

The Charlotte Senior Center

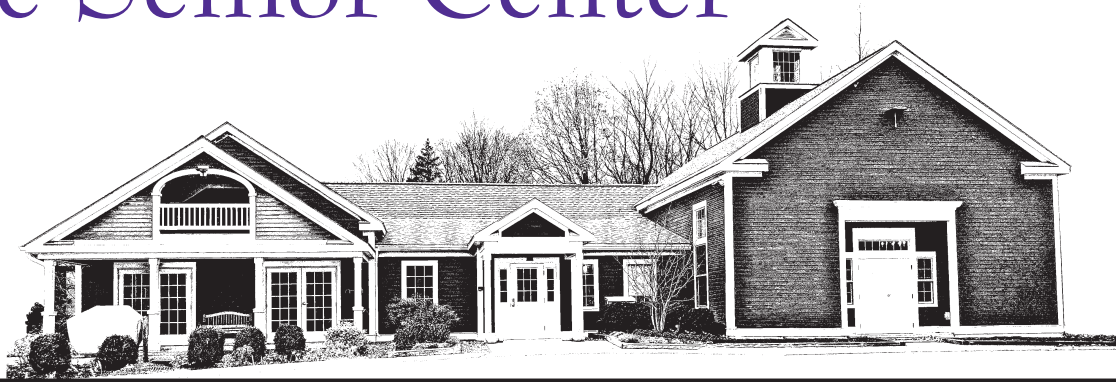
Winter Schedule 2021-22 (December, January, February)

212 Ferry Road, P.O. Box 207, Charlotte, VT 05445

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(802) 425-6345 • CharlotteSeniorCenterVT.org



Seniors (age 50 and up) will have first preference in sign-ups. • Courses and events are open to non-seniors if space is available.

We welcome residents from other communities.

Senior Center Hours: Monday through Friday, 9 a.m. to 4 p.m.

• ARTS •

WINTER FEATURED ARTISTS

December & January: Kim Senior, plein air landscapes.

February & March: Susan Larkin and Barbara Greene, paintings interpreting the Vermont landscape. See calendars for more detail.

WATERCOLOR in WINTER with Lynn Cummings

Tuesday mornings, 9:00 to noon. Dates: 1/4, 1/11, 1/18, 1/25 (4 weeks).

Shimmery moonlight on snow, painting colorful whites, using watercolor mediums and more will be explored in this 4-week class. Supply list will be emailed to you upon confirmation of your registration. Questions? Contact Lynn.Cummings@uvm.edu. Fee: \$130. Please register and pay by Dec. 22 to hold your spot.

WATERCOLOR—EXPLORING the SEA with Lynn Cummings

Tuesday mornings, 9:00 to noon. Dates: 2/1, 2/8, 2/15 (3 weeks).

In this 3-session class we'll learn to paint exciting washes, with various sea creatures, sea shells and more! Supply list will be emailed to you upon confirmation of your registration. Questions? Contact Lynn.Cummings@uvm.edu. Fee: \$100. Please register and pay by Jan. 25 to hold your spot.

SHORT STORY SELECTIONS with Margaret Woodruff

Thursday afternoons, 1:00-2:00. Dates: 1/13, 1/20 & 1/27.

Join Library Director Margaret Woodruff for a 3-part discussion series, featuring short stories old and new. The reading list will include a variety of authors, and one story will be featured each session. Materials will be available prior to the first meeting. Co-sponsored by The Charlotte Library. Please register by 1/6 so reading lists can be shared. No fee.

PLAY READING with Sue Foley and Wally Gates

Thursdays, 2:00-4:30. Dates: 12/16 & 2/10.

This is table reading fun – with no stage fright to get in your way. Group meets monthly and is for people who enjoy reading plays aloud or listening to others perform. No experience is needed. Scripts are provided and parts assigned. Maximum 10. Registration required. Fee: \$5 suggested donation per reading.

OSCAR NOMINATION SCREENINGS with Sean Moran

Thursday, 2:00-4:00. Date: 1/13 & 1/27.

Sean Moran will screen a to-be-announced movie or documentary from the list of Academy Award nominations. There will be two additional screenings in March. Registration required. No fee.

EXPLORING COLOR with Jonathan Silverman

Wednesday, Feb. 2, 10:00-11:30 a.m.

