Fall 2020
PARKS, PROGRAMS, AND EVENTS GUIDE
Welcome to the City of Montpelier Community Services Department Fall 2020 Program Guide.

In this time of COVID19, the Community Services Department is hard at work trying to provide opportunities to keep you and yours busy this fall, while simultaneously supporting the health and safety of our community. You'll see that our Fall offerings are fewer than normal, but they include some of our most popular and hopes for a 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 are in the process of hiring a new Rec Program Coordinator, as former Program Coordinator, Eric White, has moved on to other opportunities. Community Services Office Manager, Norma Maurice, is currently out on medical leave, and sadly, our long-time FEAST Program Manager, Jessica Sanderson, passed away in early August. We welcome Sarah Lipton to the team as the Temporary FEAST Program Manager and look forward to working with her this fall. We are also looking forward to bringing new Americorps and VISTA service members on board to our team!

We ask and thank you for your patience and understanding, as our normal operating procedures might take longer than usual, and Covid-19 protocols will change 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 VT Dept. of Health! We look forward to falling into Autumn with you this year and wish our entire community a 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 Fall are 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 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 year of 2020 in VT. If I have been in the MSAC facility or participated in any in-person MSAC activity, I agree to notify MSAC staff if I test positive for Covid-19 or am exposed to someone who has, and to support MSAC’s contact tracing requirements.

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

The office will be closed September 7, October 12, November 11, 26-27, and December 24—January 1 for holidays this season. 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  
Though the facility is still closed due to Covid-19 as of late August, the Rec Center has a Gymnasium, game room with pool table, meeting spaces.

Open Gym is on hold for the time being but may reopen for after-school, evening and weekend hours. Updates will be posted on the website.

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

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

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

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

Montpelier Pool  
Closed for the Covid-19 pandemic.

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.

Indoor Facilities for Rent

Montpelier Recreational Center
Rentals are currently suspended, but please keep the gym in mind for the future! Looking for a place to have a birthday party? The Montpelier Recreational Center is the perfect place to celebrate. There is plenty of room for games and activities and no need to cancel a party due to bad weather. $20 per hour. Contact the Recreation office for more information at 225-8699.

Montpelier Senior Activity Center
Looking for space to hold a private meeting, class, rehearsal, party, or other event? Though currently severely limited due to Covid-19, MSAC has 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.

Outdoor Facilities for Rent

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

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

Hubbard Park Shelters
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. Large groups 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/csregister. Please note that you must already have an account in our system in order to register online. If you do not have an account, or can’t remember your account password, please call us at 223-2518.

Payment is no longer required for senior center classes at time of registration from August 24-September 2. Most programs require advance registration, as instructors prepare based on pre-registration counts. Registrations occurring after September 7 require immediate payment.

Please sign up early for 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, August 24. 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.

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.

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

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

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

The Montpelier Senior Activity Center 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 late fee for any late registrations. For Fall MSAC classes, those are after September 18, 2020.

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 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 registered 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 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.

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

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

Important & Helpful Resources

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

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

The Vermont Center for Independent Living (VCIL) helpline: 1-800-639-1522

Veterans Crisis Line: 1-800-273-8255 (Press 1)

Vermont 211: 2-1-1
(All human services resources and information)

Washington County Mental Health Services Crisis Line/Suicide/Emergency/screeners: 229-0591
Reasonable Accommodations
We welcome requests for reasonable accommodations. Please contact our office at 225-8699.

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

Montpelier Senior Activity Important Fall Class Dates
- Registration starts: Monday 8/24 – Wednesday, September 2 (ten days for all towns)
- Lottery drawing for classes in which enrollment exceeds available spaces: Thursday, September 3
- Notifications to registrants in classes and on waiting lists: Friday, September 4
- Community Services office closed for holidays: 9/7, 10/12, 11/11, 26-27, 12/24-1/1/21
- Payments Processed: Tuesday, September 8 – Friday, September 18 (ten days)
- Classes Start: Week of Monday, September 21 classes (late fees apply)

Winter Class Proposals for adult and youth programs at MSAC are due in the Community Services Department office by October 5, 2020. Request a proposal form from Harry or by emailing msac@montpelier-vt.org.

