

A Gathering Place for Healthy Aging, Lifelong Learning, & Delicious Meals!

We're Here, We're Open

The summer harvest included not only the bounty of the FEAST Farm (picture bushels of summer squash, beets, basil, garlic and more), but also a plethora of engaging activities. There was music in the park with Parkapalooza, music at our FEAST Farm Stand, music at surrounding community locations, and music in our hearts. There was also an outpouring of generosity from our community by way of countless hours of volunteer time spent helping MSAC's kitchen stay afloat, even while short staffed, supporting Norma and Sarah in the office, and ensuring that our Meals on Wheels and Curbside Pickup meals continued to flow out to all in need of vital and delicious nutrition.

Community members responded in droves when we asked for gently used arm chairs and coffee tables, which has allowed us to create new and comfortable seating areas for you, our beloved members, to come in and congregate. Classes have been abundant and well-attended this summer, and the diversity of engaging events at the FEAST Farm Stand has kept our minds and hearts busy with inspiration, learning and connection.

In short: the Montpelier Senior Activity Center is here,

open and ready to welcome you all back in with open (and COVID-safe) arms.

We are not blind to circumstance, though, and continue to encourage masking because, even though we don't want to face it, COVID is still real, and because of that, we are not yet ready to make the leap into congregate meals. But, we hear you. We want, more than anything, to create the vibrancy you crave, the engagement you deserve, and so we have more in-person classes than we have since the beginning of the pandemic, as well as other in-person events.

We spent time this summer digging into the more-than-200 annual membership surveys that poured in, and what we found is an overwhelming sense that what folks most want is to be able to gather together again. We're listening.

Please join us: for coffee and a chat, for a Curbside lunch, the amazing Osher lectures, our FEAST Farm Stand, or our incredible line-up of 49 classes! Read on to get a glimpse of the things we have lining up, and please know that we are here, we are open, and we want more than anything, to see your shining eyes!

Striving for Excellence in our "Senior College"

Back before the pandemic, we had 75 classes each semester...and then the pandemic struck and we had to reduce our offerings to online-only. We hit a low of twenty-something classes and have been slowly working our way back to something a bit more robust. We are now absolutely pleased as punch to reveal to you that we have climbed into a new category of excellence as we are planning to offer 49 classes this fall!

We have not yet renamed our MSAC classes as a "Senior College," but this model of having Arts, Humanities, Active Living & Wellness classes is what inspired our team to pull together a wide variety of new, returning and on-going classes for you to select from this fall. The semester starts the week of September 26th and registration will run for just over 2 weeks, from Sept. 6 - 22nd.

Class materials are now available at the MSAC office, on our website, and in our soon-to-be-released Fall Program Guide.

Major highlights this semester include: 11 Arts classes from painting to pastels, rug-hooking to music appreciation, Hollywood hits from 1939 to drawing and writing and handbuilding with clay; 5 Humanities classes that include two new brain-focused courses, a return to Spanish, and two important resource courses for estate planning and end-of-life planning; and an astounding 28 Active Living & Wellness classes designed to bring you strength and vitality. Seriously, don't miss this incredible opportunity to meet new friends, learn new things, and engage in a journey of excellence!

Director's Dispatch

Dear Readers,

What a whirlwind August was! A bit like a hurricane for us here at MSAC, if truth be told. With Kim out this summer due to her back injury, we've been swamped in the FEAST department and I've been trying to juggle all the plates.

The best part has been welcoming Nermina Beslagic into the FEAST Kitchen and Tom Leahey into the office at the Recreation Center and having Martha Brown come on board to help support our FEAST operations.

Shalonda had the opportunity to attend a fantastic Meals on Wheels America conference in Baltimore, Maryland, and despite her car breaking down on the way there, she made it and had a very worthwhile experience.

We're excited to also welcome Yona Shahaar to the team to work alongside Norma in the office on the days when Eva isn't here. We're so grateful for the partnership with A4TD (Associates for Development and Training) for granting us the ability to work with Eva, Martha and Yona.

The bummer was that she caught COVID on her trip, so we were without her for two challenging weeks. The bright side was that we had an incredible outpouring of support from City staff, the Crafters Group, and many other volunteers who tirelessly pitched in. Thank you to all of you for stepping in at the last moment to help us out!!!

If you or someone you know is looking for an engaging, inviting, creative and welcoming place to gather, please tell them to come check out MSAC – it truly is the place to be.

Yours in service,



Sarah

The hardest part in recent weeks has been having to say farewell to Kim, who was such an excellent addition to our team. We're missing Maddie as well, and as yet do not have a new AmeriCorps service member to replace her, so our MSAC at Home program is unfortunately at a bit of a standstill

Did you check out Sarah's interview with All Things LGBTQ on ORCA Media?

Click the box to the left or go to <https://www.youtube.com/watch?v=O0Z8Rm-IDgaM>



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Community Lunch with Norma Maurice & Sarah Lipton

Join Norma and Sarah for a community lunch on Curbside Tuesday!

Call to register: 802-223-2518

Tuesday, September 27th
12 - 12:30 pm

Town Square

Who's Who At MSAC and Community Services

The Community Services Department has seen a lot of changes this summer, some joyful, others tearful. It is with heavy hearts that we've had to say farewell to our fabulous FEAST Program Manager, Kim Myers who for personal reasons has been unable to continue her employment with us, and we are rather devastated to see her go. We are, of course, extremely hopeful she'll return to us in the future, when she is able. Kim was not only an extremely engaged and passionate member of our team, but created an incredibly strong system and foundation for the FEAST Program, and her work will live on with us.

