

May 2016

Active Times

NEWSLETTER OF THE MONTPELIER SENIOR ACTIVITY CENTER

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

Senior Prom: "Garden Party"

Saturday, May 28, 7-10:30pm at the Capitol Plaza Hotel • \$20 (\$30 additional for optional pre-prom dinner at 5pm)

Buy your tickets today for Senior Prom, which will take place on Saturday, May 28, at the Capitol Plaza Hotel.

Gary Home and additional sponsors Ben and Jerry's Foundation, Armistead Senior Care, TD Bank, Sovernet, Vermont Mutual, and Action Circles!



Our second annual Senior Prom promises to be an amazing time. We had more than 125 people come out last year, and are hoping even more of you will join us for an evening of music, dancing, and fun.

We are looking for volunteers to help with the event. Please let us know in the office if you can help.

Check out a video by Seven Days of last year's event at <http://tinyurl.com/msacsprom>.



We'll have a dessert buffet, cash bar, music by DJ Fred Wilbur, dancing, a silent auction, and wonderful garden party themed decorations. At 7:30pm, we'll have dance lessons by Carolyn and Bill Pedrick, champion amateur ballroom dancers.



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ALL ARE WELCOME! Come as you are, or as formal as you wish. **Tickets are available now in the MSAC office or online at msacprom16.bpt.me for \$20.**

We are also hosting an elegant Pre-Prom Dinner at the Capitol Plaza at 5pm. Enjoy a lovely meal in the company of friends. Dinner is an additional \$30 and tickets are available in the office or online.

Please help us plan by purchasing your tickets in advance.

Thank you to our presenting sponsors, Westview Meadows at Montpelier and The

Save the Date! MSAC Open House

Monday, June 6, 5-7pm
Join us for our summer open house!

- Learn about MSAC classes, trips, programs, and partners
- Sign up for summer classes
- Renew your membership
- Entertainment by MSAC performance groups and classes
- Class demonstrations
- Light refreshments

ANNOUNCEMENTS

Advisory Council Elections & Annual Meeting

Please remember to vote by June 1 in the office or online at <http://bit.ly/msacboard>. Save the date for our Annual Meeting on Tuesday, June 21 at 12:45pm, with the option to come at noon for the FEAST Together lunch.

Member Art Show

If you would like to display your work in a member art show in the Community Room from June 3-July 29, please speak to Dan in the office by May 20. We're also looking for a few volunteers to help hang the show.

Status of City Department Consolidation

The City anticipates contracting with a facilitator to start a Strategic Planning Process in May, and members of MSAC staff and Advisory Council will participate. The general public will have opportunities to participate and offer input, and one of the scheduled dates is at the MSAC Annual Meeting on June 21. Our staff continue to work more closely with our colleagues from Recreation in advance of any formal consolidation, including sharing expertise for communications and facility maintenance tasks, touring each other's operations, and early planning for one of their staff members to relocate to our office this July. As of our printing date, the City Council had not made a decision on whether to continue exploring the sale of the Rec building - that topic will be on their agenda at City Hall on Wednesday, May 11.

Facility Updates

In recent weeks, we've installed new locks on the two kitchen doors to allow them to close without locking, offering more options for noise reduction during special events and art classes. In other news, we accepted a State of Vermont facilities grant for our eventual partition project on the first floor. Thank you for your continued patience while we assess the future use of our space in light of our expected consolidation with the Recreation Department. Your input is always welcome, and the May 19th MSAC Advisory Council meeting is a great time and place to share it!

Staff and Council Engage in Professional Development and Networking



The Tri-State Aging Summit

We continue to partner with Barre Area Senior Center to plan and market senior van and bus trips. In addition, along with BASC's Director Cathy Harts-horn, we are helping plan the third annual conference

of the recently established Vermont Association of Senior Centers and Meal Providers. Last month, Dan traveled to New Hampshire to participate in the Tri-State Aging Summit with colleagues from Maine, New Hampshire and Vermont, and he also attended an event at the State House sponsored by the Alzheimer's Association to raise awareness. Janna will serve on a panel at the UVM Center on Aging's Gerontology Symposium in Rutland on May 20 and speak about dementia-friendly community initiatives. Advisory Council members are also informed of and participate in many networking and training events throughout the year, including several who traveled to an Alzheimer's Association event at their new headquarters in Williston.

