



Spring 2022 Class Descriptions updated 3/9

On-line & In-person Adult & Teen Classes with Montpelier Senior Activity Center

Registration Forms & Instructor Bios can be found on our Classes webpage: <https://www.montpelier-vt.org/751/Classes>. The Registration Form has full instructions for registration as well as Zoom training info. The order of classes below is the same as on the Registration Form. Membership information can be found at <https://www.montpelier-vt.org/364/Become-a-Member>. Call our office at 223-2518 or email msac@montpelier-vt.org if you have questions.

Important Notes:

- a. **On COVID guidance:** In early September, masks were required inside MSAC for all people regardless of vaccination status. The City of Montpelier (of which MSAC is a division/facility) is following CDC guidance based on current county transmission rates. Guidance updates will be posted on MSAC website and announced in weekly e-letter. Call if you have questions.
- b. **On Hybrid classes:** Some courses are being offered in hybrid format with options in-person and online. If additional hybrid options become available, MSAC will communicate the updates. If you register for a hybrid class, please reserve in-person slots for those who don't have access to technology devices/Zoom. After 3/21, those who registered for Zoom options may transfer into the in-person sections if space allows. We ask that members commit to doing the entire series in one format or another.

Fine Arts & Humanities

Drawing Basics

with Janice Walrafen | MSAC Art Room | 10 Thursdays, starts 4/14 | 1:00-3:00pm | Open to public | Ages 18+ | \$40 member/ \$65 public

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.

Drawing Nature

with Janice Walrafen | Hubbard Park | 10 Mondays, starts 4/11 | 1:00-3:00pm | Open to public | Ages 18+ | \$40 member/ \$65 public

In this class we will look closely at nature's shapes and forms, step back to see the field of pattern, light, and shadow, and explore the transformation of plants. Using pencil, pen, and charcoal, we will draw

from life and outside as much as possible. Open to all abilities. We will meet outside, distanced, and masked, at Hubbard Park New shelter in good weather. Otherwise, classes will be at the senior center.

Handbuilding with Clay

with Janice Walrafen | MSAC Art Room | 10 Mondays, starts 4/11 | 4:00-5:30pm | Open to public | Ages 18+ | \$40 member / \$65 public | Purchase of clay and firing is \$35 per 25lb bag of clay and will be paid to the instructor on the first day of class.

This is an introductory class in the art of hand building in clay. Whether making functional pottery or sculptural pieces, we will use basic techniques such as using coils, slabs, molds, and pinch-pot methods to create pieces in accordance with individual interest. Clay is a fun, flexible material to create just about anything you can imagine. Purchase of clay and firing is \$35 per 25lb bag of clay and will be paid to the instructor on the first day of class. Janice has been working in clay her entire life. Her mother was a potter and Janice is a clay artist making tiles, sculptures, and vessels from slabs.

Painting at All Levels

with Linda Hogan | at MSAC Art Room | 10 Mondays, starts 4/4 | 10:00am-12:00pm | Open to public | Ages 15+ | \$40 member / \$65 public

Explore the wonderful world of painting in acrylics, watercolors, oils, pastels, your choice. Bring your own ideas. There will be instruction, handouts, sharing our art and many new ideas and explorations offered to help you create your masterpiece. A great way to start the week by spending some time with a fine group of creative people!

Rug Hooking

with Pam Finnigan | at MSAC Art Room | 10 Wednesdays, starts 4/6 | 9:30-11:30am | Open to public | Ages 30+ | \$40 member / \$65 public

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.

Not this quarter: Meditative Mandalas: Learning how to Channel Energy through Meditative Art

with Nicole McNeill | Zoom | Thursday April 14th | 4-6pm | Open to public | Ages 12+ | \$20 member / \$30 public

Sacred geometry is used as a tool for channeling energy and a guide to help focus on pattern building. Meditation includes body awareness and breathing practice for chakra clearing. Nicole McNeill is a

~~holistic wellness enthusiast and life coach using meditative art for energy healing. Her artwork is a minimal practice of white pen, pencil, paint, or charcoal on black canvas. She uses sacred geometry and her identity as a foundation for the process of her artwork.~~

New: Film Appreciation: “No, But I’ve Seen the Movie:” Classic Films Based on Short Stories

with Rick Winston | at Savoy | 8 Mondays, starts 4/11 | 10am-12pm | Open to public | Ages 12+ | \$60 member / \$85 public

A 1989 anthology called “No, But I Saw the Movie” featured twenty short stories that were made into classic American films. We’ll view eight of them, starting with “the Jazz Singer” (the original 1927 version) through “Stagecoach,” “All About Eve,” and “Rear Window.”

