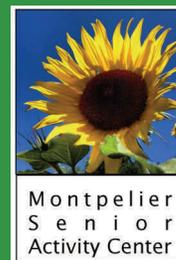


Don't Forget to Renew Your Membership for 2015-2016!



Active Times

NEWSLETTER OF THE MONTPELIER SENIOR ACTIVITY CENTER

July 2015

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

Thank You to The Many Volunteers Who Support MSAC Staff

As we begin a new membership and fiscal year on July 1st, we recognize some of the special people who have consistently volunteered their time so generously at MSAC this past year, supporting our small staff in very direct ways to do the work we do. Please join us in thanking your fellow members! We will once again host a volunteer appreciation luncheon in December, recognize and invite all volunteers from all categories!

Members July 2014-June 2015: Whit Dall, Liz Dodd, Sylvia Kingsbury (Vice Chair), Fran Krushenick, Tina Muncy (Chair), Jane Osgatharp, Janet Ressler, Sue Stukey (Secretary), and Susan Torchia. Special thanks to outgoing members: Sylvia, Tina and Jane.

Welcome to new Advisory Board members: Bob Barrett, David Carris, Bill Doelger, Ron Merkin, and Jessica Sanderson, and welcome back, Janet Ressler!

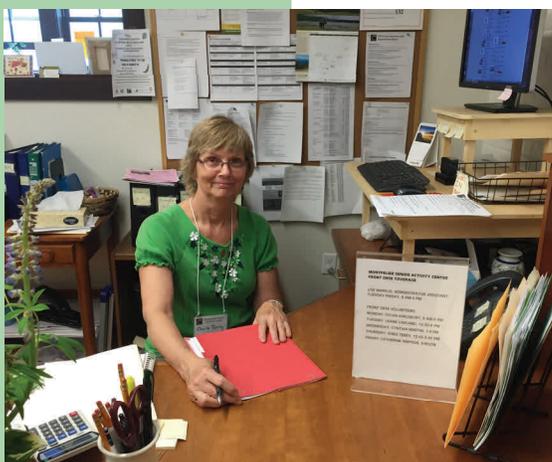
MSAC Program Committee
MSAC Program Committee members participate in quarterly meetings, review proposals and make recommendations about classes, presentations and other programming: Liz Dodd, Sylvia Kingsbury, Fran Krushenick, Catherine Simpson, and Christine Terry.

MSAC Fundraising Committee
MSAC Fundraising Committee members meet quarterly, and assist staff with annual planning, special events, grant research and writing, and donor stewardship: Elizabeth Dodge, Jane Osgatharp, Janet Ressler, and Sue Stukey.

MSAC Finance Committee
MSAC Finance Committee members meet bimonthly, review financial documents, and advise the Director and Advisory Board in financial matters including budgeting, program expenses and fees, policy and more: Janet Clark, Whit Dall, Scott Hess, and Tina Muncy.

MSAC Office Volunteers
MSAC Office Volunteers do weekly shifts at the front desk greeting the public, processing registrations and member forms, and assisting with a wide variety of data entry and other administrative tasks: Leane Garland, Sylvia Kingsbury, Cynthia Martin, Catherine Simpson, and Christine Terry.

MSAC Advisory Board
MSAC Advisory Board members participate in regular meetings, provide valuable feedback to staff about what they are hearing from other members, make recommendations that affect what happens at MSAC, and stay informed about many things behind the scenes in order to be a resource to members at large.



Office volunteer Chris Terry

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ANNOUNCEMENTS

MSAC Advisory Council

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!

Bob Barrett

Davis Carris

Whit Dall

Liz Dodd

Bill Doelger

Fran Krushenick

Ron Merkin

Jane Osgatharp

Janet Ressler

Jessica Sanderson

Sue Stukey

Susan Torchia

Next meeting:

Date TBD at
June 23rd Meeting

Member Renewal

It's time to renew your membership for our 2015-2016 membership year, which begins on July 1. You should have recently received a renewal letter in the mail. Simply review the enclosed form, make any necessary changes, and mail it back to us or bring it in. Didn't receive a letter? No worries—just stop in the office and we're happy to process your renewal. Membership dues remain \$15 for Montpelier residents, \$30 for residents of supporting towns (Berlin, Calais, E. Montpelier, Middlesex, Moretown, Worcester), and \$50 for residents of other towns.

