



# Summer 2022 Registration Form: On-line, Hybrid & In-person Adult & Teen Classes with Montpelier Senior Activity Center

Class descriptions, instructor bios and more information are available at 58 Barre Street and online at <http://www.montpelier-vt.org/751/classes>. **Registration is open for residents of all towns. Payment is required to hold a space and late fees apply after 7/1/22.** Register by stopping by the office 9am-4pm (M-F), dropping off a completed form to the lock-box at side entrance of 58 Barre Street, mailing it to us, or online (user-id / password required) at: <https://web1.vermontsystems.com/wbwsc/vtmontpelierwt.wsc/>. **Complete instructions and program guidelines are on page 2. Please read thoroughly before registering for classes.** Call us at 223-2518 or stop by if you have questions.



### 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 on-line and 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 website updates), 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 2022-2023 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 \_\_\_\_\_

Name: \_\_\_\_\_ Town of Residence: \_\_\_\_\_ City Employee? Y N

FY23 MSAC Member (7/1/22 - 6/30/23)? Yes | No | Not sure Phone: \_\_\_\_\_  
Membership: age 50+ Call the office to join! 223-2518

Email: \_\_\_\_\_ Mailing address: \_\_\_\_\_

SUBTOTAL of class fees for pages 2-4 if all enrollments are possible \$ \_\_\_\_\_  
Additional Fees *if applicable* (Annual dues for new members, etc.) \$ \_\_\_\_\_  
Additional tax-deductible donation: \$ \_\_\_\_\_  MSAC area of greatest need  MSAC scholarship fund  
Subtract Credit *if applicable* \$ \_\_\_\_\_ Amt.  
TOTAL owed if I successfully register in all my chosen classes \$ \_\_\_\_\_ Requesting Financial Aid \$ \_\_\_\_\_

**Please read all Registration Instructions and Guidelines on back side!**

All class registrants are requested to sign our **Release of Liability & COVID-19 Cooperation Statement** on page 1.

**Registration dates:** Registration starts 6/6. Any classes with over-enrollment will be subject to lottery drawings 6/20 pm. Registration continues until and after the start of classes. Residents of all towns may register the entire time. Late fees of \$10 per class apply after 7/5/22 (waived for new MSAC members).

**Payment dates and methods:** Payment must be made at time of class registration in order to hold a spot. Cash and check payments may be dropped off in our lockbox, mailed to 58 Barre St., or brought to the office M-F, 9am-4pm. Credit card payments are preferably made online (user-id and password needed). We can process credit cards at the office, and as a last resort on the phone. We do not record/save credit card numbers.

**MSAC Membership requirements and exceptions:**

- ❖ **New Members, age 50+:** Join by filling out a form and paying annual dues of \$25 (Montpelier), \$40 (six supporting towns), or \$60 (other towns).
- ❖ **City employees:** Notify MSAC staff if you wish to register for classes (at any age) or join as a member.
- ❖ **General public:** 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 7/5/22 unless otherwise noted below. Notifications of changes will be sent to registrants.

**Class duration & holidays:** Most 10 week classes end the week of 9/5/22. Most 12 week classes end the week of 9/19/22. Some classes are shorter in length. There may be

skip-dates or make-ups due to closure for weather. MSAC's office will be closed for Memorial Day 5/30/22 6/20/22 & 9/5/22

**Location:** Classes are held at many locations including in-person at MSAC (58 Barre Street), outdoors at several locations, and on-line via Zoom video or phone. Six are offered online AND in-person ("hybrid" – marked on form with ♦). Further instructions will come from MSAC staff or your instructor before classes begin. **Some locations or formats may change prior to or during the quarter.**

**COVID Guidelines for masking, distancing, etc:** These change periodically. See website, signage etc. for updates.

**Assistance for online classes:** Instructions are provided to all registrants, and trainings is available. Class attendance via phone will also be an option for some Zoom classes. Please watch our announcements for dates or contact our Americorps member to learn more or request assistance.

**Additional materials fees or supplies** may be required for some classes.

**Financial Aid** is available for MSAC members from all towns; the form is at MSAC and online.

**If you have questions about:**

- **Registration, membership or class payment, financial aid or COVID-19 requirements:** contact Harry or Norma at 223-2518 or [msac@montpelier-vt.org](mailto:msac@montpelier-vt.org).
- **Technology Assistance:** contact our Americorps member at [msac-amicorps@montpelier-vt.org](mailto:msac-amicorps@montpelier-vt.org) or call 262-6287.

**Class Selection**

To register online instead of using this form, see the hyperlink at the top of page 1 and search for class #s below. To register with this form, please check the box on the left and circle your appropriate fee on the right.

