



Fall 2023 Registration Form: On-line, Hybrid & In-person Adult & Teen Classes with Montpelier Senior Activity Center

Registration Deadline Friday, September 22nd

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.** Register by stopping by the office 9am-4pm (M-F), dropping off a completed form to the lock-box at side entrance of 58 Barre Street, mailing it to us, or online (user-id / password required) at: <https://web1.vermontsystems.com/wbwsc/vtmontpelierwt.wsc/>. **Complete instructions and program guidelines are on page 2. Please read thoroughly before registering for classes.** Call us at 802-223-2518 or stop by if you have questions.



Release of Liability 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.

COVID-19 Cooperation Statement 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 2022-2023 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.

Signature _____ **Date** _____

Name: _____ **Town of Residence:** _____ **City Employee?** Y N

FY24 MSAC Member (7/1/23 - 6/30/24)? Yes | No | Not sure
Membership: age 50+

Call the office to join! 802-223-2518

Email: _____ **Mailing address:** _____

SUBTOTAL of class fees for pages 2-4 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.**

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

Please read all Registration Instructions and Guidelines on back side!

Registration

Registration starts Monday, August 28, 2023

Payment: 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) or in person. Reimbursement will be provided if you don't make it into a class due to over-enrollment.

MSAC Membership criteria:

- ❖ **New Members, age 50+:** Join by filling out a form and paying annual dues of
\$25 (Montpelier),
\$40 (supporting towns) Supporting Towns: Berlin, Calais, East Montpelier, Moretown, Worcester
\$60 (other towns)
- ❖ **City employees:** Notify MSAC staff if you wish to register for classes (at any age) or join as a member.

Once you are enrolled...

Class start dates: Most classes are planned to begin the week of October 2nd unless otherwise noted below. Notifications of changes will be sent to registrants.

Class duration & holidays: Most 10-week classes end the week of 12/4/23. Most 12-week classes end the week of 12/18/23. MSAC will be closed 9/4/23, 10/9/23, 11/10/23, 11/23/23, 11/23/23, 12/25/23. Some instructors will hold their class regardless of holiday or MSAC closure.

Location: Classes are held at many locations including in-person at MSAC (58 Barre Street), outdoors at several locations and online via Zoom video or phone. Some 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.**

Other important Information

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 training is available. Class attendance via phone will also be an option for some Zoom classes. Please watch our announcements for dates and to learn more or request assistance.

Additional fees for materials 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 Norma at 802-223-2518 or nmaurice@montpelier-vt.org.

Class Selection

To register online, visit our Classes page at <http://www.montpelier-vt.org/751/classes> and select the Register Online button at the top of the page, then search using Class #s below.

To register with this form, please check the box on the left and circle your appropriate fee on the right.

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 10 Weeks

✓	Class #	Class Name Instructor	Age	Day, Time, Location	Fees
<input type="checkbox"/>	9107 A	★ ♥ Hand building w/Clay (Janice W.) In-Person	18+	10 Mondays 3:30pm-5:30pm (starts 10/2) (ends 12/4) at MSAC	\$75 member/\$150 public Min Participants 10 Max Participants 14
<input type="checkbox"/>	9103 A	★ ♥ Drawing Basic (Janice W.) In-Person	18+	10 Mondays 1pm-3pm (starts 10/2) (ends 12/4) at MSAC	\$75 member/\$150 public Min Participants 10 Max Participants 14
<input type="checkbox"/>	9103 B	★ ♥ Drawing Nature (Janice W.) In-Person	18+	10 Thursdays 1pm-3pm (starts 10/5)(ends 12/14) Hubbard Park SKIP 11/23	\$75 member/\$150 public Min Participants 10 Max Participants 14
<input type="checkbox"/>	9111 A	★ ♥ Painting at All Levels (Linda H.) In-Person	15+	10 Tuesdays 10am-12pm (starts 10/3)(ends 12/5) at MSAC	\$50 member / \$95 public Min Participants 10 Max Participants 10
<input type="checkbox"/>	9116 A	★ ♥ Rug Hooking (Pam F.) In-Person	30+	10 Wednesdays 9:30am-11:30pm (starts 10/4) (ends 12/6) at MSAC	\$50 member / \$95 public Min Participants 10 Max Participants 12
<input type="checkbox"/>	9114 A	★ Needle Felting Class (Gail C.) In-Person	50+	5 Tuesdays 3pm-5pm (starts 11/7) (ends 12/5) at MSAC Fee includes some materials. See description	\$67 member / \$112 public Min Participants 6 Max Participants 12

