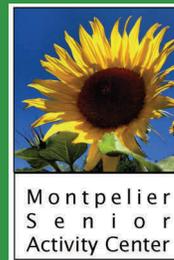


Donate to MSAC by November 30 and your gift will be doubled!



# Active Times

NEWSLETTER OF THE MONTPELIER SENIOR ACTIVITY CENTER

November 2016

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

## Join us for an Open House and Talent Show on November 28 from 5-7pm



On November 28, we will host our second annual MSAC Holiday Open House!

All are invited

to join us and enjoy a member talent show (or show off your talent!). Light refreshments will be provided. Plus, enjoy class demonstrations and socializing with friends and acquaintances.

November 28 is the first day of winter class registration, so it's the perfect time for someone new to get involved, or for you to sign up for winter classes.

Do you know about all the services offered by our partner organizations like the Central Vermont Council on Aging? Or about the discounts offered to MSAC members by our fitness partners? Or about all our free drop-in groups? You can learn about all this and more at our Open House!

All are welcome, so be sure to bring a friend! Hope to see you there!

## Support Us for a Healthier Community



Thanks to your generous support, we are more than 40% of the way to our \$25,000 annual appeal goal.

Your contributions have helped make MSAC a leader in supporting healthy aging in Vermont for 50 years. 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.

85% of participants tell us they feel healthier as a result of their involvement at the Center. Your support will allow us to keep more seniors than ever healthy while keeping programs affordable.

**Help make our community healthier. Donate by November 30 and your gift will be doubled by the National Life Group Foundation!**

Donate by mail, in the MSAC office, or online at [www.montpelier-vt.org/msac](http://www.montpelier-vt.org/msac).

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# ANNOUNCEMENTS

## Celebrating 50 Years



CELEBRATING  
**50**  
YEARS

2017 marks the 50th anniversary of MSAC! Do you, or someone you know, have special

memories or photos to share? Do you have a friend, family member, or neighbor who was a member decades ago and remembers when MSAC was in a different location? What's your story? Write your memories in the scrapbook in the lobby. Don't forget to save the date of Saturday, June 10, 2017 for our 50th Anniversary Celebration!

## Call for Talent

On Monday, November 28 from 5-7pm, we will host our Annual Holiday Open House! This open house will include a member 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 (or call him at 262-6284) and we'll add you to the program!

## 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.

## Save the Date: Volunteer Recognition Luncheon

Volunteers are a tremendous gift to MSAC. Nearly 100 individuals have already provided thousands of hours of service this year. Volunteers teach classes, help you register, assist staff in the office, organize events, lead groups, and prepare, serve, and deliver meals. Volunteers are invited to our Volunteer Recognition Luncheon on Wednesday, December 14. Invitations to follow in late November. If you volunteered this year and do not receive an invitation, please let us know. Thank you to Armistead Senior Care and Hunger Mountain Coop for supporting this year's luncheon.



## Renovation Updates

The majority of our long-awaited renovation work was completed in September and October. We are hearing great feedback on the results of the upstairs acoustic panels and newly installed A-V equipment. Downstairs, members are already benefitting from the window between the side entrance and the art area as well as the new kitchenette and closet along the dining area of the Community Room. Most notably, but less apparent, the space was made ready for the new sound-proofing partitions, and new ventilation was installed. We also installed a new Wi-Fi router—you can now connect to the MSAC Guest network without a password. We expect final touches to happen in November, including delivery of the partition panels and closet doors. We are also looking forward to filtered cold water and separate boiled water faucet in the kitchenette!

### 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:**  
November 21, 12-1:30pm—  
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

## Crafters Group Returns: Call for Donated Goods

The MSAC Crafters Group will resume their weekly meetings on a new day and time: Wednesdays from 12pm-2pm in the Resource Room. This fall, the group will be focused on creating a variety of crafts to sell at area craft fairs this fall with the proceeds benefitting MSAC. If you'd like to join them, please drop by! Additionally, if you have completed crafts that you'd like to donate, these will be gladly accepted.

