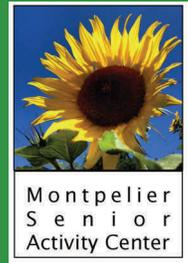


It's Time to Renew Your Membership for 2015-2016!



June 2015

Active Times

NEWSLETTER OF THE MONTPELIER SENIOR ACTIVITY CENTER

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

Summer Classes: Registration Starts 6/1

Summer classes begin the week of 7/6! While a few of our classes are taking a summer break, we have a great lineup for you, including a few new opportunities! Read on for more information!

already have to support your knees and hips and practice ways to protect your back and shoulders. *Open to the public.*

Summer Registration

All registration forms will be accepted beginning June 1.

Forms processed in the following order:

- Starting June 1: Montpelier
- Starting June 8: Supporting Towns
- Starting June 15: All towns/non-members for classes open to public

A \$10 late fee will apply to registrations after June 26.

NEW: Beginner Chinese

Jing Ji Stangel • Mon 5-6:30

Learn beginning Chinese conversation from native Mandarin speaker, Jing Ji Stangel. Jing Ji will introduce standard pronunciation, basic vocabulary, a few simple characters, and inter-

esting topics related to Chinese culture. Materials will be provided at a small cost. Some simple songs will be incorporated into lessons depending on student interest. Jing Ji is a professionally trained Chinese and Western opera singer and, in recent years, an accomplished Chinese food vendor, including at the Montpelier Farmer's Market. For interested members, a MSAC trip to China is being considered for 2016, so taking this class is a great way to prepare for travel in China. (If interested in a trip, please share your name in the office).

NEW: Yoga for Gardeners

Patty Crawford • Mon. 5:30-6:30 (4 wk)

In this workshop, we will explore the use of yoga movement (asana) and breathing to help keep your body flexible and safe while you are creating beautiful gardens! We will experiment with tools you may

NEW: Gentle Viniyoga Class

Patty Crawford • Mon. 8:45-10am (8 wk)

This is an eight-week class that will focus on linking breath, movement, and sound in the practice. We will explore chanting in movement, several breath techniques, and develop a breathing practice (pranayama). Students in this class should be able to move from the floor to standing with minimal difficulty and have some knowledge of yoga.

NEW: Intergenerational Dementia-Friendly Puppet Project

No Strings Marionette Company • Thurs. 3-4:30

The No Strings Marionette Company will lead an intergenerational puppetry workshop aimed at raising awareness of dementia. The class will bring together middle and high school students and seniors with memory disorders and their caregivers. It will incorporate art, story sharing, music, dance, theater games, and lots of fun. The class will take place on 10 Thursdays, July 2 to September 10 (no class 8/13), culminating in a public performance in October. Sessions will include working on puppet making, developing a script for the performance, creating scenery, and forming connections among participants. Puppeteers Dan Baginski and Barbara Paulson of No Strings Marionette Company have toured America together for over sixteen years. Their traveling stage transforms any

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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!

Tina Muncy, Chair

Sylvia Kingsbury,
Vice Chair

Sue Stukey, Secretary

Whit Dall

Liz Dodd

Fran Krushenick

Jane Osgatharp

Janet Ressler

Susan Torchia

Next meeting:

June 23:

10:15-11:45: Meeting of
Current Board

12:45-2:15: Annual
Meeting

2:30-3:15 Meeting of
New Advisory Board

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.

Summer Swimming

We will not be offering swimming or water aerobics through First in Fitness this summer (enrollment is usually much lower over the summer and we increased our hours to rest of the year). Here are some alternatives for summer swimming (also stop by the office to receive a handout summarizing all the options):

- **First in Fitness** has reached out to 2015 swimmers and water aerobics students with a special summer offer (\$99 for three months). Please inquire with them for additional information or to sign up.
- **Recreation Department Pool** on Elm Street is free for Montpelier seniors (65+) and \$37 for the whole summer for seniors from other towns. In addition to general swim offered from 1pm-4pm daily, adult lap swim is offered from 7am-8am daily. Family swim is offered in the evening, and the Recreation Depart-

ment reports that the pool is often quiet in the 7-8pm hour on Monday, Wednesday, and Friday, and from 6-7pm on Tuesday and Thursday.

