



Aging Unbound

Aging is, if we're lucky, a universal journey, and as such, we deserve to experience it without being boxed in by expectations and stereotypes. The positive aspects of growing older are numerous, and everyone has a role to play in combating ageism. We all benefit when older adults remain engaged, independent, and included in their communities.

The very purpose of the Montpelier Senior Activity Center is to create a welcoming environment within which older adults get access to all the resources, tools, and benefits of remaining engaged in their community. At the heart of that journey is *membership*. Our members are the storytellers, the artists, and the spokespeople who ensure that a culture of engagement is the norm, not the exception, on their aging journey.

Aging unbound means leaning into that journey and finding what feeds, nourishes, and sparks your being. For some, that means jumping into a class that supports your wellness. For others, it means experimenting by taking a new kind of art, writing, or dance class. Some come to lunches because they crave the chatter with friends. Others roll up their sleeves for the joy of giving back to the community and volunteering in the kitchen. A precious few realize they have a skill or talent begging to be shared and decide to teach a class, lead a workshop,

host an event, or join a committee and be part of guiding and steering the leadership of this organization.

Sharing your resources with your community - that's what brings meaning and purpose.

It doesn't matter what resources you wish to share. What matters is that you do it. A resource you have could be financial, which of course, is very helpful. But if the only resource you have is your time and interest, find a way to share that with your community - time is precious, and interest is the secret sauce that builds culture, a culture of engagement. Engagement brings us all along on the path toward not just surviving the sometimes uncomfortable journey of aging - but getting to the point of *thriving*.

It honestly doesn't matter what you want to give or receive - MSAC is here to support and host all of it. But in order for MSAC itself to thrive, we need *you* to renew your membership, sign up to become a member if your membership has lapsed, or help us by telling your friends to come out and become a member and have the opportunity to live a fulfilling life of aging unbound.

Frankly, it's what we all deserve.



Aging
UNBOUND

Summer Class Registration Starts Tuesday, May 30th

Summer is the time to play and explore, and the classes at MSAC provide many opportunities for just that. If you want to deepen your relaxation, check out our ten yoga classes or try Qi Gong or Tai Chi. If you are hankering to learn some new dance steps, sign up for one of the Tango workshops. If you are seeking to improve your health, step on the path with Pilates or Bone Builders or sign up for our members-only free High Blood Pressure workshop offered exclusively to us by teachers

at Central VT Medical Center. It might be time for you to show your artistic side with Digital Photography, Rug Hooking, Painting, or Writing.

MSAC has it all. Give yourself a chance to try!



**Classes
Start
in
July!**

Don't miss the Annual Meeting! June 20th

Follow our activities online!
www.montpelier-vt.org/MSAC



Director's Dispatch



Dear Readers,

'Tis the season of picnics, summer breezes, music in the parks, and early farm produce. 'Tis also the season for membership renewal.

Membership at MSAC is an imperative component of engagement with our community and all we have to offer. Not only do we have special specific classes that are just for you, our members, but we have a whole host of other important benefits. A well-documented component of satisfaction in life is belonging to a community. This sense of belonging brings you a sense of purpose and ensures you have support and connection. These feelings are at the foundation of wellness. They are the very feelings that allow us that much-deserved experience of thriving.

So what are you waiting for?! Come thrive with us and rejoin MSAC!

Let me tell you a story...an older gentleman I met recently told me that he feels lonely most of the time. He lives alone, his health isn't great, and he doesn't have friends in the area. When we got to chatting about it, I mentioned how much activity there is going on daily here at MSAC, and he looked fairly stunned.

"I didn't know there was such a place in the area! I moved here a few years ago, but I just keep to myself. It's now starting to feel like time to venture out, but I didn't know where to go," he shared.

"I don't know what I'd like to do, but from the sounds of it, I could try just about anything at this MSAC of yours," he continued. "Can I just come try something instead of committing?"

