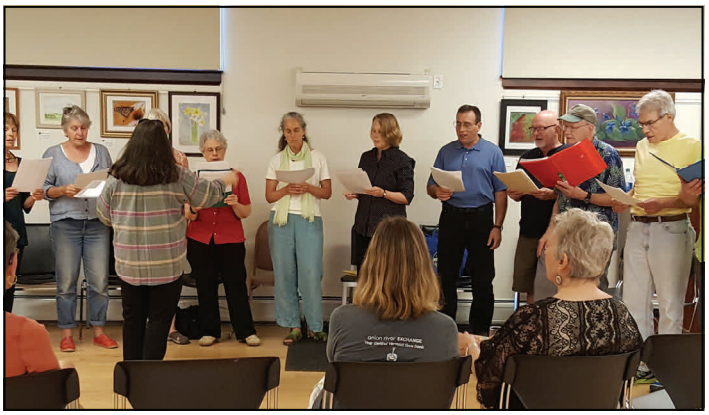
Montpelier Senior Activity Center

Winter 2017 Class Guide

January 9-March 31, 2017



Register online at www.montpelier-vt.org/msac or at the MSAC office at 58 Barre Street.

Performing and Fine Arts

Classes run for 10 weeks – start week of 1/9, end week of 3/13, unless noted

NEW: Workshop: Intro to Chinese Calligraphy

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

Celebrate the full moon and the last day of the Chinese New Year with an introductory Chinese calligraphy workshop. This will be 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. If participants have specific words or expressions they want to learn they can contact Ellie before the class. *Materials will be provided.*

Beginner Digital Photography

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

In this workshop we will explore some basic practices and new ways of looking at things around us to make a picture something very special. You will need any kind of digital camera with a memory card, a flash/thumb drive and a notebook and pen/pencil for notes. This will be a fun class and will open your eyes and give you some skills and information that you can use for a lifetime.

Linda Hogan is a fine art photographer and visual arts painter. She has taught many workshops and classes in Central Vermont including Open Door Arts, U-32 and Montpelier High Schools, the Basement Teen Center, Washington County Youth Service Bureau's "out of school time" programs in several cities and towns, Heaton Woods and Lincoln House and the Extension School at Vermont College where she was also the Artist in Residence for one year. Her work has been exhibited throughout the area.

NEW: 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.

NEW: 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-creates AllTogetherNow! Community Arts Center in East Montpelier.

Beginner Guitar

Tom Wales | Wed 3:45-4:45pm | $25 members/$50 public (ages 13+)

This course will be for the beginner guitar player. The object of the course is to introduce a guitar to a new player with little to no experience. There will be minimal music theory and maximum fun. The student will learn the strings on the instruments, basic chords, care and feeding of their instrument. Students will have to provide their own instruments. I will have an extra one with me. I will be recommending some books, but not required for the course. The books will able to be purchased locally. Playing an instrument is one of the best things a person can do for themselves. It's a lifelong companion, much like a dog, doesn't complain too much but gives back a lot of pleasure.

Advanced Beginner Guitar

Tom Wales | Wed 5-6pm | $25 members/$50 public (ages 13+)

This is a continuation of beginning Guitar. We will continue to use and learn new chords and play songs. Student will have to provide their own instrument and have some basic knowledge of chords. There will be minimal

music theory and maximum fun. Playing an instrument is one of the best things a person can do for themselves. It's a lifelong companion, much like a dog, doesn't complain too much but gives back a lot of pleasure.

Handbuilding in Clay

Nicole Galipeau | Mon 1-2:30 pm | $55 members (price includes firing)

This is an introductory class in the art of hand building in clay. Whether making functional pottery or sculptural pieces, we will use basic techniques such as using coils, slabs, molds and pinch-pot methods to create pieces in accordance with individual interest. Our class is not only about making art in clay; it is about making art in an intimate and very jovial setting! Having a group of us working individually but in a studio setting together gives a very satisfactory feeling of accomplishment and comradery! Work will be finished and fired at Montpelier Mud. Clay can be purchased as needed from the instructor. Price includes firing of materials. Nicole Galipeau is a local artist with a strong love for figurative art in clay. She has deep interest in the human psyche and finds working with a group in a studio setting to be most therapeutic and gratifying.

