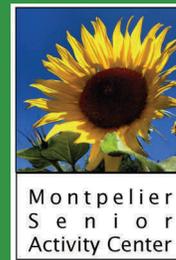


Donate to MSAC by November 30 and your gift will be doubled!



Active Times

NEWSLETTER OF THE MONTPELIER SENIOR ACTIVITY CENTER

October 2016

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

Support Us for a Healthier Community

You are helping us redefine the word "senior."

Seniors like you are active and strong.

Whether you start your week with a yoga class or by catching one of Rick Winston's films at The Savoy, you are a part of what makes our community healthy and vibrant.

The Montpelier Senior Activity Center is here to support you in your journey.

Give today to help us continue to make your community healthier. Your contribution will be doubled if you give before November 30th.

Your past contributions have helped make the Center a leader in supporting healthy aging in Vermont for 50 years. We are so grateful to you for helping to support our work. Because of you, we can serve more than 1,000 seniors every year, including one in five Montpelier seniors.

With your help, we can continue to serve thousands of meals, work in the community to reach more seniors, and offer dozens of varied and affordable classes. With your support, we have been able to lower average class fees each of the last three years.

Contributions will be matched dollar-for-dollar by the National Life Group Foundation. For example, a \$50 contribution will be matched with an additional \$50, thus making a total of \$100 available to provide affordable classes, free programs and clinics, and nutritious meals.

Your gift will be doubled, allowing us to reach more seniors and serve the growing need in our aging community.

"I am much stronger physically and I feel better emotionally." - MSAC member

Your contribution helps hundreds of seniors live healthier and more active lives. In fact, 85% of participants tell us that they feel healthier as a result of their involvement at the Center.

Tax appropriations from Montpelier and our six supporting towns fund only 37 percent of the Center's operating costs, so we need your help to bridge the gap. Your support will allow us keep more seniors than ever healthy while keeping programs affordable.

Please try to give something. A gift of just \$50 can pay for one hour of programming and help us celebrate our 50th anniversary.

You can donate by mail, in the MSAC office, or online at www.montpelier-vt.org/msac.

Thank you for your support,

A handwritten signature in black ink that reads "Janna Clar".

Janna Clar
Director



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ANNOUNCEMENTS



Save the Date: 50th Anniversary Gala and Senior Prom

The Montpelier Senior Activity Center celebrates its 50th birthday this year, and we'd love for you to come celebrate with us! Save the date of Saturday, June 10, 2017 and plan to join us for dinner, dancing, and a celebration of 50 years of healthy aging and lifelong learning! Want to help us plan and orchestrate this event? Let us know in the office. Thanks!

Open House: Call for Talent

On Monday, November 28 from 5-7pm, we will host our Annual Holiday Open House! Save the date for this fun event, which will include refreshments and merriment. This open house, we will host our first ever MSAC talent show! If you have a talent you'd like to share, a song to sing, a poem to read, etc., please let Dan know in the office and we'll add you to the schedule!

MSAC is Accessible to All

We want everyone to be able to participate in MSAC classes, activities, and events. Our building is fully ADA-compliant, and we will make every effort to accommodate you. Please let us know in the office if there's any-

thing we can do to ensure that programs are available to you.

Community Services Listening Workshop

Please join us Tuesday, October 11 from 6:30-8:30pm in the MSAC Community Room, when the Community Services Steering Committee will present recommendations for the vision, values and organizational plan of a new Community Services Department in Montpelier. The new department will eventually integrate the existing four departments of MSAC, Recreation, Parks, and Cemeteries. Come listen, react, and let us know what you think. The following evening, City Council will consider the recommendations at their 6:30pm meeting at City Hall.

Supporting Town Funding Petitions: Help Needed!

Once again, MSAC will request public funding from our six supporting towns: Berlin, Calais, East Montpelier, Middlesex, Moretown, and Worcester. Town Meeting is in March, but petition signatures are due much sooner. This year, we have a good opportunity to collect signatures at the polls on Election Day, Tuesday, November 8. If you can help that day, or at other times this fall, even just in your own neighborhood, please contact Janna Clar in the office!

