



Registration Form for Winter 2020 Classes: Adult/Multi-generational & Senior Activities

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

Name _____ Town of Residence: _____ FY20 Senior Center Member? Y N

Phone _____ Cell Phone _____ E-Mail _____

Most programs start the week of January 6th, but check dates for each activity. See Program Guide for full class descriptions, information on drop-in groups and other free activities. Registration forms accepted beginning Monday, November 25th at 8:45am at 58 Barre Street or online. Online registration requires getting a user-id and password in advance from office staff, preferably by 11/20 if registering on 11/25. For the first two weeks of registration, many programs are limited to MSAC members from Montpelier & Supporting Towns. Unless otherwise noted, fees are for Montpelier residents / non-residents. Schedules subject to change.

Page 1-2: 29 Programs for All Adults, including Seniors, in 3 Categories

Page 3-6: 47 Programs for Senior Adults 50+, and see 19 Drop-ins, Page 6

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
6106	Advanced Beginner Guitar	Tom Wales	10 Wednesdays, 5-6pm, starts 1/8	MSAC Comm. Rm.	14+	\$25 MSAC members / \$50 public
6110	New Title: Clay Constructions: Faces, Figures & More (includes firing by instructor)	Georgia Landau	10 Thursdays, 4:00-5:30pm, starts 1/9	MSAC Art Room	7+	\$40 MSAC members / \$65 public (+\$15 materials fee to GL)
See page 3 for an additional clay class, three more drawing classes, and many other Art classes for age 50+ only!						
6104	New: Chinese Calligraphy	Ellie Hayes	3 Saturdays 9:00-10:00am, starts 1/11, (9 am -12 pm on 1/25)	MSAC Art Room	10+	\$25 MSAC Members / \$40 Public (Materials included!)
6103 B	Exploring Perspective Drawing	Janice Walrafen	5 Mondays, 5:00-7:00pm, starts 1/6	MSAC Art Room	18+	\$25 MSAC members / \$40 public
6103 C	Drawing the Figure	Janice Walrafen	5 Mondays, 5:00-7:00pm, starts 2/10	MSAC Art Room	18+	\$25 MSAC members / \$40 public
6101	Digital Photography for Mixed Levels	Linda Hogan	10 Fridays, 10am – 12pm, starts 1/10	MSAC Resource Room	14+	\$35 MSAC members / \$60 public
6115	Reelin' & Rockin': Singing Songs of the 50s and 60s	John Harrison	10 Tuesdays, 2:00-3:00pm, starts 1/7	MSAC Community Room	14+	\$40 MSAC members / \$65 public

Humanities and More

Circle Class # and Fee	Program	Instructor	Day/Time	Location	Ages	Fee
6201 A	New: Film Appreciation: "Epics" (title list available)	Rick Winston	New time: 8 Mondays 1:00-4:30 pm, starts 1/13	Savoy Theater	14+	\$50 MSAC members / \$75 public
6201 B	New: Film Appreciation: "Family Dynamics" (title list available)	Rick Winston	8 Thursdays 10am-12:30 pm, starts 1/9	Savoy Theater	14+	\$50 MSAC members / \$75 public

6205	Great Decisions Discussion Series	Mel Cambel & Michael Sherman	8 Fridays 10:00am-11:30pm 1/24 – 3/13	MSAC Art Room	21+	\$45 MSAC Members / \$60 public Includes book
6209 A	Intermediate Spanish B1 and B2	Carlos Reyes	8 Tuesdays, 9-10:15am, starts 1/7 NO CLASS IN FEBRURARY	MSAC Resource Room	14+	\$30 MSAC members / \$55 public
6209 B	Beginning Spanish A1 and A2	Carlos Reyes	8 Thursdays, 9-10:15am, starts 1/9 NO CLASS IN FEBRURARY	MSAC Resource Room	14+	\$30 MSAC members / \$55 public

