



Drop-in Groups with MSAC In-person and online

Updated 12-12-21

Most of our Drop-in Groups meet weekly and are FREE; some accept donations. People of all ages are welcome! We are grateful to all our drop-in group facilitators/leaders who volunteer their time! Do you have an idea for a new Drop-in group you'd like to facilitate/organize, or know someone who can? Contact us in the office.

In-person: Music / Arts / Games / Foreign-language

Community Jam with experienced musicians

at MSAC Community Room | Biweekly the 1st and 3rd Thursdays | 6:15- 7:30pm | Open to public | Age 14+

The purpose of Community Jam is to get the players to have fun playing with other musicians, playing songs by ear, and learning the jam protocols associated with traditional and Celtic music. The session will start with a short instruction on Jam formats followed by playing familiar tunes at a slower than normal tempo and focus on playing by ear once the key to the song is announced. The second part of the session will focus on a Jam session at moderate speed. All acoustic string instruments are welcome (no amplification please). Accordions and concertinas, type instruments would be welcome as well. Unfortunately, because of Covid protocols, wind instruments will not be able to participate at this time. Jacob Stone, Greta Stone and Susan Reid are the musicians who are leading the group. All ages and levels of playing are welcome to participate. This is a drop-in group; feel free to come to any session. These sessions are meant for beginning and intermediate level players with some basic familiarity with their instruments and will not include in-depth instrument instruction. There will be a \$5 donation requested at each session. We will be wearing masks and plan to be socially distanced during these sessions held at the Montpelier Senior Activity Center, 58 Barre St., Montpelier. If you are interested, please send a note to Bob Barrett, 223-1856, barrettsvt@gmail.com to be added to the email list. We will send out clips of the songs for the week before the jam.

Montpelier Ukulele Players

MSAC Community Room | 6:15pm-7:30pm | 2nd and 4th Thursday of the month.

Please email barrettsvt@gmail.com to be on notification list and learn more about what, where and when exactly they play, since there is fluctuation currently.

Crafters Group In-person at MSAC

Wednesdays | 12:30-2:30pm | MSAC Art Room / **Not Meeting 12/29/21**

Knitting, sewing, and other hand-crafts. All are welcome at all levels of skill! Many generous crafters donate their items for sale by MSAC as a fundraising effort. Contact Norma in the MSAC office with questions. nmaurice@montpelier-vt.org.

Games:

- **Bridge**, Thursdays, 12:30-3:45pm / **Not Meeting 12/30/21**
 - Bridge Players are looking for more players. Contact Laura Gamble at 229-4810.
- **Mah Johng**, Fridays, 1:00-3:30pm
- **Scrabble & other table-games**, Tuesdays, 1-3pm, Fridays 1:00-3:30



Italian Group In-person | Not Meeting 12/28/21
Tuesdays | 1:15-2:30 pm | MSAC Activity Room
Anyone interested in joining the Italian group can email stevecbailey@gmail.com to learn more.

In-person AND Zoom options:

Please register for the groups listed below in the class registration system, as there is limited space at MSAC and emails are need to attend the group by Zoom.

Slice of Life

with Nancy Schulz | at MSAC & Zoom | 10 Tuesdays, starts 1/11 | 4:00-5:00pm | Open to public | Ages 18+ | Drop-in Donations

"A Slice of Life" is a drop-in, 60-minute, storytelling session during which participants are invited to share a true story related to the theme of the week or month. Themes are announced in advance in the MSAC newsletter and website. All who wish to come and listen are welcome, too. Story length is limited by the number of people that wish to share their stories. There will be three sessions of "A Slice of Life" in January. Rather than limit each week to just one theme, anyone who participates can choose to tell a story on any one of these three themes. The themes are: "Kitchen Calamity," "Sleepless Night" and "Blind Date."

Long Life Qi Gong Drop In

with Nancy Schulz | at MSAC & Zoom | 10 Fridays, starts 1/14 | 11:45am-12:15pm | Open to public | Ages 18+ | Drop- in Donations

Invest 30 minutes for a longer life! All are invited to participate in a 30-minute series of gentle movements from the Chinese Qi Gong "Long Life" tradition of Master Ru. The movements are done while standing in a circle. Participants follow the leader who guides the series with few spoken words. Many movements have imaginative names such as "Dancing with the Moon," "Watching the Clouds Go By," and "Swimming Dragon." At the end of the half hour, participants often report feeling both calm and invigorated. The series will be led by movement instructor Nancy Schulz. If you have questions, please feel free to email Nancy: SaddleShoes2@gmail.com

Readers' Choice

With Nancy Schulz | at MSAC & Zoom | 10 Tuesdays, starts 1/11 | 12:45pm-1:45pm | Open to public | Ages 18+ | Drop-in Donations

Enjoy an hour relaxing, sharing short pieces of fiction or nonfiction that you have chosen. Or, if you prefer, listen to pieces that others bring. We'll gather every Tuesday from 12:45 to 1:45 beginning on January 11 in the Community Room at MSAC. There's no obligation to attend regularly; come whenever your schedule permits. Questions? Email Nancy Schulz: SaddleShoes2@gmail.com

In-person: Active / Outside



Trash Tramps Outdoors

Tuesdays | 2:00 pm | meets at 1:50 pm in front of MSAC inside to collect your items

email Nancy Schulz at saddleshoes2@gmail.com to get on email list

email Anne Ferguson at storywalkvt@yahoo.com

The Trash Tramps welcome others to join in caring for our town by picking up litter for an hour every Tuesday. Bags, tongs, and reflective vests are provided. You'll find this work is rewarding and much appreciated by community members

Walks with Joan

Mondays | 9:30 am | meetup locations vary week to week

NO WALK ON DECEMBER 27TH.

Starts back 1/3/22

Please contact Joan Barrett by Sunday night at 223-1856 or

email barrettsvt@gmail.com if you intend to come. Bring a mask and plan to practice appropriate distancing and follow safety precautions. Once you have attended, Joan will email you her meet-up locations in the future and let you know of changes/cancellations.



Online: Books / Writing / Discussions

Ad-Hoc Writers Group Online

The Ad-Hoc Writers Group meets online on Monday Nights. To get more information about dates, times, and links, contact hugo@liepmann.us.

MSAC Book Discussion Group Online

2nd Thursdays, 5:00-6:00 pm. At this time, the group is full. Contact Barbara Dall at 229-4870 if interested in getting on waiting list.

Rainbow Umbrella Women's Discussion Group Online

Rainbow Umbrella (RU) Women's Discussion Group is meeting every other Wednesday from 5:30 - 7:00 pm on Zoom. For information, including Zoom link and schedule of upcoming dates, please email womendiscuss@gmail.com.

Paused Drop-in Groups

International Folk Dancing



Elders Together Group is discontinued for the time-being due to lack of facilitator. Inquire if interested in becoming facilitator!

Photography Club Outdoor Walks with Linda Hogan

On hold now until spring! MSAC and our long-time Photography Instructor, Linda Hogan invite local photographers of all ages and abilities to take a weekly stroll through Montpelier to take pictures of our lovely City. Please email Linda Hogan at paragraphics@pshift.com if you plan to join this insightful group in the spring. This is a free activity, though a donation to MSAC would be most welcome.



Poetry Club

Still paused for pandemic but historically has met at K-H Library.

French Club

On hold until a new facilitator restarts

Show & Tell Fridays

On hold until in-person FEAST meals return indoors