

March 2016

Active Times

NEWSLETTER OF THE MONTPELIER SENIOR ACTIVITY CENTER

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

Spring Class Registration Begins March 7

Spring classes begin the week of April 11, and we are excited to share information about our diverse offerings. For the first time, we're thrilled to offer a class in one

of our supporting towns—our new Yoga for Beginners series in Worcester. We also have great new classes in every category. Read on for descriptions of new programs, and visit p. 10 for a full list of classes.

Choir, is a composer, choral director, singer, and saxophonist who has been performing professionally since he was a lad. He performs and teaches in a variety of styles that reflect his eclectic background in music. In this class, you'll have a great time learning to sing classic rock songs.

Astrology—Zodiac Circle

Kelley Hunter • Thurs 2:45-3:45 (4 weeks) • \$10 members/\$20 public

Astrology is the intuitive science of cosmic cycles, interpreting astronomical information in relation to our own life experience. During this class, we will walk around a circle of zodiac images, journeying through our own birth charts, planet by planet. We'll explore the whole solar system and our relationship to it, and learn how to chart our course for the year.

Film Series: Spanish Language Films

Rick Winston • Mon 10-12:30 (8 weeks) • Savoy Theater • \$50 members/\$75 public

We'll be watching and discussing a variety of films (comedy, drama, thriller) from Mexico, Spain, Argentina, Cuba, and Chile, all with English subtitles.

Film Series: Film and Stage

Rick Winston • Thur 10-12:30 (8 weeks) • Savoy Theater • \$50 members/\$75 public

We'll be watching and discussing films that are set in the world of the theater,

Spring Registration

All registration forms will be accepted beginning March 7.

Forms processed in the following order:

Starting March 7: Montpelier

Starting March 14: Supporting Towns

Starting March 21: All towns/non-members for classes open to public

A \$10 late fee will apply to registrations after April 1.

Explore Landscape in Soft Pastel

Jeneane Lunn • Wed 4:30-6 (8 weeks) • \$25/\$35

Get ready for landscape season! Warm up for summer with this introduction to using pastels to create landscapes. Bring photographs of landscapes you would like to paint. Beginners will be supported with lots of instruction and more advanced students will find their work enhanced by specific critique. This class is appropriate for any level student.

Reelin' and Rockin': Singing Songs of the 50s and 60s

John Harrison • Wed 2-3 (7 weeks) • \$35 members/\$60 public

A chorus for rockers of all ages who want to sing the great songs of the fifties and sixties. Instructor John Harrison, Director of the Montpelier Community Gospel

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ANNOUNCEMENTS

Rummage Sale

Our annual rummage sale will be held on Friday, April 8 and Saturday, April 9. We will be accepting donations on Friday, April 1, Monday, April 4, and Tuesday, April 5 between 10am-4pm. We will be accepting donations of clean, stain-free, hole-free clothes, household items in good condition, and small furniture. No upholstery or electronics. Start setting aside your items!

We are seeking LOTS of volunteers to help during setup week and the event. Are you available to volunteer? Stop by the office or call us at 223-2518.

Help on Town Meeting Day

Do you live in a supporting town (Berlin, Calais, East Montpelier, Middlesex, Moretown, or Worcester)? Are you willing to speak in support of MSAC at Town Meeting Day or to bring MSAC materials to your town meeting? Please contact Janna at jclar@montpelier-vt.org or 262-6283. We will provide you with training and all the materials you need. What's important is that you speak from the heart about the value MSAC provides to you. We encourage everyone to support ALL the senior services on the ballot in your town on Town Meeting Day. Together we form an important network of support for area seniors.

Winter Classes Ending

Most 10-week winter classes (Humanities and Arts) end the week of March 14. Most 12-week movement classes end the week of March 28. Ask your instructor about makeup dates and to confirm for your specific class.

Front Porch Forum

Do you live in one of our supporting towns (Berlin, Calais, East Montpelier, Middlesex, Moretown, Worcester)? Are you willing to post monthly updates about the senior center on Front Porch Forum in your town? If so, we'd love your help spreading the word about MSAC! Please contact Dan at dgroberg@montpelier-vt.org or 262-6284 if you can help.

MSAC Literary Magazine

We are excited to announce the launch of our first ever literary magazine, *Sunflower*, created to showcase the amazing talents of all our MSAC members! Are you a writer, poet, or artist? Have you created something wonderful in a class here at MSAC and want to share it with the world? *Sunflower* will be an annual compilation of these works. Our first issue will be released at the June MSAC open house. We are accepting poetry, writing up to 1,000 words in length and digital images of your photography, painting, drawing, or other artwork. Please submit your pieces to Dan at dgroberg@montpelier-vt.org. All work must be submitted electronically. We can't wait to see your wonderful creations!

Save the Date: Senior Prom

On Saturday, May 28, we will host our 2nd Annual Senior Prom at the Capital Plaza! We can't wait to see you out on the dance floor. We'll have dessert, music, dancing, a cash bar, silent auction, and lots of fun! We're also having an elegant pre-prom dinner. Thanks to Westview Meadows and The Gary Home for their lead sponsorship again this year.