This summer the Recreation division lured Haidi Arias away from directing the Randolph Rec Department to become Montpelier's Rec Assistant Program Manager and we're thrilled to have her experience and expertise here to support Arne McMullen with all things Rec related. Tom Leahey has also just joined the Community Services team filling the Program Assistant position that Harry Divack left vacant earlier this year. Tom brings many years of experience working with community organizations, which is a huge benefit to all who will be working with him. Welcome, you two!

MSAC is also thrilled to have a few new faces with us, namely Nermina Beslagic who was hired to be the part-time Kitchen Assistant in support of all the hard work Shalonda James has been doing in the FEAST kitchen. Without Nermina, the kitchen would have crumbled while Shalonda was away for two weeks! Martha Brown and Yona Shahaar have started working to support FEAST and the office through the stellar partnership we have with A4TD.

Remaining steadfast at MSAC is Norma in the office, Matt in Communications and Development, Sarah at the helm, and Shalonda in the kitchen. Just as steadfast remain our incredible volunteers: Laura Morse and Tina Muncy who tirelessly take care of our Curbside Pickup recipients; our many volunteer instructors who passionately lead classes; the 25 + unbelievably hard working volunteers who daily deliver our Meals on Wheels; Susan, Noa, Sue, Noah, Jeanne, Devora and others who serve in the kitchen with skill, patience and joy; our wonderful Advisory Council members – Dianne, Kris, Barbara, Suzi, Renea, Rick, Laura, Kathy, Jean and Mariah; and oh so many more of you that we don't have space to name.

It takes a village to run this village. Thank you for being our village!

	Nermina Beslagic FEAST Kitchen Assistant		Tom Leahey CS Administrative Assistant		Haidi Arias Recreation Assistant Program Manager
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In Your Own Words

(Quote of the Month)

"The classes are great, I would love more educational ones, like Art History, local history, how a car engine works...."

See more quotes at the bottom of our home page: <https://www.montpelier-vt.org/297/Montpelier-Senior-Activity-Center>

On the Scene

North African Festival Fundraiser

Eltayeb, owner of MobiTech in downtown Montpelier, put on the CAMO Fundraiser on August 7th to support building schools in his home country of Sudan. The event was a cultural exchange sharing African-inspired hip-hop music, North African cuisine, and BIPOC-made clothing. They raised \$3,500.

Our director Sarah Lipton and her partner Ghazi catered the event!



Credit: Terry Allen



Community Jam @ Farm Stand

Music filled Barre Street as MSAC's Community Jam serenaded us at August 13th's FEAST Farm Stand.

They were so popular that bikers and walkers were stopping to take in their classic tunes.

If you'd like to join in on the Community Jam or other classes, see pages 10 and 11 for more information.

Trash Tramps

Who knew picking up trash could bring so many members of our community together? On August 16th, Trash Tramps had one of their biggest groups to date.

Raise your grabbing tool, don a yellow or orange vest, and join the Trash Tramps for a fulfilling afternoon of cleaning up Montpelier. They meet on Tuesday afternoons at 1:45 pm.



2 Sisters, 2 Memoirs

Authors Christine Noyes and Paula Francis joined us for a discussion of their memoirs. They transformed themselves into writers through their own unique stories. One traveled along an introspective path while the other embarked on an outward journey. Stories of grief, adventure, and resilience fill their pages.

If you wish to see them again, they will host a talk at Kellogg-Hubbard Library on September 21st.



Credit: Gelgas Airlangga

Seed Science Demo

On Wednesday, August 3rd, our Communications Coordinator Matt Wilson hosted a talk about seed science and demonstrated how mung beans sprouts from seeds to seedlings in only 5 days.

We also discussed harvesting seeds from the wild and common trees to harvest seeds from here in Vermont. It was seed-sational!



Everybody Wins! Mentors

Have you ever wanted to an impact that would last a lifetime? If so, Everybody Wins! Vermont needs mentors for students in 1st through 4th grade. For more information about Everybody Wins! contact Caitlin Drechsler at montpelier@everybodywinsvermont.org or 617-780-7756.

We want to thank Everybody Wins! for joining us for on August 10th and meeting with some of our farm stand patrons.

Focus on FEAST



FEAST Senior Meals Program

Meals on Wheels is available to Montpelier and Berlin residents over 60 who need it. Our fabulous volunteers deliver locally prepared hot meals Monday through Thursday. There is no charge for meals, but donations are gladly accepted! If you or someone you know would benefit from receiving our delicious and nutritious Meals on Wheels, just call us at the FEAST office: [262-6288](tel:262-6288).

Curbside Pickup meals are offered to older adults 60+ from anywhere (not just Montpelier residents) twice weekly. Call to register and simply drive up to the side door of MSAC on Tuesdays and Fridays between 12-12:30pm to receive a delicious takeout meal. If you are new to the program, you will be asked to fill out a short nutritional survey. Please call to reserve: [262-6288](tel:262-6288).

Fees and donations

Age 60+: No charge with suggested \$5-10 donation if you have filled out the annual nutritional survey. Thanks to our great partnership with CVCOA!

Volunteer for FEAST!

If you or someone you know is interested in helping, please call or email us: [262-6288](tel:262-6288) | feast@montpelier-vt.org.

Updates & Taste of Montpelier

Thousands of pounds of produce are being processed in the FEAST kitchen, fresh from the rich soil of the FEAST Farm and the countless farms that donate to the Community Harvest of Central VT. Volunteers have been gathering, sometimes in droves to wash and chop zucchinis, peel turnips, de-stem basil, and parboil swiss chard.



To raise more funding to support the FEAST program, staff and volunteers are baking a wide range of tasty delights to sell at the upcoming **Taste of Montpelier festival** – make sure you attend to get some of Chef

Shalonda's favorite cookies! Also in celebration of this festival, Shalonda has invited her friend Chef Harmony in for an exciting **Chef Demo**, which will include how to break down a whole chicken raised on our farm this summer.

