Essex Senior News

FEBRUARY 2020
An update from the Essex Area Senior Center

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** Membership Application forms Available online or at EASC.

Contact Information
Essex Area Senior Center
2 Lincoln Street, Essex Jct., VT 05452
802-876-5087 / www.essexvtseniors.org
Facebook: Essex Area Senior Center
Program Director-Senior Services:
Nicole Mone-St. Marthe NStMarthe@essex.org
EASC Volunteer Opportunities and Committees

Volunteers: are the essence of every community- especially EASC. Its members and its volunteers create a strong and healthy center. To keep our center viable we need the assistance of volunteers. A list of daily, weekly, and monthly tasks will be distributed in February to each activity group. The goal is to have members volunteer so that the center will continue to succeed.

Join a Committee: The Program Committee is a group of volunteers working together to come up with fantastic new ideas for programs and trips. They bring their ideas to the group and together we work to make them happen at the EASC. The committee is open and welcomes all who would like to attend a meeting. Come and help plan next months events.

Check us out on Facebook @essexareaseniorcenter

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 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 who continue to volunteer regularly providing a consistent experience for all. Fundraising for programs, center upgrades, and generating new program and trip ideas are just a few ways volunteers contribute to the center. Everyone at the Center is a wealth of knowledge. You never know what you will learn next, or who you will meet, that can help you with something you have had questions about.

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 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 Essex Junction Recreation & Parks. 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 February 17th for Presidents’ Day. All Senior Van rides for Monday, 2/17 must be scheduled on Friday, 2/14.

***Inclement Weather Policy- The EASC will be closed and the Essex Senior Van Service cancelled whenever the Essex Westford School District cancels school due to weather.

EASC, 2 Lincoln Street, Essex Junction, VT 05452
802-876-5087 • NStMarthe@essex.org
Center Hours: Monday - Friday • 10:00am - 4:00pm
www.essexvtseniors.org
The Essex Senior News is a publication by the Essex Area Senior Center.
February

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, the Essex Middle School, 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 soups provided at the hosted meal-site luncheons or for Friday soup & sandwich days. See below for this month’s luncheon schedule.

1st Wednesday 2/5: Luncheon outing held at Grand Buffet in Essex Jct. Pre-registration is required by 2/4. Cost: $8/member, $10/non-member. This includes tax and tip.

2nd Wednesday 2/12: Luncheon held at EASC. Sandwiches and desserts are provided by sponsoring churches in the community. Soup is provided by the Culinary program at CTE. The lunch on 2/5 is sponsored by St. Pius Church. Early sign-up is requested; this meal costs $2/member, $4/non-member.

3rd Wednesday 2/19: Luncheon is held at Essex Middle School; We are invited to a delicious meal through the Child Nutrition Services of the school district. $3/member, $4/non-member

4th Wednesday 2/26: This luncheon is a potluck! Admission is a dish to share with your fellow diners (please, no desserts) or $4 if you unable to bring a dish. Birthday cake is provided by the Culinary Program at CTE and ice cream by the Center to celebrate this month’s birthdays. Sign-up is requested ahead of time but not mandatory.

Soup & Sandwich Friday 2/21: Once a month, we invite you to bring your own sandwich and enjoy soup and cookies provided by the Culinary program at CTE. Bring your own sandwich to complete your meal. Early sign-up is requested; this meal costs $2/member, $4/non-member.

<table>
<thead>
<tr>
<th>DATE</th>
<th>LOCATION</th>
<th>MEAL</th>
<th>PRICE / PROGRAM</th>
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<tbody>
<tr>
<td>Wed., Feb. 5th</td>
<td>Grand Buffet</td>
<td>Restaurant choices</td>
<td>$8/member $10/non-member</td>
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<td>11:30 - 1pm</td>
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<td>Wed., Feb. 12th</td>
<td>EASC, 2 Lincoln St.</td>
<td>Soup &amp; Sandwiches, and cake</td>
<td>$2/member $4/ non-member</td>
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<td>11:30 - 1pm</td>
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<tr>
<td>Wed., Feb. 19th</td>
<td>Essex Middle School</td>
<td>EWSD Food Services Menu</td>
<td>$3/member $4/non-member</td>
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<td>12:15 - 1:15pm</td>
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<tr>
<td>Fri., Feb. 21st</td>
<td>EASC, 2 Lincoln St.</td>
<td>Soup &amp; Cookies. Bring your own sandwich.</td>
<td>$2/member $4/ non-member</td>
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<td>12:15 - 1:15pm</td>
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<tr>
<td>Wed., Feb. 26th</td>
<td>EASC, 2 Lincoln St.</td>
<td>Potluck and birthday cake</td>
<td>A dish to share with friends OR $4</td>
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<td>11:30 - 1pm</td>
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Thank you to this month’s BINGO callers! We are in need of additional callers. Please see Nicole if you are able to volunteer.