## Remembering Deane Merrill



We will miss longtime MSAC band-leader Deane Merrill, age 91, who died on September 24, 2016. In the days prior, Deane was still playing with the band. Deane taught himself to play music and joined MSAC's "Swingin' Over

Sixty" band in 1986, which he led from 1997, performing weekly. Deane took great pains to create a repertoire of twenty different sets of twenty songs, transcribing them into different keys. This valuable archive remains at MSAC. Deane also performed with the Mad Bavarian parade band and Capital City band for decades. At Deane's memorial service, fellow MSAC band member John Lincoln played songs on the piano and shared memories of Deane, along with family members, bandmates and other friends.

## Community Services Values and Visioning

The Montpelier Community Services Committee formed to explore ways to improve the quality, efficiency, and delivery of community services for all ages in Montpelier. The group of staff, volunteers, and consultants carried out a six-month community engagement and research process. Staff members Janna Clar and Dan Groberg and Advisory Council members Bob Barrett and Janet Ressler participated on behalf of MSAC.

Sixteen key stakeholders were interviewed; seven groups participated in Visioning Sessions (including the

MSAC 2016 Annual Meeting attendees and Advisory Council); eight other communities were researched in detail; and dozens of citizens completed online surveys and attended community listening sessions.

The following were among the key points identified:

- Montpelier offers an outstanding array of senior services.
- MSAC identity and expertise around senior services are maintained.
- Montpelier's role as a regional hub for the surrounding communities adds value to program quality and offers a source of financial support.
- The vision and values described are best served by a single efficient community services department.

A complete one-page document summarizing the Community Services long-term visioning and values is available on the City website at [mplrcommservices](http://mplrcommservices), on the bulletin board outside the MSAC office, and in hard-copy print upon request. Questions are welcome and may be directed to Janna.

## Tax Clinic

Are you interested in volunteering to be an AARP Tax Aide and provide income tax preparation assistance here at MSAC (or other area sites) this coming tax season? Tax volunteers helped 199 people file their taxes here this year! No prior experience is necessary, and all training is provided. If you'd like to help, contact Georgia Valentine at [georgiadvalentine@gmail.com](mailto:georgiadvalentine@gmail.com) or 229-2928 and join us for an informational meeting in the MSAC Resource Room on Tuesday, November 15 at 10am.

## Why Evaluate Classes?

The time you take to fill out class evaluations helps us in many ways. Evaluations provide us valuable feedback about how MSAC's programming is meeting the needs of seniors in our community. They offer insight to instructors about what is working well and what improvements could be made. Evaluations provide us useful data and testimonials that we use in grant applications and reports. Thank you for helping us continually improve MSAC's programming and communicate how participation at MSAC makes area seniors' lives better and healthier. Stop by the office to request a class feedback form if you don't receive one from your instructor.

# ANNOUNCEMENTS

## Art Exhibit by Peggy duPont



Paintings by Peggy duPont will be on display at MSAC in November and December.

Peggy studied art at Skidmore College nearly 50 years ago (!) and has painted, sculpted, made pottery, and taught art on and off since then. When she was painting realistic landscapes and still lifes, she took classes at Studio Place Arts with Jeneane Lunn and workshops with Karen Winslow in Cambridge and Andrew Orr in Waterville. More recently, she has started painting large, colorful abstract paintings, and took several workshops at Helen Day Art Center in Stowe. She is now a full-time painter; her work is in a few private collections.

During the exhibit, Peggy will donate half of the proceeds from any sales to MSAC.

## Community Thanksgiving

The Washington County Youth Service Bureau/Boys & Girls Club is sponsoring the annual free community Thanksgiving Dinner on November 24, 2016 from 11:30am-2pm at Bethany Church, 115 Main Street, Montpelier.

If you can volunteer your time, donate food items, or make a monetary gift, contact the Washington County Youth Service Bureau at 229-9151 or send a check to PO Box 627, Montpelier, VT 05601.

