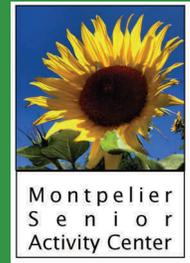


Summer classes start on July 5



July 2016

Active Times

NEWSLETTER OF THE MONTPELIER SENIOR ACTIVITY CENTER

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

Welcoming Norma to the MSAC Office!

In July, there will be a new face at MSAC!

As many of you know, the City of Montpelier is consolidating some of its staff and programs. Norma Maurice is going to be moving into our office at MSAC from the Rec Department across the street.



pelier is consolidating some of its staff and programs. Norma Maurice is going to be moving into our office at MSAC from the Rec Department across the street.

She has been the Administrative Assistant there for the past 17 years and will continue in this capacity, handling registrations for Rec Dept. classes, answering emails and phone requests, and tending to the multitude of other tasks that keep programs running smoothly.

The Rec Department benefits community members of all ages, offering classes, sports and programs, such as martial arts, yoga, high intensity interval fitness training, noontime basketball, ping pong, and pickleball. Summer is a particularly busy season with children's day camp, swimming lessons, tennis, baseball, and

other family recreation opportunities. Norma juggles it all with friendly competence.

Norma has lived in Montpelier for 25 years. In her professional life, she began working at Turtle Island, providing day care for infants. Next, at the other end of the age spectrum, she worked as an LNA facilitating activities at Rowan Court, where, among other things, she learned to play a mean game of bingo! Her connection with the Rec Department began when she was asked to work at the summer day camp. This soon evolved into her current position as Administrative Assistant.

Norma is married, with two children, ages 27 and 12, and two grandchildren, ages 6 and 2. The family enjoys camping at favorite spots and relaxing at the ocean in Old Orchard Beach in Maine and Hampton Beach in New Hampshire. Every few years, Norma travels to Olympia, Washington, to visit her best friend.

Norma brings a delight of expertise and buoyant spirit. We are fortunate to have her join us. An additional benefit will be increased awareness of the many offerings of the Rec Department available to seniors. When you see Norma, please give her a warm welcome and a smile.

*Interviewed by Maggie Thompson
June 13, 2016*

Issue Highlights:

- Announcements 2-3
- Member Notes 3
- Upcoming Events 4
- Partner Services 4
- Trips 5
- FEAST Menus 6
- Activities 7
- Calendar

ANNOUNCEMENTS

It's Not Too Late!

Have you signed up for summer classes? We're offering nearly three dozen weekly classes this summer, and now's the time to sign up! Many still have space available (as of 6/15), including almost all of our 15 weekly yoga classes and all of our Living Strong classes. Did you know about our new Living Strong class with Lee Wilschek on Mondays and Fridays from 7:45-8:45am? This is a great new option for early birds! Registration continues through July 1 (and after July 1 with a late fee), so stop by or register online at www.msacvt.ecwid.com.

Community Services Process Update

Over the past month, MSAC staff and Council representatives and other steering committee members have been sharing perspective, in one-on-one interviews with facilitators, on the current state and the future of Community Services in Montpelier.

On June 21, the 12:45pm MSAC Annual Meeting agenda will feature a discussion with facilitators Tim Traver and Delia Clark about the future of Community Services in Montpelier and members' visions for the senior center and collaborations with the Recreation, Parks and Cemetery departments. At 2:30 on June 21, the discussion will continue in depth with the new Advisory Council. On June 29 from 6:30-8:30pm at City Hall's Lost Nation Theater, the whole community is invited to a Visioning Workshop to share their views and visions on Community Services.

On July 1, Norma Maurice, Recreation Department employee, will move into our office at MSAC while we start our deeper collaboration with the Rec Department. Over time, Norma and Lise will share registration and other duties for both departments. Read more about Norma in our cover story this month! On July 9, City staff will be at the Farmer's Market to talk with community members. On October 11, there will be a Community-Wide Listening Workshop at MSAC, after which the City Council will be briefed October 12.

Congratulations, New Advisory Council Members



New Advisory Council members Paul Irons, John Hopkins, and Wendy Freundlich (L to R).

