Welcome to the City of Montpelier Community Services Department Spring 2020 Program Guide.

In this guide, you can learn about Montpelier’s great recreational facilities, youth sports, community events, enrichment classes for youth and adults, and other programming and opportunities to keep you healthy, active, and learning throughout your life, and having fun.

As the we eagerly await the return of sunshine and warmer temperatures, we are pleased to offer well over 100 programs for people of all ages to help us pass the time.

When you stop in the office or visit our website, you’ll notice that one registration form combines all adult programs offered by the Community Services Department, while another covers all recreation programs. Some adult programs are open to youth, too! We hope you’ll discover a new activity in addition to many of your old favorites. Feel free to ask for assistance, as we’re happy to help guide you to the right fit.

We are very grateful for the support of hundreds of volunteers, thousands of participants, countless donors, and to the taxpayers of Montpelier and surrounding towns who allow us to offer affordable opportunities to our community.

We look forward to welcoming Spring back with you.

~ Community Services Team
City of Montpelier Community Services Department
Administrative Offices
at the Montpelier Senior Activity Center
58 Barre Street
Office open Monday through Friday, 9am-4pm
Parks: 802-223-7335
Recreation: 802-225-8699
Senior Activity Center: 802-223-2518

The office will be closed Monday, May 25 for Memorial Day.

Montpelier Senior Activity Center (MSAC)
58 Barre Street
802-223-2518
Year-round program/meeting rooms, meals site, resource library, computer lab, kitchen. MSAC is a fully accessible facility; there are accessible parking spots, automatic doors and ramps leading into both the side and front entrances, an elevator, and accessible bathrooms on each floor.

Montpelier Recreational Center
55 Barre Street
Gymnasium, game room with pool table, meeting spaces.

Open Gym will run Monday, Oct. 7, 2019 until Friday, May 1, 2020. Open gym hours are as follows:
Monday-Friday: 3-4pm and 7-9pm
Saturday: 1-4pm and 7-9pm
Friday and Saturday (high school and older): 9-10pm

Hubbard Park
Parkway Street
Montpelier’s crown jewel. Hubbard Park has ample parking (although no designated handicapped spaces), 2 shelters, and a 54 foot stone observation tower. The Tower can be accessed by car upon request, but is generally available only to those hiking on rustic trails. The “New Shelter” has an accessible route, though currently has a non-compliant lip onto the concrete pad under the shelter. The “Old Shelter” does not have an accessible route, but can be accessed by vehicle upon request. Outhouses are not accessible.

North Branch River Park
East side of Elm Street, past the Elm Street Recreational Area
North Branch River Park (Route 12) extends along almost three-quarters of a mile of river, with important wetlands and a rich diversity of wildlife. North Branch Park does not have any accessible routes. You cannot drive into the park, and the only way to access it is to hike or bike on rustic trails.

Mill Pond Park
East side of Elm Street, approx. 1/4 mile north of the Elm Street Cemetery. Several hundred feet of river frontage, boat launch, numerous wooden benches, river-view stone steps. This small park has on-road parking (no accessible spots designated), and has a small accessible pathway. The path down to the boat launch is not accessible.

Elm Street Recreational Area
1 Poolside Drive
Skateboard park, picnic area, outdoor-lighted basketball court, tennis courts, athletic fields.

Montpelier Pool
Open June 20-August 23. See page 10 for more info.

Dog River Recreational Area
Soccer field, picnic tables, and grills by the river.

Tennis Courts
There are four lighted tennis courts located at the Elm Street Recreation Field and four at the Montpelier High School.
Court Rules

- Montpelier Public Schools and Montpelier Recreation Department’s programs take precedence over all other play.
- In case of lightning, users must vacate outdoor courts for at least 30 minutes after the last thunder/lightning is heard/seen.
- Courts are to be used for tennis & Pickleball only. No bicycles, skates, skateboards, in-line skates, hockey, baseball or other activities permitted.
- Sitting or leaning on nets causes damage to the nets and net straps and is strictly prohibited.
- No food or beverages, other than water or sport drinks, are permitted on the courts.
- Sneakers or tennis shoes only may be worn on the courts.
- Smoking is prohibited.
- Glass containers are prohibited.
- Trash is to be placed in the provided containers.
- Pets are not permitted on the courts.
- Excessive noise, racquet throwing, and profanity are strictly forbidden.
- When others are waiting to play, all play is restricted to one hour singles and doubles.
- No private instructions or classes are allowed without written permission from MRD.
- All tennis court rules, regulations, and courtesies shall be observed.
- Users under the age of 14 must be accompanied by an adult after 6pm.

Montpelier Recreational Center
Looking for a place to have a birthday party? The Montpelier Recreational Center is the perfect place to celebrate. There is plenty of room for games and activities and no need to cancel a party due to bad weather. $20 per hour. Contact the Recreation office for more information at 225-8699.

Montpelier Senior Activity Center
Looking for space to hold a private meeting, class, rehearsal, party, or other event? MSAC has five different rooms available to rent, accommodating 1-300 people. Amenities include new audio-visual equipment, full-service onsite catering available, free Wi-Fi, and bulk rental discounts. The building is ADA accessible, LEED Platinum certified, air-conditioned, bright, and comfortable. Room rates range from $20 to $50 per hour with a two-hour minimum; some fees apply. For more info, contact the office at 223-2518 or msac@montpelier-vt.org. To request a reservation, fill out the form at: [http://www.montpelier-vt.org/FormCenter/Community-Services-11/Facility-Reservation-Request-58](http://www.montpelier-vt.org/FormCenter/Community-Services-11/Facility-Reservation-Request-58).

Picnic Area on Elm Street
If you are planning an outing, company picnic, or just a group get-together, this area can be reserved by the day. The picnic area has 4 grills and 4 picnic tables, horseshoe pits, volleyball court and an open area for other games, as well as access to the pool. To reserve, call the Recreation office at 225-8699.

Elm Street Pavilion
On Elm Street near the pool. $20 per hour. Contact the office at 225-8699 for more information.

Hubbard Park Shelters
Looking for the perfect place to host your cookout, picnic, or outdoor event? The Old Shelter, New Shelter, and Tuning Forks Stage in Hubbard Park may be reserved for use in four-hour blocks. Both shelters come equipped with grills, picnic tables, and running water. Groups over 50 should fill out a group permission form at least 6 weeks ahead of time to give the Parks Commission enough time to review the request. Call 223-7335 for more info or fill out our form at [www.montpelier-vt.org/parks](http://www.montpelier-vt.org/parks).
FREQUENTLY ASKED QUESTIONS

How do I register?
Registration forms are available in our office at 58 Barre Street and on our websites at www.montpelier-vt.org/cs and www.montpelierrec.org and www.montpelier-vt.org/msac.

Online Registration
Online registration is available for most programs at www.montpelier-vt.org/csregister. Please note that you must already have an account in our system in order to register online. If you do not have an account, or can’t remember your account password, please call us at 223-2518.

Payment is required in full at time of registration. Most programs require advance registration, as instructors prepare based on pre-registration counts.

Please sign up early for Montpelier Recreation Department youth sports so that we can balance the coaching staff, number of teams, and order uniforms. Registration submitted two weeks after the start date will not be accepted. It is now necessary to have background checks for all coaches, umpires, and any adults assisting in the sport.

For Montpelier Senior Activity Center (MSAC) programs, registrations of members from Montpelier and MSAC Supporting Towns (Berlin, Calais, East Montpelier, Middlesex, Moretown, and Worcester) will be processed beginning on Monday, March 9. Registrations for residents of other towns and non-members will be processed two weeks later. Pre-registration is required for all MSAC classes.

We accept credit card payments for all transactions. This service is offered at no additional fee for your convenience. Please consider paying with cash or check or making an additional contribution to cover the card processing fees.

When activities with limited enrollment become full, you may be placed on a waiting list. We will notify you in these instances and discuss available options.

Do you provide scholarships?
The Montpelier Recreation Department offers scholarships for youth sports. Please inquire for more information.

The Montpelier Senior Activity Center offers financial aid for memberships to residents of Montpelier and our Supporting Towns, and for trips and classes for members from any town.

How much does it cost?
For most Montpelier Senior Activity Center programs designed for age 50+, you must be a dues-paying member of the Center to take part, but there are many exceptions. Membership is open to anyone 50 or older from any town and runs July 1—June 30.

Membership is $15 for Montpelier residents, $30 for residents of supporting towns (Berlin, Calais, East Montpelier, Middlesex, Moretown, Worcester), or $50 for all others.

Am I a resident?
If you pay property taxes in Montpelier, whether on a primary or secondary residence, you qualify for the resident rate.

What is the refund policy?
Both the Montpelier Recreation Department (MRD) and the Montpelier Senior Activity Center (MSAC) have refund policies.

The Montpelier Recreation Department has a new refund policy.
MRD offers full refund (minus a $5 administrative fee) for withdrawal from a program if requested before registration deadline. If the department makes a change to a program that prohibits a participant from participating, a full refund will be given. After the registration deadline, a 50% refund will be given for withdrawal, up until the day after the first class. There are no refunds after that date. All requests for refunds must be made in writing by filling out a refund request form available online or from the office.

The Montpelier Senior Activity Center allows any class participant to drop a class up to two weeks after the first session for a full refund, no explanation necessary.
After the two-week period, prorated refunds will be offered for health or family emergency-related drops.

**Can I sign-up after the registration deadline?**
Late sign-ups are allowed at the instructor’s discretion, if there is room. Once a class has started, participants will need to pay the walk-in fee per class or will need to pay in full for the class.

**Is there a late fee?**
The Montpelier Community Services Department has a $10 late fee for any late registrations.

**Why do some people get delayed two weeks in being able to register for adult classes, even classes open to the public?**
Classes run by Montpelier Senior Activity Center give registration priorities to MSAC members from Montpelier and Supporting Towns (Berlin, Calais, East Montpelier, Middlesex, Moretown, and Worcester). Those towns subsidize MSAC’s operating budget, and early registration privileges are a benefit for those members, who also pay annual dues. We allow those with delayed registration to submit their registration forms on the first day of registration and hold them for two weeks, then enter them in the order in which they were received. Online and paper registration are open to all starting at the two-week point (for Spring 2020, this delayed date is March 23).

**Why do MSAC members from supporting towns still pay higher class fees than Montpelier residents?**
MSAC members from Supporting Towns (Berlin, Calais, East Montpelier, Middlesex, Moretown, and Worcester) pay higher fees because the amount that those towns contribute to the MSAC operating budget is still far less, per person served, than the amount that is contributed by the City of Montpelier (Montpelier tax-payers). However, members from Supporting Towns do enjoy the benefits of lower dues and earlier registration, compared to members from Non-Supporting Towns.

**What if a program is postponed or cancelled?**
If the minimum enrollment for a program is not reached, the program will be cancelled and participants will be contacted and offered the option of credit or a refund.

Classes may be cancelled due to inclement weather. When Montpelier Roxbury Public schools close for weather, all classes held at school facilities will be cancelled and MOST Montpelier Senior Activity Center programs, regardless of location, are cancelled unless otherwise announced. The office remains open. Please call the office for information at 225-8699 or 223-2518.

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**Important & Helpful Resources**

- **Green Mountain Transit:** 223-7287  
- **Senior Helpline:** 1-800-642-5119  
  [www.cvcoa.org](http://www.cvcoa.org)
- **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  
  (All human services resources and information)
- **Washington County Mental Health Services Crisis Line/Suicide/Emergency/screeners:** 229-0591
Reasonable Accommodations
We welcome requests for reasonable accommodations. Please contact our office at 225-8699.

Youth Sports
Please sign up early for youth sports to balance the coaching staff, number of teams, and ordering of uniforms. It is necessary to have background checks for all coaches, umpires, and any adults assisting in the sport.

Volunteer Opportunities Galore!
You can now learn about and apply for dozens of volunteer positions in all three divisions of Community Services at one source. Please stop by office, call 223-2518, or contact Chet at ccienkowsk@montpelier-vt.org. We are so grateful for our generous community!

Montpelier Senior Activity Important Spring Dates
- Monday, March 9: Spring Class Registration begins
- Tuesday, March 31: Deadline to nominate members for the Advisory Council election
- Week of April 6: Most Spring classes begin, running 10-12 weeks
- Monday, June 1: April-May Voting ends for Advisory Council election
- Tuesday, June 16: MSAC Annual Meeting

Community Services Department Important Spring Dates
Monday, May 25, the Community Services Department office will be closed for Memorial Day Holidays. The office will be closed, there will be no drop-in groups or classes (unless otherwise notified), and there will be no FEAST delivery. The office will be open on Town Meeting day.

Summer Class Proposals for adult programs at MSAC are due in the Community Services Department office by April 6, 2020. Request a proposal form from Harry or by emailing msac@montpelier-vt.org. To propose a youth program, contact Eric White at ewhite@montpelier-vt.org.
Green Mountain Youth Symphony Concert
Friday, March 27 | 9:30 - 11:30 am | MSAC
The GMYS is excited to present their Repertory and Concert Orchestras! These are two of their three ensembles, and each will perform their own musical offerings with a final piece combining both groups side-by-side. The Repertory Orchestra is under the baton of Paul Perley, Concert Orchestra and the combined ensemble will be led by GMYS Artistic Director, Bob Blais. The program will be a preview of the full GMYS Spring Concert (April 5 at the Barre Opera House). The first program includes The “Billy Tell” Overture which may sound familiar to the audience. The second program includes many familiar tunes from Italian folk music to Bruno Mars. The ensembles will join forces to present Niagara Rock, a composition by GMYS’ own Paul Perley.

