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

In this time of COVID-19, the Community Services Department is hard at work trying to provide opportunities to keep you and yours busy this winter while simultaneously supporting the health and safety of our community. You’ll see that our Winter offerings are fewer than normal, but they include some of our most popular and include our new after-school child care program!

In addition to navigating how we can safely provide services/opportunities to our community, the department is also juggling some changes in staffing. At the time of writing, we recently hired a new Rec Program Coordinator, Nick Marinelli, while two long-time Recreation Maintenance Staff recently retired: Carl Nunn and Rick LaChapelle. They will be missed and may come back to help later in the season!

Community Services Office Manager, Norma Maurice, has returned from medical leave, and along with having Sarah Lipton on the team as the Temporary FEAST Program Manager, we have been thrilled to bring on our new AmeriCorps member, Andrew Gribbin, who is doing Aging in Place Coordination with FEAST and our Village Initiative!

We ask and thank you for your patience and understanding, as our normal operating procedures might still take longer than usual, and COVID-19 protocols have changed some of the ways we serve you. Please know that we are working hard to bring you the best service we can in accordance with the VT Dept. of Health! We look forward to Winter with you as the year changes and wish our entire community a safe and healthy season.

~ 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
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 Winter 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 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 2020-2021 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________________
PARKS & FACILITIES

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 December 24—January 1 for holidays this season. The office will also be closed on Jan. 18 for MLK Day and Feb. 15 for President’s Day. No activities will take place in the 58 Barre Street facility those days.

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. 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
Closed for the season—opens again summer 2021

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 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 five 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. 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.

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
**FREQUENTLY ASKED QUESTIONS**

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.

**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 www.montpelierrec.org and www.montpelier-vt.org/msac

**Online Registration**
Online registration is available for most programs at www.montpelier-vt.org/cs/register. 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 8/24, but updates will be posted to our website)** 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 residents from all towns will be processed beginning on Monday, Dec. 7. 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. All past members paid up through June 30, 2020, have had their membership dues waived until Spring 2021.

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.
FREQUENTLY ASKED QUESTIONS CONTINUED...

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 pro-rated 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 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 Jan. 1.

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 some classes 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 many cases, their class fees are the same as Montpelier members. For more information which we updated in Fall 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](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
Reasonable Accommodations
We welcome requests for reasonable accommodations. Please contact our office at 225-8699.

Montpelier Senior Activity Important Winter Class Information and Dates
- **Class Registration**: Monday 12/7 – Monday, 12/21
- **Lottery drawing** for classes in which enrollment exceeds available spaces: Monday, December 21
- **Notifications to registrants** in classes and on waiting lists: Tuesday, December 22.
- **Community Services office closed for holidays**: 12/24-1/1/21, 1/18, 2/15
- **Payments**: Payments must be made at time of registration. A $10 per class late fee will be applied after Jan. 1.
- **Classes Start**: Week of Monday, January 4 (late fees apply)

Spring Class Proposals for adult and youth programs at MSAC are due in the Community Services Department office by January 11, 2021. Request a proposal form from Harry or by emailing msac@montpelier-vt.org.

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
UPCOMING COMMUNITY SERVICES EVENTS

2 WebTrac Training Sessions with Harry
Friday Dec. 4 | 10-11 am
Thursday, Dec. 17 | 10-11 am
Just in time to sign up for Winter classes (Jan.-Mar.) starting on Dec. 7! Would you like to try online class (including adult and youth programs) registration for the first time? Or have you tried and run into problems in the past? Harry Divack, our department’s Administrative Assistant extraordinaire – and an expert of our system – will be hosting two training sessions. Sharing his screen via Zoom, Harry will show you how to log-in, find and select your program(s), register, and process your payment successfully. Please pre-register for this online event by calling 223-2518 or emailing msac@montpelier-vt.org. Recommended: get a user-id and password in advance (available from the office if you’ve lost yours or need one for the first time).

“How to Use Zoom”: Two FREE Online Trainings with MSAC
Thursday, Jan. 7 | 11 am
Tuesday, Jan. 12 | 2:30 pm
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 for either, call 262-6287 or email msac-americorps@montpelier-vt.org.

Intergenerational Walks, Snowshoe Outings, Etc.
The MSAC, and Parks & Rec. staff are exploring possible outdoor activities of all sorts once State guidelines allow for distanced small group gatherings outside again. Please watch for City announcements on the Website, FPF and our Facebook pages, as well as the MSAC e-letter each Sunday night.

