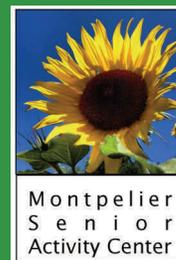


Join us for our Open House on November 30 from 5-7pm!



December 2015

Active Times

NEWSLETTER OF THE MONTPELIER SENIOR ACTIVITY CENTER

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

Winter Class Registration Begins November 30

Winter classes begin the week of January 11, and we are excited to share information about our diverse offerings. Winter classes include several new classes, an additional section of the popular writing class, new workshops in First Aid and Qigong, and many evening classes.

vocalizing exercises to keep your whole voice in shape for life, because of course we all want to still sing in choirs, teach, be in plays, and cheer our grandchildren on at a game!

Winter Registration

All registration forms will be accepted beginning November 30.

Forms processed in the following order:

- Starting November 30: Montpelier
- Starting December 7: Supporting Towns
- Starting December 14: All towns/non-members for classes open to public

A \$10 late fee will apply to registrations after January 8.

We are also hard at work adding additional programming in the community, including at Heaton Woods and at locations in supporting towns. Stay tuned for more information.

Plus, for the first time, you'll be able to register for classes online at www.montpelier-vt.org/msac. Read on for descriptions of new programs, and visit p. 10 for a full list of classes.

New: Adult Human Sexuality

Nancy Schulz • Sun 6:30-8:30pm

A class to explore how sexuality shapes every aspect of who we are as human beings. This class, part of the well-respected OWL (Our Whole Lives) curriculum, will be offered by a trained facilitator and is designed for adults over the age of 35. It's not a form of sex therapy, a support group, or a "how to" program. It's a forum for learning, listening, and sharing in a respectful and relaxed setting. Topics to be explored include: values, communication, attraction, relationships, diversity, aging, and health. The curriculum takes a progressive approach to the topics and is free of doctrine. There are no prerequisites.

New: Positive Psychology

Ginny Sassaman • Th 3-4pm (8 weeks)

In this fun, informative class, you will learn what positive psychology is and why it matters in your own life, what happiness tools & strategies you can use to become a happier person, ways to nurture happier relationships, how to recognize your strengths and become your best self, the power of mind-body connection and an introduction to meditation, and how to

New: Advanced Voice: Keeping Your Voice in Shape for Life (at Westview Meadows) Naomi Flanders • Fri 2-3pm
As seniors, we all notice the aging of both our speaking and singing voice. If we have sung in a chorus for years, or done theatrical work or taught school, it can be dispiriting. The good news is that this doesn't have to happen. This voice class will give you everyday breathing, movement and

Issue Highlights:

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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 Stukey,
Vice Chair

Susan Torchia,
Secretary

Next meeting:
January Date TBA

Important: End of the Year Schedule

The center will be closed from Thursday, December 24 through Sunday, January 3, reopening on Monday, January 4. There will be no activities, classes, or meals during this time. Makeup classes for the fall quarter may be held on December 21-23 or during the week of January 4. Winter classes will begin the week of January 11.

Save the Dates

- **Sat. December 12**, 9am-4pm, Unitarian Church of Montpelier: MSAC Crafts at Planting Hope 22nd Annual Solidarity Craft Fair
- **Sat. January 9**, 10am-1pm, MSAC: 2nd Anniversary Memory Café + lunch+ Special Puppet Performance by members of MSAC's inter-generational puppetry class. See the January newsletter for more info.
- **Fri. February 12**, evening, MSAC: Love Your Senior Center Dinner—a fun evening with casual dinner and a classic romantic film
- **Sat. May 28**, evening, Capital Plaza: Senior Prom—back by popular demand, this event will include dancing, music, and tons of fun. This year, you may also choose to join us for an elegant pre-prom dinner!

Supporting Town Volunteers Needed

If you are a resident of Berlin, Calais, East Montpelier, Middlesex, Moretown or Worcester, please help us secure FY17 tax appropriations from your town. We need people willing to attend Town Meeting in March 2016 and speak up about why MSAC matters to

you. Information, tips and training available. Contact staff to sign up.

City of Montpelier FY17 Budget

As of press time, the MSAC and other City Departments had completed first drafts of our budgets and were waiting for City Council to weigh in with more detailed budget policy and priority directives before sitting down with our teams to refine our budget for July 2016-June 2017. There are several City Council meetings scheduled in December and January during which City Management will discuss the overall city budget proposal and residents will have the opportunity to provide feedback and ask questions. See specific agendas for December 9, December 17, January 6, and January 13.

Investment Fund Manager RFP

As of this newsletter's printing date, the City's Investment Committee was about to release a Request for Proposals to manage the invested funds of the Senior Center. The RFP is being advertised to the public, and any interested parties may view it on the City website (www.montpelier-vt.org) or ask to be mailed or emailed a copy.

Transportation Pilot Project

Funding is coming together (including a grant from Hunger Mountain Coop) for our Tuesday van transportation pilot. Start date: early 2016 – TBA. We are seeking volunteers to serve as door-to-door assistants to ride on the van one or more days per month. We are also seeking to fill part-time paid positions driving the van (background

checks required) and managing ride requests and route plans. Please give your name to front office staff if interested in any of these positions.