Would you like to volunteer to create decorations, to help setup or clean up for the event, or to help during the event? Do you have auction items to donate to our silent auction? Please get in touch with Dan at dgroberg@montpelier-vt.org or 262-6284.

Sign Language Class

Are you interested in learning sign language? We are considering adding a course here at MSAC, and want to hear from you! Please let us know if you'd like to take a class, what you'd be looking for in a class, and when

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!

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

Next meeting:
March 17, 1-2:30pm

would be the best day/time for such a class. Send your comments to Dan at dgroberg@montpelier-vt.org or 262-6284.

Recreation Department Integration Update

Planning continues for the gradual integration of our departments in the coming years. Member input will continue to be sought, and we look forward to being able to continue offering senior and multi-generational programming alongside other adult and youth programming. City Council voted in mid-February to explore the sale of the Recreation Building at 55 Barre Street, and a request for proposals is expected to be issued soon after. Please share any questions you have with your Advisory Council representatives or MSAC staff.

Grant News

We recently received word from the State of Vermont that we have been awarded a \$15,000 Building Communities Grant to use toward our eventual partition project on the first floor. MSAC also recently received a generous \$15,000 grant from the Richard E. and Deborah L. Tarrant Foundation to support our general operating expenses.

Membership Update

As of February 16th, MSAC has 926 members – the highest in many years. We are only 4 members away from meeting our budgeted target of 930 for the fiscal year (through June), and only 74 members away from meeting the revised target of 1000 that the Advisory Council suggested during goal setting in the early fall! Please keep referring your friends and family, and keep those delayed renewals coming. Spring is a great time to become a member in order to take advantage of great classes and trips!

Group on Aging

A discussion group focused on aging and the brain is starting in April. The group will meet 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.

Seeking Advisory Council Members

This year we have five seats available on the MSAC Advisory Council beginning in late June.

Nominations and Elections Procedure: Nominees and those making nominations must be members of MSAC or must join in order to be considered (age 50+). Nominations must be received in the MSAC office by March 10, in writing and signed. Candidate info and ballots will be included in April and May newsletters and results will be announced at the Annual Meeting in June (date TBD).

Expectations for MSAC Advisory Council Members shall include:

- To **serve a three, two- or one-year term**, starting and ending in late June.
- To **attend** approximately ten 1.5-hour Advisory Council meetings each year.
- To **gain a general understanding** of the MSAC mission, policies, annual calendar and budget (brief training provided in summer/fall).
- To **represent the membership** at large and, when appropriate, voice other members' questions, feedback, and concerns to staff.
- To play a **leadership role in the financial strength of the organization** through personal donations and/or volunteer assistance with fundraising.
- To **advise the MSAC Director** on such matters as: programming priorities, budget, facility maintenance and improvements, policy development, strategic planning, outreach and more.
- To **serve on at least one committee, with current options (and meeting frequency)** of Program Committee (approx. quarterly), Finance Committee (approx. bimonthly), Fundraising Committee (approx. quarterly) and Membership and Hospitality Committee (approx. bimonthly).

Please note: This is an 11-person Advisory Council for a municipal department, as MSAC is part of the City of Montpelier. Members from any town may serve on the council. Understanding operations, representing members at large, advising and making recommendations to the Director, are the main tasks of this Advisory Council. This is NOT a Board of Directors with decision-making authority, such as Boards who oversee 501c3 non-profit organizations.

UPCOMING EVENTS

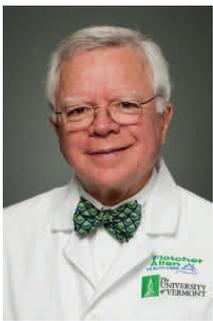
Armchair Travel: Madagascar w/ Ann Burcroff

Tuesday, March 1, 6:30-8pm

The magical island of every naturalist's dreams, where evolution has taken many unique turns. We go by way of Paris, a contrast in the extreme. Join us for a presentation of photographs from the trip. Free and open to the public.

OLLI: The Brain—How Does It Work Anyhow?

Wednesday, March 2, 1:30-3pm



Retired chair of the Neurology Department of UVM's College of Medicine, Dr. Robert Hamill will discuss new directions in brain research and how our ideas of the brain's workings have changed over time. 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.

How to Ask for What YOU Want by Cecile Green

Wednesday, March 2, 6:30-7:30pm

Green presents strategies for being clear about what you want, how to ask for it, and being satisfied with the end result. Creating valuable and successful exchanges can be challenging! Join us for an evening introduction on some practical steps you can take to have more fun and enjoy your exchanges more fully. Co-sponsored by Onion River Exchange. Free and open to the public.

Armchair Travel: Prague to Budapest w/ Tina Muncy

Tuesday, March 15, 6:30-8pm

Rescheduled from 2/16. 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.

Make Recycled Critters, Slippers or Mittens by Kate Stephenson

Tuesday, March 29, 6-7:30pm

Join us for a fun evening of crafting and learn how to make your own special something from recycled felted woolen sweaters. You can choose from a mix of patterns for stuffed animals, slippers or mittens, sew up your creation (by hand or with a sewing machine) and come home with something for yourself or someone you love. Things to bring (helpful but not required): sharp scissors, pre-felted wool sweaters or blankets (wash in washing machine on Hot and then in the dryer on Hot and they should shrink nicely). We'll also have a selection of felts to choose from, needles, thread etc. Co-sponsored by Onion River Exchange. Free and open to the public.

