

Active Times

NEWSLETTER OF THE MONTPELIER SENIOR ACTIVITY CENTER

April 2016

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

Rummage Sale on April 8 & 9!

Our annual rummage sale will be held on Friday, April 8 from 10am-5pm and Saturday, April 9 from 9am-2pm. On Saturday from 12-2, fill a bag for \$3 and get half-price on our Boutique items.

We always have tons of great items for sale, ranging from clothes to books to toys, small appliances, and more. Plus, our prices are very reasonable, and all the proceeds go to support MSAC!

A brown-bag lunch from the FEAST pro-

gram will also be available on Friday from 12-1 (no charge with \$7 suggested donation for those 60+ and \$9 for those under 60).

We will be accepting donations on Friday, April 1, Monday, April 4, and Tuesday, April 5 between 10am-4pm.

It's not too late to volunteer! Can you help us set up or help during the event? Can you donate baked goods for our bake sale table? Please contact Dan at 262-6284!

Senior Prom: "Garden Party"

Saturday, May 28, 7-10:30pm at the Capitol Plaza Hotel • \$20 (\$30 additional for optional pre-prom dinner at 5pm)



Buy your tickets today for Senior Prom, which will

take place on Saturday, May 28, at the Capitol Plaza Hotel.

Our second annual Senior Prom promises to be an amazing time. We had more than 125 people come out last year, and are hoping even more of you will join us for an evening of music, dancing, and fun. Check out a video by Seven Days of last year's event at <http://tinyurl.com/msacsrpm>.

We'll have a dessert buffet, cash bar, music by DJ Fred Wilbur, dancing, a silent auction, and wonderful garden party themed decorations. At 7:30pm, we'll have dance lessons by Carolyn and Bill Pedrick, champion amateur ballroom dancers.

ALL ARE WELCOME! Come as you are, or as formal as your wish. Tickets are available now in the MSAC office for \$20. Please help us plan by purchasing your tickets in advance.

We are also hosting an elegant Pre-Prom Dinner at the Capitol Plaza at 5pm. Enjoy a lovely meal in the company of friends. Dinner is an additional \$30 and tickets are available in the MSAC office.

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ANNOUNCEMENTS

City News

Did you know MSAC is a department of the City of Montpelier? In early April, following a recent Request For Proposals, City staff anticipate contracting with an independent facilitator to help with the Strategic Planning process for integrating MSAC, Rec, Parks and possibly Cemetery into a Community Services Division in coming years. MSAC Staff and Advisory Council reps are involved in the process. Stay tuned for public input opportunities in coming months!

Starting in mid-summer, MSAC and Rec departments will be sharing Administrative support staff, which means that more employees and volunteers will be cross-trained to handle registrations and answer questions for our two departments, among other changes.

Advisory Council Elections

Please remember to vote this month or next, using the paper ballot in this newsletter or our online voting survey (confidential).

Parking and Other options!

Montpelier Housing Authority recently transferred one of their handicapped parking spaces to MSAC until further notice. This brings us up to 23 spots around the building – all well-marked. Thanks, MHA! Please remember NOT to park in tenant spots or along the next-door building at 46 Barre Street, as those are reserved for other people. We encourage use of the free GMTA Circulator Bus, which stops out front nine times daily, car-pooling with other members, and walking/biking if you are able-bodied.

Thank you, Volunteers!

MSAC's vibrancy owes so much to the generous time and energy contributed by volunteers. Over 150 volunteers from all walks of life serve in some way at MSAC each year, and together you contribute over 10,000 hours of service, the equivalent of two full-time employees! Volunteers, please remember to log your hours in the lobby – ask in the office if you need help!

Thank You, Supporting Towns!

We are grateful to the voters, volunteers, and members who helped us with successful requests for FY17 funding at Town Meeting in our six supporting towns: Berlin, Calais, East Montpelier, Middlesex, Moretown and Worcester. Together with many other organizations, we add to a vibrant network of healthy aging and lifelong learning options for seniors in Central Vermont. We look forward to doing our first class in a supporting town this spring: Yoga in Worcester! Stay tuned for classes in Berlin and/or Middlesex in future quarters!

Membership Update

As of March 22, MSAC membership had reached 965, with 30% from towns outside Montpelier (23% from supporting towns). This is the highest level in many years, far surpassing last year's 848!