This 1.5 hour visual art workshop will be an investigation of color. Simple prompts using mediums such as watercolor, pastels, colored markers, and pencils will replenish the artist within for those familiar or unfamiliar in



SENIOR CENTER MEALS

Monday Munch

Mondays from 11:30 a.m.-12:30 p.m. Local cooks vary menus that feature homemade soup (or chef's choice), salad, bread and special dessert.

Gents Breakfast

Meets 2nd Thursday each month, 7:00-9:00 a.m.

Please call to register by the Tuesday before the breakfast.

Suggested donation for meals: \$5.

NEW! FOR THE MONTH OF JANUARY

Open Café on Wednesday and Thursday mornings, 9:30-11:30.

Come in out of the cold, bring a friend, have some coffee or tea and a morning treat. It's a warm, sunny, friendly place to join your friends or meet new ones.

Beverages and treats provided by Friends of the Senior Center.

making art. Nature, music, and how various artists have used color will initiate our own discovery of color harmonies, juxtapositions, and movement. A supportive and joyful environment will emphasize process and surprises. Co-sponsored by the Charlotte Library. Registration required. Fee: \$5.

FIBER ARTS GROUP with Diane Burgess

Thursday mornings, 9:15-12:00. Ongoing.

This is a welcoming place to come and share your love of handwork. Bring your rug hooking, knitting, or other fiber project to work on together. No fee.

ARTS GROUP on FRIDAYS with Kay George

Friday mornings, 10:00-noon. Ongoing (no class 12/24 & 12/31).

You are invited to bring whatever you are working on and enjoy the ideas and encouragement that this friendly, relaxed group has to offer. No fee.

• POTPOURRI •

HOLIDAY CARAMEL CORN with Susan Hyde

Wednesday, Dec. 1, 1:30-3:00 p.m.

Looking for a special holiday treat? Join Susan Hyde to learn how to make delicious caramel corn. Registration required. Fee: \$5.

A VALENTINE'S TEA LUNCHEON and POETRY READING with Liz Fotouhi

Wednesday, Feb. 9, 11:30 a.m.-1:30 p.m.

"Where there is love, there is life."— Mahatma Gandhi. Please join us for a very special tea and luncheon celebrating the day of Love. Bring that special someone in your life who has captured your heart and treat them to an afternoon of tea, savories, sweets and, of course, the language of love, poetry. Bring a poem that you have written or one that someone else has penned to share. Registration required by 2/2. Maximum of 24. Suggested donation of \$5.

ITALIAN for TOTAL BEGINNERS with Nicole Librandi

Friday mornings, 10:00-11:00. Dates: 1/7-2/4 (5 weeks).

You've never studied Italian? Do you dream of traveling to Italy and ordering your morning cappuccino on the plaza? Feeling tongue-tied? Then this class is for you! Now is the time to begin your study of Italian—and have fun along the way! Please register by 12/31. Fee: \$40.

How to Register

You can register in person at the Center, by mail, or by phone, (802) 425-6345. Most courses will meet at the Center.

How to Pay

Payment and registration are separate processes; be sure to register as above. To pay, make your check out to Charlotte Senior Center (CSC), and be sure to write the full name of the course in the memo section of your check. You can drop your check off at the Center, or mail it to P.O. Box 207, Charlotte, VT 05445. If you wish to pay with cash, there will be an envelope at the desk for you to use.

If the fees are a hardship, please do not hesitate to contact the director about a scholarship.

Almost all Senior Center courses, events and talks are in person. We will post masking and vaccination requirements at the front door and on our website: CharlotteSeniorCenterVT.org. If you are in doubt, please call (802) 425-6345 before coming in.

> To register and pay for courses, please see the box above. <

CharlotteSeniorCenterVT.org

FRENCH FOR TRAVELERS with Alysse Anton
Friday afternoons, 1:00–2:00. Dates: 1/7–2/11 (6 weeks). Class via Zoom.
Learn to navigate the cities, order delicious food, and not feel lost (literally and in translation...) when you travel to Montréal, Québec City, or one of the 35 other lands where French is spoken. Fantastique! This interactive class will get you there, as Alysse leads you in engaging and focused activities all designed for practical communication with Francophones. This class is for you if you are a true French beginner or someone who wants to resume their studies of French after a long period. *Register by 12/29. Zoom instructions will be sent 2-3 days prior to class. Fee: \$60.*

