

# Active Times

NEWSLETTER OF THE MONTPELIER SENIOR ACTIVITY CENTER

February 2017

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

## Celebrating 1,000 Members

We are excited to announce that MSAC recently passed 1,000 members for the first time in its 50-year history! We have witnessed tremendous growth, with our

membership growing by more than 150 in the last three years, and programs growing rapidly in number and in participation.

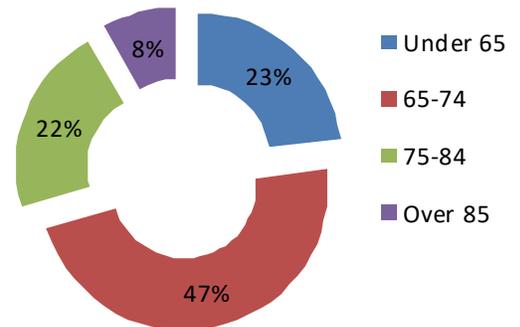
More than one-in-five Montpelier residents over the age of 50 are members, but the highest growth has been in members from surrounding towns, who now represent nearly a third of total membership.

"[The Montpelier Senior Activity Center] is one of the best resources in Montpelier," said one member. "It

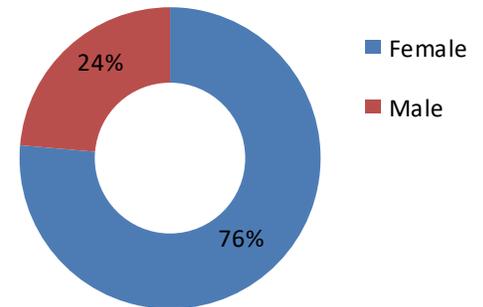
feels like a second home to me. I've met wonderful people and taken several classes that have enriched my life."

Do you have any friends who are not yet members of MSAC? Be sure to spread the word! Our membership year runs from July through June, but we will be offering half-priced memberships along with spring class registration for anyone who wants to get a taste of our offerings.

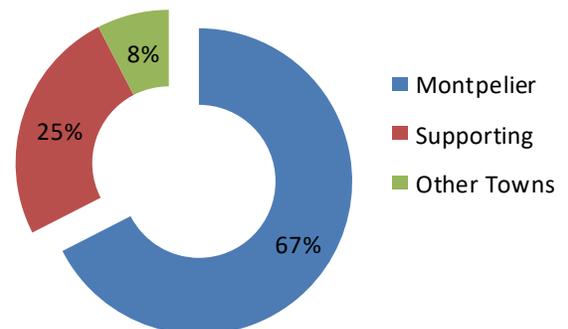
### Membership by Age



### Membership by Gender



### Membership by Town



### 1000th Member: Tim Flynn!

Our 1,000th member, Tim Flynn of Montpelier, joined with his wife in early January. "I joined the Montpelier Senior Activity Center to take advantage of the great options you have for learning opportunities," said Tim. "At this point in our careers, my wife and I are both working part time giving both of us some flexibility in our schedules. We plan to learn a new language together for some future travel plans and use the center as a resource for other educational and entertainment purposes. I am very impressed with the options available, I am currently playing with the jazz band, and the friendly feeling from all the people I have met. Thanks for providing this resource to the Montpelier community." Welcome to MSAC, Tim!

### Issue Highlights:

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# ANNOUNCEMENTS

## Advisory Council Elections

Starting in June, we will have at least three seats available on the MSAC Advisory Council. Positions are for three, two and one year terms. Please nominate someone you think will represent your interests and the interests of others for one of these positions. These seats are open to any current MSAC member from any town, and members of our supporting towns are especially encouraged to seek a position. Nomination forms can be found in the office and submitted by any current member. Council members have a responsibility to attend a monthly meeting and participate in a committee each year. A full list of expectations is available in the office. We need new and different points of view as we continue to develop MSAC and prepare to integrate into the Community Services Department, so please take part! The deadline for nominations is March 10, 2017.

## MSAC Advisory Council: Immediate Vacancy

A member of the Advisory Council has resigned, so there is an immediate vacancy through June 2017. If any current member, from any town, is interested in being considered by the Council for an immediate appointment, please contact Janna for more information and to put your name forward. Members may also nominate other members for immediate appointment.

The Recreation Department Advisory Board also has vacancies. For more information, please contact Arne McMullen, Director of Recreation, at 225-8692 or [amcmullen@montpelier-vt.org](mailto:amcmullen@montpelier-vt.org).

## Tax Clinic

Appointments at the free AARP Tax Preparation Clinic at MSAC are still available but are filling up quickly.

AARP Tax-Aide volunteers will be at the MSAC from early February through April 13 to prepare personal federal and Vermont income tax returns, by appointment only! Don't delay, call our office today!