Group on Aging Forming

Andrew Potok and Margaret Harmon propose starting a discussion group in January on Aging and the Brain to share thoughts and experiences as well as discussions of articles and books on the subject. If you are interested, please get in touch with Andrew at 802-223-4615 or apotok@comcast.net.

Special Thanks

Many thanks to **MSAC Crafters** who have been sewing, knitting, painting, and up-cycling fabric into functional and whimsical items including aprons, bookmarks, bags, hats, dog collars, shirt savers, bibs and more. Sales were strong at the Main Street Middle School fair, and these creative, generous volunteers contributed over \$628 and plan to hit more craft fairs to raise funds for MSAC by selling the fruits of their joyful labor.

Additional thanks to the **Montpelier Housing Authority** for purchasing a new US flag to replace the tattered one on the front of our building, and to the **Montpelier Fire Department** for raising the new flag in a lovely ceremony before Veterans Day.

Canasta Group

Interested in playing canasta here at the senior center? Please let us know in the office! If there is enough interest, we may start a group.

Holiday Gift Bags from Hunger Mountain Coop

MSAC partners with Hunger Mountain Coop again to distribute bags of groceries in time for the holidays, filled with goodies from organic teas, to specialty soups, crackers and locally-made sweets. Distributed annually, the groceries are donated by the Coop, its vendors, and Coop customers. Sign up in the office ASAP. Limit 40 seniors. Pick up your bag at MSAC starting Monday, December 15.

Annual Appeal Update

With your support, we have raised \$9,790 of our \$15,000 goal. (as of 11/17)

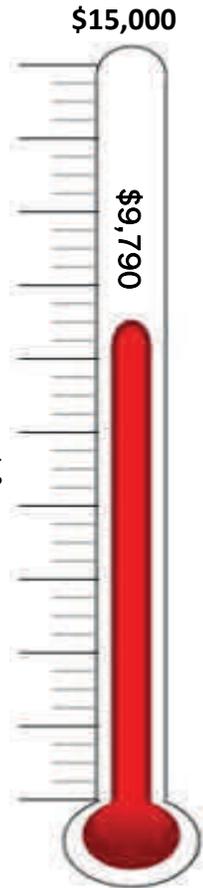
We are grateful for those of you who have already donated. We have received \$1,085 in gifts from new donors, and donors to last year's appeal have increased their gift by an average of 24%! That means we are able to tap into more than \$1,900 in matching funds!

If you have benefitted from our programming in the last year, please consider making a tax-deductible gift to support our work and keep MSAC strong for today and years to come.

Thanks to generous support from the Advisory Council and friends, new and increased gift amounts will be matched dollar for dollar!

You'll find a convenient return envelope is included with the appeal mailing and in the mailed copies of December newsletters.

Please make a gift and help us reach our goal by December 31.



Donate Online by Credit Card:
www.bit.ly/MSACdonate

UPCOMING TRIPS

Holiday Shopping in Johnson

Thursday, Dec. 3, 12:30-6:00pm • \$16
Shopping in Johnson, Vermont. Really, you say! How about an early December adventure to a few shops in the north. Think of the holidays and gifts for you or your family. Departs from the Montpelier Dept. of Labor on the MSAC van. Here are the places we will go.

- Johnson Hardware Store - "If they don't have it, you probably don't need it! Awesome Inventory! Friendly staff!"
- For-Get-Me-Not Shop—Where you'll find brand name off-price clothing for men, women and teens. Also, an extensive collection of jewelry and accessories.
- Vermont Flannel Company – Needs no explanation!
- Johnson Woolen Mills- For over 170 years and led by four generations of the Barrows Family, Johnson Woolen Mills continues to bring you new designs, classic woolen products and rugged outerwear for the whole family.

Full Moon Walks



Enjoy good company and crisp air as we explore Montpelier by night. Note that the starting times for the walks below vary. Participants should dress in layers, bring a flashlight (or head lamp) and a water bottle. If you have questions about any of the scheduled walks, please contact the leader, Nancy Schulz, via email: Saddle-Shoes2@gmail.com or

phone: 223-7035. Open to the public. **Please register at the MSAC office at least one week prior. Free for MSAC members and \$5 for non-members.**

Beaver Moon

Wednesday, November 25, 7:15pm

Celebrate the full "Beaver Moon" and enjoy the night sky as we visit a handful of Montpelier's smallest parks. At one of these parks, beaver make regular appearances! Meet at 7:15 pm in front of MSAC.

Cold Moon

Friday, December 25, 4:30pm

As we enjoy the holiday lights in downtown Montpelier on the night of the full "Cold Moon," our route will take us across a variety of the city's bridges. Free hot chocolate for all at walk's end! Meet at 4:30 pm in front of MSAC.

Wolf Moon

Saturday, January 23, 5pm

On the night of the full "Wolf Moon," we'll stroll the length of the city's bike path, from Granite Street to Montpelier Junction. All who feel an urge to howl are welcome to do so! Meet at 5:00pm in front of MSAC.

