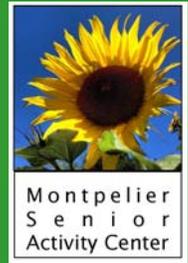


Remember to renew your membership!



July 2018



Active Times

NEWSLETTER OF THE MONTPELIER SENIOR ACTIVITY CENTER

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



Break out your binoculars and walking shoes – Montpelier’s citywide nature festival is quickly approaching! For 24 hours, the city of Montpelier will be turned into a giant scavenger hunt as biologists, hikers, fami-

lies, naturalists and anyone else interested help to gather data critical for environmental conservation efforts. Part celebration and part citizen-science, the is one fun, wild weekend! Visit bioblitzmontpelier.org or see program in our lobby soon for more details. Music, games, and fun for all—coincides with ParkaPalooza in July! Volunteers needed; can you help? Contact Becky: 225-8694 or rjohston@montpelier-vt.org.

Welcome, Becca Jordan, new Communications & Development Coordinator!

Becca Jordan has recently joined the CS Department, filling the post left vacant when Dan Groberg left to join Montpelier Alive. Born and raised in Montpelier, Becca has been an event planner in the Caribbean, a food cooperative general manager in MA and most recently the communications/development coordinator at the bike/walk organization Local Motion in Burlington. Despite seemingly exhaustive research, nowhere has ever felt quite like Montpelier and she is thrilled to be back and working for the city. Becca, her husband and dog recently purchased an old farmhouse in East Montpelier and when not exploring the many trails out their back door can now be found attempting house renovations and caring for 6 pigs.

Becca completed her Masters in Sustainability Science from UMass-Amherst after having received her undergraduate degree in Biology from Earlham College. An avid traveler, Becca will be oversees until mid-July when she hopes to meet many community members.



Art Show July 10-August 29

Nerula: Illustrations of Clare Emerson Lane

Talk about wearing your heart on your sleeve! While many epistolary discoveries reveal intriguing historical insights and emotional alliances, few, if any, can do so without viewers ever having to read the letters themselves, as is the case in this exhibit of envelopes illustrated by Clare Emerson Lane. Lane was employed by the US Postal service to sort mail on the train in New York in the 1940s. During his time away from home, he frequently wrote to his sweetheart, taking special care to present her with a different work of art each time. Show curated by Amy Cook, PhD.

Please join us for a **reception on July 16, 6:00-7:30pm** featuring Montpelier resident and MSAC member Joanna Meyer, daughter of Clare and Nellie Ruth Lane. Refreshments served; free and open to

Issue Highlights:

- Announcements, Member notes 2-3
- Upcoming Events & Partner Services 4-5
- FEAST 6
- July Activities Calendar 7

ANNOUNCEMENTS

Enjoy 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 until August 19. There are refreshments, a pavilion to rent for gatherings, a changing room, and easy access to hiking trails, tennis, a playground your young friends and family, plus the Mountaineers field within walking distance. Come enjoy our city's outdoor facilities! Passes for sale at the MSAC/CS office now! The schedule is as follows:

Monday-Friday	Weekends:
7-8am: Lap Swim M/W/F	1-4pm: General Swim
8-9am: Lap Swim T/Th	4:15-5:30: Family Swim
1-4:15pm: General Swim	
4:30-7pm: Family Swim	

Annual Meeting Report

At MSAC's Annual Meeting June 19, members bid farewell to outgoing Advisory Council members Janet Ressler and Ron Merkin, welcomed new AC members Dianne Maccario and Laura Morse, (along with Eric Rajendra who filled a vacancy earlier in the year), voted in support of a new Governance Policies & Procedures document, and discussed issues such as national accreditation, strategic planning, the importance of the swim program, and more. Entertainment was provided by John Harrison and his "Rockin' & Reelin' Singin' Songs of the 50s and 60s" class group.

To learn more about our accreditation efforts and learn how to get involved, visit the MSAC website or lobby for more information.

Drop-in Group News

Walks with Joan is now Wednesdays at 8:30-10am until further notice. Some drop-in groups are taking a break for summer, including Crafters, Italian Group w/ Myriam and Walks w/ Harris. We have a new 4-time drop-in group: "Lives Well Lived." (see details p. 4)

Become a Volunteer Gleaner!

