

A Gathering Place for Healthy Aging, Lifelong Learning, & Delicious Meals!

Making Meaning & Finding Purpose

We all need meaning in our lives. We need to feel we have a purpose, a mission, and connections to support us in the hard times. The Montpelier Senior Activity Center is here to create an environment that nourishes those connections, connects you to your purpose and gives you a sense of meaning, growth and engagement. As life-long learners, we all deserve access to enriching courses that help us expand our internal and external horizons. As social beings, we all deserve opportunities to connect and rejoice in those connections.

Thanks to generous community members, we now have a beautiful new seating area just inside the door of the side entrance to MSAC. You are welcome to come in out of the heat, bring some friends with you and enjoy our cozy space. You are also most welcome to come in with your Curbside meal on Tuesdays and Fridays to eat together in the sitting area, or in the Art room. We know how much you miss the congregate meals, and until we can get back to that fully, we encourage you to dine together inside with your Curbside meal.

If you are looking for some fun, don't forget we have the Savoy Theatre's DVD collection to loan out on Tuesdays and Fridays from 11-1. There are numerous Drop-in groups for you to flex your mental and creative muscles with, from Scrabble to Bridge, an Arts group and a Crafters group. Check out the full list on the weekly schedule page in the middle of the newsletter. And of course, please check out our weekly FEAST Farm Stand for fresh, local produce and exciting live events!

If you are looking to stretch yourself to help your community, we have numerous opportunities for you to plug in and volunteer your time: in the office, in the Kitchen, helping with special projects, teaching a class, presenting on a topic you love, going out with the Trash Tramps on Tuesday afternoons, or becoming a Meals on Wheels driver. If you are looking to plug in, just reach out to Sarah to find out how: slipton@montpelier-vt.org.

Come inside, beat the heat, and spread your wings!

Farewell to Maddie

Time has done its weird thing and gone by...and with it, a year of busy service for our wonderful Maddie Sholar.

In case you haven't met her, Maddie is an energetic young person who has delighted us with her rainbow roller skates, yoga tutorials, and wonderful stories. Maddie has put in a year of service as our Aging in Place Coordinator through AmeriCorps, and she has helped many of you, our dear readers, with projects inside your home and out in your yards and has supported numerous folks with technology challenges.

Maddie's presence has allowed the development of our newly reorganized FEAST program to flourish and we're going to miss her tremendously. Our MSAC at Home program is going to miss having her at the helm, but is better off for having had her there for the last year! Our FEAST team is going to miss her more than we can say... but we're excited to send her off to her next destination: Peru. That's right, our friend Maddie is about to go globe-trotting.

So, thank you Maddie. Hats off to a great year of service, thanks for all you have done for our community, and please send us a postcard or two while you are out on the trail!



Director's Dispatch

Dear Readers,

Thanks to the generosity of community members, MSAC is looking rather beautiful and ready for you to wander in and spend some time here! We've got a lovely new sitting area in the nook by the side entrance, just waiting for you to come and relax with friends.

Joan Barrett recently tidied up our beautiful craft sales area, and our volunteer librarians have continued to curate books for you to enjoy. Our staff has graciously accepted the request from members who wish to eat inside together again, and we welcome Curbside Pickup recipients to bring their meals into the cool of our Art Room, or enjoy your meal in one of our sitting areas. As you walk around, don't forget to check out our wonderful new art exhibit by Nakima Olson!

As you likely already know, we have numerous drop-in groups for game players, arts & crafts, and our lively FEAST Farm Stand events. Every day of the week, you can find something to do at MSAC, and many new friends to spend time with!

During this last full month of summer enjoyment, we're looking forward to live music, poetry readings, financial wisdom talks and more at the FEAST Farm Stand every Wednesday from 1-3pm.

We're thrilled to be collaborating with Kellogg Hubbard Library on a number of author presentations and are looking forward to co-hosting events with

Westview Meadows and Gary Residence again soon too. We're also working to line up a spectacular collection of classes and events for you this Autumn.

In short: we want to play in the sandbox with you! We want to join together with you in our delicious FEAST kitchen! We want to roll up our sleeves with you to weed at the Farm! We want to squint with you while painting that shaft of sunshine just so. We want to enjoy deep and meaningful conversation over lunch. We want to share the joy of live music and poetry. We want to support you when you need help. So reach out, because we're here, and we have loads to offer you!

Finally, it is with sad hearts that we say farewell to our inimitable Maddie Sholar who has served this past year as our Aging in Place AmeriCorps service member. We will miss her tremendously but wish her good journeys to Peru and parts unknown!

Yours in service,



 **Be Engaged**

Calling all who have a story to share...we want to hear it! Email Sarah to schedule a presentation, a class, a lecture or a workshop: slipton@montpelier.vt.org

Table of Contents	
Top Stories.....	1
Director's Dispatch.....	2
Town Square.....	3
Membership Engagement.....	4
Focus on FEAST.....	5
FEAST Farmstand.....	6
Dirt on the Farm.....	7
MSAC Events.....	8-9
Weekly Calendar.....	10-11
Community Connection.....	12-13
Dear Matt.....	14
Bulletin Board.....	15
Important Dates and Contact Information.....	16

Director's Tea with Sarah Lipton



Connect, learn more about MSAC, share your thoughts... and take home tea and cookies!

