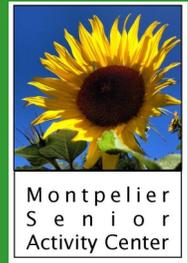


Winter class registration starts 11/28. See page 5.



Active Times

NEWSLETTER OF THE MONTPELIER SENIOR ACTIVITY CENTER

December 2016

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

Special Notice:

Supporting Town Member registrations will now be processed along with Montpelier registrations on the first day of the registration period. *See p. 3 for more info.*



Open House & Instructor Appreciation Evening: Monday, November 28, 5-7pm

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

All are invited to join us and enjoy light refreshments, plus entertainment from our Reelin' and Rockin' class, guitar class, ukulele group, and MSAC members like you! Have a talent you want to share? Call Dan at 262-6284.

We'll also take some time to thank all the wonderful instructors who make MSAC such a vibrant and active hub. Can't make it to the Open House? Be sure to sign our

instructor thank you poster in the lobby! 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.

Plus, we'll have information tables about various MSAC groups and services offered by MSAC partners.

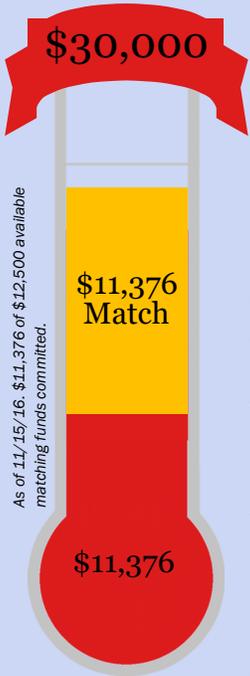
All are welcome, so be sure to bring a friend! Hope to see you there!

Issue Highlights:

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ANNOUNCEMENTS

Support Us for a Healthier Community



Thanks to your generous support, we have raised nearly \$23,000 toward our original goal!

To help us serve even more seniors, the National Life Group Foundation has generously made available an additional \$2,500 in matching funds and agreed to extend the deadline until December 31st.

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.

Donate to MSAC and help us reach our new \$30,000 goal and make our community healthier.

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

Celebrating 50 Years

2017 marks the 50th anniversary of MSAC! Do you, or someone you know, have special memories or photos to share? Want to help us celebrate and commemorate our history? Stop by the office and talk to us about joining our 50th Anniversary Task Force!

Volunteer Recognition Luncheon

Volunteers are a tremendous gift to MSAC. Over 100 individuals have already provided thousands of hours of service this year. Volunteers are invited to our Volunteer Recognition Luncheon on Wednesday, December 14. If you volunteered this year and do not receive an invitation in early December, please let us know. Thank you to Armistead Senior Care and Hunger Mountain Coop for supporting this year's luncheon.



MSAC Crafters at Area Craft Fairs

The MSAC Crafters Group will sell their wares at the MSAC Open House on November 28 from 5-7pm, at the Planting Hope Solidarity Craft Fair at the Unitarian Church on Saturday, December 10 from 9am-4pm, and at the Volunteer Appreciation Luncheon on Wednesday, December 14. All proceeds from craft sales will support MSAC!

Art Exhibit: Peggy duPont

Paintings by Peggy duPont will be on display at MSAC through December. During the exhibit, Peggy will donate half of the proceeds from any sales to MSAC.

Holiday Gift Bags

MSAC is again partnering with Hunger Mountain Coop to distribute bags of groceries in time for the holidays. Bags are filled with goodies from organic teas, to specialty soups, crackers and locally-made sweets. The Holiday Gift Bags are sponsored by Hunger Mountain Coop and Northfield Savings Bank. Sign up in the office ASAP. Limit 40 seniors. Pick up your bag at MSAC starting Monday, December 12.

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

Next meeting:
No December Meeting.
Next scheduled meeting:
1/9, 12-1:30pm—City Hall

Supporting Town Members: We Need You!

If you live in Middlesex, Moretown or Worcester, we still need more signatures on our petitions to get on your Town Meeting Ballot! Please stop by the office to sign or take a petition with you for your friends and family to sign. If you live in those towns or Berlin, Calais, East Montpelier, we need volunteers willing to give testimonial at Town Meeting in March about why you value MSAC. Please contact Janna if you are willing, and thank you all for your support!