- **Wrightsville Beach** offers a season pass for \$10 to all seniors (65+). Open daily from 9am-dusk.
- **RehabGym in Barre** offers water aerobics classes on Tuesdays and Thursdays from 10:30-11:15am. Drop in for \$4 per class or \$28/month for unlimited classes.
- **Best Western Waterbury** offers general swim (pool isn't large enough for laps) for \$65/month + tax with a five-day free trial.

By-Law Amendment Proposal

MSAC By Laws were reviewed by the MSAC Advisory Board at the May 14th meeting, and they recommend the following amendment:

Article VI: "ADVISORY BOARD" (and all following references to this group) be amended to "ADVISORY COUNCIL."

Reason: This change is suggested to reduce confusion between the role of this group, which is advisory to the staff of our municipal senior center, and the role of a typical "board of directors" which governs non-profit organizations. The actual role of the group is not suggested to change, though the work of the group does always evolve over time.

Annual Meeting

The MSAC annual meeting will take place on Tuesday, June 23 from 12:45-2:15pm. This is an opportunity for you

to learn more about MSAC and our plans for the future and to voice your opinion. For more info, please see page 6.

Save the Date: July 3rd

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! Sign up in the office to join in. Van will leave MSAC at 4:45.

Facility Updates

We are pleased to have a new air purifier and several chair boosters for the Activity Room. Our planning and grant application process continues for new installed partition work, other soundproofing improvements, and audio-visual improvements upstairs and downstairs.

National Life Grant

Thank you to the National Life Group Foundation for their recent \$7,500 grant in support of our movement programming. Their donation allows us to continue offering affordable movement classes, including 12 weekly yoga classes, Living Strong, tai chi, and more. We are able to offer inexpensive classes (yoga for just \$2 per class vs. \$10-15 per class elsewhere) and provide financial aid thanks to support from businesses, foundations, and individual donors like you!

Crafting Groups

The **Knitting4Peace Group** continues to meet on Thursday evenings from 6-7:30. Come join them! The group welcomes donations of clean yarn that can be used for knitting and crocheting, along with any needles and supplies that need a new home.

The **Sewing Group** meets on Thursdays from 10-noon and is currently working on two projects and welcomes you to join: 1) creating padded hangers for the VT Historical Society Museum's clothing collection; 2) creating colorful bandanas to raise

money for the library in Eastport, ME (group leader Sally's summer home).

Walks with Harris will not meet in June or July. Look forward to great walks and conversation starting back on Thursday afternoons in August.

June is Alzheimer's & Brain Awareness Month

There are at least 44 million people worldwide living with Alzheimer's disease and other dementias, and those numbers are expected to grow to 76 million by 2030. During the inaugural Alzheimer's & Brain Awareness Month this June, we join the Alzheimer's Association in spreading awareness of Alzheimer's disease and other dementias. One of our major goals during this upcoming year is to work toward making Montpelier a more dementia-friendly community. We begin this effort with our Dementia-Friendly Puppet Project (see p. 1 for more info) and our "Healthy Habits for a Healthier You" presentation by the Alzheimer's Association Vermont Chapter on the link between brain and body health, scheduled for July 14 at MSAC.

Senior Prom Thank You

Thank you to everyone who made Senior Prom such a fun and memorable evening! A special thanks to our community sponsors: presenting sponsors Westview Meadows at Montpelier and The Gary Home, and to additional sponsors RehabGym, Bourne's Energy, TD Bank, Noyle Johnson Group, and Washington Electric Co-op.

Member Notes

Welcome New Members

Jean Lathrop
Roger Ormiston
Susan Viens
Stephen Hart
Michael Bender

Margaret Elise Dupont

With Our Sympathies

George Brown
Conception Conti
Catherine Orr

UPCOMING TRIPS

Shelburne Museum

Thursday, June 18, 9:30am-5pm • \$29

We will visit the Shelburne Museum's wonderful exhibits. Shelburne Museum is renowned for its collection of American folk art and quilts. The Shelburne's new Pizzagalli Center showcases more of the museum's permanent collections. Visit exhibitions including "Games, Gizmos, and Toys in the Attic," "Judy B. Dales: Ahead of the Curve," featuring work by the renowned Vermont quilt artist, "American Moderns, 1910-1960: From O'Keeffe to Rockwell," and "Rich and Tasty: Vermont Furniture to 1850." Bring a lunch or buy one on site. Register by 6/11.