Snow Moon

Monday, February 22, 5:30pm

To mark the full "Snow Moon," our route takes us on city sidewalks and then on a trail through the North Branch Park to the North Branch Nature Center before we circle back. Perhaps we'll stop to make a snow sculpture en route! Please wear sturdy footwear appropriate for both sidewalks and trails. Meet at 5:30pm in front of MSAC.

Sap Moon

Wednesday, March 23, 6pm

Celebrate the sweetness of Vermont maple syrup and the full "Sap Moon" by taking a walk through Hubbard Park. Participants should expect uphill, downhill, and level walking on a variety of park trails. Footwear should be appropriate for ground conditions. If uncertain what to wear, please contact the leader. Free maple cookies for all at walk's end! Meet at 6:00pm in front of MSAC.

The Christmas Revels

Saturday, Dec. 19, 10:15-4:15pm • \$43

THIS TRIP IS CURRENTLY FULL

Join us on a MSAC van trip to Hanover to witness a Scottish Highlands Celebration! The magical Celtic tale of Tam Lin, co-written by celebrated children's author Susan Cooper, is woven throughout this merry show of Scottish singing, dancing, and pageantry. 1pm performance, with lunch on your own in Hanover prior to the show (or bring lunch on the van).

Profile of Bob Barrett by Ron Merkin



MSAC's Ukulele Group leader Bob Barrett began taking lessons only four years ago. "It's one of the fastest musical instruments to learn," he said. "Only four strings. Some basic chords. In fact, anyone

mastering between fifteen and twenty [chords] can play a variety of tunes in a short time."

MSAC's ukulele classes began in 2011. Bob and Joan Barrett were watching a Green Mountain Film Festival documentary about some amateur ensembles. Then MSAC director Cindy McCloud was sitting in the row in front of them. Inspired, all three discussed the possibility of starting something at MSAC after the film ended. "We can do this!" they decided. And they did. The film was aired twice more at MSAC, and enough people enrolled in a course for it to move forward.

John Mowak taught the first six-week course for beginners. When it finished, participants decided to continue playing once per week at MSAC on their own. Bob Barrett had progressed enough to assume leadership. "The average learning takes ten weeks," he said. "If beginners come to the Thursday night sessions we're currently running, they're coached between 6-6:30pm. Should they feel comfortable, they're welcome to stay for the remainder of our two-hour rehearsals when we play and sing repertoire we're working on."

The singing until now has not included harmony. Melodies are done in unison. But having taken a course in harmony at Montpelier's Summit School Bob has thought that experimenting with it might add variety to

performances. Now performing between six and eight times a year, typical venues include services at Montpelier's Unitarian Church, Project Independence in Barre, the Berlin Health and Woodridge nursing homes and Montpelier's Heaton Woods residence. "We even played recently during the wedding of one of our members," Bob mentioned.

Veronica Frostick, one member of the ukulele group, said that playing with the ukulele group is the high point of her week. A cellist who plays in orchestras, Polly McMutry tries never to miss the weekly sessions. And Helen Eldred switched from guitar to ukulele because the first instrument felt too heavy. Having learned the ukulele in eight weeks, she finds that the "soothing effect of getting up to strum on nights when I have insomnia helps me sleep."

Between fifteen and twenty people of all ages currently attend weekly sessions. New members are welcome. A collection is taken during each rehearsal to offset MSAC expenses. The beginner sessions from 6-6:30pm are free to attend. Ukulele prices range from \$40 to \$1000 and the average buyer spends between \$100 and \$150. You can purchase a ukulele locally at Guitar Sam on Main Street.

PAID ADVERTISEMENT

Mayo
Residential Care

Keeping families whole is at the heart of our mission.

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

THANK YOU, VOLUNTEERS!

“You make a living by what you get. You
make a life by what you give.”

-Winston Churchill

Volunteers are the lifeblood of our organization. They teach classes, help you register for classes, assist staff in the office, organize events, lead groups, and prepare, serve, and deliver meals. This year, more than 100 volunteers have given more than 5,200 hours of their time to support the senior center and the FEAST meals program. From the bottom of our hearts, thank you. We could do not it without you.

Mary Alexander
Barbara Arley
Irene Badeau
Carole Baker
Bob Barrett
Joan Barrett
Mary Alice Bisbee
Sarah Blakely
Jane Bryant
Barbara Buckley
Lena Canas
Bonnie Carey
David Carris
Angelo Caserta
Kate Cipolla
Whit Dall
Suzanne Day
Fletcher Dean
Sally DeCicco
Gilberto Diaz Santos
Lisbeth Dodd
Elizabeth Dodge
William Doelger
Carol Duley
Janice Dunn
Patricia Dupont
Helen Eldred
Anne Ferguson
Diana Fielder
Pamela Finnigan
Anne Ferguson
Donna Flauto
Suzanne Ford
Veronica Frostick
Beverly Gaboriault
Monika Gadre
Leane Garland
Susan Gilmore
Susie Gomez
Judith Grant-Thompson

