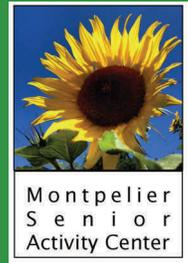


Happy New Year! Winter classes start the week of January 9.



# Active Times

NEWSLETTER OF THE MONTPELIER SENIOR ACTIVITY CENTER

January 2017

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

## Moving Toward Racial Justice: Dismantling Institutional Racism An Event Series at MSAC



Panelists Mark Hughes, co-founder, Justice for All; Yvonne Byrd, Director, Montpelier Community Justice Center; and Tony Facos, Montpelier Police Chief.

### Moving Toward Racial Justice Events

**Black Lives Matter Art Show:**  
Beginning Wednesday, January 4 through February

**Artist Reception:**  
Friday, January 13, 4-5pm

**Panel Discussion:**  
Friday, January 13, 5-7pm

MSAC will host an art show, artist reception and panel discussion in January/ February to call attention to and deepen understanding of issues related to racism and racial justice. They are timed to coincide with other community activities celebrating Martin Luther King Day, and in February, Black History Month.

Starting January 4, an art show in the MSAC Community

Room titled *Black Lives Matter* will feature work by Alex Bottinelli, Cheryl Daye Dick, Jane Pincus, Jack Rowell, and Anne Sarcka, and will be curated by Janet Van Fleet. All the artists live in Central Vermont, and several are MSAC members. On Friday, January 13, following a reception with the artists, we will host a community panel discussion on racial justice and an invitation for community involvement. The events are free and open to the public, and light refreshments will be served. The featured artists will speak to the inspiration for and the message inherent in their art; Chief Tony Facos of the Montpelier Police Department will provide a law enforcement perspective on current na-

tional and local calls for racial justice. Mark Hughes, Co-founder of Justice for All, will discuss an approach the organization uses to address racial disparities in our criminal justice system. Facos and Hughes will also talk about the work they have been doing together to address related challenges. The panel will be facilitated by Yvonne Byrd, Director of the Montpelier Community Justice Center. The members will take questions from attendees, who will be invited to offer their own perspectives in an atmosphere that encourages listening and constructive dialogue.

This series is being presented for the benefit of those who want to learn more and talk about racism, justice and the well-being of our community. It is organized and hosted by three departments of the City of Montpelier: MSAC, Montpelier Community Justice Center, and Montpelier Police Department, and also by Justice for All, a Vermont-based racial justice non-profit organization with a mission to ensure justice for ALL through community organizing, research, education, community policing, legislative reform, and judicial monitoring.

See page 4 for a statement by MSAC Director Janna Clar about the series.

### Issue Highlights:

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# ANNOUNCEMENTS

## Administrative Staff News

MSAC Administrative Assistant Lise Markus has taken a leave of absence for several months as of mid-December. We will miss Lise and look forward to her return in the spring. In the meantime, you may be seeing some of our volunteers, and Norma from the Rec Dept., filling in for some of Lise's duties this winter. In addition, we may be hiring a temporary part-time employee to cover until Lise returns. Stay tuned!

## Appeal Thank You

Thanks to your generous support, we have raised \$27,203 toward our \$30,000 goal as of 12/12! We are so appreciative to the 171 individuals who have donated. It's not too late to contribute. Your donation will be gratefully received.

## FEAST News

On November 30, the Montpelier City Council approved a requested change in management structure of the FEAST senior nutrition program at MSAC. It means that the contract with Central Vermont Council on Aging -- providing some federal reimbursements to cover part of the program costs--will be with MSAC next year instead of with Just Basics, Inc. Likewise, MSAC will now contract with the chef to cover meal production costs. We look forward to maintaining the same great level of nutrition and experience seniors have come to know in enjoying FEAST meals at MSAC and at home.

## Spring Program Proposals

Anyone wishing to teach a class, lead an activity or drop-in group, or suggest other programming for the Spring Quarter is encouraged to submit proposals by mid-January. Dan Groberg can give you a proposal

form, and the Program Committee will assist in reviewing proposals. New Committee members always welcome, too!

## Celebrating 50 Years

2017 marks the 50th anniversary of MSAC! Do you, or someone you know, have special memories or photos to share? Want to help us celebrate and commemorate our history? Stop by the office and talk to us about joining our 50th Anniversary Task Force!