RESCHEDULED FROM MARCH 23.

American Art: 1960s-2000s—Part I

Thursday, March 24, 1-2:30pm

Art historian Debbie Tait will discuss a selection of two dimensional works with the emphasis on women artists. Some painters expanded on the ideas of Pollack, Motherwell, and de Kooning (Frankenthaler, Francis), while others employed realism and surrealism to comment on personal identity and social issues (Cindy Sherman, Bearden, Ford, Parrish, Hung Liu).

Essential Oils Workshop

Thursday, March 31, 1-2pm

Learn the basics of essential oils, and how they can help you emotionally and physically. Led by dōTERRA Wellness Advocate Annie Limoge, with guest speaker Jennifer Fischer, RN. *The use of MSAC facilities for this event does not constitute an endorsement by MSAC or the City of Montpelier.*

Continuous OM Sound Meditation

Tuesday, April 5, 5:30-6:30pm

This workshop will begin with brief instructions and

some simple warm-ups in preparation for a 30-minute continuous OM meditation practice. The sound OM, also known as AUM, is an ancient mantra said to contain the whole universe and when chanted in a group is a powerful and unifying experience. We will sit in silence to complete the practice. Led by MSAC instructor Sarah Parker-Givens. Open to MSAC members. Suggested \$2-5 donation. Proceeds benefit MSAC. **Pre-registration required—register along with other spring classes.**

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.

Special Winter Classes

New Tennis Session

Want to get together with other members to play tennis? A new session is beginning on Friday, March 4. Players meet at First in Fitness in Berlin on eight Fridays from 11:30am-1pm. The cost is \$65 for Montpelier members and \$75 for members from other towns. Stop by the MSAC office to sign up as soon as possible. This session falls outside of the normal spring class registration period.

Qigong Class Starts 3/4

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 and is \$15 for Montpelier members and \$20 for other members. 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. Sign up in the office ASAP.

March Art Exhibit: Sue Stukey and Bernadette Hood



Sue Stukey has been painting with oils for much of her life, as time and circumstances have permitted. Her subjects come from the natural world and she often works from

photographs taken during travels here in the US and in Europe. She delights in perspective, and strives to draw the observer into her paintings, and lead them to wonder what is just beyond the horizon. Color and light play an integral part in her work, and provide constant joy and challenge. She has studied with painting groups in the Chicago area, with artists Ann Ponce and Gay Riseborough, and for the past 4-5 years, here at MSAC with Sylvia Walker in her “Painting: As You Like It” class.



Bernadette Hood has been creating art for as long as she can remember. Now that she's semi-retired, she has more time to dedicate to painting. Bernadette writes, “Sylvia [Walker] has

helped me to discover many new ideas and methods to bring my painting beyond my linear detailed approach to an excitingly looser and more creative method of expressing my passion for light and contrast. For this show, I painted a series of flowers. It's my first series and my first time painting flowers. I have used acrylics and been experimenting with a glazing medium. It continues to be an exciting learning experience. Using these bright colors has been very therapeutic during these gray winter days!”



Foot Clinic

Monday, March 7, 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. Bring basin for soaking feet and nail clippers.

Rainbow Umbrella of Central Vermont

Tuesday, March 8, 5:30-7pm

Tuesday, March 22, 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, March 12, 10-11:30am

The March cafe includes a demonstration and interactive session of gentle Tai Chi with Ellie Hayes. 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. The next Memory Café Steering Committee meeting is Monday, 3/7 at 6pm. Anyone interested is welcome to join. Call Liz Dodd at 229-9630 for information.

Massage Clinic

Monday, March 14, 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.

Blood Pressure Clinic

Will return soon!

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, PTSD, addiction management, and sleep issues. Treatments are about 30 minutes each. All treatments conclude at 12, so you must arrive by 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.

Your Legislators Can Help!

Did you know that the offices of Congressman Welch and Senators Sanders and Leahy can provide assistance to you? If you have questions about available federal resources, or need help navigating federal agencies, these offices have case managers available to help you. Perhaps you are having trouble with your Social Security payments, or have questions about Medicare. Or maybe you need connection to various senior resources. These offices can help! Contact the office of:

Congressman Peter Welch: (888) 605-7270 or www.welch.house.gov/contact

Senator Patrick Leahy: (800) 642-3193 or www.leahy.senate.gov/contact

Senator Bernie Sanders: (800) 399-9834 or visit www.sanders.senate.gov/contact

Nutrition Month

March is National Nutrition Month! Be sure to check out all our nutrition resources in the Resource Room and highlighted on our Resources of the Month Table on the way into the Community Room.

