



Registration Form for Winter 2018 Adult Classes and Activities

Class descriptions are available in office and online at www.montpelier-vt.org/CS.

Name (first & last) _____ Town of Residence: _____

Phone _____ Cell Phone _____ E-Mail _____

Programs for All Adults – see *additional programs for adults 50+ on page 3*

Performing and Fine Arts

Additional materials fees may be required for some classes. Consult the Program Guide.

Circle class # and fee	Class/Event	Instructor	Day/Time	Location	Ages	Fee
	Adult Coloring Group	Led by dianne richardson	Every Fri, 1:30-3:30pm	MSAC	18+	Free drop-in group
3422A	NEW: Cooking: Chocolate 101	Hailey Cohn	Mon. January 15, 3:30-6:30pm	MSAC	18+	\$40 resident/\$60 non-resident
3422B	NEW: Cooking: Food as Medicine	Hailey Cohn	8 Mondays, start January 22 (skip 2/5, 2/26, 3/5), 5:15-7:15pm	MSAC	18+	\$160 resident/\$225 non-resident
6121	NEW: Cooking: Winter is Here: Stay Healthy with Food As Medicine	Lisa Mase	Monday, January 8, 4:00-5:30pm	MSAC	15+	\$20 MSAC members/\$30 public
	Crafters Group	Led by Joan Barrett and Sally DeCiccio	Every Wed, 12-2pm	MSAC	All	Free drop-in group
6114	Expressive Intuitive Art Exploration	Suki Ciappara	10 Mondays, starts 1/8, 3-4:30pm	MSAC	14+	\$25 members / \$50 public
6106B	Advanced Beginner Guitar	Tom Wales	10 Wednesdays, 5-6pm, starts 1/10	MSAC	14+	\$25 MSAC members/\$50 public
6120	NEW: Learn to Knit	Lee Youngman	6 Saturdays, 10am-12pm, starts 1/27	Yarn, 112 Main St.	12+	\$50 MSAC members/\$75 public
6122	NEW: Intro to Origami (Paperfolding)	Rachel Zimet	10 Fridays, 3:30-5pm, starts 1/12	MSAC	15+	\$40 MSAC members/\$65 public
2409B	Painting Winter Scenes in Water Colors	Robert J. O' Brien	Sat. December 9, 12-4pm	T.W. Wood Gallery	18+	\$90
6101	Digital Photography – Mixed Levels	Linda Hogan	10 Fridays, starts 1/12, 10am-12pm	MSAC	All	\$30 MSAC members/\$55 public
	Photography Club	Linda Hogan	Every Tues, 12-1pm	MSAC	All	Free drop-in group
6123	NEW: Quilting for Beginners Workshop	Janet Ressler	2 Saturdays, March 10 & March 31, 1-4pm	MSAC	15+	\$20 MSAC members/\$45 public
6115	Reelin' & Rockin': Singing Songs of the 50s and 60s	John Harrison	10 Tuesdays, starts 1/9, 2-3 pm	MSAC	14+	\$40 MSAC members/\$65 public
6108	Unified Arts and Crafts	Suki Ciappara	6 Wednesdays, 1/10, 1/24, 2/7, 2/21, 3/7, 3/21, 3-4pm	Heaton Woods	14+	\$25 MSAC members / \$50 public
	Ukulele Group	Led by Bob Barrett	Every Thurs, 6-8pm	MSAC	14+	Free drop-in group