Join us in the July 3rd Parade!

March with us in the Independence Day Parade on Friday, July 3! We will have our van available for riders and also welcome walkers, dancers, and others who wish to move on down the parade route with fellow members in this annual tradition! New MSAC T-shirts will be available! Van will leave MSAC at 4:45. Sign up in the office to join in.

Summer Class Update

It's not too late to sign up for classes this summer at MSAC. Summer classes begin the week of July 6. Come in before June 26 to register without a late fee. Looking for an open yoga class? Consider Gentle Viniyoga, Very Gentle Yoga, Chair Yoga, or Moderate Yoga with Lori Flower on Monday or Thursday. Stretch your brain with a foreign language class—Beginner Chinese and In-

termediate French still have openings. The new ballroom dance class still has spaces—singles and couples welcome. Or perhaps you'd like to express your creativity in the Handbuilding in Clay class? Stop by the office to learn about open classes!

New Partnership Formed to Provide Free Summer Lunches for Area Children at MSAC

Just Basics Inc, in conjunction with Community Connections and MSAC will run a Summer Meals Program for children 18 and under at the Montpelier Senior Activity Center, at 58 Barre Street, Montpelier. Lunches will be served Monday-Friday from 12-1pm beginning July 6 and continuing through August 14, 2015. Any child in Montpelier or surrounding towns may enjoy a free lunch this summer and participate in nutrition and gardening activities run by local high school students and seniors. **Seniors are encouraged to contact Kristen at kristenatjustbasicsinc@gmail.com if they would like to help plan and carry out these activities during lunch time.**

Grants from National Life Group and the Montpelier Rotary Club will support the program. Area youth will be hired to prepare and serve the meals as well as offer nutrition education programming at the Food Pantry and at the Summer Meals Program. Grant funds will also insure that the meals are nutritious and include fresh, locally grown fruits and vegetables.

Ciao, Irene Mitchell

Irene Mitchell completed her final quarter of teaching Italian at MSAC in June after many years of dedicated, professional instruction. Members and staff will miss Irene, and we wish her well in her next endeavors. Grazie mille, professoressa!

“Do Good Fest” on July 18

On Saturday July 18th, from 3-9pm, MSAC will have an information table and activity demonstrations at National Life's second annual “DO GOOD FEST.” The event features a nonprofit village, food and free entertainment. The public is invited to attend for free, and we are also seeking volunteers willing to sit at our information table and participate in short blocks of activities such as yoga, living strong, or card games, that will demonstrate to the public all that MSAC has to offer seniors! Contact Dan in the office to sign up.

Congratulations, Dan!

Dan Groberg is now the Director of Programs and Development at MSAC. Dan's new title better reflects the crucial role he plays in planning and implementing our diverse programs and fundraising efforts, along with his responsibilities related to communications, public and partner relations and more. We congratulate Dan for his success and thank him for his work serving local seniors and the MSAC mission!

Pete's Greens CSA

Did you know that you can pick up a share of fresh local vegetables each week right here at MSAC? Here's the scoop from Pete's Greens farm, which delivers to MSAC on Thursdays: "Good Eats CSA is our weekly food delivery program. Each week we deliver fresh vegetables from the farm, plus locally grown and produced staples, value-added products and meats to our members." Learn more and sign up for the summer shares at www.petesgreens.com/good-eats-other/good-eats-csa. Pete's Greens has been very supportive of MSAC and the FEAST program. Thank you!