Did you know that half of all American adults have one or more preventable chronic diseases related to poor quality diet and physical inactivity, such as cardiovascular disease, high blood pressure, type 2 diabetes, and certain cancers? More than two-thirds of adults in the United States are overweight or obese. Consider these ideas:

- Eat breakfast
- Make half your plate fruits and vegetables
- Watch your portions sizes –and slow down the pace of eating
- Drink more water
- Limit salt and processed foods (limit sodium intake to 2,300 milligrams or less (1,500 milligrams for those with high blood pressure)
- Read nutrition labels
- Reduce the intake of processed and red meats—in favor of lean meats, fish & poultry and other protein sources like nuts, seeds and seafood.
- Cut down on added sugars – choose beverages that

don't contain added sugar or corn syrup (stay clear of regular soda, juice “drinks”, energy drinks, etc.)

Visit <http://tinyurl.com/msacnutrition> to play “Nutrition Sudoku for Adults!”

National Nutrition Month® 2016 

Nutrition Sudoku for Adults

You may have seen Sudoku with numbers, but here's one with food items. Each horizontal row, vertical column and 3x3 box must contain all nine food words. The words begin with letters A through I to make it easier for you to check that all nine have been placed in each row, column and 3x3 box.

Cereal	Egg	Banana	Ice Cream	Dairy	Fish	Humus		
Ice Cream	Grapes	Banana	Fish		Humus	Avocado	Dairy	
Humus		Dairy		Grapes		Ice Cream		Cereal
Dairy	Cereal	Ice Cream	Egg	Avocado	Humus		Grapes	
		Humus	Ice Cream	Grapes	Banana		Avocado	
Avocado	Banana		Humus	Cereal	Dairy	Egg		Ice Cream
Banana	Ice Cream	Cereal	Grapes	Humus		Egg		Dairy
			Dairy		Banana		Ice Cream	Fish
Egg		Fish	Cereal		Ice Cream	Grapes		





The Bus Blotter

This is a regular monthly column from Green Mountain Transit.

In the coming months, the Chittenden County Transportation Authority (CCTA) and the Green Mountain Transit Agency (GMTA) will rebrand to become Green Mountain Transit (GMT). In July 2011, GMTA and CCTA became one legal entity, which formalized the operating relationship between the two agencies that had existed since 2003. The rebrand marks an exciting time and will finalize the last step in becoming one unified regional agency.

In conjunction with the rebranding effort, CCTA will roll out a suite of new technologies to improve the customer experience, starting with a new Automatic Vehicle Location (AVL) system. AVL will provide passengers with real-time bus tracking information straight to their cellphones, improving service reliability and allowing CCTA to communicate changes more efficiently. This highly sought after system has been a high priority for CCTA and its passengers for quite some time.

On Tuesday, January 19, the CCTA Board of Commissioners also approved a recommendation from staff to go out to bid for a mobile ticketing system. A mobile ticketing app would allow passengers to purchase tickets directly on their cellphones prior to taking their bus trip.

These passenger amenities are in addition to the current processes we have in place.

NEW SPRING CLASSES

(Continued from page 1)

among them George Cukor's *A Double Life*, Joseph Mankiewicz' *All About Eve*, Tim Robbins' *Cradle Will Rock*.

Music Appreciation: The History of Jazz presented with Mon- teverdi Music School

Erik Nielsen • Tu 3-4 •
\$50 members/\$75 public

Jazz is often called America's classical music. Why is that? Perhaps it's because creating music in this tradition calls for skill, discipline, training and a knowledge of the history of the medium. Or perhaps it's because of the formal demands of jazz. Whatever the reason, calling it classical in no way diminishes either its excitement or the fact that it continues to evolve as an art form. Brookfield composer Erik Nielsen grew up hearing big band music at home, along with classical, musical theater and rock-and-roll, plus he played avant-garde jazz in college, so he's no stranger to it. In this ten-week course he plans to present colorful and lively portraits of this most American of art forms starting with its roots in west Africa and Europe, moving through the early years, into the big band era, the post-WWII small combo and be-bop movements, the wild and wooly 1960's and the changes the last 50 years have brought. With these one-hour classes he is planning to make this both lively and informative with his blend of playing music and telling stories about the talented and colorful musicians who have made jazz what it is: King Oliver, Louis Armstrong, Bessie Smith, Duke Ellington, Ella Fitzgerald, Count Basie, Benny Goodman, Billie Holiday, Dizzy Gillespie, Charlie Parker, Charles Mingus, John Coltrane and many, many others.

Music Appreciation: String Quartet presented with Monteverdi Music School

Erik Nielsen • Fri 3:15-4:45 • \$70 members/
\$95 public

If you ask anyone with any knowledge about classical music, the two forms that come up most often are likely to be the symphony and the string quartet. It's easy to see why with the symphony (da da da DAAAAA!), but why the string quartet? Quite frankly, because it's where we find the best work of composers from Haydn

in the 18th century to composers today. It's a wonderful medium, full of sublime as well as amusing works, in fact too many to cover completely in a ten-week course, but Brookfield composer Erik Nielsen is going to try. By expanding the class from the hour used in the past to one and one-half hours, Erik's aim is to cover the great composers and their works for this most concentrated and exciting of all musical ensembles in greater depth than 60 minutes will allow. Some of the composers covered will include Haydn, Mozart, Beethoven, Schubert, Borodin, Tchaikovsky, Janacek, Debussy, Ravel, Bartok, and Shostakovitch. He hopes to whet your appetite for more while giving you insight into the works under discussion, plus (as usual) some history of the composer and the period and stories about them.

