

Active Times

NEWSLETTER OF THE MONTPELIER SENIOR ACTIVITY CENTER

September 2015

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

Fall Class Registration Begins August 31

Fall classes begin the week of September 28, and we are excited to present our most robust schedule ever, with 45 weekly classes including eight new classes and eleven evening classes. We're also thrilled about our expanded partnership with The Summit School of Traditional Music and Culture, which will bring you two co-presented classes this fall: Beginner Guitar and Baritone Ukulele and Cajun Dance. Read on for more information about all our classes!

tional, and fun. Starting with the alphabet, the class will blend language and grammar with ample opportunity for conversation. Angelo is the former owner of Al Portico restaurant in Montpelier and taught elementary school for years in Italy prior to moving to the United States.

Fall Registration

All registration forms will be accepted beginning August 31.

Forms processed in the following order:
Starting August 31: Montpelier
Starting September 7: Supporting Towns
Starting September 14: All towns/non-members for classes open to public

A \$10 late fee will apply to registrations after September 25.

NEW: Cajun Dance

Kathleen Moore • Wed 7:15-8:15pm (4 weeks, starts 9/30)

If you love Cajun music, you know it's nearly impossible to sit still while the band is playing. Learn the Cajun two-step and waltz so the next time your favorite band is playing, you'll have some moves for the dance floor! No partner needed. Wear shoes with a smooth, non-slip sole. Instructor Kathleen Moore loves dance of all kind, and finds Cajun dancing to be particularly entrancing. She learned Cajun dance from teachers Michael Seider, Corey Porche, and Jim Philips – and anyone she ever danced with on the dance floor. *Presented w/ Summit School of Traditional Music and Culture*

NEW: Beginner Guitar and Baritone Uke

Tom Wales • Wed 5-6pm

This course will be for the beginner guitar player and baritone ukulele player. The object of the course is to introduce a guitar or ukulele to a new player with little to no experience. There will be minimal music theory and maximum fun. The student will learn the strings on the instruments, basic chords, care and feeding of their instrument. *Presented w/ Summit School of Traditional Music and Culture.*

NEW: Beginner Italian

Angelo Caserta • M/W/Th 3:45-4:45pm

In this practical, hands-on course, Instructor Angelo Caserta will make learning beginner Italian interactive, conversa-

NEW: Lights! Camera! Action! Filmmaking

Sequana Skye • Mon/Wed 6-8pm at Montpelier High School for 10 sessions

Filmmaking, one of the most collaborative art forms, is the ideal environment for multi-generations to discover and explore their creativity. In this series of classes, participants will have the opportunity to experience all facets of moviemaking.

Issue Highlights:

Announcements	2-3
Member Notes	4
List of Fall Classes	5
Upcoming Events	6
Partner Services	7
Trips	8
FEAST Menus	9
Activities Calendar	10-11

ANNOUNCEMENTS

MSAC Advisory Council

Agendas and Minutes
posted on website

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

Bob Barrett

Davis Carris

Whit Dall,
Chair

Liz Dodd

Bill Doelger

Fran Krushenick

Ron Merkin

Jane Osgatharp

Janet Ressler

Jessica Sanderson

Sue Stucky,
Vice Chair

Susan Torchia,
Secretary

Next meeting:
September 17,
1:15-2:45pm

First in Fitness

We are pleased to inform you that our partnership with First in Fitness will resume for Fall quarter! We are happy to say that we are maintaining fees for our members while providing a better value. Water Aerobics will continue at the same time on Tuesday mornings, and Tennis will continue at the same time on Friday afternoons at a new lower price. In addition to last year's lap swim hours on Tuesday and Thursday mornings and Monday and Friday evenings, we are pleased to add swimming on Wednesday morning from 10-11am. This was your most requested new time in our swimming survey this winter. More good news: we are in discussions with First in Fitness about being able to offer upgrade packages in which you could pay a discounted amount to upgrade from our limited swimming and gym plans to full First in Fitness memberships. We will update you when we have additional information. One slight change: the price of gym membership has increased to \$45 + tax (\$47.70) per month, from \$45 with tax included.