New Aging in Place Americorps member and volunteer coordination in the works at MSAC
We look forward to launching new services in the coming year, inspired by national Village models. Volunteers will support older adults to remain in their homes and connected with community. Learn more about getting involved by contacting Andrew at msac-americorps@montpelier-vt.org.
Volunteer Opportunities with Montpelier Parks!
This Fall, Montpelier Parks will be holding weekly volunteer days, led by Parks Staff. Emails will be sent every Friday with volunteer days and times for the following week. Projects include trail work, working on the FEAST Farm, and lots of other fun outdoor activities. To be in the know and get on the listserv, contact JHuettenmoser@montpelier-vt.org.

Enchanted Forest
On Saturday, October 10, Montpelier Parks & All Together Now will host another year of the “Enchanted Forest.” Details are being finalized about needed alterations, so stay tuned for more information!

The Power of Protein: Nutritional Education and Q&A Session
Friday, August 28 | 1-2 pm | Free | via Zoom
We’ve all heard that protein is essential for health and well-being. But what’s the best source? How much is enough or too much? How do you keep it interesting? Whether you are a meat eater or vegetarian, this interactive workshop will cover why protein is so important, how to assure that you are meeting your needs, and what protein sources are best for you. Presented by Sylvia Gaboriault, RDN, CDCES. To sign up, email msac@montpelier-vt.org and mention the workshop of protein to receive the Zoom link along with a pre-presentation survey. Free CVCOA RD consults available to eligible participants.

Informal Social Gatherings at MSAC
Reservations required along with following all other re-opening health and safety guidelines including masking and social distancing. We will have chairs and tables properly distanced, and location may vary. Limited space. Call 223-2518 or email msac@montpelier-vt.org and provide the date and time you wish to reserve. Please arrive 10 minutes early for screening and enter at side door only.

Bone Builders Intro Sessions Outdoors with Nancy Schulz
Sept. 9 and 17 | 10:00-11:30am | Montpelier Pool Pavilion | Free
If you’re eager to join a Bone Builders class, here's an opportunity to consider. Nancy Schulz will be offering an in-person, outdoor introduction to her zoom Bone Builders class. Participants must attend at least one session, although attendance at both sessions is strongly encouraged. The in-person sessions are intended to give participants a clear understanding of proper form to avoid the possibility of injury. All participants must bring a folding chair as well as an ankle cuff and a set of 1 or 2 lb. hand weights. The ankle cuff and hand weights may be borrowed from MSAC if the participant doesn’t have their own. Please note: Although the orientation sessions occur on Wednesday and Thursday mornings, Nancy’s zoom class occurs on Tuesday and Friday mornings from 10:15 to 11:30. Pre-registration for the intro sessions is required. Please email Nancy to pre-register: Saddle-Shoes2@gmail.com. Location will be provided at time of registration.

FEAST Together Distantly
Friday, Sept. 11 & Sept. 25 | 12:30 - 1:15 pm | via Zoom Video and Phone. Call 223-2518 to get the link.

FEAST Together Inside MSAC
Tuesday, Sept. 29 | 12 - 1pm | MSAC Community Room. Call 262-6288 to reserve a spot or request vegetarian entree. Menu is Beef Brisket, Mashed Potatoes, Broccoli, Carrots, & Dessert

Film Events Possible
We may plan an indoor and/or outdoor film event for the Fall as well. Either way, it would be in accordance with Covid-19 safety protocols!

MSAC Advisory Council Meetings (open to the public, via Zoom) Mondays: September 14, October TBD, November 9 | 10:30 am - 12:00 pm
Fall Youth Tennis Camps

Ages 6-15
Mondays-Fridays, 9 am-12 pm at Montpelier Recreational Elm Street Tennis Courts
Pre-registration required; no walk-ins allowed.
$180 resident/$270 non-resident

Session 2336_A: Sept. 8-11 (4 Days - $144 Montpelier resident / $216 non-Montpelier resident)
Session 2336_B: Sept. 14-18
Session 2336_C: Sept. 21-25
Session 2336_D: Sept. 28-Oct. 2
Session 2336_E: Oct. 5-Oct. 9

New! City of Montpelier Capital Kids Afterschool Program

Anticipated Opening for a Licensed Afterschool Program

The City of Montpelier is planning to open an After-school Childcare Program starting this fall. This program will run in accordance to 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 former River Rock School space located at 46 Barre Street, next door to the Senior Center.