Montpelier Recreation Egg Hunt
The Rec. Department is looking into different ways to offer the Egg Hunt in a COVID-19 safe manner. Please watch for City announcements on the Website, FPF and the Rec Facebook page.

Ice on Fire
Montpelier Parks and AllTogether Now recently met to brainstorm ways that Ice on Fire could still take place in adherence to State and City guidelines regarding COVID-19. Please watch for City announcements on the Website, FPF and the Parks Facebook page.
We are a Licensed Afterschool Program.

The City of Montpelier has opened an afterschool childcare program. 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 will be 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 & outdoor or gym activities)!

The Program’s staff will consist of an experienced Director and Program Staff who are certified in CPR and First Aid, and will be 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. Again, any delay in start-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

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<th>Winter Session</th>
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<td>Session Code</td>
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# CAPITAL KIDS AFTERSCHOOL PROGRAM

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<th>Session Name*</th>
<th>Montpelier Resident</th>
<th>Non-Montpelier Resident</th>
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<tr>
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<td>1:30 - 5:30 pm</td>
<td>7:45 am - 4:45 pm</td>
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<tr>
<td>Regular Afterschool Sessions</td>
<td>$80 /week ($75/week for additional family members)</td>
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<td>$110/week ($100/week for additional family members)</td>
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<tr>
<td>Activity rates for Full Day Weeks (#3501 H &amp; #3501 Q)</td>
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<td>$150/week ($107/week for additional family members)</td>
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<tr>
<td>Activity rates for Full Day Weeks (#3501 N)</td>
<td>$100/week ($91/week for additional family members)</td>
<td>$130/week ($119/week for additional family members)</td>
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* Sessions with less than 5 days will be prorated at the office when you sign up
COMMUNITY OFFERINGS

Contemporary Dance & Fitness Studio on Zoom—discounts for MSAC members
Classes with Allison Mann—New Schedule begins Dec. 7
No classes Dec. 25 & Jan. 1
Only $5 a class for MSAC members!
Purchase 4 or more classes, and Zoom-in when you can.

Yoga I: Mondays | 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.

Yoga II: Wednesdays | 12:05 - 1 pm | via Zoom
Work slowly and deeply to gain flexibility, strength, muscular balance, and alignment. Includes kneeling and arm-supported postures & simple inversions.

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.

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.

Zumba for Absolute Beginners with Megan Pow—discounts for MSAC members
Tuesdays | 11-11:45 am | via Zoom
Think you can’t dance? Come to this easy-to-follow dance workout, and find out the truth: of course you can, and it feels good, and life is better when you do. Zumba for Absolute Beginners is a cardio dance workout that boosts bone density, strengthens the core, improves the balance… and most importantly, it’s a feel good party. It’s a great way to work out gently to amazing Latin and international music!

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

Intergenerational Connection Activities, February-April
MSAC members and other older adults are invited to join Montpelier High School students and MHS teachers for twice weekly activities together. Depending on the state of the pandemic, these may be socially distanced in-person or virtually hosted online. Activities will all be optional--sign up for those that appeal to you -- but will likely include:

- Walks in Hubbard Park or elsewhere in town;
- Intergenerational interviewing (about careers, historical events, COVID-19 experiences and more – possibly in partnership with Folklife Center’s Listening in Place project); Virtual games (Kahoot, Ticket to Ride, Chess, etc.) or potentially in-person;
- Technology assistance (virtual live sessions, video, or otherwise).

Part of the Enrichment Program of Studies at MHS, this series was still in development at the time of Program Guide publishing in late November. Timing is likely to be Monday/Thursday, 12:30-3:00pm. We look forward to building more opportunities to bring youth and older adults together in 2021! To get updates in January and sign up, contact msac-americorps@montpelier-vt.org, call 262-6287, read the MSAC e-letter, or check our websites.

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COMMITTY OFFERINGS

Special treat:: MSAC members pay just $60 for the whole 7-week series—plus Megan is supporting the Senior Center by donating a percentage of every Absolute Beginner ticket. Visit https://www.meganpowcoaching.com/classes-and-events to view Megan's Class and Event website and register. Current series continues through December; new series starts in January!

**Movement for Parkinson’s Classes with Sara McMahon and the Flynn**

Monday & Thursday mornings from 10:00-11:15 a.m. Winter semester begins Jan. 11th.

