

¹ *Action Times*

Montpelier Senior Activity Center

46 Barre Street (temporary location) Montpelier, VT 05602

Phone: 802-223-2518, Fax: 802-223-9231

www.montpelier-vt.org/msac

Europe for Outdoor Enthusiasts: By Bike or Foot

Submitted by Mary Sue Lyons

On February 15th at 5 pm, come to the large activity room to learn and talk about what fun can be had on a touring adventure! Spring and fall are the best times to savor a country's natural beauty, wonderful regional foods and wines, villages, towns, culture, history, buildings and everyday life which can include a cooking lesson. There will be three very short slide shows of past trips (two supported, one not). A snack will be available, too. After the introduction, members will divide up by whether interested in the idea of a biking or hiking adventure. This doesn't mean you've committed to anything.

Walking adventures can be through a company, partially supported by a company or group-planned entirely. When working with a company, there is usually a minimum of 4 to 6 participants or an extra fee and a guide for every 8 persons. There is also a single supplement whenever one person occupies a room. Vans are used to transport luggage and walkers entirely or partially to your next lodging destination. It is not the same as walking from inn to inn. Should a company be used, those participating would decide what company to use.

Biking adventures need some company support to provide the bikes, etc. A MSAC member who has participated in a company run bike-touring adventure is expected to be present. Tom Lyons will be there too.

For more information, or to express interest if you can't make it on the 15th: marysuelyons@gmail.com

February, 2012



A Gathering Place for Healthy Aging and Lifelong Learning

Website: www.montpelier-vt.org/msac.

Facebook- Montpelier Senior Activity Center. If you "like" us, you'll get up to date notices of news.

Blog:
msacblog.wordpress.com

NEW Email address:
msac@montpelier-vt.org

Please note:
MSAC will be
closed on
President's
Day, Monday,
Feb. 20th,
a holiday for
the City of
Montpelier.

NEWS

LUNCHES

11:30-1:00

All Tuesdays,
Montpelier High School, \$4.00 for hot or cold lunch includes drink, \$.30/oz for salad bar plus extra for drink. Listen and dance as the “Swingin’ Over Sixty” Band plays before and after lunch!

2nd Tuesdays (Feb. 14th), St. Augustine’s Hall, \$6 for lunch by Hilltop Restaurant Catering: **Chicken and Pasta, with Elder Law Q&A to follow**

Please RSVP to MSAC a week in advance for this meal!

MSAC Awarded \$8,000 Grant by State of Vermont

The Capital Campaign for 58 Barre Street Renovations was recently awarded an \$8,000 grant through the State Buildings and General Services’ Human Services & Educational Facilities Grant Awards Program. An award presentation with Governor Shumlin is scheduled for Monday, January 30th, in the House Chambers of the State House, and staff and Capital Campaign members will be in attendance.

MSAC Receives First Payment of CNB \$30,000 Gift

As many members are aware, the Capital Campaign was also boosted in recent months by a \$30,000 gift from Community National Bank, payable over three years. Bill Doelger of the Capital Campaign Committee and Liz Dodge, MSAC Advisory Board Chair, were on hand at a photo shoot at 58 Barre Street in late January when the first check was presented.

“Swingin’ Over Sixty,” MSAC Senior Band, Seeking More Musicians

Deane Merrill, leader of MSAC’s long-standing band, invites others to join the band for music and lunch on Tuesdays. The ability to play a C or B flat instrument, or to transpose, is important. Sheet music and lunch provided.

Recording the History of the Band

Deane Merrill, referenced above, sat down with Janna Clar recently to share part of the history of the band. If there are others who have participated in the band (or listening/dancing fans) who would like to take part in this interview process, please contact Janna in the office. Look for a synopsis of the on-going discussion about this important facet of MSAC’s story in a future newsletter.

Special Events at MSAC

One hour conversation / Q&A with Wanda Craig, Central Vermont Council on Aging

Thursday, Feb. 23rd, 3:30 PM (Call office to confirm)

Wanda will give an overview of the work they do at CVCOA (see www.cvcoa.org for more info), as well as answer questions seniors may have about such topics as: caring for family members with dementia, finding help paying for prescriptions, transportation options, volunteer opportunities such as Senior Companions and Neighbor to Neighbor, case management, and more.

