

Montpelier Senior Activity Center for Calais Town Report

MSAC Item for March 2022

Everyone 50+ is welcome at MSAC, where programming promotes lifelong learning, healthy aging, socialization, falls prevention and more. *MSAC's mission is to enhance the quality of life for the older adults in the Montpelier area through opportunities that develop physical, mental, cultural, social, and economic well-being in a welcoming, flexible environment.*

In 2021, MSAC transitioned through personnel changes and adapted with additional pandemic-safe operations. Despite COVID-19, MSAC is a vital resource for the community, providing FEAST Meals on Wheels and Curbside pick-up meals, referrals to area services, three dozen affordable, weekly classes, (online, in-person, or hybrid), and many free drop-in groups. MSAC offers financial aid, technology assistance, tax preparation, foot care clinics, media, and more. MSAC's Americorps member places volunteers for indoor and outdoor chores and socialization. Staff and volunteers are resuming a national accreditation process and remain dedicated to supporting the community.

In FY21, MSAC served at least 53 Calais residents. Many activities don't track residency, so the number is likely 55+. MSAC appreciates Calais voters' and residents' support and hopes to welcome and serve more of you in the coming year! We recognize other senior centers' and agencies' importance to your residents and believe in working collaboratively. Thank you for considering our level-funded request of \$4,900 to support affordable programs and services for older Central Vermonters. Our total FY23 budget is \$675,300.

To learn more, register for a program or be added to our weekly e-list, visit 58 Barre Street, www.montpelier-vt.org/msac, call 223-2518 or email msac@montpelier-vt.org.