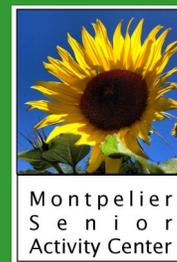


Fall Class Registration opens Monday, August 26!



August 2019



Active Times

NEWSLETTER OF THE MONTPELIER SENIOR ACTIVITY CENTER

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

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The Summer of '69: From the Moon Landing to Woodstock

Allan Mackey, Thursday, August 15, 1:00 - 3:15 pm in the MSAC Community Room | \$5 for MSAC members/ \$10 for non-members | Ages 18+

Where were you during the summer of 1969? This is a one-time, participatory workshop for people who love the music and history of the late 1960's. Music highlights and iconic events of that summer will be covered including: the moon landing, Chappaquiddick and Ted Kennedy, the release of Easy Rider and its impact on the counter culture, Charles Manson and the rise of the cult, the Atlantic City Pop Festival - the forgotten prelude to Woodstock, and the rise and fall of the Woodstock nation. You are invited to bring your memories and memorabilia. Allan presented a similar workshop about 1967 two years ago to rave reviews! *Please note that there is a small fee for this event, but no one will be turned away for lack of funds. Financial aid available for pre-registration. Tell your friends!*

Fall Programming Underway

Work is underway on finalizing Fall Program offerings, including some exciting new classes and presentations! We anticipate that the program guide and registration form will be ready in our lobby and on our website around August 14. A full class list and announcements of special Fall events will be included in the September newsletter, to be published in late August. Classes cancelled or on pause for Fall will be announced to recent participants of those classes as far as possible in advance of registration starting on August 26.

AmeriCorps Reflection

By Rebecca Johnston, AmeriCorps Vista Member



For the past two years, I have served as the AmeriCorps VISTA with the City of Montpelier Community Services Department. In those two years, I've been lucky enough to work with so many members of the Montpelier Senior Activity Center in different projects, at different events, or in the community. I wanted to take a minute to reflect on my service as I start leaving, and to me that reflection starts with a huge thank you to all the members of the Senior Activity Center. Thank you to all the members who gave me support, introduced me to different programs, and sat with me during FEAST meals! I've enjoyed getting to know so many of the members and aspects of the Senior Center through my time here, and it's been so great getting to know such an incredible group of people.

As I transition to a new position at Shelburne Farms, the Community Services Department is seeking a new AmeriCorps member to continue some of the projects I started, and to continue supporting great events like the Rummage Sale and June Bug. This person will work on new ways to recruit and work with volunteers, new ways to recognize volunteers for their great service, and better ways to help promote events and the Senior Activity Center. They'll also do some support with the other two different divisions of the Community Services Department - Recreation and the Parks and Trees divisions.

They'll be around town, helping out at events throughout the community; and supporting the rest of the great staff at the Community Services Department.

ANNOUNCEMENTS

I also want to be able to give one last thank you to all the Senior Center members and other members of the Montpelier community who give their time and talents to the Community Service Department as volunteers. From serving in the kitchen with the FEAST program, to helping lead and then run most of the daily events in the Savoy Archive lending library, and to serving for various events throughout the year. Thank you all so much for giving your time to these programs and for helping to make the Montpelier Senior Activity Center a great place to be. If you haven't had a chance to volunteer in our programs, or if you're looking for a new volunteer role, make sure to check out the online Volgistics volunteer opportunity guide at the Montpelier city website here: <https://www.montpelier-vt.org/977/Volunteer-Opportunities>.

Thank you all so much for supporting my service for the past two years, and for your generosity to me as I got to know the City of Montpelier and the Community Services Department.

Sunflower Literary Magazine 2019 is Underway and Accepting Submissions!

Its purpose is to showcase and celebrate the diversity of life experience, interests, writing styles, and imaginations of MSAC members.

Submission Guidelines:

Any MSAC member may submit up to two pieces of work.

Prose (creative nonfiction or fiction): 750 words, or less.

Poetry: 24 lines, or less.

Submission Deadline: August 15, 2019

Anticipated Publication: October 1, 2019

Submissions should be sent electronically as a Word document, double spaced, Times New Roman, 12 pt. font, to Maggie Thompson, blithebit@gmail.com, with subject line stating "Sunflower Submission."

