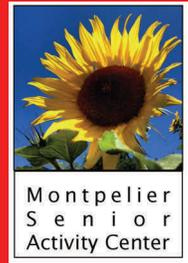


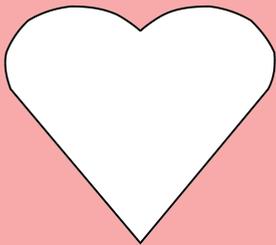
Active Times

NEWSLETTER OF THE MONTPELIER SENIOR ACTIVITY CENTER



February 2015

**A Gathering
Place for
Healthy Aging,
Lifelong
Learning &
Delicious
Meals!**



Issue Highlights:

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Town Funding: Your Support Matters

Below are several of the most frequently asked questions in advance of the March 3th Town Meeting. Please feel free to contact Janna to discuss further. We encourage you to vote in support of the public funding that helps keep MSAC thriving (and encourage your fellow voters to do the same). If you are willing to stand up and speak on our behalf or make a testimonial on March 3rd, please be in touch with Dan – we can provide fact sheets and training!

Q. What are “Supporting Towns,” why are they asked to give money to MSAC, and how much?

A. MSAC’s historic five supporting towns are: Berlin, Calais, E. Montpelier, Middlesex and Worcester. We hope to add Moretown and Northfield in FY16 because we have started serving more people from those towns and would like to offer the benefits to more. These seven towns make up approximately 20% of the total MSAC participants. The City of Montpelier has a policy that city departments (like MSAC) serving non-residents need to make efforts to bring in proportionate revenue to support those services. For FY16, we are seeking \$18,600, which if successful, will represent 11% of our public funding revenue (and 89% from Montpelier). Requests are based on a calculation using participant counts from each of these towns, and averaging \$82 per person.

Q. Don’t Montpelier taxes cover the Senior Center budget?

A. Montpelier’s tax appropriation (\$157K for FY15 and proposed at \$143K for FY16) covers less than half of our operating expenses. We have a diverse revenue stream that also includes dues and fees, investment interest, contributions, grants, events and rental income. Our fundraising goals have increased to support our growth to meet demand for services.

Continued on page 3

Love Your Senior Center Dinner

On Friday, February 13 at 6pm, we will be hosting a “Love Your Senior Center” benefit. The event will include an elegant and decadent catered dinner, silent auction, music by Five Corners String Quintet, and a cash bar by Kismet. Tickets are available for \$50 in the MSAC office, at Capitol Stationers, and at the Montpelier City Clerk’s office. Thank you for supporting MSAC. We love serving this amazing community. Come share the love with us, and with a date, a friend, or family on 2/13. **For more information, see page 8.**

ANNOUNCEMENTS

MSAC Advisory Board

Agendas and Minutes
posted on website

The board is interested in your opinion. Contact info, agendas, minutes are posted on website and outside the office. All board meetings are open to the public, and members are encouraged to attend!

Three Years

Whit Dall
Liz Dodd
Susan Torchia

Two Years

Fran Krushenick
Tina Muncy, Chair
Sue Stukey, Secretary

One Year

Sylvia Kingsbury, Vice Chair
Jane Osgatharp
Janet Ressler

Next meeting:

March 12
1:30 pm
MSAC Resource Room

Refer a Friend to MSAC and Win!

Help spread the word about MSAC and you could win! Tell your friend about MSAC, and make sure they say that you referred them when they join. On March 27, we will draw one new member's name, and BOTH the new member and the person who referred them will receive \$20 MSAC gift certificates!

Reminder: MSAC Advisory Board is Seeking New Members

This year we have six seats available on the MSAC Advisory Board beginning at the end of June. Positions are for three, two and one year terms. Please nominate someone who you think will represent your interests and the interests of others for one of these positions. These seats are open to any current member of MSAC from any town, and members of our supporting towns are especially encouraged to seek a position. Nomination slips can be found in the office and submitted by any current member. Board members have a responsibility to attend a board meeting every other month and participate in a committee each year. We need new and different points of view as we continue to increase the membership of the board, so please take part! The deadline for nominations is March 10, 2015. More info is available on the MSAC website.

