

Essex Senior News

An update from the
Essex Area Senior Center

INSIDE THIS ISSUE

PAGE 2

- EASC Membership Information
- Center Information
- Holiday Closures
- Contact Information

PAGE 3

- Luncheon Schedule

PAGE 4

- Program Info

PAGE 5

- Programming Info
- Senior Van Information

PAGE 6

- Monthly Calender



January 2023

Happy New Year
2023!

Blessings to You in the New Year
May peace fill your world,
May love fill your home
With contentment and happiness, Too—
In wonderful ways
May This year of new days
Be filled with sweet blessings for you.
Happy New Year

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.essexvtseniors.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, Jan. 2nd & Monday, Jan. 16th**. 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.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 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
Tues. Jan. 3 11-12pm	Grab and Go	Donations Encouraged	Roast pork, apple craisin gravy, diced potatoes, harvard beets, wheat roll with butter, pumpkin cookie, & milk.
Wed. Jan. 4 11:30-12:30	EASC	Donations Encouraged	Vegetable quiche, california mixed vegetables w/black beans, biscuit, tropical fruit salad.
Tues. Jan. 10 11-12	Grab and Go	Donations Encouraged	Meatloaf with sauce, vegetable gravy, mashed potatoes, peas & carrots, dinner roll with butter, banana craisin oat cookie, & milk.
Wed. Jan. 11 11:30-12:30	The Grand Buffet 66 Pearl St	Pay your own bill	Meet & Eat at the Grand Buffet.
Tues. Jan. 17 11-12	Grab and Go	Donations Encouraged	Oven fried chicken breast, diced potatoes with parsley, peas & onions, wheat roll with butter, date craisin bar, & milk.
Wed. Jan. 18 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. Jan. 24 11-12	Grab and Go	Donations Encouraged	BBQ pork rib, fried potatoes, carrots, southern biscuit with butter, fruit crisp with cream, & milk
Weds. Jan. 25 11:30-12:30	EASC	\$5-member \$7- non-member	Pizza Buffett- choose from an assortment of pizza flavors, dessert will be provided.
Tues. Jan. 31 11-12	Grab and Go	Donations Encouraged	Sliced pot roast aus jus, ranch mashed potatoes, carrots & cabbage, wheat roll with butter, apple pie, & 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.

JANUARY PROGRAMMING

NEW Programs for a NEW YEAR

Exploring Heaven-

Come join Gail Robbins from The Light Radio Network as she guides you on a journey seeking out answers to questions you may have about the bible and what it says about Heaven. Gail welcomes believers of all faiths to join in this exploration. Wednesdays @ 2:30 in the game room.



Memoir Writing

SHARE YOUR STORY with your family and loved ones! Join our memoir writing group for some reflection, laughter, and writing. You don't have to be a writer or even want to be one! It's for anyone who just wants to share some stories—like how you met your spouse, or that camping trip that went all wrong, or maybe that funny/sweet/amazing story everyone wants to hear after Christmas dinner. Or maybe all of it!



Each week, writing coach Jae Lee will facilitate as we do some fun writing exercises to warm up, work on making our stories clear and compelling, and then share some encouragement and laughter. Many of our exercises will be from "Your Story Matters" by Lesley Leyland Field—a copy will be available at the Senior Center, and it is available on Amazon."

Wednesdays 1-2pm

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



JANUARY BINGO CALLERS

1/3	TBA
1/10	Len
1/17	Walter
1/24	Len
1/31	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. 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 January we will head to Trader Joe's for shopping on January 6th.

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.

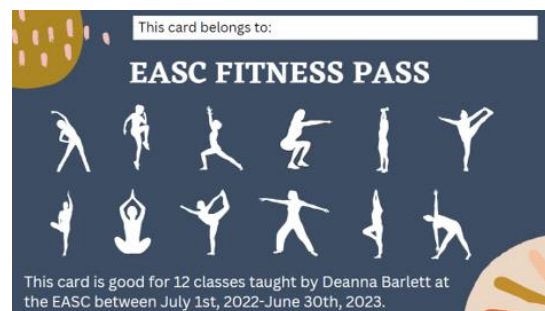
NEW TO THE VANS? Call 876-5087 or 878-6940 for a New Rider Packet to be mailed to you, or go online to the Town of Essex Website to print your own. All necessary forms must be completed prior to your first appointment on the vans.

EASC FITNESS

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.
3. **Joyful Movement**- This mixture of low impact movement is a fun and exciting way to get your body going in the new year. Jan. 11th, 1:30-2:30pm in the main 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!



January 2023

Sun.	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
1	2	3	4	5	6	7
	Closed in observance of New Years Day	10-11am Strength & Mobility 10:00- 1:00pm BINGO 11-12pm Grab and Go pick up	11:30-12:30 Age Well Luncheon 1-2pm: Memoir Writing 2:30-3:30pm Exploring Heaven	10-11am Seated Chair Yoga 12:30-3:30pm: Duplicate Bridge	10-Noon: Mah Jongg 1-3pm: Cribbage, Cards/Games	
8	9	10	11	12	13	14
	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	11:30-12:30 Meet & Eat @ The Grand Buffet 1-2pm: Memoir Writing 1:30-2:30 Joyful Movement 2:30-3:30pm Exploring Heaven	10-11am Seated Chair Yoga 12:30-3:30pm: Duplicate Bridge	10-Noon: Mah Jongg 1-3pm: Cribbage, Cards/Games	
15	16	17	18	19	20	21
	Closed in observance of Martin Luther King Jr. Day	10-11am Strength & Mobility 10:00- 1:00pm BINGO 11-12pm Grab and Go pick up	11:30-12:30 Soup Luncheon 1-2pm: Memoir Writing 2:30-3:30pm Exploring Heaven	10-11am Seated Chair Yoga 12:30-3:30pm: Duplicate Bridge	10-Noon: Mah Jongg 1-3pm: Cribbage, Cards/Games	
22	23	24	25	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	11:30-12:30 Pizza Luncheon 1-2pm: Memoir Writing 2:30-3:30pm Exploring Heaven	10-11am Seated Chair Yoga 12:30-3:30pm: Duplicate Bridge	10-Noon: Mah Jongg 1-3pm: Cribbage, Cards/Games	
29	30	31				
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