Feast for FEAST Community Dinner
Friday, March 27 | 5:30 - 8:00 pm | MSAC
Join us for a fabulous community dinner to support Montpelier’s FEAST senior nutrition programs that deliver Meals on Wheels daily and provide community lunches twice weekly! The evening will feature a delicious and affordable spaghetti meal, family-friendly entertainment, a silent auction, and a chance to support FEAST! If you'd like to help with a donation of food, an item or service for our silent auction, or volunteering before or during the event, please contact Chet at ccienkowski@montpelier-vt.org! Thank you to our presenting sponsor, Hunger Mountain Co-op, for support of this event!

MSAC Rummage Sale at 58 Barre Street
Drop-off: 9am-4 pm, March 30 & 31 ONLY
Sale: Friday, April 3 (10 am-5 pm) & Saturday, April 4 (10am-2 pm)
We are seeking donations for this annual fundraising event: clean, usable clothes, accessories, household items, DVDs or CDs, or puzzles, toys, linens, games and more. Exceptions: No upholstered items, large furniture, electronics, VHS or cassettes! We’ll also need a lot of volunteers March 30 – April 4 to sort and price items, set up, sell and organize. We need people with access to pick-up trucks, too, for transporting leftover items to other community sites. If you’re interested in volunteering for a few hours, or if you have questions about what we are accepting, please contact Chet at ccienkowski@montpelier-vt.org.

CDFS Teen Jazz Dance Performance
Thursday, April 9 | 10:00—11:00 am | MSAC
Teen Jazz was founded in 1984 by Lorraine Neal, owner of Contemporary Dance and Fitness Studio. Teen Jazz is our only auditioned group, and is open to high school dancers in grades 9-12. In addition to their weekly rehearsals, they are required to take Ballet and one other technique class. Each Spring, Teen Jazz tours area schools and nursing homes.

PoemCity: Poetry Reading & Artist Reception
Thursday, April 9 | 1 - 4 pm | MSAC
A reading with the exceptional poets of MSAC, covering issues from politics to gardening with humor and grace. Shortly after, stay for the Voice & Vision artist reception featuring the poetry of Cora Brooks translated into art by MSAC artists. Refreshments will be served in honor of Cora’s birthday. MSAC poets reading from 1:00-2:30 pm and artist reception and birthday celebration from 3:00-4:00 pm.

Egg Hunt
Saturday, April 11 | Arrive 9:45; hunt starts at 10:00am | Hubbard Park | Ages 12 and under
Join us in Hubbard Park. We will have chocolate eggs throughout the trees so every child leaves with candy. Special prize eggs will be hidden that can be turned in for prize baskets!

Recycle Right! From Blue Bin to Beyond
Wednesday, April 15 | 10:00-11:30am | MSAC
You’ll have all your recycling questions answered in this in-depth workshop presented by Central Vermont Solid Waste Management District. Come learn the overview of Vermont’s recycling laws, what goes
in/what stays OUT of your recycling bin, and what “additional” recycling is and how to do it right and how to avoid “wish cycling.”

Compost Basics
Thursday, May 7 | 1:00-2:30pm | MSAC
Love Food, Hate Waste? This workshop will show you some easy ways to get started composting and do it successfully, and we’ll review other ways to keep your food scraps out of the trash. You’ll learn strategies for jump-starting an old pile, and how to keep smells down, and animals out. Everyone goes home with a starter kit. Soil Saver Composters and Green Cones will be available for workshop participants at discounted rates.

Pool Pass Discount Day
Wednesday, May 13 | 8:00 am—6:00 pm | Community Services Office (58 Barre Street) | For all ages
Join us for our annual pool pass discount day! Pool passes purchased this day will be 10% off! Be sure to bring your key fobs to have them reactivated!

Real Estate Talk with Jeanne Felmley
Thursday, May 14 | 2 - 3:30 pm | MSAC
Join Jeanne Felmly, a licensed Real Estate Broker, for a discussion about the basics of the real estate transaction. Many people are overwhelmed by how complicated the process can become, and this workshop is designed to educate the lay person starting with the common questions: What do I have to do to prepare my home for sale? How do Real Estate professionals qualify buyers? How do I evaluate offers? And more. Free and open to the public; no advance registration.

Touch a Truck
Sunday, May 17 | 11:00 am-2:30 pm | MHS Track | For all ages
If your young ones are fascinated with big trucks of all types then this is the event for them! It’s time for our 11th annual Touch a Truck event, where your kids can touch, honk and climb on trucks and specialty vehicles of all types. Along with your entry fee you will receive one free entry to the Montpelier Pool Concessions and other entertainment will be available. This is also a great event for local businesses to market and network with the community to grow their business. We accept unique, specialty vehicles of all types.

Parkapalooza
Every Thursday, July 2 - August 22 | 5:30 pm | Hubbard Park
Join us in Hubbard Park every Thursday in July and August for live music, our giant Slip’n'Slide, and tons of outdoor fun in the park. Music starts at 5:30pm.

Family Fun Day
Friday, July 3 | 1:00—4:00 pm | Montpelier Pool | Free | For all ages
This event invites the entire family to come and enjoy the fun at the swimming pool. We have water games and land events with prizes for kids. Free Admission! Marco The Magician will be entertainment!

Moonlight Swim
Friday, July 31 | 10:00 pm –12:00 am | Montpelier Pool | Normal Daily Admission fee or season pass | For all ages
We’re open seven days a week!

Family swim requires an individual to be entering 9th grade, or accompanied by someone 18 years of age or older.

Children age 8 and under must be accompanied by an adult at all times. Children 4 and under must have an adult IN the water with them.

Monday—Friday
7 am-8 am: Morning Lap Swim (must have pass)
1 pm-4:15 pm: General Swim
4:30 pm-7 pm: Family Swim

Saturday & Sunday
1 pm-5:30 pm General Swim

Unscheduled Pool Closings
The pool and deck area will be cleared for a period of 30 minutes anytime lightning is detected within a 20-mile radius of the pool. Patrons will be allowed to re-enter the pool once 30 minutes has elapsed without re-occurrence of thunder or lightning. If storm conditions continue and there is no immediate sign of weather clearing, the pool will close for the day.

Member Guest Day - Saturday, July 11 | 1:00 - 5:30 pm | Season pass holders only | All ages
Season pass holders are invited to bring a guest for free.

Family Fun Day - Friday, July 3 | 1:00 - 4:00 pm | Free Admission! | All ages
This event invites the entire family to come and enjoy the fun at the swimming pool. We will have water games and land events with prizes for kids. Marco The Magician will provide some magical entertainment!

Moonlight Swim
Friday, July 31 | 10:00 pm – 12:00 am | Montpelier Pool | Normal Daily Admission fee or season pass | For all ages

Floodle Night – Thursday, August 13 | 5:00—7:00 pm | Montpelier Pool | Normal daily admissions or season pass | All ages

Dog Day at the Pool - Wednesday, August 21 | 5:00 - 6:30 pm | Montpelier Pool | Admission by donation | All Dog lovers

Follow us on Facebook for updated pool closings and schedule information: www.facebook.com/montpelierrec.
SWIM LESSONS

**July 6 - July 17**

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<th>Tadpoles 1121B</th>
<th>Tiny Tots 1111A</th>
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**July 27 - August 7**

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**Lesson Fee**

$35/resident, $52.50/non-resident

**Lesson Descriptions**

**Tiny Tots:** Our program is for children 5 and under who have not been to kindergarten. A parent is required to accompany their child in the water. You will learn to work with your child on pre-swimming skills that are provided by a qualified instructor. In case of cold and/or rainy weather, lessons will be cancelled. Lesson cancellations, due to time constraints and inclement weather, will not be made up or refunded.

**Tadpoles:** Learn basic personal water safety information and skills, to help participants feel comfortable in the water and to enjoy the water safely. Participants will also learn to safely enter and exit the water independently and begin to recover from floating and gliding into a vertical position.

**Frogs:** Gives participants success with fundamental skills. This level marks the beginning of true locomotion skills. Participants continue to explore simultaneous and alternating arm and leg actions on the front and back to lay the foundation for future strokes. Participants will learn to step into chest-deep water, perform front and back floats and return to a vertical position, as well as swim on the front using a combined arm and leg action for 5 body lengths.

**Swordfish:** Participants will learn the survival float, the elementary backstroke, and to coordinate the front crawl. They are introduced to the scissors kick and build upon the fundamentals of treading water. Participants also learn rules for headfirst entries and begin to learn to enter the water headfirst from the rafts.

**Dolphins:** Developing confidence in the strokes learned thus far and improving other aquatic skills. Participants improve their skills and increase their endurance by swimming familiar strokes such as the front crawl and elementary backstroke for greater distances. Students also continue to build upon the scissors kick by adding the arms for sidestroke and butterfly. The back crawl and the breaststroke are introduced in this level.

**Sharks:** Coordinating and refining strokes. Participants refine their performance of all the strokes including the front crawl, back crawl, butterfly, breaststroke, elementary backstroke, and sidestroke, and increase their swimming distances.

**Level Six:** Refining the strokes so students swim them with ease, efficiency, power, and smoothness over greater distances.
Summer Camps & Programs

Capital Kids Day Camp
Grades K-6 | Elm Street Rec. Area

Capital Kids Day Camp
Grades K-6 | Elm Street Rec. Area

Please specify for each session:
Section A—Full Days
Section B—Mornings
Section C—Afternoons

Day Camp provides swimming at the pool in the afternoon along with other activities.

The camp staff consists of an experienced Day Camp Director and camp counselors who are certified in CPR and First Aid.

Parents may pre-enroll their children in Day Camp to ensure a spot for the upcoming weeks. Payment is due the Thursday prior to the week the child is attending camp. The Registration Form has a checklist that every requirement must be met before the child will be enrolled in the program. A spot will not be reserved until all paperwork is received.

To cancel a week of camp and be refunded minus $20 administrative fee, please fill cancelation form and submit 7 days prior to the start date of the week you are canceling.

Montpelier Ultimate Frisbee Camp
July 13-17 | 8:00 am - 12:00 pm | Montpelier High School | $146

Montpelier resident/$156 non-Montpelier resident | Ages 10-14

Whether you are a beginner or know all about Ultimate Frisbee, this day camp will help stretch your skills. Over the course of the week we will work on catching, throwing, strategy, knowledge of the game, speed and, of course, we will play a lot of Ultimate! Participants should bring their own water bottles and dress appropriately to run around outside.

Montpelier Summer Youth Track
Tuesdays & Thursdays, June 25-July 18 | 5:30-7:00 pm | Montpelier High School | $35 Montpelier resident/$45 non-Montpelier resident | Ages 7-14

Join coach Bill Magill at the high school Tuesday and Thursday nights for summer youth track! The team will compete in the State meet July 21st in Saint Johnsbury. Montpelier won the 2018 State Championship for the small community division.

Montpelier Marlins Swim Team
June 22-August 1, Mondays, Tuesdays & Wednesdays | Montpelier Pool | $140 Montpelier resident/ $175 non-Montpelier resident | Ages 7-18 who have passed their raft test

Swimmers will be divided by skills into groups A, B, C on the first day.

Group A: 6:30-8:00 pm
Group B: 6:30-7:30 pm
Group C: 6:30-7:30 pm

The Montpelier Swim Team welcomes youngsters who would like to learn more about competitive swimming.

Montpelier Swim Team Session Cost
Montpelier resident/ $130 non-Montpelier resident

1st Child $75 1st Child $107.50
Add’l Child $115 Add’l Child $97.50
Full-Day $130 $175
Half-Day $75 $107.50

Please specify for each session:
Section A—Full Days
Section B—Mornings
Section C—Afternoons

The Recreation Department’s Day Camp runs 5 days a week for 9 weeks. Camp is open Monday – Friday 7:30am – 4:45pm.

The Recreation Camp is for boys & girls who are between the ages of 5 & 12 years old. All five year olds must have already completed kindergarten.

The pavilion at the Recreation Fields, located on Elm Street, is the primary facility for our Day Camp. Drop off and pick-up will be at the pool parking lot.

Each day is filled with all kinds of age appropriate activities (field games, crafts & nature activities). Once a week Day Camp will have a special event.
swimming to participate in this program. Swim meets are on Thursday evenings at the Waterbury outdoor pool. All registered members are eligible to participate in the meets, however, there is a separate meet fee per event (usually $4.00 per event). Pre-registration is required and must be done through the swim team website and opens in April: montpelierswimteam.com

For more information please see the swim team website, contact montpelierswimteam@gmail.com, or visit our Facebook page at: Montpelier Marlins Summer Swim Team.

Montpelier Mini Marlins Swim Team
June 22-August 1, Mondays, Tuesdays & Wednesdays | 6:30-7:15 pm | Montpelier Pool | $100 Montpelier resident/$125 non-Montpelier resident | Ages 4-7

This program will emphasize stroke development and meet readiness. Swimmers who are strong enough will participate in meets at the coaches’ discretion. Swimmers should be comfortable in the water, including putting their face in the water. They may not have passed their raft test, but should be comfortable swimming out to the raft, with supervision. Mini Marlins will be practicing in the shallow portion of the deep end of the pool and should be comfortable swimming in deep water with supervision.