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 through Flynncenter.org or contact email: 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 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 medicare-workshops@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.
PRIVATE CLASSES LED BY MSAC INSTRUCTORS

Many of the talented instructors who have led classes at Montpelier Senior Activity Center in recent years are or will be offering remote classes independently/privately, and we are pleased to provide a list of offerings and schedules, etc. that gets updated about once monthly and can be viewed by visiting our Classes website. It will be updated for Winter 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
Gabe Lajeunesse—Financial Planning
Janice Walraffen—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

Photo by Russell Clar
All class registrants are requested to sign our Release of Liability & COVID-19 Cooperation Statement (see p.3).

Registration dates: The first phase of registration runs 12/7-12/21/20, and if any classes have more enrollments than spaces, lotteries will be drawn at end of day, Monday, 12/21, and notifications made 12/22. Anyone whose name is not drawn in a lottery-required class will have the option of a credit or refund.

Registration continues beyond the start of classes and beyond, and is open to residents of all towns the entire duration.

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 1/1/21 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 Winter 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).
* City employee non-members: Please notify MSAC staff 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.

Class start dates: Most classes are planned to begin the week of January 4 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: The number of sessions for each class (usually 10 or 12) is in the “Day & Time” column below. Most 10 week classes end the week of March 8. Most 12 week classes end the week of March 22. There may be make-ups the weeks of March 29. No classes may occur on-site on the two Monday holidays of January 18 and February 15 at MSAC, but some online instructors may lead classes on holidays.

Location: Only four classes are currently (tentatively) planned to be on-site at MSAC (three Art and one Yoga), and none will run simultaneously with other activities, or at night, or on weekends. Most Winter classes will be online via Zoom video or phone. Further instructions will come from MSAC staff or your instructor prior to class beginning. It’s possible that on-site classes will be cancelled or moved online.

Assistance for online classes: Instructions are provided to all registrants, and assistance is available upon request. For anyone lacking a device or internet, class attendance via phone will also be an option. Trainings for Zoom are offered (free) on 1/7 & 1/12. Please contact Andrew to learn more or get one-on-one help!

Additional materials fees or supplies may be required for some classes. Consult Program Guide or instructor.

Class fee increases and MSAC budget: Our fees went up in Fall 2020, as announced in January 2020. We are not charging different rates for on-site vs. on-line classes. Fee revenue covers budgeted expenses that include many fixed overhead costs including facility expenses, instructor payments and online program expenses. We remain committed to keeping programs affordable and safe for all members and the public, to providing Financial Aid to all members who request it, and to doing our best to meet city budget requirements.

If you have questions about:

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

Technology Assistance: contact Andrew at msacamericorps@montpelier-vt.org or call him at 2626287.

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 cancelled until at least Jan. 15.
**Painting at All Levels**  
Linda Hogan | 10 Mondays, starts 1/4 | 9:30 - 11:30 am | **Onsite at MSAC** | $40 mem. / $65 public| Ages 15+  
Explore the wonderful world of painting in acrylics, watercolors, oils, pastels, your choice. Bring your own ideas or work from a setup 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!  

**Rug Hooking**  
Pam Finnigan | 10 Wednesdays, starts 1/6 | 9:30 - 11:30 am | **Onsite at MSAC** | $40 mem. / $65 public| Ages 40+  
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 1/7 | 1:00-2:30pm | **Onsite at MSAC** | $40 mem. / $65 public| Ages 10+  
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, color, 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.

**Creative Writing**  
Maggie Thompson | Tuesdays, starts 1/5 | 1–3 pm | **Onsite at MSAC** | $40 Montpelier resident / $50 non-resident | Ages 50+ |  
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 writers. 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.

**Great Decisions Online**  
Facilitators: John Turner & Barbara Thompson | 9 Wednesdays, starts 1/27 | 10:00—11:30 am | **Onsite at MSAC** | $50 member/$75 public| Ages 15+  
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 2021 topics are: “Global Supply Chains and National Security”, “Persian Gulf Security Issues”, “Brexit and the European Union”, “Struggles Over the Melting Arctic”, “China’s Role in Africa”, “The Korean Peninsula”, “Roles of International Organizations in a Global Pandemic” and “The End of Globalization?” Registration fee, includes books and links to videos. Each week participants will read the briefing book topic and watch the PBS Great Decisions online video before discussion group meets on Wednesday morning. Links to other resources can be found at: www.fpa.org.
Active Living & Wellness

★ Creating & Remaking Poems Online
Samn Stockwell | 10 Wednesdays, starts 1/13 | 3—5 pm | 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.