Joanne Greenberg
Mary Margaret Groberg
Selma Hadzic
Julia Hancock-Song
Christine Hartman
David Hartnett
Toni Hartrich
Betha Hedenburg
Scott Hess
Janice Hill
Ginnie Humphreys
Ginny Jones
David Kahn
Melanie Kehne
Owen Kellington
Carol King
Sylvia Kingsbury
Dona Koenemann
Ed Koenemann
Frances Krushenick
Barbara Ladabouche
Linda Lane
Mariah Lane
Elaine LaRosa
Laurie LeBlanc
Donna Leighty
Jean Macdonald
Cassie Major
Cynthia Martin
Lawrence Masure
Karen Matthews
Lucinda McCloud
Merle McDermott
Ron Merkin
Loren Miller
Ann Moulton
Joan Moureau
Tina Muncy
Nancy Munno
Irene Nettler

Cameron O'Connor
Audrey Oliver
Genevieve Olson
Jane Osgatharp
Ora Paul
Jean Phillips
Andy Potok
Janet Ressler
Bob Rikken
Don Rowan
Jessica Sanderson
Webster Savidge
Nancy Schulz
Rebecca Sheppard
Nancy Sherman
Catherine Simpson
Rachael Skinder
Alice Smith
Barbara Smith
Marguerite Smyrski
Brenda Snetsinger
Aaron Snider
Madeleine Squier-Paine

Jing Ji Stangel
Sandra Stone
Arthur Stukey
Susan Stukey
Elaine Sumner
Stanley Sumner
Christine Terry
Patricia Topping
Susan Torchia
Dara Torre
Robert Troester
Tina Valentinetti
Thomas Wales
Susan Walker
Sylvia Walker
Paul Wallace-Brodeur
Ruth Wallace-Brodeur
Harris Webster
Rick Winston
Maria Withey
Robert Withey
Linda Workman

**Volunteers are invited to our Volunteer Recognition
Luncheon on Wednesday, December 16.**

Invitations to follow. If you volunteered this year and
do not receive an invitation, please let us know.

Event supported by:

 **UnitedHealthcare**


Real Possibilities



NEW WINTER CLASSES

(Continued from page 1)

become a more optimistic person and realize your dreams.

New: Moving into Stillness: Yoga and Meditation

Sarah Parker-Givens • Th 2-3pm

Various meditation techniques will be taught to still and calm the mind allowing us to connect with the present moment. The first half of each class will consist of gentle yoga warm ups on the floor in order to prepare the body and breathing practices to prepare the mind for seated meditation. This course will also include mantra (chanting) and mudras (hand gestures). Beginning students are welcome.

New: Yoga for Balance: Intro

Patty Crawford • Mon 8:45-10am

The intention for this class is to develop a focused and stable mind, strengthen the legs and feet and the core body. Using a combination of breath and balancing postures, flexibility and awareness are developed. Good balance and focused attention increases our ability to prevent serious injury. Students participating in this class should be able to move from floor to standing with minimal difficulty.

New: Moderate Yoga/Viniyoga

Sally Olmsted • Th 3:30-4:45pm

This moderate yoga class will focus on integrating breath and movement in physical postures (asana), while exploring adaptations to suit individual needs. The goals of this weekly practice include increasing strength, flexibility, and focus, as well as supporting greater awareness of body, breath, and mind. In addition to the physical postures, each class will include a simple, seated breathing exercise and conclude with guided relaxation. Participants should be able to move comfortably from the floor to a standing position. Sally has a background in clinical social work and is interested in the therapeutic applications of yoga. She has been teaching locally for several years and has just completed her 500 hour teacher training with the American Viniyoga Institute.

New: Vigorous Yoga

Lori Flower • Tu 1:30-2:30pm

Join us to reinvigorate through a basic Yoga “vinyasa” flow that gets your heart beating and oxygenates your system. Shift stagnant energy and revitalize through deep stretches and well aligned movement.

New Workshop: First Aid

Glen Marold, EMT • Mon. 1/11 or 1/25 6:15-8:15pm

Learn how to respond to common first aid emergencies, including burns; cuts; head, neck and back injuries and more . Taught by Montpelier Fire Department emergency medical technician Glen Marold.

New Workshop: Introduction to Qigong

Amanda Ellingson • Fri 1/15 2-3:30pm

The class will begin with a short meditation/visualization, followed by gentle movements that can be done standing or sitting. Amanda will also introduce the Healing Sounds for the Five Organs. Each sound contains three different healing energies—physical, emotional, and spiritual.

Additional Class Notes

Memoir and Autobiography on Film

Rick Winston • Mon 10-12:30 (8 weeks)

We'll see a variety of films, some adapted from written memoirs, some created just for the screen. The list includes films from Italy (Padre Padrone), Iran (Persepolis), France (The Diving Bell and the Butterfly), and South Africa (A World Apart).

My Heart's in the Highlands—Films from Scotland

Rick Winston • Thurs 10-12:30 (8 weeks)

We'll see both films from England portraying life in Scotland (The Edge of the World, The 39 Steps) and from Scotland itself, once it had a film industry of its own (Local Hero, The Angels' Share). There will be comedy, drama, a thriller, and even a horror film.