Credit Cards

We are thrilled to announce that we are finally able to accept credit card payments in the office! Forgot your check book? No worries! You can sign up for classes and trips, renew your membership, or make a donation using any credit or debit card. There are currently no fees for paying by card. We cannot presently accept cards over the phone. We hope to add online registration and payment in time for the winter quarter.

Construction Update

At printing time, we anticipate asking City Council to approve our first floor improvement plan and funding pro-

posal on Wednesday, August 26. As described in last month's newsletter, we are hoping the work will begin in mid-September and be completed in early October or soon after. This phase will likely include installation of sound-proofing, moveable partitions, a glass wall along the side entrance, kitchenette improvements, and kitchen-noise soundproofing work. We appreciate everyone's tolerance and flexibility as the facility is under construction!

Hoehl Family Foundation Grant

We have received a \$15,000 grant from the Hoehl Family Foundation to support our lifelong learning and healthy aging programs. The grant will allow us to continue to offer affordable programming for all seniors and to serve more seniors in central Vermont. Thank you to the Hoehl Family Foundation for their generosity!

Financial Aid for Classes and Trips

As you consider which classes to sign up for this fall, please remember that we strive to make all our programming affordable and accessible to all. Financial aid is available for all classes and trips. Please inquire in the office to learn more about how to apply.

Seeking Foot Care Clinic Volunteers

We are seeking volunteers to help with the Central Vermont Home Health and Hospice foot care clinics. Volunteers fill, empty, and carry foot basins, collect payment, and make appointments. They need to be steady on their feet. If you can volunteer, please speak to Lise in the office or by phone at 223-2518.

Free Drop-in Groups

Did you know that we offer more than 30 hours of free programming each week? In addition to our classes, we also offer lots of lectures, presentations, activities, meals, and groups that are open to all seniors at no cost. Consider attending the following free drop-in groups and classes:

- Italian Club. Tuesdays, 1:15-2:30pm.
- Knitting4Peace Group. Thursdays, 6-7pm.
- Living Strong. Mondays, 2:30-3:30 & Fridays, 2-3.
- Men's Group. 1st and 3rd Wed., 10-11:30am.
- Piano Workshop. Thursdays, 4-5:30pm.
- Sewing Group. Thursdays 10:30-12.
- Swingin' Over Sixty Band. Tuesdays, 10:30am-12pm.
- Tai Chi for Arthritis and Fall Prevention Practice Session. Fridays, 5-5:30pm
- Ukulele Group. Thursdays, 6-8pm.
- Walks with Harris. Thursdays, 12:45-1:45pm.

Free Bread and Coffee

Thank you to volunteer Larry Masure for continuing to collect and distribute free loaves of bread at MSAC each week. Please help yourself to one loaf/bag, and understand that MSAC is not responsible or liable for selection or quality of bread. Free coffee is back! Look for it on the left wall heading toward the kitchen. Thank you to FEAST staff for maintaining this service. Tea drinkers, we also have tea and an electric pot/microwave in the kitchenette near the art room.

Middlesex, Berlin and Worcester Programming

We hope to start offering some off-site programming in several of our supporting towns in the Winter quarter; if successful we may continue year round. If you have ideas for locations or specific programs you'd like to see offered in these towns, please let us know.

Invitation to Join Advisory Committees

All members are invited to participate in four committees convened to give input to staff about: Membership and Hospitality, Programs, Finance, and Fundraising. Inquire at the office or with your Advisory Council members.

In The Community:

Montpelier Food Pantry

Donations to the Montpelier Food Pantry are urgently needed. Vermont is the 6th hungriest state in the nation. Please do what you can to help. MSAC has a drop box in the lobby for donations. Thank you for your generosity.

