



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

updated 3/9/22

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 4/1/22.** 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/wbws/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* \$ _____ Amt. for 3/25 Meals (\$50/person) _____ Amt. for video only (\$25) _____

Additional Due for March for Meals Fundraising events (no aid) \$ _____ (see additional sign-up form)

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 3/7. Any classes with over-enrollment will be subject to lottery drawings 3/21 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 4/1/22 (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 4/4/22 unless otherwise noted below. Notifications of changes will be sent to registrants.

Class duration & holidays: Most 10 week classes end the week of 6/6/22. Most 12 week classes end the week of 6/20/22. 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 Memorial Day 5/30/22

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.
- **Technology Assistance:** contact our Americorps member at 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

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"/>	7105 B	★♥ Drawing Basics (Janice W.) In-Person	10+	10 Thurs (starts 4/14) 1-3:00pm at MSAC	\$40 member / \$65 public
<input type="checkbox"/>	7105 A	★♥ Drawing Nature (Janice W.) In-Person	10+	10 Mon (starts 4/11) 1-3:00pm at Hubbard Park	\$40 member / \$65 public
<input type="checkbox"/>	7108 A	★♥ Handbuilding with Clay (Janice W.) In-Person	18+	10 Mon (starts 4/11) 4-5:30pm at MSAC	\$40 member / \$65 public + \$35 for clay and Firing
<input type="checkbox"/>	7109 A	★♥ Painting at All Levels (Linda H.) In-Person	15+	10 Mon (starts 4/4) 10a-12pm at MSAC	\$40 member / \$65 public

<input type="checkbox"/>	7116 A	★♥ Rug Hooking (Pam F.) In-Person	30+	10 Wed(starts 4/6) 9:30-11:30am	at MSAC	\$40 member / \$65 public
<input type="checkbox"/>	7101-A	★ Digital Photography (Linda H.) In-Person	15+	10 Tue (starts 4/5) 12:30pm-2:30pm	at MSAC	\$40 member / \$65 public
<input type="checkbox"/>	7209 A	■ Creative Writing Monday (Maggie T.)	50+	10 Mon (starts 4/4) 10am-12pm	Zoom	\$40 res. / \$50 non-res. MSAC Members Only
<input type="checkbox"/>	7209 B	■ Creative Writing Wednesday (Maggie T.)	50+	10 Wed (starts 4/6) 1-3pm	Zoom	\$40 res. / \$50 non-res. MSAC Members Only
<input type="checkbox"/>	7208 A	★ Creating and Remaking Poems (Samn S)	50+	10 Wed (starts 4/6) 3-4:30pm	Zoom	\$40 member / \$65 public

8 Weeks or Shorter Classes

<input type="checkbox"/>	7201 A	★ Film Appreciation: "No, But I Saw the Movie" (Rick W.)	12+	8 Mon (starts 4/11) 10am-12pm	at Savoy	\$60 member /\$85 public
<input type="checkbox"/>	7601 G	★ Ordering Your Affairs (Cynthia Stadler)	50+	Wednesday, May 4 th 3-4:30pm	Zoom	By Donation

Active Living & Wellness

✓	Class #	Class Name Instructor	Age	Day, Time, Location		Fees
<input type="checkbox"/>	7305 A	#■Laura M.	50+	12 wks, Mon. & Fri (starts 4/4) 3:15-4:30p Zoom		Most Bone Builders are for members only. Exception: 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"/>	7305 B	#■Laura B., Pat C., Theresa L.		12 wks, Mon. & Thurs (starts 4/4) 5:00-6:00pm Zoom		
<input type="checkbox"/>	7305 C	#■Tina M.		12 wks, Tues. & Fri (starts 4/5) 5:00-6:00p Zoom		
<input type="checkbox"/>	7305 D	★ ◆ Nancy S.		12 wks, Tues. & Fri (starts 4/5) 10:15-11:30am Zoom		
<input type="checkbox"/>	7305 H	★ ◆ Nancy S.		12 wks, Tues. & Fri (starts 4/5) 10:15-11:30am at MSAC		
<input type="checkbox"/>	7305 E	#■Joan B., Jean P., Barb L.		12 wks, Tues. & Thurs (starts 4/5) 8:30-9:30am Zoom		
<input type="checkbox"/>	7309 A	★ ◆ Moving for Parkinson's & Other Neuro-Movement Challenges (Mary Chris D.)	15+	10 Thurs (starts 4/7)10am-11:15am at MSAC		\$35 mem. / \$60 public Check made payable to MC DeBelina
<input type="checkbox"/>	7311 A	★ Next Level Beginners Pilates (Shannon H.)	15+	11 Mon (starts 4/4) 10:30am-11:30am Zoom		\$35 mem. / \$60 public
<input type="checkbox"/>	7311 B	★ Pilates Express (Shannon H.)	15+	11 Wed (starts 4/6) 10:15am-11:00am Zoom		\$35 mem. / \$60 public
<input type="checkbox"/>	7314 A	★ ◆ Tai Chi for Fall Prevention (Ellie H. & Dyne S.) In-Person	12+	12 Wed (starts 4/6) 1:15-2pm at MSAC		\$35 mem. / \$60 public
<input type="checkbox"/>	7303 A	★ Somatic Movement: Calm Nervous System (Amy L)	18+	10 Tue (starts 4/5) 9:15-10:15am Zoom		\$35 mem. / \$60 public
<input type="checkbox"/>	7316 A	★ ◆ White Tiger Qi Gong (Ellie H.) In-Person	12+	12 Wed (starts 4/6) 12-1pm at MSAC		\$35 mem. / \$60 public

Yoga listed approximately from gentler to more vigorous.

