



Registration Form for Fall 2018

Adult Classes and Activities (Sept 24 – Dec 21)

Class descriptions are available in office and online at www.montpelier-vt.org/CS.

Name _____ Town of Residence: _____ Senior Center Member? Y N

Phone _____ Cell Phone _____ E-Mail _____

See Program Guide for full class descriptions, information on drop-in groups (listed on back of this form) and other free activities. Registration forms accepted beginning Monday, August 27. Late fees apply after September 21 for MSAC classes.

Programs for All Adults – see additional programs for adults 50+ starting on page 2

Unless otherwise noted, fees are for Montpelier residents / non-residents.

Performing and Fine Arts

Additional materials fees may be required for some classes. Consult the Program Guide.

Circle Class # and Fee	Program	Instructor	Day/Time	Location	Ages	Fee
9104 A	New: Cooking 1: Gluten Free Cooking Made Easy	Lisa Mase	Saturday, October 6, 9:30-11am	MSAC	15+	\$20 / \$25
9104 B	New: Cooking 2: Meal Planning that's Healthy & Affordable	Lisa Mase	Saturday, October 20, 9:30-11am	MSAC	15+	\$20 / \$25
9104 C	New: Cooking 3: Cooking to Reduce Inflammation	Lisa Mase	Saturday, October 27, 9:30-11am	MSAC	15+	\$20 / \$25
9104 D	New: Cooking 4: Alternative Sweeteners & Healthy Treats	Lisa Mase	Saturday, November 3, 9:30-11am	MSAC	15+	\$20 / \$25
9104 E	New: Cooking 5: The Wonderful World of Amazing Grains	Lisa Mase	Saturday, November 17, 9:30-11am	MSAC	15+	\$20 / \$25
9104 F	New: Cooking 6: Mindful Eating for Stress Reduction	Lisa Mase	Saturday, December 1, 9:30-11am	MSAC	15+	\$20 / \$25
9114	New: Intuitive Art Journaling: Play with Color, Words, Images	Suki Ciappara	10 Mondays, 3-4:30pm, starts 9/24	MSAC	14+	\$40 MSAC members / \$65 public
9120	New: Clay Constructions / Faces and More	Georgia Landau	10 Thursdays, 4-5:30pm	MSAC	7+	\$30 MSAC members / \$55 public
9106 A	Beginner Guitar	Tom Wales	10 Wednesdays, 3:45-4:45, starts 9/26	MSAC	14+	\$25 MSAC members / \$50 public
9106 B	Advanced Beginner Guitar	Tom Wales	10 Wednesdays, 5-6pm, starts 9/26	MSAC	14+	\$25 MSAC members / \$50 public
9109	New: Beginning Crochet	Shelley Martin	6 Tuesdays, 2-4pm, starts 9/25	Westview Meadows	All, <12 w adult	\$25 MSAC members / \$35 public
9119	New: Beginners Knitting with Patterns	Shelley Martin	6 Tuesdays, 2-4pm, starts 11/6	Westview Meadows	All, <12 w adult	\$25 MSAC members / \$35 public
9101	Digital Photography – Mixed Levels	Linda Hogan	10 Fridays, 10am-12pm, start 9/28	MSAC	14+	\$35 MSAC members / \$60 public
9115	Reelin' & Rockin': Singing Songs of the 50s and 60s	John Harrison	10 Tuesdays, 2-3pm, start 9/25	MSAC	14+	\$40 MSAC members / \$65 public
9121	New: Successful Sight-Singing	Nora Zablow	10 Mondays, 1:00-2:30pm, starts 9/24	MSAC	14+	\$30 MSAC members / \$55 public