Tax Clinic

Are you interested in volunteering to be an AARP Tax Aide and provide income tax preparation assistance here at MSAC this coming tax season? No prior experience is necessary, and all training is provided. If you'd like to help, contact Georgia Valentine at georgiadvalentine@gmail.com.

“Any Body Dance”

The Montpelier Recreation Department is offering “Any Body Dance” on Tuesday nights this winter from 7-8pm beginning January 17. A free trial class will be offered on January 10. This class is designed for seniors and includes a gentle warm-up in chairs emphasizing core strength, building to standing and full-body movement. For more information, stop by the office or call 225-8699.

Public Budget Forums

Montpelier City Council will be hearing public input on the proposed FY18 City Budget. MSAC's report will be on December 14. Public budget hearings will be on January 18 and January 26. All are encouraged to attend. This will be the first budget in which MSAC is integrated with Parks/Trees and Recreation Departments into one “Community Services” Department Budget with separate divisions for existing departmental operations.

Registration Changes

Starting with this Winter quarter's program registration, members from our six supporting towns will have their class registrations processed on the same day as Montpelier registrations. Upon request from supporting town members, the MSAC Program Committee, Advisory Council and staff members all considered and approved of this change. Historically, non-Montpelier registration privileges were staggered due to inequity in public funding between Montpelier and outside towns. We have determined that between public (tax) funding, higher dues, and higher class fees, there is now fiscal equity and no longer justification to favor Montpelier members. Members from non-supporting towns will still have their registrations processed after a two week delay. We encourage all members to submit program registration forms as early as possible as many classes do fill up quickly!

The Bus Blotter

This is a regular monthly column from Green Mountain Transit.

Green Mountain Transit is thankful for its riders and would like to say thank you back! We will be hosting a free ride day on Saturday, November 26, 2016. Take the bus to local shops on this Small Business Saturday and help us support the community.

On Monday, November 28, 2016 from 5:00-7:00 PM, GMT will be at the MSAC Annual Holiday Open House. Stop by our table to learn more about our bus service in Montpelier and northwestern VT.

A Caregiver's Guide to the Holidays

Alzheimer's Association

Because of the changes caused by Alzheimer's, families as well as the person with the disease, may feel a special sense of loss during the holidays. Caregivers may also feel overwhelmed by trying to maintain holiday traditions while providing care.

Here are some tips to help you through the holidays:

- **Simplify Holiday Celebrations:** plan smaller gatherings, make nametags for everyone, and find a quiet place to retreat to.
- **Holiday Decorations:** Avoid flammable or poisonous decorations and maintain the normal walkways to avoid fall risks.
- **Gift Ideas for the Caregiver:** Consider offering your time to a caregiver and stay with their loved one, so that they can attend a support group or get a relaxing spa treatment.
- **Gift Ideas for the Person with Alzheimer's:** Consider gifting photo albums with pictures of children at different stages, plus art supplies and music.

UPCOMING EVENTS

MSAC Open House and Talent Show

Monday, November 28, 5-7pm
See page 1 for additional information.

Tech Workshops at MHS

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 MSAC, Montpelier High School, and Technology for Tomorrow. Free and open to all MSAC members. Pre-registration strongly recommended to the MSAC office.

Safe Holiday Shopping

Friday, December 2, 12-1pm

Online shopping is convenient and can be fun, but requires extra vigilance. Join this workshop as we look at a variety of online store options, how to make online purchases, and how to ensure your safety while shopping online.

Holiday Camera Use and Gifts

Friday, December 9, 12-1pm

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 look at the website "Snapfish" which allows you to create mugs, pillows, albums, and so much more from your photos. You can design, order, and pay for the products directly from your phone/tablet/computer!

Password Management

Friday, December 16, 12-1pm

Tired of the endless cycle of forgetting, resetting, and forgetting your passwords again and again? This workshop is for you. Learn how to make a safe, yet memorable password, store your password list, and never get locked out of an account again! (It's easier than you think!) Plus we will look at two programs designed to store and maintain your passwords.