Submissions will be reviewed by the **editorial team**: Maggie Thompson, Leslie Parr, Diane Jarmusz, Maureen Cooper, Barbara Dall, and Mary Carlson.

Thank You and Farewell Becky!

A short blurb can't begin to express our deep and heartfelt appreciation for the service of Becky Johnston over the past two years! Becky has led efforts to enhance and manage MSAC's resource development in terms of both volunteers and donors, and her service to our community will long be felt and remembered. Becky, we wish you all the best in the next step on your path of service as your career advances, and we look forward to keeping in touch. You're always welcome at MSAC!

ADA Transition Plan

As you may know, the Montpelier City Council recently approved a City Wide ADA Transition Plan to work towards making Montpelier a more ADA-compliant community. This plan, which can be found on the City website here: <https://www.montpelier-vt.org/1016/ADA-Transition-Plan>, outlines specific changes that will be made to City facilities to make them more ADA friendly. Specific changes to take place at MSAC include installing tactile signs, handrail adjustment to required heights, and improving maneuvering clearances at entrances to multi-occupancy bathrooms.

Recently Acquired Versa Loops

It was just brought to our attention that the Versa Loops purchased for Bone Builders contain latex. If you have a latex allergy, please let your instructor know!

Drop-in Walking Groups

Walks with Harris will resume in August. Walks with Joan & Friends are on hold until September.

Calling all Vegetarians!

Did you know that upon request, all FEAST meals can be modified to meet vegetarian guidelines? When possible and for the best meal possible, please call at least a day in advance if you know you're going to come for a Tuesday or Friday FEAST Together meal. Call Jessica at 262.6288 or email feast@montpelier-vt.org.

Member Notes

Welcome New Members

Douglas Zorzi
Joanne Zorzi
Albert Castellano
James Slinkman
David Horner
Larry Floesch

Barbara Floesch

With Our Sympathies

Robert Barnes
Elaine De La Rosa
Marilyn Fenno
John Sykas

Recruiting for Facility Support

MSAC is recruiting a 55+ year old part-time job trainee with Associates for Training & Development. Stop by the front office for more information!

Community Services Department Looking for New AmeriCorps Vista Member

Come serve the City of Montpelier! The Community Services Department is looking for an AmeriCorps Vista member to support volunteer recruitment and management, event planning, and fundraising needs. This is a great opportunity for recent graduates, individuals seeking to change careers, for those people in between their undergraduate and graduate degree programs, or energetic retirees. AmeriCorps VISTAs receive a bi-weekly living stipend, career development advice, and many other benefits for their service. If you are interested in this program or if you have any questions, please call or email Becca at bjordan@montpelier-vt.org or (802) 262.6284.

Got time and interest? Help Take Minutes or Join an MSAC Committee!

The MSAC Advisory Council is seeking a member to record minutes during bimonthly meetings at 58 Barre Street, starting with Monday, September 9 (4:00-6:30pm). Members at large are invited to consider joining one of our committees: Program, Fundraising, Finance, Membership & Hospitality, and Ad-hoc opportunities, too. All AC meetings are open to the public. With the start of a new year in July, it's a great time to get involved! Contact staff if interested.

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, Sept. 9
4:00 - 6:30 pm

Bob Barrett, *Chair*
Mary Alice Bisbee
Mary Carlson
Barbara Dall
Liz Dodd, *Vice Chair*
Bill Doelger
Fran Krushenick
Dianne Maccario
Laura Morse
Suzanne Swanson
one vacancy

Mental Health First Aid Training

Fifteen selected employees, instructors and volunteers of Montpelier Senior Activity Center participated in an eight-hour long Mental Health First Aid Training with trainers from Washington County Mental Health on July 11 and 18. This follows on the training completed by other city employees in the spring, and at least one more training will be offered this fall at MSAC.

The Community is Enjoying the Courtyard!

We've been getting a lot of positive feedback regarding the Pergola and gardens in the front of the MSAC building. A huge thanks to architect Ward Joyce for bringing such a beautiful structure to the front of our building and also to volunteers Liz Le Serviget, Didi Brush and Amy Davenport for planting and maintaining the flowers. All your efforts have not gone unnoticed, and the community appreciates all that has been done to make our outdoor space more welcoming and beautiful!

