



A Gathering Place for Healthy Aging, Lifelong Learning, & Delicious Meals! **September 2023**

Thank You From MSAC!

First and foremost, we want to thank everyone who attended the recent "Town Hall" discussions on the future of our beloved MSAC. They were lively sessions with many thoughtful and articulate comments. We recorded them all under the four prompting questions. We want you to know that we HEAR YOU. Some of what we heard is that you want:

- Building more social connections to revive the sense of community in MSAC.
- Scheduling more programming, including physical activities and enrichment.
- Catering meals every week on a consistent schedule.
- Having a director on-site dedicated fully to MSAC.
- Hosting more trips and events.

Where do we go from here?

With the current constraints on our space, budget, and staff, getting to where we want to be will take planning, time, and many staff and volunteer hours. There are, however, a few tangible things we can do to keep moving forward. (For example, we plan to do some work to make the site more welcoming, and we plan to pursue new ideas for programs and events.) As an Advisory Council, we will work with City employees, MSAC staff, and volunteers to determine changes we can implement in the next few months.

We will be in touch soon with ideas on the next steps and let you know how you can be involved. In the meantime, please share your ideas on the future of MSAC by contacting any Advisory Council member listed below. Best from the MSAC Advisory Council:



Chris Ackerman:

cjackone@yahoo.com

Heather Bailey:

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Rick Winston

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MSAC Newsletter Changes

PLEASE READ IF YOU WISH TO
HAVE A PAPER NEWSLETTER MAILED

Dear newsletter readers,

As you all know by now, our Montpelier post office closed for an indefinite period of time after the July flood, which meant that our usual way of delivering the newsletter was affected. While we came up with a temporary solution for August and September, we will soon be implementing a delivery change to our newsletter, which may affect some of you who have the newsletter mailed to you now. We're downsizing our mailing list to send newsletters only to those **who are both active MSAC members and who wish to receive a newsletter paper copy. NOTE: Members and the public will still be able to read the newsletter at MSAC or download the newsletter online to read digitally.**

So, if you wish to continue receiving the paper newsletter in your mailbox each month, please check with our office to ensure your membership is in good standing and that all of your contact information is correct. We thank you for understanding as we shift during these post-flood months, and again, please reach out to our office if you have any questions or wish to confirm your membership status with MSAC.

FEAST Farmstand Reopens for September - Pg. 3

Follow our activities online!

www.montpelier-vt.org/MSAC



Town Square

Changes to the Community Services Offices

Our intrepid Program Assistant for Community Services, Tom Leahey, moved on from his role on August 31st after being with us for a year. While we search for a replacement for his position, we will make changes to how we operate our offices. Chief among these changes is our Communications & Development Coordinator, Matt Wilson, who will move from the Recreation office to the Senior Center office. This change means that all Community Services office business will effectively be run from MSAC, as was the case during the COVID-19 pandemic. So, beginning on or after September 1st, 2023, please visit the Senior Center for all questions related to Community Services Departments (MSAC, Recreation, and Parks).

We also want to announce that while we are a bit short-staffed now, we're working hard to ensure that services will not be limited. Our team is coordinating to make sure we cover the hours of 8am to 4pm from Monday to Friday so that you can always reach us. At Community Services, we're here to serve you, first and foremost, and so our doors will be open to you. We thank you for understanding during this difficult time, and we look forward to being there for you this fall.

Sprightly Seniors

Spotlight on Nancy Schulz

Cleaning up Montpelier One Butt and One Bucket at a Time

Tuesday afternoons may be quiet for some, but for Nancy Schulz, it means another week of Trash Tramps. The group, now in its 9th year of organization, has consistently met each week from Spring to Fall to pick up trash around downtown Montpelier. The group members each hold unique nicknames with a trash theme, including their founders, Sister Sludge and Eileen Dover. These plucky picker-uppers have collected thousands of cigarette butts and more in their journies.

But the work never stops: Nancy started the Graffiti Removal Infrastructure Team, or GRIT, in 2022 as a way of combatting the vandalism in many public spaces throughout downtown. As shown in the picture off to the right, GRIT routinely posts before and after photos of their work, which can be found on their website (linked in the photo caption).

