



Summer 2022 Class Descriptions

On-line & In-person Adult & Teen Classes with Montpelier Senior Activity Center

Registration Forms & Instructor Bios can be found on our Classes webpage: <https://www.montpelier-vt.org/751/Classes>. The Registration Form has full instructions for registration as well as Zoom training info. The order of classes below is the same as on the Registration Form. Membership information can be found at <https://www.montpelier-vt.org/364/Become-a-Member>. Call our office at 223-2518 or email msac@montpelier-vt.org if you have questions.

Important Notes:

- a. **On COVID guidance:** In early September, masks were required inside MSAC for all people regardless of vaccination status. The City of Montpelier (of which MSAC is a division/facility) is following CDC guidance based on current county transmission rates. Guidance updates will be posted on MSAC website and announced in weekly e-letter. Call if you have questions.
- b. **On Hybrid classes:** Some courses are being offered in hybrid format with options in-person and online. If additional hybrid options become available, MSAC will communicate the updates. If you register for a hybrid class, please reserve in-person slots for those who don't have access to technology devices/Zoom. After 6/27, those who registered for Zoom options may transfer into the in-person sections if space allows. We ask that members commit to doing the entire series in one format or another.

Fine Arts & Humanities

Perspective Drawing

with Janice Walrafen | at MSAC Art Room | 2 Mondays, 7/25 & 8/1/13 | 4:30-7:00pm | Open to public
Ages 18+ | \$20 member/ \$30 public

This class will begin with an indoor lesson in Linear Perspective and Foreshortening, and then we will head outside to draw the city, weather permitting. Some drawing experience is helpful.

Painting at All Levels

with Linda Hogan | Hubbard Park New Shelter | ***NEW DAY & TIME: 10 Thursdays, starts 7/7 1:00pm-3:00pm** | Open to public | Ages 15+ | \$40 member / \$65 public

Explore the wonderful world of painting in acrylics, watercolors, oils, pastels, your choice. Bring your own ideas. There will be instruction, handouts, sharing our art and many new ideas and explorations offered to help you create your masterpiece. A great way to start the week by spending some time with a fine group of creative people!

Rug Hooking

with Pam Finnigan | at MSAC Art Room | 10 Wednesdays, starts 7/6 | 9:30-11:30am
Open to public Ages 30+ | \$40 member / \$65 public

Pam is a certified rug hooking instructor who teaches both traditional and non-traditional techniques. Participants will need a rug hooking frame or 12 to 14-inch quilter's hoop, foundation cloth, rug hook, small pair of sharp scissors, a permanent marker and wool cloth or wool strips. A machine to cut wool is available for students to use during class. Supplies will need to be purchased by the student. Beginner

and seasoned rug hookers are welcome. Beginning students will be called by the teacher prior to the start of class. Also, she will gladly answer any questions you might have.

Creative Writing 2 class series on Mondays (In Person) OR Wednesdays (Zoom) with Maggie Thompson | In Person MSAC | 10 **Mondays**, starts 7/11 | 10:00am-12:00pm
Only for MSAC members | Ages 50+ | \$40 Montpelier resident / \$50 non-Montpelier resident

with Maggie Thompson | on Zoom | 10 **Wednesdays**, starts 7/6 | 1:00-3:00pm
Only for MSAC members | Ages 50+ | \$40 Montpelier resident / \$50 non-Montpelier resident

Whether we journal, write letters, memoir, fiction, or creative nonfiction, writing gives pause to illuminate our life experiences, providing connections for our children and grandchildren, as well as for ourselves. Through the use of optional homework assignments and writing prompts in class, we will discover new angles to explore our stories. Along the way we will touch on craft elements such as setting, character development, imagery, and dialogue that will help shape our words and grow our skills as writers. Sessions will include sharing our work aloud (optional) and offering thoughtful discussion and robust encouragement. Classes are tailored to the aspirations of the participants. Lastly, writing with others at MSAC is fun, infused with insights and spice!