Humanities

✓	Class #	Class Name Instructor	Age	Day, Time, Location	Fees
<input type="checkbox"/>	9115 A	★ Reeling' and Rockin' (John H.) In-Person	50+	10 Tuesdays 1:30pm – 2:30pm (starts 10/3) (ends 12/5) MSAC	\$50-Member / \$75 Public Min Participants 12 Max Participants 40
<input type="checkbox"/>	9210 A	■ Creative Writing Monday (Maggie T.) In-Person	50+	10 Mondays 10am-12pm (starts 10/2) (ends 12/4) MSAC	\$50 MSAC member only Min Participants 10 Max Participants 12
<input type="checkbox"/>	9210 B	■ Creative Writing Wednesday (Maggie T.) Zoom	50+	10 Wednesdays 1pm-3pm (starts 10/4) (ends 12/6)	\$50 MSAC member only Min Participants 10 Max Participants 15
<input type="checkbox"/>	9206 A	■ Creating & Remaking Poems (Samn S.) In-Person	50+	10 Wednesdays 3pm-5pm (starts 10/4) (ends 12/6) MSAC	\$50 MSAC member only MSAC Members Only Min Participants 10 Max Participants 12
<input type="checkbox"/>	9201 A	■ Films by Billy Wilder (Rick W.) In-Person	50+	8 Mondays 10am-12:30pm (starts 10/2) (ends 11/20) Savoy Theater	\$60 MSAC member only Min Participants 20 Max Participants 40
<input type="checkbox"/>	9212 A	<u>Estate Planning</u> (Claudia P.) In-Person	30+	4 Tuesdays 6pm-7:30pm (starts 10/3) (ends 10/24) MSAC	\$25 MSAC Members \$40 Public

Active Living & Wellness

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✓	Class #	Class Name Instructor	Age	Day, Time, Location	Fees
<input type="checkbox"/>	9304 A	#★ Bone Builders/Arthritis Foundation (AFEP) (Laura M.) Zoom	18+	12 wks Mon. & Fri. 3:15pm-4:30pm (starts 10/2) (ends 12/22)	\$50 mem. / \$100 public
<input type="checkbox"/>	9304 H	Bone Builders	50+	#★◆ Nancy S Zoom	\$50 Members \$100 Public <u>Note:</u> Some classes require new students' orientation prior to attending.
<input type="checkbox"/>	9304 D			#★◆ Nancy S In-Person	
<input type="checkbox"/>	9304 C			#■◆ Tina M. Members Only Max 27 Zoom	
<input type="checkbox"/>	9304 E			#■◆ Joan B. Zoom	
<input type="checkbox"/>	9309 A	★ Next Level Beginners Pilates (Shannon H.) Zoom	15+	12 Mondays 10:30am-11:30am (starts 10/2) (ends 12/18)	\$50 mem. / \$95 public Min Participants 15 Max Participants 40
<input type="checkbox"/>	9309 B	★ Pilates Express (Shannon H.) Zoom	15+	12 Wednesdays 10:15am-11:00am (starts 10/4) (ends 12/20)	\$50 mem. / \$95 public Min Participants 15 Max Participants 40
<input type="checkbox"/>	9311 A	★ Introduction to Tai Chi (Ellie H.) In-Person	12+	10 Wednesdays 10:30am-11:30am (starts 10/4) (ends 12/13) TBA Skip 11/22	\$50 mem. / \$75 public Min Participants 8 Max Participants 14
<input type="checkbox"/>	9311 B	★ Longevity Tree Qigong (Ellie H.) In-Person	12+	10 Wednesdays 12pm -1pm (starts 10/4) (ends 12/13) TBA Skip 11/22	\$50 mem. / \$75 public Min Participants 8 Max Participants 14
<input type="checkbox"/>	9317 A	Somatic Movement: Your Breathing Body (Amy L.) Zoom	18+	4 Fridays 12pm-1pm (starts 10/6) (ends 10/27)	\$30 mem. / \$45 public Min Participants 8 Max Participants 14
<input type="checkbox"/>	9317 B	Somatic Movement: Your Sensory Superpowers (Amy L.) Zoom	18+	4 Fridays 12pm-1pm (starts 11/3) (ends 11/24)	\$30 mem. / \$45 public Min Participants 8 Max Participants 14
<input type="checkbox"/>		★ Resistance-Band Strength & Stretch (Becky W.) In-Person	50+	10 Thursdays 11am-11:45am (starts 10/5) (ends 12/14) Skip 11/23	\$60-member \$120-public Min Participants 10 Max Participants 15
<input type="checkbox"/>		★ Line Dancing (Beginner Friendly) (Sid M.) In-Person	18+	10 Wednesdays 5pm-6:30pm (starts 10/4) (ends 12/13) Skip Date 11/22	\$50-member \$80-public Min Participants 8 Max Participants 20

Yoga listed approximately from gentler to more vigorous.