Transportation Program—NEW Shopping Shuttles



Tuesday van ride service to MSAC will continue through December 20. We are also trying out a new service on Friday October 28 and November 18, which will give Montpelier and Berlin seniors

the chance to ride the wheel-chair accessible van to one of two different shopping destinations in Berlin: the "big" Shaw's, or the Berlin Mall. Seniors who have transportation barriers are eligible, and there is no charge. Our ride assistant, Kathy, can help you get from door-to-door and carry packages. Call Eileen at 262-6288 for more details or to request a ride.

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:
October 17, 12-1pm—City Hall Memorial Room

Bob Barrett, *Chair*
Liz Dodd, *Vice Chair*
Bill Doelger
Wendy Freundlich
John Hopkins
Paul Irons
Ron Merkin
Janet Ressler
Jessica Sanderson,
Secretary
Sue Stukay
Susan Torchia

Interested in a Halloween Party?

MSAC can be the site of a Halloween Party on the evening of Friday, October 28 – if enough volunteers step forward to launch it! Specifically, we need folks who are willing to decorate, suggest a theme, prep food (or solicit donations of food), plan games, plan music, set up and / or clean up. If you'd like to help with one or more of these needs, please write to Nancy Schulz: Saddle-Shoes2@gmail.com so a party-planning meeting can be arranged. Thanks!

Renovation Updates

As of printing time, EF Wall was in the middle of our renovation project to provide new soundproofing moveable partitions and a new kitchenette on the first floor, and new sound-absorbing tiles on the ceiling of the Activity Room upstairs. The actual partitions are expected to be delivered on November 1st. Following the completion of this project, we will be preparing to install a new A-V system downstairs and buff up the wood floors. We thank everyone for their patience and tolerance through these projects!

Advisory Council and Staff Attend Conference



Commissioner of the Department of Disabilities, Aging, and Independent Living Monica Caserta Hutt.

tions from around the state. Monica Caserta Hutt, Commissioner of Vermont Department of Disabilities, Aging and Independent Living, gave the keynote address and

On Friday, September 16, Advisory Council members Bill Doelger, Ron Merkin, Jessica Sanderson and Susan Torchia joined Dan and Janna at the 3rd annual Vermont Association of Senior Centers and Meal Providers (VASCAMP) conference. It was an excellent and engaging day packed with useful discussions with colleagues and partner organiza-

spoke of the challenges, fears, and hopeful promise of our aging population. We learned that Vermont is rated as the second healthiest for seniors around the nation, but there is still progress to be made in fall prevention, use of hospice, and addressing senior drinking and suicide rates. There were also discussions about Tri-State Collaborations on Aging, Results-Based Accountability to improve programming, Strategic Planning, Fundraising, and more.

Dementia-Friendly Downtown Initiative

MSAC is partnering with Montpelier Alive and the Montpelier Business Association to train business owners and their staff to better understand and recognize Alzheimer's and other forms of dementia, use helpful communication strategies, support employees who may be caring for someone with a memory disorder, and make their businesses more dementia-friendly and aging-friendly. Introductions have occurred, and training will begin in early 2017. This is part of MSAC's priority to help make Montpelier a more dementia-friendly community, and we are grateful for the support of our downtown business owners! If you might be interested in becoming a volunteer trainer with the Alzheimer's Association, please contact Janna.

Welcome, Eric White!

The Recreation Department recently hired a new Program Coordinator, Eric White. Eric, who officially started on Thursday, September 15, has a recent degree in Recreation and comes to Montpelier from Hartford, VT where he worked in that town's Recreation Department. Join us in welcoming Eric, who will inevitably spend some time in the MSAC/Rec office, though his main office will be located across the street at 55 Barre Street.

School Budget Discussion

It is time once again for the Montpelier School Board to begin planning next year's budget, and they are seeking your input and ideas. Please join MSAC and School Board member Tina Muncy on Monday, October 17th from 5:30 to 6:30PM in the Community Room or Tuesday, October 18 for lunch in the resource room for a conversation about the budget process and ideas or concerns you may have.