Volunteer Thank You

(Continued from page 1)

Volunteer Instructors

Special thanks to Instructors who volunteered their time July 2014-June 2015 rather than receive pay for leading classes: Joan Barrett, Rhoda Chickering, David Carris, Monika Gadre, Ernest Gibson, Joanne Greenberg, Bob Riggen, David Kahn, Dona Koenemman, Ed Koenemman, Barbara Ladabouche, Tina Muncy, and Alice Smith.

Newsletter Mailing Volunteers

Newsletter volunteers help to get newsletters ready for mailing, ensuring that your newsletter gets to you each month: Barbara Arley, Lena Canas, Sue Day, Helen Eldred, Susie Gomez, Ginnie Jones, Mariah Lane, Cindy McCloud, Lori Miller, Irene Nettler, Genevieve Olson, Rachael Skinder, Marguerite Smyrski, and Sandra Stone.

Registration Volunteers

Registration volunteers play an essential role in ensuring that registration for classes goes smoothly: Barb Dall, Helen Eldred, Fran Krushenick, Margaret Harmon, Dona Koenemann, Mariah Lane, Elaine La Rosa, Donna Leighty, Jill McDonald, Ron Merkin, Nancy Munno, Jane Osgatharp, Rebecca Sheppard, Barb Smith, Sue Stukey, Art Stukey, Barb Thompson, Susan Torchia, Ruth Wallace-Brodeur, Frank Woods

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UPCOMING TRIPS

Burton Island State Park

Monday, July 6, 8:50am-3:45pm · \$28
Burton Island is a 253-acre park off the southwestern tip of St. Albans Point in Lake Champlain's 'Inland Sea'. The park is accessible only by passenger ferry on a 10-minute trip. We will leave the Dept. of Labor parking lot at 8:50AM, arriving at the Island at about 10:45AM. There will be an hour walk before lunch for those who might be interested or you may swim, fish, or lie on the beach. There is a small store where you might purchase salads and sandwiches, or feel free to bring your lunch. We will return to Montpelier by about 3:45PM. This trip will only take place in good weather, so make sure we have your phone number in case it needs to be canceled at the last moment. Register by 6/29.

Perennial Pleasures

Wednesday, July 15, 11am-4pm · \$32



Includes transportation on the MSAC van, petite tea (includes 1 sandwich, 1 scone, 1 pot of tea, and 1 slice of cake) at Perennial Pleasures, plus time to explore the gardens. Perennial Pleasures is a plant nursery & tea garden café in East Hardwick. Departs Dept. of Labor at 11am. Register by 7/1.

A Day in Montreal

Wednesday, July 22, 8am-7pm · \$42
We will start the day with a tour of the Sir George-Étienne-Cartier National Historic Site. This historic site presents the life and work of Sir George-Étienne Cartier (1814-1873), one of the main Fathers of Confederation. The Sir George-Étienne Cartier National Historic Site takes you into the intimacy of a lavish bourgeois home, with the only Victorian-style interior open to the public in Montréal. Then we will head off to the Montreal Museum of Fine Arts which is now composed of five exhibition spaces, each with its own architectural character and vocation. Trip leaves from Dept. of Labor at 8am and returns at 7pm. Register by 7/1.

Northern Star Cruises on Lake Memphremagog

Thursday, July 30, 9am-3:30pm · \$52
Includes transportation by motor coach, signature sandwich buffet lunch, and a scenic cruise around Lake Memphremagog aboard the Northern Star. Trip departs Barre Auditorium at 9am. Make checks out to "Barre Area Senior Center." Register by 7/16.

Zack Woods Herb Farm

Wednesday, August 12, 8am-2pm · \$29
Ride the MSAC van to this certified-organic medicinal herb farm in rural Hyde Park, VT. Owner-farmers Melanie and Jeff Carpenter (brother of Janna Clar) will lead you on a walking tour of their ten acre farm, introducing the dozens of plants they grow, and will give you an overview of such topics as the benefits of herbs for supporting health while aging and the challenges of operating a small farm. In addition to full-time farming and marketing their fresh and dried product, Jeff and Melanie recently published a book about their work, helped establish an herb-growers cooperative, consult with other farmers, and organize regional and international herb conferences. Materials are included and lessons will be provided to make your own lip balm and a delicious bag of tea to bring home or give as a gift. Bring your own lunch for a picnic before returning to Montpelier. Register by 8/5.