Of the total population of any age, we serve 1 in 22 people living in Supporting Towns and 1 in 62 people living in Washington County. In Montpelier, we serve about 1 out of 11 people, and 1 out of every 5 seniors – approaching 1 in 4. For the ages 65-75, the proportion rises to 1 in 1.9 – more than half that age group!

Save the date for our next Open House: Monday June 6, the first day of registration for summer classes and a great day to renew your membership, which expires June 30.

Spring Classes

It's not too late to sign up for spring classes! More than 370 already have signed up. There is still space available in many classes, including Intermediate French, Your Financial Future, Vigorous Yoga with Lori Flower, and the Monday writing class. Stop by the office by April 1 to sign up without paying a late fee.

MSAC Advisory Council

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. Members are encouraged to attend!

Next meeting:
April 28, 3-4:30pm

Bob Barrett
Whit Dall, Chair
Liz Dodd
Bill Doelger
Fran Krushenick
Ron Merkin
Janet Ressler
Jessica Sanderson
Sue Stuke, Vice Chair
Susan Torchia, Secretary

Need Ashes?

There is a metal trash can near the dumpsters in the parking lot filled with ashes from the pellet boiler that heats our building. These ashes are free for the taking, if anyone would like them for a garden, etc. Help yourself, but bring your own container.

Petty Theft at MSAC

Unfortunately MSAC is not immune to problems like petty theft. There have been a few instances of items being taken in the last couple months. Please don't take what isn't yours, including parts of the centerpieces on tables in the Community Room. Please also be cognizant of your surroundings and report anything suspicious to the office. Thank you.

Reusables and Recyclables at MSAC and FEAST

Hundreds of millions of pounds of paper, including tons of plastic disposable takeout containers end up in waste landfills every year.

With this in mind, MSAC and FEAST decided to take action in a positive direction by switching to reusable meal trays. On average, the kitchen at MSAC serves approximately 9,100 meals a year through the FEAST at Home program. Before the switch, we produced more than ten pounds of paper tray waste per week. By switching to reusable containers, we have kept over 500 pounds of paper waste a year out of our landfills!

Over the last several months, we have been educating everyone about the use of our new reusable trays. Of course, there was a learning curve with the introduction of these new trays to our meal programs, and all gladly took up the challenge to make this initiative work. Special thanks to all FEAST's home delivery volunteers, and kitchen volunteers Steve Sawyer, Janet Miller, David Gardner, and Manuel Davila. Without their dedication and caring, this program could not have been a success.

Trash Tramps Update

The Trash Tramps are a group of volunteers who meet at the senior center every Tuesday at 2pm to pick up litter in Montpelier. The Tramps' first official outing was September 29 and since that date, they have met 24

times. As of March, 27 people have come on at least one Tramps outing, and the average outing attracts seven participants. Trash Tramps founder Anne Ferguson keeps count of the number of Shaw's-size bags that are filled each Tuesday. So far, the total is 297 bags, not including oversize items. In recent weeks, the Tramps have started to collect cigarette butts, which can be recycled. They keep track of the butts collected by weight.

The Tramps have been given reflective vests by the city of Montpelier and a grant by the Central VT Solid Waste Management District. Using these funds, the Tramps had vests imprinted and purchased gloves, tongs, and grabber devices. With remaining grant funds, they plan to buy a sidewalk "Buttler," a pole-mounted container where smokers can insert their spent butts. Upon learning about the Buttler from Anne, the Central Vermont New Directions Coalition decided to purchase five additional Buttlers for downtown Montpelier.

MSAC Literary Magazine

We are excited to announce the launch of our first ever literary magazine, *Sunflower*, created to showcase the amazing talents of all our MSAC members! Are you a writer, poet, or artist? We are accepting poetry, writing up to 1,000 words in length and digital images of your photography, painting, drawing, or other artwork. Please submit your pieces to Dan at dgroberg@montpelier-vt.org. All work must be submitted electronically by April 29. Our first issue will be released at the June MSAC open house. We can't wait to see your wonderful creations!

Van Transportation to MSAC Now Available!

Every Tuesday, get a free door-to-door ride to the senior center and enjoy a wonderful lunch, our Swingin' Over Sixties band, acupuncture clinic, chair yoga class, Your Financial Future class, weekly read-aloud, and more! If you're 50 or older, need help getting around, and live in Montpelier or Berlin, you qualify. Call Eileen at 262-6288 to get a ride.

Thank you to Hunger Mountain Coop, Walmart Foundation, North Country Federal Credit Union, and the Vermont Community Foundation for supporting this program!

