

Essex Senior News

An update from the
Essex Area Senior Center

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December 2022



It's cookie season!

Bring Your Favorite Cookies!

EASC Cookie Exchange
December 14th, 12:30-1:00pm
Following our pizza party luncheon

Bring your favorite, homemade cookies, a copy of your recipe to share to with others, and a container to bring home an assortment of delicious holiday cookies made by friends.



See Nicole to make copies of your recipe at the center.

COVID AWARENESS AND PREPAREDNESS

Currently at the EASC, masks are optional and still available at the sign-in table if desired. HEPA air filters are onsite to ensure proper air quality filtration. PLEASE choose to visit us another day if you are experiencing any covid related symptoms. Staff has the right to request symptomatic patrons leave and return once free of all covid related symptoms. The safety of our members and staff is our priority.

2022/23

New & Renewal Memberships

EASC memberships are for individuals 50 years of age or older.

Annual membership dues are being accepted for July 1st, 2022- June 30th, 2023 membership year.

Please make checks payable to City of Essex Junction and be sure to fill out the new membership form in it's entirety.

Volunteer Hosts Needed:

We are always looking for dedicated volunteers to help with opening and closing the center on Mondays and Fridays.

If you are interested in becoming a volunteer host, please see Nicole for more information. Without Volunteer Hosts, our doors could not be open 5 days a week.

Check us out on Facebook

@essexareaseniorcenter



Or look for us online at:

www.essexvt seniors.org

ESSEX AREA SENIOR CENTER: WHAT TO KNOW

The Essex Area Senior Center (EASC) is a warm and welcoming place for residents of the Essex community and non-residents from neighboring towns. We have grown over the years and are a vibrant group who love to gather, socialize, play games, venture on trips, dine, and try new things together. The center is a home-away-from-home for many that consists of a strong membership with whom the center is dependent upon to volunteer regularly providing a consistent experience for all.

Our center is strong and healthy because of its members. Alongside the membership, the Center has a long-standing relationship with the City of Essex Junction, who graciously provide the space and utilities to the membership and visitors. EASC is also staffed by the Town of Essex Parks and Recreation department; Program Director of Senior Services - Nicole Mone-St. Marthe is supported by the director of Essex Parks and Recreation- Ally Vile.

Please feel free to stop by and say hi, ask questions, renew your membership, and most importantly... tell your non-member friends about joining the center!



Holiday Closures- The center and van services will be closed on **Dec. 23rd & 26th**. We are closed on holidays observed by the municipality. **NOTE:** If you are a van rider, please call the van scheduling line on the Friday before a Monday holiday closure to schedule your rides for the following week.

EASC, 2 Lincoln Street, Essex Junction, VT 05452

802-876-5087 • www.essexvt seniors.org

Center Hours: Monday - Friday • 10:00am - 4:00pm

The Essex Senior News is a publication
by the Essex Area Senior Center.



Luncheons at the EASC - We provide multiple luncheon activities to aid in combating food insecurity as well as creating wonderful opportunities for socialization. We are happy to offer “Grab and Go” meals From Age Well, which are pre-packaged, nutritious meals that can be picked up on Tuesdays between 11-12pm, and heated at home for your enjoyment. There is no required fee for the meal, but

donations to Age Well are accepted. If you are interested in a Grab and Go meal, please sign up at the center by Thursday of the week prior to the meal. Wednesday’s luncheons are a combination of onsite sit-down meals and offsite restaurant outings. Onsite meals are \$5/members, \$7/non-members and pre-registration is encouraged. Offsite restaurant outing prices and menu choices are set by the restaurant in advance. Pre-registration is required at the EASC to attend the Meet & Eat outings for reservation purposes.

