



# Registration Form for Spring 2018 Adult Classes and Activities

Class descriptions are available in office and online at [www.montpelier-vt.org/CS](http://www.montpelier-vt.org/CS).

Name (first & last) \_\_\_\_\_ Town of Residence: \_\_\_\_\_

Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_ E-Mail \_\_\_\_\_

**See Program Guide for Information on Drop-In Groups and Free Activities**

**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	Program	Instructor	Day/Time	Location	Ages	Fee
4406A	<b>NEW: Bagel Love - Learn to Make NYC Style Bagels</b>	Erin Aguyo	Saturday April 28, 9am-2pm	MSAC	16+	\$45 Montpelier / \$60 non-resident
7103A	<b>NEW: Traditional Cooking from the Mediterranean</b>	Lisa Mase	Monday, May 7, 4-5:30pm	MSAC	15+	\$20 MSAC members/\$25 public
7103B	<b>NEW: Traditional Cooking from the Far East</b>	Lisa Mase	Monday, May 14, 4-5:30pm	MSAC	15+	\$20 MSAC members/\$25 public
7103C	<b>NEW: Traditional Cooking from India</b>	Lisa Mase	Monday, May 21, 4-5:30pm	MSAC	15+	\$20 MSAC members/\$25 public
7102	<b>NEW: Making Faces in Clay</b>	Georgia Landau	10 Thursdays, 4-5:30pm, starts 4/12	MSAC	12+	\$30 MSAC members / \$55 public
7104	<b>Expressive Intuitive Art Exploration</b>	Suki Ciappara	10 Mondays, 3-4:30pm, starts 4/9 (skip 5/7, 5/14)	MSAC	14+	\$25 members / \$50 public
7106A	<b>Beginner Guitar</b>	Tom Wales	10 Wednesdays, 3:45-4:45, starts 4/11	MSAC	14+	\$25 MSAC members/\$50 public
7106B	<b>Advanced Beginner Guitar</b>	Tom Wales	10 Wednesdays, 5-6pm, starts 4/11	MSAC	14+	\$25 MSAC members/\$50 public
7101	<b>Digital Photography – Mixed Levels</b>	Linda Hogan	10 Fridays, 10am-12pm, starts 4/13	MSAC	All	\$30 MSAC members/\$55 public
7115	<b>Reelin' &amp; Rockin': Singing Songs of the 50s and 60s</b>	John Harrison	10 Tuesdays, 2-3 pm, starts 4/17	MSAC	14+	\$40 MSAC members/\$65 public

## Humanities and More

Circle Class # and Fee	Program	Instructor	Day/Time	Location	Ages	Fee
7204	<b>NEW: Dying in Community</b>	Michelle Acciavatti	10 Tuesdays, 2-3:30pm, starts 4/9	MSAC	18+	\$30 MSAC members / \$55 public
7201A	<b>NEW: Film Appreciation: Masters of French Cinema 1928-1965</b>	Rick Winston	8 Tuesdays, 9:30am-12pm, starts 4/10	Savoy Theater	14+	\$50 MSAC members/\$75 public
7201B	<b>NEW: Film Appreciation: Whodunits &amp; Whydunits</b>	Rick Winston	8 Thursdays, 10am-12:30pm, starts 4/12	Savoy Theater	14+	\$50 MSAC members/\$75 public
7202A	<b>NEW: Music Appreciation: American Concert Music – More than you Thought!</b>	Erik Nielsen	10 Tuesdays, 3-4:30 pm, starts 4/10	MSAC	12+	\$70 MSAC members/\$95 public
7202B	<b>NEW: Music Appreciation: Ten Weeks, One Composer II: Mozart</b>	Erik Nielsen	10 Fridays, 3:15-4:45 pm, starts 4/13	MSAC	12+	\$70 MSAC members/\$95 public

7205A	Spanish 4	Carlos Reyes	10 Tuesdays, 9-10:15am, starts 4/10	MSAC	14+	\$30 MSAC members/\$55 public
7205B	Spanish 5	Carlos Reyes	10 Thursdays, 9-10:15am, starts 4/12	MSAC	14+	\$30 MSAC members/\$55 public