Call to register: [802-223-2518](tel:802-223-2518)

Wednesday, August 24th @ 1pm

Town Square

Dispatch from City Hall: July 20, 2022

One of the things that drew me to work for the Montpelier community is how seriously it takes the decisions that face it— how much the community cares about its own future. That's why it was so meaningful to be able to sign the closing documents at the beginning of this month on the 203 Country Club Road property - the 138 acre former Elk's Club. How invigorating to have a large fresh slate available for all sorts of projects: Recreation, Parks, Housing, and who knows what else!

I know the conversation around the land's future is in good hands with our community. The City is currently accepting applications for a consultant project manager to assist in moving us all through building a master-plan for the property. We'll all be able to give insight on what we want to see in the space, and what services a new Recreation/Community Center could hold! Watch the City's dedicated webpage for the project for the most up-to-date information: <https://www.montpelier-vt.org/1296/203-Country-Club-Road-Property-Development>

That isn't the end of the excitement out of City Hall though, we have a lot moving and shaking throughout the City! There are many road projects currently ongoing, but a big one is the creation of a dedicated protected bike-lane on Barre Street, right off of Main Street. It's part of a larger project of revitalizing that intersection, so stay tuned and be aware of more construction in that area in the near future! Our Public Works crews are also out there working in the heat to make sure our roads are patched, painted, and clean (just in time for it to be winter again!).

We also have a lot going on in our Montpelier Police Department. For instance, they recently had their first women-only shift, as we have enough women identifying officers, sergeants, and dispatchers to fill those roles! Our officers have all been equipped with body-cameras now as well, a big step forward in implementing our overarching goals of service and transparency. In other public-safety news, we just received a brand-new ambulance! Our Fire/EMS crews work hard to balance the City's budget with grant funds, enabling us to bring our community the most effective and up-to-date lifesaving technologies we can. Drop by the station to see it!

I know I already got excited here about the potential for more park space at the 203 Country Club land, but did you know how much the Parks have going on right now? One of the exciting projects our Parks and Trees department is working on is getting a fully Accessible Trail started in Hubbard Park. Parks are for everyone!

I will run out of space quickly if I try to keep listing everything that's on our plates—so remember that our Strategic Plan can be found here: <https://performance.envisio.com/dashboard/montpelier-vt1777>, which is updated quarterly with detailed accounts of project progress.

As always, my door is always open, and I welcome questions, comments, and feedback. I can be reached at cniedermayer@montpelier-vt.org and [802-262-6250](tel:802-262-6250).


Cameron Niedermayer
Assistant City Manager



In Your Own Words (Quote of the Month)

"ZOOM allows me to participate. As a full-time caregiver for my husband with dementia, I cannot ever attend live classes or events."

See more quotes at the bottom of our home page: <https://www.montpelier-vt.org/297/Montpelier-Senior-Activity-Center>

On the Scene

Neurodiversity & The Aging Brain

Melissa Houser, M.D., Executive Director of All Brains Belong VT, joined us at the FEAST Farm Stand on July 13th for a discussion on Neurodiversity & The Aging Brain.

It was a fascinating discussion ranging from sleep and memory to the effects of COVID-19 on the brain.

We want to thank Melissa for her time and CVCOA for their sponsorship of this event!



No Place For Me

On July 22nd, MSAC and KHL co-hosted a live reading of No Place For Me, a father's memoir about his life experiences growing up in British-controlled India and Tanganyika (now Tanzania).

We want to thank Sue Racanelli and Louella De Souza Anderson, both relatives of the memoir's author. They captivated our audience with their detailed history of racism and colonialism.

Barre Street Potluck

Our second Barre Street Potluck took place on Wednesday, July 27th. We enjoyed healthy meals, two networking games, and many laughs and conversations together.

We plan to host another potluck at the end of August. Stay tuned to MSAC social media and e-letters to hear about the next potluck and email can@sustainablemontpelier.org if you would like to sign up as a volunteer for set up and take down.



MSAC At Home

Greetings MSAC community,

This will be my last addition to the newsletter! I've served 11 months at the Senior Center, and it's coming to a close very fast. Honestly, I'm not even sure what to say. I've done over 50 hours of direct service for MSAC at Home and performed various tasks for folks in the community. As I'm on my way out, we have been onboarding a new software for MSAC at Home that will make it easier for the next AmeriCorps member. In these final weeks, I have also been making sure that everything is ready to go for them, so that they can pick up where I left off.

I've been part of an amazing team of people that has served so many meals to so many people. And, even though I'm still new to Vermont, I learned a lot about Montpelier as I've spent so much time at the Senior Center.

I want to thank my coworkers Kim and Shalonda for being such a fantastic part of my experience at the Senior Center. I have learned a lot from you two and am sad to leave the FEAST team. Kim, you are the best, and thanks for sharing your dirtbag ways—encouraging me to do the same. Shalonda, thank you for being totally awesome even when things become crazy and for having my back during the craziness. Matt, you are a fantastic human and a great energy to have at the Senior Center. And Sarah, you have a great vision for what the Senior Center can be. Your enthusiasm is fantastic. Norma and Eva, thank you for your help navigating all my random, random questions. This team fits the "small but mighty" category.