I assured him that, yes, we have plenty of drop-in groups for members to try all kinds of different activities. I also told him about our regular Thursday lunches, the exciting events we have lined up, and the simplicity of signing up to become a member. He was, at first, worried about the cost, but I assured him that the cost was purposefully low enough to ensure access. When I told him that our standard membership level is just \$25 a year for Montpelier residents, he laughed and said, "I guess I just can't go out to lunch a couple of times this year for my membership to get paid for!"

And do you know what?! He came into the office and signed up just yesterday! Now, what are YOU waiting for!? Join him!

Sarah Lipton
MSAC Director

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In Your Own Words

"Bless you all for keeping it going."

If you have a quote you'd like to share, contact us: msac@montpelier-vt.org.

Town Square

MSAC is Proud to Host the First Hybrid AARP Town Hall with Senator Bernie Sanders

"Older Vermonters: Join me and AARP Vermont to discuss the issues that matter most to you. Whether it's the cost of prescription drugs, the importance of Social Security and Medicare, the student debt crisis, climate change, or transportation access — I want to hear from you, so I can fight for you."

To participate, register by calling: 1-800-339-9834



JOIN ME AND AARP FOR A TOWN MEETING

Friday, June 9th, 4:00 PM
Montpelier Senior Activity Center
58 Barre Street, Montpelier

To participate, RSVP by calling 800-339-9834

Huge Thanks to the Town of Berlin Voters!

Montpelier Senior Activity Center will be awarded funding in FY24 in the amount of \$21,600. There were 83 folks who voted YES, and 30 who voted NO.

Thanks also to the Hoehl Foundation!

For the 3rd year of grant funding and awarding MSAC \$20,000.

THANK YOU

Our 2023 Annual Meeting will be back on Tuesday, June 20th!

Annual Meeting Agenda

- Acknowledge AC Members 12pm
- Luncheon 12:15pm
- Reelin' and Rockin' Singing 12:45pm
- Presentation of Awards 1pm
- Advisory Council Members 1:15pm
- MSAC Annual Report 1:30pm
- Telling Our Story 2pm
- Raffle Drawing 2:15pm



Register by Thursday, June 15th by calling our office:

802-223-2518

Menu for the Annual Meeting

- Salad:** Local Mix
Green Salad
- Entrée:** Baked Chicken Caprese
- Side:** Sauteed Spinach
- Veg Option:** Baked Zucchini Boats
- Roll**
- Dessert:** Peach Trifle

MSAC Members!



Join Us for a Celebration



Focus on FEAST



Congregate Lunch Schedule Change...

During the summer months, we will be moving back to a biweekly lunch schedule on the 1st & 3rd Thursdays of the month. The suggested donation for meals is \$14, but nobody will be turned away for lack of funds. Meals will be lovingly prepared in our FEAST Kitchen. Please call ahead to reserve your meal: (802) [262-6288](tel:262-6288) or email: emutino@montpelier-vt.org by the Wednesday prior.

Do you want to deliver for our Meals On Wheels routes?

Contact FEAST Manager Poa at: [262-6288](tel:262-6288) or feast@montpelier-vt.org

June Congregate Lunches

Menus will be published in the e-newsletter, website, and on our [FEAST Senior Meals Facebook page!](#)

June 1st: Pride Celebration Luncheon, Meal to be prepared by Montpelier High School Student Interns.

June 15th: Creative Aging Luncheon, celebrating CVCOA's pandemic-era program for older adults.

FEAST Meals on Wheels Menu is available for download on the FEAST website (www.montpelier-vt.org/FEAST), and hard copies are available at MSAC.

FEAST Farm Stand Returns! Volunteers Wanted!

The FEAST Farm Stand is back for another summer. Our grand opening is Wednesday, June 21st, at 9 am. We'll have baked goods, live music, and more!



