

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

City Manager Bill Fraser Holds MSAC Forum

The consequences of the July 2023 flood in downtown Montpelier were many, but for us here at the Senior Center, we felt the impact in a multitude of ways. As such, many members and the public alike were confused and frustrated at the perceived lack of communication from City leadership about the ongoing situation.

In fairness to the City staff, the flood presented numerous and, pardon the pun, fluid challenges that made it difficult to provide focused updates on any one department within the City until exigent circumstances were managed. And so, City Manager Bill Fraser emceed an Information Forum on September 22nd at MSAC to address all of the concerns.

Top of mind for many was the issue of City of Montpelier staff being hosted in the upper two rooms of the Senior Center, thereby restricting our already confined classroom space. Fortunately, as Fraser noted, the Activity Room will be vacated by the time Fall Term begins, so our regular fitness and art classes can use that space.

Fraser also demystified the notion that the decision to

move City staff to MSAC was an eleventh-hour decision.

"This was always the plan," Fraser explained in regards to emergency plans for City staff.

The excited crowd also discussed the topics of hiring a new MSAC

Director, rethinking the FEAST program, and supporting classes and programming.

These thoughts will not go to waste, and in the weeks and months ahead, MSAC and City leadership will continue to listen and work with our community. We will develop solutions that work best for both members and staff and together find common ground as a team.

If you have any more concerns to raise about MSAC, please address them to either Director Arne McMullen at amcmullen@montpelier-vt.org or Assistant City Manager Kelly Murphy at kmurphy@montpelier-vt.org.

Thank you for showing your support of MSAC!



Bill Fraser at MSAC, Sept 2023

FEAST Farmstand Returns to MSAC

The FEAST Program bounced back this month from the hit we took back in July 2023 when floodwaters destroyed our beloved FEAST Farm. Thanks to the USDA's Local Food Purchase Grant, as well as the support of the public's donations and other grants, the FEAST Program has begun to rebuild the farm, gather fresh local food for meals, and restart our farmstand. Our farmstand will now run from October through the end of December. We will have produce, meats, dairy products, and more for **FREE** (and some baked goods for purchase). All donations will go directly to supporting FEAST Meals on Wheels and the FEAST Farm. Stop by MSAC on Wednesdays from 8-11 am!



Thank You to AmeriCorps Member Jen! - Pg. 3
MSAC Potluck Lunch on Oct. 27th - Pg. 7

Follow our activities online!
www.montpelier-vt.org/MSAC



Town Square

Talent Search for MSAC Programs!

The Montpelier Senior Activity Center's Program Committee is looking for talented individuals to build out a robust slate of courses for our winter term, which runs from January – March 2024. Now that we've regained our Activity Room that was used to support the flood relief effort, we now have additional on-site space to plan new courses and workshops. We've accumulated ideas from our Program Committee discussions and from all who participated in the MSAC Town Hall in August.

Below is a list of some of those programming ideas, and here is our request.

- » Technology training and support
- » Nutrition and healthy eating
- » Languages
- » Travel talks
- » Current events
- » Vermont history
- » Physical activities
- » Arts and crafts
- » Talks on topics of your interest: beekeeping, gardening, electric cars, etc.



If you or someone you know would be a good instructor for any of these topics, please ask them to either:

- Contact Director Arne McMullen at amcmullen@montpelier-vt.org.
- Complete a class proposal form and send it to Arne. Proposal forms can be found on the Classes page of our website: <https://www.montpelier-vt.org/MSACClasses>.

Submit your suggestions or a proposal form by **Friday, October 20th**. And don't be shy about suggesting other course ideas. Planning is underway now for the start of the winter term, so don't delay. Many thanks!

MSAC Activity Room Returns to Classroom Space for the Fall Term!

After the July flood damaged City Hall and forced City staff to move into the upstairs rooms of MSAC, the Activity Room is once again open for all classes and programs starting in October. Some classes that had been scheduled to be online only may now return to hybrid, which is great news for many students who appreciated being in-person to see friends and directly engaging in their classes.

We want to thank Barr Hill Distillery and City Center for offering space to MSAC for classes and programs. And we want to thank our City staff, specifically the Finance office, who were able to transition over to the Police Station's community room for new office space while remediation and renovation work continues at City Hall. For all those looking to make payments with the Finance office, please go (during regular office hours) to the Clerk's office in City Hall or to the Police Station for those with accessibility needs.

