



Drop-in Groups with MSAC In-person and online

Updated 1-18-22

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

Crafters Group In-person at MSAC

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.

Games:

- **Bridge**, Thursdays, 12:30-3:45pm
 - Bridge Players are looking for more players. Contact Laura Gamble at 229-4810.
- **Mahjong**, Fridays, 1:00-3:30pm
- **Scrabble & other table-games**, Tuesdays, 1-3pm, Fridays 1:00-3:30

Italian Group In-person

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

Anyone interested in joining the Italian group can email stevecbailey@gmail.com to learn more.



Montpelier Ukulele Players (Paused until February)

Biweekly Thursdays. Email barrettsvt@gmail.com to get on the notification list and learn more about what, where and when exactly they play, since there is fluctuation at this time.

Community Jam with experienced musicians (Paused until February)

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.

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.

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 | meet at 1:50pm inside MSAC 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
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.