Free and Open to the Public

The Healthier Living Workshop Wednesdays, February 15-March 21, 2012 2:00-4:30 PM

Are you or someone you know living with a chronic health condition?

Some of the topics covered in the free 6-week, 2 ½ hour sessions are:

- Techniques dealing with problems such as frustration, fatigue, pain and isolation

- Breathing techniques and guided imagery to reduce stress

- Exercise for improving and maintaining strength, flexibility, and endurance

- Appropriate use of medications

- How to talk with family, friends, and health professionals

- Nutrition

- How to evaluate new health treatments. . . and much more

To Register, call Lisa Willette: 802-371-4292

Free and Open to the Public

Foot Clinic, MSAC

Friday,

February 10th,
9:30-3:00, \$23
paid directly to
Dr. Hayes. Call
MSAC to make
your ½ hr. ap-
pointment.

Elder Law Q&A

Tues. Feb. 14th
After lunch at St.
Augustine's:
Attorney Mike
Caccavo will give
an overview of com-
mon topics of con-
cern to seniors,
such as Estate
Planning, Simple
wills, Advance Di-
rectives, and more.
Join MSAC mem-
bers for lunch and
then stay for the
presentation!
Lunch details on
previous page side-
bar.

Announcing:

For members who purchase **First in Fitness** vouchers on a monthly basis, we have the go ahead to accept payments for multiple months.

Bavarian Folk Painting

Classes. All supplies are provided. Bring your lunch and an item to be painted.

This item should be base coated with acrylic paint.

Beginners are welcome in all classes. You are welcome to call Barbara at home (223-9975).

Classes are held from 9:30-3:30 on February 10, 24,

Another Film Series at MSAC

February marks the beginning of a **Monthly Film Series, cosponsored by MSAC and the Dharma Film Series Group.** Every 2nd Saturday, we will bring you dramatic and documentary films that draw on traditions from around the world, covering such topics as Dignity in Aging, Sustainable Futures, Explorations of World Cultures and Musical Traditions, and Hollywood releases with positive, life-affirming themes. Suggested donation: \$3.00. To confirm dates, please check with Neville Berle. Call: 802-224-1001 or email: nevilleberle@yahoo.com

Saturday, Feb. 11th 7:00 PM.

Sweet Land (2006) 110 minutes

Norwegian-American farmer Olaf Tovrik (Tom Guinee) and his rural Minnesotan community must struggle to overcome years of anti-German propaganda when he discovers that his mail-order bride, Inge (Elizabeth Reaser), is not only a German but also an accidental socialist. Writer Ali Selim directs this Independent Spirit award-winning tale of love's ability to triumph over ignorance.

Saturday, Mar. 10th, 7:00 PM.

Merry Christmas (2005) 116 Minutes

As the French, Scottish and German soldiers prepare to open their presents on Christmas eve, 1914, a momentous event occurs that changes the destinies of four people: an Anglican priest, a French lieutenant, a worldclass tenor and his soprano lover. Diane Kruger, Benno Furmann, Guillaume Canet, Gary Lewis, Danny Boon and Daniel Bruhl co-star in this World War 1-era tale inspired by true events.

MSAC's Ongoing classes:

Painting, Rug Hooking, Bridge, French (2 levels), Italian, Spanish (3 levels), Writing, Poem Writing, Line Dancing, Living Strong Exercise (3 levels), Tai Chi, Tap Dance, 8 different Yoga, Water Aerobics, Latin Aerodance, Current Events, Qi Gong, Ballroom Dancing, Bridge Class, and Film Series with Rick Winston at the Savoy.

On-site games/groups (free):

Billiards, Bridge, Mah Jongg, Knitting.

Off-site discounted activities:

Swimming, Tennis and Gym at First in Fitness,
Bowling at Twin City Lanes.

See page 8 for full schedule.