Painting: As You Want It

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

Come and paint in the medium of your choice. Acrylics, oils, watercolors, pastels, etc. No formal lessons, all instruction is done as you want it, individually. The idea is to enjoy the journey into art and not think about the destination. Also, it will be fun to have the opportunity to see your finished work displayed in our very own mini-gallery at the back of the Art Room. Supplies will need to be purchased by the student.

Beginner Pastels

Joyce Kahn | Tues 4:30-6:30pm | $25/$35

A class for beginning and continuing students who wish to explore the vibrant, user-friendly medium of soft pastels. Leave fear behind. During each session Joyce will typically do a demo or mini-lesson to illustrate a technique or concept, leaving the bulk of the time for painting and gentle feedback. Students are encouraged to set up a still-life to paint, although painting from photographs is ok. A supply list will be sent upon registration. Come join the fun!

Intermediate Landscape in Pastels

Jeneane Lunn | Wed 4:30-6:30pm | $25/$35

Just because summer is over doesn't mean you have to stop painting landscapes. This two-hour class will include a weekly 30 minute demonstration and 1.5 hours of working time with individual critique. This class is designed for people with some experience in pastels. Less experienced students will be supported with lots of instruction and more advanced students will find their work enhanced by specific critique. Bring photographs of landscapes you would like to paint. The instructor suggests purchasing the following supplies from Blick Art Supplies (1-800-828-4548) or online:

- 10710-8516: Earth-Tones Mi-Teintes, 24 Sheet Pad, 12" x 16", $10.99
- Blick Brand Pastels – sets of 20-140 available for $23.31-$154.08 (Set of 40 for $39.23 is item #21948-1409) OR Faber Castell Pastels – sets of 24-72 available for $8.79-$26.39 (Set of 48 for $16.42 is item #20000-1048) (a larger set will be easier to work with, but whatever you can afford will be fine)
- Soft vine or willow charcoal
- Drawing board, 12" x 16" (this can be any smooth board or a piece of foam core)
- 4 clips to attach paper to board or tape (but not with foam core)

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

John Harrison | Tues 2-3 pm | $40 members/$65 public (all ages)

A chorus for rockers of all ages who want to sing the great songs of the fifties and sixties. Instructor John Harrison, Director of the Montpelier Community Gospel Choir, is a composer, choral director, singer, and saxophonist who has been performing professionally since he was a lad. He performs and teaches in a variety of styles that reflect his eclectic background in music. In this class, you'll have a great time learning to sing classic rock songs.

Rug Hooking

Pam Finnigan| Wed 9:30-11:30 am | $25/$35

Pam is a certified rug hooking instructor, who teaches traditional techniques. Participants need a rug hooking frame or 14 inch quilters hoop, foundation cloth, rug hook, and wool strips. Beginner and seasoned hookers all welcome. Supplies will need to be purchased by the student.

Beginner Voice for Shy Singers

Naomi Flanders | Thur 3-4 pm | $20/$30

Everyone can sing. People laugh when I say this, but I have found in my work with many people, that it's true! This class will help you be less shy about singing, get you breathing and understanding how the breath, body and brain plays this great human instrument! You will learn to listen to pitches and hold them, plus you will have fun! Making music with our voices makes us happy, because we use our whole body when we sing!

Advanced Voice: Keeping Your Voice in Shape for Life (at Westview Meadows)

Naomi Flanders | Tues 2-3pm | $20/$30

As seniors, we all notice the aging of both our speaking and singing voice. If we have sung in a chorus for years, or done theatrical work or taught school, it can be dispiriting. The good news is that this doesn't have to happen. This voice class will give you everyday breathing, movement and vocalizing exercises to keep your whole voice in shape for life, because of course we all want to still sing in choirs, teach, be in plays, and cheer our grandchildren on at a game!

