

Town of Montgomery Newsletter



Staying Connected, Staying Informed.

We're excited to share that the Town of Montgomery Monthly Newsletter is back! Starting this month, the newsletter will be published the first week of every month to keep our community informed, connected, and involved.

We invite all residents, local organizations, businesses, and community groups to submit information about upcoming events, activities, programs, or important updates that others should know.

Please send your submissions to Sarita Khan (relax@vitsaltcaves.com)



Important Town Contacts

www.montgomeryvt.org

- Town Office - 326-4719
- Town Library - 326-3113
- Town Garage - 326-4418

Sylvester's Supermarket is open under new owners

Hours of Operation:
6 am - 9 pm except Sundays
which is 8 am - 6 pm



Final Indoor Winter Farmer's Market - Sunday May 17 from 10 - 2 pm at The Grange.

The Montgomery School Spring Art Show

This will be held May 8 - 17 at the Montgomery Center of the Arts (MCA) from 10 - 4 pm except on Sunday May 17, which is from noon- 4 pm. The Montgomery Elementary School Spring Art Exhibition is a much-loved annual event that showcases the creativity and imagination of our elementary students.

Other MCA News

Fiber Arts Meet Up. This is a new once a month Community Gathering on the third Thursday of every month at 6 pm beginning May 21. If you are creative and want to learn more about fiber arts, please do attend.

Heart Full KITCHEN
A LOCAL FOOD SHELF
Nourishing Our Community

Heart Full Kitchen provides supplemental food to individuals and families in our community with dignity and compassion.

OPEN HOURS:
TUESDAYS 2:00 - 5:00 PM
SATURDAYS 8:00 - 10:00 AM

All are welcome. Because no one in our community should go hungry.

LOCATED IN THE BASEMENT OF **THE GRANGE** on Main St., Montgomery, VT
DISCREET ENTRANCE AT THE REAR

Pickleball is Now Open

Join the fun at Town Tennis Court #1. All ages and skill levels are welcome—whether you're a seasoned player or brand new to the game. Come meet neighbors, stay active, and enjoy this growing community sport!

montgomery **PROM**
MAY 30, 2026

STUDIO 58
BEYOND THE VELVET ROPE
21+ EVENT

LIVE MUSIC BY:
"THE FUNKLEBERRIES"

INCLUDING:
BRICK HOUSE BITES AND DISCO DE-LITES
HEART FULL KITCHEN
WILL KEEP YOU STAYIN' ALIVE

DOORS OPEN AT 8:00 PM
MUSIC STARTS AT 9:00 PM
PROM/THEMED ATTIRE ENCOURAGED!
LIMITED TICKETS AT DOOR \$35
ADVANCED TICKETS ONLINE \$30

THE GRANGE TOWN HALL
57 N. MAIN STREET

ONLINE TICKETS:

Tickets available at www.eventcreate.com/e/montgomery-prom



May 2026



Montgomery, Vermont

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2 Pickleball (Beginner) 10:00 AM
3 Pickleball (Intermediate) 10:00 AM Crystal Bowl Sound Healing 3:00-4:00 PM & 4:30-5:30 PM Vermont Salt Cave	4 Pickleball (Intermediate) 10:00 AM	5 Pickleball (Beginner) 10:00 AM Zumba with Renee 6:00 PM The Grange	6 Pickleball (Beginner) 10:00 AM Zumba with Renee 6:00 PM The Grange	7 Vinyasa Yoga 9:00-10:00 AM Montgomery Town Hall Pickleball (Intermediate) 10:30 AM	8	9 Pickleball (Beginner) 10:00 AM
10 Pickleball (Intermediate) 10:00 AM Yoga Nidra with Joanne Dennis 10:00 AM Mother's Day Reservations required	11 Pickleball (Intermediate) 10:00 AM	12 Pickleball (Beginner) 10:00 AM Zumba with Renee 6:00 PM The Grange	13 Pickleball (Beginner) 10:00 AM Zumba with Renee 6:00 PM The Grange	14 Vinyasa Yoga 9:00-10:00 AM Montgomery Town Hall Pickleball (Intermediate) 10:30 AM	15	16 Pickleball (Beginner) 10:00 AM Crystal Bowl Sound Healing 3:00-4:00 PM & 4:30-5:30 PM Vermont Salt Cave
17 Pickleball (Intermediate) 10:00 AM Crystal Bowl Sound Healing 3:00-4:00 PM & 4:30-5:30 PM Vermont Salt Cave Winter Farmer's Market 10:00 AM-2:00 PM The Grange	18 Pickleball (Intermediate) 10:00 AM	19 Pickleball (Beginner) 10:00 AM Zumba with Renee 6:00 PM The Grange	20 Pickleball (Beginner) 10:00 AM Zumba with Renee 6:00 PM The Grange	21 Vinyasa Yoga 9:00-10:00 AM Montgomery Town Hall Pickleball (Intermediate) 10:30 AM	22	23 Pickleball (Beginner) 10:00 AM
24 Pickleball (Intermediate) 10:00 AM	25 MEMORIAL DAY Pickleball (Intermediate) 10:00 AM	26 Pickleball (Beginner) 10:00 AM Zumba with Renee 6:00 PM The Grange	27 Pickleball (Beginner) 10:00 AM Zumba with Renee 6:00 PM The Grange	28 Vinyasa Yoga 9:00-10:00 AM Montgomery Town Hall Pickleball (Intermediate) 10:30 AM	29	30 Pickleball (Beginner) 10:00 AM
31 Pickleball (Intermediate) 10:00 AM Crystal Bowl Sound Healing 3:00-4:00 PM & 4:30-5:30 PM Vermont Salt Cave	<div style="text-align: center;"> <h2>Crystal Bowl Sound Healing Sessions</h2> <p>RESERVATIONS AT www.vtsaltcaves.com</p> </div>		<div style="text-align: center;"> <h2>VINYASA YOGA</h2> <p>— Move. Breathe. Be. —</p> <p>A mindful flow linking breath with movement. Gentle, sustainable, and enjoyable for all. Props provided. Drop-in friendly.</p> <p>EVERY THURSDAY 9:00 - 10:00 AM Montgomery Town Hall Montgomery Center, VT</p> </div>			