DATE & TIME	LOCATION	PRICE	MENU
Tues. Dec. 6 11-12pm	Grab and Go	Donations Encouraged	Roast pork with warm applesauce, mashed potatoes, mixed vegetables with lima beans, wheat bread with butter, chocolate chip cookie, & milk.
Wed. Dec. 7 11:30-12:30			There will be no luncheon due to the Holiday Luncheon being provided by the Essex Rotary at the CVE.
Tues. Dec. 13 11-12	Grab and Go	Donations Encouraged	Christmas meal: Stuffed chicken breast with apple cranberry stuffing, gravy, mashed potatoes, sliced carrots, cranberry sauce, wheat dinner roll, pumpkin cake, & milk.
Wed. Dec. 14 11:30-12:30	EASC	\$5-member \$7- non-member	Pizza Party and Holiday Cookie Exchange! Come enjoy a Pizza buffett and bring one of your favorite cookies to exchange with friends. More information can be found on the cover of this newsletter.
Tues. Dec. 20 11-12	Grab and Go	Donations Encouraged	Macaroni & cheese, carrots, peas & mushrooms, wheat dinner roll with butter, pumpkin cookie with Craisins and white chips, & milk.
Wed. Dec. 21 11:30-12:30	EASC	\$5-member \$7- non-member	Holiday Soup luncheon- Soup, rolls, and dessert provided by the Culinary program at the Center for Technology Essex.
Tues. Dec. 27 11-12	Grab and Go	Donations Encouraged	Beef Stroganoff with onions & mushrooms, rotini noodles, brussel sprouts, dinner roll with butter, seasoned apples with cinnamon, & milk.
Weds. Dec. 28 11:30-12:30	Ray’s Seafood	Pay your own bill	Meet & Eat at Ray’s Seafood in Essex. Join us for some great company and enjoy the many offerings of Ray’s Seafood. Check out their menu online at www.raysseafood.com

DECEMBER PROGRAMMING



DECEMBER BINGO CALLERS

12/6	Walter
12/13	Len
12/20	Walter
12/27	Len

BINGO				
10	18	40	53	74
3	23	37	55	70
15	24	★	51	62
5	30	43	54	65
1	28	33	58	67

Bingo runs from 10:00am-1:00pm every Tuesday with a short break for lunch. Bring a bag lunch or snack to enjoy during this time. There is no fee to play Bingo but donations are encouraged to help cover the cost of disposable bingo sheets, daubers, and raffle prizes.
 “B” there or “B” square!

Knitting and Crochet Hour

Get together with fellow knitters and crocheters on Thursdays from 12:30-1:30. Bring your own project and supplies or use ours. This is a great time to create something new and enjoy wonderful conversation with others.



Age Well Meal Tickets- stop by on the first Tuesday of every month from 11-12pm to get your \$5 restaurant meal tickets. Kerry from Age Well will be present to answer any questions.

Mah Jongg:

An Eastern tile game that was developed in the 19th century in China. Tiles are ordained with unique symbols. Mondays and Fridays 10:00-12:00



Card Games

- **Hand & Foot: Mondays 10:00-12:00**
- **Party Bridge: Mondays 12:30-3:30**
- **Duplicate Bridge: Thursdays 12:30-3:30 -please bring a partner**
- **Cribbage: Fridays 1:00-3:00**



Essex Senior Van transportation



The Essex Senior Vans are available Tuesday - Thursday for medical appointments (priority), grocery shopping, rides to and from the Senior Center and more. This service is FREE to Essex Community residents who are 60+ in age. Reservations must be made on Mondays. Call 878-6940 between 9am-2pm on the Monday of the week you need a ride. Leave a message and your ride will be confirmed with a return call after 2pm.

Also check out the Essex Senior Van Friday Frolics schedule. Enjoy an outing exploring the greater Chittenden County area with free transportation. In December we will head to the Dutch Mill for breakfast and shopping at the Christmas Loft on 12/2.



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Never heard of Mah Jongg?

Join our beginners Mah Jongg!

Come join Karen for a relaxed, easy paced, and fun intro to this classic tile game every Monday @ 1:45. She'll walk you through the in's and out's of the game and you'll be playing in no time. Don't be shy, stop in and learn about this great game.