Beginner Spanish

Josh Mullholland • Mon/Thu 5-6 • \$40 members/
\$65 public

This class is for beginner and near-beginner students who want to be able to communicate in Spanish. On completing this class, you will be able to use Spanish for communication in common real life situations like meeting a new friend, discussing daily activities, expressing preferences, and discussing social issues.

In order to empower you toward the goal of communicative ability, you will also learn some fun academic and scientific concepts. Of course this includes clear, direct instruction of grammatical concepts in Spanish. But we'll also touch on some of the deeper questions: what IS a language, anyway? How do humans actually learn languages, and what does that mean for our class? Why do kids learn grammar so easily, when it can look like a big tangle of rules for us adults?

Advanced Beginner/Early Intermediate Spanish

Josh Mullholland • Mon 6:15-7:45 • \$35 members/
\$60 public

This class is for advanced beginner to low intermediate students who want to improve their ability to communicate in Spanish. On completing this class, you will be able to use Spanish for communication in common real life situations like analyzing the news, comparing places you've visited, and expressing future plans.

Your Financial Future

presented with Capstone Community Action
Liz Scharf • Tu 1-2 • \$5 members/\$10 public

Liz Scharf, Savings and Credit Program Coordinator at Capstone Community Action, will help you learn your “money personality,” discuss budgeting fundamentals, help you avoid scams and identity theft, teach you about credit scores, and help you figure out how to fund your retirement.

Movement for Parkinson’s

Sara McMahan • Thurs 10-11:30 • \$25 members/
\$35 public

Offered for people with Parkinson’s disease and their caregivers, this dance class is designed to engage participants’ minds and bodies through many styles of dance, while exploring stretching, muscle strengthening, postural stability, and rhythm through instruction and energizing music. The class is offered in a relaxed social environment that emphasizes enjoyment, fun, and creativity, with an eye towards connecting with the community. No dance experience required. Taught by Sara McMahan, MA, a professional movement performer and educator trained in the Dance for PD® method.

Gentle Yoga for Beginners at Worcester Town Hall

Sally Olmstead • Tu 2-3 • \$5 members/\$10 public

This 12-week series will offer participants an opportunity to explore a gentle, breath-centered physical practice geared towards increasing strength and flexibility, as well as improving body/mind awareness. Sally teaches with the intention to help all students to modify postures to suit their individual needs. Participants should be able to move comfortably from the floor to standing and should bring a yoga mat and a blanket to class.

Yoga for Joint Mobility

Katy Ann Leadbetter • M/F 11:45-12:45 • \$40/\$60

Yoga for Joint Mobility will help circulate and move fluid around in your body. This includes blood, lymph, and synovial fluid. Synovial fluid feeds the cartilage and nourishes your joints. We will work on balance and strengthening while applying full range of motion (ROM) at each joint in the body. Strengthening and nourishing the joints (even the little ones) will be our focus in this class. We will be standing, sitting, and laying on our sides, front, and back side.

Registration Details

Registration begins March 7.

You may register in the MSAC Office or online at www.montpelier-vt.org/msac.

Forms will be processed in the following order (ALL forms accepted 3/7):
Starting March 7: Montpelier
Starting March 14: Supporting Towns
Starting March 21: All towns/non-members for classes open to public

A \$10 late fee will apply to registrations after April 1.

For complete information on all our classes and programs, consult our website at www.montpelier-vt.org/msac or our class registration materials in the MSAC lobby. Information subject to change.

Please inquire about discounts available for MSAC members at First in Fitness, Rehab Gym in Barre, and Snap Fitness in Berlin.

Financial aid is available for all of our classes. Please inquire for additional information.

Member Notes

Welcome New Members

Gail Brusoe
Steve Campbell
Carl Etnier
Dennis Fennell
Joseph McCarthy
Gary Parker

Dale Phillips
Barbara Sleeper
Susan Stillinger
Patty Wiley

With Our Sympathies

Lillian Libertoff
Beverly Chaffee

LIST OF SPRING CLASSES

Arts and Crafts

NEW: Explore Landscape in Soft Pastel

Jeneane Lunn • Wed 4:30-6 (8 weeks) • \$25/\$35

Advanced Beginner Guitar & Baritone Ukulele

(presented w/ Summit School of Traditional Music and Culture)

Tom Wales • Wed 5-6 • \$25 members/\$50 public

Handbuilding in Clay

Nicole Galipeau • Mon 1-2:30 • \$55 members

Painting: As You Want It

Sylvia Walker • Mon 10-12 • \$25/\$35

NEW: Reelin' and Rockin': Singing Songs of the 50s and 60s

John Harrison • Wed 2-3 (7 weeks, starts 4/20) • \$35 members/\$60 public

Rug Hooking

Pam Finnigan • Wed 9:30-11:30 • \$25/\$35

Beginner Voice for Shy Singers

Naomi Flanders • Thurs 3-4 • \$20/\$30

Advanced Voice: Keeping Your Voice in Shape for Life

(At Westview Meadows)