BOOK DISCUSSION: Lovingkindness: The Revolutionary Art of Happiness with Katie Franko
Monday mornings, 10:30–noon. Dates: 1/10, 1/24, 2/7, 2/21.
We will be reading *Lovingkindness: The Revolutionary Art of Happiness* by Sharon Salzberg (with forward by Jon Kabat-Zinn). Learn how the Buddhist practice of loving kindness can help us discover the radiant, joyful heart within each of us. Join us to ponder and discuss our musings as we read through this unique book together. *Registration required by 1/3. No fee.*

IPHONE TIPS AND TRICKS with Susanna Kahn
Wednesday, Feb. 23, 11:00–12:00.
Bring your iPhone for some hands-on learning with Tech Librarian Susanna Kahn. Get tips on searching, organizing your apps, the share menu, helpful apps and more. There will be time for questions. Co-sponsored by The Charlotte Library. *Registration is required.*

DUPLICATE BRIDGE with Lane Morrison and Lorna Bates
Monday afternoons, 12:30–4:00. Ongoing.
A 15-minute, skill-building lesson begins the afternoon. We then draw names for partners, and friendly games ensue. Those unfamiliar with duplicate bridge are welcome to observe and join in when you feel ready to play. *No fee.*

FRENCH CONVERSATION GATHERING
Mondays, 1:00–2:00. Ongoing.
This friendly, self-directed French conversation group is for high-beginners to intermediate French speakers who can carry on everyday conversations. We hope that everyone will take the opportunity to speak, and, when useful, we will offer communication pointers. This gathering is not intended for beginning French speakers or advanced French speakers. *No fee.*

SHANGHAI MAHJONG with Jean-Carol Dunham, Nan Mason & Nancy Rosenthal
Tuesday afternoons, 12:45–3:45. Ongoing (except 12/21 & 12/28).
For those new to or experienced in the Shanghai style of mahjong, we welcome you to join this informal get-together. *No fee.*

GENTS BREAKFAST with Bob Chutter and Friends
Second Thursdays, 7:00–9:00 a.m. Dates: 12/9, 1/13, 2/10.
Once a month, the men gather for breakfast and conversation. All pitch in to prepare the meal, set tables, or clean up. We frequently have presentations on a variety of interesting topics. It's worth a visit! *Please register by the Tuesday before the breakfast. Suggested donation: \$5.*

> *To register and pay for courses, please see the box on Page 1. <*

• EXERCISE & HEALTH •

CHAIR YOGA with Tiny Sikkes
Monday mornings, 9:30–10:30. Ongoing.
Session I: 12/6–1/17 (7 weeks). Session II: 1/24–2/28 (6 weeks).
This class uses chairs for balance and for all seated postures, making yoga accessible to those who are challenged by balance, the ability to get on the floor, or any physical limitations. Receive the benefits of improved breath capacity, strength, and flexibility. *Registration required. Session I: \$70 & Session II: \$60; or \$10 per class.*

GENTLE YOGA with Heidi Kvasnak
Monday mornings, 11:00–12:00. Ongoing.
Session I: 12/6–1/17 (7 weeks). Session II: 1/24–2/28 (6 weeks).
A gentle yoga class that focuses on breath led movement, building bone strength, improving mobility, balance and flexibility. We will hold postures to build stamina and tone muscles as well as slow flowing yoga, somatic movement, and pranayama (breath work) to quiet the nervous system, build inner resilience, and a sense of deep abiding peace. Suggestions are given for adapting the practice and students are encouraged to do only what they know is best for their body. Please bring a blanket or pillow to sit on. Suitable for all levels. *Registration required. Session I: \$70 & Session II: \$60; or \$10 per class.*

PILATES PLUS+ with Phyllis Bartling
Tuesday mornings, 8:30–9:30. Ongoing.
Session I: 12/7–1/11 (6 weeks). Session II: 1/18–2/22 (6 weeks).
Pilates Plus+ takes it “up a notch” and is a bit more challenging, but still safe! We move at a faster pace and utilize weights and floor exercises. The goal of this class is to target the core muscle groups, improve and maintain balance, maintain strength and good posture. Please bring water. *Registration required. Session I & Session II: \$56 each; or \$8 per class.*

STRENGTH MAINTENANCE
Tuesday and Friday mornings, 11:00–12:00. Ongoing.
Join the group in exercises that help increase strength, muscle mass, and bone density using hand and ankle weights. Balance exercises enhance agility and decrease the likelihood of falls, while flexibility exercises increase joint mobility and reduce the risk of injury. *No fee.*

