

Essex Senior News

HAPPY NEW YEAR

An update from the
Essex Area Senior Center

INSIDE THIS ISSUE



PAGE 2

- EASC Membership & Information
- Holiday closures



PAGE 3

- Luncheon schedule



PAGE 4

- BINGO announcements
- Club Meetings
- Fundraiser Recap



PAGE 5

- Senior Van Information
- New December Programs



PAGE 6

- Events Calendar

January 2022

Happy New Year!

To each and every member, I'd like to say thank you. Thank you for your patience in 2021. We have endured lock downs, temporary moves, changes in routine, unknown future plans, and through it all, have learned to trust.

We've learned that we can trust one another to always be there for support and reassurance. We've learned that we all have the best interest of our center and each other in mind. We've learned that we are all committed to making our center welcoming, enriching, and an inviting place for all.

Above all, in 2021, we've learned that we will endure and come out stronger on the other side. 2022 is going to be a great year. I am excited at all the opportunities it will bring, but most of all, I am eager to make it EASC's best year yet.



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 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 January 17th in observance of MLK Jr. Day. **NOTE:** Please remember that the center is closed and the van does not run when the EWSD cancels school due to inclement weather or when travel conditions are deemed unsuitable by the Senior Van Coordinator.

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., Jan. 5th: Celebrate the New Year with a pizza party! Pizza, salad, and dessert will be provided. **Pre-registration is requested by 1/4.** \$5/member, \$7/non-member

Wed., Jan. 12th: CTE Soup Luncheon, NOW INCLUDING SANDWICHES AS WELL. **Pre-registration is requested by 1/10;** \$5/member, \$7/non-member.

Wed., Jan. 19th: Age Well meal. **Early sign-up is requested by 1/13;** Donations for Age Well are encouraged.

Wed., Jan. 26th: CTE Soup Luncheon, NOW INCLUDING SANDWICHES AS WELL. **Pre-registration is requested by 1/24;** \$5/member, \$7/non-member.

Thank you from your Meal Site Committee:

As we end the year, Gloria and I would like to thank each of you for your support to the meal site. It feels good to be back sharing meals together. The success of the luncheons is the result of Team Work with our fabulous volunteers and with the Center's Coordinator Nicole. Nicole has been at the helm with us from Day One- whether it be setting up, serving, clean up, getting the soup, or preparing a dish for the group to share. Bringing Blake on board has certainly added to the positive energy. Nicole and Blake - thank you.

- Donna and Gloria

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

DATE	LOCATION	MEAL	PRICE	Program
Wed., Jan. 5th	EASC, 2 Lincoln 11:30-12:30 pm	Pizza, Salad	\$5/Member \$7/Non-Member	EASC Jeopardy
Wed., Jan. 12th	EASC, 2 Lincoln 11:30-12:30 pm	CTE Soup, Sandwich and dessert	\$5/Member \$7/Non-Member	Intro to EASC Online
Wed., Jan 19th	EASC, 2 Lincoln 11:30-12:30 pm	AgeWell meal- Steak with brown sauce, baked beans, carrots, wheat roll, melon, & milk.	Donations accepted	EASC Show and Tell: Please bring a special something to share with the group. A picture, an object, a story, a special to you treasure.
Wed., Jan. 26 th	EASC, 2 Lincoln 11:30-12:30 pm	CTE Soup, Sandwich and dessert	\$5/Member \$7/Non-Member	EASC Pictionary

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.

JANUARY BINGO CALLERS

Jan. 4th	Stan
Jan. 11th	Len
Jan. 18th	Stan
Jan. 25st	Len



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 welcome to help cover the cost of disposable bingo sheets, daubers, and raffle prizes. See you there!

