



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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JANUARY 2018

BASC will be closed on New Year's Day...enjoy the holiday safely!

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

Dear BASC Community,

*In with the new and out with the old-- 'tis the season for renewal...as we bid good-bye to 2017 and welcome 2018, BASC has a new initiative we are very excited about bringing to you, our members. Beginning in February, we will be inviting you to potlucks out in the broader community as a way to connect in different settings other than activities at BASC, in some cases, in our homes. Hosts for these events will be board member **John Poeton**, **BASC intern Robert Pierce**, member **Diane DesBois** and myself. We will begin promoting these potlucks--whether dinners, late afternoon gatherings or teas, or breakfast in the coming weeks and invite you to sign up 10 at a time. Part of the anticipated fun of these gatherings will be all of us sharing a role in bringing the meal together.*

*In addition to creating and holding space for getting to know one another better in an unstructured setting, we will be coming to you for community building. We want your answers to an important question that is on our minds as BASC heads into its 50th year--yes--the Barre Area Senior Center was first formed in 1968!--**what programs and activities can we offer to attract the 50-65 year olds in our community?** Will we expand our hours daily and on evenings to be available to working older adults, some of who are caregiving to parents, children and/or spouses? Will we offer intergenerational programming? What are the possibilities sparking your imagination to bring younger older adults to our special community? It's a burning question and a very important one to address as we look to making BASC strong, vibrant and sustainable into the next 50 years! Thank you in advance for your continued support of BASC--we look forward to hearing the diverse ideas you bring forward.*

Happy New Year!, Mary Rose

BOARD MEETINGS AND PROCEDURES

The BASC board meets every second Thursday at 10 a.m. and welcomes your participation and attendance. Board President Dorothy Neve asks that you arrive *promptly at 10*. Guests will be welcomed and may state their concerns at the beginning of the meeting and these will be taken under consideration. Guests will address the board only when invited by the board to do so.

MEMBERSHIP HAS ITS PRIVILEGES

We love it when you become a BASC member (for a minimal fee of \$25 a year)--and you will love special discounts that come with your membership--free and low-cost programs and trips here at BASC are included in your package. Also with your BASC membership, you are entitled to savings as a member at Jazzercise, right down the hall from us. And, The Rehab Gym offers BASC members a Friends and Neighbors discount, too--comes with use of gym and monthly meetings with your trainer and health coach and access to classes. Or, expand your membership to the gym with pool for a senior discount. For more information give us a call at 479-9512.

RAFFLE * RAFFLE * RAFFLE

We are excited to share that **People's United Bank** has very generously donated *two Norwich University Hockey tickets* to BASC for raffle! Game day is **Friday, Jan. 19th** at **7 p.m.** at Krietzberg Arena when NU meets up with Skidmore. Don't delay--one winner and one winner only will walk away with these two tickets on **Wednesday, Jan. 17th** at **noon**--and *it could be you!* Raffle tickets are \$2 each or three for \$5. Many thanks to People's United!

PROGRAM & VOLUNTEER NOTES

TAX ASSISTANCE We are happy to be able to offer again free federal and Vermont income tax return preparation service here at BASC, brought to you by AARP Foundation Tax-Aide Program volunteers and funded with support from the IRS. This is the nation's largest volunteer-run free tax return preparation service and assisted over 1.5 million clients last year.

As in past years, volunteers will meet with clients by appointment only on **Mondays and Wednesdays from 9 to 3, from early February through mid-April**. We will begin booking appointments starting the first week in January. Most of us receive our tax information by the end of January; if you have forms you expect to come later, call early to book your appointment later in the month to avoid coming back a second time.

Information you should plan to bring with you includes government photo identification cards for both spouses and social security cards for the entire family. These are required security measures as identity theft is an increasing problem. Non-citizens must provide proof of legal residence.

When you make your appointment you will be asked to complete a required intake and interview form listing all your types of income and potential deductions, which will be used along with your tax documents to prepare your return, using secure computers and software provided by the

IRS. A printed copy will be reviewed with you by one of the volunteers, to be certain that it is “true, accurate and complete to the best of your knowledge and belief.” Tax returns are generally filed electronically or can be given to you on paper if you prefer to mail them yourself. If you’re due a refund and bring a blank or cancelled check, it can be directly deposited; if you owe money, you’ll receive vouchers to accompany your payments. If you have questions, please call the center at 479-9512 and we’ll refer you to a volunteer. We are so pleased to be able to offer this important service again! Donations accepted, but not required for this service.