## Active Living and Wellness

Circle Class # and Fee	Program	Instructor	Day/Time	Location	Ages	Fee
4425	Archery	R&L Staff	4 Tuesdays, 6-7pm, starts 4/24	R&L Archery	All	\$24
2521A	Noontime Basketball	N/A	Every Mon-Fri thru 8/31, 12-1:15pm	Rec Center	18+	\$40 resident/\$60 non-resident
2522A	Sunday Basketball	N/A	Sundays thru April 22, 10am-12pm (skip 3/4)	MHS Gym	18+	\$50 resident/\$75 non-resident
3437A	CPR Re-Certification	Sheila Cleary	Sunday, April 15, 1-4pm	CVMC	All	\$40
7301	New: Swing Dancing (Adv. Beginner & Intermediate)	Bill & Carolyn Pedrick	4 Fridays (4/27, 5/4, 5/18, 6/1), 6-7pm	MSAC	15+	\$40 MSAC members/\$65 public
3529B	Co-Ed Dodgeball League	N/A	6 Tuesdays, 7-9pm, starts 3/13 (skip 4/17)	Union School Gym	18+	\$15 resident/\$20 non-resident
4529A	Co-Ed Dodgeball League	N/A	6 Tuesdays, 7-9pm, starts 5/1	Union School Gym	18+	\$15 resident/\$20 non-resident
4407A	Fitness Hooping	Carol Becker	4 Thursdays, 7-8pm, starts 4/26	Main St Middle School	18+	\$40 resident/\$60 non-resident
4528A	HIIT Kick	Renee Ancel	18 classes, Tues & Th 5:30-6:30pm, starts 4/10 (skip 4/17, 4/19)	Union School Small Gym	18+	\$99 resident/\$126 non-resident
7302	NEW: Hiking in Prepared: Happiness on the Trail!	Louisa Nufield	8 Sundays, 2-4pm, starts 4/29 (skip 6/17)	North Branch Nature Ctr.	10+	\$50 MSAC members / \$75 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-11:30am	Rec Center	18+	22-visit punch card: \$30 resident/\$45 non-resident
4519A	NEW: Self-Defense Level 1	The Safety Team	Tuesday, May 8, 6-8:15pm	MSAC Comm. Rm.	12+	\$45 resident / \$60 non-resident
4519B	NEW: Self-Defense Level 2	The Safety Team	Tuesday, May 15, 6-8:15pm	MSAC Comm. Rm.	12+	\$45 resident / \$60 non-resident
7303	NEW: Somatic Movement Series - Finding Freedom and Ease in your Body	Amy Lepage	5 Fridays, 12-1pm, start 4/13	MSAC Studio	18+	\$20 MSAC members/\$45 public
4527B	Tae Kwon Do	Matthew Girouard	Mondays/Thursdays, April 23-July 2, 6:45-7:45pm (skip 5/28)	Union School Big Gym	9+	\$70 resident/\$100 non-resident (1/2 price for parent attending with child)
1333A	Tennis Lessons Spring 1	Scott Barker	5 Thursdays 5-6pm, starts 4/26	Rec Courts	18+	\$50 resident / \$75 non-resident
1333B	Tennis Lessons Spring 2	Scott Barker	5 Thursdays 5-6pm, starts 5/31	Rec Courts	18+	\$50 resident / \$75 non-resident
4444A	Learn to Unicycle	Geoff Beyer	5 Wednesdays, 4-5:30pm, starts 4/25	Rec Center	6+	\$60 resident/\$85 non-resident
4430A	Hatha Yoga	Bessie Sandberg	10 Tuesdays, 6:30-8pm, starts 4/10	MSAC	16+	\$100 resident/\$150 non-resident
7304	Zumba	Megan Pow	10 Thursdays, 7-8pm, starts 4/12	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. Membership is \$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 4/9, end week of 6/11, unless noted.




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

Circle Class # and Fee	Program	Instructor	Day/Time	Location	Fee (Resident/ Non-Res.)
7105	Drawing Basics I	Janice Walrafen	8 Thursdays, 1-2:30pm, starts 4/26 (skip 5/10)	MSAC	\$35/\$45
7107	Drawing Basics II	Janice Walrafen	8 Mondays, 5-7pm, starts 4/23 (skip 5/7)	MSAC	\$45/\$55
7108	Handbuilding in Clay	Nicole Galipeau	Mon 1-2:30 pm	MSAC	\$55 MSAC members
7109	Painting: As You Want It	Sylvia Walker	Mon 10 am-12 pm	MSAC	\$30/\$40
7110	Intermediate Pastels	Jeneane Lunn	Wed 4:30-6:30pm (skip 4/18)	MSAC	\$30/\$40
7116	Rug Hooking	Pam Finnigan	Wed 9:30-11:30am	MSAC	\$30/\$40
7117	Beginner and Intermediate Voice for Shy Singers	Naomi Flanders	Thurs 4-5 pm	MSAC	\$25/\$35
7112	Advanced Voice: Keeping Your Voice in Shape for Life	Naomi Flanders	Fri 4:15-5:15 pm	MSAC	\$25/\$35