- We have added an additional section of Writing with instructor Maggie Thompson on Mondays from 10:30am-12:30pm.
- This quarter, back by popular demand is “How to Retire Without Going Broke,” taught by David Carris on six Tuesdays from 6:30-7:30pm.

UPCOMING EVENTS **Open to the Public**

OLLI: 1950's TV as Seen on Film with Rick Winston

Wed., Dec. 2 and Wed. Dec. 9, 12:30-2:30pm at The Savoy Theater

December 2: "Quiz Show"—Robert Redford's 1994 film examines the 1958 game-rigging scandal involving Charles Van Doren.

December 9: "Good Night and Good Luck" - This is George Clooney's 2005 dramatization of Edward R. Murrow's exposure of Senator Joseph McCarthy.

Discussion led by MSAC instructor and film historian Rick Winston. Presented by the Osher Institute for Lifelong Learning (OLLI). Open to all. Free for OLLI members or \$5 suggested donation to OLLI for non-members.

Poetry Class Reading

Tuesday, Dec. 8, 10:30am-12pm

Members of the two MSAC poetry classes share from work they have created this quarter. All are welcome to attend.

COVE Government Workshop

Wednesday, Dec. 9, 10:30am-12pm

This is an interactive presentation that covers topics such as: functions of the three branches of government, how a bill becomes a law, advocating for your needs and interests, and communicating with legislators. This workshop will empower you to engage in advocacy on issues of interest. Free and open to the public. Led by the Community of Vermont Elders. **Pre-registration required in the MSAC office.**

Community of Vermont Elders

Snowflake Workshop

Wednesday, Dec. 9, 1:30-2:30pm



Celebrate the season by crafting paper snowflakes. Led by Betha Hedenburg. Students from River Rock School will be joining us as well! Free

and open to the public.

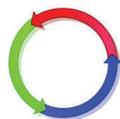
Soap and Lotion Making

Thursday, December 10, 1-3pm • \$15

Revitalize and nourish your skin! Only the best for our bodies! Learn to craft moisturizing lotions, a rich nourishing cream and hand-milled olive oil soaps using only the best ingredients! We'll explore a variety of nutrient oils that are used for their properties to nourish and soothe the skin. Participants take home a lotion, a thick nourishing cream and an assortment of olive oil herbal soaps. All make wonderful holiday gifts! Lead by Joann Darling, "soap maven" at Green Sylk Soap Company. **Register and pay in the MSAC office by December 3.** We need 8 people to make this workshop run, so please sign up as early as possible.

Coming Soon: Explore Alaska from an Armchair!

You won't need to leave the comfort of the senior center lounge to experience the excitement of exploring Alaska. Come and listen to the words of Margaret Murie's memoir about her adventures in Alaska in the first half of the 20th Century. Murie traveled by dog sled and pole boat and worked beside her scientist husband, Olaus. Murie's stories in "Two for the Far North" are filled with humor, vivid descriptions, and a deep love for the Alaskan wilderness. Nancy Schulz will read from Murie's book in weekly one-hour installments, beginning on Tuesday, January 12 at 1:00pm. Feel free to attend any of the installments. You don't need to hear them in sequence to enjoy them.



Rainbow Umbrella of Central Vermont

Tuesday, December 1, 5:30-7pm

Tuesday, December 15, 5:30-7pm

Come to this group to build your LGBT community, have fun, educate others, advocate for social justice, and create a new local LGBT resource. Sponsored by The Pride Center of Vermont. For info, call 860-7812.

Blood Pressure Clinic

Wednesday, Dec. 2, 9:45-10:45am

A nurse from Services and Support at Home (SASH) will provide free blood pressure screenings and consultations. First-come, first-served.

Free Tobacco Cessation Workshop Series

Thursdays, Nov. 19, Dec. 3, Dec. 10 and Dec. 17, 10-11am.

Are you ready to take the next step? Do you want to quit tobacco use (cigarettes, chew, cigars, pipe, etc.) but need help? For many tobacco users, support from others make the difference in staying tobacco-free. Special attention is given to developing a quitting strategy, including dealing with weight control and managing stress. These workshops will offer ways to change your behavior and help you start a tobacco-free lifestyle. Classes led by Lisa Champagne, Self Management Program Coordinator at UVM Health Network—CVMC. Nicotine patches, lozenges, or gum available for your quit date. To register, call 225-5680 or email cara.croteau@cvmc.org.

Memory Café

Saturday, December 12, 10-11:30am

In December, we welcome a group of a capella singers from the Montpelier Community Gospel Choir. From its beginnings as a loose-knit group of about 20 people, the full choir has grown over the

years to its present size of 60 members. The choir combines soul, jazz, blues, and original and traditional gospel music to produce an exuberant sound. Usher in the holiday season with their beautiful vocal blends. The Memory Café is a social gathering where people experiencing memory loss and their care partners come together to connect and support one another in a relaxed, non-judgmental atmosphere.

Foot Clinic

Monday, December 14, 9am-1pm

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

Massage Clinic

Will resume in January

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.

Advance Directives Help

By appointment

Have you created an Advance Directive? Mary Alice Bisbee, who is well-versed in this field and a Notary, can assist for free. 223-8140 for appointment.