For more **detailed descriptions** of classes and **registration form**, please visit the MSAC website or pickup a copy in the MSAC office.



Volunteer Tax Preparation Appointments

Still Available February-April:

Call or stop by the office to make your 45 minute with qualified volunteers from AARP's program. Please take a form to help you prepare for your session. Volunteers available Mondays and Thursdays, 9:00-4:00.

Excerpt from
At Seventy
by May Sarton

“I love being old. Because I am more myself than I have ever been. There is less conflict. I am happier, more balanced, and more powerful. Rather an odd word ‘powerful’ but I think it is true. It might be more accurate to say, ‘I am better able to use my powers.’ I am surer of what my life is all about, have less self-doubt to conquer.”

MSAC VAN TRIPS

Plans are slowly starting to take shape for spring and summer trips, too. Inquire at the office if you might be interested!

April: Day Trip to Simon Pierce Glass-blowing in Quechee / Historic Windsor

May: NYC multi-day with touring and Broadway show

June-July: Day trips in VT and **Move back to 58 Barre Street**

August: Montreal/Quebec Multi-day trip

Wednesday, February 15th: 10:30-4:30
Stowe Recreation Trail Walk and/or Museum/Gallery Visit

Enjoy a mostly flat and level walking-path experience, allowing easy traveling along sections of the 5.3 mile path. Many area restaurants and shops can also be accessed from the path, which features beautiful views of Stowe and area mountains. Bring appropriate footwear and gear, and your X-C skis if you're so inclined! As an alternative to traveling the path, some members may wish to visit the Vermont Ski Museum and/or arts and craft galleries in Stowe Village. Return before 5:00, in time to attend the meeting about Outdoor Enthusiast Travel in Europe (see cover story). Lunch with the group for anyone interest, but not included in the price of the trip: **\$12 for all members**

Thursday, March 15th: 8 am-9pm
Boston Flower and Garden Show
At the Seaport World Trade Center

Back by popular demand since last year: BLOOMS! features cutting edge designs by professional florists and the region's top amateur floral arrangers and horticulturists assembled in a vibrant display created by the Society and the Garden Club Federation of Massachusetts Inc. Travel by MSAC van, and spend the day at the show. Bring lunch or purchase it on your own. www.masshort.org/Blooms-and-the-Boston-Flower-&-Garden-Show for more information. **\$45 for all members**



TWO TRIPS SPONSORED BY OTHER SENIOR CENTERS

Barre Area Senior Center Trip: Friday, March 16th St. Patrick's Trip to Indian Head Resort, Lincoln, NH

St. Patrick's Day program with Russ McQueen and Mark McShelton. Commemorative Irish beer mug & buffet including chicken, fish, corned beef & cabbage, salads, soup & chowder, fresh veggies, potatoes & a variety of desserts, coffee, tea & soft drinks.

Bus departs Barre Auditorium at 7:45 a.m. and returns approximately 5:30 p.m. Cost for members (of any senior center): \$61.00. Cost for nonmembers: \$66.00

Payment must accompany reservation. Trip cancellation policy: If we have a standby list and can fill your place, your money will be refunded. If we cannot fill your place, and you are not ill, your money will not be refunded. 802.479.9512 chartshorn@barreseniors.org

Randolph Senior Center Trip: Washington D.C. during the National Cherry Blossom Festival March 29th-April 3rd: 6 day/5 night trip

The trip will also include visits to many D.C. memorials and the Smithsonian. \$479 per person, double occupancy, includes motorcoach transportation; lodging; 8 meals; 2 full-day guided tours of D.C.; Evening guided memorial and monuments tour, and much more. Visit D.C. during the centennial celebration of the gift of the cheery trees, which should make it extra special! For more information, call 728-9324. Payments due February 22nd.

