



# Winter 2022 Registration Form: On-line, Hybrid & In-person Adult & Teen Classes with Montpelier Senior Activity Center

Class descriptions, instructor bios and more information are available at 58 Barre Street and online at <http://www.montpelier-vt.org/751/classes>. **Registration is open for residents of all towns. Payment is required to hold a space and late fees apply after 1/10/22.** Register by stopping by the office 9am-4pm (M-F), dropping off a completed form to the lock-box at side entrance of 58 Barre Street, mailing it to us, or online (user-id / password required) at: <https://web1.vermontsystems.com/wbwsc/vtmontpelierwt.wsc/>. **Complete instructions and program guidelines are on page 2. Please read thoroughly before registering for classes.** Call us at 223-2518 or stop by if you have questions.



**Please read and sign the following Release of Liability & COVID-19 Cooperation Statement**

I assume all risks and hazards incidental to participation in activities at MSAC and MSAC-sponsored activities on-line and off-site, including transportation to and from activity, and I hereby waive, release, absolve, indemnify, and agree to hold harmless the City of Montpelier, the Montpelier Senior Activity Center, their officers, agents, officials, employees, volunteers, organizers, partners, sponsors, supervisors and participants for any claim arising out of an injury to myself or exposure to virus including Covid-19. I understand symptoms of Covid-19 as currently outlined by VT Department of Health, and if attending activities in-person, I agree to cooperate with Covid-19 health screening and self-isolation protocols of MSAC (see website updates), current quarantine requirements of the VT Dept. of Health and other Covid-19 safety guidelines that are currently in effect and/or may arise through the year of 2021-2022 in VT. If I have been in the MSAC facility or participated in any in-person MSAC activity, I agree to notify MSAC staff if I test positive for Covid-19 or am exposed to someone who has, and to support MSAC's contact tracing requirements.

**Signature** \_\_\_\_\_ **Date** \_\_\_\_\_

**Name:** \_\_\_\_\_ **Town of Residence:** \_\_\_\_\_ **City Employee?** Y N

**FY22 MSAC Member (7/1/21 - 6/30/22)?** Yes | No | Not sure **Phone:** \_\_\_\_\_

**Email:** \_\_\_\_\_ **Mailing address:** \_\_\_\_\_

**SUBTOTAL of class fees for pages 3-4 if all enrollments are possible** \$ \_\_\_\_\_

Additional Fees *if applicable* (Annual dues for new members, etc.) \$ \_\_\_\_\_

Additional tax-deductible donation: \$ \_\_\_\_\_  MSAC area of greatest need  MSAC scholarship fund

Subtract Credit *if applicable* \$ \_\_\_\_\_

**TOTAL owed if I successfully register in all my chosen classes** \$ \_\_\_\_\_ **Requesting Financial Aid** \$ \_\_\_\_\_

**Please read all Registration Instructions and Guidelines on back side!**

All class registrants are requested to sign our **Release of Liability & COVID-19 Cooperation Statement** on page 1.

**Registration dates:** Registration starts 12/6. Any classes with over-enrollment will be subject to lottery drawings 12/20 pm. Registration continues until and after the start of classes. Residents of all towns may register the entire time. Late fees of \$10 per class apply after 1/10/22 (waived for new MSAC members).

**Payment dates and methods:** Payment must be made at time of class registration in order to hold a spot. Cash and check payments may be dropped off in our lockbox, mailed to 58 Barre St., or brought to the office M-F, 9am-4pm. Credit card payments are preferably made online (user-id and password needed). We can process credit cards at the office, and as a last resort on the phone. We do not record/save credit card numbers.

**MSAC Membership requirements and exceptions:**

- ❖ **New Members, age 50+:** Join by filling out a form and paying annual dues of \$25 (Montpelier), \$40 (six supporting towns), or \$60 (other towns).
- ❖ **City employees:** Notify MSAC staff if you wish to register for classes (at any age) or join as a member.
- ❖ **General public:** Inquire to MSAC staff if you have questions about your fees or eligibility.

