

Essex Senior News

DECEMBER 2021

An update from the
Essex Area Senior Center

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December

Seasons greetings everyone,

We have so much to be thankful for and to celebrate. We have been back in our center full time since the beginning of September and have had the opportunity to reconnect with friends while enjoying the activities we love so much. As we move forward toward the start of 2022, let's look back on some of the great moments from the past 3 months.



COVID AWARENESS AND PREPAREDNESS

All visitors, members, and staff are required to wear face masks at all times while at the center. Masks may only be removed while eating. 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 a negative Covid test result prior to the return of a symptomatic or possibly exposed patron, as they deem necessary. Safety is Priority.



ESSEX AREA SENIOR CENTER: WHAT TO KNOW

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.

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

Check us out on Facebook

@essexareaseniorcenter



Or look for us online at:

www.essexvtseniors.org

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 both 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!

Please Note - The center will be closed on holidays observed by the Town of Essex municipality. This month we will be closed on December 23rd, 24th, and 31st. There will be no Senior Van service on these days. Also, as winter weather approaches, please remember that the van does not run when the EWSD cancels school due to inclement weather.

EASC, 2 Lincoln Street, Essex Junction, VT 05452

802-876-5087 • 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

EASC plans luncheons every Wednesday from late August through the month of May. Luncheon locations may vary between an area restaurant, a local park or church, or right here at 2 Lincoln Street in the main room at the Center. We work with the Culinary program at the Center for Technology - Essex (CTE) for soup luncheons, as well as, sit down meals provided by Age Well. All luncheons are designed to be affordable, nutritious, and a wonderful opportunity to gather with friends. On occasion, an informative or entertaining program will follow the meal. Please remember to sign up in advance to help us plan the appropriate amount of food needed.

Wed., Dec. 1st: Holiday Ham Dinner prepared by the EASC meal committee. The meal will be held at St. Pius X church in Essex @ 11:30. **Pre-registration is requested by 11/26.** \$5 per person.

Wed., Dec. 8th: CTE Soup Luncheon. **Pre-registration is requested by 12/7;** this meal costs \$2/member, \$4/non-member. Following this meal we will enjoy a Pechakucha storytelling session with Ken Signorello.

Wed., Dec. 15th: Age Well meal. **Early sign-up is requested by 12/9;** this meal costs \$5/member, \$7/non-member. Following this meal we will have the opportunity to enjoy some beautiful holiday music played by local harpist Elsa Anderson.

Wed., Dec. 22nd: Grab and Go meal. **Early sign-up is requested by 12/16;** this meal costs \$5/member, \$7/non-member. Stop in and pick up your meal to bring home and enjoy.

Wed., Dec. 29th: Pot Luck! Bring your favorite main dish or side to share. No desserts please. Sign up and let us know what you plan to bring to this fabulous family style luncheon. There is no cost to attend this luncheon if you bring a dish. \$2 if no dish is provided.

Please arrive for all luncheons at 11:30pm. Service of lunch will begin promptly at 11:45

DATE	LOCATION	MEAL	PRICE	Program
Wed., Dec. 1st	St. Pius X, Essex 11:30 - 1pm	Holiday Ham Dinner	\$5 for all	
Wed., Dec. 8th	EASC, 2 Lincoln 11:30 - 1pm	CTE soup, rolls and dessert	\$2/member \$4/non-member	PechaKucha storytelling presentation
Wed., Dec. 15th	EASC, 2 Lincoln 11:30 - 1pm	AgeWell meal Stuffed chicken breast with apple cranberry stuffing, mashed potatoes, carrots, cranberry sauce, dinner roll, pumpkin cake with icing, & milk.	\$5/member \$7/non-memb.	Live holiday music by harpist Elsa
Wed., Dec. 22nd	EASC, 2 Lincoln 11:30 - 1pm	AgeWell Grab and Go take out meal.		
Wed., Dec. 29th	EASC, 2 Lincoln 11:30 - 1pm	Pot luck	\$5/member \$7/non-memb.	TBD

Baby it's COLD outside...

All the more reason to stop in a check out the wonderfully crafted winter hats, socks, mittens, scarves, blankets, and kids clothes knitted and crocheted by our very own EASC Knitting and Crochet Club. All items are handcrafted with care and are on sale at a reasonable price. Stop in and help support our center while keeping your fingers and toes warm all season. Items will be on display every Tuesday in December from 1-4pm. Call Nicole with any questions.