ANNOUNCEMENTS

Remembering Sherry Olson

We were heart-broken to learn of the recent passing of Sherry Olson, beloved poetry teacher, longtime MSAC member, and beautiful soul. We thought it fitting to celebrate Sherry's life by reprinting her poem "A Blade of Grass," published in the MSAC literary magazine this spring.

A Blade of Grass by Sherry Olson

This morning I must bury a bird. You, the grouse who has flown yourself into our window and died. I dig a hole and put in your body, your stripes and your browns, and say over you as small blessings, your head, your head, trying to position you, your final resting place, and cover you up. But nature does not rest. She will fly you back into the soil until you become the soil, and soon she will begin your unwinding. Anchored deep in the earth on her kite strings, you will fly out, a blade of grass, a maple volunteer, a fern, or maybe all three. Testing the slight air currents, holding out the brand-new greens of spring, you will be doing different work, finding your place. We will watch for you.

Dot Helling Initiates Rec Facility Conversation

On September 13, approximately 30 community members, including many MSAC members, gathered at City Hall at the invitation of Dot Helling, local retired attorney, avid runner, activist, and columnist for The Montpelier Bridge. In response to the closing of the Montpelier First in Fitness facility, Dot and others discussed a vision and ideas for creating a community facility that would be affordable, accessible, and include an indoor swimming pool. Many questions were raised. The role the city or existing city facilities might play—if any—is not yet known, but City staff are staying in communication with Dot. She and other citizens created a task force and are expected to hold another community meeting this Fall. For more information, to receive notes from the 9/13 meeting, or to join the task force, please contact Dot at dothelling@gmail.com.

Photography Exhibit by Linda Hogan



Linda Hogan's photography will be on display in the Community Room in October. In addition to teaching digital photography here at MSAC, Linda is a working artist who lives in Montpelier. Her photographic images are represented in central Vermont at Global Gifts in Montpelier, and permanent collections can be seen at Montpelier City Hall, NECI on Main, the Vermont Mutual Insurance Company, the Community National Bank in Barre, Jay Peak Resort and in Chittenden County at The Essex, and at the Vermont Institute for Emerging Technologies at UVM.

Bravo, Dan!

Many of you know that Dan Groberg skillfully wears many hats at MSAC – Programs, Fundraising, Communications (and more). Dan has also been busy in recent months juggling an impressive variety of other roles. He served on the steering committee of Vermont Association of Senior Centers and Meal Providers and was a key organizer of their September 16 annual conference in Barre. For the City of Montpelier this past year, Dan served on committees devoted to updating the personnel plan, upgrading the city website, establishing a city wellness program for employees called Montpelier University, and developing a vision for the future of Community Services. As if that wasn't enough, outside of work, Dan also makes time to serve as President of the Board of Directors of a small Connecticut non-profit he helped found while he was still a high school student, Friends of Boulder Knoll. Dan recently co-chaired their annual benefit farm-to-table dinner.

The Bus Blotter

This is a regular monthly column from Green Mountain Transit.

Green Mountain Transit Shopping Buses

Green Mountain Transit offers a free service: Hannaford Shopping Special (#85) to Barre Town on Tuesdays from 11:00 am – 1:30 pm to access downtown shopping. Thank you Hannaford Supermarket for your continued support!

The Northfield Shuttle (#87) is another free service, offered on Wednesdays; it includes service to Walmart and the Berlin Mall.

The City Commuter (#89) and City Route Mid - Day (#80) operate Monday – Saturday, providing transportation between Barre and Montpelier. Price Chopper is accessible via these buses. The cost is \$1 for Local Routes Single Fare.

Note from MSAC: Please also note our two upcoming door-to-door shopping shuttles on Friday, October 28 and Friday, November 18. See page 2 for more information.

Meaningful Communication: Tips for Alzheimer's Disease

*By Pamela Beidler,
Alzheimer's Association, Vermont Chapter*

In addition to memory loss, one of the most common challenges for both the person with dementia and for their care partners involves communication. This can be very frustrating for both parties. For the care partner, there are helpful tips to keep in mind throughout the progression of the disease.