(Essex Senior Van Continued)

For detailed information regarding Friday Frolics and van services, visit the Senior Van tab on the Senior Center website www.essexvt seniors.org. Contact Nicole if you are interested in attending a trip at 878-6940.

Please note the senior van services observe all municipal holidays, and do not run when EWSD is closed due to inclement weather. Please call on the Friday prior to a Monday municipal holiday to schedule rides for that week.

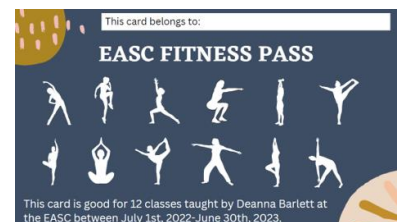
NEW TO THE VANS? Call 876-5087 or 878-6940 for a New Rider Packet to be mailed to you, or go online to the Town of Essex Website to print your own. All necessary forms must be completed prior to your first appointment on the vans.

Fitness For All!

1. **Seated Chair Yoga**- gentle, accessible, and an easy introduction to an exercise form that is sure to improve your balance, flexibility, and strengthen the whole body. Tuesdays 1:30-2:30pm and Thursdays 10-11am
2. **Functional Strength + Mobility**- This low impact class is a beginning step to strengthening targeted areas of the body to help improve and ensure overall longevity and independence. Wednesday 1:15-2:00pm

Interested in attending a class?

There is no pre-registration, just come when you can. The drop-in fee is \$5 per class, or grab a great deal with our new EASC Fitness Punch Pass. Punch passes are \$45 and good for 12 classes. That's only \$3.75 a class!



December Happenings



This month we sadly bid a fond farewell to Blake as she embarks on a new adventure in the Town of Essex Community Development office. Thank you Blake for all you have done for the EASC. You will be missed beyond measure!

“ There are no goodbyes for us. Wherever you are, you will always be in my heart. ”
- Mahatma Gandhi

Did you hear? We're having a Holiday Stocking Raffle!

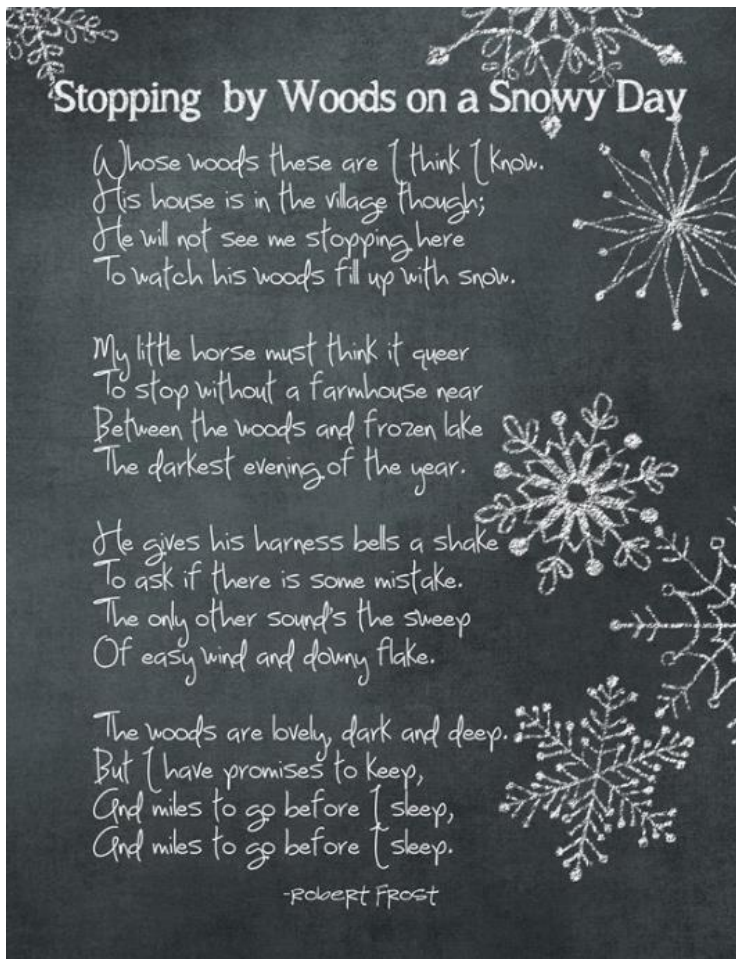


On December 21st following our Holiday Soup Luncheon, we will be raffling off three holiday stockings filled with goodies! Purchase tickets for the raffle at the center. Tickets are \$1 per ticket, or \$5 for 8! What a deal!!! Win a handmade scarf, \$50 gas cards, holiday treats, and MORE!