Note that the Studio is still being used by the Planning Department and Montpelier Alive. If you have any questions pertaining to those offices or have a meeting scheduled with a staff member, you may find them upstairs until further notice. Also, note that the Community Justice Center is located in the back of the MSAC front office. If you have any questions about where a certain department is located, feel free to ask our office!

We know that the flood has created many challenges for our community, and we appreciate your support and patience as we work through them together.





Focus on FEAST



Congregate Lunch Schedule

Our congregate lunch schedule is twice a month on the 1st & 3rd Thursdays at noon. 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



DO YOU WANT TO BECOME A GUEST CHEF FOR AN UPCOMING CONGREGATE LUNCH?

Stipend available. 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 congregate lunches will be on October 5th and October 19th!

Menu for Thursday, October 5th: Corn chowder, brown butter cornbread, salad, and fresh fruit.

Menu for Thursday October 19th: Pumpkin soup, garlic bread, chickpea salad, and apple crisp.

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 - Jen Ireland

Our indomitable AmeriCorps member, Jen Ireland, ended her service term on September 29th. Serving as "Root to Fork Coordinator," Jen worked equally between the Parks Department and FEAST Program in order to serve the broader mission of FEAST: delivering fresh, locally grown meals to older adults in Montpelier.

We celebrate the incredible energy, enthusiasm, and reciprocity that she brought to FEAST and the Parks department this summer! Dealing with a flood catastrophe and being on the frontlines of the volunteer hub was not what she signed up for when she started with us in April. But her plucky, get-go attitude led her to be a key member of our volunteer coordination team.

We will deeply miss her infectious energy, especially since she served as our primary coordinator for the FEAST Farmstand. FEAST would not be where we are today, rising from the lows this summer, without her valiant efforts. She went above and beyond her call of duty as an AmeriCorps member, and all of the Parks crew and FEAST team appreciate her indomitable and vibrant spirit over the past six months.



FEAST FARMSTAND | FRESH FREE PRODUCE

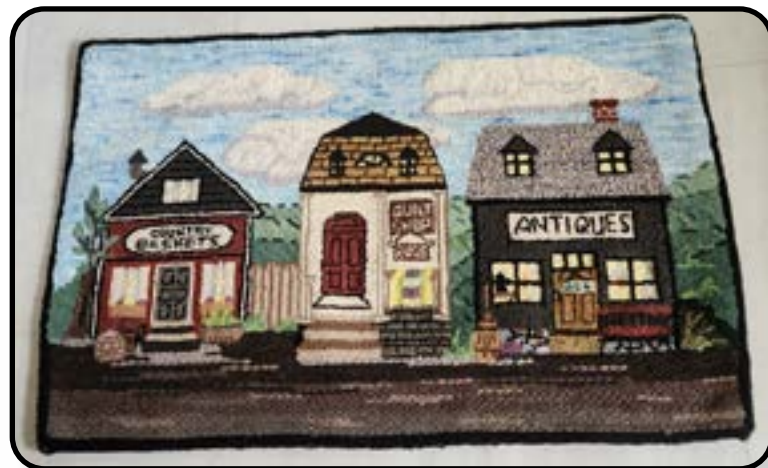
WEDNESDAYS FROM 8-11 AM INSIDE MSAC COMMUNITY ROOM

Thank you to the Local Food Purchasing Assistance (LFPA) Program through the USDA for allowing us to offer free produce and goods to our residents! Follow for more info! @FEASTSeniorMeals | www.montpelier-vt.org/FEAST

Arts Corner



This rug was hooked by Robin Harris to honor her husband, Mike Harris' bee keeping and beer making hobbies and is an original design.



This rural town façade is the second rug that Susan Cohen has ever hooked. Not only is the scene delightful, but the craftsmanship is fantastic.

Want to feature your art in the newsletter? Contact Matt to post your artwork in an upcoming newsletter! Submit for the following month by the 15th of each month.

mwilson@montpelier-vt.org

Every Autumn
I am reminded

That aging
is changing



To gold
and red
from green

Not getting
old



But a time
to gather

The harvest
we planted
from seed.

Every Autumn
by Douglass DeCandia



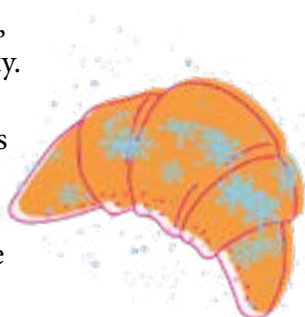
The Frozen Croissant

By Yvonne Straus ©2023

Colder nights require fun food,
Unhealthy, maybe sweet or salty.
At least sometimes in my life,
I cheat a little to enjoy the parts
Of life that I had to change.