## Trash Tramps Celebrate and Take a Trip!



The Trash Tramps are a group of volunteers who meet every Tuesday at 2:00 pm at MSAC for the purpose of picking up litter in downtown Montpelier. In late September, seventeen Trash Tramps celebrated their one-year anniversary with donuts and ice cream. At the party, Trash Tramps founder Anne Ferguson shared that 540 Shaw's-size bags of litter have been collected in the past year and 36,800 cigarette butts have been collected in the past six months. The cigarette butts are sent to a company called Terra Cycle for recycling into plastic park benches, decking, and railroad ties. Thirty-nine people have come on at least one Trash Tramps outing and 22 attend regularly. The Trash Tramps welcome any interested person to drop in whenever it's convenient.

Four Trash Tramps recently journeyed to Barre for a "joint litter collection session." The Barre group, founded by Claire Duke, picks up litter on Thursday evenings. After the Montpelier foursome greeted Barre's sextet, the gathering split to work in four different parts of the downtown. Afterwards, an octet enjoyed dinner together at Positive Pie. The Tramps look forward to convening future "joint sessions" and hope the Barre group will accept the invitation to come to Montpelier.

## Register to Vote

The deadline to register to vote in the November 8 general election is Wednesday, November 2 at 5pm. Voter registration materials are available in the MSAC lobby and at Montpelier City Hall. You can also check your registration status and register online at <https://www.olvr.sec.state.vt.us/>. To request an absentee ballot, contact your Town/City Clerk.

## The Bus Blotter

*This is a regular monthly column from Green Mountain Transit.*

On Thursday, October 13, 2016, Green Mountain Transit celebrated the opening of the new Downtown Transit Center on St. Paul Street in Burlington.

The building offers a suite of amenities for riders:

- WiFi Service (Powered by Burlington Telecom)
- Indoor Restrooms
- Heated / AC Waiting Area
- Radiant Heat on Boarding Platform
- Covered from the Elements / Wind Barrier
- ADA Accessible
- Indoor Ticketing Facilities
- Customer Information Screens
- Real-Time Bus Information
- Easy Transfers

We hope you take GMT to Burlington soon and experience the new Downtown Transit Center!

## Take Care of Yourself: How to Recognize and Manage Caregiver Stress

*Alzheimer's Association, Vermont Chapter*

### 10 Common Signs of Caregiver Stress

1. Denial about the disease and its effect on the person who has been diagnosed.
2. Anger at the person with Alzheimer's or frustration that he or she can't do the things they used to be able to do.
3. Social withdrawal from friends and activities that used to make you feel good.
4. Anxiety about the future and facing another day.
5. Depression that breaks your spirit and affects your ability to cope.
6. Exhaustion that makes it nearly impossible to complete necessary daily tasks.
7. Sleeplessness caused by a never-ending list of concerns.
8. Irritability that leads to moodiness and triggers negative responses and actions.
9. Lack of concentration that makes it difficult to perform familiar tasks.
10. Health problems that begin to take a mental and physical toll.

### 10 Ways to Manage Stress and Be a Healthier Caregiver

1. Find time for yourself.
2. Know what community resources are available. Visit [www.alz.org/care](http://www.alz.org/care) to learn more.
3. Become an educated caregiver. Visit [www.alz.org/care](http://www.alz.org/care) to learn more and access training resources and free online workshops.
4. Get help and find support. Find local support groups at [www.alz.org/findus](http://www.alz.org/findus) or call the 24/7 Helpline at 800-272-3900.
5. Take care of yourself.
6. Manage your level of stress.
7. Accept changes as they occur.
8. Make legal and financial plans.
9. Know you're doing your best.
10. Visit your doctor regularly.

Visit [www.alz.org](http://www.alz.org) and search "Take Care of Yourself" to learn more.

