

# MSAC 2022 Annual Survey Results

**1. Would you be willing to volunteer for MSAC in any of the following ways? (check all that you are interested in):**

- FEAST Kitchen Support  
12
- FEAST Meals Drivers  
14
- MSAC At Home Support  
9
- FEAST Farm Support  
12
- None of the above  
47

## Notes:

Sorry, but I am not able to help any more.  
FEAST kitchen support ( Doug Burnham 229-9578. [burnham.doug@gmail.com](mailto:burnham.doug@gmail.com)  
Not right now maybe later  
Maybe later after traveling  
802 291 0038 kitchen support volunteer  
Could drive in fall/winter–not in summer  
Kitchen support, FEAST Driver, Farm, 508-237-8421, [kaemaple1@gmail.com](mailto:kaemaple1@gmail.com)  
NO  
Don't have any time

**2. What community organizations would you like to see us partner with, if any?**

- Youth program
- North Branch Nature Center
- Kellogg Hubbard Library
- VT Food Bank
- CVCOA, Project Independence
- OLLI
- Center for Arts & Learning, Wood Art
- Legal Organization
- Parks and Rec
- Vermont's 251 club
- Savoy
- League of women voters
- Community college of VT
- Health clinic
- CVMC
- health organization
- Montpelier community justice
- Capital Area Neighborhood
- Schools, early child care
- Library, fitness club, teen help on zoom
- Community Harvest of Central VT
- Other local senior centers
- Poetry society of Vermont, OLLI community gardens
- Just Basics - Montpelier food pantry
- The humane society
- More w/ Barre Senior Center
- Tree board
- Green Mountain Community Fitness
- Everybody wins - reading mentors
- CVRAN
- CVHHH
- Community action center

# MSAC 2022 Annual Survey Results

## 3. What do you *enjoy* about being an MSAC Member?

- Community-30
- Classes- 43
- All activities
- Trips, yoga class
- Support this community resource
- The possibility of participating someday
- Knowing it's there
- Drop in groups, scrabble, ukulele, sense of community
- The variety of activities and volunteer opportunities
- Comradery classes, lectures, trips
- I now can only support by donating
- My rug hooking class
- volunteering, other members, Sarah's leadership, Norma
- Courses, computer access, reading materials and occasional lunches
- Camaraderie
- Exercise classes, various workshops
- Workshops and exercise
- It's a vibrant place to be, there is so much to do, everyone is kind, helpful, accepting of all...
- Socialization + stimulation opportunities
- Bond with others my age
- affordable, convenient
- The offerings in different areas
- Yoga, fitness
- Not an active member. Used to enjoy meals there.
- Rich variety of offerings, volunteer
- Meals on wheels
- Availability to attend interesting lectures or presentations/music, programing, nature talks
- Good people, Interesting programs and activities
- Painting, strong living, person to person
- Drop in activities, many possibilities for learning and fun
- Connectivity w/ members
- Friend and fun activities
- opportunities, getting to know neighbors
- Great classes
- Classes, computer tech help, meeting people
- Lots of opportunities for wellness, education, recreation
- Get to meet and socialize with other seniors. Take classes
- Community of like minded people in my class
- Meals on wheels/library
- Eating meals with other people
- Class choices
- Bone builders
- Programming
- Wonderful organization
- Exercise
- Connections and support
- Many opportunities
- Meeting new people
- Meeting with other members
- Social
- connections , price
- Getting to meet other members
- Socializing, field trips, feast meals, meals
- Bone builders
- Just visiting at anytime its open
- Being a part of this community, swimming at city pool
- Meet people w/ similar problems
- Communicating w/ other members
- Meet other people
- The day trips
- Supporting activities for seniors

# MSAC 2022 Annual Survey Results

## 4. What would you change about being an MSAC Member?

- Would like to know more seniors-want to know the best way to meet
- Wish there was a MSAC in Middlebury
- For trips- i don't like to travel as far without saying overnight
- Nothing
- Not sure
- Participants would be more friendly and inclusive
- More member engagement
- Would be nice to have a discount access to the pool
- I would take an exercise class
- Nothing
- Nothing
- Looking forward to being in-person again or having hybrid options
- No more Covid restrictions!
- Nothing
- Wish I could understand how to do all the registration for classes online
- I'm happy with things MSAC has to offer and can't think of anything
- More activities to attract members in their 50's
- Having more transportation options overall, more help available in the home
- Classes are too expensive
- Keep bone builders w/ zoom option
- Maybe change class expenses for the people with lower income
- Not a thing
- Not having a lottery for painting for painting, hire an additional teacher
- More in person activities as covid becomes less of an issue
- More Zoom classes during covid
- Class time availability
- Like to have more in person opportunities
- Would like to use computers
- Hop public computers will return
- Greater variety of classes, more art, lots more trips
- Restore trips
- Body builders in a classroom

