants have created a dementia-friendly world and raised awareness of what living with dementia is like by role-playing and communicating with each other in diverse ways. Their premiere performance will take place at 12:30 PM, after Memory Café and the free lunch.



Several residents from Mayo Healthcare have participated in the project. When asked by Mayo Community Outreach Coordinator Kathi Tynan to describe her feelings about her puppet, one resident broke into a huge smile, and, hugging her puppet, gushed, "I love her so". Tynan

believes that the best outcome of the project for the seniors was "Joy. That is the strongest observation I have made. There was joy as we drove to the workshop, during the workshop, and it continued well



after the workshop...I think belonging to a small, intimate group is extremely beneficial."

Full Moon Walks



Enjoy good company and crisp air as we explore Montpelier by night. Participants should dress in layers, bring a flashlight (or head lamp) and a water bottle. If you have questions about any of the scheduled walks, please contact the leader, Nancy Schulz, via email: Saddle-Shoes2@gmail.com or phone: 223-7035.

Open to the public. Please register at the MSAC office at least one week prior. Free for MSAC members and \$5 for non-members.

Wolf Moon

Saturday, January 23, 5pm

On the night of the full "Wolf Moon," we'll stroll the length of the city's bike path, from Granite Street to Montpelier Junction. All who feel an urge to howl are welcome to do so! Meet at 5:00pm in front of MSAC.

Snow Moon

Monday, February 22, 5:30pm

To mark the full "Snow Moon," our route takes us on city sidewalks and then on a trail through the North Branch Park to the North Branch Nature Center before we circle back. Perhaps we'll stop to make a snow sculpture en route! Please wear sturdy footwear appropriate for both sidewalks and trails. Meet at 5:30pm in front of MSAC.

Sap Moon

Wednesday, March 23, 6pm

Celebrate the sweetness of Vermont maple syrup and the full "Sap Moon" by taking a walk through Hubbard Park. Participants should expect uphill, downhill, and level walking on a variety of park trails. Footwear should be appropriate for ground conditions. If uncertain what to wear, please contact the leader. Free maple cookies for all at walk's end! Meet at 6:00pm in front of MSAC.

FEATURES

AARP Tax Clinic Begins in February by Georgia Valentine

Once again, thanks to MSAC help and hospitality, AARP Tax-Aide volunteers will be at the MSAC from early February through approximately April 13 to prepare personal federal and Vermont income tax returns, by appointment only!

By mid-January, the Center staff will begin scheduling appointments, which fill early. If you have income from sources such as brokerage accounts, which often don't send out their tax information until the end of February, you can always call early but ask to schedule a March appointment.

Tax-Aide is a free service sponsored jointly by AARP and the IRS for older and/or low-income taxpayers. We operate with their combined support and training, and in accordance with their procedures.

AARP Tax-Aide Volunteers will:

- Ask to see personal identification for taxpayer and spouse and copies of cards or letter from the Social Security Administration showing names and Social Security numbers of taxpayer and spouse and all dependents.
- Ask you to complete a detailed interview form giving your personal information, sources of income, deductible expenses, and other pertinent information. We will review this information with you, along with all the forms you have received from income payers and collected from your own records so that nothing is overlooked or misunderstood.
- Prepare your returns, using IRS-provided software, and review them with you in detail to be certain all the information is entered correctly and that you fully understand and agree with the returns.
- Remind you that in signing the forms or authorizing us to file the returns electronically, you attest that they are accurate and complete to the best of your knowledge.
- We will file your returns electronically, unless you are applying for a Vermont Renter Rebate (which requires the forms to be filed on paper along with a Certificate from your landlord) or you have some

other reason for filing on paper.

- We can arrange for direct deposit of your refund if you bring your bank account information, and we will provide you with vouchers to accompany any payments you are required to make.
- When the job is done, we'll send you home with all of your papers and a complete copy of your tax returns as filed. We do not retain any of your information, and access to the software is protected by passwords and other security measures.