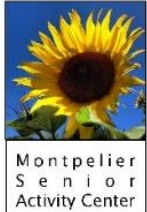
Humanities and More

Circle Class # and Fee	Program	Instructor	Day/Time	Location	Ages	Fee
9202 A	New: Part I: Understanding the Challenges to Aging in Place	Peter Kelman	5 Mondays, 6-7:45pm, start 10/15	MSAC	25+	\$20/\$30
9202 B	New: Part II: Developing a Personal Plan for Aging in Place in One's Own Home	Peter Kelman	5 Mondays, 6-7:45pm, start 11/19	MSAC	25+	\$20/\$30
9201 A	NEW: Film Appreciation: "To End All Wars:" Films about World War I	Rick Winston	8 Mondays 9:30am-12pm, starts 10/1	Savoy Theater	14+	\$50 MSAC members / \$75 public
9205 A	New: Music Appreciation -- 10 Weeks, One Composer III: Bach	Erik Nielsen	10 Fridays, 3:15-4:45pm, start 10/5	MSAC	12+	\$70 MSAC members / \$95 public
9205 B	New: What's In a New Film Score	Erik Nielsen & students	3 Saturdays, 2-3pm: Sep 22, Nov 17, and Jan 12, 2019	MSAC	12+	\$20 MSAC members / \$35 public
9209 A	Spanish 6	Carlos Reyes	10 Tuesdays, 9-10:15am, starts 9/25	MSAC	14+	\$30 MSAC members / \$55 public
9209 B	Spanish 7	Carlos Reyes	10 Thursdays, 9-10:15am, starts 9/27	MSAC	14+	\$30 MSAC members / \$55 public
	French: private group classes various levels TBD	Brigitte Savard	Likely Monday mornings, time and dates TBD	MSAC	TBD	TBD (check the box on the far left if you wish to be contacted by Brigitte)
9211	Back Again: Wine 101	Donia Prince	4 Wednesdays, 6-7pm, start 10/17	North Branch Café	21+	\$60/\$75

Active Living and Wellness

Circle Class # and Fee	Program	Instructor	Day/Time	Location	Ages	Fee
2416 A	Archery	R&L Staff	4 Tuesdays, 6-7pm, 11/13-12/4	R&L Archery, Barre	8+	\$30/\$45
2545 A	Adult Co-Ed Dodgeball League Fall A	n/a	Tuesdays 11/6 – 12/11, 7-9pm	UES Gym	18+	\$15/\$20
3529 A	Adult Co-Ed Dodgeball League Winter A	n/a	Tuesdays 1/8 – 2/12, 7-9pm	UES Gym	18+	\$15/\$20
9320	New: Feldenkrais Movement Exploration	Paul Erlbaum	12 Tuesdays, 2:45-3:45pm (skip 11/20)	MSAC	18+	\$25 MSAC members / \$50 public
2420	Fitness Hooping	Carol Becker	3 Thursdays, 9/6, 13, 20	Rec Gym	18+	\$30/\$40
2530 A	Hiit Kick A	Renee Ancel	Tues/Thurs 9/11-10/25 (skip 11/1), 5:30- 6:30pm	UES Small Gym	18+	\$77/\$98
2530 B	Hiit Kick B	Renee Ancel	Tues/Thurs 10/30-12/20 (skip 11/22), 5:30-6:30pm	UES Small Gym	18+	\$77/\$98
2521A	Noontime Basketball	N/A	Every Mon-Fri, 12-1:15pm, 10/2 – 8/31	Rec Gym	18+	\$80 resident/\$120 non-residentfull year; \$2/\$3 per day
2522 A	Sunday Basketball	N/A	Sun. 11/4 – 4/14/19 (skip 11/25, 12/23, 12/30), 10am-12pm	Montpelier High School	18+	\$50 / \$75 OR \$4 / \$6 per visit
2430	Hatha Yoga (see page 5-6 for 22 more yoga classes for age 50+)	Bessie Sandberg	Tuesdays 9/25 – 12/11, 6:30-8pm	MSAC	16+	\$120 / \$170
9300 V	Gentle Yoga for Low Back Health (see page 5-6 for 22 more yoga classes for age 50+)	Sally Olmsted	12 Tuesdays, 12:15-1:15pm, starts 9/25	MSAC	18+	\$25 MSAC members /\$40 public

9316	Meditating for Deep Well-Being	Ginny Sassaman	10 Thursdays, 12-1pm, starts 9/27	MSAC	14+	\$30 MSAC members/ \$55 public
2432	Snowmobile Safety Course (Note: State of VT offers an online course for a fee)	Thunder Chickens	1 Saturday, December 1, 9am-3:30pm	Barre Town School	35 or under	Free , with lunch provided by Barre Town Thunder Chickens
2526 B	Tae Kwon Do Series B	Matthew Girouard	X Mondays and Thursdays, 6:30-7:30pm, 9/6-12/20 (skip 10/8, 11/1, 11/22)	Union Elementary School Big Gym	9+	\$98/\$140 OR \$49/\$70 for a parent participating with a child
9319 A	Zumba Series 1	Megan Pow	10 Thursdays, 7-8pm, starts 9/27	MSAC	15+	\$60 resident / \$90 non-resident
9319 B	New: Zumba Gold Chair (subject to cancellation)	TBD	10 Fridays, 9:30-10:15am, starts 9/28	Westview Meadows	15+	\$60 resident / \$90 non-resident



Montpelier Senior Activity Center Programs for 50+

These programs are open only to members of MSAC, unless indicated by a 🌐. Classes indicated with a 🌐 are open to anyone 50 or older, regardless of membership.

