



# Registration Form for Spring 2019 Adult Classes and Activities (April 8 – June 28)

Class descriptions are available in office and online at [www.montpelier-vt.org/CS](http://www.montpelier-vt.org/CS)

Name \_\_\_\_\_ Town of Residence: \_\_\_\_\_ Senior Center Member? Y N

Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_ E-Mail \_\_\_\_\_

See Program Guide for full class descriptions, information on drop-in groups (listed on back of this form) and other free activities. Registration forms accepted beginning Monday, March 11. Late fees apply after April 5 for MSAC classes.

**Programs for All Adults – see additional programs for adults 50+ starting on page 3**  
Unless otherwise noted, fees are for Montpelier residents / non-residents.

**Performing and Fine Arts** Additional materials fees may be required for some classes. Consult the Program Guide.

Circle Class # and Fee	Program	Instructor	Day/Time	Location	Ages	Fee (Res/Non-Res)
7111	<b>New Workshop: American Sign Language – Signing Songs</b>	Nancy Schulz	1 Saturday, 10-11:30am, 4/27	MSAC Community Room	16+	\$5 per person, all towns
7104	<b>New Art Class: Intuitive Gelli Printing Adventure &amp; Playful Collage</b>	Suki Ciappara	10 Mondays, 3-4:30pm, starts 4/8	MSAC Art Room	14+	\$50 MSAC members / \$75 public (+\$15 materials fee to SC)
7102	<b>Clay Constructions / Faces and More</b> (includes firing by instructor)	Georgia Landau	10 Thursdays, 4-5:30pm, starts 4/11	MSAC Art Room	7+	\$40 MSAC members / \$65 public (+\$15 materials fee to GL)
7106	<b>Advanced Beginner Guitar</b>	Tom Wales	10 Wednesdays, 5-6pm, starts 4/10	MSAC Comm. Rm.	14+	\$25 MSAC members / \$50 public
7101	<b>Digital Photography – Mixed Levels</b>	Linda Hogan	10 Fridays, 10am-12pm, start 4/12	MSAC Resource	14+	\$35 MSAC members / \$60 public
7115	<b>Reelin' &amp; Rockin': Singing Songs of the 50s and 60s</b>	John Harrison	10 Tuesdays, 2-3pm, starts 4/9	MSAC Comm. Rm.	14+	\$40 MSAC members / \$65 public
7113	<b>New: Tile Making Workshop</b>	Janice Walrafen	5 Wednesdays, 1-3pm, starts 5/15	East Montpelier Studio	7+	\$45 MSAC members / \$70 public (+\$30 materials fee to JW)

## Humanities and More

Circle Class # and Fee	Program	Instructor	Day/Time	Location	Ages	Fee (Res/Non-Res)
7201 A	<b>NEW: Film Appreciation: "Films from Italy"</b> (title list available)	Rick Winston	8 Mondays 9:30am-12pm, starts 4/8	Savoy Theater	14+	\$50 MSAC members / \$75 public
7201 B	<b>NEW: Film Appreciation: "Recent American Independent Films"</b> (title list available)	Rick Winston	8 Thursdays 10:00am-12:30pm, starts 4/11	Savoy Theater	14+	\$50 MSAC members / \$75 public
7202	<b>New: Music Appreciation -- 10 Wks, One Composer IV: Dimitri Shostakovich: Bearing Witness During a Troubled Time</b>	Erik Nielsen	10 Fridays, 3:15-4:45pm, starts 4/12, skip 4/26, 5/17	MSAC Comm.Rm	12+	\$70 MSAC members / \$95 public
7205 A	<b>Spanish 8</b>	Carlos Reyes	10 Tuesdays, 9-10:15am, starts 4/9, skip 4/16	MSAC Resource	14+	\$30 MSAC members / \$55 public