Active Living and Wellness

Circle Class # and Fee	Program	Instructor	Day/Time	Location	Ages	Fee
3425-A	Archery	R&L Staff	4 Tuesdays, 6:00-7:00 pm, Dates TBA	R&L Archery, Barre	8+	\$30 Regardless of Residency
2521-A	Noontime Basketball	N/A	Monday-Friday, 11:45am-1:15pm, thru August	Rec Gym	18+	\$80 res./\$120 non-res.; \$2/\$3 per day
3529-A	Adult Co-Ed Winter Dodgeball A	N/A	Tuesdays, 7:00-9:00pm, 1/7 – 2/11	UES Gym	18+	\$15 resident / \$20 non-resident
3529-B	Adult Co-Ed Winter Dodgeball B	N/A	Tuesdays, 7:00-9:00pm, 3/10 - 4/7	UES Gym	18+	\$15 resident / \$20 non-resident
3509 A	Fitness Hooping	Carol Becker	4 Thursdays, 7:00-8:00pm, 1/9 – 1/30	Rec Gym	18+	\$40 Resident / \$60 Non-Resident
3505	Pickleball	N/A	See separate flyer for daily times	Rec Gym	18+	22-visit punch-cards : \$30 res./\$45 non-res.; OR \$2/\$3 per day
6312	Qi Gong: Chinese Medicine in Motion	Edward Kentish	10 Tuesdays, 11:45am - 12:45pm, starts 1/21	MSAC Activity Room	18+	\$30 MSAC members/ \$55 public
6315 A	Somatic Movement: Neuromuscular Training Move, Breathe and Feel Better	Amy Lepage	11 Fridays, 12:00-1:00pm, starts 1/10, skip 2/28	MSAC Studio	18+	\$40 MSAC members/ \$65 public
6315 B	<i>New Time/Focus</i> : Somatic Movement: Breathe Freely	Amy Lepage	3 Mondays, 1:15-2:15pm, starts 1/6	MSAC Studio	18+	\$15 MSAC members/ \$30 public
6315 C	<i>New Time/Focus</i> : Somatic Movement: Pelvic Floor and Core	Amy Lepage	3 Mondays, 1:15-2:15pm, 2/3-2/17	MSAC Studio	18+	\$15 MSAC members/ \$30 public
6315 D	<i>New Time/Focus</i> : Somatic Movement: Balance	Amy Lepage	3 Mondays, 1:15-2:15pm, 3/9 – 3/23	MSAC Studio	18+	\$15 MSAC members/ \$30 public
3526-A or B	Tae Kwan Do	Matthew Girouard	Mondays & Thursdays, 6-7 pm, 1/6-4/16, skip 1/20, 2/24, 2/27, 3/2	UES Big Gym	7+	\$91/\$130 Res/ Non-res Youth; half-price for Adult with Child
6319 C	Hua Yu Tai Chi	Ellie Hayes	New time: 10 Fridays, 1:15-2:30pm, starts 1/10	MSAC Studio	16+	\$25 MSAC members / \$50 public
6300 T	Anatomy for Yoga (NEW!)	Monica DiGiovanni	6 Wednesdays 12:00-1:00pm Starts 1/8	MSAC Studio	18+	\$15 MSAC Members / \$30 Public
6300 C	Gentle Yoga in Worcester	Barb Alpert	10 Tuesdays, 1:00-2:15pm, starts 1/7	Worcester Town Hall	18+	\$40 MSAC members/ \$65 public
6300 G	Gentle & Restorative Yoga (includes chanting)	Ragan Sheridan	12 Thursdays, 5-6:30pm, starts 1/9	MSAC Studio	21+	\$25 MSAC members / \$50 public
6300 S	Stop and Flow - A Gentle Blend of Hatha and Vinyasa Yoga	Bessie Sandberg	12 Tuesdays, 6:30-8:00pm, starts 1/7	MSAC Studio	16+	\$80 residents /\$105 non-residents

See page 4 for 3 more Tai Chi classes and page 4-5 for 19 more yoga classes open to age 50+ only.

47 Programs for Age 50+ only: pages 3-6 (See 29 More All Adult Classes page 1-2)



Montpelier
Senior
Activity Center

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. There is a 2-week registration delay (to Dec. 9) for non-members and residents of non-supporting towns.**

Performing and Fine Arts Classes run for 10 weeks – start week of 1/6, end week of 3/9, unless noted. Additional materials fees may be required for some classes. Consult the Program Guide.

