

# Essex Senior News

## HAPPY EASTER

An update from the  
Essex Area Senior Center

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# APRIL 2022

THE HONOR OF YOUR PRESENCE  
IS REQUESTED AT A



*Tea Party*

FRIDAY, APRIL 22ND AT 12:00-1:30  
ENJOY A DELECTABLE LUNCHEON FEATURING:

- Tea Sandwiches: cucumber, chicken salad
- Puff Pastries: mushrooms, brie and cranberry
- Ham and Cheese Roll-Ups
- Deviled Eggs
- Assorted Fruits
- Scones with Clotted Cream and Jam
- Lemon Curd Pastries
- A Tasty Variety of Dainty Cupcakes

\$5 for members  
\$10 for non-members  
Limited to 20 guests.  
Reserve your seat at the EASC.



*Top hats and tiaras welcome!*

#### 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.

## ESSEX AREA SENIOR CENTER:



### WHAT TO KNOW

Check us out on Facebook

@essexareaseniorcenter



Or look for us online at:

[www.essexvtseniors.org](http://www.essexvtseniors.org)

## 2021/2022

### New & Renewal Memberships

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

Annual membership dues are \$15 for Essex residents and \$18 for those living outside the Essex community and cover July 1<sup>st</sup>-June 31<sup>st</sup> . Please make checks payable to Village of Essex Junction and be sure to fill out the new membership form in it's entirety. **2022-2023 renewals are due July 1<sup>st</sup> of 2022.**

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 together, dine together, try new things and so much more. The Center is a home-away-from-home for many, and consists of a strong membership with whom the center is dependent upon to volunteer regularly providing a consistent experience for all. Hosting hours, fundraising for programs, center upgrades, and generating new program and trip ideas are just a few ways volunteers contribute to the center.

Our Center is strong and healthy because of its members. Alongside the membership, the Center has a long-standing relationship with the Village of Essex Junction Trustees who graciously provide the space and utilities to the membership and visitors. EASC is also staffed by the Town of Essex with a member from the Essex Parks and Recreation department; the Program Director of Senior Services - Nicole Mone-St. Marthe - is supported by the director of Essex Parks and Recreation, and is assisted by assistant Alexis Blake Getchell, also of Essex Parks and Recreation.

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 will be closed on holidays observed by the Town of Essex municipality. **NOTE:** Please remember that the center is closed and the van does not run when the EWSD cancels school due to inclement weather or when travel conditions are deemed unsuitable by the Senior Van Coordinator.

EASC, 2 Lincoln Street, Essex Junction, VT 05452

802-876-5087 • [www.essexvtseniors.org](http://www.essexvtseniors.org)

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

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



## LUNCHEONS AT - A - GLANCE

At the EASC, we provide two nutritional choices 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 and payment is required at the EASC to attend these outings.

DATE & TIME	LOCATION	PRICE	MENU & Entertainment
Tues. 4/5	Grab and Go @ EASC 11-12		Sweet-n-sour pork with sweet-n-sour vegetable sauce, brown rice with lentils and vegetables, green beans, dinner roll, congo bar & milk.
Weds. 4/6	EASC 11:30-12:30	\$5 Mem \$7 Non	Pizza Buffett and Root beer Floats EASC Jeopardy to follow at 12:30
Tues. 4/12	Grab and Go @ EASC		Baked ham with raisin sauce, sweet potatoes, capri blend vegetables, dinner roll, Easter cake with icing, & milk.
Weds. 4/13	EASC 11:30-12:30	\$5 Mem \$7 Non	Soup and rolls provided by the culinary program at CTE Surprise dessert provided by the Meal Committee Don't Forget the Lyrics game to follow at 12:30
Tues. 4/19	Grab and Go @ EASC		Beef with BBQ sauce, baked beans, broccoli florets, dinner roll, pumpkin cookie & milk.
Weds. 4/20	Offsite @ JP's 10-11am	\$12 Pre-reg. and payment required	3 Egg-cellent Spring Choices: 1- Two egg western omelet (cheddar, ham, green peppers, onions). 2- Two egg veggie omelet. 3- 2 eggs prepared how you'd like with a side of corned beef hash. All meals include toast, coffee or tea. \$12 fee includes your meal cost, tax, and tip.
Tues. 4/26	Grab and Go @ EASC 11-12		Roast turkey with gravy, mashed potatoes, sliced carrots with parsley, dinner roll, pumpkin pie with cream, & milk.
Weds. 4/27	EASC 11:30-12:30	\$5 Mem \$7 Non	Soup and rolls provided by the culinary program at CTE Surprise dessert provided by the Meal Committee PechaKucha Presentation to follow at 12:30

## APRIL BINGO CALLERS

APRIL 5	Stan
APRIL 12	Len
APRIL 19	Walter
APRIL 26	Len



Welcome to our newest Bingo caller, **WALTER!!!**

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 Group

Come and join us in our knitting social group, Friday's 12pm until 2pm. This is not an instructional class, but rather a group for knitters and crocheters to get together and share. Bring your current projects, start something new, or just come and visit with us if you'd like. We'd love to have you.