7205 B	<b>NEW: Spanish 1</b> ( <i>New Level</i> )	Carlos Reyes	10 Thursdays, 9-10:15am, starts 4/11, skip 4/25, extended 15 min starting week 5	MSAC Resource Room	14+	\$30 MSAC members / \$55 public
7211	<b>New: Writing Terrific Fiction</b> <b>CANCELLED</b>	Ken McMurtry	10 Thursdays, 10:30am-12:30pm, starts 4/11	MSAC Art Room	21+	

**Peace & Justice Center's Racial Justice Event Series at MSAC, cosponsored by KH Library**

7401-A	<b>Film Screening: "13th" and facilitated discussion</b>	PJC facilitators	Monday, March 25, 7-9pm	MSAC Community Room	All ages	Free and Open to the Public
7401-B	<b>Workshop: Seeing and Disrupting Racism</b> <b>CANCELLED</b>	PJC facilitators	Tuesday, April 9, 7-9pm	MSAC Community Room	All ages	
7401-C	<b>Film Screening: "The Way Home: Women Talk about Race in America" and facilitated discussion</b>	PJC facilitators	Tuesday, May 21, 7-9pm	MSAC Community Room	All ages	Suggested donation of \$5-15*
7401-D	<b>Workshop: Disrupting Racism: Role Playing</b> (recommended for those who have taken a program from PJC in this series or in the past)	PJC facilitators	Sunday, June 16, 3-5pm	MSAC Community Room	All ages	\$25 per person, \$15 for PJC members*

Advance registration is encouraged but not required for all four above programs. \* **No one will be turned away for inability to pay. People age 25 and under are not charged.**

### Active Living and Wellness

Circle Class # and Fee	Program	Instructor	Day/Time	Location	Ages	Fee (Res/Non-Res)
3425 A	Archery	R&L Staff	4 Tuesdays, 6-7pm, 4/9-4/30	R&L Archery, Barre	8+	\$30/\$45
7315	<b>New: Creative Community Dance</b>	Alana Rancourt Phinney	10 Wednesdays, 6:30-7:30pm, starts 4/10	MSAC Activity Room	18+	\$30 MSAC members / \$55 public
3529 B	<b>Adult Co-Ed Dodgeball League Winter A</b>	n/a	6 Tuesdays, 7-9pm, 3/12-4/23 (skip 4/16)	UES Gym	18+	\$15/\$20
4529 A	<b>Adult Co-Ed Dodgeball League Winter B</b>	n/a	6 Tuesdays, 7-9pm, 4/23-5/28	UES Gym	18+	\$15/\$20
3516 B	<b>Hiit Kick March-April</b>	Renee Ancel	Tues/Thur, 5:30-6:30pm, 3/7-4/11	UES Small Gym	18+	\$60/\$75
4528 A	<b>Hiit Kick April-June</b>	Renee Ancel	Tues/Thur, 5:30-6:30pm, 4/23-6/20	UES Small Gym	18+	\$108/\$135
2521A	<b>Noontime Basketball</b>	N/A	Monday-Friday, 12-1:15pm, year-round except Sep.	Rec Gym	18+	\$80 res./\$120 non-res.; \$2/\$3 per day
3505	<b>Pickleball</b>	N/A	See separate flyer for daily times	Rec Gym		See separate flyer
7316	<b>Qi Gong: Chinese Medicine in Motion</b>	Edward Kentish	10 Tuesdays, 11:45am - 12:45pm, starts 4/9	MSAC Activity Room	21+	\$30 MSAC members / \$55 public
7303 A	<b>Somatic Movement Series : Move Better, Breathe Better, Feel Better</b>	Amy Lepage	6 Fridays, 12-1pm, start 4/26	MSAC Studio	18+	\$25 MSAC members / \$50 public
7303 B	<b>New: Somatic Movement Series : Core Strength</b>	Amy Lepage	3 Fridays, 12-1pm, start 6/7	MSAC Studio	18+	\$15 MSAC members / \$30 public
4527 A and B	<b>TaeKwonDo Series</b> (cont. p.3) <b>A: Ages 7-8: 5:45-6:45pm</b>	Matthew Girouard	Mondays and Thursdays, 4/22-7/1	Union Elementary	9+	\$70 / \$100 for age 7-8 \$35 / \$50 for adult

