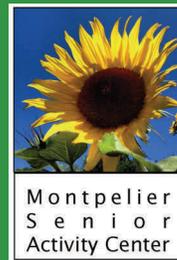


Join us for Dinner and a Movie, Friday 2/12—\$20



February 2016

# Active Times

NEWSLETTER OF THE MONTPELIER SENIOR ACTIVITY CENTER

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

## **Join Us for Dinner and a Movie! Friday, February 12, 5:30pm • \$20**

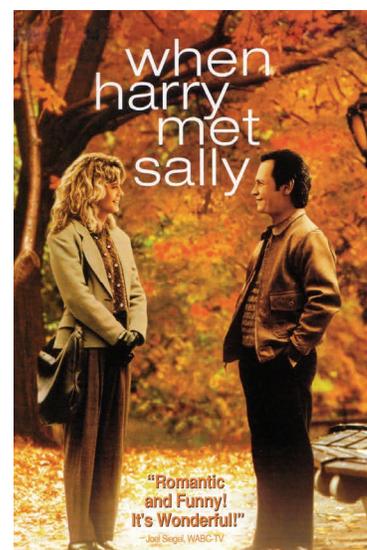
On Friday, February 12 at 5:30pm, join us for dinner and a movie!

We'll be watching the classic romantic comedy "When Harry Met Sally" and enjoy a fun meal inspired by the film and catered by Good Taste Catering.

"When Harry Met Sally" is a 1989 American romantic comedy film written by Nora Ephron and directed by Rob Reiner. It stars Billy Crystal as Harry and Meg Ryan as Sally. The story follows the title characters from the time they meet just before sharing a cross-country drive, through twelve years or so of chance encounters in New York City. The film raises the question "Can men and women ever just be friends?" and advances many ideas about relationships that became household concepts.

The menu includes the "#3 Hot Pastrami Sandwich" with kosher pickles and coleslaw, build your own chef's salad, with oil and vinegar on the side (of course!), and a scrumptious dessert that will have you say "I'll have what she's having!"

Tickets are \$20 and are available now in the MSAC office. Call us at 223-2518 or stop by 58 Barre Street for tickets or to learn more.



**"But I'd like the pie heated and I don't want the ice cream on top I want it on the side and I'd like strawberry instead of vanilla if you have it if not then no ice cream just whipped cream but only if it's real if it's out of a can then nothing."**

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# ANNOUNCEMENTS

## Overflowing Lost and Found

Have you checked our lost and found lately? It contains a bounty of lost hats, gloves, coats, sweaters, water bottles, car keys, and more. Please stop by the senior center to check the upstairs and downstairs bins. We intend to donate any unclaimed items at the end of February.

## Membership Update

Membership has grown by almost 100 people in the past two months, rising to 911 as of printing time (70% Montpelier, 23% Supporting Towns and 7% from other towns). The total is higher than it's been in any recent year and well on the way to our budgeted target of 930 and the Advisory Council's goal of 1,000.

We encourage members to spread the word about joining – see our website for a summary of membership benefits!

## Recreation Update

MSAC Advisory Council members joined the Assistant City Manager and Recreation Department Advisory Board members and staff at a meeting on January 11th held at MSAC, one of many recent meetings among city staff and community members as plans begin to emerge about our eventual integration into a joint department in the coming years. The FY17 city budget includes plans for us to share Administrative

Assistant staff and likely share registration functions. Stay tuned for more updates, and speak with an Advisory Board member or staff if you'd like to provide input!

## Facility Updates

New outlets in the lobby and new shoe racks around MSAC are now here, and a new public phone at the side entrance will be installed soon. Thanks to everyone who is being mindful of removing wet shoes and garments before entering program areas – remember you are welcome to store indoor shoes here.

## Just Basics, Inc. News

Farewell to JBI's Executive Director, Kristen Andrews, who is leaving her post to pursue graduate studies and employment at UVM. Among other endeavors, Kristen initiated JBI's successful summer youth meal program outside MSAC this past summer while also overseeing the FEAST program and the Food Pantry. At the time of printing, JBI was finalizing their new Executive Director hiring process, and we look forward to announcing the news soon!

## Tax Clinic

Appointments at the free AARP Tax Preparation Clinic at MSAC are still available but are filling up quickly. 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! Don't delay, call our office today!