Bone Builders Online
$40 members/$50 public each section | via Zoom | Ages 50+

Section A:
Laura Morse | 12 weeks, Mondays/Fridays, starts 1/4 | 3:15—4:30 pm

Section B:
Laura Brown/Theresa Lever | 12 weeks, Mondays/Thursdays, starts 1/4 | 5:00—6:00 pm

Section C:
Tina Muncy | 12 weeks, Tuesdays/Fridays, starts 1/5 | 5:00—6:00 pm

Section D:
Nancy Schulz | 12 weeks, Tuesdays/Fridays, starts 1/5 | 10:15—11:30 am | Open to all | $40 MSAC Members/$65 Non-members

Section E:
Joan Barrett/Jean Phillips | 12 weeks, Tuesdays/Thursdays, starts 1/5 | 9:00—10:00 am | Open to all who have done at least an intro. class with someone prior to attending class

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 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!

★ Beginners Pilates—Next Level Online
Shannon Hepburn | 12 Mondays, starts 1/4 | 10:30—11:30 am | via Zoom | $35 members / $60 public | Ages 15+

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.

★ Pilates Express Online
Shannon Hepburn | 12 Wednesdays, starts 1/6 | 10:15—11 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.

★ Somatic Movement: Calming the Nervous System While Improving Mobility and Functionality
Amy LePage | 10 Fridays, starts 1/8 | 9:45—10:45 am | via Zoom | $35 members / $60 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 stress relief and self-care to calm the nervous system while increas-
ing 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 and Amy is seeing clients in-person on Mondays or via zoom.

★ Qigong to Enhance your Tai Chi
Ellie Hayes | 12 Wednesdays, starts 1/6 | 1:00 - 1:45 pm | via Zoom | $35 members/ $60 public | Ages 50+
Given the challenges of keeping Tai Chi aficionados engaged during the age of COVID-19 when live, in-person classes may not be safe, and there’s the added challenge of teaching Tai Chi movements in a “virtual” format, these Qigong sessions are offered with an eye to supporting Tai Chi practitioners in exploring the subtleties of breath, balance, stance and overall ease – but the movements are as simple as they are profound, so this class would be rewarding for participants at any level. You can join in a community of practice from the comfort of your home. Ideally you have a laptop or other device for linking up via ZOOM; a room which allows several feet of distance between you and the device so you can be seen from head to toe; and floor space (preferably uncarpeted) of no more than 4’ x 4’.

★ Yoga Therapy for Osteopenia and Osteoporosis
Ragan Sheridan | 10 Fridays, starts 1/8 | 2:30—4:00 pm | via Zoom | $65 members / $90 public | Ages 50+
This small group class (10 per) will focus on education and the process of correct body mechanics to reduce the risk of fractures as well as improving balance, strength and mobility 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. During week 1 of the class, each student must fill out an intake form and meet with the instructor for a 20 minute scheduled 1:1 assessment on 1/8 (instead of as a group), to be scheduled after registration. Please contact: ragan@rootsofsupport.com or 802-552-8995 for questions. See above or page 9 for FREE trainings by Ragan on 12/7 and 12/8.

★★ Gentle Yoga Online
Patty Crawford | 12 Tuesdays, starts 1/15 | 10:00—11:15 am | via Zoom | $35 Montpelier resident / $45 non-resident | Ages 50+
The primary focus will be on the yoga to support individual needs of the practitioner, 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. This class is only open to those who have taken the class before.

★★ Gentle Yoga and Meditation Online
Monica DiGiovanni | 12 Tuesdays, starts 1/5 | 4:00—5:00 pm | via Zoom | $35 members / $60 public | 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 balance and mindfulness.

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

**Gentle Flow Yoga Online**
Sarah Parker-Givens | 12 Wednesdays, starts 1/6 | 9:00—10:00 am | via Zoom | $35 members /$60 public | Ages 18+

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 and down from the floor. Visit [heartcenteredyoga.weebly.com](http://heartcenteredyoga.weebly.com) for more information about Sarah and her teaching.

**Yoga for Men Online**
Ron Sweet | 12 Mondays, starts 1/4 | 10:00—11:15 am | via Zoom | $35 Montpelier resident /$45 non-resident | Ages 50+

Yoga can help improve flexibility and posture, increase balance, and strengthen and tone muscles. Participants should bring a mat and a blanket to class. If blocks are preferred, please bring your own blocks as well.