Humanities, Technology, & Social Sciences

Classes run for 10 weeks – start week of 1/9, end week of 3/13, unless noted

Film Appreciation: World Cinema Since 2000 (at Savoy)

Rick Winston | Mon 9:30am-12pm (8 weeks) |$50 members/$75 public (all ages)

A selection of superb films from eight different countries: France (I've Loved You So Long), Russia (The Return), India (The Lunchbox), Germany (Phoenix), Turkey (Mustang), Ida (Poland), Hawaii, Oslo (Norway), and Footnote (Israel). All films with subtitles.

Film Appreciation: American Independent Cinema (at Savoy)

Rick Winston | Thurs 10 am-12:30 pm (8 weeks) | $50 members/$75 public (all ages)

We'll look at pioneering works outside the mainstream, starting with The Little Fugitive (1953) and Shadows (1959), and including films by Jim Jarmusch (Stranger Than Paradise), Spike Lee (Do the Right Thing), and more recent films like Sugar and Short Term 12.

NEW: French for Travelers (French Basics)

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

“French for Travelers” (Basic French) is a class that will morph with the needs of the participants. 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 died in the wool Francophone who has lived in France with his wife for extended periods of time.

Using Google Services 101

(at Main Street Middle School)

MSMS Students | Th 11:30am-12:30pm (6 weeks) | $5 members/$10 public (ages 50+)

Students from Montpelier's Main Street Middle School will help you learn to use a computer more fully. This class focuses on the Google suite of online services. Google's free services can help you search online, communicate, write and share a document, store digital photos, and more. Sessions include: Understanding Gmail, Google Drive, Using Google Search, and Keeping Photographs Online. Bring your questions and projects. No computer knowledge necessary, but a basic understanding of computers will allow you to get the most out of the class. Lessons will take place on Mac computers but will be useful even if you have a PC at home. Class takes place at Main Street Middle School (170 Main Street in Montpelier). Instructors will meet students at the gym entrance, which is in front of the parking lot.

Early Intermediate Italian

Angelo Caserta | Tues/Fri 1:30-3:30pm | $40 members/ $65 public (all ages)

This class is for advanced beginner to low intermediate students who want to improve their ability to communicate in Italian. Learning will be based on "The Living Language Course," a natural way to learn languages. You will learn Italian the same way you learned English by hearing the language and repeating what you heard. Hear it in Italian, say it in Italian, absorb Italian, and repeat Italian. By the time you have finished the class, you will have sufficient command of Italian to get along in all ordinary situations.

Students will learn the Italian language by building communicative competence, becoming familiar with theoretical approaches, and by trying a variety of classroom activities to gain increased skill in conversing in Italian. Students can expect to practice Italian as much as possible, using media, print, and conversations with others. The class tries to make the learning of Italian as easy and pleasant as possible, but a certain amount of application is necessary. Come prepared to work, speak, and think in Italian.

Poetry As You Like It

Jane Bryant | Wed 10am-12pm | $25/$35

Have fun writing poetry! Everyone is welcome. Each week will include a short discussion, with poems as examples, along with an optional writing assignment for the following week, sometimes focusing on a certain technique, sometimes on subject matter. Class members do not have to do the assignment or share their poem with the others for feedback, though many choose to do both. Participants are always free to pick their own topics. We are a supportive and fun-loving group. Poet Jane Bryant will facilitate the class.

Spanish for Beginners

Carlos Reyes | Tu 9-10am | $30 members/$55 public (all ages)

Spanish for Beginners is a fun class using songs, games, and grammar lessons to help beginner students learn Spanish. Carlos will provide the tools, and students will provide the motivation to learn the language and the application of the new language in conversation. All you need to bring is a pen and notebook and the desire to learn! Instructor Carlos Reyes is a native speaker who taught English and Spanish at Learn English Uruguay. He has also served as a translator for the United Nations and the Ejercito Nacional of Uruguay.

