

Killington Active Seniors April 2018 Newsletter

The sun was warm but the wind was chill.
You know how it is with an April day.
When the sun is out and the wind is still,
You're one month on in the middle of May.
But if you so much as dare to speak,
A cloud come over the sunlit arch,
And wind comes off a frozen peak.
And you're two months back in the middle of March.

from Robert Frost
"Two Tramps In Mud Time"
1926

All,

Happy Easter and Happy Spring. The above poem by Robert Frost seems to sum it up as far as the weather goes. However, that beautiful blue sky that we see in Vermont will always prevail.

If you only have time to read part of this newsletter, please let it be the next sentence. We are returning to Wednesday for our weekly luncheon. The first will be on Wednesday, April 4th. The time and place and price are the same. (The Lookout, 12:00 pm \$5). The weather is hopefully no longer a factor so hope to see everyone there.

This change will also apply to our monthly Book Club. The meeting will be on Wednesday, April 25th at 1:30 pm. The book is **The Secret Sense of Wildflower by Susan Gabriel**. All are welcome. Please stop by the library to pick up your copy. In last month's newsletter I announced that one of our KAS members was in the spotlight until the very end of the Sip & Spell held at the Summit sponsored by the Sherburne Library back in February. We are all proud of Pat Keim but I made a mistake in telling you the word that was misspelled. I said it was "YERK" but the misspelled word was actually "YEUK". I can't get it right even when someone is telling me how to spell it. It is an old English word (1375-1425) meaning "to itch".

Before I list the Monday Movies for April, I want to remind you of a special program that will be happening at the Library on Friday, May 11th at 2:00 pm. Darren Young will present a program of comedy, magic and mind-reading for adults. It will last about 45 minutes and refreshments will be served. The Monday afternoon movies start at 1:00 pm.

Monday	4/2	I, Tonya
Monday	4/9	Lady Bird
Monday	4/16	The Greatest Showman
Monday	4/23	Murder on the Orient Express
Monday	4/30	Downsizing

The library will hold a special craft program on Wednesday, April 25th, beginning at 5:30 pm. We will learn how to work with air-dry clay and will bring home a bowl, vases, charms or perhaps a necklace. Supplies will be provided, and you do not have to register. All are welcome.

Back in November 2017, I shared a book with you called The Blue Zones by Dan Buettner. Each week I get emails with suggestions on life style and health tips. This week the topic was Strength

Training. There are anti-aging benefits of strength training. Moving naturally is an integral part of a Blue-Zones Lifestyle. Strong bones are linked to strong minds. Strength training builds confidence, muscle and healthy tissue. It's also good for stable joints, injury prevention and weight loss. It's an inconvenient truth that as we age, we lose muscle and grow weak unless we make the effort to stay strong, flexible, agile and motivated. It's about working with what you've got for as long as you've got it and being grateful in between. There is no excuse for us because we have a BONE BUILDERS class right here in Killington. It's every Monday and Thursday at 10:00 am at the library. 422-3368

One of our members, Andy Salamon, has suggested a trip to Dartmouth on Sunday, April 29th, to hear the Dartmouth College Gospel Choir. I read where this is a large, joyful, non-denominational chorus. This sounds like fun. During the budget negotiations in Killington, I asked for money in the Recreation Dept. budget to rent a van for some of our trips. It was approved so I am thinking that if I get enough people it would be nice to go together in a van. We would probably stop somewhere on the way home for dinner in Vermont so that we could incorporate this into our Vermont 251 project. Tickets for this concert are \$15 and depending on where we stop for a light dinner on the way home, since the performance starts at 2:00 pm, that might add another \$20-\$25. Please let me know via email if this is something you would like to do. I'm not sure I can buy tickets ahead of time or if I can even reserve tickets, so I would appreciate a response.....only if you can go. Let's say respond by Wednesday, April 11th. Thank you.

I mentioned at the last luncheon that BAYADA Hospice Volunteers are looking for ordinary people with extraordinary compassion. These volunteers are important members of the hospice team and can be called upon to visit patients, light housekeeping, yard work, feeding and caring for pets and even office work to help the BAYADA Hospice office with administrative tasks. Please consider how you might give of your time to an important organization. Jessica Rauseo is our contact and can be reached at 802-422-4122 or jrauseo@bayada.com. Jessica is planning to come and speak to us about the work of hospice at a later date.

OSHER will begin it's spring semester on Friday, April 6th. OSHER Life Long Learning Institute provides lectures for adults. They are held at the Godnick Center on Deer Street in Rutland. The lectures start at 1:30 pm and end at 3:00 pm and cost \$5. The spring semester is as follows:

Friday	4/6	Cuba Past and Present
Friday	4/13	Poor Mexico: So Far From God, So Close to the US
Friday	4/20	A Passport to my Bucket List
Friday	4/27	Latin Grooves and Latin Tinge
Friday	5/4	The Owl: Silent Predator of the Night
Friday	5/11	Sleep, Wonderful Sleep
Friday	5/18	Running Rutland
Friday	5/25	The Inside Story of the Sistine Chapel

Last month's riddle was What never asks questions but is often answered? The answer is a doorknob! Our new riddle goes like this.....I have keys, but no locks. I have a space but no room. You can enter but can't go outside. What am I?

One last thought now that it is spring, and we are all anxious to get outside. Marie Kondo, in her book, "The Life-Changing Magic of Tidying Up" asks us to get rid of anything that doesn't spark joy when we touch it. The Bullet Journal turned scrapbooking into an organization system. Now we have the new phenomenon of "dostadning" outlined in Margareto Magnussan's book called The Gentle Art of Swedish Death Cleaning". The internet loves a good decluttering trend and it seems that, for now, this is it. Dostadning is a charming, practical and unsentimental approach to putting a home in order while

reflecting on the tiny joys that make up a long life. Whatever approach we take, it seems that getting our stuff in order and maybe getting rid of most of it, is an idea that's here to stay.

Please contact me with any suggestions or additions at 802-422-2921 or grussell40@yahoo.com. Thanks to all of you who support the Killington Active Seniors and come to our activities. Remember, no winter lasts forever. No spring skips it's turn.

All the best,

Gerrie Russell