Parkapalooza 2019

**August 17 and September 21,
3:00—6:00 pm in Hubbard Park**



Parkapalooza is Montpelier's annual summer festival series. Every 3rd Saturday June-September, we host a big outdoor party in Hubbard Park to celebrate the summer. At every Parkapalooza, you'll find music, food, a giant slip 'n

slide, games, a kids area, a skill swap, overnight camping, capture the flag, a talent show, and so much more!

In August, we'll be featuring a concert with [Daby Touré](#).

Tickets will be for sale at the Winter Street gate during the event. The cost is \$5/adult, \$3/kid, \$10/family. We'll cut the price in half if you walk or bike to the event!

Volunteer help needed! Contact rjohnston@montpelier-vt.org for details!

ANNOUNCEMENTS

Important Resources

Senior Helpline: 1-800-642-5119.

The Vermont Center for Independent Living (VCIL) helpline: 1-800-639-1522.

Veterans Crisis Line: 1-800-273-8255
(Press 1)

Vermont 211: 2-1-1

A national service that you can call and they will connect you with local resources for whatever your needs may be.

Washington County Mental Health Services Crisis Line/Suicide/Emergency/screeners: 229-0591

Washington County Mental Health Survivor's Guide

MSAC has Washington County Mental Health "Washington County Survivor's Guides" available for the taking. These guides fold up pocket size, and contain contact information for a variety of different area resources from Area Food shelves and kitchens, to Community Housing to Substance Use Disorder resources. Guides can be picked up in the MSAC Resource Room.

Seeking Proposals for "Off the Beaten Path" Travel Talk Series

Between fall and winter, MSAC and the Kellogg Hubbard Library will co-sponsor a travel talk series. If you have traveled "off the beaten path" and are interested in proposing a talk and slideshow for consideration, we'd love to hear from you! Proposal forms can be found online: <https://www.montpelier-vt.org/741/Upcoming-Events>, in the MSAC office or you can contact MSAC member Mariah Lane at free97dancer@yahoo.com, **Deadline to submit proposal forms to the office is August 15.**

You Start Dying Slowly

A Poem by Pablo Neruda, submitted by
Advisory Council Member Bill Doelger

You start dying slowly
if you do not travel,
if you do not read,
if you do not appreciate yourself.
You start dying slowly
When you kill your self-esteem:
When you do not let others help you.
You start dying slowly
If you become a slave of your habits,
Walking everyday on the same paths...
If you do not wear different colours
Or you do not speak to those you don't know.
You start dying slowly
If you avoid to feel passion
And their turbulent emotions;
Those which make your eyes glisten
And your heart beat fast,
You start dying slowly
If you do not change your life
when you are not satisfied with your job,
or with your love,
If you do not risk what is safe for the uncertain,
If you do not go after a dream,
If you do not allow yourself
At least once in your lifetime,
To run away from sensible advice.



Have a poem or article you would like to share with the MSAC community? Please send to Becca Jordan at bjordan@montpelier-vt.org before the 15th of each month to request inclusion in the following month's newsletter.

Foot Clinics

Monday, August 5, 1 pm - 3:30 pm

Monday, August 19, 9 am - 1 pm

Wednesday, August 28, 9 am - 12 pm

Nurses from Central Vermont Home Health & Hospice clip toenails, clean nail beds, file nails and lotion feet.

\$20 for a 15-minute appointment - call 223-2518.

Bring a basin for soaking feet, a towel, and nail clip-pers. *All of these dates are already full! Contact the front office to reserve your space for the September Foot Clinics.*

Death Café (recurs monthly, 2nd Fridays)

Friday, August 9, 12:15-1:45pm

MSAC Activity Room

MSAC hosts this free, volunteer-led, drop-in discussion group each month. Death Café 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 Café 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 montpel-ierdeathcafe@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.

Advanced Cancer Support Group

Sunday, August 25, 4:00—6:00 pm

MSAC Studio

Individuals and families living with incurable or advanced cancer are invited to meet to talk openly about concerns and interests. Questions or need date confirmation? Contact Mary Ellen Simmons at (802) 552-8115.