Perennial Pleasures Gardens

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. Sign up in the MSAC office by July 8.

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.

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

Wednesday, 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.

Walks with Tina and Whit

Sign up deadline one week in advance unless noted.

Wed. 6/17, 12:30-4: Chickering Bog • \$5

Mon. 6/22, 1-3: Easy-half hour walk in Barre on private property. Flat under foot through a wooded area. • \$5

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

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

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

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

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

More Upcoming Trips

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

Mon. July 6: Burton Island • \$28

Wed. August 5: Zack Woods Herb Farm • \$29

Fri. August 21: Barton Fair • \$27

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

(Continued from page 1)

space into an intimate theater, where the seamless blend of movement, music and masterful manipulation captivates young and old alike.

NEW: Ballroom Dancing

Sylvia Kingsbury • Wed 6:45-7:45pm (8 weeks)

Everyone can learn to dance — no one has “two left feet.” Discover the fun of partner dancing and well as its mental and physical health benefits. This eight-week class will teach basic figures in three popular dances—Rumba, Waltz, and Swing. We will focus on how to relate to our partner through proper frame and leading and following as well as the roll of music in motivating the dance. The class is open to singles or couples.

NEW: Gentle Flow Yoga

Sarah Parker-Givens • Wed 3:30-4:30pm

Gentle Flow Yoga is the linking of breath with gentle movement, a moving meditation that helps connect us with the present moment. Conscious breathing has a profound effect on the nervous system and our emotions. Join us as we practice mindfulness and active relaxation. Class will include getting up and down from the floor. Students will learn how chairs and props may be used to adapt the practice to suit individual needs.

List of Summer Classes**Arts and Crafts Classes**

Intergenerational Dementia-Friendly Puppet Project
No Strings Marionette Company • Thurs 3-4:30 • \$20 all participants

Handbuilding in Clay

Nicole Galipeau • Mon 1-2:30 • \$55 members

Painting: As You Want It

Sylvia Walker • Mon 10-12 • \$25/\$35

Rug Hooking

Pam Finnigan • Wed 9:30-11:30 • \$25/\$35

Beginner Voice for Shy Singers

Naomi Flanders • Thur 3-4 • \$20/\$30

Humanities Classes**Films at Savoy: Just for Fun – Film Comedy Classics**

Rick Winston • Tues 10-12 (8 weeks, starts 7/7) • \$50 members/\$75 public

Intermediate French

David Kahn • Mon 12:45-2 • \$20/\$30

Beginning Chinese

Jing Ji Stangel • Mon 5-6:30 • \$25/\$35

Spanish for Beginners

Julia Blatchford • Tues 5-7 • \$30/\$40

Writing

Maggie Thompson • Wed 1:30-3:30 • \$25/\$35

Movement Classes**BreatheBalanceBody In Motion**

Louisa Nufield • Wed 11:45-1:15 (10 wk) • \$25/\$35

Intro to Ballroom Dancing • Sylvia Kingsbury • Wed 6:45-7:45 (8 weeks) • \$20/\$30

Dance to Fitness

Tina Valentinetti • Mon 10:30-11:15 OR Thurs 11-11:45 • \$20/\$30

Living Strong

Laura Brown/Tom Viall • M/Th 5 – 6:00 • \$25/\$35

Living Strong

Joan Barrett/Barbara Ladabouche • Tu/Th 8:30-9:40 • \$25/\$35

Living Strong (non-beginners)