The City anticipates that this Program will start on September 8, 2020, but this is dependent on receiving approval for our Child Care License from the State. The City does not anticipate any delay in receiving licensure, but we will be proactive about communicating start-dates.

The Afterschool Program is for children in Kindergarten up to 12 years old. The City plans to ensure young children arrive safely from school by having Program staff walk children to the 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 they 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.

Pre-enrolled weeks may be cancelled by calling the City’s Recreation office at 802-225-8699.

Fall Session: Sept. 8 – November 25

SESSION 1 - #2501 A Sept 8 – 11
#2501 B Sept. 14 - 18
#2501 C Sept. 21 - 25
#2501 D Sept. 28 – Oct. 2
#2501 E Oct. 5 - 9
#2501 F Oct. 12-16
#2501 G Oct. 19-23
#2501 H Oct. 26-30
#2501 I Nov. 2-6
#2501 J Nov. 9-13
#2501 K Nov. 16-20
#2501 L Nov. 23-25

(Sessions with less than 5 days will be pro-rated when you sign up.)

MONTPELIER RESIDENT FEES:
$80.00 per week (1:30 pm – 5:30 pm)

ADDITIONAL FAMILY MEMBERS:
$75.00 per week (1:30 pm - 5:30 pm)

NON-RESIDENT FEES:
$100.00 per week (1:30pm - 5:30 p.m.)

ADDITIONAL FAMILY MEMBERS:
$ 95.00 per week (1:30pm - 5:30 pm)

Rates and hours will be adjusted for full-day sessions for vacation breaks and other full days.

Other Fall Youth / Recreation Programs: To be announced!

Some MSAC classes are open to youth. See page 14 and beyond. Examples: Chinese Calligraphy, Opera
COMMUNITY OFFERINGS

Free Central Vermont Council on Aging Medicare & You Workshops
Wednesday, September 9 | 10:00 am –12:00 pm
Monday, September 21 | 5:00—7:00 pm
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 CVCOA is offering Medicare & You sessions remotely using Zoom. If you want to participate, preregister with us by calling (802) 479-0531 or email medicareworkshops@cvcoa.org.

Free Central Vermont Solid Waste Management District Webinars
All workshops are free of charge, and online. For more information and to register please visit: http://www.cvswmd.org/workshop-registration.html

Don’t Flush That!
Thursday, September 3 | 2:00pm
This workshop teaches: how to avoid using toxic materials in the first place and what to do with those you already have on hand.

Recycle Right: From Blue Bin to Beyond
Wednesday, September 9 | 10:30 am
Wednesday, September 30 | 10:30 am
You’ll have all your recycling questions answered in this in-depth workshop.

Compost Basics
Thursday, September 24 | 1:00 pm
Love Food, Hate Waste? This workshop will show you some easy ways to get started composting and do it successfully, and we’ll review other ways to keep your food scraps out of the trash.

North Branch Nature Center Events (Fee-based)

Slow Birding: Reconnecting w/Nature and Self with Bridget Butler (in person)
September 12, 9am - September 13, 5pm | $265

Mushrooms: Field Identification and Fungal Ecology w/Dave Muska (in person)
September 26, 9am—September 27, 5 pm | $265
Class limited to 8-10 students

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

Monday & Thursday mornings from 10:00-11:15.
Fall semester begins Sept 14th
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/
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 weekly.

- **Click here or visit our Classes webpage.** Please support them while keeping yourself engaged and active!

- Some instructors’ private classes will end when they begin teaching Fall classes with MSAC in late September. Others will carry on with private classes but supplement with MSAC classes.

- Please reach out to those instructors individually.

  - **Arthritis Exercise:** Laura Morse
  - **Bone Builders:** Laura Brown, Laura Morse, Joan Barrett, Nancy Schulz, Tina Muncy
  - **Digital Photography and Painting:** Linda Hogan
  - **Drawing:** Janice Walrafen
  - **Film Appreciation:** Rick Winston
  - **Music Composition:** Erik Nielsen
  - **Financial Foundations:** Gabe Lajeunesse;
  - **Movement for Parkinson’s:** Sara McMahon
  - **Nutrition:** Lisa Mase
  - **Pilates:** Shannon Hepburn
  - **Somatic Movement:** Amy LePage
  - **Tai Chi:** Ellie Hayes
  - **Writing:** Maggie Thompson, Melanie Viet
  - **Poetry:** Samn Stockwell
  - **Voice & Chorus:** John Harrison
  - **Yoga:** Barb Alpert, Sarah Parker-Givens, Monica DiGiovanni, Ragan Sheridan, Ron Sweet

JOIN OLLI AT UVM’S DISTINGUISHED SPEAKERS SERIES ONLINE!