- ❖ **COFFE CAFÉ** With host Nancy Wolfe begins on **Tuesday, Jan. 2 at 11 a.m.**. Get to know other members, find new friends and chat about what’s on your mind. Coffee, a light snack--and espresso available.
- ❖ **SASH** Live life on the healthy side in the new year...learn how you can get *free access* to an RN for a blood pressure clinic and other education health workshops? SASH--Support and Services at Home is expanding its program to the broader community and would like you to consider enrolling! **David Hartnett**, SASH coordinator will be on hand **Tuesday, Jan. 2** from **1-3 p.m.** to enroll new members in this healthy living program. Please register. Want to know more? Call David at 622-0531. Free!
- ❖ **SING-ALONG WITH PAULA GILLS** We hope you will join us **Tuesday, Jan. 9th at 12:20 p.m.** for a very special sing-along with Paula Gills of Northfield when she covers songs such as "Country Roads," "Red River Valley" and "This Little Light of Mine." If you haven’t had the chance to meet this accomplished singer and songwriter, you are in for a treat! A Central Vermont treasure, Paula has worn many hats over the years, including long-time director of Norwich U’s Academic Achievement Center, classical music radio host, lead singer in a rock band and opener for many, many NU athletic events, singing the “Star Spangled Banner.” Come on in from the cold and warm up to Paula's musical talents! Free!
- ❖ **T’AI CHI** Beginning in January, we will have four T’ai Chi offerings. **Diane DesBois** will offer **Introduction to Sun-Style T’ai Chi** on **Wednesdays at 10:45 a.m.** beginning on **Jan. 31st** and will continue her **Falls Prevention T’ai Chi Tuesdays at 2:15 p.m.**, beginning **Jan. 9th**. **Diane** also offers **Sun-Style T’ai Chi** for continuing students on **Saturdays at 10**, beginning on **Jan. 6th**. **David Hartnett** teaches **Intermediate T’ai Chi Thursdays at 2 p.m.** beginning **Jan. 11**. Please register; free to members; \$3 each session for nonmembers.
- ❖ **WRITING SAMPLER** Explore your writing self and dabble in the expressive arts through this class with **David Harnett** on **Fridays at 10 a.m.**, beginning **Jan. 19th**. Bring a page of your writing (poetry or prose) and a favorite photograph of a relative or place. We will share writing and positive feedback. For week two, participants will choose between two prompts and bring their rough draft to class to share. Please register; \$18 for members; \$36 for nonmembers--for six weeks.
- ❖ **LINE DANCING** **Line Dancing with Cheryl** returns **Wednesdays at 3:30** on **Jan. 10th**. 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.
- ❖ **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 **January 16**; \$6 (\$5 to Meals on Wheels), please RSVP by the Monday before.

- ❖ **ARTS & CRAFTS** **Sandi Kirkland** returns with a sparkle and a glow and a special project on gemstones. Join her **Monday, Jan. 22 at 1 p.m.**; materials fee, only \$2.
- ❖ **PREVENT DIABETES** Learn how to reduce your your risk of serious health problems and prevent diabetes; there's a lot you can do! If you are experiencing overweight, high blood pressure, abnormal cholesterol and don't seem to get enough exercise this workshop can get you on the right path. Taught by our own **Diane DesBois**; begins **Wednesday, Jan 31st at noon**. Register at BASC or by calling Lisa at 225-5680; free.
- ❖ **SCRAP WEAVING** Start collecting your rags and cloth scraps for a special art class with our Line Dancing instructor **Cheryl Cloutier**, who is an Art Teacher in her day job. Begins **Tuesday, Feb. 6th at 3:30**. Please register; \$30 for members; \$36 for nonmembers.
- ❖ **SENIORS IN MOTION** Cardio and strength exercises; meets **Mondays and Wednesdays at 9:30** with **Jackie Isabelle** and **Fridays with Evalyn Dailey** Only \$30 for 10 sessions for members; nonmembers \$6 a session.
- ❖ **YOGA** Small time adjustments for our two yoga classes when they resume on **Jan. 8th**. Chair Yoga will meet **Mondays at 10:45 a.m.** and Vinyasa or Standing Yoga begins promptly at **Noon**. Taught by **Katie Dreskin Boonshoft (RYT-200)**, with gentle guidance and modifications offered for beginner and advanced yogis.
- ❖ **YOUNG AT HEART SINGERS** **Christine Litchfield** and our very talented chorus will be on leave for a very well-deserved rest during January. We look forward to having them return after the groundhog sees his shadow--or not--on **Tuesday, Feb. 6th**.
- ❖ **BOOK DISCUSSION** On leave until April; meets the second Thursday of the month. Please join **John Poeton** in the spring when he will take your imagination to new place with lots of new book titles to explore! Free and open to the public 50 and over.

VOLUNTEERS

- ❖ Many thanks to our December volunteers: **Judy Prive, Ellen Sholk, John Murray, Lucy Ryan, Evalyn Dailey, Aline LaPerle, Barbara Menard, Maureen Hadley, Anita Ellero, David Hartnett, Diane DesBois** and **Jackie Isabelle**. A special shout out to **Evalyn** and **Aline** who pitched in with nary an ask when our scheduled volunteer was snowbound *and* to **Sandi Kirkland** for putting up not one, but two Christmas trees and adding a special sparkle throughout BASC with decorations.

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

- Jan. 2 - Roast pork, mashed potatoes, gravy and salad
- Jan. 9 - Mac and cheese, green beans and coleslaw
- Jan. 16 - Chicken and mostaccioli, salad and garlic bread
- Jan. 23 - Meatloaf, mashed potato and carrots
- Jan. 30 - Spaghetti and meatballs, salad and garlic bread

THIS SPACE FOR RENT Have an event coming up? BASC has ample space 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

131 So. Main St. #4, Barre, 05641

479-9512

Mary Rose Dougherty director@barreseniors.org

Robert Pierce intern@barreseniors.org

BASC website www.barreseniors.org

FOLLOW US ON FACEBOOK: www.facebook.com/barreseniors

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!*