	<b>B: Ages 9+: 6:45-7:45pm</b>			School Big Gym		accompanying child
7314 A	<b>New: Tai Chi Principles</b>	Ellie Hayes	3 Tuesdays, 4/9-4/23, 5:00-5:45pm	MSAC Studio	18+	\$15 MSAC members/ \$40 public
7300 s	<b>Gentle Yoga in Worcester</b> (21 more yoga classes for 50+, p.4-5)	Barb Alpert	10 Tuesdays, 2:45-4:00pm, starts 4/9	Worcester Town Hall	18+	\$40 MSAC members/ \$50 public
4430 A	<b>Hatha Yoga - Spring</b> (21 more yoga classes for 50+, p.4-5)	Bessie Sandberg	12 Tuesdays, 6:30-8pm, 4/16-7/2	MSAC Studio	16+	\$120 / \$170
7300 C	<b>New: Yoga Foundations for a Healthy Back</b> (21 more yoga classes for 50+, p.4-5)	Bill Dorigan	12 Wednesdays, 6:45-8pm, starts 4/10	MSAC Studio	16+	\$25 MSAC members / \$50 public
7304	<b>Zumba Series</b>	Megan Pow	10 Thursdays, 7-8pm, starts 4/25	MSAC Studio	15+	\$60 res./\$90 non-res.



## Montpelier Senior Activity Center Programs for 50+: pages 3-5

These programs are open only to members of MSAC, unless indicated by a 🌐. Classes indicated with 🌐 are open to anyone 50 or older, regardless of membership. Membership is \$15 per year for Montpelier residents, \$30 supporting towns (Berlin, Calais, East Montpelier, Middlesex, Moretown, Worcester), or \$50 for others. **Where prices are listed as \$XX/\$XX, the first price indicates the rate for MSAC resident-members and the second price for all non-resident members.** Most classes are cancelled on the Monday holiday of May 27, but there will be some exceptions, so please check with your instructor.



**Performing and Fine Arts** Classes run for 10 weeks – start week of 4/8, end week of 6/10, unless noted.

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




Circle Class # and Fee	Program	Instructor	Day/Time	Location	Fee (Res / Non)
7105 A	Drawing Basics I	Janice Walrafen	10 Thursdays, 1-2:30pm, skip 4/18, 5/9	MSAC Art Room	\$40/\$50
7105 B	Exploring Perspective Drawing <b>CANCELLED</b>	Janice Walrafen	5 Mondays, 5-7pm, start 4/15, skip 5/6	MSAC Art Room	
7105 C	Drawing the Figure	Janice Walrafen	5 Mondays, 5-7pm, start 5/27	MSAC Art Room	\$25/\$35
7108	Handbuilding in Clay <i>(includes firing by instructor)</i>	Nicole Galipeau	Mondays, 1-2:30 pm	MSAC Art Room	\$70 MSAC members + materials fee to NG
7109 A	New Instructor: Painting at All Levels	Linda Hogan	Mondays, 10am-12pm	MSAC Art Room	\$30/\$40
7109 B	Painting in Oils	Jeneane Lunn	Tuesdays, 4:30-6:30pm, skip 4/16	MSAC Art Room	\$40/\$50
7110	Intermediate Pastels	Jeneane Lunn	Wednesdays, 4:30-6:30pm, skip 4/17	MSAC Art Room	\$40/\$50
7116	Rug Hooking	Pam Finnigan	Wednesdays 9:30-11:30am	MSAC Art Room	\$30/\$40
7117	Beginner and Intermediate Voice for Shy Singers	Naomi Flanders	Thursdays 4-5pm, starts 4/18	MSAC Comm.	\$25/\$35
7112	🌐 New Location, Day & Time: Advanced Voice: Keeping Your Voice in Shape for Life	Naomi Flanders	10 Mondays, 1:30-2:30pm, skip 5/27	Westview Meadows	\$30 MSAC members/ \$55 public

**Humanities and More** Classes run for 10 weeks – start week of 4/8, end week of 6/10, unless noted. Schedule subject to change.