Membership is open to anyone 50 or older. Membership is \$15 per year for Montpelier residents, \$30 supporting towns (Berlin, Calais, East Montpelier, Middlesex, Moretown, Worcester), or \$50 for others.

Where prices are listed as \$XX/\$XX, the first price indicates the rate for MSAC resident-members and the second price for all non-resident members. Most classes are cancelled on holidays of 10/8, 11/12 and 11/21-23, but there will be some exceptions, so check with your instructor closer to the holiday.


Performing and Fine Arts Classes run for 10 weeks – start week of 9/24, end week of 11/26, unless noted.

Additional materials fees may be required for some classes. Consult the Program Guide. Schedule subject to change.




Circle Class # and Fee	Program	Instructor	Day/Time	Location	Fee
9103 A	Drawing Basics I	Janice Walrafen	Thursdays, 1-2:30pm	MSAC	\$25/\$35
9103 B	Drawing Basics II	Janice Walrafen	5 Mondays, 5-7pm	MSAC	\$25/\$35
9103 C	New: Drawing the Figure: People and Animals	Janice Walrafen	5 Mondays, 5-7pm, start 10/29	MSAC	\$25/\$35
9107	Handbuilding in Clay	Nicole Galipeau	Mondays, 1-2:30 pm	MSAC	\$55 all MSAC members
9111	New: Painting in Oils	Jeneane Lunn	Tuesdays, 4:30-6:30pm	MSAC	\$30/\$40
9113	Intermediate Pastels	Jeneane Lunn	Wednesdays, 4:30-6:30pm	MSAC	\$30/\$40
9116	Rug Hooking	Pam Finnigan	Wednesdays 9:30-11:30am (skip 10/3)	MSAC	\$30/\$40
9117	Beginner and Intermediate Voice for Shy Singers	Naomi Flanders	Thursdays 4-5pm	MSAC	\$25/\$35
9118	Advanced Voice: Keeping Your Voice in Shape for Life	Naomi Flanders	Fridays 4:30-5:30pm	MSAC	\$25/\$35

Humanities and More Classes run for 10 weeks – start week of 9/24, end week of 11/26, unless noted. Schedule subject to change.

Circle Class # and Fee	Program	Instructor	Day/Time	Location	Fee
9203	🌐 Computer Class: Using Google Services 101	Middle School Students	6 Thursdays, 11:30am-12:30pm, 9/27, 10/11, 25, 11/8, 29, 12/6	Main Street Middle School	\$5 MSAC members / \$10 public

9212	 New Time: Financial Foundations Workshop	Gabriel Lajeunesse, AAMS	4 Tuesdays, 6-7pm, 10/2, 9, 16, 23	MSAC	\$15 MSAC members / \$40 public
9207	Making Poems *see new blurb	Jeanne Cook	Wednesdays 10am-12pm	MSAC	\$30/\$40
9210 A	Writing Monday	Maggie Thompson	Mondays 10:30am-12:30pm	MSAC	\$30/\$40
9210 B	Writing Wednesday	Maggie Thompson	Wednesdays 12:30-2:30pm	MSAC	\$30/\$40

Active Living and Wellness Classes run for 12 weeks – start week of 9/24, end week of 12/10 unless noted. Schedule subject to change.

