



## September 2015

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### IMPORTANT ANNOUNCEMENTS

- BASC is in the process of handling our newsletters differently. This is the last newsletter you will receive in the mail. They will then be available at BASC, online and at various locations around town. This is strictly for budgetary reasons but we are confident we will reach even more people with this new distribution method. Thank you for your understanding and cooperation.
- SEPTEMBER is National Senior Center Month! We are having a membership drive and our goal is to reach 550 members! We need your help. Sign up to get your name in a drawing for great prizes! Any current member who signs a new person up also goes into a drawing! Only \$25/year (48 cents/week) gives you many social and health & wellness opportunities with discounts.
- BASC will be closed Monday, Sept. 7 in observance of Labor Day

### Community Events

**Barre Farmer’s Market:** Saturdays 9am-1pm and Wednesdays 3pm-7pm. *At the Granite Museum. We will have a table on Sept. 5th. Corn roast at the market that day!*

**Knit 2gether Yarn Craft Group:** Mondays 4-6 /Aldrich Library

**The Hound of the Baskervilles:** By Arthur Conan Doyle adapted by Steven Canny at Lost Nation Theater, 9/17-10/25.

**September Board of Trustees Meeting is on September 10 at 10:00 am. All are welcome!**

### TRIPS

**October 7 trip on the Hobo Railroad is FULL.**

**Contact Montpelier Senior Activity Center for local trips such as biking in Stowe on 9/16; kayaking trips; and walking trips like Mill Stone Trails on 9/25. Call 223-2518 to reserve.**

### \$6 Tuesday Meals (dessert included)

**Sept. 1 – Shepherd’s Pie & veggies**

**Sept. 8 – Sweet & sour meatballs on noodles & veggies**

**Sept. 15 – Veggie Lasagna & salad**

**Sept. 22 – Chicken & veggie casserole**

**Sept. 28 – Chicken salad & chips**

**Mah Jongg 101:** If you wonder what the game is, here are the basics: American Mah Jongg is an enjoyable and challenging game with its origins in Chinese history dating back 2,000 years. Played with 152 tiles, there are three suits: dots, bams and crakes, next comes dragons, winds and flowers, and last but not least are the jokers! Former students say “it’s a challenge”, “it’s fun”, “it’s competitive”, and “it keeps the gray cells working!” New classes start on Wednesday, September 30 at 1:00 pm and lasts for 8 weeks. Please call to register.

**SEPTEMBER SPECIAL EVENTS**

**ALL MONTH: Membership Drive**

**Sept. 5** – Visit our table at Farmer’s Mkt.

**Sept. 9** – Volunteer Meeting, 1:00

**Sept. 12** – 9:00 – Grandparents’ Day  
Breakfast - \$8/adults & \$4/ 8 & under

**Sept. 14** – 10:30 - Eating Well on A Budget  
Workshop led by Rose Lee from TLC. How  
to shop and eat well within your means.

**Sept. 15** – 1:00 pm – Young at Heart Singers  
resume singing sessions. Welcome back  
Christine! Anyone welcome to join the group.  
You need not have experience.

**Sept. 17** – 9:30 – Jazzercise Free Demo  
“Light” Class. Learn how to build strength,  
increase cardio function and have fun with  
music! Six week session starts Sept. 24.

*OUR MISSION: BASC provides access  
to programs & resources that help  
older adults live independently and  
remain active.*

**BARRE AREA RESOURCES FOR SENIORS**

Central VT Council on Aging - Options for Seniors  
& Caregivers - 479-0531

The Galley - Nutritious Meals for Seniors - 479-  
9175

Project Independence - Adult Day Health Services  
- 476-3630

Capstone Community Action - Tax Prep, Fuel  
Assistance, Food Shelf - 479-1053

Adult Protective Services - Protects Vulnerable  
Adults - 871-3317

**JAZZERCISE LITE**

An exciting new partnership with the Barre  
Jazzercise Center in our building! A free demo  
class on Thurs., Sept. 17 @ 9:30. LITE classes  
employ a variety of walking patterns and are  
completely low impact. All songs in the set are  
choreographed, each song having a distinct pattern  
of moves to increase heart rate, build stamina,  
strengthen muscles, and improve balance and  
stability. The moves are fun and the workout is  
effective. You'll burn calories, build muscle, and  
dance your way to better health. Call for more info.



*Thank you to our many volunteers and  
donors whose efforts are invaluable!*

**FIND US ON FACEBOOK:**

[www.facebook.com/barreseniors](http://www.facebook.com/barreseniors)

**SAVE THE DATE!**

**October 6th-Flu Shot Clinic at the Senior  
Centerby Central VT Home Health**



**Movies** are starting up again on Friday,  
Sept. 18th @ 1:30. They will be shown  
the 1st and 3rd Fridays of the month.

**Free popcorn!**



**LIONS CLUB** has a glasses collection box  
at the Senior Center. Bring in your old  
glasses to be recycled for others.

**CALLING ALL VOLUNTEERS!**

**Any member who is a current volunteer or  
who would like to volunteer, come to our  
first volunteer meeting to meet Mary  
Hayden, our new volunteer coordinator!**

**Date & Time: Wed. Sept. 9 @ 1:00.**

**We need you there!**