Welcome to the City of Montpelier Community Services Department Spring 2021 Program Guide.

As we begin a new calendar year, we are all anxiously waiting for warmer weather and increased opportunities to get outside. We, the Community Services Department, are cautiously optimistic about what we will be able to offer to our community this Spring, but will continue to follow state guidance in determining what is and what is not permissible.

For the most part, staff of the Department are currently working remotely, and so we ask for your patience and understanding that things might take a bit longer than usual. We expect to slowly return to pre-pandemic procedures and practices as allowable and can’t wait until we can throw open our doors and welcome warmer temperatures and community members back inside.

Please know that we are working hard to bring you the best service, while keeping everyone’s health and safety at top of mind.

~ The Community Services Team
COVID-19 HEALTH AND SAFETY GUIDELINES

State of Vermont & Department of Health Guidance
Staff and Volunteer VOSHA trainings

State of Vermont and Governor’s Guidance for Senior Centers in Planning for Re-opening (as of Summer 2020, and anticipated updates will be made during Spring 2021)
We are required to exclude participants, volunteers and staff from our site if they are showing symptoms of COVID-19, have been in contact with someone with COVID-19 in the last 14 days, have been tested and are awaiting results, or are at high risk due to underlying health conditions. We must undertake careful health screenings for each person that enters 58 Barre Street, including doing temperature checks and asking health questions. Activities require strict physical distancing, rooms have maximum person counts, face coverings are required, and frequent sanitation is completed in the building. All participants, staff, and volunteers are encouraged to wash hands regularly and use provided hand sanitizer. For full information, click here: https://dail.vermont.gov/sites/dail/files/documents/Senior_Center_Re-

Opening Plan Guidance.pdf

Participants Attending Senior Centers (selections from state guidance)
It is recommended that Senior Centers prioritize participation for people who are at lower risk, are able to wear a mask or face covering while at the center and are able to understand and follow distancing and hand hygiene protocol. Participants are encouraged to talk to their healthcare provider to assess their individual risk and to determine if they should attend the center.

Anyone diagnosed with COVID-19 or awaiting test results should self-isolate until: 1. It’s been 3 full days of no fever without the use of fever-reducing medication, and 2. Other symptoms have improved, and 3. At least 10 days have passed since symptoms first appeared. If symptoms begin while at the Senior Center, the participant must be sent home as soon as possible. People with a temperature greater than 100.4 F must be sent home until they have had no fever for 72 hours without the use of fever-reducing medications. Participants who arrive from out-of-state must follow state guidelines for leisure travel prior to attendance.

Everyone registering for classes with MSAC this Spring must sign the following:

Please read and sign the following Release of Liability & COVID-19 Cooperation Statement

I assume all risks and hazards incidental to participation in activities at MSAC and MSAC-sponsored activities online or off-site, including transportation to and from activity, and I hereby waive, release, absolve, indemnify, and agree to hold harmless the City of Montpelier, the Montpelier Senior Activity Center, their officers, agents, officials, employees, volunteers, organizers, partners, sponsors, supervisors and participants for any claim arising out of an injury to myself or exposure to virus including COVID-19. I understand symptoms of COVID-19 as currently outlined by the VT Department of Health, and if attending activities in-person, I agree to cooperate with COVID-19 health screening and self-isolation protocols of MSAC (see Program Guide), current quarantine requirements of the VT Dept. of Health and other Covid-19 safety guidelines that are currently in effect and/or may arise through the years of 2021-2022 in VT. If I have been in the MSAC facility or participated in any in-person MSAC activity, I agree to notify MSAC staff if I test positive for Covid-19 or am exposed to someone who has, and to support MSAC’s contact tracing requirements.

Signature ___________________________________________ Date ____________________
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 31 for the Memorial Day holiday. No activities will take place in the 58 Barre Street facility those days. The office will not be closed on Monday, April 5, immediately following the Easter holiday.

Montpelier Senior Activity Center (MSAC)
58 Barre Street, 802-223-2518
Though access is limited during COVID-19 pandemic months, our facility includes 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
The Gymnasium, game room with pool table and meeting spaces are closed until further notice. Please check website for details.

Hubbard Park
Parkway Street
Montpelier’s crown jewel. Hubbard Park has ample parking (although no designated handicapped spaces), two shelters, a stage, four outhouses, a ballfield, a natural playground, 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. None of the outhouses are accessible.

North Branch River Park
East side of Elm Street (Route 12)
North Branch River Park extends along almost three-quarters of a mile of the North Branch River, with important wetlands and a rich diversity of wildlife. North Branch River Park does not have any accessible routes. You cannot drive into the park, but can access it via Cummings Street, the Elm Street Recreation Area, North Branch Nature Center, or Gould Hill Rd.

Mill Pond Park
East side of Elm Street (Route 12) at junction with Summer Street
Several hundred feet of river frontage, boat launch, wooden benches, river-view stone steps. Fruit trees and berry bushes are available for the public’s enjoyment. Mill Pond Park has on-road parking (no accessible spots designated), and has a small accessible pathway. The path to the boat launch is not accessible.

Blanchard Park
Wilder Street
A short, steep hike yields a beautiful view of downtown Montpelier. Blanchard Park has multiple benches and a small playground made of natural materials, including a giant hollow log and a climbing wall. This park is not accessible.

Peace Park
Along the Siboinebi Path, west of Montpelier High School
Peace Park is a wonderfully peaceful spot to read a book, have a picnic, or simply watch the Winooski River. Surrounded by fruit trees and berry bushes that are available to the public, the park has multiple benches and picnic tables. This park is accessible via the Siboinebi Path.
Other Parks
Check out Montpelier’s other community and neighborhood parks at https://www.montpelier-vt.org/235/Parks.

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

Montpelier Pool
Currently closed

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

Tennis Courts
There are four lighted 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
Rentals are currently suspended, but please keep the gym in mind for the future! 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? Though currently severely limited due to COVID-19, MSAC has four different rooms available to rent. 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.

MSAC also has a fully equipped commercial kitchen that is available for rent, though availability is more limited as MSAC’s FEAST Senior Meals are produced there.

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.
FREQUENTLY ASKED QUESTIONS

OUTDOOR FACILITIES FOR RENT

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
Are you 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.

PROGRAM REGISTRATION

How do I register for programs and classes?
Registration forms are available in our office at 58 Barre Street and online at: www.montpelier-vt.org/cs, 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.

Most programs require advance registration, as instructors prepare based on pre-registration counts.

Montpelier Recreation Department youth sports
(none organized during COVID-19 pandemic as of 3/5, but updates will be posted to our website). So that we can balance the coaching staff, number of teams, and order uniforms, registration is required and those 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 residents from all towns will be processed beginning on Monday, March 15. For classes that have lotteries due to registration numbers exceeding available spaces, residents of Montpelier and Supporting Towns will be given a majority of spaces. 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 subject to a registration lottery and/or 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.

- **FY20 Members** (whose membership expired 6/30/20): your membership is extended for Spring 2021 classes.
- **New Members, age 50+:** You must join by filling out a form and paying FY21 annual dues of $25 for Montpelier, $40 for our six supporting towns, or $60 for other towns ($10 increase from FY20 as announced in January 2020). You can pay 50% if joining for Spring only!

Membership has increased to $25 for Montpelier residents, $40 for residents of supporting towns (Berlin, Calais, East Montpelier, Middlesex, Moretown, Worcester), or $60 for all others, as announced in January 2020.

**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 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 usually** allows any class participant to drop a class up to two weeks after the first session for a full refund, no explanation necessary. This is suspended during COVID-19. Exceptions are made only for health or family emergency-related drops, in which case prorated refunds are available.