Active Living & Wellness

NEW Title Bone Builders/Arthritis Foundation (class meets twice weekly)

Section A: with **Laura Morse** | may become **Hybrid on Zoom and in person** | **12 wks, Mondays & Fridays**, starts 7/7 | 3:15-4:30pm | Open to the Public | Ages 25+ | \$40 Member / \$60 Public

This combination class incorporates exercises from Bone Builders and a new program from the Arthritis Foundation. The class will help reduce fatigue, pain, and stiffness long associated with aging and arthritis by doing simple exercises which are designed to improve muscle strength, coordination, flexibility, and balance. The weight bearing exercises done in this class are crucial to preserving bone density. The instructor will lead class members through a series of warm-ups; leg, arm/hand and core exercises; gentle stretches; movements to enhance balance and flexibility; followed by a cool down. We use hand and ankle weights which begin at one pound and increase incrementally according to student readiness. The entire class is done seated or standing with no floor work; each student works at the level that's appropriate for them. Anyone with or without arthritis or osteoporosis/osteopenia will benefit from this class.

Bone Builders (Each class meets twice weekly)

As we age, we all gradually lose muscle mass, bone density, flexibility, strength, and balance. The focus of Bone Builders is to diminish or avoid these negative consequences of aging. Instructors lead students through a series of warm-ups; leg, core and arm exercises; gentle stretches; movements to enhance balance; and a series of cool downs. We use hand and ankle weights which begin at one pound and increase incrementally according to student readiness. The entire class is done seated or standing; each student works at the level that's appropriate for them. Weights are provided to those who don't have their own. Choose a class that suits your schedule and find out why the Bone Builders program is so popular at MSAC!

Section B & F: with **Laura Brown, Theresa Lever & Pat Carstensen** | **12 wks, Mondays & Thursdays**, starts 7/4 | 5:00-6:00pm | Only for MSAC members and city employees | Ages 50+
\$40 Montpelier resident / \$50 non-Montpelier resident

Section C: with **Tina Muncy** | **Zoom** | **12 wks, Tuesdays & Fridays**, starts 7/5 | 5:00-6:00 pm | Only for MSAC members and city employees; May become hybrid online and in-person | Ages 50+
\$40 Montpelier resident / \$50 non-Montpelier resident | Class size is limited. New class members will need to attend the first two classes (7/5 & 7/8) in person at MSAC.

Section E: with **Joan Barrett and Jean Phillips** | **Zoom** | **12 wks, Tuesdays & Thursdays**, starts 7/5
8:30-9:30am | Only for MSAC members and city employees | Ages 50+ |
\$40 Montpelier resident / \$50 non-Montpelier resident | **New Students will need to attend in person for the first class then can go to zoom.**

Next Level Beginners Pilates

with Shannon Hepburn | Zoom | 11 Mondays, starts 7/4 | 10:30-11:30am | Open to public | Ages 15+
\$35 member / \$60 public

This class is for people who have previously taken a Beginner Pilates class and would like to repeat the class working at a gentle pace with reminders of the Basic Principles. Not limited to previous students of Shannon.

Pilates Express

with Shannon Hepburn | Zoom | 11 Wednesdays, starts 7/6 | 10:15-11:00am | Open to public
Ages 15+ | \$35 member / \$60 public

This class is for people who have completed the Pilates for Beginners class at MSAC (or individuals who have prior experience with Pilates). Start your day with a 45 minute flowing mat class that focuses on core engagement, strength, and stability. All exercises may be modified to suit individual needs. Participants should be able to move comfortably from a standing position to the floor.

Tai Chi for Fall Prevention

with Ellie Hayes | MSAC and Zoom | 10 Wednesday, starts 7/6 | 10:30am-11:30am Open to public | Ages 12+ | \$35 member / \$60 public

Tai Chi Vermont's Fall Prevention Tai Chi Program is not just for folks with balance challenges. The simplified movements of this short form are easy and satisfying to learn, adaptable for all ages and abilities, and serve as an excellent introduction to basic Tai Chi principles. In these times of so much change and daily doses of worrisome news, establishing a Tai Chi practice can lend some stability and stress relief, mindfulness, and enjoyment to your life. Please join us!