Pre-registration is required at the swim team website: montpelierswimteam.com. Registration opens in April. For more information please visit the swim team website, contact montpelierswimteam@gmail.com, or visit our Facebook page at: Montpelier Marlins Summer Swim Team.

Montpelier Mini Marlins Swim Team
June 22-August 1, Mondays, Tuesdays & Wednesdays | 6:30-7:15 pm | Montpelier Pool | $100 Montpelier resident/$125 non-Montpelier resident | Ages 4-7

This program will emphasize stroke development and meet readiness. Swimmers who are strong enough will participate in meets at the coaches’ discretion. Swimmers should be comfortable in the water, including putting their face in the water. They may not have passed their raft test, but should be comfortable swimming out to the raft, with supervision. Mini Marlins will be practicing in the shallow portion of the deep end of the pool and should be comfortable swimming in deep water with supervision.

Pre-registration is required at the swim team website: montpelierswimteam.com. Registration opens in April. For more information please visit the swim team website, contact montpelierswimteam@gmail.com, or visit our Facebook page at: Montpelier Marlins Summer Swim Team.

Vermont Futbol Academy (UVM) Soccer Camp
July 13th - 17th | 8:30am - 3:00pm
Montpelier Rec Fields | Ages 6-14
Full day $235/ Half day $175 | Ages 6-14
The University of Vermont Men’s Soccer Coaching Staff is thrilled to be offering a camp outside of Burlington! The VFA Day Camp in Montpelier features five days of excitement and challenge. The focus of camp is enhancing a passion for the sport with a positive learning environment coupled with excellent skills training and fun competitions.

Players will work on technical training to improve their skills, compete in fun challenges to test themselves, and play in a week-long world cup format tournament. This will give beginners to advanced players the opportunity to learn about the game and themselves alongside current and former Catamount standouts.

The coaching staff includes University of Vermont Head Men’s Soccer Coach Rob Dow, Assistant Coaches Adrian Dubois and Brad Cole, Goalkeeper Coach Randy Coble. In addition, current University of Vermont Varsity soccer players will assist with all events.

Capital Soccer
Montpelier Rec Fields | Ages 6-15 | Half Day: $160/Full Day $290
Session 1: 6/22-6/26
(May change due to snowdays)
Session 2: 8/3-8/7

Choose either half day (9am to 12pm) or full day (9am to 3pm).
Players ages 6-15 are welcome to come and join in on the fun. Make sure you bring your swimming suit.
for a dip in the pool! Registration is now open and you can sign up via the Capital Soccer website. Please visit http://www.capitalsoccer.net/educational-programs to register and reserve your spot today. The energetic Capital Soccer staff looks forward to a great week at the Montpelier Rec Field.

**Next Level Soccer (Challenger)**
July 20 - July 24 | Montpelier Rec. Fields | Ages 3-12 |

**Half Days**
9:00 am - 12:00 pm | Montpelier resident $139/Non-Montpelier resident $149 | Ages 5-12

**Full Days**
9:00 am - 4:00 pm | Montpelier resident $215/Non-Montpelier resident $225 | (Ages 7-12)

Soccer at all levels is increasingly being played at a greater speed and new demands are being placed on players to react, move, and perform skills whilst under pressure from opponents. Players must be capable of quicker controlled movements on and off the ball and must be able to think faster and make split-second decisions. The Next Level method of training has been developed for competitive players who require a more demanding camp program that will allow them to work intensively on these skills and that will help them grow technically, tactically, physically, and psychologically.

**Vermont Mountaineers**
See pg. 16

**FEAST Farm Camp**
1 week, in July—exact dates to be announced | For kids entering 3-5 grade
The Montpelier Community Feast Farm invites kids of central Vermont to immerse themselves in the daily cycles of farming for a one week session. During the week, we will nurture campers' curiosity as they plant, harvest, and taste their way through regenerative farming practices. While digging in the soil, they will learn not only about growing food, but also about sustainable and equitable food systems.

**Vermont Tennis Academy**
See pg. 15
Vermont Tennis Academy

The Vermont Tennis Academy is designed to help beginners to advanced players reach their maximum potential in a very short period of time. The Academy offers low and high performance tennis training for all ages and abilities. Instructor Scott Barker’s experience as a tennis professional includes teaching all experience levels as well as high school, college, and professional level players. Scott has won over 60 combined singles and doubles tournaments and has worked with former world champions: John McEnroe, Jimmy Conners, Bjorn Borg, and Stan Smith.

- All participants will be divided into groups by age and skill level.
- The Academy offers match play statistics, ball speed clinics, as well as match strategy.
- Absolutely all participants MUST be registered before arriving at lessons or camps. Participants who are not registered at the time will not be permitted to participate and will be excused from tennis. There are no exceptions. This is for each child’s safety and well-being. Registrations are accepted at the Community Services office. No registrations will be collected at the courts.

Spring Youth Tennis Lessons
Montpelier Rec Tennis Courts | 3:30—5:00 pm

Elementary School Students:
Wednesdays, May 13—June 17 | Montpelier resident $108/ non-Montpelier resident $162

Middle School Students:
Tuesdays & Thursdays, May 12—June 18 | Montpelier resident

$216 / non-Montpelier resident
$324

Summer Youth Tennis Lessons
Montpelier Rec Tennis Courts | Mondays - Fridays (skips 7/3) | Montpelier resident $60/non-Montpelier resident $90 | Ages 6-15

June 22-June 26
Section A: 9-10 am
Section B: 10-11 am
Section C: 11 am -12 pm

June 29 - July 2
Montpelier resident $48 / non-Montpelier resident $72
Section A: 9-10 am
Section B: 10-11 am
Section C: 11 am -12 pm

July 6 - July 10
Section A: 9-10 am
Section B: 10-11 am
Section C: 11 am -12 pm

July 13 - July 17
Section A: 9-10 am
Section B: 10-11 am
Section C: 11 am -12 pm

July 20 - July 24
Section A: 9-10 am
Section B: 10-11 am
Section C: 11 am -12 pm

July 27 - July 31
Section A: 9-10 am
Section B: 10-11 am
Section C: 11 am -12 pm

August 3 - August 7
Section A: 9-10 am
Section B: 10-11 am
Section C: 11 am -12 pm

August 10 - August 14
Section A: 9-10 am

Session B: 10-11 am
Session C: 11 am -12 pm

August 17 - August 21
Section A: 9-10 am
Section B: 10-11 am
Section C: 11 am -12 pm

Adult Tennis Lessons
Thursdays, 5:00—6:00 pm | Montpelier resident $60 / Non-Montpelier resident $90 | Ages 18+

Sessions:
May 14—June 11
June 18—July 23
July 30—August 27
September 3—October 1

Summer Youth Tennis Camps
Ages 6-15 | Monday-Fridays 9 am-12 pm | Montpelier Recreational Elm Street Tennis Courts | $180 resident/$270 non-resident

Session A: June 22-June 26
Session B: June 29 - July 2 ($144 Montpelier resident / $216 non-Montpelier resident

Session C: July 6 - July 10
Session D: July 13 - July 17
Session E: July 20 - July 24
Session F: July 27 - July 31
Session G: August 3 - August 7
Session H: August 10 - August 14
Session I: August 17 - August 21
Mountaineers Baseball Camp
Mondays-Thursdays, 6/22-7/16
9am - 12pm  | Ages 6 - 13  | Montpelier Rec Fields  | $100 for all participants

Session 1: June 22 - June 25
Session 2: July 6 - July 9
Session 3: July 13 - July 16

The Mountaineers’ Baseball Camps will be held at the Montpelier Recreation Field and will be run by the Mountaineers’ coaching staff and players. Campers will receive general baseball instruction in all aspects of the game. In addition to camp instruction, every camper will receive two game tickets, a team yearbook and a Mountaineers t-shirt. The campers will also take the field with the Mountaineers prior to a home game.

The campers will be divided into age groups, so that all will receive instruction that is beneficial to improving their skills. Our professional staff of experienced coaches and dedicated players will provide an opportunity to learn the game, as it should be played, with a low coach to camper ratio.

Participants should bring a glove, bat (optional) and sneakers. Please register in person at the Montpelier Recreation Department or mail the enrollment form to Mountaineers Baseball Camps, Montpelier Recreation Department, 58 Barre Street, Montpelier, VT 05602.

Mountaineers 2020 Home Game Schedule

<table>
<thead>
<tr>
<th>JUNE</th>
<th>JULY</th>
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| **Wednesday, June 3**  
  vs. Upper Valley | **Wednesday, July 1**  
  vs. North Adams |
| **Sunday, June 7**  
  vs. Sanford | **Saturday, July 4**  
  vs. Winnipesaukee |
| **Wednesday, June 10**  
  vs. Winnipesaukee | **Sunday, July 5**  
  vs. Mystic |
| **Saturday, June 13**  
  vs. Ocean State | **Tuesday, July 7**  
  vs. Newport |
| **Sunday, June 14**  
  vs. Keene | **Wednesday, July 8**  
  vs. Martha’s Vineyard |
| **Wednesday, June 17**  
  vs. Valley | **Saturday, July 11**  
  vs. Sanford |
| **Saturday, June 20**  
  vs. Upper Valley | **Wednesday, July 15**  
  vs. North Adams |
| **Tuesday, June 23**  
  vs. Bristol | **Tuesday, July 21**  
  vs. Keene |
| **Wednesday, June 24**  
  vs. North Adams | **Tuesday, July 28**  
  vs. Sanford |
| **Saturday, June 27**  
  vs. Danbury | **Friday, July 31**  
  vs. Keene |
| **Sunday, June 28**  
  vs. Upper Valley |  |
| **Tuesday, June 30**  
  vs. Winnipesaukee |  |
Little Sprouts Open Gym
Wednesdays, Oct. 2 – April 29 | 9:00-11:00p | MRD | No charge | For infants, toddlers & preschoolers
The Gym is available on Wednesdays from 9:00 - 11:00 a.m. for preschool age children with their parents or day care provider. Mats, balls, and other play equipment are available for use.

Puppet Workshop
Janice Walrafen | Thursdays, March 19 – April 16 | 3:00 – 4:45p | MRD | $60 Montpelier res. / $75 non-Montpelier res. | Ages 7-15
We will make paper mache’ masks and costumes of your favorite species. Working with cardboard, paper mache’, paints, and fabric, we will create wearable costumes that can be worn on All Species Day held on Sunday 5/3/20. Janice will meet kids at UES right after school and walk them over to Rec. Center. Be sure to notify UES that your child has permission to leave with her.

Run Montpelier!
Run Montpelier Team | Tuesdays & Thursdays, March 31-June 13 | 3:00 - 4:30 pm | Bethany Church | $35 Montpelier resident / $50 non-Montpelier resident | Ages 3-6
Montpelier Rec announce the “Run Montpelier!” a 5-week program created for all fitness levels and backgrounds to promote healthy choices. Building healthy habits means more than just ensuring a person gets exercise, we also want to help improve their self-confidence and give them a sense of community and accomplishment with their fellow Central Vermonters!
Registration will include a shirt, enrollment in a group of their peers & coaches, and a spot in the end of season 5k.

Babysitting Training
Sheila Cleary | Sunday, April 5 | 9:00a-4:00p | CVTMC Conference Room 1 | $60 Montpelier res./$90 non-Montpelier res. | Ages 11+
Babysitting training class is a unique leaders training for boys and girls 11 and up. This full day class covers all aspects of the business of babysitting babies through school age. Great training for future coaches, counselors and educators. First Aid and CPR are introduced in the course. Digital certification email will be sent once the course is completed.

Start Smart Baseball
MRD Staff | Tuesdays, April 28-May 26 | 5:00-5:45p | MHS front lawn | $50 Montpelier res./$75 non-Montpelier res. | Ages 3-5
This 5-week Start Smart Baseball is a developmentally appropriate, introductory program for children 3-5 years old. This program introduces children to baseball in a fun environment. Start Smart Baseball prepares children and their parents for organized baseball without the fear of getting hurt. This program is an interactive program with children and their parents. PARENTS MUST PARTICIPATE. Please leave other siblings at home unless supervised by another parent. This five week program is for both parent and child. Each child will receive a glove, bat, two balls, and a booklet with drills to practice at home.

April Day Camp
MRD Staff | April Vacation week, 4/20-4/24 | MSMS | 7:45 am – 4:45 pm | MSMS | $120/week or $32/day, $105/week or $25/day for additional child for residents, $160/week or $46/day, $140/week or $35/day for additional child.
The Day Camps provide youngsters with a well-balanced selection of activities. The camp is staffed by a Director and qualified counselors. Children should bring snacks, lunch, and something to drink. Pre-registration is required. We are a licensed childcare program and can accept state subsidy for eligible children. Please make sure your State paperwork is filled out prior to the start of the program. Children will not be enrolled in Camp after the deadlines set for each camp. Immunization Records must be included otherwise we cannot accept the child by state regulations.
Special Field Trip Thursday: TBA.

No child will be enrolled without payment or Subsidy Certificate and all required forms. Must be registered by April 9th.

Archery
R&L Archery | Tuesdays 4/7 - 4/28 | 6:00—7:00 pm | R&L Archery, Barre | 3rd grade and up (Under 18, must be accompanied by an adult) | $30
Learn to handle a bow safely and how to properly shoot at targets at R&L Archery’s indoor range.

Cancelled!
Youth Recreation Programs cont.