UPCOMING EVENTS

Diabetes Prevention

Monday, April 4, 5:30-6:30pm

Are you at risk for type 2 diabetes? Do you have a BMI of 25 or greater? It's estimated that over 86 million American adults have prediabetes, a condition in which a person's blood glucose is higher than normal, but not high enough to be classified as diabetes. The disease typically shows no signs or symptoms, however diagnosis does not always lead to type 2 diabetes. Through small lifestyle changes, patients can improve not only their health, but also the health of their loved ones. Please come to the brief presentation of the YMCA's Diabetes Prevention Program to understand your risks for prediabetes and type 2 diabetes and take steps to prevent the disease.

Sprung: A Poetry Reading by Carol Henrikson and Sherry Olson

Thursday, April 14, 1-2:30pm

Carol Henrikson and Sherry Olson have been friends and poetry buddies for more than twenty-five years. They have both taught in the popular Write A Poem class at the Montpelier Senior Center. All are welcome to join them for a reading of their work. Free and open to the public. *A PoemCity 2016 program.*

Simplify Your Diet For Spring with Lisa Mase, Harmonized Cookery

Tuesday, April 19, 1-2pm

Spring is a wonderful time to eat more whole grains, vegetables, and healthy fats to prepare for the warmer months ahead. During this class, you will learn which foods help us align with the promise of spring, understand how to choose the best foods for your condition and constitution, and receive recipes to cook with these ingredients.

Lisa Mase is a food as medicine educator and food justice activist in Central Vermont. Her work is

founded in the Mediterranean Diet of her native Italy. She also studies and works with traditional nutritional philosophies from around the globe, including Ayurveda, Chinese Medicine, and Macrobiotics. To learn more and explore recipes, visit www.healthyeatingprogram.info

A Night Of Politics The Vermont Way!

Tuesday, April 26, 6:30-8pm

Join Ken Dean, native Vermonter, contributor to the Huffington Post, veteran organizer on seven Presidential campaigns (1972 to 2016), and an elected national delegate to several Democratic National Conventions, for an hour of political updates and analysis, followed by time for your questions.

Get the inside scoop before you read about it in the newspaper, or see it on the evening news. In Vermont, Bernie Sanders got 86% of the vote, and Hillary Clinton got 13.56%, below the required 15% threshold to qualify for national delegates. How will the Vermont Delegation be formed? What are the perils of Superdelegates and how was this system created? Is the Democratic process rigged, or is it fair? What will happen in upcoming primaries and caucuses from now until the California Primary on June 7? What are the stories behind the stories? Also, some insightful, memorable, and humorous stories about a young Bernie Sanders in the early 1970s.

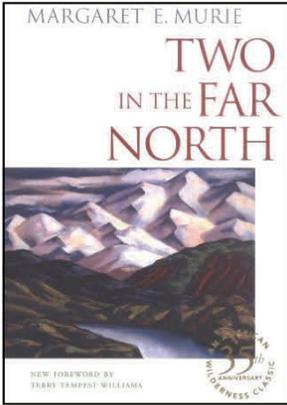
American Art: 1960-2000—Part II—Sculpture

Thursday, April 28, 1-2:30pm

The abstract sculpture of David Smith, Louise Nevelson, and Noguchi use space, shapes, and volumes in new ways. Personal identity and social issues spawn a dizzying progression of styles to end the century and start the new one, including feminist art, pop sculpture, junk sculpture, land art, minimalism, and more. Join art historian Debby Tait for a discussion. Free and open to the public.

Read-Aloud from “Two in the Far North”

Every Tuesday, 1-2pm



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 in the Far

North" are filled with humor, vivid descriptions, and a deep love for the Alaskan wilderness. Nancy Schulz will read in weekly one-hour installments. Feel free to attend any of the installments. You don't need to hear them in sequence to enjoy.

Walks with Harris

Now Tuesdays from 1-2pm (starts 4/19)

Walking around town with Harris Webster is always a delight. He'll share some of his favorite spots, as well as some of the gems of the city. Harris is an expert of local walking trails and serves on the City's Pedestrian Advisory Committee. Meet at the MSAC lobby at 1pm. RSVPs strongly encouraged to the MSAC office at 223-2518. **Note new time!**

Discussion Group on Aging

Every Thursday, 1-2pm (starts 4/21)

A discussion group on aging and the brain to share thoughts and experiences as well as discussions of articles and books on the subject.

