



Health & Wellness . . .



Seniors In Motion – Mondays, Wednesdays and Fridays at 9:30 with Evalyn Goodrich. Cardio and strength exercises; Only \$30 for 12 sessions for members; nonmembers, \$6 a session.

Bone Builders - Tuesdays and Thursdays at 8:30 a.m. with Ilene Elliott. This program from Tufts University focuses on prevention against bone deterioration and may help increase bone density and muscle strength; improve balance, flexibility and energy; and increase social connections and reduced isolation. Rise and shine and give your day a boost! Free.

Tai Chi for Fall Prevention – Long Form – Every Wednesday from 11-12 beginning Sept 5th -Nov 14 (Ten weeks)

If you enjoyed a Tai Chi class with Diane, you will certainly enjoy this new class! We will review movement 1-12, then use these movements to build a more extensive and expansive set of forms in the Sun Style Long Form. This will enhance our understanding of the energy within us and a deep wealth and wisdom of Tai Chi principles. Please register – free to members

Meditation Circle – With Sherry Rhynard. Every Monday starting September 17-Oct 15 from 3-4pm (Five Weeks)

Research has shown that the practice of meditation has many benefits for our health and well-being. Sherry will provide an understanding of meditation and why it is so effective. Every session will also allow time for Q & A. With a meditating history of over 35 years Sherry brings a wealth of knowledge and experience. Learn more about Sherry at sherryrhynard.com Members \$30/non-members \$36 for 5 week session – Please Register

Fall Prevention Tai Chi – Level 1–With Bernadette Rose & Marcia Drake every Thursday beginning September 6th 10-11am

This class focuses on developing balance and flexibility and avoiding debilitating falls. Well suited for seniors and those with physical limitations. Please register – Free for members/\$3.00 non-members

Fall Prevention Tai Chi – Level 1–EVENING CLASS–with Bernadette – Tuesday evenings beginning September 4th 5-6pm

This class is the same as the day class held on Thursdays except this is an evening class. This evening class allows more flexibility during your day to insure you are able to take advantage of this amazing class offered by Bernadette. Please register – Free for members/\$3.00 non-members

Yoga with Katie is Back!! - Every Monday beginning September 10th from 4-5pm – (six-week class)

This class is appropriate for all levels with modifications offered for beginner and advanced yogis, all under the direction of Katie's gentle guidance. Mats provided, or you may bring your own. Please register - \$30 members (\$5 per class) /\$36 for non-members – six-week session

Diabetes Prevention Program – every Wednesday beginning September 5th from 4:30-5:30pm-held at BASC

Participants meet once a week for the first 16 weeks, then meet every other week and then monthly for a total of 25 sessions over a year. This course offers education and support to help you adopt healthier eating and exercise habits that can lead to weight loss and reduce your risk of getting diabetes. Led by Diane DesBois in conjunction with CVMC Please register - Free

Tai Chi Fall Prevention–Levels 2 & 3 – with Diane DesBois – Tuesday's from 2:15-3:15 beginning Sept. 4th– Nov.13 – Ten weeks

This class resumes where it left off in the spring by reviewing movements 1-12. You will learn three new movements then combine them to complete a sun-style 21 movement sequence. We will also expand our understanding of the Yin and Yang, balance transfer, internal meditation strength and breathing techniques taking our Tai Chi experience to a new level of enjoyment Please register - Free

Tai Chi Studio - presented by David Hartnett – every Thursday beginning Sept, 6th from 2-3pm

Come join the Tai Chi Studio program! Tai Chi 1 for beginners and Tai Chi 2 for intermediate. Classes start with TC1 steps followed by TC2 for those needing reinforcement and instruction Please Register - Free

SASH – Blood Pressure Screening – Wednesday September 12th 11:00–12:00pm

Come in and get your blood pressure checked, have your blood pressure machine calibrated and pick up valuable info on how to keep your BP regular and maintain a healthy lifestyle! Please register - Free

Avada Hearing Check – Monday September 17th 11–12pm

Licensed Hearing Specialists from Avada Hearing Care Centers will hold a hearing screening that includes visual ear check, electronic tone check, and various hearing related exercises. Please register. Free

Instructors Please Note: Any changes in scheduling or class descriptions must be submitted no later than the 15th of each month in order to be published in the upcoming newsletter.



CRUISE BOSTON TO BERMUDA IN 2019!

April 19, 2019 to April 26

Join us on this exciting cruise on Norwegian Cruise Lines. 7 days in the fun & sun! Stop in and pick up an info packet and registration form. Many options available!



SIGN UP NOW!
MYSTERY TRIP
SEPTEMBER 26TH – 8:00 AM
\$99 PER PERSON

Let Your Talents Flow . . .