Did you know that MSAC's FEAST Program benefits from thousands of pounds of gleaned produce each year? Community Harvest of Central Vermont is looking for community members of all ages and abilities to help glean! Come get outside, meet your neighbors, reduce wasted food, and learn how local food is grown all while helping everyone in the community have access to healthy, fresh local food. 1 million pounds of produce in Washington County goes uneaten each season. Help CHCV recover some of that food that is not able to be sold, but is still fresh and nutritious to eat. We need volunteers to harvest, deliver, sort, pack, and clean produce and to help with other organizational tasks like hanging posters and data entry. To learn more and to sign up visit <https://www.communityharvestvt.org/volunteer/>

U.S. Senator Bernie Sanders held meeting at MSAC June 22



On the sunny afternoon of June 22, fifty invited experts from around Vermont gathered to share insight and stories with Bernie in MSAC's Community Room. In response to his questions about the state of affairs for older adults in Vermont, Bernie was able

to listen to leaders from thirteen senior centers and a myriad of transportation and housing agencies, health care organizations, Area Agencies on Aging, the VT Department of Disabilities, Aging and Independent Living, VT Alliance for Retired Americans, Community of Vermont Elders, and more organizations. It was an honor for MSAC to host this important conversation, and we look forward to participating in follow-up efforts

Garden Volunteers Wanted

We have new tools and a willing trainer; do you have spare time to help us keep our gardens weed free this summer? If so, please contact Janna in the office.

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:
Monday, July 16, 11:30-3pm
in Resource Room

Bob Barrett, *Chair*
Mary Carlson
Liz Dodd, *Vice Chair*
Bill Doelger
Fran Krushenick
Barb Ladabouche
Dianne Maccario
Laura Morse
Eric Rajendra
dianne richardson
Sue Stukey

Summer Program Registration and Start Details

Registration continues for over 60 classes, so sign up now if you've been procrastinating! We have been experiencing lower than usual registrations in many areas! **Summer classes begin the week of 7/2, but some are delayed til after the holiday week.** Check page 7 or contact the office if you're not sure of your class start date.

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

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

Classes at risk of being cancelled due to low enrollment at time of printing include: Drawing in Perspective, Art Journaling, Expressive Intuitive Art Exploration, Beginner Guitar, Advanced Voice, Successful Sight-singing, Financial Foundations, Gentle Yoga with breathing and Meditation, Moving into Stillness, Yoga for Balance Wednesday morning, Gentle Yoga for Low Back Health, Moderate Yoga to Improve Balance on Thursday afternoon, Yoga Movement at Middlesex, Movement for Parkinson's, Pilates at CVMC, and Zumba Gold Chair starting August.

Memory Café shares video

Montpelier Memory Cafe continues its summer hiatus for the summer months of 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. Ellen recently shared a valuable video produced by a group in Seattle: a documentary called "Living With Memory Loss: In Our Own Words." To view the 16-minute video, go to <https://www.youtube.com/watch?v=s-eRlrcfYw&feature=youtu.be>.

Member Notes

Welcome New Members

Lynn Dreher
Abby Colihan
Lynne Woodard
Sarah Smith

Elizabeth Rogers
Rose Riley

With Our Sympathies

Carol Cromwell
Daniel Neary

The Bus Blotter

This is a regular monthly column from Green Mountain Transit.

On June 21, 2018, Green Mountain Transit celebrated and participated in the 13th Annual National Dump the Pump Day

Sponsored by the American Public Transportation Association (APTA), the 2018 National Dump the Pump Day was a day that encouraged people to ride public transportation and to take them where they need to go, instead of driving a car. This national day emphasizes that public transportation is a convenient travel option that also helps people save money. According to the [May APTA Transit Savings Report](#), individuals in a two-person household can save an average of more than \$10,134 annually by downsizing to one car.

However, public transportation doesn't just help people save money, it also helps communities grow and prosper. For example, for every \$1 invested in public transportation, \$4 is returned in economic returns. Mayors know that communities with public transportation are more competitive. So, riding public transportation helps people and their communities!

Remember, the free Montpelier Circulator bus stops right outside MSAC 9 times every weekday and can make diversions to stop closer to your house upon 48 hour advance request. Would you dump YOUR car for a day and try taking the bus? Call 223-7287 or get more info at: [http://ridegmt.com/wp-content/uploads/](http://ridegmt.com/wp-content/uploads/WashingtonLamoilleCounties_February2018.pdf)

WashingtonLamoilleCounties_February2018.pdf

Thank you, Montpelier High School Tech Ed Students and MSAC Crafters!