ESSENTRICS® on WEDNESDAYS with Sherry Senior
Wednesday mornings, 8:30–9:30. Ongoing.
Session I: 12/1–1/12 (7 weeks). Session II: 1/19–2/23 (6 weeks).
An Essentrics® session provides a full-body, weight-free workout with a dynamic combination of stretching and strengthening that works through all the joints and releases tight muscles. Promotes improvement in flexibility, mobility, and posture, as well as relief of pain. You’ll need a mat and some water. *Registration required. Session I: \$56; Session II: \$48; or \$8 per class.*

CHAIR YOGA with Tiny Sikkes
Wednesday mornings, 10:00–11:00. Ongoing.
Session I: 12/1–1/12 (7 weeks). Session II: 1/19–2/23 (6 weeks).
This class uses chairs for balance and for all seated postures, making yoga accessible to those who are challenged by balance, the ability to get on the floor, or any physical limitations. Receive the benefits of improved breath capacity, strength, and flexibility. *Registration required. Session I: \$70 & Session II: \$60; or \$10 per class.*

MINDFULNESS MEDITATION PRACTICE with Jill Abilock
Wednesday afternoons, 2:30–3:30. Ongoing on Zoom.
You can’t always change what you experience in life, but you can change how you experience it. Mindfulness Meditation provides tools that help change how you experience things, increasing fulfillment and happiness, and reducing stress. *Registration required. Zoom information provided upon registration. No fee.*

PILATES with Phyllis Bartling
Thursday mornings, 8:30–9:30. Ongoing.
Session I: 12/2–1/13 (7 weeks). Session II: 1/20–2/24 (6 weeks).
This Pilates class, for folks 55+, is designed to be challenging and safe. Pilates specifically targets the core muscle groups to improve balance, strength and posture. Includes upper-body strength work with hand weights; Pilates exercises are done on the floor on mats. Please bring water. *Registration required. Session I: \$56; Session II: \$48; or \$8 per class.*

T’AI CHI CH’UAN for BEGINNERS with John Creech
Thursday mornings, 10:30–11:30. Ongoing on Zoom.
Session I: 12/2–1/13 (7 weeks). Session II: 1/20–2/24 (6 weeks).
The flowing movements and postures will increase flexibility, improve balance, and strengthen core muscles. Cultivate a deeper sense of relaxation, gain an increased energy level, and experience a sense of confidence. *Registration required. Zoom information provided upon registration. Session I: \$56; Session II: \$48; or \$8 per class.*

T’AI CHI PRACTICE–ADVANCED with Katie Franko
Thursday mornings, 11:00–12:00. Ongoing.
T’ai Chi is an exercise program for mind/body training to help improve balance, flexibility, stability, and overall health. Practice for students familiar with the form. *No fee.*

MEDITATION with CHARLIE
Friday mornings, 7:30–8:30.
Session I: 12/3–1/14, no class 12/24 & 12/31 (5 weeks). Session II: 1/21–2/25, no class 2/11 (5 weeks).
Meditation reduces anxiety, stress, pain and depression and gives us a greater sense of peace and well-being. Join Charlie Nardozzi as he leads us in a simple, guided meditation; he will include a brief talk, easy-to-follow breathing techniques to quiet the body and mind and lead us in a seated meditation with eyes closed. He has been practicing and teaching meditation for over 30 years and has spent extensive time in India, studying with a meditation master. All are welcome, no experience necessary. *Registration required. Session I & II: \$50 each; or \$10 per class.*

ESSENTRICS® on FRIDAYS with Sherry Senior
Friday mornings, 9:30–10:30. Ongoing.
Session I: 12/3–1/14 (5 weeks). Session II: 1/21–2/25 (6 weeks).
An Essentrics® session provides a full-body, weight-free workout with a dynamic combination of stretching and strengthening that works through all the joints and releases tight muscles. Promotes improvement in flexibility, mobility, and posture, as well as relief of pain. You’ll need a mat and some water. *Registration required. Session I: \$40; Session II: \$48; or \$8 per class.*

BLOOD DRIVE with the American Red Cross
Thursday, 2:00–7:00. Dates: 12/9 & 2/3.
The Senior Center is always happy to host the American Red Cross blood drives. If you wish to donate blood, please visit RedCrossBlood.org, or call 1-800-RED-CROSS. Please note that Covid health protocols will be followed for the safety of those participating in this event.