## China Trip in April 2017: One Spot Left!

One traveler withdrew, creating space for one more person to accompany a group of 11 to Beijing and Xian for ten days in April. Travelers have a wonderful itinerary planned, visiting the Great Wall, Forbidden City, Terra Cotta Warriors, Traditional Chinese Medicine Clinics, senior centers, and local homes. They will learn about ancient and recent history, Chinese approaches to health and senior life, Tai Chi and other movement forms, dumpling-making, and more. There's an optional day trip to nearby HuaShan (a sacred mountain). To learn more, request a detailed itinerary and pricing, through Janna Clar. Payment due Monday, Feb. 13.

## Protecting Our Floors

It's that time of the year! A friendly reminder to all to wipe feet well at the door and/or to bring indoor shoes when possible (feel free to leave them here!). Thanks for helping us keep the wooden floors in as good shape as we can, especially since we just refinished the first floor during the holiday break!

## 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.

## ORCA Senior Moments

Did you know that Don Rowan and Ora Paul record lots of MSAC programs, classes, and events as part of the ORCA Media Senior Moments series? Catch up on our latest happenings or browse over 100 archived episodes at [www.orcamedia.net](http://www.orcamedia.net) or on the air on Mondays at 6am, Wednesdays at 9pm, and Fridays at 5pm.

### 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, February 13, 12-1:30pm—City Hall Manager's Conference Room

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

## Farewell, Ellen Tyrell

It is with great sorrow that we report the passing of long-time MSAC member Ellen Tyrell. Ellen came to Montpelier with her husband, Gene, who predeceased her. After raising her family of seven boys in Connecticut, she moved to Vermont to live closer to one of her sons. She loved Vermont and loved to talk about the differences between Vermont and Connecticut and just about any topic. She was a member of the Montpelier Housing Task Force, Older Women's League, League of Women Voters and served on the board of the Central VT Council on Aging and many other community organizations over her years in Vermont. Always fastidiously dressed and coifed, she was a regular attendee of the Tuesday meal program at MSAC when the bus was available to transport her. She will be sorely missed by all who knew her. According to her son, there will be no services until the Spring when her children will be able to attend.

## Moving Toward Racial Justice Series a Success

The January 13 panel discussion and art opening was a big success, with excellent conversation and more than 70 in attendance. Follow up information is available via Janna, and interviews with the artist and the panel recording are available on ORCA. The Black Lives Matter art show will continue through February.

## Vermont Youth Theater

Vermont Youth Theater rehearsals are coming to MSAC, and you are invited to attend! VYT will be at MSAC on six dates TBA in March, with opportunities for members to observe and participate! Contact Janna for more info.

## Orchard Valley Waldorf School Project



This December, we wrapped up a wonderful project we've been working on with the Orchard Valley Waldorf School. Orchard Valley 8th Graders have been working with MSAC members from Maggie Thompson's writing class to enhance their understanding of the story of America through learning about the lives of our MSAC members. Thank you to Maggie Thompson, Orchard Valley Waldorf School, and all the participants for a wonderful intergenerational program!

## Tax Deductions and Credits for Caregivers

*Alzheimer's Association*

As a caregiver, you likely pay for some care costs out-of-pocket. Because of this, you may qualify for tax benefits from the Internal Revenue Service (IRS). Tax rules are complex and can change. Be sure to get advice from your tax adviser or accountant before filing your returns.

### Medical Expenses

The person with dementia may be considered your dependent for tax purposes. If so, you may be allowed to itemize his or her medical costs. See IRS Publication 501: Exemptions, Standard Deductions and Filing Information to learn more about claiming the person with dementia as a dependent.

### Child and Dependent Care Credit

If you paid someone to care for the person with dementia so you could work or look for work, you may be able to claim the "Child and Dependent Care Credit" on your federal income tax return. If eligible, you would be allowed a credit of up to 35 percent of your qualifying expenses, depending upon your adjusted gross income. See IRS Publication 503: Child and Dependent Care Expenses for more info.

### Flexible Spending Account

If the person with dementia is a dependent under the tax rules, you might be able to use your own workplace flexible spending account (FSA). A flexible spending account allows payment for out-of-pocket medical expenses and dependent care expenses with pretax dollars, for a potential savings of about 20 to 30 percent.

Learn more at [www.alz.org/care/alzheimers-dementia-tax-deductions-credits.asp](http://www.alz.org/care/alzheimers-dementia-tax-deductions-credits.asp).

## Member Notes

### Welcome New Members

Stewart Clark  
Bonnie Cueman  
Jackie Earle-Cruickshanks  
Timothy Flynn  
Amy Goodman Kiefer  
Marilyn Kerin  
Polly Nichol

Rachel Shea  
Edmond Swanberg  
Todd Washburn

### With Our Sympathies

Phyllis Larose  
Ellen Tyrrell

# UPCOMING EVENTS

## Osher Lifelong Learning Institute

Presentations 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.