In late June we received a beautiful display cabinet Norma worked with Jason Miles and MHS Tech Ed students to design. We can now securely store and display MSAC crafters' wares throughout the year, in style! The talented woodworking students were Ethan Eldred, Brock Wrigley and Curtis Leno. Joan Barrett, avid crafter, helped fill up the new cabinet.



UPCOMING EVENTS

Free Drop-in Group: "Lives Well Lived: Questions & Discussions"

4 Mondays, 3-4:30pm, July 9, 23, Aug 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.

Navigating the Roadways of Senior Care:



Two events about Long Term Care

Monday, July 23, 6:30-7:30pm

Thursday, July 26, 12-1pm

As we age we are faced with an ever changing landscape. It can at times be difficult to navigate all the different choices when it comes to housing decisions, financial and legal issues, and community resources available. Join us to chat with Samantha Wendel and Heather Barss, Certified Aging Life Care Professionals (Formally called Certified Geriatric Care Managers) from Armistead Senior Care to learn the ins and outs of planning for Long Term Care. Bring your questions! Free and open to public.

Volunteer Cookout

Sunday, July 29, 12:30pm

Community Services Department celebrates our volunteers from MSAC, Recreation, Parks & Trees Division at this summer event at the City Pool Pavilion. Grilled meat, vegetarian options and dishes will be provided, along with lawn games. Volunteers are invited to bring a side dish, drink or dessert. Trail hiking is nearby, and swimming will be free for all volunteers on this afternoon if your name is on the RSVP list of people who have volunteered during 2018. Contact Becky: 225-8694 or rjohston@montpelier-vt.org.



Trips

All trips are open to non-members and 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; stay tuned.

- 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
- Wednesday, August 29: Visit the Eastern Townships, Quebec World of Louise Penny's Books
- Friday, September 14: Tunbridge World's Fair
- Tuesday-Wednesday, October 9-10: Montreal Botanical Gardens Lanterns & Overnight
- April 8-12, 2019: Amish Country, Lancaster County, PA—full details coming soon!

Info for Barre Area Senior Center trips is in our lobby!

Foot Clinic

Monday, July 11, 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

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

Death Café (recurs 2nd Fridays)

Friday, July 13, 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

UPCOMING EVENTS & PARTNER SERVICES

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.

Rainbow Umbrella of Central Vermont

Tuesday, July 17, 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 (recurs 4th Sundays)

Sunday, July 22, 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.

Advance Directives Help

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

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.

Financial Coaching

By appointment

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

One-On-One PC Help

By appointment

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.

Good Eats—Community Supported Agriculture with Pete's Greens at MSAC

Have you noticed the enticing and bountiful bags and crates of produce in our lobby on Wednesdays? In addition to the good eats, CSA-paying members receive a weekly newsletter with farm news, recipes, storage tips, and how-to information about the food in that



week's share. And more than that, you join a community of eaters dedicated to supporting Vermont's food economy. Pete's Greens also supports local gleaning efforts and the FEAST program. To learn more or sign up, visit www.petsgreens.com or call 586-2882.

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; if interested, contact Becky, and you can make your own hours at your convenience. 225-8694 or rjohston@montpelier-vt.org.

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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.

Tuesday, July 3: Burgers, potato salad, watermelon

Friday, July 6: BBQ chicken, baked beans, pasta salad, cole slaw, watermelon, strawberry shortcake

Tuesday, July 10: Roast pork loin stuffed w spinach, green salad, sweet potato, w.w. pasta, sauce, fruit

Friday, July 13: Panzanella salad w chicken and mozzarella, varied vegetable salads, brown rice, fruit

