



131 S. Main St., Barre, VT 05641 – 802.479.9512

*Barre Area Senior Center provides access to programs & resources
that help older adults live independently and remain active*

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NOVEMBER 2017

We are not just a Center...We are a Community!

We will close for Thanksgiving Day and at noon the day before

Dear BASC Community,

*So much to be thankful for--basics like a roof over our heads, three squares and a warm bed to sleep in--things we take for granted, but which become more precious when we see wildfires decimate the West and hurricanes rock Houston, Florida, Puerto Rico. Thanks to everyone who has helped to support Hope for Puerto Rico. The effort is ongoing: please bring your canned goods, toiletries and gently used clothing to BASC and join us for **dinner and dancing Friday, Nov. 3 beginning from 6-10 p.m.***

*The Barre Area Senior Center thanks Walmart for supporting our Annual Volunteer Recognition Luncheon with a donation of a turkey and sides. We are grateful for CVCOA friends, **Jeanne Kern**, Director of Community and Volunteer Services; **Sarah Semler** from the Senior Companions program; and **Michael Marchand** of the RSVP program as well as BASC intern **Robert Pierce** who helped serve and clean up.*

Thanks most of all to our wonderful volunteers--board members, program leaders, kitchen helpers, receptionists, choral director, garden tidiers and so much more. Like our membership, BASC volunteers are truly the heart of BASC and we are so grateful for your work and talent that keep our community humming along!

The luncheon was a wonderful opportunity to remember our shared volunteering history, embrace BASC's changes over the years, its continued growth, and note volunteerism's outward ripples into the larger community. Thank you all for your kindness and generosity.

Happy Thanksgiving! Gratefully yours, Mary Rose

PLEASE WELCOME OUR INTERN

Robert Pierce is currently a senior at Johnson State College majoring in business. He is scheduled to graduate with a bachelor's degree in business in December and looks forward to

attending the official graduation ceremony in June 2018. Robert previously worked for the Central Vermont Council on Aging as a Retired and Senior Volunteer Program (RSVP) coordinator and was responsible for recruiting volunteers for Senior Corps programs. Robert is also a retired Coast Guard Warrant Officer who served more than 24 years on numerous Coast Guard ships and stations. He is married to Deb and has two adult children and one grandchild. Robert enjoys camping, hiking, swimming and golf. Two of his aspirations are to learn how to play the piano and certify as an American Sign Language interpreter. Robert will be with us into mid-January.

DUES - We are updating our membership rolls; please let us know by **Nov. 15th** if you wish to continue. A nominal fee of \$25 membership entitles you to reduced rates for trips and free and low-cost programs. BASC partners with other community organizations where you also receive a discount when you are a BASC member, such as Jazzercise and the Rehab Gym in Barre, VT. Annual dues are renewed in July **Please see Sandy to renew your membership & to update your contact info. Many thanks!**



Music is a gift of God... We are so fortunate to have Christine Litchfield heading up the Young at Heart Singers. Stan Flink thought so too, and recently put his thoughts into this beautiful cross-stitch--*treasures, both!*

TRIP Travel to Boston's Wang Theater to see "Elf, The Musical," Sunday, Dec. 10 at 1 p.m.. Bus leaves from Exit 7 in Berlin at 7 a.m., arrives at Faneuil Hall at 10 a.m.; departs for theater at noon; leaves at 3:45 p.m. with a fast food stop on the way home for dinner. Payment due at reservation, \$81.

PROGRAM & VOLUNTEER NOTES

PILOT BUS PROGRAM Green Mountain Transit and BASC have teamed up to bring you a new pilot bus program on a limited basis, three days a week, Monday through Wednesday mornings. Join us for exercise or lunch. This program is available until Dec. 19th; please give it a try and let us know what you think. For more information and bus schedule, please call us at 479-9512