### A Bird in Hand: Why We Band Birds

Wednesday, February 1, 1:30-3pm

Bird Banding helps us learn about the lives of our avian friends: how long do they live, how far do they fly, what are their migration routes? Learn about the secrets revealed by the North Branch Nature Center's banding programs with Director Chip Darmstadt.

### Introduction to Chinese Medicine

Wednesday, February 15, 1:30-3pm

Oriental Medicine Practitioner Jennifer Etheridge will cover the how, what, when, and why of the 4,000 year old practice of Chinese medicine and acupuncture to allow us to understand what it may do for us.

### Strikes, Strife, and Life in the Workshop of the World—A VT Organizer in China

Wednesday, February 22, 1:30-3pm

Based on a decade of work in China, Labor and Community Organizer Ellen David Friedman will discuss the complicated relationship between the Chinese Communist Party and the mainly disempowered Chinese working class and what this means for international geo-politics.

### Estate Planning Seminar

Thursday, February 2, 1:30-2:30pm

Attorney Richard Linton Brock of Brock & Brock PLLC in Montpelier will discuss estate law. Attorney Brock will define property, discuss what happens to property when you die (hint - you cannot take it with you) and considerations in planning for what happens to your property, and share mechanisms for realizing your plan for what is to happen. N.B.: The presentation does not cover estate tax, Medicaid and nursing home costs, or disability planning including powers of attorney. Free and open to the public.

### Art History: Black Artists in America

Thursday, February 9, 1-2:30pm

From the slave crafts of tools and quilts in the 18th century to paintings and sculpture in the 19th

century, black artists (Banister, Porter, Lewis, and Tanner) worked in the Western cultural tradition to be accepted in that world. Gradually in the 20th century, black artists (Harlem renaissance, Savage, Hayden, Laurence, Bearden, and Ringold) expressed black life in America as a fusion of African and Caribbean styles with that European tradition. Art historian Debby Tait presents.

### Full Moon Walk

Friday, February 10 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. Free and open to the public.

### Jamaica with Sally DeCicco

Tuesday, February 14, 6:30-8pm

A volunteer's journey to document historic Jewish cemeteries in Kingston and out on the island.

**Save the date:** 3/9: Photography of Dorothea Lang and Margaret Burke White.

### Hill Towns of Central Italy with Tina Muncy

Tuesday, February 28, 6:30-8pm

Making olive oil in Paciano, visiting Cortona, La Foce Garden, the Orvieto Duomo, the amazing Civita de Bagnoregio and more. Ah the wine and the food!

**Save the date:** 3/14: Palestine w/ Pamela Walker & Peter Thoms; 3/28: Go West w/ Sally & Dave Armstrong

### Recycling with Coca-Cola

Friday, February 17, 12:30-1:15pm

Ray Dube, Sustainability Manager for Coca-Cola of Northern New England, will discuss Coca-Cola's Sustainability Program and its remarkable 96% recycling rate. He will discuss how Coke bottles are collected and transformed into new products like Vermont Teddy Bears! Free and open to the public.

### Trip Planning Meeting

Tues., February 21, 11:15am-12:15pm

Join us in the Activity Room to discuss and plan trips for the upcoming season. All are welcome.

## Foot Clinic

Monday, February 6, 9am-1pm  
Wednesday, February 15, 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, a towel, and nail clippers.

## Acupuncture Talk & Clinic

Tues., February 7, 2:45-4:45pm  
Jennifer Etheridge, licensed acupuncturist with Integrative Acupuncture, will present on Herbal Remedies for Winter 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, February 11, 10-11:30am  
The Montpelier High School Jazz Band performs at the February Memory Café. The Memory Cafe 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, February 21, 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.

## The Bus Blotter

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

Green Mountain Transit will have a new Bus Map & Guide for Washington and Lamoille Counties, effective 1/23/17. The new guides are pale blue. The Capital Shuttle (#88), Morrisville Loop (#102), and Mountain Road Shuttle (#108) are seeing service changes. You can also view the guide at RideGMT.com and click "Schedules" in the upper right corner.

## PD Young Onset Group

Date TBA 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.



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# FEAST MEALS

**RESERVATIONS: 262-6288 OR  
JUSTBASICSINC@GMAIL.COM**

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## 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 31:** Roast beef and gravy, served with Yorkshire pudding, rissole potatoes, and spinach.

**Friday, February 3:** Ham, turkey, and hummus wraps, served with quinoa salad, mixed green salad, and zesty black beans.