(mem.=MSAC members; pub.=non-members; res.=member who is a resident of Montpelier; non-res.= other members)

**Symbol Key:** ■ = MSAC members only; ★ = Open to public; # = Open to city employees; ♦ = Hybrid; ♥ = Goes online with lock-down

**Fine Arts & Humanities 10 Weeks**

✓	Class #	Class Name   Instructor	Age	Day, Time, Location	Fees
<input type="checkbox"/>	8105 A	★♥ <b>Painting at All Levels</b> (Linda H.) <b>In Person</b>	15+	10 Thursdays (starts 7/7) 1pm-3pm <b>at Hubbard Park New Shelter</b>	\$40 member / \$65 public
<input type="checkbox"/>	8109 A	★♥ <b>Rug Hooking</b> (Pam F.) <b>In-Person</b>	30+	10 Wed(starts 7/6) 9:30-11:30am <b>at MSAC</b>	\$40 member / \$65 public
<input type="checkbox"/>	8205 A	■ <b>Creative Writing Monday</b> (Maggie T.)	50+	10 Mon (starts 7/11) 10am-12pm <b>at MSAC</b>	\$40 res. / \$50 non-res. MSAC Members Only
<input type="checkbox"/>	8205 B	■ <b>Creative Writing</b> <b>Wednesday</b> (Maggie T.)	50+	10 Wed (starts 7/6) 1-3pm <b>Zoom</b>	\$40 res. / \$50 non-res. MSAC Members Only

## 2 Week Class

✓	Class #	Class Name   Instructor	Age	Day, Time, Location	Fees
<input type="checkbox"/>	8102 A	★♥ Perspective Drawing (Janice W.) In-Person	10+	2 Mondays (starts 7/25 & 8/1) 4:30pm-7:00pm <b>MSAC &amp; Outside</b>	\$20 member / \$30 public

## Active Living & Wellness

✓	Class #	Class Name   Instructor	Age	Day, Time, Location	Fees
<input type="checkbox"/>	8303 A	#★ Bone Builders/Arthritis Foundation (Laura M.)	18+	12 wks, Mon. & Fri (starts 7/7) 3:15-4:30pm <b>Zoom</b>	\$40 mem. / \$60 public
<input type="checkbox"/>	8303 B	#■ Laura B., Pat C., Theresa L.		12 wks, Mon. & Thurs (starts 7/4) 5:00-6:00pm <b>Zoom</b>	<b>Most Bone Builders are for members only.</b> <b>Exception:</b> Laura Morse \$40 res. / \$50 non-res. for all sections <u>Note:</u> For new students orientation required prior to attending.
<input type="checkbox"/>	8303 C	#■◆ Tina M. <b>Bone Builders</b>	50+	12 wks, Tues. & Fri (starts 7/5) 5:00-6:00pm <b>Zoom</b>	
<input type="checkbox"/>	8303 E	#■◆ Joan B., Jean P.		12 wks, Tues. & Thurs (starts 7/5) 8:30-9:30am <b>Zoom</b>	
<input type="checkbox"/>	8303 F	#■◆ Joan B., Jean P.		12 wks, Tues. & Thurs (starts 7/5) 8:30-9:30am <b>In Person</b>	
<input type="checkbox"/>	8306 A	★ Next Level Beginners Pilates (Shannon H.)	15+	11 Mon (starts 7/4) Skip 7/18 10:30am-11:30am <b>Zoom</b>	\$35 mem. / \$60 public
<input type="checkbox"/>	8306 B	★ Pilates Express (Shannon H.)	15+	11 Wed (starts 7/6) Skip 7/20 10:15am-11:00am <b>Zoom</b>	\$35 mem. / \$60 public
<input type="checkbox"/>	8309 A	★◆ Tai Chi for Fall Prevention (Ellie H.) In-Person	12+	10 Wed (starts 7/6) 10:30am-11:30am <b>at MSAC</b>	\$35 mem. / \$60 public
<input type="checkbox"/>	8302 A	★◆ White Tiger Qi Gong (Ellie H.) In-Person	12+	10 Wed (starts 7/6) 12-1pm <b>at MSAC</b>	\$35 mem. / \$60 public

## Yoga listed approximately from gentler to more vigorous.

✓	Class #	Class Name   Instructor	Age	Day, Time, Location	Fees
<input type="checkbox"/>	8300 U	★ Chair Yoga (Ragan S.)	18+	12 Thurs (starts 7/7) 1:30pm-2:30pm <b>Zoom</b>	\$45 mem. / \$70 public
<input type="checkbox"/>	8300 T	★ Yoga for Osteoporosis & Osteopenia (Ragan S.)	18+	12 Fri (starts 7/8) 4pm-5pm <b>Zoom</b>	\$45 mem. / \$70 public
<input type="checkbox"/>	8300 J	★ Moving into Stillness: (Sarah P.G.)	18+	12 Thurs (starts 7/7) 2pm-3:15pm <b>Zoom</b>	\$45 mem. / \$70 public
<input type="checkbox"/>	8300 H	★ Gentle Flow Yoga (Sarah P.G.)	18+	12 Wed (starts 7/6) 9am-10am <b>Zoom</b>	\$45 mem. / \$70 public
<input type="checkbox"/>	8300 N	★ Gentle/Moderate Flow Yoga (Sarah P.G.)	18+	6 Mon (starts 7/11, Skip 7/18, 7/25) 5:30pm – 6:45pm <b>In Person/Outside</b>	\$25 mem. / \$40 public
<input type="checkbox"/>	8300 M	#■ Moderate Yoga for Balance (Patty C.)	50+	12 Thur (starts 7/7) 10am-11:15am <b>Zoom</b>	\$35 res. / \$45 non-res.
<input type="checkbox"/>	8300 E	★ Moderate Yoga to Improve Balance (Ragan S.)	50+	12 Thur (starts 7/7) 3pm-4:15pm <b>Zoom</b>	\$45 mem. / \$70 public