Volunteer help needed at the farm, farm stand, and kitchen

Early season tasks would include bed preparation, spreading compost and mulch, weeding, watering, planting, transplanting, and various other farm projects. Once the season picks up, other tasks such as harvest, washing, and preparing for delivery to farm stand will also be included.

We'll also need help with the farm stand and kitchen.

Interested? Contact our office: [802-262-6284](tel:802-262-6284) or fill out our Google Form: bit.ly/FEASTVolunteers2023.



We'll have events planned all summer long, so stay tuned to the newsletter, e-news, and our social media pages for the latest updates.

Dirt on the Farm & Welcome to Charlie and Jen

"The FEAST Farm is springing alive. With the help of CVCC students, we have been busy preparing beds and planting thousands of seeds. We are excited to be growing food for our community in the FEAST Farm's 4th year."

- Charlie Watt, FEAST Farm Manager

About Charlie, our new FEAST Farm Manager!

I recently moved back east after spending eight years out west chasing snow, farming seasonally, and earning my doctoral degree in Plant Science and Education. I am a lifelong biologist who enjoys doing any kind of work that keeps me outside. I used to prefer working with animals, but farming has taught me that plants and seeds are the true magic makers of this world. I love teaching and sharing what I know, but I also love learning from plants, my co-workers, and students alike. When I'm not resting from a hard day's work, you can find me down by the

river or cooking the plants that I grow and making deliciousness to share with my friends and family. I also love to ski and run and, most of all, spend time with my wife, Madi, and our two dogs, Sequoia and Caddis.



Welcome Charlie!

And a warm welcome to our new AmeriCorps member, Jen Ireland!

Jen comes all the way from Los Angeles, but she's no stranger to Vermont. She's worked here for the past few summers as a WWOOFer. She now joins us as our Root to Fork coordinator and will be shared between us and the Parks Department.

Arts Corner

The Pull Room: CAL's Community Printmaking Studio

Become a member of the Pull Room for access to use CAL's three etching presses, which can handle lithograph, etched plates, monotypes, collographs and other printmaking methods.

For more information: <https://cal-vt.org/the-pull-room-cals-community-printmaking-studio/>.

You can also contact: programs@cal-vt.org.



Moonlight Silhouette by John Landy

Art at CAL: Cycles and Rhythm

CAL galleries will be curated to the theme of Cycles and Rhythm. In the first floor gallery is the CAL Members Group Show and in the first floor hallway is the ARA Members group show. Upstairs in the second floor gallery is a solo show of new and selected work by John Landy. In the basement level, artist Erin O'Connell will open his studio for visitors. Art Walk is on Friday, June 2, 2023 with artist receptions from 5 - 7 PM. For more information, contact: info@cal-vt.org.

Barre St. Community Potlucks

All summer long for everyone...

Our neighbors are welcome to join CAL and MSAC for a casual, musical get together at our monthly summer potluck at 5:30pm on the playground behind our buildings. Rain space is inside MSAC. We'd love to see more of you. For information: info@cal-vt.org.

The second potluck will be on Wednesday, June 28th and will be a music making party, so bring instruments!

Barre Street: A Wonderful Place to Grow

Join us this Summer for Community Potlucks on the Barre Street Playground behind MSAC and CAL

May 24: Meet & Greet City Representatives

June 28: Music Making

July 26: Solar Eclipse Plans

August 23: Business Presentations

September 22: Harvest Meal at the FEAST Farm

46 Barre Street, Montpelier | info@cal-vt.org



Center for Arts and Learning



Correction From May Newsletter:

Last month we showcased these lovely proddy flowers and wanted to clarify: these proddy flowers were crafted by several rug hooking students for a class project. Gretchen Stahl was only the photo taker, so credit where credit is due! Congrats to all of our rug hookers who are continually making beautiful art pieces each week. Reach out to instructor Pam Finnegan if you'd like to join their group.

Contact us if you'd like to be featured in the Arts Corner!