Circle Class # and Fee	Program	Instructor	Day/Time	Location	Fee (Res/ Non)
7207	🌐 Computer Class: Using Google Services 101	Middle School students	6 Thursdays, 11:30am-12:30pm, 4/11, 4/25, 5/2, 5/16, 5/3, 6/6	Main Street Middle School	\$5 MSAC members/\$10 public
7203 A	🌐 New: A Pro-Active, Insightful Approach to Estate Planning <i>(Part 1 of 2 with below series; take one or both)</i>	Claudia Pringles, Esq.	6 Tuesdays, 6-7:30pm, starts 4/9 (*4/16 at MSAC, 58 Barre Street)	Montpelier High School, Rm 103*	\$25 MSAC members/\$50 public


7203 B	 <b>Returning: Financial Foundations</b> (Part 2 of 2 with above series; take one or both)	Gabe Lajeunesse	6 Tuesdays, 6-7:30pm, starts 5/21	Montpelier High School, Rm 103	\$25 MSAC members/\$50 public
7601 H, I, J, K, F	 <b>Free Tech and Tea (5) Workshops:</b> (CIRCLE YOUR INTEREST) (H) March 6: How the Internet Works (I) March 20: Smartphones and Syncing Them	Montpelier High School Students of Whitney Machnik	10:15-11:15am (J) April 3: Internet Safety (K) April 24: Online Shopping and Online Transactions (F) May 8: Navigating Social Media	Montpelier High School, room 203	<b>FREE</b> , but advance registration required
7208	<b>Making Poems</b>	Carol Henrikson	Wednesdays 10am-12pm	MSAC Activity	\$30/\$40
7209 A	<b>Writing Monday</b>	Maggie Thompson	Mondays 10:15am-12:15pm	MSAC Activity	\$30/\$40
7209 B	<b>Writing Wednesday</b>	Maggie Thompson	Wednesdays 12:30-2:30pm	MSAC Activity	\$30/\$40

**Active Living and Wellness** Classes run for 12 weeks – start week of 4/8, end week of 6/24 unless noted. Schedule subject to change.

Circle Class # and Fee	Program	Instructor	Day/Time	Location	Fee (Res/Non)
7305 A	<b>Bone Builders</b>	Laura Morse	Mon/Fri 3:15-4:30pm	MSAC Activity	\$30/\$40
7305 B	<b>Bone Builders</b>	Laura Brown and Theresa Lever	Mon/Thur 5-6pm	MSAC Activity	\$30/\$40
7305 C	<b>Bone Builders</b>	Tina Muncy	Tues/Fri 5-6 pm,	MSAC Activity	\$30/\$40
7305 D	<b>Bone Builders</b>	Nancy Schulz	10 wks: Tues/Fri 10:15-11:30am, starts 4/23	MSAC Activity	\$30/\$40
7305 E	<b>Bone Builders</b>	Joan Barrett/Barbara Ladabouche/Jean Phillips	Tues/Thur 8:30-9:30am	MSAC Activity	\$30/\$40
7305 F	<b>Bone Builders Non-Beginner</b>	Dona and Ed Koenemann	Mon/Fri 9-10am	MSAC Activity	\$30/\$40
7309	 <b>Moving for Parkinson's and Other Neuro-Movement Challenges</b>	Sara McMahon	10 Thursdays, 10-11:30am, starts 4/11	MSAC Activity	\$25 MSAC members/\$35 public
7310	 <b>The Parkinson's Pantomime Project</b>	Rob Mermin	8 Saturdays, starting 4/20 10:30am-12pm	MSAC Activity	\$40 MSAC members/\$65 public
7311 A	<b>Pilates for Beginners</b>	Shannon Hepburn	10 Mondays 10:30 - 11:30am (skip 6/17, 24)	MSAC Studio	\$25/\$35
7311 B	<b>New Time: Pilates Express</b>	Shannon Hepburn	10 Wednesdays, 10:15-11am (skip 6/19, 26)	MSAC Studio	\$25/\$35
7311 C	<b>New Instructor: Pilates Express</b>	Mary Dobbins	10 Fridays, 9:00-9:45am	MSAC Studio	\$25/\$35
7311 D	 <b>Pilates Express</b>	Mary Dobbins	12 Saturdays, 8:45-9:30am	MSAC Studio	\$25 members / \$35 public
7314 B	<b>Tai Chi for Fall Prevention</b> (see also Tai Chi Principles class for all adults) <b>CANCELLED</b>	Ellie Hayes	10 Tuesdays, 4:15-5pm	MSAC Studio	
7314-C	<b>Tai Chi: Yang Long Form for Continuing Students</b>	Judy Copa	8 Wednesdays, 11:15am – 12:30pm, starting 4/17	MSAC Studio	\$25 Mplr / \$35 Other Towns
7307	<b>Summer Solstice Continuous OM Workshop</b>	Sarah Parker-Givens	1 Friday, June 21, 9-10am (transport on your own)	Noyes Pond, Groton S.F.	Suggested \$5-10 donation