Early Stage

During the early stages of Alzheimer's, it may not be obvious to others that there is even a problem. As the disease progresses, both written and verbal communication becomes more difficult. Some changes may include taking longer to speak or respond, withdrawing from conversation, and reacting more emotionally than in the past or avoiding discussion of the disease and its impact. In the early stages, we have the opportunity to include the person with dementia in the decision making process. In the early stages, the person with dementia may struggle to find the right word and become frustrated. ASK the person what is most helpful in this situation. We have a natural tendency to want to jump in and problem solve. Rather than providing the word they are searching for, ask what their preference may be. Don't make assumptions about the person's ability to communicate because of an Alzheimer's diagnosis. The disease affects each person very differently and can change from day to day. Explore which method of communication is most comfortable for the person. This could include letters, email, phone calls or in-person conversations. Don't pull back. The diagnosis of Alzheimer's disease or another dementia can be incredibly isolating. They need the support of friends and family now more than ever.

Middle Stage

During the middle stages, family and friends often begin to notice more obvious challenges with communication. Some of these changes may include using familiar words repeatedly, inventing new words to describe familiar objects, easily losing his or her train of thought, reverting back to a native language, and difficulty following a conversation or TV program.

Keep reading in the MSAC office or online at <http://bit.ly/alzcomm>.

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- Alzheimer's/Dementia Care
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UPCOMING EVENTS

Genealogy 101 Series

Presentations will take place at the Vermont History Center, 60 Washington Street in Barre. Presented by the Montpelier Senior Activity Center, the Vermont Historical Society, and the Vermont Genealogy Library. Free and open to the public. Call MSAC at 223-2518 to pre-register.

Beginning Genealogy

Wed. September 28, 2016, 6:30-8pm

If you are relatively new to genealogy then this presentation can help. Sheila Morris will discuss records, methods, and best practices for conducting sound research. She will also share strategies on how to organize the information you find. Bring as much information as you can about your grandparents; births, marriages, deaths and where they lived.

Researching in Vermont

Wed. October 5, 2016, 6:30-8pm

In this talk we will discuss the records, repositories and unique collections that can help you identify your ancestors' paths from the Green Mountains to your ancestral homelands.

DNA Testing Basics

Wed. October 19, 2016, 6:30-8pm

This presentation will provide all the information necessary to understand how DNA is tested, what it can and can not tell you about your ancestors and which test & company are the best answer for your genealogical questions.

Art History Presentation: History of Water Color Painting in America Pt. 2

Thursday, October 13, 1-2:30pm

The impressionists and John Singer Sargent mark the turn of the century. The early modern artists expand water color techniques (John Marin, Demuth, and Burchfield). Illustration for magazines and advertisements rapidly expand in the 20s and 30s, and Andrew Wyeth dominates the second half of the century. Presented by art historian Debby Tait. Free and open to the public.

Technology Presentations at Montpelier High School

Students from Montpelier High School's computer science classes help you learn more about computers and technology. Presentations take place at Montpelier High School, 5 High School Drive in Montpelier. Presented by the Montpelier Senior Activity Center, Montpelier High School, and Technology for Tomorrow. Presentations are free and open to all MSAC members. Pre-registration strongly recommended to the MSAC office.

Internet Safety

Monday, October 17, 10-11am

One of the best ways to protect yourself from online fraud and crime is to be informed. Join us at this workshop as we discuss some of the major cyber threats internet users are facing today, how to avoid being a victim, and how to identify unsafe or virus-carrying emails.

Search Engines

Monday, October 24, 10-11am

Unlock all the information on the internet with this introductory look at search engines. Learn how to use search engines as a tool to get the answers you want. Search for images, find restaurants, check the weather, and more! At this workshop you will learn how to access a search engine of your choice, the basic functions of search engines, and tips & tricks to make your searching more effective and efficient.

De-Mystifying Your Phone or Tablet Camera

Monday, October 31, 10-11am

In this workshop we will look at how to operate your phone, tablet, or computer camera. We will discover how to take, save, and send photos. At this workshop we will also take a humorous look at the new social trend of "Selfie" taking. Bring your device and a sense of humor to this workshop!