• OUTDOORS •

SNOWSHOE EXPEDITIONS with Susan Hyde
Wednesday mornings. 10:30–12:30 Dates: 1/19, 2/2, 2/16.
Let’s snowshoe. Weather permitting, the outings will be approximately two hours with locations to be determined on trails around Charlotte and neighboring towns. Bring your own equipment, snacks and water. To indicate your interest, contact Susan directly at susanfosterhyde@gmail.com. *Registration required, no fee.*

• LECTURES on WEDNESDAYS •

Currently our Wednesday lectures are in person; audiences are limited to 35 people.
★ Registration not required. Free. ★

12/1: ANNUAL TREE DECORATING

Bring back the holiday spirit to the Great Room—join us in festooning the tree with our traditional decorations. Then learn how to make caramel corn, which makes a wonderful homemade gift for the holidays. *Registration required for caramel corn.*

12/8: WRAP UP A GOOD READ with Library Director Margaret Woodruff

Join us for a book show-and-tell session, just in time for the holidays. Staff from the Charlotte Library share their favorite selections for all ages. Books available to purchase at the Flying Pig Bookstore in Shelburne.

12/15: A SUBURB with a SOUL: LIFE and DEATH in an INTENTIONAL COMMUNITY with Ted Montgomery

Montgomery will trace the 50-year history of the creation of this unique neighborhood. Excerpts from his book of the same name will add humorous insights into the trials and tribulations of organizing a new community founded and inspired by the dreams of like-minded individuals (learn why our name, Ten Stones, came from Jimi Hendrix). *Ted Montgomery is an architect, artist and co-founder of Ten Stones, an intentional community on Greenbush Road in Charlotte.*

1/5: AFRICA’S TOWER OF BABEL with Lewis Mudge

The Central African Republic is a land of both micro rebellions over small fiefdoms and geo-political fights between Russia and the West. Where is this country, who lives there, what is going on there and why should we care? *Lewis Mudge is Central Africa Director for Human Rights Watch, focusing on Burundi, the Central African Republic, Cameroon, the Democratic Republic of Congo, and Rwanda.*

1/12: HOW GEOGRAPHY AFFECTS HISTORY with Brian Bock

Take a look at the history of the world through the lens of geography. How have the peaks and oceans driven various cultures and historical events? What can maps tell us about upcoming conflicts? Is geographical determinism relevant in the cyber age? Can we apply some of the concepts affecting world history to Vermont’s past and future? *Brian Bock, owner of a software development company, has an interest in maps and enjoys dabbling in big-picture, geopolitical concepts to see if they make sense in a planet connected by the internet.*

1/19: UNDERSTANDING CHRONIC PAIN with Justine Dee

More than 25 million Americans live with daily pain that impacts quality of life, ability to work, and ability to participate in usual daily activities. This session will discuss factors related to chronic pain development and persistence, as well as non-pharmacologic strategies to manage symptoms, reduce pain interference and improve function. *Justine Dee is an associate professor in the Doctor of Physical Therapy program at UVM and an orthopedic clinical specialist physical therapist.*

1/26: WHAT STYLE IS THAT OLD BUILDING? with Frances Foster

Join architectural historian Frances Foster for a presentation of Vermont’s most prevalent architectural styles of the 19th century. Learn about why Vermonters built quasi-Greek temples, why there is no such thing as “Victorian architecture” and other tidbits about our state’s built environment. Frances will show slides of buildings ranging from the Federal style through the late 1900s Colonial Revival. Lecture will take about 80 minutes. *Frances Foster is a graduate of the UVM program in Historic Preservation.*

2/2: ON BEING A VERMONTER with David Holmes

The multi-generation Holmes farm was located just south of the Holmes Covered Bridge in Charlotte and featured one of New England’s largest apple orchards and the breeding and racing of Morgan horses. The farm ended with foreclosure after 101 years of existence. The book is the only case study of a Vermont farm over this span of time and describes an important chapter of Vermont and Charlotte history. Building on this history, the author also reflects on what it means to be a Vermonter, then and now. *David Holmes will discuss his new book, On Being a Vermonter and the Rise and Fall of the Holmes Farm, 1822-1923, and include rare photographs from the early 1900s.*

2/16 THE SACRED HUNTER with Bradley Carleton

Bradley Carleton, the writer of the “Sacred Hunter” column in *The Charlotte News*, will explore the spiritual meaning of hunting. He will speak about the spiritual connection to animals he hunts and how he practices his love and connection to them. Join him for a discussion of how hunting, fishing and foraging can bring us a deeper understanding of our natural world. *Bradley Carleton is executive director of Sacred Hunter.org, a nonprofit that seeks to educate the public on the spiritual connection of man to nature.*