VT Country Store and "Guys and Dolls" at Weston Playhouse

Wed., August 19, 9:15am-6:30pm · \$95
Includes transportation by motor coach, lunch at the Bryant House Restaurant, a visit to the Vermont Country Store, and a matinee performance of "Guys and Dolls" at the Weston Play House. Leaves Barre Auditorium at 9:15am. Sign up in MSAC office. Make checks out to "Barre Area Senior Center." Register by 8/5.

Edith Wharton House

Monday, August 24, 8:30am-9pm · \$60
Edith Wharton (1862-1937) was born into "Old New York," a tightly controlled society that positively discouraged women from achieving anything beyond a proper

marriage. Essentially self-educated, she was the first woman to receive the Pulitzer Prize for Fiction (1921); an honorary Doctorate from Yale University (1923); and full membership in the Academy of Arts and Letters (1930). *The Mount* is a turn-of-the-century classical revival house and has formal gardens which Edith Wharton designed and built. Only 5% of National Historic Landmarks are dedicated to women, and this is one of them. Lenox, MA is some distance from Montpelier so it will be a full day. Bring lunch or be ready to dine at the site for about \$16. If you wish to dine there please let us know when you register. We will stop in Lebanon on our way home to eat at Lui Lui. Register by 8/7.

Kayaking Trips with Nancy and Anne

Guided kayaks led by Anne Ferguson and Nancy Schulz. Transportation is not provided. Sign up deadline one week in advance unless noted. Minimum of 8 participants for each trip.

Cavort in Caspian Lake!

Tuesday, July 14 • \$10

Paddle in the backyards of the rich and famous along the shoreline of Caspian Lake in beautiful Greensboro, VT and then refuel with a dinner stop at Positive Pie in Hardwick on the way home. Kayakers will meet at the public beach in Greensboro at 2:00 pm. Return to Montpelier at approximately 6:30 pm (or 8:00 pm if participating in optional dinner stop). This trip is suitable for kayakers who have some flat-water experience and are comfortable paddling for three hours.

Linger Longer at Little Otter Creek!

Wednesday, July 29 • \$10

Explore Little Otter Creek, a place that the *Quiet Water* guide describes as “spectacular.” Depart Montpelier at 8:30am and arrive at the put in in Vergennes, VT at approximately 10:00am. Paddle the many arms of Little Otter Creek, blissfully free of motorboats, and full of a wide range of flora and fauna. After the paddle, check out the shops and parks in Vergennes and then relax with the group over dinner in one of the many fine restaurants. Return to Montpelier at approximately 4:00 pm (or later if participating in optional dinner stop). This trip is suitable for kayakers who have flat-water experience and are able to paddle for three hours.

Roam the Rock River!

Tuesday, August 25 • \$10

Explore the quiet, slow Rock River near the Canadian border. After putting in at Highgate, VT, paddle flat-water under a canopy of trees for miles, watching and listening for wildlife as you go. Depart Montpelier at 8:30 am and arrive at the put in at approximately 10:00 am. Stop and enjoy a bag lunch on the river. Afterwards, participants have the option of returning directly to Montpelier or stopping for food along the way at a spot chosen by the group. Return to Montpelier at approximately 4:00 pm (or 5:00 pm if participating in optional dinner stop). This trip is suitable for kayakers who have flat-water experience and the ability to paddle for three hours.

“Chill Out” on Chittenden Reservoir!