The MSAC office will have a printout of forms and information you should bring, or they can email it to you. Most often missed for homeowners, is your most recent property tax bill, so that we can complete the Homestead Declaration. Don't forget that we'll also need information on your health insurance. If you have questions, please leave your name and phone number at the MSAC office and one of us will contact you.

All this aside, please know that we do this because we enjoy it (if you can believe that!) and we are happy to be helpful in this way. Many of you have become good friends over the years, and we look forward to seeing you again. If you're new to us, we welcome you and hope that you too will become happy repeat customers.

Member Notes

<p>Welcome New Members</p> <p>Patrice Alexander Robert Barasch Harriet Buchicchio Estelle Coppersmith Jeanne Cook Mary Donnelly Patricia Eaton Vincent Feeney Michael Frigon Jed Guertin Shirley Hartson Mayling Holm Paul Irons Laurie Justis Marcia LaPlante</p>	<p>Helen Nienaltowski Susie Otis Chris Racanelli Dorothy Redmond Mark Redmond Bob Sheil Kate Taylor James Thompson Sandy Thompson Susan Walter Lynn Wild Ron Wild Sari Wolf</p> <p>With Our Sympathies Pat Topping</p>
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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.

Friday 1/1: Closed for New Year's Day

Tuesday 1/5: Beef stew loaded with carrots, peas, and parsnips, served over egg noodles

Friday, 1/8: Ham, turkey, and hummus wraps, served with mixed green salad and zesty black beans

Tuesday, 1/12: Seared salmon filet with hollandaise sauce, served with spinach and pesto pasta

Friday, 1/15: Hungarian braised chicken and mushroom stew served over polenta, with acorn squash

Tuesday, 1/19: Meat loaf served with snow peas and whole wheat rolls

Friday, 1/22: Penne with meat sauce, served with Brussels sprouts, pureed squash, and fresh fruit

Tuesday, 1/26: Slow cooked rosemary pork, served with baked potatoes and red cabbage

Friday, 1/29: Ground beef cottage pie, served with sweet potatoes and lemon Brussels sprouts

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.

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

Van transportation to Tuesday lunches available starting in February. Call us at 223-2518 for info!

Focus on FEAST



Volunteer of the Month: Sue Gilmore

Sue is a force to be reckoned with in the kitchen. She prepares the food we eat on FEAST Together days and for the FEAST at Home program. She comes in three days a week, and has

become a regular happy face in the kitchen. Her energy makes all the difference each day. "Working with Sue is like having a professional in our midst. Her consistency, punctuality, and sense of humor, would be the envy of any professional kitchen," Chef Justin comments. Sue came here in the beginning of 2013, wanting to get out of the house more often since a knee surgery. She fell in love soon after, she says. "With all ages and abilities, there's a whole spectrum of society. The people are wonderful, and to top it off, I'm also learning a lot more about cooking." In her free time she reads, and cooks—much more since she's been working in the kitchen here. She also has a 16 year old mentee in the Girls/Boyz First program. We can't imagine life here at MSAC without her, so the biggest of THANK YOUs to Sue Gilmore!

Monthly Birthday Social Event on Friday, January 15 at 12:30

FEAST Together celebrates with a Birthday Cake Social in the Community Room at 12:30pm on the third Friday of each month. If your birthday falls during January, please come to the meal for free cake and coffee and a rousing chorus of Happy Birthday! All who attend will also get cake! HAPPY BIRTHDAY!

Call for 2016 FEAST Volunteers

We need helping hands to set tables, serve food and bus dishes. Please discuss volunteering as a host/hostess at the FEAST Together meals each Tuesday and Friday. Call Jessica or Maddy at 262-6288.