**Historical. Timely. Relevant.**
7 Wednesdays: Oct. 7—Nov. 18

- All classes will be held online, using Zoom (except for noted otherwise).
- Individual lectures: $10; All seven lectures: $30; Just register by 10/1/20 for this special price.
- All payments are final; no refunds will be issued.
- Registration for each lectures closes Monday.
- Full info and descriptions: [https://learn.uvm.edu/program/osopher-lifelong-learning/olli-at-uvm-distinguished-speaker-series/](https://learn.uvm.edu/program/osopher-lifelong-learning/olli-at-uvm-distinguished-speaker-series/)

**Reflecting with the Fleming Museum: Legacies of Colonialism and Racism in the Museum**
Oct. 7 | 1-2:30 pm | Instructor: Alice Boone, Curator of Education & Public Programs, Fleming Museum of Art

**Ready, Set, Vote! 2020 Presidential Election**
Oct. 14 | 2:30 - 4 pm | Instructor: Ellen Anderson, Associate Professor, Political Science and Gender, Sexuality, and Women’s Studies, UVM

**Music and the Mind**
Oct. 21 | 1-2:30 pm | Instructor: James Steward, VPR Classical Music Host

**Vermont’s Economy After the Pandemic**
Oct. 28 | 1-2:30 pm | Instructor: Art Woolf, Emeritus Assoc. Professor of Economics, UVM

**Weather Wise: The Science of Weatherlore**
Nov. 4 | 1-2:30 pm | Instructor: Mark Breen, Senior Meteorologist & Planetarium Director, Fairbanks Museum & Planetarium

**Seeing and Disrupting Racism: A Focus on White Fragility**
Nov. 11 | 1-2:30 pm | Instructor: Peace & Justice Center Staff

**From Falwell to FOX: The American Religious Right**
Wednesday, Nov. 18 | 1-2:30 pm | Instructor: Daniel Miller, Associate Professor in Religion, Bishop’s University, Quebec
All class registrants are requested to sign our Release of Liability & Covid-19 Cooperation Statement on page 3 of this Guide; page 1 of the Registration form.

**Registration dates:** First wave: August 24 – September 2 for residents of all towns, including non-members. Second wave: September 3 and beyond for remaining spots. Late fees apply after September 18.

**Lottery drawings:** Sept. 3, and this only applies to those classes in which there are more registrants than available spaces. (Most classes are online without limits; all onsite and some online classes have limits).

**Notifications:** Sept. 4, we will send statements to registrants and notify those on waiting lists.

**Payment dates and methods:** Payment may be made September 8 through September 18 by cash, check, or credit card. 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.

**MSAC Membership requirements and exceptions:**

**FY20 Members** (whose membership expired 6/30/20): your membership is extended for Fall 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)).

**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 September 21 unless otherwise noted, but this is subject to change, especially onsite classes.

**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 November 23. Most 12 week classes end the week of December 7. There may be make-ups the weeks of December 14 and beyond. No classes may occur on-site on holidays at MSAC, but some online instructors may lead classes on holidays.

**Location:** Only four classes are currently planned to be on-site at MSAC (3 Art and 1 Tai Chi), and none will run simultaneously, or at night, or on weekends. Most Fall classes will be on-line via Zoom video or phone. Further instructions will come from MSAC staff or your instructor prior to class beginning.

**Assistance for online classes:** Instructions will be provided to all online class registrants and assistance will be available upon request. For anyone lacking a suitable device or internet, calling in can also work.

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

**Class fee increases and MSAC budget:** Our fees are going up, as announced in January. Compared to Winter and Spring 2020 fees, the increases are $5-10 for an 8-12 week series, or in most cases, less than $1 per session. 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 (some of those are increasing, too), and online program expenses. We remain committed to keeping programs affordable and safe for all, to providing Financial Aid to all who request it, and to doing our best to meet city budget requirements.