Grant Received

Our tremendous thanks to the Richard E. and Deborah L. Tarrant Foundation for recently awarding us a \$10,000 grant for general operations. The Foundation recognized the valuable work we are doing to promote senior well-being.

Swimming and Water Aerobics Survey

Have you participated in the MSAC swimming or water aerobics programs at First in Fitness or do you swim elsewhere? If so, we want to hear from you! Please take a few minutes to fill out our online survey at <http://bit.ly/MSACswim> or stop in the office for a paper copy.

Parking Lot Reminders

MSAC has 22 spots all marked with MSAC Parking signs. Please don't use Tenant parking or 46 Barre Street parking! Nearby streets with parking include Barre, Stonecutter's Way, Hubbard, Monsignor Crosby, Wilder. The free Circulator bus stops out front nine times daily; inquire for schedule!

Lost and Found

We've been collecting a lot of lost items lately. Have you lost a watch or a set of Honda car keys? Or another item? Stop by and check our lost and found or inquire in the office for items of value.

Coat Room Reminders

Thank you for using boot racks, classroom hooks, and first floor coat closet! Please refrain from hanging items on the upstairs hallway railings, which are common space shared with housing and become fall hazards and wheelchair impediments when loaded up.

Save the Date: Senior Prom on May 30

We're thrilled to announce Senior Prom, which will take place on Saturday, May 30, at the National Life ballroom. Mark your calendar for what promises to be an incredibly fun event. Plans are still in the works, but imagine music, dancing, decorations, and more. This event will be open to all! Thank you to Montpelier High School for offering us their prom decorations! Stay tuned to learn more! Want to be on the prom committee? Talk to Dan in the MSAC office.

Town Funding Requests

Continued from page 1

Q. Why is MSAC requesting funding in towns that already support other senior centers?

A. We seek funding in towns that also support Twin Valley Senior Center (Calais, East Montpelier), Waterbury Senior Center (Middlesex, Moretown), and Northfield Senior Center (Northfield). The other senior centers are responsible for providing Meals on Wheels in those towns, a vital service for the most vulnerable that should be supported, and they host unique and free programs for local residents of their towns. All of the towns where we ask for funding also support Central Vermont Council on Aging, Central Vermont Home Health & Hospice, and other organizations serving seniors.

Together, we create a network that provides comprehensive health, wellness services, safety nets, and opportunities that meet a broad range of

needs for a diverse senior population. We strive to complement and collaborate with each other, rather than duplicating services or competing for people to serve. Please support ALL these organizations, whose total funding requests are far below the school budget requests in each town. We all serve year round and keep health care costs down by supporting healthy aging!

According to the National Council on Aging, older adults who participate in senior center programs can learn to manage and delay the onset of chronic disease and experience measurable improvements in their physical, social, spiritual, emotional, mental, and economic well-being.

Town	FY 16 Request	\$ per Resident	\$ per resident 50+	Percent of population aged 50+ served
Berlin	\$3,500	\$1.22	\$2.45	2.9%
Calais	\$3,200	\$2.01	\$4.71	5.9%
E. Montpelier	\$5,000	\$1.93	\$4.93	5.8%
Middlesex	\$3,400	\$1.89	\$4.69	5.8%
Moretown	\$300	\$0.19	\$0.43	0.7%
Northfield	\$800	\$0.13	\$0.46	0.8%
Worcester	\$2,400	\$2.34	\$6.25	7.6%
Supporting Towns Totals	\$18,600	\$1.05	\$2.79	3.5%

Montpelier	\$143,475	\$18.27	\$45.17	20.5%
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FEATURES

Profile of Elaine Cohen, MSAC Member

Growing up in Coney Island across from the Steeple Chase roller coaster, bright lights and excitement seemed normal to Elaine Cohen. In her younger years, she worked as an entertainer, singing at weddings and hosting a radio show.

Having lived in the Manchester, Vermont area in the 1970s, Elaine was eager to return. She said her move to Montpelier in 1995 after the death of her husband was “the best move I ever made.” In Montpelier, she began work at the State of Vermont Fish and Wildlife Department, where she would stay for more than ten years as an administrative assistant.

“The Center has become the core of my life here,” Elaine said. “When my job ended at Fish and Wildlife, I was at a loss. Then I read about the Mah Jongg group

forming, and that was my life. It saved my life.”