News & Events

Pride Luncheon

Thursday, June 1st | 12 - 1 pm | MSAC

Join us for our first of two congregate lunches in June! This one will celebrate Pride Month, and the menu will be coming soon. Check our online channels for more.

Creative Aging Celebration

Friday, June 2nd | 2:30 - 7:30 pm | VCFA, 36 College St., Montpelier

This free community event, held at the Vermont College of Fine Arts (VCFA) during Montpelier's Art Walk, will feature an open gallery exhibit of creative work by older artists in Central Vermont, plus fun live workshops and creative activities. Treats and drinks will be available by donation. Live workshops and activities will include: a participatory collage project, a writing workshop, a painting activity, an Ageless Grace program, live music with sing along, an ageism awareness activity, and an opportunity to record legacy stories. This event is made possible by the Vermont Arts Council and support from local businesses and partners. This is a free event. No tickets required! More information: www.cvcoa.org/creative-aging-celebration.



The Search for Signs of Intelligent Life in the Universe from Staged Poetry Reading Group

Saturday, June 3rd | MSAC Community Room
A staged reading of "The Search for Signs of Intelligent Life in the Universe" will be performed in the MSAC Community Room at 1pm on Saturday, June 3. This wise and witty script, originally made famous by Lily Tomlin in the 1990s, has been in rehearsal this spring under the direction of Joanne Greenberg, and the troupe is excited to show you the results. Great entertainment at no charge!

Taking the Mystery out of Shifting

[Adult Bike Lessons]

Tuesday, June 6th | 5:30-7pm | Memorial Room, City Hall, Montpelier

How do you know when to shift? What are some tips for biking uphill and downhill? What is a derailleur and how does it work? Why is it important to lubricate a chain and how do you do it? This session will address all of these questions and more. Classroom time will be followed by an optional, guided bicycle ride. **Advance registration is required. To register, please email instructor Nancy Schulz: SaddleShoes2@gmail.com.**

Building an Emergency Shelter Community to Address Homelessness

Wednesday, June 7th | 6:30 - 8:00pm | Kellogg Hubbard Library

Please join us to learn how the City of Burlington developed the 30-unit Elmwood Emergency Shelter Community, which is located in downtown Burlington and is part of the Mayor's 10-Point Plan to Fulfill the Promise of Housing as a Human Right. Representatives from the project team will provide details on the timeline, permitting, costs, construction, and an account of the first three months of shelter operations: their guest selection process, services provided, early challenges, and successes to date. This event will be live-streamed and filmed by ORCA Media. Presented by the Montpelier Homelessness Task Force.

Watch: All Brains Belong Health Summit Video on YouTube, information below.

All Brains Belong VT recently presented at the LGBTQIA+ Health Summit, sponsored by the Pride Center, Outright VT, and Out on the Open, on the topic of "Health Considerations at the Intersection of Neurodivergent and LGBTQIA+ Identities." You can view the recording here: <https://www.youtube.com/watch?v=fLASfWLukt0>.

For more information, you can contact Sara Wilkins, Community Programs Coordinator, at: sara@allbrainsbelong.org.

**Watch Now
on YouTube!**



News & Events

LGBTQ Poetry Reading

Wednesday, June 7th | 6-8 PM | Kellogg-Hubbard Library

Linda Quinlan and Robyn Joy host a poetry reading for Pride Month. This is a free, in-person event in the Hayes Room of the Kellogg-Hubbard Library.

Open House and Survivor Art Show

Thursday, June 8th | 4:30-6:30pm | Mosaic VT, 4 Cottage St, Barre

Come to Mosaic Vermont to meet staff and board members! Learn about all the different ways you can get involved to help end sexual violence and heal communities! Join us in viewing a gallery of survivor art and meet the artist Pat Harrington! Mosaic Vermont will be celebrating a new tile in our mosaic of programs. Join us for a special announcement as we begin a new era of holistic prevention work in central Vermont! Come to 4 Cottage St, Barre, VT 05641 at 4:30 pm and learn how you can help! Contact Mosaic Vermont at [802-476-1388](tel:802-476-1388), info@mosaic-vt.org for more information.