## Seated Yoga

Liven up your mornings with Seated Yoga. Stacey will help you start your day off on the right foot! No experience needed. This group will meet on Monday at 10am on 4/4 & 4/11, and on Thursday 4/21 & 4/28 There is no fee for this course but donations are encouraged to help in reimbursing Stacey for her services.



## APRIL GROUP MEETINGS

### Origami Group

On Wednesday 4/20 at 1:00 we will continue working on several different folds that will be used to make a mobile over the coming months. An example of a completed mobile can be seen in the EASC library. If you are interested in learning the art of Origami, this is the group for you! Supplies will be provided by the center.



### Book Club is now...



Join us for Book Share every 3<sup>rd</sup> Thursday of the month at 11am. Come and share your best reads, or sit in and listen to what other readers are currently enjoying. You may discover a new literary masterpiece awaits!

Come play Don't Forget the Lyrics on Wednesday, April 13<sup>th</sup> @ 12:30 after our luncheon.



**Can you sing the next line ???**



## WHAT'S NEW THIS MONTH ?



### INTRO TO MAH JONGG

A new Intro to Mah Jongg course will run on Mondays from April 18<sup>th</sup> - May 23<sup>rd</sup> @ 1:45-3pm. Join us to learn more about this exciting Eastern tile game. Please sign up at the center in advance to let us know you'll be there. Sign ups are open until April 15<sup>th</sup>, there are currently 4 slots available.



### PechaKucha 20 X 20 IMAGES SECONDS

PechaKucha's 20x20 presentation format shows the storytellers 20 chosen images, each for 20 seconds.

In other words, the story is told in 400 seconds, with visuals guiding the way. PechaKucha means "chit chat" in Japanese. This creative outlet began as nighttime get-togethers in Tokyo in 2003 by two renowned architects. Since then, three million people have attended PechaKucha events worldwide. Join us at 12:30 on April 27<sup>th</sup> after the luncheon to hear 3 storytellers share their PechaKucha.

### DIY Decoupage Spring Vase

Come celebrate Spring by making your own decoupage decorated vase on Thursday April 14<sup>th</sup> @ 10am. No experience needed. Let us guide you through the process to creating your own beautiful keepsake that you will take home along with a fresh flower. Pre-registration is required. \$10 fee.



### ESSEX SENIOR VAN TRANSPORTATION



The Essex Senior Vans are available Tuesday - Friday 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 online at our [www.essexvtseniors.org](http://www.essexvtseniors.org) website. Enjoy an outing exploring the greater Chittenden County area with free transportation. This month we will be enjoying the Chinese offerings of Lucky Buffett in St. Albans on 4/15, and shopping on 4/29 at our #1 most requested stop, Trader Joe's, followed by lunch at Al's. See Nicole if you are interested in attending either trip.**

***\*\*Please note the senior van services observe all municipal holidays, and do not run when EWSD is closed due to inclement weather.***