Fall Prevention Tai Chi Sampler: <https://vimeo.com/643581599>

White Tiger Qigong Form

with Ellie Hayes | MSAC and Zoom | 10 Wednesdays 7/6 | 12pm - 1pm | Open to public | Ages 12+
\$35 member / \$60 public

To ring in 2022 as China's Year of the Tiger, learn to move like one! White Tiger Qigong comes to us from the Nam Hoa Temple Tradition of southern China. This form includes an Energy Workout - simple Qigong movements practiced with repetition - as well as a sequence of movements looking very much like Tai

Chi - flowing from one to the other, stepping, turning, etc. The form has 36 named movements (some of which are repetitions), ranging from simple to complex; a few of them may pose challenges to balance, strength, and flexibility, although these can be modified. As the movements are learned, we can deepen our experience of their energetic qualities and spiritual intent. Tiger Form sampler:

<https://vimeo.com/643576974>

Yoga series:

Listed approximately from gentler to more vigorous

Chair Yoga

with Ragan Sheridan | Zoom | 12 Thursdays, starts 7/7 | 1:30-2:30pm | Open to public | Ages 18+
\$45 member / \$70 public

This is a very gentle class done in a chair and standing. There is an emphasis on taking care of oneself through gentle movement, body and breath awareness to allow for improved mobility, balance and respiration, reduction in stiffness.

Yoga for Osteoporosis & Osteopenia

with Ragan Sheridan | Zoom | 12 Fridays 7/8 | 4:00-5:00pm | Open to public | Ages 18+
\$45 mem. / \$70 public

This class will focus on awareness of correct body mechanics to reduce the risk of fractures as well as improving posture and balance, strengthening bones and increasing flexibility. We will also incorporate tools for stress management and increased well-being. We will be standing, on hands and knees and lying down. We will use the wall, chair, blankets, and modifications will be taught for individual needs. Please contact ragan.sheridan@gmail.com or 802-552-8995 for questions.

Moving Into Stillness: Yoga & Meditation

with Sarah Parker-Givens | Zoom | 12 Thursdays, starts 7/7 | 2:00-3:15pm | Open to public | Ages 18+
\$45 member / \$70 public

Quiet the body and mind in this weekly yoga/meditation class. Each practice will begin with gentle movement and conscious breathing to prepare the body for meditation. Meditation techniques will vary and include chanting. Sarah specializes in breath-focused yoga for beginners and seniors. Visit www.heartcenteredyoga.weebly.com for more information about Sarah and her teaching.

Gentle Flow Yoga

with Sarah Parker-Givens | Zoom | 12 Wednesdays, starts 7/6 | 9:00-10:00am | Open to public
Ages 18+ | \$45 member / \$70 public

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. Visit heartcenteredyoga.weebly.com for more information about Sarah and her teaching.

Gentle/Moderate Flow Yoga

with Sarah Parker-Givens | In Person Outside | 6 Mondays, starts 7/11 (SKIP 7/18 & 7/25)
5:30-6:45pm | Open to public | Ages 18+ | \$24 member / \$40 public

Flow Yoga is the linking of breath with movement, a moving meditation that allows us to connect with the present moment. Conscious breathing has a profound effect on the nervous system and our emotional well-being. In this gentle/moderate flow class, we will focus on movement and postures that increase strength, flexibility, and balance. We will conclude each class with breath work and a short meditation. This class will include getting up and down from the ground and is open to students of all levels. Join us as we practice mindfulness, resilience building and active relaxation. Visit heartcenteredyoga.weebly.com for more information about Sarah and her teaching.

Moderate Yoga for Balance

with Patty Crawford | Zoom | 12 Thursdays, starts 7/7 | 10:00-11:15am | Only for MSAC members and city employees | Ages 50+ | \$35 Montpelier resident / \$45 non-resident

Yoga for Balance develops a focused and stable mind and strengthens the legs, feet, and 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.

Moderate Yoga to Improve Balance

with Ragan Sheridan | Zoom | 12 Thursdays, starts 7/7 | 3:00pm - 4:15pm | Open to public | Ages 18+ \$45 member / \$70 public

In this class we will strengthen and increase flexibility of our feet, ankles, hips, our core, and back muscles as well as our overall posture to improve our balance. We will cultivate body awareness along with focused attention through mindful movement and we will use the breath to help us stay present in the moment through physical as well as life transitions. We will also look at where there is imbalance in the rest of our being and work with various tools to support overall balance of our body, emotions, mind and spirit. This is a moderate class for those experienced with yoga and able to get up and down from the floor comfortably and stand for extended periods of time.

Moderate Yoga

Mondays with Ron Sweet | Zoom | 8 **Mondays**, starts 7/4 | 11:45am - 1:00pm | Open to public
Ages 18+ | \$35 member / \$60 public

Thursdays with Ron Sweet | Zoom | 8 **Thursdays**, starts 7/7 | 11:45am - 1:00pm | Open to public
Ages 18+ | \$35 member / \$60 public

Learn to move with greater awareness and proper alignment while exploring the constant stream of subtle messages that your body offers as it guides you toward mindful movement, which helps lower the risk of injury on and off the mat. You'll learn to coordinate movement with breath to improve stability and focus, help to reduce stress, all while maintaining and improving strength, balance, and flexibility. This class is more active than the gentle classes.

