

Active Times

NEWSLETTER OF THE MONTPELIER SENIOR ACTIVITY CENTER



January 2015

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



Love Your Senior Center Dinner on 2/13

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, live and classy entertainment to be announced, and a cash bar. Tickets are available for \$50 in the office.

In addition to purchasing tickets, here's how you can help make this event a success:

1) We are collecting quotes about why *you* love your senior center. Fill out a slip in the lobby, or

email a quote to dgroberg@montpelier-vt.org.

- 2) We need volunteers to help sell tickets, decorate, set up, clean up, etc. Please stop in the office to let us know you can help.
- 3) Have a camp or time share? Make crafts? Special talent? Consider donating an item to our silent auction. Speak to Dan in the MSAC office about a donation.

Thank you for supporting MSAC. We love serving this amazing community of seniors! Come share the love with us, a date, a friend, or family on 2/13.

MSAC Advisory Board is Growing, Seeking New Members

This year we have six seats available on the MSAC Advisory Board beginning at the end of June. A change in bylaws voted by members in June 2014 has contributed to the number of available positions. 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 the Center from any town, and members of our supporting towns are

especially encouraged to seek a position. Nomination forms 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.

Issue Highlights:

Announcements	1-2
FEAST Menus	3
Upcoming Events	4
Recurring Services	5
Ongoing Events Calendar	6-7

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:

January 8
1:30 pm
MSAC Resource Room

Lifeline Telephone Service Credit

The Lifeline Telephone Service Credit provides eligible Vermonters with a discount of at least \$9.25 on their monthly phone bills. You may be eligible if you are on Medicaid or meet other criteria. To learn more or apply for/renew benefits for 2015 and other benefits like food assistance you may qualify for, call the Senior Helpline at 800-642-5119.

Appeal Update

Thank you to more than 115 generous donors for giving \$6,190 toward our \$7,500 goal as of 12/17. Please consider a donation to help us reach our goal in the next few weeks.

At-Risk Classes

The following classes are at risk of being cancelled due to low enrollment. Consider signing up for:

Rug Hooking; Singing; Tea at North Branch Café; The Quintet Jazz History; Write a Poem PM; Very Gentle Yoga; Chair Yoga on Tuesday or Thursday; Tennis; Living Strong Tu/Fr.

Town Meetings

We're looking for members from Berlin, Calais, E. Montpelier, Middlesex, Worcester, Northfield, Moretown, and Plainfield to speak in support of MSAC at Town Meeting Day. If you can help, please speak to Dan in the MSAC office.

Evening Closing Policy/Building After Hours

MSAC's normal hours are 9 am – 4 pm, Monday through Friday, except City Holidays and other pre-announced closures. The above hours are when members are welcome to be in the building and can expect to find it unlocked. The above hours are also when the public can expect to find the MSAC office staffed, with the exception of some lunch breaks. Outside normal hours, the only people who should be in the building are those here for organized classes, activities, or events, and kitchen staff. No computer use after 4 pm.

Volunteer Log

Please remember to log your volunteer hours in the lobby. There are now two options: paper or the new touchscreen. Ask for help if you'd like to learn how to use the new system – it's easy and fun!

Member Acknowledgments

Welcome New Members:

Elliot Burg
August Burns
David Gorges
Elizabeth Hardy
Donna Hopkins
John Hopkins
Ilene Levitt

Janet Miller
Jean Peterson
Marie Tardie

With Our Sympathy:

George Matkowski
Charles A. Perry



FEAST Menu

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

Tuesday 1/6: Salmon filet with hollandaise sauce, new potatoes, zucchini

Friday 1/9: Roast pork with mustard crust, macaroni and cheese, lemon Brussels sprouts

Tuesday 1/13: Chicken kabobs with peanut sauce, white rice, savory lentils, spinach

Friday, 1/16: Braised chicken and Hungarian mushroom stew, egg noodles, winter squash

Tuesday, 1/20: Roast turkey, stuffing, cranberry sauce, green beans

Friday, 1/23: Spaghetti with meat sauce, whole wheat garlic bread, tossed salad and mixed vegetables

Tuesday, 1/27: Slow cooked pork with rosemary, baked potatoes, red cabbage and kale

Friday, 1/30: Shepherd's pie, squash and broccoli

FEAST Together, Tuesdays and Fridays, 12-1pm

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

Guests and others under 60: \$9

FEAST To Go, Tuesdays and Fridays, 12pm-1pm

Open to everyone: \$9

All proceeds benefit the FEAST senior meal program.

Tuesdays, come at 10:30 to dance/play with the band and stay after lunch for special programs!

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

Announcing Vermont Food TV Program

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.

You may have noticed some new signage and audio-visual equipment in the kitchen area. This equipment has been installed to produce an archive of what goes on in the FEAST kitchen that can be edited for documentary and marketing use, staff training, and online distribution. An online platform will be created to share the content created.

Volunteers will see themselves on TV if they wish. There will be an orientation process for volunteers to ensure they understand the project and provide them with the choice to participate.

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

FEAST Seeking Kitchen Laundry Volunteer

MSAC and FEAST Kitchen seek volunteer(s) to do weekly laundering of kitchen towels, aprons, etc., off-site. Please contact Chef Justin at 262-6288.

UPCOMING EVENTS **Free & Open to the Public**

Men's Group Forming Wednesday, January 7, 10-11 am

A men's group is forming at MSAC. Almost any topic may be discussed and if feasible acted upon. But the emphasis will be on what activities and field trips would interest men in playing a more active role in MSAC. Light breakfast refreshments will be served. Don't take a "back seat." Stake a claim, make your wishes known!