December 2022

Sun.	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
				1	2	3
				10-11am Seated Chair Yoga 12:30-1:30: Knitting 12:30-3:30pm: Duplicate Bridge	10-Noon: Mah Jongg 1-3pm: Cribbage, Cards/Games	
4	5	6	7	8	9	10
	10-12:00 Drop in Hand & Foot 10-Noon: Mah Jongg 12:30-3:30pm: Bridge 1:45pm Beginners Mah Jongg	10:00- 1:00pm BINGO 11-12pm Grab and Go pick up 1:30-2:30pm Seated Chair Yoga	1:15-2pm Strength & Mobility	10-11am Seated Chair Yoga 12:30-1:30: Knitting 12:30-3:30pm: Duplicate Bridge	10-Noon: Mah Jongg 1-3pm: Cribbage, Cards/Games	
11	12	13	14	15	16	17
	10-12:00 Drop in Hand & Foot 10-Noon: Mah Jongg 12:30-3:30pm: Bridge 1:45pm Beginners Mah Jongg	10:00- 1:00pm BINGO 11-12pm Grab and Go pick up 1:30-2:30pm Seated Chair Yoga	11:30-12:30 Pizza Party 12:30-1pm Cookie Exchange 1:15-2pm Strength & Mobility	10-11am Seated Chair Yoga 12:30-1:30: Knitting 12:30-3:30pm: Duplicate Bridge	10-Noon: Mah Jongg 1-3pm: Cribbage, Cards/Games	
18	19	20	21	22	23	24
	10-12:00 Drop in Hand & Foot 10-Noon: Mah Jongg 12:30-3:30pm: Bridge 1:45pm Beginners Mah Jongg	10:00- 1:00:pm BINGO 11-12pm Grab and Go pick up 1:30-2:30pm Seated Chair Yoga	11:30-12:30 Holiday Soup luncheon and raffle drawing 1:15-2pm Strength & Mobility	10-11am Seated Chair Yoga 12:30-1:30: Knitting 12:30-3:30pm: Duplicate Bridge	Closed for the Holidays	
25	26	27	28	29	30	31
MERRY 	Closed for the Holidays	10:00- 1:00:pm BINGO 11-12pm Grab and Go pick up 1:30-2:30pm Seated Chair Yoga	11:30-12:30 Meet & Eat luncheon at Ray's Seafood 1:15-2pm Strength & Mobility	10-11am Seated Chair Yoga 12:30-1:30: Knitting 12:30-3:30pm: Duplicate Bridge	10-Noon: Mah Jongg 1-3pm: Cribbage, Cards/Games	



CHRISTMAS DUMP CAKE

INGREDIENTS

- 1 (16 ounce) can cranberry sauce whole
- 1 (21 ounce) can apple pie filling
- 1 (18 1/4 ounce) box yellow cake mix
- 1/2 cup butter (1 stick)
- 1/2 cup walnuts, chopped or 1/2 cup granola cereal

DIRECTIONS: Heat oven to 325. Dump cranberry sauce into an

ungreased 9 x 13" pan and spread around the pan as well as you can. Dump Apple Pie filling into pan. Spread mixture evenly over cranberry sauce then "sift" dry cake mix on top. Cut up butter and dot top of cake. Sprinkle nuts or granola on top of cake. Bake 1 hour 15 minutes. Cool 10 minutes, then cut into squares. Serve with Cool Whip or ice cream