Circle Class # and Fee	Program	Instructor	Day/Time	Location	Fee (Resident /Non-Res.)
9301 A	Autumnal Equinox Continuous OM Meditation	Sarah Parker-Givens	1 Friday, September 28, 9-10am	Hubbard Park, Old Shelter	Sugg. Donation \$5-10
9304 A	New Time: Bone Builders	Laura Morse	Mon/Fri 3:15-4:30pm	MSAC	\$30/\$40
9304 B	Bone Builders	Laura Brown and Theresa Lever	Mon/Thur 5-6pm	MSAC	\$30/\$40
9304 C	Bone Builders	Tina Muncy	Tues/Fri 5-6 pm, delay start 10/2	MSAC	\$30/\$40
9304 D	Bone Builders	Nancy Schulz	Tues/Fri 10:15-11:30am	MSAC	\$30/\$40
9304 E	Bone Builders	Joan Barrett/Barbara Ladabouche/Jean Phillips	Tues/Thur 8:30-9:30am	MSAC	\$30/\$40
9304 F	Bone Builders Non-Beginner	Dona and Ed Koenemann	Mon/Fri 9-10am	MSAC	\$30/\$40
9402 A	Indoor Cycling Session 1 (Spinning)	Ann Ripley	6 Thursdays, 4-4:45pm, start 9/27	Granite City Fitness	\$60/\$70
9402 B	Indoor Cycling Session 2 (Spinning)	Ann Ripley	6 Thursdays, 4-4:45pm, start 11/8	Granite City Fitness	\$60/\$70
9318 A	New: Dance: Tap, Weights & Stretch	Allison Mann (at Contemporary Dance & Fitness Studio - CDFS)	12 Tuesdays, 10-11:15am	CDFS, 18 Langdon St.	\$25/\$35
9318 B	New Location: Dance, Stretch & Strengthen	Allison Mann	12 Wednesdays, 10-11:15am	CDFS, 18 Langdon St.	\$25/\$35
9303	Happiness Moves!	Louisa Nufield	12 Wednesdays, 11:30am-1pm	MSAC	\$25/\$35
9307	 New Name: Moving for Parkinson's and Other Neuro-Movement Challenges Formerly Movement for PD / Wellness	Sara McMahon	11 Thursdays, 10-11:30am	MSAC	\$25 MSAC members / \$35 public
9308	 The Parkinson's Pantomime Project	Rob Mermin	10 Saturdays, 10:30am-12pm (skip 10/13, 11/17)	MSAC	\$40 members / \$65 public
9309	Pilates for Beginners	Shannon Hepburn	11 Mon 10:30-11:30am	MSAC	\$25/\$35
9310A	Pilates Express	Shannon Hepburn	11 Fridays, 9-9:45am	MSAC	\$25/\$35
9310B	New Time: Pilates Express	Mary Dobbins	11 Saturdays, 9-9:45am	MSAC	\$25/\$35
9317 A	 New: Somatic Movement Series : Re-Train Your Brain & Body	Amy Lepage	6 Fridays, 12-1pm, start 9/28	MSAC	\$25 members / \$50 public

9317 B	 New: Somatic Movement Series : Breathing Freely	Amy Lepage	3 Fridays, 12-1pm, start 11/30	MSAC	\$15 members/ \$30 public
9311A	New: Tai Chi for Fall Prevention	Ellie Hayes	10 Tuesdays, 4:15-5pm	MSAC	\$25/\$35
9311B	Tai Chi Sun Style Long Form	Ellie Hayes	10 Tuesdays, 5-5:45pm	MSAC	\$25/\$35
9311C	Tai Chi Long Form Sky	Judy Copa	10 Thursdays, 11:45am-1:15pm, start 9/13	MSAC	\$25/\$35

Indicate if you are interested in learning more about the CVMC Prevent T2 Diabetes Prevention Program. Lisa Champagne will get in touch with you to share more information and/or determine whether you are eligible.

Inquire about discounts available for MSAC members at areas gyms: Granite City Fitness in Montpelier and Rehab Gym in Barre. First in Fitness Berlin programs are still being developed and updates will be released as soon as possible. **Indicate if you would like to be contacted about First in Fitness programs.**