Digital Photography

with Linda Hogan | MSAC Activity Room | 10 Tuesdays, starts 4/5 | 12:30pm-2:30pm | Open to public | Ages 15+ | \$40 member / \$65 public

In this workshop we will explore new ways of looking at things around us to make a picture something very special, and go deeper into the art of seeing. Each week we will take on a theme that will help broaden your understanding of capturing a perfect image that tells a good story. Half of the time we will explore color photography and the other half will be focused on the beauty of classic black and white imagery. Basic and interesting photography concepts will be explained as well as things you may want to know to prepare for an exhibit and/or selling your work.

You will need any kind of digital camera with a memory card or smart phone, a flash/thumb drive and a notebook and pen/pencil for notes. This is a fun class for all levels and through a series of weekly assignments and critiques will help open your eyes and give you skills, new image options and information that you can use for a lifetime of exploration for making better photos.

New: Ordering Your Affairs

with Cynthia Stadler | Zoom | Wednesday, May 4th | 3-4:30pm | Open to public | Ages 12+
By Donation

No one plans to become sick or disabled but preparing in the event that you need help managing the nuts and bolts of your life can make all the difference. Join us for guidance and discussion about ordering your affairs.

Creative Writing 2 class series on Mondays OR Wednesday, both on Zoom

with Maggie Thompson | on Zoom | 10 **Mondays**, starts 4/4 | 10:00am-12:00pm |
Only for MSAC members | Ages 50+ | \$40 Montpelier resident / \$50 non-Montpelier resident

with Maggie Thompson | on Zoom | 10 **Wednesdays**, starts 4/6 | 1pm-3pm |
Only for MSAC members | Ages 50+ | \$40 Montpelier resident / \$50 non-Montpelier resident

Whether we journal , write letters, memoir, fiction, or creative nonfiction, writing gives pause to illuminate our life experiences, providing connections for our children and grandchildren, as well as for ourselves. Through the use of optional homework assignments and writing prompts in class, we will discover new angles to explore our stories. Along the way we will touch on craft elements such as setting, character development, imagery, and dialogue that will help shape our words and grow our skills as writers. Sessions will include sharing our work aloud (optional) and offering thoughtful discussion and robust encouragement. Classes are tailored to the aspirations of the participants. Lastly, writing with others at MSAC is fun, infused with insights and spice!

Creative and Remaking Poems

with Samn Stockwell | Zoom | 10 Wednesdays, starts 4/6 | 3pm-4pm | Open to public | Ages 30+ | \$40 member / \$65 public

This workshop will offer participants an opportunity to create and share poems with a supportive group. The workshop will use writing prompts for the creation of new poems and include discussions of how the poems work. We will talk about how to communicate the unique textures of our lives in our poems. Discussions of individual poems will begin with the positive and include practical suggestions for building a better poem.

Active Living & Wellness

Bone Builders (5 different class series, all twice weekly, 3 on Zoom only, 2 Hybrid option for in-person or on Zoom)

Section A: with **Laura Morse** | **Zoom** | **12 wks, Mondays & Fridays**, starts 4/4 | 3:15-4:30pm | Only for MSAC members and city employees | Ages 50+ | \$40 Montpelier resident / \$50 non-Montpelier resident

Section B: with **Laura Brown, Theresa Lever & Pat Carstensen** | **Zoom** | **12 wks, Mondays & Thursdays**, starts 4/4 | 5:00-6:00pm | Only for MSAC members and city employees | Ages 50+ | \$40 Montpelier resident / \$50 non-Montpelier resident

Section C: with **Tina Muncy** | **Zoom** | **12 wks, Tuesdays & Fridays**, starts 4/5 | 5:00-6:00 pm
Only for MSAC members and city employees | Ages 50+ |
\$40 Montpelier resident / \$50 non-Montpelier resident

Section D & H: with **Nancy Schulz** | **Hybrid:** Options to register **in-person** at **MSAC (H)** OR **Zoom (D)** | **12 wks, Tuesdays & Fridays**, starts 4/5 | 10:15am-11:30am | Open to public | Ages 50+ | \$40 Montpelier resident / \$50 non-Montpelier resident