PUGLIA- BASILICATA WALK in October 2012

The Puglia-Basilicata Walk (in two of Italy's most beautiful regions) has been confirmed for October 6, 2012. The "heel of the boot," Puglia offers the best of Southern Italy, from delicious cuisine and wine to its rich and unique culture. The neighboring province of Basilicata offers the dramatic cave-city of Matera as well as the surprising alpine scenery of the "Dolomiti Lucane." It is rated easy to moderate. There is space for 1 to 4 more outdoor enthusiasts to join the fun. For more information, contact mary-suelyons@gmail.com and visit <http://customwalks.com/puglia-basilicata-walk/>

**This page of printed
newsletter:**

**REGULAR CLASSES IN
FEBRUARY 2012**

**See separate link
on website**

**This page of printed
newsletter:**

**SPECIAL MSAC EVENTS IN
FEBRUARY 2012**

**See separate link
on website**

Each month the **Tobacco Prevention Educator** at Central Vermont New Directions Coalition features someone in the community who has quit smoking and has stayed quit for more than six months. An interview with this person is run in *The World* news paper. CVNDC is looking for this month's "Quitter." If you or someone you know would like to be interviewed for a

"Quitter of the Month"

article, please contact:
Amanda Colon @
223-4949.

Upcoming Events and Activities

- ♦ In March and April, still to be scheduled, MSAC will host two **Member Forums** to discuss options for increasing revenue in the coming year (FY2013 begins in July 2012). A survey is also in the works, so inquire in the office if you would like to learn more.
- ♦ MSAC will celebrate **National Volunteer Recognition Month**, April 15th-21st.
- ♦ Also this spring, the MSAC Advisory Board will be starting a **Strategic Planning Process**, led by a facilitator, to discuss our vision for MSAC's near future. There will be opportunities for MSAC members to contribute input and suggest priorities for this process as well. If you're interested, please let Janna or an Advisory Board member know.
- ♦ **Spring classes** will be announced in the next newsletter, with registration beginning early March for classes that run April-June.
- ♦ As spring approaches and summer smiles from a distance, we all happily anticipate our **return to 58 Barre Street!** We are told that the contractors are on schedule to finish the renovations in time for us to move in by the start of July, if not sooner.

Community Events

Farmer's Night 2012: Wednesdays at 7:30 pm in the House Chamber, Vermont Statehouse

- February 1: An Evening of George Gershwin,
Michael Arnowitt
- February 8: An Evening with "Justin Morrill"-
VT Historical Society
- February 15: Choral group "Wrensong" sings
A Choral Valentine
- February 22: The Barn Band, Americana & classic folk music
- February 29: Michele & Fabio Choiniere,
French-Vermont musicians

Free Telephone Legal Advice Clinic for Seniors

Wednesdays from February 1 to March 21
Between the hours of 9:00 am and 2:00 pm
Call 1-800-889-2047. Need quick legal advice? Talk to a Legal Aid attorney for ten minutes. For Seniors age 60 or older regardless of your income. Availability may be limited. Sponsored by Vermont Legal Aid

Zumba Gold® at First in Fitness in Montpelier

Fridays, 10:15-11:15 am. This form takes the Zumba® formula and modifies the moves and pacing to suit the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle. What stays the same are all the elements the Zumba Fitness-Party is known for: the zesty Latin music, like salsa, merengue, cumbia and reggaeton; the exhilarating, easy-to-follow moves; and the invigorating, party-like atmosphere. Free to Members of FIF and MSAC members who have purchased a month pass or punch-card. Non-members: Punch card for \$120 or Walk-in Fee \$16. Call 223-1348 for more info.

MSAC on TV!

"Senior Moments"

Don Rowan has launched a new program, on Onion River Community Access, that features MSAC.

**Broadcasts weekly on Channel 15:
Mondays 7:30 pm,
Tuesdays 12:30 am,
1:30 pm, Sundays at
10:30 am.**

For online viewing, go to www.orcamedia.net/ Mid-way down, find "Video on Demand," then scroll down the list of Categories to find "Senior Moments."

Three episodes have been taped so far, and the latest features Sylvia Walker's Painting Class!