### MSAC Advisory Council

*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!*

**Next meeting:**  
February 18, 1-2:30pm

Bob Barrett  
Davis Carris  
Whit Dall, Chair  
Liz Dodd  
Bill Doelger  
Fran Krushenick  
Ron Merkin  
Jane Osgatharp  
Janet Ressler  
Jessica Sanderson  
Sue Stuke, Vice Chair  
Susan Torchia, Secretary

## 2016 Magazines Only

Thank you to all who have been bringing in magazines to our Library. Please note our racks are overflowing and we can only accept 2016 issues. Thank you.

## Thanks UCM Volunteers!

Thank you to the Small Group Ministry participants from the Unitarian Church of Montpelier who volunteered in early January to help clean out our closet and organize historical photographs!

## Save the Date, and Your Stuff!



Our annual Rummage Sale will be held on Friday, April 8 and Saturday, April 9. We'll be accepting items starting Monday, April 4. If you can volunteer, please let us know in the office!

## Winter Registration Stats

454 people signed up for a total of 814 winter classes, an increase of 43% in unique registrants and 45% in class signups over last winter. Of the 50 classes or programs offered this quarter, more than half are full. These increases indicated the demand for our programs, and we look forward to adding additional programming to meet this demand in the coming quarter. Also new this quarter, we began online registration, and 43 of you took advantage of this new easy way to sign up. If you're still thinking about it, it's still possible to join some classes! Come talk to us in the office.

## Pre-Town Meeting on February 18 at MSAC

A Pre-Town Meeting has been scheduled for Thursday, February 18, 2015, at 7:00 P.M. at MSAC. Both City and Montpelier Public Schools officials will make presentations, followed by an opportunity for questions and discussion. It is important for voters to know that this is an opportunity to ask questions about Warning Articles on the ballot; copies of the ballot will be available that evening.

## Advisory Council Elections

This year we have five seats available on the MSAC Advisory Council beginning in late June. Positions are for three, two and one year terms.

Please nominate someone 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 on 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.

If you are interested in joining the Advisory Council, please let us know as soon as possible. There are two immediate openings on the Council that will be filled by appointment of the current Council.

PAID ADVERTISEMENT

Tired of S\*\*\*\*\*  
 Vermont Weather?  
*Enjoy Beautiful*  
**Florida!**  
*Lakeside Camper*  
*Rental Available*  
*weekly or monthly*  
**802-229-9630**

# UPCOMING EVENTS

## Armchair Travel

Tuesday, February 2, 6:30-8pm

Tuesday, February 16, 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 from around the world.

### Tuesday, February 2: South Africa by Judy and Steamer Walke

Modern South Africa provided some fascinating contrasts during Judy and Steamer Walke's recent visit. Tumultuous history, natural wonders, wildlife up close, sprawling slums and elegant old hotels – come reflect on their images and share your own impressions.

### Tuesday, February 16: Prague to Budapest with Tina Muncy

Have you ever wondered what a trip on a river boat along the Danube River would be like? Are you curious to see the inside of a riverboat? Travel from Prague to Budapest with photos of many of the sights along the way.

## OLLI: Off Target: What Hollywood, Journalists, and Shooters Get Wrong About Guns

Wednesday, February 3, 1:30-3pm

This is an apolitical examination of the mythology and



inaccurate information that surround firearms.

Professor Mark Timney will examine how our perceptions of firearms have

been distorted by media and folklore and how such distortions have seriously hindered public discussion about the regulation of firearms. **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.

## Parlor Game Nights

Monday, February 7, 6:30-8:30pm

Wed., February 24, 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. **Pre-registration required to 223-2518.**

## OLLI: Do Plants Think?

Wednesday, February 10, 1:30-3pm

Lincoln Earle-Center, tree care specialist, presents on what is happening in plant research to precipitate a mainstream fascination with plant "behavior" or even "neurobiology." It turns out that plants are doing a lot more than most of us would ever consider. **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.

## GAL Program

Monday, February 15, 1-2pm

Learn more about volunteering for the *Guardian Ad Litem* program in Washington County. The program is in need of volunteers to help vulnerable children in the court system. Learn about the need, number of foster children in VT, and basics of the program and hear from current GALs about why they volunteer.