At MSAC, Elaine can often be found playing bridge or Mah Jongg, and regaling everyone with her fascinating life stories. She has joined the recently formed Piano Workshop. She loves to sing along, telling me that it makes it “fun to sing again.” Outside of MSAC, Elaine loves spending time with her five grandchildren, ranging from age two to eight.

“The center is wonderful for me because I live upstairs, and it will get even better as I age.” “I’m very happy here,” she said. I have a good life. I’ve made a lot of friends here [at MSAC]. I know so many people and I feel very comfortable with everyone.”

Ride the Bus Contest Winner



Congratulations to Ann Moulton, winner of a \$30 MSAC gift certificate in our contest to encourage

public transit ridership. “Many days I can leave my car at home to come into town for MSAC activities and errands,” wrote contest winner Moulton in her winning entry. Ann takes the Hospital Hill bus from her home in Berlin to downtown Montpelier. “I’m so pleased to have convenient public transportation available. The drivers are friendly and flexible about stopping near my home,” Ann wrote. To learn more about affordable public transportation options, call GMTA at 223-7287 or visit gmtaride.org.

IRS Phone Scam

The Internal Revenue Service is warning consumers of a phone scam targeting taxpayers, especially seniors, throughout the country. Victims are told they owe money to the IRS and that it must be paid promptly through prepaid debit card or wire transfer. If the victim refuses to cooperate, scammers threaten arrest and other repercussions. The IRS says that their first contact on a tax issue is likely to occur via mail, not phone. If you get a phone call from someone claiming to be the IRS, here’s what you should do: 1) If you know you owe taxes or think you might, call the IRS at 1.800.829.1040; 2) If you have no reason to think you owe any taxes, call and report the incident to the Treasury Inspector General at 1.800.366.4484.

The Top Five Things to Remember About Scams:

- 1) If an offer sounds too good to be true, it probably is.
- 2) When it comes to a “now or never” opportunity, choose “never.”
- 3) Keep account numbers, codes and passwords private.
- 4) Shred bills, junk mail and receipts when discarding them.
- 5) Don’t be afraid to report your experiences.

Trip: Indian Head Resort

Tuesday, March 17 • \$75

Please join us for a St. Patrick's Day celebration at the Indian Head Resort in Lincoln, NH. Price includes bus transportation to and from the resort, free individual photos, beer/wine reception, luncheon buffet, green beer, Indian Head mug, floor show & dance band. *Make checks out to "Barre Area Senior Center."* Reserve a spot in the MSAC office. Call us at 223-2518 or see the flier outside of the MSAC office for more information.

Architecture, Landscapes, and Portraits by Photographers Nina and Craig Line at MSAC



"Peapod, Vinalhaven, Maine 2013." © 2013 Craig Line Photogaphics.

Visit MSAC to view photographs of the Kent Museum as well as landscapes and portraits from Vermont, and across the U.S., South America, the former Soviet Union, Europe, and Nepal. **Work by the father-and-daughter photographers will be on display at MSAC from February 2, 2015 through March 31, 2015**

Calais resident Craig Line has worked as a professional photographer since 1986; 19-year-old daughter Nina is currently a student at Chelsea College of Arts in London, England.

The Trekkers

The Trekkers are a group of local Green Mountain Club (GMC) members—mostly retired—who like the outdoors, enjoy each other's company, and believe in staying active. They get together to hike, bike, paddle, ski, or snowshoe, depending on the season. Anyone is welcome to join and there is no fee. The outings take place during the week, and vary in difficulty. Outings are announced by e-mail only, usually a few days in advance. To be added to the Trekker e-mail list, contact coordinator Nancy Jordan at trekkers@gmcmontpelier.org.

Winter Safety

Be extra cautious of icy sidewalks and roads while walking or driving to MSAC. Many seniors find Yak Traks (or similar traction devices that attach to your shoes) to be helpful. Is there a particular stretch of sidewalk or neighborhood that needs attention? Call Montpelier's Public Works Department at 223-9508 to inform them. Have old ski or hiking poles to donate? We're taking up a collection that we can lend out, so please bring them in!

Welcome New Members!