Welcome New Members

Claudine Bodin
Andrew Doe
Richard Earle
Barbara Loecher

Joan Polanshek
Mary Ellen Stingos
Robin Taylor

LIST OF WINTER CLASSES

Arts and Crafts Classes

Intermediate Drawing

Jeneane Lunn • Wed 4:30-6 • \$25/\$35

Beginner Guitar and Baritone Ukulele (presented w/ Summit School of Traditional Music and Culture)

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

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 • Thurs 3-4 • \$20/\$30

NEW: Advanced Voice: Keeping Your Voice in Shape for Life (At Westview Meadows)

Naomi Flanders • Fri 2-3 • \$20/\$30

Humanities, Technology, and Social Sciences

NEW: Adult Human Sexuality

Nancy Schulz • Sun 6:30-8:30 (6 weeks) • \$20 members/\$40 public

Film Series: Memoir and Autobiography on Film

At Savoy Theater • Rick Winston • Mon 10-12:30 (8 weeks) • \$50 members/\$75 public

Film Series: My Heart's in the Highlands—Films from Scotland

At Savoy Theater • Rick Winston • Thurs 10-12:30 (8 weeks) • \$50 members/\$75 public

Intermediate French

David Kahn • Mon 12:45-2 • \$20/\$30

Beginner Italian

Angelo Caserta • Tues/Fri 2-4 • \$35 members/\$60 public

NEW: Positive Psychology

Ginny Sassaman • Thurs 3-4 (8 weeks) • \$20/\$30

Technology Workshop

At Main Street Middle School • MSMS Students • Thurs 11:30-12:30 (6 weeks: 1/14, 1/28, 2/11, 2/18, 3/10, 3/24) • \$10 members/\$20 public

Write a Poem

Sherry Olson • Wed 9-10:30 • \$25/\$35

Sherry Olson • Wed 10:45-12:15 • \$25/\$35

Writing

Maggie Thompson • Mon 10:30-12:30 • \$25/\$35

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

Movement

Moving Every Muscle

Louisa Nufield • Wed 11:45-1:15 • \$25/\$35

Dance to Fitness

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

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

Living Strong

Laura Brown/Tom Viall • M/Th 5-6 • \$20/\$30

Tina Muncy • Tues/F 5-6 • \$20/\$30

Joan Barrett/Barbara Ladabouche • Tues/Th 8:30-9:40 • \$20/\$30

Living Strong (non-beginners)

Donna and Ed Koenemann • M/F 9-10 • \$20/\$30

Tai Chi for Arthritis and Fall Prevention: Intro

David Hartnett • Tues 4-5 (10 weeks) • \$20/\$30

Tai Chi for Arthritis and Fall Prevention: Intermediate

Ellie Hayes • Tues 5:15-6:15 (10 weeks) • \$20/\$30

Tai Chi Long Form

Judy Copa • Wed 1:30-3 (13 weeks, starts 3/9) • \$20/30

Yoga classes are sorted from least to most vigorous.

Chair Yoga

Sarah Parker-Givens • Tues 11-12 • \$20/\$30

Very Gentle Yoga

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

NEW: Moving into Stillness: Yoga and Meditation

Sarah Parker-Givens • Th 2-3 • \$20/\$30

LIST OF WINTER CLASSES

Gentle Yoga

Patty Crawford • Tues 9-10:30 • \$20/\$30
 Patty Crawford • Wed 9-10:30 • \$20/\$30
 Patty Crawford • Th 5:30-7 • \$20/\$30 (includes breathing, chanting, and introduction to meditation)

NEW: Yoga for Balance: Intro

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

Gentle Flow Yoga

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

Yoga for Balance: Intermediate

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

Moderate Yoga

Lori Flower • Mon 1:15-2:30 • \$25/\$35
 NEW: Sally Olmsted • Th 3:30-4:45 • \$20/\$30

Moderate/Vigorous Flow Yoga

Sarah Parker-Givens • Mon 5-6:30 • \$20/\$30
 Sarah Parker-Givens • Wed 5-6:30 • \$20/\$30

Vigorous Yoga

NEW: Lori Flower • Tues 1:30-2:30 • \$25/\$35
 Joan Stander • Fri 10-11:30 • \$20/\$30

Workshops

NEW: First Aid

Glen Marold, EMT • Mon 1/11, 6:15-8:15 or Mon 1/25, 6:15-8:15 • \$5 members/\$20 public

How to Retire Without Going Broke

David Carris • Tues 6:30-7:30 (6 weeks, starts 1/12) • \$10 members/\$20 public

NEW: Introduction to Qigong

Amanda Ellingson • Fri 1/15, 2-3:30 • \$5 members

Off-Site Fitness

Water Aerobics at First in Fitness Berlin

Annie Tiberio Cameron • Tues 10-11 • \$45/\$60

Tennis at First in Fitness Berlin

Fri 1-2 (8 weeks, starting 1/15) • \$55/\$65

Swimming at First in Fitness Berlin

Mon/Fri 5-6, Tues/Wed/Th 10-11 • \$40/\$75

Registration begins November 30.