## Montpelier Rec Programs

The Montpelier Recreation Department is offering several great programs for all ages, including the "Any Body Dance" class designed for seniors on Tuesday nights beginning January 17. For more info on all the Rec Department programming, stop by the office, visit [www.montpelierrec.org](http://www.montpelierrec.org), or call 225-8699.

## Public Budget Forums

Montpelier City Council will be hearing public input on the proposed FY18 City Budget on January 18 and January 26. All are encouraged to attend. This will be the first budget in which MSAC is integrated with Parks/Trees and Recreation Departments into one "Community Services" Department Budget with separate divisions for existing departmental operations.

## Seeking Suggestions for Short Stories

Do you have some favorite short stories or favorite short story authors? Please send your preferences to Nancy Schulz at [SaddleShoes2@gmail.com](mailto:SaddleShoes2@gmail.com). Nancy is keeping a list of favorites for the Tuesday "Read Aloud" hour from 1-2pm in the MSAC Lounge. Once she finishes the current book, she'll switch to reading short stories aloud. There will be a different story every week or two through the end of March. The reading occurs every Tuesday at 1:00 pm in the senior center lounge.

## Van Pilot Completion

The MSAC Van Pilot Project wrapped up this month, having provided close to 200 rides to eleven unique senior riders in Montpelier since April, including weekly service to MSAC and two trips to area shopping destinations. We are grateful to Hunger Mountain Coop, Walmart Foundation, the Vermont Community Foundation, and New England Federal Credit Union for funding the project. Unfortunately the service is not financially sustainable for MSAC to continue, based on the limited

### 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:**  
Monday, January 9, 12-1:30pm—City Hall Manager's Conference Room

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

demand for service, but we know that the riders appreciated the service while it lasted. Many thanks to Kathy Preis (volunteer ride assistant), David Armstrong and Jack Graves (drivers), and Eileen Jones (ride planner), who provided great customer service. We encourage seniors to share their transportation thoughts with us and to consider alternative transportation options.

## Volunteers Celebrated

Thanks again to all our 150 volunteers this year that make MSAC thrive through 12,000+ hours of service! We're so glad many of you were able to attend the December 14 luncheon and missed those that weren't. Special thanks to Good Taste Catering for a wonderful meal; to Hunger Mountain Coop and Armistead for their support; to Vermont Fiddle Orchestra for providing entertainment; to the City Leadership who helped at the event, and everyone else that made the event special! If you are a volunteer who couldn't make it, stop by the office to pick up a special gift.

## China Trip is a Go!

Eleven seniors will travel to China with Janna in April 2017 and spend time in and around Beijing and Xian, touring historic sites, learning about the Chinese approach to healthy aging, visiting homes and senior centers, and getting an introduction to traditional Chinese medicine and Tai Chi, among other delights.

PAID ADVERTISEMENT



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- Alzheimer's/Dementia Care
- Respite Care for a Loved One
- Aging Life Care Professional™ Services



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## Treatment Plans and Questions for Your M.D.

*Alzheimer's Association*

It's important to work closely with your doctor and other members of your health care team to create the best treatment plan for you or the person in your care. Your treatment goals are likely to change during your journey with Alzheimer's disease. Make sure you understand all the available options and the benefits and risks of each choice as your treatment plan evolves.

An optimal treatment plan will account for your:

- Age & overall health
- Current treatment goals
- Severity of symptoms & their impact on your life
- Living situation & availability of family members and caregivers

These questions for your doctor will not address all treatment needs, but the answers will help you understand the options and make informed decisions.

- What treatment options are available?
- Which option do you think best fits our situation?
- What kind of assessment will you use to determine if the treatment is effective?
- How much time will pass before you will be able to assess the treatment's effectiveness?
- How will you monitor for drug side effects?
- What side effects should we watch for at home?
- When should we call you?
- Is one treatment option more likely to interfere with medications for other conditions?
- What are the concerns with stopping one drug treatment and beginning another?
- At what stage of the disease would you consider it appropriate to stop using the drug?