Wednesday, September 2 • \$10

Discover the charming coves along the shoreline of Chittenden Reservoir by kayak. Depart Montpelier at 8:30 am and arrive at the put in in Chittenden, VT at approximately 10:00 am. Explore the seven miles of irregular shoreline, stopping to eat a bag lunch along the way. Afterwards, stroll the grounds of the Mountain Top Inn and enjoy dinner in the tavern, with sweeping views of the water. Return to Montpelier at approximately 5:00 pm (or later if participating in optional dinner stop). This trip is suitable for kayakers who have flat-water experience and the ability to paddle for three hours.

More Upcoming Trips

Additional details to be announced. Sign up deadline one week in advance unless noted

Fri. August 21: Barton Fair • \$27

Thurs. Sept. 24: Visions of VT Art Galleries • Price TBD

Wednesday, Oct. 7: Hobo Railroad Foliage Trip • \$65

Walks with Tina and Whit

Sign up deadline one week in advance unless noted.

Mon. 7/13, 9:30-3: Woodstock Carriage Roads • \$15

Mon. 7/27, 9:30-3: Colchester Causeway • \$10

Thurs. 8/13, 12:30-3:30: Burlington Bike Path • \$9

Thurs. 9/10, 9:30-12:30: S. Woodbury Rd • \$9

Fri. 9/25, 1-4: Mill Stone Trails • \$5

UPCOMING EVENTS **Open to the Public**

Panel Discussion on Senior Driving

Tuesday, July 7, 1-3 pm

Join us for a panel discussion on senior driving issues, focusing on the decision to give up driving. Panelists include Jeane Kern from CVCOA, Patrick McManamon, highway safety specialist for the Vermont DMV; Dave Peters, safe driving instructor for AARP; Dan Goodman, traffic safety specialist for AAA Northern New England; Tawnya Kristen, GMTA community relations manager, Heather Kralik, director of Onion River Exchange; and MSAC members Margaret Harmon and Jamie Cope. The discussion is free and open to the public, and all are encouraged to attend and bring their questions. No signup necessary.

AARP Smart Driver Class

Monday, July 13, 10am-3pm

Learn defensive driving techniques, proven safety strategies, and new traffic laws and rules of the road. Taught by an AARP trained instructor. Upon completion, you could receive a discount on your car insurance. \$15 for AARP members, \$20 for non-members. For questions or to sign up, call instructor Dave Peter at 802-888-3394 or email davep@pwshift.com.

Healthy Habits for a Healthier You

Tuesday, July 14, 1-2:30pm

For centuries, we've know that the health of the brain and the body are connected. But now, science is able to provide insights into how to optimize our physical and cognitive health as we age. Join the Alzheimer's Association Vermont Chapter to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.

Safe Use of the Internet

Tuesday, July 28, 1-2:30pm

A new program offered by the Council on Vermont Elders. This educational program is funded by FairPoint Communications and Google to inform seniors about common internet scams, computer viruses, malware, and other suspicious electronic happenings. The presentation will be led by COVE, the Consumer Assistance Program of the Vermont Attorney General's Office, and Digi4s Computer Service. Free and open to the public. Pre-register in the office.

Art Exhibit: "Windows: Looking In, Looking Out"

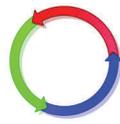
During the month of July



During the month of July, we will host the photography exhibit "Windows: Looking In, Looking Out" by Tina Valentinetti.

Says the artist: "When I was 8 years

old, I received a Brownie Hawkeye camera for Christmas, and I've been taking pictures ever since. However, it wasn't until I retired that I finally had enough time to more fully explore this medium. My main focus has been on birds and butterflies. But for this exhibit, I decided to go outside my comfort zone and try something entirely different. Windows come in all shapes and sizes, set in all types of architectural designs. There seems to be a mystery about them – what's inside, who's looking outside, why are the curtains drawn, why are they open, etc. It's all left to the imagination. Windows are everywhere, and for the most part go unnoticed by the casual observer. So it's a challenge to bring out the unique characteristics of such a common subject, in a manner that stimulates fascination and intrigue. I hope that each window I've chosen for this exhibit will stir the viewer's imagination and create interesting stories."