**Humanities and More** Classes run for 10 weeks – start week of 4/9, end week of 6/11, unless noted

Circle Class # and Fee	Program	Instructor	Day/Time	Location	Fee (Resident/ Non-Res.)
7206	NEW: Explore Memoir, Deepen Your Story	Maggie Thompson	Thursday 1:30-3:30	Westview Meadows	\$30 MSAC members/\$55 public
7203	NEW: Financial Foundations	Gabriel Lajeunesse	8 Tuesdays, 7-8pm, skip 4/17	Mplr High School, Rm 103	\$15 MSAC members/\$40 public
7207	Using Google Applications & Services 101	MSMS Students	5 Thursdays, 11:30-12:30pm (4/12, 4/26, 5/10, 5/24, 6/7)	Main St. Middle School	\$5 MSAC members/\$10 public
7208	Making Poems	Jeanne Cook	Wed 10am-12pm	MSAC	\$30/\$40
7210	Reading and Writing Poems	Charles Barasch	10 Mondays, 1:30-3:30pm, starts 4/16	MSAC	\$30/\$40
7209A	Writing	Maggie Thompson	Mon 10:30am-12:30pm	MSAC	\$30/\$40
7209B	Writing	Maggie Thompson	Wed 12:30-2:30pm	MSAC	\$30/\$40

**Active Living and Wellness** Classes run for 12 weeks – start week of 4/9, end week of 6/25 unless noted

Circle Class # and Fee	Program	Instructor	Day/Time	Location	Fee (Resident/ Non-Res.)
7305A	<b>Bone Builders</b>	Laura Morse	Wed/Sun 5:15-6:30pm	MSAC	\$30/\$40
7305B	<b>Bone Builders</b>	Laura Brown and Theresa Lever	Mon/Thur 5-6pm	MSAC	\$30/\$40
7305C	<b>Bone Builders</b>	Tina Muncy	Tues/Fri 5-6 pm	MSAC	\$30/\$40
7305D	<b>Bone Builders</b>	Nancy Schulz	Tues/Fri 10:15-11:30am	MSAC	\$30/\$40
7305E	<b>Bone Builders</b>	Joan Barrett/Barbara Ladabouche/Jean Phillips	Tues/Thur 8:30-9:30am	MSAC	\$30/\$40
7305F	<b>Bone Builders Non-Beginner</b>	Dona & Ed Koenemann	Mon/Fri 9-10am	MSAC	\$30/\$40
7306	<b>Happiness Moves!</b>	Louisa Nufield	9 Wednesdays, 11:30am-1pm, starts 5/2	MSAC	\$25/\$35
7307	<b>Summer Solstice Continuous OM Meditation</b> <i>See below for transportation add-on</i>	Sarah Parker-Givens	Thursday, June 21, 8-9am <i>See below for transportation add-on alternative time</i>	Noyes Pond, Groton S.F.	Suggested \$5-10 donation
7307B	↑ Transportation Add-On to Noyes Pond ↑		Thursday, June 21, 7-11am	Meet at Dept. of Labor	\$10
7308 A   B	<b>Monthly Continuous OM Meditation</b>	Sarah Parker-Givens	Friday, May 4 (A) and Friday, June 1, 1-2pm (B)	MSAC	Suggested \$5-10 donation
7309	 <b>Moving for Wellness</b> Formerly Movement for PD	Sara McMahon	10 Thursdays, 10-11:30am (skip 5/17, 5/24)	MSAC	\$25 MSAC members/ \$35 public
7310	 <b>The Parkinson's Pantomime Project</b>	Rob Mermin	10 Saturdays, 10:30am-12pm, starts 4/21 (skip 5/19)	MSAC	\$25 MSAC members/ \$35 public
7311	<b>Pilates for Beginners</b>	Shannon Hepburn	Mon 10:30-11:30am (skip 4/16)	MSAC	\$25/\$35
7312	<b>Pilates Express</b>	Shannon Hepburn	Fri 9-9:45am (skip 4/20)	MSAC	\$25/\$35
7313A	 <b>Pilates Matwork for Beginners</b>	Mary Dobbins	Fri 5-6pm	CVMC Conference Rm. 1, Berlin	\$25 MSAC members/ \$35 public
7313B	<b>Pilates Matwork for Beginners</b>	Mary Dobbins	Sat. 9-10am	MSAC	\$25/\$35
7402A	<b>Spinning Session I</b> (formerly known as Indoor Cycling)	Ann Ripley	6 Thursdays, 4-5pm, starts 4/12	Granite City Fitness, Montpelier	\$60/\$70
7402B	<b>Spinning Session II</b> (formerly known as Indoor Cycling)	Ann Ripley	6 Thursdays, 4-5pm, starts 4/24	Granite City Fitness, Montpelier	\$60/\$70
7401	<b>Swimming</b>	N/A	Mon. 5-6, Tues/Wed/Thurs 10-11, Fri. 5-6 (13 weeks, starts 4/9)	FIF Berlin	\$40/\$75
7314B	<b>Tai Chi: Sun Style (Intro/Intermediate)</b>	Ellie Hayes & David Hartnett	10 Tuesdays, 4:15-5pm, starts 4/10	MSAC	\$25/\$35
7314C	<b>Tai Chi: Sun Style Long Form (Intro/Intermediate)</b>	Ellie Hayes	10 Tuesdays, 5-5:45 pm, starts 4/10	MSAC	\$25/\$35
7403	<b>Tennis</b>	N/A	6 Fridays, 11am-12:30pm, starts 4/6	FIF Berlin	\$45 MSAC members
7404A	<b>Water Aerobics</b>	Peggy DuPont	13 Tuesdays, 10-11am, starts 4/10	FIF Berlin	\$45/\$60
7404B	<b>Water Aerobics</b>	Peggy DuPont	13 Fridays, 10-11am, starts 4/13	FIF Berlin	\$45/\$60

