



LAMOILLE NEIGHBORS

Call Janice at 802-585-1233 if you need help registering for an event or need transportation. **Office hours are Monday, Wednesday and Friday from 8:30-1:00.** You're welcome to stop in and say hello.

An addition to the March calendar. Fairbanks Museum : Tour of the Cosmos with a Focus on the Eclipse with a live presenter, March 27th, 8:45am -2 pm. (Show is at 10). Limited to 24 people. We have a few slots still open and will keep a waiting list. This will be a private showing for Lamoille Neighbors. You'll experience the rare phenomena of a total solar eclipse, learn about different kinds of eclipse, and be introduced to eclipse lore from around the world and through the ages. There will be time for Q&A at the end. In addition you'll have a little time to explore the museum. Lunch is an option if enough people sign up for it. Transportation will be provided, and the facility is handicap accessible. Register [HERE](#).

Our monthly Coffee Hour, April 5th, 11:00-12:30 at the Second Congregational Church in Hyde Park. Our only goal is to talk and laugh. If you would like to participate, call 802-585-1233 or register. **Please note the time change.**



Soup to Nuts: An Eccentric History of Food. Co-sponsored by Lamoille Neighbors and the Lanpher Memorial Library. April 2nd, 4-5 PM at the Lanpher Library 141 Main St. Hyde Park.

The history of what and how we eat encompasses everything from the prehistoric mammoth luau to the medieval banquet to the modern three squares a day. Presented by writer Rebecca Rupp, this talk lets attendees find out about the rocky evolution of table manners, the not-so-welcome invention of the fork, the awful advent of portable soup, and the surprising benefits of family dinners – plus some catchy info on seasonal foods. What's the story of chocolate? Why do the Irish eat corned beef and cabbage on St. Patrick's Day? Who invented lemonade? Why are turkeys called turkeys? And what are sugarplums anyway? Register [HERE](#). This event is open to the public.

A Solar Eclipse Party! This is a once-in-a-lifetime chance to watch the sun be completely covered by the moon. Come join other members of Lamoille Neighbors as we watch the eclipse with our special eclipse glasses on April 8th, from 2-5pm. Solar glasses and beverages provided.



Bring a snack to share with the group. Party will be held at Olea Smith-Kaland's home, 196 Noyes Farm Rd. Hyde Park. Click [HERE](#) to register or call the office.

Aging Together Discussion/support group at the Morrisville Centennial Library meets the third Friday of every month. April 19th, 1PM. As we age, we need to adapt to many changes in our bodies, abilities and lifestyle. Join Maxine Adams, facilitator, who is a trained social worker and caregiver as well as a member and volunteer with Lamoille Neighbors, as you talk and support each other through this process. Lamoille Home Health and Hospice has offered to do a series of programs for *Aging Together* on various aspects and issues of aging and how to get the help you may need as you age. This program is co-sponsored by Lamoille Neighbors and the Morrisville Centennial Library.



Nourishing Traditions, with Kim Lipinsky, Monday April 29th, 2-3 P.M. at the Second Congregational Church, 26 Prospect St. Hyde Park. Join Kim Lipinski, the Director of Nutrition and Wellness for the Central Vermont Council on Aging, in her exciting journey to preserve Vermont's culinary heritage. Did you ever wonder how recipes were written and followed in the 1800's? What is comfort food to you? As a part of an ambitious project, which we will learn about, she is collecting cherished recipes from Vermonters to celebrate the delicious traditions of the Green Mountain State. Feel free to bring

family recipes and the heart warming stories that accompany them. It's all about the love and connection that food can bring to our lives. Register [HERE](#).

On-going Groups:

Article discussion group: our next meeting is March 20th. We meet every other week on Zoom and limit this group to 8 participants. The group is currently full. Let Janice know if you're interested in being on a waiting list.

Weekly Chess group for beginners, Tuesday 1-3 with instruction by member Ted Zilius. The group will start March 26th. If you are interested, call Janice at 802-585-1233 to register and get information on the meeting place.

Weekly Yoga with Faith Bieler, Thursdays at River Arts at 9 a.m. All levels welcome. Faith is an extraordinary instructor. We hope you'll give the class a try. Call the office if interested at 802-585-1233.

Knitting Group is now meeting the second Friday of the month from 2-4 at the Lanpher Memorial Library in Hyde Park. Currently there are two slots available for a member to join this group. Call Janice at 802-585-1233.