**Financial Aid** is available for members of all towns. Please make your request to the office or fill out our form.

If you have questions about:

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

**Technology Assistance:** contact Chet at ccienkowsk@montpelier-vt.org or call Harry in the office at 223-2518 to request a call from Chet.

**Financial Aid, MSAC’s budget or Covid-19 requirements:** contact Janna at 262-6283 or email jclar@montpelier-vt.org.
## Painting at All Levels
Linda Hogan | 10 Mondays, starts 9/21, skips 9/28 & 11/9 | 9:30 - 11:30 am | Onsite at MSAC | $40 Montpelier resident/$50 non-Montpelier resident | Ages 50+
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.

## Rug Hooking
Pam Finnigan | 10 Wednesdays, starts 9/23, skips 10/22 & 12/3 | 9:30 - 11:30 am | Onsite at MSAC | $40 Montpelier resident/$50 non-Montpelier resident | Ages 50+
Pam is a certified rug hooking instructor who teaches both traditional and non-traditional techniques. Participants will need a rug hooking frame or 12 to 14-inch quilter’s hoop, foundation cloth, rug hook, small pair of sharp scissors, a permanent marker and wool cloth or wool strips. A machine to cut wool is available for students to use during class. Supplies will need to be purchased by the student. Beginner and seasoned rug hookers are welcome. Beginning students will be called by the teacher prior to the start of class. Also, she will gladly answer any questions you might have.

## Drawing Basics
Janice Walrafen | 10 Thursdays, starts 9/24 | 1:00-2:30 pm | Onsite at MSAC | $40 Montpelier resident/$50 non-Montpelier resident | Ages 50+
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.

## Chinese Calligraphy Online
Ellie Hayes | 10 Wednesdays, starts 9/23 | 12:45-1:45 pm | via Zoom | $55 members/ $80 public | Ages 10+
An exploration of Chinese Calligraphy. Using brush, ink and paper (plus felt and blotter—$15 materials fee included) we will learn the basic strokes that make up Chinese characters, learn some simple characters, how images combine to make more complex characters, and learn about the evolution of Chinese calligraphy.

## Music Appreciation: Opera II: The 19th Century Online
Erik Nielsen | 10 Tuesdays, starts 9/22 | 2:30-4:00 pm | via Zoom | $75 MSAC members/ $100 public | Ages 12+
This class is a follow-up to Opera I, though taking the first level is not a pre-requisite for this course. After a little review we will cover the 19th century after the Italian bel canto composers. We will cover some of the most familiar operas in the grand opera tradition, works by Verdi and Wagner, but also great operas by Berlioz, Bizet and the Russian operatic composers, such as Tchaikovsky, Mussorgsky and Borodin. We will end at the dawn of the 20th century, and we hope this will whet your appetite for a third course covering more recent works. Once again, composer Erik Nielsen will lead the class. The class is open to anyone with curiosity about opera and a willingness to listen.
Active Living & Wellness

the Global Order; India & Pakistan; Red Sea Security; Modern Slavery & Human Trafficking; U.S. Relations with the Northern Triangle (Honduras, El Salvador, Guatemala); China’s Road into Latin America; The Philippines & the U.S.; Artificial Intelligence & Data. When you enroll, you’ll receive a Briefing Book with short readings each week. You’ll watch a PBS Great Decisions video online with topic experts. Following the video, there will be a facilitated discussion for sharing observations and questions for deeper exploration of the topic. Links to other resources can be found at: www.fpa.org.

#■ Bone Builders Online
$40 Montpelier resident/$50 non-resident each section | via Zoom | Ages 50+

Section A:
Laura Morse | 12 weeks, Mondays/Fridays, starts 9/21 | 3:15 - 4:30 pm

Section B:
Laura Brown/Theresa Lever | 12 weeks, Mondays/Thursdays, starts 9/21 | 5:00 - 6:00 pm

Section C:
Tina Muncy | 12 weeks, Tuesdays/Fridays, starts 9/22 | 5:00 - 6:00 pm

Section D:
Nancy Schulz | 12 weeks, Tuesdays/Fridays, starts 9/22 | 10:15 - 11:30 am | Open to all