**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 either 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/per class late fee for any registrations after April 9.

**Why do some people get delayed two weeks in being able to register for adult classes, even classes open to the public?**
Prior to COVID-19, classes run by the Montpelier Senior Activity Center have given 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. During COVID-19, residents of all towns may register at the same time, and in the event of class lottery drawings when enrollment exceeds available spaces, a majority of spaces will be reserved for Montpelier and Supporting Town residents.

**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 for the classes open to members only 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 more spaces in limited size classes, compared to members from Non-Supporting Towns, and in most cases now, their class fees are the same as
FREQUENTLY ASKED QUESTIONS

Montpelier members. This is because nearly all MSAC classes are open to the general public now, and class fees are for members vs. non-members. For more information which we updated in Winter on the MSAC website about the situation with Supporting Towns, Class Fees, and Membership Dues, please see this page and scroll down: https://www.montpelier-vt.org/1142/MSAC-and-surrounding-communities.

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, though it's different for online classes which are likely to run, with decisions made by instructors. The office remains open. Please call the office for information at 225-8699 or 223-2518.
MONTPELIER COMMUNITY SERVICES

STAFF

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ANNOUNCEMENTS

Reasonable Accommodations
We welcome requests for reasonable accommodations. Please contact our office at 225-8699.

Montpelier Senior Activity Important Spring Class Information and Dates
- Class Registration: Monday 3/15, ongoing until classes start, and beyond the start date in some cases
- Lottery drawing for classes in which enrollment exceeds available spaces: Monday, March 29
- Notifications to registrants in classes and on waiting lists: Tuesday, March 30
- Community Services office closed for holidays: May 31
- Payments: Payments must be made at time of registration. A $10 per class late fee will be applied after April 9
- Classes Start: Week of Monday, April 5 or later (late fees apply)

Summer Class Proposals for adult and youth programs at MSAC are due in the Community Services Department office by April 8, 2021. Request a proposal form from Harry Divack or by emailing msac@montpelier-vt.org.

Important & Helpful Resources

Green Mountain Transit: 223-7287
http://ridegmt.com/

Senior Helpline: 1-800-642-5119
www.cvcoa.org

The Vermont Center for Independent Living (VCIL) help-line: 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
“How to Use Zoom”: Four FREE Online Trainings with MSAC
Tuesday, March 9 | 10 am
Thursday, March 18 | 1 pm
Tuesday, April 13 | 1 pm
Thursday, April 29 | 10 am
Have you heard about Zoom but felt nervous or resistant to try it out? Have you had a frustrating time with it, or been using it and want to learn tips to improve your experience? Two of our experienced and patient online group facilitators will walk you, LIVE, through the basics. They will cover turning your video and microphone on and off, changing your views and user-name, using the Chat function, Zoom etiquette and more. There will be time to practice and ask questions. To register, call 262-6287 or email msac-americorps@montpelier-vt.org.

Poetry & Music are Sprouting!
Poetry Reading and Music with Scudder Parker and D. Davis
Friday, April 16 | 1:00—2:00 pm | online | Free
Please join us! Scudder Parker, poet and author of Safe as Lightning, his award-winning first volume, and D. Davis, composer and performer, from his album Hopeful, will present together for your listening enjoyment. It’s been a long winter...and an even longer year of pandemic. But Spring is coming, and we hope COVID is on the run. Let’s celebrate an hour of verse and music with our local artists. To sign up and get the Zoom link or phone number to call, contact msac@montpelier-vt.org or call 223-2518. Free and open to all!

MSAC Members Poetry Reading
Wednesday, April 21 | 3:00—4:15 pm | online | Free
Six exceptional poets of MSAC will be reading on Zoom. Please join us for a reading and conversation. The work of the poets covers issues from politics to gardening with humor and grace. To sign up and get the Zoom link or phone number to call, contact msac@montpelier-vt.org or call 223-2518. Free and open to all!

American Red Cross Blood Drive
Thursday, April 22 | 10 am—2:30 pm | at MSAC
Your blood donation is essential to maintaining our community's health. Currently, the Red Cross is following FDA blood donation eligibility guidance for those who have received a COVID-19 vaccination. If you have received a vaccination (or part of a vaccination), you will need to know the name of the manufacturer to determine your eligibility. To learn more about donating blood in the time of COVID and the COVID vaccine, visit: www.redcrossblood.org.

Real Estate 101 with Jeanne Felmly
Friday, May 21 | 1:00 pm
Join Jeanne Felmly, a licensed Real Estate Broker with Dome Real Estate Group, for her annual MSAC 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? Other relevant topics will include forms and disclosures required by law, representation and how the real estate community works together, what to expect from a home inspection and the potential impact of the sale and much more. When we’re not closed for the pandemic, Jeanne usually volunteers regularly at MSAC’s FEAST Together, serving lunch and helping to tidy up the community room afterwards. Thanks Jeanne! Free and open to the public; email Jeanne at jeanne@domerealestategroup.com for Zoom event log-in information.

Remembering Our Veterans Event
Curbside Meal, stories via video/phone, and featuring a special guest!
Friday, May 28 | 12:00—2:00 pm, video/phone call begins at 1:15 pm
The 4th annual event, which we cancelled in 2020 early in the pandemic, returns! This well-attended event falls on the Friday before Memorial Day and honors veterans and their guests with a ceremony remembering family and friends who served in the
military. Guests are treated to a delicious BBQ dinner for pick-up 12:00-12:45 with special dessert. The ceremony for 2021 was still in the works as of printing this Guide in early March, but is likely to include an Honor Guard, video presentation, stories, and music. As with all FEAST curbside meals, this event is open to the public. However, reservations are required by Friday, May 21. The Zoom program, available by video or phone, will begin around 1:00, with more details to be released by early May. To sign up, call 262-6288 or email feast@montpelier-vt.org.

The Harmony of Dissonance
Friday, June 11 | 1:00 pm | via Zoom
Join MSAC’s own Sarah Lipton for a reading and conversation about her new book which spans two continents and stretches over 100 years. Co-authored with her distant-yet-close cousin Regina Krummel, the two writers explore the richly flawed territory of relationship between generations, both ancestral and alive. The potent intimacy of the story they weave through their vivid correspondence illuminates a truly human journey of discovery. Watch a trailer about the book and learn more here: https://sarahlipton.com/product/book/. To register, email msac@montpelier-vt.org or call (802) 223-2518.

Delayed: Intergenerational Activities & Events with Parks Division and Montpelier High School—Sign-up lists available!
The Community Services Department planned several intergenerational offerings with Montpelier High School, all of which are on hold until this coming Fall; including bird walks, remote interviewing, and games. Interested? Please signup to be given updated information as it becomes available! Call the MSAC office at 223-2518.

Online Reader’s Choice & Long Life Qi Gong
Extended through April—All are welcome!
Due to popularity and Nancy’ Schulz’s willingness, the online drop-in groups scheduled to end in late March will instead continue on into April. See Drop-in Groups section of this Guide for details!

- Reader’s Choice will continue online Thursdays, from 7–8 pm until Thursday, April 28.
- Long Life Qi Gong will continue online Fridays, from 10:45–11:05 am until Friday, April 29.

Kellogg-Hubbard Library Presents PoemCity
Kellogg-Hubbard Library plans on celebrating PoemCity in many of the same ways they usually do with hundreds of poems in storefront windows in downtown Montpelier, poetry reading and workshops free and open to all. Of course, things will be different as well. Since no poems were hung last year, all the poems that were accepted for PoemCity 2020 will be displayed this April instead, including six outside MSAC! Readings and Workshops will be held virtually over Zoom. Please visit kellogghubbard.org/poemcity for a complete list of all events scheduled and to register.