The two chefs have decided to use parts of the chicken to make soul food empanadas from scratch. The demo will be available online during the festival and the link will be shared by Montpelier Alive.



FEAST MENU

Friday, September 2nd: Honey Mustard Pork Roast, Seasonal Veggies, Wheat Roll, Fresh Fruit, 1% Milk. <i>Vegetarian Option:</i> Lentil Salad With Honey Mustard	Tuesday, September 20th: Bratwurst Sausage, Whole Grain Bun, Sauerkraut, Fresh Fruit, 1% Milk <i>Vegetarian Option:</i> Veggie Sausage
Tuesday, September 6th: Tarragon Chicken, Seasonal Veggies, Wheat Roll, Fresh Fruit, 1% Milk. <i>Vegetarian Option:</i> Creamy Pasta With Asparagus Lemon Tarragon	Friday, September 23rd: Hoisin Glazed Pork Chops, Seasonal Veggies, Wheat Roll, Fresh Fruit, 1% Milk <i>Vegetarian Option:</i> Glazed tofu
Friday, September 9th: Veal Marsala, Seasonal Veggies, Wheat Roll, Fresh Fruit, 1% Milk. <i>Vegetarian Option:</i> Mushroom Marsala	Tuesday, September 27th (Lunch with Norma & Sarah): Yankee Pot Roast, Seasonal Veggies, Wheat Roll, Fresh Fruit, 1% Milk.
Tuesday, September 13th: Artichoke Chicken Casserole, Seasonal Veggies, Fresh Fruit, 1% Milk. <i>Vegetarian Option:</i> Spinach Artichoke Lasagna	Friday, September 30th: Chef's Special
Friday, September 16th: Chicken Souvlaki, Seasonal Veggies, Wheat Roll, Fresh Fruit, 1% Milk. <i>Vegetarian Option:</i> Grilled Tofu Skewers	For questions about curbside pickup, please contact FEAST: 262-6288 feast@montpelier-vt.org . Or message us on Facebook: @montpeliersenioractivitycenter

FEAST Farm Stand

Beautiful Local Produce & Engaging Live Events Offered for You to Enjoy with Friends!

Every Wednesday through October
1pm-3pm | in front of the MSAC building

The FEAST Farm Stand is a low-cost, city-run, senior-centered farm stand serving anyone who would benefit from access to local, healthy vegetables sold under the market rate. Produce includes: root vegetables, salad greens, herbs, and so much more!

The Farm Stand not only offers this beautiful produce, but is set up to bring you engaging events as well. We have been listening, and what we have heard is that you long to be together with friends, learning, listening and engaging again. So please consider joining us at any of our diverse offerings listed in the image to the right. Our line-up for next month includes live music, the OLLI Series of lectures, which begin on September 21st, and poetry readings!

Our fall harvest is replete with fresh vegetables and herbs from the farm, and we can't wait to share them with our community. Join us on Wednesdays from 1-3 PM through mid-October!



We thank our volunteers who process the FEAST produce.



We're excited about all the produce coming for the fall season!

JOIN US



FEAST FARM STAND

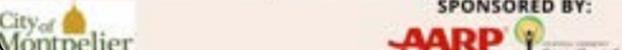
FEATURING FRESH, LOCAL PRODUCE FROM THE FEAST FARM AT AFFORDABLE PRICES, ENTICING LIVE EVENTS AND SOCIAL GATHERING TIME

LIVE EVENTS

AT MONTPELIER SENIOR ACTIVITY CENTER | 58 BARRE ST
EVERY WEDNESDAY 1-3 PM

9/7	1-2 PM ORAL HISTORY OF VERMONT WITH CHARLES MORRISSEY
9/14	1-2 PM LIVE MUSIC WITH JOLYNDA BURTON & SARAH LIPTON
9/21	1-3 PM THE US SENATE FROM THE SENATE WITH DIANE DERBY (OLLI SERIES)
9/28	1-3 PM THE KU KLUX KLAN IN 1920S VERMONT WITH AUTHOR MAUDEAN NEILL (OLLI SERIES)
10/5	1-3 PM CAPTURING THE MOMENT WITH PHOTOGRAPHER JEB WALLACE-BRODEUR (OLLI SERIES)

SPONSORED BY:



Tell Your Friends & Family About Us!

Share on social media if you've visited our farmstand this summer!



Interested in volunteering?

Call us!

802-223-2518

Dirt on the Farm

The amount of production accomplished at FEAST Farm continues to astound me. Jac, the farm manager, is FEAST Farm's bedrock. The rest of the labor needed to run the farm is contributed by volunteers and, during summer, our Montpelier Youth Conservation Corps. Somehow, with this inconsistent workforce, we manage to coax hundreds of pounds of vegetables out of the soil. The next month promises good harvest.

Late summer vegetables are coming into ripeness- hundreds of tomatoes will soon be fat and red; giant vines will pump out long, savory squashes, and the eggplants are almost shiny enough to see your reflection on. The busyness of summer is finally quieting down. The soil cools under August's late, more slanted light.

As I bid goodbye to our last Conservation Corps session members, and our farm camp staff, and our summer seasonal park staff, I feel a little sad, very grateful, and VERY tired.

- Leila Faulstich

Parks Supervisor
Montpelier Parks & Trees

Arts Corner

October Art Walk & Gallery Brings Artist Monica DiGiovanni to MSAC

What is Monica's Art?

Zen circles, or ensō, are a creative practice from Japan that the artist uses to experience oneness and connect more deeply with the present moment. In early 2021 Monica suffered a serious concussion making her usual painting style impossible. She had already been painting ensō as part of her Zen practice and started doing this exclusively to support her healing and continue painting. In addition to supporting a return to equilibrium in her daily life and return cognitive function, they also convey meditations on consciousness, interconnection, impermanence, intimacy, resilience of the human spirit, and her relationship to her many years as a yoga practitioner. Ancient Buddhist text says that a moment of perception takes 17 seconds. A single-brushstroke painting can take about the same amount of time and contains everything leading up to the act of creation.

