



Fall 2023 Class Descriptions

In-person, Online & Hybrid

Registration Forms & Instructor Bios can be found on our Classes webpage: <https://www.montpelier-vt.org/751/Classes>. The Registration Form has instructions for registration as well as Zoom training info. The order of classes below is the same as on the Registration Form. Membership information can be found at <https://www.montpelier-vt.org/364/Become-a-Member>. Email Norma if you have questions: nmaurice@montpelier-vt.org

Important Notes:

- **COVID guidance:** The City of Montpelier (of which MSAC is a division/facility) is following CDC guidance based on current county transmission rates. Guidance updates will be posted on the MSAC website and announced in the weekly e-letter. Currently, masking is strongly encouraged inside. Individual instructors will determine masking policies with participants. Call if you have questions.
- **Hybrid classes:** Some courses are being offered as a hybrid format with options to be in person or online. If you register for a hybrid class, please indicate if you are planning to attend in person or online, note that in person attendance is primarily intended for those who don't have access to technology devices or Zoom. We ask that members commit to doing the entire series in one format or another.
- **Use MyRide to Get to Classes (*For Montpelier Residents Only*):** If you haven't tried MyRide yet, then booking a ride to your class at MSAC is a great option! MyRide will pick you up where you are and take you where you want to go, when you want to get there! There are three ways to book your trip: 1) download the MyRide by GMT app from the Google Play or Apple Store, 2) on your computer or iPad go to <https://myridebygmt.app.ridewithvia.com/login> or 3) phone the GMT Call Center at 802-223-7287 ext. 2. Remember to schedule a return trip! Leave your car at home! Let us do the driving! It's free!

Fine Arts

Hand Building with Clay

with Janice Walrafen | at MSAC | 10 meetings on Mondays, (starts 10/2) (ends 12/4)
3:30-5:30pm | Open to public, ages 18+ | \$75 member / \$150 public

This is an introductory class in the art of hand building in clay. Whether making functional pottery or sculptural pieces, we will use basic techniques such as using coils, slabs, molds, and pinch-pot methods to create pieces in accordance with individual interest. Clay is a fun, flexible material to create just about anything you can imagine. Purchase of clay and firing is \$20 per ½ bag of clay and will be paid to the instructor on the first day of class. Janice has been working in clay her entire life. Her mother was a potter and Janice is a clay artist making tiles, sculptures, and vessels from slabs.

Drawing Basics

with Janice Walrafen | at MSAC | 10 meetings on Mondays, (starts 10/2) (ends 12/4)
1:00-3:00pm | Open to public, ages 18+ | \$75 member / \$150 public

Drawing Basics - Have you always wanted to draw, but not known where to begin? Do you love to draw, but need to set time aside to do it? This is a great beginner and refresher class. Most often working from life, each class introduces a different skill or lens to draw from, including contour, value, color, perspective, foreshortening, portraits, proportions, composition, and more. Great foundational skill building, and enjoyable time spent drawing. Please bring 9"x12" sketch pad, #2 HB pencils, eraser. Other supplies needed throughout class will be a ruler, Prismacolor white pencil and Oil Pastels.

Drawing Nature

with Janice Walrafen | at MSAC and outside weather permitting

10 meetings on Thursdays (starts 10/2) (ends 12/7) | 1:00-3:00pm **Skip 11/23**

Open to public, ages 18+ \$75 member / \$150 public

In this class we will look closely at nature's shapes and forms and step back to see the field of patterns, light and shadow, and the Spring emergence of nature. Using charcoal and pencils, we will draw outside as much as weather permits. Otherwise, we will meet at MSAC.

Painting at All Levels

with Linda Hogan | at MSAC | 10 meetings on Tuesdays (starts 10/3) (ends 12/3)

10:00am-12:00pm | Open to public, ages 18+ | \$50 member / \$95 public

Enjoy *and* explore the wonderful world of painting in acrylics, watercolors, oils, pastels, your choice. Bring your own ideas. This class offers instruction on techniques and approaches through conversation and handouts to help you create your masterpiece. Whether you are a beginner and wanting to learn or have been painting for years in any of the painting media, this class will welcome you.