Hybrid AARP Town Hall with Sen. Sanders

Friday, June 9th | 3:30 - 5:30 pm | MSAC

Older Vermonters: Join Sen. Bernie Sanders and AARP Vermont to discuss the issues that matter most to you. Whether it's the cost of prescription drugs, the importance of Social Security and Medicare, the student debt crisis, climate change, or transportation access, Sen. Sanders wants to hear from you! **To participate, register by calling: [1-800-339-9834](tel:1-800-339-9834).**

Barre Pride Fest

Saturday, June 10th | 10am - 2pm | Barre City Hall Park

Join Barre in their annual Pride Fest! 10 am - 2 pm at the City Hall Park in downtown Barre. 10-1 pm Community and resource tablers; 1-2 pm Drag Queen story hour. There will be a bake sale, family activities, pride bicycle ride, and more! All proceeds benefit Camp Outright. Learn more at: www.outrightvt.org. For more event info, call: [802-839-9504](tel:802-839-9504).

Calling All Older LGBTQ+ Vermonters...

For VT DAIL's focus group for Age Strong VT
Thursday, June 15th | 1 - 2:30pm | MSAC

The Vermont Dept. of Disabilities, Aging, and Independent Living and the Vermont Dept. of Health are holding discussions with older Vermonters across the state to

incorporate this data into their action plan for aging well or Age Strong VT.

As an older member of the LGBTQ+ community, they invite you to join them for one of their upcoming discussions. It will be a 90-minute, in-person focus group - date, time, and place to be determined. We will give you a \$50 Visa gift card to compensate you for your time.

If you you may also contact Principal Investigator Melissa Phillips, MPH at: [800-869-2871](tel:800-869-2871), or melissa.phillips@vermont.gov.

Thank you, and VT DAIL looks forward to learning about your experience of aging in Vermont.

MSAC Annual Meeting

Tuesday, June 20th | 12-2:30pm | MSAC

MSAC membership will rejoice and celebrate as a group at our Annual Meeting on Tuesday, June 20th. Lunch will be provided, raffle prizes will be awarded, and more information is on page 3. Here is a schedule of events:

- **12:00pm:** Acknowledge AC members and have lunch
- **1:00pm:** Presentation of Awards
- **1:30pm:** MSAC Annual Report
- **2pm:** Telling Our Story & Raffle Drawing

FEAST Farm Stand Grand Opening

Wednesday, June 21st | 9-10:30am | MSAC

Kick off summer with FEAST at our Farm Stand Grand Opening on Wednesday, June 21st. Meet our new AmeriCorps member Jen and volunteers and purchase below-market rate produce from the FEAST Farm. Live music, special guests, and prizes will be present!



Have You Subscribed to our Social Media Pages?

On Facebook, we're at:

[@MontpelierSeniorActivityCenter](https://www.facebook.com/MontpelierSeniorActivityCenter)

On Instagram, we're at: [@MSACVT](https://www.instagram.com/MSACVT)

And on YouTube, we're at:

[@MontpelierSeniorActivityCenter](https://www.youtube.com/MontpelierSeniorActivityCenter)



Summer Class Schedule

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!

[Click here to download the class descriptions](#)



Mother's Day Brunch on May 11th

***All classes are held at MSAC unless otherwise specified.**

****All summer 2023 classes start Monday, July 3rd and conclude Monday, September 18th.****

Mondays

Registration opens Tuesday, May 30th.

