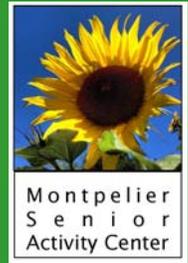


Remember to renew your membership!



Active Times

NEWSLETTER OF THE MONTPELIER SENIOR ACTIVITY CENTER

June 2018



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

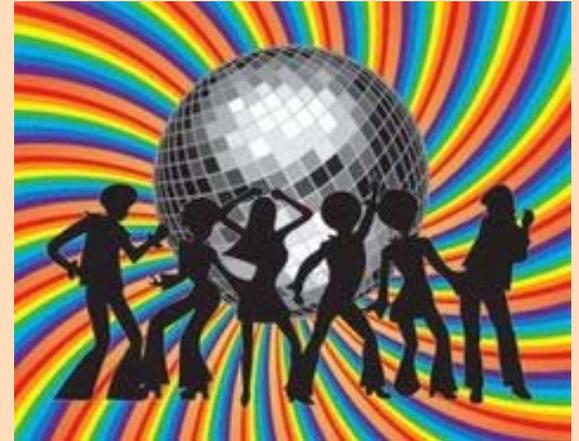
DISCO FEVER!

Friday, June 29, 7:30-10pm

Capitol Plaza Hotel's Ball Room

100 State Street, Montpelier

- ◆ \$25 per person includes delicious food
- ◆ Cash bar, fun photo booth, dancing
- ◆ Great music by DJ Fred Wilbur
- ◆ Silent Auction of diverse items
- ◆ Dress-code: 70s/Disco encouraged, but anything goes!



Get your ticket now— It's our 4th Annual Senior Prom for all!

Last year we celebrated MSAC's 50th anniversary with a 60s theme. This year, we're lacing up our dancing shoes and preparing to boogie at a 70s disco-themed party where song requests from *all decades* will once again be welcomed by the DJ!

Join us Friday, June 29 for a night of fun, music, and dancing. Come dressed to impress in your 70s best, enjoy our zany photo-booth, and between dances, enjoy drinks and a delicious appetizer course. Place your bids for some amazing items and experiences in our silent auction, which will be online for early bidding starting 6/15. So far, we have beautiful art, trips to Jay Peak Water Park, an opportunity to learn Chinese or ballroom dancing, a Stoweflake Spa certificate and more! All funds raised support affordable programming at MSAC. We hope to see you and your friends there, and remember: all ages are welcome!

Summer Program Registration Details

Registration begins Monday, June 4! Forms will be processed in the following order (ALL forms accepted 6/4):

- ◆ Starting 6/4: Montpelier & Supporting Towns.
- ◆ Starting 6/18: All towns/non-members for classes open to public.
- ◆ \$10 late fee applies to registrations after 6/29.

New Program Descriptions are on page 4-5
Full Program Listings are on page 8-9

For complete info on all our classes and programs, consult our website or materials in the MSAC lobby. Info subject to change.

Summer Classes begin the week of 7/2, but some are delayed til after the holiday week. Most Active Living and Wellness classes end the week of 9/17 and most other classes end the week of 9/3.

Members-only classes require membership renewal due now. Financial aid is available for all of our classes. Please inquire for additional information and application.

Issue Highlights:

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ANNOUNCEMENTS

Volunteers needed – flexible hours!

- ◇ FEAST Meal Delivery Drivers
- ◇ Van Drivers for Day Trips
- ◇ Senior Prom & Silent Auction
- ◇ DVD archive assistant
- ◇ Garden & Landscape
- ◇ Facility Maintenance
- ◇ Office Support



To learn more or apply, visit www.montpelier-vt.org/977/Volunteer-Opportunities or contact Becky at rjohnston@montpelier-vt.org or 225-8694.

Drop in Group News

Several drop in groups are taking a break for the summer, including Crafters. Italian Group with Myriam takes off July & August, and Walks with Harris takes off June & July. Look for the new drop-in group with Liz Benjamin, “Lives Well Lived.”

Senior Prom Needs You!

June 29, 7:30-10pm

Tell your friends and family, this DISCO FEVER dancing event is not to be missed! Volunteers are also needed to help in many ways, from decorating to clean-up—contact Becky if interested at 225-8694 or rjohnston@montpelier-vt.org.

Loading zone reminder

The loading space just outside our side door is for loading and unloading passengers or heavy items. Tenants often need this space, and it is not a parking spot for MSAC visitors! Thanks for your cooperation.

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, and members are encouraged to attend!

Next meeting:
Tuesday, June 19, 10:30-11:45am in Resource Room

Bob Barrett, *Chair*
Mary Carlson, *Secretary*
Liz Dodd, *Vice Chair*
Bill Doelger
Fran Krushenick
Barb Ladabouche
Ron Merkin
Janet Ressler
Eric Rajendra
dianne richardson
Sue Stukey

Part-time training positions in office, kitchen or facility support

Vermont Associates for Training & Development has three positions for income-eligible adults 55+ to support our Community Services Department and gain valuable experience to stay vital in the workforce. All positions are based at MSAC, supervised by our staff, and open immediately. To learn more or inquire about your eligibility, contact Rick Smedley at 828-0036 or rsmedley@vermontassociates.org.

FEAST Menu News from Chef

We are starting to see garden rhubarb for strawberry rhubarb cobbler. Bitter spring greens like spinach and arugula are a welcome arrival after a long winter and can aid in "spring cleaning." We thank Vermont Creamery for their donation of local goat cheese which will be featured on upcoming menus, or on the side for those who would prefer the dish without it.

Cool off, get fit at the City Pool!

Did you know if you're a Montpelier resident and 65 or older, you swim at the City's outdoor pool for free? And if you're under 65, you can swim for \$6 a day or get a season's pass for \$60 (double that if you're a non-resident)?