Writing

Maggie Thompson | Mon 10:30am-12:30pm or Wed 12:30-2:30pm | $25/$35

We all have stories. Whether we journal, write letters, memoir, fiction, creative nonfiction or poetry, writing illuminates the lives we have lived. In addition, writing with others at MSAC is fun, infused with insights and spice! Through the use of writing prompts in class and optional homework assignments, we will find "side door" ways to enter life experiences. Introduction of craft elements such as character development, setting, plot, imagery, and dialogue will help shape our stories and grow our skills as a writer. Sessions include sharing our work aloud (optional), providing thoughtful feedback to others, and engaging in lively discussions about the craft of writing. Classes are tailored to the aspirations of the participants. Support and encouragement are abundant! New participants are always welcome.

Movement

Classes run for 12 weeks – start week of 1/9, end week of 3/27, unless noted

Balance of Being Alexander Technique

Katie Back | Tu 1:15-2:30 (8 weeks) | $20/$30

In this 8-week series, we will learn the fundamentals of this century-old method of awareness in motion and begin to change the postural and movement habits that often interfere with our ability to move well with ease. Through exploring our simple daily activities. we will re-learn how to be naturally upright and restore our balance, alignment and coordination. You will receive gentle hands-on therapeutic and verbal instruction unique to this practice. We will work upright and on the floor, explore developmental movement and group dynamics, learn self care practices to empower you to choose how you do what you do in any activity. When we learn how to move well with more awareness through our whole body, we improve our quality of life. Rediscover the natural poise with which you were born so that you can do what you love at any age! This workshop is open to all individuals who are able to move on two legs. Modifications will be offered for individuals that have some body issues that make it difficult to move on the floor. Katie Back is a certified teacher of the Alexander Technique and creator of the Balance Of Being Movement Method based on her training in dance, yoga, developmental movement, Alexander Technique, and meditative practices. For more information visit www.balanceofbeing.com or contact her at 223-7230

Dance to Fitness

Tina Valentinetti | Wed 1:45-2:30pm | $20/$30

Move your feet to the beat! Dance to fitness with easy to follow choreography, set to a variety of music and geared toward the non-dancer. All levels of fitness are welcome, since you can adapt the choreography to suit your needs. Wear comfortable clothing and supportive sneakers (only indoor shoes are allowed in the studio). You may also wish to bring a water bottle. Tina Valentinetti is a member of MSAC. She has been teaching dance fitness classes for the past 30 years, and was certified to teach both Jacki Sorensen and Jazzercise dance fitness programs, as well as the Arthritis Foundation PACE program.

Living Strong

Laura Brown/Tom Viall | M/Th 5-6pm | $25/$35
Tina Muncy | Tu/F 5-6pm | $25/$35
Tina Muncy and Lauren Gould | Tu/F 10:15-11:15 | $25/$35
Joan Barrett/Barbara Ladabouche | Tu/Th 8:30-9:40am

The Living Strong Program is a group exercise program originally designed by researchers at Tufts University to improve the health and wellness of older adults. The classes will focus on weight training, stretching, and balance exercises.

Living Strong (non-beginners)

Dona & Ed Koenemann | M/F 9-10 am | $25/$35

The Living Strong program is a group exercise program for older adults. The program focuses on strength, balance and flexibility exercises for the body with the use of ankle weights and dumbbells. Participants must have taken a beginner level or another Living Strong class.

Movement for Parkinson's

Sara McMahon | Thurs 10-11:30am | $25 members/$35 public (all ages)

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

Basic Moving Every Muscle

Louisa Nufield | Wed 10:45-11:45am | $20/$30

A "Get Me There" workout! What quality of movement would you like to improve? Stability? Flexibility? Endurance? Grace? Exploring the 12 Movements of Joy with carefully chosen music restores these qualities and more...gets you the mobility you desire.

Advanced Moving Every Muscle

Louisa Nufield | Wed 12-1:30pm | $20/$30

Builds on the Basic class by teaching you how to design your own "Get Me There" Workout.