Circle Class # and Fee	Program	Instructor	Day/Time	Location	Fee (Res/Non)
6107	Hand-building in Clay (<i>includes firing by instructor</i>)	Nicole Galipeau	10 Mondays, 1-2:30 pm, starts 1/6	MSAC Art Room	\$70 MSAC members + materials fee to NG
See page 1 for two additional clay and drawing classes open to younger adults and youth, and many other Art classes!					
6103 A	Drawing Basics	Janice Walrafen	10 Thursdays, 1:00-2:30pm, starts 1/9	MSAC Art Room	\$30/\$40
6108	Staged Reading Performance Series (NEW!)	Joanne Greenberg	6 Thursdays 3:00-4:30pm starts 1/30, show Saturday, 3/7, 1:30 pm	City Hall Arts (LNT)	\$30/\$40
6111	Painting at All Levels	Linda Hogan	10 Mondays 10am-12pm, starts 1/6	MSAC Art Room	\$30/\$40
6112	Painting in Oils or Pastels	Jeneane Lunn	10 Tuesdays, 4:30-6:30pm, starts 1/7, skip 2/25	MSAC Art Room	\$30/\$40
6116	Rug Hooking	Pam Finnegan	10 Wednesdays 9:30-11:30am, starts 1/8	MSAC Art Room	\$30/\$40
6117	★ Singing and Speaking Well for Your Whole Life (New Title)	Naomi Flanders	10 Thursdays, 4-5:00 pm, starts 1/9	MSAC Comm.	\$30 Members /\$55 Public

Humanities and More Classes run for 10 weeks – start week of 1/6, end week of 3/9, unless noted.

Circle Class # and Fee	Program	Instructor	Day/Time	Location	Fee (Res/ Non)
6206	Creating and Remaking Poems	Samn Stockwell	10 Wednesdays, 3:00-5:00pm, starts 1/15	MSAC Activity	\$30/\$40
6210 A	Writing Monday	Maggie Thompson	10 Mondays 10:15am-12:15pm, starts 1/6	MSAC Activity	\$30/\$40
6213	★ Explore Memoir Deepen Your Story	Maggie Thompson	10 Mondays, 1:30 – 3:30pm Starts 1/6	Westview Meadows	\$40 MSAC members /\$55 Public
6210 B	Writing Wednesday	Maggie Thompson	10 Wednesdays, 12:30-2:30pm, starts 1/8	MSAC Activity	\$30/\$40
6214	★ Writing Creative Nonfiction	Melanie Viets	10 Thursdays, 9:30-11:30am starts 1/9, Skip 3/12	Heaton Woods	\$40 MSAC members / \$55 public

Active Living and Wellness Classes run for 12 weeks – start week of 1/6, end week of 3/23, unless noted.

Circle Class # and Fee	Program	Instructor	Day/Time	Location	Fee (Res/Non)
6303	★ Arthritis Foundation Exercise Program (NEW!)	Laura Morse and Sue Carey	12 weeks, Mon/Fri 2:00-3:00pm starts 1/6	MSAC Activity	\$30 MSAC Members /\$55 Public