There are so many other folks who have made this year better and who have taught me so many lessons. It's hard to say bye to you. Thank you MSAC for standing as such a great gathering space and community center. It's been a great place to do a year of AmeriCorps. I'll see many of you around Montpelier! Please say hi to me!

Yours in service,
Maddie

Focus on FEAST



FEAST Updates

Join us for a picnic outside on Tuesdays and Fridays, weather dependent! Pick up your Curbside meal and bring it out front to eat with friends. If you are interested in helping to volunteer to bring tables and chairs out for this, let us know.

Much of the produce in our meals is now sourced directly from the FEAST Farm, as well as our abundant offerings from the Community Harvest of Central VT. Chef Shalonda is working hard to incorporate these local ingredients into delicious meals for you, and we hope you enjoy them!

We are looking for volunteers to help with processing the Farm produce, on Thursdays from 1-4pm. Volunteers get to have hands in the basil that makes the pesto, the zucchini that makes the cake, and the tomatoes that make the sauce. If you are interested in doing that, please let us know.



If you have not yet tried our Curbside meals, we encourage you to do so, and bring a friend to enjoy a picnic outside!

FEAST Senior Meals Program

Meals on Wheels is available to Montpelier and Berlin residents over 60 who need it. Our fabulous volunteers deliver locally prepared hot meals Monday through Thursday. There is no charge for meals, but donations are gladly accepted! If you or someone you know would benefit from receiving our delicious and nutritious Meals on Wheels, just call us at the FEAST office: [262-6288](tel:262-6288).

Curbside Pickup meals are offered to older adults 60+ from anywhere (not just Montpelier residents) twice weekly. Call to register and simply drive up to the side door of MSAC on Tuesdays and Fridays between 12-12:30pm to receive a delicious takeout meal. If you are new to the program, you will be asked to fill out a short nutritional survey. Please call to reserve: [262-6288](tel:262-6288).

Fees and donations

Age 60+: No charge with suggested \$5-10 donation if you have filled out the annual nutritional survey. Thanks to our great partnership with CVCOA!

Volunteer for FEAST!

If you or someone you know is interested in helping, please call or email us: [262-6288](tel:262-6288) | feast@montpelier-vt.org.

FEAST MENU

Tuesday, August 2nd: Chicken Ala King, Seasonal Veggies, Wheat Roll, Fresh Fruit, 1% Milk. <i>Vegetarian Option:</i> Mushroom Ala King	Friday, August 19th: Freezer Meal, Fresh Fruit, 1% Milk. <i>Vegetarian Option:</i> Freezer Meal
Friday, August 5th: Honey Mustard Pork Roast, Seasonal Veggies, Wheat Roll, Fresh Fruit, 1% Milk. <i>Vegetarian Option:</i> Lentil Salad With Honey Mustard	Tuesday, August 23rd: Chicken Souvlaki, Seasonal Veggies, Wheat Roll, Fresh Fruit, 1% Milk. <i>Vegetarian Option:</i> Grilled Tofu Skewers
Tuesday, August 9th: Tarragon Chicken, Seasonal Veggies, Wheat Roll, Fresh Fruit, 1% Milk. <i>Vegetarian Option:</i> Creamy Pasta With Asparagus Lemon Tarragon	Friday, August 26th: Hoisin Glazed Pork Chops, Seasonal Veggies, Wheat Roll, Fresh Fruit, 1% Milk. <i>Vegetarian Option:</i> Glazed Tofu
Friday, August 12th: Veal Marsala, Seasonal Veggies, Wheat Roll, Fresh Fruit, 1% Milk. <i>Vegetarian Option:</i> Mushroom Marsala	Tuesday, August 30th: Herb Chicken, Seasonal Veggies, Wheat Roll, Fresh Fruit, 1% Milk. <i>Vegetarian Option:</i> Baked Farro With Herb And Tomato
Tuesday, August 16th: Freezer Meal, Fresh Fruit, 1% Milk. <i>Vegetarian Option:</i> Freezer Meal	For questions about curbside pickup, please contact Kim Myers: 262-6288 feast@montpelier-vt.org . Or message us on Facebook: @montpeliersenioractivitycenter

FEAST Farm Stand

Beautiful Local Produce & Engaging Live Events Offered for You to Enjoy with Friends!

Every Wednesday through October
1pm-3pm | in front of the MSAC building

The FEAST Farm Stand is a low-cost, city-run, senior-centered farm stand serving anyone who would benefit from access to local, healthy vegetables sold under the market rate. Produce includes: fresh herbs, summer squash, garlic, peas, salad greens, beets and so much more!

The Farm Stand not only offers this beautiful produce, but is set up to bring you engaging events as well. We have been listening, and what we have heard is that you long to be together with friends, learning, listening and engaging again. So please consider joining us at any of our diverse offerings listed in the image to the right. Our line-up includes live music, book readings by amazing authors, a seed science demo with our very own Matt Wilson, performances by the Community Jam group, Sarah Lipton's father on clarinet, an oral history lesson, and more!

We are enjoying a summer full of fresh vegetables from the farm and we can't wait to share them with our community.



Help us grow more healthy veggies for our farm stand!

Interested in volunteering?

Call us!