Dance on! In Hubbard Park
Spring Performance by students of the Contemporary Dance & Fitness Studio
Saturday, May 22 | 2 shows, departs every 15 minutes beginning at 12 pm and 4 pm
Tickets: $20/adults; $10/ages18 and under; watch both for $30 (adults) / $15 (ages 18 and under) | Advance Ticket Sales only - call CD&FS to purchase starting 4/12. (802) 229-4676
It will take approximately 2.25 hours to see each Show—a gentle amble punctuated by eight delightful performances at different locations in the park, including such genres as Jazz, Modern, Tap and Hip Hop! Departure is from the “Dog Park,” and attendees are encouraged to carpool or walk into the park whenever possible. To learn more about CD&FS, visit http://www.cdandfs.com/.

Contemporary Dance & Fitness Studio on Zoom—discounts for MSAC members
Classes end May 14th!
$5 a class | via Zoom
Purchase 4 or more classes, and Zoom-in when you can.

Yoga
Mondays | 12:05 - 1 pm | via Zoom
Wednesdays | 12:05 - 1 pm | via Zoom
Work slowly and deeply to gain flexibility, strength, muscular balance, and alignment. No kneeling or arm-supported postures. Excellent guidance.

Dance & Stretch:
Mondays | 11-11:55 am | via Zoom
Wednesdays | 11-11:55 am | via Zoom
Easy to follow Jazz & Caribbean moves. Great music. Thorough stretch for last 10 minutes. Enjoy a fun workout in good company.

New! Old Man’s Yoga
Fridays | 10—10:45 pm | taught by John Lewis
But not just for men!
Yoga and related QiGong movement./
All done standing, currently.
Easy on the joints.

Conditioning:
Fridays | 11am-12pm | via Zoom
Squats and lunges with weights; floor work for focused ab/butt/thigh work; deep yoga stretches; a more intensive workout.

Brought to you live from CD&FS!!
Give them a call: (802)-229-4676 or info@cdandfs.comcastbiz.net

One-On-One Yoga Therapy Sessions with Ragan Sheridan
What is yoga therapy?
Yoga therapy is a journey of healing, finding balance and integrating all aspects of ourselves- body, mind, emotions and spirit. It empowers individuals to take an active roll in their health and wellness and can be used by itself, along with conventional medicine and with other alternative modalities. We use props for comfort and safety so literally any body can benefit. No previous yoga experience is required.

What to expect from a session?
We will create a personalized approach based on your specific symptoms, needs and goals to support you in finding relief, restoring balance and feeling better.

Who can benefit from yoga therapy?
Anyone suffering from illness, injury, chronic pain, exhaustion, stress, aging related changes, those looking for more energy and vitality as well as individuals wanting to create a personalized home yoga practice based on your needs.

Cost $45- MSAC Members, $50- Non Members
Session length -55 minutes
Contact Ragan Sheridan directly to schedule an appointment 802-552-8995 or ragan@rootsofsupport.com.

Individual Somatic Movement & Functional Movement Sessions—available for a discount to MSAC members—live via Zoom or in person following all COVID safety protocols.

Upcoming Workshops/ Series: Pelvic Floor Empowerment, Myth of Aging, Finding Your Center, Breath and Your Body, Coping with Screen Use, Balance and weekly Somatic Movement classes. Email for details: amy.emergeyoga@gmail.com and/ or follow on Instagram@lepageamy for daily self-care support.

Zumba Gold with Megan Pow—discounts for MSAC members
Saturdays | 10:30 -11:15 am | via Zoom
Zumba Gold is a fun, friendly dance fitness class specifically designed for active older adults, people who are brand new to fitness or just beginning to exercise again, and anyone who wants a super fun, gentler fitness party with Latin and international dance moves—with no jumping, twisting, or fast choreography changes. This class is for everyone—absolutely zero dance or fitness experience needed. And yes! Zumba Gold can be danced from a wheelchair, chair, or stability ball if you need or prefer to work out while sitting. If you have some leg mobility, you can move your feet to the steps. If not, you can get a great workout by focusing on toning your upper body, building strength and cardiovascular fitness, and enjoying the music and movements.

Join Megan for a fun, low-impact, high-delight class that will have your tapping your toes for the rest of the day. And invite your mom, your auntie, your best
friend and your brother-in-law, too!

There are two ways to join class: as a monthly series at a special MSAC rate of $10 per class, or as a whole-session series at a special MSAC rate. This is because the class is exponentially more fun and satisfying when you attend regularly. It also relieves my administrative stress! That’s a win-win. But if you’d like to join mid-month, just email me at fitnesswithmeganpow@gmail.com and we’ll set it up! Visit www.meganpowcoaching.com/classes-and-events to view Megan’s Class and Event website and to register, or click here: https://checkout.square.site/buy/WQOV3NNSVPPD66O7TQRZJEAR

Movement for Parkinson’s Classes with Sara McMahon and the Flynn
Monday & Thursday mornings from 10:00-11:15 a.m. Current semester ends May 13. No classes April 19 & 22.
Due to the COVID-19 virus, all classes are continuing via Zoom. Class participants move in their own environments and have an opportunity to gather together briefly after class to connect with the larger community. There is no cost for participants and care partners/givers. Invite a friend or partner to dance with you. Class funded by Flynn Center for the Performing Arts. Register at https://flynncenter.wufoo.com/forms/qdy3jk60jyz0p5/ or contact movementforparkinsons@gmail.com. To learn more and download videos, visit the website at: http://movementforparkinsons.com/.

Free, Online Medicare & You Workshops
Medicare & You Workshops are offered regularly to help individuals who are new to the Medicare system. During the COVID-19 pandemic, we are pleased to announce that Central Vermont Council on Aging (CVCOA) is offering Medicare & You sessions remotely using Zoom. If you want to participate, pre-register with us by calling 479-0531 or emailing medicareworkshops@cvcoa.org. When you register, you will receive information on how to join the Zoom session.

North Branch Nature Center Naturalist Journeys Online Presentation Series
North Branch Nature Center will be hosting a number of online, free, Wednesday evening presentations throughout the winter months. For more information, including a complete list of presentations and descriptions, and Zoom links please visit their website: https://northbranchnaturecenter.org/online/.

Kellogg-Hubbard Library Adult Programs
Your local library continues to host many engaging talks and activities. For more information, including a complete list of events and descriptions, and registration links, please visit their website: https://www.kellogghubbard.org/adult-programs.

Green Mountain Community Fitness
Green Mountain Community Fitness offers two 2-month Intro Rates regardless of age. An “Intro Rate” of $77 for all access (this includes access to facility but no classes) and an “Intro Rate” of $97 (which includes access to the facility as well as 12 classes at no additional cost during that first 2 months). After the first 2 months, Green Mountain Community Fitness offer Senior Discounts although amount varies on activity. They also have options in the pool! Contact them for more information, and the first visit is free according to their website: (802) 223-6161 or visit https://gmcf.life/get-started/. Please note that currently access to facility and pool are dependent on COVID-19 cases. Check in with GMCF for more information.
**MARCH for MEALS**

March is National Meals on Wheels Awareness Month! To raise awareness and funds for the City of Montpelier’s essential FEAST Senior Meals Program, which operates Meals on Wheels and Curbside Meals for Seniors, the Montpelier Senior Activity Center (MSAC) has cooked up an enticing menu of TEN diverse, affordable, and pandemic-safe online offerings - 9 online, 1 curbside - to be enjoyed from the comfort of your own home. We invite you to browse our event menu below. You may select an *a la carte* offering, sample an entire category or order the whole enchilada! In fact, we encourage you to invite friends and loved ones from far away to join in, too! To learn more about our FEAST programs, see page 31. Complete event descriptions are on page 15.

