Notes from the Board of Directors...
By Diane DesBois

In the last “Notes from the Board...” we encouraged members to participate in the BOD meeting. At our last meeting held on January 10th, we voted to hold the meetings during the daytime hours in hopes that more members will attend. So, starting in February, our meetings will be held on the second Wednesdays of the month at 10:30AM. We always welcome your suggestions and feedback, so we hope to see you there!

Barre Area Senior Center  February 2019 Newsletter

Thank you to those who helped make our 1st Annual Chinese New Year Celebration such a success!
First, I want to thank our speakers Mela Brady and Ellie Hayes.
Thank you, Jeannie, for ordering all the fun decorations and favors. Thank you, Lisa, for once again shopping, cooking and serving a great lunch.
Thank you, Barbara Stack & Janet Robie and all the kitchen volunteers, for helping to prepare, serve and clean up.

Thank you to the members and friends who attended, we served fifty meals and many of these people attended the demonstrations and workshops.
Submitted by Diane DesBois  Photo by Bill Walsh

“New Year, New Look, New Attitude” is what BASC is focusing on for 2019!

In starting the New Year, we are welcoming many new programs, events and activities. As always, your suggestions for what you would like to see BASC offer are always welcome. Drop in, call, email or leave me a note and I will do my best to accommodate.

A New Look is coming to BASC! We are in the process of upgrading and freshening up the senior center. Many of you voted on the paint color chart that was on the table for 3 weeks and we thank you for your participation. We will be painting in the very near future. We are also going to be adding some new furnishings and rearranging to maximize the space we have and make the center even more inviting and comfortable (please note that we are not getting rid of anything). The changes we are making are all funded by a grant from Ben & Jerry’s.

And last but certainly not least is a New Attitude for 2019!

I have a favorite quote by one of the most insightful people of the century that I try to live by (sometimes I don’t always succeed) “If you don’t like something, change it. If you can’t change it, change your attitude. Don’t complain”. Maya Angelou.

So, at BASC we are striving to move forward with an energetic and positive attitude by keeping negative gossip and drama at bay. BASC belongs to each of you. It is a place to gain knowledge, work on your health and wellness, experience fun and friendship, and hopefully become your home away from home.

We value each one of you and your ideas, suggestions or opinions so come out and enjoy all that BASC has to offer. I look forward to seeing you soon!
Jeannie

Barre Town Elementary School 2nd Grade Class
Monday, February 11th 10:00-11:00am
Will be performing a Valentine’s Day Dance Recital for BASC members. They will also be presenting attendees with Valentines Cards they made so please be sure to attend this performance

Valentine’s Lunch
February 12th – 12:00-1:00 $6.00
Join us for lunch and enjoy entertainment provided by our very own Young at Heart Singers!
After lunch, stay and take part in Valentine Card Making with Janet Robie!

During this brutally cold winter I think we can rejoice in the fact that Spring is just a little over 6 weeks away! The seasons reflect a newness and a time for change.

Thank you to Mela Brady and Ellie Hayes for their presentation and Jeannie for the decoration and favors.
Thank you to Lisa for shopping, cooking and serving.
Thank you, Barbara Stack & Janet Robie and all the kitchen volunteers, for helping to prepare, serve and clean up.

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Health & Wellness...

**Seniors in Motion – Mondays, Wednesdays at 9:30 with Jackie Isabelle and Fridays at 9:30 with Evalyn Goodrich.**
This program focuses on strength training, flexibility and overall wellness. Strength training builds muscle and increases your metabolism long term, helping to protect against diabetes, heart disease and other illnesses. Strength training workouts have shown to reverse the signs of aging and provide a sense of overall well-being. Only $30 for 12 sessions for members; nonmembers, $6 a session.

**Bone Builders - Tuesdays and Thursdays at 8:30 a.m. with Ilene Elliott.** Join us as Bone Builders transitions to the evidence-based Arthritis Foundation Exercise Program (AFEP). Benefits of this low-impact exercise program include: reduced levels of pain, stiffness & fatigue; improved strength, range of motion, balance, flexibility, coordination and endurance. It’s free and fun! Drop-ins are welcome. Come see if this is the exercise program you’ve been waiting for!