Section E: with **Joan Barrett, Jean Phillips & Barbara Ladabouche** | **Zoom** | **12 wks, Tuesdays & Thursdays**, starts 4/5 | 8:30-9:30am | Only for MSAC members and city employees | Ages 50+ | \$40 Montpelier resident / \$50 non-Montpelier resident | **New Students will need to attend a training .**

As we age, we all gradually lose muscle mass, bone density, flexibility, strength, and balance. The focus of Bone Builders is to diminish or avoid these negative consequences of aging. Instructors lead students through a series of warm-ups; leg, core and arm exercises; gentle stretches; movements to enhance

balance; and a series of cool downs. We use hand and ankle weights which begin at one pound and increase incrementally according to student readiness. The entire class is done seated or standing; each student works at the level that's appropriate for them. Weights are provided to those who don't have their own. Choose a class that suits your schedule and find out why the Bone Builders program is so popular at MSAC!

Tai Chi for Fall Prevention

with Ellie Hayes and Dyne Sapp | MSAC and Zoom | 12 Wednesdays, starts 4/6 | 1:15-2pm |
Open to public | Ages 12+ | \$35 member / \$60 public

Tai Chi Vermont's Fall Prevention Tai Chi Program is not just for folks with balance challenges. The simplified movements of this short form are easy and satisfying to learn, adaptable for all ages and abilities, and serve as an excellent introduction to basic Tai Chi principles. In these times of so much change and daily doses of worrisome news, establishing a Tai Chi practice can lend some stability and stress relief, mindfulness and enjoyment to your life. Please join us!

Fall Prevention Tai Chi Sampler: <https://vimeo.com/643581599>

White Tiger Qigong Form

with Ellie Hayes | MSAC and Zoom | 12 Wednesdays, starts 4/6 | 12pm - 1pm | Open to public | Ages 12+ |
\$35 member / \$60 public

To ring in 2022 as China's Year of the Tiger, learn to move like one! White Tiger Qigong comes to us from the Nam Hoa Temple Tradition of southern China. This form includes an Energy Workout - simple Qigong movements practiced with repetition - as well as a sequence of movements looking very much like Tai Chi - flowing from one to the other, stepping, turning, etc. The form has 36 named movements (some of which are repetitions), ranging from simple to complex; a few of them may pose challenges to balance, strength and flexibility, although these can be modified. As the movements are learned, we can deepen our experience of their energetic qualities and spiritual intent. Tiger Form sampler:

<https://vimeo.com/643576974>

Movement for Parkinson's & Other Neuro-Movement Challenges

with Mary Chris DeBelina | at MSAC Activity Room | 10 Thursdays, starts 4/7 | 10:00-11:15am |
| Open to public | Ages 15+ | \$35 member / \$60 public |

Checks made payable to Mary Chris DeBelina

This class utilizes a variety of movement and dance modalities, dynamic imagery and visualizations to tap into your body intelligence. Create new neural pathways and strengthen movement patterns to help improve activities of daily living (ADL), increase range of motion and flexibility, postural stability, strength and social interaction. Class structure includes gentle movement fundamentals beginning in a chair, standing (adapted to chair as needs indicate), barre/chair exercises, and center work, progressing to across the floor and ending with individual and group dances. Infused with music that enlivens the spirit and invites creative expression. Individual experience is acknowledged, no matter the age and physical proficiency of the participant.

Next Level Beginners Pilates

with Shannon Hepburn | Zoom | 11 Mondays, starts 4/4 | 10:30-11:30am | Open to public | Ages 15+ | \$35 member / \$60 public

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

with Shannon Hepburn | Zoom | 11 Wednesdays, starts 4/6 | 10:15-11:00am | Open to public | Ages 15+ | \$35 member / \$60 public

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.

Somatic movement: Calm your nervous system

with Amy Lepage | on Zoom | 10 Tuesdays, starts 4/5 | 9:15-10:15am | Open to public | Ages 18+ | \$35member / \$60 public

Empowerment through education, understanding and attention to yourself. Slow, focused, gentle movement actively engages the nervous system in a learning process called “neuromuscular retraining.” This class focuses on stress relief, self-care, calming the nervous system, improving mobility, reducing aches, pains and habitual tension and movement patterns. Movements are done standing, sitting and lying on the floor. Modifications possible. Interested, but an individual session may be a good place to start? Email Amy as sliding-scale is offered to MSAC members and Amy is seeing clients in-person on Mondays or via Zoom.

