



Montpelier Senior Activity Center - Fall 2017, September 25 – December 15, 2017

Registration Form for Fall Classes and Activities

Class descriptions are available in office and on MSAC website. Classes are for members unless otherwise noted. Membership is open to all 50+. Register online at www.montpelier-vt.org/msac.

Name (first & last) _____

Current member? Yes No

Residency: Montpelier Supporting Town (Berlin, Calais, E. Montpelier, Middlesex, Moretown, Worcester) Other _____

Phone _____ Cell Phone _____ E-Mail _____

Performing and Fine Arts Classes run for 10 weeks – start week of 9/25, end week of 11/27, unless noted.

Additional materials fees may be required for some classes.

Circle class number and fee	Class/Event	Instructor	Day/Time	Montpelier	Supp./ Other
	NEW: Adult Coloring Group	Led by dianne Richardson	Fri 1:30-3:00	Free drop-in group	
	Crafters Group	Led by Joan Barrett and Sally DeCiccio	Wed 12-2pm	Free drop-in group	
9101	Digital Photography – Mixed Levels	Linda Hogan	Fri 10am-12pm	\$30 members/\$55 public (all ages)	
9102	Making Better Photographs	John Snell	Wed. Oct. 25, 7-8pm	Free – pre-register	
	Photography Club	Linda Hogan	Thursday 12-1pm	Free drop-in group	
9103	Drawing Basics	Janice Walrafen	Mon 5-6:30pm	\$35	\$45
9104	NEW: Chinese Homestyle Cooking Workshop	Jing Ji Stangel	Mon. Oct 16, 4-6 pm	\$10 members/\$15 public (15+) FULL	
9105	NEW: Fall is Here: Stay Healthy with Food As Medicine	Lisa Mase	Mon. 10/23, 4-5:30pm	\$20 members/\$30 public (15+) FULL	
9106A	Beginner Guitar	Tom Wales	Wed 3:45-4:45pm	\$25 members/\$50 public (14+)	
9106B	Advanced Beginner Guitar	Tom Wales	Wed 5-6pm	\$25 members/\$50 public (14+)	
9107	Handbuilding in Clay	Nicole Galipeau	Mon 1-2:30 pm	\$55 members FULL	
9110	Beginner Harmonica	Ari Erlbaum	Thurs 4:45-5:45pm	\$25 members/\$50 public (15+) FULL	
9111	Painting: As You Want It	Sylvia Walker	Mon 10 am-12 pm	\$30 FULL	\$40
9112	Soft Pastels for Beginning and Continuing Students (at Middlesex Town Hall)	Joyce Kahn	Mon 5-7pm	\$30 members / \$55 public (50+)	
9113	Intermediate Pastels	Jeneane Lunn	Wed. 4:30-6:30pm (9 wks, no class 11/22, ends 11/29)	\$30 FULL	\$40
9114	NEW: Expressive Intuitive Art Exploration	Suki Ciappara	Mondays 3-4:30pm	\$25 members / \$50 public (14+) FULL	
9108	Unified Arts and Crafts (at Heaton Woods)	Suki Ciappara	Biweekly Wednesdays 3-4pm	\$25 members / \$50 public (14+)	
9115	Reelin' & Rockin': Singing Songs of the 50s and 60s	John Harrison	Tues 2-3 pm	\$40 members/\$65 public (14+)	
9116	Rug Hooking	Pam Finnigan	Wed 9:30-11:30am (starts 10/4)	\$30	\$40
	Ukulele Group	Led by Bob Barrett	Thurs 6-8pm	Free drop-in group	
9117	Beginner Voice for Shy Singers	Naomi Flanders	Thurs 3-4 pm	\$25 FULL	\$35

9118	Advanced Voice: Keeping Your Voice in Shape for Life (at Westview Meadows)	Naomi Flanders	Tues 2-3pm	\$25	\$35
------	--	----------------	------------	------	------

Humanities and More Classes run for 10 weeks – start week of 9/25, end week of 11/27, unless noted