Acupuncture Talk & Clinic

Tues., December 6, 10:30am-12:30pm

Jennifer Etheridge, licensed acupuncturist with Integrative Acupuncture will present on Acupressure

for Headaches from 10:30-11am. This free lecture will be followed by an acupuncture clinic from 11am-12:30pm. Treatment takes place in a group setting. Treatments are all auricular (outer ear) acupuncture and are 30 minutes each. Arrive by 12. No appointment necessary. Open to everyone 50+. \$10 to Integrative Acupuncture and Oriental Medicine.

Parlor Game Night

Wed., December 14, 6:30-8:30pm

Forget Your Troubles! Come On, Get Happy! Bring your playfulness, a sense of fun, and a willingness to try something new. Anne Ferguson and Nancy Schulz will lead you through a series of interactive games that are designed to generate laughter while stimulating creative thinking. The evening is free but advance registration is required.

Red Cross Blood Drive

Wednesday, January 4, 12-5pm

The Red Cross will host a blood drive at MSAC. To sign up for an approximately one-hour appointment, call 800-RED-CROSS, or just walk-in. We are also looking for volunteers to staff the check-in desk and canteen. Please contact us if you are available to help.

Weekly Read-Aloud

Tuesdays, 1-2pm

Each Tuesday, "Wapiti Wilderness" will be read aloud for an hour in the MSAC Lobby 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, WY. Reader Nancy Schulz welcomes anyone to stop by. It's not necessary to be present each week to enjoy.

Armchair Travel Talks

Join us for presentations of pictures from trips around the world taken by MSAC members. Presentations will begin on Tuesday, January 17 and take place every other Tuesday at 6:30pm. The first two are Tuesday, January 17: Newfoundland by Barbara Thompson, and Tuesday, January 31: Cuba by John Snell. They will continue through March with Jamaica, Central Italy Hill towns, Barcelona, and US National Parks.

New Class Descriptions

Intermediate Digital Photography

Linda Hogan | Fri 10am-12pm (6 weeks) | \$30 members/\$55 public (all ages)

A continuation of Beginner Digital Photography that will go deeper into the art of seeing. Each week we will take on a theme that will help broaden our understanding of capturing a perfect image that tells a good story. Different photography genres will be explained as well as things you may want to know to prepare for an exhibit and/or selling your work.

Drawing Basics

Janice Walrafen | Mon 5-6:30pm | \$35/\$45

Have you always wanted to draw, but not known where to begin? Do you love to draw, but need to set time aside to do it? This is a great beginner and refresher class. Most often working from life, each class introduces a different skill or lens to draw from including contour, value, color, perspective, foreshortening, portraits, proportions, composition, and more. Great foundational skill building and enjoyable time spent drawing. Janice is a working artist who makes handmade tile and sculpture from clay and teaches art to people of all ages. She also co-manages AllTogetherNow! Community Arts Center in East Montpelier.

Workshop: Introduction to Chinese Calligraphy

Ellie Hayes • Sat. Jan. 28, 10am-12pm • \$10

An introduction to Chinese Calligraphy, with examples of pictographs and how they evolved into word forms, and various styles of calligraphy. We will learn the different kinds of brush strokes, and the order of strokes for some simple characters.

French for Travelers (French Basics)

Andy Lory | Mon 4:30-5:30pm | \$40 members/\$65 public (all ages)

We will offer the basics of French of the French language; pronunciation, grammar, syntax as necessary, but the course will be directed more toward the appreciation and enjoyment of French language and French Culture. Scenarios could include role playing in restaurants, shopping, sightseeing, singing, cooking. We plan to suit the needs of the students as we understand their motivation in participating in the course. The Instructor, Andy Lory, has taught French and English in Vermont for the past 40 years in Vermont at all levels of education -

elementary through college. He is a dyed-in-the-wool Francophone who has lived in France with his wife for extended periods of time.

Pilates for Beginners

Shannon Hepburn | Mon 10:30-11:30am | \$20/30

Pilates is a series of exercises designed to improve posture, flexibility, core strength, and balance. This class will focus on executing the exercises with proper technique and attention to breathing, alignment, and core engagement. Exercises may be modified to suit individual needs. Participants should be able to move comfortably from a standing position to the floor.