Osher Lifelong Learning Institute

Presentations hosted by the Osher Institute for Lifelong Learning (OLLI) at the Montpelier Senior Activity Center. Open to all. Free for OLLI members or \$5 suggested donation to OLLI for non-members.

Mysteries- Why we Read ‘Em and Who We Ought to Read

Wednesday, October 12, 1:30-3pm

Why has detective fiction been a favorite for over 175 years? Librarian and bookseller George Spaulding will talk about the reasons we love various authors and characters, and maybe find some new favorites.

Polls, Politics, and Probabilities

Wednesday, October 19, 1:30-3pm

Learn about the history, design, and accuracy of polls including some that turned out to be wrong—and why. Mathematician Bob Rosenfeld will tell us how polling statistics calculated and what they really mean?

The Brain: How Does It Work & How Can We Preserve It?

Wednesday, October 26, 1:30-3pm

New understandings of brain function and dysfunction plus evolving research techniques and strategies for improving brain health as we age, presented by neurologist Robert Hamill, M.D.

Save the Date:

November 2, 2016, 1:30-3pm: “Valentia to Heart’s Content: The Story of the Transatlantic Telegraph Cable” by children’s book author Leda Schubert.

“Whose Democracy Is It? Money in Politics”

Monday, October 17, 7-8:30pm

Screening of the presentation “Whose Democracy Is It? Money in Politics” by Ann Luther, League of Women Voters of Maine. Introduction by Kate Rader, League of Women Voters of Vermont. Presented by MSAC and the League of Women Voters of Vermont. Free and open to the public.

Save the Date:

Wednesday, November 2: Panel discussion on Vermont elections with Secretary of State Jim Condos, Mark Johnson, senior reporter and editor at VTDigger.org, and Susan Clark, co-author of “Slow Democracy: Rediscovering Community, Bringing Decision Making Back Home.”

Parlor Game Night

Tues. October 25, 2016, 6:30-8:30pm

Cultivate your inner playfulness! Join leaders Anne Ferguson and Nancy Schulz for a round of improv, theater, and parlor games that will generate creativity, spontaneity, and fun. Game evenings run from 6:30 to 8:30 pm and are free but participants must register in the MSAC office 48 hours prior to each evening.

Save the Date:

Join us Wednesday, November 16 and Wednesday, December 14, 2016 for future game nights!

Better Hearing for Healthier Aging – What To Do Next!

Friday, October 28, 11am-12pm

This workshop is a continuation of the previous discussion on hearing loss by reviewing the next steps for diagnosis and treatment. How do you find a provider to help you improve your hearing? What should you look for and what questions should you ask to make the most informed decision and get the best outcomes? Dr. Elizabeth Adams is a Clinical Professor from the Department of Communication Sciences and Disorders at the University of Vermont and a Vermont licensed audiologist. In this workshop, she and her students will be talking about a variety of treatment options along with an overview of the different listening devices and technologies. If you have questions about treating hearing loss or hearing aids, this workshop is for you. Free and open to the public.

Save the Date:

Friday, December 9, 2016, 11:15am-1:45pm: Free Hearing Screenings

PARTNER SERVICES

Foot Clinic

Monday, October 3, 9am-1pm
 Wednesday, October 12, 9am-12pm
 Monday, October 31, 1-4pm

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

Massage Clinic

Monday, October 3, 1:30-4pm
 Erika Peterson offers integrative massage. 50 min. table massages on sliding scale starting at \$25. Call 249-4115 to schedule an appointment.

Blood Pressure Clinic

Wednesday, October 5, 8:45-9:45am
 A nurse from Services and Support at Home (SASH) will provide free blood pressure screenings and consultations. First-come, first-served.

Memory Café

Saturday, October 8, 10-11:30am
 The Montpelier Ukulele Players will serenade us at the October café. The Memory Cafe is where people with memory loss disorders and their care partners can come together to connect and support one another.

Flu Vaccine Clinic

Tuesday, October 11, 1:30-3pm

Public flu shot clinic led by Central Vermont Home Health and Hospice (CVHHH). First come-first served. No appointment needed. Medicare, BlueCross, and MVP accepted. CVHHH will bill your insurance carrier directly. If you do not have insurance, shots are \$15. For info on other area clinics, call 224-2299.