802-223-2518



AmeriCorps Member Maddie Sholar shakes paws with volunteer Em

JOIN US

FEAST FARM STAND

FEATURING FRESH, LOCAL PRODUCE FROM THE FEAST FARM AT AFFORDABLE PRICES, ENTICING LIVE EVENTS AND SOCIAL GATHERING TIME

LIVE EVENTS

EVERY WEDNESDAY 1-3 PM

8/3	1-2 PM SEED SCIENCE DEMO WITH MATT WILSON 2-3 PM CELIA RYKER PRESENTS HER BOOK, WALKING HOME: TRAIL STORIES
8/10	1-2 PM EVERYBODY WINS! PRESENTATION - MATCHING MENTORS WITH KIDS IN READING 2-3 PM LIVE MUSIC WITH MSAC'S COMMUNITY JAM
8/17	1-2 PM MEMOIR PRESENTATION WITH PAULA FRANCIS & CHRISTINE NOYES 2-3 PM OUTSMART THE SCAMMERS WITH MARK GWINN
8/24	1-2 PM DIRECTOR'S TEA WITH SARAH LIPTON & LIVE MUSIC WITH SUSAN REID 2-3 PM LIVE FIDDLE MUSIC WITH JOANNE GARTON & FRIENDS
8/31	1-2 PM CLASSICAL DUETS WITH DAVID LIPTON & DENISE RICKER

SPONSORED BY:

Tell Your Friends & Family About Us!

Share on social media if you've visited our farmstand this summer!



Dirt on the Farm

Summertime's in Bloom

July, July, July, July.

Sometimes it's so hot you can feel sweat pooling into your lips while standing still. Shhh. The farm is in full bloom. Shhh. Everything is growing. Tomatoes, potatoes, pumpkin, squash, corn, turnips, leeks, garlic, lettuce, chard, kale, basil, oregano, cilantro, parsley, cucumber, zucchini, beans— OH MY! How does Jac, the farm manager do it? July has been full of tiny hands— our farm campers— grasping weeds, hauling watering cans, catching reddish beetles in the pollinator rows. It has been full of high school conservation corps members painting garden signs, trellising vines, and pulling heavy wheelbarrows full of compost and woodchips down the sun-drenched rows of still-growing, ever-growing vegetables.

July, July, July, July....

- Leila Faulstich

Farm and Forest Community Coordinator
Montpelier Parks & Trees

Arts Corner

Ollin Art Gallery Open This August At MSAC

Who is Nakima?

Nakima Ollin lives and works in Montpelier, Vt. After spending 15 years studying and making art while living primarily in Philadelphia, she returned to her home state of Vermont in 2017 so she could balance her love of painting with her lifelong passion for horses. When she's not outside with her animals, she is often in her studio at home, enjoying the meditative process of using acrylic paint to search for interesting interactions of shape, color, and texture. She has a BFA from Moore College of Art and Design and an MFA in painting from Indiana University.



How Does Nakima Describe Her Work?

"I like to explore ideas about shape, color and methods of application that arise during the process of painting and carry that process along. The outcome is often unplanned and varying, but focused by unifying criteria, such as a sense of luminosity, weight, plasticity of space, or simply the feeling that the whole is more than the sum of its parts."

I'm very inspired by pattern, textiles and other decorative arts and have recently been incorporating stencils into my work. I'm always trying to keep my process open-ended and varied, so I love playing with different techniques to stimulate new ideas. Painting is most meaningful to me when I'm simply following my curiosity and enjoying the exploration."



Join us at the Montpelier Senior Activity Center at 58 Barre Street to experience Nakima Ollin's art installation.

The art gallery will be available for viewing for the month of August. See our updated hours for more information.

MSAC Events

Fall Classes Registration

Fall classes begin in October. Registration opens up on Tuesday, September 6th. Learn more about all the classes and sign up online or drop into the office to register.

End Of Life Education Series

Next session: Thursday, Sept. 8
New session each month
September – December | 1 – 2:30pm
Drop by the office to register.

Returning this fall, join Cynthia Stadler APRN, from BAYADA Hospice, for a four-part series exploring important issues encountered towards the end of life. We will introduce a different topic each session, but also allow plenty of time to discuss questions, concerns, and thoughts participants wish to bring.

Sessions will be in-person at MSAC and refreshments will be served. Topics include Advance Care Planning (more than just a will!); Screening of the film Being Mortal; Understanding and Communicating Through Dementia; and Taking Control at End of Life. Call to register: [802-223-2518](tel:802-223-2518)

Seed Science Demo

Wednesday, August 3 | 1– 2 pm | MSAC

Sprout your curiosity into the wonderful world of seeds. Join Matt Wilson, M.S. for a short lecture on seed growth followed by a discussion of seed collection in Vermont.

You will learn how plants start their life, about the growth cycle of native plants and trees in Vermont, and why seed saving is critical as our climate changes.

Live Reading of *Walking Home: Trail Stories* with Celia Ryker

Wednesday, August 3 | 2– 3 pm | MSAC

Celia is excited about sharing her first book, *Walking Home: Trail Stories*. Hiking in Michigan is a chance for Celia to share stories and images from the trails she hiked while preparing to hike the nearly 300-mile

Long Trail from Massachusetts to Canada, along the crest of Vermont's Green Mountains. While training for this hike, Celia discovered Michigan trails and her images and stories will take you on these paths with her. Learn more at: celiaryker.com.