Memory Café

Saturday, July 11, 10-11:30 am



Bill Marcinkowski, beekeeper of long standing and business partner in the Bee Boys, will join the July Memory Café.

Bill encourages participants to come with questions about bees and beekeeping, and to expect to learn some basic information about bee biology. He'll also keep us buzzing with stories about swarms, teaching his sons to line bees, or bringing bees home in his car. The Café is free and open to the public. It is a safe and accepting place for people living with memory loss and their care partners to meet and socialize. No live bees will be present. For more information, contact Liz Dodd 229-9630.

Be sure to mark your calendars for our upcoming Cafes:

- Sat. August 8: Ice Cream Social and Story Telling with Burr Morse
- Sat. September 12 – Picnic with Red Sox pitcher Bill Lee and Mountaineers VP Brian Gallagher

Anyone interested in helping with Memory Cafe planning is welcome to the Steering Committee meeting on July 6 at 6pm.

LGBTQ Older Adults

Tuesday, July 14, 5:30-6:30pm

Tuesday, July 28, 5:30-6:30pm

Are you an older Lesbian, Gay, Bisexual or Transgender individual? Come to this group to build your LGBT community, have some fun, educate others, advocate for recognition and social justice, and create a new local LGBT resource. Sponsored by The Pride Center of Vermont. For more info, contact jean@pridecentervt.org or call 860-7812.

Massage Clinic

Wednesday, July 15, 10am-4pm

Erika Peterson offers integrative massage, which includes a variety of techniques to individualize each session 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.

Foot Clinic

Monday, July 27, 1pm-4pm

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.

CVCOA Chats

By appointment

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 to meet at MSAC, at CVCOA, or at your home.

Advance Directives Help

Have you created an Advance Directive? Mary Alice Bisbee of the Funeral Consumers Alliance of VT can assist for free. 223-8140 for appointment.

Member Notes

Welcome New Members

Christopher Colt
Anne Connell
Rachel Desilets
Peggy Dupont
Janice Guyette
David Guyette
Dot Helling
Gisele Hodgdon

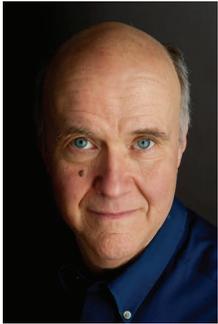
Karen Jackson
Trudy Thomas

With Our Sympathy

Jan Burrus
Matthew Hersey
(FEAST volunteer)
Margaret Lucenti
Salvatore Lucenti

FEATURES

Profile of Erik Nielsen by Ron Merkin



Participants in the classical music and opera courses Eric Nielsen teaches at MSAC must be learning a lot. Some "before and after" conversations I've had with several of them have convinced me that their knowledge has expanded regarding things like famous composers' work habits, which fellow composers have been their inspirations, and what musical styles can identify the culture from which various compositions originated. But what's known about the instructor's habits, his inspiration, and cultural influences?

One unexpected response to my questions to Nielsen about all this was the admiration he expressed for the Beatles' music. "It's the sound explorations- great songs," he said. "For instance, 'Happiness Is A Warm Gun'." Others of Nielsen's influences span periods between decades and centuries ago. "Thomas Tallis, Monteverdi," he listed. "Beethoven's perseverance in the face of obstacles is particularly inspiring. And Duke Ellington was a great composer."

Nielsen's own musical habits are "not quite disciplined enough to have restricted myself to a musical instrument," he said. Instead he's concentrated on composing for 45 years. After earning a BA degree in music and Russian from Bennington College he earned an MM (Master of Music) degree from the Hart School of Music. Since then he's written between 80 and 100 compositions—everything from chamber music to ballet, vocal scores, and electronic music. In fact, the only things he hasn't done are a full length film score or a symphony.