## OLLI: Smart Approaches to Marijuana

Wednesday, February 17, 1:30-3pm

Drawing on 25 years of work in the field of addiction, Smart Approaches to Marijuana Director Debby Haskins will outline the positions of SAM-VT, a non-profit group which opposes the legalization and commercialization of 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. *The use of MSAC facilities*

for this event does not constitute an endorsement by MSAC or the City of Montpelier.

## OLLI: Making Art from Nature

Wednesday, February 24, 1:30-3pm



Sixth-generation Vermonter Nick Neddo describes himself as an “organic artist.” Not only does he take his artistic inspiration from nature, its landscape and creatures, but he

also creates his own art supplies from the bounty of nature. **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.

## American Art During World War II and Post War

Thursday, February 25, 1-2:30pm

Most art in America during the war was based in safe realism and abstraction took a back seat (Hopper, Koch, Grandma Moses, Wyeth and Porter). As life returned to normal after the war, there was an explosion of experimental art (Pollock, Avery, Rothko, Motherwell, and Wharhol). New York replaced Paris as the center for new ideas in Western art. Join art historian Debbie Tait for a presentation on American Artists during World War II and the post-war period. Free and open to the public.

## Read-Aloud from “Two for the Far North”

Every Tuesday, 1-2pm

You won't need to leave the comfort of the senior center 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 for 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.

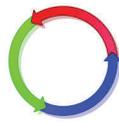
## Qi Gong Class Starts March 4

By popular demand, we have added a five-week qigong series this quarter. The class will be on five Fridays beginning March 4 from 1:30-2:30pm. The class will begin with a short meditation/visualization, followed by gentle movements that can be done standing or sitting. Amanda will also introduce the Healing Sounds for the Five Organs. Each sound contains three different healing energies—physical, emotional, and spiritual. Instructor Amanda Ellingson is a certified yoga teacher and is currently completing her year-long qigong certification through The Chi Center.

## Come Play Pickleball



Pickleball is a cross between badminton, tennis, and ping-pong, and it's a fast growing sport that is perfect for all ages. Join the fun in Montpelier at open pickleball, Mondays-Thursdays from 1-3pm at the Montpelier Recreation Department Gym. Mondays and Wednesdays are intended for intermediate to advanced players and Tuesdays and Thursdays are for beginners. The cost is \$2 for Montpelier residents and \$3 for non-residents. A free beginners clinic will be offered on Thursday, February 11 from 1-3pm. For more information, call 225-8699.



## Massage Clinic

Monday, February 1, 9am-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. Call 249-4115 to schedule an appointment.

## Foot Clinic

Wednesday, February 3, 9am-12pm

Monday, February 22, 1pm-4pm

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

## Smart Driver Course

Monday, February 8, 10am-3pm

Learn defensive driving techniques, safety strategies, new traffic laws, and rules of the road. Taught by AARP-trained instructor. \$15 for AARP members, \$20 for non-members. Contact 888-3394.

## Rainbow Umbrella of Central Vermont

Tuesday, February 9, 5:30-7pm

Tuesday, February 23, 5:30-7pm

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.

## Memory Café

Saturday, February 13, 10-11:30am

In February, we welcome the Montpelier High School Jazz Band, led by Mr. Kirk Kreiz. The Cafe is where people with memory loss disorders and their care partners can come together to connect and support one another. Participants enjoy social time and food as well as activities and exercise. These may include art, music, dance and movement. The next Memory Café Steering Committee meeting is Monday, 2/8 at 6pm. Anyone interested is welcome to join. Call Liz Dodd at 229-9630 for information.

## Blood Pressure Clinic

Thursday, February 11, 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.

## Acupuncture Clinic

Tuesdays, 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.

## AARP Tax Clinic

By appointment

AARP Tax-Aide volunteers prepare personal federal and VT tax returns. 223-2518 for appointment.

## 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 work with you to create a monthly budget and spending plan, review your credit history, assist with a debt reduction plan, and help create savings plans. Contact Liz Scharf at 477-5215 for an appointment.

## Bennington Cultural Tour

### Thursday, March 31 • \$79

Board the luxury coach bus for a trip to Bennington, VT for a guided tour of the Bennington Museum, lunch at the Publyk House, and a tour of Bennington Potters with time to shop.