Circle class number and fee	Class/Event	Instructor	Day/Time	Montpelier	Supp./ Other
	Club de Français Intermédiaire	Led by David Kahn and Ellen Sholk	Mon 12:45-2pm	Free drop-in group	
9201A	NEW: Film Appreciation: Myths, Legends and Fairy Tales (at Savoy)	Rick Winston	Mon 9:30am-12pm (8 wks, starts 10/2, no class 10/30)	\$50 members/\$75 public (14+)	
9201B	NEW: Film Appreciation: End of Life, Death and Dying (at Savoy)	Rick Winston	Thurs 10am-12:30pm (8 wks, starts 9/28, no class 11/2, 11/23)	\$50 members/\$75 public (14+)	
9203	Using Google Services 101 (at Main Street Middle School)	MSMS Students	Thurs 11:30am-12:30pm (6 weeks: 9/28, 10/12, 10/26, 11/9, 11/30, 12/7)	\$5 members/\$10 public (50+) FULL	
9204A	NEW: Beginner Italian	Angelo Caserta	Tues/Fri 1:30-2:30pm	\$30 members/\$55 public (18+)	
9204B	Intermediate Italian	Angelo Caserta	Tues/Fri 2:30-3:30pm	\$30 members/\$55 public (18+)	
	Italian Group	Led by Myriam Romanoff	Tues 1:15-2:45 starts 9/5	Free drop-in group	
9205	NEW: Music Appreciation: Ten Weeks, One Composer I: Beethoven	Erik Nielsen	Tues 3-4:30pm (starts 10/3)	\$70 members/\$95 public (12+) FULL	
9206	NEW: Reading and Writing Poems (at Westview Meadows)	Charles Barasch	Mon 1:30-3:30	\$30 members/\$40 public (50+)	
9207	NEW: Writing Poems to Discover (located at and sponsored by Down Home Kitchen)	Geof Hewitt, Poet Mary Alice Proffitt, Hostess	Tues 4-6pm (starts 10/3)	\$30 members/\$55 public (16+) FULL	
9208	NEW: Powerful Tools for Caregivers with CVCOA	Barbara Asen and Kathe McBride	Tues 4-6pm (6 weeks, starts 9/26)	Free, suggested donation to CVCOA \$30 one time at class	
9209A	Spanish II	Carlos Reyes	Tues 9-10:15am	\$30 members/\$55 public (14+)	
9209B	New: Spanish III	Carlos Reyes	Thur 9-10:15am	\$30 members/\$55 public (14+)	
9210A	Writing	Maggie Thompson	Mon 10:30am-12:30pm	\$30 FULL	\$40
9210B	Writing	Maggie Thompson	Wed 12:30-2:30pm	\$30 FULL	\$40

Active Living and Wellness (Classes run for 12 weeks – start week of 9/25, end week of 12/11 unless noted)

Circle class number and fee	Class/Event	Instructor	Day/Time	Montpelier	Supp./ Other
9315	Intro to Appreciative Living	Alexandra Arnold	Thursday, September 21, 7-8pm	\$5 members/\$15 public (age 15+)	
9314	Intro to Alexander Technique for Health and Well-Being	Katie Back	Tuesday, Sept. 26, 1:30-3:30pm	\$10 all members \$20 public (age 15+)	
9301	New: Winter Solstice Continuous OM Meditation and Gong Sound Bath	Sarah Parker-Givens	Thurs Dec. 21, 2-3:15pm	Free; suggested \$2-5 donation	
9302	NEW: Dance, Stretch and Strengthen	Allison Mann	Wed 1:45-2:30	\$25 FULL	\$35