Next Level Beginners Pilates (Shannon Hepburn) ▪ 📺 (Skip 9/4)	15+	11 Mondays 10:30-11:30am (starts 7/3)
Bone Builders/Arthritis Foundation (AFEP) (Laura Morse) ▪ 📺	18+	12 Mondays & Fridays 3:15-4:30pm (starts 7/3)
Digital Photo Editing & Photo Art (Linda Hogan) ▪ ☺	18+	10 Mondays & Fridays 1-3pm (starts 7/3)
Creative Writing Monday (Maggie Thompson) * ☺	50+	10 Mondays & Fridays 10am-12pm (starts 7/3)

Tuesdays

Chair Resistance Band (Becky Roy-Widschwenter) ▪ ☺	50+	12 Tuesdays 11-11:45am (starts 7/11)
Bone Builders (Joan Barrett) ▪ ↔	50+	12 Tuesdays & Thursdays 8:30-9:30am (starts 7/6)
Bone Builders (Tina Muncy) * 📺	50+	12 Tuesdays & Fridays 5-6pm (starts 7/4)
Painting at All Levels (Linda Hogan) ▪ ☺	18+	10 Tuesdays 10am-12pm (starts 7/12)
Gentle Yoga (Patty Crawford) ▪ 📺	50+	6 Tuesdays 10-11:15am (starts 7/4)

Wednesdays

Pilates Express (Shannon Hepburn) ▪ 📺 (Skip 8/30)	15+	11 Wednesdays 10:15-11am (starts 7/5)
Longevity Tree Qi Gong (Ellie Hayes) ▪ ☺	12+	12 Wednesdays 12-1pm (starts 7/5)
Tai Chi for Fall Prevention (Ellie Hayes) ▪ ☺	12+	6 Wednesdays 10:30-11:30am (starts 7/5)
Rug Hooking (Pam Finnegan) ▪ ☺	50+	10 Wednesdays 9:30-11:30am (starts 7/5)
Creative Writing Wednesday (Maggie Thompson) * 📺	50+	10 Mondays & Fridays 1-3pm (starts 7/5)
Gentle Flow Yoga (Sarah Parker-Givens) ▪ 📺	18+	12 Wednesdays 9-10am (starts 7/5)
Moderate Flow Yoga (Sarah Parker-Givens) ▪ 📺	18+	12 Wednesdays 5-6:15pm (starts 7/5)
Yoga for Focus & Fitness (Monica DiGiovanni) ▪ 📺	18+	12 Wednesdays 8:45-10pm (starts 7/5)

Thursdays

Bone Builders (Joan Barrett) ▪ ↔	50+	12 Tuesdays & Thursdays 8:30-9:30am (starts 7/6)
High Blood Pressure Workshop (CVMC) * ☺	50+	8 Thursdays 10-11:30am (starts 7/20)
Chair Yoga (Becky Roy-Widschwenter) ▪ ☺	18+	12 Thursdays 11-11:45am (starts 7/6)
Moving into Stillness (Sarah Parker-Givens) ▪ 📺	18+	12 Thursdays 2-3:15pm (starts 7/6)
Moderate Yoga for Balance (Patty Crawford) ▪ 📺	50+	6 Thursdays 10-11:15pm (starts 7/6)
Moderate Yoga to Improve Balance (Ragan Sheridan) ▪ 📺	18+	12 Thursdays 3-4:15pm (starts 7/6)

Summer Class Schedule

Fridays

Bone Builders/Arthritis Foundation (AFEP) (Laura Morse) ■ 🦴	18+	12 Mondays & Fridays 3:15-4:30pm (starts 7/3)
Bone Builders (Tina Muncy) * 🦴	50+	12 Tuesdays & Fridays 5-6pm (starts 7/4)
Yoga for Osteoporosis & Osteopenia (Ragan Sheridan) ■ 🦴	18+	12 Fridays 4-5pm (starts 7/7)
Moderate Yoga (Ragan Sheridan) ■ 🦴	18+	12 Fridays 11:45am-1pm (starts 7/7)

Tango Workshops on Sundays

Navigating the Dance Floor (Eva Zimet) ■ 🕺	18+	Sunday, July 16th 4-6pm
Circular Figures (Eva Zimet) ■ 🕺	18+	Sunday, July 23rd 4-6pm