**Gentle to Moderate Yoga, Onsite at MSAC**
Barb Alpert | 12 Tuesdays, starts 1/19 | 2:45—3:45 pm | $35 members /$60 public | Ages 18+

This class will offer participants an opportunity to explore a gentle to moderate 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. Participants should be able to move from floor to standing, and participants should bring a yoga mat and a blanket to class. If blocks are preferred, please bring your own blocks as well.

**Moderate to Moderate Yoga for Balance Online**
Patty Crawford | 12 Thursdays, starts 1/7 | 10 - 11:15 am | via Zoom | $35 Montpelier resident /$45 non-resident | Ages 50+ |

In this class we will strengthen and increase flexibility of our feet, ankles, hips, our core, and back muscles as well as our overall posture 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 are able to get up and down from the floor comfortably and stand for extended periods of time. *This class is only open to those who have taken the class before.*

**Moderate Yoga Online**
Ron Sweet | 12 Mondays, starts 1/4 | 11:45 am—1:00 pm | via Zoom | $35 Montpelier resident / $45 non-resident | Ages 50+

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, and help to maintain and improve strength, balance, and flexibility. This class is more active than the gentle classes.

**Yoga for Focus and Fitness: Strength and Flow Online**
Monica DiGiovanni | 12 Wednesdays, starts 1/6 | 9:00—10:15 am | via Zoom | $35 members / $60 public | Ages 14+ | Do you enjoy physical activities

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**Symbol Key:**

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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 Groups**

**New Book Discussion Online Group Starting in January!**
Barb Dall | Monthly Meetings, Starts week of January 11 | 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 | 7 - 8 pm | online or at MSAC in winter 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 | 10:45 – 11:05 am | online or at MSAC when group gathering permitted by State | Free
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**

**Ad Hoc Writer’s Group Online**
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.

**Poetry Club Online**
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. Contact office or check website for updates.

Walks with Joan
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 barrettstvt@gmail.com if you intend to come. Bring a mask and plan to practice appropriate distancing and follow safety precautions.

Italian Group Online
Myriam Romanoff | Tuesdays, 2:30 pm. You can request more information by contacting facilitator, Myriam Romanoff at mslromanoff@gmail.com.

Trash Tramps
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): Story-WalkVT@yahoo.com for more information.

Crafters Group
Joan Barrett/Sally DeCicco | Wednesdays, when group gathering permitted by State
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
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
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 para-graphics@pshift.com if you plan to join this inSIGHTful group. This is a free activity, though a donation to MSAC would be most welcome.
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.

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 Finngan 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 long-time friend, Laura Brown.

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
Instructor Bios

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.

**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 NH updated training program (exercises, updated exercise manuals & supporting class materials) for Senior Bone Builders classes.

**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.

**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.
What a pleasure it has been to serve you this year, despite the many challenges of the year. In October we were thrilled to host our first FEAST Farm Tour (and we even hit the front page of The Times Argus!). In November, we rolled out new online programming for you, and got to come visit you with a hot Thanksgivining meal. In December we’re focused on thanking our volunteers and bringing you another holiday hot meal. Looking ahead to January, we’re excited to have some more new online programming focused on celebrating our local farmers, and in February we’ll be focused on love. In March we’ll be exclusively focused on Meals on Wheels and are hoping to bring you an outstanding new video all about what we do at FEAST.

We continue to be so very pleased to be able to serve seniors 60+ in the Montpelier and Berlin area through our FEAST program, which offers weekly bulk-frozen meal delivery to area seniors at home (our Meals on Wheels program), FEAST To-Go pickup meals on Tuesdays and Fridays at MSAC, and the occasional in-person gathering (as able to given the situation with the pandemic). Do you know of another senior in our community who needs access to healthy, delicious meals? Have them give us a call: 802-262-6288

FEAST at Home
Do you have an older adult in your life who needs more access to delicious, healthy food? Is there someone in your life who is struggling to eat more nutritionally? Let us know because we can help! Have them call us at the FEAST office to be connected to our robust (and yummy!) Meals on Wheels program: 262-6288.