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

7300A	Chair Yoga	Sarah Parker-Givens	10 Tuesdays, 11am-12pm (skip 5/15, 5/22)	MSAC	\$25/\$35
7300U	Chair Yoga	Ragan Sheridan Royer	Wed 2:45-3:45pm	MSAC	\$25/\$35
7300B	Very Gentle Yoga	Sarah Parker-Givens	10 Mondays, 3:30-4:30pm (skip 5/14, 5/21)	MSAC	\$25/\$35
7300S	 Gentle Yoga	Sally Olmsted	11 Tuesdays, 2-3:15pm, (skip 4/17)	Worcester Town Hall	\$25 MSAC members/ \$35 public
7300D	Yoga for Men	Jeff Mandell	9 Mondays, 9-10:15am, starts 4/23	MSAC	\$25/\$35
7300E	Gentle Yoga	Patty Crawford	Tues 9-10:15am	MSAC	\$25/\$35
7300F	Gentle Yoga	Sally Olmsted	Wed 9-10:15am	MSAC	\$25/\$35
7300G	Gentle Yoga (includes breathing, chanting & intro to meditation)	Ragan Sheridan Royer	Thurs 5-6:30pm	MSAC	\$25/\$35
7300H	Gentle Flow Yoga	Sarah Parker-Givens	Wed 3:30-4:30pm	MSAC	\$25/\$35
7300J	Moving into Stillness: Yoga & Meditation for Continuing Students	Sarah Parker-Givens	Thurs 2-3:15pm	MSAC	\$25/\$35
7300L	Gentle/Moderate Yoga	Monica DiGiovanni	Fri 2:30-3:45pm	MSAC	\$25/\$35
7300K	Moderate Yoga	Lori Flower	Mon 1:15-2:30pm (skip 5/28)	MSAC	\$25/\$35
7300R	NEW: Yoga for Balance	Lori Flower	Wed 10:30-11:15	MSAC	\$25/\$35
7300T	 Yoga Movement	Jeff Mandell	9 Mondays, 11am- 12:15pm, starts 4/23	Middlesex Town Hall	\$25 MSAC members/ \$35 public
7300V	Moderate Yoga to Improve Balance	Ragan Sheridan Royer	Thurs 3:30-4:45pm	MSAC	\$25/\$35
7300M	Moderate Yoga for Balance (prior experience in this class or instructor permission required)	Patty Crawford	Thurs 9-10:15am	MSAC	\$25/\$35
7300N	Moderate Flow Yoga	Sarah Parker-Givens	Mon 5-6:30pm	MSAC	\$25/\$35
7300O	Moderate Flow Yoga	Sarah Parker-Givens	Wed 5-6:30pm	MSAC	\$25/\$35
7300P	Moderate/Vigorous Hatha Yoga	Joan Stander	Fri 10-11:30am	MSAC	\$25/\$35
7300Q	Yoga for Focus and Fitness (formerly known as Vigorous Yoga)	Monica DiGiovanni	Wed 1:30-2:45	MSAC	\$25/\$35

Please inquire about discounts available for MSAC members at areas gyms.

**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.**

<b>SUBTOTAL of class fees above</b>	
Additional Donation <input type="checkbox"/> MSAC Area of Greatest Need <input type="checkbox"/> MSAC Scholarship Fund <input type="checkbox"/> Rec Area of Greatest Need	
Additional Fees <i>if applicable</i> (late fee; locker rental at \$15/quarter; MSAC membership fee; etc.)	
Subtract Credit <i>if applicable</i>	-
<b>TOTAL PAID</b> (make checks payable to Montpelier Community Services)	Check/Cash/CC

Date received: \_\_\_\_\_ Received by: \_\_\_\_\_ Date class entered: \_\_\_\_\_ Date payment entered: \_\_\_\_\_