Rug Hooking

with Pam Finnigan | at MSAC | 10 meetings on Wednesdays, (starts 10/4) (ends 12/6)
9:30 am-11:30 am | Open to public | Ages 50+ | \$50 member / \$95 public
Pam is a certified rug hooking instructor who teaches both traditional and non-traditional techniques. Participants will need a rug hooking frame or 12 to 14-inch quilter's hoop, foundation cloth, rug hook, small pair of sharp scissors, a permanent marker and wool cloth or wool strips. A machine to cut wool is available for students to use during class. Supplies will need to be purchased by the student. Beginner and seasoned rug hookers are welcome. New students will be called by the teacher prior to the start of class.

Needle Felting

with Gail Carrigan | at MSAC | 5 meetings on Tuesdays, (starts 11/7) (ends 12/5)
3pm – 5pm | Open to public | Ages 50+ | \$67 member / \$112 public Course fee includes some supplies; see below for information on additional supplies

Felting is a process that causes fibers to interlock; unable to separate, they shrink, creating a compact object. This is done with special barbed needles and friction. It's a medium that is extremely tactile and can be meditative.

This class will focus on 3D needle felting, creating objects by building on layers of felted wool. The class will start with participants following the instructor, building simple shapes, such as mushrooms and simple owls. Class members can create their own projects in this 5-week class with assistance from the instructor.

This class will begin in early November, a great time to make holiday gifts and ornaments.

The course fee includes wool and some supplies (hooks, keyrings, beads, eyes, etc.). Students can provide their own basic kit (needles and felting pad) or have the instructor purchase it for \$18.

Humanities

Reeling ' & Rockin'

With John Harrison | at MSAC | 10 Tuesdays (starts 10/3) (ends 12/5)
1:30 – 2:30 pm | Open to the public | 50+ | \$50 MSAC Members / \$75 Public
A chorus for rockers of all ages who want to sing the great songs of the fifties and sixties. Instructor John Harrison, director of the Rock City chorus in Barre and former Director of the Montpelier Community Gospel Choir, is a composer, choral director, singer, and saxophonist who has been performing professionally since he was a lad. He performs and teaches in a variety of styles that reflect his eclectic background in music. In this class, you'll have a great time learning to sing classic rock songs.

Creative Writing

- with Maggie Thompson | MSAC Activity Room | 10 **Mondays** (starts 10/2) (ends 12/4)
10:00am-12:00pm | Only for MSAC members | Ages 50+ | \$50 MSAC Members Only
OR:
- with Maggie Thompson | Zoom | 10 **Wednesdays** (starts 10/4) (ends 12/6)
1:00-3:00pm | Only for MSAC members | Ages 50+ | \$50 MSAC Members Only

We all have stories. Whether we journal, write letters, memoir, fiction, creative nonfiction or poetry, writing illuminates the lives we have lived. In addition, writing with others at MSAC is fun, infused with insights and spice! Using writing prompts in class and optional homework, we will find "side door" ways to enter life experiences. Introduction of craft elements such as character development, setting, plot, imagery, and dialogue will help shape our stories and grow our skills as writers. Sessions include sharing our work aloud (optional), providing thoughtful listening and feedback to others, and engaging in lively discussion about the craft of writing. Classes are tailored to the aspiration of the participants. Support and encouragement are abundant! New participants are always welcome.

Creating & Remaking Poems

with Samn Stockwell | at MSAC | 10 Wednesdays (starts 10/4) (ends 12/6)
3pm-5pm | Members Only | 50+ | \$50 MSAC Members Only

This workshop will offer participants an opportunity to create and share poems with a supportive group. The workshop will use writing prompts for the creation of new poems and include discussions of how the poems work. We will talk about how to communicate the unique textures of our lives in our poems. Discussions of individual poems will begin with the positive and include practical suggestions for building a better poem.

Films by Billy Wilder

with Rick Winston | Savoy Theatre | 8 meetings on Mondays (starts 10/2) (ends 11/20)
10:00am-12:30pm | MSAC Members Only | \$60 MSAC Members Only

The Berlin-born Wilder did not know English on arriving in Hollywood in the 1930s, but soon became one of the most in-demand screenwriters and then one of the great directors. We'll look at some of his classic films like "The Lost Weekend" (1945), "Sunset Boulevard" (1950) and "The Apartment" (1960), as well as some lesser-known titles.