Spring Classes

It's not too late to join the 450 people taking classes this spring. Stop by the office to sign up!

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:
May 19, 1-2:30pm

Congress Passes Reauthorization of the Older Americans Act

On April 6th, the Senate unanimously approved and sent to President Barack Obama a bill to support and expand social and nutrition services for seniors.

The Older Americans Act, first passed in 1965, has been in need of reauthorization since 2011. The bill provides much-needed funding for caregiver support, transportation, job training, protection from abuse and financial exploitation and nutrition programs like Meals on Wheels. In addition to extending the Act's core programs, new provisions in the bill strengthen elder abuse protections, support oral health among seniors and promote the modernization of senior centers.

The number of Americans age 60 and over will grow from about 65 million today to 92 million by 2030, according to U.S. Census Bureau projections. "This bill includes a much-needed seven percent increase in funding over the next three years," said Senator Bernie Sanders. "Providing older Americans with the resources they need to stay healthy and at home is not only the right thing to do, it makes good economic sense. Investing in Meals on Wheels and other Older Americans Act programs will help keep seniors healthy and out of expensive hospitals and nursing homes."

Rummage Sale Thanks

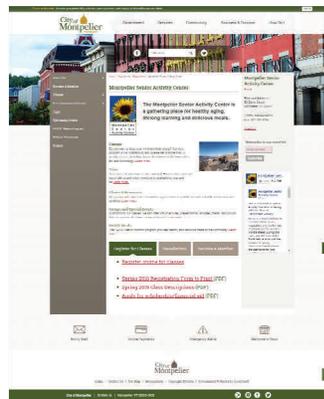


Thank you so much to our incredible team of more than three dozen volunteers who dedicated many hours of time making the Rummage Sale a success. Thank you also to everyone who donated items or came and shopped. We're happy to report that this was our most successful sale ever, raising more than \$4,500 to support the work of MSAC!

Thank you to: Barbara Arley, Paul Audy, Carol Baker, Joan Barrett, Mary Alice Bisbee, Mary Bronson, Barbara

Burnett, Chris Byrom, Susan Calza, Mary Carlson, Sally DeCicco, Amalia DiStefano, Jan Dunn, Helen Eldred, Pam Finnigan, Veronica Frostick, Bev Gaboriault, Mary Margaret Groberg, Wendy Hale, Fran Krushenick, Barb Ladabouche, Linda Lane, Tootie McDermott, Jill McDonald, Elaine McIntyre, Patricia Molus, Joan Moreau, Irene Nettler, Leslie Parr, Elizabeth Romeka-Pluta, Barb Smith, Brenda Snetsinger, Elaine Sumner, Stan Sumner, Christine Terry, Susan Torchia, Diane Wishinski, Bob Withey, Maria Withey, and Robert Youngberg.

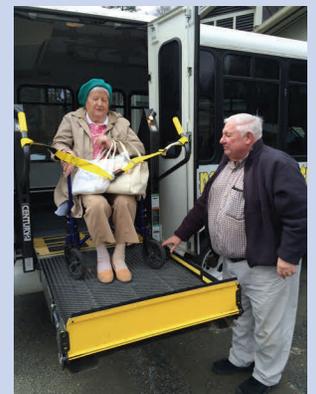
MSAC Website



Have you had a chance to visit the new MSAC website (launched late last year)? Visit www.montpelier-vt.org/msac to view our newsletter online, see a calendar of upcoming trips and events, and even sign up for classes online! More than 2,000 people have visited the site since its launch.

Ride the Van to MSAC!

Every Tuesday, get a free door-to-door ride to the senior center and enjoy a wonderful lunch, our Swingin' Over Sixties band, acupuncture clinic, chair yoga class, Your Financial Future presentations, weekly read-aloud, and more! If you're 50 or older, need help getting around, and live in Montpelier or Berlin, you qualify. Call Eileen at 262-6288 to get a ride.



We provided the first ride on April 12, and requests have been few. Please consider this program if you need help getting to MSAC or if you have a friend, family member or neighbor who may need help.

Thank you to Hunger Mountain Coop, Walmart Foundation, North Country Federal Credit Union, and the Vermont Community Foundation for supporting this program!