Gentle Yoga for Beginners at CVMC, Berlin

Monica DiGiovanni | Thurs 3:30-4:45pm | \$20 members/\$30 public (ages 50+)

Are you wondering why everyone is talking about yoga and meditation? Have you been curious to try it? This introductory series is perfect for beginners.

Introductory Yoga for Men

Patty Crawford | Mon 9-10am (6 weeks) | \$20/\$30

Yoga can help you increase flexibility and promote better balance, improve your posture, agility, and coordination, and prevent workout injuries. Connecting breath and movement develops a stronger mind-body connection that will help you to manage stress and develop better focus and memory retention. This class gives men an opportunity to explore the many benefits of yoga that are appropriate for their unique body.

Yoga for Sleep

Sally Olmstead | Fri 12:45-2 (8 weeks) | \$20/\$30

This class series will offer up tools and strategies from the yoga tradition to help promote rest and manage the anxiety that frequently arises when we can't sleep. During the 8-week series we will explore postures, breath adaptation in postures, breathing practices (pranayama), sound, and guided relaxation, all with the intention of helping each participant develop a personalized practice that they can use at home. The class will also include time for some group discussion.

NEW: Gentle Yoga and Meditation

Lori Flower | Mon 12-1 | \$20/\$30

Start your week out with slow, mindful movements, plus guided breathwork and meditations to keep you clear and centered.

WINTER CLASSES

Performing and Fine Arts

NEW: Workshop: Introduction to Chinese Calligraphy
Ellie Hayes • Sat. Jan. 28, 10am-12pm • \$10

Drawing Basics

Janice Walrafen • Mon 5-6:30 • \$35/45

Beginner Digital Photography

Linda Hogan • Fri 10-12 (6 weeks, starts 1/13) • \$30 members/\$55 public

Intermediate Digital Photography

Linda Hogan • Fri 10-12 (6 weeks, starts 2/24) • \$30 members/\$55 public

Beginner Guitar

Tom Wales • Wed 3:45-4:45 • \$25 members/\$50 public

Advanced Beginner Guitar

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

Handbuilding in Clay

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

Painting: As You Want It

Sylvia Walker • Mon 10am-12pm • \$25/\$35

Beginner Pastels

Joyce Kahn • Tues 4:30-6:30 • \$25/\$35

Intermediate Landscape in Pastels

Jeneane Lunn • Wed 4:30-6:30 • \$25/\$35

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

John Harrison • Tu 2-3 • \$40 members/\$65 public

Rug Hooking

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

Beginner Voice for Shy Singers

Naomi Flanders • Th 3-4 • \$20/\$30

Advanced Voice: Keeping Your Voice in Shape for Life

At Westview Meadows • Naomi Flanders • Tu 2-3 • \$20/\$30

Humanities, Technology, and Social Sciences

NEW: Film Appreciation: World Cinema Since 2000

At Savoy • Rick Winston • M 9:30-12 (8 weeks) • \$50 members/\$75 public

NEW: Film Appreciation: American Independent Cinema At Savoy • Rick Winston • Th 10-12:30 (8 weeks) • \$50 members/\$75 public

NEW: French for Travelers (French Basics)

Andy Lory • Mon 4:30-5:30 • \$40 members/\$65 public

Using Google Services 101

At Main Street Middle School • MSMS Students • Th 11:30-12:30 (6 wks) • \$10 members/\$20 public

Early Intermediate Italian

Angelo Caserta • Tu/Fri 1:30-3:30 • \$40 members/\$65 public

Poetry As You Like It

Jane Bryant • Wed 10-12 • \$25/\$35

Spanish for Beginners

Carlos Reyes • Tu 9-10 • \$30 members/\$55 public

Writing

Maggie Thompson • Mon 10:30-12:30 • \$25/\$35
Maggie Thompson • Wed 12:30-2:30 • \$25/\$35

Movement

Balance of Being Alexander Technique Method

Katie Back • Tu 1:15-2:30 • \$20/\$30

Dance to Fitness

Tina Valentinetti • Wed 1:45-2:30 • \$20/\$30

Living Strong

Laura Brown/Tom Viall • M/Th 5-6 • \$25/\$35
NEW: Tina Muncy/Lauren Gould • Tu/F 10-11 • \$25/\$35

