

# 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.

# February 2020



### Contact Information

Essex Area Senior Center

2 Lincoln Street, Essex Jct., VT 05452

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

Facebook: [Essex Area Senior Center](#)

Program Director-Senior Services:

Nicole Mone-St.Marthe    [NStMarthe@essex.org](mailto: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](mailto:NStMarthe@essex.org)

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

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

1<sup>st</sup> 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.

2<sup>nd</sup> 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.

3<sup>rd</sup> 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

4<sup>th</sup> 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.**

DATE	LOCATION	MEAL	PRICE / PROGRAM
Wed., Feb. 5 <sup>th</sup>	Grand Buffet 11:30 - 1pm	Restaurant choices	\$8/member \$10/non-member
Wed., Feb. 12 <sup>th</sup>	EASC, 2 Lincoln St. 11:30 - 1pm	Soup & Sandwiches, and cake	\$2/member \$4/ non-member
Wed., Feb. 19 <sup>th</sup>	Essex Middle School 12:15 - 1:15pm	EWSD Food Services Menu	\$3/member \$4/non-member
Fri., Feb. 21 <sup>st</sup>	EASC, 2 Lincoln St. 12:15 - 1:15pm	Soup & Cookies. Bring your own sandwich.	\$2/member \$4/ non-member
Wed., Feb. 26 <sup>th</sup>	EASC, 2 Lincoln St. 11:30 - 1pm	Potluck and birthday cake	A dish to share with friends OR \$4



## BINGO Callers

February 4 <sup>th</sup>	Martha DiMaggio
February 11 <sup>th</sup>	Len Bouchard
February 18 <sup>th</sup>	Maddie Lister
February 25 <sup>th</sup>	Joyce Potanzano

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.

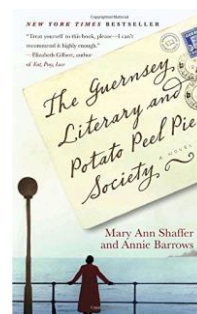
## ♥ FEBRUARY GROUP MEETINGS

♥ *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 fourth Thursday in February at 12:30-4pm.

♥ *Book Club* - will meet on Feb. 20<sup>th</sup> 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/package single serve treats and snacks.

We ask that all donations be dropped off to the center by February 9<sup>th</sup>.

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 van.

### **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 6<sup>th</sup> 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 20<sup>th</sup> 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. 17<sup>th</sup>, 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 13<sup>th</sup> 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. 12<sup>th</sup> between 9-12pm to schedule a ride.

♥ ***Valentine's Day Celebration*** Friday, February 14<sup>th</sup> join us from 1-3:30pm for holiday inspired activities and light refreshments. We would **LOVE** to see you there!

# ♥ February 2020 ♥

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
						1
2	3	4	5	6	7	8
	10-Noon: Mah Jongg  12:30-3:30: Bridge	10- 11: Learn to Play Rummikub  12:30-3:30: BINGO	10-11am: Briscola  11:30-1pm: Luncheon @ Grand Buffet  1:15pm: Duplicate Bridge	10-10:30am: Seated Yoga  2:30pm: Income tax presentation	10-Noon: Mah Jongg  1-3pm: Knitting / Crocheting  1-4pm: Cribbage, Cards/Games	
9	10	11	12	13	14	15
	10-Noon: Mah Jongg  12:30-3:30: Bridge	10- 11: Learn to Play Rummikub  12:30-3:30: BINGO	10-11am: Briscola  11:30-1pm: Luncheon@ EASC, 2 Lincoln St.  1:15pm: Duplicate Bridge	10:00 Seated Yoga  2:00 Program Committee Meeting  5-7:30pm: Sweetheart Ball (See page 6 for details)	10-Noon: Mah Jongg  1-3:30pm: Valentine's Day Celebration	
16	17	18	19	20	21	22
	10-Noon: Mah Jongg  12:30-3:30: Bridge	10-11: Learn to Play Rummikub  12:30-3:30: BINGO	12:15-1:15pm: Luncheon @ Essex Middle School  1:15pm: Duplicate Bridge	10-10:30: Seated Yoga 10:30am Book Club 1pm: Paint and Sip	10-Noon: Mah Jongg 12:15 Soup and BYO Sandwich 12:45 pm- Origami Group 1-3pm: Knitting / Crocheting	
23	24	25	26	27	28	29
	10-Noon: Mah Jongg  12:30-3:30: Bridge	10-11: Learn to Play Rummikub  12:30-3:30: BINGO	11:30- 1pm: Luncheon @ EASC, 2 Lincoln St. 1:15pm: Duplicate Bridge	10-10:30: Seated Yoga  12:30-4pm: New Canasta  12:30-4pm: Drop-in Games	10-Noon: Mah Jongg  1-3pm: Knitting / Crocheting  1-4pm: Cribbage, Cards/Games	

**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).

<b>MEMBERSHIP OPTIONS</b>		
	Essex Resident	Non-Resident
General Membership	\$7.00	\$9.00
All Inclusive Membership	\$47.00	\$49.00

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 27<sup>th</sup>, 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.DailyMessses.com

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      K S R W          R W R C
    A L M D O D      O L A H I J
  U O P J W R H X    S E W S E C N A
F V T C T C R A F M W T X N V A D S G T
R E Z H R R U A E C W T T D A N R X N S E I
B E E C G U A P D T F E L B L D L O V O Z T N Q
S N A J I S E W N I R S N E Y A M M N O U E O P
I V Y I L H H K A H G J N I I E X A B L Q A P G
I E J R E R F I W W N T R R T F I N J L V M D O
X L Z C L M O W O Q I T U T B N B C U A D O E Q
P O E L D E B S B N L H R Z S P E E R B I D R C
P H T N V W V E T R E E D E P F L I N N U B
E U Y A A R E Z S A O A D S O L W A V N I S
  G B C L C L J T D M Z P S E O U J V E L
    T B N O A S P P R F M E M W T S I R
      D A I C R I I I R A M M E R W O
        D Q F O D N B I M Y V R A E
          J J L H K B E O L M S Y
            D D H C O N R I A O
              U I I N D E A L
                B P F S I D
                  W U C Y
                    S C
  
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**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.