Dept. of Recreation Classes

The Montpelier Recreation Department (located just across Barre Street from MSAC) offers dozens of classes for all ages, ranging from fitness hooping to yoga to watercolors. To learn more or register, call 225-8699, or stop by their office at 55 Barre Street.

AARP Safe Drivers

Sept. 9, 12:30-5 at Westview Meadows

Learn defensive driving techniques, proven safety strategies, and new traffic laws and rules of the road. Taught by an AARP-trained instructor. The class will be held at Westview Meadows, 171 Westview Meadows Road in Montpelier. To register, please contact instructor Doug Masson at 644-8310. The cost of the class is \$15.00 for AARP members and \$20.00 for others. The class is very relaxed and everyone who completes the class gets a certificate.

PAID ADVERTISEMENT

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A locally owned nonprofit. Come visit and
learn more about Mayo Healthcare.
(802) 485-3161 or Mayohealthcare.org

(Continued from page 1)

They'll engage in pre-production (writing and rehearsing), production, (acting, directing, set design, costume and makeup design and filming) and post-production (editing). The only requirements are an interest in and curiosity about movies. The class will take place at the Montpelier High School computer lab over nine sessions on Mondays and Wednesdays (9/28, 9/30, 10/5, 10/7, 10/12, 10/14, 10/19, 10/21, 11/2) and will conclude with a public screening of the films at MSAC on 11/4 from 6-8pm.

NEW: Literature Class: Stories of the Strange, Fantastic, and Supernatural

Charles Kroll, Ph.D. • Tues 2-3:15 (at Westview Meadows)

How often have you experienced odd sounds, inexplicable visions, or felt the presence of a being close by, which is not grasped by your five senses? In this class, we will explore a range of events and occurrences, which have come to be known as being connected to the realm of the supernatural or psychic phenomena. This region crosses various genres – from science-fiction to horror, and particularly includes hauntings or strange and weird tales.

NEW: Opera III: The 20th & 21st Centuries

Erik Nielsen • Fri 3:45-4:45

This class is a follow-up to Opera I and II, though taking the first or second level is not a prerequisite for this course. After a little review, we will cover the 20th century beginning with Puccini. We will then cover a number of the great operatic works of the past 100 years, including operas by Berg, Shostakovich, Stravinsky, Prokofiev, Britten and others. We will finish by examining some of the works of our own time. Once again, composer Erik Nielsen will lead the class. The class is open to anyone with curiosity about opera and a willingness to listen.

NEW: Vigorous Flow Yoga

Sarah Parker-Givens • Mon 5-6:30

Flow Yoga is the linking of breath with movement. In this vigorous flow class we will focus on movement and postures that increase strength, flexibility and balance. Modifications will be offered to adapt the practice to suite individual needs. Students participating in this class should be able to move from floor to standing with minimal difficulty. Students must have prior yoga experience as this is an advanced class. Sarah Parker-Givens has been teaching breath-focused yoga for many years and specializes in teaching beginners and seniors.



DEMENTIA-FRIENDLY PUPPET PROJECT

WE ARE SEEKING SENIORS WITH
DEMENTIA AND MIDDLE OR HIGH
SCHOOL STUDENTS

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, dancing, theater games, and lots of fun. **To learn more or sign up, please speak to Dan in the office or by phone at 262-6284.**

Member Notes

Welcome New Members	Brenda Greika Patricia Kennedy Ruth Kennedy Raymond Toolan
Maureen Cooper Gabrielle Dietzel	

Arts and Crafts Classes**Beginner Drawing**

Jeneane Lunn • Wed 4:30-6 (starts 10/7) • \$25/\$35

NEW: Beginner Guitar and Baritone Ukulele

Tom Wales • Wed 5-6 • \$25 members/\$50 public

NEW: Dementia-Friendly Puppet Project

No Strings Marionette Company • Tues 3-4:30 (starts 10/6) • \$20 all participants