**Bennington Museum:** Recognized by Yankee Magazine: “Best Museum Makeover” Best of New England 2015 Editor’s Choice. Enjoy a guided tour and additional time for self-touring. The Bennington Museum celebrates a wide-ranging collection of American art, focusing on the arts of Vermont, ranging from 18th-century portraits and decorative arts to Folk Art, Vermont landscape paintings, and 20th-century Modernism. Here visitors encounter the largest public collection of Grandma Moses paintings in the world, the largest collection of 19th-century Bennington pottery, as well as fine and decorative arts, military artifacts, and the Bennington Flag, one of the earliest stars and stripes in existence.

**Lunch at Publyk House:** Enjoy “Vermont Dining with a View” in this historic three-story barn with beautiful views of Mount Anthony. Dine on a salad bar and your choice of roast turkey dinner (mashed potatoes, stuffing, pan gravy & cranberry sauce), homemade layered meatloaf (mashed potatoes, green beans, gravy & cheddar cheese), or baked New England cod (Vermont cheddar & cracker crumb topping w/ mashed potatoes & seasonal vegetable medley). For dessert, savor seasonal fruit crisp w/ fresh whipped cream, coffee & tea.

**Bennington Potters:** Conclude your trip with a guided tour of the pottery works. View the specialized processes and meet the skilled potters. Bennington Potters invites you to see this work in action. Their hands-on approach to the pottery-making process is unique in today’s manufacturing environment — as is the tour, where the potters themselves describe each step of many processes.

The bus will depart from the Montpelier Department of Labor Parking Lot at 7am and the Barre Auditorium at 7:15am and returns around 6:30pm. Cost includes bus, lunch, tips and admissions. **Please reserve early with lunch choice.**

## 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: SaddleShoes2@gmail.com or phone: 223-7035. Open to the public. **Pre-**

**registration in the MSAC office required at least one week prior. Free for MSAC members and \$5 for non-members.**

### 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.

**Stay tuned** for trips in April and May to the Chandler Center for the Arts (inquire for info), plus visits to Vermont State Parks!

## Happy 2nd Anniversary, Memory Café!



On January 9, the Montpelier Memory Café celebrated its 2nd anniversary with music, friends, food, and puppetry. The celebration was

well attended and a great time was had by all. The Café is where people with memory loss disorders and their care partners can come together to connect and support one another.

The fun began with music provided by Rich Atkinson and members of the Montpelier Ukulele Group. Following the music, a delicious lunch was provided by Mayo Healthcare. Mayo played a large role in supporting the Memory Puppet Project, and a number of Mayo residents were project participants.

The third act was the Memory Puppet Project, a multi-generational puppet show created by seniors and students from Montpelier's Main Street Middle School.

MSAC and the No Strings Marionette Company created the Memory Puppet Project to raise awareness of and sensitivity toward memory loss and aging in Montpelier while bringing together community members.

Throughout the fall and early winter, Barbara Paulson of Randolph's No Strings Marionette Company led weekly workshops at MSAC. During the workshops, participants plunged into their imaginations and memories, created fabulous one of a kind rod puppets and props, and provided voices and manipulation for their characters. At the 2nd Anniversary Memory Café, participants were able to bring their creations to life in performance!



Thank you to all who attended and have worked to make the Memory Café and Memory Puppet Project a reality!

## Art Exhibit: Kari Meyer Continues Through February



The works of artist Kari Meyer will be on display at MSAC through February. Says the artist, "My imagery demon-

strates an abstraction of nature. My work urges the viewer to contemplate the relationship between oneself, nature, and the universe."

## Member Notes

### Welcome New Members

Diane Baker  
Carol Canneveno  
Joni Clemons  
Steven Dale  
Fletcher Dean  
Suzanne Desch  
Frances Dodd  
Steve Fiske  
Victoria Grappone  
Marsha Guilmette  
Ted Guilmette  
Patricia Halloran  
Wayne Hamilton  
Eleanore Hilferty  
Kim Keiser

Ed Linton  
Tracy Loysen  
Louise Lucchina  
Kathleen Mercurio  
Christopher Morris  
Laura Morse  
Lois Morse  
Judy Murphy  
David Murphy  
Anna Saxman  
Patricia Smith  
Bernice Tuttle  
Kathy Waskow  
Janet Wass  
Annie Wattles  
Deborah Wolf

## Vermont Associates for Training and Development

Are you 55+ and unemployed? Do you need training? Would you like help in your job search? VATD provides paid, part-time job training opportunities for eligible, mature workers to develop skills and gain valuable work experience. Call Judi Nichols at 828-0036 to learn more, or apply online at [www.a4td.org](http://www.a4td.org). The FEAST program has benefitted from the participation of numerous VATD workers!