Everybody Wins! Presentation

Wednesday, August 10 | 1 – 2pm | MSAC

Everybody Wins! is a fun, easy, and rewarding way to mentor a child. When you volunteer to become an Everybody Wins! mentor, you are matched with a child who is in 1st, 2nd, 3rd, or 4th grade. The two of you will spend just one hour each week hanging out, reading books and forming a long-lasting bond. The program runs October through May with reading around lunchtime.

For more information about Everybody Wins! contact Caitlin Drechsler at montpelier@everybodywinsvermont.org or [617-780-7756](tel:617-780-7756). Or stop by the Montpelier Senior Center on Wednesday, August 10th at 1pm to learn more and ask any questions that you have about our program.

Live Music - Community Jam

Wednesday, August 10 | 2 – 3pm | MSAC

This year the Montpelier Senior Activity Center began hosting a Community Jam for players of acoustic instruments twice a month, which was facilitated by experienced local musicians. Musicians of all skill levels are welcome; the ability to read music is not necessary.

The jam is currently on hiatus for the summer but will resume in the fall. Meanwhile, you can get a taste of the jam on Wednesday August 10 at 2 pm as we reunite at the Feast Farm Stand in front of MSAC. Bring an instrument and join us!

Barre Street Community Potluck

The Barre Street Community Potluck is a monthly gathering of residents who either live, work, recreate, or interact with this neighborhood on a regular basis. With sponsorship from Montpelier Alive and support from Capital Area Neighborhoods, The Center for Arts and Learning, and the Montpelier Senior Activity Center, we provide a space for potluck meals, activities, and networking. Follow MSAC for details on the next event and join us.

MSAC Events



Register for the Saint-Gaudens Trip Now!

2 Sisters - 2 Distinctly Different Memoirs with Paula Francis & Christine Noyes

Wednesday, August 17 | 1 – 2pm | MSAC

Come hear how authors Christine Noyes and Paula Francis transformed themselves into writers of their own unique stories. One travels along an introspective path while the other embarks on an outward journey. On route to vacation, a husband dies on a commercial airline. While crossing the desert, a mountain lion briefly joins a 10,000-mile walk. Stories of grief, adventure, and resilience fill their pages.

Outsmart The Scammers Talk

Wednesday, August 17 | 2 – 3pm | MSAC

Incidents of fraud are on the rise, and scammers' tactics are becoming more complex. That's why it's important to educate yourself about fraud. And while no one is immune, there are steps you can take to Outsmart the Scammers. Join us for this presentation and learn important strategies to help protect you and the ones you love.

Marc Gwinn from Edward Jones will share:

- How to spot certain red flags that may indicate a fraudulent encounter
- Resources you can turn to in the event you or a loved one is targeted
- Steps you can take now to help protect yourself and your loved ones

Saint-Gaudens Trip

Wednesday, August 17 | 9am – 1:30pm

Cornish, NH | \$48 | Register in office or by email

Registration Deadline: August 3rd, 2022

Augustus Saint-Gaudens, one of America's greatest sculptors lived here seasonally starting in 1885, and year-round 1900 until his death in 1907.

Experience his house, studios, and the park grounds, which include beautiful gardens and several of Saint-Gaudens' bronze sculptures. We will be traveling on a large bus with a bathroom.

Go to <https://www.nps.gov/saga/index.htm> for more information. Pick up an information sheet in the office for specifics about this trip. Register: stop by our office or email nmaurice@montpelier-vt.org.

Live Music with Susan Reid & A Director's Tea

Wednesday, August 24 | 1 – 2pm | MSAC

Email to pre-register: slipton@montpelier-vt.org

Join MSAC Director Sarah Lipton to connect and share your dreams for MSAC and enjoy fiddle tunes from Susan Reid, MSAC jam session instructor. Sarah is particularly interested in meeting members she has not yet had the opportunity to meet.

CS Communications & Development Coordinator Matt Wilson will also be in attendance. Chef Shalonda will provide hot tea and fresh cookies to take home. Email to register: slipton@montpelier-vt.org.

Classical Duets with David Lipton & Denise Ricker

Wednesday, August 31 | 1 – 2pm | MSAC

Enjoy classical flute and clarinet duets by Mozart, Bach, and others. Featuring Denise Ricker on flute and David Lipton on clarinet. Denise can also be found on the Board of CVCOA and at her job for the Vermont League of Cities and Towns. David Lipton is the father of MSAC's Director, Sarah Lipton!



Weekly Calendar

Legend

*	MSAC members only
▪	Open to the public
⊗	Open to City employees of all ages
☺	In-Person
📺	Online / Zoom
↔	Hybrid



See Registration Form On Website For More Details On All Classes!