PAID ADVERTISEMENT



### Could you use a helping hand?

Armistead Senior Care is a locally owned company providing premium in-home care such as:

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- Light Housekeeping
- Customized Care
- Alzheimer's/Dementia Care
- Respite Care for a Loved One
- Aging Life Care Professional™ Services



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# UPCOMING EVENTS

## “Introduction to Acupuncture” Lecture and Acupuncture Clinic

Tues., November 1, 10:00am-12:30pm

Kerry Boyle Jenni, licensed acupuncturist with Integrative Acupuncture will present an introduction to acupuncture from 10-10:30am. This free lecture will be followed by an acupuncture clinic from 10:30am-12:30pm. Treatment takes place in a group setting. Treatments are all auricular (outer ear) acupuncture. Treatments are about 30 minutes each. You must arrive by 12 to have a treatment. No appointment necessary. Open to everyone 50 and older. \$10 to Integrative Acupuncture and Oriental Medicine.

### Save the Date:

Tuesday, December 6: Presentation on Acupressure for Headaches and Acupuncture Clinic

Tuesday, January 10: Presentation on Acupressure for Wellness and Acupuncture Clinic

## OLLI - Valentia to Heart's Content: The Story of the Transatlantic Telegraph Cable

Wednesday, November 2, 1:30-3pm



In 1866, after 10 years of costly and dangerous work, this eighth wonder of the world was completed—the “first Internet.” Presentation by

children’s book author Leda Schubert. Presentation 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.

## Election 2016: The Vermont Story

Wednesday, November 2, 7-8:30pm

Join 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,” for a discussion of Vermont elections.

Secretary Condos will talk about the election process. What happens when the polls close? How does a recount work? Mark Johnson will discuss the turnover of leadership in the State House next year, with a new Gov., Lt. Gov., Speaker of the House and President pro tem of the Senate. Susan Clark will discuss how Vermont’s local democratic traditions foster participation in elections and representative democracy. Presented by MSAC and the League of Women Voters of VT. Free and open to the public.

## China Trip Talk

Thurs., November 3, 10:30-11:30am

See page 9 for additional information.

## Start the Conversation — A Community Discussion About Family, Aging & End-of-Life Choices

Fri., November 4, 11am-12:30pm



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 CVHH Start the Conversation Initiative. Free and open to the public.

## Art History Presentation: Folk Art in America

Thursday, November 10, 1-2:30pm

Art historian Debby Tait discusses folk art in America. This period includes paintings of American life for its citizens, and art in articles of everyday life, including quilts, weavings, baskets, and more. Debby discusses who brought this art form to America, and why the form still holds so much appeal in the modern age of machines and technology. Presented by art historian Debby Tait. Free and open to the public.

## Parlor Game Night

Wed., November 16, 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, December 14, 2016 for another game night!

## MSAC Open House and Talent Show

Monday, November 28, 5-7pm

See page 1 for additional information.

## Read-Aloud: Wapiti Wilderness

Tuesdays, 1-2pm

Beginning Tuesday, November 1 at 1:00 pm, "Wapiti Wilderness" will be read aloud for an hour in the senior center lounge. The book is a memoir which recounts the true stories of Olaus and Margaret Murie as they raise their three children while exploring the wilderness near Jackson Hole, Wyoming. "Wapiti" is a Native American word for "elk." Reader Nancy Schulz welcomes anyone to stop by on Tuesdays at 1:00. It's not necessary to be present each week to enjoy the stories.

## MSAC Crafters at Area Craft Fairs



The MSAC Crafters Group will sell their wares (and any donated wares—see page 3) at two upcoming area craft fairs. All proceeds from craft sales will support MSAC! Come shop at Main Street Middle School on Saturday, November 12 from 9am-3pm

and the Planting Hope Solidarity Craft Fair at the Unitarian Church on Saturday, December 19 from 9am-4pm. Thank you to the MSAC Crafters and all the shoppers for your support!