The City's Elm Street Pool is open June 16–August 19. The first week is 2-6pm general swim only, and the rest of the summer's schedule is as follows:

Monday-Friday

8-9am: Morning Lap Swim
1-4:15pm: General Swim
4:30-7pm: Family Swim

Saturday-Sunday

1-4pm: General Swim
4:15-5:30: Family Swim

There are refreshments such as fresh popcorn for sale at the pool, a pavilion you can rent for summer gatherings, a changing room, and easy access to hiking trails, tennis courts, a playground and skatepark for your young friends and family, and the Mountaineers field and grandstand. Come enjoy our city's outdoor summer gem! Passes for sale at the MSAC/CS office now!

Member Notes

Welcome New Members

Dee Dee Rogers
Sarah Smith

With Our Sympathies

Dorothy Bloom
Jamie Cope

Members: Attend *your* MSAC Annual Meeting Tuesday, June 19!

Come early for FEAST Lunch at noon—menu p.10

Meeting Agenda 12:45-2:15pm

- ◆ Welcome, recognition of outgoing Advisory Council (AC) members and deceased members
- ◆ Introduction of newly elected AC members
- ◆ FY 2018—the year in review
- ◆ FY 2019—the year ahead at MSAC
- ◆ MSAC's National Accreditation Progress Report
- ◆ MSAC's 5-Year Strategic Planning Effort
- ◆ **Dessert**
- ◆ Discussion of proposed new Governance Policies & Procedures*
- ◆ Discussion of MSAC's Swimming & Water Aerobics program and the realities of heavy subsidization
- ◆ General feedback, Q&A with members
- ◆ **2pm: Entertainment** by John Harrison and his "Rockin' & Reelin' Singing Songs of the 50s and 60s" class

***Proposed Governance Policies & Procedures to be voted on by membership at Annual Meeting**

Please review the full text of the new document and memo explaining its background and rationale. It is available in hard copy in the lobby and electronically on the website and e-letter. The document has been warned since May 20, thirty days prior to the Annual Meeting as required by the current bylaws. From the first section of the memo:

What is this about?

- ◇ This would eliminate the MSAC bylaws and other MSAC documents and roll them all into this one "Governance" document. It would simplify MSAC management and help members understand MSAC better.
- ◇ Our current bylaws require bylaw changes to be approved at the Annual Meeting.



AC Member Bill Doelger at a previous Annual Meeting

The Bus Blotter

This is a regular monthly column from Green Mountain Transit.

Green Mountain Transit's Community Campaign

Green Mountain Transit is holding a benefit for Good Samaritan Haven (GSH), which provides emergency shelter and support services, and offers stability, safety and hope for people experiencing homelessness. GMT is looking to address GSH's Urgent Needs, including laundry detergent, tissues, and garbage bags (full list on their website). Starting May 21, donations can be made at Shaw's in Montpelier, or Berlin and at GMT's Berlin Office, located at 6088 VT Route 12. If you are unable to donate at these locations, please consider a one-time or recurring donation online at: goodsamaritanhaven.org/donate-online. On Friday, June 1, 3-5pm, Froggy 100.9 will broadcast LIVE from GSH, when you can learn more. GMT will also be donating a significant number of bus passes to help address their transportation needs. Please check out our website, www.RideGMT.com, for up-to-date information.

Montpelier BioBlitz!

Save the Date! On July 21–22, Montpelier transforms into a giant nature festival! Based at Hubbard Park and North Branch Nature Center, the Montpelier BioBlitz is a huge outdoor celebration coupled with a 24-hour survey of our city's flora and fauna. Hundreds of Vermonters will be out enjoying a huge menu of outdoor activities while biologists from across the northeast scour the city to catalog every form of life within its boundaries. BioBlitz gathers critical data for local environmental conservation and gets people into nature!

Volunteers Needed: Can you help?

At Hubbard Park: campground hosts, emcee for 5K and youth activities, kids tent host, slip 'n slide crew, zipline crew.

At North Branch Nature Center: floating support, naturalist data entry, food support.

Both sites: Welcome crew, parking crew, donation collectors, photography and social media support, shuttle drivers, waste warrior volunteers, set-up and take-down crews.

Contact Becky: 225-8694 or rjohnston@montpelier-vt.org

NEW SUMMER CLASS DESCRIPTIONS

For full list of programs and details see p.8-9

For Adults of All Ages

Knitting using Continental (European) Method | Shelley Martin | 10 Tuesdays, 2-4pm | Learn to knit the European/German style. We will use these techniques to knit, purl, cast on, bind off, and several increase/decrease methods. This style of knitting is quicker than the American/English style and allows you to knit with two colors (one color in each hand). You will learn terminology used in patterns. We will knit a washcloth first and move on to a pattern of your choice (with input on difficulty from the instructor). Children who can write clearly with a pencil are welcome; those under 12 must be accompanied by an adult. Shelley Martin has been knitting for 62 years and is an experienced artist who has been able to bring creative and artistic patterns to the knitting world. She enjoys helping others learn, including those who shake or are hesitant to learn a craft. [See program guide for list of needed supplies.](#)

Successful Sight-Singing | Nora Zablow | 10 Mondays, 1:30-3pm | This class is designed mostly for singers who would like to improve their abilities to sing what they see on the page. We will use the fun, but challenging little book of the same title as a core, but class will be tailored to the needs of the group. Basic understanding of musical notation is expected, but instructor will include a brush up and explanation of some of the finer and more confusing aspects of following a musical map as needed. Nora Zablow is a long-time music instructor, teaching out of her own music studio and Monteverdi Music School in Montpelier.

Film Appreciation: Heists, Scams & Swindles | Rick Winston | 8 Mondays, 9:30am-12pm | A large amount of money and meticulous planners eager to steal it: this formula has worked for many films, from the thrilling (*The Asphalt Jungle*, *The Killing*) to the humorous (*The Lavender Hill Mob*, *Quick Change*). Full list of titles and dates is available at the office. Join Rick Winston—film historian, instructor, author and founder of Savoy Theater.