**Class start dates:** Most classes are planned to begin the week of January 10<sup>th</sup> unless otherwise noted below. Notifications of changes will be sent to registrants.

**Class duration & holidays:** Most 10 week classes end the week of 3/21/22. Most 12 week classes end the week of 3/28/22. Some classes are shorter in length. There may be

skip-dates or make-ups due to closure for weather. MSAC's office will be closed for Thanksgiving Day Holidays (11/25-26), December 24 -31.

**Location:** Classes are held at many locations including in-person at MSAC (58 Barre Street), outdoors at several locations, and on-line via Zoom video or phone. Six are offered online AND in-person ("hybrid" – marked on form with ♦). Further instructions will come from MSAC staff or your instructor before classes begin. **Some locations or formats may change prior to or during the quarter.**

**COVID Guidelines for masking, distancing, etc:** These change periodically. See website, signage etc. for updates.

**Assistance for online classes:** Instructions are provided to all registrants, and trainings is available. Class attendance via phone will also be an option for some Zoom classes. Please watch our announcements for dates or contact our Americorps member to learn more or request assistance.

**Additional materials fees or supplies** may be required for some classes.

**Financial Aid** is available for MSAC members from all towns; the form is at MSAC and online.

**If you have questions about:**

- **Registration, membership or class payment, financial aid or COVID-19 requirements:** contact Harry or Norma at 223-2518 or [msac@montpelier-vt.org](mailto:msac@montpelier-vt.org).
- **Technology Assistance:** contact our Americorps member at [msac-amicorps@montpelier-vt.org](mailto:msac-amicorps@montpelier-vt.org) or call 262-6287.

**Class Selection**

To register online instead of using this form, see the hyperlink at the top of page 1 and search for class #s below. To register with this form, please check the box on the left and circle your appropriate fee on the right.

*(mem.=MSAC members; pub.=non-members; res.=member who is a resident of Montpelier; non-res.= other members)*

**Symbol Key:** ■ = MSAC members only; ★ = Open to public; # = Open to city employees; ♦ = Hybrid; ♥ = Goes online with lock-down

**Drop in Groups - Registering for drop-in class as in person is limited and emails are needed for zoom.**

<input type="checkbox"/>	6401 E	★ ♦ Readers' Choice (Nancy S) In-Person	14+	Tuesdays (starts 1/11/22) 12:45-1:45 At MSAC	Drop in Donations
<input type="checkbox"/>	6401 F	★ ♦ Readers' Choice (Nancy S) Zoom	14+	Tuesdays (starts 1/11/22) 12:45-1:45 Zoom	Drop in Donations
<input type="checkbox"/>	6401 B	★ ♦ Long Life Qi Gong (Nancy S) In-Person	14+	Fridays (starts 1/14/22) 11:45am-12:15pm At MSAC	Drop in donations
<input type="checkbox"/>	6401 D	★ ♦ Long Life Qi Gong (Nancy S) Zoom	14+	Fridays (starts 1/14/22) 11:45am-12:15pm Zoom	Drop in donations
<input type="checkbox"/>	6401 A	★ ♦ Slice of Life (Nancy S) In-Person	14+	10 Tuesdays (starts 1/11/22) 4pm-5pm At MSAC	Drop in Donations

<input type="checkbox"/>	6401 C	★ ♦ Slice of Life (Nancy S)	Zoom	14+	10 Tuesdays (starts 1/11/22) 4pm-5pm	Zoom	Drop in Donations
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### Fine Arts & Humanities 10 Weeks starting week of 1/10 – Ending week of 3/14