## 5. On a Scale of 1-10, how interested are you in the classes and programming that MSAC offers?

1	2	3	4	5	6	7	8	9	10
7	1	2	5	15	9	23	28	15	52

## 6. What kind of classes, programs, or events are your favorites?

- Art, Mental health
- Exercise, dancing
- Rockin and Rollin
- Exercise, classes focused on native
- Bone builder, pilate, yoga
- Trips, movie lectures
- Exercise
- Zoom pilates, bone builders - i would like to play majms (i have a set)
- Erika nielsen classes, yoga
- Yoga
- Exercise
- Lectures, exercise, how-to programs
- Art, music
- Classes in zoom
- Exercise, Oli act shows
- Bone builders
- Physical activities
- Bone builders
- Physical activities
- Exercise, scrabble, ukulele

## MSAC 2022 Annual Survey Results

### 6. What kind of classes, programs, or events are your favorites? (*continued*)

- Yoga
- Bone builders
- Art, exercise, music
- Exercise
- Language music
- Yoga
- Art Classes
- Language, music
- Bone Builders, yoga, drawing- all art classes
- I am not able to attend any more
- The spoon carving wood class
- Rug hooking
- Poetry
- Spanish language, french conversation
- Yoga, writing
- Varied
- Financial
- Not sure
- Exercise, informational talks, art classes
- Exercise, day travel, talks and art
- art/exercise
- Yoga, bone builders, olli
- Yoga - ron sweet
- Exercise- bone builders, pilates, yoga
- Bone builders
- Yoga -Ron Sweet
- Great Decisions
- Considering offering travel photography class
- Art, fitness
- H/A
- Bone builders w/ nancy schultz, film classes
- Exercise, writing
- Rug Hooking, bone builders
- Exercise, health
- Bone builders,in person osler lectures hosted by MSAC, enjoyed spanish pne pandemic
- Yoga, maybe drop in italian
- Bone builders
- Art, clay, DWG, photo, words
- Wellness, movement
- Exercise
- Fitness, yoga
- Bone builders on zoom
- Bone builders, art workshops, special programs
- music/singing, exercise/bone builders
- Writing, olli, foot clinic
- Bone builders, Reelin Rockin' olli. Outings
- Bone builders, yoga
- Exercising
- Fitness
- Yoga, meditation
- Yoga
- Exercise
- I like bone builders, yoga online. So easy and convenient. Relevant programs for seniors
- I used to love Johns Rockin & Reeling and highly appreciate Shannons classes
- Music groups
- Olli lectures
- Yoga, exercise classes and guitar
- Yoga, poetry
- Hard to say with Covid around
- In person
- Yoga, music, film
- Exercise, advanced painting pastel group or drop in pastel group
- Physical activity, music, and more
- Bone Builders
- Craft group
- Physical, musical, art
- Rug hooking
- Language
- Arts/yoga
- "geezer " choir, exercise
- Guitar w/ Tome wales, field trips
- Bone builders, yoga
- Bone builders
- Bone builders, can only afford one class/term
- Yoga
- Pilates

# MSAC 2022 Annual Survey Results

## 6. What kind of classes, programs, or events are your favorites? (*continued*)

- Film series, meals
- Yoga exercise/ fitness
- Bone builders, yoga
- Exercise, photography
- I enjoy teaching guitar
- Cultraua, art, exercise
- Pilates
- Art, history, spanish
- Arts
- Bone builders
- Bone builders, tai chi, yoga
- Rug hooking
- Yoga, bone builders
- Bone builders
- Day trips
- Yoga, travelogues
- Bone builders
- Writing, exercise, yoga
- Bone builders
- Guitar, singing, yoga, swimming
- Lectures, music
- Yoga, pilates and bone builders
- Exercise, classes and lectures
- Painting, strong living, borrowing books
- Exercise classes, trips, yoga
- Writing
- Yoga and bone builders
- Lectures, slides, travel info
- Bone builders
- Sip & paint via zoom, arts & crafts
- Olli, yoga
- Art, lecture/grp learning about issues such as racism
- Movements, arts
- Singing (60's?), yoga, painting
- Music education, olli
- Yoga
- Home now
- Writing, exercise, crafts, gardening
- Art and language classes
- Language
- Spanish
- Bone builders etc.
- Bone builders
- yoga , bone builders
- Field trips! Will they resume?
- Trips, art, film
- Yoga, van trips
- Craft group, workshops, lectures, lunches
- Movies, crafts, bodybuilders
- Bone builders, movies
- Hope to attend sam's poetry class
- Exercise, trips, art classes
- Writing, olli presentations, trash tramps
- Yoga, pilates
- Fitness & interesting speaker topics
- Financial, french

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## 7. What would motivate you to attend more MSAC classes, programs, or events?