Naomi Flanders • Fri 2-3 • \$20/\$30

Humanities, Technology, and Social Sciences

NEW: Astrology—Zodiac Circle

Kelley Hunter • Th 2:45-3:45 (4 weeks, starts 4/14) • \$10 members/\$20 public

Film Series: Spanish-Language Films

At Savoy Theater • Rick Winston • Mon 10-12:30 (8 weeks, starts 4/11) • \$50 members/\$75 public

Film Series: Film and Stage

At Savoy Theater • Rick Winston • Th 10-12:30 (8 weeks, starts 4/14) • \$50 members/\$75 public

Intermediate French

David Kahn • Mon 12:45-2 • \$20/\$30

NEW: Music Appreciation: The History of Jazz

(presented w/ Monteverdi Music School)

Erik Nielsen • Tu 3-4 • \$50 members/\$75 public

NEW: Music Appreciation: The String Quartet

(presented w/ Monteverdi Music School)

Erik Nielsen • Fri 3:15-4:45 • \$70 members/\$95 public

Beginner Italian

Angelo Caserta • Tu/Fri 2:15-4:15 • \$40 members/\$65 public

NEW: Beginner Spanish

Josh Mullholland • Mon/Thu 5-6 • \$40 members/\$65 public

NEW: Advanced Beginner/Early Intermediate Spanish

Josh Mullholland • Mon 6:15-7:45 • \$35 members/\$60 public

Technology Workshop

At Main Street Middle School • MSMS Students • Thurs 11:30-12:30 (5 weeks: 4/14, 4/28, 5/12, 5/26, 6/9) • \$10 members/\$20 public

Write a Poem

Sherry Olson • Wed 9-10:30 • \$25/\$35

Sherry Olson • Wed 10:45-12:15 • \$25/\$35

Writing

Maggie Thompson • Mon 10:30-12:30 • \$25/\$35

Maggie Thompson • Wed 1:30-3:30 • \$25/\$35

NEW: Your Financial Future

(presented w/ Capstone Community Action)

Liz Scharf • Tu 1-2 (5 weeks, starts 4/26) • \$5 members/\$10 public

LIST OF SPRING CLASSES

Movement



Dance to Fitness

Tina Valentinetti • Mon 10:30-11:15 • \$20/\$30
Tina Valentinetti • Th 11-11:45 • \$20/\$30

Living Strong

Laura Brown/Tom Viall • M/Th 5-6 • \$25/\$35
Tina Muncy • Tu/F 5-6 • \$25/\$305
Joan Barrett/Barbara Ladabouche • T/Th 8:30-9:40 • \$25/\$35

Living Strong (non-beginners)

Dona and Ed Koenemann • M/F 9-10 • \$20/\$30

Moving Every Muscle

Louisa Nufield • Wed 11:45-1:15 • \$25/\$35

NEW: Movement for Parkinson's

Sara McMahon • Th 10-11:30 • \$25 members/
\$35 public

Tai Chi for Arthritis and Fall Prevention: Intro

David Hartnett • Tu 4-5 (10 weeks) • \$20/\$30

Tai Chi for Arthritis and Fall Prevention: Intermediate

Ellie Hayes • Tu 5:15-6:15 (10 weeks) • \$20/\$30

Introduction to Qigong

Amanda Ellingson • Fri 1:30-2:30 • \$20/\$30

Yoga classes are sorted from least to most vigorous.

Chair Yoga

Sarah Parker-Givens • TU 11-12 • \$20/\$30

Very Gentle Yoga

Sarah Parker-Givens • Mon 3:30-4:30 • \$20/\$30

NEW: Gentle Yoga for Beginners (at Worcester Town Hall)

• Sally Olmstead • Tu 2-3 • \$5 members/
\$10 public

Moving into Stillness: Yoga and Meditation

Sarah Parker-Givens • Th 2-3 • \$20/\$30

Gentle Yoga

Patty Crawford • TU 9-10:30 • \$20/\$30
Patty Crawford • Wed 9-10:30 • \$20/\$30
Patty Crawford • Th 5:15-6:45 • \$20/\$30 (includes breathing, chanting, and introduction to meditation)

Yoga for Balance: Intro

Patty Crawford • Mon 8:45-10 • \$20/\$30

NEW: Yoga for Joint Mobility

Katy Ann Leadbetter • M/F 11:45-12:45 • \$40/\$60

Gentle Flow Yoga

Sarah Parker-Givens • Wed 3:30-4:30 • \$20/\$30

Yoga for Balance: Intermediate

Patty Crawford • Th 9-10:30 • \$20/\$30

Moderate Yoga

Sally Olmsted • Th 3:30-4:45 • \$20/\$30
Lori Flower • Mon 1:15-2:30 • \$25/\$35

Moderate/Vigorous Yoga

Sarah Parker-Givens • Mon 5-6:30 • \$20/\$30
Sarah Parker-Givens • Wed 5-6:30 • \$20/\$30
Joan Stander • Fri 10-11:30 • \$20/\$30

Vigorous Yoga

Lori Flower • Tu 1:45-2:45 • \$25/\$35

Workshops

NEW: Continuous OM Sound Meditation

Sarah Parker-Givens • Tu 4/5, 5:30-6:30 • Suggested \$2-5 donation

Off-Site Fitness

Water Aerobics (at First in Fitness Berlin)

Annie Tiberio Cameron • Tu 10-11 (starts 4/12) • \$45/
\$60

Swimming (at First in Fitness Berlin)

Mon/Fri 5-6, Tu/Wed/Th 10-11 (starts 4/11) • \$40/
\$75

TRIPS

Full Moon Walk: Sap Moon Wednesday, March 23, 6pm

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.**

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.