Drop In Groups

Coffee & Conversations on Mondays.....	Mondays 9:30-10:30 am MSAC Community Room
Artists Group In-Person at MSAC.....	Mondays 10am-12 pm MSAC Art Room
Tuesday Walks*	Tuesdays 10:30 am meetup locations vary week to week
Scrabble.....	Tuesdays 1-3 pm MSAC Art Room
Trash Tramps Outdoors.....	Tuesdays 2:00 pm meets at 1:50 pm inside MSAC
Crafters Group In-Person at MSAC.....	Wednesdays 12-3 pm MSAC Art Room
Bridge.....	Thursdays 12:30-3:15 pm MSAC Art Room
Community Jam with Experienced Musicians.....	Biweekly 1st & 3rd Thursdays 6:15-8 pm MSAC Community Room
Ukulele Players.....	Biweekly 2nd & 4th Thursdays 3:30-5 pm MSAC Community Room
Scrabble & Mah Jongg.....	Fridays 1:00-3:30 pm MSAC Art Room
Italian Group.....	Returning for Fall 2023!

***\$5-10 suggested donation for drop-in groups. Check out the new donation box in the lobby!
Your donations help ensure we can keep our space beautiful and enduring for these groups.***

*Contact Joan Barrett for more information about Tuesday Walks: barrettsvt@gmail.com.

Editor's Note: Where are the Community Events?

Due to feedback from our newsletter readership and because we aim for our newsletter to be focused on the Senior Activity Center, we have decided to move most of the Community Events we publish for each month from the newsletter to our online channels. You can see all community events on the MSAC community corner and calendar through our website: <https://www.montpelier-vt.org/1397/Community-Corner>, as well as on our socials and e-newsletter. We will continue to feature some key community events on our News & Events page, but the Community Connection page will feature stories from our community and/or special announcements from the City of Montpelier or MSAC.

Do you have feedback about this new change? Email Matt at mwilson@montpelier-vt.org. We strive to make our newsletter the best reading experience for our members, and we'll always adapt to your desires.

Community Connection

Three New Support Groups with Mosaic

Have you or someone close to you been impacted by sexual assault, incest, harassment, coercion, discrimination, or other forms of sexual harm at any time in the recent or distant past? Learn about self-care and resources. Connect with others who understand. Three new groups for adults of all ages are forming in the Barre-Montpelier area this summer and fall for (1) women, female-identifying and non-binary people; (2) survivors of military sexual trauma; and (3) adults of all identities. Inquire to Janna at Mosaic (see below) for more information and to register!



Individual Therapy Openings for People Impacted by Sexual Harm

A trained social worker provides time, space, and support. You are invited to start or continue a collaborative path of reflection, learning, self-care, and healing. A validating, encouraging, and trauma-informed approach is used. Limited spots, flexible scheduling. No cost and privacy assured. Free and confidential. Inquiries for individual appointments and the support groups to Janna Clar, MSW Intern at Mosaic Vermont: janna@mosaic-vt.org, [802-476-1388](tel:802-476-1388) ext.1003. Mosaic Vermont is Washington County's local sexual violence prevention and response organization. Advocates and other resources are also available!

>> www.mosaic-vt.org.

Did you know?

With the City of Montpelier's recent website update, you can now translate our webpages into 40+ languages using our Google Translate widget found in the bottom right corner of your browser's window. There you can select your language, and it will automatically change the text on the webpage to whatever language you choose. Note that this only affects **that** webpage and not the rest of your browser.

Try it out today!



Bulletin Board

PAID ADVERTISEMENT:

Friend or foe? Keep your money safe.

Senior citizens are prime targets for fraud, online and in person. If someone you know may be falling for a scam or being exploited by someone they know, contact Vermont's Adult Protective Services or your local police department. Here are just a few red flags:

1. A debit card or checkbook is missing, and then may suddenly be "found" by someone close to the person.
2. Unexplained withdrawals are made from the person's account.
3. Money or valuable items are missing.
4. An account number, password, or credit card number is requested.
5. Abrupt changes are made to a will or other financial documents.