Some of the paintings are more traditional, painted just with black, while others are more expressive with color and mica pigment to add a shimmer. The uniqueness of an enso painting invites viewers to consider their own relationship to space, time, intention, and the present moment. Viewers are invited to experience the show

with or without awareness of titles from Zen teachings, scripture, and poetry, and dates that place the images on a timeline in relationship to the pandemic.

www.monicaidigiovanni.com and
www.montpelierioga.com.



See More of Monica's Artwork and Other Pieces of Art Displayed at MSAC on our Website:
<https://www.montpelier-vt.org/1134/Now-Showing-in-MSACs-Art-Gallery>

MSAC Events

Fall Class Registration

Fall classes begin in October. Registration opens up on Tuesday, September 6th. Learn more about all the classes and sign up online or drop into the office to register.

End Of Life Education Series

Next session: Thursday, Sept. 8
New session each month (watch for dates)
September – December | 1 – 2:30pm
Drop by the office to register.

Returning this fall, join Cynthia Stadler APRN, from BAYADA Hospice, for a four-part series exploring important issues encountered towards the end of life. We will introduce a different topic each session, but also allow plenty of time to discuss questions, concerns, and thoughts participants wish to bring.

Sessions will be in-person at MSAC and refreshments will be served. Topics include Advance Care Planning (more than just a will!); Screening of the film *Being Mortal*; Understanding and Communicating Through Dementia; and Taking Control at End of Life. Call to register: [802-223-2518](tel:802-223-2518)

Oral History of Vermont with Charles Morrissey

Wednesday, September 7 | 1– 2 pm | MSAC

Charles T Morrissey, age 88, is now an occupant of the Gary residence in Montpelier. Charles first settled in Montpelier in 1966 to work as director and editor of the Vermont Historical Society. He came from Washington D.C where he directed the John F Kennedy Library History project.

His upcoming talk at MSAC will discuss oral history memoirs. Spoken personal histories intertwine with Vermont's distinctness. His 1980 book, *Vermont: A Bicentennial History*, was praised by Robert Mitchel, editor/publisher of the Rutland Herald as ranking among the best books for conveying the essence of Vermont.

Join Charles for a deep-dive into conversation about Vermont's history!

Coffee and Conversation

Mondays starting September 12 | 9:30 – 10:30 am | MSAC Resource Room

Get together with old friends and make new ones. Enjoy each other's company over coffee, which will be provided. Please bring your own snacks if you want one. Contact us at [223-2518](tel:223-2518) with any questions.

Live Music with Jolynda Burton & Sarah Lipton

Wednesday, September 14 | 1 – 2 pm | MSAC

Enjoy live music with harmony from local musician Jolynda Burton and our director Sarah Lipton.

Cooking Classes with Lisa Masé

Wednesday, September 14 | 2 – 3 pm | MSAC

Lisa Masé will be teaching two new cooking classes at MSAC this fall. First, on Saturday, October 8th from 9-10:30am, she will host *How to Conduct a Simple Cleanse*. You will learn the benefits of cleansing, when and for whom it's appropriate, and how to eliminate common allergens and bring more vitality to your entire being.

Then, on Saturday, November 5th from 9-10:30am, she will host *Healthy Gluten Free Cooking*. You will see the implications of conventional wheat products on the digestive, endocrine, and nervous systems and learn how to incorporate more whole, gluten-free grains into your cooking and baking.

Pre-register at MSAC: [\(802\) 223-2518](tel:802-223-2518).

Barre Street Community Potluck

Wednesday, September 21 | 5:30 – 7pm |

MSAC Playground

The Barre Street Community Potluck is a monthly gathering of residents who either live, work, recreate, or interact with this neighborhood on a regular basis. Join us for our next event on Wednesday, September 21st.

MSAC Events

The Taste of Montpelier Food Festival

September 9 - 11 | MSAC

The Taste of Montpelier Food Festival, presented by Hunger Mountain Co-op, is September 9-11.

The festival will bring the best of Vermont's culinary scene to the heart of its capital city, with events all weekend long. Saturday, September 10 from 1-4pm is The Great Taste downtown.

Stroll the streets of Montpelier and enjoy a taste of our amazing restaurants, Vermont food truck favorites, and samples from artisans showcasing the best Vermont food products!

Plus enjoy a cocktail garden by Barr Hill and amazing street performers. Find more information at www.montpelierlive.com/taste. And email us to register for the Chef Demo: msac@montpelier-vt.org.

The US Senate From The Senate with Diane Derby (OLLI Series)

Wednesday, September 21 | 1:30 – 3pm | MSAC

Derby will share insights from her 20 years of service as a staffer to Sens. James Jeffords and Patrick Leahy noting how exxtreme partisanship has obstructed the Senate's ability to govern effectively.

She will discuss how the events of Jan. 6, 2021 have changed the functions of daily governing from a staffer's perspective and will encourage conversation about what might chnage in DC to make Congress more responsive to the needs of all Americans.

The Ku Klux Klan in 1920s Vermont with author Maudean Neill (OLLI Series)

Wednesday, September 28 | 1:30 – 3pm | MSAC

Finding an old family photo of people in the white robes of the KKK led Neill to research the topic and ultimately resulted in her 1989 book *Fiery Crosses in the Green Mountains: The Story of the KKK in Vermont*. Neill will share her photos and stories.