6304 A	Bone Builders	Laura Morse and Sue Carey	12 weeks, Mon/Fri 3:15-4:30pm, starts 1/6	MSAC Activity	\$30/\$40
6304 B	Bone Builders	Laura Brown and Theresa Lever	12 weeks, Mon/Thur 5:00-6:00pm, starts 1/6	MSAC Activity	\$30/\$40
6304 C	Bone Builders	Tina Muncy	12 weeks, Tues/Fri 5:00-6:00pm, starts 1/7	MSAC Activity	\$30/\$40
6304 D	Bone Builders	Nancy Schulz	12 weeks, Tues/Fri, 10:15-11:30am, starts 1/7	MSAC Activity	\$30/\$40
6304 E	Bone Builders	Joan Barrett/Barbara Ladabouche/Jean Phillips	12 weeks, Tues/Thur 8:30-9:30am, starts 1/7	MSAC Activity	\$30/\$40
6304 F	Bone Builders Non-Beginner	Dona and Ed Koenemann	12 weeks, Mon/Fri 9:00-10:00am, starts 1/6	MSAC Activity	\$30/\$40
6307	★ Moving for Parkinson's and Other Neuro-Movement Challenges	Sara McMahon and Mary Chris Delbina Doyle	10 Thursdays, 10-11:30am, starts 1/9	MSAC Activity	\$25 MSAC Members/ \$50 public
6309 A	Pilates for Beginners	Shannon Hepburn	12 Mondays, 10:30 - 11:30am, starts 1/6	MSAC Studio	\$25/\$35
6309 B	Pilates Express	Shannon Hepburn	12 Wednesdays, 10:15-11am, starts 1/8	MSAC Studio	\$25/\$35
6309 E	Pilates Express (New Section!)	Shannon Hepburn	12 Tuesdays 12:30 to 1:15pm	MSAC Studio	\$25/\$35
6309 C	Pilates Express	Mary Dobbins	12 Fridays, 9:00-9:45am, starts 1/10	MSAC Studio	\$25/\$35
6309 D	★ Pilates Express	Mary Dobbins	12 Saturdays, 8:45-9:30am, starts 1/4	MSAC Studio	\$25 members / \$50 public
6319 A	Tai Chi for Fall Prevention	Ellie Hayes	10 Tuesdays, 4:30-5:15pm, Starts 1/7	MSAC Studio	\$25/\$35
6319 B	Tai Chi Sun Style Long Form	Ellie Hayes	New Time: 10 Tuesdays, 5:15-6:00pm, starts 1/7	MSAC Studio	\$25/\$35
6319 C	★ Hua Yu Tai Chi (age 16+)	Ellie Hayes	New time: 10 Fridays, 1:15-2:30pm, starts 1/10	MSAC Studio	PRICING ON PAGE 2
Yoga classes are sorted approximately from least to most vigorous. See the Program Guide for class descriptions and instructor bios.					
6300 T	★ Anatomy for Yoga (NEW!)	Monica DiGiovanni	6 Wednesdays 12:00- 1:00pm Starts 1/8	MSAC Studio	PRICING ON PAGE 2
6300 A	Chair Yoga	Sarah Parker-Givens	12 Tuesdays, 11am-12pm, starts 1/14	MSAC Studio	\$25/\$35
6300 U	Chair Yoga	Ragan Sheridan	12 Thursdays 10:30-11:30am, starts 1/9	MSAC Studio	\$25/\$35
6300 B	Very Gentle Yoga	Sarah Parker-Givens	10 Mondays, 3:45-4:45pm, start 1/13	MSAC Studio	\$25/\$35
6300 C	★ Gentle Yoga in Worcester (age 18+)	Barb Alpert	New Time: 10 Tuesdays, 1:00-2:15pm, starts 1/7	Worcester Town Hall	PRICING ON PAGE 2
6300 E	Gentle Yoga	Patty Crawford	12 Tuesdays 9-10:15am, starts 1/7	MSAC Studio	\$25/\$35
6300 G	★ Gentle & Restorative Yoga (age 21+)	Ragan Sheridan	12 Thursdays, 5-6:30pm, starts 1/9	MSAC Studio	PRICING ON PAGE 2
6300 D	Yoga for Men	Ron Sweet	12 Mondays, 9-10:15am, starts 1/6	MSAC Studio	\$25/\$35
6300 F	Gentle Flow Yoga MORNING	Sarah Parker-Givens	12 Wednesdays, 9-10am, starts 1/15	MSAC Studio	\$25/\$35
6300 H	Gentle Flow Yoga AFTERNOON	Sarah Parker-Givens	12 Wednesdays, 3:45- 4:45pm, starts 1/15	MSAC Studio	\$25/\$35
6300 J	Moving into Stillness: Yoga & Meditation	Sarah Parker-Givens	12 Thurs, 2:00-3:15 pm, start 1/16	MSAC Studio	\$25/\$35
6300 L	Gentle/Moderate Yoga	Monica DiGiovanni	12 Tuesdays 1:30-2:45pm, starts 1/7	MSAC Studio	\$25/\$35

