

Montpelier Senior Activity Center
Instructor/Leader List and Description of Classes

January - March 2012

Ballroom Dancing Sylvia Kingsbury

Two four-week sessions will cover Swing, Rhumba, and Waltz.

Bavarian Painting Barbara Gutheil

Traditional folk painting using bright colors and often a double-loaded brush. Easy to learn, beginners welcome. Instructions and individual help available on technique. Bring something that is base-coated: boxes, frames, flowerpots, ornaments. No paper.

Billiards

The game room is open for people who enjoy billiards.

Book Discussion Group Jean Jersey

Kate Atkinson's compelling Mystery Series based on the character of Jackson Brodie. This is a popular PBS drama.

Bowling

Group meets informally. Not a class, just an opportunity to bowl socially.

Bridge

Informal groups at all skill levels. Players meet by agreement. Donations are welcome.

Bridge Class Nancy Cleveland & Betha Hedenburg

Current Events Peter Farber

First and Third Tuesdays, join Peter Farber for discussion of current events.

Exercise First in Fitness

Seniors can use cardio-vascular equipment, work with a trainer and participate in health screening for blood pressure, etc

Film Series: Classic British Films Rick Winston

Rick Winston introduces and shows nine films in this new series. Discussion follows.

French Beginners David Kahn

Pronunciation, vocabulary, songs, proverbs, grammar, sentence building. We will start at the beginning and go systematically. This will be a journey into the French language. Bon Voyage! David has been an advanced learner of French for many years and is a retired elementary teacher who is well versed in language development. He intends to incorporate music into classes and will be bringing his guitar and simple song lyrics to go along with grammar lessons.

French Conversation Geraldine Vatan

Our group is very welcoming. We talk about French culture, food, history and language in France and in Quebec. We sing, we play and laugh a lot! This an advanced language group. Please check with teacher before signing up - Thanks!

Italian Irene Mitchell

Students will acquire an elementary knowledge of spoken Italian, written Italian, and basic Italian grammar. Course material will also introduce aspects of Italian culture

Knitting Joan Myer

Not a class, just an opportunity to relax and knit socially.

Latin Aerodance Tina Valentinetti

Move your body to the rhythm of the Latin beat! Designed with the non-dancer in mind, easy-to-follow choreography is set to motivating music to provide an effective, low impact fitness program at a more moderate pace. A typical class consists of approximately 80% Latin music and 20% other music genre, such as pop, show tunes, big band, country, etc. You'll be improving muscle tone, flexibility, and endurance. Please wear comfortable, supportive non-slip shoes or sneakers.

Line Dancing Nancy Alty

Fun, easy, good for mind and body. Broadway to country, fun for all ages. No partner needed, no prior experience needed.

Living Strong Claire Ladd

The Strong Living Program is a group exercise program designed by researchers at Tufts University to improve the health and wellness of older adults. The classes focus on weight training, stretching, and balance exercises. The Strong Living model is currently in use in Vermont and New Hampshire.

Living Strong Dona and Ed Koenneman

The Living Strong program is a group exercise program for older adults. The program focuses on strength, balance and flexibility exercises for the body with the use of ankle weights and dumbbells. Must complete Living Strong I and II to participate in the advanced III class.

Living Strong Laura Brown and Tom Viall

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Mah Jongg

Ancient Chinese tile game. Informal group meets to play the game and have fun. New players welcome. No instructor and no cost.

Painting Sylvia Walker

Beginners welcome. Painters at all levels meet to share space and ideas. Bring your oils, acrylic, watercolors, or pastel. Professional painter available to answer questions. Informal, lots of fun.

Qi Gong Pamela Brady

An ancient Chinese moving meditation for health and longevity that combines breath, visualization and sound to calm the mind, relax the body, enhance blood circulation and vitalize energy flow. Pamela Brady is an Acupuncturist and Sound Healer who has practiced in Vermont for 25 years. Trained in Hangzhou, China, she has taught Qi Gong locally and internationally.

Rug Hooking Pam Finnigan

Pam is a certified rug hooking instructor, who teaches traditional techniques. Participants need a rug hooking frame, foundation cloth, rug hook, and wool strips. Beginner and seasoned hookers all welcome.

Spanish Beginning Betsy Barstow

Ongoing class, using the book Barron's Learn Spanish the Fast and Fun Way. The book has short chapters, with travel-based themes that include dialogues, vocabulary, grammar and assignments. During the class students practice vocabulary, pronunciation and conversation. Recommended for people with previous Spanish language experience.

Spanish Refresher Betsy Barstow

This is an intermediate Spanish language class that uses the book Complete Spanish Grammar published by Mc-Graw Hill. Students converse, practice grammar and write original pieces. Pronunciation practice is also emphasized.

Swimming at First in Fitness - no instructor

Laps and free swimming in pool at certain times on M, T, Th; water class is separate

Tai Chi Judy Copa

It is purported that focusing the mind solely on the slow movements of the form helps to bring about a state of mental calm and clarity. Besides general health benefits, Tai Chi supports better balance.

Tap Dancing Joni Calcani

Beginner to experienced. Oldies and popular music, requests welcome. Dancing on padded floor.

Tennis at First in Fitness -no instructor

Courts are available daily at certain times on Monday and Friday.

Walks with Harris

Harris Webster is an inveterate walker who likes to lead excursions around town. Meet at MSAC for a one hour walk.

Water Aerobics Tracy Ellis, Aquatics Instructor at First in Fitness

Writing Maggie Thompson

"Fill your paper with the breathings of your heart." William Wordsworth Indeed, paper gets filled in the writing class on Wednesdays from 11:15 - 1:15. We all have stories to tell - stories that give meaning to our lives. Through memoir, fiction or poetry, participants gather to share their work and provide thoughtful feedback to others. Come join the conversation, and enjoy life stories, insights, and spice that seasoned writers bring to the page. New members are always welcome!

Writing a Poem Shelly Olson

A six week class with the purpose of having fun writing poetry. Each week Shelly brings in several poems as examples to inspire you to write your own poetry in class. Anyone who wants to can share their poems with the group.

Yoga Joan Stander

Hatha Yoga is a combination of postures or exercise that assists in body encourages flexibility, strength, and endurance. Hatha Yoga also focuses on movement that breathing and relaxation techniques to reduce stress and improve general health and well being.

Yoga Lynn Ihlstrom

Vinyasa Yoga refers to the alignment of movement and breath, a method which turns static yoga postures into a dynamic flow. In effect, attention is placed on the breath and the journey between the postures rather than solely on achieving perfect body alignment in a pose.

Yoga Chair Patty Crawford

Uses stretching and breathing with gentle movement and is especially for people who need to improve their balance and poor circulation. No floor work, only sitting and standing.

Yoga Gentle Patty Crawford

Gentle Yoga combines the breath with gentle stretching to relax and strengthen the body by modifying the postures to meet the needs of each individual. "Props" such as blocks, straps, blankets and pillows are used so you may enjoy your practice at a deeper level.

Kripalu Yoga Martin Pincus

Kripalu Yoga is called "Meditation in Motion." A certified advanced Kripalu Yoga teacher, Martin Pincus has practiced for nearly twenty years.