

ESSEX AREA SENIOR CENTER

Newsletter

JUNE 2022

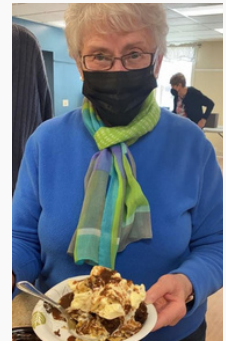


Did you know?

Since reopening in September 2021, the EASC is proud to have offered:

- 11 Book Share Meetings
- 9 Origami Group Meetings
- 36 Seated Yoga Classes
- 66 Bridge/Duplicate Bridge Meetings
- 41 Bingo Days
- 52 Mah Jongg Days
- 20 Learn to Play Workshops
- 3 Paint and Sips
- 12 Soup Luncheons
- 24 Grab and Go Lunch Pick-Up Days
- 10 Specialty Luncheon Meals
- 20 Luncheon Programs
- 5 PechaKucha Storytelling Sessions
- 4 Holiday Parties
- 6 Age Well Sit-Down Luncheons
- 36 Cribbage sessions
- 31 Knitting Group Meetings
- 24 Hand and Foot Sessions

We are now 150 members strong and have raised over \$3,300 through fundraising and donations.



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Connect With Us

Essex Area Senior Center
2 Lincoln Street
Essex Jct., VT 05452
Monday - Friday 10:00-4:00pm

●
802-876-5087

●
www.essexvtseniors.org

●
Essexseniors@essex.org

●
Find us on Facebook
[@essexareaseniorcenter](https://www.facebook.com/essexareaseniorcenter)

EASC memberships are for individuals 50 years of age or older that live within Essex and our surrounding communities. Annual memberships fees are due July 1, 2022.

Look for more information in the July newsletter.



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 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 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!

EASC Luncheons

The EASC strives to provide nutritional and fun luncheon opportunities to meet the needs of our members and community. We partner with Age Well to provide sit-down meals as well as grab and go meals every Tuesday. There is no fee for Age Well meals but donations are accepted. In addition, we offer offsite luncheons at area restaurants and specialty luncheons at the center such as BBQ's, Pizza Parties, and Holiday Meals. Pre-registration is required for all luncheons and sign-up sheets are located at the EASC.

DATE & TIME	LOCATION/ COST	MENU & EVENTS
Tues. 6/7	G&G @ EASC 11:00-12:00	Roast pork loin, mashed potatoes, green beans, applesauce, roll, birthday cake, milk
Wed. 6/8	Age Well Luncheon @ EASC 11:30-12:30	Teriyaki chicken fingers, vegetable brown rice, oriental veggies, roll, mandarin oranges
Tues. 6/14	G&G @ EASC 11:00-12:00	Meatloaf with brown sauce, mashed potatoes, mixed veggies, roll, apple crisp, milk
Wed. 6/15	BBQ @ EASC 11:30-12:30 \$5	Hot dogs, baked beans, coleslaw, chips, ice cream sandwiches. Yahtzee to follow
Tues. 6/21	G&G @ EASC 11:00-12:00	Italian chicken breast, duck sauce, rice w/ beans & veggies, broccoli, cranberry sauce, roll, strawberry shortcake, milk
Wed. 6/22	Pizza Party 11:30-12:30 \$5	Assorted Pizza Buffet and Sherbert "My Roots" presentation
Tue 6/28	G&G @ EASC 11:00-12:00	Beef Stroganoff with mushroom sauce, rotini noodles, brussel sprouts, wheat roll with butter, blueberry crisp & milk
Wed. 6/29	Picnic' In the Park @ Sandhill park 11:30-12:30	Bring your own bag lunch and enjoy lawn games provided by Essex Parks and Recreation.

June Programming

Seated Yoga

Liven up your mornings with our instructor Stacey. She'll help you start your day off on the right foot. No experience needed to enjoy this class. This group meets on Thursdays at 10am.

Flag Day

Stop by the EASC for a piece of Flag cake and see a short presentation about the history of the Star Spangled Banner.
6/14 @ 1:30

Paint & Sip

6/28 @ 2pm
Enjoy a refreshing glass of lemonade while we paint decorative slate welcome signs.
sign up at the center.
\$10 fee

Origami Group

June 29th 1:00
Origami group will meet to finish their projects and next month new projects will begin!

Mah Jongg

An eastern tile game that was developed in the 19th century in China. Tiles are ordained with unique symbols.

Mondays 10-12:00
Fridays 10-12:00

For more information about programs see Nicole or Blake and check out the registration table at the center.

Card Games

Hand & Foot: Mondays 10:00-11:00

Party Bridge: Mondays 12:30-3:30

Duplicate Bridge: Thursdays
12:30-3:30

-Please bring a partner

Cribbage: Fridays 1:00-3:00

BINGO

"B" there or "B" sqaure!
Bingo meets every Tuesday from 10:00-1:00pm with a short break for lunch at 11:30. Bring a bag lunch or snack to enjoy and try your luck at winning a raffle prize. All supplies are provided by the center. There is no cost to play but donations are accepted to help cover the cost of bingo supplies.

ESSEX 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. This month we will going on our annual greenhouse hop on 6/3 and our monthly trip to Trader Joe's on 6/10. For more information for each trip, visit our website www.essexvt senior.org and click on the Essex Senior Van tab. Contact Nicole at 878-6940 if you are interested in attending either trip.

****Please note the senior van services observe all municipal holidays, and do not run when EWSD is closed due to inclement weather.**



NEW TO THE VANS?

Call 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.

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
			1 Closed for Spring Cleaning & Staff Training	2 Closed 10-12 for Cleaning & staff training	3 Mah Jongg 10-12 Cribbage 1-3	4
5	6 Mah Jongg 10-12 Hand & Foot 10-11 Bridge 12:30-3:30	7 Bingo 10-1 Grab & GO 11-12	8 Age Well Luncheon 11:30-12:30	9 Seated Yoga 10-10:30 Duplicate Bridge 12:30-3:30	10 Mah Jongg 10-12 Cribbage 1-3	11
12	13 Mah Jongg 10-12 Hand & Foot 10-11 Bridge 12:30-3:30	14 Bingo 10-1 Grab & GO 11-12 Flag Day Program 1:30	15 BBQ Luncheon 11:30-12:30 Yahtzee 12:30	16 Seated Yoga 10-10:30 Duplicate Bridge 12:30-3:30	17 Mah Jongg 10-12 Cribbage 1-3	18
19 Happy Father's Day	20 Closed in Observance of Juneteenth	21 Bingo 10-1 Grab & GO 11-12	22 Pizza Party 11:30-12:30 "My Roots" presentation 12:30	23 Seated Yoga 10-10:30 Duplicate Bridge 12:30-3:30	24 Mah Jongg 10-12 Cribbage 1-3	25
26	27 Mah Jongg 10-12 Hand & Foot 10-11 Bridge 12:30-3:30	28 Bingo 10-1 Grab & GO 11-12 Paint & Sip 2:00	29 Picnic in the Park 11:30-12:30 at Sandhill & Lawn Games	30 Seated Yoga 10-10:30 Duplicate Bridge 12:30-3:30	July 1 Mah Jongg 10-12 Cribbage 1-3	2