Sharon Amster	Lynne Jakubauskas
Georgeanne Baker	Carol King
John Bate	Robert King
Shirley Bate	Maryann Ludlow
Lori Bowman	Geri Messina
Susan Calza	Marilyn Mode
Carol Carbo	William Pelton
James Carbo	Donna Pollard
Drucilla Carter	William Pollard
Leonard Crouse	Donia Prince
Meg Davis	Bambi Rehak
Maddalena DeVito	Stephen Ribolini
Susan Ecklund	Michelle Saffran
Amy Eilers	Gail Surrey
Dana Goss	Baron Wormser
Patricia Hambro	Janet Wormser
Andrew Harris	

UPCOMING EVENTS Open to the Public

OSHER: History of Vermont Through Music

Wednesday, February 4, 1:30-3pm

VPR host Robert Resnik and his musical partner Marty Morrissey, both long-time members of The Highland Weavers, will give an overview and history of Vermont folk music with a combination of live performances and recordings. \$5 suggested donation to OSHER.

Lunch with a Cop

Friday, February 6, 12-1 pm

Come by MSAC for a delicious lunch and an opportunity to discuss community issues and build relationships with officers from the Montpelier Police Department. Lunch is \$9 for those under 60 and no charge with a \$7 suggested donation for those 60 or older. **If you plan to come for lunch, please call 262-6288 or email justbasicsinc@gmail.com by February 4** so we can reserve you a meal. Don't have time for a full lunch? Stop by for a cup of coffee instead.

Community Art Workshop: Lanterns

Saturday, February 7, 10am-3 pm

Join Union Elementary School for FREE art workshops at MSAC with local artist Gowri Savor. Each participant will create their own hand-made lantern from willow branches and tissue paper! Limited spots - contact gowrisavor@googlemail.com to RSVP.

OSHER: Photographer Kurt Budliger

Wednesday, February 11, 1:30-3pm

"Digital Photography and the Landscape." Kurt Budliger will show his stunning photos and discuss how landscape photography in this century of digital cameras and post processing of images has changed since Ansel Adams. \$5 suggested donation to OSHER.

Armchair Travel Series

Wednesday, February 11, 6:30-8 pm
Wednesday, February 25, 6:30-8 pm

Come join us every other Wednesday for photos and discussion about places you may not have visited yet.

February 11: Botswana with John Snell:

"Botswana, a gift of life:" Botswana is more than just the setting for the "No. 1 Ladies' Detective Agency" series. In three weeks of traveling during the "green" (rainy) season, John saw 175 new species of birds and many species of large animals and met some truly wonderful people.

February 25: Antarctic Peninsula with Bill Doelger and Linda Normandeau

Bill Doelger and Linda Normandeau cruised to the Antarctic Peninsula via the Falkland Islands and returned along the Patagonia coast of Chile, witnessing raw natural beauty along the way.

OSHER: Disappearing Alphabets & the Future of the Written Word

Wednesday, February 18, 1:30-3pm

Author, writer, guitarist and woodcarver Tim Brookes will share his thought-provoking perspective on the question of "What does the age of Digital Convergence, Twitter and eBooks mean to the future of the written word?" Sponsored by the VT Humanities Council through its Speakers Bureau.

Calligraphy Workshop

Saturday, February 21, 10-11:30 am

To celebrate the Chinese New Year, Instructor Ellie Hayes will show you some basic strokes and a few simple characters. Questions? Call Ellie at 479-4248. Maximum of 10 registrants. \$5 fee for materials (brushes, ink, and paper provided). **Register in MSAC office by Tuesday, February 17.**



RECURRING SERVICES

Technology Assistance

Friday, February 6, 10:45–11:45 am
 Friday, February 20, 10:45–11:45am
 Recurs bi-weekly—confirm with office

A student from Main Street Middle School will be available in the computer lab to provide technology assistance. Call MSAC office to confirm times.

Foot Clinic

Monday, February 9, 1-4 pm
 Monday, February 23, 9 am—1 pm
 Recurs often; check future newsletters

Nurses from Central VT Home Health & Hospice clip toe nails, clean nail beds, file nails & lotion feet. \$15 for 15-minute appointment—call 223-2518.

