

Essex Senior News

HAPPY ST. PATRICK'S DAY

An update from the
Essex Area Senior Center

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March 2022



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 and cover July 1st-June 31st. 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.essexvtseiors.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!

Holiday Closures- The center will be closed on holidays observed by the Town of Essex municipality. **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.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 - A - GLANCE

Out of an abundance of caution, sit down luncheons have been postponed for the month of March in response to the rising number of positive Covid cases in our community. Instead, we are happy to offer “Grab and Go” meals. These meals are pre-packaged, nutritious meals that can be picked up on Wednesdays 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 the Monday prior to the meal. Please see below for March’s menu.



Age Well is a nonprofit organization that serves Addison, Chittenden, Franklin, and Grand Isle Counties and is the largest Meals on Wheels provider in Vermont. Our mission is to provide the support and guidance that inspires our community to embrace aging with confidence. To learn more and donate, visit: agewellvt.org

ESSEX MARCH WEDNESDAY MEAL PICK-UP EVENTS

Free meal available to individuals 60+ years of age.

WHEN & WHERE: Meal pick-up Wednesday's:
11:00 am - 12:00 pm
Essex Senior Center, 2 Lincoln St, Essex Junction

CONTACT & REGISTRATION: Nicole Mone-St.Marthe
802-876-5087 or nstmarthe@essex.org
Please register the Monday before.
No delivery available.


MARCH 2 Beef Stroganoff with sour cream, egg noodles, broccoli florets, cauliflower, dinner roll, strawberry shortcake, & milk.

MARCH 9 BBQ chicken breast, O'Brien red potatoes, spinach, wheat bread, pumpkin bar with raisins, & milk.

MARCH 16 Beef round, boiled potatoes, cabbage and carrots in beef stock, dinner roll, Leprechaun cake with frosting, & milk.

MARCH 23 Roast pork with sauce, mashed potatoes, peas & onions, wheat bread, oatmeal raisin cookies, & milk.

MARCH 30 Turkey burger with vegetable gravy, mashed potatoes, brussel sprouts, dinner roll, peach & craisin crisp, & milk.

 **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.**

MARCH BINGO CALLERS

March 1	Len
March 8	Stan
March 15	Len
March 22	Walter
March 29	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!

WHERE'S PATRICK?

There is a little Leprechaun,

You'll find him dressed in green.

He just might be the tiniest man, That you have ever seen.

If you catch him, I've been told, You could win a pot of GOLD!




Keep your eyes peeled as you frolic around the center. If you find Patrick, bring him to Nicole for your special pot of GOLD.

MARCH CLUBS & GROUP MEETINGS

Origami Group On

Wednesday 3/16 at 1:00 we will start working on several different folds that will be used to make a mobile over the coming months. An example of a completed mobile can be seen in the EASC library. 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 meets on the 3rd Thursday of the month at 11am. This month, bring along your favorite Spring read to share with the group.

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.



Seated Yoga Liven up your

Monday mornings with Seated Yoga. Stacey will help you start your day off on the right foot! No experience needed. This group meets at 10am starting 3/21.





WHAT'S NEW THIS MONTH?

INTRO TO MAH JONGG



Intro to Mah Jongg will be taught on March 7th @ 1:45-3pm. Join us to learn more about this exciting Eastern tile game. Please sign up at the center in advance to let us know you'll be there.

MAPLE CONE DAY

Stop by the center on Wednesday, March 30th between 11-12pm for a maple ice cream cone. Let's celebrate the maple season together. While you're here, join in a board game with a friend.



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 be shopping at Walmart and Christmas Tree Shop on 3/11 and embarking on a sugaring house tour on 3/25. Please see Nicole 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 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.

EASC Antique Roadshow



On March 18th from 1-3pm, the EASC will hold it's very own Antique Roadshow. Bring your special something to be appraised by Ethan Merrill of Merrill's Auctioneers and Appraisers.

Ethan Merrill, of Merrill's Auctioneers and Appraisers, is the third generation in his family to work with antiques. His grandparents opened an antique shop in South Burlington in 1938. In 1967, Ethan's father, Duane Merrill, opened Merrill's Auction Gallery, Vermon't s largest auction house. Ethan graduated from UVM in 1994 and started pitching in the minor leagues for the Boston Red Sox until 1998, when he graduated from the Missouri School of Auctioneers. He is a member of the National Auctioneers Association as well as the Vermont Auctioneers Association.