I had a frozen croissant to bake
That cooler evening...
I set the patisserie on the pan and with hot oven,
Let it bake...
Let it be...

Was already tasting it with some hot beverage,
Dreaming, flavoring it...
Waited, waited... the little piece did not seem
to grow much,



And when it was ready... cling!
Took it out of the oven...

Then...
It decided to grow and grow...
So much... that it almost took
two huge plates to carry it,
And some muscle!
Even the cat when it saw it, was astonished!

What had happened here?
Now?
The giant croissant had been a huge surprise!
It made me laugh out loud!

In life things are not as they seem...
Ever...
And surprises are fun!

August 25, 2023

Community Connection

The Taste of Montpelier Food Festival Returns to the Capital City October 7th

The Taste of Montpelier Food Festival, presented by Hunger Mountain Co-op, returns for its third year. This year it's the main event of Montpelier's

Reopening Celebration! Taste features food trucks, vendors and artisans, chef demos, beer and cocktail gardens and street performers - this year's Taste of Montpelier has it all!



The main attraction, The Great Taste, runs from 1-5pm on Saturday, October 7th on Langdon Street and State Street from Main to Elm. It features over 20 food trucks and artisan foods. The demo tent features four different presentations ranging from a high school student teaching how to make tamales, a heritage passed down from his great, great grandmother, a Vermont Fall Harvest tasting from Get Creative Culinary, bruschetta demo from Woodbelly Pizza, and demo about making Barr Hill's house made tonic and what makes it taste so good. The festival also features world-renowned street performers, including Cate Great, The Red Trouser Show, The Real McCoy, and Mr. Crites and Woodhead. It's an event not to be missed!

This year's event is also a fundraiser for Montpelier's restaurants, many which are still recovering from flood damage. Part of the vendor fees and all of the busking money collected during the performer acts will go to support the impacted restaurants. Find out which Montpelier restaurants and other businesses are open and support the downtown during your visit!

Thank you to our event sponsors: Hunger Mountain Co-op, VSECU, Vermont Creamery, Barr Hill, Community National Bank, Union Mutual, Vermont Mutual, AARP, Red Hen Baking Company, and Seven Days

For more information, visit www.montpelierlive.com/taste.

Survivor Artist Reception

October 6 | 4 - 8pm | Montpelier Senior Activity Center



Paintings on canvas and wooden bowls by Pat Harrington tell her powerful story and call the public to action.

Rainbow Fair & Dance Party

October 7 | 12 - 7:30pm | Central VT Marketplace (Berlin Mall)



A space where community services and queer makers can share information and art with LGBTQ+ community members and their support systems! Join us from 12 - 4pm. Grab some dinner and return for... a family friendly dance party! Come listen to some amazing music and dance your heart out for FREE! Join us from 6 - 8pm.

Faces of ACEs Film Screening

October 12 | 5:30 - 7:30pm | Barre Universalist Church

Come attend a film screening of The Faces of ACEs: A film about the impact of stress and what we can do about it. Discover how the neuroscience of Epigenetics can empower us to heal ourselves, our families, and our communities. This event will include a short presentation and a demonstration of somatic skills of resilience.

Community Healing Art Workshop

October 19 | 6:30 - 8pm | TW Wood Art Gallery

Mosaic staff provide materials and guidance, and we invite you to create a healing, nurturing vision for children. No artistic skills necessary. Please pre-register: info@mosaic-vt.org!

Preventing CSA: A Panel Discussion with Q&A

October 23 | 5:30pm - 7:30pm | Montpelier Senior Activity Center

Professionals and a survivor discuss existing strategies, what bystanders can do, and options for getting involved.

News & Events

Vermont Author Book Talk Series

According to Vermont Public Radio, our brave little state has a high concentration of writers and authors. MSAC will celebrate them this fall with our Vermont Author Book Talk series. Please read the book in advance, then join us for a lively discussion.



Marilyn Webb Neagley
Thursday, October 12, 2023
1:00-2:30 pm at MSAC

Attic of Dreams is a lyrical memoir tracing a life of healing from family dysfunction and jumping headlong into a life of natural curiosity, art, and activism. Themes explored include home and community; addiction and secrecy; recovery and restoration; the arts and the natural world; growth and wholeness; and how the changing times and culture are perceived through older eyes.

Rick Winston
Thursday, November 2, 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>.