Memory Café

Saturday, February 14, 10-11:30 am

The next Montpelier Memory Cafe will feature a Valentine theme, with special guest, Vermont poet Geof Hewitt, past winner of the Vermont Poetry Slam competition and author of “The Perfect Heart: Selected and New Poems.” Participants are encouraged to bring their favorite love poem to share. Pictures of themselves with sweethearts, loved ones, best friends, grandchildren or others will be used to prompt “Loving Memories”, and songs of love will be featured as well. Montpelier Memory Café is a social gathering where people experiencing memory loss and their care partners come together to connect and support one another in a relaxed, non-judgmental atmosphere. For more information contact Liz Dodd at 229-9630. All are also welcome at the Steering Committee meeting at 6:00 PM on 2/2.

Massage Clinic

Will not meet in February

Call Erika at 249-4115 for a March appointment.

CVCOA Chats

Friday, February 20, 9 am-12 pm
 Recurs third Friday of most months

Questions about health insurance/senior services? Sarah Willhoit, Information and Assistance Specialist with Central Vermont Council on Aging, is available by appointment. Call 479-4400 to set up a time.

Home Share Now

Date TBA—inquire for info

A representative from Home Share Now will be at an information table to discuss the program and answer questions. Call Home Share at 479-8549 for info.

AARP Tax Assistance

By appointment

AARP Tax-Aide volunteers will be at MSAC on Tuesdays (9-4), Thursdays (9-2), and Fridays (12-4) in February and March to assist



with the preparation of your 2014 federal and Vermont individual income tax returns. Call the MSAC office at 223-2518 to schedule an appointment and learn what to bring with you. See more important information from Georgia Valentine and the AARP tax preparers online at <http://bit.ly/msactax> or in the MSAC office.

Advance Directives Help

By appointment

Have you created an Advance Directive, specifying what to do in case you can't make your wishes known at the end of life? MSAC member Mary Alice Bisbee of the Funeral Consumers Alliance of VT can assist for free. Call 223-8140 for an appointment.

Love Your Senior Center Dinner: Silent Auction Information

Silent auction bidding starts in the MSAC lobby on February 2 and will conclude at our dinner.

We have more than 27 great items to bid on, with more to come after print deadline! Thank you to all the businesses who have generously donated. All auction proceeds support MSAC! Here are some highlights:

- Gift basket of Seventh Generation products
- Two gift baskets full of Cabot Creamery products
- \$25 Kohl's gift card donated by University Mall
- Fall foliage gondola sky rides at Stowe
- One-hour massage, foot reflexology session, and craniosacral therapy session from Massage Vermont
- Two tickets to see Shades of Sound at the Boston Ballet
- \$25 gift certificate to Sarducci's
- A pass to cut the line and be the FIRST to register for MSAC classes—regardless of what town you live in
- Artwork by Frank Woods
- Artwork by Joyce Kahn
- Artwork by Barbara Smith
- Hand-knit pet bed by Sally DeCicco
- Quilted placemats by Janet Ressler
- \$30 gift certificate and frame from The Drawing Board
- Two life-coaching sessions from Jo Romano
- A Daniel Nava autographed baseball from the Red Sox
- One-hour massage from Erika Peterson
- \$25 gift certificate to Capital Dry Cleaners
- Tax preparation services from Fothergill Segale and Valley
- \$100 gift certificate to King Arthur Flour
- Professional organizing services from Emily Pelow-Corbett
- \$50 gift certificate to Guy's Farm and Yard
- Two tickets and popcorn from The Savoy Theater
- Overnight stay with spa treatments at Stoweflake Mountain Resort and Spa

LOVE YOUR SENIOR CENTER DINNER

Elegant Dinner • Silent Auction • Cash Bar by
Kismet • Live Music by Five Corners String Quintet

2/13/15 at 6pm | \$50 per ticket | 223-2518 | 58 Barre Street

Purchase tickets at Capitol Stationers, City Clerk, or MSAC | proceeds benefit MSAC

Sponsored by



Ongoing Groups

Do you know about all the great free groups that meet on a regular basis at MSAC? Drop-in — they are always looking for new participants!

Swingin' Over Sixty Band

Tuesdays, 10:30am-12pm

Come play or dance.

Men's Group

Every other Wed., 10-11:30am

Group of men who look to become more involved and socialize.