Therapy Dog Visit

April 15 & April 26, 11:45am-12:45pm

MSAC member Susan Wilkie and her certified therapy dog Pepper visit the MSAC lobby to provide companionship and play. Drop by to say "woof!"

Expressive Art Drop-Ins at Heaton Woods

Wed. March 30, 1pm

Wed. April 13 & April 27, 3pm

Join Instructor Suki Ciappara as she helps you connect with your creativity and heal through color. Suki's work "celebrates the mystery and beauty of colors and textures. [She is] deeply inspired by the natural world and especially the sea." She has a BFA in Therapeutic and Fine Arts from Vermont College.

Part of our *MSAC in the Community Initiative*, these free drop-in sessions will be offered on a regular basis at Heaton Woods, 10 Heaton Street, in Montpelier. All MSAC members are welcome.

April Art Exhibit: Sue Stukey and Bernadette Hood

Exhibit extended through April!



Sue Stukey has been painting with oils for much of her life. Her subjects come from the natural world and she often works from photographs taken during travels here in the

US and in Europe. She delights in perspective, and strives to draw the observer into her paintings, and lead them to wonder what is just beyond the horizon.



Bernadette Hood has been creating art for as long as she can remember. Now that she's semi-retired, she has more time to dedicate to painting.

"For this show, I painted a series of flowers. It's my first series and my first time painting flowers."



Foot Clinic

Monday, April 4, 1pm-4pm

Monday, April 18, 9am-1pm

Wednesday, April 27, 9am-12pm

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

Rainbow Umbrella of Central Vermont

Tuesday, April 5, 5:30-7pm

Tuesday, April 19, 5:30-7pm

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.

Memory Café

Saturday, April 9, 10-11:30am

The Memory Cafe is where people with memory loss disorders and their care partners can come together to connect and support one another. (Please note: for this month only, the Cafe will take place upstairs in the Activity Room, which is easily accessible by elevator.) Our guest presenter, National Strength and Conditioning Certified Personal Trainer Stephen Mckinstry, will discuss the benefits and fun side of strength training. We will be talking about the benefits of strength training and its effect on keeping the brain sharp. This interactive presentation will touch on why strength training can be done every day with only a few, quick and easy strategies. Stephen is the owner of Big Whites Strength and Performance, and is a personal trainer at First in Fitness.

Massage Clinic

Monday, April 11, 9am-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. Call 249-4115 to schedule an appointment.

PD Young Onset Group

Saturday, April 16, 1-3pm

Young Onset Parkinson's Support Group is for people with Parkinson's and their partners to come together and support one another. For more information, contact Andrea Gould and Charlie Barasch at 454-7806.

Blood Pressure Clinic

Will return soon!

Acupuncture Clinic

Tuesdays, 10am-12pm

Treatment in a group setting performed by licensed acupuncturist Jen Etheridge. Treatments are all auricular (outer ear) acupuncture. Group acupuncture is recommended for many conditions including stress and anxiety management, PTSD, addiction management, and sleep issues. Treatments are about 30 minutes each. You must arrive by 11:30 to have a treatment. No appointment necessary. Open to everyone 50 and older. \$10 to Integrative Acupuncture and Oriental Medicine.

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

Have you created an Advance Directive? Mary Alice Bisbee can answer questions by phone and direct you to resources. Contact 223-8140.

Financial Coaching

By appointment

Financial coaches from Capstone Community Action can work with you to create a monthly budget and spending plan, review your credit history, assist with a debt reduction plan, and help create savings plans. Contact Liz Scharf at 477-5215 for an appointment.

ADVISORY COUNCIL CANDIDATES

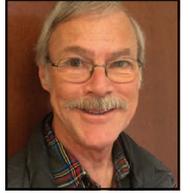
Bill Doelger

My wife and I retired and moved to Montpelier in 2003 to help Linda's father, Stretch. He played every week in the Swinging Over Sixty Band. A year later, my new cardiologist sent me to Cleveland for heart surgery. When my physical therapy was done, I wanted to find something that would help me stay fit. We wondered if Living Strong could really help even though most of the exercises are done sitting in a chair. We did one session and went home to take a nap. We have been attending ever since. I have served on the Council before and helped with the capital campaign after the fire. I have an interest in doing what I can to insure the long-term future of the MSAC.