**Chair Yoga with Cathy – Every Wednesday from 11-12** Join Cathy for one-hour classes that focus on balance, breath, posture, flexibility and meditation. No prior experience needed. Wear comfortable clothing. BASC provides all yoga equipment needed. FREE (Class will only be held with a minimum of four participants...so each week you will need to sign up if planning to attend. Please Register

**Yoga with Katie 2019 - Every Friday from 4-5pm** This class is appropriate for all levels with modifications offered for beginner & advanced yogis, all under the direction of Kati’s gentle guidance. Mats provided, or you may bring your own. Please Register - $30 members ($5 per class) $36 for non-members

**Tai Chi Tuesdays with Diane DesBois – Diane is offering three different sessions on Tuesdays**
1:00 – 1:45 Advanced  2:00-2:45 Intermediate  3:00-3:45 Beginner

Come to one, come to all! Join us to learn from each other, to come to observe, to come to learn new movements and Tai Chi principles, and share this wonderful healthy pastime with friends old and new. Please Register

**Tai Chi Fall Prevention – Beginner & Intermediate Levels – Every Thursday from 3:45-4:45** Instructors Bernadette Rose and Marcia Drake. A good place to explore, review, and learn FPTC basics. Class focus is on weight transference, balance, strengthening, loosening the joints, and mindfulness. Students will gain greater confidence in their physical environment as well as enjoying a social and relaxing atmosphere. Please Register

**Tai Chi Studio – every Friday at 11:30 - presented by David Hartnett**
Tai Chi Studio is practice time for anyone registered for beginners, intermediate, or advanced Tai Chi. The purpose of the studio is to practice on your own, with limited guidance, steps that you are beginning to learn. The reason for the Studio is to allow at least two days of practice: one with your instructor and one on your own. Please Register

**Zumba GOLD – Tuesdays – 4:00-5:00pm** This class led by Cindy Isabelle is Perfect for Active older adults who are looking for a modified Zumba * class that recreates the original moves you love at a lower-intensity. The design of the class introduces easy-to-follow Zumba * choreography that focuses on balance, range of motion and coordination. Please register

***If you are unable to attend a class, please give your Instructor notice***

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**LIVING A HEALTHY LIFE WITH CHRONIC DISEASES WORKSHOP**

Deb Boyce, SASH Coordinator and David Hartnett, will be offering a 6-week workshop at BASC Every Tuesday beginning April 16 and through May from 9:30-12:00. (Snacks will be available.) Also, you may stay for the fabulous BASC lunch, provided you contact them in advance.

Please mark April 16, 23, May 7, May 14, 21, 28 as the days in which we plan to meet.

This program helps people with chronic conditions manage and improve their own health. We focus on problems that arise when dealing with any chronic condition, such as: Pain management, Nutrition, Exercise, Medication use, Emotions & Communicating with doctors

This evidence-based program (developed by Stanford University) teaches individuals with chronic conditions to take charge of their own care and improve their quality of life. A few of the approaches that they will learn about in the workshop include:

Sleep strategies, Fatigue regulation, Healthy eating tips & Medication management

Participants will receive a book in Week 2 with the same title as the workshop.

Please Register

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**CBD HEMP OIL BENEFITS**

**HOW CBD OIL CAN BE USED**

Tuesday, February 19th

1:15 – 2:15

Informative overview of the basics of CBD therapies and uses.

Facilitated by Lauren Andrews, RN, Clinical Aromatherapist and President of AroMed Aromatherapy and CBD shops.

Lauren is also a graduate of UVM’s Cannabis Science and Medicine Certification Program

PLEASE REGISTER - FREE
Young at Heart Singers – every Tuesday at 1:00pm
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 Rehearsals at BASC – Feb. 5th, 12th, 19th Performances – Feb.18th Woodridge 10:00am, Feb. 22 Twin Valley 1:00pm, Feb.26 Project Independence
2:00pm, Feb 28th Lincoln House 10:00am

Square Dancing – every Wednesday 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 your mind and body. We are in need of more dancers so please tell your friends about us ! Please register

Line Dancing w/Cheryl – every Wednesday at 3:30
Come and join us as Cheryl brings back this very fun & popular class! $5 Please Register

Writer's Block – every Friday from 10:00-11:15
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

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!