Parkinson's Pantomime Project

Rob Mermin | Sat 10:30am-12pm | $20 members/$30 public (ages 50+)

This class is for people with Parkinson's Disease—and other movement disorders—and their caregivers and family. All are welcome! We will learn basic mime technique as a method for helping cope with movement limitations. The informal classes will explore visualization, articulation of gesture, and creative use of imagery and space. The circus games are geared for delightful fun: we play with balancing feathers, manual dexterity (juggling), coordination, postural awareness, and development of reflexes. The mime and circus together foster awareness and ease of movement in daily activities. We use music, games, and the mime principles of Marcel Marceau. No theater experience required. Just fun, with a purpose.

Rob Mermin, founder of Circus Smirkus, trained with renowned mime Marcel Marceau, before embarking on a 40-year career in the circus world.

NEW: 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. All exercises may be modified to suit individual needs. Participants should be able to move comfortably from a standing position to the floor. All exercises will be done on a yoga mat. Shannon Hepburn is a certified instructor who studied at the Stott Pilates Corporate Training Center in New York City. She has been teaching Pilates in Montpelier for more than seven years.

Senior Indoor Cycling

(at Studio Zenith)
Allison Devery/Noelle Sevoian | Tues 4-5pm (2 six-week sessions)| $50/$60 per session

Studio Zenith is an All Levels, All Ages, All Bodies Studio and therefore All are made to feel welcome and accommodated. We have a philosophy around starting slow, listening to your body, being patient with progress, and being kind to yourself no matter how you feel in a certain class! The beginning of class will be setting up the bike, getting the right seat height and handlebar height, the different hand positions, standing on the bike, etc. Please come 10 minutes early if you have never been on a Spinning bike before! Everyone goes at their own pace. If you are not comfortable standing, don't stand! Stay seated and imagine yourself on a beautiful flat road by the beach! If you are a seasoned rider, Go For IT! Do not be afraid to do your best as long as it feels safe and makes you happy. As the six-week course goes on, it will get a bit more challenging but do not feel like you need to follow that pace!

Tai Chi: Sun Style Intro

Ellie Hayes | Tues 4-4:45 pm (10 weeks) | $20/$30

This class will run 10 weeks from 4:00-4:45 pm. It will cover essential Tai Chi principles and the Basic 6 sequence of movements derived from Sun Style Tai Chi, with an emphasis on safety and accommodating physical limitations. All are welcome.

Tai Chi: Sun Style Long Form

Ellie Hayes | Tues 5-6 pm (10 weeks) | $20/$30

This class will run 10 weeks from 5:00-6:00 pm. It will build on movements learned in Sun Style Intro and Intermediate sessions, so it is primarily for continuing students who have thoroughly learned Parts 1 and 2. Participants should be ready to learn new movements and practice in depth.

Tai Chi: Long Form

Judy Copa | Thurs 12-1:30 pm (12 weeks, starts 3/9) | $20/$30

This course is designed for beginners, but since the practice deepens the longer one practices, it is also open to previous participants. The slow, fluid movements of Tai Chi offer adaptations which are often necessary as our bodies age. These movements encourage general health, grace and balance; tension is released and energy is allowed to flow. Instructor Judy Copa has been practicing Tai Chi for 33 years. She has been teaching for 14 years.

Argentine Tango

Eva Zimet | Wed 6:45-8:15pm (8 weeks) | $20/$30
Argentine tango was born of diversity in a fast-changing, dynamic cultural swirl in Argentina. Banned for some time, the dance is about connection, leading from the heart, and creating a shared axis. Tango thrives as an improvised street dance, casual and intimate at the same time. No dance experience is necessary - the ability to walk is all we need to start.

Tango is role-fluid, and we rotate partners. Come with or without one! Do bring comfy smooth-soled shoes that allow pivot. Eva danced professionally for a decade, and has studied tango with the finest Argentinian tangoers on the east coast.