Tina Muncy • Tu/F 5-6 • \$25/\$35

Joan Barrett/Barbara Ladabouche • Tu/Th 8:30-9:40 • \$25/\$35

Donna & Ed Koenemann (non-beginners) • M/F 9-10 • \$25/\$35

Basic Moving Every Muscle

Louisa Nufield • Wed 10:45-11:45 • \$20/\$30

Advanced Moving Every Muscle

Louisa Nufield • Wed 12-1:30 • \$20/\$30

Movement for Parkinson's

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

Parkinson's Pantomime Project

Rob Mermin • Sat 10:30-12 • \$20 members/\$30 public

NEW: Pilates for Beginners

Shannon Hepburn • Mon 10:30-11:30 • \$20/\$30

Senior Indoor Cycling at Studio Zenith

Allison Devery/Noelle Sevoian • Th 4-5 (2 six-week sessions) • \$50/\$60 per session

Tai Chi: Sun Style Intro

Ellie Hayes • Tu 4-4:45 • \$20/\$30

Tai Chi: Sun Style Long Form

Ellie Hayes • Tu 5-6 • \$20/\$30

Tai Chi: Long Form

Judy Copa • Th 12-1:30 • \$20/\$30

Argentine Tango

Eva Zimet • Wed 6:45-8:15 (8 weeks) • \$20/\$30

Yoga classes are sorted from least to most vigorous

Chair Yoga

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

Very Gentle Yoga

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

Gentle Yoga for Beginners at Worcester Town Hall

Sally Olmstead • Tu 2-3 (8 weeks) • \$20 members/\$30 public

NEW: Gentle Yoga for Beginners at CVMC

Monica DiGiovanni • Th 3:30-4:45 • \$20 members/\$30 public

NEW: Yoga for Men

Patty Crawford • Mon 9-10 (6 weeks) • \$20/\$30

NEW: Yoga for Sleep

Sally Olmstead • Fri 12:45-2 (8 weeks) • \$20/\$30

Gentle Yoga

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

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

Patty Crawford • Th 5-6:30 • Includes breathing, chanting, & intro to meditation • \$20/\$30

Gentle Flow Yoga

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

NEW: Gentle Yoga and Meditation

Lori Flower • Mon 12-1 • \$20/\$30

Moving into Stillness: Yoga and Meditation for Continuing Students

Sarah Parker-Givens • Thurs 2-3:15 • \$20/\$30

Moderate Yoga

Lori Flower • Mon 1:15-2:30: • \$20/\$30

Yoga for Balance Intermediate

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

Moderate Flow Yoga

Sarah Parker-Givens • Mon 5-6:30 • \$20/\$30

Sarah Parker-Givens • Wed 5-6:30 • \$20/\$30

Moderate/Vigorous Yoga

Monica DiGiovanni • Thurs 10:45-11:45 • \$20/\$30

Monica DiGiovanni • Fri 2:15-3:30 • \$20/\$30

Joan Stander • Fri 10-11:30 • \$20/\$30

Off-Site Fitness Programs

Swimming at First in Fitness Berlin

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

Tennis at First in Fitness Berlin

Fri 11:30-1 (2 six-week sessions) • \$45 per session all members

Water Aerobics at First in Fitness Berlin

Annie Tiberio-Cameron • Tu 10-11 • \$45/\$60

Registration Details

Forms will be processed in the following order (ALL forms accepted 11/28):

Starting 11/28: Montpelier AND Supporting Towns

Starting 12/12: All towns/non-members for classes open to public

\$10 late fee applies to registrations after 1/6.

Classes begin the week of January 9. Most movement classes end the week of March 27 and most arts and humanities classes end the week of March 13.

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

Please inquire about discounts available for MSAC members at First in Fitness & Rehab Gym.

PARTNER SERVICES

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. *Not affiliated with MSAC.* For more information, contact Andrea Gould and Charlie Barasch at 454-7806.

Massage Clinic

Monday, December 5, 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

Wed., December 7, 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.

Free Hearing Screenings

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

Our hearing screening schedule is full. To add your name to the waiting list, call the MSAC office at 223-2518.

Memory Café

Saturday, December 10, 10-11:30am

Musician Mick Byers invites you to a holiday singalong! 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, December 12, 1-4pm

Monday, December 19, 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, a towel, and nail clippers.