**NEW TO THE VANS?** Call 876-5087 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.

# April 2022

	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
					1	2
					10-Noon: Mah Jongg 12-2 Knitting 2-4pm: Cribbage, Cards/Games Ramadan begins	
3	4	5	6	7	8	9
	10-11:00 Drop in Hand & Foot 10-10:30am: Seated Yoga with Stacey 12:30-3:30pm: Bridge	10:00- 1:00pm BINGO  11-12pm Grab and Go pick up	11:30-12:30pm PIZZA PARTY LUNCHEON!!!  12:30 EASC Jeopardy	12:30-3:30pm: Duplicate Bridge	10-Noon: Mah Jongg 12-2 Knitting 2-4pm: Cribbage, Cards/Games	
10	11	12	13	14	15	16
	10-11:00 Drop in Hand & Foot 10-10:30am: Seated Yoga with Stacey 12:30-3:30pm: Bridge	10:00- 1:00pm BINGO 11-12pm Grab and Go pick up 11-12pm Age Well Ticket Sale	11:30-12:30pm Soup Luncheon  12:30 Don't Forget the Lyrics	10:00 DIY Decoupage Springs Vase  12:30-3:30pm: Duplicate Bridge	10-Noon: Mah Jongg 12-2 Knitting 2-4pm: Cribbage, Cards/Games Friday Frolic: Lucky Buffett	
17	18	19	20	21	22	23
Happy Easter 	10-11:00 Drop in Hand & Foot 12:30-3:30pm: Bridge 1:45-3pm Intro to Mah Jongg	10:00- 1:00:pm BINGO  11-12pm Grab and Go pick up	10-11am JP's Breakfast Outing  1 pm- Origami Group	10-10:30am: Seated Yoga with Stacey  11:00 Book Club  12:30-3:30pm: Duplicate Bridge	10-Noon: Mah Jongg 12-2 Knitting 12-1:30 Tea Party 2-4pm: Cribbage, Cards/Games  Happy Earth Day	
24/31	25	26	27	28	29	30
	10-11:00 Drop in Hand & Foot 12:30-3:30pm: Bridge 1:45-3pm Intro to Mah Jongg	10:00- 1:00:pm BINGO  11-12pm Grab and Go pick up	11:30-12:30pm Soup Luncheon  12:30 Pechakucha Presentation	10-10:30am: Seated Yoga with Stacey  12:30-3:30pm: Duplicate Bridge	10-Noon: Mah Jongg 12-2 Knitting 2-4pm: Cribbage, Cards/Games Friday Frolic: Trader Joe's and Al's French Fries	

# Community Resource Information:

EASC is happy to announce that we will become a purchase site for the Age Well Ticket Program starting in April. Every 2<sup>nd</sup> Tuesday of each month, Essex residents aged 60+ are welcome to stop by the center between 11-12pm for tickets. An Age Well representative will be present to answer any questions. See below for more information on the program as well as a list of participating restaurants in our area.



Age well is a nonprofit organization that serves Addison, Chittenden, Franklin, and Grand Isle Counties and is the largest Meals on Wheels provider in Vermont.

Our mission is to provide the support and guidance that inspires our community to embrace aging with confidence.

## Enjoy company and a great meal? Join the Restaurant Ticket Program



Call Age Well  
to learn more:  
**1-800-642-5119**

### What is it?

An opportunity for older adults to enjoy a nutritious meal and an outing at a local restaurant.

### How does it work?

Individuals donate for tickets at Age Well to use at participating restaurants during specified times.

### What restaurants?

The list is growing, a few of the participating restaurants include: The Abbey Pub & Restaurant, Erica's Diner, IHOP, The Dutch Mill, Wally's Place, and more!

### What is the donation?

Tickets are a suggested donation of \$5 and are available at the Age Well office in Colchester.





agewellvt.org  
Helpline: 1-800-642-5119  
P 802-865-0360  
F 802-865-0363  
875 Roosevelt Hwy, Ste. 210  
Colchester, VT 05446

## Restaurant Ticket Program Frequently Asked Questions (and Answers!)

**What is the Restaurant Ticket Program?** Age Well has contracted with several restaurants in Addison, Chittenden, Franklin, and Grand Isle counties to offer a nutritious meal to people age 60 and over at participating restaurants. Individuals 60 years of age or older register and then donate for a ticket and dine at one of the restaurants with their family or friends on their own time.

**How do I qualify for this program?** You must be 60 years of age or older and you be registered with Age Well. The spouse of an eligible participant is also eligible regardless of age if both are attending.

**Which customers are eligible?** As Age Well is partially federally funded by the Older American's Act, all people 60 years of age or older who attend a meal organized by Age Well **are required** to be registered once a year to adhere to federal guidelines. Registration consists of a short questionnaire about demographics, contact information, and a nutrition survey. They can be completed at the Age Well office or with any of our Nutrition Coordinators at the time you obtain your tickets.

**Is there a cost for the tickets?** The suggested donation is \$5 per ticket.

**How many times can I use the ticket?** Each ticket is valid for one meal only but there is no limit as to the number of tickets you can get.

**Can I give my ticket to a friend?** Tickets are non-transferrable, non-refundable, and non-exchangeable. If your friend is registered with Age Well, you can pick up a ticket for them but it must be in their name.

**Where can I get a ticket and/or get registered?** The tickets are available at our Age Well office located at 875 Roosevelt Hwy, Suite 210, Colchester, VT 05446 during regular business hours 8:30am-4:30pm. You can also contact one of our Nutrition Coordinators in Addison County – Michelle Eastman 802-377-1419, Chittenden County – Pat Long 802-557-5484, and Franklin County – Laura Need 802-662-5264. Call the Helpline at 1-800-642-5119 for specific locations.