2/23: GARDENING for the BIRDS with Charlie Nardozzi

Many gardeners are rightfully concerned about the decline of our songbird populations. Although much of the problem stems from bigger issues—habitat loss, climate change and agricultural chemicals—home gardeners can help. Charlie will highlight ways to help migrating and overwintering birds by growing the right plants, properly feeding the birds, and providing water, shelter, nesting sites and habitat in our yards. *Charlie Nardozzi is a regional Emmy®-award-winning garden writer, speaker, radio, and TV personality who has worked for more than 30 years bringing expert gardening information to home gardeners.*



Winter Weather: The Center follows Champlain Valley School District closings. Check CVSDVT.org or local TV/radio stations. Closings also posted by 8 a.m. at CharlotteSeniorCenterVT.org. Check Center phone message and website for closings on school vacations.

December 2021						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
DECEMBER and JANUARY Art Shows: Kim Senior <i>Kim Senior, an accomplished painter with an extensive and varied body of work, lives and paints in northern Vermont and is a founding artist at Roadhouse Studios in Shelburne. (See more about Kim’s work in the January calendar.)</i>			1 • 8:30 Essentrics • 10:00 Chair Yoga ★ 1 pm Annual Tree Decorating ★ • 1:30 Caramel Corn • 2:30 Mindfulness Med.	2 • 8:30 Pilates • 9:15 Fiber Arts Group • 10:00 Memoir Writing • 10:30 T’ai Chi–Begin. • 11:00 T’ai Chi–Adv.	3 • 7:30 Meditation with Charlie • 9:30 Essentrics • 10:00 Arts Group • 11:00 Strength Maint.	4
5	6 • 9:30 Chair Yoga • 10:30 Book of Joy • 11:00 Gentle Yoga • 11:30 Monday Munch • 12:30 Bridge • 1:00 French Conv.	7 • 8:30 Pilates Plus • 11:00 Strength Maint. • 12:45 Mahjong	8 • 8:30 Essentrics • 10:00 Chair Yoga ★ 1 pm Wrap Up a Good Read ★ • 2:30 Mindfulness Med.	9 • 7:00 Gents Breakfast • 8:30 Pilates • 9:15 Fiber Arts Group • 10:00 Memoir Writing • 10:30 T’ai Chi–Begin. • 11:00 T’ai Chi–Adv. • 2:00 BLOOD DRIVE	10 • 7:30 Meditation with Charlie • 9:30 Essentrics • 10:00 Arts Group • 11:00 Strength Maint.	11
12	13 • 9:30 Chair Yoga • 11:00 Gentle Yoga • 11:30 Monday Munch • 12:30 Bridge • 1:00 French Conv.	14 • 8:30 Pilates Plus • 11:00 Strength Maint. • 12:45 Mahjong	15 • 8:30 Essentrics • 10:00 Chair Yoga ★ 1 pm A Suburb With a Soul ★ • 2:30 Mindfulness Med.	16 • 8:30 Pilates • 9:15 Fiber Arts Group • 10:00 Memoir Writing • 10:30 T’ai Chi–Begin. • 11:00 T’ai Chi–Adv. • 2:00 Play Reading	17 • 7:30 Meditation with Charlie • 9:30 Essentrics • 10:00 Arts Group • 11:00 Strength Maint.	18
19	20 • 9:30 Chair Yoga • 11:00 Gentle Yoga • 12:30 Bridge • 1:00 French Conv.	21 • 8:30 Pilates Plus • 11:00 Strength Maint.	22 • 8:30 Essentrics • 10:00 Chair Yoga • 2:30 Mindfulness Med.	23 • 8:30 Pilates • 9:15 Fiber Arts Group • 10:00 Memoir Writing • 10:30 T’ai Chi–Begin. • 11:00 T’ai Chi–Adv. CLOSED AT NOON	24 CLOSED FOR CHRISTMAS	25
26	27 • 9:30 Chair Yoga • 11:00 Gentle Yoga • 12:30 Bridge • 1:00 French Conv.	28 • 8:30 Pilates Plus • 11:00 Strength Maint.	29 • 8:30 Essentrics • 10:00 Chair Yoga • 2:30 Mindfulness Med.	30 • 8:30 Pilates • 9:15 Fiber Arts Group • 10:00 Memoir Writing • 10:30 T’ai Chi–Begin. • 11:00 T’ai Chi–Adv. CLOSED AT NOON	31 CLOSED FOR NEW YEARS	