Woodworking with Sam Clark – Every Tuesday 3:30-5:30 – Woodworking with Sam Clark – ***CLASS IS FULL, but check back for a waiting list. Have fun and gain some insight into the amazing world of woodworking! Project is to be decided. Class is limited to 5 people so sign up early. Please be sure you can participate before registering as this class is very popular. Check website or call to confirm availability

Basket Weaving with Donald George – Every Thursday 10:00-1:00 - ***CLASS IS FULL, but check back for a waiting list. Take part in this fun and exciting class learning basket weaving from concept to completion!

Story Circle – Monday, February 4th– 11:30-12:30 (monthly thereafter) Story Circle is a way for people to share their own stories that have impacted their lives. Each month there will be themes and/or prompts to aid the storytellers. Each storyteller will have 5-10 minutes to share their story. The story can be shared through first person, narration, poetry, visual aids, song . . . however you choose. **Please plan to join us in this new adventure at BASC! Storytelling is a very powerful way to connect with others. Join the circle even if you plan to just to listen and enjoy.

BASC would like to celebrate your special day with you! You are invited to enjoy a FREE lunch during the month of your birthday. Lunch is every Tuesday at noon. Just call or come by and let us know which lunch you would like to come to and we will sign you up!

Lucy Ryan 2/1
Shirley Beaudoin 2/2
Sandy Safford 2/2
Donna Petterssen 2/3
Flora Norway 2/5
Marilyn Allen 2/5
Veronica Sujek 2/7
Joanne Tremblay 2/7
Carl Williams 2/12
Maureen Morton 2/14
Brian Perkins 2/14
James Ryan 2/14
Beverly Hood 2/16
Cathy Hartshorn 2/17
Janet LaRochelle 2/22
Helene Thomas 2/23
Roger Rivard 2/29

Saturday, March 9th – 8:00am-11:00am
$12 per person
Kids 10 and under $8
Please reserve by March 6th

Scrambled eggs, Bacon, Sausage, Biscuits, Pancakes, Home Fries, White Gravy, Coffee, Orange Juice

$6 per person
*Reserve your spot for lunch by Monday morning at 9am*
All meals served with Chef’s choice dessert

We look forward to seeing you!
Feb. 5th – Ham steak w/maple glaze, mac n cheese, green beans
Feb. 12th – Valentines Lunch Cranberry Chicken, Tossed Salad, Seasoned Rice
Feb. 19th – Hot open face turkey sandwich, Stuffing, Cranberry Sauce, Squash Casserole
Feb. 26th – - Taco Salad served on greens in edible tortilla bowl! Topping Bar: tomato, onion, black olives, salsa, guacamole, shredded cheese

Please patronize these local businesses
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<td><strong>AARP TAXES 9-3</strong>&lt;br&gt;Seniors in Motion 9:30-10:30&lt;br&gt;Story Circle – 11:30-12:30&lt;br&gt;Pitch – 1:00</td>
<td>Bone Builders 8:30 – 9:30&lt;br&gt;Lunch 12:00&lt;br&gt;Young at Heart Rehearsal – 1:00</td>
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<td><strong>AARP TAXES 9-3</strong>&lt;br&gt;Seniors in Motion 9:30-10:30&lt;br&gt;Barre Town 2nd Grade – 10-11&lt;br&gt;Pitch – 1:00</td>
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<td><strong>CLOSED</strong>&lt;br&gt;PRESIDENTS DAY</td>
<td>Bone Builders 8:30 – 9:30&lt;br&gt;Lunch 12:00&lt;br&gt;Young at Heart Singers Rehearsal– 1:00&lt;br&gt;CBD OIL PRESENTATION – 1:15-2:15&lt;br&gt;Tai Chi w/Diane – 1:00-1:15&lt;br&gt;Advanced 2:00-2:45&lt;br&gt;Intermediate – 3:00-3:45&lt;br&gt;Beginner Zumba – 4:00-5:00&lt;br&gt;Woodworking – 3:30-5:00</td>
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**FRIENDLY REMINDER**

BASC strives to offer a variety of programs, workshops and events. Many of our instructors and facilitators schedule their time in advance as well as travel from outside the local area to accommodate participants that sign up. If you register for any programs, workshops or events please be sure to add it to your calendar and make sure you are able to attend. If for some reason you have to cancel please call your instructor or BASC and let us know. Thank you for your cooperation and continued support.