9303	Happiness Moves! (formerly known as Moving Every Muscle)	Louisa Nufield	Wed 12-1:30pm (Free Demo 9/27, start 10/4, 11 wks, skip 12/13)	\$25	\$35
9304A	New: Bone Builders (formerly known as Living Strong)	Laura Morse (New Instructor)	New Time: Wed/Sun 5:15-6:30pm	\$30	\$40
9304B	Bone Builders (formerly known as Living Strong)	Laura Brown/Tom Viall	Mon/Thur 5-6pm	\$30 FULL	\$40
9304C	Bone Builders (formerly known as Living Strong)	Tina Muncy	Tues/Fri 5-6 pm	\$30	\$40
9304D	Bone Builders (formerly known as Living Strong)	Nancy Schulz	Tues/Fri 10:15-11:15am	\$30 FULL	\$40
9304E	Bone Builders (formerly known as Living Strong)	Joan Barrett/Barbara Ladabouche	Tues/Thur 8:30-9:40 am	\$30 FULL	\$40
9304F	Bone Builders Non-Beginner (formerly known as Living Strong)	Dona & Ed Koenemann	Mon/Fri 9-10 am	\$30 FULL	\$40
9402A	Indoor Cycling Session I (at Studio Zenith)	Lee Wilscheck (New Instructor)	Thurs 4-5 (6 wks, starts 10/5)	\$50	\$60
9402B	Indoor Cycling Session II (at Studio Zenith)	Lee Wilscheck	Thurs 4-5 (6 wks starts 11/16, skip 11/23)	\$50	\$60
	Living Strong Group	No instructor	M 2:30-3:30pm, F 2-3pm	Free – drop in!	
	New: Long Life Qi Gong	Nancy Schulz	Tues/Fri 11:30-11:50 (starts 11/3)	Free – drop in!	
9305	NEW: Guided Mindfulness Meditation Class	Ragan Sheridan Royer	Wed 3-4pm, 10 wks (starts 9/27, skip 11/29, 12/6)	\$25 members/\$50 public (15+)	
9306	NEW: Mindfit: Activities to Boost Brain Health	Julie Richards, PhD, LICSW	Wed 9-10:30am (6 wks starting 9/27)	\$40 members/\$50 public (50+)	
9307	Movement for Parkinson's	Sara McMahon	Thurs 10-11:30am (skip 10/23)	\$25 members/\$35 public (50+)	
9308	Mime & Circus for Parkinson's	Rob Mermin	Sat 10:30am-12pm (8 weeks, starts 9/30, skip 10/14, 11/4, 11/25, 12/2)	\$25 members/\$35 public (50+)	
9309	Pilates for Beginners	Shannon Hepburn	Mon 10:30-11:30am	\$25 FULL	\$35
9310	Pilates Express	Shannon Hepburn	Fri 9-9:45am (skip 11/24)	\$25 FULL	\$35
9403	Swimming (at First in Fitness Berlin)	N/A	Mon. 5-6, Tues/Wed/ Thurs 10-11, Fri. 5-6 (13 weeks starts 9/25)	\$40	\$75
9311A	Tai Chi: Long Form	Judy Copa	Thurs 12:00-1:30 (11 wks, starts 9/28, skip 11/23)	\$25 FULL	\$35
9311B	Tai Chi: Sun Style Intro/Intermediate	Ellie Hayes	Tues 4:15-5pm (10 wks, starts 10/3)	\$25	\$35
9311C	Tai Chi: Sun Style Long Form	Ellie Hayes	Tues 5-5:45 pm (10 wks, starts 10/3)	\$25	\$35
9312	Argentine Tango with Social Hour	Eva Zimet	Wed 6:45-8:45pm (8 weeks, skip 11/22)	\$30 members/\$55 public (15+)	
9404A	Tennis (Session 1) (at First in Fitness Berlin)	N/A	Fri 11am-12:30pm (6 weeks, starts 10/6)	\$45 all members	
9404B	Tennis (Session 2) (at First in Fitness Berlin)	N/A	Fri 11am-12:30pm (6 weeks, starts 11/17, skip 11/24, 12/29)	\$45 all members	
	New: Walks with Joan	Led by Joan Barrett	Tues 10-11am	Free – drop in!	
9405A	Water Aerobics (at First in Fitness Berlin)	Peggy DuPont (New Instructor)	Tues 10-11 (13 weeks, starts 9/26)	\$45	\$60
9405B	Water Aerobics (at First in Fitness Berlin)	Peggy DuPont	New Time: Fri 10-11 (13 weeks, starts 9/29)	\$45	\$60
9313	Winning Strategies for Weight Loss	Ilene Siegel	Tues 3:45-4:45pm (10 wks, no class 10/17,24)	\$25	\$35