Estate Planning

with Claudia Pringles | at MSAC | 4 Tuesdays (starts 10/3) (ends 10/24)
6pm-7:30pm | Open to the Public | \$25 MSAC Members / \$40 Public

Montpelier Attorney Claudia I. Pringles will address some of the key questions and concerns seniors need to keep in mind as they plan for their own futures and for their transfer of responsibility to their loved ones. Among the areas on which Attorney Pringles will focus are the importance of matching skills and temperament to task when choosing who will play key roles involved in Estate Planning, such as Executor, Trustee, Power of Attorney Agent, Advance Directive Agent, and Guardian; how transparency in your Estate Planning process can help keep peace in your family; safeguarding the assets of family members who have difficulty managing such on their own; protecting oneself and one's loved ones in the event of disability or incapacitation; and making sure that your wishes are carried out in such a way that what you

want to happen actually *will* happen, and happen with the least amount of distress to your loved ones. This class will be presented in readily understandable, conversational English - not in legal jargonese. Each session will include opportunities for Q&A. *Attorney Claudia I. Pringles was awarded the Juris Doctor by the University of Wisconsin Law School*

Active Living & Wellness

Bone Builders/Arthritis Foundation (AFEP) (class meets twice weekly)

Section A: with Laura Morse | Zoom | 12 wks, Mondays & Fridays, starts 10/2 | 3:15-4:30 pm | Open to the public | Ages 18+ | \$50 member / \$100 public

This combination class incorporates exercises from Bone Builders and the Arthritis Foundation Exercise Program. The class will help reduce fatigue, pain, and stiffness long associated with aging and arthritis by doing simple exercises which are designed to improve muscle strength, coordination, flexibility, and balance. The weight bearing exercises done in this class are crucial to preserving bone density. The instructor will lead class members through a series of warm-ups; leg, arm/hand, and core exercises; gentle stretches; movements to enhance balance and flexibility; followed by a cool down. We use hand and ankle weights which begin at one pound and increase incrementally according to student readiness. The entire class is done seated or standing with no floor work; each student works at the level that's appropriate for them. Anyone with or without arthritis or osteoporosis/osteopenia will benefit from this class.

Bone Builders (Each class meets twice weekly)

As we age, we all gradually lose muscle mass, bone density, flexibility, strength, and balance. The focus of Bone Builders is to diminish or avoid these negative consequences of aging. Instructors lead students through a series of warm-ups; leg, core and arm exercises; gentle stretches; movements to enhance balance; and a series of cool downs. We use hand and ankle weights which begin at one pound and increase incrementally according to student readiness. The entire class is done seated or standing; each student works at the level that's appropriate for them. Weights are provided to those who don't have their own. Choose a class that suits your schedule and find out why the Bone Builders program is so popular at MSAC!

Section C: with Tina Muncy | Zoom | 12 wks, Tuesdays & Fridays, starts 10/3

5:00-6:00 pm | Only for MSAC members and city employees | Ages 50+

\$50 member / \$100 public | Class size is limited

Must have prior experience of a Bone Builders Class with Tina or one of the other MSAC instructors.

Section D & H: with Nancy Schulz | Hybrid: Options to register for **in-person** at MSAC

OR Zoom | 11 wks, Tuesdays & Fridays, starts 10/10 | 10:15am-11:30am | Open to public |

Ages 50+ | \$50 member / \$100 public

Section E : with Joan Barrett | Zoom 11 wks, Tuesdays & Thursdays, starts 10/10 8:30-9:30am | Only for MSAC members and city employees | Ages 50+ | \$50 member

Open to the Public – New Students on Zoom will need an in-person instruction for the first time

Next Level Beginners Pilates

with Shannon Hepburn | Zoom | 12 Mondays (starts 10/2) (ends 12/18)

10:30-11:30am | Open to public | Ages 15+ | \$50 member / \$95 public

This class is for people who have previously taken a Beginner Pilates class and would like to repeat the class working at a gentle pace with reminders of the Basic Principles. Not limited to previous students of Shannon.

Pilates Express

with Shannon Hepburn | Zoom | 12 Wednesdays (starts 10/4) (ends 12/20)

10:15-11:00am | Open to public | Ages 15+ | \$50 member / \$95 public

This class is for people who have completed the Pilates for Beginners class at MSAC (or individuals who have prior experience with Pilates). Start your day with a 45-minute flowing mat class that focuses on core engagement, strength, and stability. All exercises may be modified to suit individual needs. Participants should be able to move comfortably from a standing position to the floor.