Let's work together to prevent, recognize, record, and report financial crimes. Our employees are trained to spot the warning signs. If you think you or someone you know has become targeted for fraud, call us toll-free at [1-800-660-3258](tel:1-800-660-3258).



Would you like to become a newsletter contributor or content volunteer?

Are you a writer or poet? Do you want to interview someone? We could use your fresh perspectives for our monthly newsletter, and we want to hear from you!

Also, do you live in a surrounding town from Montpelier and want to volunteer for our expanding Front Porch Forum group to get the word out about MSAC events? Become one of our content mavens and help us spread the word about everything at MSAC!

Interested in either proposition?

Email: mwilson@montpelier-vt.org

FEATURING: Nepalese artist Geeta Thapa's dot mandala paintings, inspired by Buddhist and Hindu symbolism and draws from her cultural heritage. Follow her work, Maya Mandala Designs, on Instagram: [@mayamandalal1](https://www.instagram.com/mayamandalal1).

About Geeta: Geeta is from Nepal and was raised in Hong Kong. Trained as a medical doctor in Nepal, she has been living in the US for the last 16 years and teaches Health Sciences courses as an Assistant Professor at the Eastern Connecticut State University.

PAID ADVERTISEMENT:



Ellie Tobin Stubbs, AWMA, BFA
Financial Advisor

802.622.8060

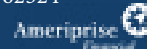
14 N. Main Street, Suite 2001

Barre, VT 05641

ellie.stubbs@ampf.com

ameripriseadvisors.com/ellie.stubbs

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Would you like to place an ad or sponsored article in the MSAC Newsletter?

The MSAC newsletter reaches over 1,500 residents in Central Vermont through our paper and digital copies. If you are interested in placing an ad with us, contact Communications & Development Coordinator Matt: mwilson@montpelier-vt.org | 802-262-6284

Small Home Repairs with Jerry Farland

Need a volunteer for small home repairs? One of our generous community members, Jerry Farland, is offering his services. Jerry is a retired carpenter, so if you have something broken, he can help! Just supply your own materials. Donations to MSAC Special Projects helps others in need of materials.

Email him at:

gerfarland@hotmail.com

**Art Walk
At MSAC!
Friday, June 2nd
4-6 PM**

Montpelier Senior Activity Center
58 Barre Street
Montpelier, VT 05602

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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:

- **Montpelier Alive Art Walk:** June 2nd
- **Search for Signs Performance:** June 3rd
- **North Branch Cascades Walk:** June 5th
- **LGBTQ Poetry Reading:** June 7th
- **Sen. Sanders AARP Town Hall:** June 9
- **Juneteenth:** June 19th
- **MSAC Annual Meeting:** June 20th
- **FEAST Farm Stand Opens:** June 21st
- **Eshqua Bog Trip:** June 23rd
- **Shelburne Museum Trip:** July 12th

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](tel:262-6283) or slipton@montpelier-vt.org

Montpelier Senior Activity Center

Office hours: Monday - Thursday, 8:30am - 3pm | Friday, Office Closed

[223-2518](tel:262-2518) (phone) • [262-6285](tel:262-6285) (fax) • montpelier-vt.org/msac (website) • msac@montpelier-vt.org (email)

FEAST Senior Meals Program Reservations • [262-6288](tel: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
- Tom Leahey, CS Administrative Assistant
- Poa Mutino, FEAST Program Manager
- Shalonda James: FEAST Kitchen Manager / Chef



Notice: MSAC WILL BE OPEN for regular services on Monday, June 19th for Juneteenth.

MSAC Advisory Council: Dianne Maccario (Chair), Suzi Swanson (Vice Chair), Kris Clark, Barbara Dall, Laura Morse, and Rick Winston