Savoy DVD Lending

Wednesdays, 1-5 pm

MSAC members can borrow for free, up to two titles at a time from the 1,100-title film collection 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!

Rainbow Umbrella

Women’s Discussion Group

Wednesdays biweekly, August 14 and August 28, 5:30 - 7:00 pm | MSAC Resource Room

The Rainbow Umbrella Women’s Discussion Group wel-

comes all members of the LGBTQ Community who identify as women to participate in biweekly conversations about concerns of particular interest to the group.

Advance Directives Help

Contact the Vermont Ethics Network at 828-2909 or see their website: www.vtethicsnetwork.org.

Financial Coaching

By appointment

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

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 and place.

Exploring Your Options: What’s the Best Choice for You?

“Options Counseling” is a person-centered process embraced by CVCOA staff that focuses on working with individuals’ values and preferences. Through Options Counseling, staff works with older Vermonters to help them decide what supports they need to live where they want with dignity and choice.

Seniors and those who help to care for them are often not aware of all the services and supports that are available. CVCOA staff will explore your options for housing, in-home supports, transportation, public benefits, nutrition, and caregiving. Together, they help you make the best choice for your unique situation.

Options counselors receive specialized training to help them think “outside the box” to help you to make the choices that best meet your needs. Once you agree to your plan, CVCOA options counselors connect you to the services. If more long-term support is needed, Options Counseling may result in a referral to CVCOA care coordination team. Call the Senior Helpline to learn more (1-800-642-5119).

WEEKLY CALENDAR

Mondays	Tuesdays	Wednesdays
<ul style="list-style-type: none"> • 9:00-10:00 Bone Builders Non-Beginner (Fielder and subs) • 9:00 -10:15 Yoga for Men (Sweet) • 9:00 - 1:00 Foot Clinic (8/19 only) • 10:00-12:00 Painting at All Levels (Hogan) • 10:30-11:30 Pilates for Beginners (Hepburn) • 10:15-12:15 Writing (Thompson) • 11:45-1:00 Moderate Yoga (Sweet) • 12:00-3:00 Mah Jongg* • 1:00-2:30 Handbuilding in Clay (Galipeau) • 1:00-3:00 Bridge* • 1:00 - 3:30 Foot Clinic (8/5 only) • 2:00-3:00 Living Strong Group* • 3:15-4:30 Bone Builders (Morse) • 3:30-4:30 Very Gentle Yoga (Parker-Givens, skip 7/29) • 4:00-6:00 Savoy DVD Lending* (cancelled until volunteers available) • 4:30-6:30 Drawing the Cityscape (Walrafen, 8/12, 19 only) • 5:00-6:00 Bone Builders (Brown/Lever) • 5:00-6:30 Gentle/Moderate Flow Yoga & Meditation (Parker-Givens, skip 7/29) • 6:15-8:15 Ad-hoc Writer's Group* 	<ul style="list-style-type: none"> • 8:30-9:30 Bone Builders (Barrett/Ladabouche/Phillips) • 9:30—12 Film Appreciation (The Savoy) • 9:00-10:15 Intermediate Spanish • 9:00-10:15 Gentle Yoga (Crawford) • 10:15-11:30 Bone Builders (Schulz) • 10:30-11:45 Band & Dancing* (skip 7/30) • 11:00-12:00 Chair Yoga (Parker-Givens, skip 7/30) • 11:45-12:45 Qi Gong (ends 7/30) • 12:00-1:00 FEAST Meal (skip 8/6) • 1:00-3:00 Scrabble* • 1:00-2:00 Walks with Harris • 1:15-2:30 Gentle/Moderate Yoga (DiGiovanni) • 1:45-3:00 Trash Tramps* • 4:15-5:00 Tai Chi for Fall Prevention (Miller, starts 7/30) • 5:00-6:00 Bone Builders (Muncy, starts 8/2) • 5:30—7:30 Creative Non-Fiction (Viets, skip 8/27) 	<ul style="list-style-type: none"> • 9:00-10:00 Gentle Flow Yoga (Parker-Givens, skip 7/31) • 9:00-11:00 Photography Club • 9:00-12:00 Foot Clinic (8/28 only) • 9:30-11:30 Rug Hooking • 10:00-12:00 Making Poems • 10:15-11:00 Pilates Express (Hepburn) • 12:00-2:00 Crafters Group* • 12:30-2:30 Writing (Thompson) • 1:00-5:00 Savoy DVD Lending* • 1:30-2:45 Yoga for Focus and Fitness: Strengthen (DiGiovanni) • 3:30-4:30 Gentle Flow Yoga (Parker-Givens, skip 7/31) • 4:30-6:30 Pastels at all Levels • 5:00-6:00 Advanced Beginner Guitar • 5:00-6:30 Moderate Flow Yoga (Parker-Givens, skip 7/31)