At the Annual Meeting on June 21, we bid farewell to Fran Krushenick, a long-serving and valued member of the Advisory Council, who reached her term limit. Whit Dall recently decided to step down from the Council. We thank Fran and Whit for their many years of service, and we are pleased that they will both remain active in the future at MSAC! We welcome back Council members Bill Doelger, Jessica Sanderson and Sue Stukey and welcome new members John Hopkins of Montpelier, Wendy Freundlich of Middlesex, and Paul Irons of Berlin. This is the first time that the Council has representation from supporting towns!

Celebrate Summer with FEAST Meals

During June and July, the suggested donation for FEAST Together meals for anyone 60 or better is just \$5. Join us and celebrate summer! Be sure to invite a friend to join you as well for one of our delicious meals! **NOTE: No FEAST meals will be served 7/19, 7/22, or 7/26.**

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!

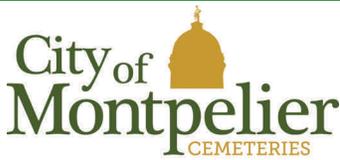
Next meeting:
July 18, 12-1pm—City Hall Memorial Room

Bob Barrett, *Chair*
Liz Dodd, *Vice Chair*
Bill Doelger
Wendy Freundlich
John Hopkins
Paul Irons
Ron Merkin
Janet Ressler
Jessica Sanderson,
Secretary
Sue Stukey

Facility Enhancements

Thanks to your support, we've been able to make some great enhancements to our facility! The floors in the Activity Room have been refinished to reveal their historic splendor. New round tables in the Community Room will make for a more comfortable dining experience. New contoured plastic chairs will replace our tired metal folding chairs. The Resource Room will be enhanced with more attractive and functional literature racks. A new television screen in the lobby will update you on our upcoming events. A new screen in the Arts Area and our new audio-visual equipment in the Activity Room and the Community Room (coming this fall) will enhance our presentations and classes. Additional work in the Community Room in September will bring sound-proofing, aesthetic, and functional improvements. And our lobby phone has finally returned! Thank you for your patience as we make changes to serve you better!

Green Mount Cemetery Lot Prices Increasing Soon



Montpelier's largest cemetery, the Green Mount Cemetery on Lower State Street, has cemetery lots on beautiful sites for sale.

Both full burial lots and cremation lots - are available. Prices for these lots will be going up in August, so if you or someone you know is potentially interested in purchasing a lot, it might make sense to contact the cemetery soon, before the price increase takes effect. The prices of lots include funds dedicated to the perpetual care of the lots. If you would like an information packet about lots, or a consultation appointment, please contact cemetery director Patrick Healy at 223-5352 or email cemetery@montpelier-vt.org.

Member Notes

Welcome New Members

Roberta Barone
Amy Davenport
John Durrance
Sandra Kerin-Weaver
Carrie Mays
Sally McKee

Mark Provost
Alan Punchar
Consuelo Punchar
Piper Rexford
Margaret Schelley
John Weaver
Lawrence Webster

The Bus Blotter

This is a regular monthly column from Green Mountain Transit.

The Montpelier Energy Advisory Committee is hosting the Drive Less Have More Fun Fest on July 16, 2016 from 10:00am-2:00pm in downtown Montpelier on the State House lawn. Green Mountain Transit will be in attendance to promote the use of alternative transportation: the bus. Learn about how to reduce the impact of the miles that are traveled by vehicles. All are invited to attend; we look forward to seeing you there!

On another note, following up from last month, please continue to expect delays on the City Commuter (#89) and the City Route Mid-Day (#80) throughout the summer, due to construction. Thank you, and we are sorry for any inconvenience this may cause.

Member Benefits



Our new membership year starts July 1!

In addition to the opportunity to sign up for classes and trips, your membership also gives

you access to the following benefits:

- Discounted exercise options at area gyms
- Discounts on MSAC classes open to the public and the opportunity to register before non-members
- Discounts at partner organizations, including Summit School of Traditional Music and Culture and Lost Nation Theater
- Our monthly newsletter, Active Times, via postal mail or email
- Access to our computer lab, lending library, member kitchen/coffee area, and our resource room
- Use of office Xerox for copying
- The opportunity to socialize and be a part of a community of hundreds of fellow seniors

UPCOMING EVENTS & PARTNER SERVICES

Memory Café

Saturday, July 9, 10-11:30am

Jim Thompson is coming! This first-time guest at the Montpelier Memory Cafe has been wowing audiences all over Central Vermont with his musical talent, humor, and engaging performances. He was formerly with the band, Stretch 'n' the Limits, and he has unique make-to-order kite-making business: Kites by Jim. The Memory Cafe is where people with memory loss disorders and their care partners can come together to connect and support one another.