Five-Six-Seven-Eight! (Dance) | Alana Rancourt Phinney | 11 Wednesdays, 7-8:30pm | Do you wish dance was a regular part of your life? Have you taken dance classes in previous chapters of your life? It's never too late to dance again, or explore it for the very first time! All levels welcome! This class will honor the existing dancing body we already have. We'll consider the natural efficiency of our skeletal system and cultivate our own style of movement. By-products of our work together will be gaining strength, improving balance, and a regular, community practice of self-expression. Participants will enjoy a gentle warm up, instruction of technique rooted in modern dance and creative movement, and learning choreography. We will use improvisation to expand movement possibilities and feed our collaboration. Alana Phinney, MFA, seeks to bring dance to community, not just for the trained dancer, but for everyone. When we move together, we tap into our innate creativity and generate resiliency as a community. Let's dance together!

Meditating for Deep Well-Being | Ginny Sassaman | 10 Thursdays, 12-1pm | This non-secular class welcomes participants of all experience levels, from those who've never

meditated to those with a regular practice. Each session, we will try different techniques in a supportive, relaxing, & non-dogmatic way to help you establish your own meditation practice. Why learn to meditate? Modern science proves that meditation is one of the best things anyone of any age can do to bolster well-being. Here's how others who have taken this class say meditating helped them: "My whole body feels better...It helped me recover from surgery...I sleep better...I have less back pain...In tense situations, I can calm down...I'm able to lower my blood pressure...My whole family is happier." Ginny Sassaman has an M.S. in Mediation and Applied Conflict Studies and a Certificate in Positive Psychology. She is a co-founder of Gross National Happiness USA and the creator of the Happiness Paradigm. She has taught secular meditation since 2012 in a variety of settings, including Blue Cross Blue Shield, The Health Center, and other senior centers. She has been meditating since 1998.

Tai Chi for Fall Prevention, Level One | Sharon Jones | 10 Mondays, 5-6pm | Middlesex Town Hall | This Tai Chi series follows Paul Lam's evidence-based methodology that has been recommended by the CDC for arthritis and fall prevention. With regular practice, tai chi improves balance by strengthening muscles and co-ordination; at the same time, it strengthens the mind, thereby improving calmness and confidence in not falling. The principles of this gentle and effective form are: movement control, weight transference, and integration of mind and body. Students should wear comfortable shoes and clothes. Sharon Jones is a recently certified trainer and will soon be certified to offer Level Two.

Gentle Yoga for Low Back Health | Sally Olmsted | 5 Tuesdays, 12-1pm | This gentle class will focus on strengthening and stabilizing the low back region through use of breath and movement. Postural awareness as well as core strengthening and engagement will be emphasized. Additionally, participants will explore tools for managing low back health outside of class. Participants should be able to comfortably get up and down from the floor. For purposes of safety and effective class preparation, all will be required to fill out a brief questionnaire before participating in the class. Sally is a 500-hour registered yoga teacher and former clinical social worker who recently completed her studies in Yoga Therapy through the American Viniyoga Institute. For more information about Sally go to: youryogavt.com

Zumba Gold | Megan Pow | 4 Mondays, 12-1pm | Zumba Gold is a fun, friendly, high-energy, low-impact dance fitness class. It's specifically designed for people who are just beginning to exercise (again - or for the very first time!), and anyone who wants a super fun fitness party with Latin and international dance moves - WITHOUT all the jumping, hopping, twisting, and fast choreography changes. Megan's Zumba Gold classes are perfect for anyone who wants a low impact workout or a slower introduction to Zumba. It's a great way to learn some basic moves that you can take to Zumba class. Gold is also easier on the knees, hips and joints while still building bones with weight-bearing exercise. It's good for anyone who wants to build their balance, coordination, cardiovascular fitness, and make some new friends! Just like Megan's other Zumba classes, be prepared to sweat, laugh, and leave with a smile on your face. *Please

note Zumba Gold is performed standing up, and Zumba Gold Chair is performed while seated.

Zumba Gold Chair | Megan Pow | 5 Fridays, 12-12:45pm
Megan's Zumba Gold Chair class is a high-energy, fun, joyful and friendly fitness class for anyone who wants to exercise sitting down - in a chair, in a wheelchair, or on a stability ball. It combines the "party" atmosphere and the loud, exciting Latin and international dance moves of a high-intensity Zumba class with the specific needs of people who prefer to sit to exercise. Zumba Gold Chair classes are specifically designed for people with limited mobility, people with balance issues, and anyone who wants a great seated workout. You can take breaks whenever you need to, and you can also work harder than you might expect. Get a serious core, arm and brain workout - all without any standing movements! Build coordination, stamina and strength - but most importantly, have a great time with other fun people and make some new friends! Just like Megan's other Zumba classes, be prepared to sweat, laugh, and leave with a smile on your face.

For Age 50+

Revised: Gentle Viniyoga (replaces Sally's former Gentle Yoga class) | Sally Olmsted | 5 Wednesdays, 9-10:15am | This class will offer participants an opportunity to explore a gentle, breath-centered practice geared towards improving balance, strength, and flexibility. Integrating breath and movement is an effective way of working directly with the nervous system and brings a meditative quality to our practice. Additionally, each class will explore a short, seated breathing practice (pranayama) and conclude with a brief meditation. Postures will be adapted to meet the individual needs of students in the class (*Vini* means to "adapt" in Sanskrit). See Sally's background in Gentle Yoga for Low Back Health above.

Gentle Yoga for Osteoporosis / Osteopenia | Sally Olmsted | 5 Tuesdays, 1:30-2:45 | This gentle class will focus on a safe and strengthening yoga practice for those with either Osteoporosis or Osteopenia. Emphasis will be on balance, adapted forward folds (to protect the spine), postural awareness, and maintaining strength and flexibility through breath-centered movement. For purposes of safety and effective class preparation, all will be required to fill out a brief questionnaire before participating in the class. See Sally's background in Gentle Yoga for Low Back Health above.

Revised: Gentle/Moderate Flow Yoga and Meditation Sarah Parker-Givens | 10 Mon 5-6:30 pm | Gentle/Moderate Flow Yoga is the linking of breath with gentle movement, a moving meditation that helps connect us with the present moment. Conscious breathing has a profound effect on the nervous system and our emotions. In this class, we will focus on movement and postures that increase strength, flexibility and balance. Students must have prior yoga experience and be able to comfortably move from floor to standing. Every class will conclude with 15 minutes of breath work and meditation. Sarah specializes in breath focused yoga for beginners and seniors. Visit heartcenteredyoga.weebly.com for more information about

Sarah and her teaching.