WEEKLY CALENDAR

Thursdays	Fridays	Saturdays/Sundays
<ul style="list-style-type: none"> • 8:30-9:30 Bone Builders (Barrett/Ladabouche/Phillips) • 9:00-10:15 Moderate Yoga for Balance (Crawford) • 9:00-10:15 Spanish 2 • 10:30-11:30 Chair Yoga (Sheridan) • 12:45-3:30 Bridge* • 1:00 - 3:15 Summer of '69 (see p.1, 8/15 only) • 1:30-2:45 Moving into Stillness: Yoga & Meditation (Parker-Givens, skip 8/1) • 3:15-4:30 Moderate Yoga to Improve Balance (Sheridan) • 3:30-4:30 Come Sing for Summer Fun! (Flanders) • 5:00-6:00 Bone Builders (Brown/Lever) • 5:00-6:30 Gentle Yoga with Breath, Chanting, Meditation (Sheridan,) • 6:00-8:00 Ukulele Group* 	<ul style="list-style-type: none"> • 9:00-9:45 Pilates Express (Dobbins) • 9:00-10:00 Bone Builders Non-Beginner (Fielder & subs) • 12:00-3:00 Mah Jongg* • 10:15-11:30 Bone Builders (Schulz) • 12:00-1:00 FEAST Meal (Birthday Social 8/16, skip 8/2 & 8/9) • 12:15-1:45 Death Café* (8/9 only) • 1:00-2:30 Elders Together Drop-in Support Group (see p.8, 8/2 only) • 1:45–2:30 Yoga for Focus & Fitness: Stretch (DiGiovanni) • 2:00-3:00 Living Strong Group* • 3:15-4:30 Bone Builders (Morse) • 5:00-6:00 Bone Builders (Muncy, starts 8/2) • 6:30 - 8:30 1st Fridays Community Potluck: German theme (see p.8, 8/2 only) 	<ul style="list-style-type: none"> • Saturday 8:45-9:30 Pilates Express (Dobbins, skip 8/24) • Sunday 4:00-6:00 Advanced Cancer Support Group (8/25 only) <div style="background-color: #90EE90; padding: 5px; margin-top: 10px;"> <p>*Does not require registration. Donations appreciated.</p> </div> <div style="border: 1px solid #90EE90; padding: 10px; margin-top: 10px;"> <ul style="list-style-type: none"> • Unless otherwise noted, activities are weekly. • Dates subject to change - check in with office staff if in doubt . • FEAST Together is not being served July 30, August 2, August 6, or August 9 while the kitchen is in deep cleaning mode. FEAST at Home (Meals on Wheels) will be delivered frozen during those two weeks. </div>

UPCOMING EVENTS

New Art Show: Joyce Kahn Pastels Wednesday August 14 - Wednesday, Oct. 2



Featuring Joyce's pieces from Mexico and her Vermont garden florals such as her piece "An Adamant Garden" seen here.

No FEAST Together in Early August!

FEAST Together meals will not take place Friday, August 2, Tuesday, August 6 or Friday, August 9 due to a deep clean of the kitchen. FEAST Together congregate meals will resume on Tuesday, August 13.