## Free Hearing Screenings

Friday, December 9, 11:15am-1:45pm

Do you feel that people often mumble? Do you have trouble hearing your grandkids or when talking on the phone? Are you concerned about your hearing and you would like more information? Sign up for a free hearing screening! Screenings will be conducted by students from the University of Vermont's Department of Communication Sciences and Disorders, supervised by Dr. Elizabeth Adams, Clinical Professor and licensed audiologist. They last about 20 minutes and include a brief questionnaire, a visual inspection of the ear canals and eardrums, and a short tone-test to find out if there are some sounds that you might not be hearing well. Information will be provided at the end of the screening along with referrals, if appropriate. If you or a loved one suspects hearing loss may be present, be sure to sign up for a screening in the MSAC office (or call 223-2518) to get more information!

# PARTNER SERVICES

## Rainbow Umbrella of Central Vermont

Tuesday, November 1, 5:30-7pm  
 Tuesday, November 15, 5:30-7pm  
 Tuesday, November 29, 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

Wed., November 2, 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.

## Massage Clinic

Monday, November 7, 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.

## Memory Café

Saturday, November 12, 10-11:30am  
 Kim Bent, artistic director of Lost Nation Theater, will answer questions and tell fascinating stories about producing theater in Vermont. The Memory Cafe is where people with memory loss disorders and their care partners can come together to connect and support one another.

## Foot Clinic

Monday, November 14, 9am-1pm  
 Wednesday, November 30, 9am-12pm

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, a towel, and nail clippers.

## 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.

## PD Young Onset Group

Saturday, December 3, 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.

## 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.

## Member Notes

### Welcome New Members

Nadine Alexander  
 Donna Carlson  
 Rachel Carriveau  
 Sally Colman  
 Corrine Davis  
 Reenie De Geus  
 Glenn Erickson  
 Jane Erickson  
 Linda Foti  
 Bronwyn Fryer

Shaun Lane  
 Richard Mansfield  
 Eleanor Ott  
 Rose-Ann Robins  
 Rosemary Roy

### With Our Sympathies

Doris Adami  
 Deane Merrill  
 Emily Wagner



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. We still need at least four member registrants, so sign up soon and tell your friends! Non-members are welcome!

**Want to learn more about joining us? Come to our trip overview presentation on Thursday, November 3 at 10:30am.**

## 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.

## Full Moon Walks

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, November 1:** Chicken parmesan over linguine with maple glazed rutabaga

**Friday, November 4:** Roast beef au jus served with Yorkshire pudding, rissole potatoes, mashed Hubbard squash, and sautéed spinach

**Tuesday, November 8:** Shepherd's pie with carrots and peas

**Friday, November 11:** Closed for Veteran's Day

**Tuesday, November 15:** Roast pork loin with roasted vegetarian, cabbage, sautéed onions, and apple sauce

**Friday, November 18:** Slow-cooked beef brisket, served with mashed potatoes and poppy seed coleslaw

**Tuesday, November 22:** A FEAST Thanksgiving Celebration! Join us for roast turkey with all the trimmings, and pumpkin pie for dessert

**Friday, November 25:** Closed for Thanksgiving

**Tuesday, November 29:** Turkey pot pie loaded with carrots, celery, onions, and potatoes in a creamy gravy

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### 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.

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**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



### November Birthday Social: Friday, November 18 at FEAST Together

All seniors (60+) born in November may enter the raffle to win a yummy freshly baked pie, tin of chocolate chip cookies, or box of fudgy brownies. Plus, everyone gets cake and ice cream! Call 262-6288 to make your reservation!

### Thanksgiving FEAST Together: Tuesday, November 22

As we head into the holiday season, make sure to call in your reservation for the Thanksgiving Dinner FEAST Together. We'll be serving all the traditional holiday treats!

### FEAST Volunteers News

In 2015-2016, over 75 volunteers helped the FEAST Meals Program prepare and deliver meals, provide kitchen support, serve at FEAST Together, decorate the dining room, administer the FEAST office, glean fresh veggies, and rescue foods from our partners like Shaw's! Volunteers delivered over 12,500 meals and served 3,827 FEAST Together diners, for a total of over 16,300 meals! This absolutely could not have been done without your commitment, skill and generosity to your community, and we want to acknowledge your great contributions with a luncheon. **Save the date for our Volunteer Recognition Luncheon** on Wednesday, December 14 from 12-1pm. Call 262-6288 to make reservations.