Free Drop-in Group: Lives Well Lived: Questions & Discussions | Liz Benjamin | 4 Mondays, 3-4:30pm, 7/9, 23, 8/6, 20 | When she saw the documentary "Lives Well Lived" at the Green Mountain Film Festival (shown at MSAC) this year, Liz Benjamin found it very gripping and moving. The filmmakers asked 22 different questions of older adults. Here are a few examples: What is your secret for a happy life? What do you wish young people understood about life? Do you experience ageism? Liz immediately wanted to talk with others about these questions. She will facilitate an open, drop-in discussion of these in the MSAC Resource Room. Have a look at www.lives-well-lived.com.

Summer Trips

All trips require advance registration using the forms available online and in the office. Trip flyers with descriptions, itineraries, fees and times are available. Unless otherwise indicated, trips depart from Department of Labor parking lot. More trips are in the works for August and beyond; stay tuned.



- Thursday, June 7: **Perry Hill Hike** in Waterbury (meet at trailhead)
- Thursday, June 14: **Kayak at Waterbury** (meet at Reservoir)
- Tuesday, June 19: **Lady Slippers at Eshqua Bog** (full - may scheduled 2nd trip)
- Thursday, June 21: **Summer Solstice Continuous OM** at Groton State Forest, Noyes Pond
- Monday, June 25: **Lupines and Pancakes in Sugar Hill, NH** (full)
- Thursday, June 28: **Walk the Rail Trail in Jeffersonville**
- Thursday, July 5: **Kayak at Groton State Park** (meet there)
- Wednesday, July 11: **Bike from Johnson to Jeffersonville** (meet there)
- Thursday, July 19: **Shelburne Farms**
- Wednesday, July 25: **Montreal Museum of Fine Arts, including Picasso Exhibit** (big bus)
- Thursday, July 26: **Elmore Extravaganza - Pizza, Ice Cream and Bingo!**



- Monday, August 6: **Taconic Mountain Ramble State Park**
- Monday, August 13: **Camp Plymouth State Park & Coolidge Historic Site**

UPCOMING EVENTS

June Art Show

The artists of Suki Ciappara's Expressive Intuitive Arts Exploration class are pleased to present works they have done recently. The show will hang in the Community Room gallery, and an opening is scheduled for June 25 (see description p. 7)



The End of Life Doula and Your Own Good Death

Tuesday, June 5, 6:30-8:00pm

Both "End of Life Doula" and a "good death" are relatively new terms that embrace old concepts. But don't worry if you aren't familiar with either one of them. In this workshop you will learn what an End of Life Doula is and how they can support you as you face the end of your life at any age. Participants will have the chance to think about what a "good death" means to them and discover how an end of life doula can help them achieve their personal goals. There will also be plenty of time for questions and discussion. Michelle Acciavatti is the founder of Ending Well, an LLC dedicated to helping people "plan, prepare, and experience their own good death." You can find her at www.ending-well.com.



USAF American Clarinet Quartet Performance

Tuesday, June 12, 12:45-1:45pm

Come and hear an acoustic program of patriotic songs that honor the service of our veterans and their families. The

American Clarinet Quartet provides virtuosic and enthusiastic performances for audiences around the country. Drawing on years of professional experience, these four accomplished musicians present an exciting and polished program that captivates audiences of all ages. Providing musical support for a wide variety of military and civilian functions, the group features musicians that have studied and performed at the highest levels throughout the US. Their diverse reper-

Documentary Film Series Continues: *The Story of the Jews*

2 more Sundays, June 3 & June 10, 5-7pm

See longer description in May's *Active Times*. Montpelier residents Jamie Granfield Carroll and Joseph Carroll host this series and share light refreshments representing different Jewish culinary traditions each date. More information about the series is available at <http://www.pbs.org/wnet/story-jews/>

Each episode is 55 min., followed by informal audience reflection and discussion for those who wish to stay. **All events are free and open to the public. All are welcome. Donations to MSAC are appreciated. No advance registration is required.** *Co-sponsoring and hosting this series does not imply endorsement of any particular position on the part of MSAC staff, the MSAC Program Committee or the City of Montpelier.*

Film Series Episodes:

Episodes 1-3 were shown at MSAC in May and are available on PBS's website for streaming in your home.

June 3: Episode 4: Over the Rainbow: Host Simon Schama travels to Eastern Europe to consider the Jews' profound impact.

June 10: Episode 5: Return: Simon Schama examines how the Holocaust and the creation of Israel altered Jewish identity.

toire includes traditional classical repertoire, rousing patriotic marches, Klezmer music, Broadway, Jazz, Latin and South American music, as well as their own original arrangements. The group also excels in the educational environment, regularly reaching out to America's young music students, offering concerts, clinics and masterclasses.

Don't miss the MSAC Annual Meeting on June 19!

12:45-2:15 meeting and entertainment by John Harrison's Rockin' & Reelin' Singing Songs of the 50s and 60s class! See p. 3

UPCOMING EVENTS & PARTNER SERVICES

Intuitive Art Exploration Show Reception

Monday, June 25, 4:30-6pm

Join members of Suki Ciappara's Expressive Intuitive Art Exploration Class as they share and discuss the work hanging in their exhibit in the Community Room gallery (see p. 6). Free refreshments will be offered.

Foot Clinic

Monday, June 11, 1-4pm

Monday, June 25, 9am-1pm

Nurses from Central Vermont Home Health & Hospice clip toenails, clean nail beds, file nails & lotion feet. \$20 for 15-minute appointment—call 223-2518. Bring basin for soaking feet, a towel, and nail clippers.

One-On-One Yoga Therapy

On hold for month of June; returns in July

Contact Ragan to schedule a future appointment at 552-8995.