Capturing The Moment with photographer Jeb Wallace-Brodeur (OLLI Series)

Wednesday, October 5 | 1:30 – 3pm | MSAC

A look at the work of this well-known Times Argus photographer. How to find new images on a daily basis? How to decide what will be of interest, what is possible to shoot? Where do the ideas come from?

Harvest Meal at the FEAST Farm

Wednesday, October 5 | 4 – 6:30pm | FEAST Farm

This celebratory meal will include a tour of the city's FEAST Farm, a farm-to-table meal from the grill, a thank you to the FEAST Farm volunteers, and a forward looking planning discussion aimed at increasing local food access and sourcing for our community. All are welcome!

October Art Walk with Monica DiGiovanni

Friday, October 7 | MSAC

Come explore the Zen Buddhism-inspired paintings of Monica DiGiovanni, which will be displayed at MSAC in October. The elegance of Monica's ensō artwork exemplifies her present-mindedness and deliberate brush stroke patterns as she worked throughout each of her paintings.

Queer Poetry Series

Friday, October 21 | 6:00 - 7:30pm | MSAC Community Room | All are Welcome!

LGBTQ Poets from around the state will share their writing. The first reading will be on Friday, October 21st at 6pm at the Montpelier Senior Activity Center. Readers will be announced closer to the event date.

Event produced by the Rainbow Umbrella Group in concert with MSAC, and will run every other month.



Fall Class Schedule

Legend

*	MSAC members only
▪	Open to the public
⊗	Open to City employees of all ages
☺	In-Person
📺	Online / Zoom
↔	Hybrid

See Registration Form On Website For More Details On All Classes!
[Click here to download the class descriptions](#)



Mondays

☺	Drawing Nature (Janice W.)	18+	10 Mondays 1-3pm starts 9/26
☺	Handbuilding with Clay (Janice W.)	18+	10 Mondays 3:30-5pm starts 9/26
* ☺	Creative Writing (Maggie T.)	50+	10 Mondays 10am-12pm starts 9/26
* ☺	1939: Hollywood's Greatest Year (Rick W.) (Savoy Theater)	18+	10 Mondays 10am-12:30pm starts 9/26
☺	Happy Healthy Brains: Games & Puzzles, Emotions & Cognition (Noa Z.)	18+	4 Mondays 1-2:30pm starts 10/17
☺	Introduction to English Country Dance (Val M.)	18+	6 Mondays 7-9pm starts 11/7
☺	Bone Builders/Arthritis Foundation (Laura M.)	25+	12 Mondays & Fridays 3:15-4:30pm starts 9/26
* ☺	Bone Builders (Laura B., Theresa L., & Pat C.)	50+	12 Mondays & Thursdays 5-6pm starts 9/26
☺	Next Level Beginners Pilates (Shannon H.)	15+	11 Mondays 10:30-11:30am starts 10/3
☺	Moderate Yoga (Ron S.)	18+	10 Mondays & Thursdays 11:45am-1pm starts 9/26

Tuesdays

☺	Painting at All Levels (Linda H.)	15+	10 Tuesdays 10am-12pm starts 9/27
☺	Spanish from Scratch (Carlos R.)	18+	10 Tuesdays 10-11am starts 9/27
☺	Pro-Active, Insightful Approach to Estate Planning (Claudia P.)	18+	4 Tuesdays 6-7:30pm starts 10/4
* ☺	Bone Builders (Tina M.)	50+	12 Tuesdays & Fridays 5-6pm starts 9/27
☺	Bone Builders (Nancy S.)	50+	12 Tuesdays & Fridays 10:15-11:30am starts 9/27
* ☺	Bone Builders (Joan B. & Jean P.)	50+	12 Tuesdays & Thursdays 8:30-9:30am starts 9/27
☺	Sun Style Long Form (Ellie H.)	12+	11 Tuesdays 1:30-2:15pm starts 10/4
☺	White Tiger Qigong (Ellie H.)	12+	10 Tuesdays 12-1pm starts 10/4
☺	Somatic Movement: Calm Your Nervous System (Amy L.)	18+	10 Tuesdays 9:15-10:15am starts 9/27

Wednesdays

☺	Music Appreciation: Beethoven (Erik N.)	18+	10 Wednesdays 2-3:30pm starts 9/28
☺	Continuing Pastels (Joyce K.)	18+	10 Wednesdays 4:30-6:30pm starts 9/28
☺	Rug Hooking (Pam F.)	30+	10 Wednesdays 9:30-11:30am starts 9/28
* ☺	Creative Writing (Maggie T.)	50+	10 Wednesdays 1-3pm starts 9/28
* ☺	Creating & Remaking Poems (Samn S.)	18+	10 Wednesdays 3-4:30pm starts 9/28
☺	Neurodiversity & The Aging Brain (Mel H.)	18+	3 Wednesdays 10-11am starts 10/5
☺	Pilates Express (Shannon H.)	15+	11 Wednesdays 10:15-11am starts 10/5
☺	Tai Chi, Yang Long Form (Judy C.)	12+	8 Wednesdays 10:30-11:30am starts 11/14
☺	Gentle Flow Yoga (Sarah P.G.)	18+	12 Wednesdays 9-10am starts 9/28

Fall Class Schedule

☺	Moderate Flow Yoga (Sarah P.G.)	18+	12 Wednesdays 5-6:15pm starts 9/28
☺	Yoga For Focus & Fitness (Monica D.)	14+	12 Wednesdays 8:45-10am starts 9/28