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

Montpelier Fall Festival 2023
Sunday, October 1 | 12 - 4pm |
Downtown Montpelier

The Montpelier Fall Festival is a celebration of community!! We celebrate the resilience and vibrancy of Montpelier and particularly its youth!! Come participate in our Fun run, enjoy fun music, delicious food trucks, games, music (The Radiance!!!), and thanks to our partner, All Brains Belong, connect with community organizations!

Memorable Times Online: All Request Show from our Friends in Scotland

Wednesday, October 4 | 10:30 - 11:30am | Zoom

Join this Memorable Times Online where we'll meet with our memory café friends from Scotland for an "All Request Show" of favorite songs and tunes. Contact Barb Asen at basen@cvcoa.org or [802-476-2681](tel:802-476-2681) for more info and the Zoom link.

Sweet Dreams: Tips for a Restful Night
Wednesday, October 4 | 6:30 - 7:30 PM |
Kellogg-Hubbard Library

This talk will briefly discuss the physiology of sleep and the importance of sleep for overall health, then move to some of the many causes of poor sleep. The talk will also include tips to improve sleep, from standard sleep hygiene recommendations to dietary considerations, and a few standard herbs that can help with sleep. Presented by Lindy Biggs, Clinical Herbalist. This is a free, in-person program at the Kellogg-Hubbard Library in the Hayes Room.

Montpelier Art Walk with Ashley Strobridge
Friday, October 6 | 4 - 7pm | MSAC

MSAC will host Barre Street artist Ashley Strobridge for October's Art Walk! Come down on Friday evening in the front courtyard of MSAC to experience her poetry and photography.

Fall for the Library
Saturday, October 7 | 10am - 2pm | Kellogg-Hubbard Library

Join us for a bouncy house, puzzle swap, interactive Abenaki display, entertainment, crafts, snacks, and the finale of our fundraising auction. All welcome! This is a free event, open to the public, at the Kellogg-Hubbard Library.

Ageism Awareness Day
Saturday, October 7

Ageism Awareness Day is an opportunity to draw attention to the existence and impact of ageism in our society and how we can reframe aging in our communities.



News & Events

KHL's Flood Recovery Auction!

Friday, October 6 & Saturday, October 7 |

Kellogg-Hubbard Library

Kellogg-Hubbard Library will host an online and in-person auction to support their general operations due to flood damages. The online auction starts Friday, October 6 at 4pm and continues through the end of the in-person auction on Saturday, October 7 at 2pm. For more info:

<https://new.biddingowl.com/khl>

Medicare & You Workshop

Tuesday, October 10 | 5 - 7pm | Zoom

Medicare & You Workshops are offered regularly to help individuals who are new to the Medicare system. Sessions take place remotely using Zoom.

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. We will then email you information on how to join in the workshop session on Zoom.

Bernie's Mitten Maker

Monday, October 16 | 6:30-7:30pm | Kellogg-Hubbard Library

Jen Ellis will read from her book, *Bernie's Mitten Maker*, a raw and honest account of the joy, stress, and shock of sudden internet fame. This memoir explores the many roads that led to the Bernie Sanders mitten meme sensation that followed the 2021 presidential inauguration. Vermont teacher, mother, and crafter, Ellis weaves the stories of her life together with humor and thoughtful insight. Congresswoman Becca Balint hopes to join the conversation. This is a free, in-person program at the Kellogg-Hubbard Library in the Hayes Room.



Memorable Times Café "Old Times, Good Times!"

Wednesday, October 18 | 1:30 - 3pm | Vermont

History Center, 60 Washington St, Barre

Memorable Times Cafe is delighted to present a short film by Meredith Holch. "Tell Me How It Was" incorporates animated photos and interviews with people who grew up in East Hardwick to recreate the booming past of what is now a quiet village in Vermont's Northeast Kingdom. Meredith will be present for sharing and discussion.

The program is free and refreshments will be provided. Contact Barb Asen at basen@cvcoa.org or [802-476-2681](tel:802-476-2681) for more information.

Vermont Reads Book Discussion

Wednesday, October 25 | 6:30-7:30pm |

Kellogg-Hubbard Library

Jim Schley leads this community discussion of the Vermont Humanities Council's Vermont Reads pick, *Last Night at the Telegraph Club* by Malinda Lo. Copies available at the Kellogg-Hubbard Library. This is free, in-person program at the Kellogg-Hubbard Library in the Hayes Room.