Yoga series:

Listed approximately from gentler to more vigorous

Chair Yoga

with Ragan Sheridan | Zoom | 12 Thursdays, starts 4/7 | 1:30-2:30pm | Open to public | Ages 18+ | \$45 member / \$70 public

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 respiration, reduction in stiffness. Note: One-on-one yoga therapy sessions with Ragan are also available by separate registration at a discounted rate of \$35/hour for MSAC members.

Yoga for Osteoporosis & Osteopenia

with Ragan Sheridan | Zoom | 12 Fridays 4/8 | 4:00-5:00pm | Open to public | Ages 18+ | \$45 mem. / \$70 public

This class will focus on awareness of correct body mechanics to reduce the risk of fractures as well as improving posture and balance, strengthening bones and increasing flexibility. We will also incorporate tools for stress management and increased well-being. We will be standing, on hands and knees and lying down. We will use the wall, chair, blankets, and modifications will be taught for individual needs.

Please contact ragan@rootsofsupport.com or 802-552-8995 for questions. Note: One-on-one yoga therapy sessions are also available by separate registration at a discounted rate of \$35/hour for MSAC members.

Moving Into Stillness: Yoga & Meditation

with Sarah Parker-Givens | Zoom | 12 Thursdays, starts 4/7 | 2:00-3:15pm | Open to public | Ages 18+ \$45 member / \$70 public

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. Sarah specializes in breath-focused yoga for beginners and seniors. Visit www.heartcenteredyoga.weebly.com for more information about Sarah and her teaching.

Gentle Flow Yoga

with Sarah Parker-Givens | Zoom | 12 Wednesdays, starts 4/6 | 9:00-10:00am | Open to public
Ages 18+ | \$45 member / \$70 public

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.

Moderate Yoga for Balance

with Patty Crawford | Zoom | 12 Thursdays, starts 4/7 | 10:00-11:15am | Only for MSAC members and city employees | Ages 50+ | \$35 Montpelier resident / \$45 non-resident

Yoga for Balance develops a focused and stable mind and strengthens the legs, feet, and core body. Using a combination of breath and balancing postures, flexibility and awareness are developed. Training the mind to focus and integrating the breath in repeated movement builds the strength required to stay in balanced postures for an extended period of time. Good balance and focused attention increases our ability to prevent serious injury.

Moderate Yoga to Improve Balance

with Ragan Sheridan | Zoom | 12 Thursdays, starts 4/7 | 3:00pm - 4:15pm | Open to public | Ages 18+ | \$45 member / \$70 public

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 able to get up and down from the floor comfortably and stand for extended periods of time.

Moderate Yoga

Mondays with Ron Sweet | Zoom | 12 **Mondays**, starts 4/4 | 11:45am - 1:00pm | Open to public | Ages 18+ | \$35 member / \$60 public

Thursdays with Ron Sweet | Zoom | 12 **Thursdays**, starts 4 /7 | 11:45am - 1:00pm | Open to public | Ages 18+ | \$35 member / \$60 public

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.

Moderate Flow Yoga

with Sarah Parker-Givens | on Zoom | 12 Wednesdays, starts 4/6 | 5:00pm-6:15pm | Open to public | Ages 18+ | \$50 member / \$75 public

Flow Yoga is the linking of breath with movement. In this moderate flow class, we will focus on movement and postures that increase strength, flexibility and balance. Students must have prior yoga experience and be able to comfortably move from floor to standing. Sarah specializes in breath-focused yoga for beginners and seniors. Visit heartcenteredyoga.weebly.com for more information about Sarah and her teaching.

Yoga for Focus and Fitness: Strength and Flow

with Monica DiGiovanni | on Zoom | 12 Wednesdays, starts 4/6 | 9:00-10:15 am | Open to public | Ages 14+ children under 18 may attend accompanied by a parent or alone by permission of the instructor and parent. | \$45 member / \$70 public

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.

One-on-One Yoga Therapy Sessions

with Ragan Sheridan | Zoom | scheduling varies by individual | 55 minutes per session | Open to public | Ages 18+ | \$35 member / \$50 public

What is yoga therapy? Yoga therapy is a journey of healing, finding balance and integrating all aspects of ourselves- body, mind, emotions and spirit. It empowers individuals to take an active role in their

health and wellness and can be used by itself, along with conventional medicine and with other alternative modalities. We use props for comfort and safety so literally any body can benefit. No previous yoga experience is required. **What to expect from a session?** We will create a personalized approach based on your specific symptoms, needs and goals to support you in finding relief, restoring balance and feeling better. **Who can benefit from yoga therapy?** Anyone suffering from illness, injury, chronic pain, exhaustion, stress, aging related changes, those looking for more energy and vitality as well as individuals wanting to create a personalized home yoga practice based on your needs. **How do I schedule my session?** First, register through MSAC. Next, contact Ragan Sheridan directly to schedule an appointment 802-552-8995 or ragan@rootsofsupport.com. Appointments are available on Zoom.