Elders Together Drop-in Support Group in the Resource Room

Friday, August 2, 1:00 - 2:30 pm in MSAC

This new, free monthly drop-in support group offers an opportunity for some of us older elders—perhaps living alone or with little family or other community support systems—to enjoy the company of others dealing with the challenges and opportunities of aging. Discussion topics and agendas, with an eye to having fun and perhaps sharing new ways to address personal concerns, will be decided by the group in a confidential setting. If transportation is a problem, call Mary Alice Bisbee, MSAC member and facilitator, at 223-8140 and leave a message. If possible, carpooling will be organized if needed.

German Cuisine Potluck with Montpelier Gourmet Cooking Meetup

Friday, August 2, 6:30 - 8:30 pm |
MSAC Community Room

Though traditional dishes like dumplings, Wurst, pastries, and beer may make Germany seem the worst possible place to eat healthily, in reality, restaurants are offering foreign foods and neue Küche (modern cuisine). There are a lot of differences in cooking traditions with corned beef, potatoes, beet roots, herring, eel soup in the north and Spargel, Braten, Spätzle and Brotzeit, a late breakfast with those wonderful brown breads and Wurst, in the south. Cutlery and dishes are provided. Stove and microwave are available for reheating (no cooking on site). No alcohol, please.

\$5.00 suggested (\$2.00 minimum) donation. *This will be the last Gourmet Potluck for the time being, so if you've been meaning to check one of them out - this is your chance.*

Herb Walk with Angie Barger

Monday, August 19, 5:00 - 7:00 pm | Walk begins at North Branch Nature Center | Free and open to the public

Our late summer landscapes are capable of many layers of healing medicine: They offer us beauty to the eye of the beholder, and also offer a home to ancient medicine and food that nourishes and heals us. This wild plant walk will introduce you to medicinal plants commonly found on different parts of Vermont's wild fields, riparian zones, and northern hardwood forests. Deepen your appreciation of the offerings of the wild plants and trees using identification and sensory experiences of sight, smell, taste, and body-based somatic sense. More walks in September and October!

American Red Cross Blood Drive

Friday, August 23, 1:00 - 6:00 pm

Mobile Unit outside 58 Barre Street

No reservations necessary. Open the general public.

Contemporary Dance & Fitness Studio Open Houses and New Discounts!

Monday, August 26 & Wednesday, August 28, 1:00-3:00 pm

18 Langdon Street, 3rd floor (Montpelier)

Starting September 4, CDFS will be offering discounted daytime senior fitness classes for MSAC members. For \$40, you'll be able to get ten-class cards (good for a year, and a \$10 discount) that apply to five different classes led by beloved dance instructor and Director Allison Mann, who formerly taught MSAC classes, too. At the CDFS open house events, you'll have a chance to see the studios, meet Allison, try on and order tap shoes, and optionally, purchase punch cards!

Senior Fitness classes for age 50+ only at CDFS this Fall, eligible for the discounted punch cards, will be: MON: Yoga at 12-1pm, TUE: Tap & Stretch at 12-1pm, WED: Dance & Stretch at 11-11:55am, WED: Yoga at 12:05-1pm, FRI: Conditioning at 11am-12noon. Register directly with CDFS. For more info, call 229-4676 or visit www.cdandfs.com for descriptions.

UPCOMING EVENTS

Fall Class Registration Preparation Office Closure: Friday, August 23!

The Front Office will **closed** on Friday, August 23 in preparation for Monday's registration so we can set up extra computers and more. All classes and meals will proceed as normal.

Class Registration begins Monday, August 26, 9 am - 4 pm

MSAC Community Room and online

Be sure to get a user id and password in advance from staff in order to register online. Please call us if you have trouble so we can help you!

MSAC SUMMER & FALL TRIPS

All trips require advance registration. Flyers with descriptions, itineraries, fees, and times are available in the MSAC office or online here: <https://www.montpelier-vt.org/313/Trips>. Unless otherwise indicated on trip flyers, trips depart from The Department of Labor parking lot. Waiting lists are generated for full trips.