Death Café (recurs 2nd Fridays)

Friday, June 8, 12:15-1:45pm

MSAC hosts this free, volunteer-led, drop-in discussion group each month. Death Cafe is part of an international movement to "increase awareness of death with a view to helping people make the most of their (finite) lives." Death Cafe provides a forum for you to share your thoughts about death, dying, and anything related in a safe, community environment. You can learn more at www.deathcafe.com or email montpelierdeathcafe@gmail.com. All are welcome as long as you come with an open mind. Ellen Fein will facilitate discussion. Sign-up in MSAC office. Free and open to the public.

Montpelier Memory Café

Montpelier Memory Cafe will be going on hiatus for the summer months of June, July and August. The Steering Committee will be meeting to plan for future Cafes, and welcomes volunteers to attend and participate; call Ellen Sholk at 465-1973 for information. Memory Cafe updates will also be published in *Active Times* this summer.

Rainbow Umbrella of Central Vermont

Tuesday, June 19, meet at 5:45pm

Rainbow Umbrella of Central VT, an adult LGBTQ group, meets the third Tuesday at 5:45 for a casual dinner at a local restaurant. We gather first at MSAC. Info: RUCVTAdmin@PrideCenterVT.org.

Advanced Cancer Support Group

Sunday, June 24, 4-6pm

Individuals and families living with incurable or advanced cancer are invited to meet to talk openly about concerns and interests. Questions? Contact Theresa at the CVMC Cancer Center: 225-5449.

Savoy DVD Lending

Mondays, 4-6pm

MSAC members can borrow up to two titles at a time from the 1,100-title film collection for free and keep them for one week. Reserve a title by emailing savoydvd@gmail.com or just stop by. Browse titles at savoytheater.com/dvd-archive or in our printed guide. Donations appreciated. More volunteers needed!

One-On-One PC Help

Thursdays by appointment, 3:30-4:30pm

Lili Pringles, a junior at Montpelier High School, provides free one-on-one assistance with your basic PC and web questions. Call 223-2518 for 20 min. appt.

CVCOA Chats

By appointment

Questions about health insurance/senior services? The Central Vermont Council on Aging is available by appointment. Call 479-4400 to set up a time.

Advance Directives Help

Mary Alice Bisbee can answer questions by phone and direct you to resources. Contact 223-8140. Another resource: www.vtethicsnetwork.org.

Financial Coaching

By appointment

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

See Registration Notes page 1, new class descriptions p.4

Programs for All Adults

All Adults, Performing and Fine Arts

Art Journaling: Play with Color, Words, Images | Suki Ciappara | 10 Thursdays, 1-2:30pm, starts 7/5 | \$40 members / \$65 public 14+

Expressive Intuitive Art Exploration | Suki Ciappara | 10 Mondays, starts 7/9, 3-4:30pm | MSAC | \$40 MSAC members / \$65 public age 14+

Beginner Guitar | Tom Wales | 10 Wednesdays, 3:45-4:45, starts 7/11 | MSAC | 14+ | \$25 MSAC members/\$50 public

Advanced Beginner Guitar | Tom Wales | 10 Wednesdays, 5-6pm, starts 7/11 | MSAC | 14+ | \$25 MSAC members/\$50 public

New: Beginning Knitting using Continental (European) Method | Shelley Martin | 10 Tuesdays, 2-4pm, starts 7/10 | MSAC | \$35 MSAC members / \$60 public 12+

Digital Photography – Mixed Levels | Linda Hogan | 10 Fridays, starts 7/6, 10am-12pm | MSAC | All Ages | \$30 MSAC members/\$55 public

Photography Club | Led by Linda Hogan | Wed 9-11 | Free drop-in group

New: Successful Sight-Singing | Nora Zablow | 10 Mondays, 1:30-3:00, starts July 9 | MSAC | \$30 MSAC members / \$55 public 14+

Swingin' Over Sixty Band | Tues 10:30-11:45am | Free

Ukulele Group | Led Bob Barrett | Th 6-8 | Free drop-in

All Adults, Humanities and More

NEW: Film Appreciation: Heists, Scams & Swindles | Rick Winston | 8 Mondays, 9:30am-12pm, starts 7/9 | Savoy Theater | \$50 MSAC members/\$75 public 14+

Club de Français Intermédiaire | Led by David Kahn & Ellen Sholk | M 12:45-2pm | Free drop-in group

Spanish Levels 5 & 6 | Carlos Reyes | MSAC | \$30 MSAC members/\$55 public 14+

◇ **Level 5** | 10 Tuesdays, 9-10:15am, starts 7/10

◇ **Level 6** | 10 Thursdays, 9-10:15am, starts 7/12

All Adults, Active Living and Wellness

New: Five-Six-Seven-Eight! (Dance) | Alana Rancourt Phinney | 11 Wednesdays, 7-8:30pm, starts 7/11 | \$30 MSAC members / \$55 public age 14+

New: Meditating for Deep Well-Being | Ginny Sassaman | 10 Thursdays, 12-1pm, starts 7/12 | \$25 MSAC members / \$50 public

Pool Pass for Adults under 65 | N/A | June 16-August 19,

see schedule | Rec Pool | \$60 resident / \$120 non-resident

New: Tai Chi for Fall Prevention, Level One | Sharon Jones | 10 Mondays, 5-6pm | Middlesex Town Hall | \$25 MSAC members / \$35 public 18+

Adult Tennis Lessons A&B | Scott Barker | 5 Thursdays, 5-6pm, (A) starts 7/12; (B) starts 8/16 | Rec Courts | \$50 resident / \$75 non-resident

New: Gentle Yoga for Low Back Health | Sally Olmsted | 5 Tuesdays, 12-1pm, starts 7/10 | MSAC | \$15 MSAC members / \$40 public 18+

Zumba Series 1 & 2 | Megan Pow | | MSAC | \$35 resident / \$55 non-resident 15+

◇ (1) 5 Thursdays, 7-8pm, starts 7/12

◇ (2) 5 Thursdays, 7-8pm, starts 8/16

New: Zumba Gold Chair | Megan Pow | 5 Fridays, 12-12:45pm, starts 8/24 | \$35 resident/\$55 non-resident 15+

New: Zumba Gold | Megan Pow | 4 Mondays, 12-1pm, starts 8/20, skip 9/3 | MSAC | \$25 resident/\$45 non-resident 15+

Programs for Ages 50+

These programs are open only to members of MSAC, unless indicated by a ■, which are open to anyone 50 or older. Where prices are listed as \$XX/\$XX, the first price indicates the rate for Montpelier members and the second price for all other members.