Thank you, Nancy, for being not only a longtime member and instructor but also a force for good!



Everybody Wins Gearing Up For New Mentors!



Everybody Wins is a fun, easy, and rewarding way to mentor a child! When you volunteer to become an Everybody Wins! mentor, you are matched with a child who is in 2nd or 3rd grade. The two of you will spend just one hour each week hanging out, reading books and forming a long-lasting bond. The program runs October through May with reading taking place around lunchtime.

For more information about Everybody Wins! contact Caitlin Drechsler at montpelier@everybodywinsvermont.org or 617-780-7756. Or stop by the Montpelier Senior Activity Center on Wednesday, September 27th from 8-11am to learn more and ask any questions that you may have about our program.



GRIT cleans up the graffiti of Montpelier — see more of their work on their website: bit.ly/GRITMontpelier.



Focus on FEAST



Congregate Lunch Schedule

Our congregare lunch schedule is twice a month on the 1st & 3rd Thursdays. The suggested donation for meals is \$10, but nobody will be turned away for lack of funds. Meals will be lovingly prepared in our FEAST Kitchen. We are no longer requiring RSVPs, so please stop by and join us for a meal!

DO YOU WANT TO DELIVER FOR OUR MEALS ON WHEELS ROUTES?

Contact FEAST Manager Poa at: [262-6288](tel:262-6288) or email emutino@montpelier-vt.org



September Congregate Lunches

Menus will be published in our e-newsletter, website, and on our [FEAST Senior Meals Facebook page!](#)

This month, our congregare lunches will be on September 7th and September 21st!

FEAST Meals on Wheels Menu is available for download on the FEAST website (www.montpelier-vt.org/FEAST), and hard copies are available at MSAC.

THANK YOU FOR SUPPORTING FEAST SENIOR MEALS!

Volunteer Spotlight

This September, we're celebrating Nancy Munno for her enthusiastic service to MSAC. Nancy drives a Meals on Wheels route every Monday, as well as always responds quickly to FEAST Manager Poa's calls for substitute drivers and rises to help out, even with less than an hour's notice! Thank you Nancy for being a leader with a great sense of humor and the depth of relationships you nurture.



FEAST Farm

After hundreds of labor hours from volunteers and Parks and MYCC staff members, most of the debris that washed up on the FEAST Farm during the flood has been cleaned up. It has been difficult work. Sections of the deer fence that enclosed the farm and nursery were damaged, but with concerted effort with our all-star MYCC staff, much of the fence was recovered and can be reused. The FEAST Farm team is now back to the drawing board envisioning what the future of the FEAST Farm holds. We've had an outpouring of support from the Montpelier and Central Vermont community. We're grateful to everyone who has reached out, to volunteers who have donated their time, and to the Vermont Community Foundation for their financial support during these difficult times. We're inspired by the resilience and dedication of everyone who has been involved in the FEAST Farm recovery over the past months and look forward to coming back stronger than ever.



FEAST Farmstand Reopens for Wednesdays from September 20th through December!

Thank you to the Local Food Purchasing Assistance (LFPA) Program through the USDA for allowing us to restart our beloved farmstand! Follow us for more info! [@FEASTSeniorMeals](https://www.instagram.com/FEASTSeniorMeals) | www.montpelier-vt.org/FEAST

FEAST Stories

On August 8th, Poa called Mitch Osiecki to ask him to arrive early for his Meals on Wheels volunteer driving shift to help Shalonda in the kitchen to get the from scratch Shepherd's pie out on time. Mitch called Poa right back, and was excited to help. He said it was "Camp Mitch" day and he would happily come with his honorary niece, River, whose 7th birthday they were celebrating.

Poa found an art activity for River while Mitch donned a hairnet, apron and gloves. Ambitiously, with one hours left until drivers would arrive, Poa and River found bright yellow printer paper and set to work. River made artful hearts, stars and creatures, and signed her name, while Poa wrote, "Happy Tuesday!" on every card and signed his name. The two laughed a lot together, practicing math, mindfulness, and teamwork.