Chair Yoga

Sarah Parker-Givens | Tues 11 am-12 pm | $20/$30
This very gentle class includes yoga poses seated on a chair, standing up, walking, and moving between sitting and standing. Sarah Parker-Givens teaches coordination between the breath and movement and emphasizes observing sensation and one's internal experience. Participants are expected to be able to comfortably raise and lower themselves from a chair and follow instructions, which are intended to ensure everyone's safety and comfort. Sarah specializes in breath-focused yoga for beginners and seniors. Visit www.heartcenteredyoga.weebly.com for more information about Sarah and her teaching.

Very Gentle Yoga

Sarah Parker-Givens | Mon 3:30-4:30 pm | $20/$30

This gentle but active class promotes mindfulness, balance, flexibility, and strength. Using props such as chairs and straps, we move safely through natural, functional range of motion, adapting the practice to the body's needs (not the opposite). This class emphasizes conscious breathing and the yogic precept of balancing the qualities of steadiness and ease. Participants should be able to comfortably get up and down off the floor. Sarah specializes in breath-focused yoga for beginners and seniors. Visit www.heartcenteredyoga.weebly.com for more information about Sarah and her teaching.

Gentle Yoga for Beginners

(at Worcester Town Hall)
Sally Olmsted Tues 2-3pm (8 weeks) | $20 members/ $30 public (ages 50+)

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

NEW: Gentle Yoga for Beginners

(at CVMC Conference Room 1, 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. Your own yoga and meditation practice is improves quality of life. A regular practice offers: inner tranquility; mental clarity and focus; emotional stability; physical strength and flexibility; recovery from injury and trauma; and breaking old habits and patterns. Students will be introduced to a variety of yogic practices including physical postures (asana), breath work (pranayama) and meditation. Participants should be able to move comfortably ffrom the floor to standing. ***Participants should bring a yoga mat to class.*** Monica began her yoga and meditation path over 30 years ago. Her practices are based in Kripalu Yo-

ga, Iyengar Yoga, Hatha Yoga, Mindfulness Meditation techniques and Buddhist practice & philosophy. She completed her 200 hour yoga teacher training with the Kripalu Center for Yoga and Health.

NEW: 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. *8 person maximum.*

NEW: Yoga for Sleep

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

Getting a good night's sleep can feel elusive to those of us who struggle with sleeplessness and insomnia. Whether you are someone who has difficulty falling asleep, or someone who wakes up in the middle of the night and can't go back to sleep (or an early riser), 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. This class series is most suitable for those who can commit to coming on a weekly basis as the content will build sequentially (missing one or two classes is fine). Additionally, Sally will be scheduling a pre-class check-in with each participant in order to adapt class content to individual needs (this can be done on the phone).

Gentle Yoga

Patty Crawford |Tues 9-10:30am or Wed 9-10:30am| $20/$30

The primary focus is to adapt the yoga to serve the individual needs of the student. Integrating breath and movement to guide and support your yoga practice helps to develop awareness of your own condition, and to feel ease in the body and a deep sense of well-being.

Gentle Yoga and Meditation

Lori Flower | M 12-1 pm | $20/$30

Start your week out with slow, mindful movements plus guided breathwork and meditations to keep you clear and centered. Lori Flower is an Interdisciplinary Yoga Teacher who has been teaching since 2000. Learn more at www.karmiconnection.com.

Gentle Yoga (includes breathing, chanting, and intro to meditation)

Patty Crawford |Thurs 5:-6:30 pm | $20/$30

The primary focus is to adapt the yoga to serve the individual needs of the student. Integrating breath and movement to guide and support your yoga practice help to develop awareness of your own condition, and to feel ease in the body and a deep sense of well-being. Please note: This class includes some Vedic chants.

Gentle Flow Yoga

Sarah Parker-Givens | Wed 3:30-4:30 pm | $20/$30

Gentle Flow Yoga is the linking of breath with gentle movement, a moving meditation that helps connect us with the present moment. Conscious breathing has a profound effect on the nervous system and our emotions. Join us as we practice mindfulness and active relaxation. This class will include getting up and down from the floor. Students will learn how chairs and props may be used to adapt the practice to suit individual needs. Sarah specializes in breath-focused yoga for beginners and seniors. Visit heartcenteredyoga.weebly.com for more information about Sarah and her teaching.