50+ Performing and Fine Arts

Classes run for 10 weeks – start week of 7/2, end week of 9/3, unless noted. Additional materials fees may be required for some classes.

Drawing in Perspective | Janice Walrafen | 2 Mondays, 5-8pm (7/30, 8/6) | MSAC | \$20/\$30

Handbuilding in Clay | Nicole Galipeau | Mon 1-2:30 pm | MSAC | \$55 all members

Painting: As You Want It | Sylvia Walker | Mon 10am-12pm | MSAC | \$30/\$40

Rug Hooking | Pam Finnigan | Wed 9:30-11:30am, start 7/11 | MSAC | \$30/\$40

Beginner & Intermediate Voice for Shy Singers | Naomi Flanders | Thurs 4-5 pm | MSAC | \$25/\$40

Advanced Voice: Keeping Your Voice in Shape for Life | Naomi Flanders | Fri 4:15-5:15pm | MSAC | \$25/\$35

50+ Humanities and More

Classes run for 10 weeks – start week of 7/2, end week of 9/3, unless noted

■ **Revised: Financial Foundations Workshop** | Gabriel Lajeunesse | 4 Tuesdays, 7-8pm, 7/10, 7/17, 7/24, 7/31 | MSAC Activity Room | \$15 members/\$40 public

New Drop-in Group: Lives Well Lived: Questions & Discussions | Liz Benjamin | 4 Mondays, 3-4:30pm, 7/9, 23, 8/6, 8/20 | MSAC | free and open to the public

Making Poems | Jeanne Cook | Wed 10am-12pm, start 7/11 | MSAC | \$30/\$40

Writing | Maggie Thompson | MSAC | \$30/\$40

◇ Mon 10:30am-12:30pm

◇ Wed 12:30-2:30pm, start 7/11

Games for Drop-in: Bridge Monday 1-3, Thursday 12:45-3:30 | Mah Jongg Monday 12-3, Friday 10-3 | Scrabble Tuesdays 1-3

50+ Active Living and Wellness

Classes run for 12 weeks – start week of 7/2, end week of 9/17 unless noted.

Bone Builders | MSAC | \$30/\$40

◇ Laura Morse | Wed/Sun 5:15-6:30pm

◇ Laura Brown & Theresa Lever | Mon/Th 5-6pm

◇ Tina Muncy | Tues/Fri 5-6 pm

◇ Nancy Schulz | Tues/Fri 10:15-11:15am

◇ Joan Barrett/Barbara Ladabouche/Jean Phillips | Tues/Thur 8:30-9:30am

◇ Koenemanns, Fielder & Subs | Mon/Fri 9-10 am

Living Strong Group | Volunteer Leaders | M 2:30-3:30, F 2-3 | Free drop in group

Happiness Moves! | Louisa Nufield | 9 Wed, 11:30am-1pm, starts 5/2 | MSAC | \$25/\$35

Summer Solstice Continuous OM Meditation | Sarah Parker-Givens | Thursday, 6/21, 8-9am | Noyes Pond, Groton | Van transport available, see registration form or flyer for details

Monthly Continuous OM Meditation | Sarah Parker-Givens | First Fridays (A) 8/3, (B) 9/7, 1-2pm (skip July) | MSAC | Free; suggested \$5-10 donation

■ **Moving for Wellness** | Sara McMahon | 6 Thurs 10-11:30am, 7/5, 7/12, 7/19, 7/26, 9/13, 9/20 | MSAC | \$25 members/\$35 public

Pilates for Beginners | Mary Dobbins | 11 Mondays, 10:30-11:30am, starts 7/9 | MSAC | \$25/\$35

Pilates Express | Mary Dobbins | 11 Fridays, 9-9:45am, starts 7/13 | MSAC | \$25/\$35

■ **New Time: Pilates Matwork for Beginners** | Mary Dobbins | 11 Wednesdays, 5-6pm, starts 7/11 | CVMC | \$25 members/\$35 public

■ **Pool Pass for Adults 65+** | N/A | 6/16 – 8/19, see schedule | Rec Pool | Free for residents / \$50 non-resident

Trash Tramps | Led by Anne Ferguson | Tu 1:45-3pm | Free drop-in group

Walks with Harris | Led by Harris Webster | Tues 1-2pm (skip June/July; resume Aug/Sep) | Free drop-in group

Walks with Joan | Led by Joan Barrett | Tues 9:45-11:15am

Yoga classes are sorted from least to most vigorous. See the Program Guide for additional information.

Chair Yoga | Sarah Parker-Givens | 10 Tuesdays, 11am-12pm, 7/10 – 9/11 | MSAC | \$25/\$35

Chair Yoga | Ragan Sheridan Royer | 11 Wednesdays 2:45-3:45 (starts 7/11, sub or skip 8/8, 15, 9/5) | MSAC | \$25/\$35

New: Gentle Yoga for Osteoporosis / Osteopenia | Sally Olmsted | 5 Tuesdays, 1:30-2:45, starts 7/10 | MSAC | \$15/\$25

Very Gentle Yoga | Sarah Parker-Givens | 10 Mondays, 3:30-4:30pm, 7/9 – 9/10 | MSAC | \$25/\$35

Gentle Yoga (includes breathing, chanting & intro to meditation) | Ragan Sheridan Royer | 11 Thursdays, 5-6:30pm, starts 7/12 | MSAC | \$25/\$35

Yoga for Men | Ron Sweet | 11 Mondays, 9-10:15 am, start 7/9 | MSAC | \$25/\$35

Gentle Yoga | Patty Crawford | Tues 9-10:15 am | MSAC | \$25/\$35

Revised: Gentle Viniyoga (replaces Sally's former Gentle Yoga class) | Sally Olmsted | 5 Wednesdays, 9-10:15am, starts 7/11 | MSAC | \$15/\$25

Gentle Flow Yoga | Sarah Parker-Givens | 10 Wed 3:30-4:30 pm, 7/11 – 9/12 | MSAC | \$25/\$35