By driver pickup time (11:30am) they had written a card for every Meals on Wheels household, as well as a card for every volunteer driver. Then, River and Mitch began the next hour of Camp Mitch, delivering a route through Montpelier and Berlin, bringing brightness on a cloudy day.

Thank you, River! Thank you, Mitch!

Arts Corner



Displaying Patty Pirog's Rug Hooked Headboard!

One of Pam Finnegan's rug hooking students, Patty Pirog, hooked this amazing headboard using a variety of fibers.

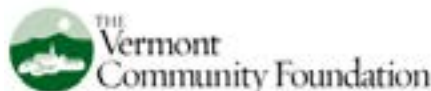


Art Fundraiser for Central Vermont Artists

This summer, catastrophic floods impacted many Central Vermont establishments that have provided Art at the Kent with essential supplies, services, and support over the years: Adamant Coop, Aubuchon Hardware, Bear Pond Books, Capitol Copy, Capitol Stationers, Drawing Board, Enna, J. Langdon, Kellogg-Hubbard Library, Maple Corner Community Store, and Studio Place Arts, among others. Additionally, many current and past Art at the Kent artists and arts organizations have suffered damage from the July flooding.

www.kentscorner.org/traces

This year, as part of Traces, Art at the Kent rededicates our traditional "Silent Auction" into a "buy-it-now" Annex Market located in the General Store. A portion of proceeds from sales will go to recovery efforts supporting our arts-dedicated Vermont community. Please join us in contributing funds to flood recovery either in person, by shopping at the Annex Market (cash or check only) while at the Kent, or in spirit by making a donation of your own to any of the respected organizations shown below. Thank you!



Community Connection

Healthy Living for Brain and Body

A two-part education program mobilizing local community members in the fight against Alzheimer's disease.



September 26th 4-5:30 PM | Aldrich Public Library in Barre (Milne Community Room)

This educational program will explore tips from the latest research on how lifestyle choices impact the aging process. Learn about important information and research in the areas of diet and nutrition, exercise, cognitive activity, and social engagement. This event is open to the public and no registration is required. You can scan the QR code below to join the Zoom link, or stop by in person! Contact Jo Cotto with any questions at: jtcotto@alz.org or [206-276-7172](tel:206-276-7172). Thank you to the Barre Department of Health for organizing this event. To learn more about the Alzheimer's Association, visit: alz.org/Vermont. You can also call their 24/7 helpline at: [800-272-3900](tel:800-272-3900).

We are still in need of major financial support!

In addition to the shelter and transitional housing units, we need to replace our vital facilities (furnace, hot water heater, etc.) and move them up into our office spaces and out of our basement. This is a requirement that we **MUST** meet by the end of this calendar year. Our flood insurance will contribute somewhat to replacement costs but will not facilitate the required remediation against future losses.



Please consider making a donation and sharing our social media posts and donation page to others. Please talk about the important work we do with your friends, family members and coworkers—Vermonters believe best by hearing about it from someone they trust.

Providing financial support to Mosaic's flood relief fund helps survivors, people impacted by violence, and our staff know we all matter to our community. That sense of belonging and value is a critical component of cultivating long-term resiliency and healing for all of us who have been impacted by this climate catastrophe.

Go to <https://mosaic-vt.org/> to donate and learn about upcoming events, including the Rainbow Fair on October 7th at the Barre Auditorium. Follow on Facebook at: [@MosaicVermont](https://www.facebook.com/MosaicVermont)

Habitat for Humanity Barre

Central VT Habitat for Humanity just started accepting applications for an affordable homeownership opportunity for income sensitive Vermonters in Washington and Orange counties. The parcel where we will build the house is located at 22 Hill St. in Barre City. The parcel was generously donated to us and supported strongly by the City of Barre. We are working in collaboration with Downstreet Housing & Community Development's shared equity program to help us with applications through the selection process. Initial applicants will go through Downstreet's shared equity program.



Applications due by noon on Monday, September 18th.