Purchase your menu selection by registering online at:  [www.montpelier-vt.org/marchformeals](http://www.montpelier-vt.org/marchformeals) or call (802) 262-6288. A Zoom link is available for each event. Suggested donation (per household):

- **A la carte**: $7—$25
- **2-dish sampler**: $10—$45
- **3-dish sampler**: $15—$60
- **the whole enchilada** (all 9): $30—$125

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### Health & Wellness

**Food as Medicine Fundamentals**
with Lisa Mase
Thursday, March 4 | 1:00—2:30 pm

**Slow Medicine in a Pandemic**
with Opeyemi Parham
Tuesday, March 9 | 1:00—2:30 pm

**Spring Equinox Yoga & Meditation**
with Sarah Parker-Givens
Saturday, March 20 | 9:00—10:15 am

**Mixed Level Pilates Class**
with Shannon Hepburn
Monday, March 29 | 12:00—1:00 pm

### Film & Music

**Mary Lou Williams:**
Composer, Pianist, Pioneer
with Erik Nielsen
Monday, March 1 | 7:00—8:30 pm

**Food Movies to Savor**
with Rick Winston
Tuesday, March 16 | 7:00—8:30 pm

**“Treasure Hunt” Marionette Show & Chat**
with No Strings Marionette Company
Friday, March 12 | 6:00—7:30 pm

**“Old Woman & the Black Dog”**
Theatric Puppet Show with Q&A
with Janice Walrafen & Jason Mallery
Sunday, March 21 | 2:30—3:00 pm

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**A Curbside Dinner Available to All!**

Join us on Thursday, March 25 to enjoy an Italian family style take-out meal of lasagna, salad and dessert! V & GF options available.

$10 per person or $35 for 4

Reserve yours by calling (802) 262-6288!
**Health & Wellness**

**Food as Medicine Fundamentals**
Lisa Mase | 3/4/21 | 1:00—2:30 pm
During this interactive Zoom conversation, Lisa will talk about personalized nutrition and how to use food as our first source of disease prevention and illness care.

**Slow Medicine in a Pandemic**
Opeyemi Parham | 3/9/21 | 1—2:30 pm
Dr. "O" will explore the changes in our aging bodies as they affect how MD’s view us as patients. She will walk us through questions to help us be ready for potential health care emergencies, and review many of the Bigger/Better/Faster medical technologies we Seniors must understand more fully; especially orthopedic ‘replacement parts’ and cardiac support options.

**Spring Equinox Yoga & Meditation**
Sarah Parker-Givens | 3/20/21 | 9:00—10:15 am
We will welcome the first day of spring with gentle movement, breath work and meditation. No experience is necessary...open to all. Please have a comfortable chair, a yoga/exercise mat (or practice on a carpeted floor) and a blanket/towel.

**Mixed Level Pilates Class**
Shannon Hepburn | 3/29/21 | 12:00—1:00 pm
This low-impact mixed level Pilates mat class emphasizes core engagement, precision of movement, breath, and flow. A regular Pilates practice develops healthy postural patterns and increases all-over strength and flexibility. The only equipment needed is a yoga/exercise mat. Participants of all ages and abilities welcome.

**Film & Music**

**Composer, Pianist, Pioneer**
Erik Nielsen | 3/1/21 | 7—8:30 pm
The name Mary Lou Williams is not as well known in the list of important Black American composers as Duke Ellington, Dizzy Gillespie, Charlie Parker, or William Grant Still, but she deserves to rank with all of them. Not only was she a great arranger, composer, and pianist, highly respected among her peers, in a jazz world dominated by men, but she created choral and large ensemble works that bridged jazz and concert music. As if that weren’t enough, she mentored and encouraged young musicians such as Parker and Thelonious Monk to explore new paths, and continued such mentoring work right up to her death in 1981. And her influence continues today. Composer Erik Nielsen discusses Williams, her life, work, and some of the contemporary Black women composers who are her heirs.

**Food Movies to Savor**
Rick Winston | 3/16/21 | 7—8:30 pm
Rick Winston, co-founder of Savoy Theater and longtime instructor of film appreciation at MSAC, will present a program, featuring twelve film clips that feature magnificent meals and the people who prepare them. The films will highlight the cuisines of France, Italy, China, and Mexico for starters. Total program length: 90 minutes including an opportunity for Q&A.

**Family Friendly**

**& Stories**
Rob Mermin | 3/6/21 | 4:30 - 6:00 pm
Local Montpelier resident Rob Mermin, Founder of Circus Smirkus and former MSAC movement instructor, will introduce a dozen entertaining video clips from the early years of Smirkus, featuring his own clown and magic acts in the ring, and clips of Rob performing mime on a popular Danish TV show from the '80s, including Rufus the famous pantomime pup! This will be fun for the whole family—a behind-the-scenes look at Smirkus and Rob's early performances.

**“Treasure Hunt” Marionette Show**
No Strings Marionette Company | 3/12/21 | 6:00—7:30 pm
All aboard a swashbuckling hunt for treasure! Jim is lured out to sea in search of adventure. Little does he realize the unusual experience ahead as he sets sail aboard the Golden Nugget with Captain Timbershin. A wild storm throws Jim overboard for an underwater odyssey and peculiar difficulties, including a giant clam, a fish that swallows him whole and an angry octopus guarding treasure. Jewels and Jim encounter King Neptune and discover that underwater inhabitants are threatened by pollution. Jim must find what is lost and convince his people to take better care of their waters so that creatures above and below can live in harmony.

**Early Circus/Mime Act Videos**
Rob Mermin | 3/6/21 | 4:30 - 6:00 pm
Local Montpelier resident Rob Mermin, Founder of Circus Smirkus and former MSAC movement instructor, will introduce a dozen entertaining video clips from the early years of Smirkus, featuring his own clown and magic acts in the ring, and clips of Rob performing mime on a popular Danish TV show from the '80s, including Rufus the famous pantomime pup! This will be fun for the whole family—a behind-the-scenes look at Smirkus and Rob’s early performances.

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“Old Women & the Black Dog”
Theatric Puppet Show with Q&A
Janice Walrafen & Jason Mallery | 3/21/21 | 2:30—3:00 pm
This theatrical puppet show is a telling of an ancient Native American tale of the weaving of the world. It’s full of surprises you and your family will enjoy. The show will be prerecorded, and Janice and Jason will be available for Q&A.

Register at [www.montpelier-vt.org/marchformeals](http://www.montpelier-vt.org/marchformeals) or call (802) 262-6288.
We are a Licensed Afterschool Program.

The City of Montpelier has opened an afterschool childcare program and have expanded our pricing to include single (or a couple) day(s) a week. You no longer have to commit for a full week. Let us know if you have questions. This program will run in accordance with the school calendar year and will be open many days when schools are closed during the school year (for holidays, etc.). Any scheduled closures during holidays and other scheduled off-days will be announced in advance. The City aims to have this program running 5 days a week, Monday – Friday 1:30pm – 5:30pm. This program is run out of the Old River Rock School space located at 46 Barre Street next door to the Senior Center. Fees are adjusted for full days in several of the weeks offered.

The Afterschool Program is for all children who are in Kindergarten up to 12 years old. The City plans on ensuring young children arrive safely from school by having program staff walk children to the Afterschool Program directly from Union Elementary School.

When school is not in session, the Program will be open for drop-off and pick-up of participating children at 46 Barre Street. Each day will be filled with all kinds of age-appropriate activities (indoor activities, crafts and outdoor or gym activities)!