✓	Class #	Class Name Instructor	Age	Day, Time, Location	Fees
<input type="checkbox"/>	9300 U	★ Chair Yoga (Becky R.W.)	18+	10 Thursdays 10am-10:45am (starts 10/5) (ends 12/14) In-Person Skip 11/23	\$60-member \$120-public Min Participants 10 Max Participants 15
<input type="checkbox"/>	9300 Y	★ Yoga for Osteoporosis & Osteopenia (Ragan S.)	18+	12 Fridays 4pm-5pm (starts 10/6) (ends 12/22) Zoom	\$60-member \$120-public Min Participants 8 Max Participants 20
<input type="checkbox"/>	9300 E	#■ Gentle Yoga (Patty C.)	50+	12 Tuesdays 10am-11:15am (starts 10/3) (ends 12/19) Zoom	\$60-MSAC member Min Participants 6 Max Participants 12
<input type="checkbox"/>	9300 M	#■ Moderate Yoga for Balance (Patty C.)	50+	12 Thursdays 10am-11:15am (starts 10/3)(ends 12/28) Zoom Skip 11/23	\$60-member \$120-public Min Participants 6 Max Participants 12
<input type="checkbox"/>	9300 J	★ Moving into Stillness: Yoga & Meditation (Sarah P.G.)	18+	12 Thursdays 2pm-3:15pm (starts 10/5) (ends 12/28) Zoom Skip 11/23	\$60-member \$120 public Min Participants 8 Max Participants 25
<input type="checkbox"/>	9300 H	★ Gentle Flow Yoga (Sarah P.G.)	18+	12 Wednesdays 9am-10am (starts 10/4) (ends 12/20) Zoom	\$60-member \$120 public Min Participants 15 Max Participants 40
<input type="checkbox"/>	9300 V	★ Gentle/Moderate Yoga to Improve Balance (Ragan S.) This class is not for new students	18+	12 Thursdays 3pm-4:15pm (starts 10/5) (ends 12/28) Zoom Skip 11/23	\$60-member \$120-public Min Participants 8 Max Participants 20
<input type="checkbox"/>	9300 X	★ Moderate Yoga (Ragan S.)	18+	12 Fridays 11:45am-1pm (starts 10/6) (ends 12/22) Zoom Skip 11/23	\$60-member \$120-public Min Participants 8 Max Participants 20
<input type="checkbox"/>	9300 O	★ Gentle/Moderate Flow Yoga (Sarah P.G.)	18+	12 Wednesdays 5:00-6:15pm (starts 10/4) (ends 12/22) Zoom	\$60-member \$120-public Min Participants 10 Max Participants 35
<input type="checkbox"/>	9300 Q	★ Yoga for Focus & Fitness: Strength & Flow (Monica D.)	14+	12 Wednesdays 8:45am-10:00am (starts 10/4) (ends 12/20) Zoom	\$60-member \$120-public Min Participants 8 Max Participants 16

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

Drop In Groups

Most of our Drop-in Groups meet weekly and are FREE; some accept donations. People of all ages are welcome! We are grateful to all our drop-in group facilitators/leaders who volunteer their time. Do you have an idea for a new Drop-in group you'd like to facilitate/organize, or know someone who can? Contact us in the office.

Tuesday Walks **ON HOLD UNTIL 10/17/23**

Tuesday | 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.

Coffee & Conversation on Mondays

Mondays | 9am-10:30am

An old idea in a new setting.

Get together with old friends - make new friends – enjoy each other's company!

Good conversation / Coffee provided / Bring a snack if you want / 802-223-2518 for questions

Artist's 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.

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 or 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

Work in a cooperative, social group. Bring your own projects, knitting, sewing, needlework, and small arts and crafts etc. Make things for yourself, for gifts, or for items we can sell at MSAC. Get new ideas for things you might like to make. Stop in, some Wednesday and check it out. Contact Norma in the MSAC office with questions. nmaurice@montpelier-vt.org.

Ukulele Players

Thursdays' | 3:30pm-5pm

Please email lmorse@pshift.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 | the 1st Thursday of the Month | September – December | 6:15- 8:00pm | Open to public | Age 14+ | 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. Jacob Stone, Greta Stone and Susan Reid are the musicians who are leading the group. We welcome experienced players to attend to help lead the group at times. These sessions will not include instrument instructions. This group is meant for players with familiarity with their instrument and are open to all age groups. This is a drop-in group, please feel free to come to any session. If you are interested, please send a note to Bob Barrett, 223-1856, barrettsvt@gmail.com to be added to the email list. **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:

- **Scrabble & other table-games**, Tuesdays, 1-3pm, Fridays 1:00-3:30
- **Mah Jongg**, Fridays, 1:00-3:30pm
- **Bridge**, Thursdays, 12:30pm-3:30pm