Section E:
Joan Barrett/Barbara Ladabouche/ Jean Phillips | 12 weeks, Tuesdays/Thursdays, starts 9/22 | 9:00 - 10:00 am | Open to all who have done at least an into class with someone prior to attending class

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

★ Somatic Movement: Calming the Nervous System While Improving Mobility and Functionality
Amy LePage | 10 Fridays, starts 9/25 | 9:00 - 9:45 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 increasing mobility; improving posture; enhancing coordination; reducing aches, pains and tension patterns while improving your breathing and developing internal awareness, quiet and calm. Movements are done standing, sitting and lying on the floor. Modifications possible. Interested, but an individual session may be a good place to start? email Amy as sliding-scale is offered to MSAC members and

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Amy is seeing clients in-person on Mondays or via zoom.

# Beginners Pilates — Next Level Online
Shannon Hepburn | 12 Mondays, starts 9/21 | 10:30 - 11:30 am | via Zoom | $35 Montpelier resident/$45 non-resident | Ages 50+

This class is for people who have previously taken a Beginner Pilates class and would like to repeat the class working at a gentle pace with reminders of the Basic Principles. **Not limited to previous students of Shannon.**

# Pilates Express Online
Shannon Hepburn | 12 Wednesdays, starts 9/23 | 10:15 - 11 am | via Zoom | $35 Montpelier resident/$45 non-resident | Ages 50+

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.

**Seated Fall Prevention (Sun Style) Tai Chi Online**
Ellie Hayes | 10 Tuesdays, starts 9/22 | 4:00 - 4:45 pm | via Zoom | $35 Montpelier resident/$45 non-resident | Ages 50+

From the comfort and safety of your home, you will learn a simple sequence of Tai Chi movements that can help you cultivate serenity, strengthen your immune system, and bring heightened awareness to posture, balance and coordination. A ZOOM invite will be sent out each week. Ideally you should have a minimum of 3’ of even floor space around your firm, straight-backed chair - preferably with no arms.

# Tai Chi: Yang Long Form
Judy Copa | 9 Fridays, starts 9/25 | 1:30 - 3:00 pm | **Onsite at MSAC |** $35 Montpelier residents/$45 non-Montpelier residents | Ages 50+

This class will be for past participants only. We will be reviewing the entire form, Earth, Person and Sky. We will also be spending a good part of the class working on Sword Form. Bring your swords, if you can’t find yours, or need a new one, I still have a few for purchase.

**Arthritis Foundation Exercise Program Online**
Laura Morse | 12 weeks, Mondays & Fridays, starts 9/21 | 2:00 - 3:00 pm | via Zoom | $35 MSAC members/$45 public | Ages 50+

This class, designed for people with arthritis, will be based on the evidence-based Arthritis Foundation’s Exercise Program (AFEP) and will be mostly completed while seated. Any standing exercises will be performed while holding onto a chair. No exercises will be done lying on the floor.

The word arthritis is a general term that means “joint inflammation” and refers to more than 100 rheumatic diseases. The four most common of these are: rheumatoid arthritis, osteoarthritis, fibromyalgia and osteoporosis. The exercises of AFEP have been extensively researched and reviewed in order to ensure effectiveness and the safety and well-being of participants. Benefits of this low-impact exercise program include: reduced levels of pain, stiffness, and fatigue; improved strength, range of motion, balance, flexibility, coordination, and endurance.

**Gentle Flow Yoga Online**
Sarah Parker-Givens | 12 Wednesdays, starts 9/23 | 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 for more information about Sarah and her teaching.

**Chair Yoga Thursday Online**
Ragan Sheridan | 8 Thursdays, starts 9/24 | 1:30 - 2:30 pm | via Zoom | $35 Montpelier resident/$45 non-resident | Ages 50+

This is a very gentle class done in a chair and standing. There is an emphasis on taking care of oneself through gentle movement, body and breath awareness to allow for improved mobility, balance and

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MONTPELIER COMMUNITY SERVICES | 16
respiration, reduction in stiffness and pain, and a greater sense of peace.