Tae Kwon Do
Matthew Girouard | Mondays & Thursdays | Union Elementary School Big Gym | $70 Montpelier residents ($35.00 for adult participating with child)/ $100 for non-Montpelier resident ($50 for adult participating with child)

Tae Kwon Do A:
Ages 7 - 8 | 6:00 - 7:00 pm
Tae Kwon Do B:
Age 9+ | 7:00 - 8:00 pm

Beginners are welcome and encouraged to join these classes. This is an instructional class for people who want to learn the art of Tae Kwon Do. Parents who participate in class with their child will get a discounted rate of 50% off. NOTE: An additional fee of $35.00 will be charged for the TKD uniform. All participants must purchase AAU insurance through the TKD instructor at the cost of $14.00 per year. This will allow the participant to participate in additional TKD competitive events.

Spring Youth Tennis Lessons
Montpelier Rec Tennis Courts | 3:30—5:00 pm

Elementary School Students:
Wednesdays, May 12—June 17 | Montpelier resident $90 / non-Montpelier resident $135

Middle School Students:
Tuesdays & Thursdays, May 12—June 18 | Montpelier resident $216 / non-Montpelier resident $324

Many Adult Classes are Open to Youth!

Many of our Adult Class series and four one-time cooking workshops—at Montpelier Senior Activity Center and off-site—are open to youth, some as young as 7 years old, and others for teens. These include classes such as drawing, singing, clay, tile-making, cooking, guitar, film appreciation, music appreciation, Spanish, Tai Chi, and Guided Mindfulness Meditation.

See pages 19-32, look for the ones marked with ★ and check ages! In some cases, these adult classes open for registration to people under age 50 starting on March 23—two weeks after senior center members. We are pleased to offer these affordable class series as intergenerational opportunities!
**Drawing Nature**
Janice Walrafen | 8 Mondays, starts 4/13 | 5:00—7:00 pm | MSAC Art Room | $50 MSAC members/$75 public | Ages 17+
In this class we will explore how to draw the unfolding of plants. We will look closely at nature’s shapes and forms, and step back to see the field of pattern, light and shadow. Using pencil, pen and charcoal, we will draw from life both inside the classroom and outside when the weather permits. Open to all abilities. Class participants should come to class with:
- soft and hard, thick and fine pencils
- Conte crayons—black, grey, white, brown, and red
- kneaded and solid erasers
- a sketch pad at least 9x12 in size—paper should have some tooth, not be too smooth
- colored pastel paper is an option
- When outside, you will want a large drawing board and a folding chair. Easels are an option if you would like.

**Reelin’ & Rockin’: Singing Songs of the 50s & 60s**
John Harrison | 10 Tuesdays, starts 4/7 | 2:00-3:00 pm | MSAC Community Room | $40 members/$65 public | Ages 14+
A chorus for rockers of all ages who want to sing the great songs of the fifties and sixties. Instructor John Harrison, Director of the Montpelier Community Gospel Choir, is a composer, choral director, singer, and saxophonist who has been performing professionally since he was a lad. He performs and teaches in a variety of styles that reflect his eclectic background in music. In this class, you’ll have a great time learning to sing classic rock songs.

**Tile Making Workshop**
Janice Walrafen | 5 Tuesdays, starts 3/31 | 5:30-8:00 pm | Janice’s studio | $70 members / $95 public | Ages 7+
Have you ever wanted to make a tile or are just curious how it is done? Working from a flat slab of clay, tiles can be carved, sculpted, drawn, and painted. Create ornate signs for your home, welcoming visitors with your name and address, decorative tiles for the kitchen or bathroom, or simply enjoy working with clay. Materials fee of $30 will be charged for clay, glazes, and firing, payable to the instructor. If you own your own tools, please bring them.

**Advanced Beginner Guitar**
Tom Wales | 10 Wednesdays, starts 4/8 | 5:00 - 6:00 pm | MSAC Community Room | $25 members / $50 public | Ages 14+
This is a continuation of the Advanced Beginner Guitar Course. New students must have their own guitar, know how to tune their guitar, some familiarization with some chords and have a desire to join a fun group. We will continue to use and learn new chords and play songs. There will be minimal music theory and maximum fun. Playing an instrument is one of the best things a person can do for him or herself. Guitar is a lifelong companion, much like a dog - doesn’t complain just gives back a lot of pleasure.

**Clay Constructions - Human, Animal & More**
Georgia Landau | 8 Thursdays, starts 4/23 | 4:00 - 5:30 pm | MSAC Art Room | $40 members/$65 public | Ages 7+
This class begins making faces and figures, human and animal, then moves on to work with slabs and other clay hand building techniques. With these skills you can create sculptures based in reality or imagination. People and Pets, Dragons and Gargoyles, All Creatures are welcome! Materials fee of $15 for clay, firing and paint or glaze, payable to instructor.

**Singing & Speaking Well for your Whole Life**
Naomi Flanders | Thursdays, starts 4/16 | 4:00-5:00 pm | MSAC Community Room | $30 members / $55 public | Ages 21+
Everyone can sing! People laugh when I say this, but I found in my work with many people, that it’s true! This class is for fun and to get you singing, but I will also help you get your speaking voice in shape. We will be singing rounds, some gospel, folk music, and music that class members suggest. I hope you sign up! All ages welcome!
Performing, Fine & Culinary Arts

# ★ Pastel Painting from Life—offsite
Joyce Kahn | 10 Thursdays, starts 4/23 | 4:30-6:30pm | Beth Jacob Synagogue | $75 members/$100 public | Ages 16+

This class is open to beginners and those with experience. I believe that the best way to learn to paint is from life. I will set up a still life each class, or students may bring objects from home that we will light up so they can see the form of the objects. Students may bring photographs to paint from, but painting from life will be emphasized. You will learn to measure along with basics of composition and application of pastels. We will also explore underpainting with various media if there is interest.

★ Digital Photography - Mixed Levels
Linda Hogan | 10 Fridays, starts 4/10 | 10:00 am - 12:00pm | MSAC Resource Room | $35 members/ $60 public | Ages 14+

In this workshop we will explore new ways of looking at things around us to make a picture something very special, and go deeper into the art of seeing. Each week we will take on a theme that will help broaden your understanding of capturing a perfect image that tells a good story. Half of the time we will explore color photography and the other half will be focused on the beauty of classic black and white imagery. Basic and interesting photography concepts will be explained as well as things you may want to know to prepare for an exhibit and/or selling your work.

You will need any kind of digital camera with a memory card or smart phone, a flash/thumb drive and a notebook and pen/pencil for notes. This is a fun class for all levels and through a series of weekly assignments and critiques will help open your eyes and give you skills, new image options and information that you can use for a lifetime of exploration for making better photos.

■ Painting at All Levels
Linda Hogan | 10 Mondays, starts 4/6 | 10:00 am—12:00 pm | MSAC Art Room | $30 Montpelier resident/$40 non-Montpelier resident | Ages 50+

Explore the wonderful world of painting in acrylics, watercolors, oils, pastels, your choice. Bring your own ideas or work from a set-up in the art room. There will be instruction, handouts, and many new ideas offered to help you create your masterpiece. A great way to start the week off right!

■ Handbuilding in Clay
Nicole Galipeau | 10 Mondays, starts 4/6 | 1:00-2:30 pm | MSAC Art Room | $70 for all members | Ages 50+

This is an introductory class in the art of hand-building in clay. Whether making functional pottery or sculptural pieces, we will use basic techniques such as using coils, molds and pinch pot methods to create pieces in accordance with individual interest. Our class is not only about making art in clay; it is about making art in an intimate and very jovial setting! Having a group of us working individually but in a studio setting together gives a very satisfactory feeling of accomplishment and comradery! Work will be finished and fired at Mud Studio. Clay can be purchased as needed from the instructor. Price includes firing and materials.

■ Painting in Oils or Pastels
Jeneane Lunn | 9 Tuesdays, starts 4/7 (skips 4/21) | 4:30—6:30 pm | MSAC Art Room | $40 Montpelier resident/$50 non-Montpelier resident | Ages 50+

This two hour class will include a 30 minute demonstration each night alternating between oil and pastel.

The class will cover basic technique in both mediums and is fine for people of all ability and experience levels. Newer students will be supported with lots of instruction and more advanced students will find their work enhanced by specific critique.

■ Rug Hooking
Pam Finnigan | 10 Wednesdays, starts 4/8 | 9:30—11:30 am | MSAC Art Room | $30 Montpelier resident/$40 non-Montpelier resident | Ages 50+

Pam is a certified rug hooking instructor who teaches both traditional and non-traditional techniques. Participants will need a rug hooking frame or 12 to 14-inch quilter’s hoop, foundation cloth, rug hook, small pair of sharp scissors, a permanent marker and wool cloth or wool strips. A machine to cut wool is available for students to use during class. Supplies will need to be purchased by the student. Beginner and seasoned rug hookers are welcome.
Beginning students will be called by the teacher prior to the start of class. Also, she will gladly answer any questions you might have.

**Drawing Basics**
Janice Walrafen | 10 Thursdays, starts 4/16 | 1:00-2:30pm | $30
Montpelier resident/$40 non-Montpelier resident
Have you always wanted to draw, but not known where to begin? Do you love to draw, but need to set time aside to do it? This is a great beginner and refresher class. Most often working from life, each class introduces a different skill or lens to draw from including contour, value, perspective, foreshortening, portraits, proportions, composition, and more. Great foundational skill building and enjoyable time spent drawing. Please bring 9"x12" sketch pad (not newsprint), #2 HB pencils, eraser (knot kneaded). Other supplies needed throughout class will be a ruler, Prismacolor white pencil and oil Pastels.

**Healthy Gluten-Free Cooking**
Lisa Mase | Saturday, May 23 | 9:00-10:30 am | MSAC Kitchen | $20 members / $25 public | Ages 15+
Why is gluten-free cooking such a fad? Learn about the implications of conventional wheat products on the digestive, endocrine and nervous systems and learn how to incorporate more whole, gluten-free grains into your cooking and baking. Prepare and savor delicious foods and leave with recipes and nutritional information.

**Green Spring Foods for Rejuvenation**
Lisa Mase | Saturday, May 30 | 9:00-10:30 am | MSAC Kitchen | $20 members / $25 public | Ages 15+
Ever wonder how to cook delicious dishes with dandelion, nettle, turnip, and other bitter foods? Green spring foods are a time-honored tradition for cleansing the liver and rejuvenating the digestive system after a winter of heavier eating. Learn which foods are most healthful and nourishing at this time, prepare recipes and taste the results. Leave with recipes and information on the health benefits of spring foods.

**How to Conduct a Simple Cleanse**
Lisa Mase | Saturday, June 6 | 9:00-10:30 am | MSAC Kitchen | $20 members / $25 public | Ages 15+
Spring and fall are considered by many nutrition traditions to be a wonderful time to engage in a gentle, food-based cleanse for a week. We will understand the benefits of cleansing, when and for whom it's appropriate, and how to eliminate common allergens and bring more vitality to your entire being. Leave with cleanse guidelines and recipes to inspire you.

**Ayurvedic Cooking Basics**
Lisa Mase | Saturday, June 13 | 9:00-10:30 am | MSAC Kitchen | $20 members / $25 public | Ages 15+
Ayurveda is a Sanskrit word that means "knowledge of life." We will discuss the health benefits of this centuries-honored way of life and explore the role of personal constitution in determining diet, daily habits, and self-care practices. We will prepare and sample Ayurvedic dishes and explore how they can be modified to match your constitutional needs. Leave with recipes and guidelines on using Ayurvedic food for self healing.

**Film Appreciation: Foreign Masterpieces 1930-1945**—off site
Rick Winston | 8 Mondays, starts 4/6 | 9:30 am - 12:00 pm | Savoy Theater | $50 members/$75 public | Ages 14+
The early years of sound film were exciting ones. We'll see films from pioneering directors such as Rene Clair (LE MILLION), Sergei Eisenstein (ALEXANDER NEVSKY), Fritz Lang (M) and Yashujiro Ozu (I WAS BORN, BUT...). All films with subtitles.

**Music Appreciation: Opera II: The 19th Century**—off site
Erik Nielsen | 10 Tuesdays, starts 4/7 | 2:30-4:00 pm | Westview Meadows | $70 members/$95 public | Ages 17+
This class is a follow-up to Opera I, though taking the first level is not a pre-requisite for this course. After a little review we will cover the 19th century after the Italian bel
canto composers. We will cover some of the most familiar operas in the grand opera tradition, works by Verdi and Wagner, but also great operas by Berlioz, Bizet and the Russian operatic composers, such as Tchaikovsky, Mussorgsky and Borodin. We will end at the dawn of the 20th century, and we hope this will whet your appetite for a third course covering more recent works. Once again, composer Erik Nielsen will lead the class. The class is open to anyone with curiosity about opera and a willingness to listen.

**Spanish A1 and A2**
Carlos Reyes | 8 Thursdays, starts 4/16 | 9:00 - 10:15 am | MSAC Resource Room | $30 MSAC member/ $55 public | Ages 14+
This is the introduction to the language, the “building blocks” part of the learning process where you will be able to communicate right away from day one. We try to avoid the tedious and boring “ghost” of GRAMMAR and learn communication patterns instead.
We focus on SPEAKING and learning in a fun way through videos, games and songs. We give our students all the encouragement and ideas of various techniques that can be adopted to help them better understand and acquire the language.