Yoga classes are sorted from least to most vigorous. See the Course Guide for additional information.					
9300A	Chair Yoga	Sarah Parker-Givens	Tues 11am-12pm	\$25 FULL	\$35
9300U	NEW: Chair Yoga 2 nd Class	Ragan Sheridan Royer	Fridays 1:15-2:15pm	\$25	\$35
9300B	Very Gentle Yoga	Sarah Parker-Givens	Mon 3:30-4:30pm	\$25 FULL	\$35
9300S	Gentle Yoga (at Worcester Town Hall)	Sally Olmstead	Tues 2-3:15pm (starts 10/3)	\$25 members/\$35 public (ages 50+)	
9300C	Gentle Yoga for Beginners (at Central Vermont Medical Center, Conference Room 1)	Ragan Sheridan-Royer (New instructor)	New Time: Tues 5-6pm	\$25 members/\$35 public (ages 50+)	
9300D	Yoga for Men	Jeff Mandell (New instructor)	Mon 9-10:15 am	\$25	\$35
9300E	Gentle Yoga	Sally Olmsted (New instructor)	Tues 9-10:15 am (starts 10/3)	\$25 FULL	\$35
9300F	Gentle Yoga	Sally Olmsted (New instructor)	Wed 9-10:15 am	\$25 FULL	\$35
9300G	Gentle Yoga (includes breathing, chanting and intro to meditation)	Ragan Sheridan Royer	Thurs 5-6:30pm	\$25	\$35
9300H	Gentle Flow Yoga	Sarah Parker-Givens	Wed 3:30-4:30 pm	\$25 FULL	\$35
9300I	Gentle Yoga and Meditation	Lori Flower	Mon 12-1pm	\$25	\$35
9300J	Moving into Stillness: Yoga and Meditation for Continuing Students	Sarah Parker-Givens	Thursday 2-3:15pm	\$25	\$35
9300L	Gentle/Moderate Yoga (formerly called Moderate)	Monica DiGiovanni	Fri 2:15-3:30pm	\$25 FULL	\$35
9300K	Moderate Yoga	Lori Flower	Mon 1:15-2:30 pm	\$25 FULL	\$35
9300T	New: Yoga Movement (at Middlesex Town Hall)	Jeff Mandell	Mon 11am-12:15pm	\$25 all members/\$35 public (50+)	
9300M	Moderate Yoga for Balance (prior experience in this class or instructor permission required)	Patty Crawford and Sally Olmsted	Thur 9-10:15 am	\$25 FULL	\$35
9300N	Moderate Flow Yoga	Sarah Parker-Givens	Mon 5-6:30 pm	\$25 FULL	\$35
9300O	Moderate Flow Yoga	Sarah Parker-Givens	Wed 5-6:30 pm	\$25 FULL	\$35
9300P	Moderate/Vigorous Hatha Yoga	Joan Stander	Fri 10-11:30 am (no class 11/24)	\$25	\$35
9300Q	Vigorous Yoga	Monica DiGiovanni	Thur 10:45-11:45am	\$25	\$35
9300R	Vigorous Yoga (New Time)	Lori Flower	Fri 11:45am-12:45pm	\$25	\$35
Please inquire about discounts available for MSAC members at First in Fitness in Berlin and Rehab Gym in Barre.					

To Apply for Financial Aid Scholarships:

Fill out a financial aid application and submit with your registration form. Do not submit any payment today. We will reserve a spot for you. We will be in touch with you within one week.

We subsidize most of our classes to keep them affordable for all seniors, and offer financial aid. **Please consider making a tax-deductible donation to support our work.**

Date received: _____ Received by: _____

Date class entered: _____ Date payment entered: _____

SUBTOTAL of class fees above	
Membership Dues <i>if applicable</i> (\$15 Montpelier/\$30 Supporting Towns/\$50 Other Towns)	
Additional donation to MSAC <input type="checkbox"/> Scholarship Fund <input type="checkbox"/> Area of Greatest Need	
Locker Rentals (\$15 per quarter per locker)	
Late Fee for non-new members if registering after 9/22: One-time \$10	
Subtract Gift Certificate # _____ (if applicable)	-
TOTAL PAID	