## Very Gentle Yoga Online (Chairs Optional)
Sarah Parker-Givens | 12 Tuesdays, starts 9/22 | 10:00 - 11:15 am | via Zoom | $35 Montpelier resident / $45 non-Montpelier resident | Ages 50+

This gentle but active class promotes mindfulness, balance, flexibility, and strength. Safely move through natural, functional range of motion, adapting the practice to the body’s needs (not the opposite). This class emphasizes conscious breathing and the yogic precept of balancing the qualities of steadiness and ease. Sarah specializes in breath-focused yoga for beginners and seniors. Visit heartcenteredyoga.weebly.com for more information about Sarah and her teaching.

## Gentle Yoga Online
Patty Crawford | 12 Tuesdays, starts 9/22 | 10:00 - 11:15 am | via Zoom | $35 Montpelier resident / $45 non-resident | Ages 50+

The primary focus is to adapt the yoga to serve the individual needs of the student. Integrating breath and movement to guide and support your yoga practice helps to develop awareness of your own condition and to feel ease in the body and a deep sense of well-being.

## Moving Into Stillness: Yoga and Meditation Online
Sarah Parker-Givens | 12 Thursdays, starts 9/24 | 2:00 - 3:15 pm | via Zoom | $35 Montpelier residents/$45 non-Montpelier resident | Ages 50+

Quiet the body and mind in this weekly yoga/meditation class. Each practice will begin with gentle movement and conscious breathing to prepare the body for meditation. Meditation techniques will vary and include chanting. This class will include getting up and down from the floor. Sarah specializes in breath-focused yoga for beginners and seniors. Visit heartcenteredyoga.weebly.com for more information about Sarah and her teaching.

## Gentle Yoga and Meditation Online
Monica DiGiovanni | 12 Tuesdays, starts 9/22 | 4:00 - 5:00 pm | via Zoom | $35 Montpelier resident / $45 non-resident | Ages 50+

This gentle class will take place mostly on the floor. Clear your space, grab a cup of tea and gather your props: blocks, strap, pillows, bolsters & blankets. Perfect for opening the body, caring for your nervous system and returning back to the center point. Class will start with a guided meditation and end with an affirmation to hold you after class ends. Open to ages 14+, children under 18 may attend accompanied by a parent or alone by permission of the instructor and parent.

## Moderate Yoga Online
Ron Sweet | 12 Mondays, starts 9/21 | 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, all while maintaining and improving strength, balance, and flexibility. This class is more active than the gentle classes.

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# ■ Moderate Yoga for Balance Online
Patty Crawford | 12 Thursdays, starts 9/24 | 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.

★ Moderate Yoga to Improve Balance Online
Ragan Sheridan | 8 Thursdays, starts 9/24 | 3 - 4:15 pm | via Zoom | $35 members / $60 public | Ages 21+
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.

★★ Yoga for Focus and Fitness: Strength and Flow Online
Monica DiGiovanni | 12 Wednesdays, starts 9/23 | 9:00 - 10:15 am | via Zoom | $35 Montpelier resident/$45 non-resident | Ages 50+
Do you enjoy physical activities such as running, cross-country skiing, dancing, biking, and hiking? This class is suitable for those with an active level of fitness. The use of props is strongly suggested to safely and comfortably explore the edges of your practice. Class begins and ends with meditation and gentle postures on the floor. The heart of class enjoys a core focused practice of isometric strengthening exercises interwoven with yoga postures of intermediate complexity. At the center of it all is a practice of compassion and acceptance of one's individual experience. Athleticism and previous yoga experience are recommended. Open to ages 14+, children under 18 may attend accompanied by a parent or alone by permission of the instructor and parent.

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More drop-in groups may resume as the Fall goes on.

**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. Meet-up locations will vary. Please contact Joan Barrett by Sun-day night at 223-1856 or email barrettsvt@gmail.com if you intend to come. Bring a mask and plan to practice appropriate distancing and follow safety precautions.

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

**Trash Tramps**
Tuesdays, 2:00 - 3:00 pm | 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, resumes late Sept. | 1:00 - 3:00 pm | MSAC Art Room
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
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 paragraphs@pshift.com if you plan to join this inSIGHTful group. This is a free activity, though a donation to MSAC would be most welcome.

**Monday FEAST Farm Volunteering on Mondays**
5 Home Farm Way; 2 hour shifts | 9-11 am, 10am-12 pm, 1-3 pm
The Community Services Department is farming a small plot at 5 Home Farm Way in Montpelier and we are in need of volunteer help with weeding, planting, watering, harvesting! Would you like to help provide FEAST with fresh, local food? We are looking for volunteers to sign up to help for 2-hour shifts on Mondays. No special skills or abilities are necessary! More info on page 23 of this Guide.
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.