Learn more online: www.centralvermonthabitat.org/homeownership1.html

News & Events

Vermont Author Book Talk Series Starts in September



According to Vermont Public Radio, our brave little state has a high concentration of writers and authors. MSAC will start celebrating them this fall with our Vermont Author Book Talk.

The fall series features two senior-age authors. Please read the book in advance, then join us for a lively discussion.

Montpelier novelist Cynthia J. Bogard presents: *A History of Silence*, published in Spring 2023 by Atmosphere Press. A lost love, secret life, a mother's longing — and a murder! More about this tale of women finding their voices and finding each other at www.cynthiabogard.com. Given the flood and its effect on the library and bookstore, two copies are available for borrowing at MSAC.

Cynthia Bogard
Thursday, September 21, 2023
1:30-3 pm at MSAC

Author Rick Winston presents his chronicle of a lifetime love affair with cinema: *Save Me a Seat! A Life with Movies*, published by Rootstock. The story of building a vibrant film culture in a very unlikely place — Montpelier! More about Rick, his books, and events at <https://rickwinston.org>.

Rick Winston
Thursday, November 2, 2023
1:30-3 pm at MSAC

Events are free and open to the public. We invite MSAC members to make an afternoon of it — come for our congregate lunch at noon and stay for the presentation at 1:30 pm.

Memorable Times Online: They Taught Me Well!
Wednesday, September 6 | 10:30 - 11:30am | Zoom

They Taught Me Well! Join this Memorable Times Online featuring fun conversations and reminiscing about our favorite teachers and mentors. Contact Barb Asen at basen@cvcoa.org or [802-476-2681](tel:802-476-2681) for more information and the Zoom link.

The Matter of Money

Wednesday, September 6 | 6:30 - 7:30pm | Zoom

Are you curious about how to create a simple spending plan, qualifying for a loan, paying down debt, or saving more of what you earn? The Matter of Money offers a chance to meet with a certified AFCPE financial counselor. We will discuss strategies to pay down debt, build savings, as well as review some programs and incentives to help make your money matter. The class is interactive, so bring your question(s). Register for the Zoom program, visit kellogghubbard.org/adult-programs.

Capital City Flood Benefit Concert

Friday, September 8th | 7:30pm | Barre Opera House

Montpelier's Capital City Concerts opens 24th season with a flood-relief benefit concert by internationally renowned pianist Jeffrey Chappell on Friday, September 8 at 7:30 PM at the Barre Opera House. **100% of ticket proceeds will be donated to Montpelier Alive and Capstone Community Action to support families, individuals and businesses affected by the recent catastrophic flooding.** To reserve tickets and for information go to www.capitalcityconcerts.org.

Age Outdoors with CVCOA

Saturday, September 9 | 9am - 2pm | Northern Vermont University in Johnson

Be happy and healthy! We'll have a guided walk at 10 am, lunch from Morse Block Deli beginning at noon, and games galore! Try out pickleball, toss the bean bag in a round of corn hole, sample a wellness class, and, above all, play. We've got a great lineup of field-day style games and activities for a little friendly competition and lots of laughs!

Register today at tiny.cc/ageoutdoors.

Soup Fest at Barre Area Senior Center

Tuesday, September 12th | 11:30 am | BASC

Sample a variety of soups and vote for your favorite. Meal includes soup, pumpkin bread, dessert and a beverage. Entertainment by Craig Caulkins with Senior Musical Trivia. \$8.00 per person.

News & Events

FEAST Farmstand Grand Reopening

Wednesday, September 20th - December 20th |

8 - 11am | MSAC Community Room

Despite the losses this summer with flooding, the FEAST Farmstand is rising from the muck to deliver fresh produce to you each week. Follow us to learn more: www.montpelier-vt.org/FEAST.