Thursdays

☺	Drawing Basics (Janice W.)	18+	10 Thursdays 1-3pm starts 9/29
☺	Movement for Parkinson's & Other Neuro-Movement Challenges (Mary C. D.)	15+	10 Thursdays 10-11:15am starts 9/28
☺	Chair Yoga (Ragan S.)	18+	12 Thursdays 1:30-2:30pm starts 9/29
☺	Moving Into Stillness: Yoga & Meditation (Sarah P.G.)	18+	12 Thursdays 2-3:15pm starts 9/29
* ☺	Moderate Yoga For Balance (Patty C.)	50+	12 Thursdays 10-11:15pm starts 9/29
☺	Moderate Yoga To Improve Balance (Ragan S.)	18+	12 Thursdays 3-4:15pm starts 9/29
☺	Moderate Yoga (Ron S.)	18+	10 Mondays & Thursdays 11:45am-1pm starts 9/26
* ☺	Bone Builders (Laura B., Theresa L., & Pat C.)	50+	12 Mondays & Thursdays 5-6pm starts 9/26
* ☺	Bone Builders (Joan B. & Jean P.)	50+	12 Tuesdays & Thursdays 10:15-11:30am starts 9/27

Fridays

☺	Bone Builders/Arthritis Foundation (Laura M.)	25+	12 Mondays & Fridays 3:15-4:30pm starts 9/26
☺	Yoga for Osteoporosis & Osteopenia (Ragan S.)	18+	12 Fridays 4-5pm starts 9/30
☺	Somatic Movement: Stand Up Straight (Amy L.)	18+	4 Fridays 9:45-10:45am starts 9/30
☺	Somatic Movement: Move It Or Lose It (Amy L.)	18+	4 Fridays 9:45-10:45am starts 10/28
* * * * *	Gentle Yoga (Patty C.)	50+	12 Fridays 10-11:15am starts 9/30
* ☺	Bone Builders (Tina M.)	50+	12 Tuesdays & Fridays 5-6pm starts 9/27
☺	Bone Builders (Nancy S.)	50+	12 Tuesdays & Fridays 10:15-11:30am starts 9/27

Drop In Groups

Monday WalksMondays | 8:30 am | on-going | meetup locations vary week to week
 Coffee & Conversations on Mondays.....Mondays | 9-10:30 am | on-going | MSAC Community Room
 Artists Group In-Person at MSAC.....Mondays 10:00-12:00 pm | MSAC Art Room
 Scrabble and other Table Top Games.....Tuesdays 1-3pm
 Trash Tramps Outdoors.....Tuesdays | 2:00 pm | meets at 1:50 pm at MSAC
 Crafters Group In-Person at MSAC.....Wednesdays | 12:30-2:30 pm | MSAC Art Room
 Bridge.....Thursdays | 12:30-3:45 pm
 Community Jam with Experienced Musicians.....Biweekly Thursdays | 6:15-8pm | Starts September 15th
 Ukulele Players..... Biweekly Thursdays | 3:30-5pm | Starts September 22nd
 Mah Jongg & Scrabble.....Fridays 1:00-3:30 pm

*Ad-Hoc Writers Group Online is looking for a facilitator on Mondays 6-8 pm.
 Please contact Sarah Lipton if interested: slipton@montpelier-vt.org*

New Film History Course!

Join Rick Winston over Zoom for a new 8-week course in conjunction with his Monday course and take on a different topic in film history every week. The fall session will be held each Thursday from 10am-12pm starting in early October. For information on schedule, costs, and registration, email Rick: vtcrostic@gmail.com.



New! Coffee & Conversation

Get together with old friends, make new friends, and enjoy each other's company! This group will be hosted by Gail Brusoe and meets on Mondays from 9-10:30am at MSAC. Coffee will be provided, but bring a snack if you want one. Call [223-2518](tel:223-2518) with questions.

Community Connection

Bookmaking Workshop

Wednesday, September 7 | 6pm | Kellogg-Hubbard Library

Elissa Campbell, bookbinder and owner of Blue Roof Designs, will lead a workshop in making an accordion book. Each participant will make their own fold-out book, large enough to hold 4"x6" photos, to take home. Materials will be cut and prepared in advance and will include a resource booklet so that folks can continue their learning after class. Participation is limited to 12 people.

Preregister by emailing Michelle Singer at msinger@kellogghubbard.org or calling the library at 802-223-3338. This is an in-person workshop at the Kellogg-Hubbard Library.

Therapeutic Breathwork

Monday, September 12 | 6pm | Kellogg-Hubbard Library

Therapeutic Cathartic Breathwork is a way of increasing ones energy level through conscious breathing. In this workshop you will learn how to do "breathing snacks" throughout the day to give yourself that extra boost. You will also learn some breathing essentials and explore how the way we breathe has an effect on our physical and psycho-spiritual health. Dunja Carlson-Moeller, Ph.D., is a Cathartic Breath Therapist.

She is the author of Gentle Medicine, an ethnography on Anthroposophical Medicine. Her private practice is located in Worcester, Vermont. Dunja's expertise lies in an integral approach, bridging the world of western medicine and alternative health solutions. This is an in-person program at the Kellogg-Hubbard Library. For more information, or to sign up for her Zoom offering on November 10, 2022, go to kellogghubbard.org/adult-programs.



Whodunit & Whydunits

Monday, September 19 | 6:30pm | Kellogg-Hubbard Library

Many people read or watch mysteries to escape from the concerns about the state of the world. But some writers and film directors use the murder mystery genre to make larger points about social issues.

Film scholar Rick Winston will explore this theme with clips from fifteen films, in which the topics are race relations ("In the Heat of the Night" and "Sapphire"), immigration ("Lone Star" and "The Unknown Girl"), official corruption ("The Secret in their Eyes" and "Chinatown"), marriage and relationships ("Lantana") and class divides ("Mystic River" and "Gosford Park").

Rick will be joined by KHL's own George Spaulding, leader of mystery-focused book groups and our resident expert on mysteries. This is an in-person program at the Kellogg-Hubbard Library.

