



## Drop-in Groups with MSAC In-person and online

Updated 6-27-22

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.

### In-person: Crafts / Games / Foreign-language / Music

#### **Crafters Group In-person at MSAC**

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

Knitting, sewing, and other hand-crafts. 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](mailto: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, 1-3:30pm

#### **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](mailto:stevecbailey@gmail.com) to learn more.



#### **Montpelier Ukulele Players**

**\*Paused for the summer. Will return in September 2022.\***

Biweekly 2<sup>nd</sup> and 4<sup>th</sup> Thursdays | **3:30-5:00pm** | MSAC Community Room | Age 14+

Email [barrettsvt@gmail.com](mailto:barrettsvt@gmail.com) to get on the notification list and learn more about what, where and when exactly they play, since **there is some fluctuation in scheduling at this time.**

## Community Jam with experienced musicians

**\*Paused for the summer. Will return in September 2022.\***

Biweekly 1<sup>st</sup> and 3<sup>rd</sup> Thursdays | 6:15- 8:00pm | at MSAC Community Room | Open to public | Age 14+



MSAC 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](mailto: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.*

## **In-person AND Zoom option Drop-ins:**

**Please register for the two groups listed below in the class registration system, as there is limited space at MSAC and emails are need to attend the group by Zoom.**

### **Long Life Qi Gong Drop In**

with Nancy Schulz | at MSAC & Zoom | 10 Fridays, starts 1/14 | 11:45am-12:15pm | Open to public | Ages 18+ | Drop- in Donations

Invest 30 minutes for a longer life! All are invited to participate in a 30-minute series of gentle movements from the Chinese Qi Gong "Long Life" tradition of Master Ru. The movements are done while standing in a circle. Participants follow the leader who guides the series with few spoken words. Many movements have imaginative names such as "Dancing with the Moon," "Watching the Clouds Go By," and "Swimming Dragon." At the end of the half hour, participants often report feeling both calm and invigorated. The series will be led by movement instructor Nancy Schulz. If you have questions, please feel free to email Nancy: [SaddleShoes2@gmail.com](mailto:SaddleShoes2@gmail.com)

### Readers' Choice

With Nancy Schulz | at MSAC & Zoom | 10 Tuesdays, starts 1/11 | 12:45pm-1:45pm | Open to public | Ages 18+ | Drop-in Donations

Enjoy an hour relaxing, sharing short pieces of fiction or nonfiction that you have chosen. Or, if you prefer, listen to pieces that others bring. We'll gather every Tuesday from 12:45 to 1:45 beginning on January 11 in the Community Room at MSAC. There's no obligation to attend regularly; come whenever your schedule permits. Questions? Email Nancy Schulz: [SaddleShoes2@gmail.com](mailto:SaddleShoes2@gmail.com)

## In-person: Active / Outside



### Trash Tramps Outdoors

Tuesdays | 2:00 pm | meet at 1:50pm inside MSAC to collect your items  
email Nancy Schulz at [saddleshoes2@gmail.com](mailto:saddleshoes2@gmail.com) to get on email list  
email Anne Ferguson at [storywalkvt@yahoo.com](mailto: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 | meetup locations vary week to week  
Please contact Joan Barrett by Sunday night at 223-1856 or email [barrettsvt@gmail.com](mailto: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.



## Online: Books / Writing / Discussions

### Ad-Hoc Writers Group Online

Want to write? Want to guide others in writing?  
MSAC is seeking a facilitator for the AdHoc Writers Group on Mondays 6 - 8pm.  
Contact Sarah Lipton if interested: [slipton@montpelier-vt.org](mailto:slipton@montpelier-vt.org).