Introduction to Tai Chi

with Ellie Hayes | TBA | 10 Wednesdays (starts 10/4) (ends 12/13)

10:30am-11:30am | Open to public | Ages 12+ | \$50 member / \$75 public **Skip 11/22**

The most fundamental principles of Tai Chi are also a perfect recipe for those seeking an improved sense of balance, calm awareness and a wellspring of energy that is both rooted and free flowing. Using a simple sequence of movements derived from Sun Style Tai Chi, we will explore these underlying principles together.

Longevity Tree Qi Gong

with Ellie Hayes | TBA | 10 meetings on Wednesdays (starts 10/4) (ends 12/13)

12:00-1:00pm | Open to public | Ages 12+ | \$50 member / \$75 public **Skip 11/22**

Longevity Tree Qigong comes to us from the Nam Hoa Temple Tradition of southern China. This form includes an Energy Workout - simple Qigong movements practiced with repetition - as well as a sequence of movements looking very much like Tai Chi - flowing from one to the other, stepping, turning, etc. The form has 36 named movements (some of which are repetitions), ranging from simple to complex; a few of them may pose challenges to balance, strength, and flexibility, although these can be modified. As the movements are learned, we can deepen our experience of their energetic qualities and spiritual intent. As time allows, we will also revisit the Nam Hoa Temple White Tiger Qigong form.

Somatic Movement: Your Breathing Body

with Amy Lepage | Zoom | 4 Fridays – (starts 10/6) (ends 10/27) | 12:00-1:00pm | Open to public | Ages 18+ | \$30 member / \$45 public

Perhaps you notice something about your breath that you want to change. Maybe you've never really thought about your breathing before. Simply just curious to learn more about it? Come explore in this somatic, body-based, and educational approach to building awareness, understanding mechanics and appreciating everything that impacts what it's like to breathe in your unique body

Somatic Movement: Your Sensory Superpowers

with Amy Lepage | Zoom | 4 Fridays – (starts 11/3) (ends 11/24) | 12:00-1:00pm | Open to public | Ages 18+ | \$30 member / \$45 public

Get curious and get ready to have some fun. We'll explore so much more than the five senses most folks think of. Learn how slowing down, tuning in and building awareness can positively impact how you feel, move, think and respond to life, every single day. We'll explore interception, proprioception, neuroception & exteroception. Don't worry if you don't know what those are. We'll explore them all in an accessible, fun way with movement, breath, and some food too!

Resistance-Band Strength & Stretch

with Becky Roy-Widschwenter | 10 Thursdays (starts 10/5) (ends 12/14) | 11am-11:45am

Open to public | Ages 18+ | \$60 members / \$120 public

skip 11/23

This class focuses on gently strengthening postural muscles for improved walking, and daily activities. You'll use the band for stretching hard to access areas, which will improve joint range-of-motion, and energy flow. A wonderful practice for gardeners, artists, and hobbyists. Participants will need a long resistance band.

Line Dancing (Beginner Friendly)

with Sid McLam | at MSAC | 10 meetings on Wednesdays (starts 10/4) (ends 12/13)

5-6:30 pm | Open to the public | Ages 18+ | \$50 member / \$80 public **Skip date 11/22**

Line dancing originated from European Folk dances and gained some momentum in the 1960s and 1970s, especially after the creation of the Tush Push and Electric Slide line dances. In the 1980s, dozens of line dances were choreographed for specific songs and line dancing became very popular during the 1990s and continues to be in many parts of the world. Line dancing is a great form of exercise for both the mind and body and a ton of fun! No partner is needed. Learn basic line dancing steps including grapevine, shuffles, coaster step, lock step, kick-ball change, pivot turns, etc. Learn beginner-level line dances with as few as 16 steps to as many as 32 steps. The music used is a mix that includes country, pop, rock, Latin, Irish, Top 40.

Yoga

Chair Yoga

with Becky Roy-Widschwenter | MSAC | 10 meetings on Thursdays (starts 10/5) (ends 12/7)
1:00pm-1:45pm | Open to public | 18+ | \$60 members / \$120 public **skip 11/23**

This class focuses on core strengthening, balance-practice, mindful breathing, and movements that support healthy posture. You'll leave class feeling taller, relaxed, and energized. Participants will need a yoga mat. MSAC has yoga mats available.