**Intermediate Spanish B1 and B2**
Carlos Reyes | 8 Tuesdays, starts 4/14 | 9:00 - 10:15 am | MSAC Resource Room | $30 MSAC member/ $55 public | Ages 14+
Once you have mastered the basics of communication and you are ready to take your Spanish to the next level, this class is for you. Now you can start talking about the past and the special secret language within the language where you can talk about your hopes, wishes and desires -- THE SUBJUNCTIVE. After getting through intermediate Spanish, you can expect to be able to carry on a conversation about many different ideas.
You’ll work with higher-level vocabulary, refined sentences and gain a more authentic accent. The intermediate level is always a challenge, but with your determination, and the tools this class will give you, you will reach the ultimate goal—communication.

**Film Appreciation: “Creative Types: Documentaries about Artists, Writers & Performers”**
Rick Winston | 8 Thursdays, starts 4/9 | 10:00 am - 12:30 pm | Savoy Theater, Montpelier | $50 MSAC members/ $75 public | Ages 14+
There have been several excellent documentaries of the last few years that explore the creative process. We’ll see films about Toni Morrison and James Baldwin as well as those focusing on lesser-known figures such as Gertrude Berg, Evelyn Glennie, and W. Eugene Smith.

**Music Appreciation: Music of Change**
Erik Nielsen | 10 Fridays, starts 4/10 | 3:15—4:45pm | MSAC Community Room | $70 MSAC members/ $95 public | Ages 13+
When many people over the age of 50 think of the term “music of change”, they equate it with the idea of social change, and that in turn often leads to thoughts of the 1960’s and its great upheavals, with music by Bob Dylan, Pete Seeger and others helping to lead different movements. However, there are many kinds of change. There are the changes that occur when ideas move from one culture to another; or changes in aesthetic preferences that lead to different kinds of music; or even the very personal changes in a composer’s outlook that can influence her or his musical style. Composer Erik Nielsen will lead us through some of these changes and the music that was created as a result in ten 90-minute classes. And yes, Pete and his music will join us at the appropriate time.

**Great Decisions (Current Events) *Waitlist Only***
Facilitators: Mel Cambell | 8 Fridays, starts 4/10 | 10:00 am - 12:00 pm | MSAC Art Room | $45 MSAC members/$70 public | Ages 21+
Great Decisions (GD) gives opportunities to focus on important topics in world affairs, learn from others, and reach informed opinions. The largest, longest running civic-
education program on U.S. foreign policy and global issues, GD is created by The Foreign Policy Association, which develops educational resources about critical global issues facing America today. The 2020 topics are: Climate Change & the Global Order; India & Pakistan; Red Sea Security; Modern Slavery & Human Trafficking; U.S. Relations with the Northern Triangle (Honduras, El Salvador, Guatemala); China’s Road into Latin America; The Philippines & the U.S.; Artificial Intelligence & Data. When you enroll, you’ll receive a Briefing Book with short readings each week. At class you’ll watch a PBS GD video with topic experts. Following the video, there will be facilitated discussion for sharing observations and questions for deeper exploration of the topic. WWW.FPA.ORG provides links to other resources.

★ Financial Foundations
Gabe Lajeunesse | 6 Wednesdays, starts 5/27 | 6:30-8:00 pm | TBD
$25 MSAC members/$50 public | Ages 21+
Come learn financial foundations with a qualified financial advisor—this will NOT be a sales presentation. The series runs eight sessions, and notes for all sessions are provided. (a) Financial Rules of the Road (overview), (b) Ready or Not? Preparing for the unexpected, (c) Stocks: The Nuts & Bolts, (d) Focus on Fixed Income, (e) Investor’s tour of Mutual Funds, (f) Retirement by Design, (g) Tax-free investing: It’s not what you make; it’s what you keep, and (h) Preparing your estate plan.

# ★ Explore Memoir
Maggie Thompson | 10 Mondays, starts 4/6 | 1:30-3:30 pm | Westview Meadows | $40 MSAC members / $55 public | Ages 50+ Whether writing for ourselves or our grandchildren, becoming the older generation in our families provides a rich perspective on the stories that have colored our lives. Drawing from several books and resources on memoir, we will explore getting started, finding form, growing our language and craft skills, and incorporating sensory details. Memoir is an invitation to reflect and discover deeper insights and meaning. Together we will shape our life experiences into compelling stories, and offer robust encouragement and thoughtful discussion along the way.

★ A Pro-Active, Insightful Approach to Estate Planning
Claudia Pringles | 4 Wednesdays, starts 4/15 | 6:30—8:00 pm | MSAC Activity Room | $20 MSAC members/ $45 public | Ages 50+
Montpelier Attorney, Claudia Pringles, will address some of the key questions and concerns that people 50 and over need to keep in mind as they plan for their own futures and for their transfer of responsibility to their loved ones. Among the areas on which Attorney Pringles will focus are the importance of matching skills and temperament to task when choosing who will play key roles involved in Estate Planning, such as Executor, Trustee, Power of Attorney Agent, Advance Directive Agent, and Guardians; how transparency in your Estate Planning process can help keep peace in your family; safeguarding the assets of family members who have difficulty managing such on their own; protecting oneself and one’s loved ones in the event of disability or incapacitation; and making sure that your wishes are carried out in such a way that what you want to happen actually will happen, and happen with the least amount of distress to your loved ones. This class will be presented in readily understandable, conversational English—not in legal jargonese. Each session will include opportunities for Q & A. Attorney Claudia Pringles was awarded the Juris Doctor by the University of Wisconsin Law School and has an undergraduate degree in Economics from Pitzer College (Claremont Colleges). A member of the Vermont Bar, this is her 13th year practicing law in Montpelier.

Creating & Remaking Poems
Samn Stockwell | 10 Thursdays, starts 4/16 | 9:30-11:30 am | MSAC Art Room | $30 Montpelier Resident/$40 non-Montpelier resident | Ages 50+
Active Living & Wellness

This workshop will offer participants an opportunity to create and share poems with a supportive group. The workshop will use writing prompts for the creation of new poems and include discussions of how the poems work. We will talk about how to communicate the unique textures of our lives in our poems. Discussions of individual poems will begin with the positive and include practical suggestions for building a better poem.

Writing
Maggie Thompson | MSAC Activity Room | $30 Montpelier resident/$40 non-resident | Ages 50+

10 Mondays: 10:15 am—12:15 pm starts 4/6

10 Wednesdays: 12:30—2:30 pm starts 4/8

We all have stories. Whether we journal, write letters, memoir, fiction, creative nonfiction or poetry, writing illuminates the lives we have lived. In addition, writing with others at MSAC is fun, infused with insights and spice! Through the use of writing prompts in class and optional homework assignments, we will find "side door" ways to enter life experiences. Introduction of craft elements such as character development, setting, plot, imagery, and dialogue will help shape our stories and grow our skills as a writer. Sessions include sharing our work aloud (optional), providing thoughtful feedback to others, and engaging in lively discussions about the craft of writing. Classes are tailored to the aspirations of the participants. Support and encouragement are abundant! New participants are always welcome.

ACTIVE LIVING AND WELLNESS

★ Archery
See page 17

★ Adult Co-Ed Dodgeball
Tuesdays | UES Gym | $15 Montpelier res./$20 non-Montpelier res. | Ages 18+

Winter: March 10—April 7
Spring: April 26—May 26

National Amateur Dodgeball Association Rules
Pre-Registration is required.
*Teams of 6 with at least 2 women per team.
*5 minute games & no stalling allowed; other rules will be explained.
*Soft Gator Skin dodgeballs used

★ Tae Kwon Do
See page 18

★ Fitness Hooping
Carol Becker | Thursdays, April 30-May 14 | 7:00-8:00 pm | MSMS Gym | $30 Montpelier res./$45 non-Montpelier res. | Ages 18+

De-Stress and try a new fitness class with Carol Becker, Physical Therapist and a Certified Body Hoop instructor. Carol uses large 2 lb "Hula" Hoops for a fun, rejuvenating, head to toe work out. If you don’t think that you can "Hula" hoop, don’t worry Carol will teach you! Check it out at www.fitnesshooping.com

★ Somatic Movement for Back Care
Amy LePage | 3 Mondays, starts 4/27 | 1:15 - 2:15 pm | MSAC Studio | $15 MSAC members/ $30 public | Ages 18+

During this 3-week series, we utilize slow, focused, gentle movements that actively engage the nervous system in a new learning process called neuromuscular re-training. This class focuses on the spine and will incorporate some anatomy and functional movement to address tension, strain, limited range of motion and/or pain. Movements are done standing, sitting and lying on the floor. Modifications possible. Interested, but an individual session may be a good place to start? email Amy as sliding scale is offered to MSAC members.

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Active Living & Wellness

★ Somatic Movement for Happier Hips
Amy LePage | 3 Mondays, starts 5/18 | 1:15 - 2:15 pm | MSAC Studio | $15 MSAC members/ $30 public | Ages 18+
During this 3-week series, we utilize slow, focused, gentle movements that actively engage the nervous system in a new learning process called neuromuscular retraining. This class focuses on the hips and legs and will incorporate some anatomy and functional movement to address tension, strain, limited range of motion and/or pain. Movements are done standing, sitting and lying on the floor. Modifications possible. Interested, but an individual session may be a good place to start? email Amy as sliding scale is offered to MSAC members.

★ Somatic Movement for Healthy Shoulders
Amy LePage | 3 Mondays, starts 6/15 | 1:15 - 2:15 pm | MSAC Studio | $15 MSAC members/ $30 public | Ages 18+
During this 3-week series, we utilize slow, focused, gentle movements that actively engage the nervous system in a new learning process called neuromuscular retraining. This class focuses on the shoulders, elbows and hands, and will incorporate some anatomy and functional movement to address tension, strain, limited range of motion and/or pain. Movements are done standing, sitting and lying on the floor. Modifications possible. Interested, but an individual session may be a good place to start? email Amy as sliding scale is offered to MSAC members.

★ Huayu Style Tai Chi
Ellie Hayes | 10 Tuesdays, starts 4/7 | 7:45—8:30am | MSAC Studio | $25 MSAC member/$35 public | Ages 16+
One of the earliest yet least common forms of Tai Chi, Huayu Style Tai Chi has some unique features that would be useful for Tai Chi enthusiasts of any level to explore. Participants will have the opportunity to experience deep relaxation, kinesthetic awareness and the pleasure of moving with grace, building strength and flexibility at their own pace. The practice of “push hands” will be introduced. This is an early morning class, so may be attractive to folks who have jobs, or who feel sharper generally at the start of the day!

★ Qi Gong: Chinese Medicine in Motion
Edward Kentish | 10 Tuesdays, starts 4/7 | 11:45 am - 12:45 pm | MSAC Activity Room | $30 MSAC members/$55 public | Ages 18+
The purpose of Qi Gong is to cultivate the smooth and abundant flow of Qi, or life energy. Life flows better when we do this! We’ll be learning a set of movements that are gentle, fluid and graceful. We practice with concentration and awareness of our breath.

We practice because it feels good, it slows us down, it brings us to the present and gives us greater awareness. We feel better, have more ease, we let go and bounce back more easily. By the end of the series you will have learned a movement that you can keep practicing, and when you do you’ll find yourself dropping into the quiet calm that you experienced during this class. This is a standing practice; please wear loose, comfortable clothing and light indoor shoes, or even no shoes!

# ★ Gentle Yoga in Worcester
Barb Alpert | 10 Tuesdays, starts 4/7 | Worcester Town Hall, Route 12 | 1:00 - 2:15 pm | $40 MSAC member/$50 public | Ages 18+
This class will offer participants an opportunity to explore a gentle to medium yoga practice geared towards improving balance, strength, and flexibility. Postures are adapted to meet the individual needs of students in the class and are coordinated with the breath. Integrating breath and movement helps us work with our nervous system, strengthen attention, and cultivate awareness in our body. Participants should be able to move from floor to standing. Participants should bring a yoga mat and a blanket to class.

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Stop and Flow - A Gentle Blend of Hatha & Vinyasa Yoga
Bessie Sandberg | 12 Tuesdays, starts 4/7 | 6:30 - 8:00 pm | MSAC Studio | $80 Montpelier residents/ $105 non-Montpelier residents | Ages 16+
In this gentle yet powerful yoga class, postures are practiced to align, strengthen and encourage flexibility in the body. Each ninety minute class joins physical postures with inhales and exhales to create unity between breath, mind and body. You can expect an emphasis on simplicity and ease of movement. All postures are thoughtfully made clear and easy to follow. With the intention to create bliss, strength and balance, this class fosters a full circuit of the body’s range of motion with standing postures, twists, backbends, forward folds, and hip openers. All classes end in a deep relaxation. Beginners, intermediate and seasoned Yogis invariably welcomed with a full heart and open mind.

Gentle Flow Yoga - Morning
Sarah Parker-Givens | 12 Wednesdays, starts 4/8 | 9:00-10:00 am | MSAC Studio | $25 member/$35 public
Gentle Flow Yoga is the linking of breath with gentle movement, a moving meditation that helps connect us with the present moment. Conscious breathing has a profound effect on the nervous system and our emotions. Join us as we practice mindfulness and active relaxation. This class will include getting up from and down to the floor. Students will learn how chairs and props may be used to adapt the practice to suit individual needs. Sarah specializes in breath-focused yoga for beginners and seniors. Visit heartcenteredyoga.weebly.com for more information about Sarah and her teaching.