Foundations of Connection & Recovery

Wednesday, September 13, 6:30-8 PM & Saturday, September 30th | 10:30 AM-12:00 PM | Zoom

Throughout this summer, Montpelier and neighboring communities have faced many challenges. Often when we are in the midst of difficulty, we forget to pause to take care of ourselves. This class will encourage you to pause to take meaningful care of you. Led by Kristen Miranda, registered yoga teacher and wellness coach. Register for this Zoom workshop at <https://www.kellogghubbard.org/adult-programs>. Email Kristen at Kristen@inwildbloom.com with any questions.

Words in the Woods with Linda Quinlan

Saturday, September 16th | 11am - 12pm |

Lake Elmore State Park

Linda Quinlan's book of poetry "Chelsea Creek" was published by Brickhouse Press. She won the "Wicked Women's" poetry award and was Poet of the Year in Wisconsin. She published in many journals some of which include Sinister Wisdom, New Orleans Review and Black Mountain Press. She cohosts a TV Show All Things LGBTQ and lives in Montpelier with her partner.

Medicare and You Workshop

Tuesday, September 19th | 1:30 - 3:30pm | Zoom

Medicare & You Workshops are offered regularly to help individuals who are new to the Medicare system. If you want to participate, pre-register by calling [802-479-0531](tel:802-479-0531) or by sending an email with your name, address, phone number, and the date of the workshop you would like to register for, to: medicareworkshops@cvcoa.org.

From Parlors to Polls: VT Suffragettes [OLLI]

Wednesday, September 20th | 1:30 - 3pm | MSAC

In period garb, Linda Radtke celebrates the passage of the 19th Amendment in 1919 and traces the movement's alignment with other social justice initiatives. Through songs and stories, Radtke highlights Vermonters' efforts from 1840-1921, as they lobbied at churches, "parlor meetings," town halls, and the State House for total enfranchisement.

The Many Variations of Medicare [OLLI]

Wednesday, September 27th | 1:30 - 3pm | MSAC

Council on Aging Information Specialist Christine Melicharek join us to discuss how the federal Medicare insurance program has grown in size and complexity since it was created 50 years ago. There are now many drug plans, supplementary plans, and more recently Medicare Advantage plans advertised broadly. Melicharek will help us understand the pros and cons of these various plans.

Honey Bee Talk at Barre Area Senior Center

Thursday, September 28th | 12:30 - 2:30pm | BASC

Learn about the history of beekeeping, how to plant a pollinator garden and why it is so important, and why local honey is better for you. Q & A session to follow. Presented by Vermont Beekeeping Supply in Williamstown, VT. Tickets available by donation. Please pre-register by Monday, Sept. 25th with the BASC office. Minimum attendees: 6.

NBNC Universal Access & Nature Connection Trail Grand Opening

Saturday, September 30th | 11am |

North Branch Nature Center

Save the date for North Branch Nature Center's grand opening of the recently completed Universal Access Trail and their soon-to-be-completed Nature Connection Trail! Event starts at 11am for a ribbon-cutting ceremony and refreshments, then folks will be invited to explore each trail at their own pace. There will be a few staff-led activities offered along the Universal Access trail.



Fall 2023 Class Schedule

Legend

*	MSAC members only
▪	Open to the public
⚙️	Open to City employees of all ages
👤	In-Person
🖥️	Online / Zoom
↔️	Hybrid

See Registration Form On Website For More Details On All Classes!

[Click here to download the class descriptions](#)



MSAC Town Hall on August 17th

*All classes are held at MSAC unless otherwise specified.

**Fall 2023 classes start Monday, October 2nd and conclude Monday, December 18th.

Mondays

Registration closes on Friday, September 22nd.

Creative Writing Monday (Maggie Thompson) * 🤝	50+	10 Mondays 10am-12pm (starts 10/2)
Films by Billy Wilder (Rick Winston) * 🤝 (at Savoy Theater)	50+	8 Mondays 10am-12:30pm (starts 10/2)
Next Level Beginner Pilates (Shannon Hepburn) ▪ 🤝	15+	10 Mondays 10:30-11:30am (starts 10/2)
Drawing Basics (Janice Walrafen) ▪ 🤝	18+	10 Mondays 1-3pm (starts 10/2)
Bone Builders/Arthritis Foundation (AFEP) (Laura Morse) ▪ 🖥️	18+	12 Mondays & Fridays 3:15-4:30pm (starts 10/2)
Hand Building w/Clay (Janice Walrafen) ▪ 🤝	18+	10 Mondays 3:30-5:30pm (starts 10/2)