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

9300 A	Chair Yoga	Sarah Parker-Givens	12 Tuesdays, 11am-12pm	MSAC	\$25/\$35
9300 U	Chair Yoga	Ragan Sheridan Royer	12 Wednesdays 2:45-3:45pm	MSAC	\$25/\$35
9300 B	Very Gentle Yoga	Sarah Parker-Givens	12 Mondays, 3:30-4:30pm	MSAC	\$25/\$35
9300 C	 New Instructor: Gentle Yoga in Worcester	Barb Alpert	10 Tuesdays, 2:00-3:15pm	Worcester Town Hall	\$40 MSAC members/ \$50 public
9300 S	Gentle Yoga for Low Back Health (also listed in all adult section)	Sally Olmsted (open to age 18+)	12 Tuesdays, 12:15-1:15pm	MSAC	\$25 MSAC /\$40 public
9300 T	Gentle Yoga for Osteoporosis & Osteopenia	Sally Olmsted	12 Tues 1:30-2:45pm (skip 10/30)	MSAC	\$25/\$35
9300 E	Gentle Yoga	Patty Crawford	12 Tues 9-10:15am	MSAC	\$25/\$35
9300 F	Gentle Viniyoga	Sally Olmsted	12 Wed 9-10:15am	MSAC	\$25/\$35
9300 G	Gentle Yoga (includes breathing, chanting & intro to meditation)	Ragan Sheridan Royer	12 Thurs 5-6:30pm	MSAC	\$25/\$35
9300 D	Yoga for Men	Jeff Mandell	11 Mondays, 9-10:15am, (skip 10/1, 10/8)	MSAC	\$25/\$35
9300 H	Gentle Flow Yoga	Sarah Parker-Givens	12 Wednesdays 3:30-4:30pm	MSAC	\$25/\$35
9300 J	Moving into Stillness: Yoga & Meditation	Sarah Parker-Givens	12 Thursdays 1:30-2:45pm	MSAC	\$25/\$35
9300 L	Gentle/Moderate Yoga	Monica DiGiovanni	12 Fridays 2:45-4:00pm	MSAC	\$25/\$35
9300 K	New Instructor: Moderate Yoga	Ron Sweet	12 Mondays 1:15-2:30pm	MSAC	\$25/\$35
9300 R	Yoga for Balance	Monica DiGiovanni	12 Wednesdays 10:30-11:15	MSAC	\$25/\$35
9300 W	 Yoga Movement	Jeff Mandell	11 Mondays, 11am-12:15pm (skip 10/1, 10/8)	Middlesex Town Hall	\$40 MSAC members/ \$50 public
9300 M	Moderate Yoga for Balance	Patty Crawford	12 Thursdays, 9-10:15am	MSAC	\$25/\$35
9300 V	Moderate Yoga to Improve Balance	Ragan Sheridan Royer	12 Thursdays 3:15-4:30pm	MSAC	\$25/\$35
9300 N	Gentle/Moderate Flow Yoga and Meditation	Sarah Parker-Givens	12 Mondays 5-6:30pm	MSAC	\$25/\$35
9300 O	Moderate Flow Yoga	Sarah Parker-Givens	12 Wednesdays 5-6:30pm	MSAC	\$25/\$35
9300 P	Moderate/Vigorous Hatha Yoga	Joan Stander	12 Fridays 10-11:30am	MSAC	\$25/\$35

9300 Q	Yoga for Focus and Fitness Wednesday	Monica DiGiovanni	12 Wednesdays 1:30-2:45	MSAC	\$25/\$35
9300 X	New Time: Yoga for Focus and Fitness Friday	Monica DiGiovanni	12 Fridays 1:30-2:30pm	MSAC	\$25/\$35

Important: Fill out “SUBTOTAL” AND “TOTAL PAID” sections below, thank you!

To Apply for Financial Aid for MSAC Classes:
 Fill out a financial aid application and submit with your registration form. Do not submit any payment today. We will reserve a spot for you. We will be in touch with you within one week.

We subsidize most of our classes to keep them affordable for all, and offer financial aid. **Please consider making a tax-deductible donation to support our work.**

SUBTOTAL of class fees above	
Additional Donation <input type="checkbox"/> MSAC Area of Greatest Need <input type="checkbox"/> MSAC Scholarship Fund <input type="checkbox"/> Rec Area of Greatest Need	
Additional Fees <i>if applicable</i> (locker rental at \$15/quarter; MSAC membership dues; etc.)	
LATE FEE FOR CLASS REGISTRATION AFTER SEPTEMBER 21 (EXCEPT NEW MEMBERS) (\$10)	
Subtract Credit <i>if applicable</i>	-
TOTAL PAID (make checks payable to Montpelier Community Services)	Check/Cash/CC

Drop-In Activities and Groups

The following are also available and **DO NOT require advance registration**. Most occur at the Senior Activity Center and are free, with the exception of Pickleball at the Rec Gym. Refer to Fall Program Guide, e-letters, or ask in the office for current schedules. Some start with Fall classes, while others are already underway or have a delayed start. Donations are gratefully accepted for free activities.

- Bridge / Mah Jongh / Scrabble (separate times)
- Crafters Group
- Drop-in Art
- French Club / Italian Group (separate times)
- 2nd Friday Folk Dancing
- Living Strong Group
- Long Life Qi Gong
- Montpelier Memory Café
- Photography Club
- Pickleball (fee applies)
- Rainbow Umbrella Group
- Readers’ Choice
- Swingin’ Over Sixty Band
- Trash Tramps
- Ukulele Group
- Walks with Joan / Walks with Harris (separate times)

Date received: _____ Received by: _____ Date class entered: _____ Date payment entered: _____