



LAMOILLE NEIGHBORS

Upcoming Events

There's a lot going on at Lamoille Neighbors for the end of April and May! If you need transportation for any events call Bonnie at 802-585-1233.

End of Life Presentation April 25th, 10-11pm. Maxine Adams and Linda Cannon-Huffman, will discuss the role of death doulas and the dying process. Register [HERE](#) or call 802-585-1233.

Our monthly Coffee Hour, May 6th, 10:30 a.m. at the Congregational Church in Hyde Park. Our only goal is to talk and laugh. Masks are required. If you would like to participate, please call Bonnie at 802-585-1233.

Bird Walk with Tom and Charlotte Kastner, May 13th, 8:30 am. Meet at the Oxbow Parking in Morrisville. Tom and Charlotte started their birding group in Stowe 20 years ago. They have a lot of combined birding experience to share with us. Bring binoculars, they will bring a few extra pairs for those who don't have them. They will also bring a spotting scope if there's an opportunity to use it. We will bring 3 walkers with seats so you can take a break when needed. Limit 12 participants. Click [HERE](#) for registration or call Bonnie at 802-585-1233.



Soup Sunday, May 15th at noon, outdoors at Sue Moore's. We will provide a variety of soups, bread and desserts. It will be great to be able to visit with each other outside again! Register [HERE](#) or call Bonnie at 802-585-1233.



Join Bird Diva Bridget Butler for an accessible birding outing at the Barnes Camp Trail in Stowe, May 20th, 9 am. This trail was updated in 2017 to include an accessible 600' boardwalk through the wetland at the base of the notch. We'll take a Slow Birding approach to the walk, focusing on mindfulness and being in the moment with the birds and the beautiful landscape. Bring your own binoculars. Bridget will have some to share with those who need them! We will bring walkers with seats to this event also as well as some small chairs. Bird Diva Bridget Butler is well known in Vermont and in the birding world and we are thrilled to have her do a bird outing for Lamoille Neighbors. Limit 12 participants. Register [HERE](#) or call Bonnie at 802-585-1233.

Hearing Loss Presentation With Sue Moore, May 23rd, 10 -11:00 am. Sue will be in person at the Morrisville Library, and it will also be offered on Zoom. Sue Moore is a speech and language therapist.

Do people tell you the TV is too loud? Why are people mumbling? What are people laughing about?

This important session can not be missed. Aging and hearing loss go hand and hand. Learn about the effect hearing loss can have on the quality of life. The event will include information about the signs of hearing loss, hearing and the brain, how to get tested for hearing aids and more. Sue will talk about what we should do to maintain our hearing so we can enjoy life as we age. Register [HERE](#) or call Bonnie at 802-585-1233.

PREHISTORY: A LECTURE/SEMINAR SERIES BY MEMBER STEVE YOUNG, April 27th, May 4th, May 11th and May 18th from 3-4 pm at Olea's house. Sign up [HERE](#) or call 802-585-1233 to register or if you have questions. Limited to 10 people.

Prehistory: what people were doing before anyone wrote it down—and thus created History. The tools for studying prehistory fall within the purview of the rapidly growing field of archaeology. Fundamentally, though, we look at things people made—material culture—and how they used these things in relation to their lives: culture in a more inclusive sense.

We want to try creating a study group to consider what we know about Prehistory, and how this knowledge can enrich our understanding of how we came to be who we are—individually, culturally and institutionally.

We'll start with a series of four lecture/discussion groups. After these sessions, we'll take stock to see if the group wants to continue in some fashion. Below is an overview of the topics Steve will cover for the first four sessions.

1) A History of Prehistory.

The limits of Genesis; Classical Archaeology, Egyptology, and the Search for Troy.
Elf Shot, Thunderstones, and the Three Age System—Then and Now.
A Quick Look at Human Evolution.

2) Dating Past Events.

Stratigraphy, and the Difference Between Relative and Absolute Time Scales.
Tree Rings, Lake Mud, and Radioactive Isotopes.
Where Was the Ice: Changing Climate and Responding Ecosystems.

3) Migration.

People, Genes, Words, Ideas, and Technology.
Land 'Bridges' and Ocean Crossings: Peopling of Far Continents and Islands.

4) 'Revolutions'

The ones We Know (Or Think We Do:) Farming, Pottery, and Metallurgy.
The Ones We Guess at: Fire, The Origin of Language, Clothing and Shelter—and, of course, Religion!

Ongoing Events

Article Discussion Group on Zoom every other Wednesday from 9-10 a.m. We take turns choosing articles. No matter the topic it's a lively discussion. This group has currently reached its maximum of 10 people. If we have enough interested people we can help facilitate starting a second group.

Yoga with Faith Bieler Thursdays, 9 a.m. Open to members and volunteers. The first Thursday of each month will be in person at River Arts (when safe to do so) and the other Thursdays of the month will be on Zoom. Lamoille Neighbors' Yoga is an all levels class. Beginners to seasoned practitioners are welcome. Faith chooses poses to flex, stretch, strengthen the whole body and also incorporate participants' requests (re: their own body's needs). Movement will be done seated, kneeling, standing. Register [HERE](#) if you're joining for the first time.

Zoom Arthritis Friendly Bone Building, Tuesdays 1-2 p.m with Maxine Adams. Sponsored by Lamoille Neighbors and a grant from the Humanities Council. Email maxineladams@gmail.com



Photos from our monthly coffee hour

River Arts hosts free tai Chi Classes. Central Vermont Council on Aging is holding free tai chi classes starting Thursdays, April 21st through June 16th, 1-2 pm, at River Arts in Morrisville. The benefits of tai chi include improved balance, mobility, strength, relaxation and flexibility. Vaccinations are preferred, masks are required. Contact Anne Greshin 802-241-4840 or agreshin@cvcoa.org for information and to preregister.

Welcome to our new members: Joanne Harrison and Judith Wrend from Morrisville, Kent Shaw and Jean O'Connor from Elmore.



Bob Malbon
Helen McIver
Sue Moore
Michael Wickenden
Jan Roy
Joansie Leonard
Dian Williams

**A BIG THANK YOU TO THE MORRISTOWN CENTENNIAL LIBRARY FOR HOSTING OUR
END OF LIFE SERIES.**

Fun/Interesting Links (Click on the red to open the links) and a great local concert series.

Amazing Grace Rhiannon Giddens with Francesco Turrisi. A powerful version with no words. Skip the long ads at the beginning.

It's All Right Jon Batiste, Celeste Tom the movie *Soul*

Jaguars Fall in Love at The Big Cat Sanctuary

Noon Music in May, Stowe Performing Arts. Free concerts every Wednesday at noon for the month of May at the Stowe Community Church. Need a ride? Let us know.

May 4 – Cerutti-Reid Duo, Piano and Viola

May 11 – Peter Sykes, Organ

May 18 – Victor Cayres, Piano

May 25 – Heliand Consort, Piano, Oboe and Bassoon

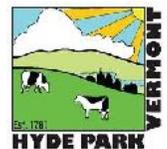
Some Humor:



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Lanpher Memorial Library



Park Street Collective



Howard Manosh



Thank you to all the individual donors who help make Lamoille Neighbors successful.