The Program’s staff consist of an experienced Director and Program Staff who are certified in CPR and First Aid, and are managed by the City’s Recreation Department.

Parents may pre-enroll their children in the program to ensure a spot. Pre-registration is required for the Afterschool Program. Payment is due the Thursday prior to the week the child is attending. Any changes in dates will be communicated.

Enrollments may be cancelled by calling the City’s Recreation office at 802-225-8699. You can find us on the web at www.montpelierrec.org.

<table>
<thead>
<tr>
<th>Spring Sessions</th>
<th>March 29—June 11</th>
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<tbody>
<tr>
<td>Session Code</td>
<td>Session Dates</td>
</tr>
<tr>
<td>#4501_A</td>
<td>March 29—April 2</td>
</tr>
<tr>
<td>#4501_B</td>
<td>April 5–9</td>
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<tr>
<td>#4501_C</td>
<td>April 12–16</td>
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<tr>
<td>#4501_D</td>
<td>April 19–23 (school vacation)</td>
</tr>
<tr>
<td>#4501_E</td>
<td>April 26–30</td>
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<tr>
<td>#4501_F</td>
<td>May 3 –7</td>
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<tr>
<td>#4501_G</td>
<td>May 17–21</td>
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<tr>
<td>#4501_H</td>
<td>May 24–28</td>
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<tr>
<td>#4501_I</td>
<td>June 1–4</td>
</tr>
<tr>
<td>#4501_J</td>
<td>June 7–11</td>
</tr>
</tbody>
</table>

Summer Day Camp begins June 14. Register early to get a spot!
## CAPITAL KIDS AFTERSCHOOL PROGRAM PRICING

<table>
<thead>
<tr>
<th>Montpelier Resident</th>
<th>Non-Montpelier Resident</th>
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</thead>
<tbody>
<tr>
<td>1:30 - 5:30 pm</td>
<td>1:30 - 5:30 pm</td>
</tr>
<tr>
<td>7:45 am - 4:45 pm</td>
<td>7:45 am - 4:45 pm</td>
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</tbody>
</table>

### Regular Afterschool Sessions
- **Montpelier Resident**: $80/week ($75/week for additional family members)
- **Non-Montpelier Resident**: $100/week ($95/week for additional family members)

### Daily Rates
- **Montpelier Resident**: $20/day ($18/day for each additional family member)
- **Non-Montpelier Resident**: $25/day ($24/day for each additional family member)

### Activity rates for Full Day Weeks
- **Montpelier Resident**: $130/week ($120/week for additional family members)  
  *daily rates also available*
- **Non-Montpelier Resident**: $175/week ($160/week for additional family members)  
  *daily rates also available*
**April Day Camp**
Montpelier Rec. Staff | April Vacation week, April 19—23 | Old River Rock School, 48 Barre Street | 7:45 am – 4:45 pm | MSMS | $130/week or $33/day, $120/week or $31/day for additional child for residents, $175/week or $45/day, $160/week or $42/day for additional child.

Montpelier Recreation’s April Day Camp accepts state subsidies. For more information or applications, please contact:

The Family Center of Washington County
Child Support Services
383 Sherwood Drive
Montpelier, VT 05602
(802) 262-3292

**Capital Kids Day Camp**
June 14—August 20, 2021 | Ages 6–12 (must have completed kindergarten) | Elm Street Rec. Area | Montpelier Capital Kids Day Camp is a State Licensed Childcare program. The Day Camp provides 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 paper work is filled out prior to the start of the program. If you have any questions about subsidy, please call 225-8699 and ask for Norma.

Immunization Records must be included, otherwise we cannot admit the child to camp by state regulations.

To cancel a week of camp and be refunded minus a $20.00 administrative fee, please fill out a cancellation form and submit 7 days prior to the start date of the week you are cancelling.

Registrations received without completion of checklist on the cover page will not be accepted.

Payment or Subsidy Certificate and all required forms must be received before a child can begin their first day at camp.

Lunch Program:
At this time we are unsure if we will be able to provide lunch. We will update this section once we have further guidance.

Montpelier Recreation’s Capital Kids Day Camp accepts state subsidies. For more information or applications, please contact:

The Family Center of Washington County
Child Support Services
383 Sherwood Drive
Montpelier, VT 05602
(802) 262-3292

**Capital Kids Day Camp Pricing**
(prices listed are for a week of attendance)

<table>
<thead>
<tr>
<th></th>
<th>Montpelier Residents</th>
<th>Non-Montpelier Residents</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Half Days</strong></td>
<td>$75 for first child</td>
<td>$108 for first child</td>
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<tr>
<td></td>
<td>$65 for each additional</td>
<td>$98 for each additional</td>
</tr>
<tr>
<td><strong>Full Days</strong></td>
<td>$130 for first child</td>
<td>$175 for first child</td>
</tr>
<tr>
<td></td>
<td>$115 for each additional</td>
<td>$155 for each additional</td>
</tr>
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Vermont Futbol Academy (UVM) Soccer Camp
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 couple 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 and Goalkeeper Coach Randy Coble. In addition, current University of Vermont Varsity soccer players will assist with all events. Register through [www.vermontfutbolacademy.org](http://www.vermontfutbolacademy.org).

FEAST Farm Camp
Session 1: August 2–6 | 9 am–3 pm
Session 2: August 9–13 | 9 am–3 pm
The Community Services Department invites kids ages 7-10 to join us in growing food for our neighbors. Together we will immerse ourselves in the daily cycles of farming for two one-week sessions. During the week, we will plant, harvest, and taste our way through the farm. We'll explore the surrounding eco-systems, community that helps feed the University, and the diverse biodiversity that helps support the food we eat. For more details and to register, please visit [www.montpelier-vt.org/feastfarmcamp](http://www.montpelier-vt.org/feastfarmcamp).

Capital Soccer
Capital Soccer will be offering a number of soccer camps for a variety of ages at the Montpelier Rec fields this summer. For details, pricing and to register, please visit [www.capitalsoccer.net/summer-camps](http://www.capitalsoccer.net/summer-camps).

Girls on the Run
Girls on the Run: Grades 3-5
Heart & Sole: Grades 6-8
For more details on either program or to register, visit [www.gotrvt.org](http://www.gotrvt.org). Financial assistance of $100 through Girls on the Run VT available for those who qualify.
PRIVATE CLASSES LED BY MSAC INSTRUCTORS

Many of the talented instructors who have led classes at Montpelier Senior Activity Center in recent years are offering remote classes independently/privately, and we are pleased to provide a contact list that gets updated occasionally and can be viewed by visiting our Classes website. It will be updated for Spring soon!

Please support them while keeping yourself engaged and active!

Amy LePage—Yoga/Somatic Movement
Barb Alpert—Yoga
Carlos Reyes—Spanish
Ellie Hayes—Tai Chi
Erik Nielsen—Music Appreciation / Composition
Janice Walrafen—Art / Drawing
John Harrison—Choir/ Voice
Linda Hogan—Painting / Photography
Lisa Mase—Nutrition Education/Cooking
Maggie Thompson—Writing
Megan Pow—Zumba / Coaching
Melanie Viets—Writing
Monica Digiovanni—Yoga
Ragan Sheridan—Yoga
Rick Winston—Film Appreciation & History
Ron Sweet—Yoga
Sara McMahon—Movement Classes for people with Parkinson’s
Sarah Parker-Givens—Yoga
Shannon Hepburn—Pilates

MSAC SPRING CLASS REGISTRATION INSTRUCTIONS

All class registrants are requested to sign our Release of Liability & COVID-19 Cooperation Statement on the Registration Form.