- More afternoon classes/programs
- Not June
- When sadtu lee in-person again
- More class options
- Time
- Scheduling
- Lack of covid
- If they are in zoom
- I enjoy exercise
- More music harmony, katie trautz,
- more art classes
- Covid goes away
- If lacking home/church things to do
- I'd love to have a beginners chess class/club and watercolor class
- It's been hard with Covid numbers rising and falling
- Classes in spanish, musical performances
- More time and statistics about Covid
- Financial classes
- Am employed so timing is an issue

## MSAC 2022 Annual Survey Results

### 7. What would motivate you to attend more MSAC classes, programs, or events? (*continued*)

- In person
- In person Not zoom
- Earlier start time in morning-9am or 8am
- No covid
- Shorten more contact classes ( 45 min-1 hour )
- More hours in my day and week
- Love to see some “semi academic” courses, such as VT history, current events, language etc.
- Film classes sound interesting, but i haven't attended because of the additional cost
- Time
- Study classes of a more academic mature
- Maybe a buy 2 get 1 free class of
- Keeping a hybrid model
- End of pandemic
- If i lived closer to montpelier, and covid ended
- Having more time
- More time available
- Not sure. Don't need more in my life at this time
- Depends on the topic. Online classes are easy for me to do. In person not hard, depends on conditions
- For Covid to be gone!
- Having more time
- No more Covid
- Rides
- Return to in person, more tech support for cyber strugglers
- Pastels (advanced drop in)
- To find something I really want to do and can afford to do
- More events at the center when things are better
- If they offered classes earlier in the mornings
- End of covid
- Cheaper
- In person yoga classes
- Covid calming down
- Covid ending
- More morning options
- Covid ending
- More interesting classes/programs/events
- If they meet my interests
- More free time
- In person activities
- In person classes
- More time
- More zoom after 10:30 am/ before 3pm
- If there are programs i like
- Health
- Being a bit younger
- Less eliqueness
- In person exercise classes and yoga
- A ski program, downhill ski program like the schools do for kids at a local mountain, sundays
- More interesting topics, travel, history, literature
- In person activities
- Easier access to parking
- Not offered remotely
- Feeling safe from covid
- Having the time to do it, classes finishing before dark
- Offered at evenings or late in day
- Daytime activities
- Lack of motivation

## MSAC 2022 Annual Survey Results

### 8. If anything, what prevents you from attending MSAC classes, programs, or events?

- To early in the morning
- COVID
- paimonavy , the winter
- Pandemic
- Pandemic, not doing in person/in doors
- Aget weather
- Covid
- Time
- My own time/energy
- To busy
- Full-time employment
- Covid
- Distance
- Away for six months/year
- Away for six months/year
- Classes fill up fast
- Transportation
- Covid
- Covid
- Class times often conflict with other responsibilities
- Don't like to drive or be out after dark
- More chances to garden/have garden classes
- More time to commit
- Zoom classes
- The pandemic
- Have them over zoom
- In person classes
- Wider range of classes, more trips
- More offerings
- Not on zoom
- More in person
- End of pandemic
- Timing
- End to covid
- Covid, also living outside of city
- I use a cane for balance. I cannot attend anything without my husband
- Other commitments
- Covid
- Health restrictions , immune compromised
- Covid
- Covid
- Covid
- Health issues
- My time
- No time
- My schedule
- Time
- Time, driving into town
- Afraid of crowded areas/classrooms
- Lack of zoom capability, covid
- N/A
- Covid
- Too busy
- Covid
- Time
- Covid
- Rides, money
- Online
- Scheduling problems
- My own busy schedule
- My budget
- Covid
- The time of day they're offered
- Covid, and I live further away
- Age
- Personal time, driving
- Covid
- Full time work
- Covid
- Pandemic
- Distance
- My schedule, lack of intent in current classes
- Covid
- Working
- Weather
- Covid, transportation
- Pandemic
- Time
- Covid