## COVE Legislative Update

COVE is an organization whose mission involves promoting and protecting a higher quality of life for the state's elders through advocacy and education. COVE's legislative agenda this year includes the following – see MSAC bulletin board for updates and agendas:

1. Choices for Care, VT's long-term care (LTC) program for low to moderate-income elders and adults with disabilities, providing both nursing home and home- and community-based care for those with financial and clinical needs for the same. The program has been very successful in giving Vermonters a choice as to where to receive services and in saving the state significant dollars.
2. Low Income Home Energy Assistance Program, a federal program that provides assistance paying for home heating for people of all ages.
3. Legislation for a Vulnerable Adult Fatality Review Team that examines the deaths of vulnerable adults and recommends changes in statute, rule, policy, procedure, training, or service coordination that would decrease the number of preventable deaths in Vermont's vulnerable adult population.

To learn more about COVE, visit them on the web at [www.vermontelders.org](http://www.vermontelders.org) or call 229-4731.

## Volunteer at the Father & Daughter Dance

The Montpelier Recreation Department is seeking volunteers for their Father & Daughter Valentine Dance on Thursday, 2/11 at Capital Plaza Hotel. Set-up volunteers are needed from 4:30-6:30pm. Volunteers are then needed between 6:30-8:30pm to man the food station, serve as hall monitors, and handle admissions. After the event, volunteers are needed from 8:30-

10:30pm to help clean up (clearing tables, vacuuming, stacking chairs). For more information or to volunteer, contact 225-8691.

## “The Musical of Musicals: The Musical!”

Saturday, February 13, 7:30pm • \$18 • Chandler Center for the Arts

Innovative. Lesser-known. Edgy. Not Your Mom's Musical Theater troupe presents "Musical of Musicals: The Musical!", a hilarious satire by Joanne Bogart and Eric Rockwell. \$2 ticket discount available at the box office; just let them know you're an MSAC member.

## The Bus Blotter

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

CCTA and GMTA came together in 2011 with a singular unified mission to promote and operate safe, convenient, accessible, innovative, and sustainable public transportation services. The two names refer to the urban and rural operations. The organization as a whole is actively working on changing the name to better reflect the individual assets that have combined to make one dynamic organization.

CCTA offers fixed routes, local commuter routes, LINK Express routes, and ADA paratransit services. CCTA also provides shuttles from senior housing complexes to local supermarkets and neighborhood specials for student transportation to Burlington schools.

GMTA is the rural portion of the regional public transportation provider. GMTA provides public transportation for Washington, Lamoille, the Mad River Valley, Franklin and Grand Isle counties and the towns of Williamstown, Washington and Orange, with connecting services to Chittenden and Caledonia counties. GMTA offers an array of public transportation services including fixed route, deviated fixed route, demand response, commuter, health care and shopping shuttles, community shuttles, winter seasonal service and special individual service for those who qualify. All services are available to the general public and are ADA accessible. Call GMTA at 223-7287.



# 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 2/2:** Turkey pot pie loaded with local root vegetables

**Friday, 2/5:** Roast pork with mustard crust served with asparagus, local cabbage, and macaroni and cheese

**Tuesday, 2/9:** Chicken kabobs served with spicy cabbage salad and stir-fried snow peas and carrots

**Friday, 2/12:** Indian roast chicken served with wild rice pilaf and curried spinach

**Tuesday, 2/16:** Salmon filet served with new potatoes, asparagus, and a green salad

**Friday, 2/19:** Roast turkey with all the fixings

**Tuesday, 2/23:** Slow cooked rosemary pork, served with baked potatoes and red cabbage

**Friday, 2/26:** Ground beef cottage pie, served with spinach and shallots and whole wheat rolls

### 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.

## Focus on FEAST

### Get a Ride to Tuesday Meals!

Would you like to come join us on Tuesdays at FEAST Together but don't have a way to get here? Starting in February MSAC will have a van on Tuesdays to pick you up and bring you home for FREE!!! Volunteers will assist you from door to door and help you get settled at FEAST Together. Two pickups before 12 and two drop-offs after 1pm will be available. If you would like to come for a class or other event, we can make that happen, too! We want as many of you here as possible to enjoy the Swinging Sixties band with dancing, and the FEAST Together meal.