Paul Irons

I was born in the NE corner of the NE Kingdom and have lived in Berlin since the 1970s. I served in the US Army as a neuropsychiatric specialist in the medical corps. After my service I started my own business in landscaping, operated Arbor Garden Center, and became a realtor and real estate manager. I have served on quite a number of town and non-profit boards over the years. Most recently I've been involved with the transformation of a convent and school into a Center for Arts and Learning – right next door at 46 Barre Street! My wife Peggy and I have three grown sons. I'm looking forward to working with the staff and members of the senior center.



Wendy Freundlich

Wendy Freundlich has lived in central VT for almost 30 years. She has a background in Human Development, with a concentration in gerontology from UVM. Her professional career includes recreation (Elderhostel tour leader to Scandinavia 1983-89, program director at Heaton Woods, 1995-1999, Hiking Guide for VT Hiking Holidays, yoga instructor), and ESL teacher for youth and adults in both the private and public sector. For the past 16 years, Wendy has been the Program Director of Girls/Boyz First Mentoring. Wendy enjoys being outdoors, gardening, swimming, cooking, skiing, stand-up comedy, playing mahjong and spending time with friends and family. She has two teenagers and lives in Middlesex.



Jessica Sanderson

Jessica Sanderson lives in Montpelier and is the Program Manager for the FEAST Program for Just Basics, Inc. FEAST At Home and FEAST Together runs out of the MSAC kitchen with the help of many member and community volunteers. These meals are vital to the well-being of many MSAC members and community elders who need help with their nutrition. She is available in the FEAST office Monday through Friday, 9:30 – 12:30 to talk with members about their concerns or suggestions. If elected, this will be her second year on the MSAC Advisory Council and she looks forward to the exciting new changes in store for the Montpelier Senior Activity Center as they merge with the Recreation Department.



John Hopkins

John L. Hopkins was born into a military family and subsequently lived in Morocco, Newfoundland, New York, California, Nebraska and Texas before entering the University of Nebraska under a football scholarship. Hopkins left school and joined the Navy, became a Navy Diver and retired as a Lieutenant Commander after 23 years of service. He had completed his BS degree in Business Management, an MBA and the first year of Law School. Hopkins then became a member of the Texas Office of Emergency Management and moved to the Federal Emergency Management Agency (FEMA) working 13 Presidentially-declared disasters (including the Oklahoma City bombing). Next, Hopkins went to work for the U.S. Department of State helping manage the IT networks and completed his career at the NASA headquarters in Washington, D.C. Hopkins says, "My life has been incredible. One exciting opportunity after another. Now is the chance to give back."



Sue Stukey

Sue Stukey and her husband, Art, have been full time residents of Montpelier for 5 years, and active at the MSAC for many of those years. Sue is a native of Massachusetts, with Vermont ancestors going back to the 17th century. She spent many summer days with her grandparents in Post Mills, VT as a child. After living "away" in the West, overseas and for 30 years in Chicago, where she worked as a physical therapist, she and Art settled here in 2007, joining many family members in the area. She is no stranger to Advisory Boards, having spent 8 years on the National Board of Trustees of the Unitarian Universalist Association and 3 years on the MSAC Advisory Council. She is looking forward to helping the MSAC thrive and continue to provide interesting and invigorating classes, events, and travel possibilities for Vermont seniors.



TRIPS

Trip Planning Meeting

Monday, April 4, 1pm

All people interested in helping plan Senior Trips for the coming season are invited to meet with Tina Muncy in the Art Area at 1:00pm on Monday April 4. Please come with ideas and a willingness to do a little research.

Bike the Bridges

Sunday, May 1, 1pm • Free

Did you know that Montpelier has over 20 bridges? You'll discover and explore them on the "Bag the Bridges" Bicycle Ride. Meet leader Nancy Schulz at 1pm in front of the senior center for a journey that will surprise and amuse you. Required are a bicycle that is in good mechanical condition and a helmet that fits properly. Please pre-register at the senior center.

Keys to Kayaking

"Keys to Kayaking" is a series that combines one classroom instruction session with five optional trips to various Vermont ponds. Students may register for one, several, or all five outings. A classroom session "Kayaking Fundamentals" to be held at MSAC on Wednesday, May 4 from 1-3pm is a pre-requisite to any of the 2016 kayaking outings, except with instructor permission. The class is also open to those who are not going on outings.

Instructors Anne Ferguson and Nancy Schulz have been exploring Vermont's ponds and rivers by kayak for twenty years and are eager to share what they have learned with you. Come and meet others who enjoy kayaking!