## Member Notes

### Welcome New Members

Janet Andrews  
Fred Brabant  
Catheleen Cameron  
Kara County  
Florence Ferris  
Stephanie Kaplan  
Tom Laffan  
James Plummer

William Russell  
Jane Valentine  
Joanne Vecchiola  
Virginia Zahner

### With Our Sympathies

Estelle Coppersmith  
Irene Stotts

# UPCOMING EVENTS

## Holiday Stroll

Sunday, December 25 at 4:30 pm  
Tour downtown Montpelier's bridges on December 25, guided by green and red lights. Bring a flashlight and have it transformed into a green or red torch for our celebratory stroll. Free. All ages welcome. Meet in front of MSAC at 4:30 pm. Pre-registration encouraged. Basic walk will last one hour; optional extension will be offered. Led by Nancy Schulz.

## Red Cross Blood Drive

Wednesday, January 4, 12-5pm  
To sign up for an approximately one-hour appointment, call 800-RED-CROSS, or just walk-in.

## Full Moon Walk

Thursday, January 12 at 6pm  
Join leader Nancy Schulz and explore Montpelier by the light of the full moon. Departs from the front of MSAC. Free and open to all. Nancy and walkers will determine the route at walk time. Pre-registration to the MSAC office is strongly encouraged.

## Armchair Travel Talks

Join us for presentations of pictures from trips around the world taken by MSAC members.

## Newfoundland w/ Barbara Thompson

Tuesday, January 17, 6:30-8pm  
Known as "The Rock," the island of Newfoundland showcases a magnificent rugged coast with picturesque peninsulas where some of the world's rarest land formations can be experienced and 5,000 years of human settlement can be witnessed.

## Cuba with John Snell

Tuesday, January 31, 6:30-8pm  
Join John Snell for a trip to our neighbor Cuba, a place where time seems to have stopped but also the home to warm, rugged people determined to make their way in the world. The beauty of the landscape is stunning and that of the crumbling architecture surprisingly beautiful. Yes, there are old cars and so much more!

**Save the date:** 2/14: Jamaica w/ Sally DeCicco; 2/28: Hill Towns of Central Italy w/ Tina Muncy; 3/14: Glacier, Yellowstone, & The Grand Tetons w/ Sally & David Armstrong

## OLLI: Traditional French Canadian Music: Its Roots and Evolution

Wednesday, January 25, 1:30-3pm  
Musician and Teacher Jeremiah McLane will perform French Canadian music and discuss how it has changed as it moved from France to Canada to northern VT. Presentation hosted by the Osher Institute for Lifelong Learning (OLLI) at MSAC. Open to all. Free for OLLI members or \$5 suggested donation to OLLI for non-members.

## Statement by MSAC Director, Janna Clar

(See cover story on page 1)

I learned in the spring of MSAC member Anne Sarcka's art projects. She told me they were inspired by the Black Lives Matter movement that emerged in response to multiple disturbing events in the news during this past year. A dialogue began about how we might bring Anne's and other area artists' work on the theme to MSAC. These conversations evolved into this month's event series.

Anne writes in her artist statement of her piece, *Open Season*, that it "grew out of the pain of seeing an escalating number of unarmed African Americans killed by law enforcement across our country." Other pieces (not in our show) are about the life and death of Tamir Rice, the 12 year old killed in Cleveland, and mothers grieving for their sons. The MSAC show's artists work in paint, photography, and other mediums. There is great variety and importance in the work, and I hope both the art and the panel will inspire seniors, and others, to pause, to reflect, perhaps to reconsider long-held notions, and to dialogue.

I'm pleased we can collaborate with artists from across central VT, with our colleagues from other city departments, and with prominent local activists to present this series at MSAC. You are a community of talented, thoughtful people engaged in so many important issues, and among them is justice. Promoting equity and fairness is a key strategy of this year's City Council goal related to "maintaining a healthy community for people." In addition, with lifelong learning at the heart of what we offer at MSAC, I encourage all of us to consider what we each can learn and what roles we can play in moving toward racial justice in our community.

## Foot Clinic

Wednesday, January 4, 9am-12pm  
Monday, January 22, 1-4pm

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, a towel, and nail clippers.

## Massage Clinic

Monday, January 9, 10am-4pm

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

## Home Share Info Table

Tuesday, January 10, 12:30-2pm

A representative from Home Share Now will be in the MSAC Lobby to tell you about their services, which match people with room to share with those wanting affordable housing.