**Do the tickets have an expiration date?** Tickets are valid for the duration of our fiscal year October – September. Current tickets must be used prior to September 30, 2022.

**How do I know which restaurants are participating?** When you receive your tickets you will be handed a list of participating restaurants including the dates and times Age Well tickets are honored. The information is also on our website at [www.agewellvt.org](http://www.agewellvt.org).

**What do I do when I get to the restaurant?** Upon arrival present your Age Well ticket to your host or server. They will then give you the special Age Well menu which has been reviewed and is compliant with the Older American's Act guidelines. All other members of your party will select from the regular menu at regular price. Substitutions are not allowed. Any extra items or substitutions ordered will be charged at full price.

**Do I have to leave a tip?** Gratuity is not included with your ticket. It's up to you to tip your server.





## RESTAURANT TICKET PROGRAM

Older adults can make a \$5 donation to receive a ticket to dine at one of the participating establishments.

Tickets are available at the Age Well office at 875 Roosevelt Hwy, Ste. 210 in Colchester or you can call 802-662-5200 for more information.

### PARTICIPATING RESTAURANTS

Ray's Seafood Market: 7 Pinecrest Dr in Essex Junction  
(Available Sunday-Wednesday 11:00am-4:00pm)

The Abbey Restaurant: 6212 VT-105 in Sheldon  
(Available Tuesday-Sunday 11:30am-5:00pm)

The Dutch Mill Family Restaurant: 4309 Shelburne Rd in Shelburne  
(Available Monday-Sunday 7:30am-2:00pm)

IHOP: 155 Dorset St in South Burlington  
(Available Monday-Sunday 7:00am-9:00pm)

Rosie's Restaurant: 886 Rte 7 South in Middlebury  
(Available Monday-Wednesday, 6:00am-12:00pm for Breakfast, 12:00pm-3:00pm for lunch)

Wally's Place: 260 US-2 in South Hero  
(Available Wednesday-Friday 11:00am-2:00pm)

Halfway House: 450 VT-22A in Shoreham  
(Available Monday-Thursday 5:00am-8:00pm)

Note: Contact the Dairy Center (802-933-2030) and Greenwood Bakery & Deli (802-848-9000) in Richford directly about scheduled meals.

Upon arrival present your Age Well ticket to your host/server. They will then give you the special Age Well menu which has been reviewed and is compliant with the Older American's Act guidelines. All other members of your party will select from the regular menu at regular price. Substitutions are not allowed. Any extra items or substitutions ordered will be charged at full price. Gratuity is not included, tickets only cover the cost of the meal.

# Did you know that April is National Poetry month?

## HISTORY OF NATIONAL POETRY MONTH

The success of Black History Month in February and Women's History Month in March led to the initiation of National Poetry Month in April by the Academy of American Poets. The first-ever National Poetry Month was celebrated in 1996, but the history of poetry itself goes back to about thousands of years ago.

Dating back to 2100 B.C., the "Epic of Gilgamesh" is cited as the first-ever written piece of poetry, which tells an epic tale of a hero in ancient Mesopotamia.

Storytelling about history was quite popular until the 20th century but is rarely used nowadays. Ballads were a common way of capturing history during the Middle Ages. They were also used to announce news to kingdoms. An ode was a lyrical poem that glorified an event or person. It was also used in the past to tell stories about victories.

Aristotle described three genres of poetry: epic, comic, and tragic. This paved the way for poetry to flourish throughout Europe and the Middle East. However, these three genres were changed by aestheticians to epic, lyric, and dramatic. The genres of comic and tragic identified by Aristotle were combined into subcategories of the dramatic.

Modern Western poetry comprises various forms and genres from different cultures and pasts.

## Can you haiku?

- Haiku is a Japanese poetry form. A haiku uses just a few words to capture a moment and create a picture in the reader's mind. It is like a tiny window into a scene much larger than itself.
- Traditionally, haiku is written in three lines, with five syllables in the first line, seven syllables in the second line, and five syllables in the third line.

Here's a few examples:

*Slowly, graceful wings  
Lift skyward; as you lift me  
Friends always, grateful.*

*Just look at the moon  
So big and round; trustworthy  
Guarding us at night.*

Give it a try!

Line 1 (5 syllables) : \_\_\_\_\_

Line 2 (7 syllables) : \_\_\_\_\_

Line 3 (5 syllables) : \_\_\_\_\_

Congratulations! You can haiku.