January 2022						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>DECEMBER and JANUARY Art Shows: Kim Senior</i> <i>Kim Senior, an accomplished painter with an extensive and varied body of work, lives and paints in northern Vermont and is a founding artist at Roadhouse Studios in Shelburne.</i>						1 NEW YEARS
2	3 • 9:30 Chair Yoga • 11:00 Gentle Yoga • 11:30 Monday Munch • 12:30 Bridge • 1:00 French Conv.	4 • 8:30 Pilates Plus • 9:00 Watercolor • 11:00 Strength Maint. • 12:45 Mahjong	5 • 8:30 Essentrics • 9:30 Open Café • 10:00 Chair Yoga ★★ 1 pm <i>Africa's Tower of Babel</i> ★★ • 2:30 Mindfulness Med.	6 • 8:30 Pilates • 9:15 Fiber Arts Group • 9:30 Open Café • 10:00 Memoir Writing • 10:30 T'ai Chi–Begin. • 11:00 T'ai Chi–Adv.	7 • 7:30 Meditation with Charlie • 9:30 Essentrics • 10:00 Arts Group • 10:00 Italian for Begin. • 11:00 Strength Maint. • 1:00 French for Travelers	8
9	10 • 9:30 Chair Yoga • 10:30 Book Discussion • 11:00 Gentle Yoga • 11:30 Monday Munch • 12:30 Bridge • 1:00 French Conv.	11 • 8:30 Pilates Plus • 9:00 Watercolor • 11:00 Strength Maint. • 12:45 Mahjong	12 • 8:30 Essentrics • 9:30 Open Café • 10:00 Chair Yoga ★★ 1 pm <i>How Geography Affects History</i> ★★ • 2:30 Mindfulness Med.	13 • 7:00 Gents Brkfst • 8:30 Pilates • 9:15 Fiber Arts Group • 9:30 Open Café • 10:00 Memoir Writing • 10:30 T'ai Chi–Begin. • 11:00 T'ai Chi–Adv. • 1:00 Short Stories • 2:00 Oscar Screening	14 • 7:30 Meditation with Charlie • 9:30 Essentrics • 10:00 Arts Group • 10:00 Italian for Begin. • 11:00 Strength Maint. • 1:00 French for Travelers	15
16	17 • 9:30 Chair Yoga • 11:00 Gentle Yoga • 11:30 Monday Munch • 12:30 Bridge • 1:00 French Conv.	18 • 8:30 Pilates Plus • 9:00 Watercolor • 11:00 Strength Maint. • 12:45 Mahjong	19 • 8:30 Essentrics • 9:30 Open Café • 10:00 Chair Yoga • 10:30 Snowshoeing ★★ 1 pm <i>Chronic Pain</i> ★★ • 2:30 Mindfulness Med.	20 • 8:30 Pilates • 9:15 Fiber Arts • 9:30 Open Café • 10:00 Memoir Writing • 10:30 T'ai Chi–Begin. • 11:00 T'ai Chi–Adv. • 1:00 Short Stories	21 • 7:30 Meditation with Charlie • 9:30 Essentrics • 10:00 Arts Group • 10:00 Italian for Begin. • 11:00 Strength Maint. • 1:00 French for Travelers	22
23	24 • 9:30 Chair Yoga • 10:30 Book Discussion • 11:00 Gentle Yoga • 11:30 Monday Munch • 12:30 Bridge • 1:00 French Conv.	25 • 8:30 Pilates Plus • 9:00 Watercolor • 11:00 Strength Maint. • 12:45 Mahjong	26 • 8:30 Essentrics • 9:30 Open Café • 10:00 Chair Yoga ★★ 1 pm <i>What Style Is That Old Building</i> ★★ • 2:30 Mindfulness Med.	27 • 8:30 Pilates • 9:15 Fiber Arts • 9:30 Open Café • 10:00 Memoir Writing • 10:30 T'ai Chi–Begin. • 11:00 T'ai Chi–Adv. • 1:00 Short Stories • 2:00 Oscar Screening	28 • 7:30 Meditation with Charlie • 9:30 Essentrics • 10:00 Arts Group • 10:00 Italian for Begin. • 11:00 Strength Maint. • 1:00 French for Travelers	29
30	31 • 9:30 Chair Yoga • 11:00 Gentle Yoga • 11:30 Monday Munch • 12:30 Bridge • 1:00 French Conv.	<i>Kim Senior (continued)</i> <i>Kim has been focusing on plein air landscapes painted in oils, which she completes on site. The process of landscape painting is profoundly important to Kim, her personal response to beauty. To describe it, she quotes the Irish poet and philosopher John O'Donoghue: “Landscape recalls you into a mindful mode of stillness, solitude, and silence, where you can truly receive time.”</i>				