Happy Birthday to MSAC Members in February

February, Joseph Keane
 February 1, Ellen Urman
 February 3, Hannie de Leeuw
 February 4, Brenda Bean
 February 5, Linda Suter
 February 6, Joseph Fernandez,
 Marie McWilliam
 February 8, Judith (Jaye) Lindner
 February 9, Frederick Fisher,
 Gail Matthews, Marvin Smith
 February 12, Patricia Balkcom,
 Dorian MacDonald
 February 14, Nancy Jordan,
 Jehrusha Keene
 February 15, Tanager

February 16, Dot Kraekemier
 February 17, Katherine Langlois,
 Tom Lever
 February 18, Frank Hickory,
 Eveline Jennings
 February 20, Beverly Chaffee
 February 22, Susan Barrett,
 Stan Fitts, Ray Kingsbury
 February 23, Hayward Wiliams
 February 26, Peggy Baird
 February 27, Karen Roos
 February 28, Irene Badeau,
 Harris Webster
 February 29, Diane Murtagh

Volunteers Needed

MSAC Needs Help with the following:

- ◆ Weekly re-stocking of the coffee room supplies, including shopping for fresh milk and cream (when you do your own grocery shopping — then get reimbursed).
- ◆ Help with soon-to-be-established quarterly “meet and greet” for new members at MSAC
- ◆ Help with “tidying up” projects around the Center
- ◆ Help on Town Meeting Day to support MSAC funding in Berlin, Calais, E. Montpelier, Middlesex and Worcester (Training Provided)

Welcome New Members!

Chris & Jim Abrams
 Jamie Cope
 Trish Damery
 Hope Ann & Ken Ferris
 James Galligan
 Sharon Galligan
 Hal Howard
 Tom Howard
 Gladys Johnson
 Joseph Keane
 Stephanie Krauss

Susan Torchia
 Georgia Landau
 John Lazenby
 John McGinnis
 William Morancy
 Paul Ohlson
 Lucille Quesnel
 Philip Roach
 Karen Saudek
 Eric Seidel

With Our Sympathy: Deceased Members

Walburga Farnham
 Rose Flint
 Barbara Lancaster
 Robert McCormack

THANK YOU, Volunteers & Donors!

- ◆ To residents of Berlin and Worcester to helped get signatures on our funding request petitions!
- ◆ To Robin Garcia who stepped in to help with Rug Hooking during Pam Finnigan's recovery!
- ◆ To all those who volunteered time and energy to helping plan and carry out the benefit dinner on 1/28/12!
- ◆ To all the people who bought tickets and donors of items for the Silent and Live Auction to benefit the Capital Campaign! (a full list of donors will appear with fundraising results in the next newsletter)
- ◆ To all the donors of food and supplies for the benefit dinner (Hilltop Restaurant, Hunger Mountain Cooperative, Manghi's Bread, New England Culinary Institute, Shaw's Supermarket, and Price Chopper

Deadline for submissions for the next newsletter is the third Wednesday of the month, for the following month's mailing. Contact office staff if you have ideas/contributions.

If you didn't receive this newsletter, it's because you need to renew your membership. \$10 for Montpelier residents, \$25 for others. \$5 gift certificate for first time members!

MSAC rooms are now available for rental by community groups. Contact the office for more information.

Montpelier Senior Activity Center Staff

802-223-2518 / 802-223-9231 (fax) / www.montpelier-vt.org/msac

New Email : msac@montpelier-vt.org

Janna Clar, Director

Johanna Nichols, Program Assistant

Susie Gomez, Office Assistant

Beverlee Pembroke Hill, Assistant City Manager

MSAC Capital Campaign, PO Box 2100, Montpelier, VT 05601-2100

Blog: msacblog.wordpress.com

MSAC Advisory Board 2011-2012

3 Years

Elizabeth Dodge

Frank Woods

Barbara Smith*

2 Years

Fran Krushenick

Tina Muncy

Brenda Snetsinger

1 Year

Mary-Alice Bisbee

Peter Harris

Jane Osgatharp

Alternate

Ann Wilson*

*this change is under

discussion by the board

The mission of the Montpelier Senior Activity Center is to enhance the quality of life for the older adults in Montpelier through opportunities that develop physical, mental, cultural, social, and economic well-being at a welcoming, flexible environment.

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