Knitting4Peace Group

Thursdays, 10-11am and 6-7:30pm

Group meets to knit items for those in need. Come to either session.

Walks with Harris

Thursdays, 12:45-1:45pm

Healthy exercise and conversation as we walk around Montpelier.

Piano Workshop

Thursdays, 4-5:30pm

Fun opportunity to play. Singers and listeners welcome.

Ukulele Group

Thursdays, 6-8pm

A great multigenerational group gathers to play ukulele together.

Growing Older Group

Fridays, 10:30-11:30am

Group to share experiences, thoughts and fears about aging.

Reminisce Group

Every other Fri., 12:45-2

Group meets to socialize and share stories about days gone by.



FEAST MEALS

RESERVATIONS: 262-6288 OR
JUSTBASICSINC@GMAIL.COM

FEAST Menu

Menus are subject to change. All meals include milk option and fresh fruit and incorporate seasonal produce.

Tuesday 2/3: Turkey pot pie, spinach salad, butterscotch pudding

Friday 2/6: Roast pork with mustard crust, macaroni and cheese, asparagus, apple sauce

Tuesday 2/10: Chicken kabobs with peanut sauce, white rice, spicy cabbage salad, snow peas

Friday, 2/13: Spanakopita (spinach and feta pie), beets and roast squash, black bean salad

Tuesday, 2/17: Salmon filet, spinach and asparagus, wild rice pilaf, new potatoes

Friday, 2/20: Roast turkey, stuffing, green beans, cranberry sauce, spinach

Tuesday, 2/24: Slow cooked pork with rosemary, baked potatoes, red cabbage, green beans

Friday, 2/27: Shepherd's pie, spinach and shallots

FEAST Together or FEAST To Go

Tuesdays and Fridays, 12pm-1pm

Seniors 60+: No charge with suggested donation of \$7

Guests and others under 60: \$9

All proceeds benefit the FEAST senior meal program.

Live music every Tuesday with the Swingin' Over Sixties band from 10:30am - 12:00pm

Make recommended reservations (at least a day in advance) or inquire about FEAST at Home, by calling 262-6288 or emailing justbasicsinc@gmail.com.

VTFoodTV: "TV So Good You Can Taste It"

We are pleased to announce the launch of the VT Food TV Program! A project of Good Taste Catering, led by Chef Justin Turcotte, the VT Food TV Program will capture on camera the important work — successes and challenges — that occurs as a dedicated team of staff and volunteers work together to produce healthy, delicious food.

The project will help build connections between the people making food, the recipients, and the food itself; create educational opportunities for home cooks and other community/senior meal sites; and inspire participants and volunteers.

Thank you to Good Taste Catering for inspiring, coordinating, and financing this project!

Just Basics, Inc. Seeks Executive Director

Just Basics Inc. (JBI) is a Montpelier based 501c3 non-profit that manages both the Montpelier Food Pantry (MFP) and FEAST, the senior citizen/ persons with disabilities home delivered and congregate meal program, operating out of the Montpelier Senior Activity Center (MSAC). JBI is committed to providing the most nutritious, (fresh and local when possible) food to our most vulnerable friends and neighbors. JBI seeks a motivated individual capable of working independently with a commitment to food justice. This is a part-time position with responsibilities including, but not limited to, oversight of the MFP and its volunteers, supervision of FEAST staff and volunteers and interacting with the FEAST executive chef and the MSAC Exec. Dir. Other responsibilities include executing board directives, budget development and fundraising, including grant writing. To receive more information, interested applicants may email a resume, writing sample and reference list with contact information to: justbasicsinc@gmail.com.

