



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

FEBRUARY 2018

BASC will be closed Monday, Feb. 19th for President's Day

Dear BASC Community,

We have a number of dates for you to keep in mind...as we have mentioned previously in these pages, we are reaching out to members and inviting them to several potlucks in February. We will break bread together and consider the question of how to attract new, younger members. Our theme for this project is "50-50-50": we are focusing on celebrating our 50th year and bringing in 50 new members who are 50 years old, the eligible age to join BASC!

*Save the date! **BASC is turning 50**--so when did we actually begin this journey? Our archives show that we formed on **Wednesday, April 10th, 1968**. On this day, you may have been humming along to "Honey" by Bobby Goldsboro, "Lady Madonna" by The Beatles, or "The Dock of the Bay" by Otis Redding. At the 40th Academy Awards, Rod Steiger and Katharine Hepburn took top honors in "Heat of the Night." Also on this day, the U.S. performed a nuclear test at Nevada Test Site, the New Zealand inter-island ferry TEV Wahine shipwrecked outside Wellington Harbour, and President Mobutu released captured mercenaries in the Congo. Six days earlier, amid Civil Rights struggles, Martin Luther King, Jr. had been assassinated in Memphis, Tenn. These are the interesting times from which BASC was born--do you remember where you were in April 1968?!*

*Also, please save the date when we pull out all the stops for our **50th Gala Celebration on Saturday, May 19 at 6:30 p.m.**, with a wine-and-cheese social beforehand. More details will be forthcoming as we shape up and roll out this important event!*

Best, Mary Rose

RAFFLE REDUX

The winner of the *two* Norwich University Hockey tickets Friday, Jan. 19th was **John Poeton**. John and his wife **Janet** had a wonderful evening out and enjoyed seeing Norwich beat Skidmore 4-2 at Krietzberg Arena, where he said, remarkably, no fights broke out on the ice. Thanks again to **People's United Bank** for their generous donation for this raffle!

PROGRAM & VOLUNTEER NOTES

- ❖ **AARP TAX ASSISTANCE** Tax guide volunteers and BASC members **Bob Murphy and Raya McCuen**, along with AARP Site Coordinator **Brenda Vovakes**, will meet with clients by appointment only on **Mondays and Wednesdays from 9 to 3, from early February through mid-April**. Plan to bring 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 please pick up the required intake-and-interview form listing all income and potential deductions; this will be used along with your tax documents to prepare your return, using secure computers and software provided by the IRS. Tax returns can be filed electronically; if you prefer to mail them yourself, a paper copy will be provided. 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.*
- ❖ **T'AI CHI** Adding to other classes that began in January, a fourth T'ai Chi offering, **Introduction to Sun-Style T'ai Chi**, begins with **Diane DesBois** on **Wednesdays at 10:45 a.m.** beginning on **Jan. 31st**. *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 **Feb. 2**. 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.*
- ❖ **YOGA WITH KATIE** Katie Dreskin Boonshoft will begin a new six-weeks Standing or Vinyasa Yoga series on **Monday, Feb. 5 at noon**. *Please register; \$30 for members and \$36 for nonmembers.*
- ❖ **CHAIR YOGA** with Katie RYT-200) continues **Mondays at 10:45 a.m.** Taught with gentle guidance and modifications offered for beginner and advanced yogis. *By donation.*
- ❖ **RAG 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.*