Moving into Stillness: Yoga and Meditation for Continuing Students | Sarah Parker-Givens | 10 Thurs 1:30-2:45pm, 7/12 – 9/13 | MSAC | \$25/\$35

Gentle/Moderate Yoga | Monica DiGiovanni | Fri 2:30-3:45pm | MSAC | \$25/\$35

Moderate Yoga | Lori Flower | 11 Mondays, 1:15-2:30 pm | Hubbard Park | \$25/\$35

Yoga for Balance | Lori Flower | 12 Wednesdays, 10:30-11:15am, starts 7/11 | MSAC | \$25/\$35

■ **Yoga Movement** | Ron Sweet | 11 Mondays, 11am-12:15pm, start 7/9 | Middlesex Town Hall | \$25 members/\$35 public

Moderate Yoga to Improve Balance | Ragan Sheridan Royer | 11 Thurs 3:15-4:30pm, starts 7/12 | MSAC | \$25/\$35

Moderate Yoga for Balance | Patty Crawford | Thurs 9-10:15 am | MSAC | \$25/\$35

Revised: Gentle/Moderate Flow Yoga and Meditation | Sarah Parker-Givens | 10 Mon 5-6:30pm, 7/9 – 9/10 | MSAC | \$25/\$35

Moderate Flow Yoga | Sarah Parker-Givens | 10 Wed 5-6:30 pm, 7/11 – 9/12 | MSAC | \$25/\$35

Moderate/Vigorous Hatha Yoga | Joan Stander | Fri 10-11:30 am | MSAC | \$25/\$35

Yoga for Focus and Fitness | Monica DiGiovanni | Wed 1:30-2:45pm, starts 7/11 | MSAC | \$25/\$35



FEAST MEALS

RESERVATIONS: 262-6288 OR FEAST@MONTPELIER-VT.ORG

FEAST Together Menu

Tuesdays and Fridays, 12pm-1pm
Menus are subject to change. Options for vegetarians or those with other dietary restrictions are available.

Friday, June 1: Chicken parmesan, linguini, w.w. roll
Ceasar salad, fruit

Tuesday, June 5: Spaghetti with red beef sauce, green beans, w.w. garlic bread, fruit

Friday, June 8: Cod, potatoes with fennel and spinach, w.w. roll, strawberry shortcake, fruit

Tuesday, June 12: Chicken with peanut sauce, spicy cabbage salad, white rice, noodle salad, lemon tart

Friday, June 15: Pork cutlet, sautéed vegetables, brown rice, brownies, fruit, birthday cake

Tuesday, June 19: Beef chili, mixed vegetables, tossed salad, beans, corn bread, baked potato bar, fruit

Friday, June 22: Ginger beef, poppy seed coleslaw, wheat berry salad, wild rice pilaf, fruit

Tuesday, June 26: BBQ chicken, watermelon, potato salad and coleslaw, w.w.roll, baked beans, cookies

Friday, June 29: Seared chicken breast, Ceasar salad with tomatoes and w.w. croutons, polenta

Make recommended

reservations (at least a day in advance) or inquire about FEAST at Home, by calling 262-6288 or emailing feast@montpelier-vt.org.

60+: No charge with suggested \$5 donation. Under 60: \$7. All proceeds benefit the FEAST meal program.

FEAST News

Chef Justin Turcotte and his family will be traveling overseas for a year, so he has partnered with long-time resident Michael Morse to take over FEAST production starting July 1. Michael has been creating meals on Fridays for several months. If you haven't, please try to swing by and welcome Mike personally. If you have menu ideas, please let him know! New people bring new ideas. Welcome on board, Michael!

Focus on FEAST

May FEAST meals were well attended by Montpelier and Berlin residents, as well as friends and family from far away regions. Think about inviting your near and dear to FEAST Together, and on Tuesdays come early and enjoy the Over 60's Swing Band. Studies show that sharing meals with loved ones, or new friends, keeps you happier and more active. Come have a happy meal with us! Each Tuesday the Over 60 Swing band tunes up at 10:30 and plays until lunch starts. Everyone is encouraged to sing-a-long, dance and join in the fun – the more the merrier!

Volunteer Recruits Needed

Drivers weekly 10:30 – 11:30 (all days M-F)
Tuesday and Friday Hostesses or Hosts: 11:30–1:30
Kitchen Prep cooks (sitting or standing) (any day)

We welcome you to join us serving at FEAST Together - we will find the right match for whatever skill you want to bring. If you want to give to your community this is a great place to meet folks and make new friends. If interested, please contact Rebecca at rjohnston@montpelier-vt.org or 225-8694.

Friday, June 15: Birthday Social

Remember to come to FEAST Together on the third Friday of each month for the Birthday Ice Cream Social. May birthday member, Elaine Cohen, won the delicious baked Lemon Roll Cake raffle prize last month. If your birthday is that month, you will be entered into the raffle drawing for a yummy baked good but, whether you win or not, everyone has fun and gets ice cream! Call 262-6288 to make your reservations. You must be present at 12:30 to win the Raffle.

Thank you, TEAM FEAST
♥'s you!

Elaine Cohen smiles with her May birthday raffle gift



Unless otherwise noted, below activities are all weekly. Most 10-week Spring Classes end week of June 11. Most 12-week classes end week of June 25. Ask Instructors for specific last class dates. Swimming and water aerobics programs end July 6. Summer classes begin July 2 and registration begins June 4.