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.**

New Black Eagle Jazz Band at the Chandler Center Sunday, April 3, 1-4:45pm • \$29

Perennial favorites at Chandler, The New Black Eagle Jazz Band are the “Keepers of the Flame” of traditional, New Orleans-style jazz. Classic works of artists such as Jelly Roll Morton, Cole Porter, Duke Ellington, and Louis Armstrong pulse with life thanks to the musical mastery of the Black Eagles, as they are known to their fans. For more than 40 years they have toured the world, thrilling audiences with their soulful, energetic renditions of jazz and popular music of the 1920s and 1930s. Join us for a trip on the MSAC van for the matinee performance.

Keys to Kayaking

“Keys to Kayaking” is a series that combines one classroom instruction session with five optional trips to various Vermont ponds. Students may register for one, several, or all five outings. A classroom session “Kayaking Fundamentals” to be held at MSAC on Wednesday, May 4 from 1-3pm is a pre-requisite to any of the 2016 kayaking outings, except with instructor permission. The class is also open to those who are not going on outings.

Instructors Anne Ferguson and Nancy Schulz have been exploring Vermont’s ponds and rivers by kayak for twenty years and are eager to share what they have

learned with you. Come and meet others who enjoy kayaking!

The meeting time for all trips is 9:00 am at the I-89 Exit 8 Park 'n' Ride. Additional information on all trips is available in the MSAC lobby.

Wednesday, May 11: "Linger Longer at Lake Groton"

Wednesday, May 18: "North to Norton Pond"

Wednesday, May 25: "Come Along to Lake Carmi"

Wednesday, June 1: "Mosey to Morgan to See More at Lake Seymour"

Wednesday, June 8: "Done Any Paddling at Lake Dunmore?"

When Love Was Nifty at the Chandler Center

Sunday, May 22, 1-4:45pm • \$24

Accompanied by his collection of vintage acoustic guitars, Ken Lelen takes the stage to bring you some of the great songs from American ragtime, swing, and jazz traditions. Lelen's smooth vocals and deft guitar work create a show celebrating love—lost, found, discarded or denied. Memorable tunes, clever lyrics, and funny anecdotes will leave you smiling! Join us for a trip on the MSAC van for the matinee performance.

Foster's Clambake

Thursday, July 21, 8am-6pm • \$89

Join us for a delicious fresh meal and live entertainment at Foster's Clambake in York, ME, followed by a stop at Short Sands Beach and Shops. The menu features a bounty of seafood, including New England Clam Chowder, freshly dug Maine clams, mussels, and Maine lobster, plus delicious sides.

Scenic Cruise on Lake Memphremagog



**Thurs., August 18,
9am-3:30pm • \$52**

Enjoy transportation on deluxe motor coach, signature sandwich buffet lunch, and a 1.5 hour scenic cruise around Lake Memphremagog

aboard the North Star. Limited seating. Please reserve early.



Red Sox vs. Mariners

Sun., June 19, 8:30am-9:30pm • \$89

Join us for a trip to Fenway Park to see the Boston Red Sox face off against the Seattle Mariners.



Approximate view from our seats.

Depart by luxury motor coach from the Department of Labor in Montpelier at 8:30am or the Barre Auditorium at 9am. Arrive at Fenway Park at approximately 12:30pm. Enjoy lunch on your own at the ballpark. First pitch is at 1:35pm. Our covered seats are in Outfield Grandstand 2, rows 9-15.

We'll stop for a quick and affordable dinner on the way back from the game, and drop passengers off in Barre at approximately 9pm and in Montpelier at around 9:30pm.

This trip is open to central Vermont senior center members and their families. Payment is due at least two weeks before the trip.



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 3/1: Turkey pot pie loaded with root vegetables

Friday, 3/4: Beef lasagna, served with Sicilian broccoli and garlic bread

Tuesday, 3/8: Braised Hungarian chicken and mushroom stew, served over egg noodles with beets and rutabagas

Friday, 3/11: Roast pork with mustard crust, served with macaroni and cheese, lemon Brussels spout, and sautéed onions, cabbages, and apples

Tuesday, 3/15: Chicken kabobs served with spinach and spicy cabbage salad

Friday, 3/18: St. Patrick's Day! Corned beef and cabbage with potatoes.