**Yoga classes** (3 more for age 16+ on page 2) are sorted from least to most vigorous. See the Program Guide for additional information.

7300 A	<b>Chair Yoga</b>	Sarah Parker-Givens	10 Tuesdays, 11am-12pm, skip 5/7, 14	MSAC Studio	\$25/\$35
7300 U	<b>Chair Yoga</b>	Ragan Sheridan	12 Thursdays 10:30-11:30am	MSAC Studio	\$25/\$35
7300 B	<b>Very Gentle Yoga</b>	Sarah Parker-Givens	10 Mondays, 3:30-4:30pm, skip 5/6, 13	MSAC Studio	\$25/\$35

7300 I	<b>New: Yoga for Stroke Survivors</b>	Patty Crawford	12 Mondays, 1:30-2:30pm	MSAC Studio	\$25/\$35
7300 S	 <b>Gentle Yoga in Worcester</b> (now for age 18+)	Barb Alpert	10 Tuesdays, 2:45-4:00pm, <b>ask about possible skip dates</b>	Worcester Town Hall	\$40 MSAC members/ \$50 public
7300 E	<b>Gentle Yoga</b>	Patty Crawford	12 Tues 9-10:15am	MSAC Studio	\$25/\$35
7300 G	<b>Gentle Yoga</b> (includes breathing, chanting & intro to meditation)	Ragan Sheridan	12 Thurs 5-6:30pm	MSAC Studio	\$25/\$35
7300 D	<b>Yoga for Men</b>	Ron Sweet	12 Mondays, 9-10:15am	MSAC Studio	\$25/\$35
7300 W	<b>Gentle Flow Yoga MORNING</b>	Sarah Parker-Givens	10 Wed 9-10:00am, skip 5/8, 15	MSAC Studio	\$25/\$35
7300 H	<b>Gentle Flow Yoga AFTERNOON</b>	Sarah Parker-Givens	10 Wednesdays 3:30-4:30pm, skip 5/8, 15	MSAC Studio	\$25/\$35
7300 J	<b>Moving into Stillness: Yoga &amp; Meditation</b>	Sarah Parker-Givens	10 Thursdays 1:30-2:45pm, skip 5/9, 16	MSAC Studio	\$25/\$35
7300 L	<b>Gentle/Moderate Yoga</b>	Monica DiGiovanni	12 Tuesdays 1:15-2:30pm	MSAC Studio	\$25/\$35
7300 K	<b>Moderate Yoga</b>	Ron Sweet	12 Mondays 11:45-1:00pm	MSAC Studio	\$25/\$35
7300 M	<b>Moderate Yoga for Balance</b>	Patty Crawford	12 Thursdays, 9-10:15am	MSAC Studio	\$25/\$35
7300 V	<b>Moderate Yoga to Improve Balance</b>	Ragan Sheridan	12 Thursdays 3:15-4:30pm	MSAC Studio	\$25/\$35
7300 N	<b>Gentle/Moderate Flow Yoga and Meditation</b>	Sarah Parker-Givens	10 Mondays 5-6:30pm, skip 5/6, 13	MSAC Studio	\$25/\$35
7300 O	<b>Moderate Flow Yoga</b>	Sarah Parker-Givens	10 Wednesdays 5-6:30pm, skip 5/8, 15	MSAC Studio	\$25/\$35
7300 P	<b>Moderate/Vigorous Hatha Yoga</b>	Ron Sweet	12 Thursdays 11:45am-1:15 pm	MSAC Studio	\$25/\$35
7300 Q	<b>Yoga for Focus and Fitness: Strengthen Wednesday</b>	Monica DiGiovanni	12 Wednesdays 1:30-2:45 pm	MSAC Studio	\$25/\$35
7300 X	<b>Yoga for Focus and Fitness: Stretch Friday</b>	Monica DiGiovanni	12 Fridays 10:00-11:15am	MSAC Studio	\$25/\$35
7601-L	<b>Advanced Yoga Workshop</b>	Ron Sweet	1 Wednesday: May 8, 11:15am – 1:15pm	MSAC Studio	\$10 all MSAC members