February 2022						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 • 8:30 Pilates Plus • 9:00 Watercolor • 11:00 Strength Maint. • 12:45 Mahjong	2 • 8:30 Essentrics • 10:00 Chair Yoga • 10:00 Exploring Color • 10:30 Snowshoeing ★★ 1 pm <i>On Being a Vermonter</i> ★★ • 2:30 Mindfulness Med.	3 • 8:30 Pilates • 9:15 Fiber Arts • 10:00 Memoir Writing • 10:30 T'ai Chi–Begin. • 11:00 T'ai Chi–Adv. • 2:00 BLOOD DRIVE	4 • 7:30 Meditation with Charlie • 9:30 Essentrics • 10:00 Arts Group • 10:00 Italian for Begin. • 11:00 Strength Maint. • 1:00 French for Travelers	5
6	7 • 9:30 Chair Yoga • 10:30 Book Discussion • 11:00 Gentle Yoga • 11:30 Monday Munch • 12:30 Bridge • 1:00 French Conv.	8 • 8:30 Pilates Plus • 9:00 Watercolor • 11:00 Strength Maint. • 12:45 Mahjong	9 • 8:30 Essentrics • 10:00 Chair Yoga • 11:30 Valentine's Tea Luncheon • 2:30 Mindfulness Med.	10 • 7:00 Gents Brkfst • 8:30 Pilates • 9:15 Fiber Arts Group • 10:00 Memoir Writing • 10:30 T'ai Chi–Begin. • 11:00 T'ai Chi–Adv. • 2:00 Play Reading	11 • 9:30 Essentrics • 10:00 Arts Group • 11:00 Strength Maint. • 1:00 French for Travelers	12
13	14 • 9:30 Chair Yoga • 11:00 Gentle Yoga • 11:30 Monday Munch • 12:30 Bridge • 1:00 French Conv.	15 • 8:30 Pilates Plus • 9:00 Watercolor • 11:00 Strength Maint. • 12:45 Mahjong	16 • 8:30 Essentrics • 10:00 Chair Yoga • 10:30 Snowshoeing ★★ 1 pm <i>The Sacred Hunter</i> ★★ • 2:30 Mindfulness Med.	17 • 8:30 Pilates • 9:15 Fiber Arts • 10:00 Memoir Writing • 10:30 T'ai Chi–Begin. • 11:00 T'ai Chi–Adv.	18 • 7:30 Meditation with Charlie • 9:30 Essentrics • 10:00 Arts Group • 11:00 Strength Maint.	19
20	21 • 9:30 Chair Yoga • 10:30 Book Discussion • 11:00 Gentle Yoga • 11:30 Monday Munch • 12:30 Bridge • 1:00 French Conv.	22 • 8:30 Pilates Plus • 11:00 Strength Maint. • 12:45 Mahjong	23 • 8:30 Essentrics • 10:00 Chair Yoga • 11:00 iPhone Tips ★★ 1 pm <i>Gardening for the Birds</i> ★★ • 2:30 Mindfulness Med.	24 • 8:30 Pilates • 9:15 Fiber Arts • 10:00 Memoir Writing • 10:30 T'ai Chi–Begin. • 11:00 T'ai Chi–Adv.	25 • 7:30 Meditation with Charlie • 9:30 Essentrics • 10:00 Arts Group • 11:00 Strength Maint.	26
27	28 • 9:30 Chair Yoga • 11:00 Gentle Yoga • 11:30 Monday Munch • 12:30 Bridge • 1:00 French Conv.	<i>FEBRUARY Art Show: Susan Larkin and Barbara Greene</i> <i>Long-time friends and painting partners, Susan Larkin's and Barbara Greene's paintings interpret the Vermont landscape. Through the years, their respective styles and approaches to their work have complemented each other. And though each artist's work reflects her own individual experiences — in similar and different ways — both artists' paintings express their responses to daily life in Vermont.</i>				

BEST TIMES TO VIEW ART SHOWS at the Senior Center
Tues., Wed, Thurs. (not 12/9 or 2/3) 2:30–4:00 & Fri. 12:30–4:00.
Call (802) 425-6345 to check for other times.