

Montpelier Senior Activity Center

Short Description for Moretown Town Report, Winter 2017

Anyone 50 years of age or over is welcome to participate in programs, activities, meals and services that promote successful aging and lifelong learning. According to the National Council on Aging, older adults who participate in senior center programs can learn to manage and delay the onset of chronic disease and experience measurable improvements in their physical, social, spiritual, emotional, mental, and economic well-being. Additionally, compared with their peers, senior center participants have higher levels of health, social interaction, and life satisfaction. Over 85% of our members have reported on class evaluations that their participation makes them feel healthier than they were in the previous year!

Over 60 regular weekly classes include strength training, dance, yoga and tai chi; three different foreign languages, writing and poetry; film series, painting, rughooking, clay and other arts; digital photography and Google Services. Friends old and new gather for mah jhonnng, bridge, scrabble and cribbage. A six-station computer lab, wi-fi, printing, photocopying, and book and periodical donations library are free to members, along with an upright and electric piano. Coffee, tea and congregate meals (FEAST Together or To-Go, Tuesday and Friday) are available, and a new commercial kitchen has expanded nutritional options since 2013. Many activities are free. Other MSAC class fees are modest, and financial aid is available to all.

Off-site, members have greatly discounted access to technology classes at the middle school, swimming, tennis, and several gyms. Regular and diverse day trips are planned around New England with the aid of the Center's 12-passenger van, and this spring a dozen seniors will travel to China to see the sights and learn about Chinese medicine and senior life. The Center hosts health clinics, foot and massage clinics, and a variety of sessions with representatives from community partners such as Council on Aging, Home Health and Homeshare Now. A Resource Room provides a library of information about senior services and options. Montpelier Memory Café is an enjoyable and informative monthly gathering for people with dementia and their caregivers.

In the past year, more than 12 residents from Moretown participated regularly at MSAC, a 50% increase over the previous year, thus we are increasing our request by 50% and keeping the per person served amount at \$75. As a supporting town, Moretown members continue to enjoy reduced dues and are now able to register for classes along with Montpelier residents, and earlier than members from non-supporting towns. Additional uncounted residents from Moretown took advantage of the many MSAC and community events, meals and services that are free and open to the public at the Center.

We know there are other senior centers in Waitsfield and Waterbury that offer valuable and essential services and programming to your residents, and we are pleased to be able to provide more options and serve more seniors – the fastest growing demographic. We hope to work together more in the coming years to best meet the needs and interests of all, and we are also hoping to start adding offsite MSAC classes near Moretown in nearby Middlesex.

For more information, email msac@montpelier-vt.org, call 223-2518 or go to www.montpelier-vt.org/msac. Like MSAC on Facebook and/or join our e-list to stay tuned regularly! We hope to serve even more Moretown residents in the coming year and greatly appreciate your town's support!