Gentle/Moderate Flow Yoga
Sarah Parker-Givens | 12 Thursdays, starts 4/9 | 7:00 - 8:15 am | MSAC Studio | $25 MSAC members/ $50 public | Ages 18+
Gentle/Moderate Flow Yoga is the linking of breath with gentle movement, a moving meditation that helps connect us with the present moment. Conscious breathing has a profound effect on the nervous system and our emotions. In this class, we will focus on movement and postures that increase strength, flexibility, and balance. Students must have prior yoga experience and be able to comfortably move from floor to standing. Sarah specializes in breath focused yoga for beginners and seniors.

Gentle and Restorative Yoga (includes chanting)
Ragan Sheridan | 8 Thursdays, starts 4/9 | 5:00 - 6:30 pm | MSAC Studio | $25 MSAC members/ $50 public | Ages 21+
The primary focus is to adapt yoga to serve the individual needs of the student. Integrating breath and movement to guide and support your yoga practice helps to develop awareness of your own condition, and to feel ease in the body and a deep sense of well-being. Please note: This class includes some Vedic chants.

Somatic Movement: Neuromuscular ReTraining Move, Breathe and Feel Better
Amy LePage | 8 Fridays, starts 5/1 | 12:00 - 1:00 pm | MSAC Studio | $40 MSAC members/ $65 public | Ages 18+
We utilize slow, focused, gentle movements that actively engage the nervous system in a new learning process called neuromuscular retraining. This class focuses on increasing mobility; improving posture; enhancing coordination; reducing aches, pains and tension patterns while improving your breathing and developing internal awareness, quiet and calm. Movements are done standing, sitting and lying on the floor. Modifications possible. Interested, but an individual session may be a good place to start? email Amy as sliding scale is offered to MSAC members.

Guided Mindfulness Meditation
Ragan Sheridan | 8 Fridays, starts 4/10 | 3:00 - 4:00 pm | MSAC Studio | $25 MSAC members/ $50 public | Ages 16+

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Does meditation feel like a struggle or hard work? Come and join me for this guided meditation class where we will work within a structured container to allow meditation to feel easy! You will learn to come home to the richness of the ‘here and now’ and feel nourished in the present moment with guided support. We will work with our 5 senses, body awareness, the breath, loving kindness and will use poetry to inspire us. This class is suitable for those who are new to meditation, those who feel like they can’t or don’t know how to meditate, as well as for seasoned meditators. We will sit in chairs and also will do some walking meditation (if suitable for your body). Please contact ragan@rootsofsupport.com or 802-552-8995 for questions.

**Strong Vinyasa Yoga**
Barb Alpert | 12 Tuesdays, starts 4/7 | 3:00-4:15 pm | MSAC Studio | $25 MSAC member/$50 public | Ages 50+
Yoga for people who want to stay strong and flexible or get stronger and more flexible! We will begin with a short meditation and move into a fairly strong yoga movement practice. Any pose is modifiable to your own body’s needs, props are encouraged, and I will try to help with this. Breath and body alignment will be given attention. I honor all the parts of yoga: breath, centering, movement, meditation, sound or chant, love! These will be incorporated as we move through our series.

**Bone Builders**
MSAC Activity Room | $30 Montpelier resident/$40 non-resident each section | MSAC Activity Room | Ages 50+
Section A: Laura Morse & Sue Carney | 12 weeks, Mondays/Fridays, starts 4/6 | 3:15 - 4:30 pm
Section B: Laura Brown/Theresa Lever | 12 weeks, Mondays/Thursdays, starts 4/6 | 5:00 - 6:00 pm
Section C: Tina Muncy | 12 weeks, Tuesdays/Fridays, starts 4/7 | 5:00 - 6:00 pm
Section D: Nancy Schulz | 12 weeks, Tuesdays/program is weekdays, starts 4/7 | 10:15 - 11:30 am
Section E: Joan Barrett/Barbara Ladabouche/Jean Phillips | 12 weeks, Tuesdays/Thursdays, starts 4/7 | 8:30 - 9:30 am
Section F: Dona & Ed Koenemann | 12 weeks, Mondays/Fridays, starts 4/6 | 9:00 - 10:00 am | **Non-Beginners Only**

As we age, we all gradually lose muscle mass, bone density, flexibility, strength, and balance. The focus of the Bone Builders to diminish or avoid these negative consequences of aging. Instructors lead students through a series of warm-ups; leg, core and arm exercises; gentle stretches; movements to enhance balance; and a series of cool downs. We use hand and ankle weights which begin at one pound and increase incrementally according to student readiness. The entire class is done seated or standing; each student works at the level that’s appropriate for them. All materials are provided. Choose a class that suits your schedule and find out why the Bone Builders program is so popular at MSAC!

**Moving for Parkinson’s and Other Neuro-Movement Challenges**
Sara McMahon and Mary Chris Delbina Doyle | 10 Thursdays, starts 4/9 | 10:00 - 11:30 am | MSAC Activity Room | $25 MSAC members /$50 public | Ages 50+
This class utilizes a variety of movement and dance modalities, dynamic imagery and visualizations to tap into your body intelligence. Create new neural pathways and strengthen movement patterns to help improve activities of daily living (ADL), increase range of motion and flexibility, postural stability, strength and social interaction. Class structure includes gentle movement fundamentals beginning in a chair, standing (adapted to chair as needs allow).
indicate), barre/chair exercises, and center work, progressing to across the floor and ending with individual and group dances. This class is infused with music that enlivens the spirit and invites creative expression. Individual experience is acknowledged, no matter the age and physical proficiency of the participant.

This class is specifically designed for people who wish to continue moving dynamically despite neurological movement challenges. Movers are encouraged to participate at their own rate and pace and adapt movements to meet their own needs. Care partners are invited to attend.

Pilates for Beginners
Shannon Hepburn | 12 Mondays, starts 4/6 | 10:30 - 11:30 am | MSAC Studio | $25 Montpelier resident/$35 non-resident | Ages 50+

Pilates is a series of exercises designed to improve posture, flexibility, core strength, and balance. This class will focus on executing the exercises with proper technique and attention to breathing, alignment, and core engagement. All exercises may be modified to suit individual needs. Participants should be able to move comfortably from a standing position to the floor. All exercises will be done on a yoga mat. See instructor bio pages for instructor bio.

Pilates Express

Tai Chi for Fall Prevention
Ellie Hayes | 10 Tuesdays, starts 4/7 | 4:30 - 5:15 pm | MSAC Studio | $25 Montpelier resident/$35 non-resident | Ages 50+

This Tai Chi series follows Dr. Paul Lam’s evidence-based methodology that has been recommended by the CDC for ameliorating symptoms of arthritis and for fall prevention. With regular practice, tai chi improves balance by strengthening muscles and coordination; at the same time, it strengthens the mind, thereby improving calmness and confidence in not falling. The principles of this gentle and effective form are: movement control, weight transference, and integration of mind and body. This class will cover essential Tai Chi principles and the Basic 6 sequence of movements (Level 10, distilled from Sun Style Long Form, with an emphasis on safety and accommodations).

Tai Chi: Sun Style Long Form
Ellie Hayes | 10 Tuesdays, starts 4/7 | 5:15 - 6:00 pm | MSAC Studio | $25 Montpelier resident/$35 non-Montpelier resident | Ages 50+

Open to beginners as well as students who have learned the Sun Style Long Form and want to deepen their practice. Please contact the instructor if you would be new to the class and feel it might be the right fit. If you have learned Fall Prevention Tai Chi Levels I, II or III, you will already be familiar with some of the core movements in the Sun Style Long Form.

Tai Chi: Yang Long Form
Judy Copa | 10 Wednesdays, starts 4/8 | 11:15am - 1:00 pm | MSAC Studio | $25 Montpelier resident/$35 non-Montpelier residents | Ages 50+

This course is designed for beginners, but your experience deepens the longer you practice. Therefore it is also open to previous participants; we help each other learn. The slow, fluid movements of Tai 

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Chi offer adaptations for our aging bodies. These movements encourage general health, grace and balance; tension is released and energy is allowed to flow. For those who have taken “sword form” before, bring your swords to class, and we will review sword during the last 15 minutes of class time.

★ Arthritis Foundation Exercise Program
Laura Morse & Sue Carey | 12 weeks, Mondays & Fridays, starts 4/6 | 2:00 - 3:00 pm | MSAC Activity Room | $30 MSAC members/$55 public | Ages 50+
This class, designed for people with arthritis, will be based on the evidence-based Arthritis Foundation’s Exercise Program (AFEP) and will be mostly completed while seated. Any standing exercises will be performed while holding onto a chair. No exercises will be done lying on the floor.
The word arthritis is a general term that means “joint inflammation” and refers to more than 100 rheumatic diseases. The four most common of these are: rheumatoid arthritis, osteoarthritis, fibromyalgia and osteoporosis. The exercises of AFEP have been extensively researched and reviewed in order to ensure effectiveness and the safety and well-being of participants. Benefits of this low-impact exercise program include: reduced levels of pain, stiffness, and fatigue; improved strength, range of motion, balance, flexibility, coordination, and endurance.
Both instructors for this class have completed the Arthritis Foundation certification.

■ Chair Yoga Tuesday
Sarah Parker-Givens | 12 Tuesdays, starts 4/7 | 11:00 am - 12:00 pm | MSAC Studio | $25 Montpelier resident/$35 non-Montpelier resident | Ages 50+
This is a very gentle class including yoga poses seated on a chair and standing up. Participants are expected to be able to comfortably raise and lower themselves from a chair and follow the instructions, which are intended to ensure everyone’s safety and comfort.

■ Chair Yoga Thursday
Ragan Sheridan | 8 Thursdays, starts 4/9 | 10:30 - 11:30 am | MSAC Studio | $25 Montpelier resident/$35 non-resident | Ages 50+
This is a very gentle class done in a chair and standing. There is an emphasis on taking care of oneself through gentle movement, body and breath awareness to allow for improved mobility, balance and respiration, reduction in stiffness and pain, and a greater sense of peace.

■ Very Gentle Yoga
Sarah Parker-Givens | 10 Mondays, starts 4/6 | 3:45 -4:45 pm | MSAC Studio | $25 Montpelier resident/$35 non-Montpelier resident | Ages 50+
This gentle but active class promotes mindfulness, balance, flexibility, and strength. Using props such as chairs and straps, we move safely through natural, functional range of motion, adapting the practice to the body’s needs (not the opposite). This class emphasizes conscious breathing and the yogic precept of balancing the qualities of steadiness and ease. Participants should be able to comfortably get up from and down to the floor.

■ Gentle Yoga
Patty Crawford | 12 Tuesdays, starts 4/7 | 9:00 - 10:15 am | MSAC Studio | $25 Montpelier resident / $35 non-resident | Ages 50+
The primary focus is to adapt yoga to serve the individual needs of the student. Integrating breath and movement to guide and support your yoga practice helps to develop awareness of your own condition and to feel ease in the body and a deep sense of well-being.

■ Yoga for Men
Ron Sweet | 12 Mondays, starts 4/6 | 9:00 - 10:15 am | MSAC Studio | $25 Montpelier resident / $35 non-resident | Ages 50+
Yoga can help you increase flexibility and promote better balance, improve your posture, agility, and coordination, and prevent workout injuries. Connecting breath and movement develops a stronger mind-body connection that will help you to manage stress and develop better focus and memory retention. This class gives men an opportunity to explore the many benefits of yoga that are appropri-
Gentle Flow Yoga
Sarah Parker-Givens | 12 Wednesdays, starts 4/8 | MSAC Studio | $25 Montpelier resident/$35 non-resident

Morning:
9:00 - 10:00 am | Ages 18+
Afternoon:
3:45 - 4:45 pm | Ages 50+

Gentle Flow Yoga is the linking of breath with gentle movement, a moving meditation that helps connect us with the present moment. Conscious breathing has a profound effect on the nervous system and our emotions. Join us as we practice mindfulness and active relaxation. This class will include getting up from and down to the floor. Students will learn how chairs and props may be used to adapt the practice to suit individual needs. Sarah specializes in breath-focused yoga for beginners and seniors.

Moving Into Stillness: Yoga and Meditation
Sarah Parker-Givens | 12 Thursdays, starts 4/8 | 2:00 - 3:15 pm | MSAC Studio | $25 Montpelier residents/$35 non-Montpelier resident | Ages 50+

Quiet the body and mind in this weekly yoga/meditation class. Each practice will begin with gentle movement and conscious breathing to prepare the body for meditation. Meditation techniques will vary and include chanting.

Gentle/Moderate Yoga
Monica DiGiovanni | 12 Tuesdays, starts 4/7 | 1:30 - 2:45 pm | MSAC Studio | $25 Montpelier resident/$35 non-resident | Ages 50+

Stretch, decompress, and clear mental space with this gentle/moderate class interwoven with meditation, pranayama (breathing exercises) and isometric strengthening exercises. Students are guided to find balance between breath and movement, discovering deep presence from moment to moment. This class is perfect for opening tight joints while gently building muscle strength. Use of props is strongly suggested to explore the edges of your practice. Class begins with gentle postures on the floor, shifts into standing postures and returns to the floor for deep relaxation. Class might also include guided meditation and poetic readings. A supportive environment encourages a practice of compassion and acceptance of one’s own experience of body, mind, and spirit. Previous yoga experience is recommended.