✓	Class #	Class Name Instructor	Age	Day, Time, Location	Fees
<input type="checkbox"/>	7300 A	★ Chair Yoga (Ragan S.)	18+	12 Thurs (starts 4/7) 1:30pm-2:30pm Zoom	\$45 mem. / \$70 public
<input type="checkbox"/>	7300 T	★ Yoga for Osteoporosis & Osteopenia (Ragan S.)	18+	12 Fri (starts 4/8) 4pm-5pm Zoom	\$45 mem. / \$70 public
<input type="checkbox"/>	7300 J	★ Moving into Stillness: (Sarah P.G.)	18+	12 Thurs (starts 4/7) 2pm-3:15pm Zoom	\$45 mem. / \$70 public
<input type="checkbox"/>	7300 H	★ Gentle Flow Yoga (Sarah P.G.)	18+	12 Wed (starts 4/6) 9am-10am Zoom	\$45 mem. / \$70 public
<input type="checkbox"/>	7300 M	#■ Moderate Yoga for Balance (Patty C.)	50+	12 Thur (starts 4/7) 10am-11:15am Zoom	\$35 res. / \$45 non-res.
<input type="checkbox"/>	7300 E	★ Moderate Yoga to Improve Balance (Ragan S.)	50+	12 Thur (starts 4/7) 3pm-4:15pm Zoom	\$45 mem. / \$70 public
<input type="checkbox"/>	7300 K	★ ♦ Moderate Yoga Monday (Ron S.)	18+	12 Mon (starts 4/4) 11:45am-1pm Zoom	\$35 mem. / \$60 public
<input type="checkbox"/>	7300 I	★ ♦ Moderate Yoga Thursday (Ron S.)	18+	12 Thurs (starts 4/7) 11:45am-1pm Zoom	\$35 mem. / \$60 public
<input type="checkbox"/>	7300 O	★ Moderate Flow Yoga (Sarah P.G.)	18+	12 Wed (starts 4/6) 5:00-6:15pm Zoom	\$50 mem. / \$75 public
<input type="checkbox"/>	7300 Q	★ Yoga for Focus & Fitness: Strength & Flow (Monica D.)	14+	12 Wed (starts 4/6) 9am-10:15am Zoom	\$45 mem. / \$70 public

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

March is Officially Recognized as March for Meals Month!

MSAC is thrilled that Mayor Anne Watson will be officially proclaiming March as March for Meals Month and MSAC is excited to unroll a robust series of events to raise funds and awareness for our FEAST program. You can join in:



Special Mediterranean Dinner & Virtual Fundraising Event: Friday March 25th Pick up 5:30pm-6:30pm

Registration required before March 16th! Call: 802-223-2518

- **Curbside dinner (includes Virtual Event): \$50/person:** Tabouli Salad, Pita Bread, Lamb Kofta with Tzatziki Sauce or Vegetarian Ratatouille, Dolmas, Escalivada (special roasted vegetables), Baklava and Mediterranean Mint Lemonade
- **Virtual Event: \$25/house-hold (included in dinner purchase):** A video collage with many special guests including: **Montpelier’s Gospel Choir**, Special Guest Star **Justin Michael Williams** (learn more about him here justinmichaelwilliams.com), and a **Roundtable Conversation with VT Leaders in Food Security** hosted by MSAC Director Sarah Lipton and featuring: Mary Woodruff, John Sayles, Sue Minter, Kathy Paquet, Allison Levin, and possibly more special guests.
- **All donations welcomed and appreciated!** Visit www.montpelier-vt.org/feast.
- **All proceeds from this fundraising effort will go to ensuring that the FEAST Senior Meals Program has a vibrant future ahead. Thank you in advance for your support!!**

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 Community Jam with experienced musicians

| at MSAC Community Room | Biweekly the 1st and 3rd Thursdays | 6:15-8:00pm | Open to public | Age 14+ |

The Montpelier Senior Center will host a "Slow Jam" on the first and third Thursdays of the month from 6:15 PM to 8 PM. The purpose of Slow 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, if new people are present, 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, concertinas, etc. would be welcome as well. Unfortunately, because of Covid protocols, wind instruments will not be able to participate at this time. We must also limit percussion instruments. If you would like to bring that type of instrument, please send a note first and we will discuss this with you. 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. We would welcome experienced players to attend to help lead the group at times. 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. This is a drop-in group, please feel free to come to any session.

There will be a suggested \$5 donation requested at each session. We will be wearing masks and plan to be socially distanced during this time 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. **New:** *If you have a bluegrass, Old-Time or Celtic tune, that you would like to bring to the Jam group, please bring to the meeting. We welcome your ideas and will do our best to add it to our playlist.*

Ukulele Players

Biweekly Thursdays | 3:30pm-5pm | 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 occasionally.

Trash Tramps Outdoors

Tuesdays | 2:00 pm | meets at 1:50 pm at 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 | on-going | meetup locations vary week to week.

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.

Crafters Group In-person at MSAC

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

Knitting, sewing, and other handcrafts. 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.
- **Mah Jongg**, 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.