Graphic Design & Layout 101

Wednesday, September 21 | 6:30pm | Kellogg-Hubbard Library

In this practical, free workshop, you'll learn what makes graphic design effective (and ineffective), tune your eyes to see how basic principles show up in materials all around us, and get resources and tools to bring your design ideas to life. Led by Dana Dwinell-Yardley, a graphic designer for more than 15 years, and the design force behind PoemCity, Art Walk and many other local businesses and nonprofits. This is an in-person program at the Kellogg-Hubbard Library.

Olmsted and Yosemite: Civil War, Abolition, and the National Park Idea

Wednesday, September 28 | 6:30pm | Kellogg-Hubbard Library

Historian and national park superintendent Rolf Diamant explains how anti-slavery activism, civil war, and the remaking of the government gave rise to the American public park and concept of national parks.

Community Connection

He is a UVM adjunct associate professor and former superintendent of Marsh-Billings-Rockefeller national park. He is co-author with Ethan Carr of the new book, Olmsted and Yosemite: Civil War, Abolition, and the National Park Idea, and co-editor and contributing author of A Thinking Person's Guide to America's National Parks. This is an in-person program at the Kellogg-Hubbard Library.

KHL Freeze with the Friezes

Thursday, September 29 | 6 - 7:30pm | Kellogg-Hubbard Library

You're invited to Freeze with the Friezes! Join us for a Greek & Italian Renaissance themed event to celebrate the library's beautiful historical friezes and allow us to show our appreciation for our donors and volunteers. It is going to be a fun night featuring a talk and tour about the friezes, some delicious gelato, and much more!

We would also like to say farewell to Rich Horchler, our retiring Give the Library a Lift! campaign Project Manager. Can't wait to see you there! This is an in-person event at the Kellogg-Hubbard Library.



Age Outdoors: Bike & Walk for a Healthy Future
Saturday, September 10th | 8am - 12pm | Oxbow Park, Morristown, VT

Join CVCOA for Age Outdoors and help raise funds to support healthy aging!

Grab your bike and/or walking shoes and join Central Vermont Council on Aging (CVCOA) for Age Outdoors: Bike & Walk for a Healthy Future! Support

CVCOA's healthy aging programs and services for older adults in Central Vermont by registering and donating today! <https://www.cvcoa.org/>

Event Schedule:

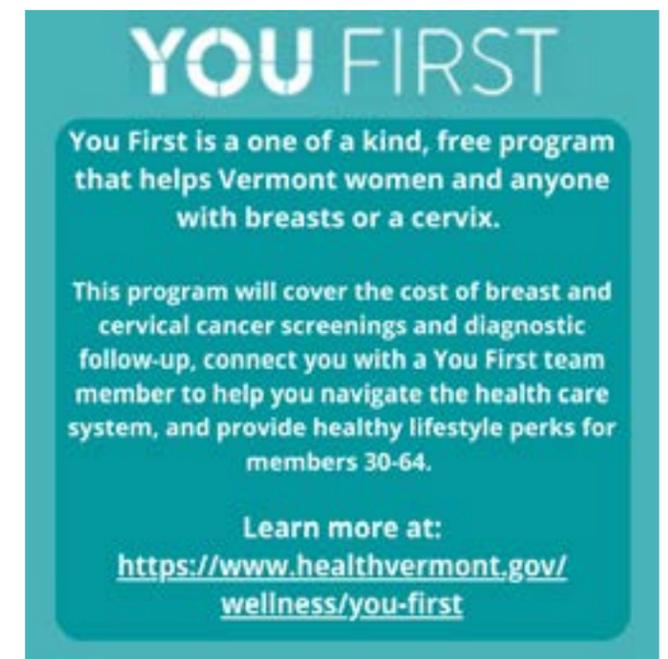
8:00am - Registration table opens in Oxbow Park

9:00am - Suggested time for bikers to start their route

10:00am - Suggested time for walkers to start their route

Bikers and walkers return to Oxbow Park after their route for list of participating local eateries and discount sheet

11:00am - 2:00pm - Lunch at Morrisville eateries and/or attend open studio or free screen printing class at River Arts



Welcome to GetSetUp. Vermont residents 60+ now have free access to GetSetUp's live interactive online classes taught by older adults for older adults to make digital learning, connection, and exploration a reality. Learners can choose from a catalog of over 3,000 classes that shift weekly and are available around the clock for the next year. To learn more about GetSetUp and enroll in your classes, visit <https://www.getsetup.io/partnervermont>



Dear Matt

On Building Friendships In A Time Of Great Isolation



To Those Seeking A Friend Or Two,

To quote French poet Joseph Roux, "solitude vivifies; isolation kills." Much of our early upbringing as humans revolves around building connections: first with our parents and family, then with school friends, and finally with our community. As social creatures, connection allows us to mature, evolve, and thrive.

And as I reflected upon making new friends in Montpelier this past month, I thought about how you all were making or maintaining connections with fellow members of our community. In what ways have these past three years of pandemic affected your ability to make social connections? Let's talk about it!

Maladaptive Behavior To Survive Unusual Times

The COVID-19 pandemic changed our lives in many ways. We lost friends and family to the virus. Our routines were irrevocably interrupted. But one pernicious casualty was the isolation it fostered amongst us. I speak not only about the initial incubation period from about March 2020 until spring 2021 when the vaccines first rolled out, but also the long-lasting social consequences of pandemic-era thinking. I still hesitate on shaking people's hands, let alone going up to folks and starting a conversation.

Before I get ahead of myself, I want you dear reader, to know that I am fine. Really... I'm not that lonely. But it seems to me as I age that I've utilized avoidance and withdrawal as coping mechanisms in order to survive the occasional loneliness of not being connected with old friends and colleagues. I fear putting myself out there and making new friends, so I instead nestle underneath a warm pair of bedsheets after work and use my computer. Detached from the real world? Yes. Comforted from not having to drain my social energy on building new connections? Also, yes.