Call Jessica Sanderson at 262- 6288 to sign up for a ride or to volunteer!

### Monthly Birthday Social Event on Friday, February 19 at 12:30

FEAST Together celebrates with a Birthday Cake Social in the Community Room at 12:30pm. If your birthday falls during February, join us for free cake and a rousing chorus of Happy Birthday! All who attend will also get cake! HAPPY BIRTHDAY!

### Call for 2016 Volunteers

#### FEAST Together Host/ess

We need helping hands to set tables, serve food and bus dishes. Please discuss volunteering at the FEAST Together meals each Tuesday and Friday.

#### Drivers for FEAST At Home

One day a month, or more, it's up to you. You will pick up the meals from the kitchen here and deliver them hot to our homebound participants. You will get a delicious meal for each day.

#### Kitchen Preparation

Would you like to learn how to cook healthy, fresh food like an award-winning chef? Volunteer at the FEAST kitchen and Chef Justin Turcotte will share his knowledge with you over a 3-4 hour shift.

# ACTIVITIES CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
8:45-10 Yoga for Balance Intro	9-10:30: Gentle Yoga	9-10:30 Gentle Yoga	8:30-9:40 Living Strong	9-10 Living Strong
9-10 Living Strong	10-11 Swimming at FIF	9-10:30 Write a Poem	9-10:30 Yoga for Balance Intermediate	10-11:30 Vigorous Yoga
9-4 Massage Clinic (2/1)	10-11 Water Aerobics at FIF	9-12 Foot Clinic (2/3)	9-11:30 am Bridge*	10-3 Mah Jongg*
10-12 Painting	10-12 Acupuncture Clinic	9:30-11:30 Rug Hooking	9:45-10:45 Blood Pressure Clinic (2/11)*	12-1 FEAST Meal
10-12:30 Film Series at Savoy	10:30-12 Band & Dancing	10-11 Swimming at FIF	10-11 Swimming at FIF	12:30 Monthly Birthday Social (2/19)
10:30-11:15 Dance to Fitness	11-12 Chair Yoga	10:45-12:15 Write a Poem	10-12:30 Film Series at Savoy	1-2 Tennis at FIF
10:30-12:30 Writing	12-1 FEAST Meal	11:45-1:15 Moving Every Muscle	10-12 Crafters Group	2-3 Advanced Voice (at Westview Meadows)
12-3 Mah Jongg*	1-3 Scrabble*	1:30-3:00 Osher Lifelong Learning Institute (2/3, 2/10, 2/17, 2/24)	11-11:45 Dance to Fitness	2-3 Living Strong Group*
12:45-2 Intermediate French	1-2 Read Aloud with Nancy*	1:30-3:30 Writing	11:30-12:30 Technology Workshop (2/11, 2/18)	2-4 Beginner Italian
1-2 GAL Program (2/15)*	1:15-2:30 Italian Group*	3:30-4:30 Gentle Flow Yoga	12:45-3 Bridge*	5-6 Living Strong
1-3 Bridge*	1:30-2:30 Vigorous Yoga	4:30-6 Intermediate Drawing	12:45-1:45 Walks with Harris*	5-6 Swimming at FIF
1-4 Foot Clinic (2/22)	2-3 Trash Tramps	5-6 Beginner Guitar	1-2:30 Art History 2/25)	
1:15-2:30 Moderate Yoga	2-4 Beginner Italian	5-6:30 Moderate/Vigorous Flow Yoga	2-3 Moving Into Stillness	
2:30-3:30 Living Strong Group*	4-5 Tai Chi for Arthritis Intro	6:30-8:30 Parlor Game Night (2/24)	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* (2/9, 2/23)		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	
6:30-8:30 Parlor Game Night (2/7)	6:30-8 Armchair Travel (2/2, 2/16)*		6-6:30 Ukulele Group Beginner Session*	
			6:30-8 Ukulele Group*	
				<b>Saturday/Sunday</b>
				Sat. 10-11:30 Memory Café (2/13)
				Sun. 6:30-8:30 Adult Human Sexuality

\*Does not require registration. Donations appreciated.

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

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Submissions for March Newsletter due February 12.

**We are closed on Monday, February 15 for Presidents 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](mailto: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