One of Nielsen's best known compositions is the opera "A Fleeting Animal". First performed in 2000, it will open as a revival on September 11 at the Barre Opera House. An additional five performances will take place at venues in Colchester, Hardwick, Woodstock, Vergennes and Randolph. Based on parts of David Budbill's play "Judevine," the plot follows a young Vietnam war veteran who, after returning home to northern Vermont, falls in love with a single mom reviled by her townspeople. The happy relationship ends when scars from the veteran's war experience cause him to commit suicide. "A tragic love story," said Nielsen. "The woman goes insane in the end. During our first rehearsal a week ago, a cast member in our chorus said, 'I didn't know this production was such a downer!'"

Tragic or not, it might be a more vivid way for people to get an idea about Nielsen's creative process, inspirations, etc. than reading this article. So go! For scheduling details and ticket information: www.afleetinganimal.com.

MSAC YEAR IN REVIEW

- ◆ **We have 846 members** from 28 towns. 25.7% of our members are under 65, and 16.5% of our members are over 85 years old. Our oldest members are 94!
- ◆ **662 seniors participated in classes** this year, including new classes like additional yoga options, meditation, Wine 101, technology classes with Main Street Middle School, Indian Dance, and more!
- ◆ **We added discounts for members** at RehabGym and Snap Fitness and are looking to add more benefits in the community.
- ◆ **We have built great partnerships** and strengthened existing partnerships with Barre Area Senior Center, Central Vermont Council on Aging, Central Vermont Home Health and Hospice, Montpelier Public Schools, No Strings Marionette Company, Support and Services at Home, Westview Meadows at Montpelier, and more!
- ◆ **We hosted great events**, including but certainly not limited to: Osher Lifelong Learning Institute presentations, Armchair Travel Series, Senior Prom, Rummage Sale, concerts, poetry readings, art history lectures, and more.
- ◆ **We made improvements to our facility**, including new computers for the computer lab, new equipment for Living Strong classes, and new dishes in the dining room. More great improvements are in the works!
- ◆ **Over 150 volunteers** gave more than 5,000 hours of their time to support our work. Thank you!
- ◆ **Thanks to donors like you**, we surpassed our annual fundraising target of \$35,000.



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. Options for vegetarians or those with other dietary restrictions are available. Inquire for details.

Tuesday 6/30: Balsamic chicken with olives and walnuts, served with mixed vegetables and white bean quinoa salad.

Friday 7/3: CLOSED FOR INDEPENDENCE DAY

Tuesday 7/7: Roast pork loin stuffed with local spinach, served with whole wheat penne pasta and a salad of local greens

Friday, 7/10: Shrimp or tofu stir fry, served with brown rice, local radish salad, and local sesame kale

Tuesday, 7/14: Ginger beef served with poppy seed cole slaw and wheat berry salad.

Friday, 7/17: Chicken or shrimp Caesar salad

FEAST will take a summer break for deep cleaning and relaxation in late July.

No FEAST Together or FEAST To Go meals will be served 7/21, 7/24, 7/28, and 7/31. FEAST at Home meals will still be delivered.

FEAST Together or FEAST To Go

Tuesdays and Fridays, 12pm-1pm

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

Focus on FEAST

Provide Feedback on FEAST Meals

A new survey is available for anyone who has dined at FEAST Together on Tuesdays or Fridays. Your opinion matters! Please fill out the survey so we can make improvements to YOUR dining experience here at MSAC. Take the survey online at <http://tinyurl.com/feastfeedback>, or you can get a paper copy from the FEAST office or at a meal.

Summer Lunch Program

We are excited that there will be a free summer lunch program for kids 18 and under, right here at MSAC in July and August. Weather permitting, kids will gather from 12 - 1 in the playground behind our building for healthy lunches and snacks. If it is raining, we may need to make room here, which should make it merrier, if a little more crowded! For more information, see page 2.

Reusable Containers Update

We launched the Reusable Containers Program with the FEAST At Home participants in June. Change is hard, but this is a fantastic first step to leaving our planet better off for the next generation and saving money. If you are interested, please stop by the kitchen and ask us to see the new containers - they look great.