<input type="checkbox"/>	8300 K	★ ♦ Moderate Yoga Monday (Ron S.)	18+	8 Mon (starts 7/4) 11:45am-1pm	<b>Zoom</b>	\$35 mem. / \$60 public
<input type="checkbox"/>	8300 I	★ ♦ Moderate Yoga Thursday (Ron S.)	18+	8 Thurs (starts 7/7) 11:45am-1pm	<b>Zoom</b>	\$35 mem. / \$60 public
<input type="checkbox"/>	8300 O	★ Moderate Flow Yoga (Sarah P.G.)	18+	12 Wed (starts 7/6) 5:00-6:15pm	<b>Zoom</b>	\$50 mem. / \$75 public
<input type="checkbox"/>	8300 Q	★ Yoga for Focus & Fitness: Strength & Flow (Monica D.)	14+	12 Wed (starts 7/6) 8:45am-10am (Earlier Time)	<b>Zoom</b>	\$45 mem. / \$70 public

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**To complete your registration, please fill out the grey box with Fee Totals on page 1**

## 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.

### Walks with Joan

Mondays | on-going | 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.

### NEW Artists Group-In-Person at MSAC

Mondays | 10:00-12:00 | MSAC Art Room | donations welcome

We have started an artists' group that will meet at the Senior Center. All mediums and all levels of artists are welcome to paint or draw with others who also love working on paper or canvas. Bring whatever supplies you have, and others can advise or share.

### NEW Ad Hoc Writers Drop-in Group

Mondays | 6 – 8 pm | MSAC Art Room | donations welcome

We are writers, new and seasoned, who enjoy writing with others. We write to prompts, or whatever folks are inspired to write about—prose or poetry, fiction or non-fiction, or a personal project. We share supportive feedback, not critique unless requested. 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 @ 802.565.0064 or Hugo @ 802.565.0059. This is a drop-in group, come when you wish.

### 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](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.

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

Wednesdays | 12pm-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](mailto:nmaurice@montpelier-vt.org).

## **Ukulele Players**

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

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

## **Community Jam with experienced musicians** | at MSAC Community Room | Biweekly the 1<sup>st</sup> and 3<sup>rd</sup> 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](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.*

## **Games:**

- **Bridge**, Thursdays, 12:30-3:15pm
  - 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

**On Pause till September: Italian Group In-person**

**MONTPELIER SENIOR ACTIVITY CENTER**

# **VOLUNTEER OPPORTUNITIES**

**FEAST KITCHEN  
VOLUNTEERS**



Our kitchen is looking for volunteers to help prepare daily meals to go out to our aging neighbors. We also need help packing meals, doing dishes, cleaning and sanitizing our prep areas.

You will learn about knife skills, proper food storage and handling, equipment safety, basic cooking techniques, and teamwork!

Folks with previous professional kitchen experience are ENCOURAGED TO APPLY.



**FEAST MEALS ON  
WHEELS DRIVERS**

We are looking for weekly drivers and substitute drivers.

You will deliver meals and friendly greetings to homebound older adults. Most typically, this involves picking up meals at the Montpelier Senior Activity Center and delivering them along a pre-determined route directly to the homes of several seniors. Once you're done, you return the delivery items and get on your way. Meal pickup for routes starts at 11:30 and routes take up to an hour and a half.

**MSAC AT HOME  
VOLUNTEERS**



You will fulfill task requests that older adults make that will allow them to age in their homes longer. This could be anything from outdoor chores, light cleaning to technology assistance. Tasks take anywhere from 20 minutes to an hour. You get to decide what what tasks you want to help out with.



**FEAST FARM  
VOLUNTEERS**

The farm is looking for volunteers to assist with planting, cultivating, harvesting, and washing fresh produce grown at the farm. This farm produces food for the FEAST Senior Meals Program, Just Basics, Community Harvest of Central Vermont, and the Backpack Program.

If interested in volunteering, call Kim Myers at **802-262-6288** or email at **[kmyers@montpelier-vt.org](mailto:kmyers@montpelier-vt.org)**.