The meeting time for all trips is 9:00 am at the I-89 Exit 8 Park 'n' Ride.

Wednesday, May 11: Mosey to Morgan to See More at Lake Seymour: Our destination is the Northeast Kingdom town of Morgan, home to Lake Seymour, the 2nd-largest natural lake in VT, noted for its trout and salmon fishing. We'll have lunch at the public beach. *Originally scheduled for June 1.*

Wednesday, May 18: North to Norton Pond: We'll explore the south and western portions of this pond, paddling into coves and around islands, where wildlife abounds and where spring water levels will allow us to travel farther up inlet creeks.

Wednesday, May 25: Come Along to Lake Carmi: We'll paddle the 7.5 miles of Lake Carmi's shoreline, keeping watch for ospreys and bald eagles, and stopping for lunch at Lake Carmi State Park.

Wednesday, June 1: Do You Cotton to Groton?: This trip will take us to the largest body of water in Groton State Forest. We'll paddle along the shoreline to our lunch spot at a lovely waterfall and then finish by continuing around the perimeter of the lake. *Originally scheduled for May 11.*

Wednesday, June 8: Done Any Paddling at Lake Dunmore?: This trip will find us paddling in the Green Mountain National Forest, which includes Branbury State Park. A stop in Middlebury for dinner on the way home is an option.

When Love Was Nifty at the Chandler Center

Sunday, May 22, 1-4:45pm • \$24

Accompanied by his collection of vintage acoustic guitars, Ken Lelen takes the stage to bring you some of the great songs from American ragtime, swing, and jazz traditions. Lelen's smooth vocals and deft guitar work create a show celebrating love—lost, found, discarded or denied. Memorable tunes, clever lyrics, and funny anecdotes will leave you smiling! Join us for a trip on the MSAC van for the matinee performance.

State Park Trips

The "State Park Series" is a collection of three trips to less well-known state parks in Vermont. The chosen parks offer rental boats, swimming, and hiking trails (as well as other amenities) so that participants have a choice of activities apart from sharing a picnic lunch together. Departure from the Department of Labor at 8:30am and arrive back in Montpelier by 6:30pm.

The price for each trip is \$16, which does not include park admission. The Green Mountain Passport is available for \$2 to anyone 62+ at your Town Clerk's office and provides free admission to all state parks for life. If you do not have the Passport or are not eligible, admission is \$4.

Friday, June 3: Bomoseen State Park: Lake Bomoseen in Castleton is the largest lake located entirely within Vermont. On this trip, we'll be treated to scenic vistas and glimpses of history in the form of stone ruins and old slate quarries. There are over seven miles of walk-

ing trails that travel past ponds, through forests, and across meadows. One trail, featuring a spectacular view, leads to adjacent Half Moon State Park. Boat rental options include canoe, kayak, row, and pedal boats. There is a swimming beach, snack bar, and picnic area within the park's 2,879 acres.

Wednesday, July 6 : Maidstone State Park: Remote Maidstone Lake in the Northeast Kingdom was formed 12,000 years ago when the last glaciers melted and left a deep basin in a preexisting valley. Explore two miles of hiking trails along the lake's shoreline or walk along an extensive network of logging roads. Swim from the sandy beach. Rent a boat to enjoy the 800-acre lake and scout the perfect picnic lunch spot.

Wednesday, August 10: Brighton State Park: Located on the shore of Spectacle Pond in the Northeast Kingdom, Brighton State Park offers a nature museum, a long sandy beach, several walking trails including a 15-station interpretive trail, opportunities to observe wildlife including loons, swimming, and boat rentals. While once this area was a bustling crossroads for 13 railroad lines, now it's a hub for those seeking to enjoy the quiet, natural beauty of the forest and the water.

Red Sox vs. Mariners

Sun., June 19, 8:30am-9:30pm • \$89

Join us for a trip to Fenway Park to see the Boston Red Sox face off against the Seattle Mariners. Our covered seats are in Outfield Grandstand 2, rows 9-15. This trip is open to central Vermont senior center members and their families.

Foster's Clambake

Thursday, July 21, 8am-6pm • \$89

Join us for a delicious fresh meal and live entertainment at Foster's Clambake in York, ME, followed by a stop at Short Sands Beach and Shops. The menu features a bounty of seafood, including New England Clam Chowder, freshly dug Maine clams, mussels, and Maine lobster, plus delicious sides.