Humanities and More

Circle class # and fee	Class/Event	Instructor	Day/Time	Location	Ages	Fee
	Club de Français Intermédiaire	Led by David Kahn and Ellen Sholk	Every Mon, 12:45-2pm	MSAC	All	Free drop-in group
6201A	NEW: Film Appreciation: Social Commentary Through Humor	Rick Winston	8 Tuesdays, 9:30am-12pm, starts 1/9	Savoy Theater	14+	\$50 MSAC members/\$75 public
6201B	NEW: Film Appreciation: Post-War Japanese Cinema	Rick Winston	8 Thursdays, 10am-12:30pm, starts 1/11	Savoy Theater	14+	\$50 MSAC members/\$75 public
	Italian Group	Led by Myriam Romanoff	Every Tuesday, 1:15-2:45 pm	MSAC	18+	Free drop-in group
6209A	Spanish 3	Carlos Reyes	10 Tuesdays, 9-10:15am, starts 1/23	MSAC	14+	\$30 MSAC members/\$55 public
6209B	Spanish 4	Carlos Reyes	10 Thursdays, 9-10:15am, starts 1/25	MSAC	14+	\$30 MSAC members/\$55 public
3407A	NEW: Intro to Creative Writing	Chelsea Catherine	10 Tuesdays, 6:30-8pm starts 1/9, skip 3/13	MSAC	21+	\$80 resident/\$120 non-resident

Active Living and Wellness

Circle class # and fee	Class/Event	Instructor	Day/Time	Location	Ages	Fee
6202	NEW: Introduction to Appreciative Living	Alexandra Arnold	4 Thursdays, 6:30-8pm, starts January 11 (skip 2/1)	MSAC	15+	\$25 MSAC members/\$50 public
3425A	Archery	R&L Staff	4 Tuesdays, 6-7pm, starts January 9	R&L Archery	All	\$24
2521A	Noontime Basketball	N/A	Every Mon-Fri thru 8/31; 12-1:15pm	Rec Center	18+	\$80 resident/\$120 non-resident
2522A	Sunday Basketball	N/A	Sun 10am-12pm, starts November 5 (skip 12/14, 12/31, 3/4)	MHS Gym	18+	\$50 resident/\$75 non-resident
6317A	NEW: Four Styles of Ballroom Dancing: Swing	Bill and Carolyn Pedrick	4 Fridays, 6-7pm, starts 1/19	MSAC	15+	\$40 MSAC members/\$65 public
6317B	NEW: Four Styles of Ballroom Dancing: Waltz	Bill and Carolyn Pedrick	4 Fridays, 7-8pm, starts 1/19	MSAC	15+	\$40 MSAC members/\$65 public
6317C	NEW: Four Styles of Ballroom Dancing: Foxtrot	Bill and Carolyn Pedrick	4 Fridays, 6-7pm, starts 3/2 (skip 3/16)	MSAC	15+	\$40 MSAC members/\$65 public
6317D	NEW: Four Styles of Ballroom Dancing: Rumba	Bill and Carolyn Pedrick	4 Fridays, 7-8pm, starts 3/2 (skip 3/16)	MSAC	15+	\$40 MSAC members/\$65 public
3529A	Co-Ed Dodgeball League	N/A	6 Tuesdays, 7-9pm, starts January 9	Union School Gym	18+	\$15 resident/\$20 non-resident
3529B	Co-Ed Dodgeball League	N/A	6 Tuesdays, 7-9pm, starts March 13 (skip 4/17)	Union Schol Gym	18+	\$15 resident/\$20 non-resident
3509A	Fitness Hooping	Carol Becker	6 Thursdays, 7-8pm, starts January 4	Rec Center	18+	\$45 resident/\$65 non-resident
3516A	HIIT Kick	Renee Ancel	22 classes, Tues & Th 5:30-6:30pm, starts January 4 (skip 2/27, 3/1, 3/6)	Union School Small Gym	18+	\$121 resident/\$164 non-resident

	Long Life Qi Gong	Led by Nancy Schulz	Every Tues/Fri 11:30-11:50am	MSAC	18+	Free – drop in!
6305	Guided Mindfulness Meditation Class	Ragan Sheridan Royer	10 Wednesdays, 4-5pm, starts 1/10	MSAC	14+	\$25 MSAC members/\$50 public
3505	Pickleball: Beginners	N/A	Every Tues & Th 1:15-3pm	Rec Center	18+	22-visit punch card: \$30 resident/\$45 non-resident
3505	Pickleball: Intermediate	N/A	Every Mon & Th 9-11:30am	Rec Center	18+	22-visit punch card: \$30 resident/\$45 non-resident
3505	Pickleball: Advanced	N/A	Every Mon & Wed 1:15-3pm, Every Fri 9am-1:30pm	Rec Center	18+	22-visit punch card: \$30 resident/\$45 non-resident
3514A	NEW: Learn to Unicycle	Geoff Beyer	6 Tuesdays, 4-5:15pm, starts January 9	Union School Small Gym	6+	\$72 resident/\$105 non-resident
3430A	Hatha Yoga	Bessie Sandberg	10 Tuesdays, 6:30-8pm, starts January 9	MSAC	16+	\$100 resident/\$150 non-resident
6318	Zumba	Megan Pow	10 Thursdays, 7-8pm, starts 1/11	MSAC	15+	\$60 resident/\$90 non-resident