You may register in the MSAC Office or online at www.montpelier-vt.org/msac.

Forms will be processed in the following order:

Starting November 30: Montpelier
 Starting December 7: Supporting Towns
 Starting December 14: All towns/non-members for classes open to public

A \$10 late fee will apply to registrations after January 8.

For complete information on all our classes and programs, consult our website at www.montpelier-vt.org/msac or our class registration materials in the MSAC lobby.

Please inquire about discounts available for MSAC members at First in Fitness, Rehab Gym in Barre, and Snap Fitness in Berlin.

Financial aid is available for all of our classes. Please inquire for additional information.

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FEATURES

Could you use an extra \$163 per month for food?

Many are surprised to learn that is the average benefit for Vermonters aged 60+ found eligible for 3SquaresVT, a federally supported nutrition assistance program administered by the State of Vermont.

You may be eligible for 3SquaresVT if your gross household income is equal to or less than 185% of the federal poverty level based on household size—regardless of the resources you own. For a household of one, gross income is \$1801; for two: \$2496, but inquire to learn about allowable deductions! Senior household benefits can be deposited directly to your bank account for convenience and privacy.

3Squares VT is much like social security. Your tax dollars helped pay for it. Now maybe it can help you. It helps the state economy. When you spend your benefits, you support the economy. Finally, when you get benefits, you don't take them away from anyone else.

Call Vermont's Senior Helpline at 1-800-642-5119 to get answers to your questions and help applying. An outreach worker can come to your home to help you fill out an application, or you can schedule an appointment with someone from CVCOA at MSAC.

Eat healthy and live strong with a little help!

Tips from AARP for Avoiding Identity Theft

1. Secure your mail with a lockable box or PO box.
2. Limit what is mailed to you by setting up online accounts for all bank and credit cards.
3. Never leave personal information in your car.
4. Shred documents containing personal information.
5. Lock electronic devices (like tablets, laptops, smartphones) with passcodes to prevent unauthorized use if they are lost or stolen.
6. Close out inactive accounts such as those for your old credit cards.
7. Don't carry your Social Security Card – even exposing your last four digits puts you at risk.
8. Monitor your accounts such as bank and credit cards regularly to detect anything unusual.

9. Register with the three credit reporting agencies: Equifax, Experian and TransUnion.
10. You can put a fraud alert or establish a credit freeze on your accounts by contacting the three credit bureaus.

In the Community

Glenn Miller Orchestra

The Glenn Miller Orchestra will perform on Saturday, December 12 at 7:30pm at the Chandler Center for the Arts in Randolph. The legend lives on...Glenn Miller was one of the most successful bandleaders of the Swing Era of the 1930s and 40s. Miller himself vanished while on an Air Force mission in 1944, but his music remains vibrant, and has been performed since 1954 by the official Glenn Miller Orchestra, the most sought-after big band in the world. The result is an evening of Swing magic! Tickets are \$2 off for MSAC members (\$23). For tickets, call the Chandler box office at 802-728-6464.

Pickleball in Montpelier

Pickleball is a cross between badminton, tennis and ping-pong. It is a fast growing sport that is perfect for all ages! Join the fun in Montpelier. Open Pickleball will meet Mondays through Thursdays, 1:00 pm - 3:00 pm at the Montpelier Recreation Department Gym. \$2 for Montpelier residents and \$3 for non-residents. If you have never played before, find out what all the RACKET is about at a beginners clinic. Times and Dates TBA. For more any information call the Montpelier Recreation Department 802-225-8699.

In the News: Many Senior Centers Across the Nation Rebranding

On November 12, the Wall Street Journal featured an article by Jennifer Levitz describing how some senior centers are dropping the word “senior” from their names in an effort to re-brand and attract Baby Boomers more easily, but not all seniors are happy with such changes. What do you think? Have you talked with your friends or family about the terms senior, elder, older adult, and others, and about which are more and less appealing to you, and why? Let us know what you think.



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 12/1: Beef stew loaded with local root vegetables, served over egg noodles

Friday, 12/4: Roast pork with mustard crust, served with sautéed local onions and cabbage and rosemary roasted potatoes

Tuesday, 12/8: Chicken enchiladas, served with local butternut squash, rice, and pinto beans

Friday, 12/11: Hungarian braised chicken and mushroom stew served over brown rice, with local apple sauce

Tuesday, 12/15: Roast turkey and gravy with bread stuffing, cranberry sauce, and local squash puree

Friday, 12/18: Spaghetti with meat sauce, served with whole wheat garlic bread and mixed vegetables

Tuesday, 12/22: Glazed ham, served with pineapple, baked beans, and squash.

Friday, 12/25: Closed for holiday break

Tuesday, 12/29: Closed for holiday break

Friday, 1/1: Closed for holiday break

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

Volunteer of the Month: Carole Baker



Super Hostess volunteer Carole is the glue that holds each FEAST Together meal together. She coordinates the food and its presentation with the chef before and during service; makes sure the tables are dressed up nicely; and serves each meal to the

diner's preference and amounts. Carole's smile and commitment to excellence make sharing the FEAST Together meals a great dining experience for all. When she isn't volunteering at FEAST Together, Carole donates her time to other organizations like the American Legion, VFW Post 792, and the Trinity United Methodist and Bethany Churches. We all owe Carole a big THANK YOU for making meals happen here at MSAC and all around Montpelier town!