Scenic Cruise on Lake Memphremagog

Thurs., August 18, 9am-3:30pm • \$52

Enjoy transportation on deluxe motor coach, signature sandwich buffet lunch, and a 1.5 hour scenic cruise around Lake Memphremagog aboard the North Star. Limited seating. Please reserve early.

Senior Prom

(Continued from page 1)

Thank you to our presenting sponsors, Westview Meadows at Montpelier and The Gary Home!



We are looking for volunteers to help create decorations, set up, and work at the event. Please let us know in the office if you can help.

The Bus Blotter

This is a regular monthly column from Green Mountain Transit.

Looking to stay up to date with Green Mountain Transit happenings? Check us out on social media for great articles on area happenings and transit topics of interest, photographs of our great employees, progress of the Downtown Transit Center in Burlington, and much more!

Facebook: Green Mountain Transit
Twitter: @GMT_ride
Instagram: GMT_RIDE

Member Notes

Welcome New Members

Enid Angstreich
Claire Benedict
Mary Jane Boyce
Martha Brown
William Brown
Brenda Collins
Cynthia Cykon
Phil Cykon
Diane Derby
Steven Emrick
Danette Fuller
Charon Goldwyn
Philip Goldwyn
Jerry Gomes
Mary Gomes

Arlene Hoskins
Steven Leibman
Christopher Lovell
Ann Nelson
Julia Nichol
Iwona O'Connor
Mark Pettersen
Deborah Robinson
Donald Ruggles
Susan Sanderson
Michael Sherman
Andrea Sutherland

With Our Sympathies

Maria Blakeley
Fred Langlois
Alan Weiss



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.

Friday 4/1: Poached fish in cream sauce, spinach soufflé, apricot and raisin freekah

Tuesday 4/5: Rummage sale week. Bag lunch available to go with sandwich, pasta salad, and fresh fruit.

Friday, 4/8: Rummage sale week. Bag lunch available to go with sandwich, pasta salad, and fresh fruit.

Tuesday, 4/12: Chicken kabobs served with spinach and spicy cabbage salad

Friday, 4/15: Beef stew loaded with root vegetables and served over egg noodles

Tuesday, 4/19: Ground beef chili with tossed salad and corn bread

Friday, 4/22: Sweet and sour pork with stir-fried vegetables and brown rice

Tuesday, 4/26: Sweet Italian sausage with white beans, tomatoes, and fennel, served with crusty bread

Friday, 4/29: Herbed chicken with roast vegetables and wild rice pilaf

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

FEAST APRIL Dates to Remember

NO FEAST TOGETHER on Tuesday April 5 or Friday April 8 because of the Rummage Sale that Friday and Saturday. Brown Bag lunches will be available to go at no charge with suggested \$7 donation for those 60+ and for \$9 for those under 60.

APRIL BIRTHDAY SOCIAL: Friday April 15 at FEAST Together. Join us at noon to celebrate with us. Our theme this month is Earth Day. Seniors born in April will be entered in a raffle to win a prize, and everyone will enjoy cake, ice cream, and a round of "Happy Birthday." Thank you to our generous sponsor Rubber Bubbles for the balloons!



FEAST Volunteer of the Month: Jeanne Felmy

After volunteering as a hostess for several months, Jeanne will be FEAST's new Special Events Coordinator. Jeanne is from New York City and moved here three years ago to attend NECI and be part of our wonderful food culture. She lives in the Meadow in town with her two Boston Terriers. In addition to her love of food and nutrition, she is getting her Vermont Real Estate Broker's License and is interested in investment opportunities as well as sales. She will be working with local businesses to make the monthly Birthday Social special and fun.

Van Transportation to MSAC Now Available!

Come join us on Tuesdays at FEAST Together. The MSAC van will pick you up, bring you to MSAC, and bring you home. Volunteers will assist you from door to door and help you get settled at FEAST Together. See more info on p. 3 and call Eileen Jones at 262-6288 to sign up for a ride.

ACTIVITIES CALENDAR

This calendar reflects SPRING CLASSES, which begin the week of April 11.