Koenemanns/volunteers • M/F 9-10 • \$25/\$35

Beginner Tai Chi for Arthritis & Fall Prevention

David Hartnett • Tues 4:45-5:45/Fri 5-5:30 • \$20/\$30

Chair Yoga

Sheryl Rapee-Adams • Tues 11-12 • \$20/\$30

Very Gentle Yoga

Sheryl Rapee-Adams • Mon 3:30-4:30 • \$20/\$30

Gentle Yoga

Patty Crawford • Tues 9-10:30 OR Wed 9-10:30 • \$20/\$30

Gentle Viniyoga

Patty Crawford • Mon 8:45-10 (8 weeks) • \$20/\$30

Yoga for Gardeners Workshop

Patty Crawford • Mon 5:30-6:30 (4 weeks) • \$15 members/\$35 public

Gentle Flow Yoga

Sarah Parker-Givens • Wed 3:30-4:30 • \$20/\$30

Yoga for Balance

Patty Crawford • Thur 9-10:30 • \$20/\$30

Moderate Yoga

Lori Flower • Mon 1:15-2:30 pm OR Thurs 3:30-4:30pm • \$25/\$35

Moderate Yoga – Hatha

Patty Crawford • Thurs 5-6:30 • \$20/\$30

Moderate/Vigorous Yoga - Kripalu

Brandy Kolling • Wed 5-6:30 • (10 weeks) • \$20/\$30

Vigorous Yoga – Hatha

Joan Stander Fri 10-11:30 • \$20/\$30

UPCOMING EVENTS **Open to the Public**

Senior Success Series

Tuesdays through June 16 at 1pm

On Tuesdays through June 16 at 1pm, MSAC and the Central Vermont Council on Aging will present a series of presentations on topics important to seniors, including food assistance, fuel assistance, Medicare, long term care options, caregiver support, transportation, and volunteer opportunities. Join us for any of these free presentations. All are open to the public.

June 2 at 1pm: Learn about transportation options, including GMTA, the senior companion program, CVCOA volunteer driver program, ORE, Front Porch Forum, and more – led by Jeanne Kern, Director of Community & Volunteer Services.

June 9 at 1pm: Learn how to stay involved as a volunteer! Learn how you can share your life experience, knowledge, and skills through service at a non-profit in your neighborhood—led by Kate Reilly-FitzPatrick, RSVP Coordinator.

June 16 at 1pm: Learn about end-of-life legal devices, such as wills, Powers of Attorney, etc. This is not an attempt to push anyone toward any kind of service, but rather an opportunity for people to learn about different devices and how they are used. A presentation outlining options will be following by an opportunity to meet one on one—led by Martha Smryski, Volunteer Outreach Manager.

MSAC Annual Meeting

Tuesday, June 23, 12:45pm

Agenda for Annual Meeting will include: Looking back and ahead with MSAC, Member benefits, FEAST program, Recreation Department, 58 Barre Street Condo Association, Dementia-friendly community initiatives, Facility improvements, Planned giving opportunities, Friends of MSAC organizing, and Bylaw amendment proposal. Reserve for lunch in advance

(call 262-6288). Stay after for music, refreshments and socializing at 2:15!

Art of Creative Aging Exhibit Comes to MSAC



During the month of June

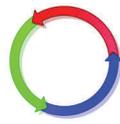
The Central Vermont Council on Aging's 6th Annual Art of Creative Aging exhibition is

coming to MSAC! This show showcases recent work of older visual artists living in the Central Vermont area and highlights the important role creativity plays in the lives of artists of all ages. Many pieces from the show, which was hanging at the Kellogg-Hubbard Library during the month of May, will be on display at MSAC during the month of June. This is a great opportunity to see the works, many of which were created by MSAC artists!

Save the Date: Panel on Senior Driving

Tuesday, July 7, 1-2:30pm

Save the date 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.



LGBTQ Older Adults

Tuesdays, June 2, 5:30-6:30pm

Tuesdays, June 16, 5:30-6:30pm

Tuesdays, June 30, 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.

Blood Pressure Clinic

Wednesday, June 10, 10—11 am

A nurse from SASH will provide blood pressure parameters and healthy life style tips. No charge. First-come, first-served.

Technology Assistance

Friday, June 12, 10:45—11:45 am

A local student will be available in the computer lab to provide technology assistance. Call to confirm.

Memory Café

Saturday, June 13, 10-11:30 am

Rich Atkinson and friends from the Montpelier Ukulele Group will join the June Memory Café, and will lead everyone in sing-alongs and other musical fun. As always, the Montpelier Memory Cafe 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. Anyone interested in helping with Memory Cafe planning is welcome to the Steering Committee meeting on June 8 at 6pm.

Foot Clinic

Monday, June 15, 1pm-4pm

Monday, June 29, 9am-1pm

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.

Opportuni-Tea Awaits: Volunteering at CVMC

Wednesday, June 17, 2-3:30pm

You are invited to afternoon tea on Wednesday, June 17th at 2:00pm with Ann Zalinger from the CVMC Auxiliary Gift Shop. Come to the Community Room at MSAC to learn about the joys and rewards of volunteering at the Gift Shop, and how you can be a part of it. Tea and light refreshments served. Gift Shop proceeds support the mission of the CVMC Auxiliary, a non-profit organization dedicated to making a visible impact on our community's education and wellness in partnership with CVMC. Since 1968, the Auxiliary has raised more than \$1 million to support programs, equipment, community health outreach, and scholarships for local high school students pursuing careers in health care.