Tuesdays

Bone Builders (Joan Barrett) * 🖥️ (Skip 11/23)	50+	11 Tuesdays & Thursdays 8:30-9:30am (starts 10/10)
Gentle Yoga (Patty Crawford) * 🖥️	50+	12 Tuesdays 10-11:15am (starts 10/3)
Painting at All Levels (Linda Hogan) ▪ 🤝	15+	10 Tuesdays 10-12pm (starts 10/3)
Bone Builders (Nancy Schulz) ▪ ↔️	50+	11 Tuesdays & Fridays 10:15-11:30am (starts 10/10)
Rockin' & Reelin' (John Harrison) ▪ 🤝	50+	10 Tuesdays 1:30-2:30pm (starts 10/3)
Needle Felting Class (Gail Carrigan) ▪ 🤝 (Material Cost: \$18)	50+	5 Tuesdays 3-5pm (starts 11/17)
Bone Builders (Tina Muncy) * ↔️	50+	12 Tuesdays & Fridays 5-6pm (starts 10/3)
Estate Planning (Claudia Pringles) ▪ 🤝	30+	4 Tuesdays 6-7:30pm (starts 10/3)

Wednesdays

Yoga for Focus & Fitness (Monica DiGiovanni) ▪ 🖥️	14+	12 Wednesdays 8:45-10am (starts 10/4)
Gentle Flow Yoga (Sarah Parker Givens) ▪ 🖥️	18+	12 Wednesdays 9-10am (starts 10/4)
Rug Hooking (Pam Finnegan) ▪ 🤝	30+	10 Wednesdays 9:30-11:30am (starts 10/4)
Pilates Express (Shannon Hepburn) ▪ 🖥️	15+	12 Wednesdays 10:15-11am (starts 10/4)
Introduction to Tai Chi (Ellie Hayes) ▪ 🖥️ (Skip 11/22)	12+	10 Wednesdays 10:30-11:30am (starts 10/4)
Longevity Tree Qigong (Ellie Hayes) ▪ 🤝 (Skip 11/22)	12+	10 Wednesdays 12-1pm (starts 10/4)
Creative Writing Wednesday (Maggie Thompson) * 🖥️	50+	10 Wednesdays 1-3pm (starts 10/4)
Creating & Remaking Poems (Samn Stockwell) * 🤝	50+	10 Wednesdays 3-5pm (starts 10/4)
Gentle/Moderate Flow Yoga (Sarah Parker Givens) ▪ 🖥️	18+	12 Wednesdays 5-6:15pm (starts 10/4)
Line Dancing (Sid McLam) ▪ 🤝 (Skip 11/22)	18+	10 Wednesdays 5-6:30pm (starts 10/4)

Fall 2023 Class Schedule

Thursdays

Bone Builders (Joan Barrett) * 🌀 (Skip 11/23)	50+	11 Tuesdays & Thursdays 8:30-9:30am (starts 10/10)
Chair Yoga (Becky Roy-Widschwenter) ▪ 🌀 (Skip 11/23)	18+	10 Thursdays 10-10:45am (starts 10/5)
Moderate Yoga for Balance (Patty Crawford) * 🌀 (Skip 11/23)	50+	12 Thursdays 10-11:15am (starts 10/5)
Resistance Band Strength & Stretch (Becky Roy-Widschwenter) ▪ 🌀 (Skip 11/23)	50+	10 Thursdays 11-11:45am (starts 10/5)
Drawing Nature (Janice Walrafen) ▪ 🌀 (at Hubbard Park; Skip 11/23)	18+	10 Thursdays 1-3pm (starts 10/5)
Moving into Stillness: Yoga & Meditation (Sarah Parker-Givens) ▪ 🌀 (Skip 11/23)	18+	12 Thursdays 2-3:15pm (starts 10/5)
Gentle/Moderate Yoga to Improve Balance (Ragan Sheridan) ▪ 🌀 (Skip 11/23)	18+	12 Thursdays 3-4:15pm (starts 10/5)