December Birthday Social on 12/18 at 12:30

FEAST Together celebrates MSAC members and volunteers with a Birthday Cake Social in the Community Room at 12:30pm on the third Friday of each month. If your birthday falls during December, please come to the meal for free cake and coffee and a rousing chorus of Happy Birthday! HAPPY BIRTHDAY!

An Open Letter from Chef Justin and Charlie, FEAST Vermont Associate Trainee

The winter and holiday season is upon us and our minds are open to all your suggestions for our lunch-time meals. What more can we cook-up for you? Maybe, a lighter meal? Do you have a favorite vegetable dish or yen for an old family recipe? Let us know what we are doing right, what more we can do and what you want to see change. We hope to serve you healthy and ever more satisfyingly delicious food from our kitchen! Please submit any feedback to our new FEAST suggestion box at lunch.

ACTIVITIES CALENDAR

SPACE	SAT./SUN.	MONDAY	TUESDAY
RESOURCE ROOM		9-1 Foot Clinic (12/14)	2-4 Beginner Italian
COMMUNITY ROOM	Sat. 10-11:30 Memory Café (12/12)	12-3 Mah Jongg* 1-3 Bridge* 2-4 Cribbage*	10:30-noon Band & Dancing Noon-1 FEAST Meal 1-3 Scrabble* 3-4:30 Puppet Project
ART AREA		10-12 Painting	5:30-7 Rainbow Umbrella of Central VT* (12/1, 12/15)
STUDIO		10:30-11:15 Dance to Fitness 1:15-2:30 Moderate Yoga 3:30-4:30 Very Gentle Yoga 5-6:30 Vigorous Flow Yoga	9-10:30: Gentle Yoga 11-noon Chair Yoga 4-5 Tai Chi for Arthritis Intro 5:15-6:15 Tai Chi for Arthritis Intermediate
ACTIVITY ROOM		9-10 Living Strong 12:45-2 Intermediate French 2:30-3:30 Living Strong Group* 5-6 Living Strong	8:30-9:40 Living Strong 10-12 Write a Poem 10:30-12 Poetry Reading (12/8)* 1:15-2:30 Italian Group* 2:45-4:45 Write a Poem 5-6 Living Strong
OFFSITE		5-6 Swimming at FIF	10-11 Swimming at FIF 10-11 Water Aerobics at FIF 2-3 Trash Tramps

Winter Classes: Most movement classes end the week of December 14.
 Most other classes end the week of November 30. *Confirm with your instructor.*

WEDNESDAY	THURSDAY	FRIDAY
9:45-10:45 Blood Pressure Clinic (12/2)	10-11 Tobacco Cessation (12/3, 12/10, 12/17) 3-4 Voice for Shy Singers	2-4 Beginner Italian
1-2:30 Snowflake Workshop* (12/10)	10-12 Crafters Group 4-5:30 Piano Workshop* 6-6:30 Ukulele Group Beginner Session* 6:30-8 Ukulele Group*	Noon-1 FEAST Meal 12:30 Monthly Birthday Social (12/18)
9:30-11:30 Rug Hooking 4:30-6 Intro to Drawing	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 1:30-3 Tai Chi Long Form Group 3:30-4:30 Gentle Flow Yoga 5:30-7: Mod./Vigorous Kripalu Yoga	9-10:30 Yoga for Balance 11-11:45 Dance to Fitness 3:30-4:30 Moderate Yoga 5-6:30 Gentle Yoga	10-11:30 Vigorous Yoga
10-11:30 Men's Group* (12/2) 1:30-3:30 Writing 5-6 Beginner Guitar	8:30-9:40 Living Strong 10:30-12 COVE Government Workshop (11/9) 11-12 Chair Yoga 1-3 Soap and Lotion Workshop (12/10) 5-6 Living Strong	9-10 Living Strong 2-3 Living Strong Group* 3:45-4:45 Opera III 5-6 Living Strong
10-11 Swimming at FIF 12:30-2:30 Osher Lifelong Learning Institute at Savoy (12/2, 12/9)	10-11 Swimming at FIF 11:30-12:30 Technology Workshop (12/3, 12/17) 12:45-1:45 Walks with Harris*	1-2 Tennis at FIF 5-6 Swimming at FIF

*Does not require registration. Donations appreciated.

Montpelier Senior Activity Center
58 Barre Street
Montpelier, VT 05602

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Dear Newsletter Subscribers:

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

Submissions for January Newsletter due December 14.

We are closed on Thursday, November 26 and Friday, November 27 for Thanksgiving. All classes and activities and the FEAST Together meal are cancelled.

We are closed from Thursday, December 24 until Monday, January 4 for the holidays. All classes and activities are cancelled and no FEAST meals will occur. Please see page 2 for more details.

Sustaining MSAC's Future

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

Montpelier Senior Activity Center

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

Front Office is Open 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 Meals Program and Reservations Number: 262-6288

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