- **Thursday, August 1: Lavender Farm in Quebec, Canada** (*Full with a wait list*)
- **Thursday, August 8: Clark Museum & Bennington Monument** - *still plenty of room!*
On our way to the Clark Museum, we will stop at The Bennington Battle Monument. The Monument was built to commemorate the Battle of Bennington which occurred on August 16, 1777, and is considered to be the turning point in the Revolutionary War. At the Clark Museum, we will view the work of Ida Ten Eyck O'Keeffe, a talented American modernist, as well as the show *Renoir: The Body, The Senses*.
- **Sunday, August 11: Marlboro Music Festival** - *only 1 spot left!*
- **Sunday, August 18: Isle La Motte Bike Trip** - *3 spots left*
- **Thursday, August 22: Woodstock Walk** - *still plenty of room!*
- **Wednesday, August 28: Lamoille Valley Rail Trail Walk** - *2 spots left*
- **Friday, September 6: Jefferson Galleries/Rail Trail Walk** - *3 spots left*
- **Wednesday - Friday, Sept. 18: Quebec City** (*Full with a wait list*)
- **Friday, September 27: Shelburne Museum** - *4 spots left*
- **Monday, October 7: Hope Cemetery Walk** - *still plenty of room!*
- **Thursday, October 17: Millstone Trails Walk** - *still plenty of room!*



Photo by Tina Valentinetti
from this year's Eshqua
Bog walk

COMMUNITY ANNOUNCEMENTS

Edward Jones Coffee Club

Monday, August 12 | 2:00 - 3:00 pm | MSAC Resource Room

An opportunity to discuss current events, the economy, and investing in a relaxed, informal setting with professional financial advisors. Please note that *this is not a MSAC program, rather an Edward Jones program taking place at MSAC.*

Interstate 89 is turning 50, and a Dartmouth College student is interested in hearing your memories of its construction!

Do you remember the construction of Interstate 89? My name is Colleen Goodhue and I am a graduate student at Dartmouth College writing a magazine article about how Interstate 89 impacted Vermont. I would love to hear about your memories of or thoughts on the highway and the myriad of ways it did (or did not) change the state. I would like to hear from anyone with memories from this time, but especially want to hear from someone who worked on the construction of the highway, whose property was affected by it, or who attended one of the many opening ceremonies. Please write to me at colleen.goodhue@dartmouth.edu or call 339-793-1571 and include a phone number and the best dates/times to reach you.

Inaugural “Bike Instead of Drive” Day a Success!



Current Montpelier mayor Anne Watson and ex-Montpelier mayor Mary Hooper helped launch the first “Bike Instead of Drive” ride on Sunday, July 14. Fifteen riders joined Anne and Mary

on a quiet back road ride from Montpelier to Middlesex's Red Hen Cafe. Onion River Outdoors donated and personally installed flashing bike lights to the first ten arrivals at the Montpelier High School meeting place. The Red Hen donated ten cycling hats, and Hunger Mountain Coop donated bananas and protein bars. Participants enjoyed it enough to make this a weekly event. Want to join? Email MSAC member merkinron@yahoo.com for updates on continuing bike events. From Ron: “Let's save this planet!”

Driver Rehabilitation Program

Did you know that University of Vermont Medical Center has occupational therapists who are specially trained as driver educators who can help you get back on the road? If you or someone you know has recently suffered an injury/trauma that has prevented you from driving, this may be just thing to get you going again! More details, including contact information and hours can be found by calling 802-847-3140 , or online at: <https://www.uvmhealth.org/medcenter/Pages/Departments-and-Programs/Driver-Rehabilitation.aspx>

The Bus Blotter

This is a regular monthly column from Green Mountain Transit.

Green Mountain Transit (GMT) has been working toward a September 2019 NextGen Service Plan implementation. Due to some unforeseen events, the Board of Commissioners has agreed to allow staff to delay the implementation to a later date TBD. The delay means that GMT will not be implementing Complementary Door-to-Door Paratransit service in September. That program will launch in concert with the NextGen Service Plan; GMT will advertise the new date once it has been determined.

Please check out the website, www.RideGMT.com, for up-to-date information.

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Member SIPC



FEAST Together Menu

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

August 1st - August 9th: No FEAST Together due to Kitchen Deep Clean

Tuesday, August 13: Chili con Carne with Kidney and Black Beans; toppings include Cabot Cheddar, Onions and Sour Cream; Corn Bread, Green Salad, and a dessert also served.

Friday, August 16: Chicken Enchiladas with Mexican Rice and Beans, Poppy Seed Cole Slaw, Sautéed Zucchini, Spinach, and a dessert.