But as I emerge out this weird period of our lives along with the rest of you, I plan to make the most of this newfound appreciation of human connection. I want to reach out and explore how I can build my personal network.

Being Better Advocates For Ourselves As Friends

As we age, more effort is required in order to acquire and maintain friendships. Unlike our time on the schoolyard where friendships form more quickly than a super glue bond, adults, and especially older adults, know that friendships don't come easy. One reason is there are fewer opportunities to meet new people. For the most part, we all stay with the same tribe of people and don't branch out much. Unless you join a class or attend an event (like those at MSAC), it's up to you to go out and find new people to strike up a conversation.

Then, you need follow up and make sure you schedule times to meet. It's not like school or work where you're guaranteed to run into each other every day, so you need to navigate others' calendars to find a suitable rendez-vous for you and your amie. But finding friends doesn't need to be labor-intensive!

This fall, MSAC has 40+ classes to offer to our members and the public, which is trending toward a return to normalcy that existed pre-2020. Being in the presence of others, even if it's on Zoom, matters for our social and mental well-being. And I hope you can find new connections this fall here through all the events going on here.

Stay Connected!

It's been my mission through this position to connect with you in ways that are most receptive to you. I've sent out surveys to gain your feedback on the newsletter and emails. I've asked you in person. And I want to continue being connected to you. If you would like to submit questions or comments, email me: mwilson@montpelier-vt.org. See you in October!



Credit: Jeswin Thomas

- Matt



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Inspiring Ourselves

My friend plans to hike the Appalachian Trail (AT) next Spring starting on her 70th birthday. She has done it before but in sections over a dozen+ years. This time she wants to through-hike it. This won't be easy as it takes about 6 months. The trail starts in Georgia and ends 2190 miles later on top of Mt. Katahdin in Maine. In between, she will run into wind, downpours, high heat and humidity and freezing temps.

Elevation will rollercoaster along, many times over 4,000 feet. There will be roots, rocks, mud, streams, bugs, and all kinds of animals (mice love to get into backpacks!). She will enjoy the company of other hikers and sometimes be lonely. But the result of spending so much time outside, gaining a unique education only nature can teach, is an amazing reward.

When I think about it, I frequently surround myself with those who inspire me. Friendships don't start with this intention but I see the pattern. I surround myself with fearless travelers, avid sportspeople, talented artists, gardeners and cooks. Their love for their avocation is infectious and helps motivate me to learn and grow. They reduce my fears of failure and ignite my curiosity. Ultimately, I am inspired to push the boundaries of my own interests, making me a happier, healthier person.

- Suzi Swanson

Harvest Meal at the FEAST Farm (10/5 | 4pm-6:30pm)

This celebratory meal will include a tour of the city's FEAST Farm, a farm-to-table meal from the grill, a thank you to the FEAST Farm volunteers, and a forward looking planning discussion aimed at increasing local food access and sourcing for our community. All are welcome!

This event is hosted by the University of Vermont's PLACE Program. For more information, visit their website: <https://www.uvm.edu/place/>

Seeking Kitchen Volunteers

The harvest produce is coming in from the FEAST Farm, and we need your helpful hands to assist us in processing our produce in the kitchen.

If you're looking for a fun environment to clean, peel, and store vegetables and contribute to the Senior Activity Center's on-going mission to feed and take care of our older adults, learn more: msac@montpelier-vt.org or [223-2518](tel:223-2518)



Fall Class Registration

Fall classes begin in October. Registration opens up on Monday, September 6th.

In addition to a number of drop-in groups, including a new End of Life series, a new English Country Dance class and two new Brainiac classes, we have a number of lovely fine arts and wellness classes.

Please don't miss your chance for fall fulfillment by enrolling in one or more of our classes!

Learn more about all the classes and sign up online, drop in to the office: <https://www.montpelier-vt.org/751/Classes>



Montpelier Senior Activity Center
58 Barre Street
Montpelier, VT 05602

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Dear Newsletter Subscriber:

Save MSAC \$1 per month (and save paper!) by switching to our e-letter. You'll get the newsletter in full color and earlier than the USPS edition. Email msac@montpelier-vt.org.

Important Dates:

- Labor Day: 9/5
- Oral History of VT: 9/7
- End of Life Series: 9/8
- Taste of Montpelier: 9/9 - 9/11
- Coffee & Conversation: 9/12 (Mondays)
- Barre Street Potluck: 9/21
- OLLI Series: 9/21 - 11/16
- UVM PLACE Meeting: 10/5

Sustaining MSAC's Future

Please consider MSAC when making your estate plans and keep us vibrant for years to come. To learn more, contact Sarah Lipton at [262-6283](tel:262-6283) or slipton@montpelier-vt.org

Montpelier Senior Activity Center Office hours: Monday - Friday, 9am - 3pm
[223-2518](tel:223-2518) (phone) • [262-6285](tel:262-6285) (fax) • montpelier-vt.org/msac (website) • msac@montpelier-vt.org (email)

FEAST Senior Meals Program Reservations • [262-6288](tel:262-6288) • feast@montpelier-vt.org

MSAC is a division of the Community Services (CS) Department. MSAC's mission is to enhance the quality of life for older adults in the Montpelier area through opportunities that develop physical, mental, cultural, social, and economic well-being in a welcoming, flexible environment.

- Sarah Lipton, MSAC Director
- Norma Maurice, CS Office Manager
- Matt Wilson, CS Communications & Development Coordinator
- Tom Leahey, CS Administrative Assistant
- Shalonda James: FEAST Kitchen Manager / Chef
- Nermina Beslagic: FEAST Kitchen Assistant