MSAC Potluck Lunch

Friday, October 27 | 11:45am - 1pm | MSAC



Mark your calendars for the **FIRST MSAC POTLUCK LUNCH**, on Friday, October 27th from 11:45 am - 1 pm. All are welcome to dine whether or not you contribute a dish. Please RSVP by emailing or calling Nancy Munno: Nanmunno0@gmail.com or [802-793-6644](tel:802-793-6644). *Please let us know you plan to come, whether you'll bring a dish, what it is (if you know) and if you need a ride.* This potluck is volunteer-run and will mostly not be using the kitchen on this first trial run. If you can, please bring your own plates, mugs and utensils. We'll have compostable cups, plates, forks and knives for those who don't bring their own. RSVPs will give us an idea of numbers but no one will be turned away for not RSVPing. Donations will be **VERY appreciated and necessary** to help us do this again! MSAC only offers two congregate meals a month right now. A potluck gives us the chance to gather, eat delicious food and celebrate being together! We look forward to seeing you!

Learn more online:

asaging.org/ageism-awareness

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](#)



Performing Artist Cate the Great at Taste of Montpelier

*All classes are held at MSAC unless otherwise specified.

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

Mondays

| | | |
|---|-----|--|
| 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

| | |
|--|--|
| 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 |
| Walks with Joan* (Starts 10/10) | Tuesdays 10:15 am meetup locations vary week to week |
| 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.*



The Kitzmiller Memorial Coat Drive



Donations accepted now through October 20th during office hours at:

- Community National Bank
316 North Main Street, Barre
Monday - Friday, 8 am - 5 pm

- Montpelier City Hall
39 Main Street, Montpelier
Monday - Friday, 8 am - 4:30 pm

In partnership with



FREE distribution on Saturday, October 21st, 2023!

- Community National Bank
316 North Main Street, Barre
9 am - Noon

- Bethany Church
115 Main Street, Montpelier
9 am - Noon

In partnership with



Keys, Bags, Names, Words

Film screening at the Savoy Theatre
Saturday, October 28th from 2-4pm

The film raises awareness around World Alzheimer's Day this September and beyond and will put a spotlight on better outcomes for individuals, families and communities grappling with Alzheimer's disease and dementia.

MSAC is a co-host of this film screening, and no need to purchase tickets. Donations are very appreciated.

Learn more: www.keysbagsnameswords.com



Thank you to MVP Healthcare for sponsoring and volunteering at our recent congregate lunch!

Updates from your Local USPS Office in Montpelier:

- Blue bins are safe to use and are collected daily.
- Mobile units will be stationed at 367 River St. (near Sanel Auto Parts) starting Monday Oct. 2nd.
- There's still no ability to do retail, and they're still handing PO Box mail out of the mobile units.

For more info, call their office: [802-229-1718](tel:802-229-1718)



Welcome to our newest Ameri-Corps member for the Parks Department, Alex!

She joined us at the end of September and will assist FEAST, as well as the Parks Dept.

Bulletin Board

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

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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A Notice about the MSAC Newsletter...

To all MSAC Newsletter Readers, as we announced in last month's issue, we are now only sending paper newsletters to active members of the Senior Center. This is an effort to curb our mailing costs and ensure that members receive the exclusive perks of their membership to MSAC. As such, I'm sending out one final notice about this change, so if you

have friends or neighbors who read the paper newsletter and aren't members, encourage them to become one! Know that your

memberships directly support operations here at the Senior Center, so we encourage your participation in making this center into a community center for all older adults in Montpelier and surrounding towns. Without your help and support, we cannot provide you with what you need.

Finally, as part of that call for participation, I want to get your help for this newsletter. There are many talented writers, poets, and leaders in our ranks, and I implore you to reach out and share your talents with us through our communications! I envision our communications to be all about our community, but I need your help to do that. So please, if you wish to write or share a story for the newsletter, please contact me at mwilson@montpelier-vt.org. Thank you, and I hope you all have a happy October! Sincerely,

Matt Wilson

Communications & Development Coordinator

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 e-letter. You'll get the newsletter in full color and earlier than the USPS edition. Email msac@montpelier-vt.org.

Important Dates:

- **FEAST Farmstand: Oct. 4, 11, 18, & 25**
- **Congregate Lunches: Oct. 5 & 19**
- **Montpelier Reopening Weekend: Oct. 6-8**
- **Ageism Awareness Day: Oct. 7**
- **Indigenous Peoples Day: Oct. 9**
- **Vermont Book Talk: Oct. 12**
- **Kitzmiller Coat Drive: Oct. 21**
- **MSAC Potluck Lunch: Oct. 27**
- **Happy Halloween!: Oct. 31**

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 - Friday, 8am - 4pm

[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 • montpelier-vt.org/feast

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, October 9th for Indigenous Peoples 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.