- ❖ **YOUNG AT HEART SINGERS Christine Litchfield** and our very talented chorus return on **Tuesday, Feb. 6th**. *Welcome back!*
- ❖ **CANCER SUPPORT GROUP** Beginning **Wednesday, Feb. 14th at 11:30 a.m.**, BASC member Jeannie Bone will lead a Cancer Support Group. This group is for anyone who is newly diagnosed or currently undergoing treatment for cancer. Join Jeannie to share in conversation of support and experiences related to the illness and learn about avenues available to you for coping and healing. *Free.*
- ❖ **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 **February 20th**; *please RSVP.*
- ❖ **ARTS & CRAFTS Sandi Kirkland** offers a special history project to mark BASC's 50th anniversary--you'll work on a photo display to hang at Gallery at BASC, our art gallery, and scrapbooking. Sandi has enlisted some support for the project and is looking for four or more additional people to bring this project to full realization. Join her **Monday, Feb. 26 at 1 p.m.** *Please register; free.*
- ❖ **PAULA GILLS, 'THAT FOLK SINGER,'** returns **Thursday, March 1, at 2 p.m.** with a sing-along featuring songs of spring. Those of you who were here for her first performance at lunch in January know what a special treat it was to have her here--we hope you will spread the word and join in for this very fun event! *Free!*
- ❖ **CHRONIC PAIN MANAGEMENT** A Healthier Living Workshop begins **Thursday, March 8 from 10-12:30**. Geared for anyone dealing with a long-lasting disease like arthritis, diabetes, cancer, obesity or heart disease. Sponsored by CVMC, Vermont Blueprint for Health and the Vermont Department of Health. *To learn more and to register for this free workshop at BASC please call Lisa at 225-5680.*
- ❖ **COFFEE CAFÉ** No matter how you like your cuppa, **Coffee Café** with host **Nancy Wolfe** is going strong **Tuesdays at 11 a.m.** Expand your friends' list, meet up with new and old pals, and chat about what's on your mind. Coffee and a light snack available. *Free.*
- ❖ **LINE DANCING Line Dancing with Cheryl** happens **Wednesdays at 3:30**. 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; only \$5 per class.*
- ❖ **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.*
- ❖ **BOOK DISCUSSION** Warmer breezes and book chats return in April; meets the second Thursday of the month. Please join **John Poeton** for armchair travel for the imagination with lots of new book titles to explore! *Free and open to the public 50 and over.*

VOLUNTEERS NEWS

GOOD-BYE AND SEE YOU SOON! Robert Pierce has completed his internship, wrapping up his requirements for his bachelor's degree, with his last day as BASC Intern on Jan. 22. Robert has promised all of us that he will continue to be a presence at BASC, and indeed, has signed up to help in the kitchen at Tuesday lunches, do administrative tasks as needed and will continue to serve on two committees. Thank you again, Robert, for your service.

BREAD VOLUNTEER One of the hats Robert wore was Bread Pickup Volunteer, so in his absence, we are looking for someone to fill this role. The job is simple--show up a few minutes before 9 a.m. Tuesday at the Freihofer's Bakery Outlet, collect the donation, sign out and deliver the bread to BASC. *If you are interested, please see Mary Rose.*

WELCOME JEANNIE BONE! We are looking forward to getting to know our new Administrative Volunteer, **Jeannie Bone**. Jeannie is a member from Barre Town and says, "I am 56 years old and have lived in Barre 11 years now and still not used to Vermont winters! I am originally from Hilton Head Island, South Carolina. A true Southerner! I have owned several different businesses over the years, but am a graphic designer and printer by trade. I am happily married for 17 years and a proud U.S. Navy mom of a daughter, Janessa, who is a sailor. I also have two four-legged babies, a Basset and a Labrador which keep me on my toes. I am looking forward to meeting everyone and becoming involved in day-to-day activities at BASC.

Please reach either Robert or Jeannie for BASC volunteer-related business at volunteer@barreseniors.org

VOLUNTEER CHALLENGE Are you a BASC Volunteer? We appreciate the work you do! Remember how special it felt to be asked? We have a challenge for you this month--*ask someone to volunteer*. Let's see how many new volunteers we can bring in this month!

BASC TUESDAY LUNCHES – (prepared by City Hotel Café \$6; \$5 goes to Meals on Wheels)
Please let us know if you will join us 24 hours beforehand, taking note of holiday closings on some Mondays. We look forward to seeing you.

Feb. 6 - Chicken pot pie, broccoli
Feb. 13 - Roast pork, mashed potatoes, gravy and salad
Feb. 20 - Mac and cheese and green beans
Feb. 27 - Chicken, mostaccioli, carrots, and garlic bread

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

BOARD MEETINGS AND PROCEDURES Board of Directors Meetings are held the second Thursday of each month at 10 a.m. 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. All members are welcome and are encouraged to attend to ask questions, voice concerns, share ideas...or give compliments! However, guests will address the board only when invited by the board to do so.

MEMBERSHIP HAS ITS PRIVILEGES The more the merrier...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.

STAFF Mary Rose Dougherty, Jackie Isabelle, 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

Mary Rose Dougherty director@barreseniors.org

Jeannie Bone and Robert Pierce volunteer@barreseniors.org

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!*