Moderate Yoga
Patty Crawford | 12 Thursdays, starts 4/9 | 9:00 - 10:15 am | MSAC Studio | $25 Montpelier resident/$35 non-resident | Ages 50+

Yoga for Balance develops a focused and stable mind and strengthens the legs, feet, and core body. Using a combination of breath and balancing postures, flexibility and awareness are developed. Training the mind to focus and integrating the breath in repeated movement builds the strength required to stay in balanced postures for an extended period of time. Good balance and focused attention increases our ability to prevent serious injury.

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ture to improve our balance. We will cultivate body awareness along with focused attention through mindful movement and we will use the breath to help us stay present in the moment through physical as well as life transitions. We will also look at where there is imbalance in the rest of our being and work with various tools to support overall balance of our body, emotions, mind, and spirit. This is a moderate class for those experienced with yoga and able to get up and down from the floor comfortably and stand for extended periods of time.

Gentle/Moderate Flow Yoga and Meditation
Sarah Parker-Givens | 12 Mondays, starts 4/6 | 5:00 - 6:30 pm | MSAC Studio | $25 Montpelier resident / $35 non-resident | Ages 50+

Gentle/Moderate Flow Yoga is the linking of breath with gentle movement, a moving meditation that helps connect us with the present moment. Conscious breathing has a profound effect on the nervous system and our emotions. In this class, we will focus on movement and postures that increase strength, flexibility, and balance. Students must have prior yoga experience and be able to comfortably move from floor to standing. Sarah specializes in breath-focused yoga for beginners and seniors. See instructor bio pages for instructor bio.

Moderate/Vigorous Hatha Yoga
Ron Sweet | 12 Thursdays, starts 4/9 | 11:45 am - 1:15 pm | MSAC Studio | $25 Montpelier resident / $35 non-resident | Ages 50+

This more active class combines postures and exercises that help build flexibility, strength, balance, and endurance. Attention will be paid to proper alignment to help you maintain a safe yoga practice, and you’ll be guided to coordinate movement with breath, which helps to improve stability and focus, and reduce stress. Since we’ll also have fun exploring more challenging poses, interested students should have some yoga experience and be comfortable doing sun salutations.

Yoga for Focus and Fitness: Strengthen
Monica DiGiovanni | 12 Wednesdays, starts 4/8 | 1:15 - 2:30 pm | MSAC Studio | $25 Montpelier resident / $35 non-resident | Ages 50+

Do you enjoy physical activities such as running, cross-country skiing, dancing, biking, hiking, and rollerblading? This class is suitable for those with an active level of fitness. The use of props is strongly suggested to safely and comfortably explore the edges of your practice. Class begins and ends with meditation and gentle postures on the floor while the heart of class enjoys a core focused practice with isometric strengthening exercises interwoven with postures of intermediate complexity. At the center of it all is a practice of compassion and acceptance of one’s individual experience. Athleticism and previous yoga experience are necessary. If you are wondering if this class is a good fit for you, contact Monica directly: yoga@mywildbeat.com or www.mywildbeat.com.

Yoga for Focus and Fitness: Stretch
Monica DiGiovanni | 12 Fridays, starts 4/10 | 10:00 - 11:15 am | MSAC Studio | $25 Montpelier resident / $35 non-resident | Ages 50+

Moving at a moderate pace with great focus turns asana practice into a movement meditation, perfect for opening tight joints and building muscle strength while doing sun salutations.
clearing the mind of mental clutter. The use of props is strongly suggested to safely and comfortably explore the edges of your practice. Class begins and ends with meditation and gentle postures on the floor while the heart of class enjoys a standing series for more heat interwoven with postures of intermediate complexity. At the center of it all is a practice of compassion and acceptance of one’s individual experience. Suitable for those with few physical limitations or who know how to modify to keep themselves safe. Athleticism and previous yoga experience are necessary. If you are wondering if this class is a good fit for you, contact Monica directly: yoga@mywildbeat.com or www.mywildbeat.com.

★ Yoga Therapy for Osteopenia and Osteoporosis
Ragan Sheridan | 10 Fridays, starts 4/3 | 1:15-2:45 pm | MSAC Studio | $65 MSAC members/$90 public | Ages 50+
This small group class (10 max) will focus on education and awareness of correct body mechanics to reduce the risk of fractures as well as improving posture and balance, strengthening bones and increasing flexibility. We will also work with tools for stress management and increased well-being. We will use the wall, chairs, props and yoga postures standing, in table top and lying down. Modifications will be taught for each individual group members needs.

Prior to week 1 of the group class on 4/10, each student must fill out an intake form and meet with the instructor for a 20 minute scheduled 1:1 assessment on 4/3 or another date prior to 4/10.
Please contact: ragan@rootsofsupport.com or 802-552-8995 for questions.

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**Drop-in Activities**

**Club de Français Intermédiaire**  
David Kahn & Ellen Sholk | Mondays, 12:30 - 1:45 pm | MSAC Activity Room | Free  

**Ad Hoc Writer’s Group**  
Hugo and Cynthia Liepmann | Mondays, 6:15-8:15 pm | MSAC Activity Room | Free  
The intention of this group is to support anyone who wants to write. Each gathering starts with one participant volunteering to facilitate, and a time for those who want to share a piece of their writing. The group then chooses a prompt, and writes for 15 minutes or so. Some write prose, some poetry. Those who want, read aloud what they wrote. A writer may say what kind of feedback they want. There is time at most gatherings for a second round of writing from a prompt, and sharing. The writing that emerges is often profound, funny, astounding. The group has guidelines for respecting one another. Given the vulnerability and personal nature of writing, confidentiality within the group is essential. For more information, contact Cynthia at 802.565.0064 or Hugo at 802.565.0059.

**# Poetry Club at KH Library**  
Mondays, 12:00 - 1:00 pm | Free  
Informal gathering of people who enjoy reading and writing poems. Come to listen, or bring a favorite to share — written by yourself or someone else. This is a new, informal group not intended for in-depth “workshopping” of poems. Adults of all ages and creeds are welcome. See also MSAC’s Wednesday morning poetry class for age 50+ only.

**Living Strong Group**  
Mondays and Fridays, 2:00 - 3:00pm | Free  
This drop-in group time is being replaced by the new class series “Arthritis Foundation Exercise Program” on page 29.

**Savoy Archive Lending Library**  
Mondays & Wednesdays | 1:00 - 3:00 pm | MSAC Lobby | Free  
Free week-long movie rentals, up to two titles at a time, for MSAC members and volunteers as well as Savoy members.

**Walks with Joan**  
Joan Barrett | Tuesdays, 9:45 - 11:15 am, weather permitting. | Free

**Swingin’ Over Sixty Band**  
Tuesdays, 10:30 - 11:45 am | MSAC Community Room | Free  
Come play or dance, all musicians welcome, music provided.

**Readers’ Choice**  
Nancy Schulz | Tuesdays, 12/3–3/26, 12:45 - 1:45 pm | MSAC Resource Room | Free  
All are invited to Readers’ Choice. Enjoy an hour relaxing, sharing short pieces of fiction or non-fiction that you have chosen. Or, if you prefer, listen to pieces that others bring. There’s no obligation to attend regularly; come whenever your schedule permits. Questions? Email Nancy: SaddleShoes2@gmail.com

**Italian Group**  
Joanne Van Arsdell, Catherine Devitt, & Steve Bailey | Tuesdays, 1:15 - 2:45 pm | MSAC Activity Room

**Trash Tramps**  
Tuesdays, 2:00 - 3:00 pm | Free  
Meet at MSAC at 1:45 and then tramp around Montpelier picking up trash as we go! Bring gloves. Bags provided. All welcome!

**Crafters Group**  
Joan Barrett/Sally DeCicco | Wednesdays, 12:00 - 2:00 pm | MSAC Art Room | Free  
A group of MSAC members gathers to make crafts. Bring your own projects, or work together on projects to sell to benefit MSAC. We can all learn from each other!

**Rainbow Umbrella Women’s Discussion Group**  
Anne Charles | Wednesdays (bi-weekly), 5:30 - 7:00 pm | MSAC Resource Room | Free  
The Rainbow Umbrella Women’s Drop-in Activities

Symbol Key:
- ■ = MSAC members only
- ★ = open to the public
- ★★ = Rec program
- # = off site
Discussion Group welcomes all members of the LGBTQ Community who identify as women to participate in biweekly conversations about concerns of particular interest to our group.

Ukulele Group
Bob and Joan Barrett | Every other Thursday, 6:00 - 8:00 pm | MSAC Community Room | Free
A multigenerational group gathers to play together. Loaner ukuleles often available.

Drop-In Elders Together Support Group
Mary Alice Bisbee | First Fridays of each month | 1:00 - 2:30 pm | MSAC Resource Room | Free
A monthly drop-in support group, tentatively called Elders Together, is scheduled for the first Friday of each month. This will be 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 after FEAST lunch. 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.

Computer Access, Resource Library and Open Space
MSAC members are free to come and use the Computer Lab stations, Resource Library, Book Library, Mondays - Fridays 9:00 am - 4:00 pm, and classrooms when not in use for other purposes.

Bridge
Thursdays, 12:45 - 3:30 pm | MSAC Activity Room
Informal groups at all skill levels. Players meet by agreement.

Mah Jongg
Mondays, 12:00 - 3:00 pm and Fridays, 10:00 am - 3:00 pm | MSAC Community Room
New players welcome. Interested in learning? Please inquire, as an instructor may be available.

Scrabble
Tuesdays, 1:00 - 3:30 pm | MSAC Art Room but location subject to change. More times may be coming.
Informal group. Players meet by agreement.

Noontime Basketball
10/1/19 - 8/31/20 | 11:45 am - 1:15 pm | Montpelier Rec Gym | $80 or $2/day for residents/ $120 or $3/day for non-residents | Ages 18+
Daily pick-up basketball games Monday through Friday. You can sign up for the full year or pay by the day.

Pickleball
Monday - Friday, Year-Round | See flier for times | Rec. Center Gym | $30 resident/$45 non-resident for a 22-game punch card or $2 resident/$3 non-resident per visit | Ages 18+
Pickleball is one of the fastest growing sports in the United States. This paddle sport is a combination of tennis, badminton, and ping-pong. Created in 1965 by some parents on an island near Seattle, WA to entertain their children with a game the whole family could play.

Symbol Key:
■ = MSAC members only  ★ = open to the public  ✸=Rec program  #=off site
Instructor Bios

The Community Services Department is lucky to be able to offer classes and workshops led by such knowledgeable, qualified and caring instructors. Our instructors come from all over with a variety of interests and backgrounds, and we’re so thankful that they are sharing their knowledge and expertise with our community.

Barb Alpert is a 500-hour certified yoga teacher, an experienced massage therapist, and a health and transformation coach, helping people with habit changing to create the body and the life they want.

Joan Barrett has been a member of the Senior Center for over 15 years. She has been an active participant in a variety of courses focused on wellness and aging well. She started taking the Strong Living Courses when they were first offered and eventually took the Leader Training for Bone Builders and has been leading a class since. Joan likes to bring new ideas to her classes to keep the courses fun and interesting for the participants. She also leads a weekly walk and participates in the Craft Group and can usually be found working at the annual Rummage Sale.

Emel Cambel taught high school French and Russian for over thirty years in Central Vermont. During her teaching years, she and her students traveled to Russia and France. Since retiring from teaching, she has continued to work on various educational projects for several governmental research companies. She is an avid gardener, reader, and traveler, as well as an aspiring writer and triathlete.

Monica DiGiovanni began her yoga and meditation path over 30 years ago. Her practices are based in Kripalu Yoga, Iyengar Yoga, Hatha Yoga, Mindfulness Meditation techniques and Buddhist practice & philosophy. She completed her 200 hour yoga teacher training from the Kripalu Center for Yoga and Health. She earned a BFA in Performance Art from Massachusetts College of Art where she studied creative movement and contemporary performance art techniques as well as a variety of multi-media and fine art disciplines.

Monica took refuge in the first five Buddhist precepts in the Japanese Zen tradition July 2017 and is currently on the path to becoming a formal student with Reverend Tahaiku Priest, Abbot of the Soto Zen Shao Shan Temple.

Mary Dobbins is a fully certified Stott Pilates Instructor, Beginner through Advanced, for all apparatus and special populations.

Pam Finnigan is a certified rug hooking instructor who teaches both traditional and non-traditional techniques.

Naomi Flanders is an innovative Teacher, Director, Administrator, and Producer/Founder of Echo Valley Community Arts who, for the past sixteen years in Central Vermont, has produced and directed forty productions that include full scale operas, Operafest, Gilbert & Sullivan operettas, Shakespeare camp for kids (Shakespeare in the Hills and Shakespeare Alive!), full community-theater productions of Shakespeare’s plays, and holiday fundraising events. From 1988 to 2008, in the capacity of singer, director, teacher and administrator, she has worked with Vermont Opera Theater, Plainfield Little Theater, Vermont Philharmonic, and Unadilla Theater. Naomi Flanders has a longstanding commitment to expanding performance-art opportunities and theater and voice education for young artists, children, adults, and seniors in the Central Vermont community.

Nicole Galipeau is a local artist with a strong love for figurative art in clay. She has a deep interest in the human psyche and finds working with a group in a studio setting to be most therapeutic and gratifying.

Ellie Hayes has been teaching Tai Chi and practicing Chinese calligraphy since the 1970s.

John Harrison, Director of the Montpelier Community Gospel Choir, is a composer, choral director, singer, and saxophonist who has been performing professionally since he was a lad. He performs and teaches in a variety of styles that reflect his eclectic background in music.