## Acupuncture Talk & Clinic

Tues., January 10, 2:45-4:45pm

Jennifer Etheridge, licensed acupuncturist with Integrative Acupuncture will present on Acupressure for Wellness from 2:45-3:15pm. This free lecture will be followed by an acupuncture clinic from 3:15-4:45pm. 30-minute, \$10 auricular (outer ear) treatments take place in a group setting. Arrive by 4:15 for a treatment. No appointment necessary. Open to everyone 50+.

## Memory Café

Saturday, January 14, 10-11:30am

The Montpelier Memory Café celebrates its 3rd anniversary with music and song by Danny Coane of the Starline Rhythm Boys and Colin McCaffery of the Stone Cold Rooster. The Memory Café is where people with memory loss disorders and their care partners can come together to connect and support one another.

## Rainbow Umbrella of Central Vermont

Tuesday, January 24, 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.

## PD Young Onset Group

Saturday, January 28, 1-3pm at Westview Meadows

Young Onset Parkinson's Support Group is for people with Parkinson's and their partners to come together and support one another. Meets at Westview Meadows. *Not affiliated with MSAC.* For more information, contact Andrea Gould 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.

## 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

Capstone Community Action can provide one-on-one financial assistance. Contact Liz Scharf at 477-5215

## The Bus Blotter

*This is a regular monthly column from Green Mountain Transit.*

Thank you to all for your warm welcome at the MSAC Annual Holiday Open House last month! It was great to attend and talk with so many people.

MSAC has a Green Mountain Transit bus stop at the front door. The free Montpelier Circulator (#92) travels within the downtown and residential Montpelier area with service to Shaw's, Elm and Spring Street, Montpelier Recreation Field and Pool, CCV, Summer and Winter Street, Washington County Mental Health, Heaton Woods, College Green, NECI, VCFA, Hunger Mountain Co-op, National Life, Montpelier High School, Vermont State House, Prospect, Main and State Street and MSAC (9 times daily!).

The fixed route service can bring you to all of the locations above and those along that route. The bus will also travel up to 3/4 mile off of that fixed route, upon request. To request a deviation, please call 802-223-7287 at least 24 hours in advance to arrange. To learn more, visit [www.ridegmt.org](http://www.ridegmt.org).



# FEAST MEALS

RESERVATIONS: 262-6288 OR  
JUSTBASICSINC@GMAIL.COM

## FEAST Menu

*Menus are subject to change. All meals include milk option and fresh fruit and incorporate seasonal produce. Options for vegetarians or those with other dietary restrictions are available. Inquire for details.*

**Tuesday, January 3:** Beef stew with onions, carrots, peas, and parsnips, served over egg noodles

**Friday, January 6:** Indian roast chicken served with curried spinach and wild rice pilaf

**Tuesday, January 10:** Seared salmon filet served with hollandaise sauce, spinach, and green beans

**Friday, January 13:** Braised Hungarian chicken and mushroom stew, served with polenta and local cabbage

**Tuesday, January 17:** Beef meatloaf served with snow peas and local beets with freshly baked whole wheat rolls

**Friday, January 20:** Penne with meat sauce, served with squash puree and garlic bread

**Tuesday, January 24:** Slow-cooked pork served with red cabbage and baked sweet potatoes

**Friday, January 27:** Cottage pie served with lemon Brussels sprout

**Tuesday, January 31:** To be announced.



## Focus on FEAST

### January Birthday Social

Join us on Friday, January 20 at FEAST Together to celebrate January birthdays! All seniors (60+) born in January may enter the raffle to win a yummy freshly baked pie, tin of chocolate chip cookies, or box of fudgy brownies and everyone gets cake and ice cream!

### FEAST Together News

December at FEAST Together was particularly festive this year. Helen Eldred donated her impressive creative talents to gorgeous holiday centerpieces for the tables. Chef Justin and his team of kitchen volunteers sent out extra special FEAST At Home meals and intrepid drivers made sure everyone got their meals hot, no matter the weather. When turkeys did not materialize for a scheduled meal, an anonymous donor generously donated a whole case of wild caught Pacific Northwest salmon, which was served to a record-breaking FEAST attendance of 81 diners!