Rainbow Umbrella of Central Vermont

Tuesday, December 13, 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.

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.

School Budget

The first draft of next year's school budget will be presented to the board on December 14. Join Tina Muncy, a school board member, on Monday Dec 19 at 10am or Tuesday, Dec 20 at 4pm to share your thoughts before the budget is finalized.

Welcome New Members

Susan Baker
Rebecca Chandler
Joseph Healy
Monica Hutt
John Jose
Sharon Lawrence
Rebecca Maker

Gloria Rathbone
Gale Rome
Janice Slora
Mary Fran Stafford
Brian Tuttle
Russ Valentine
Demaris Wehr



Immerse yourself in Chinese culture on this **11-day trip to China**. Custom designed by Milne Travel for the Montpelier Senior Activity Center, this trip 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.
- Learn about Chinese herbal medicine, acupuncture, tai chi, qigong, and more.
- 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 meet local seniors, visit local children and teach them English. A great opportunity to compare senior life in urban and rural areas.
- Enjoy delicious traditional cuisine, including a Peking Duck welcome dinner.

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, 3-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 two member registrants and can accommodate as many as eight more, so sign up soon and tell your friends! Non-members are welcome!**

A group of interested members had a presentation by

Milne Travel in November, and additional hand-outs and a slide show are available in the office. For those interested, we will be doing some Chinese language and etiquette introductions in the late Winter, and a reading/film list is being compiled. Check out Tai Chi, Calligraphy, and Osher Lifelong Learning Institute lectures for more Chinese immersion in preparation for the trip, or even if you're not attending!

Full Moon Walk

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.

Holiday Stroll

Sunday, December 25 at 4:30 pm

Tour downtown Montpelier's bridges on December 25, guided by green and red lights. Bring a flashlight and have it transformed into a green or red torch for our celebratory stroll. Free. All ages welcome. Meet in front of MSAC at 4:30 pm. Pre-registration is encouraged but not required. Basic walk will last one hour; optional extension will be offered for those who would like to tour more bridges. Leader: Nancy Schulz.

Walk Recap

November 10th was a crisp fall day for our last walk of the year. The sun shone just enough to brighten the road for a hardy group of seniors who joined me on a walk in Northfield. We went up a hill, then another, and then down before we went up again. We were all quite pleased with ourselves when we completed the 3.4 mile walk. But the afternoon was not over. We stopped at the Trijang Buddhist Institute. We were given a tour of the monastery and time to admire the golden Buddha. As the afternoon ended, we sat in their dining room which overlooks a field and lovely pond enjoying a cup of tea. If you missed this magical walk, watch the newsletters in the spring for the list of monthly walks next year. Most of them are without hills! We would love to have you join us.



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, December 6: Chicken enchiladas served with rice and pinto beans, butternut squash, and kale

Friday, December 9: Braised chicken and mushroom stew served with turnips and beets

Tuesday, December 13: Roast turkey served with bread stuffing, local squash puree, and cranberry sauce

Friday, December 16: Spaghetti with meat sauce, served with mixed vegetables and garlic bread

Tuesday, December 20: Herb roast chicken, served with bread stuffing and green beans

Friday, December 23: Glazed ham served with pineapple, baked beans, squash, and broccoli

Tuesday, December 27: Closed for Holiday Break

Friday, December 30: Closed for Holiday Break

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

December Birthday Social

Join us on Friday, December 16 at FEAST Together for our December Birthday Social! Anyone 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 who attends gets cake and ice cream! If you have a birthday in December, please come to FEAST Together and stay for the Birthday Social. Call 262-6288 to make your reservation today!

FEAST Together News

Chef Justin Turcotte is creating meals at FEAST Together that go beyond the ordinary. In November, he hosted and provided a Soup Clinic open and free to all, ingredients and containers provided by Justin. Bringing community members together to make comforting winter soups is just a part of the FEAST kitchen's mission to provide nutritious meals and support to all Montpelier elders. At FEAST Together on Tuesday, November 8, Justin went tableside to serve tisane (herbal teas) blended to individual tastes and on November 15, Cherries Jubilee was flambéed tableside! Please join us as we continue to build a stronger network of neighbors through the shared experience of communal meals of nutritious, delicious food, prepared and served with love.