Moving into Stillness: Yoga and Meditation for Continuing Students

Sarah Parker-Givens | Thurs 2-3:15 pm | $20/$30

This class is designed for returning students. We will start each class with gentle movement to prepare the body for meditation. Longer sitting periods will be practiced to deepen your experience. Sarah specializes in

breath-focused yoga for beginners and seniors. Visit www.heartcenteredyoga.weebly.com for more information about Sarah and her teaching.

Moderate Yoga

Lori Flower | M 1:15-2:30 pm | $20/$30

Learn breathing techniques and tools for meditation while fine tuning your physical alignment and exploring deep stretches that help you to move through stagnation and revitalize yourself! Lori Flower is an Interdisciplinary Yoga Teacher who has been teaching since 2000. Learn more at www.karmiconnection.com.

Moderate Yoga for Balance

Patty Crawford | Thur 9-10:30 am | $20/$30

Yoga for Balance is to develop a focused and stable mind, strengthens the legs, feet and the core body. Using a combination of breath and balancing postures, flexibility and awareness are developed. Training the mind to focus and integrating the breath in repeated movement builds the strength required to stay in balanced postures for an extended period of time. Good balance and focused attention increases our ability to prevent serious injury. Prior experience in this class or permission of the instructor required.

Moderate Flow Yoga

Sarah Parker-Givens | Mon 5-6:30 pm or Wed 5-6:30 pm| $20/$30

Flow Yoga is the linking of breath with movement. In this moderate flow class, we will focus on movement and postures that increase strength, flexibility and balance. Students must have prior yoga experience and be able to comfortably move from floor to standing. Sarah specializes in breath-focused yoga for beginners and seniors. Visit www.heartcenteredyoga.weebly.com for more information about Sarah and her teaching.

Moderate Yoga

Monica DiGiovanni | Fri 2:15-3:30 | $25/$35

Stretch, decompress and clear mental space with this intermediate vinyasa interwoven with meditation, pranayama (breathing exercises) and themes for contemplative reflection. Students are guided to find balance between breath and movement and to be present moment to moment. Moving slowly with great focus turns yoga asana into a movement meditation perfect for opening tight joints and building muscle strength. Use of props is strongly suggested to explore the edges of your practice. Class begins and ends with gentle postures on the floor and shifts into a intermediate standing series. A supportive environment encourages a practice of compassion and acceptance of one's own experience of body, mind, and spirit. www.mywildbeat.com

Moderate/Vigorous Hatha Yoga

Joan Stander | Fri 10-11:30 am | $20/$30

This Hatha Yoga class combines postures or exercises that encourage flexibility, strength, and endurance. Hatha Yoga also focuses on breathing and relaxation techniques designed for integration of the mind-body connection, reducing stress, promoting self-awareness and personal empowerment.

Vigorous Yoga

Monica DiGiovanni | Thur 10:45-11:45am | $25/$35

Stretch, decompress and clear mental space with this intermediate vinyasa interwoven with meditation, pranayama (breathing exercises) and themes for contemplative reflection. Students are guided to find balance between breath and movement and to be present moment to moment. Moving slowly with great focus turns yoga asana into a movement meditation perfect for opening tight joints and building muscle strength. Use of props is strongly suggested to explore the edges of your practice. Class begins and ends with gentle postures on the floor and shifts into a intermediate standing series. A supportive environment encourages a practice of compassion and acceptance of one's own experience of body, mind, and spirit. www.mywildbeat.com

Off-Site Fitness Programs

Swimming (at First in Fitness Berlin)

Mon. 5-6, Tues/Wed/ Thurs 10-11, Fri. 5-6 (13 weeks) |$40/$75

Free/lap swimming at the First in Fitness pool in Berlin. Sign up through the senior center. Open to members of all area senior centers at the higher price.