Registration dates: The first phase of registration runs 3/15-3/29, and if any classes have more enrollments than spaces, lotteries will be drawn at end of day, Monday, 3/29, and notifications made 3/30. Anyone whose name is not drawn in a lottery-required class will have the option of a credit or refund.

Registration continues until the start of classes and beyond, and is open to residents of all towns the entire duration. Late fees apply after 4/9/21 and are waived for new members.
Payment dates and methods: Payment must be made at time of class registration in order to hold a spot. Cash and check payments may be dropped off in our lockbox in an envelope that includes your name and contact information. Credit card payments are preferably made online (user-id and password available in office), but as a last resort, we can process credit card payments on the phone and do not save card numbers. Payments after 4/9/21 are subject to late fees of $10 per class.

MSAC Membership requirements and exceptions:

FY20 Members (whose membership expired 6/30/20): your membership is extended for Spring 2021 classes.

New Members, age 50+: You must join by filling out a form and paying FY21 annual dues of $25 for Montpelier, $40 for our six supporting towns, or $60 for other towns ($10 increase from FY20 as announced in January 2020). You can pay 50% off if joining for Spring only!

City employee non-members: Please notify MSAC staff if you wish to register for classes (regardless of age) or join as a member. We are pleased to have more instructors offer classes to city employees!

Other non-members: Inquire to MSAC staff if you have questions about your fees or eligibility.

Note: Annual membership renewal will resume this May for the membership year that begins July 1.

Class start dates: Most classes are planned to begin the week of April 5 unless otherwise noted in the Program Guide, but this is subject to change. There are exceptions, and notifications of changes will be sent to registrants.

Class duration & holidays: Classes are usual 10 or 12 sessions with a few exceptions marked in “Day and Time” columns below. Most 10 week classes end the week of June 7. Most 12 week classes end the week of June 21. There may be skip-dates or make-ups. MSAC’s office will be closed for the Memorial Day holiday, but most instructors will lead classes.

Location: All Spring classes will be on-line via Zoom video or phone. Further instructions will come from MSAC staff or your instructor prior to class beginning. It is possible that a couple of classes will be moved to an outdoor location later in spring if weather and COVID guidelines allow.

Assistance for online classes: Instructions are provided to all registrants, and assistance will be available upon request. For anyone lacking a suitable device or internet access, class attendance via phone will also be an option. Trainings for Zoom are offered (free) on Tuesday 3/9 at 10am, Thursday 3/18 at 1pm, Tuesday 4/13 at 1pm, and Thursday 4/29 at 10am. More will be scheduled in May and June. Please contact Andrew to learn more or get 1-1 help – his contact info. is below!

Additional materials fees or supplies may be required for some classes.

Complete class descriptions, instructor bios and more information can be found in the following pages.

We remain committed to keeping programs affordable and safe for all, to providing Financial Aid to all who request it, and to doing our best to meet city budget requirements. Financial Aid is available for members of all towns. Please make your request to the office or fill out our form.

If you have questions about:

Registration, membership or class payment: contact Harry at 223-2518 or msac@montpelier-vt.org.

Technology Assistance: contact Andrew at msac-americorps@montpelier-vt.org or call him at 262-6287.

Financial Aid, MSAC’s budget or COVID-19 requirements: contact Janna at 262-6283 or email jclar@montpelier-vt.org.

Due to the Governor’s latest State of Emergency Order, all in-person group opportunities have been canceled for the foreseeable future, and we will announce any changes and how they affect eventual MSAC re-opening.
★ Painting at All Levels
Linda Hogan | 10 Mondays, starts 4/5 | 9:30 - 11:30 am | via Zoom | $40 members / $65 public | Ages 15+
Explore the wonderful world of painting in acrylics, watercolors, oils, pastels, your choice. Bring your own ideas! There will be instruction, handouts, and many new ideas and explorations offered to help you create your masterpiece. A great way to start the week by spending some time with a fun group of creative people!

★ Rug Hooking
Pam Finnigan | 10 Wednesdays, starts 4/7 | 9:30 - 11:30 am | via Zoom | $40 members / $65 public | Ages 30+
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 Nature
Janice Walrafen | 10 Thursdays, starts 4/8 | 1:00—3:00 pm | via Zoom | Online but may meet in person, outdoors if weather/guidance allows | $65 members / $90 public | Ages 10+
In this class we will look closely at nature’s shapes and forms, step back to see the field of pattern, light and shadow, and explore the unfolding of plants. Using pencil, pen and charcoal, we will draw from life and outside as much as possible. Open to all abilities. We will meet outside, distanced and masked, at the New Shelter in Hubbard Park if good weather and if the State of VT COVID-19 guidance allows in the months to come. Otherwise classes will be on Zoom and members will be encouraged to find natural objects, plants, etc. in their home environments.

★ Creative Writing (2 options!)
Maggie Thompson | via Zoom | $40 Montpelier resident/$50 non-resident | Ages 50+
* 10 Tuesdays, starts 4/6 | 1-3 pm
* 10 Mondays, starts 4/5 | 1-3 pm
Whether we journal, write letters, memoir, fiction, or creative nonfiction, writing illuminates our life experiences, providing connections for our children and grandchildren, as well as for ourselves. Through the use of optional homework assignments and writing prompts in class, we will discover new angles to explore our stories. Along the way we will touch on craft elements such as setting, character development, imagery, and dialogue that will help shape our words and grow our skills as writers. Sessions will include sharing our work aloud (optional) and offering thoughtful discussion and robust encouragement. Classes tailored to the aspirations of the participants. Lastly, writing with others at MSAC is fun, infused with insights and spice!

★ Great Decisions Online (Current Events)
Facilitators: John Turner & Barbara Thompson | 9 Wednesdays, starts 4/7 | 10:00—11:30 am | via Zoom | $50 member/$75 public | Ages 15+
Great Decisions (GD) gives opportunities to focus on current issues in world affairs, learn from others, and reach informed opinions. The longest running civic education program on U.S. foreign policy and global issues, GD is created by the Foreign Policy Association (www.fpa.org). New topics for 2021 are: “Global Supply Chains and National Security”, “Persian Gulf Security Issues”, “Brexit after Brexit”, “Great Power Competition in the Melting Arctic”, “China and Africa”, “The Two Koreas”, “WHO response to COVID-19”, and “The End of Globalization?” Registration fee includes Briefing Book on all 8 topics. (Optional subscription to Vimeo’s PBS Great Decisions online video is not included). Each week participants will read the briefing book and watch the video before the Wednesday morning discussion.
Active Living & Wellness Classes

★ Creating & Remaking Poems Online
Samn Stockwell | 10 Wednesdays, starts 4/7 (skips 4/21) | 3—5pm | via Zoom | $40 members / $65 public | Ages 18+ |
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.

★ Opera III: The 20th & 21st Centuries
Erik Nielsen | 10 Tuesdays, starts 4/6 | 2:30—4:00 pm | via Zoom | $75 members/$100 public | Ages 12+
This class is a follow-up to Opera I and II, though taking the first or second level is not a pre-requisite for this course. After a little review we will cover the 20th century beginning with Richard Strauss. We will then cover a number of the great operatic works of the past 100 years, including operas by Berg, Shostakovich, Stravinsky, Prokofiev, Britten and others. We will finish by examining some of the works of our own time. Once again, composer Erik Nielsen will lead the class and include his own opera, A Fleeting Animal, as one of the works to be presented. The class is open to anyone with curiosity about opera and a willingness to listen.

★ A Pro-Active, Insightful Approach to Estate Planning
Claudia Pringles | 4 Tuesdays, starts 4/27 | 6:30—8:00 pm | via Zoom | $20 members/$45 public | Ages 15+
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 stress 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.