Fridays

Bone Builders (Nancy Schulz) ▪ 🌀	50+	11 Tuesdays & Fridays 10:15-11:30am (starts 10/10)
Moderate Yoga (Ragan Sheridan) ▪ 🌀	18+	12 Fridays 11:45am-1pm (starts 10/6)
Somatic Movement: Your Breathing Body (Amy LePage) ▪ 🌀	18+	4 Fridays 12-1pm (starts 10/6)
Somatic Movement: Your Sensory Superpowers (Amy LePage) ▪ 🌀	18+	4 Fridays 12-1pm (starts 11/3)
Bone Builders/Arthritis Foundation (AFEP) (Laura Morse) ▪ 🌀	18+	12 Mondays & Fridays 3:15-4:30pm (starts 10/2)
Yoga for Osteoporosis & Osteopenia (Ragan Sheridan) ▪ 🌀	18+	12 Fridays 4-5pm (starts 10/6)
Bone Builders (Tina Muncy) * 🌀	50+	12 Tuesdays & Fridays 5-6pm (starts 10/3)

Drop In Groups

Walks with Joan* (On Hold until 10/17)	TBD 8:30 am meetup locations vary week to week
Coffee & Conversations on Mondays	Mondays 9:30-10:30 am MSAC Community Room
Artists Group In-Person at MSAC	Mondays 10am-12 pm MSAC Art Room
Scrabble	Tuesdays 1-3 pm MSAC Art Room
Trash Tramps Outdoors	Tuesdays 2:00 pm meets at 1:50 pm inside MSAC
Crafters Group In-Person at MSAC	Wednesdays 12-3 pm MSAC Art Room
Bridge	Thursdays 12:30-3:30 pm MSAC Art Room
Community Jam	1st & 3rd Thursdays 6:15-8 pm MSAC Community Room
Ukulele Players	2nd & 4th Thursdays 3:30-5 pm MSAC Community Room
Scrabble & Mah Jongg	Fridays 1:00-3:30 pm MSAC Art Room

\$5-10 suggested donation for drop-in groups. Donation box in the lobby!

Your donations help ensure we can keep our space beautiful and enduring for these groups.

****Contact Joan Barrett for more information about the walks: barrettsvt@gmail.com.***

Debris Removal By The Numbers

July 20 - August 11

168

Total Loads
Collected since
7/19

1,634

Total Tons
Collected
Since 7/19

721

Total
Residential
Tons Collected

913

Total
Commercial Tons
Collected

229

Tons Collected
on 7/26
Our biggest
one-day haul!

10

Unique
Hauling Units

15

Average tons
per load



TETRA TECH

Data provided by Tetra Tech.
All figures pending final reconciliation.

City of
Montpelier
vermont

Would you like to become a newsletter contributor or content volunteer?

Are you a writer or poet? Do you want to interview someone? We could use your fresh perspectives for our monthly newsletter, and we want to hear from you!

Also, do you live in a surrounding town from Montpelier and want to volunteer for our expanding Front Porch Forum group to get the word out about MSAC events? Become one of our content mavens and help us spread the word about everything at MSAC!

Interested in either proposition?

Email: mwilson@montpelier-vt.org

Would you like to place an ad or sponsored article in the MSAC Newsletter?

The MSAC newsletter reaches over 1,500 residents in Central Vermont through our paper and digital copies. If you are interested in placing an ad with us, contact Communications & Development Coordinator Matt Wilson: mwilson@montpelier-vt.org | [802-262-6284](tel:802-262-6284)

CVMC Workshops

Healthier Living Workshop for Chronic Pain

*Mondays from October 2 - November 13 |
8 - 10:30am | Zoom*

Participants will learn strategies and techniques to deal with problems such as frustration, isolation fatigue and poor sleep related to pain as well as exercises to improve strength, flexibility and endurance while respecting the need for balance between activity and rest and tips for talking with others about your pain, including your MD!