Tuesday, August 20: BBQ Pork with Baked Beans, Potato Salad, Carrot Slaw, Dill Cucumber Salad, fresh fruit, and a dessert.

Friday, August 23: Seared Chicken Breast with Tomato Caper Relish over Polenta, Assorted (locally gleaned) Vegetables, and a dessert.

Tuesday, August 27: Chicken Parmesan with Whole Wheat Pasta with Marinara Sauce; Spinach Soufflé; Corn on the Cob with Butter, Garlic Bread, and a dessert.

Friday, August 30: Cold Salad Bar with Caesar Salad with Roast Chicken, Pasta Salad with Shrimp, Whole Wheat Bread with Butter, and a dessert.

Make reservations

Please make 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. Take-out: \$7 for all ages. MSAC's cost is over \$10 per meal, so every dollar helps!

Focus on FEAST

Submitted by Jessica Sanderson, Program Manager

FEAST starts up again on Monday August 12 after two weeks of deep cleaning and vacation time for staff. One of the reasons the MSAC kitchen and washroom always pass their health inspections with flying colors is the ability to deep clean a kitchen which can only happen when it is closed. Most restaurants do not have the luxury of closing to clean. All the equipment including ovens and walk-ins get completely scrubbed down, all the tables and racks are pulled out from the walls, the floors are washed and sanitized and every piece of inventory is counted. Thank you for your understanding during this process; we can't wait to get back to serving you.

FEAST Together News

Substitute volunteers are needed during August while the regular volunteers take vacation time. If you can peel a carrot or bake brownies, or have eaten in a restaurant and know what you want to see in a server, please consider helping in the kitchen or at FEAST Together once a week for the next month. It is fun and you'll get a delicious Mike Morse meal during your 2 - hour shift. FEAST Together always has lots of vegetables and salads with a staple like potato, rice, or pasta, so come Tuesday or Friday knowing you will be able to eat a delicious meal.

Friday, August 16th: Ice Cream Birthday Social

Leos are the fierce protectors of their family and friends in the Zodiac signs. Passionate and determined, they often become successful entrepreneurs, leaders, and entertainers like Henry Ford, Barack Obama, and Madonna. If your birthday is in August, you will be entered into the raffle drawing for a yummy baked good. Win or lose, 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 Senior Meals Wish List

12 Cup Coffee maker
Wooden handled steak knives
Ice Cream Maker

Thank you, Team FEAST  's you!

Montpelier Senior Activity Center
58 Barre Street
Montpelier, VT 05602

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Dear Newsletter Subscriber:

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.

Upcoming Important dates...

- July 29 - August 9: FEAST Kitchen closed and no FEAST Together
- Sunday, August 4: FEAST Volunteer BBQ at Pool Pavilion
- Friday, August 23: Office closed in preparation of class registration (outdoor Blood Drive, too!)
- Monday, August 26: Fall Class Registration starts!

Sustaining MSAC's Future

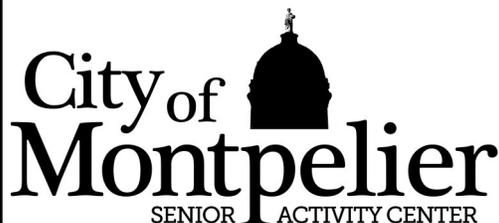
Please consider MSAC when making your estate plans and keep us vibrant for years to come. To learn more, contact Becca Jordan at 262-6284 or bjordan@montpelier-vt.org.

Montpelier Senior Activity Center

Office hours: Mon-Fri, 9am-4pm (closed 12-1)

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 the Montpelier area through opportunities that develop physical, mental, cultural, social, and economic well-being in a welcoming, flexible environment.



Janna Clar, Director
Becca Jordan, Communications & Development Coordinator
Norma Maurice, Office Manager
Harry Divack, Administrative Assistant
Eva St. Clair, A4TD Office Assistant Trainee
Becky Johnston, AmeriCorps Vista Member

FEAST Meals Program and Reservations Number: 262-6288

Jessica Sanderson, FEAST Program Manager

Michael Morse, Kitchen and Operations Manager for Good Taste Catering