ONGOING ACTIVITIES CALENDAR

SPACE	SAT./SUN.	MONDAY	TUESDAY
RESOURCE ROOM		1-4 Foot Care (2/9) 9-1 Foot Care (2/23) 6-8 Memory Café Steering Committee (2/2)	9-4 Tax Clinic
COMMUNITY ROOM	Sat. 10-11:30 Memory Café (2/14)	12:30-3 Mah Jongg* 1-3 Bridge* 2-4 Cribbage *	10:30-noon Band & Dancing Noon-1 Feast Meals 1-3 Scrabble*
ART AREA		10-noon Painting 1-2:30 Clay	1-2:30 Bridge Class
STUDIO		10:30-11:15 Dance to Fitness 1:00-2:15 Moderate Yoga 3:30-4:30 Very Gentle Yoga 5-6:30 Vigorous Yoga	9-10:30: Gentle Yoga 11-noon Chair Yoga 1-2 Meditating for Happiness 4:45-5:45 Tai Chi to Improve Balance
ACTIVITY ROOM		9-10 Living Strong 10:15-11:15 Living Strong 12:45-2 French 2:30-3:30 Living Strong Group* 5-6 Living Strong	8:30-9:40 Living Strong 10-noon Poetry 1:15-2:30 Italian II 2:45-4:45 Poetry 5-6 Living Strong 6:30-9 Film Class at MSAC
OFFSITE		5-6 Swimming#	10-11 Swimming# 10-11 Water Aerobics#

WEDNESDAY	THURSDAY	FRIDAY
	9-2 Tax Clinic 6-7:30 Knitting4 Peace Group*	9-noon CVCOA (2/20) 10:30-11:30 Growing Older Group w/ Andy Potok* 12-4 Tax Clinic
1:30-3 OSHER (2/4, 2/11, 2/18)	9-11:30 am Bridge* 12:45-3 Bridge* 4-5:30 Piano Workshop* 6-8 Ukulele Group*	Noon-1 pm FEAST Meals 12:45-2:15 Reminisce Group (2/6, 2/20)
9:30-11:30 Rug Hooking 4:30-6 Advanced Drawing	10-11 Knitting4Peace Group*	10-3 Mah Jongg*
9-10:30 Yoga Gentle 11:45-1:15 BodyBreathBalance in Motion 1:30-3: Tai Chi Long Form 5-6:30: Moderate/Vigorous Yoga	9-10:30 Yoga for Balance 11-11:45 Dance to Fitness 3:30-4:30 Moderate Yoga 5-6:30 Moderate Yoga	10-11:30 Vigorous Yoga 5-5:45 Tai Chi Extra Practice*
1:30-3:30 Writing	8:30-9:40 Living Strong 5-6 Living Strong	9-10 Living Strong 10:15-11:15 Living Strong 2-3 Living strong Group* 5-6 Living Strong
	10-11 Swimming # 10-12:30 Film Series at Savoy 11:30-12:30 Computer Class at MSMS (2/5, 2/19) 12:45-1:45 Walks with Harris*	1-2 Tennis 5-6 Swimming #

#Swimming & Water Aerobics are activities at First in Fitness in Berlin that run for 13 weeks.
 *Does not require registration. Donations appreciated. Walks with Harris meets at MSAC.

Montpelier Senior Activity Center
58 Barre Street
Montpelier, VT 05602

RETURN SERVICE REQUESTED

PRSR STD
US POSTAGE PAID
MONTPELIER, VT
PERMIT NO 113

We are closed on Presidents' Day (Mon 2/16).

On days we are closed, all classes, activities, and meals are cancelled unless you are specifically notified by your instructor.

If Montpelier Public Schools are closed due to weather, then MSAC will be closed and all activities will be cancelled.

Dear Newsletter Subscribers:

Save MSAC \$1 per month (and save paper!) by switching to our electronic newsletter. You'll get the newsletter in full color, earlier than the USPS edition. To switch, call 223-2518 or email Imarkus@montpelier-vt.org.

Submissions for March Newsletter due February 13.

Sustaining MSAC's Future

Please consider MSAC when making your estate plans and keep us vibrant for years to come. To learn more, contact Dan Groberg at 262-6284 or dgroberg@montpelier-vt.org.

Montpelier Senior Activity Center

223-2518 • 262-6285 (fax) • www.montpelier-vt.org/msac • msac@montpelier-vt.org

Front Office is Open: Mon-Fri 9-4, closed 12-12:30

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



Montpelier
Senior
Activity Center

Janna Clar, Director

Dan Groberg, Program and Development Coordinator

Lise Markus, Administrative Assistant



MSAC: a service of
your Capital City

FEAST Reservations Number: 262-6288

Theresa Murray-Clasen, Just Basics, Inc. Executive Director

Jessica Sanderson, Just Basics, FEAST Program Manager

Justin Turcotte, Chef for FEAST