### Volunteer News

MSAC hosted the Volunteer Recognition Luncheon on December 14 and more than 85 volunteers attended. MSAC Director Janna Clar spoke about the great service volunteers contribute. A delicious menu created by Chef Justin was served by city employees and elected officials while the VFO played lovely music. A special nod to Heidi, FEAST volunteer baker, who made the many delicious yule logs! Thanks also to Hunger Mountain Coop and Armistead Senior Care for their support. Thank you to all the volunteers who have made this year such a success at MSAC! Please consider volunteering YOUR time next year!

### FEAST Together or FEAST To Go

Tuesdays and Fridays, 12pm-1pm

Seniors 60+: No charge with suggested donation of \$7. 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.

# ACTIVITIES CALENDAR

This calendar reflects winter classes, which begin the week of January 9 unless otherwise noted.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>9-10 Living Strong (Koenemann)</p> <p>9-10 Introductory Yoga for Men (Crawford)</p> <p>9:30-12 Film Appreciation: World Cinema (at Savoy)</p> <p>10-12 Painting</p> <p>10:30-11:30 Pilates for Beginners</p> <p>10:30-12:30 Writing</p> <p>12-1 Gentle Yoga and Meditation (Flower)</p> <p>12-3 Mah Jongg*</p> <p>12:45-2 Club de Français Intermédiaire*</p> <p>1-2:30 Handbuilding in Clay</p> <p>1-3 Bridge*</p> <p>1-4 Foot Clinic (1/22)</p> <p>1:15-2:30 Moderate Yoga (Flower)</p> <p>2:30-3:30 Living Strong Group*</p> <p>3:30-4:30 Very Gentle Yoga (Parker Givens)</p> <p>4:30-5:30 French for Travelers</p> <p>5-6 Drawing Basics</p> <p>5-6 Swimming at First in Fitness</p> <p>5-6 Living Strong (Brown/Viall)</p> <p>5-6:30 Moderate Flow Yoga (Parker-Givens)</p> <p>*Does not require registration. Donations appreciated.</p> <p>^Class at risk of cancellation as of 12/16 due to low enrollment</p>	<p>8:30-9:40 Living Strong (Barrett/Ladabouche)</p> <p>9-10 Spanish for Beginners</p> <p>9-10:30 Gentle Yoga (Crawford)</p> <p>10-11 Water Aerobics at First in Fitness</p> <p>10-11 Swimming at First in Fitness</p> <p>10:15-11:15 Living Strong (Muncy/Gould)</p> <p>10:30-11:45 Band &amp; Dancing*</p> <p>11-12 Chair Yoga (Parker-Givens)</p> <p>12-1 FEAST Meal</p> <p>12:30-2 Home Share Info Table*</p> <p>1-2 Walks with Harris*</p> <p>1-2 Read-Aloud*</p> <p>1-3 Scrabble*</p> <p>1:15-2:15 Balance of Being Alexander Technique Method^</p> <p>1:30-3:30 Early Intermediate Italian^</p> <p>2-3 Reelin' and Rockin'</p> <p>2-3 Advanced Voice (at Westview Meadows)</p> <p>2-3 Trash Tramps*</p> <p>10:30-12:30 Acupuncture Presentation and Clinic (1/10)</p> <p>4-4:45 Tai Chi: Sun Style Intro (Hayes)</p> <p>4:30-6:30 Beginner Pastels</p> <p>5-6 Living Strong (Muncy)</p> <p>5-6 Tai Chi: Sun Style Long Form (Hayes)</p> <p>5:30-7 Rainbow Umbrella of Central VT* (1/24)</p> <p>6:30-8 Armchair Travel (1/17, 1/31)</p>	<p>9-10:30 Gentle Yoga (Crawford)</p> <p>9-12 Foot Clinic (1/4)</p> <p>9:30-11:30 Rug Hooking</p> <p>10-11 Swimming at First in Fitness</p> <p>10-12 Poetry as You Like It</p> <p>10:45-11:45 Basic Moving Every Muscle^</p> <p>12-1:30 Advanced Moving Every Muscle</p> <p>12-5 Red Cross Blood Drive (1/4)</p> <p>12:15-2:15 