Montpelier Senior Activity Center Programs for 50+

These programs are open only to members of the Senior Activity Center, unless indicated by a 🌐.

Classes indicated with a 🌐 are open to anyone 50 or older, regardless of membership.

Membership is open to anyone 50 or older from any town. Membership is just \$15 per year for Montpelier residents, \$30 for residents of supporting towns (Berlin, Calais, East Montpelier, Middlesex, Moretown, Worcester), or \$50 for all others.






Where prices are listed as \$XX/\$XX, the first price indicates the rate for Montpelier members and the second price for all other members.

Performing and Fine Arts Classes run for 10 weeks – start week of 1/8, end week of 3/13, unless noted.

Additional materials fees may be required for some classes. Consult the Program Guide.

Circle class # and fee	Class/Event	Instructor	Day/Time	Location	Fee (Resident/Non-Res.)
6119	🌐 NEW: Art Journaling: Play with Color, Words, Images	Suki Ciappara	10 Thursdays, 2:30-4pm	Westview Meadows	\$50 member/\$75 non-member
6103	Drawing Basics I	Janice Walrafen	Thurs 1-2:30pm	MSAC	\$35/\$45
6109	Drawing Basics II	Janice Walrafen	Mon 5-7pm	MSAC	\$45/\$55
6107	Handbuilding in Clay	Nicole Galipeau	Mon 1-2:30 pm	MSAC	\$55 all members
6111	Painting: As You Want It	Sylvia Walker	Mon 10 am-12 pm	MSAC	\$30/\$40
6113	Intermediate Pastels	Jeneane Lunn	Wed. 4:30-6:30pm	MSAC	\$30/\$40
6116	Rug Hooking	Pam Finnigan	Wed 9:30-11:30am	MSAC	\$30/\$40
6117	Beginner and Intermediate Voice for Shy Singers	Naomi Flanders	Thurs 4-5 pm	MSAC	\$25/\$35
6118	Advanced Voice: Keeping Your Voice in Shape for Life	Naomi Flanders	Fri 4-5pm	MSAC	\$25/\$35

Humanities and More Classes run for 10 weeks – start week of 1/8, end week of 3/13, unless noted

Circle class # and fee	Class/Event	Instructor	Day/Time	Location	Fee (Resident/ Non-Res.)
6203	 Using Google Applications & Services 101	MSMS Students	6 Thursdays, 1/11, 1/25, 2/8, 2/22, 3/15, 3/29, 11:30am-12:30pm	Main St. Middle School	\$5 members/ \$10 public
6204A	 Beginner Italian	Angelo Caserta	20 sessions, Tues/Fri 1:15-2:15pm, starts 1/9	Gary Residence	\$30 members/ \$55 public*
6204B	 Intermediate Italian	Angelo Caserta	20 sessions, Tues/Fri 2:30-4pm, starts 1/9	Gary Residence	\$30 members/ \$55 public
6212	NEW: Making Poems	Jeanne Cook	Wed 10am-12pm	MSAC	\$30/\$40
6206	 Reading and Writing Poems	Charles Barasch	Mon 1:30-3:30pm	Westview Meadows	\$30 members/ \$40 public
	 Weekly Read-Aloud	Led by Nancy Schulz	Every Tuesday, 1-2pm	MSAC	Free, drop-in group
6210A	Writing	Maggie Thompson	Mon 10:30am-12:30pm	MSAC	\$30/\$40
6210B	Writing	Maggie Thompson	Wed 12:30-2:30pm	MSAC	\$30/\$40