In the month of February our center will feature the beautiful artwork of our own EASC member Marie Cowan. Please take the time to enjoy each piece and thank Marie for sharing her talents with us. Many of the art pieces are for sale. If you are interested in purchasing a piece from her collection, please see Nicole.

♥ FEBRUARY GROUP MEETINGS

♥ Origami Group - All are welcome and encouraged to attend! No experience necessary. This group will meet on the third Friday of every month at 12:45pm. If you are interested in learning the art of Origami, this is the place for you! Supplies will be provided by the center.

♥ Knitting/Crocheting Club - meets every Friday from 1-3. All levels of experience are welcome. Bring your own project or help create beautiful new items that can be sold in our center fundraisers.

♥ NEW CANASTA Meets the forth Thursday in February at 12:30-4pm.

♥ Book Club - will meet on Feb. 20th at 10:30. This month the club will be reading The Guernsey Literary and Potato Peel Pie Society, by Mary Ann Shaffer. In 1946 a London-based writer begins exchanging letters with residents on the island of Guernsey, which was German-occupied during WWII. Feeling compelled to visit the island, she starts to get a picture of what it was like during the occupation.
Denise Barewicz * Daisy Barland
Leo Beauregard * Douglas Bickford
Eleanor Casavant * Moe Clark
Bernard Couture * Denise Barewicz
Claire Fortin * Elizabeth Garrapy
Opal Geno * Alex Hamel
Carol Hamner * Mary Hill
June Keenan * Ann Lamdin * Donna May
Rita Martel * Mary Masch
Leonard Mercia * Shirley Mercia
Jan Morse * Mary Ann Pelkey
Paul Ploof * Charlie Read
Rusty Sargent * Ann Seebach
Francine Thomas * Helene Thomas

Thinking of you
We have two more weeks until we deliver our Thinking of You bags. We are still seeking donations of the following items: chapstick, stamps, new activity books, individually wrapped/packaged single serve treats and snacks.
We ask that all donations be dropped off to the center by February 9th.
Thank you for your generosity.

(SENIOR VAN TRANSPORTATION)

The Essex Senior Vans are available Monday - 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 one business day in advance. Looking for a ride? Call 878-6940 Monday thru Friday, between 9am - 12pm for a reservation.

NEW TO THE VANS?
Call 876-5087 for a New Rider packet to be mailed to you. All necessary forms must be completed prior to scheduling your first ride on the ran.

ALREADY A RIDER?
Check your mailbox! New updated ridership renewal packets will be mailed out if an update to your ridership file is needed. Please fill out the ridership form so that we may update all records. Thank you for your cooperation.
**NEW Programs and Presentations:**

♥ *Income Tax Presentation:* Join us on Thursday, February 6th at 2:30 to hear valuable tax preparation information presented by Lela McCaffery, CPA, CFP of Fothergill Segale & Valley CPAs. Lela will discuss specific changes to income tax forms and filing processes that seniors should be aware of.

♥ *Paint and Sip:* One of our most popular activities, EASC will hold it’s 4th Paint and Sip on Thursday, February 20th at 1:00! Sue Bresseck will once again dazzle us with a new masterpiece and walk us through the process of creating it ourselves. Come for an afternoon of relaxation and creativity. No experience necessary, all are welcome to attend. Pre-registration is required by Monday, Feb. 17th, see Nicole in the office if you have any questions. All painting tools and supplies are provided by the EASC. Bring your own apron or painting shirt. Activity fee: $15/members, $18/non-members.

♥ *Learn to Play Tuesdays* Come every Tuesday from 10-11am in the month of February to learn how to play Rummikubs. An instructor will teach the rules and strategies of the game to help you become a proficient player. This is a free activity. The center will provide Rummikub sets to use for the class.

♥ *Briscola Wednesday* Come the first two Wednesdays in February from 10-11am to learn how to play the classic Italian card game Briscola. This is a free activity. The center will provide Briscola Cards for the class to use.