✓	Class #	Class Name   Instructor	Age	Day, Time, Location	Fees		
<input type="checkbox"/>	6103 A	★ ♥ Drawing Basics (Janice W.)	In-Person	10+	10 Thurs (starts 1/13) 1-3:00pm	at MSAC	\$40 member / \$65 public
<input type="checkbox"/>	6107 A	★ ♥ Handbuilding with Clay (Janice W.)	In-Person	18+	10 Mon (starts 1/10) 1-2:30pm	at MSAC	\$40 member / \$65 public
<input type="checkbox"/>	6111 A	★ ♥ Painting at All Levels (Linda H.)	In-Person	15+	10 Mon (starts 1/10) 10a-12pm	at MSAC	\$40 member / \$65 public
<input type="checkbox"/>	6116 A	★ ♥ Rug Hooking (Pam F.)	In-Person	30+	10 Wed(starts 1/12) 9:30-11:30am	at MSAC	\$40 member / \$65 public
<input type="checkbox"/>	6101-A	★ Digital Photography (Linda H.)	In-Person	15+	10 Tue (starts 1/11) 12:30pm-2:30pm	at MSAC	\$40 member / \$65 public
<input type="checkbox"/>	6210 A	■ Creative Writing Monday (Maggie T.)		50+	10 Mon (starts 1/10) 10am-12pm	Zoom	\$40 res. / \$50 non-res. MSAC Members Only
<input type="checkbox"/>	6210 B	■ Creative Writing Tuesday (Maggie T.)		50+	10 Tues (starts 1/11) 1-3pm	Zoom	\$40 res. / \$50 non-res. MSAC Members Only
<input type="checkbox"/>	6106 B	★ Advanced Beginning Guitar (Tom Wales)	In-Person	14+	10 Wed(starts 1/12) 5pm-6pm	at MSAC	\$35 member/\$60 public

### 8 Weeks or Shorter Classes

<input type="checkbox"/>	6201 A	★ Film Appreciation: World Cinema 2019-2021 (Rick W.)		12+	8 Mon (starts 1/10) 10am-12pm	at Savoy	\$60 member /\$85 public
<input type="checkbox"/>	6105 A	★ Food as Medicine 101 (Lisa M.)		15+	Monday (1/24) 1pm-3pm	Zoom	\$20 mem. / \$25 public
<input type="checkbox"/>	6215 B	★ Financial Workshop Edward Jones (Kristin Dearborn)		50+	8 Wed. (starts 2/9) 6:30pm-7:30pm	Zoom	\$10 member /\$15 public
<input type="checkbox"/>	6104 A	★ Chinese Calligraphy (Ellie Hayes)		12+	4 Mondays (starts 1/10) 1pm-2pm	Zoom	\$25 member / \$35 public

### Active Living & Wellness

✓	Class #	Class Name   Instructor	Age	Day, Time, Location	Fees	
<input type="checkbox"/>	6304 A	#■ Laura M.		12 wks, Mon. & Fri (starts 1/10) 3:15-4:30p	Zoom	<b>Most Bone Builders are for members only.</b> <b>Exception:</b> Nancy's is open to the public.  \$40 res. / \$50 non-res. <u>for all sections</u>  <u>Note:</u> All require experience or some orientation prior to attending.
<input type="checkbox"/>	6304 B	#■ ♦ Laura B., Pat C., Theresa L.		12 wks, Mon. & Thurs (starts 1/10) 5:00-6:00pm	Zoom	
<input type="checkbox"/>	6304 F	#■ ♦ Laura B., Pat C., Theresa L.		12 wks, Mon. & Thurs (starts 1/10) 5:00-6:00pm	at MSAC	
<input type="checkbox"/>	6304 C	Bone Builders #■ Tina M.	50+	12 wks, Tues. & Fri (starts 1/11) 5:00-6:00p	Zoom	
<input type="checkbox"/>	6304 D	★ ♦ Nancy S.		12 wks, Tues. & Fri (starts 1/11) 10:15-11:30am	Zoom	
<input type="checkbox"/>	6304 G	★ ♦ Nancy S.		12 wks, Tues. & Fri (starts 1/11) 10:15-11:30am	at MSAC	
<input type="checkbox"/>	6304 E	#■ Joan B., Jean P., Barb L.		12 wks, Tues. & Thurs (starts 1/11) 8:30-9:30am	Zoom	

