

ESSEX SENIOR NEWS

Special Edition

An update from the
Essex Area Senior Center

INSIDE THIS ISSUE

★★ PAGE 2

- EASC closure update
- Contact information for community resources
- Online contact information for EASC

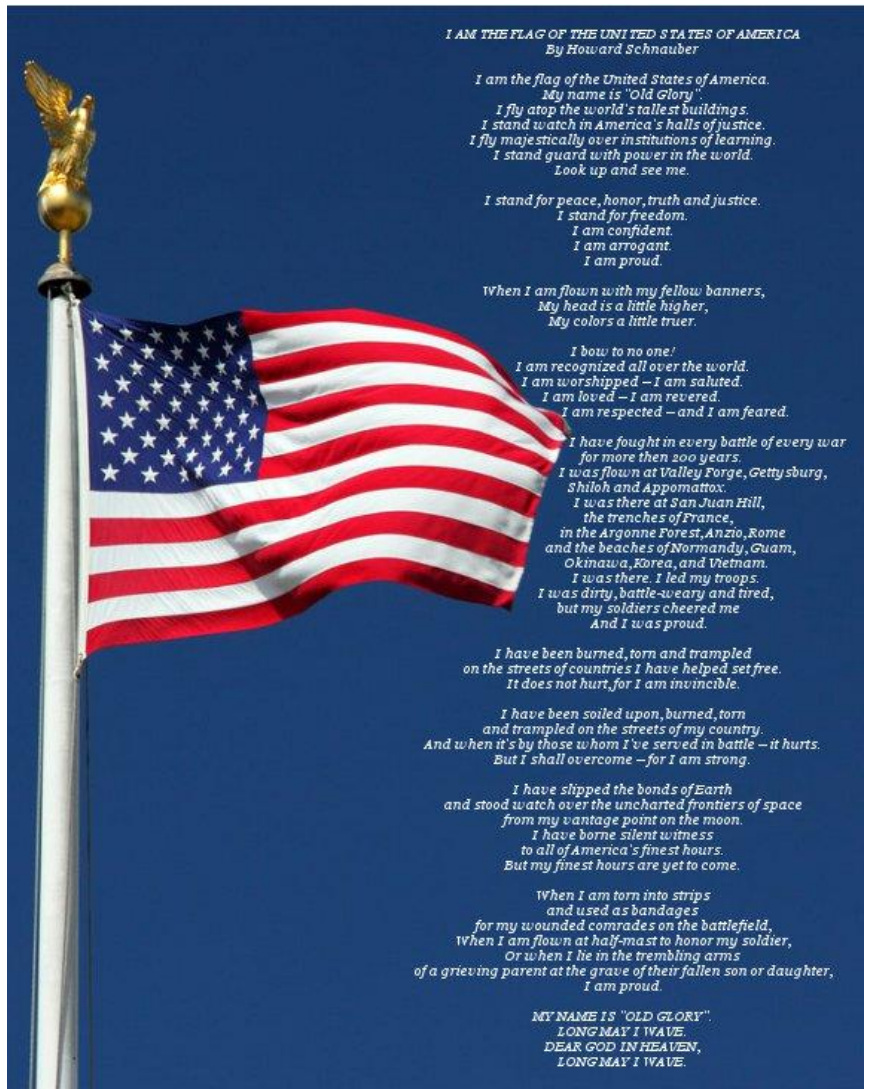
★★ PAGE 3

- New & Improved
 - Seated Yoga Update
 - Memberships
 - Mah Jongg
- Made with Love
 - Summer Smoothies

★★ PAGE 4

- Mind benders
 - 4th of July Word Find

JULY 2020



Contact Information

Essex Area Senior Center
2 Lincoln Street, Essex Jct., VT 05452
802-876-5087 / www.essexvtseniors.org

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Program Director-Senior Services:

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Interim Admin. Assistant:

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There are many ways to stay informed on updates and the latest information regarding the EASC and Essex Senior Vans. Check us out online through:

Facebook

@essexareaseniorcenter



The Essex Area Senior Center
Website

www.essexvtseniors.org

☆☆ ESSEX AREA SENIOR CENTER: WHAT TO KNOW DURING THE COVID-19 CLOSURE

With the temporary closure of the center and the suspension of Senior Van services, we want to ensure that all seniors stay connected and feel supported by both your senior center staff members and the municipality. Please be aware that we are still monitoring all phone calls and emails that are received at the center. If you are in need of assistance, please call the center at 876-5087 and leave a brief message regarding what assistance you are seeking, or email Nicole at NStMarthe@essex.org.

As the stay-at-home orders are gradually being lifted, we are monitoring the requirements and guidance given by the CDC and VT Department of Health. We are currently unable to meet the restrictions and guidelines set forth for reopening but will re-evaluate the situation at the end of July. We are hopeful to open the center and van services soon and look forward to seeing all of our members.

HAPPINESS IS



*...knowing I am going
to see you soon.*

HELPFUL COMMUNITY RESOURCES

Age Well Helpline: 1-800-642-5119

Aunt Dot's Place Food Shelf: 857-8208

Heavenly Food Pantry: 878-5745

Chittenden Emergency Food Shelf: 658-7939

Vermont 211: 211

New and Improved:

Coming soon to the Essex Area Senior Center Facebook page: Seated Yoga with Sandy McGowan! Our beloved seated yoga class is going virtual. Starting in July, we will be posting seated yoga classes online. You can watch and follow along as Sandy guides you to improving your balance, flexibility and circulation. Check it out, give it a try, and then join us on Thursday mornings when we reopen!

Memberships: July 1st marks the start of a new membership cycle. Memberships will run from July 1, 2020-June 30th 2021. We will begin selling new memberships when we reopen. Resident memberships are \$14, Non-resident memberships are \$18.

Mah Jongg: Mah Jongg cards have arrived. If you ordered Mah Jongg cards, please mail in your payment and I'll be happy to mail you your new card. Checks should be made out to the Village of Essex Jct. and mailed to 2 Lincoln Street c/o EASC. Please make a note that the payment is for your updated Mah Jongg cards.

Made with Love:

Sip your way to a healthier breakfast by blending your produce each morning. These simple smoothie recipes will get your day started off right by packing in nutrient-rich fruit and vegetables, plus protein-filled yogurt and milk for an energy boost that will keep you going until lunch. And unlike what you might get from store-bought options, they prioritize actual produce instead of the juices, sorbets, and sweeteners that can add tons of sugar to your cup.



Super-Simple Summer Smoothies

In blender, puree 2 cups fresh summer fruit (blackberries, raspberries, hulled strawberries, chopped peaches, and/or nectarines), chilled, with 1/2 cup plain yogurt and 1/4 cup milk (dairy or nondairy), scraping down sides as necessary. If desired, make multiple batches and layer two flavors in each glass.

Green Goddess Smoothie

Power up your morning with this fruit-veggie combo: Blend 1/2 cup unsweetened almond milk, 1/2 cup honey yogurt, 3 cups baby spinach, and 2 bananas, sliced and frozen.

MIND BENDERS :



Fourth of July Word Search



(John) ADAMS
AMERICA
BOSTON
CELEBRATE
COLONIES
CONGRESS
CONSTITUTION
DECLARATION
DOCUMENT
FIREWORKS
FLAG
FOURTH

(Benjamin) FRANKLIN
FREEDOM
(Great) BRITAIN
(John) HANCOCK
HOLIDAY
INDEPENDENCE
(Thomas) JEFFERSON
JULY
LIBERTY
PARADE
PATRIOT
PHILADELPHIA

PICNIC
REVOLUTION
SALUTE
SIGN
SPEECHES
STARS
STRIPES
SUMMER
TAXES
TEA
(George)
WASHINGTON