Foot Clinic

Monday, July 11, 9am-1pm

Wednesday, July 20, 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, July 12, 5:30-7pm

Tuesday, July 26, 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.

Home Share Now Information Table

Friday, July 15, 10:30am-12pm

Massage Clinic

Monday, July 18, 10am-4pm

Erika Peterson offers integrative massage. 50 min. table massages on sliding scale starting at \$25. Call 249-4115 to schedule an appointment.

CANCELLED:

Understanding Depression

Thursday, July 21, 1-2:30pm

Alzheimer's Association: Know the Ten Signs

Thursday, July 28, 1-2:30pm

If you or someone you know is experiencing memory loss or behavioral changes, it's time to learn the facts. Early detection of Alzheimer's disease gives you a chance to begin drug therapy, enroll in clinical studies and plan for the future. This interactive workshop features video clips of people with Alzheimer's disease. Free and open to the public. **Call the Alzheimer's Association at 800-272-3900 to pre-register.** Save the date: "Effective Communication Strategies" on Thurs, 8/25 at 1pm.

PD Young Onset Group

Will return in September

For more information, contact Andrea Gould and Charlie Barasch at 454-7806.

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.

Ongoing Groups:

- **Read-Aloud:** Tuesdays, 1-2pm
- **Trash Tramps:** Tuesdays, 2-3pm.
- **Discussion Group on Aging:** Thursdays, 1-2pm.
- **Piano Workshop:** Thursdays, 4-5pm.
- **Ukulele Group:** Thursdays, 6-8pm.

Member Art Show

June 6-July 29

Works by our amazingly talented members will be on display at MSAC in June and July.

Summer Walks

Get out your comfortable walking shoes and join us! Walks are \$6 each. Meet at Department of Labor lot.

Monday, July 11, 9:30am-3pm: Colchester Causeway
We'll walk along the beautiful Colchester Causeway out to the middle of Lake Champlain and stop at Sam Mazza's Farm Market and Bakery on the way back.

Thursday, September 8, 12:30-4pm: Northfield
A three-mile walk on back roads. There are several slight inclines on this walk. After our walk we will stop at the Trijang Buddhist Institute for a few moments of peaceful rest to enjoy the scenery.

Wednesday, September 21, 1-4pm: Millstone Trails
The Millstone Trails are network of trails traversing the historic quarry lands of Millstone Hill in Barre.

State Park Trips

Trips to less well-known state parks in Vermont. The parks offer rental boats, swimming, hiking, and other amenities. Share a picnic lunch together. Departure from the Department of Labor at 8:30am and arrive back in Montpelier by 6:30pm. Each trip is \$16, not including park admission.

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, swimming, and boat rentals.

Beer, Wine, and Cider Tour

Friday, July 8, 10:45am-5pm • \$16
Start at Citizen Cider for lunch (bring money for lunch) and a taste of various ciders. Then travel to the Shelburne Winery to see how Vermont grapes are grown and wine is made. And last, on to Magic Hat for a tour of the brewery and more tasting.

Justin Smith Morrill Homestead

Thurs, July 14, 12:30-5:30pm • \$20
The Justin Smith Morrill Homestead is the historic Gothic home of United States Senator Justin Smith Morrill in Strafford, Vermont, and was one of the first declared National Historic Landmarks, in 1960. Justin S. Morrill (1810-1898) was the chief sponsor of the 1862 and 1890 Land-Grant Acts. For the first time, America's working class and minority citizens had the opportunity to pursue higher education. There are lovely gardens to walk through after we have toured the home.

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.