<input type="checkbox"/>	6307 A	★ ♦ <b>Moving for Parkinson's &amp; Other Neuro-Movement Challenges</b> (Mary Chris D.)	15+	10 Thurs (starts 1/13) 10am-11:15am <b>at MSAC &amp; Zoom   Skip Date 1/27</b>	\$35 mem. / \$60 public <b>Check made payable to MC DeBelina</b>
<input type="checkbox"/>	6309 A	★ <b>Next Level Beginners Pilates</b> (Shannon H.)	15+	11 Mon (starts 1/10) 10:30am-11:30am <b>Zoom</b>	\$35 mem. / \$60 public
<input type="checkbox"/>	6309 B	★ <b>Pilates Express</b> (Shannon H.)	15+	11 Wed (starts 1/12) 10:15am-11:00am <b>Zoom</b>	\$35 mem. / \$60 public
<input type="checkbox"/>	6319 A	★ ♦ <b>Tai Chi for Fall Prevention</b> (Ellie H. & Dyne S.) <b>In-Person</b>	12+	12 Wed (starts 1/12) 1:15-2pm <b>at MSAC</b>	\$35 mem. / \$60 public
<input type="checkbox"/>	6319 B	★ ♦ <b>Tai Chi for Fall Prevention</b> (Ellie H. & Dyne S.)	12+	12 Wed (starts 1/12) 1:15-2pm <b>Zoom</b>	\$35 mem. / \$60 public
<input type="checkbox"/>	6315 A	★ <b>Somatic Movement: Calm Nervous System</b> (Amy L.)	18+	10 Tue (starts 1/11) 9:15-10:15am <b>Zoom</b>	\$35 mem. / \$60 public
<input type="checkbox"/>	6315 C	★ <b>Somatic Movement: Breath and Your Body</b> (Amy L.)	18+	4 Fri (starts 3/4 - 3/25) 9:45-10:45am <b>Zoom</b>	\$25 mem. / \$35 public
<input type="checkbox"/>	6315 B	★ <b>Somatic Movement: Your Pelvi Floor Educate, Understand &amp; Empower</b> (Amy L.)	18+	4 Fri (starts 1/14-2/4) 9:45-10:45am <b>Zoom</b>	\$25 mem. / \$35 public
<input type="checkbox"/>	6312 A	★ ♦ <b>White Tiger Qi Gong</b> (Ellie H.) <b>In-Person</b>	12+	12 Wed (starts 1/12) 12-1pm <b>at MSAC</b>	\$35 mem. / \$60 public
<input type="checkbox"/>	6312 B	★ ♦ <b>White Tiger Qi Gong</b> (Ellie H.)	12+	12 Wed (starts 1/12) 12-1pm <b>Zoom</b>	\$35 mem. / \$60 public