Drop-in Groups

Most of our Drop-in Groups meet weekly and are FREE; some accept donations. People of all ages are welcome! We are grateful to all our drop-in group facilitators/leaders who volunteer their time! Do you have an idea for a new Drop-in group you'd like to facilitate/organize, or know someone who can? Contact us in the office.

Community Jam with experienced musicians Community Jam with experienced musicians | at MSAC Community Room | Biweekly the 1st and 3rd Thursdays | 6:15-8:00pm | Open to public | Age 14+ |

The Montpelier Senior Center will host a "Slow Jam" on the first and third Thursdays of the month from 6:15 PM to 8 PM. The purpose of Slow Jam is to get the players to have fun playing with other musicians, playing songs by ear and learning the jam protocols associated with traditional and Celtic music.

The session will start with a short instruction on Jam formats, if new people are present, followed by playing familiar tunes at a slower than normal tempo and focus on playing by ear once the key of the song is announced. The second part of the session will focus on a Jam session at moderate speed. All acoustic string instruments are welcome (no amplification please). Accordions, concertinas, etc. would be welcome as well. Unfortunately, because of Covid protocols, wind instruments will not be able to participate at this time. We must also limit percussion instruments. If you would like to bring that type of instrument, please send a note first and we will discuss this with you. Jacob Stone, Greta Stone and Susan Reid are the musicians who are leading the group. All ages and levels of playing are welcome to participate. We would welcome experienced players to attend to help lead the group at times. These sessions are meant for beginning and intermediate level players with some basic familiarity with their instruments and will not include in-depth instrument instruction. This is a drop-in group, please feel free to come to any session.

There will be a suggested \$5 donation requested at each session. We will be wearing masks and plan to be socially distanced during this time at the Montpelier Senior Activity Center, 58 Barre St., Montpelier. If you are interested, please send a note to Bob Barrett, 223-1856, barrettsvt@gmail.com to be added to

the email list. We will send out clips of the songs for the week before the jam. **New:** *If you have a bluegrass, Old-Time or Celtic tune, that you would like to bring to the Jam group, please bring to the meeting. We welcome your ideas and will do our best to add it to our playlist.*

Ukulele Players

Biweekly Thursdays | 3:30pm-5pm | 2nd and 4th Thursday of the month.

Please email barrettsvt@gmail.com to be on notification list and learn more about what, where and when exactly they play, since there is fluctuation occasionally.

Trash Tramps Outdoors

Tuesdays | 2:00 pm | meets at 1:50 pm at MSAC inside to collect your items

email Nancy Schulz at saddleshoes2@gmail.com to get on email list

email Anne Ferguson at storywalkvt@yahoo.com

The Trash Tramps welcome others to join in caring for our town by picking up litter for an hour every Tuesday. Bags, tongs, and reflective vests are provided. You'll find this work is rewarding and much appreciated by community members.

Walks with Joan

Mondays | 9:30 am | on-going | meetup locations vary week to week.

Please contact Joan Barrett by Sunday 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. Once you have attended, Joan will email you her meet-up locations in the future and let you know of changes/cancellations.

Crafters Group In-person at MSAC

Wednesdays | 12:30-2:30pm | MSAC Art Room

Knitting, sewing, and other handcrafts. All are welcome at all levels of skill! Many generous crafters donate their items for sale by MSAC as a fundraising effort. Contact Norma in the MSAC office with questions. nmaurice@montpelier-vt.org.

Games:

- **Bridge**, Thursdays, 12:30-3:45pm
 - Bridge Players are looking for more players. Contact Laura Gamble at 229-4810.
- **Mah Jongg**, Fridays, 1:00-3:30pm
- **Scrabble & other table-games**, Tuesdays, 1-3pm, Fridays 1:00-3:30

Italian Group In-person

Tuesdays | 1:15-2:30 pm | MSAC Activity Room

Anyone interested in joining the Italian group can email stevecbailey@gmail.com to learn more.