*Free for Gary Residence and Westview Meadows residents

Active Living and Wellness Classes run for 12 weeks – start week of 1/8, end week of 3/27 unless noted

Circle class # and fee	Class/Event	Instructor	Day/Time	Location	Fee (Resident/ Non-Res.)
6304A	Bone Builders	Laura Morse	Wed/Sun 5:15-6:30pm	MSAC	\$30/\$40
6304B	Bone Builders	Laura Brown and Theresa Lever	Mon/Thur 5-6pm	MSAC	\$30/\$40
6304C	Bone Builders	Tina Muncy	Tues/Fri 5-6 pm	MSAC	\$30/\$40
6304D	Bone Builders	Nancy Schulz	Tues/Fri 10:15-11:15am	MSAC	\$30/\$40
6304E	Bone Builders	Joan Barrett/Barbara Ladabouche/Jean Phillips	Tues/Thur 8:30-9:30am	MSAC	\$30/\$40
6304F	Bone Builders Non-Beginner	Dona & Ed Koenemann	Mon/Fri 9-10am	MSAC	\$30/\$40
6402A	Indoor Cycling Session I	Brittany Tremblay	6 Thursdays, 4-5pm, starts January 11	Granite City Fitness, Montpelier	\$60/\$70
6402B	Indoor Cycling Session II	Brittany Tremblay	6 Thursdays, 4-5pm, starts February 22	Granite City Fitness, Montpelier	\$60/\$70
6302	Dance, Stretch and Strengthen	Allison Mann	Wed 1:30-2:30	MSAC	\$25/\$35
6303	Happiness Moves!	Louisa Nufield	Wed 11:30am-1pm	MSAC	\$25/\$35
	Living Strong Group	No instructor	M 2:30-3:30pm, F 2-3pm	MSAC	Free – drop in!

6311	Vernal Equinox Continuous OM Meditation and Gong Sound Bath	Sarah Parker-Givens	Sunday, March 18, 4-5:15pm	MSAC	Free; suggested \$5-10 donation
6301 A/B/C	Monthly Continuous OM Meditation	Sarah Parker-Givens	First Friday of every month, 4-5pm (2/2, 3/2, 4/6)	MSAC	Free; suggested \$5-10 donation
6307	 Moving for Wellness <i>Formerly Movement for PD</i>	Sara McMahon	Thurs 10-11:30am	MSAC	\$25 members/ \$35 public
6308	 The Parkinson's Pantomime Project	Rob Mermin	10 Saturdays, 10:30am-12pm (skip 2/17, 3/3)	MSAC	\$25 members/ \$35 public
6309	Pilates for Beginners	Shannon Hepburn	Mon 10:30-11:30am	MSAC	\$25/\$35
6310	Pilates Express	Shannon Hepburn	Fri 9-9:45am	MSAC	\$25/\$35
6316A	 NEW: Pilates Matwork for Beginners	Mary Dobbins	Monday 12:45-1:45pm	Middlesex Town Hall	\$25 members/ \$35 public
6316B	NEW: Pilates Matwork for Beginners	Mary Dobbins	Saturday 9-10am	MSAC	\$25/\$35
6403	Swimming	N/A	Mon. 5-6, Tues/Wed/ Thurs 10-11, Fri. 5-6 (13 weeks starts 1/8)	FIF Berlin	\$40/\$75
6319A	Tai Chi: Long Form Earth I	Judy Copa	6 Thursdays, 12:00-1:30pm, starts 2/22	MSAC	\$25/\$35
6319B	Tai Chi: Sun Style Intro/Intermediate	Ellie Hayes & David Hartnett	10 Tuesdays, 4:15-5pm, starts 1/9	MSAC	\$25/\$35
6319C	Tai Chi: Sun Style Long Form (continuing students only)	Ellie Hayes	10 Tuesdays, 5-5:45 pm, starts 1/9	MSAC	\$25/\$35
6404A	Tennis (Session 1)	N/A	6 Fridays, 11am-12:30pm , starts January 12	FIF Berlin	\$45 all members
6404B	Tennis (Session 2)	N/A	6 Fridays, 11am-12:30pm , starts February 23	FIF Berlin	\$45 all members
	 Walks with Joan	Led by Joan Barrett	Tues 9:45-10:45am	MSAC	Free – drop in!
6405A	Water Aerobics	Peggy DuPont	13 Tuesdays, 10-11am, starts January 9	FIF Berlin	\$45/\$60
6405B	Water Aerobics	Peggy DuPont	13 Fridays, 10-11am, starts January 12	FIF Berlin	\$45/\$60

Yoga classes are sorted from least to most vigorous. See the Course Guide for additional information.