Rainbow Umbrella of Central Vermont

Tuesday, October 4, 5:30-7pm
 Tuesday, October 18, 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.

PD Young Onset Group

Saturday, October 29, 1-3pm at Westview Meadows

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

AARP Safe Driver Class

Thursday, November 17, 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. To sign up, contact Norm James at 229-8523.

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.

Welcome New Members

Terry Allen	Karen Gilman	Sharon Olson
Katie Back	Cheryl Gray	Jane Pincus
Linda Berger	Michael Griefen	Sandy Pitonyak
Ellen Bloom	Susanna Griefen	Nancy Post
Marguerite Bolduc	Theresa Griffin	Helen Rabin
Yvonne Byrd	Richard Harrington	Edward Sbardellati
Elaine Caplis	Kathryn Hollen	Annette Scalzo
Cari Clement	Anne Howland	Andrea Stander
Wavell Cowan	Edna King	Linda Stowe
Jodi DeGuzman	Stephen Klein	Kate VandenBergh
Carol Duley	Nancy Koliander	Robin Voitle
Emme Erdossy	Christine Lilyquist	Brenda Vovakes
Sandra Evange-	Nancy Lynn	Ann Wade
lista	Earline Marsh	Daria Whitman
Joyce Foster	Norma Maurice	Sally Yarger
William Frantz	Ken McMurtry	Thomas Yarger
Judith Gibson	William O'Neill	



Immerse yourself in Chinese culture on this 11 day, 10 night trip to China. This special trip, custom designed by Milne Travel for the Montpelier Senior Activity Center, will provide you with interactive opportunities to understand and learn about Chinese medicine and senior life in China while exploring the nation's rich history and modern transformation.

Trip highlights include:

- Climb the Great Wall of China, visit the Forbidden City and Tianamen Square, and see the ancient Terracotta Warriors in Xian.
- Experience a full-day traditional Chinese medicine workshop and tour. Learn about Chinese herbal medicine, acupuncture, qigong, and more.
- Learn tai chi from a tai chi master.
- Visit a local senior center, experience the local senior activities, interact with the local seniors, watch their performances, and learn Chinese folk dance.
- Visit a local family in a traditional residential area and learn how to make Chinese dumplings.
- Visit a rural ancient village outside Xian, where you

will have an opportunity to visit local children and teach them English. In addition, you will meet local seniors in the village. A great opportunity to compare senior life in urban and rural areas.

- Enjoy delicious traditional cuisine, including a Peking Duck welcome dinner and a special dumpling lunch.

Rate per person: \$3,950 based on double occupancy. \$495 per person single-room supplement.

Price includes international airfare, daily international breakfast, 7 lunches, and 5 dinners, 4-star accommodations, private tours and transfers with English speaking guides, and internal transfers by high speed rail.

A deposit of \$350 per person is due by December 15 to reserve a spot. A minimum of 10 people are required, so tell your friends, including non-MSAC members. Maximum of 18 travelers.

Inquire in the office for a full itinerary and more information.

NEW: The Christmas Revels with BASC

Saturday, December 17, 10am-4pm

Barre Area Senior Center invites you to this holiday classic! Leave Berlin Exit 7 Park & Ride at 10:00am and travel to King Arthur's for lunch/shopping (on own). Then enjoy a 1pm matinee of The Christmas Revels – A French Canadian Celebration of the Winter Solstice with high energy songs, dance and pageantry. Show length approximately 2 hours; return to Park & Ride approximately 4:00 p.m. \$50 per person. Register and pay directly through BASC: 479-9512.

NEW: Full Moon Walks

Sunday, October 16 at 8:00 pm

Monday, November 14 at 5:00 pm

Tuesday, December 13 at 5:30 pm

Join leader Nancy Schulz and explore Montpelier by the light of the full moon. Walks depart from the front of MSAC and are free. Nancy and walkers will determine the route at the time of the walk. Pre-registration to the MSAC office is strongly encouraged, but not required.