**Tuesday, February 7:** Chicken pot pie, loaded with local root vegetables, served with Brussels sprouts and beets.

**Friday, February 10:** Roast pork with mustard crust, served with macaroni and cheese, asparagus, and local cabbage.

**Tuesday, February 14:** Seared salmon filet, served with wild rice pilaf, local new potatoes, asparagus, and green salad.

**Friday, February 17:** Braised Hungarian chicken and mushroom stew, served over egg noodles with beets and rutabagas.

**Tuesday, February 21:** Chicken kebabs with peanut sauce, served with spicy cabbage salad and snow peas.

**Friday, February 24:** Roast turkey served with green beans, mashed potatoes, stuffing, and cranberry sauce.

**Tuesday, February 28:** Slow-cooked rosemary pork, served with baked potatoes, local cabbage and beets, and green beans.

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### 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.

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**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 February Birthday Social



Join us on Friday, February 17 at FEAST Together to celebrate February birthdays! All seniors (60+) born in February may enter the raffle to win a yummy freshly baked pie, platter of cookies, brownies or cupcakes. Everyone gets ice cream! Come to FEAST Together and stay for the Birthday Social at 12:30.

## FEAST Together News

Tuesdays at FEAST Together are always busy, as well as nutritious and delicious. The Swingin' Over Sixties house band raises the roof playing popular standards for members to dance and sing along to before lunch starts at 12pm. If you are interested in playing an instrument along with the band, stop by and talk with piano player John Lincoln. Tuesday's meals are drawing big crowds of over 70 people! Remember to call in your reservations. Don't normally think of FEAST Together when you want to have lunch downtown? You'll love the bountiful food, smiling service, and convivial atmosphere. The suggested donation for 60 and over is \$7, and guests under 60 pay \$7. This money supports the Program for neighbors who receive nutritious dinners delivered to their homes.

## Volunteers Needed!

Chef Justin needs new volunteers to assist the kitchen in cold prepping and hot cooking. Prep volunteers are needed for 2 hour shifts on Mondays and Wednesdays. Cooks are needed for Mondays, Wednesdays and Thursdays for 4 hour shifts. Please stop by the kitchen or call 262-6288 between 9am-12:30pm for more information. We're also recruiting a FEAST At Home substitute driver who would be on call to deliver if a driver has a conflict (good advance warning) or calls out sick (last minute). There could be as many as two or three substitutions a month and you would be trained on all routes. If you have the flexibility to donate a few hours from 10:30 to 12 pm and would like to deliver hot meals to your neighbors, please call me at 262-6288. We could use another driver and maybe it's you!

# ACTIVITIES CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
<p>9-10 Living Strong (Koenemann)</p> <p>9-10 Introductory Yoga for Men (Crawford, ends 2/13)</p> <p>9-1 Foot Clinic (2/6)</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>1:15-2:30 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>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>11:15-12:15 Trip Planning Meeting (2/21)</p> <p>12-1 FEAST Meal</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 (2/7)</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* (2/21)</p> <p>6:30-8 Armchair Travel (2/14, 2/28)*</p>	<p>9-10:30 Gentle Yoga (Crawford)</p> <p>9-12 Foot Clinic (2/15)</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>12-1:30 Advanced Moving Evening Muscle</p> <p>12:15-2:15 Crafters Group*</p> <p>12:30-2:30 Writing</p> <p>1:30-3 Osher Lifelong Learning (2/1, 2/15, 2/22)</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</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 (2/9, 2/23 at MSMS)</p> <p>12:45-3:30 Bridge*</p> <p>1:30-2:30 Estate Planning Seminar*</p> <p>1-2:30 Art History Presentation*</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>6-8 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)</p> <p>12-1 FEAST Meal</p> <p>12:30 Monthly Birthday Social (2/17)</p> <p>12:30-1:15 Recycling with Co-ca-Cola Presentation (2/17)*</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>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>6-7:30 Full Moon Walk* (2/10)</p>
<b>Saturday/Sunday</b>				
<p>Sat. 10-11:30 Memory Café (1/14)*</p> <p>Sat 10:30-12 Parkinson's Pantomime Project</p>				
<p>*Does not require registration. Donations appreciated.</p>				

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

RETURN SERVICE REQUESTED

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**The office will be closed on Monday, February 20 for President's 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 March Newsletter due February 13.

**Sustaining MSAC's Future**

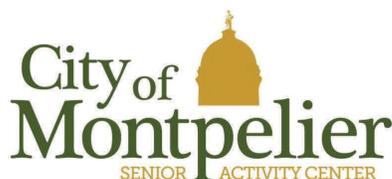
Please consider MSAC when making your estate plans and keep us vibrant for years to come. To learn more, contact Dan Groberg at 262-6284 or [dgroberg@montpelier-vt.org](mailto:dgroberg@montpelier-vt.org).

**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 (on leave)

**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