Young at Heart Singers – every Tuesday at 1:00pm beginning September 18th

Do you like to sing? Consider joining our very own Young at Heart Singers Group. This group has a great time and performs locally at different venues as well as at BASC! Please register – Free

Square Dancing – every Wednesday beginning September 12th from 1-3pm

Join in on this fun and exciting class! No partner needed. Square dancing is not only a good way to foster new friendships but is also good exercise for you mind and body. Please register – By Donation

Line Dancing w/Cheryl – every Wednesday beginning September 19th at 3:30

Come and join us as Cheryl brings back this very fun & popular class! \$5 Please Register

Writer's Block – every Friday beginning October 5th from 9:00-10:30

Come join other scribes to share your essay, short stories, one-act plays, poems or any other form worthy of note. Your work, along with others will be critiqued in a positive mode with a supportive audience. Please Register

Kindness Rocks – every Thursday beginning September 6th from 1-3

An international project brought to BASC by Carol Bride. Paint a rock and place it wherever you like. One message can change someone's day, outlook, life! You may find one or someone may find yours! Please register for this fun filled class. Free

"Now We're Cooking" cooking class – every Tuesday beginning August 28th from 3-5

This class is full for the 5-week session. We are taking names on a wait list, so reserve your spot for this fun and informative class!

Technology Help - Computer, Cell Phone, Tablets & Digital Device support is available to you right here at BASC! Get help with problem solving or perhaps learn a new program. Schedule an appointment with Jeannie today!

Senior Workforce Presentation – September 11th at 12:30pm – (presented after Tuesday lunch)

This one-hour presentation introduces you to Vermont Associates for Training and Development and how they can assist you in re-entering the workforce. Through their Senior Community Service Employment Program, they provide you with paid, part-time job training opportunities for eligible, mature workers. Develop skills consistent with your interests and abilities.

Safer Cleaning Presentation – Monday September 10th from 11-12pm

Learn how toxic products affect health, recognize safer alternatives. Free green cleaning starter kits. Please register. Free

COVE – Fraud & Scam Presentation – Tuesday September 18th 10:00-11:00pm

Join us for a discussion on scams and fraud and how to protect Vermonters from being targets and/or victims. Please register. Free

AARP Driver Safety Course – Thursday September 27th – 10:00-3:00

This smart driver course is the nation's first refresher course specifically designed for drivers age 50 and older. You may even benefit from a discount on your auto insurance! Please register - \$15 for members/\$20 for non-members

GALLERY EXHIBIT – Be sure to stop by and view the amazing photographic works of Bill Walsh! Through his talents, Bill captures the innocence of wildlife, spectacular sunrises and nature in all its majestic glory. An exhibit you won't want to miss.



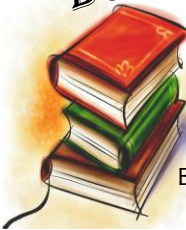
\$6 per person

Reserve your spot for lunch no later than Monday mornings by 9am

All meals served with Chef's choice dessert

We look forward to seeing you!

BOOK DISCUSSION



September 13th – 1:00pm

The Stars Are Fire
by Anita Shreve is the selection for this month.

Book Club meets the second Thursday of each month!



September 4th- Taco Salad served on greens in edible tortilla bowl! Topping Bar: tomato, onion, black olives, salsa, guacamole, shredded cheese

September 11th-Spaghetti w/Meatballs, tossed salad, garlic bread

September 18th – Shepherd's Pie, Side Salad

September 25th – Open Face Turkey Sandwich w/gravy, cranberry sauce, green beans



BOARD OF DIRECTORS

Cathy Hartshorn, President - Diane DesBois, Vice President

Bob Brault, Treasurer - Jo Perreault, Secretary

Dorothy Neve, John Poeton, Shirley Raboin, Cindy Isabelle, Jack Mitchell

STAFF

Receptionist - Sandy Safford Interim Director - Jeannie Bone

Newsletter Group - Virginia Barry, Sandra Fugere, Mary Gagne, Shirley Raboin



Sign up soon for . . .

Hot Dog & Movie Night \$5

Friday, September 28th - 5:00pm

Grilled Hot Dog, Chips, Sweet Tea or

Bottled Water and Popcorn with the movie!

Contact Us

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.

We will operate on a regular schedule when there is a delay in school opening.