# ★ Bone Builders Online
via Zoom | Ages 50+ (description next page)
Most Bone Builders:
$40 res. / $50 non-res. members only
Exception:
Section D with Nancy S. is open to general public age 50+
$40 mem./ $65 public
Note: All Bone Builders classes require prior experience or orientation with an instructor prior to attending group class.
Section A:
Laura Morse | 12 weeks, Mondays/ Fridays, starts 4/5 | 3:15—4:30 pm
Section B:
Laura Brown/Theresa Lever/Pat Carstensen | 12 weeks, Mondays/ Thursdays, starts 4/5 | 5-6:00 pm
Section C:
Tina Muncy | 12 weeks, Tuesdays/ Thursdays, starts 4/6 | 5:00—6:00 pm
Section D:
Nancy Schulz | 12 weeks, Tuesdays/ Fridays, starts 4/6 | 10:15—11:30 am | Open to public
Section E:
Joan Barrett/Jean Phillips/Barbara Ladabouche | 12 weeks, Tuesdays/ Thursdays, starts 4/6 | 8:30—9:30 am

Symbol Key:
■ = MSAC members only ★ = open to the public # = Open to City employees of all ages

MONTPELIER COMMUNITY SERVICES | 23
As we age, we all gradually lose muscle mass, bone density, flexibility, strength, and balance. The focus of Bone Builders is 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. Limited equipment is available for borrowing—contact 223-2518 for more info. Choose a class that suits your schedule and find out why the Bone Builders program is so popular at MSAC!

Food as Medicine Fundamentals
Lisa Mase | 4 Fridays, starts 4/23 | 1:30–2:30 pm | via Zoom | $35 members/$60 public | Ages 14+
ARE YOU READY TO TRANSFORM YOUR HEALTH WITH FOOD AS MEDICINE? This four week course is for you! Lisa created Food as Medicine Fundamentals because she knows that we are in a pivotal point in the well-being of ourselves, our species, and our planet. The way we eat and care for ourselves has tremendous ripple effects. May this course help us heal ourselves so we can heal the planet. UPGRADE YOUR NUTRITION KNOWLEDGE. During this 4-week course you will:

- Find healthy eating rhythms for yourself and your loved ones
- Work with Ayurveda, Chinese Medicine, and the Mediterranean Diet
- Explore nutrition science, macronutrient balance and personalized nutrition
- Learn how to heal common conditions with food and herbs
- Understand which culinary and tea herbs are best for digestion
- Feel empowered around using food and herbs for health

From intuitive eating for stress reduction to learning about your body’s internal cues for nourishment, we will delve into the importance of what we eat and how we eat it. With traditional nutritional philosophies as our foundation and your common interests as our tools for exploration and growth, we will create a community of wellness. Weekly live courses and our online community will help us deepen our knowledge of food as medicine and keep connected! Take the course at your own pace. You will have lifetime access to materials. All classes will be recorded to watch anytime.

Next Level Beginners Pilates
Shannon Hepburn | 12 Mondays, starts 4/5 | 10:30–11:30 am | via Zoom | $35 members/ $60 public | Ages 15+
This class is for people who have previously taken a Beginner Pilates class and would like to repeat the class working at a gentle pace with reminders of the Basic Principles. Not limited to previous students of Shannon.

Pilates Express (2 options)
Shannon Hepburn | via Zoom | $35 members / $60 public | Ages 15+

- 12 Mondays, starts 4/5 | 12:00–12:45 pm
- 12 Wednesdays, starts 4/7 | 10:15–11:00 am
This class is for people who have completed the Pilates for Beginners class at MSAC (or individuals who have prior experience with Pilates). Start your day with a 45-minute flowing mat class that focuses on core engagement, strength, and stability. All exercises may be modified to suit individual needs. Participants should be able to move comfortably from a standing position to the floor.

Somatic Movement: Move, Breathe and Feel More Free
Amy LePage | 10 Fridays, starts 4/9 | 9:45–10:45 am | via Zoom | $35 members/ $60 public | Ages 18+
Empowerment through education, understanding and attention to yourself. Slow, focused, gentle movement actively engages the nervous system in a learning process called “neuromuscular retraining.” This class focuses on stress relief, self-care, calming the nervous system, improving mobility, reducing aches, pains and habitual tension and movement patterns. 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 and Amy is seeing clients in-person on Mondays or via Zoom.

Qigong
Ellie Hayes | 12 Wednesdays, starts 4/7 | 1:00 - 1:45 pm | via Zoom | $35 members/ $60 public | Ages 15+

Symbol Key:

- MSAC members only
- open to the public
- Open to City employees of all ages

MONTPELIER COMMUNITY SERVICES | 24
In this class you will learn qigong practices from various sources. Qigong literally means “cultivating the Qi” and is effective at moving stagnant energy, strengthening your immune system, and establishing relaxation, and ease. Open to all levels of experience.

**Tai Chi Fundamentals**
Ellie Hayes | 12 Tuesdays, starts 4/6 | 4:00–4:45 pm | via Zoom | $35 members/$60 public | Ages 15+
This class is for experienced and novice Tai Chi practitioners alike. Ellie will offer experiential exercises incorporating basic Tai Chi principles, which can be applied to any Tai Chi form.

**Chair Yoga**
Ragan Sheridan | 10 Thursdays, starts 4/8 (skips 5/13, 5/20 & 5/27) | 1:30–2:30 pm | via Zoom | $35 members/$60 public | Ages 18+
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.

**Gentle & Restorative Yoga**
Ragan Sheridan | 10 Wednesdays, starts 4/7 (skips 5/12, 5/19 &5/26) | 3:00–4:15 pm | via Zoom | $45 members/ $70 public | Ages 18+
In this class, we will integrate gentle movement and breath work to loosen up the body, reduce pain and inflammation, and to ease stress, anxiety and depression. Ragan will guide you through modifications to meet your body’s individual needs and we will work with very gentle restorative postures to find deep rest and an increased sense of well-being. This class includes some chanting/mantra meditation. For questions or more information ragan@rootsosfupport.com or www.rootsosfupport.com.

**Gentle Yoga and Meditation Online**
Monica DiGiovanni | 12 Tuesdays, starts 4/6 | 4:00–5:00 pm | via Zoom | $35 members / $60 public | Open to ages 13+
This gentle class will take place mostly on the floor. Clear your space, grab a cup of tea and gather your props: blocks, strap, pillows, bolsters & blankets. Perfect for opening the body, caring for your nervous system and returning back to the center point. Class will start with a guided meditation and end with an affirmation to hold you after class ends. Open to ages 13+, children under 18 may attend accompanied by a parent or alone by permission of the instructor and parent.

**Moving into Stillness**
Sarah Parker-Givens | 12 Thursdays, starts 4/8 | 2:00–3:15 pm | via Zoom | $35 members/$60 public | Ages 18+
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. This class will include getting up and down from the floor. Sarah specializes in breath-focused yoga for beginners and seniors. Visit heartcenteredyoga.weebly.com for more information about Sarah and her teaching.

**Moderate Yoga for Balance Online**
Patty Crawford | 12 Thursdays, starts 4/8 | 10:00–11:15 am | via Zoom | $35 Montpelier resident/$45 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 extended periods of time. Good balance and focused attention increases our ability to prevent serious injury.

**Moderate Yoga (2 options!)**
Ron Sweet | via Zoom | $35 Members/$60 Public | Ages 40+
- 12 Mondays, starts 4/5 | 11:45 am—1:00 pm
- 12 Thursdays, starts 4/8 | 10:00—11:15 am
Learn to move with greater awareness and proper alignment while exploring the constant stream of subtle messages that your body offers as it guides you toward mindful movement, which helps lower the risk of injury on and off the mat. You'll learn to coordinate movement with breath to improve stability and focus, help to reduce stress, all while maintaining and improving strength, balance, and flexibility. This class is more active than the gentle classes.