Gentle Yoga

with Patty Crawford | Zoom | 12 meetings on Tuesdays (starts 10/3) (ends 12/19)
10:00-11:15am | Open to public | Ages 50+ | \$60 member / \$120 public

This class focuses on the tradition of Vin yoga, linking breath and movement in gentle sequences that are adaptive for everyone. This class is not about fitting the body into a perfect posture. It's about making the posture work for your body so that you can develop physical and emotional well-being. Students in this class should be able to move from the floor to standing with minimal difficulty.

Moderate Yoga for Balance

with Patty Crawford | Zoom | 12 meetings on Thursdays (starts 10/5) (ends 12/28)

SKIP Date 11/23 | 10:00-11:15am | Open to public | Ages 50+ | \$60 member / \$120 public

Yoga for Balance develops a focused and stable mind and strengthens the legs, feet, and core body. Using a combination of breath and balancing postures, flexibility and awareness are developed. Training the mind to focus and integrating the breath in repeated movement builds the strength required to stay in balanced postures for an extended period. Good balance and focused attention increase our ability to prevent serious injury.

Yoga for Osteoporosis & Osteopenia

with Ragan Sheridan | Zoom | 12 meetings on Fridays (starts 10/6) (ends 12/22)

4:00-5:00pm | Open to public Ages 18+ | \$60 member / \$120 public

This class will focus on awareness of correct body mechanics to reduce the risk of fractures as well as improving posture and balance, strengthening bones, and increasing flexibility. We will also incorporate tools for stress management and increased well-being. We will be standing on hands and knees and lying down. We will use the wall, chair, blankets, and modifications will be taught for individual needs. Please contact ragan.sheridan@gmail.com or 802-552-8995 for questions.

Moving Into Stillness: Yoga & Meditation

with Sarah Parker-Givens | Zoom | 12 meetings on Thursdays (starts 10/5) (ends 12/28)

2:00-3:15pm | Open to public | Ages 18+ | \$60 member / \$120 public **Skip 11/23**

Quiet the body and mind in this weekly yoga/meditation class. Each practice will begin with gentle movement and conscious breathing to prepare the body for meditation. Meditation techniques will vary and include chanting. Sarah specializes in breath-focused yoga for beginners and seniors. Visit www.heartcenteredyoga.weebly.com for more information about Sarah and her teaching.

Gentle Flow Yoga

with Sarah Parker-Givens | Zoom | 12 meetings on Wednesdays (starts 10/4) (ends 12/20)

9:00-10:00am|Open to public | Ages 18+ | \$60 member / \$120 public

Gentle Flow Yoga is the linking of breath with gentle movement, a moving meditation that helps connect us with the present moment. Conscious breathing has a profound effect on the nervous system and our emotions. Join us as we practice mindfulness and active relaxation. This class will include getting up and down from the floor.

Gentle/Moderate Yoga to Improve Balance

with Ragan Sheridan | Zoom | 12 meetings on Thursdays (starts 10/5) (ends 12/28)

3:00-4:15pm| Open to public | Ages 18+ | \$60 member / \$120 public **skip 11/23**

In this class we will strengthen and increase flexibility of our feet, ankles, hips, our core, and back muscles as well as our overall posture to improve our balance. We will cultivate body awareness along with focused attention through mindful movement and we will use the breath to help us stay present in the moment through physical as well as life transitions. We will also look at where there is imbalance in the rest of our being and work with various tools to support overall balance of our body, emotions, mind and spirit. This is a moderate class for those experienced with yoga and able to get up and down from the floor comfortably and stand for extended periods of time.

Gentle/Moderate Flow Yoga

with Sarah Parker-Givens | Zoom | 12 meetings on Wednesdays (starts 10/4) (ends 12/20)

5:00-6:15pm|Open to public | Ages 18+ | \$60 member / \$120 public

"Flow Yoga is the linking of breath with movement. In this gentle/moderate flow class, we will focus on movement and postures that increase strength, flexibility, and balance. Students must have prior yoga experience and be able to comfortably move from floor to standing. Sarah specializes in breath-focused yoga for beginners and seniors."

Moderate Yoga

with Ragan Sheridan | Zoom | 12 meetings on Fridays (starts 10/6) (ends 12/22)

11:45am-1pm| Open to public | Ages 18+ | \$60 member / \$120 public

In this class we will explore some traditional yoga postures while focusing on alignment, stability, as well as flexibility and balance. We will also work with the breath, cultivating presence and mindfulness to listen to our body's messages to prevent injury. This will be more challenging than a gentle class and not recommended for beginners.