See Spring Program Guide near the end for details about area Fitness Club discount options for MSAC members

**To Apply for Financial Aid for MSAC Classes:**

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

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

<b>SUBTOTAL of class fees above</b>	
Additional Donation <input type="checkbox"/> MSAC Area of Greatest Need <input type="checkbox"/> MSAC Scholarship Fund <input type="checkbox"/> Rec Area of Greatest Need	
Additional Fees <i>if applicable</i> (locker rental at \$15/quarter; <b>MSAC membership dues 50%</b> ; etc.)	
<b>LATE FEE FOR CLASS REGISTRATION AFTER April 5 (EXCEPT NEW MEMBERS) (\$10)</b>	
Subtract Credit <i>if applicable</i>	-
<b>TOTAL PAID</b> (make checks payable to Montpelier Community Services)	Check/Cash/CC

**Over for Drop-in Activities and Groups. There's a separate form for Trip Registration.**

## Drop-In Activities and Groups:

The following are also available and **DO NOT require advance registration**. Most occur at the Senior Activity Center and are free, with the exception of Pickleball at the Rec Gym. Refer to Winter Program Guide, e-letters, or ask in the office for current schedules. Donations are gratefully accepted for free activities.

- Bridge (Monday and Thursday) / Mah Johng (Monday and Friday) / Scrabble (Tuesday)
- Crafters Group (Wednesday)
- French Club (Monday) / Italian Group (Tuesday)
- Gourmet Potluck Meetup – 1<sup>st</sup> Fridays (suggested donation)
- Living Strong Group (Monday and Friday)
- Pickleball (fee applies, M-F)
- Poetry Club (Mondays at Kellogg Hubbard Library) / Reader's Choice (new time and room starting 4/2)
- Rainbow Umbrella Group (Tuesday & Wednesday)
- Swingin' Over Sixty Band (Tuesday) / Ukulele Group (Thursday)
- Trash Tramps (Tuesday)
- Walks with Joan / Walks with Harris (Both on Tuesday, separate times)
- **New:** Writer's Club (Monday) and Traveler's Circle (some Saturdays, starts 4/27)

Date received: \_\_\_\_\_ Received by: \_\_\_\_\_ Date class entered: \_\_\_\_\_ Date payment entered: \_\_\_\_\_