Are you the hostess with the mostest? Consider being a volunteer host at the EASC. We are currently looking for individuals to help open and close the center each day. See Nicole if you have any questions or would like to sign-up for a shift.

DECEMBER BINGO CALLERS

Dec. 7th	Stan
Dec. 14th	Len
Dec. 21st	Stan
Dec. 28th	Len



Bingo runs from 10am-1pm on Tuesdays 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 welcome to help cover the cost of disposable bingo sheets and daubers.

❄️ DECEMBER CLUB MEETINGS

❄️ **Origami Group** - All are welcome and encouraged to attend! No experience necessary. This group will meet on Wednesday, Dec. 15th at 1:00 in the game room. 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** This month, the book club will be reading The Beautiful Mystery by author, Louise Penny. We will meet from 11am-12pm on Dec. 16th in the library.

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



❄️ **Have an idea for a new club? Contact Nicole and let's get it started. We are always looking for new hobbies and activities to explore.**

**NEW Programs and Presentations:

PechKucha Presentation

Join Ken Signorello on Dec. 8th at 12:30pm following our luncheon, as he introduces us to the world of PechKucha. Then come and give it a try on Dec. 10th and 17th at 12:30 as he walks you through the process of becoming a storyteller yourself. PechaKucha's 20x20 presentation format shows your 20 chosen images, each for 20 seconds. In other words, you've got 400 seconds to tell your story, 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.



DROP IN HAND & FOOT

Stop by on Monday mornings at 10am for a game or two of Hand & Foot. Hand and Foot is a North American game related to Canasta, in which each player is dealt two sets of cards - the hand, which is played first, and the foot, which is played when the hand has been used up. There are numerous variations of this game. Come alone or bring a friend. All are welcome.



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 online at our www.essexvtseniors.org website. Enjoy an outing exploring the greater Chittenden County area with free transportation.

FRIDAY service update: The Essex Senior Van will begin offering Friday services starting Dec. 3rd.

****Please note the senior van service observes all municipal holidays. There will be no van service on Dec. 23rd, 24th, and 31st.**

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.

December 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
			1	2	3	4
			11:30am: Ham dinner @ St. Pius	10-10:30am: Seated Yoga 12-2 Knitting 12:30-3:30pm: Duplicate Bridge	10-Noon: Mah Jongg 1-4pm: Cribbage, Cards/Games	
5	6	7	8	9	10	11
	10-11:00 Drop in Hand & Foot 12:30-3:30pm: Bridge	10:00- 1:00:pm BINGO 1-4pm Knitting Sale Table	11:30: Soup Luncheon 12:30 PechKucha Presentation	10-10:30am: Seated Yoga 12-2 Knitting 12:30-3:30pm: Duplicate Bridge	10-Noon: Mah Jongg 1:00 PechKucha Workshop 2-4pm: Cribbage, Cards/Games	
12	13	14	15	16	17	18
	10-11:00 Drop in Hand & Foot 12:30-3:30pm: Bridge	10:00- 1:00pm BINGO 1-4pm Knitting Sale Table	11:30am: AgeWell Luncheon 12:30 Live holiday harp music 1 pm- Origami Club	10-10:30: Seated Yoga 11:00 Book Club 12-2 Knitting 12:30-3:30pm: Duplicate Bridge	10-Noon: Mah Jongg 1:00 PechKucha Workshop 2-4pm: Cribbage, Cards/Games	
19	20	21	22	23	24	25
	10-11:00 Drop in Hand & Foot 12:30-3:30pm: Bridge	10:00- 1:00:pm BINGO 1-4pm Knitting Sale Table	11:30-12pm: Grab and Go lunch pick up	Closed in observance the Holidays	Closed in observance of the Holidays	
26	27	28	29	30	31	2022
	10-11:00 Drop in Hand & Foot 12:30-3:30pm: Bridge	10:00- 1:00:pm BINGO 1-4pm Knitting Sale Table	11:30-12pm: Pot Luck Luncheon	10-10:30: Seated Yoga 11:00 Book Club 12:30-3:30pm: Duplicate Bridge	Closed in obervance of New Year's	Happy New Year