## MSAC 2022 Annual Survey Results

### 9. What benefits of being a member of MSAC are the most valuable to you?

- People i've met in ukulele group
- Bone builders, yoga
- The prepnation
- Activities
- Comradery of members when together
- Community connections i'm hoping to make
- Fitness- physical+mental, yoga
- DVD library
- Porevelity
- Knowing it's there
- Variety of offerings
- Doing things with other members
- Supporting our community
- Making new friends and socializing
- I need to do things on zoom
- Covid the last two years
- Difficulty finding parking nearby
- Place, contacts, energy of the place and people and warmth of staff
- Zoom, night driving
- Can't do Zoom classes
- Daily excursions inside or out
- Don't want Zoom
- Covid
- Some older folk don't feel comfortable being inside even w/ vaccines
- Covid
- The time/days being offered
- Covid
- Not interested in zoom classes
- Fear of covid/in person events
- Covid Pandemic
- Everything I like is currently on zoom, and I like in person, what do I do?
- Covid
- Time
- Covid
- Pandemic
- Physical and mental benefits of bone builders
- Interaction
- Meeting new people
- Classes
- Array of classes
- Friendship
- The various classes
- Zoom classes
- Healthy lifestyle, social contacts
- Classes
- Everything that is offered
- Being aware of learning opportunities
- Learning, connecting with others
- I am happy to just support
- Community
- Connection to community, inexpensive exercise classes resulting in better health
- Connection to community, inexpensive activities
- Reasonably priced classes with excellent instructors
- What i enjoy
- Classes
- Classes
- Classes, companionship
- " i simply want to pay so that other people can enjoy the center, it's good for the city"
- Classes, socializing
- Online classes
- Socialization
- Having a choice
- Classes, proximity, open doors
- Meeting new people
- All
- Staying fit,and doing it with company of friends
- Exercise class via zoom
- Affordable classes
- Connection to my community
- Social networks
- Classes
- Access to classes
- Fitness training
- The exercise classes
- Access to classes
- Remorse pilates classes



## MSAC 2022 Annual Survey Results

### 9. What benefits of being a member of MSAC are the most valuable to you?

(continued)

- Bone builders on zoom
- Classes
- Classes, gatherings
- Contact at times
- Supporting a community organization, free drop-in activities
- Classes I have used at home, FEAST meals when needed them
- Keeping in touch
- Having so many opportunities, varied
- That the class I take is affordable
- Sense of community & helping older adults's needs
- Community, instruction by Pam Finnegan
- Meals on wheels
- Classes as an options
- Bone builders, yoga
- Yoga
- Classes
- Zoom classes
- Fitness
- Not much
- Classes, companionship
- Taking classes, meeting people
- In person classes
- Social activities
- Makes me feel good, keeping healthy
- Convenience of zoom for exercise
- Social contracts
- Getting to know other members through zoom
- Opportunities to meet others
- Zoom classes
- Exercise classes and trips
- Meeting other people
- Fitness
- Access to others, socializing
- Ties to community news
- Feast meals
- Being able to exercise via zoom
- Classes, social contacts
- Reading the online newsletter
- The cost of classes, membership
- Yoga
- Connections with other people, writing instructions
- Classes
- Sharing similar experiences
- Community togetherness
- Feast meals
- Connections with people
- Someday I might need to exercise
- Friendship
- Being w/ new and different people- even via zoom

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### 10. What benefits of being a member of MSAC are least valuable to you?

- Meals
- in -person activities (live far away)
- FEAST meals—a wonderful idea but I don't need them now
- Political advocacy
- food/meals
- Meals
- Socializing
- Covid restrictions
- Trips—too expensive
- FEAST
- FEAST
- Meals
- Meals
- Same old classes always taught
- Meals Meals
- Zoom classes
- On site attendance
- Too much on Zoom
- Zoom classes
- Most classes i'm interested in are during my work hours
- Meals, zoom classes
- Meals but its nice that the MSAC is doing a good job with it
- n/a
- Computers
- Zoom classes
- Disappointed in the meals
- Exercise class, I belong in a gym

# MSAC 2022 Annual Survey Results

## 11. Would you be willing to pay more for individual classes if the additional funding went to creating a scholarship fund to allow more accessibility for MSAC classes, programs, or events?

Yes - 87  
No - 37  
Other - 6

### Notes

- depends on how much more and what programs/events, depends on what it is, not willing to pay (feel scholarships are important), a moderate amount, should be optional about what amount we choose, depends on amount
- Not sure
- People are reluctant to ask for a scholarship that would leave only those who can pay a higher price to participate

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## 12. How do you prefer to get information about MSAC?

- Printed Newsletters Mailed or found online  
79
- Online E-Letters/City Website  
84
- Facebook  
3
- In Person  
14
- Other (please specify)

“website annoying, search not good” “NO!”-for facebook,

## 13. Moving forward, how would you like MSAC to offer classes, programs, and events?

- In-Person Only  
31
- Virtual Only (online)  
13
- Hybrid of In-Person and Virtual  
105
- D. Other (please specify)
  - Depends on pandemic
  - If Covid levels stay really low then in person
  - Whatever works for you!
  - Mail
  - In person is what works for me; needs of others must be served too
  - Absolutely Not!! - Virtual Only
  - Concerned about MSAC becoming a community center and non seniors participating resulting in less availability for seniors resulting in lotteries