Hildene & Manchester, VT

Wednesday, July 27, 9am-5pm • \$46
Robert Todd Lincoln, the only child of Abraham and Mary Todd Lincoln to survive to adulthood, built his Georgian Revival mansion in 1905 in the scenic village of Manchester. It became home to only Lincoln descendants until 1975, longer than any other Lincoln residence. Step back in time and see the mansion, and beautiful gardens, and memorabilia of the Lincoln family, including Lincoln's stovepipe hat! We will have some time in downtown Manchester to shop and get lunch or eat the lunch you brought before our tour.

More Upcoming Trips

For more information on all our upcoming trips, stop by the MSAC office or visit www.montpelier-vt.org/msactrips.

- **Mama Mia! At the Weston Playhouse:** Sun. August 7, 9am-7:30pm • \$98
- **Cruise on Lake Memphremagog:** Thurs., August 18, 9am-3:30pm • \$52
- **Rudyard Kipling House:** Thurs. August 25, 9:30am-5pm • \$43
- **Montreal Museum of Fine Arts:** Thurs. September 1, 8am-6:30pm • \$61 - now on a big bus! Sign up by August 5.



FEAST MEALS

RESERVATIONS: 262-6288 OR
JUSTBASICSINC@GMAIL.COM

FEAST Menu



New FEAST Greeter
Patricia Rouelle

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, 7/1: Chicken Caesar salad

Tuesday, 7/5: Balsamic chicken with olives and walnuts, served with white bean and quinoa salad

Friday, 7/8: Turkey sandwiches with tomato soup

Tuesday, 7/12: Roast pork loin with rosemary, served with whole wheat penne and sautéed spinach

Friday, 7/15: Shrimp or tofu stir fry served with brown rice

Tuesday, 7/19: No FEAST Together meal today.

Friday, 7/22: No FEAST Together meal today.

Tuesday, 7/26: No FEAST Together meal today.

Friday, 7/29: Seared chicken breast served with polenta and spinach

FEAST Together or FEAST To Go

Tuesdays and Fridays, 12pm-1pm

Seniors 60+: No charge with suggested donation of \$5 in June and July | Under 60: \$7

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

Suggested Donation—\$5

During June and July, the suggested donation for FEAST Together meals is just \$5. Join us and celebrate summer!

Ride the Van to MSAC!

Every Tuesday, get a free door-to-door ride to the senior center and enjoy a wonderful lunch, our Swingin' Over Sixties band, classes, 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.

FEAST Volunteers News

Patricia Rouelle will be joining the FEAST Together team to be a new Greeter. Patricia is an MSAC member and loves reading, especially mystery novels. Jane Bryant and Linda Workman will continue to help at FEAST Together as greeters, too.

Irene Badeau has taken a job and is leaving FEAST Together after two years of fantastic volunteer service in the kitchen. We wish her well in all she does and hope she will return to visit and share a meal, often. Thank you for all your hard work and sunny, upbeat disposition, Irene!

July Birthday Social

Join us on Friday July 15 for a Yankee Doodle Dandy themed celebration! Seniors born in July are eligible to win a local business gift certificate and everyone gets cake and ice cream. Thank you to our generous sponsors, including Rubber Bubbles for the balloons.

Urgent Call for Volunteers

Hosts and drivers are urgently needed while our regular volunteers take their summer vacations. Please call Jessica at 262-6288 to find out how you can help. If you have 1.5-2 hours any weekday this summer, you are needed. Come join the FEAST team and have lots of fun while you provide seniors with nutritious, delicious food. Free lunch with each shift.

ACTIVITIES CALENDAR

(Reflects summer classes, which begin the week of July 4. No classes or activities will meet on Monday, July 4.)