Monday

📺 Next Level Pilates (Shannon H.)	15+	11 Mondays 10:30-11:30am
📺 Moderate Yoga Monday (Ron S.)	18+	8 Mondays 11:45am-1pm
* ⊗ 📺 Bone Builders (Laura B., Pat C., Theresa L.)	50+	12 wks Mondays & Thursdays 5-6pm
▪ ⊗ 📺 Bone Builders / Arthritis Foundation (Laura M.)	18+	12 Mondays & Fridays 3:15-4:30pm
* ☺ Creative Writing Monday (Maggie T.)	50+	10 Mondays 10am-12pm at MSAC
▪ ☺ Gentle/Moderate Flow Yoga (Sarah P.G.)	18+	6 Mondays 5:30-6:45pm
▪ ☺ Perspective Drawing (Janice W.)	10+	2 Mondays 4:30-7pm at MSAC

Tuesday

* ⊗ ☺ Bone Builders (Joan B., Jean P.)	50+	12 wks, Tuesdays & Thursdays 8:30-9:30am
* ⊗ 📺 Bone Builders (Joan B., Jean P.)	50+	12 wks, Tuesdays & Thursdays 8:30-9:30am
* ⊗ 📺 Bone Builders (Tina M.)	50+	12 wks, Tuesdays & Fridays 5-6pm

Wednesday

▪ 📺 Yoga for Focus & Fitness (Monica D.)	14+	12 Wednesdays 8:45-10am
▪ 📺 Gentle Flow Yoga (Sarah P.G.)	18+	12 Wednesdays 9-10am
▪ 📺 Pilates Express (Shannon H.)	15+	11 Wednesdays 10:15-11am
▪ ☺ Tai Chi For Fall Prevention (Ellie H. & Dyne S.)	12+	10 Wednesdays 10:30-11:30am at MSAC
▪ ☺ White Tiger Qigong (Ellie H.)	12+	10 Wednesdays 12-1pm at MSAC
▪ 📺 Moderate Flow Yoga (Sarah P.G.)	18+	12 Wednesdays 5-6:15pm

It's Almost Time To Register For Fall Classes

Fall classes begin in October. Registration opens up on Tuesday, September 6th. Learn more about all the classes and sign up online, drop in to the office:

<https://www.montpelier-vt.org/751/Classes>

Weekly Calendar

Thursday

▪ ☺ Painting at All Levels (Linda H.)	15+	10 Thursdays 1-3pm at New Shelter Hubbard Park
* ⊗ 📺 Bone Builders (Laura B., Pat C., Theresa L.)	50+	12 wks Mondays & Thursdays 5-6pm
* ⊗ ☺ Bone Builders (Joan B., Jean P.)	50+	12 wks, Tuesdays & Thursdays 8:30-9:30am
* ⊗ 📺 Bone Builders (Joan B., Jean P.)	50+	12 wks, Tuesdays & Thursdays 8:30-9:30am
* ⊗ 📺 Moderate Yoga for Balance (Patty C.)	50+	12 Thursdays 10-11:15am
▪ 📺 Moderate Yoga Thursday (Ron S.)	18+	8 Thursdays 11:45am-1pm
▪ 📺 Chair Yoga (Ragan S.)	18+	12 Thursdays 1:30-2:30pm
▪ 📺 Moving Into Stillness (Sarah P.G.)	18+	12 Thursdays 2-3:15pm
▪ 📺 Moderate Yoga to Improve Balance (Ragan S.)	50+	12 Thursdays 3-4:15pm

Friday

* ⊗ 📺 Bone Builders (Tina M.)	50+	12 wks, Tuesdays & Fridays 5-6pm
▪ ⊗ 📺 Bone Builders / Arthritis Foundation (Laura M.)	18+	12 Mondays & Fridays 3:15-4:30pm
▪ 📺 Yoga for Osteoporosis & Osteopenia (Ragan S.)	18+	12 Fridays 4-5pm

Drop In Groups

Monday WalksMondays | 8:30 am | on-going | meetup locations vary week to week
 Artists Group In-Person at MSAC.....Mondays 10:00-12:00 pm | MSAC Art Room
 Scrabble and other Table Top Games.....Tuesdays 1-3pm
 Trash Tramps Outdoors.....Tuesdays | 2:00 pm | meets at 1:50 pm at MSAC
 Crafters Group In-Person at MSAC.....Wednesdays | 12:30-2:30 pm | MSAC Art Room
 Bridge.....Thursdays | 12:30-3:45 pm
 Community Jam with Experienced Musicians.....Paused for the Summer - Will Begin Again in September
 Ukulele Players..... Paused for the Summer - Will Begin Again in September
 Mah Jongg & Scrabble.....Fridays 1:00-3:30 pm

*Ad-Hoc Writers Group Online is looking for a facilitator on Mondays 6-8 pm.
 Please contact Sarah Lipton if interested: slipton@montpelier-vt.org*

Monday Walks

Join us for Walks around Montpelier, the bike path, Hubbard Park, East Montpelier, and Berlin. These walks usually range from 2.5 to 4 miles. If you're interested in joining us, email: barrettsvt@gmail.com.



Crop Cash

Buy produce using your 3SquaresVT benefits! Crop Cash is a double-value coupon program that allows you to purchase fresh fruits, vegetables, and herbs at farmers markets that accept 3SquaresVT/SNAP benefits.

Learn more at:
<https://nofavt.org/cropcash>



Crafters Group

Work in a cooperative, social group. Bring your own projects! Make things for yourself, for gifts, or for items to sell at MSAC. Get new ideas for things you might like to make. Stop in Wednesday afternoons, and check it out.



Community Connection



SCSEP A4TD Orientation

We are excited to tell you that we are hosting a Senior Community Service Employment Program (SCSEP) Orientation Session! The session is designed for people who are interested in learning more about SCSEP and applying for services.