Crafters Group*</p> <p>12:30-2:30 Writing</p> <p>1:30-3 OLLI:Traditional French Canadian Music (1/25)</p> <p>1:45-2:30 Dance to Fitness</p> <p>3:30-4:30 Gentle Flow Yoga with (Parker-Givens)</p> <p>3:45-4:45 Beginner Guitar</p> <p>4:30-6:30 Intermediate Landscape in Pastels (no class 1/18)</p> <p>5-6 Advanced Beginner Guitar</p> <p>5-6:30 Moderate Flow Yoga (Parker-Givens)</p> <p>6:45-8:15pm Argentine Tango^</p>	<p>8:30-9:40 Living Strong (Barrett/Ladabouche)</p> <p>9-10:30 Moderate Yoga for Balance (Crawford)</p> <p>9-11:30 am Bridge*</p> <p>10-11 Swimming at First in Fitness</p> <p>10-11:30 Movement for Parkinson's (starts 1/19)^</p> <p>10-12:30 Film Appreciation: American Independent Cinema (at Savoy)</p> <p>10:45-11:45 Vigorous Yoga (DiGiovanni)</p> <p>11:30-12:30 Using Google Services 101 (1/12, 1/26 at MSMS)</p> <p>12:45-3:30 Bridge*</p> <p>2-3:15 Moving Into Stillness for Continuing Students (Parker-Givens)</p> <p>3-4 Beginner Voice</p> <p>3:30-4:45 Moderate Yoga (Olmsted)</p> <p>3:30-4:45 Gentle Yoga for Beginners (DiGiovanni, at CVMC)^</p> <p>4-5 Indoor Cycling</p> <p>5-6 Living Strong (Brown/Viall)</p> <p>5-6:30 Gentle Yoga (Crawford)</p> <p>6-7:30 Full Moon Walk* (1/12)</p> <p>6-8 Ukulele Group*</p>	<p>9-10 Living Strong (Koenemann)</p> <p>10-11:30 Moderate/Vigorous Hatha Yoga (Stander)</p> <p>10am-12pm Beginner Digital Photography</p> <p>10-3 Mah Jongg*</p> <p>10:15-11:15 Living Strong (Muncy/Gould)</p> <p>11:30-1 Tennis (at First in Fitness, starts 1/6)^</p> <p>12-1 FEAST Meal</p> <p>12:30 Monthly Birthday Social (1/20)</p> <p>2-3 Living Strong Group*</p> <p>2:15-3:30 Moderate Yoga (DiGiovanni)</p> <p>1:30-3:30 Early Intermediate Italian^</p> <p>4-5 Black Lives Matter Art Opening &amp; Reception (1/13)*</p> <p>5-7 Moving Toward Racial Justice Panel Discussion (1/13)*</p> <p>5-5:30 Tai Chi: Sun Style Practice Session*</p> <p>5-6 Swimming at First in Fitness</p> <p>5-6 Living Strong (Muncy)</p> <p><b>Saturday/Sunday</b></p> <p>Sat. 10-11:30 Memory Café (1/14)*</p> <p>Sat 10-12 Intro to Chinese Calligraphy Workshop (1/28)</p> <p>Sat 10:30-12 Parkinson's Pantomime Project</p>

**Montpelier Senior Activity Center**  
**58 Barre Street**  
**Montpelier, VT 05602**

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**Reminder: The Montpelier Senior Activity Center will be closed from Monday, December 26 through Monday, January 2, reopening January 3. Happy Holidays!**

**The office will be closed on Monday, January 16 for MLK Day. Some classes may occur—inquire with your instructor.**

**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](mailto:Imarkus@montpelier-vt.org).

Submissions for February Newsletter due January 13.

**Sustaining MSAC's Future**

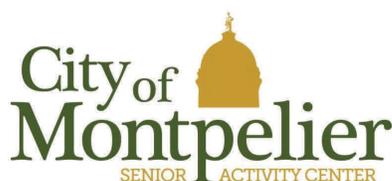
Please consider MSAC when making your estate plans and keep us vibrant for years to come. To learn more, contact Dan Groberg at 262-6284 or [dgroberg@montpelier-vt.org](mailto:dgroberg@montpelier-vt.org).

**Montpelier Senior Activity Center**

223-2518 • 262-6285 (fax) • [www.montpelier-vt.org/msac](http://www.montpelier-vt.org/msac) • [msac@montpelier-vt.org](mailto: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