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, October 4: Chicken parmesan over linguine with maple glazed rutabaga

Friday, October 7: Beef stew loaded with carrots, potatoes, and onions, served with mashed hubbard squash and macaroni and cheese

Tuesday, October 11: Shepherd's pie with local carrots and peas

Friday, October 14: Coq au vin served over egg noodles with baby lima beans and green salad

Tuesday, October 18: Chicken enchiladas served with rice and pinto beans and sautéed zucchini

Friday, October 21: Beef stroganoff over white rice pilaf with fresh herbs, served with poppy seed coleslaw

Tuesday, October 25: Slow cooked BBQ pork shoulder, served with coleslaw and macaroni and cheese

Friday, October 28: Seared chicken breast with tomato caper relish, served with polenta and sautéed greens

FEAST Together or FEAST To Go

Tuesdays and Fridays, 12pm-1pm

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

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

Support the FEAST Program

The FEAST Program has provided more than 16,000 meals during the past year. Volunteer drivers deliver hot, nutritious meals each weekday to seniors at home. Every Tuesday and Friday, even more volunteers serve up FEAST Together, where everyone is welcome, no matter your age or what town you live in. And all meals are prepared by wonderful kitchen volunteers, under the supervision of Chef Justin Turcotte. Delicious entrees showcase fresh and local ingredients, and the conversation and company are great fun. This is all possible because of the generous support of local residents and donors like you.

Meals cost nearly \$10 each to produce, but the average meal donation is just \$1.11. Next time you enjoy a FEAST meal, consider chipping in a little extra to support the program and help provide meals for seniors in need. We are very grateful for any support you can offer.

FEAST Together News

Through a generous member donation, MSAC now has new seat cushions to offer to those who need a little extra padding on their chair for comfort. Please ask for assistance in the MSAC or FEAST office.

October Birthday Social

Due to the first-floor construction, the September Birthday Social was moved to this October. We resume the Birthday Bash Friday, October 21 with a Halloween theme and will celebrate BOTH September and October birthdays with cake and ice cream. We will be having a raffle for two different items – one for September birthdays and one for October's. Who will the lucky winners be!?

Call for Volunteers

The FEAST Kitchen needs bakers! If you like to bake and have an awesome cookie recipe or make the best rolls in town, please consider volunteering one morning a week here at MSAC. You bring the skills and we supply the sugar and spice!