Fundraiser Recap

Thanks to the hard work of our Pie Fundraising Group, and the efforts of our Knitting Group, our recent fundraisers raised over \$800 for the center. What is this money used for you ask? All monies raised will go towards subsidizing meal costs, programming materials, and guest speakers and entertainers. Please help me say thank you to all involved in making these fundraisers possible:

Donna Harnish, Gloria Deeley, Peggy Pearson, Paula Sargent, Meredith Bass, Mandy Orsini, Darquise Pecor, and Helen Woodroff, Dottie Bergendahl

❄️ JANUARY CLUBS & GROUP MEETINGS

❄️ **Origami Group** - All are welcome. No experience necessary. This group will meet on Wednesday, Jan. 19th 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** The Book Club is growing, and January promises to be an exciting month! We will continue discussing Louise Penny's thriller The Beautiful Mystery set in a forgotten monastery in northern Quebec. This award-winning historical fiction novel is a powerful and haunting read. Also, we will be reading The Golden Hour by T. Greenwood. This best-selling author has written a compelling novel about the importance of family and the healing power of art. Join us on Jan. 20th and bring a book you would like to discuss.

❄️ **Knitting and Crochet Club**

Come and join us in our knitting social group, Friday'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, start something new, or just come and visit with us if you'd like. We'd love to have you.



**NEW Programs and Presentations:

 **PAINT AND SIP-** Start the year off by getting your creative juices flowing. Blake will walk you through the process of creating a beautiful piece of art. Jan. 11th, 2-4pm Pre-reg by 1/7
Price: \$8/member, \$10/non-member



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.



INTRO TO MAH JONGG

Intro to Mah Jongg was so popular, it will continue in January. Join us on Mondays @ 1:45-3pm to learn more about this exciting Eastern tile game.



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



SENIOR VAN TRANSPORTATION

The Essex Senior Vans are available Tuesday - 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 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.essexvt seniors.org website. Enjoy an outing exploring the greater Chittenden County area with free transportation.**

****Please note the senior van services observe all municipal holidays. There will be no scheduling services available on Monday, Jan. 17th due to MLK Jr. Day. Please call for reservations on Friday, Jan. 14th for appointments the week of the 17th.**

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.

PLEASE NOTE: Renewal ridership packets will be arriving in your mailboxes in January. Please complete and mail back your forms as soon as possible.

January 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
						1
						Happy 2022!
2	3	4	5	6	7	8
	10-11:00 Drop in Hand & Foot 12:30-3:30pm: Bridge 1:45-3pm: Intro to Mah Jongg	10:00- 1:00:pm BINGO	11:30am: Pizza Party Luncheon 12:30: EASC Jeopardy	10-10:30am: Seated Yoga 12:30-3:30pm: Duplicate Bridge	10-Noon: Mah Jongg 12-2 Knitting 2-4pm: Cribbage, Cards/Games	
9	10	11	12	13	14	15
	10-11:00 Drop in Hand & Foot 12:30-3:30pm: Bridge 1:45-3pm: Intro to Mah Jongg	10:00- 1:00pm BINGO 2-4pm Paint and Sip	11:30am: Soup and Sandwich Luncheon 12:30: Intro to the EASC online.	10-10:30: Seated Yoga 12:30-3:30pm: Duplicate Bridge	10-Noon: Mah Jongg 12-2 Knitting 2-4pm: Cribbage, Cards/Games	
16	17	18	19	20	21	22
	Closed in observance of MLK Jr. Day	10:00- 1:00:pm BINGO	11:30-12:30pm: Age Well Luncheon 12:30: Show and Tell 1 pm- Origami Club	10-10:30: Seated Yoga 11:00 Book Club 12:30-3:30pm: Duplicate Bridge	10-Noon: Mah Jongg 12-2 Knitting 2-4pm: Cribbage, Cards/Games	
23	24	25	26	27	28	29
	10-11:00 Drop in Hand & Foot 12:30-3:30pm: Bridge 1:45-3pm: Intro to Mah Jongg	10:00- 1:00:pm BINGO	11:30-12pm: Soup and Sandwich Luncheon 12:30pm: EASC Pictionary	10-10:30: Seated Yoga 12:30-3:30pm: Duplicate Bridge	10-Noon: Mah Jongg 12-2 Knitting 2-4pm: Cribbage, Cards/Games	
30	31					
	10-11:00 Drop in Hand & Foot 12:30-3:30pm: Bridge 1:45-3pm: Intro to Mah Jongg					