Soliciting Ideas for Special Events

Chef Justin asks that you give us suggestions for special events throughout the coming year. Lunch with a Cop was a huge success, so what would you like to see next? Any and all suggestions are appreciated. Remember, you are always welcome to visit the kitchen and back office with questions, requests or to volunteer!

Volunteer Spotlight

Shout out to Cameron O'Connor for the gorgeous flowers she donates to MSAC. Her peonies, iris, ivy and more make beautiful and fragrant centerpieces at our FEAST Together meals each Tuesday and Friday. Thank you, Cameron!

ACTIVITIES CALENDAR

Summer classes start the week of July 6!

SPACE	SAT./SUN.	MONDAY	TUESDAY
RESOURCE ROOM		10-3 AARP Smart Driver Course (7/13) 1-4 Foot Care (7/27) 5-6:30 Beginner Chinese	
COMMUNITY ROOM	Sat. 10-11:30 Memory Café (7/11)	12:30-3 Mah Jongg* 1-3 Bridge* 2-4 Cribbage *	10:30-noon Band & Dancing Noon-1 FEAST Meal 1-3 Scrabble*
ART AREA		10-noon Painting 1-2:30 Handbuilding in Clay^	5:30-6:30 LGBT Older Adults* (7/14, 7/28)
STUDIO		8:45-10 Gentle Viniyoga 10:30-11:15 Dance to Fitness 1:15-2:30 Moderate Yoga 3:30-4:30 Very Gentle Yoga 5:30-6:30 Yoga for Gardeners Workshop	9-10:30: Gentle Yoga 11-noon Chair Yoga 4:45-5:45 Tai Chi for Arthritis/ Fall Prevention
ACTIVITY ROOM		9-10 Living Strong 12:45-2 French Class 2:30-3:30 Living Strong Group* 5-6 Living Strong	8:30-9:40 Living Strong (7/7) 1-3 Panel on Senior Driving (7/7) 1-2:30 Healthy Habits for a Healthier You (7/14) 1-2:30 Safe Use of the Internet (7/28)
OFFSITE			10-12 Film Class at Savoy

WEDNESDAY	THURSDAY	FRIDAY
10-4 Massage Clinic (7/15)	3-4 Beginner Voice 6-7:30pm Knitting4Peace Group*	
	4-5:30 Piano Workshop* 6-8 Ukulele Group*	Noon-1 pm FEAST Meal
9:30-11:30 Rug Hooking (starts 7/1)	9-11:30 am Bridge* 12:45-3 Bridge*	10-3 Mah Jongg*
9-10:30 Gentle Yoga 11:45-1:15 BodyBreathBalance in Motion 3:30-4:30 Gentle Flow Yoga 5-6:30: Mod./Vigorous Kripalu Yoga 6:45-7:45 Introduction to Ballroom Dancing^	9-10:30 Yoga for Balance 11-11:45 Dance to Fitness 3:30-4:30 Moderate Yoga^ 5-6:30 Moderate Yoga Hatha	10-11:30 Vigorous Yoga 5-5:30 Tai Chi for Arthritis/Fall Prevention
10-11:30 Men's Group* (7/1, 7/15, 7/29) 1:30-3:30 Writing	8:30-9:40 Living Strong 3-4:30 Puppet Project (starts 7/2)^ 5-6 Living Strong	9-10 Living Strong 2-3 Living Strong Group*

*Does not require registration. Donations appreciated.

^ At risk of cancellation as of 6/19 printing.

Montpelier Senior Activity Center
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Submissions for August Newsletter due July 17.

We are closed on Friday, July 3 in celebration of Independence Day. All classes and activities are cancelled.

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

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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, Director of Programs and Development
Lise Markus, Administrative Assistant



FEAST Reservations Number: 262-6288

Kristen Andrews, Just Basics, Inc. Executive Director
Jessica Sanderson, Just Basics, FEAST Program Manager
Justin Turcotte, Chef for FEAST