Quitting Smoking Workshop

Tuesdays from August 29 - September 26 | 5 - 6pm | Peoples Health and Wellness Clinic, 51 Church Street, Barre

MHVT Diabetes Prevention Program

Mondays from October 9 2023 - October 11, 2024 | 5 - 6pm | Zoom

Register with Viki Delmas, Regional Self-Management Program Coordinator at Central Vermont Medical Center at [802-225-5680](tel:802-225-5680) or viki.delmas@cvmc.org.

PAID ADVERTISEMENT:

Bulletin Board

Local Caregiving Services For Hire

- **Going Rate:** \$20 - 35/hour, depending on the types of services requested
- **Companion Care Services reach:** Barre, Berlin, Montpelier, and Williamstown
- **Contact Information:**
 - Phone: [802-952-8446](tel:802-952-8446)
 - Email: indibjornsson4@gmail.com



Call or Email NOW!

My name is Indi Bjornsson, and I am available for hire as a Companion Caregiver. I have experience working with older individuals in a senior living home and as a Companion Caregiver. I know the difference that providing support to older individuals (65+) can make, and I strive to provide a high level of service and support to the folks that I work with. I provide non-medical assisted support in the home, which typically includes light housekeeping, running small errands, medication reminders, transportation to and from appointments, and general company and companionship. In my free time, I love making art, exploring Vermont with my dog, and spending quality time with my family.

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It's more complicated than being a "saver" or "spender". Your money personality has a major impact on your relationship with money and spending habits. By understanding what it is, you can monitor and, when necessary, adjust your behavior to make smart money decisions. This free online session, Psychology of Spending, will teach strategies and tactics to decode personality types and gain control over finances: northcountry.balancepro.org/resources/articles/webinars.

Learn more about North Country Federal Credit Union on their website: <https://www.northcountry.org/>.

Contact: [1 \(800\) 660-3258](tel:18006603258) or Email: service@northcountry.org.



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Small Home Repairs with Gerry Farland

Need a volunteer for small home repairs? One of our generous community members, Gerry Farland, is offering his services. Gerry is a retired carpenter, so if you have something broken, he can help! Just supply your own materials. Donations to MSAC Special Projects helps others in need of materials.

Email him at:

gerfarland@hotmail.com

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Dear Newsletter Subscriber:

Save MSAC \$1 per month (and save paper!) by switching to our e-letter. You'll get the newsletter in full color and earlier than the USPS edition. Email msac@montpelier-vt.org.

Important Dates:

- **Labor Day: Sept. 4th**
- **Third Flood Forum @ VT State House: Sept. 7th**
- **Flood Benefit Concert: Sept. 8th**
- **FEAST Farmstand Reopens: Sept. 20th**
- **OLLI Series starts: Sept. 20th**
- **Vermont Book Talk Series: Sept. 21st**
- **Fall Registration ends: Sept. 22nd**

Sustaining MSAC's Future

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

Montpelier Senior Activity Center

Office hours: Monday - Thursday, 8:30am - 3pm | Friday, Office Closed

[223-2518](tel:223-2518) (phone) • [262-6285](tel:262-6285) (fax) • montpelier-vt.org/msac (website) • msac@montpelier-vt.org (email)

FEAST Senior Meals Program Reservations • [262-6288](tel:262-6288) • feast@montpelier-vt.org

MSAC is a division of the Community Services (CS) 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.

- Arne McMullen, Director of Recreation & Senior Services
- Norma Maurice, CS Office Manager
- Matt Wilson, CS Communications & Development Coordinator
- Poa Mutino, FEAST Program Manager
- Shalonda James: FEAST Kitchen Manager / Chef



Notice: MSAC will be closed on Monday, September 4th for Labor Day.

MSAC Advisory Council: Dianne Maccario (Chair), Suzi Swanson (Vice Chair), Christopher Ackerman, Heather Bailey, Mary Carlson, Gail Carrigan, Kris Clark, Barbara Dall, Laura Morse, and Rick Winston.