Handbuilding in Clay

Nicole Galipeau • Mon 1-2:30 (starts 10/5) •

\$55 all members

Reconstructing Jewelry from Pieces and Parts

Susan Torchia • Fri 10:15-12:15 (8 weeks) • \$25/\$35

NEW: Lights! Camera! Action! (at Mplr High School)

Sequana Skye • Mon/Wed 6-8pm (10 sessions) •

\$45 members/\$70 public

Painting: As You Want It

Sylvia Walker • Mon 10-12 (starts 10/5) • \$25/\$35

Pastels (at Westview Meadows)

Joyce Kahn • Wed 9:30-11:30 • \$45/\$55

Rug Hooking

Pam Finnigan • Wed 9:30-11:30 (starts 10/7) •

\$25/\$35

Voice for Shy Singers (beginners welcome)

Naomi Flanders • Thur 3-4 • \$20/\$30

Humanities Classes**Films at Savoy: Before and After the Wall**

Rick Winston • Mon 10-12:30 (8 weeks, starts 9/28) • \$50/\$75 public

Films at Savoy: More Classics from the 1940s

Rick Winston • Mon 10-12:30 (8 weeks, starts 10/1) • \$50/\$75 public

Intermediate French

David Kahn • Mon 12:45-2 • \$20/\$30

NEW: Beginner Italian

Angelo Caserta • M/W/Th 3:45-4:45 • \$35/\$60 public

NEW: Literature Class: Stories of the Strange, Fantastic, and Supernatural (at Westview Meadows)

Charles Kroll, Ph.D. • Tues 2-3:15 • \$35/\$45

NEW: Opera III: The 20th and 21st Centuries

Erik Nielsen • Fri 3:45-4:45 • \$60/\$80 public

Technology Workshop at MSMS

MSMS Students • Th 11:30-12:30 (6 weeks) • \$10/\$20 public

Write a Poem

Sherry Olson • Tues 10-12 • \$25/\$35

Sherry Olson • Tues 2:45-4:45 • \$25/\$35

Writing

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

Movement Classes**BreatheBalanceBody In Motion**

Louisa Nufield • Wed 11:45-1:15 (11 weeks, starts

Supported by:  National Life Group Foundation 10/7) • \$25/\$35**NEW: Cajun**

Kathleen Moore • Wed 7:15-8:15 (4 weeks) • \$15/\$40 public

Dance to Fitness

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

Tina Valentinetti • Thurs 11-11:45 • \$20/\$30

Living Strong • All sections are \$25/\$35

Joan Barrett/Barbara Ladabouche • Tu/Th 8:30-9:40

Koenemanns (non-beginner) • M/F 9-10

Laura Brown/Tom Viall • M/Th 5-6

Tina Muncy • Tu/F 5-6

Tai Chi for Arthritis & Fall Prevention: Intro

David Hartnett • Tues 4-5 • \$20/\$30

Tai Chi for Arthritis & Fall Prevention: Intermediate

Ellie Hayes • Tues 5:15-6:15 • \$20/\$30

Tai Chi Long Form

Ellie Hayes • Wed 1:30-3 (starts 9/16) • \$20/\$30

*Yoga classes are sorted from least to most vigorous.***Chair Yoga**

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

NEW: Sarah Parker-Givens • Thurs 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 • \$20/\$30

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

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 • \$25/\$35

Lori Flower • Thurs 3:30-4:30 • \$25/\$35

Moderate Yoga – Hatha

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

Moderate/Vigorous Yoga - Kripalu

Brandy Kolling • Wed 5-6:30 • \$20/\$30

Vigorous Yoga – Hatha

Joan Stander • Fri 10-11:30 • \$20/\$30

NEW: Vigorous Flow Yoga

Sarah Parker-Givens • Mon 5-6:30 (11 weeks) •

\$20/\$30

UPCOMING EVENTS Open to the Public

Osher: Musician Mark Greenberg on Pete Seeger

Wednesday, September 9, 1:30-3pm



Known around the world as America's premier song leader and social activist, Pete Seeger was a first-rate musician. This performance and talk will focus on his music—its sources, its significance, and Pete's great skill as a player, arranger, writer, teacher, and, of course, song leader. Presented by the Osher Institute for Lifelong Learning. Open to all. \$5 suggested donation to Osher.