Yoga for Focus and Fitness

with Monica DiGiovanni | Zoom | 12 meetings on Wednesdays (starts 10/4) (ends 12/20)

8:45-10:00am|Open to public | Ages 18+ | \$60 member / \$120 public

Do you enjoy physical activities such as running, cross-country skiing, dancing, biking, and hiking? This class is best for those with an active level of fitness. The use of props is strongly suggested to explore the edges of your practice safely and comfortably. Class begins and ends with meditation and floor postures to actively prepare mind and body for practice. Clear anatomical cueing mixed with poetry and themes for contemplation guide practitioners through isometric strengthening exercises interwoven with yoga postures of intermediate complexity. At the heart of it all is a practice of compassion and acceptance of one's individual experience. Athleticism and previous yoga experience are recommended. All ages welcome

Drop-In Groups

Drop-in Groups meet weekly, and people of all ages are welcome. Donations are requested to help us take care of the beautiful space we have to offer. We are grateful to all our drop-in group facilitators/leaders who volunteer their time! Do you have an idea for a new Drop-in group you'd like to facilitate/organize, or know someone who can? Contact us in the office.

Coffee & Conversation on Mondays

Mondays | 9am-10:30am | MSAC Community Room

An old idea in a new setting. Get together with old friends - make new friends – enjoy each other's company! Good conversation / Coffee provided / Bring a snack if you want. Call 802-223-2518 with questions.

Artists Group In-Person at MSAC

Mondays 10:00-12:00 | MSAC Art Room | Donations appreciated

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

Tuesday's Walks ON HOLD UNTIL 10/17/23

Tuesday | On-going | Meetup locations vary week to week
Please contact Joan Barrett by Sunday night at 223-1856 or email barrettsvt@gmail.com if you intend to come. Bring a mask and plan to practice appropriate distancing and follow safety precautions. Once you have attended, Joan will email you her meet-up locations in the future and let you know of changes/cancellations.

Games:

Scrabble:

Tuesdays, 1:00-3:00pm

Fridays 1:00-3:30pm

Mah-Jongg:

Fridays, 1:00-3:30pm

Bridge:

Thursdays, 12:30-3:30pm

Trash Tramps Outdoors

Tuesdays | 2:00 pm

meets at 1:50 pm at MSAC inside to collect your items

email Nancy Schulz at saddleshoes2@gmail.com to get on email list or email Anne Ferguson at storywalkvt@yahoo.com. The Trash Tramps welcome others to join in caring for our town by picking up litter for an hour every Tuesday. Bags, tongs, and reflective vests are provided. You'll find this work is rewarding and much appreciated by community members.

Crafters Group In-person at MSAC

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

Work in a cooperative, social group. Bring your own projects, knitting, sewing, needlework, and small arts and crafts, etc. Make things for yourself, for gifts, or for items we can sell at MSAC.

Get new ideas for things you might like to make. Stop in some Wednesday and check it out.

Contact Norma in the MSAC office with questions. nmaurice@montpelier-vt.org.

Community Jam with experienced musicians

the 1st Thursday of the Month | September – December | 6:15- 8:00pm

MSAC Community Room | Open to public | Age 14+ | Donations appreciated

The purpose of Community Jam is to get the players to have fun playing with other musicians, playing songs by ear, and learning the jam protocols associated with traditional and Celtic music. Jacob Stone, Greta Stone and Susan Reid are the musicians who are leading the group. We welcome experienced players to attend to help lead the group at times. These sessions will not include instrument instructions. This group is meant for players with familiarity with their instrument and is open to all age groups. This is a drop-in group; please feel free to come to any session. If you are interested, please send a note to Bob Barrett, 223-1856, barrettsvt@gmail.com to be added to the email list. **New:** *If you have a bluegrass, Old-Time or Celtic tune that you would like to play, please bring it to the meeting. We welcome your ideas and will do our best to add it to our playlist.*

Ukulele Players

Thursdays | 3:30pm-5pm | MSAC Community Room | Open to public | Age 14+

Donations appreciated

Please email Bob Barrett barrettsvt@gmail.com or Laura Morse lmorse@pshift.com to be on the notification list and learn more about what, where and when exactly they play, since there is occasional fluctuation.