ACTIVITIES CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
9-10 Moving into Stillness: Yoga and Meditation for Beginners (Parker-Givens) 9-10 Living Strong (Koenemann) 9-1 Foot Clinic (10/3) 10-11 Technology Presentations (10/17, 10/24, 10/31 at Montpelier High School) 10-12 Painting (starts 10/10) 10-12:30 Films of Zhang Yimou (at Savoy) 10:30-12:30 Writing 12-3 Mah Jongg* 12:45-2 Club de Français Intermédiaire* 1-2:30 Handbuilding in Clay (starts 10/10) 1-3 Bridge* 1-4 Foot Clinic (10/31) 1:15-2:30 Moderate Yoga (Flower) 1:30-4 Massage Clinic (10/3) 2:30-3:30 Living Strong Group* 3:30-4:30 Very Gentle Yoga (Parker Givens) 4:30-5:30 Beginning Mandarin 5-6 Swimming at First in Fitness 5-6 Living Strong (Brown/Viall) 5-6:30 Moderate Flow Yoga (Parker-Givens) 7-8:30pm "Whose Democracy Is It? Money in Politics" (10/17)	8:30-9:40 Living Strong (Barrett/Ladabouche) 9-10:30 Gentle Yoga (Crawford) 10-11 Water Aerobics at First in Fitness 10-11 Swimming at First in Fitness 10:30-12 Band & Dancing 11-12 Chair Yoga (Parker-Givens) 12-1 FEAST Meal 1-2 Walks with Harris* 1-3 Scrabble* 1:30-2:30 Moderate Yoga (Flower) 1:30-3 Flu Vaccine Clinic (10/11) 2-3 Reelin' and Rockin' (starts 10/18) 2-3 Advanced Voice (at Westview Meadows) 2-3 Gentle Yoga for Beginners (Olmstead at Worcester Town Hall) 2-3 Trash Tramps* 2:15-4:15 Early Intermediate Italian 2:45-3:45 Argentine Tango (ends 10/18) 3-4 History of Jazz II 4-5 Senior Indoor Cycling (at Studio Zenith) 4:30-6:30 Beginner Pastels (starts 10/18) 5-6 Living Strong (Muncy, starts 10/25) 5-6 Tai Chi: Sun Style Long Form 5:30-7 Rainbow Umbrella of Central VT* (10/4, 10/18) 6:30-8:30 Parlor Game Night (10/25)	8:45-9:45 Blood Pressure Clinic* (10/5) 9-10:30 Gentle Yoga (Crawford) 9-12 Foot Clinic (10/12) 9:30-11:30 Rug Hooking 10-11 Swimming at First in Fitness 10-12 Insights into Conflict 10-12 Poetry as You Like It 10:45-11:45 Basic Moving Every Muscle 12-1:30 Advanced Moving Every Muscle 1:30-3 Osher Lifelong Learning Institute (10/12, 10/19, 10/26) 1:30-3:30 Writing 1:45-2:30 Dance to Fitness 1:45-3:15 Alexander Technique Workshop (10/5) 3:30-4:30 Gentle Flow Yoga with (Parker-Givens) 3:45-4:45 Beginner Guitar 4:30-6:30 Intermediate Landscape in Pastels (starts 10/12) 5-6 Advanced Beginner Guitar 5-6:30 Moderate Flow Yoga (Parker-Givens) 6:30-8 Genealogy 101 Series (9/28, 10/5, 10/19 at Vermont History Center)*	8:30-9:40 Living Strong (Barrett/Ladabouche) 9-10 Spanish for Beginners 9-10:30 Moderate Yoga for Balance (Crawford) 9-11:30 am Bridge* 10-11 Swimming at First in Fitness 10-12:30 Films of Thatcher's England (at Savoy) 10-11:30 Movement for Parkinson's 10:45-11:45 Moderate/Vigorous Yoga (DiGiovanni) 11:30-12:30 Using Google Services 101 (10/13, 10/27 at MSMS) 12:45-3:30 Bridge* 1-2:30 Art History Presentation* (10/13) 2-3:15 Moving Into Stillness: Yoga and Meditation for Continuing Students (Parker-Givens) 3-4 Beginner Voice 3:30-4:45 Moderate Yoga (Olmsted) 4:30-5:30 Beginning Mandarin 5-6 Living Strong (Brown/Viall) 5-6:30 Gentle Yoga (Crawford) 6-8 Ukulele Group*	9-10 Living Strong (Koenemann) 10-11:30 Moderate/Vigorous Hatha Yoga (Stander) 10am-12pm Demystifying Digital Photography (starts 10/7) 11-12 Better Hearing for Healthier Aging* (10/28) 11:30-1 Tennis (at First in Fitness) 12-1 FEAST Meal 12:30 Monthly Birthday Social (10/21) 1-2 Belly Dancing 1-2 Easy Fitness for Seniors* 2-3 Living Strong Group* 2:15-3:30 Moderate/Vigorous Yoga (DiGiovanni) 2:15-4:15 Early Intermediate Italian 3:15-4:45 Chamber Music 5-5:30 Tai Chi: Sun Style Practice Session* 5-6 Swimming at First in Fitness 5-6 Living Strong (Muncy, starts 10/28)
				Saturday/Sunday
				Sat. 10-11:30 Memory Café (10/8)* Sat 10-11:30 Parkinson's Pantomime Project
				*Does not require registration. Donations appreciated.

Montpelier Senior Activity Center
58 Barre Street
Montpelier, VT 05602

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We are closed on Monday, October 10 for Columbus Day. The office will be closed, and non-class activities are cancelled. Some classes may still meet. Inquire with your instructor.

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 November Newsletter due October 14.

Sustaining MSAC's Future

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

Montpelier Senior Activity Center

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

Front Office is Open 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.



CELEBRATING
50
YEARS

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