Therapy Dog Visit

Thursday, September 10, 1-1:30pm

MSAC member Martha Chaiken and her therapy dog Coco visit to provide companionship and play. Martha will also have information about Therapy Dogs of Vermont and how to get involved. Drop in to say "woof!"

Introduction to the NY Times Crossword Puzzle

Tuesday, September 15, 1-3:00pm

Ever wished you could master the crossword puzzle in the Sunday New York Times? Crossword enthusiast Renee Epstein will share tips and tricks to help you complete crossword puzzles more easily. Free and open to all seniors. Pre-registration welcomed but not required.

Art History Lecture: American Art in the Decade Pre World War I

Tuesday, September 22, 1-2:30pm

MSAC member Debbie Tait discusses American art in the decade before World War I. Artists absorbed the new ideas generated in Europe at the turn of the twentieth century and experimented with a new realism and abstraction. We will look at the influence of Matisse and Picasso on Robert Henri, Marsden Hartley, George Bellows, Arthur Dove, Max Weber, and Georgia O'Keefe. Free and open to the public.

Falls Prevention Workshop

Wednesday, September 23, 1-3pm

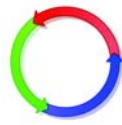
Join therapists from the University of Vermont Network CVMC Rehabilitation Services for a presentation about fall prevention and individualized screenings. The presentation will be held twice at 1pm and 2pm and is open to all. Additionally, 15-minute screenings will be scheduled between 1-3pm. To sign up for an appointment, please stop by the office or call us at 223-2518. September 23 is national Falls Prevention Awareness Day, and this year's theme is "Take a Stand to Prevent Falls."

CPR Workshops

Monday, October 5, 6:15-8:15pm

Monday, October 12, 6:15-8:15pm

Montpelier Fire Department firefighter and emergency medical technician Glen Marold can help you learn how to save a life. According to the American Heart Association, immediate CPR can more than double the chance of survival in a cardiac arrest victim, yet only 32% of victims receive CPR from a bystander. Failure to act in an emergency can cause unnecessary deaths. Come learn CPR so you know what to do if you witness a cardiac arrest. Taking action can help save a life! The 10/5 workshop will be CPR for Adults and the 10/12 workshop will be CPR for Children and Infants. \$5 fee. Upon completion, you will receive a certification card good for two years.



Rainbow Umbrella of Central Vermont

Tuesday, September 8, 5:30-6:30pm
Tuesday, September 22, 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.

Memory Café

Sat., September 12, 10:30am-12pm



The September 12th Café will feature two returning guests: retired legendary Red Sox pitcher Bill “Spaceman” Lee and Brian Gallagher, Vice-President

and General Manager of The Vermont Mountaineers. Lee, now a resident of Craftsbury, continues to play Senior ball, runs children's baseball clinics in Canada, makes baseball bats, and through partnership with a winery in California, makes and distributes his own brand of wine, Spaceman Red. Gallagher led the Mountaineers to a great season and will have many baseball stories to share with us.

Because this special Café will include a cookout, the meeting time will be from 10:30-noon (a half hour later than usual). Hot dogs, beverages and fixings will be provided. Attendees are also welcome to bring food and/or beverage to share. 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. For more information, contact Liz Dodd 229-9630. Anyone interested in helping with Memory Cafe planning is welcome to the Steering Committee meeting on September 9 at 6pm.

Massage Clinic

Wed., September 16, 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, September 21, 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.

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.

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IN THE COMMUNITY ...
FOR THE COMMUNITY!

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UPCOMING TRIPS

Walks with Tina and Whit

Guided walking trips led by Tina Muncy and Whit Dall. Sign up deadline one week in advance unless noted.