UPCOMING EVENTS

Start the Conversation — A Community Discussion About Family, Aging & End-of-Life Choices Thursday, May 5, 1-2pm

We plan for the milestones in life—college, marriage, children and retirement. And, yet, too often we neglect to plan for the end of life. Planning for end-of-life care before it becomes a worry, or a financial burden, is as important as all the other life plans we make. It makes it easier for you, your loved ones, and your physician, to know your wishes and ensures that your choices will be heard. More importantly, it means that when time becomes short, your focus can be on doing what you most enjoy and not making hurried, last-minute decisions. The first step is having a conversation. Emily McKenna, Marketing Manager for Central Vermont Home Health & Hospice, will show a 26-minute video, *Nine to Ninety*, that explores the challenges of aging and planning for end-of-life care in today's world. The video will be followed by a brief description of the CVHHH Start the Conversation Initiative. Free and open to the public.

Your Financial Future

Liz Scharf, Savings and Credit Program Coordinator at Capstone Community Action, will help you avoid scams and identity theft, teach you about credit scores, and help you figure out how to fund your retirement in three sessions. Free and open to the public. Pre-registration required to the MSAC office (223-2518).

Give Yourself a Little Credit

Tuesday, May 10, 1-2pm

This class will teach you everything you ever wanted to know about why you want to have a healthy credit score. We will discuss the cost of carrying a balance on your credit card, compare interest rates, and interpret the “fine print” on a loan agreement.

Savvy Seniors—How to Avoid Scams and Identity Theft

Tuesday, May 17, 1-2pm

Don't let con artists take advantage of your good credit and retirement savings. Unfortunately, the older population falls victim to scammers because they are less likely to report a crime. In this class, we will learn about common scams and what steps we need to take to make sure we are protected.

Funding Retirement

Tuesday, May 24, 1-2pm

Social Security, Pension, IRAs and 401ks help us financially manage our retirement years. What happens when that's not enough? In this class we will explore Reverse Mortgages and Home Share as options for aging in place.

Expressive Art Drop-Ins at Heaton Woods

Wed. May 11 & May 25, 3-4:30pm

Join Instructor Suki Ciappara as she helps you connect with your creativity and heal through color. Suki's work “celebrates the mystery and beauty of colors and textures. [She is] deeply inspired by the natural world and especially the sea.” She has a BFA in Therapeutic and Fine Arts from Vermont College. *Part of our MSAC in the Community Initiative, these free drop-in sessions will be offered on a regular basis at Heaton Woods, 10 Heaton Street, in Montpelier. All MSAC members are welcome.*

AARP Home Fit Workshop

Thursday, May 12, 1-2:30pm

The AARP Home Fit Workshop provides information to participants on how to decide what type of home modifications are needed to stay in their home as they age. It also provides ideas and inspiration on making those modifications. The goal of the presentation is to educate participants on home updates that can make it easier for them to go about their daily activities while staying comfortable, independent, and injury-free in their home. In an AARP survey, eight out of 10 people age 45 and older say they want to remain in their homes and communities for as long as possible. Free and open to the public. Refreshments will be provided. *Presented with Home Share Now.*

Youth Guitar Recital

Wednesday, May 25, 6:30-7:30pm

A group of talented young musicians will sing and play piano and guitar. Featured in the program are songs spanning several centuries, ranging from classical, ragtime and contemporary pop songs, to the theme song from Downton Abbey. We hope you can attend. Free and open to the public.

Read-Aloud from “Two in the Far North”

Every Tuesday, 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. Her stories are filled with humor, vivid descriptions, and a deep love for the 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.

Walks with Harris

Now Tuesdays from 1-2pm

Walking around town with Harris Webster is always a delight. He'll share some of his favorite spots, as well as some of the gems of the city. Harris is an expert of local walking trails and serves on the City's Pedestrian Advisory Committee. Meet at the MSAC lobby at 1pm. RSVPs strongly encouraged to the MSAC office at 223-2518. **Note new time!**

Discussion Group on Aging

Every Thursday, 1-2pm

A discussion group on aging and the brain to share thoughts and experiences as well as discussions of articles and books on the subject.

Art Exhibit: Jeneane Lunn



Landscape in Pastels: A Painter's Diary" is available on Kindle.

May 2-May 31
Sun drenched landscapes, Castelvechio Subequo by night and portraits of her people create a visual diary of artist and MSAC instructor Jeneane Lunn's Italian experience. Lunn's book "Exploring

The Bus Blotter

This is a regular monthly column from Green Mountain Transit.