Tuesday, July 17: Ginger beef, wheat berry, poppy seed cole slaw, salad, fruit

Friday, July 20: Shrimp or chicken Caesar salad, w.w. croutons, fruit

NO FEAST TOGETHER SERVED JULY 24, 27, 31, AUG 3
KITCHEN CREW DOING DEEP CLEANING

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 Financials

MSAC does not charge for FEAST meals served to adults 60+— a condition for receiving Older Americans Act funding support. However, the meals are not really free! Our actual cost per meal, including the overhead of managing a state-licensed commercial kitchen and staffing the program, is approximately \$10, and we must raise about two thirds of it— and the entire cost for people under 60. When you make a donation for your meal, all proceeds benefit the FEAST senior meal program, which is subsidized by our contract with CVCOA and MSAC fundraising efforts. If you're financially able to donate the full amount or more, we appreciate it! If you're not able, we also welcome you to FEAST, and your donation of any size helps! FEAST provides close to 18,000 meals per year to area adults, many of whom are at high nutritional risk. FEAST provides delicious and nutritious meals along with vital socialization and opportunities for fulfilling volunteerism. Thank you for your participation!

Focus on FEAST

Do you have a favorite dish or cuisine you'd like to suggest to Chef Justin or Michael? Email to FEAST@montpelier-vt.org or call 262-6288 and let us know what you are craving – we will try to include it on a future menu and let you know when it will be served. If it is an old family recipe, even better! FEAST Together is YOURS – here to serve the members at MSAC with the over 60's suggested donation of \$5 per meal remaining the best lunch option in town.

Volunteer Recruits Needed

- Drivers weekly 10:30–11:30 (all days M-F)
 - Tues/Friday Hostesses/Hosts: 11:30–1:30
 - Kitchen Prep (sitting or standing) (Wed or Thurs)
- Call Jessica at 262-6288. 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.

Friday, July 20: Birthday Social

Remember to come to the FEAST Together on the third Friday of each month for the Birthday Ice Cream Social. June birthday member, Catherine Simpson, won the delicious Oatmeal Raisin Cookies raffle prize last month. If your birthday is in July 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.

FEAST Together News

Robust numbers of MSAC members and guests attended the June FEAST Together on Tuesdays to dance or sing-a-long with the Over 60's Swing Band. The 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!

If you like to sing, you can join in – they love guest performers. Research studies show that sharing meals with loved ones or new friends you haven't met yet, keeps you happier and more active. Come have a Happy Meal on Tuesdays, Fridays or BOTH.

Thank you, TEAM FEAST  's you!

Unless otherwise noted, below activities are all weekly. Most Summer Classes begin in the week of July 2, but some have a delayed start