6300A	Chair Yoga	Sarah Parker-Givens	Tues 11am-12pm	MSAC	\$25/\$35
6300U	Chair Yoga	Ragan Sheridan Royer	Wed 2:45-3:45pm	MSAC	\$25/\$35
6300B	Very Gentle Yoga	Sarah Parker-Givens	Mon 3:30-4:30pm	MSAC	\$25/\$35
6300S	 Gentle Yoga	Sally Olmsted	10 Tuesdays, 2-3:15pm, (skip 1/23, 1/30)	Worcester Town Hall	\$25 members/ \$35 public
6300C	 Gentle Yoga for Beginners	Marisa Hall	Tues 5:30-6:30pm	CVMC Conference Room 1	\$25 members/ \$35 public
6300D	Yoga for Men	Jeff Mandell	Mon 9-10:15am	MSAC	\$25/\$35
6300E	Gentle Yoga	Sally Olmsted	Tues 9-10:15am	MSAC	\$25/\$35
6300F	Gentle Yoga	Sally Olmsted	Wed 9-10:15am	MSAC	\$25/\$35

6300G	Gentle Yoga (includes breathing, chanting & intro to meditation)	Ragan Sheridan Royer	Thurs 5-6:30pm	MSAC	\$25/\$35
6300H	Gentle Flow Yoga	Sarah Parker-Givens	Wed 3:30-4:30pm	MSAC	\$25/\$35
6300J	Moving into Stillness: Yoga and Meditation for Continuing Students	Sarah Parker-Givens	Thursday 2-3:15pm	MSAC	\$25/\$35
6300L	Gentle/Moderate Yoga	Monica DiGiovanni	Fri 2:30-3:45pm	MSAC	\$25/\$35
6300K	Moderate Yoga	Lori Flower	Mon 1:15-2:30pm	MSAC	\$25/\$35
6300T	 Yoga Movement	Jeff Mandell	Mon 11am-12:15pm	Middlesex Town Hall	\$25 members/ \$35 public
6300V	NEW: Moderate Yoga to Improve Balance	Ragan Sheridan Royer	Wed 6:15-7:30pm	MSAC	\$25/\$35
6300M	Moderate Yoga for Balance (prior experience in this class or instructor permission required)	Patty Crawford and Sally Olmsted	10 Thursdays, 9-10:15am (skip 1/25, 2/1)	MSAC	\$25/\$35
6300N	Moderate Flow Yoga	Sarah Parker-Givens	Mon 5-6:30pm	MSAC	\$25/\$35
6300O	Moderate Flow Yoga	Sarah Parker-Givens	Wed 5-6:30pm	MSAC	\$25/\$35
6300P	Moderate/Vigorous Hatha Yoga	Joan Stander	Fri 10-11:30am	MSAC	\$25/\$35
6300Q	Vigorous Yoga	Monica DiGiovanni	NEW TIME: Mon 11:45am-1pm	MSAC	\$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 for MSAC Classes:

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, and offer financial aid. **Please consider making a tax-deductible donation to support our work.**

SUBTOTAL of class fees above	
Additional donation <input type="checkbox"/> MSAC Area of Greatest Need <input type="checkbox"/> MSAC Scholarship Fund <input type="checkbox"/> Recreation Area of Greatest Need	
Additional Fees <i>if applicable</i> (late fee; locker rental; MSAC membership fee; etc.)	
Subtract credit <i>if applicable</i>	-
TOTAL PAID (make checks payable to Montpelier Community Services)	Check/Cash/CC

Date received: _____ Received by: _____ Date class entered: ____ Date payment entered: _____