Green Mountain Transit (formerly GMTA and CCTA) is excited to share our new logo! We have incorporated staff and Board Member input to conclude on a logo characteristic of all service areas as we move forward in rebranding as one unified organization.

While our quality service will remain steadfast, you can look forward to seeing the fresh look on the buses, bus stops, and bus signs in the upcoming months.

Member Notes

Welcome New Members

Cheryl Bordas
John Heyman
Day Kokarev
Phyllis Larose
Alan McKelvy

Doris Seymour
John Seymour
Mary Thulman
Robert Watson

With Our Sympathies
Jane Dale

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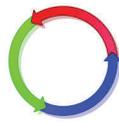
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Massage Clinic

Monday, May 2, 10am-4pm

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

Rainbow Umbrella of Central Vermont

Tuesday, May 3, 5:30-7pm

Tuesday, May 17, 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.

Blood Pressure Clinic

Wednesday, May 4, 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.

Memory Café

Saturday, May 14, 10-11:30am

Montpelier Memory Cafe will be filled with music when the Heaton Woods band performs. The Memory Cafe is where people with memory loss disorders and their care partners can come together to connect and support one another.

PD Young Onset Group

Saturday, May 14, 1-3pm

Young Onset Parkinson's Support Group is for people with Parkinson's and their partners to come together and support one another. For more information, contact Andrea Gould and Charlie Barasch at 454-7806.

Foot Clinic

Monday, May 16, 1pm-4pm

Monday, May 23, 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.

Home Share Now Info

Friday, May 20, 10:30am-12pm

A representative from Home Share Now will be in the MSAC lobby to share information about the home sharing program.

AARP Smart Driver

Monday, June 13, 10am-3pm

Learn defensive driving techniques, proven safety strategies, and new traffic laws and rules of the road. Taught by an AARP-trained instructor. Upon completion, you may receive a discount on your car insurance. \$15 for AARP members, \$20 for non-members. An additional session is being held at Westview Meadows on Tuesday, May 10 at 12:30pm. For questions or to sign up, call instructor Norman James at 229-8523.

Acupuncture Clinic

Tuesdays, 10am-12pm

Treatment in a group setting performed by licensed acupuncturist Jen Etheridge. Treatments are all auricular (outer ear) acupuncture. Treatments are about 30 minutes each. 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. **Continues through May and then will take a summer hiatus.**

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 Coaching

By appointment

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.

ADVISORY COUNCIL CANDIDATES

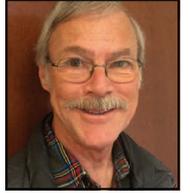
Bill Doelger

My wife and I retired and moved to Montpelier in 2003 to help Linda's father, Stretch. He played every week in the Swinging Over Sixty Band. A year later, my new cardiologist sent me to Cleveland for heart surgery. When my physical therapy was done, I wanted to find something that would help me stay fit. We wondered if Living Strong could really help even though most of the exercises are done sitting in a chair. We did one session and went home to take a nap. We have been attending ever since. I have served on the Council before and helped with the capital campaign after the fire. I have an interest in doing what I can to insure the long-term future of the MSAC.



Paul Irons

I was born in the NE corner of the NE Kingdom and have lived in Berlin since the 1970s. I served in the US Army as a neuropsychiatric specialist in the medical corps. After my service I started my own business in landscaping, operated Arbor Garden Center, and became a realtor and real estate manager. I have served on quite a number of town and non-profit boards over the years. Most recently I've been involved with the transformation of a convent and school into a Center for Arts and Learning – right next door at 46 Barre Street! My wife Peggy and I have three grown sons. I'm looking forward to working with the staff and members of the senior center.



Wendy Freundlich

Wendy Freundlich has lived in central VT for almost 30 years. She has a background in Human Development, with a concentration in gerontology from UVM. Her professional career includes recreation (Elderhostel tour leader to Scandinavia 1983-89, program director at Heaton Woods, 1995-1999, Hiking Guide for VT Hiking Holidays, yoga instructor), and ESL teacher for youth and adults in both the private and public sector. For the past 16 years, Wendy has been the Program Director of Girls/Boyz First Mentoring. Wendy enjoys being outdoors, gardening, swimming, cooking, skiing, stand-up comedy, playing mahjong and spending time with friends and family. She has two teenagers and lives in Middlesex.



