

Essex Senior News

An update from the
Essex Area Senior Center

February 2023

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*Love should be a tree whose roots
are deep in the Earth, but whose
branches extend into heaven.*

-Bertrand Russell

*This month we invite
you to add the names
of loved ones to our
Valentine Tree.*

*Honor those present and
passed who have
touched your heart in a
special way.*

*Write their name on a
heart ornament and
hang it on our tree.*



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 30st, 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.essexvtseiors.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 provides the space and utilities to the membership and visitors. The EASC is staffed by the Town of Essex Parks and Recreation department; Program Director of Senior Services - Nicole Mone-St. Marthe, Senior Center Coordinator - Blake Getchell, and 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 **Monday, Feb. 20th**. 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. Closures due to inclement weather are noted on WCAX closure list.**

EASC, 2 Lincoln Street, Essex Junction, VT 05452
802-876-5087 • www.essexvtseiors.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
Wed. Feb. 1 11:30-12:30	EASC	\$5-member \$7- non-member	Soup luncheon- soup, rolls, and dessert provided by the culinary program at the Center for Technology Essex.
Tues. Feb. 7 11-12pm	Grab and Go	Donations Encouraged	Stuffed chicken with ham & cheese, mashed potatoes, baby beets, potato dinner roll with butter, applesauce birthday cake, milk.
Wed. Feb. 8 11:30-12:30	EASC	Pay your own bill	Meet & Eat- Hoagies 112 Center Rd, Essex.
Tues. Feb. 14 11-12	Grab and Go	Donations Encouraged	Swedish meatballs with sauce, rotini noodles, brussel sprouts, french green beans, wheat roll with butter, pineapple tidbits, milk.
Wed. Feb. 15 11:30-12:30	EASC	\$5-member \$7- non-member	Soup luncheon- soup, rolls, and dessert provided by the culinary program at the Center for Technology Essex.
Tues. Feb. 21 11-12	Grab and Go	Donations Encouraged	Oven fried chicken, red mashed potatoes with sour cream, capri blend vegetables with lentils, wheat bread with butter, pumpkin custard with cream, milk.
Wed. Feb. 22 11:30-12:30	EASC	\$5-member \$7- non-member	Pizza Party
Tues. Feb.28 11-12	Grab and Go	Donations Encouraged	Diced beef with potatoes and burgundy wine sauce, broccoli florets, craisin muffin with butter, strawberry shortcake with cream, milk.

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.

FEBRUARY PROGRAMMING

Drumming

You've asked so we're bringing it back again! Join Blake for an hour of music and laughs as you drum your way to fitness. Wednesdays 1:30-2pm. Please pre-register. No fee required.



Tai Chi

This gentle form of exercise is known to

help maintain strength, flexibility, and balance. A low-impact, slow-motion exercise that is a perfect way to start your journey to a healthy lifestyle. Instructor Betty Adams will guide you through exercises at a comfortable pace. Wednesdays 10:30-11:15am. Pre-registration is required. Only 10 slots are available so sign up today! This is a free class.

Paint & Sip



Sign up today for our Valentine Paint & Sip party on Feb. 14th @ 2:00pm. It's sure to be a lovely time. Pre-registration is required. \$8/person. No experience needed. The center will supply all materials needed.

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



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



February BINGO CALLERS

2/7	Len
2/14	Walter
2/21	Len
2/28	Walter

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!

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 and rides are first come first served. 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 February we will head to Williston for shopping at Walmart and Christmas Tree Shop. We will enjoy lunch at Panera. This trip takes place on Feb. 10th.

For detailed information regarding Friday Frolics and van services, visit the Senior Van tab on the Senior Center website www.essexvtseniors.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.

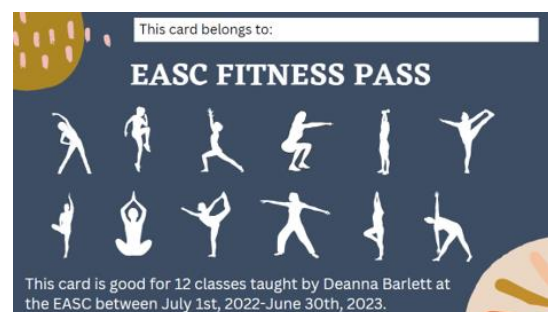
EASC FITNESS with De



1. **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. Thursdays 10-11am in the main room.
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. Tuesdays 10-11am in the game room.

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!



February 2023

Sun.	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
			1	2	3	4
			10:30-11:15 Tai Chi 11:30-12:30 Soup Luncheon Drumming 1:30-2	10-11am Seated Chair Yoga 12:30-3:30pm: Duplicate Bridge	10-Noon: Mah Jongg 1-3pm: Cribbage, Cards/Games	
5	6	7	8	9	10	11
	10-12:00 Drop in Hand & Foot 10-Noon: Mah Jongg 12:30-3:30pm: Bridge	10-11am Strength & Mobility 10:00- 1:00pm BINGO 11-12pm Grab and Go pick up	10:30- 11:15 Tai Chi 11:30-12:30 Meet & Eat @ Hoagies Drumming 1:30-2	10-11am Seated Chair Yoga 12:30-3:30pm: Duplicate Bridge	10-Noon: Mah Jongg 1-3pm: Cribbage, Cards/Games	
12	13	14	15	16	17	18
	10-12:00 Drop in Hand & Foot 10-Noon: Mah Jongg 12:30-3:30pm: Bridge	10-11am Strength & Mobility 10:00- 1:00pm BINGO 11-12pm Grab and Go pick up 2:00 Valentine Paint and Sip	10:30- 11:15 Tai Chi 11:30-12:30 Soup Luncheon Drumming 1:30-2	10-11am Seated Chair Yoga 12:30-3:30pm: Duplicate Bridge	10-Noon: Mah Jongg 1-3pm: Cribbage, Cards/Games	
19	20	21	22	23	24	25
	Closed in observance of Presidents Day	10-11am Strength & Mobility 10:00- 1:00pm BINGO 11-12pm Grab and Go pick up	10:30- 11:15 Tai Chi 11:30-12:30 Pizza Party Luncheon Drumming 1:30-2	10-11am Seated Chair Yoga 12:30-3:30pm: Duplicate Bridge	10-Noon: Mah Jongg 1-3pm: Cribbage, Cards/Games	
26	27	28				
	10-12:00 Drop in Hand & Foot 10-Noon: Mah Jongg 12:30-3:30pm: Bridge	10-11am Strength & Mobility 10:00- 1:00pm BINGO 11-12pm Grab and Go pick up				