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|--|---|
| <p>7:45-8:45 Living Strong (Wilschek) (starts 7/11)</p> <p>9-10 Living Strong (Koenemann) (starts 7/11)</p> <p>9-4 Massage Clinic (7/18)</p> <p>10-12 Painting (starts 7/11)</p> <p>10-12:30 Film Series—Just for Fun, Pt. 2 (at Savoy)</p> <p>11:45-12:45 Yoga for Joint Mobility (Leadbetter)</p> <p>12-3 Mah Jongg*</p> <p>12:45-2 Club de Français Intermédiaire*</p> <p>1-2:30 Handbuilding in Clay (starts 7/11)</p> <p>1-3 Bridge*</p> <p>1-4 Foot Clinic (7/11)</p> <p>1:15-2:30 Moderate Yoga (Flower) (starts 7/11)</p> <p>2:30-3:30 Living Strong Group*</p> <p>3:30-4:30 Very Gentle Yoga (Parker-Givens) (starts 7/11, no class 7/25)</p> <p>5-6:30 Moderate/Vigorous Flow Yoga (Parker-Givens) (starts 7/11, no class 7/25)</p> <p>5-6 Living Strong (Brown/Viall) (starts 7/11)</p> | <p>8:30-9:40 Living Strong (Barrett/Ladabouche)</p> <p>9-10:30: Gentle Yoga (Crawford)</p> <p>10:30-12 Band & Dancing</p> <p>11-12 Chair Yoga (Parker-Givens) (starts 7/12, no class 7/26)</p> <p>12-1 FEAST Meal</p> <p>1-2 Read Aloud with Nancy*</p> <p>1-3 Scrabble*</p> <p>1:45-2:45 Moderate Yoga in the Park (Flower) (at Hubbard Park)</p> <p>2-3 Trash Tramps*</p> <p>5-6 Living Strong (Muncy)</p> <p>5:30-7 Rainbow Umbrella of Central VT* (7/6, 7/20)</p> | <p>9-10:30 Gentle Yoga (Crawford)</p> <p>9-12 Foot Clinic (7/20)</p> <p>9:30-11:30 Rug Hooking</p> <p>10-12 Demystifying Digital Photography (starts 7/27)</p> <p>12-1:30 Moving Every Muscle</p> <p>1:30-3:30 Writing</p> <p>3:30-4:30 Gentle Flow Yoga (Parker-Givens) (starts 7/13)</p> <p>5-6 Advanced Beginner Guitar</p> <p>5-6:30 Moderate/Vigorous Flow Yoga (Parker-Givens) (starts 7/13)</p> | <p>8:30-9:40 Living Strong (Barrett/Ladabouche)</p> <p>9-10:30 Gentle Yoga (Crawford) (no class 7/28)</p> <p>9-11:30 am Bridge*</p> <p>10-11:30 Movement for PD</p> <p>10-12 Crafters Group</p> <p>12:45-3 Bridge*</p> <p>1-2 Group on Aging*</p> <p>1-2:30 Aiz: Know the 10 Signs* (7/28)</p> <p>2-3 Moving Into Stillness (starts 7/14)</p> <p>3-4 Voice for Shy Singers</p> <p>3:30-4:45 Moderate Yoga</p> <p>4-5:30 Piano Workshop*</p> <p>5-6 Living Strong (Brown/Viall)</p> <p>5:15-6:45 Gentle Yoga (Crawford) (no class 7/28)</p> <p>6-8 Ukulele Group*</p> <p>7-8 Continuous OM Sound Meditation Workshop (7/14)</p> | <p>7:45-8:45 Living Strong (Wilschek)</p> <p>9-10 Living Strong (Koenemann)</p> <p>10-11:30 Moderate/Vigorous Hatha Yoga (Stander)</p> <p>10-3 Mah Jongg*</p> <p>12-1 FEAST Meal</p> <p>12:30 Monthly Birthday Social (7/15)</p> <p>2-3 Advanced Voice (at Westview Meadows)</p> <p>2-3 Living Strong Group*</p> <p>5-6 Living Strong (Muncy) (no class 7/29)</p> |
| <p>Saturday/Sunday</p> <p>Sat. 10-11:30 Memory Café (7/9)*</p> | | | | |

*Does not require registration. Donations appreciated.

Montpelier Senior Activity Center
58 Barre Street
Montpelier, VT 05602

RETURN SERVICE REQUESTED

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We are closed on Monday, July 4 for Independence Day. All activities and classes are cancelled.

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 August Newsletter due July 19.

Sustaining MSAC's Future

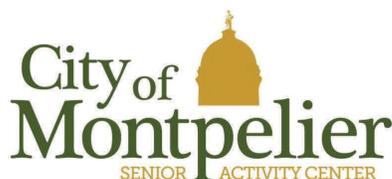
Please consider MSAC when making your estate plans and keep us vibrant for years to come. To learn more, contact Dan Groberg at 262-6284 or dgroberg@montpelier-vt.org.

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.



CELEBRATING
50
YEARS

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