



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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DECEMBER 2017

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

We will close for Christmas Day and the following day

Dear BASC Community,

*The holiday season is filled with singing and it is no surprise that members have been singing the praises of our Volunteer Board for the delicious Thanksgiving Luncheon served recently to the membership--thank you to President **Dorothy Neve**, who headed up the event and arrived at 6 a.m. to put the birds in the oven and to Vice President **Steve Finner**, Treasurer **Bob Brault**, **John Poeton** and **Shirley Raboin**. Also, thanks go out to the **Wayside** and **Walmart** for donations and to **Delicate Decadence**, who provided pies at discount.*

*Speaking of good food, we will serve up two special meals in December--a **Holiday Potluck** on **Tuesday, Dec. 12th** and **Stone Soup** on **Thursday, Dec. 21st**; we invite you to join in! We offer **Gift Wrapping** to reduce holiday stress and feature the **Annual Mitten Tree** to remember others not so fortunate as ourselves. Other program offerings this month include **Whitman Sampler**, for the dabbling writer; **Vinyasa yoga with Katie**; **Le Cercle Francais with Ellen**; the return of **Line Dancing with Cheryl** and a **Fashion Show**.*

As we head into the winter holiday season, I am recalling with fondness a childhood trip to Chicago's Museum of Science and Industry to see the "Christmas around the World" exhibit. It was fun stepping outside of my own culture to see and learn about the season through the eyes of those in their home country. In my family of origin we had special traditions, too, and I created others when my son came along, like baking chocolate bread on Christmas morning and leaving his boots out the night before to receive a gift from Saint Nicholas--a tradition I have continued with the children of friends, just to experience their special delight. However you celebrate the Winter Holiday, we hope you do so with good food and loved ones around you and a remembrance of the richness of the world's many people and cultures and the wisdom of elders reaching down to youth, brought together in this one village called Earth.

Happy Holidays, Mary Rose

PROGRAM & VOLUNTEER NOTES

- ❖ **GIFT WRAPPING BY DOROTHY** Looking for ways to de-stress during the holiday season? Drop your gifts off at BASC with your name and phone number let Board President **Dorothy Neve** lend a hand with gift wrapping. They will be returned magically decorated and all tied up in a bow, with no fuss. Paper and ribbon provided. **Through December 18th.** By donation.
- ❖ **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 **14th of December.** Items will be donated to those in need in the Central Vermont community.
- ❖ **INTERMEDIATE TAI CHI** David Hartnett teaches intermediate Tai Chi **Thursdays at 2 p.m.;** free to members.
- ❖ **WHITMAN SAMPLER** Explore your writing self and dabble in the expressive arts through this class with David Harnett on **Friday, December 1 & 8 at 10 a.m.** Bring a page of your writing (poetry or prose) and a favorite photograph of a relative or place. We will share writing and positive critiques. For week two, participants will choose between two prompts and bring their rough draft to class to share. Please register, free to members.
- ❖ **ARTS & CRAFTS** is on leave in December. **Sandi Kirkland** wishes all a happy holiday season!
- ❖ **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 for members.
- ❖ **A FASHION SHOW** Please join us for lunch, **Tuesday, Dec. 5th at noon** when models take the fashion runway donning the latest threads from Women and Children First. Learn about this community clothing store which offers quality clothing at an affordable price, right in downtown Barre!
- ❖ **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. 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 to members.
- ❖ **HOLIDAY POTLUCK** On Tuesday, Dec. 12th at noon we'll celebrate the holidays with our Annual Holiday Potluck and Yankee Swap. If you choose, bring a wrapped gift--something that may have been gifted to you and you no longer have use for or wish to pass on to someone who may enjoy it! Please, no expense needed for this fun activity! Please RSVP so we know how many will join us. Hope to see you there!
- ❖ **STONE SOUP LUNCH** Perhaps you remember the folk story of travelers who skillfully persuaded villagers to help create a delicious and bountiful soup, beginning with only a pot of water and a stone? We'll attempt something of the sort on **Thursday, Dec. 21** when we invite you to bring in a favorite vegetable or other soup item to add to our fill

out our hearty turkey meat and broth-based soup. Served with a roll, good nutrition and lots of good company. RSVP and drop off your special ingredient by **Monday, Dec. 18**. A donation of \$3-5 is suggested, but not required.

- ❖ **AMERICAN RED CROSS BLOOD DRIVE** will be here **Friday, Dec. 29** from **10 to 3**. Please consider the importance of supporting this vital community health organization. To register, call 1 (800) RED CROSS.
- ❖ **SENIORS IN MOTION** with **Jackie Isabelle**. Cardio and strength exercises; meets **Mondays and Wednesdays at 9:30**. \$30 for 10 sessions for members. Now on **Fridays**, too, with **Evalyn Daley**, same time and price!
- ❖ **LUNCH WITH THE DIRECTOR** every **third Tuesday**. Join us for conversation and a hot meal; Mary Rose will join in too. We hope to see you **Dec 19th** \$6, please RSVP by the Monday before.
- ❖ **LINE DANCING** Line Dancing with **Cheryl**, returns **Wednesdays at 3:30** on **Dec. 6**. Only \$5 per class. Let the dancer in you out! No experience needed....*tons of fun and great exercise*. Open to the public 50 and over.

REPAIR CAFE COMING TO BARRE

Do you tinker? Do you have a repair skill? Do you want to help others in your community? If you answered yes, then Central Vermont Solid Waste Management District (CVSWMD) is looking for you. In collaboration with the Onion River Exchange (ORE), CVSWMD is hosting Vermont's first-ever community Repair Café at The Universalist Church, 19 Church St. on **Saturday, January 20--time to be decided--stay tuned!**

Repair Cafés are free community meeting places all about repairing things together. At a Repair Café you'll find tools and materials for repairs on clothes, furniture, electrical appliances, bicycles and toys. Visitors bring broken items to be repaired by "fixperts" with repair skills in all kinds of fields.

CVSWMD is seeking to have a diverse group of fixperts to share knowledge and offer a variety of services to Repair Café participants. Examples of fixpert skills include (but are definitely not limited to) seamstresses; cobblers; carpenters; welders; and electronics, clock, watch, bicycle, and small appliance repair technicians.

The amount of raw materials needed to make new products is reduced if we fix something instead of purchasing more new things. You'll get an opportunity to show off your unique skill and help inspire people in the process. Above all, participating at a Repair Café is fun and helps bring members of the community together! And, as an added bonus, if you are member of the Onion River Exchange timebank you can receive community time credits for the hours that you spend as a fixer at the Repair Café.

If you'd like to share your skill go to cvswmd.org/volunteer-sign-up or email caras@cvswmd.org or repaircafevt@gmail.com or call Cara at 229-9383 ex.113.

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

Dec. 5 - Spaghetti and meatballs, garlic bread
Dec. 19 - Roast pork, mashed potatoes 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, 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!*