Massage Clinic

Wednesday, June 17, 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.

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

By appointment

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

FEATURES

Profile of Margaret Harmon: A Study of Resilience

MSAC member and volunteer Margaret Harmon has always held a curiosity for people, especially seniors. After growing up in central Florida, Margaret moved to Vermont to study sociology, the scientific study of social behavior, at Goddard College. She received her Master's Degree in Sociology from Boston College. Years later, at age 67, she would receive her PHD in Gerontology from Union Institute. Her dissertation focused on the impact of social and intellectual engagement on the physical and mental health of older adults. She studied the impact of senior center participation at MSAC and participation in the Osher Lifelong Learning Institute.

"I was very close to my paternal grandmother and her friends and I loved them," Margaret said. "They inspired me to start reading a lot about aging." While living in Washington, D.C., she started volunteering at a local hospice center. From there, she was recruited to lead a program at the Howard Hughes Medical Institute at the National Institutes of Health that brought together promising medical students with NIH researchers. Working alongside Nobel Prize Winners was "quite the experience" and inspired Margaret to become more interested in the health condition and health care of older adults.

She took this experience with her and went on to have a distinguished career working in aging. She would go on to become Development Coordinator for Central Vermont Council on Aging. She served on the steering committee of the Osher Lifelong Learning Institute and was instrumental in getting that program launched in central Vermont. Margaret contributes to MSAC through volunteering, helping with fundraising and with the FEAST database.

Margaret is also a talented musician. Trained classically, she plays piano and sings. She especially loves to play with other people, and has played Irish music around central Vermont with a group of other musicians. She's also a skilled mah jongg player and wears a bracelet made of antique mah jongg tiles.

"I've lived a long time," said Margaret. "The best thing about living a long time is one can become resilient." This resilience has served her well in recent months. After a fall last year, Margaret was diagnosed with mild cognitive impairment, which can at times look like dementia, Margaret told me. "I never know what's going to happen to me."

After seeing a number of doctors, one neurologist suggested that Margaret have her driving checked. During her test, the evaluator noted that she was unable to focus fully on driving and advised her to give up her license. Though this can be a challenging decision for many seniors, Margaret "happily" gave up her license, recognizing that the doctors and driving test had made a valuable discovery. One of Margaret's friends was recently told that she shouldn't be driving alone, a limitation that has been a blessing in disguise for both women. Now, they go shopping together once a week, the friend driving and Margaret tagging along. Margaret also walks daily, which she says is beneficial for her hip, which she broke in her fall. "Because I live in Montpelier, [not being able to drive] hasn't been much of a hardship," she said.

Margaret wanted to share the ease of her experience giving up her license with other MSAC members. She has inspired a **panel discussion that we will host on Tues. July 7 at 1pm about senior driving**, and she will serve as a panelist. Additional panelists include Jeane Kern from the Central Vermont Council on Aging, Patrick McManamon, highway safety specialist for the Vermont DMV, Dave Peters, safe driving instructor for AARP, and Dan Goodman, traffic safety specialist for AAA Northern New England. The discussion will be free and open to the public, and all are encouraged to attend and bring their questions.

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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 6/2: Balsamic chicken with olives and walnuts, served with sweet potatoes and kale and white bean quinoa salad.

Friday 6/5: Cameron's lime and noodle salad

Tuesday 6/9: Chicken breast with peanut sauce, served with spicy cabbage salad and green beans

Friday, 6/12: Beef soft tacos with fresh pico de gallo, served with black bean salad and brown rice

Tuesday, 6/16: Ground beef chili served with carrot and raisin salad and corn bread

Friday, 6/19: Crispy salmon burgers, served with broccoli and rice pilaf

Tuesday, 6/23—Annual Meeting: BBQ pulled pork sandwich (BBQ tempeh vegetarian option) served with baked beans and cole slaw

Friday, 6/26: Honey chicken served with vegetable stir-fry and lo mein noodles.