ACTIVITIES CALENDAR MOST WINTER CLASSES START WEEK OF 1/11

Monday	Tuesday	Wednesday	Thursday	Friday
8:45-10 Yoga for Balance Intro	8:30-9:40 Living Strong	9-10:30 Gentle Yoga	8:30-9:40 Living Strong	9-10 Living Strong
9-10 Living Strong	9-10:30: Gentle Yoga	9-10:30 Write a Poem	9-10:30 Yoga for Balance Intermediate	10-11:30 Vigorous Yoga
9-1 Foot Clinic (1/25)	10-11 Swimming at FIF	9:30-11:30 Rug Hooking	9-11:30 Bridge*	10-3 Mah Jongg*
9-4 Massage Clinic (1/4)	10-11 Water Aerobics at FIF	10-11 Swimming at FIF	9:45-10:45 Blood Pressure Clinic (1/14)	2-4 Beginner Italian
10-12 Painting	10-12 Acupuncture Clinic	10:45-12:15 Write a Poem	10-11 Swimming at FIF	12-1 FEAST Meal
10-12:30 Film Series at Savoy	10:30-12 Band & Dancing	11:45-1:15 Moving Every Muscle	10-12:30 Film Series at Savoy	12:30 Monthly Birthday Social (1/15)
10:30-11:15 Dance to Fitness	11-12 Chair Yoga	12-5 Blood Drive (1/6)	10-12 Crafters Group*	1-2 Tennis at FIF
10:30-12:30 Writing	12-1 FEAST Meal	12:30-2:30 Osher Lifelong Learning Institute (1/27)	11-11:45 Dance to Fitness	2-3 Advanced Voice (at Westview Meadows)
12-3 Mah Jongg*	1-3 Scrabble*	1:30-3:30 Writing	11:30-12:30 Technology Workshop (1/14, 1/28)	2-3 Living Strong Group*
12:45-2 Intermediate French	1-2 Read Aloud with Nancy	3:30-4:30 Gentle Flow Yoga	12:45-3 Bridge*	2-3:30 Introduction to Qigong (1/15)
1-2:30 Handbuilding in Clay	1:15-2:30 Italian Group*	4:30-6 Intermediate Drawing	12:45-1:45 Walks with Harris*	5-6 Living Strong
1-3 Bridge*	1:30-2:30 Vigorous Yoga	5-6 Beginner Guitar	1-2 Berlin Pond (1/14)	5-6 Swimming at FIF
1-4 Foot Clinic (1/11)	2-3 Trash Tramps	5-6:30 Moderate/Vigorous Flow Yoga	1-2:30 Art History (1/28)	6:30-8:30 Parlor Game Nights (1/15, 1/29)
1:15-2:30 Moderate Yoga	2-4 Beginner Italian		2-3 Moving Into Stillness	
2:30-3:30 Living Strong Group*	4-5 Tai Chi for Arthritis Intro		3-4 Voice for Shy Singers	
3:30-4:30 Very Gentle Yoga	5-6 Living Strong		3:30-4:45 Moderate Yoga	
5-6:30 Moderate/Vigorous Flow Yoga	5:15-6:15 Tai Chi for Arthritis Intermediate		4-5:30 Piano Workshop*	
5-6 Living Strong	5:30-7 Rainbow Umbrella of Central VT* (1/12, 1/26)		5-6 Living Strong	
5-6 Swimming at FIF	6:30-7:30 How to Retire Without Going Broke		5:15-6:45 Gentle Yoga	
6:15-8:15 First Aid (1/11; 1/25)	6:30-8 Armchair Travel (1/5, 1/19)		6-6:30 Ukulele Group Beginner Session*	
			6:30-8 Ukulele Group*	
				Saturday/Sunday
				Sat. 9-11 Meditation Session (1/16)
				Sat. 10-1:30 2nd Anniversary Memory Café (1/9)
				Sun. 6:30-8:30 Adult Human Sexuality

*Does not require registration. Donations appreciated.

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Submissions for February Newsletter due January 15.

We are closed on Monday, January 18 for MLK Day. Activities are cancelled, but some classes may still meet. Inquire with your instructor.

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

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Front Office is Open Monday-Friday from 9am-4pm.

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 Meals Program and Reservations Number: 262-6288

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