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**Notes from editor (not for publication):**



HEADLINE ELEMENTS:

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1      Around the Towns

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3      TEXT BODY:

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4      ***Lunchtime movement and mindfulness at RFPL***

5      BELLOWS FALLS — Rockingham Free Public Library’s  
6      Lunchtime Movement and Mindfulness classes will be Thursdays,  
7      March 26, and April 2 and 9, from noon to 1 p.m. Participants  
8      may drop by for one class or come to them all.

9      Randi Graham, a certified yoga teacher, will lead this  
10     restorative 1-hour midday break. The class blends yoga postures,

11 guided meditation, and mindfulness practices to help recharge  
12 for the rest of the day. This class will take place at the library, 65  
13 Westminster St.

14 A limited number of yoga mats are available at the  
15 library, or people are welcome to bring their own. These classes  
16 are free to all. For more information, call 802-463-4270 or visit  
17 [rockinghamlibrary.org](http://rockinghamlibrary.org).

### 18 ***Music in the North Barn series features***

#### 19 ***Convergence Quartet***

20 BRATTLEBORO — Next up in Retreat Farm’s Music in  
21 the North Barn series is Eugene Uman’s Convergence Quartet,  
22 featuring vocalist Wanda Houston. They’re bringing a blend of  
23 swing, funk, and Colombian rhythms to the North Barn for a free  
24 show Thursday, March 26, from 5 to 8 p.m.

25 This performance will include Uman on piano, David  
26 Picchi on electric bass, and Jon Fisher on drums. “When Houston  
27 joins the group, the vibe and repertoire embraces her penchant  
28 for singing soul and gospel music, as well as classic jazz  
29 standards,” said organizers in a news release.

30 This show is a part of Retreat Farm’s Winter Jazz Series in  
31 collaboration with and curated by the Vermont Jazz Center. For  
32 more information, visit [retreatfarm.org/convergence-quartet](http://retreatfarm.org/convergence-quartet).

### 33 ***Free rapid HIV and Hepatitis C testing event in***

#### 34 ***Brattleboro***

35 BRATTLEBORO — Knowing your HIV and Hepatitis C  
36 status is an important step in taking charge of one’s health. On  
37 Friday, March 27, from 1 to 4 p.m., the public is invited to a free  
38 rapid testing event at Turning Point of Windham County, 14 Elm  
39 St.

40 This event is organized by the AIDS Project of Southern  
41 Vermont (APSVT) to increase access to confidential, stigma-free  
42 testing in the community. No appointment, insurance, or ID is  
43 required; participants may simply walk in.

44 Testing is confidential, fast, and conducted by trained,  
45 certified staff. Results for both HIV and Hepatitis C are available  
46 in approximately 20 minutes. As a thank-you for participating,  
47 individuals will receive a \$5 gift card.

48 "Identifying infections early not only protects your health  
49 but also reduces the risk of unknowingly passing HIV or Hepatitis  
50 C to others," organizers said in a news release. "All are welcome,  
51 come for the test, stay for the conversation, and take a  
52 meaningful step toward better health." For more information,  
53 contact the AIDS Project of Southern Vermont at 802-254-4444.

### 54 ***Open Sew and Craft Workshop at Centre*** 55 ***Church***

56 BRATTLEBORO — Centre Congregational Church, 193  
57 Main St., will hold their Open Sew and Craft Workshop from 1 to  
58 3 p.m. Saturday, March 28, in the church's parlor.

59 Whether quilting, sewing, knitting, crocheting, or  
60 mending, stitchers will find support and hospitality. Donations  
61 welcome. Call 802-490-2075 for more information.

### 62 ***Sugar on Snow supper in Dummerston***

63 DUMMERSTON — Evening Star Grange will present  
64 their annual Sugar on Snow Supper Saturday, March 28, with  
65 servings at 4:30 and 6 p.m. Reservations are required and can be  
66 made by calling the Grange at 802-254-1138. Leave name,  
67 telephone number, number in the party, and which seating is  
68 wanted. There will be no take-outs for this meal.

69 The Grange be serving homemade baked beans, baked  
70 ham, potato salad, coleslaw, and deviled eggs. Dessert will be  
71 maple sugar on snow with a homemade doughnut and pickle to  
72 round out the meal. The cost is \$15 for adults, \$7 for children 5–  
73 11, and free for children 5 and under.

74 ***St. Michael's Episcopal Church offers***  
75 ***selections from Bach's St. Matthew's Passion on Palm***  
76 ***Sunday***

77 BRATTLEBORO — For a Lenten choral offering this year,  
78 the St. Michael's Episcopal Church Choir will sing selections from  
79 J.S. Bach's "St. Matthew's Passion" during the 10:15 a.m. service  
80 on Palm Sunday, March 29.

81 The choir will sing several chorales and the final chorus  
82 of the Passion, which is widely regarded as "one of the greatest of  
83 all sacred choral works." In addition, solo arias will be offered by  
84 sopranos Jill Malin and Margery McCrumb interspersed between  
85 spoken readings of the Passion story according to St. Matthew.

86 The choir of more than 20 singers will sing in the original  
87 German, including a new arrangement of the final chorus for a  
88 single choir (as it is originally composed for double choir) created  
89 by Director of Music Keane Southard, who will also accompany  
90 the choir on piano. All are welcome at ADA-compliant St.  
91 Michael's Episcopal Church, 16 Bradley Ave.

92 ***District 9 residents to meet March 31***

93 BRATTLEBORO — Residents of District 9 will continue  
94 their discussion of town matters in advance of Town Meeting  
95 (which is now set for Saturday, April 11) in another of their  
96 periodic get-togethers.

97 The District 9 forum will occur Tuesday, March 31, at  
98 6:30 p.m. in the Community Room of Brooks Memorial Library  
99 (3rd floor). At the suggestion of one of the participants at the last  
100 forum, suggestions as to matters that should be scheduled for the  
101 agenda are sought. Send your preferred topics to convenors  
102 Robert Oeser ([robt.oeser@gmail.com](mailto:robt.oeser@gmail.com)) or David Levenbach  
103 ([fideladelphia@gmail.com](mailto:fideladelphia@gmail.com); 413-559-1533).

104 ***Guilford Cares sponsors new beginner Tai Chi***

105 ***class***

106 GUILFORD — On Wednesday mornings at 10:30,  
107 starting April 1, Guilford Cares will offer beginner Tai Chi classes  
108 at Guilford Community Church, 38 Church Drive, south of the  
109 Guilford Country Store. Donations are welcome; no registration  
110 required.

111 Organizers say the classes are is a great opportunity for  
112 total beginners, or those who would like to brush up on previous  
113 experience. Tai Chi is an exercise system combining disciplined,  
114 rhythmic sequential movements. The movements are slow, yet  
115 they contain great power, as participamts practice coordinating  
116 hand and foot movements, breathing naturally, and moving  
117 together with slow continuous flow.

118 All are welcome to come and try the class. For more  
119 information, contact Guilford Cares at  
120 [guilfordcaresvt@gmail.com](mailto:guilfordcaresvt@gmail.com) or 802-579-1350.

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