Jessica Sanderson

Jessica Sanderson lives in Montpelier and is the Program Manager for the FEAST Program for Just Basics, Inc. FEAST At Home and FEAST Together runs out of the MSAC kitchen with the help of many member and community volunteers. These meals are vital to the well-being of many MSAC members and community elders who need help with their nutrition. She is available in the FEAST office Monday through Friday, 9:30 – 12:30 to talk with members about their concerns or suggestions. If elected, this will be her second year on the MSAC Advisory Council and she looks forward to the exciting new changes in store for the Montpelier Senior Activity Center as they merge with the Recreation Department.



John Hopkins

John L. Hopkins was born into a military family and subsequently lived in Morocco, Newfoundland, New York, California, Nebraska and Texas before entering the University of Nebraska under a football scholarship. Hopkins left school and joined the Navy, became a Navy Diver and retired as a Lieutenant Commander after 23 years of service. He had completed his BS degree in Business Management, an MBA and the first year of Law School. Hopkins then became a member of the Texas Office of Emergency Management and moved to the Federal Emergency Management Agency (FEMA) working 13 Presidentially-declared disasters (including the Oklahoma City bombing). Next, Hopkins went to work for the U.S. Department of State helping manage the IT networks and completed his career at the NASA headquarters in Washington, D.C. Hopkins says, "My life has been incredible. One exciting opportunity after another. Now is the chance to give back."



Sue Stukey

Sue Stukey and her husband, Art, have been full time residents of Montpelier for 5 years, and active at the MSAC for many of those years. Sue is a native of Massachusetts, with Vermont ancestors going back to the 17th century. She spent many summer days with her grandparents in Post Mills, VT as a child. After living "away" in the West, overseas and for 30 years in Chicago, where she worked as a physical therapist, she and Art settled here in 2007, joining many family members in the area. She is no stranger to Advisory Boards, having spent 8 years on the National Board of Trustees of the Unitarian Universalist Association and 3 years on the MSAC Advisory Council. She is looking forward to helping the MSAC thrive and continue to provide interesting and invigorating classes, events, and travel possibilities for Vermont seniors.



Vote by June 1 in the office or online at <http://bit.ly/msacboard>

TRIPS

Registration and payment required two weeks ahead unless noted.

Bike the Bridges

Sunday, May 1, 1pm • Free

Did you know that Montpelier has over 20 bridges? You'll discover and explore them on the "Bag the Bridges" Bicycle Ride. Meet leader Nancy Schulz at 1pm in front of the senior center for a journey that will surprise and amuse you. Required are a bicycle that is in good mechanical condition and a helmet that fits properly. Please pre-register at the senior center.

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 class-

room session "Kayaking Fundamentals" to be held at MSAC on Wednesday, May 4 from 1-3pm is a prerequisite to any of the 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.

Wednesday, May 11: Mosey to Morgan to See More at Lake Seymour: Our destination is the Northeast Kingdom town of Morgan, home to Lake Seymour, the second-largest natural lake in VT, noted for its trout and salmon fishing. We'll have lunch at the public beach. *Originally scheduled for June 1.*

Wednesday, May 18: North to Norton Pond: We'll explore the south and western portions of this pond, paddling into coves and around islands, where wildlife abounds and where spring water levels will allow us to travel farther up inlet creeks.

Wednesday, May 25: Come Along to Lake Carmi: We'll paddle the 7.5 miles of Lake Carmi's shoreline, keeping watch for ospreys and bald eagles, and stopping for lunch at Lake Carmi State Park.

Wednesday, June 1: Do You Cotton to Groton?: This trip will take us to the largest body of water in Groton State Forest. We'll paddle along the shoreline to our lunch spot at a lovely waterfall and then finish by continuing

around the perimeter of the lake. *Originally scheduled for May 11.*

Wednesday, June 8: Done Any Paddling at Lake Dunmore?: This trip will find us paddling in the Green Mountain National Forest, which includes Branbury State Park. A stop in Middlebury for dinner on the way home is an option.

When Love Was Nifty at the Chandler Center

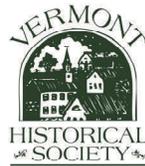
Sunday, May 22, 1-4:45pm • \$24

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.

NEW: Vermont History Museum Tour

Tuesday, May 24, 10:30-1pm

Come for a tour of the Vermont History Museum in the Pavilion Building next to the State Capitol on May 24 led by Whit Dall. Come learn about 350 years of Vermont History! We'll meet in front of the Pavilion building at 10:30am. The tour will be about an hour, and then we'll walk back to MSAC for lunch. Entrance to the museum is a suggested donation of \$5. Call the FEAST office at 262-6288 to reserve a FEAST lunch. Questions? Thedalls@gmail.com.