Tuesday, 6/30: TBA

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

May's Vegetable: The Wild Leek or Ramp, *Allium tricoccum*



The Abenaki named Vermont's longest river, the Winooski, after the wild leeks found growing on its banks. The smooth, light green leaves, often with deep purple or burgundy tints on the lower stems, begin arriving in small troops as soon as the snow disappears and are ready to harvest in May. If you are foraging for them by the river, confirm your

identification by tearing a leaf or stem and taking a sniff of the strong and distinctive onion scent of the ramp. They are stronger than a shallot but have the same garlicky hint. If you remember Grimm's fairy tale, Rapunzel paid the price for her mother's love of these delicious beauties!

Ramps Sautéed in Butter

Ingredients

- 24 ramps, roots and greens trimmed, washed
- 2 to 3 tablespoons unsalted butter
- Coarse salt and freshly ground pepper

Directions

On a steamer rack set over an inch of water in a saucepan, steam ramps, covered, until tender, 2 to 5 minutes. Transfer ramps to a work surface, and cut the leaves off, leaving a 4- to 5-inch stem.

1. Melt butter in a large skillet over medium heat. Add ramps, and cook, shaking pan, until ramps are warm and translucent, 4 to 5 minutes.
2. Season to taste with salt and pepper; serve warm.

ACTIVITIES CALENDAR

Most Arts and Humanities Classes end week of 6/8

Most Movement Classes end week of 6/22

SPACE	SAT./SUN.	MONDAY	TUESDAY
RESOURCE ROOM		1-4 Foot Care (6/15) 9-1 Foot Care (6/29)	1:15-2:30 Italian II 5-7 Spanish for Beginners
COMMUNITY ROOM	Sat. 10-11:30 Memory Café (6/13)	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* (6/2, 6/19, 6/30)
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 Beat Flow	9-10:30: Gentle Yoga 11-noon Chair Yoga 4:45-5:45 Tai Chi to Improve Balance
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 10-12 Poetry 1-2:30 Senior Success Series* (6/2, 6/9, 6/16) 2:45-4:45 Poetry 5:10-6:10 Living Strong 6:30-8:30 Beginner Ukulele
OFFSITE		5-6 Swimming	10-11 Swimming 10-11 Water Aerobics 10-12:30 Film Class at Savoy 1-4 Keys to Kayaking (6/2, 6/9, 6/16)

WEDNESDAY	THURSDAY	FRIDAY
<p>10-11 Blood Pressure Clinic (6/10) 10-4 Massage Clinic (6/17)</p>	<p>12:45-2 French Club* 3-4 Beginner Voice 6-7:30pm Knitting4Peace Group*</p>	
<p>2-3:30 Opportuni-Tea Awaits: Volunteering at CVMC (6/17)</p>	<p>10:30-12 Sewing Group 4-5:30 Piano Workshop* 6-8 Ukulele Group*</p>	<p>Noon-1 pm FEAST Meal</p>
<p>9:30-11:30 Rug Hooking 4:30-6 Advanced Drawing</p>	<p>9-11:30 am Bridge* 12:45-3 Bridge*</p>	<p>10-3 Mah Jongg*</p>
<p>9-10:30 Gentle Yoga 11:45-1:15 BodyBreathBalance in Motion 1:30-3: Tai Chi Long Form 5-6:30: Mod./Vigorous Kripalu Yoga</p>	<p>9-10:30 Yoga for Balance 11-11:45 Dance to Fitness 3:30-4:30 Moderate Yoga 5-6:30 Moderate Yoga Hatha</p>	<p>10-11:30 Vigorous Yoga 5:15-5:45 Tai Chi Extra Practice*</p>
<p>10-11:30 Men's Group* (6/3, 6/17) 1:30-3:30 Writing 5-6 Improv (6/3)</p>	<p>8:30-9:40 Living Strong 5-6 Living Strong</p>	<p>9-10 Living Strong 2-3 Living Strong Group* 3:45-4:45 Opera II 5:10-6:10 Living Strong</p>
<p>9:30-11:30 Pastels at Westview Meadows</p>	<p>10-11 Swimming 10-12:30 Film Class at Savoy 11:30-12:30 Technology Class at MSMS (6/11)</p>	<p>1-2 Tennis 5-6 Swimming</p>

*Does not require registration. Donations appreciated.

Montpelier Senior Activity Center
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**Submissions for July Newsletter
due June 12.**

**We will be closed on Friday, July 3 in
commemoration of Independence Day. All
classes and activities will be 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