# ACTIVITIES CALENDAR

| Monday   | Tuesday   | Wednesday  | Thursday<br><i>(Closed 11/24)</i>   | Friday<br><i>(Closed 11/25)</i>  |
|--|---|--|---|--|
| <p>9-10 Moving into Stillness: Yoga and Meditation for Beginners (Parker-Givens)</p> <p>9-10 Living Strong (Koenemann)</p> <p>9-1 Foot Clinic (11/14)</p> <p>10-12 Painting</p> <p>10-12:30 Films of Zhang Yimou (at Savoy)</p> <p>10:30-12:30 Writing</p> <p>12-3 Mah Jongg*</p> <p>12:45-2 Club de Français Intermédiaire*</p> <p>1-2:30 Handbuilding in Clay</p> <p>1-3 Bridge*</p> <p>1:15-2:30 Moderate Yoga (Flower)</p> <p>10-4 Massage Clinic (11/7)</p> <p>2:30-3:30 Living Strong Group*</p> <p>3:30-4:30 Very Gentle Yoga (Parker Givens)</p> <p>4:30-5:30 Beginning Mandarin</p> <p>5-6 Swimming at First in Fitness</p> <p>5-6 Living Strong (Brown/Viall)</p> <p>5-6:30 Moderate Flow Yoga (Parker-Givens)</p> <p>5-6:30 Full Moon Walk* (11/14)</p> <p>5-7 MSAC Open House* (11/28)</p> | <p>8:30-9:40 Living Strong (Barrett/Ladabouche)</p> <p>9-10:30 Gentle Yoga (Crawford)</p> <p>10-11 Water Aerobics at First in Fitness</p> <p>10-11 Swimming at First in Fitness</p> <p>10-12:30 Acupuncture Presentation and Clinic (11/1)</p> <p>10:30-11:45 Band &amp; Dancing*</p> <p>11-12 Chair Yoga (Parker-Givens)</p> <p>12-1 FEAST Meal</p> <p>1-2 Walks with Harris*</p> <p>1-2 Read-Aloud*</p> <p>1-3 Scrabble*</p> <p>1:30-2:30 Moderate Yoga (Flower)</p> <p>2-3 Reelin' and Rockin'</p> <p>2-3 Advanced Voice (at Westview Meadows)</p> <p>2-3 Gentle Yoga for Beginners (Olmstead at Worcester Town Hall, no class 11/8)</p> <p>2-3 Trash Tramps*</p> <p>2:15-4:15 Early Intermediate Italian</p> <p>3-4 History of Jazz II</p> <p>4-5 Senior Indoor Cycling (at Studio Zenith, ends 11/1)</p> <p>4:30-6:30 Beginner Pastels</p> <p>5-6 Living Strong (Muncy)</p> <p>5-6 Tai Chi: Sun Style Long Form (Hayes)</p> <p>5:30-7 Rainbow Umbrella of Central VT* (11/1, 11/15, 11/29)</p> | <p>8:45-9:45 Blood Pressure Clinic* (11/2)</p> <p>9-10:30 Gentle Yoga (Crawford)</p> <p>9-12 Foot Clinic (11/30)</p> <p>9:30-11:30 Rug Hooking</p> <p>10-11 Swimming at First in Fitness</p> <p>10-12 Insights into Conflict (ends 11/16)</p> <p>10-12 Poetry as You Like It</p> <p>10:45-11:45 Basic Moving Every Muscle</p> <p>12-1:30 Advanced Moving Every Muscle</p> <p>12-2 Crafters Group*</p> <p>1:30-3 Osher Lifelong Learning Institute (11/2)</p> <p>1:30-3:30 Writing</p> <p>1:45-2:30 Dance to Fitness (no class 11/2)</p> <p>1:45-3:15 Alexander Technique Workshop (11/2)</p> <p>3:30-4:30 Gentle Flow Yoga with (Parker-Givens)</p> <p>3:45-4:45 Beginner Guitar</p> <p>4:30-6:30 Intermediate Landscape in Pastels</p> <p>5-6 Advanced Beginner Guitar</p> <p>5-6:30 Moderate Flow Yoga (Parker-Givens, no class 11/23)</p> <p>6:30-8:30 Parlor Game Night (11/16)</p> <p>7-8:30 Election 2016: The Vermont Story* (11/2)</p> | <p>8:30-9:40 Living Strong (Barrett/Ladabouche)</p> <p>9-10 Spanish for Beginners (no class 11/17)</p> <p>9-10:30 Moderate Yoga for Balance (Crawford)</p> <p>9-11:30 am Bridge*</p> <p>10-11 Swimming at First in Fitness</p> <p>10-11:30 Movement for Parkinson's</p> <p>10-12:30 Films of Thatcher's England (at Savoy, no class 11/3)</p> <p>10-3 AARP Safe Driver (11/17)</p> <p>10:45-11:45 Moderate/Vigorous Yoga (DiGiovanni)</p> <p>11:30-12:30 Using Google Services 101 (11/10, 11/17 at MSMS)</p> <p>12-1:30 Tai Chi: Long Form for Beginners (Copa)</p> <p>12:45-3:30 Bridge*</p> <p>1-2:30 Art History Presentation: Folk Art* (11/10)</p> <p>2-3:15 Moving Into Stillness for Continuing Students (Parker-Givens)</p> <p>3-4 Beginner Voice</p> <p>3:30-4:45 Moderate Yoga (Olmsted)</p> <p>4:30-5:30 Beginning Mandarin</p> <p>5-6 Living Strong (Brown/Viall)</p> <p>5-6:30 Gentle Yoga (Crawford)</p> <p>6-8 Ukulele Group*</p> | <p>9-10 Living Strong (Koenemann)</p> <p>10-11:30 Moderate/Vigorous Hatha Yoga (Stander)</p> <p>10am-12pm Demystifying Digital Photography (ends 11/11)</p> <p>10-3 Mah Jongg*</p> <p>11-12:30 Start the Conversation* (11/4)</p> <p>11:30-1 Tennis (at First in Fitness, session 2 starts 11/18)</p> <p>12-1 FEAST Meal</p> <p>12:30 Monthly Birthday Social (11/18)</p> <p>1-2 Belly Dancing (no class 11/4)</p> <p>12:45-1:45 Easy Fitness for Seniors*</p> <p>2-3 Living Strong Group*</p> <p>2:15-3:30 Moderate/Vigorous Yoga (DiGiovanni)</p> <p>2:15-4:15 Early Intermediate Italian</p> <p>3:15-4:45 Chamber Music</p> <p>5-5:30 Tai Chi: Sun Style Practice Session*</p> <p>5-6 Swimming at First in Fitness</p> <p>5-6 Living Strong (Muncy)</p> |
| <p>*Does not require registration. Donations appreciated.</p>  |   |  |   | <p><b>Saturday/Sunday</b></p> <p>Sat. 10-11:30 Memory Café (11/12)*</p> <p>Sat 10-11:30 Parkinson's Pantomime Project</p>  |

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

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We are closed on Friday, November 11 for Veterans Day. The office will be closed, and non-class activities are cancelled. Some classes may still meet. Inquire with your instructor.

We are closed on Thursday, November 24 and Friday, November 25 for Thanksgiving. All classes and activities are cancelled.

**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](mailto:Imarkus@montpelier-vt.org).

Submissions for December Newsletter due November 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](mailto:dgroberg@montpelier-vt.org).

**Montpelier Senior Activity Center**

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

*MSAC's mission is to enhance the quality of life for older adults in Montpelier through opportunities that develop physical, mental, cultural, social, and economic well-being in a welcoming, flexible environment.*



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