Armchair Travel Series Wednesday, January 14, 6:30-8 pm Wednesday, January 28, 6:30-8 pm

Snowed in? Wish you were somewhere warm or at least exciting? Come join us every other Wednesday for photos and discussion about places you may not have visited yet.

January 14: Costa Rica with Sally DeCicco: the land of "pura vida." Sally volunteered with Cross Cultural Solutions last winter in Cartago, CR. See slides of her work and travels in this tropical country.

January 28: Grand Canyon and Sedona with Whit Dall, Tina Muncy and most of those who went on the MSAC trip! We would love to share the beauty we witnessed together with you.

Upcoming:

February 11: Botswana with John Snell

February 25: Antarctic Peninsula with Bill Doelger

March 11: Camino de Santiago de Compostela with Whit and Barbara Dall

Vermontivate! Tuesday, January 27, 1 pm-2:30 pm

Vermontivate! is a nationally recognized community sustainability game designed to bring a sense of hope, fun, collaboration, and infinite possibility to the

hard work of addressing the climate crisis. This year, Vermontivate wants to challenge senior centers statewide to play, starting with MSAC! Vermontivate! takes players through six weeks of curated challenges on topics ranging from food, energy, and transportation, to community organizing, waste reduction, and growing green economies.

People take individual actions, join teams, set and achieve real, tangible, measurable goals, and learn that they're capable of making a bigger difference in the world than they ever imagined.

Join Vermontivate! Executive Director Kathy Blume to learn more about how to gear up for the 2015 game!

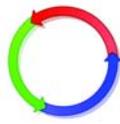
Don't Take Your Last Wishes to the Grave! Friday, January 30, 1 pm-2:30 pm

Are you getting ready for tax time? Putting your house in order? If so, what a great opportunity to also make sure that you and your loved ones are also planning your final "ultimate vacation!"

Do you know your spouse's/parent's/partner's mother's maiden name? Their computer passwords, birthdates, etc...? Just what do you need to know to plan a "final exit," write an obituary, and not spend a fortune doing so? Find your own answers to these important questions and ask more of your own by coming to a Final Planning Workshop sponsored by the Funeral Consumers Alliance of Vermont (www.vermontfca.org).

A handy workbook, "Before I Go, You Should Know," will be available for purchase along with several free handouts. Call Mary Alice Bisbee at 223-8140 or email mbisbee@myfairpoint.net for more info.

More trips coming this spring! Travel vicariously through our *Armchair Travel Series* this winter.



Memory Café

Saturday, January 10, 10-11:30 am

The Montpelier Memory Cafe celebrates its one-year anniversary. Musical guests Eric Friedman and Gretchen Doilon will entertain us again, just as they did on our very first Cafe a year ago! 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. Participants enjoy social time, refreshments, entertainment & other fun activities. All are also welcome to join the Steering Committee meeting at 6:00 PM on Monday, January 5 at MSAC.

Technology Assistance

Friday, January 9, 10:45—11:45 am

Friday, January 23, 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, January 12, 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 to make appointment and find out what to bring.

CVCOA Chats

Friday, January 16, 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.

Massage Clinic

Wednesday, January 21, 10 am-4 pm

Recurs third Wednesday of most months

Erika Peterson offers Integrative massage, individualized for the client's needs. 15 min. chair massages by donation; 50 min. table massages on sliding scale starting at \$25. 249-4115 for an appointment.

Home Share Now

Friday, January 30, 10:30 am-12 pm

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 some 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. See also the event on January 30 (p. 4).

ONGOING ACTIVITIES CALENDAR

SPACE	SAT./SUN.	MONDAY	TUESDAY
RESOURCE ROOM		9-1 Foot Care (1/12) 6-8 Memory Café Steering Committee (1/5)	
COMMUNITY ROOM	Sat. 10-11:30 Memory Café (1/10)	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 (starts 1/13)
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 (starts 1/13) 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 # 7-8:30 The Quintet at Union Elementary^	10-11 Swimming# 10-11 Water Aerobics#

WEDNESDAY	THURSDAY	FRIDAY
10am-4pm Massage Clinic (1/21)	10-11 Knitting4Peace Group 3-4 Singing^ 6-7:30 Knitting4 Peace Group	9-noon CVCOA (1/16) 10:30-11:30 Growing Older Group w/ Andy Potok
	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 (1/9, 1/23)
9:30-11:30 Rug Hooking^ 4:30-6 Advanced Drawing		10-3 Mah Jongg*
9-10:30 Yoga Gentle 11:45-1:15 BodyBreathBalance in Motion 1:30-3: Tai Chi Long Form (starts 1/14) 5-6:30: Moderate/Vigorous Yoga	9-10:30 Yoga for Balance 11-11:45 Dance to Fitness 1-2 Chair Yoga^ 3:30-4:30 Moderate Yoga 5-6:30 Moderate Yoga	10-11:30 Vigorous Yoga 4-4:45 Tai Chi Extra Practice 5-6 Indian Dance
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 (1/8, 1/22) 12:45-1:45 Walks with Harris*	1-2 Tennis^ 5-6 Swimming #

^Class at risk of cancellation as of 12/18 publication date.
 #Swimming & Water Aerobics are activities at First in Fitness in Berlin that run for 13 weeks.
 *Bridge, Cribbage, Mah Jongg, Scrabble, Ukulele, Piano Time, Living Strong, Walks with Harris, and Reminisce group do 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 MLK Day (Monday, Jan. 19).

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 February Newsletter due January 16!

Happy New Year!

Thank you for a wonderful year—we can't wait to stay happy, healthy, and wise with you in 2015.

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.



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