**Yoga listed approximately from gentler to more vigorous.**

✓	Class #	Class Name   Instructor	Age	Day, Time, Location	Fees
<input type="checkbox"/>	6300 U	★ <b>Chair Yoga</b> (Ragan S.)	18+	12 Thurs (starts 1/13) 1:30pm-2:30pm <b>Zoom</b>	\$45 mem. / \$70 public
<input type="checkbox"/>	6300 V	★ <b>Yoga for Osteoporosis &amp; Osteopenia</b> (Ragan S.)	18+	12 Fri (starts 1/14) 4pm-5pm <b>Zoom</b>	\$45 mem. / \$70 public
<input type="checkbox"/>	6300 J	★ <b>Moving into Stillness:</b> (Sarah P.G.)	18+	12 Thurs (starts 1/13) 2pm-3:15pm <b>Zoom</b>	\$45 mem. / \$70 public
<input type="checkbox"/>	6300 H	★ <b>Gentle Flow Yoga</b> (Sarah P.G.)	18+	12 Wed (starts 1/12) 9am-10am <b>Zoom</b>	\$45 mem. / \$70 public
<input type="checkbox"/>	6300 M	# ■ <b>Moderate Yoga for Balance</b> (Patty C.)	50+	12 Thur (starts 1/13) 10am-11:15am <b>Zoom</b>	\$35 res. / \$45 non-res.
<input type="checkbox"/>	6300 W	★ <b>Moderate Yoga to Improve Balance</b> (Ragan S.)	50+	12 Thur (starts 1/13) 3pm-4:15pm <b>Zoom</b>	\$45 mem. / \$70 public
<input type="checkbox"/>	6300 K	★ ♦ <b>Moderate Yoga Monday</b> (Ron S.)	18+	12 Mon (starts 1/10) 11:45am-1pm <b>Zoom</b>	\$35 mem. / \$60 public
<input type="checkbox"/>	6300 D	★ ♦ <b>Moderate Yoga Thursday</b> (Ron S.)	18+	12 Thurs (starts 1/13) 11:45am-1pm <b>Zoom</b>	\$35 mem. / \$60 public
<input type="checkbox"/>	6300 O	★ <b>Moderate Flow Yoga</b> (Sarah P.G.)	18+	10 Wed (starts 1/12) 5:00-6:15pm <b>Zoom</b>	\$50 mem. / \$75 public
<input type="checkbox"/>	6300 Q	★ <b>Yoga for Focus &amp; Fitness: Strength &amp; Flow</b> (Monica D.)	14+	12 Wed (starts 1/12) 9am-10:15am <b>Zoom</b>	\$45 mem. / \$70 public

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**To complete your registration, please fill out the grey box with Fee Totals on page 1**

## Drop In Groups

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.

**Community Jam with experienced musicians** | at MSAC Community Room | Biweekly 1<sup>st</sup> and 3<sup>rd</sup> Thursdays  
6:15- 7:30pm | Open to public | Age 14+ |

The Montpelier Senior Activity Center will host a Community Jam on the first and third Thursdays of the month from 6:15 PM to 8 PM. 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 of 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, Gretta 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.

### Ukulele Players

Biweekly Thursdays | 6:15pm-7:30pm | 2<sup>nd</sup> and 4<sup>th</sup> Thursday of the month. Please email [barrettsvt@gmail.com](mailto:barrettsvt@gmail.com) to be on notification list and learn more about what, where and when exactly they play, since there is fluctuation at this time.

### Walks with Joan

Mondays | 9:30 am on going | meetup locations vary week to week NO WALK ON DECEMBER 27<sup>TH</sup>.  
Starts back 1/3/22

Please contact Joan Barrett by Sunday night at 223-1856 or email [barrettsvt@gmail.com](mailto: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.

### Trash Tramps Outdoors

Tuesdays | 2:00 pm | meets at 1:50 pm at MSAC inside to collect items  
*email Nancy Schulz at [saddleshoes2@gmail.com](mailto:saddleshoes2@gmail.com) to get on email list*  
email Anne Ferguson at [storywalkvt@yahoo.com](mailto: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.

### Crafters Group In-person at MSAC | No Meeting on 12/29/21

Wednesdays | 12:30-2:30pm | MSAC Art Room

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](mailto:nmaurice@montpelier-vt.org).

### Games In-person | No Meeting on 12/30/21

- **Bridge**, Thursdays, 12:30-3:45pm
  - 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 | No Meeting on 12/28/21

Tuesdays | 1:15-2:30 pm | MSAC Activity Room

Anyone interested in joining the Italian group can email [stevecbailey@gmail.com](mailto:stevecbailey@gmail.com) to learn more.