Tennis – Winter Sessions 1 and 2

(at First in Fitness Berlin)
Fri 11am-12:30pm (2 6-week sessions) | $45 per session

Join fellow tennis players for Friday court-time, indoors at First in Fitness. A number of courts are reserved for MSAC players' use, depending on interest.

Water Aerobics (at First in Fitness Berlin)

Annie Tiberio-Cameron | Tues 10-11 (13 weeks) | $45/ $60

Water Aerobics is variety of toning, cardio and strength conditioning exercises done mostly in the deep end for an overall workout. We get the heart pumping with smiles on our faces. Beginners are welcome! We finish with stretching in the shallow end. 60-minute class.

Area Fitness Benefits for MSAC Members

First in Fitness Berlin - (802) 223-6161
In addition to our Lap Swim and Water Aerobics Class, these options provide discounts on First in Fitness membership. Registration is directly through First in Fitness.

Option 1: Limited Membership: $45/month plus tax paid directly to FIF. Includes access to the fitness areas and certain classes Monday-Friday, 9am-12pm. Pool and Tennis not included. 3 continuous month minimum.

Option 2: Senior Club Membership: $60/month plus tax paid directly to FIF. Full access to fitness areas and classes, pool, and racquetball. No joining fees/commitment.

RehabGym Barre - (802) 479-4000
$49/month paid directly to RehabGym provides unlimited gym access and 2x/week senior circuit classes.

Free Activities

Drop-In Groups

- **Crafters Group**. Joan Barrett. Thursdays 10-12. Group meets to sew and craft together for good causes. Bring your own projects too!
- **Memory Café.** Lisbeth Dodd. 2nd Saturdays, 10-11:30am. A social gathering where people experiencing memory loss and their care partners come together to connect and support one another.
- **Photo Club.** Linda Hogan and Cindy Davis. TBA. Get together with others who are exploring photography to show your images, ideas, successes and share and solve problems.
- **Rainbow Umbrella of Central Vermont**. LGBT community. Sponsored by Pride Center of Vermont. For info, call 860-7812.
- **Read-Along.** Nancy Schulz. Tuesdays, 1-2. "Wapiti Wilderness" will be read aloud in hourly installments. Drop in.
- **Swingin' Over Sixty Band**. Tuesdays, 10:30am-12pm. Come play or dance.
- **Trash Tramps**. Tuesdays, 2pm. Meet at MSAC and then tramp around Montpelier picking up trash as we go! Bring gloves. Bags provided. All welcome!
- **Ukulele Group**. Bob Barrett. Thursdays, 6-8pm. A multigenerational group gathers to play together.
- **Walks with Harris**. Harris Webster. Tuesdays, 1-2pm. Healthy exercise and conversation as we walk around Montpelier.

Games

- **Bridge**. Mondays, 1-3 and Thursday, 9-11:30, 12:45-3. Informal groups at all skill levels. Players meet by agreement.
- **Mah Jongg**. Mondays, 12-3 and Fridays, 10-3. New players welcome. Interested in learning? Please inquire, as an instructor may be available.
- **Scrabble**. Tuesdays, 1-3. Informal groups at all skill levels. Players meet by agreement.

Free Classes

- **Club de Français Intermédiaire.** David Kahn. Mondays, 12:45-2. Lecture (reading). Conversation. Grammaire. C'est gratuit. Venez quand vous pouvez. Chaque semaine je vous envoie l'article qu'on va lire (avec un petit vocabulaire des mots les plus difficiles).
- **Living Strong.** Mondays, 2:30-3:30 and Fridays, 2-3. Volunteer-led class loves to sing while exercising. Drop-in.

Registration Details

All registration forms accepted November 28.

Forms will be processed in the following order:
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.

Most 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.

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

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

City of Montpelier SENIOR ACTIVITY CENTER | CELEBRATING 50 YEARS

58 Barre Street, Montpelier, VT 05602 | 802.223.2518 | www.montpelier-vt.org/msac