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FEAST Volunteers News:

Our volunteers continue to provide essential services to our community that couldn't happen without your commitment, skill and generosity. Thank you! We want to acknowledge your contributions with at our Annual Volunteer Luncheon. See page 2 for more information.

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 (12/19) 10-12 Painting 10-4 Massage Clinic (12/5) 10:30-12:30 Writing 12-3 Mah Jongg* 12:45-2 Club de Français Intermédiaire* 1-2:30 Handbuilding in Clay 1-3 Bridge* 1-4 Foot Clinic (12/12) 1:15-2:30 Moderate Yoga (Flower) 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)	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 10:30-11:45 Band & Dancing* 10:30-12:30 Acupuncture Presentation and Clinic (12/6) 11-12 Chair Yoga (Parker-Givens) 12-1 FEAST Meal 1-2 Walks with Harris* 1-2 Read-Aloud* 1-3 Scrabble* 1:30-2:30 Moderate Yoga (Flower) 2-3 Reelin' and Rockin' 2-3 Advanced Voice (at Westview Meadows) 2-3 Gentle Yoga for Beginners (Olmstead at Worcester Town Hall, 2-3 Trash Tramps* 1:30-3:30 Early Intermediate Italian 3-4 History of Jazz II 4:30-6:30 Beginner Pastels 5-6 Living Strong (Muncy) 5-6 Tai Chi: Sun Style Long Form (Hayes) 5:30-7 Rainbow Umbrella of Central VT* (12/13) 5:30-7 Full Moon Walk* (12/13)	9-10:30 Gentle Yoga (Crawford) 9:30-11:30 Rug Hooking 9:45-10:45 Blood Pressure Clinic* (12/7) 10-11 Swimming at First in Fitness 10-12 Poetry as You Like It 10:45-11:45 Basic Moving Every Muscle 12-1:30 Advanced Moving Every Muscle 12-2 Crafters Group* 1:30-3:30 Writing 1:45-2:30 Dance to Fitness 3:30-4:30 Gentle Flow Yoga with (Parker-Givens) 3:45-4:45 Beginner Guitar 4:30-6:30 Intermediate Landscape in Pastels 5-6 Advanced Beginner Guitar 5-6:30 Moderate Flow Yoga (Parker-Givens) 5:30-6:30 Continuous OM Workshop (12/21) 6:30-8:30 Parlor Game Night (12/14)	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 10-11:30 Movement for Parkinson's 10-12:30 Films of Thatcher's England (at Savoy, ends 12/1) 10:45-11:45 Moderate/Vigorous Yoga (DiGiovanni) 11:30-12:30 Using Google Services 101 (12/8 at MSMS) 12-1:30 Tai Chi: Long Form for Beginners (Copa) 12:45-3:30 Bridge* 2-3:15 Moving Into Stillness 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 Photography Club* 10-3 Mah Jongg* 11:15-1:45 Hearing Screenings (12/9) 11:30-1 Tennis (at First in Fitness) 12-1 FEAST Meal 12-1 Tech Workshops at MHS (12/2, 12/9, 12/16) 12:30 Monthly Birthday Social (12/16) 1-2 Belly Dancing 2-3 Living Strong Group* 2:15-3:30 Moderate/Vigorous Yoga (DiGiovanni) 1:30-3:30 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)
				Saturday/Sunday Sat. 10-11:30 Memory Café (12/10)* Sat 10:30-12 Parkinson's Pantomime Project Sun 4:30-6 Holiday Stroll (12/25)
FALL CLASS END DATES: Most Fall Art Classes end the week of 11/28, except for those which started late due to construction and end the week of 12/12. Most Fall Humanities Classes end the week of 11/28. Most Fall Movement Classes end the week of 12/12. Please confirm end dates with your instructor.				
*Does not require registration. Donations appreciated.				

Montpelier Senior Activity Center
58 Barre Street
Montpelier, VT 05602

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The Montpelier Senior Activity Center will be closed from Monday, December 26 through Monday, January 2, reopening January 3. Happy Holidays!

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 lmarkus@montpelier-vt.org.

Submissions for January Newsletter due December 12.

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