Monday	Tuesday	Wednesday	Thursday	Friday
8:45-10 Yoga for Balance Intro 9-10 Living Strong 9-1 Foot Clinic (4/18) 9-4 Massage Clinic (4/11) 10-12 Painting 10-12:30 Spanish Language Films (at Savoy) 10:30-11:15 Dance to Fitness 10:30-12:30 Writing 11:45-12:45 Yoga for Joint Mobility 12-3 Mah Jongg* 12:45-2 Intermediate French 1-2:30 Handbuilding in Clay 1-3 Bridge* 1-4 Foot Clinic (4/4) 1:15-2:30 Moderate Yoga 2:30-3:30 Living Strong Group* 3:30-4:30 Very Gentle Yoga 5-6 Beginner Spanish 5-6:30 Moderate/Vigorous Flow Yoga 5-6 Living Strong 5-6 Swimming at FIF 5:30-6:30 Diabetes (4/4)* 6:15-7:45 Advanced Beginner/Early Intermediate Spanish	8:30-9:40 Living Strong 9-10:15: Gentle Yoga 10-11 Swimming at FIF 10-11 Water Aerobics at FIF 10-12 Acupuncture Clinic 10:30-12 Band & Dancing 11-12 Chair Yoga 12-1 FEAST Meal 1-2 Your Financial Future (starts 4/26)^ 1-2 Read Aloud with Nancy* 1-2 Simplify Your Diet (4/19)* 1-3 Scrabble* 1:15-2:30 Italian Group* 1:45-2:45 Vigorous Yoga 2-3 Trash Tramps 2-3 Yoga for Beginners (at Worcester Town Hall) 2:15-4:15 Advanced Beginner/Early Intermediate Italian 3-4 History of Jazz 4-5 Tai Chi for Arthritis Intro 5-6 Living Strong 5:15-6:15 Tai Chi for Arthritis Intermediate 5:30-7 Rainbow Umbrella of Central VT* (4/5, 4/19) 5:30-6:30 Continuous OM Workshop (4/5) 6:30-8 A Night of Politics (4/26)*	9-10:15 Gentle Yoga 9-10:30 Write a Poem 9-12 Foot Clinic (4/27) 9:30-11:30 Rug Hooking 10-11 Swimming at FIF 10:45-12:15 Write a Poem 11-11:45-1:15 Moving Every Muscle 1:30-3 Tai Chi Long Form 1:30-3:30 Writing 2-3 Reelin' and Rockin': Singing Songs of the 50s and 60s 3-4:30 Expressive Art (at Heaton Woods) (4/13, 4/27) 3:30-4:30 Gentle Flow Yoga 4:30-6:30 Explore Landscape in Soft Pastels 5-6 Advanced Beginner Guitar 5-6:30 Moderate/Vigorous Flow Yoga	8:30-9:40 Living Strong 9-10:15 Yoga for Balance Intermediate 9-11:30 am Bridge* 10-11 Swimming at FIF 10-11:30 Movement for PD 10-12 Crafters Group 10-12:30 Film and Stage (at Savoy) 11-11:45 Dance to Fitness 11:30-12:30 Technology Workshop (4/14, 4/28) 12:45-3 Bridge* 12:45-1:45 Walks with Harris* 1-2 Group on Aging* (starts 4/21) 1-2:30 Sprung: A Poetry Reading (4/14)* 1-2:30 Art History Lecture (4/28)* 2-3 Moving Into Stillness 2:45-3:45 Astrology 3-4 Voice for Shy Singers 3:30-4:45 Moderate Yoga 4-5:30 Piano Workshop* 5-6 Living Strong 5-6 Beginner Spanish 5:15-6:45 Gentle Yoga 6-8 Ukulele Group*	9-10 Living Strong 10-11:30 Vigorous Yoga 10-3 Mah Jongg* 10-5 Rummage Sale (4/8) 11:45-12:45 Therapy Dog (4/15, 4/26) 12-1 FEAST Meal 12:30 Monthly Birthday Social (4/15) 11:30-1 Tennis at FIF 11:45-12:45 Yoga for Joint Mobility 1:30-2:30 Intro to Qigong 2-3 Advanced Voice (at Westview Meadows) 2-3 Living Strong Group* 3:15-4:45 String Quartet 2:15-4:15 Advanced Beginner/Early Intermediate Italian 5-6 Living Strong 5-6 Swimming at FIF
Saturday/Sunday				
Sat 9-2 Rummage Sale (4/9) Sat. 10-11:30 Memory Café (4/9) Sat. 1-3 Early Onset Parkinson's Support Group (4/16)				

*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 Imarkus@montpelier-vt.org.

Submissions for May Newsletter due April 15.

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

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