We will deliver a presentation about how SCSEP works and who it is designed to serve, answer questions, and explain how to complete an application for people who might be eligible.

We host the event on the last Wednesday of the month at 9am on Zoom. Don't forget to follow us on Facebook! <https://www.facebook.com/associatesfor-traininganddevelopment/>

Memorable Times Online

Monthly Theme: "Meet Me At The Fair"
August 3rd | 10:30-11:30am | Zoom

Sharing pictures and songs to engage stories and memories about: rides, exhibits, games/contests, entertainment and of course, food! This is a dementia-friendly community activity open to all who are interested. Memorable Times Online is a relaxed social time for people living with mild to moderate memory loss and their care partners. Sponsored by Central Vermont Council on Aging in partnership with ABLE Libraries of the state of Vermont.

Contact Barb Asen at basen@cvcoa.org or [802-476-2681](tel:802-476-2681) for the Zoom link or more information. Memorable Times Online meets over Zoom on the first Wednesday of the month from 10:30-11:30 a.m. and features a different theme each month.



Montpelier Alive ArtWalk

August 5th | 4-8pm | Downtown Montpelier

Montpelier Alive's Art Walk, supported by Northfield Savings Bank, is Friday, August 5 from 4-8pm. Enjoy a lovely evening strolling through Montpelier enjoying art. Go at your own pace, and start at any of the two dozen venues. Visit montpelieralive.com/artwalk for more information.



Festival of North African Food, Music and Dancing
Sunday, August 7th | 4:00-7:00pm
Pool Pavilion, Elm St., Montpelier

This is a fundraiser to build a school in the Sudanese village of Camo in North Darfur, Sudan. Sudanese and Tunisian food will be provided. Music will be by A2VT, an Afro-pop band. Organized by Altagayeb Awadalla who grew up in Camo and owns Mobitech in Montpelier with friends Ghazi from Tunisia and Sarah Lipton.

Reservations needed by August 1. Contact: amy.ehrlich7@gmail.com. Tickets are \$30 adults, \$5 per child, payable at the event.

Community Connection

Got Smartphone or Tablet Questions? Technology Tutoring Available

On Hiatus For Summer | Will Return In September
MHS student Russell Clar is enjoying summer break in Maine but will return for tech tutoring at MSAC this September. To inquire about tutoring or get your name on a future list, email the MSAC main office at nmaurice@montpelier-vt.org. We will announce tutoring availability in the next newsletter.

Community Craft Night

Tuesdays | through August 30
5:30—7:30pm | Hubbard Park New Shelter
Organized by Mary Margaret Groberg
at Notion Fabric & Craft www.notionvt.com

Grab your handwork and join the staff of Notion Fabric & Craft in Hubbard Park on Wednesday evenings all summer! Community Craft Night is a weekly gathering which all are invited to join, no matter what you're working on or what your crafting experience is.

At this BYO craft night, in addition to working on our projects, we'll share ideas, knowledge, be creative together, and most importantly create community!

YOU FIRST
You First is a one of a kind, free program that helps Vermont women and anyone with breasts or a cervix.
This program will cover the cost of breast and cervical cancer screenings and diagnostic follow-up, connect you with a You First team member to help you navigate the health care system, and provide healthy lifestyle perks for members 30-64.
Learn more at:
<https://www.healthvermont.gov/wellness/you-first>

Medicare & You Workshop

August 22nd | 5:00-7:00pm | Zoom
Medicare & You Workshops are offered regularly to help individuals who are new to the Medicare system. During the COVID-19 pandemic, CVCOA is offering Medicare & You sessions remotely using Zoom.

If you want to participate, pre-register by calling [802-479-0531](tel:802-479-0531) or by sending an email with your name, address, phone number, and the date of the workshop you would like to register for, to: medicareworkshops@cvcoa.org. We will then email you information on how to join in the workshop session on Zoom.



GetSetUp - CVCOA

Summer is a great time of the year to check in on your goals and try new wellness programs to help you achieve your objectives. Join GetSetUp for a series of FREE classes to help you relax, achieve your goals, and declutter your mind. To learn more about GetSetUp and enroll in your classes, visit <https://www.getsetup.io/partner/vermont>.

Blood Drive
Montpelier Community Senior Activity Center
Meeting Room
58 Barre St
Montpelier, VT 05602
Saturday, August 27, 2022
9:00 a.m. to 1:30 p.m.



Dear Matt

A Short Reflection On The Pandemic Era



To all my fellow aging people,

This month, I celebrate my 28th birthday, and I wanted to reflect on all the changes and lessons learned of the past few years. This global pandemic came at a strange time in my life. As a 25-year-old in March 2020, I felt like I was in the prime of my life. I went out often, socialized, and had fun. But when the pandemic hit, I was placed into an 18-month period of cloistering in my home. At first, this forced period of introspection was brilliant. I felt like Annie Dillard exploring my bioregion, but then I had to wrestle with deep-seeded issues related to my identity and personality. I felt great unease exploring my inner self for such an extended time. However, I feel that I came out of the other side a better person.



Credit: Angèle Kamp

Where do we go from here?