CONTACT INFO

Phone: **802-479-9512** Website: www.barreseniors.org

Email: bascdirector@yahoo.com bascdianedesbois@yahoo.com

Facebook: [barre area senior center](https://www.facebook.com/barrearea seniorcenter)






NEWSLETTER LOCATIONS

Barre Area Senior Center - Barre Housing Buildings – Wayside - Rehab Gym – Medicine Shoppe

Morgan's Store – Quality Market – CVMC – Soup & Greens – Lawson's Store– The Gardens

Brookfield Store - Aldrich Library & E. Barre Location - Trow Hill Grocery- Williamstown Town Hall & Library

PHYSICAL ADDRESS – 131 South Main Street > Suite #4 > Barre, Vermont > 05641

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
	 <p>3</p>	<p>4</p> <p>Bone Builders-8:30-9:30 Lunch-12:00-1:00 Fall Prev.Tai Chi-Diane 2:15-3:15 Cooking Class – 3:00-5:00 Fall Prev.Tai Chi-Bernadette 5-6pm</p>	<p>5</p> <p>Seniors In Motion-9:30-10:30 Mah Jong-10:00 Fall Prev. Tai Chi-Diane-11-12 Diabetes Prevention-4:30-5:30</p>	<p>6</p> <p>Bone Builders-8:30-9:30 Cribbage – 9:30 Fall Prev. Tai Chi-Bernadette 10:00-11:00 Game Day-1:00 Kindness Rocks-1:00-3:00 Tai Chi Studio-David-2-3:00</p>	<p>7</p> <p>Seniors In Motion-9:30</p>	8
9	<p>10</p> <p>Foot Clinic-8-12 Seniors In Motion-9:30 Safer Cleaning Presentation -11-12 Pitch-1:00 Yoga with Katie – 4:00-5:00</p>	<p>11</p> <p>Bone Builders-8:30-9:30 Lunch-12:00-1:00 Senior Companions-10:30-12:00 Senior Workforce Presentation-12:30 Fall Prev Tai Chi-Diane-2:15-3:15 Cooking Class-3:00-5:00 Fall Prev Tai Chi-Bernadette 5:00-6:00</p>	<p>12</p> <p>Seniors In Motion-9:30 Mah Jong-10:00 Fall Prev Tai Chi-Diane-11-12 SASH Blood Pressure Clinic-11:00-12:00 Square Dancing-1:00-3:00 Diabetes Prevention-4:30-5:30</p>	<p>13</p> <p>Foot Clinic – 9:00-1:00 Bone Builders-8:30-9:30 Tai Chi-Bernadette 10-11 Game Day-1:00 Book Discussion – 1:00 Kindness Rocks-1:00-3:00 Tai Chi Studio-David-2-3:00 Board Meeting -6:00</p>	<p>14</p> <p>Seniors In Motion-9:30</p>	 <p>15</p>
 <p>16</p>	<p>17</p> <p>Seniors In Motion-9:30 Hearing Clinic-11:00-12:00 Pitch – 1:00 Meditation-3:00-4:00 Yoga w/Katie-4:00-5:00</p>	<p>18</p> <p>Bone Builders-8:30 COVE 10-11 Lunch-12:00 Young at Heart Singers – 1:00 Tai Chi-Diane-2:15-3:15 Cooking Class-3:00-5:00 Tai Chi-Bernadette 5:00-6:00</p>	<p>19</p> <p>Seniors In Motion-9:30 Mah Jong-10:00 Fall Prev Tai Chi-Diane-11-12 Square Dancing-1:00-3:00 Line Dancing – 3:30 Diabetes Prevention-4:30-5:30</p>	<p>20</p> <p>Bone Builders-8:30-9:30 Cribbage – 9:30 Tai Chi-Bernadette 10-11 Game Day-1:00 Kindness Rocks-1:00-3:00 Tai Chi Studio-David-2-3:00</p>	<p>21</p> <p>Seniors In Motion-9:30</p>	22
23	<p>24</p> <p>Seniors In Motion-9:30 Pitch – 1:00 Meditation-3:00-4:00 Yoga w/Katie-4:00-5:00</p>	<p>25</p> <p>Bone Builders-8:30 Lunch-12:00 Young at Heart Singers – 1:00 Fall Prev Tai Chi-Diane-2:15-3:15 Cooking Class-3:00-5:00 Fall Prev Tai Chi-Bernadette 5-6:00</p>	<p>26</p> <p>Seniors In Motion-9:30 Mah Jong-10:00 Fall Prev Tai Chi-Diane-11-12 Square Dancing-1:00-3:00 Line Dancing – 3:30 Diabetes Prevention-4:30-5:30 Mystery Trip-8:30am</p>	<p>27</p> <p>Bone Builders-8:30 Cribbage – 9:30 AARP Driver Safety – 10-3 Game Day-1:00 Tai Chi-Bernadette 10-11 Tai Chi Studio-David-2-3:00 Kindness Rocks-1:00-3:00</p>	<p>28</p> <p>Seniors In Motion-9:30</p>	 <p>29</p>