If you would like to have an item appraised. Please sign up for a time slot at the center. If you have an item that is too large to bring in, please bring in a detailed picture.

If you have any questions, please contact Nicole.

It's Everyone's Favorite Time of Year.... TAX SEASON! Let AARP make the process simple.

The AARP Taxaide program will be active again in Essex this tax season and encourages Essex seniors to make use of this free service which will take place at the Essex Area Senior Center.

Starting 2/18 and continuing to 4/8 if necessary, two appointments on Fridays, one week apart can be made through the Brownell Library (878-6955). The first appointment will be scheduled for you to meet with our volunteer to establish identification, explain the process and leave off documents. The second appointment is used to pick up documents and sign off on forms to allow the returns to be submitted electronically. Appointments will take place at the Essex Area Senior Center. For matters related to scheduling appointments, please contact the library.

For questions about the program, particularly any concerns you have about your particular situation, please phone (802) 448-0136 and leave a call back number or email aarp.taxes.essex@gmail.com.

Dennis B.
Local Coordinator, AARP Taxaide Program



March 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
		1	2	3	4	5
		10:00- 1:00pm BINGO	11-12pm Grab and Go lunch pick up.	12:30-3:30pm: Duplicate Bridge 10-10:30am: Seated Yoga with Stacey	10-Noon: Mah Jongg 12-2 Knitting 2-4pm: Cribbage, Cards/Games	
6	7	8	9	10	11	12
	10-11:00 Drop in Hand & Foot 12:30-3:30pm: Bridge 1:45-3pm: Intro to Mah Jongg	10:00- 1:00pm BINGO	11-12pm Grab and Go lunch pick up.	12:30-3:30pm: Duplicate Bridge	10-Noon: Mah Jongg 12-2 Knitting 2-4pm: Cribbage, Cards/Games Friday Frolic: X- mas Tree Shop and Walmart	
13	14	15	16	17	18	19
	10-11:00 Drop in Hand & Foot 12:30-3:30pm: Bridge	10:00- 1:00pm BINGO	11-12pm Grab and Go lunch pick up. 1 pm- Origami Group	Happy St. Patrick's Day 11:00 Book Club 12:30-3:30pm: Duplicate Bridge	10-Noon: Mah Jongg 12-2 Knitting 1-3pm: Antique Roadshow 2-4pm: Cribbage, Cards/Games	
20	21	22	23	24	25	26
	10-11:00 Drop in Hand & Foot 10-10:30am: Seated Yoga with Stacey 12:30-3:30pm: Bridge	10:00- 1:00:pm BINGO	11-12pm Grab and Go lunch pick up.	12:30-3:30pm: Duplicate Bridge	10-Noon: Mah Jongg 12-2 Knitting 2-4pm: Cribbage, Cards/Games 12:30 Friday Frolic: Sugar House Tour	
27	28	29	30			
	10-11:00 Drop in Hand & Foot 10-10:30am: Seated Yoga with Stacey 12:30-3:30pm: Bridge	10:00- 1:00:pm BINGO	11-12pm Grab and Go lunch pick up. 11-12 Maple Cone Day			

Do you have the luck of the Irish?

ST. PATRICK'S DAY WORD SEARCH

c i r e l a n d s i p
j s w e u m a r c h t
p f p a c u h s d a r
f a o i k a c p s r a
a o t u y h e a h t i
l e p r r e c h a u n
u m a a i t r r m w b
i e r r o c e s r x o
r r a s d l k p o t w
i a d g g o l d c h n
s l e a r v l l k t d
h d s c h e s a i n t
k w e e r r e f r i e
h c g o h o l n t f k

Irish	Parade	Pot
Emerald	Leprechaun	Shamrock
Clover	Patrick	Green
Lucky	Gold	Saint
Ireland	Rainbow	March

St. Patrick's Day Word Scramble

Unscramble the words!

1. opt fo lgod _____ 
2. Ulick fo het Rishi _____
3. Oufre Ealf Vcolre _____
4. Nriaobw _____ 
5. Rgene _____
6. Hlpauerunc _____ 
7. Uclky _____ 
8. Cniph _____
9. Ramhc 71 _____ 
10. Iktl _____

Answers: Pot of Gold, Luck of the Irish, Four Leaf Clover, Rainbow, Green, Leprechaun, Lucky, Pinch, March 17, Kilt