River Arts is offering a series of art classes for people over 60. The six sessions will cost \$50 total and will be held April 2, 9, 16, 23, 30, and May 7th, 10-12 at River Arts. This Tuesday morning creative class led by experienced instructor Jude Prashaw will expand your knowledge in a variety of art disciplines including diorama, collage, writing, clay, and painting. 12 spaces available. Contact River Arts if you are interested or have questions. 802-888-1261.

Check out the article in Seven Days: Getting On: An Aging Population Is Transforming Vermont's Schools, Workplaces and Communities. [Click Here](#) to read the article. Member Eleanor Ahlers and our vice president, member and volunteer Joan Greene are featured in the article.



Thank you to Stephen Wright who gave a fabulous and very informative presentation on Glaciers and Lakes of Lamoille Valley. We had an amazing turn out with 75 folks attending between in person and on Zoom.



The knitting group's final weekly session. A big thanks to Jan Roy and assistant Karen Weeks. They will continue as a monthly group. See event list.



Seven hardy members braved freezing temperatures for a gorgeous full moon snowshoe.

Celebrating Connections was extraordinary. A huge shout out to thank Wiffy Brooks who wrote the grant, organized the instructors and did all the many tasks it took to pull off such an amazing program. The instructors were stellar: Nan Carle Beauregard, Jon Gailmor, Jude Prashaw and Nate Beyer. You rock! AND to all the participants who opened themselves up to new experiences and allowed themselves to be vulnerable, such a gift.



The Writing Group



The iPhone Photography Group, absent Wendy Jacobson

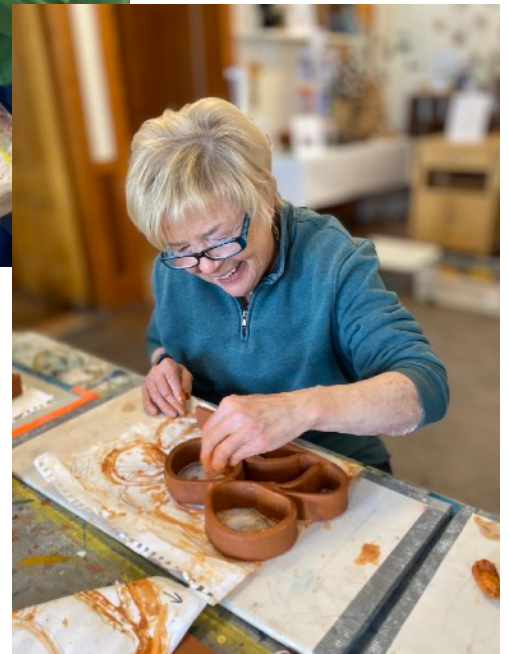


Song Writing Group, absent Betty Polow, Eleanor Ahlers



Pottery Group

Photos from the *Celebrating Connection* workshops.





LOCAL TRANSPORTATION! Did you know there's a new on-demand free bus service Monday through Friday (except holidays) from 8 AM to 5 PM? The service is run by RCT and serves most addresses in Morrisville, Hyde Park and Elmore. There are no income or age requirements. You can call RCT at 802-888-1004 to schedule or download the app. Check out their website [HERE](#).

Here are the links to download the APP.

Google Play- <https://play.google.com/store/apps/details?id=com.sparelabs.platform.rider.rct&pli=1>

Apple Store - <https://apps.apple.com/us/app/rct-microtransit/id6450434314>

Solar eclipse glasses are still available in the office. Call Janice to make a time to pick them up or to schedule a volunteer to deliver a pair.

WELCOME TO OUR NEW MEMBERS



James Mielewski of Morrisville



Wendy Jacobson of Stowe

Diversity is a source of strength, creativity, and innovation for Lamoille Neighbors. We commit to creating an environment that welcomes and values the contributions of each member, volunteer and staff person and respects their identity, culture, background, and abilities, thus enriching Lamoille Neighbors.



April Birthdays

Barbara Stern
Curt Tetrault
Kathleen Daniels

THANK YOU TO OUR PARTNERS, SUPPORTERS AND BENEFACTORS

 The Richard E. & Deborah L.
Tarrant Foundation



Howard Manosh



Peter Bourne



THANK YOU TO ALL THE INDIVIDUAL DONORS WHO HELP MAKE LAMOILLE NEIGHBORS SUCCESSFUL