Tuesday, 3/22: Spaghetti with meat sauce, served with garlic bread, tossed salad, and mixed vegetables

Friday, 3/25: Roast turkey with all the fixings

Tuesday, 3/29: Slow cooked rosemary pork with baked potatoes and red cabbage

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

Just Basics Hires New Director



Please extend a warm welcome to Jamie Bedard, newly hired Executive Director of Just Basics, Inc., our key partner in running the FEAST Meals Program. Says Jamie: "I'm excited to be joining Just Basics after wrapping up my stint as Project Coordinator for the

Vermont Federation of Families for Children's Mental Health. I grew up in Brattleboro and returned to Vermont after over a decade of working in various community health jobs in New York, Los Angeles and Western Massachusetts. Upon my return to Vermont, I directed the community health program at Mount Ascutney Hospital and Health Center in Windsor as well as chaired the local prevention coalition during my three years there. I've spent the last several years doing small projects for non-profits while hiking, dancing and singing with my rambunctious boys, Casper and Jubal."

FEAST Transportation Update

Madeleine Squier-Paine will be the new Ride Planner, Kathy Preis will be the new volunteer rider assistant on board the van, and driver hiring was in process at the time this newsletter went to press. People from Montpelier and Berlin who have transportation barriers and are interested in requesting rides to and from MSAC on Tuesdays should call 262-6288 to get on the list, and our staff will be in touch with you when we are ready to start the rides!

Monthly Birthday Social Event on Friday, March 18 at 12:30

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

ACTIVITIES CALENDAR

10-week winter classes (Humanities and Arts) end the week of **Page 15**
 March 14. 12-week classes end the week of March 28.

Monday	Tuesday	Wednesday	Thursday	Friday
8:45-10 Yoga for Balance Intro 9-10 Living Strong 9-1 Foot Clinic (3/7) 9-4 Massage Clinic (3/14) 10-12 Painting 10:30-11:15 Dance to Fitness 10:30-12:30 Writing 12-3 Mah Jongg* 12:45-2 Intermediate French 1-2:30 Handbuilding in Clay 1-3 Bridge* 1-15-2:30 Moderate Yoga 2:30-3:30 Living Strong Group* 3:30-4:30 Very Gentle Yoga 5-6:30 Moderate/Vigorous Flow Yoga 5-6 Living Strong 5-6 Swimming at FIF	9-10:30: Gentle Yoga 10-11 Swimming at FIF 10-11 Water Aerobics at FIF 10-12 Acupuncture Clinic 10:30-12 Band & Dancing 11-12 Chair Yoga 12-1 FEAST Meal 1-3 Scrabble* 1-2 Read Aloud with Nancy* 1-15-2:30 Italian Group* 1:30-2:30 Vigorous Yoga 2-3 Trash Tramps 2-4 Beginner Italian 4-5 Tai Chi for Arthritis Intro 5-6 Living Strong 5:15-6:15 Tai Chi for Arthritis Intermediate 5:30-7 Rainbow Umbrella of Central VT* (3/8, 3/22) 6:30-7:30 How to Retire Without Going Broke 6:30-8 Armchair Travel (3/1, 3/15)*	9-10:30 Gentle Yoga 9-10:30 Write a Poem 9:30-11:30 Rug Hooking 10-11 Swimming at FIF 10:45-12:15 Write a Poem 11:45-1:15 Moving Every Music 1:30-3 Tai Chi Long Form (starts 3/9) 1:30-3 Osher Lifelong Learning Institute (3/2) 1:30-3:30 Writing 3:30-4:30 Gentle Flow Yoga 4:30-6 Intermediate Drawing 5-6 Beginner Guitar 5-6:30 Moderate/Vigorous Flow Yoga 6-7:30 Make Recycled Critters (3/23) 6:30-7:30 Ask For What You Want (3/2)	8:30-9:40 Living Strong 9-10:30 Yoga for Balance Intermediate 9-11:30 am Bridge* 10-11 Swimming at FIF 10-12 Crafters Group 11-11:45 Dance to Fitness 11:30-12:30 Technology Workshop (3/10, 3/24) 12:45-3 Bridge* 12:45-1:45 Walks with Harris* 1-2 Essential Oils (3/31) 1-2:30 Art History Lecture (3/24) 2-3 Moving Into Stillness 3-4 Voice for Shy Singers 3:30-4:45 Moderate Yoga 4-5:30 Piano Workshop* 5-6 Living Strong 5:15-6:45 Gentle Yoga 6-6:30 Ukulele Group Beginner Session* 6:30-8 Ukulele Group*	9-10 Living Strong 10-11:30 Vigorous Yoga 10-3 Mah Jongg* 12-1 FEAST Meal 12:30 Monthly Birthday Social (2/19) 11:30-1 Tennis at FIF 1:30-2:30 Intro to Qigong 2-3 Advanced Voice (at Westview Meadows) 2-3 Living Strong Group* 2-4 Beginner Italian 5-6 Living Strong 5-6 Swimming at FIF
				Saturday/Sunday
				Sat. 10-11:30 Memory Café (3/12)

*Does not require registration. Donations appreciated.

Montpelier Senior Activity Center
58 Barre Street
Montpelier, VT 05602

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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 Imarkus@montpelier-vt.org.

Submissions for April Newsletter due March 18.

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 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

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