Moderate Flow Yoga

with Sarah Parker-Givens | on Zoom | 12 Wednesdays, starts 7/6 | 5:00pm-6:15pm
Open to public Ages 18+ | \$50 member / \$75 public

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 heartcenteredyoga.weebly.com for more information about Sarah and her teaching.

Yoga for Focus and Fitness: Strength and Flow

with Monica DiGiovanni | on Zoom | 12 Wednesdays, starts 7/6 | 9:00-10:15 am | Open to public
Ages 14+ children under 18 may attend accompanied by a parent or alone by permission of the instructor and parent. | \$45 member / \$70 public

Do you enjoy physical activities such as running, cross-country skiing, dancing, biking, and hiking? This class is suitable for those with an active level of fitness. The use of props is strongly suggested to safely and comfortably explore the edges of your practice. Class begins and ends with meditation and gentle postures on the floor. The heart of class enjoys a core focused practice of isometric strengthening exercises interwoven with yoga postures of intermediate complexity. At the center of it all is a practice of compassion and acceptance of one's individual experience. Athleticism and previous yoga experience are recommended.

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.

Walks with Joan

Mondays | 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.

Artists Group-In-Person at MSAC

Mondays 10:00-12:00 | MSAC Art Room | donations welcome

We have started an artists' group that will meet at the Senior Center. All mediums and all levels of artists are welcome to paint or draw with others who also love working on paper or canvas. Bring whatever supplies you have, and others can advise or share.

NEW Ad Hoc Writers Drop-in Group

Mondays | 6 – 8 pm | MSAC Art Room | donations welcome

We are writers, new and seasoned, who enjoy writing with others. We write to prompts, or whatever folks are inspired to write about—prose or poetry, fiction or non-fiction, or a personal project. We share

supportive feedback, not critique unless requested. The writing that emerges is often profound, funny, astounding. The group has Guidelines for respecting one another. Given the vulnerability and personal nature of writing, confidentiality within the group is essential. For more information contact Cynthia @ 802.565.0064 or Hugo @ 802.565.0059. This is a drop-in group, come when you wish.

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.

Crafters Group In-person at MSAC

Wednesdays | 12pm-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.

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.

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.*

Games:

- **Bridge**, Thursdays, 12:30-3:15pm
 - 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

On Pause till September: Italian Group In-person



MONTPELIER SENIOR ACTIVITY CENTER

VOLUNTEER OPPORTUNITIES

FEAST KITCHEN VOLUNTEERS	FEAST MEALS ON WHEELS DRIVERS
<p>Our kitchen is looking for volunteers to help prepare daily meals to go out to our aging neighbors. We also need help packing meals, doing dishes, cleaning and sanitizing our prep areas.</p> <p>You will learn about knife skills, proper food storage and handling, equipment safety, basic cooking techniques, and teamwork!</p> <p>Folks with previous professional kitchen experience are ENCOURAGED TO APPLY.</p>	<p>We are looking for weekly drivers and substitute drivers.</p> <p>You will deliver meals and friendly greetings to homebound older adults. Most typically, this involves picking up meals at the Montpelier Senior Activity Center and delivering them along a pre-determined route directly to the homes of several seniors. Once you're done, you return the delivery items and get on your way. Meal pickup for routes starts at 11:30 and routes take up to an hour and a half.</p>
MSAC AT HOME VOLUNTEERS	FEAST FARM VOLUNTEERS
<p>You will fulfill task requests that older adults make that will allow them to age in their homes longer. This could be anything from outdoor chores, light cleaning to technology assistance. Tasks take anywhere from 20 minutes to an hour. You get to decide what what tasks you want to help out with.</p>	<p>The farm is looking for volunteers to assist with planting, cultivating, harvesting, and washing fresh produce grown at the farm. This farm produces food for the FEAST Senior Meals Program, Just Basics, Community Harvest of Central Vermont, and the Backpack Program.</p>

If interested in volunteering, call Kim Myers at **802-262-6288** or email at **kmyers@montpelier-vt.org**.