Shannon Hepburn is a certified instructor who studied at the Stott Pilates Corporate Training Center in New York City. She has been teaching Pilates in Montpelier for...
Instructor Bios

more than seven years.

Linda Hogan is a fine arts photographer and visual arts painter. She has taught many workshops and classes in Central Vermont including Open Door Arts, U-32 and Montpelier High Schools, the Basement Teen Center, Washington County Youth Service Bureau’s “out of school time” programs in several cities and towns, Heaton Woods and Lincoln House and the Extension School at Vermont College where she was also the Artist in Residence for one year. Her work has been exhibited throughout the area.

Edward Kentish began exploring the world of Chinese Medicine nearly 45 years ago and is still exploring. He's been leading Qi Gong classes since 1996: "It makes a difference in my life, I want other people to experience this as well!" Edward is also a licensed Five Element Acupuncturist practicing in Montpelier. edward-kentish@gmail.com

Ed and Dona Koenemann feel they have always been instructors, from fitness instructors, water safety instructors and trainers, to camp directors. Avid athletes themselves as runners, bikers, kayakers, and swimmers, they have always felt the need to instruct others in ways to improve and maintain a healthy way of life. They live in Montpelier where they raised 4 children and now have 10 grandchildren and 1 great-grandchild. Ed is a retired State Park Director and Dona retired from the Montpelier School System. They have been teaching Living Strong and Bone Builders for about 20 years.

Barbara Ladabouche lived in Connecticut until moving to VT in 1997. She earned a BS at the University of Connecticut and a Master’s in Environmental Ed at the University of Rhode Island. She worked at the University of Connecticut as an Extension Educator and Eastern District Administrator for 31 years. After moving to VT, she served on the Regional Extension Advisory committee and assisted with the youth program in Washington County and worked with Adult Education to help people get a GED. She sings with the Barre-Tones, a competition women’s barbershop chorus. In addition to competing, they sing at nursing homes and other community activities. She became interested in the Senior Center and serve on committees, help teach a class and deliver Meals on Wheels. She thinks MSAC is an excellent opportunity for seniors and very important for our community.

Gabe Lajeunesse is a financial advisor with Edward Jones Investments in Montpelier. He holds a Juris Doctor from Georgetown University Law Center, and has taught graduate and undergraduate courses at Georgetown University and Norwich University.

Amy Lepage has extensive training in clinical somatics, functional movement, and yoga therapy. Learn more about her group classes and individual sessions at www.emergeyoga.com. Contact Amy at: amy.emergeyoga@gmail.com or call: 802-778-0300 with any questions.

Theresa Lever retired in July 2019 after 38 years as a social worker at CVMC’s cancer center and nursing homes. She’s been a Montpelier resident since 1979 and is delighted to be currently living with her daughters and grandchildren in the heart of downtown. Theresa loves Bone Builders and is very happy to co-lead a rowdy class with her long-time friend, Laura Brown.

Jeneane Lunn has been teaching students of all ages for the last 30 years since moving from NYC to Vermont. In New York, she attended the Art Students League of NY for eight years and won numerous awards at places like the Pastel Society of America, the Catherine Lorillard Wolf exhibition, American Artists Professional League, the National Arts Club, Pen and Brush, and Salmagundi Club. In her home state of Oklahoma, she started taking private painting classes when she was 13 and did her first pastels at 16.

As well as teaching at the MSAC, she teaches at Studio Place Arts in Barre and is a high school art teacher at Twinfield Union School.

She has spent summers in Italy for the last 10 years and has a Kindle book about painting called, “A Painter’s Diary.” It focuses on doing pastels in Italy. She is currently working on oil paintings of the
Instructor Bios

town of Castelvecchio Subequo, for a show at Central VT Medical Center in September.

She loves teaching...being a teacher and an artist was her dream since elementary school. She loves the wide range of students she is privileged to work with and appreciates how much she learns from teaching.

Lisa Mase is a culinary medicine educator, nutrition consultant, food sovereignty activist and folk herbalist from Italy. Her teaching focuses on traditional nutritional philosophies such as Traditional Chinese Medicine, Ayurveda, Macrobiotics and her own Mediterranean Diet. Details: harmonizedcookery.com

Sara McMahon, MA, is a Flynn Arts Faculty member, who has been involved in the research, teaching and performing of movement for over 40 years. She has extensive training in Modern/Ballet/Improvisation dance technique and Dance for PD®.

Laura Morse has been leading Bone Builders classes at MSAC since she was certified in 2017. She is also a certified Arthritis Foundation Exercise Program leader. You may see her on one of the MSAC trips, some of which she helps coordinate, lead, or drive the van. She also attends the Wednesday craft group where you can get craft related advice on knitting, sewing or your project. You never know what the topic of conversation will be. Laura is a member of the MSAC Advisory Council. It isn’t unusual to find her in a corner somewhere knitting.

Tina Muncy began taking a Living Strong class before the program came to the Senior Center and was still a Tufts University Study to determine how weight bearing exercise improved the life of older Americans. At that time, Tina was still working as an instructor in a graduate school principal certification program. More recently, she became certified to teach the Bone Builders program which has the same goals as Living Strong. Her class at 5:00PM was established to encourage people who were still working to join MSAC and explore classes that were available. Most of the participants in the class are now retired but we welcome those of you who are still thinking about retirement. Tina also coordinates the trips offered in spring, summer and fall by not only making arrangements at the venue, and pricing but often driving our bus. Please join us this year on one or more of the many adventures we offer.

Erik Nielsen is a composer who has created works for chorus, orchestra, wind ensemble, solo instruments, chamber music, works for dance, film and electronic music. His pieces have been performed all over the world by ensembles including A Far Cry, the Amabile, Chiara, Emerson and Ying String Quartets; the National Symphony Orchestra; the Killington and Manchester Chamber Players; Bread and Puppet Theater; the Vermont Contemporary Music Ensemble; Vermont Opera Theater, Vermont Symphony; Vermont Philharmonic, Montpelier Chamber Orchestra, Vermont Youth Orchestra and Village and Northern Harmony. He has won awards from ASCAP, the Vermont Arts Council, and the Vermont Music Teachers Association. In September 2015, his opera, A Fleeting Animal, a collaboration with poet/playwright David Budbill and premiered in 2000, was performed in a newly revised edition to great acclaim in six locations in Vermont. Recent commissions include a film score for the 2019 Green Mountain Film Festival; a new work for chorus and brass or organ, All This Night Shrih Chanticleer, a commission from the Vermont professional chorus Counterpoint, premiered in December, 2018; and a new work for the Northern Third Quartet, premiered in October, 2018. He was elected a Fellow by the Vermont Academy of Arts and Sciences in 2016.

As a teacher, Erik is Senior Composition Mentor with Music-COMP (formerly the Vermont MIDI Project). He also teaches music theory and composition with the Green Mountain Suzuki Institute, the Monteverdi School and privately. He has taught music appreciation classes at the Montpelier Senior Activity Center since 2013, classes ranging from opera to jazz and The Beatles. He lives in Brookfield.

Sarah Parker-Givens specializes in breath-focused yoga for beginners and seniors. Visit heartcenteredyoga.weebly.com for more information about Sarah and...
Instructor Bios

Jean Phillips has been participating in Bone Builders at MSAC since 2015. She received her instructor training in 2017 through the Grafton & Sullivan Counties NH updated training program (exercises, updated exercise manuals & supporting class materials) for Senior Bone Builders classes.

Attorney Claudia Pringles was awarded the Juris Doctor by the University of Wisconsin Law School. A member of the Vermont Bar, this is her 11th year practicing law in Montpelier.

Carlos Reyes is a native Spanish speaker who taught English and Spanish at Learn English Uruguay. He has also served as a translator for the United Nations and the Uruguay Army. Website: www.learnspanishvt.com.

Ragan Sheridan is an experienced yoga teacher (E-RYT) and certified yoga therapist (C-IAYT) with 14 years of experience working with seniors and individuals with chronic pain, injuries, illness, anxiety and depression. In addition to leading group classes she is also a wellness practitioner working with clients 1:1 to achieve their goals of feeling stronger, calmer, decreased pain and increased wellbeing. She incorporates energy healing, process depth transformational work, mindfulness, yoga therapy, nutritional and herbal support in her wellness sessions. For more information visit www.rootsofsupport.com, email ragan@rootsofsupport.com or call 802-552-8995 with questions.

Nancy Schulz appreciates the opportunities provided by MSAC to share her enthusiasm for international folk dancing, bicycling, kayaking, and the Bone Builders program. In addition to these activities, she has offered Long Life Qi Gong, Readers’ Choice, Full Moon Walks, ASL Song Signing, and evenings of parlor games. Nancy also enjoys proposing and leading active day trips to interesting places in Vermont. Prior to her retirement, she worked in a variety of fields including book publishing, sales, marketing, social services, and non-profit management.

Samn Stockwell is a poet from Barre. She has published in Agni, Ploughshares, and the New Yorker, among others. Her two books, Theater of Animals and Recital, won the National Poetry Series and the Editor’s Prize at Elixir, respectively. Recent poems are in Antigonish, Poet-Lore, and The Literary Review. Poems are forthcoming in Smartish Pace, Plume, and others.

She has an M.F.A. from Warren Wilson College and has taught poetry and English at the New England Young Writer’s Conference, and Community College of Vermont.

Ron Sweet
Ron is a 200-hour RYT who first made his journey into yoga and meditation in 1968. In 2010, after raising a family, Ron made a bee-line back to a more formal study of yoga, with a particular focus on body alignment, heart-centered practice, affirming philosophy, and strong community. Ron loves a yoga class that guides students to mindfully and safely work at their edge physically and mentally, which is where strength, flexibility, and balance grow, and a place where transformation happens.

Maggie Thompson has happily been a creative writing instructor at MSAC since 2009. She received her Master of Fine Arts degree from Goddard College in 2007, with focus on the genre of memoir. Her interest in writing began many years ago at summer camp in Wisconsin when a letter home was the required meal ticket for Sunday supper. She has been an avid letter writer ever since, and found this to be a natural bridge to writing memoir. In 2012 she became certified as an Affiliate in the Amherst Writers and Artists method of writing group leadership. She finds the AWA method to be encouraging, affirming, and helpful to the growth of writers’ skills, prompting thoughtful discussion and buoyancy in her classes.

Janice Walrafen is a working artist who makes handmade tiles and sculpture from clay and teaches art to people of all ages. She also co-creates at AllTogetherNow! Community Arts Center in East Montpelier.
FEAST Senior Meals Program

About the FEAST Program
The FEAST nutrition program for older adults provides healthy and delicious meals to the community. Join us for a community meal or enjoy meals delivered to your home. We are grateful to our FEAST partners including Central Vermont Council on Aging, Good Taste Catering, Community Harvest of Central Vermont, Just Basics, Inc., Associates for Training & Development, and more!

FEAST Together
Our community meals are available on Tuesdays and Fridays from 12-1pm.
For adults 60 and over we offer meals at no charge but a suggested donation of $5. For those under 60, meals cost $7. Reservations are suggested but not required - call 802-262-6288.

FEAST to Go
Looking for a quick, affordable, delicious meal for lunch in Montpelier? FEAST To Go meals are available on Tuesdays and Fridays from 12-1pm at 58 Barre Street. For all ages, to-go meals cost $7.

FEAST at Home
FEAST at Home meals come to you if you’re found eligible. Designed specifically to meet an individual's nutritional needs, volunteers deliver up to seven meals weekly. We deliver a combination of hot and frozen meals Monday through Friday in Montpelier and North West Berlin. Contact the FEAST office for more information at 802-262-6288.

FEAST Monthly Menu
Our meals always incorporate local produce and fresh ingredients. Consult the latest issue of Active Times, the newsletter of MSAC, for the latest menu, or check on the website.

FEAST Volunteers
Volunteers are a vital resource for FEAST’s success. Some help prep ingredients or bake bread in MSAC’s licensed commercial kitchen, while others provide hospitality or serve meals. More volunteers deliver meals, do a wellness check and provide a friendly face. If you have an hour a week or more, there is an opportunity for you to join TEAM FEAST.

Did you know that our kitchen offers catering and is available for rent?
Contact Good Taste Catering for catering inquiries - 262-6286. For kitchen rentals (limited), call the MSAC office - 223-2518.

Fitness Facility Discounts for MSAC Members

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<th>MSAC Members</th>
<th>Non-MSAC Members</th>
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<tr>
<td>Alpenglow</td>
<td>$40 for a 10-Class Card</td>
<td>$50</td>
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<td>RehabGym</td>
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Card memberships can be used for any daytime fitness classes and are good for one year. All classes are taught by Allison Mann. Start anytime. Drop-in. No experience needed. Register directly at CDFS, not at MSAC office.

Mondays: Dance & Stretch at 11-11:55 am; Yoga at 12:05-1pm; Tuesdays: Tap Exercise at 11am-11:55am; Conditioning at 12:05-1pm; Wednesdays: Dance & Stretch at 11-11:55am, Yoga II at 12:05-1pm; Fridays: Conditioning at 11am-11:55am, Yoga III at 12:05-1pm.

18 Langdon Street 3rd Floor
Montpelier, VT 05602

Contemporary Dance & Fitness Studio
Discount Daytime Fitness Classes (for all adults now!)
8 weekly classes through May 8!
Closed 2/24-2/29, 4/20-4/25,
Classes resumes June 1-19!