NEW: Summer Walks

Whitney Dall and Tina Muncy have again organized some wonderful walks and hikes for this summer season. Get out your comfortable walking shoes and join us! Walks are all \$6 each.

Wednesday, May 25, 9:30am-3pm: Stowe Bike Path

Let's begin the season with an easy walk on the paved Stowe bike path. We will stop for lunch at the Depot Street Malt Shop and then go to see the student art at the Helen Day Art Center.

Thursday, June 9, 9am-1:30pm: Lamoille Rail Trail

This is a flat, well-maintained rail trail. We will walk for

about two hours on a stretch near Danville and then stop at Bentley's Bakery for lunch. Or you can bring your lunch and buy a cookie.

Monday, July 11, 9:30am-3pm: Colchester Causeway
We'll walk along the beautiful Colchester Causeway out to the middle of Lake Champlain and stop at Sam Mazza's Farm Market and Bakery on the way back.

Thursday, September 8, 12:30-4pm: Northfield
A three-mile walk on back roads including a walk to the Trijang Buddhist Institute for a beautiful view.

Wednesday, September 21, 1-4pm: Millstone Trails
The Millstone Trails are network of multi-use trails traversing the historic quarry lands of Millstone Hill in Barre.

State Park Trips

The "State Park Series" is a collection of three trips to less well-known state parks in Vermont. The chosen parks offer rental boats, swimming, and hiking trails (as well as other amenities) so that participants have a choice of activities apart from sharing a picnic lunch together. Departure from the Department of Labor at 8:30am and arrive back in Montpelier by 6:30pm. The price for each trip is \$16, not including park admission. The Green Mountain Passport is available for \$2 to anyone 62+ at your Town Clerk's office and provides free admission to all state parks for life. If you do not have the Passport or are not eligible, admission is \$4.

Friday, June 3: Bomoseen State Park
Lake Bomoseen in Castleton is the largest lake located entirely within Vermont. On this trip, we'll be treated to scenic vistas and glimpses of history in the form of stone ruins and old slate quarries. There are over seven miles of walking trails that travel past ponds, through forests, and across meadows. One trail, featuring a spectacular view, leads to adjacent Half Moon State Park. Boat rental options include canoe, kayak, row, and pedal boats. There is a swimming beach, snack bar, and picnic area within the park's 2,879 acres.

Wednesday, July 6: Maidstone State Park
Remote Maidstone Lake in the Northeast Kingdom was formed 12,000 years ago when the last glaciers melted and left a deep basin in a preexisting valley. Explore two miles of hiking trails along the lake's shoreline or walk along an extensive network of logging roads. Swim from the sandy beach. Rent a boat to enjoy the 800-acre lake and scout the perfect picnic lunch spot.

Wednesday, August 10: Brighton State Park
Located on the shore of Spectacle Pond in the Northeast Kingdom, Brighton State Park offers a nature museum, a long sandy beach, several walking trails including a 15-station interpretive trail, opportunities to observe wildlife, swimming, and boat rentals. While once this area was a bustling crossroads for 13 railroad lines, now it's a hub for those seeking to enjoy the quiet, natural beauty of the forest and the water.

NEW: Vermont Stage's *A Number at the Flynn Space*

Thursday, June 16, 6:15-11pm • \$48
In a not-too-far off future where human cloning has become a reality, two genetically identical siblings confront their parent looking for explanations into their shared past. Vermont Stage breaks this brilliantly conceived sci-fi drama into three parts, assigning three directors, and three casts to explore the wildly different ways a play can be brought to life!

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. Our covered seats are in Outfield Grandstand 2, rows 9-15. This trip is open to central Vermont senior center members and their families. **Register by May 15.**

More Upcoming Trips

For more information on all our upcoming trips, stop by the MSAC office or visit www.montpelier-vt.org/msactrips.