6300 K	Moderate Yoga	Ron Sweet	12 Mondays 11:45 am - 1:00pm, starts 1/6	MSAC Studio	\$25/\$35
6300 M	Moderate Yoga for Balance	Patty Crawford	12 Thursdays, 9-10:15am, starts 1/9	MSAC Studio	\$25/\$35
6300 V	Moderate Yoga to Improve Balance	Ragan Sheridan	12 Thursdays, 3:15-4:30pm, starts 1/9	MSAC Studio	\$25/\$35
6300 N	Gentle/Moderate Flow Yoga and Meditation	Sarah Parker-Givens	12 Mondays, 5-6:30pm, starts 1/13	MSAC Studio	\$25/\$35
6300 I	Gentle/Moderate Flow Yoga (NEW!)	Sarah Parker-Givens	12 Thursdays, 7:00-8:15am, Starts 1/16	MSAC Studio	\$25/\$35
6300 O	Moderate Flow Yoga	Sarah Parker-Givens	12 Wednesdays, 5-6:30pm, starts 1/15	MSAC Studio	\$25/\$35
6300 P	Moderate/Vigorous Hatha Yoga	Ron Sweet	12 Thursdays, 11:45am-1:15 pm, starts 1/9	MSAC Studio	\$25/\$35
6300 Q	Yoga for Focus and Fitness: Strengthen Wednesday	Monica DiGiovanni	New time: 12 Wednesdays 1:15-2:30pm, starts 1/8	MSAC Studio	\$25/\$35
6300 X	Yoga for Focus and Fitness: Stretch Friday	Monica DiGiovanni	12 Fridays 10:00-11:15am, starts 1/10	MSAC Studio	\$25/\$35
6300 S	Stop and Flow - A Gentle Blend of Hatha and Vinyasa Yoga (age 16+)	Bessie Sandberg	12 Tuesdays, 6:30-8:00pm, starts 1/7	MSAC Studio	PRICING ON PAGE 2
6300 R	Strong Vinyasa Yoga	Barb Alpert	10 Tuesdays, 3:00-4:15pm, starts 1/7	MSAC Studio	\$25 all members / \$50 public

See Winter Program Guide near the end for details about area Fitness Club and Contemporary Dance & Fitness Club discount options for MSAC members (**more details about CDFS classes for 50+ in Drop-in section at bottom of this form**).

Please turn over and fill out the section on the back, and find drop-in activity information there, too.

Annual Dues for July 1, 2019 – June 30, 2020:

Montpelier \$15, Supporting Towns \$30, Other Towns \$50 (no pro-rating 'til Spring)

To Apply for Financial Aid for MSAC Classes:

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

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

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

19 Drop-In Activities and Groups:

The following are also available and **DO NOT require advance registration**. Most occur at the Senior Activity Center at 58 Barre Street and are free, with the exception of Basketball and Pickleball at the Rec Gym and Fitness classes at CDFS on Langdon Street. Refer to Winter Program Guide, e-letters, or ask in the office for current schedules. Donations are never required but are gratefully accepted for free activities, especially from non-MSAC members.

- Bridge (Thursday) / Mah Jongg (Monday and Friday) / Scrabble (Tuesday)
- Crafters Group (Wednesday)
- French Club (Monday)
- Italian Group (Tuesday)
- Life Long Qi Gong (Fridays) Dec-March
- Basketball/Pickleball (fee applies, M-F)
- Poetry Club (Mondays, noon at Kellogg Hubbard Library)
- Ad-hoc Writer's Group (Monday nights)
- Rainbow Umbrella Discussion Group (every other Wednesday night)
- Readers' Choice (Tuesdays) Dec-March / Elders Together (1st Fridays)
- Swingin' Over Sixty Band (Tuesday) / Ukulele Group (Thursday) / Folk Dance 2nd Friday nights Nov-March
- Trash Tramps (Tuesday) / Walks with Joan (Tues, weather permitting)
- **8 Daytime Fitness Classes led by Allison Mann** for all adults at **Contemporary Dance & Fitness** (18 Langdon Street, 3rd floor) with discounted punch cards (\$40 for ten classes for MSAC members, \$50 for others): MON: Yoga at 12:05-1pm, Dance & Stretch at 11-11:55 am; TUE: Tap & Stretch at 11am – noon; Conditioning at 12-1pm; WED: Yoga at 12:05-1pm, Dance & Stretch at 11-11:55am, FRI: Conditioning at 11am-12pm, Yoga at 12:05-1pm. **Start anytime; drop-in; no experience needed. Register directly with CDFS, not MSAC.** For more info, call 229-4676 or visit www.cdandfs.com for descriptions. Descriptions also in our Program Guide. No classes at CDFS 11/25-11/29/19 or 12/23/19-1/3/20.
- MSAC members have discounts at some additional area fitness facilities, and all have classes. See Program Guide for more info.

Montpelier Community Services Dept. | 58 Barre Street, Montpelier, VT 05602 | 802-223-2518 | www.montpelier-vt.org/cs

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