JUNE ACTIVITIES CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
9-10 Bone Builders Non-Beginner (Koenemanns) 9-10:15 Yoga for Men 9-1 Foot Clinic (6/25) 10-12 Painting 10:30-11:30 Pilates for Beginners 10:30-12:30 Writing 11-12:15 Yoga Movement 12-3 Mah Jongg* 1-2:30 Handbuilding in Clay 12:45-2 Club de Français Intermédiaire* 1-3 Bridge* 1-4 Foot Clinic (6/11) 1:15-2:30 Moderate Yoga (Flower) 1:30-3:30 Reading & Writing Poems 2:30-3:30 Living Strong Group* 3-4:30 Expressive Intuitive Art Exploration 3:30-4:30 Very Gentle Yoga (Parker-Givens) 4-6 Savoy DVD Lending* 4:30-6 Art Show Reception (6/25 only) 5-6 Bone Builders (Brown/Lever) 5-6 Swimming (at FIF) 5-6:30 Moderate Flow Yoga (Parker-Givens) 5-7 Drawing Basics II 6:45-7:45 Tae Kwan Do (UES, ends 7/2)	8:30-9:30 Bone Builders (Barrett/Ladabouche) 9-10:15 Spanish 4 9-10:15 Gentle Yoga (Crawford) 9:30-12 Film Appreciation: French Cinema (Savoy) 9:45-11:15 Walks with Joan* 10-11 Swimming (FIF) 10-11 Water Aerobics (FIF) 10:15-11:15 Bone Builders (Schulz) 10:30-11:45 Band & Dancing* 11-12 Chair Yoga (Parker-Givens) 12-1 FEAST Meal 12:45-1:45 USAF Clarinet Quartet (6/12 only) 1-3 Scrabble* 1-4 Italian Group B* 1:15-2:45 Italian Group A* 2-3 Trash Tramps* 2-3 Reelin' & Rockin' 2-3:15 Gentle Yoga (Olmsted, Worcester) 2-3:30 Dying in Community 5-5:45 Tai Chi: SS Long Form 5-6 Bone Builders (Muncy) 5:30-6:30 HIIT KICK (UES) 5:45 Rainbow Umbrella* (6/19) 6-7 Archery 6:30-8 Hatha Yoga (Sandberg) 6:30-8 EOL Doula Talk (6/5 only)* 7-8 Financial Foundations	9-10:15 Gentle Yoga (Olmsted) 9-11 Photography Club* 9-1 Foot Clinic (none) 9:30-11:30am Rug Hooking 10-11 Swimming (at FIF) 10-12 Making Poems 10:30-11:15 Yoga for Balance (Flower) 11:30-1:00 Happiness Moves! 12:30-2:30 Writing 1:30-2:45 Yoga for Focus and Fitness 2:45-3:45 Chair Yoga (Royer) 3:30-4:30 Gentle Flow Yoga (Parker-Givens) 3:45-4:45 Beginner Guitar 4:30-6:30 Intermediate Pastels 5-6 Advanced Beginner Guitar 5-6:30 Moderate Flow Yoga (Parker-Givens) 5:15-6:30 Bone Builders (Morse)	8:30-9:30 Bone Builders (Barrett/Ladabouche) 9-10:15 Moderate Yoga for Balance (Crawford) 9-10:15 Spanish 5 10-11 Swimming (at FIF) 10-11:30 Movement for Wellness 10-12:30 Film Appreciation: Whodunits 10:30-11:45 Advisory Council Mtg (6/19 only) 11:30-12:30 Using Google 101 (MSMS, 6/7) 12:45-2 Annual Meeting (6/19 only) 12:45-3:30 Bridge* 1-2:30 Drawing Basics I 1:30-3:30 Explore Memoir (Westview) 1:30-2:45 Moving Into Stillness for Continuing Students 2:30-3 New Advisory Council Mtg (6/19 only) 3:30-4:30 Tech Help by appt.* 3:15-4:30 Moderate Yoga to Improve Balance (Royer) 4-5 Beginner/ Intermediate Voice for Shy Singers 4-5:30 Making Faces in Clay 5-6 Bone Builders (Brown/Lever) 5-6 Tennis Lessons (Rec Court.) 5-6:30 Gentle Yoga (Royer) 5:30-6:30 HIIT KICK (UES) 6-8 Ukulele Group* 6:45-7:45 Tae Kwan Do (UES) 7-8 Fitness Hooping (Rec Gym) 7-8 Zumba	9-9:45 Pilates Express 9-10 Bone Builders Non-Beginner (Koenemanns) 10-11 Water Aerobics (at FIF) 10-11:30 Mod/Vig Hatha Yoga (Stander) 10-12 Digital Photography 10-3 Mah Jongg* 10:15-11:15 Bone Builders (Schulz) 11-12:30 Tennis 12-1pm FEAST Meal 12:30 Birthday Social* (6/15) 12:15-1:45 Death Café (6/8) 1-4 Italian Group B* 2-3 Living Strong Group* 2:30-3:45 Gentle/Moderate Yoga (DiGiovanni) 3:15-4:45 Music Appreciation: Mozart 4:15-5:15 Advanced Voice 5-6 Bone Builders (Muncy) 5-6 Swimming (FIF) 7:30-10pm Disco Fever: Senior Prom & Silent Auction (Capitol Plaza) (6/29 only)
				<h2>Saturday/Sunday</h2>
				Sat 9-10 Pilates (Dobbins) Sun 2-5 Hiking in Prepared: Happiness on the Trail Sun 4-6 Advanced Cancer Support Group (6/24) Sun. 5-7 Story of the Jews Documentary Film Series (6/3 and 6/10)* Sun. 5:15-6:30 Bone Builders (Morse)
* Does not require registration. Donations appreciated.				

Montpelier Senior Activity Center
58 Barre Street
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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 msac@montpelier-vt.org.

Submissions for July Newsletter due June 14.

The MSAC office is closed Wednesday, July 4 for the Independence Day Holiday.

Sustaining MSAC's Future

Please consider MSAC when making your estate plans and keep us vibrant for years to come. To learn more, contact Janna Clar at 262-6283 or jclar@montpelier-vt.org.

Montpelier Senior Activity Center

Office hours: Monday-Friday from 9am-4pm.

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

MSAC is a division of the Community Services Department. 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

TBA Soon: Communications & Development Coordinator

Norma Maurice, Office Manager

Harry Divack, Administrative Assistant

Becky Johnston, Resource Development AmeriCorps VISTA

FEAST Meals Program and Reservations Number: 262-6288

Jessica Sanderson, FEAST Program Manager

Justin Turcotte, Chef-Owner of Good Taste Catering, Contractor for FEAST

Michael Morse, Kitchen and Operations Manager