UPCOMING

- ❖ **A TASTE OF PUERTO RICO** In its ongoing work to support victims of Hurricane Maria, Hope for Puerto Rico will feature a dinner with Puerto Rican fare and live music **Friday, Nov. 3; dinner at 6:00 p.m., dancing from 7-10**. Join in the 50/50 raffle and silent auction, too. Tickets: \$20 a person or \$30 per couple. For information, call **Liz** at 461-5629.
- ❖ **ANNUAL MITTEN TREE** We will be accepting donations of hats, mittens, gloves, socks and scarves again this year! Donations can be made anytime up until the **15th of December**. Items will be donated to those in need in the Central Vermont community. *Knitters take note:* we have plenty of yarn available if you would like to knit or crochet for this special project. Please contact us.
- ❖ **SQUARE DANCING** Square Dancing with caller **Steve Desrosiers** returns to its old day and time, **Wednesdays at 2 p.m., beginning Nov. 1, providing we have a minimum of 16 participants. Must register;** by donation.
- ❖ **INTERMEDIATE TAI CHI** David Hartnett teaches intermediate Tai Chi **Thursdays at 2 p.m.** Begins **Nov. 2;** free.
- ❖ **SEATED/STANDING YOGA CLASS** This one-hour class begins **Monday, November 6th at 9:15 a.m.** and meets weekly. Led by Cathy Hartshorn, a certified Lakshmi Voelker instructor. Cathy has previously taught this class at BASC for a number of years and is excited to bring it to the Berlin Congregational Church! Seated/Standing Yoga will focus on breathing, stretching, and being in the moment. All movements will be either seated in a chair or standing with the chair available for support. Wear loose, comfortable clothing; no prior experience needed. The first class will be an introduction and there will be a brief questionnaire to fill out. By donation; if a small donation is beyond your reach, you are still very welcome. There are no expectations. Please register at 479-9512; questions? Call Cathy directly at 793-3441.
- ❖ **CVHHH FOOT CLINIC** **Monday, Nov. 13 at 8** and **Thursday, Nov. 16 at 9**. Bring a foot basin, clippers, soap, a towel and lotion. \$15; please register.
- ❖ **THANKSGIVING DINNER** *Save the date!* **Tuesday, Nov. 14** the Board of Directors will be cooking and serving up a Thanksgiving feast to all members! Do sign up early for this special occasion...always delicious and a good time for all. **Please RSVP by Thursday, Nov. 9;** \$10.

- ❖ **ART & CRAFTS** with **Sandi Kirkland Monday, Nov. 20 at 1 p.m.** Sandi will offer a unique take on vases with this month's project, cracked-glass-look vases; \$2 materials fee. Please register.
- ❖ **YOGA** This vinyasa (flow) style yoga class links the breath with various series of standing, seated, and reclined poses. Taught by **Katie Dreskin Boonshoft** (RYT-200), this class is appropriate for all levels, with modifications offered for beginner and advanced yogis. **Mondays at 12:15**, beginning **Monday, Dec. 4**. Mats provided, or you may bring your own. Six weeks, skipping Christmas Day. Please register; \$30.
- ❖ **AARP SMART DRIVER COURSE** Time to refresh your driving skills? In this class you will learn defensive driving techniques, proven safety strategies, new traffic laws and rules of the road. No tests to pass. **Thursday, Nov. 30 from 10 a.m. to 3 p.m.** Call Marie MacDougall at 802.461.4452 to register. Free and open to the public.
- ❖ **FRENCH CONVERSATION** **Ellen Sholk** returns with Le Cercle Français **Wednesday, Dec. 6 at 10 a.m.** Le Cercle Français is a fun hour of light conversation in the French language. We read short, interesting articles about culture, customs and current events in France, Quebec and the French-speaking world, then discuss them in French. All levels are welcome! Free.
- ❖ **A FASHION SHOW** is coming our way from Women and Children First. Please join us for lunch, Tuesday, Dec. 5th at noon when models take the fashion runway donning the latest threads. An opportunity to learn more about this community clothing store which offers quality clothing at an affordable price, right in downtown Barre.
- ❖ **SIGN LANGUAGE** **Karen Mueller-Harder** will facilitate a workshop on American Sign Language on **Monday, Nov. 13 at 1:00 p.m.**; an opportunity to learn more about sign language and deafness and the richness of Deaf culture. We hope to bring this as a class in January if there is interest. Please register; \$6.
- ❖ **GIFT WRAPPING BY DOROTHY** This holiday season why not let our Board President **Dorothy Neve** lend a hand with gift wrapping? Drop your gifts off at BASC with your name and phone numbers and have them returned magically decorated and all tied up in a bow! Paper and ribbon provided. **November 20th til December 18th**. By donation.

ONGOING

- ❖ **SENIORS IN MOTION** with **Jackie Isabelle**. Cardio and strength exercises; meets **Mondays and Wednesdays at 9:30**. \$30 for 10 sessions.
- ❖ **CHAIR YOGA WITH KATIE** Also **Mondays, at 11 a.m.** A gentle way to practice the benefits of yoga's strength and balance moves. By donation.
- ❖ **PITCH** - **Mondays at 1 p.m.**
- ❖ **BONE BUILDERS** with **Judy Prive Tuesdays and Thursdays at 8 a.m.** Designed to prevent and reverse osteoporosis, improve balance, and enhance energy and well-being. Proper exercise stresses bones and stimulated by this positive stress, bone density increases--that's a healthy win! Free.
- ❖ **SPANISH** Hola! Hablas Espanol? Whether you do already, or want to brush up your skills, please join **John Murray Tuesdays at 10 a.m.** Free.