JULY ACTIVITIES CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
<p>9-10 Bone Builders Non-Beginner (Koenemanns)</p> <p>9-10:15 Yoga for Men (7/9 start)</p> <p>9-1 Foot Clinic (7/11)</p> <p>9:30-12 Film Appreciation w/Rick (7/9 start)</p> <p>10-12 Painting</p> <p>10:30-11:30 Pilates for Beginners (7/9 start)</p> <p>10:30-12:30 Writing (7/9 start)</p> <p>11-12:15 Yoga Movement cancelled</p> <p>11:30-3 Advisory Council meeting (7/16 only)</p> <p>12-1 Zumba Gold (8/20 start)</p> <p>12-3 Mah Jongg*</p> <p>1-2:30 Handbuilding in Clay</p> <p>12:45-2 Club de Français Intermédiaire*</p> <p>1-3 Bridge*</p> <p>1:15-2:30 Moderate Yoga Outdoors (Flower/DiGiovanni)</p> <p>1:30-3 Sight-Singing (7/9 start)</p> <p>2:30-3:30 Living Strong Group*</p> <p>3-4:30 Expressive Intuitive Art Exploration (7/9 start)</p> <p>3:30-4:30 Very Gentle Yoga (Parker-Givens, 7/9 start)</p> <p>4-6 Savoy DVD Lending*</p> <p>5-6 Bone Builders (Brown/Lever)</p> <p>5-6 Tai Chi at Middlesex (7/9 start)</p> <p>5-6:30 Gentle/Moderate Flow Yoga & Meditation (Parker-Givens, 7/9 start)</p> <p>5-8 Drawing in Perspective (7/30, 8/6 only)</p>	<p>8:30-9:30 Bone Builders (Barrett/Ladabouche/Phillips)</p> <p>9-10:15 Spanish 5 (7/17 start)</p> <p>9-10:15 Gentle Yoga (Crawford)</p> <p>10:15-11:30 Bone Builders (Schulz)</p> <p>10:30-11:45 Band & Dancing*</p> <p>11-12 Chair Yoga (Parker-Givens)</p> <p>12-1 FEAST Meal (skip 7/24,31)</p> <p>12:15-1:15 Gentle Yoga Low Back Health (7/10 start)</p> <p>1-3 Scrabble*</p> <p>1:30-2:45 Gentle Yoga for Osteoporosis (7/10 start)</p> <p>1:45-3 Trash Tramps*</p> <p>2-4 Knitting (7/10 start)</p> <p>5-6 Bone Builders (Muncy, 7/10 start)</p> <p>5-6 HIIT Kick (walk-in; 6 wks start 7/10)</p> <p>5:45 Rainbow Umbrella* (7/17)</p> <p>7-8 Financial Foundations (7/10 start, 4 Tuesdays)</p>	<p>8:30-10 Walks with Joan*</p> <p>9-10:15 Gentle Viniyoga (7/11 start)</p> <p>9-11 Photography Club*</p> <p>9:30-11:30am Rug Hooking (7/11 start)</p> <p>10-12 Making Poems (7/11 start)</p> <p>10:30-11:15 Yoga for Balance (Flower/DiGiovanni, 7/11 start)</p> <p>11:30-1:00 Happiness Moves! (7/11 start)</p> <p>12:30-2:30 Writing (7/11 start)</p> <p>1:30-2:45 Yoga for Focus and Fitness (7/11 start)</p> <p>2:45-3:45 Chair Yoga (Royer)</p> <p>3:30-4:30 Gentle Flow Yoga (7/11 start)</p> <p>3:45-4:45 Beginner Guitar (7/11 start)</p> <p>5-6 Advanced Beginner Guitar (7/11 start)</p> <p>5-6 Pilates for Beginners (at CVMC, 7/11 start)</p> <p>5-6:30 Moderate Flow Yoga (Parker-Givens, 7/11 start)</p> <p>5:15-6:30 Bone Builders (Morse)</p> <p>7-8:30 5-6-7-8 (Dance) (7/11 start)</p>	<p>8:30-9:30 Bone Builders (Barrett/Ladabouche)</p> <p>9-10:15 Moderate Yoga for Balance (Crawford)</p> <p>9-10:15 Spanish 6 (7/19 start)</p> <p>10-11:30 Movement for Wellness</p> <p>12:45-3:30 Bridge*</p> <p>1-2:30 Art Journaling cancelled</p> <p>1:30-2:45 Moving Into Stillness for Continuing Students (7/12 start)</p> <p>3:15-4:30 Moderate Yoga to Improve Balance (Royer, 7/12 start)</p> <p>4-5 Beginner/ Intermediate Voice for Shy Singers (7/19 start)</p> <p>5-6 Bone Builders (Brown/Lever)</p> <p>5-6 Tennis Lessons (Rec Court)</p> <p>5-6:30 Gentle Yoga (Royer, 7/12 start)</p> <p>5:30-6:30 HIIT KICK (UES)</p> <p>6-8 Ukulele Group*</p> <p>7-8 Zumba (7/12 start)</p>	<p>9-9:45 Pilates Express (7/13 start)</p> <p>9-10 Bone Builders Non-Beginner (Koenemanns)</p> <p>10-11:30 Mod/Vig Hatha Yoga (Stander)</p> <p>10-12 Digital Photography (skip 7/13)</p> <p>10-3 Mah Jongg*</p> <p>10:15-11:30 Bone Builders (Schulz)</p> <p>12-12:45 Zumba Gold Chair (8/24 start)</p> <p>12-1pm FEAST Meal (skip 7/27, 8/3)</p> <p>12:30 Birthday Social* (7/20)</p> <p>12:15-1:45 Death Café (7/13)</p> <p>2-3 Living Strong Group*</p> <p>2:30-3:45 Gentle/Moderate Yoga (DiGiovanni)</p> <p>4:15-5:15 Advanced Voice (7/20 start)</p> <p>5-6 Bone Builders (Muncy)</p>
				<h2>Saturday/Sunday</h2> <p>Sun 4-6 Advanced Cancer Support Group (7/22 only)</p> <p>Sun. 5:15-6:30 Bone Builders (Morse, 7/1 start)</p>
<p>* Does not require registration. Donations appreciated.</p>				

Montpelier Senior Activity Center
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Submissions for August Newsletter due July 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

Becca Jordan, 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