- **NEW: Beer, Wine, and Cider Tour:** Fri. July 8, 10:45am-5pm • \$16
- **NEW: Justin Smith Morrill Homestead:** Thurs. July 14, 12:30-5:30pm • \$20
- **Foster's Clambake:** Thurs. July 21, 8am-6pm • \$89
- **NEW: Hildene & Manchester, VT:** Wed. July 27, 9am-5pm • \$46
- **NEW: Mama Mia! At the Weston Playhouse:** Sun. August 7, 9am-7:30pm • \$98
- **Cruise on Lake Memphremagog:** Thurs., August 18, 9am-3:30pm • \$52
- **NEW: Rudyard Kipling House:** Thurs. August 25, 9:30am-5pm • \$43
- **NEW: Montreal Museum of Fine Arts:** Thurs. September 1, 8am-6:30pm • \$43



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 5/3: Balsamic chicken with olives and walnuts, served with white bean quinoa salad

Friday, 5/6: Slow cooked roast pork served with baked potatoes and sautéed green bean medley

Tuesday, 5/10: Glazed chicken served with spicy cabbage salad and white rice

Friday, 5/13: Beef stew loaded with root vegetables and served over egg noodles

Tuesday, 5/17: Ground beef chili with tossed salad and corn bread

Friday, 5/20: Ginger beef serves with wild rice pilaf, wheat berry salad, and poppy seed coleslaw

Tuesday, 5/24: Turkey pot pie filled with rutabaga, carrots, and potatoes

Friday, 5/27: Ground beef cottage pie served with corn, spinach, and shallots

Tuesday, 5/31: Egg salad sandwiches on whole wheat bread, served with sweet potato and lentil soup

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

FEAST Together Tuesdays

The van is up and running each Tuesday to pick you up and bring you to MSAC FREE!!! Volunteers will assist you from door to door and help you get settled at FEAST Together. If you would like to come for a Tuesday class, we can make that happen, too! Come enjoy the Swinging Sixties Band and the FEAST Together meal. Check the menu to see which day has your favorite meal and make a reservation with Eileen Jones at 262- 6288 to sign up for a ride. We hope to see you here at FEAST Together!

May Birthday Social

- Friday May 20 at FEAST Together: Garden Party Theme in keeping with this year's MSAC Senior Prom! Cake and Ice Cream for All and a Gift Raffle for our May Birthday Celebrators. Thank you to our Birthday Social sponsors Rubber Bubbles and Agway for the balloons and plants! The Birthday Social Theme in April was EARTH DAY and Tootie McDermott admires the beautiful cake!



Volunteers of the Month



Some of our Friday Front of the House Staff with Chef Justin Turcotte last month. From left to right Patricia DuPont, Jane Bryant, Justin Turcotte, Jeanne Felmly, Janet Miller, Carole Baker.