FEAST To-Go
It may be getting chilly out, but our fearless volunteers Laura Morse and Tina Muncy are still delighted to offer you a hot meal every Tuesday and Friday. On days with inclement or especially chilly weather, they will operate with curbside service; simply pull up to the side door of MSAC and they’ll deliver your meal to you. Do call to register in advance so we know to expect you: 262-6288

Thanking our Volunteers:
Monday, Dec. 14 | 12-12:30pm
We know that it’s been a weird year....but we still couldn’t have done it without our spectacular ranks of volunteers who have helped us run our programs, feed our seniors, and support the activities behind the scenes at MSAC. On Monday, December 14th we will celebrate our active volunteers with a lunch to-go and the spectacular thank-you video featuring Montpelier City Leadership and friends, produced by FEAST Program Manager Sarah Lipton.

FEAST Together Inside
tentatively scheduled for...
January 19th | 12-1:30pm
February 16th | 12-1:30pm
March 16th | 12-1:30pm
FEAST Together in-person with us and enjoy one of Chef Mike’s delicious creations.
Registration required so we can seat you at one of three 3 different seatings.

Holiday Hot Meal Delivery
Seniors age 60+ in our meals delivery area of Montpelier are invited to register in advance to receive a Holiday Hot Meal Delivery on Wednesday December 23rd. Our teams of volunteers are excited to bring you a delicious Holiday meal and a warm hello this year. Please let us know by Monday, December 14th if you’d like to receive a hot meal, and we look forward to serving you! Call ahead for a vegetarian option. Donations are welcome between $5-$10. Call us to register: 262-6288

You are also welcome to help volunteer with us to get these meals delivered, just give us a call as soon as you know you’d like to participate. Thank you SO much for helping us bring this seasonal warmth to our community!

Online Nutritional Education Series
Since we can’t gather in person, we’ve moved our nutritional education events online! You are invited to join Registered Dieticians and other Wellness Experts for tips, tricks and secrets on cracking the code on winter wellness. Just visit the FEAST Program page on our website, and call to register: 262-6288

Farmer Spotlight Zoom Gatherings
We would have no meals to serve you if not for our amazing farmers, so we’ve created a bi-monthly online series to celebrate them! You can learn more about our spotlight
events on the FEAST Program page, and to register, call us!

FEAST Celebrates the Arts
In collaboration with senior artists, we are thrilled to unveil a series of artistic expressions representing the FEAST. As the weather cools, the pandemic still rules, and we are working hard to support our isolated community members, we wanted to bring a celebration of community, warmth, nourishment, harvest and richness right to you. Since it’s difficult to view the art hanging at MSAC, we’ve created a beautiful slide-show online for viewing now through January 31. Find a link on our FEAST website or view here: https://www.youtube.com/watch?v=eVt8qelX2Nc&feature=youtu.be

(Photo below, “Pears on plate” by Linda Hogan, MSAC Art Instructor who helped with the show and has several works hanging in it!)

FEAST Recipe Corner
MSAC’s FEAST Kitchen is building up a store of delicious recipes to share with the community. Check out December’s cozy Brussels Sprouts Gratin recipe on our website:

All of the ingredients can be sourced locally, and we encourage you to find someone to make this dish for you as the harvest comes in!

Creamy Brussels Sprouts Au Gratin

The Ingredients
• 4 C brussels sprouts, cleaned and trimmed
• 3 T unsalted butter
• 1 C grated Gruyere (or any other sharp cheese)
• 2 C heavy cream or milk
• 3 T all purpose flour
• 2 cloves minced garlic
• salt and pepper to taste
• 1 t nutmeg

The Instructions
• Preheat oven to 400 degrees & butter oven-proof baking dish. In a large saucepan bring salted water to a boil and add brussels sprouts. Cook for about 6-8 minutes. Brussels sprouts should be bright green in color and just starting to soften. Remove from heat and place in a bowl of ice water to prevent the sprouts from cooking further.
• For the cream sauce: In a medium saucepan over medium heat melt the butter and add in the flour. Stir and cook for about a minute until smooth. Slowly whisk in cream/milk and add garlic to cook for around three minutes. Whisk occasionally until the sauce thickens. Remove from heat and season with salt, pepper, and nutmeg.
• To assemble: Drain brussels sprouts and halve each one. In the prepared 2 Quart baking pan or dish, layer the brussels sprouts evenly and top with half of the cheese. Pour the cream mixture over the cheese and brussels sprouts. Top with the remaining cheese distributing evenly over the cream and brussels sprouts. Bake in the preheated 400 degree oven for 12-15 minutes or until bubbly and starting to turn golden on top.
• Enjoy!

THANKS TO CHEF MIKE MORSE!