South Woodbury Road

Thurs., September 10, 9:30-12:30 · \$9

Mill Stone Trails

Friday, September 25, 1-4 · \$9

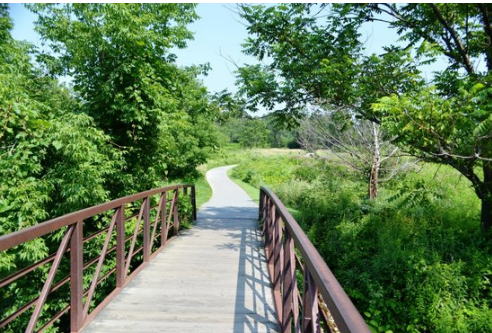
“A Fleeting Animal” at Barre Opera House

Friday, September 11, 6:30-10:30 · \$30

“The brilliant and heartwrenching creation of Brookfield composer (and MSAC instructor) Erik Nielsen and Wolcott poet David Budbill” (Jim Lowe, Times-Argus) is the tragic love story of Tommy, a recently returned veteran (Adam Hall), and Grace, a struggling and misunderstood single mother (Mary Bonhag). The supporting characters in the rich cast leap straight from the often muddy and messy roads of rural Vermont life. Take the MSAC van to the show—leaves from Dept. of Labor at 6:30pm.

Biking in Stowe

Wednesday, September 16, 10-2 · \$5



Join avid bicyclists and MSAC members Ron Merkin and Sylvia Kingsbury for a ride along the Stowe Bike Path. This beautiful path winds for 10 miles along

the West Branch River and through countryside. The mostly flat path includes beautiful mountain views. Transportation is not provided. Meet at 10am at the Bike Path parking area behind the Stowe Community Church on Main Street. The group will enjoy lunch at Crop Bistro (meals cost \$10-14). Stop for an optional tour of Ben and Jerry’s on the way home (free ice cream samples!). The \$5 trip fee includes the Ben and Jerry’s tour.

Visions of Vermont Fine Art Galleries

Thursday, September 24, 10-4 · \$16



Join us on a trip to Jeffersonville, VT to visit three lovely art galleries and the small town. You may bring your lunch and eat on the bus or eat at 158 Main, a family restaurant or a most amazing burger stand on the edge of town. Since 1984, Bryan Memorial Gallery has exhibited the artists inspired by the landscape that rewards its visitors in every season. Just as it is the land that brings great painters to Jeffersonville; it is Visions of Vermont Fine Art Galleries intent to bring the painted interpretation of those landscapes to those who appreciate fine art.

Hobo Railroad Foliage Trip

Monday, October 7, 9:30-2:30 · \$65

A beautiful foliage ride along the Hobo Railroad in Lincoln, NH. Plus, enjoy a complete turkey dinner on the train, catered by Hart’s Turkey Farm. *Trip is currently full.* Bus leaves Dept. of Labor at 9:30am.

Kayaking with Nancy and Anne: Chittenden Reservoir

Wednesday, September 2 · \$10

Discover the charming coves along the shoreline of Chittenden Reservoir. Depart Montpelier at 8:30 and arrive at the put in in Chittenden at approximately 10. 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 5pm (or later if participating in optional dinner stop). *Transportation is not provided, but efforts will be made to caravan.* Sign up by 8/26. Trips are suitable for kayakers who have flat-water experience and the ability to paddle for 3 hours.



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 9/1: Chicken parmesan served with linguine and local maple glazed rutabaga

Friday 9/4: Coq-au-vin (chicken braised in red wine) served with orzo and local green salad

Tuesday 9/8: Seared salmon with stone fruit relish, served with fresh local corn and snap peas

Friday, 9/11: Roast beef au jus served with Yorkshire pudding, local collard greens, and local squash puree

Tuesday, 9/15: Chicken enchiladas served with rice and pinto beans and local corn

Friday, 9/18: Beef stroganoff served over white rice pilaf, with a side of poppy seed coleslaw

Tuesday, 9/22: Mustard crusted pork loin served with roasted rosemary potatoes and a medley of summer squash and local cherry tomatoes

Friday, 9/25: Seared chicken topped with tomato caper relish, served with polenta and local collard greens

Tuesday, 9/29: Chicken topped with olives and pecans, served with tomato quinoa salad and local corn

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.