- ❖ **LUNCH WITH THE DIRECTOR** every third Tuesday. *We've been enjoying chatting with everyone at lunch and hope you will stop in on Nov. 21st for conversation and a hot meal! \$6.*
- ❖ **YOUNG AT HEART SINGERS**, under the direction of **Christine Litchfield**, meet **Tuesdays at 1 p.m.**
- ❖ **TAI CHI CLASSES** with **Diane DesBois** are **Tuesdays at 2:15 p.m.**; this is a Beginners Falls Prevention Class. Diane earned the Tai Chi Vermont Instructor Certification and is a member of BASC and RSVP. Intermediate Falls Prevention Tai Chi with **Diane** is **Saturday at 10 a.m.** Please register; free.
- ❖ **MAH JONGG** Players meet **Wednesdays at 10 a.m.**
- ❖ **QI GONG** **Wednesdays at 11 a.m.** Please join **PaMela Brady** to learn more about this ancient Chinese practice. Please register; by donation.
- ❖ **LINE DANCING Line Dance with Cheryl**, **Wednesdays at 3:30** is on leave this month as Cheryl continues to heal; she hopes to be back in December--stay tuned! By donation.
- ❖ **JAZZERCISE** Looking for a more upbeat exercise program? Consider this energetic approach...**Thursdays at 9:20.**
- ❖ **BOOK DISCUSSION** with **John Poeton** continues on the second **Thursdays at 1 p.m.** Join for some interesting and pertinent literature-focused conversation. Free!
- ❖ **GAME DAY** is **Thursdays at 1 p.m.** Stop in for an afternoon of fun and--games!
- ❖ **QUIET REFLECTION** A time to slow down and find peace and quiet in the busyness of our daily lives. Please join **Cathy Hartshorn** in this quiet space; you will find a reading on your chair as you enter. After we share the solitude together, you are invited to share your thoughts on the reading. **Thursdays at 3 p.m.** Please register. Free..

VOLUNTEER NOTES

- ❖ **WE ARE LOOKING FOR** a few good tax guide volunteers! Maybe you qualify, or you know someone who fits the bill. Please contact us to learn more about training to be an **AARP Tax Guide Volunteer**. Classes are underway now for the upcoming 2018 tax season.

BASC TUESDAY LUNCHESES – (prepared by City Hotel Café \$6; \$5 goes to Meals on Wheels)

Nov. 7 - Mac and cheese and green beans

Nov. 14 - THANKSGIVING DINNER BY BASC BOARD OF DIRECTORS

Nov. 21 - Chicken and mostaccioli, carrots and garlic bread

Nov. 28 - Meatloaf, mashed potato and salad

RENT BASC for your event or meeting: Large space, meeting rooms, and access to a large kitchen with very reasonable rates. Please call 479-9512 for details.

NEWSLETTERS: You may now find our newsletters at: Barre Area Senior Center * Barre Housing buildings * Wayside * Rehab Gym * Morgan's Store, Graniteville * Medicine Shoppe * Aldrich Library & E. Barre location * Quality Market * Lawson's Store * CVMC * Soup 'n Greens * Trow Hill Grocery * Williamstown Town Hall and Library

BARRE AREA RESOURCES FOR SENIORS

Adult Protective Services – Protects Vulnerable Adults – 871-3317

Alzheimer's Association - 24/7 Helpline – 800-272-3900

Capstone Community Action – Tax Prep, Fuel Assistance, Food Shelf – 479-1053

Central VT Council on Aging – Options for Seniors & Caregivers – 1-800-642-5119

Central VT Home Health & Hospice – 223-1878

COVE – Community of VT Elders – 229-4731 – www.vermontelders.org

The Galley – Nutritious Meals for Seniors – 479-9175

Project Independence – Adult Day Health Services – 476-363

SASH – Support & Services at Home – Hillary Cole, Tenant Services – 622-0530

GENERAL INFORMATION Board of Directors Meetings are held the second Thursday of each month at 10 a.m. All members are welcome and are *encouraged* to attend to ask questions, voice concerns, share ideas...or give compliments! We want to hear from you!

STAFF: Mary Rose Dougherty, Jackie Isabelle, Robert Pierce and Sandy Safford

DIRECTORS: Dorothy Neve, Stephen Finner, Bob Brault, Jo Perreault, Mary Gagne, John Poeton and Shirley Raboin.

NEWSLETTER PROOFREADERS: Virginia Barry, Jackie Isabelle and Barbara Menard.

NEWSLETTER GROUP: Virginia Barry, Sandra Fugere, Mary Gagne, and Shirley Raboin.

HOURS: MON-THUR 9-3 (*Other days & times for special events and classes*).

***If the Barre City schools are closed due to inclement weather, BASC is closed as well. If there is a delay in school openings, call BASC to check the status of our opening.**

CONTACT INFO:

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479-9512

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BASC website www.barreseniors.org

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SHOPPING ON AMAZON? You can help support BASC! When you log on to AmazonSmile (smile.amazon.com), you'll be prompted to select a charitable organization from a list of eligible organizations; select Barre Area Senior Center and when you shop, we will receive a donation. ...*And as always, thank you for supporting BASC!*