I know for our older adult readership, my quarter-life crisis will seem laughable as you know there is plenty of time for me to learn about myself, but hear me out. I find it fascinating how we collectively as a species all had to go through this period of self-reflection. And as an environmentalist, I ponder on how this will affect our global crises going forward.

Will we reimagine society after this experience realizing how fragile life is and how quickly things can change? Maybe it will return to business as usual, but I'm optimistic that there were lessons gained through this pandemic. Only time will tell...

Thank You

I want to thank you all once again for your feedback both in person and by email. I'm perpetually nonplussed by your good will and wisdom you bestow upon me. I'm also thankful to enjoy my birthday here in Montpelier with a new group of friends and colleagues. If you would like to submit questions or comments, email me: mwilson@montpelier-vt.org. See you in September!

- Matt



POEM: My New Body Part by Yvonne Straus

Eager to see my new body part replacement,
I ask the doctor to show me the item.
When I see the contraption,
I think about a car that has to get a new piece
To be able to function...

Something foreign will be in me...
And it is pink... my favorite color!

Are we going to understand each other?
Are we going to be able to function?
Are we getting out of the old and broken
And go in with the new and functional?

Replacement!
In Pink!

Wish we could replace many other broken
Pieces in life...
Such as a broken heart...
But that's another problem we cannot touch,
Right now...
Maybe in another moment and dream!

My damaged hip, seems to sense what is going to happen...
As it will be replaced
By a new model with a pink rolling ball
And does not have to be oiled!

Body and mind are at this moment
Trying to be in harmony...
Yes, a new hip!
Knee is happy,
And I have expectations!

Bulletin Board

Sponsorships and Thank Yous

Paid Advertisements:

**Investment strategies.
One-on-one advice.**



Gabe Lajeunesse, AAMS®
Financial Advisor
219 N Main St Suite 102
Barre, VT 05641
802-476-6200

Edward Jones
MAKING SENSE OF INVESTING
edwardjones.com

Thank You



**For Your Sponsorship Of
The FEAST Farm Stand**

Thank You MYCC Volunteers!

We wanted to give a special shoutout to the MYCC crew who have helped us week after week this summer both at the FEAST Farm picking the fresh veggies that make it to our farm stand as well as occasionally helping out at the farm stand with set up. They have always been willing to step up when we needed them the most, so thank you!



AmeriCorps at MSAC

MSAC is looking for a new Aging in Place Coordinator to serve MSAC's mission of helping older adults thrive and age gracefully. Our VHCB AmeriCorps position begins September 12th, 2022 and ends August 11th, 2023. The deadline to apply is August 24th 2022, and prospective candidates can apply through the AmeriCorps portal: <https://vhcb.org/our-programs/vhcb-ameri-corps/positions>



Congrats Sarah!

Our own Montpelier Senior Activity Center Director, Sarah Lipton, has been elected to serve on the Good Samaritan Haven Board of Directors. This is in addition to her service as the Co-Chair of the Washington County Hunger Council.

Both of these additional roles cement Sarah as a trusted leader in our region- a person who is working hard to advocate for those in need and to build stronger community connections and relationships.

Congratulations to Sarah!

Fall Class Registration

Fall classes begin in October. Registration opens up on Monday, September 6th.

In addition to a number of drop-in groups, including a new End of Life series, a new English Country Dance class and two new Brainiac classes, we have a number of lovely fine arts and wellness classes.

Please don't miss your chance for fall fulfillment by enrolling in one or more of our classes! Learn more about all the classes and sign up online, drop in to the office: <https://www.montpelier-vt.org/751/Classes>

Montpelier Senior Activity Center
58 Barre Street
Montpelier, VT 05602

RETURN SERVICE REQUESTED

PRSRRT STD
US POSTAGE PAID
MONTPELIER, VT
PERMIT NO 113

Dear Newsletter Subscriber:

Save MSAC \$1 per month (and save paper!) by switching to our e-letter. You'll get the newsletter in full color and earlier than the USPS edition. Email msac@montpelier-vt.org.

Important Dates:

- Seed Science Demo: 8/3
- *Walking Home* Book Reading: 8/3
- Everybody Wins! Presentation: 8/10
- Community Jam: 8/10
- Memoir Presentation: 8/17
- Outsmart The Scammers: 8/17
- Saint-Gaudens Trip: 8/17
- Director's Tea & Live Music: 8/24
- Classical Duets: 8/31

Sustaining MSAC's Future

Please consider MSAC when making your estate plans and keep us vibrant for years to come. To learn more, contact Sarah Lipton at 262-6283 or slipton@montpelier-vt.org

Montpelier Senior Activity Center Office hours: Mon-Fri, 9 am - 3 pm

223-2518 (phone) • 262-6285 (fax) • www.montpelier-vt.org/msac • msac@montpelier-vt.org

FEAST Senior Meals Program Reservations • 262-6288 • feast@montpelier-vt.org

MSAC is a division of the Community Services (CS) Department. MSAC's mission is to enhance the quality of life for older adults in the Montpelier area through opportunities that develop physical, mental, cultural, social, and economic well-being in a welcoming, flexible environment.

- Sarah Lipton, MSAC Director
- Norma Maurice, CS Office Manager
- Matt Wilson, CS Communications & Development Coordinator
- Kim Myers, FEAST Senior Meals Program Manager
- Shalonda James: FEAST Kitchen Manager / Chef