♥ *Sweetheart Ball sponsored by EHS* On Thursday, February 13th from 5-7:30pm all seniors are welcome to attend a free night of dinner and dancing courtesy of Essex High School. Senior Van service is available. Please call the senior van office on Wednesday, Feb. 12th between 9-12pm to schedule a ride.

♥ *Valentine’s Day Celebration* Friday, February 14th join us from 1-3:30pm for holiday inspired activities and light refreshments. We would LOVE to see you there!
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<tr>
<th>Sunday</th>
<th>Monday</th>
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<tr>
<td>10-Noon: Mah Jongg</td>
<td>10-11: Learn to Play Rummikub</td>
<td>10-11am: Briscola 11:30-1pm: Luncheon @ Grand Buffet</td>
<td>10-10:30am: Seated Yoga</td>
<td>10-Noon: Mah Jongg</td>
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<td>1-3pm: Knitting / Crocheting</td>
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<td>12:30-3:30: Bridge</td>
<td>12:30-3:30: BINGO</td>
<td>1:15pm: Duplicate Bridge</td>
<td>2:30pm: Income tax presentation</td>
<td>1-4pm: Cribbage, Cards/Games</td>
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<td>10-11am: Briscola 11:30-1pm: Luncheon@ EASC, 2 Lincoln St.</td>
<td>10:00 Seated Yoga 2:00 Program Committee Meeting 5-7:30pm: Sweetheart Ball (See page 6 for details)</td>
<td>1-3:30pm: Valentine’s Day Celebration</td>
<td>10-Noon: Mah Jongg</td>
<td>1-3pm: Knitting / Crocheting</td>
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<td>10-10:30: Seated Yoga 10:30am Book Club 1pm: Paint and Sip</td>
<td>10-Noon: Mah Jongg</td>
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<td>12:15 Soup and BYO Sandwich 12:45 pm Origami Group 1-3pm: Knitting / Crocheting</td>
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<td>10-11: Learn to Play Rummikub</td>
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<td>10-10:30: Seated Yoga 12:30-4pm: New Canasta</td>
<td>10-Noon: Mah Jongg</td>
<td>10-Noon: Mah Jongg</td>
<td>1-3pm: Knitting / Crocheting 1-4pm: Cribbage, Cards/Games</td>
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NEW MEMBERSHIP INFORMATION:
JAN. 2020 – JUNE 2020

It’s that time of year. We are renewing and accepting new memberships for EASC. Normally, the renewal cycle is for the upcoming calendar year (12 months). However, from a budget perspective, this does not align with the rest of our financials. Our Center has been on a July 1 – June 30 fiscal year for four years and it is time to align our income and expenses accurately.

This membership drive is for January – June. We have two options for you to choose from; one that is just for general membership and another that includes the cost of regularly scheduled meals (see details below).

<table>
<thead>
<tr>
<th>MEMBERSHIP OPTIONS</th>
<th>Essex Resident</th>
<th>Non-Resident</th>
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<tbody>
<tr>
<td>General Membership</td>
<td>$7.00</td>
<td>$9.00</td>
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<tr>
<td>All Inclusive Membership</td>
<td>$47.00</td>
<td>$49.00</td>
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The all-inclusive membership covers the cost of all 10 Soup & Sandwich luncheons, 5 EMS luncheons, and 2 EASC Pizza Party luncheons from Jan.1 – May 27th, 2020. You will automatically be signed up for these scheduled meals through the end of the “school year”.

A new membership drive will take place in the spring and will then cover your membership from July 1, 2020 – June 30, 2021. Details regarding the 12 month membership will be distributed in the spring.

If you have any questions, please contact me at 876-5087.

HAPPY VALENTINE’S DAY!

www.DailyMessages.com

WORD LIST:

AMORE           BALLOONS
BOW AND ARROW   CANDLELIGHT
CANDY           CARD
CHOCOLATE       CRUSH
CUPID           DARLING
DEAR            DINNER
ENVELOPE        FLOWERS
FRIENDS         HEART
HUG             JEWELRY
LETTER          LOVE
PINK            POEM
RED             RIBBON
ROMANCE         ROSES
TE AMO          TREATS
VALENTINE       VALENTINE CARDS

Words can be found in all directions. Spacing has been removed from words in the puzzle.