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

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

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

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

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.

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

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
Instructor Bios

-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 somewhere knitting.

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

Erik Nielsen is a composer who has created works for chorus, orchestra, wind ensemble, solo instruments, chamber music, works for dance, film and electronic music. His pieces have been performed all over the world by ensembles including A Far Cry, the Amabile, Chiara, Emerson and Ying String Quartets; the National Symphony Orchestra; the Killington and Manchester Chamber Players; Bread and Puppet Theater; the Vermont Contemporary Music Ensemble; Vermont Opera Theater, Vermont Symphony; Vermont Philharmonic, Montpelier Chamber Orchestra, Vermont Youth Orchestra and Village and Northern Harmony. He has won awards from ASCAP, the Vermont Arts Council, and the Vermont Music Teachers Association. In September 2015, his opera, A Fleeting Animal, a collaboration with poet/playwright David Budbill and premiered in 2000, was performed in a newly revised edition to great acclaim in six locations in Vermont. Recent commissions include a film score for the 2019 Green Mountain Film Festival; a new work for chorus and brass or organ, All This Night Shril Chanticleer, a commission from the Vermont professional chorus Counterpoint, premiered in December, 2018; and a new work for the Northern Third Quartet, premiered in October, 2018. He was elected a Fellow by the Vermont Academy of Arts and Sciences in 2016. As a teacher, Erik is Senior Composition Mentor with Music-COMP (formerly the Vermont MIDI Project). He also teaches music theory and composition with the Green Mountain Suzuki Institute, the Monteverdi School and privately. He has taught music appreciation classes at the Montpelier Senior Activity Center since 2013, classes ranging from opera to jazz and The Beatles. He lives in Brookfield.

Sarah Parker-Givens specializes in breath-focused yoga for beginners and seniors. Visit heartcenteredyoga.weebly.com for more information about Sarah and 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 infor-
mation 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 creates at AllTogetherNow! Community Arts Center in East Montpelier.

**FEAST Senior Meals Program**

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

**FEAST at Home**
FEAST at Home meals come to you if you’re found eligible, and Covid-19 has seen eligibility rules loosened. Designed specifically to meet an individual’s nutritional needs, volunteers deliver up to seven meals weekly.

We deliver bulk meals once weekly to recipients in Montpelier and North West Berlin. Contact the FEAST office for more information at 802-262-6288.

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

**FEAST Volunteers**
Volunteers are a vital resource for FEAST’s success. Some help prep ingredients or cook in MSAC’s licensed commercial kitchen, while others serve meals. More volunteers deliver meals, do a wellness check and provide a friendly face. We are currently furloughing many of our FEAST volunteers during the pandemic and look forward to welcoming them back, along with new volunteers, in the future.

**Did you know that our kitchen offers catering?**
Contact Good Taste Catering for catering inquiries - 262-6286. Kitchen rentals are suspended until the pandemic situation improves.
Hurrah! The harvest is coming in!

Would you like to help provide FEAST Senior Meals with fresh, local food? This summer and into the Fall, the Parks Division and MSAC are teaming up to grow fresh food for Montpelier Senior Activity Center’s FEAST senior meals program (including Meals on Wheels).

We are so grateful for the strong show of community support already, starting way back last year when Parks team members successfully applied for grants to fund the project.

Farm Wish-list:

- Plastic totes and waxed cardboard boxes for produce
- Large plastic bags for greens
- Garden tools: hand tools (hand hoes, trowels, hand cultivators), long-handled hoes, steel T-posts.
- A wheelbarrow
- Volunteer help with weeding, watering, harvesting, and more. Several 2-hour shifts on Mondays. No special skills or abilities are necessary!
- Please bring drinking water, a mask and work gloves.

Email Jacqueline at jhuettenmoser@montpelier-vt.org for more information or directions to the farm at 5 Home Farm Way, or This is the link to the sign-up sheet.

Drop donations off at the Hubbard Park office or email Jacqueline at jhuettenmoser@montpelier-vt.org to have them picked up.

Thank you to all—younger and older—who have supported the first year of the Community FEAST Farm!