Call for Volunteers

- FEAST Together Greeter:** Meet and greet the diners each Tuesday from 11:30 to 1:30. There is some paperwork, cash handling and includes a delicious meal.
- Drivers for FEAST At Home:** We need Wednesday and Thursday drivers through the summer. 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 you volunteer.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>8:45-10 Yoga for Balance Intro</p> <p>9-10 Living Strong</p> <p>9-1 Foot Clinic (5/23)</p> <p>9-4 Massage Clinic (5/2)</p> <p>10-12 Painting</p> <p>10-12:30 Spanish Language Films (at Savoy)</p> <p>10:30-11:15 Dance to Fitness</p> <p>10:30-12:30 Writing</p> <p>11:45-12:45 Yoga for Joint Mobility</p> <p>12-3 Mah Jongg*</p> <p>12:45-2 Intermediate French</p> <p>1-2:30 Handbuilding in Clay</p> <p>1-3 Bridge*</p> <p>1-4 Foot Clinic (5/16)</p> <p>1:15-2:30 Moderate Yoga</p> <p>2:30-3:30 Living Strong Group*</p> <p>3:30-4:30 Very Gentle Yoga</p> <p>5-6 Beginner Spanish</p> <p>5-6:30 Moderate/Vigorous Flow Yoga (no class 5/30)</p> <p>5-6 Living Strong</p> <p>5-6 Swimming at FIF</p> <p>6:15-7:45 Advanced Beginner/Early Intermediate Spanish</p>	<p>8:30-9:40 Living Strong</p> <p>9-10:15: Gentle Yoga</p> <p>10-11 Swimming at FIF</p> <p>10-11 Water Aerobics at FIF</p> <p>10-12 Acupuncture Clinic</p> <p>10:30-12 Band & Dancing</p> <p>11-12 Chair Yoga</p> <p>12-1 FEAST Meal</p> <p>1-2 Your Financial Future Presentations* (5/10, 5/17, 5/24)</p> <p>1-2 Read Aloud with Nancy*</p> <p>1-2 Walks With Harris*</p> <p>1-3 Scrabble*</p> <p>1:15-2:30 Italian Group*</p> <p>1:45-2:45 Vigorous Yoga</p> <p>2-3 Trash Tramps*</p> <p>2-3 Yoga for Beginners (at Worcester Town Hall)</p> <p>2:15-4:15 Advanced Beginner/Early Intermediate Italian</p> <p>3-4 History of Jazz</p> <p>4-5 Tai Chi for Arthritis Intro</p> <p>5-6 Living Strong</p> <p>5:15-6:15 Tai Chi for Arthritis Intermediate</p> <p>5:30-7 Rainbow Umbrella of Central VT* (5/3, 5/17)</p>	<p>9-10:15 Gentle Yoga</p> <p>9-10:30 Write a Poem</p> <p>9:30-11:30 Rug Hooking</p> <p>9:45-10:45 Blood Pressure Clinic*</p> <p>10-11 Swimming at FIF</p> <p>10:45-12:15 Write a Poem</p> <p>11:45-1:15 Moving Every Muscle</p> <p>1:30-3 Tai Chi Long Form</p> <p>1:30-3:30 Writing</p> <p>2-3 Reelin' and Rockin': Singing Songs of the 50s and 60s</p> <p>3-4:30 Expressive Art (at Heaton Woods) (5/11, 5/25)</p> <p>3:30-4:30 Gentle Flow Yoga</p> <p>4:30-6:30 Explore Landscape in Soft Pastels</p> <p>5-6 Advanced Beginner Guitar</p> <p>5-6:30 Moderate/Vigorous Flow Yoga</p> <p>6:30-7:45 Guitar Recital*</p>	<p>8:30-9:40 Living Strong</p> <p>9-10:15 Yoga for Balance Int.</p> <p>9-11:30 am Bridge*</p> <p>10-11 Swimming at FIF</p> <p>10-11:30 Movement for PD</p> <p>10-12 Crafters Group</p> <p>10-12:30 Film and Stage (at Savoy)</p> <p>11-11:45 Dance to Fitness</p> <p>11:30-12:30 Technology Workshop (5/12, 5/26)</p> <p>12:45-3 Bridge*</p> <p>1-2 Group on Aging*</p> <p>1-2 Start the Conversation* (5/5)</p> <p>1-2:30 Home Fit Workshop* (5/12)</p> <p>2-3 Moving Into Stillness</p> <p>2:45-3:45 Astrology (ends 5/5)</p> <p>3-4 Voice for Shy Singers</p> <p>3:30-4:45 Moderate Yoga</p> <p>4-5:30 Piano Workshop*</p> <p>5-6 Living Strong</p> <p>5-6 Beginner Spanish</p> <p>5:15-6:45 Gentle Yoga</p> <p>6-8 Ukulele Group*</p>	<p>9-10 Living Strong</p> <p>10-11:30 Vigorous Yoga</p> <p>10-3 Mah Jongg*</p> <p>10:30-12 Home Share Now Info Table* (5/20)</p> <p>12-1 FEAST Meal</p> <p>12:30 Monthly Birthday Social (5/20)</p> <p>11:30-1 Tennis at FIF</p> <p>11:45-12:45 Yoga for Joint Mobility</p> <p>1:30-2:30 Intro to Qigong</p> <p>2-3 Advanced Voice (at Westview Meadows)</p> <p>2-3 Living Strong Group*</p> <p>3:15-4:45 String Quartet (no class 5/13)</p> <p>2:15-4:15 Advanced Beginner/Early Intermediate Italian</p> <p>5-6 Living Strong</p> <p>5-6 Swimming at FIF</p>
Saturday/Sunday				
<p>Sat. 10-11:30 Memory Café (5/14)</p> <p>Sat. 1-3 Early Onset Parkinson's Support Group (5/14)</p>				

*Does not require registration. Donations appreciated.

Montpelier Senior Activity Center
58 Barre Street
Montpelier, VT 05602

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Senior Prom: Garden Party

May 28, 2016 | See Front For Info

Dear Newsletter Subscribers:

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

Submissions for June Newsletter due May 13.

We are closed on Monday, May 30 for Memorial Day. The office will be closed, and non-class activities are cancelled. 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

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