**Moderate Flow Yoga**
Sarah Parker-Givens | 10 Wednesdays, starts 4/7 | 5:00—6:15 pm | via Zoom | $50 members/ $75 public | Ages 18+
Flow Yoga is the linking of breath with movement. In this moderate flow 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.

**Yoga for Focus and Fitness:**

**Strength and Flow Online**
Monica DiGiovanni | 12 Wednesdays, starts 4/7 | 9:00—10:15 am | via Zoom | $35 members / $60 public | Ages 14+
Do you enjoy physical activities such as running, cross-country skiing, dancing, biking, and hiking? 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. The heart of class enjoys a core focused practice of isometric strengthening exercises interwoven with yoga 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 recommended.* Open to ages 14+, children under 18 may attend accompanied by a parent or alone by permission of the instructor and parent.

**Drop-In Activities**

**Book Discussion Online Group**
Barb Dall | Monthly Meetings | Free
Have you always wanted to read and discuss a particular book? Do you see reading and thinking as an educational opportunity? Is reading a way to broaden your perspective? You might like to join a group of readers, on Zoom, once a month, for an MSAC sponsored book-focused discussion group. You bring a suggestion, and the group will choose the book(s) by consensus. Limit 10 people. Zoom access needed – assistance available for set-up. Listening skills paramount for participation. B. Dall, an MSAC Advisory Council member, will serve as facilitator. To register, email: msac@montpelier-vt.org.

**Reader’s Choice Online**
Nancy Schulz | Thursdays, through April 28 | 7-8 pm | online or at MSAC when group gathering permitted by State | 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. If you wish to be added to the Reader’s Choice email group so that you’ll receive the Zoom link, please email Nancy: SaddleShoes2@gmail.com

**Long Life Qi Gong Online**
Nancy Schulz | Wednesdays, through April 29 | 10:45 - 11:05 am | online or at MSAC when
Drop-in Activities

**group gathering permitted by State** | Free
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Invest 20 minutes for a longer life! All are invited to participate in a 20-minute series of gentle movements from the Chinese Qi Gong “Long Life” tradition of Master Ru. Participants follow the leader who guides the series with few spoken words. Many movements have imaginative names such as “Dancing with the Moon,” “Watching the Clouds Go By,” and “Swimming Dragon.” At the end of the 20 minutes, participants often report feeling both calm and invigorated. The series will be led by movement instructor Nancy Schulz. To receive the Zoom link, please email Nancy: SaddleShoes2@gmail.com

**Club de Français Intermédiaire Online**
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**Ad Hoc Writer’s Group Online**
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Hugo and Cynthia Liepmann | Mondays, 6:00-8:00 pm
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.

**Walks with Joan**
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Joan Barrett | Mondays, 10 am, weather permitting** when group gathering permitted by State**
Meet-up locations will vary. Please contact Joan Barrett by Sunday night at 223-1856 or email barrettsvt@gmail.com if you intend to come. Bring a mask and plan to practice appropriate distancing and follow safety precautions.

**Trash Tramps**
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Tuesdays, 2:00 - 3:00 pm **when group gathering permitted by State** | Free
Meet at MSAC at 1:50ish and then tramp around Montpelier picking up trash as we go! Bring gloves. Bags provided. All welcome! Please contact Anne Ferguson (aka Eileen Dover): StoryWalkVT@yahoo.com for more information.

**Crafters Group**
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Joan Barrett/Sally DeCicco | Wednesdays, **when group gathering permitted by State** | 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 online**
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Anne Charles | Wednesdays (bi-weekly), 5:30 - 7:00 pm
The Rainbow Umbrella Women’s 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. Contact womendiscuss@gmail.com for more information.

**Photo Club Walks**
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Linda Hogan | Wednesdays, 9:00 am, weather permitting **when group gathering permitted by State**
Linda Hogan invites local photographers of all ages and abilities to take a weekly stroll through Montpelier to take pictures of our lovely city. The group will leave from the MSAC courtyard at 9 am on Wednesdays, weather permitting. Masks are required as well as physical distancing for participants. Please email Linda Hogan at paragraphics@pshift.com if you plan to join this inSIGHTful group. This is a free activity, though a donation to MSAC would be most welcome.
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.

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.

Barbara Dall is a fan of reading and thinking, an active library patron, and someone who wonders if she’ll ever be able to read all those books on her bookshelves.

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.

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

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

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 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.

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 longtime friend, Laura Brown.

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

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 have seen 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 un-
Instructor Bios

usual 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. Outside of pandemic time, 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.

**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 Fleet- ing 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 Shri1 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 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 her teaching.

**Jean Phillips** has been participating in Bone Builders at MSAC since 2015. She received her instructor training in 2017 through the Grafton & Sullivan Counties

**Claudia Pringles** was awarded the Juris Doctor by the University of Wisconsin Law School. A member of the Vermont Bar, this is her 12th year practicing law in Montpelier.

**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 well-being. 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 beeline 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.

**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

Delicious, Nutritious & Accessible Meals for Seniors

The City of Montpelier is proud to oversee a robust, highly accessible and delicious program for older adults called the FEAST Senior Meals Program. FEAST offers Meals on Wheels (formerly called FEAST at Home) to seniors in Montpelier and northern Berlin and Curbside Meal Pickup (formerly FEAST To Go) on Tuesdays and Fridays to anyone interested.

FEAST annually serves about 16,000 meals, produced by Good Taste Catering and in partnership with produce grown locally by Montpelier’s FEAST Farm, as well as produce gleaned by the volunteers at the Community Harvest of Central Vermont. A dedicated team of volunteers helps to deliver meals to home-bound seniors, and distribute the hot curbside pickup meals.

The FEAST program offers older adults in Montpelier and the surrounding towns affordable access to nutritious meals. The FEAST Meals on Wheels program is accessible at no charge to anyone over the age of 60. The FEAST Curbside Meal Pickup program is of no charge to seniors over 60, and costs $7-$10 donation for anyone under 60. Just contact us to register for either service!

FEAST offers delicious, nutritious, affordable & accessible meals to seniors 60+ in the City of Montpelier and beyond

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<tr>
<th>Meals on Wheels</th>
<th>Curbside Meal Pickup</th>
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<tr>
<td>for seniors 60+</td>
<td>for anyone</td>
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<td>Weekly deliveries of delicious, nutritious &amp; reheatable meals delivered to your door</td>
<td>Tuesdays &amp; Fridays 12-12:30pm delicious, nutritious, hot meals available for pickup</td>
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<td>For Montpelier &amp; N. Berlin residents</td>
<td>For residents of any town!</td>
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<td>Call to sign up</td>
<td>Call for reservations</td>
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FEAST Senior Meals are offered at no charge to seniors 60+
Donations gladly accepted: Suggested donation $5-$10
Curbside Meals available to anyone under 60 for $7-$10
Contact by calling the FEAST Office: 802-262-6288 or emailing feast@montpelier-vt.org

FEAST also offers:

Nutrition education – workshops and resources for FEAST recipients & greater community offered online/phone/in-person to encourage thriving health

Meals Together – When it’s safe to do so again, we’ll resume in-person meals at MSAC in our community room at 58 Barre St.

Social Engagement Activities - Outdoor gatherings as weather permits, Online presentations, performances & artistic events, COVID-Safe Volunteer opportunities, Regular phone calls for wellness checks, Announcements about other MSAC and community programs & resources.