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 Volunteers



Just Basics, Inc. (JBI) could not operate without our fantastic volunteers. This month, we highlight two of our favorite and hardest working: Janet "Jam Jar" Lee Miller and Stephen Sawyer. They started helping at

the Montpelier Food Pantry nine years ago, and when the FEAST program came to MSAC, they followed. Janet helps in the office and welcomes guests at meals. Steve is a vital part of the kitchen crew, prepping food, washing dishes, and attending to all the daily maintenance.

Steve recently enrolled in the Vermont Associates for Development and Training program, for people 55 and older. The program places trainees at non-profits, where they get the training and experience to find paying jobs. We have several other Vermont Associates and they really do the heavy lifting here.

Longtime residents of Montpelier, Steve and Janet reside at River Station apartments, where Steve volunteers even more of his time maintaining the grounds, laundry facility and recycling! When they aren't volunteering here or at home, Janet and Steve enjoy their cats, Shadow and Midnight, taking strolls around Montpelier, and listening to country music. Janet's favorites are Merle Haggard and Garth Brooks. Although Steve likes country, he also likes rock, too and would like to see the Rolling Stones in concert. Janet loves crosswords and crocheting. During the summer, Steve goes trout and bass fishing, and he cooks them up for dinner, too!

Janet's favorite holiday is Christmas and she gave everyone gifts last year. Steve is more partial to Easter, but he admits it is because he loves ham. Well, now you know a little bit about our August super volunteers. Say hi and thank you next time you see them, because we couldn't do it without them!

ACTIVITIES CALENDAR

SPACE	SAT./SUN.	MONDAY	TUESDAY
RESOURCE ROOM		9-1 Foot Care (9/21) 5-6:30 Beginning Chinese	
COMMUNITY ROOM	Sat. 10:30-12 Memory Café (9/12)	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	5:30-6:30 Rainbow Umbrella of Central VT*(9/8, 9/22)
STUDIO		10:30-11:15 Dance to Fitness 1:15-2:30 Moderate Yoga 3:30-4:30 Very Gentle Yoga	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 2:30-3:30 Living Strong Group* 5-6 Living Strong	8:30-9:40 Living Strong 1-3 Intro to the NY Times Crossword Puzzle (9/15) 1-2:30 Art History Lecture: American Art (9/22)
OFFSITE			

This calendar reflects summer classes. Most 10-week classes end week of September 7. Most 12-week classes end week of September 21. Fall classes start week of September 28.

WEDNESDAY	THURSDAY	FRIDAY
10-4 Massage Clinic (9/16)	10-12 Membership/Hospitality Committee Meeting (9/10) 1-2:30 Advisory Council (9/17) 3-4 Beginner Voice 6-7 Knitting4Peace Group*	
1:30-3 Osher Lifelong Learning Institute: Mark Greenberg (9/9)	4-5:30 Piano Workshop* 6-8 Ukulele Group* (off-site 9/3)	Noon-1 pm FEAST Meal
9:30-11:30 Rug Hooking	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 (no class 9/16)	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* (9/2, 9/16) 1:30-3:30 Writing 1-3 Falls Prevention Workshop (9/23)	8:30-9:40 Living Strong 1-1:30 Therapy Dog Visit (9/10) 5-6 Living Strong	9-10 Living Strong 2-3 Living Strong Group*

*Does not require registration. Donations appreciated.

Montpelier Senior Activity Center
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Submissions for October Newsletter due September 14.

We are closed on Monday, September 7 for Labor Day. Some classes may still meet. Inquire with your instructor.

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 Monday-Friday from 9am-4pm.

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