

# Essex Senior News

## MARCH 2020

An update from the  
Essex Area Senior Center

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\*\* Membership Application forms  
Available online or at EASC.

# March 2020

### An Irish Prayer:

May God give you, For every storm, A rainbow,

For every tear, A smile,

For every care, A promise,

And a blessing in each trial.

For every problem life sends, A faithful friend to share,

For every sigh, A sweet song,

And an answer for each prayer.



*Join us at the center on March 13<sup>th</sup>  
from 12:30-3:30pm for a special  
musical guest and celebration of St.  
Patrick's Day. More information  
can be found on page 4.*

### Contact Information

Essex Area Senior Center

2 Lincoln Street, Essex Jct., VT 05452

802-876-5087 / [www.essexvt seniors.org](http://www.essexvt seniors.org)

Facebook: Essex Area Senior Center

Program Director-Senior Services:

Nicole Mone-St.Marthe [NStMarthe@essex.org](mailto:NStMarthe@essex.org)

## EASC Volunteer Opportunities and Committees

**Volunteers:** are the essence of every community- especially EASC. Its members and its volunteers create a strong and healthy center. To keep our center viable we need the assistance of volunteers. To find out how you can become a valuable volunteer, stop in and see Nicole in the office.

**Join a Committee:** The Program Committee is a group of volunteers working together to come up with fantastic new ideas for programs and outings. They bring their ideas to the group and together we work to make them happen at the EASC. The committee is open and welcomes all who would like to attend a meeting. Come and help plan next months events. Meeting days and times are noted on the events calendar.

Check us out on Facebook  
@essexareaseniorcenter



## ✿ 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 who continue to volunteer regularly providing a consistent experience for all. Fundraising for programs, center upgrades, and generating new program and trip ideas are just a few ways volunteers contribute to the center. Everyone at the Center is a wealth of knowledge. You never know what you will learn next, or who you will meet, that can help you with something you have had questions about.

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 with a member from the Essex Parks and Recreation department; the Program Director of Senior Services - Nicole Mone-St. Marthe - is supported by both the director of Essex Parks and Recreation and Essex Junction Recreation & Parks. 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 **Thursday, March 5th** for Spring cleaning. All Senior Van rides for Friday, 3/6 must be scheduled on Wednesday, 3/4.

**\*\*\*Inclement Weather Policy-** The EASC will be closed and the Essex Senior Van Service cancelled whenever the Essex Westford School District cancels school due to weather. We will post all closing notifications on the WCAX weather cancellations list, along with Facebook, Instagram, and the Essex Parks and Recreation Facebook site.

EASC, 2 Lincoln Street, Essex Junction, VT 05452  
802-876-5087 • [NStMarthe@essex.org](mailto:NStMarthe@essex.org)

Center Hours: Monday - Friday • 10:00am - 4:00pm

[www.essexvtseniors.org](http://www.essexvtseniors.org)

The Essex Senior News is a publication  
by the Essex Area Senior Center.

# MARCH



## 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, the Essex Middle School, 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 soups provided at the hosted meal-site luncheons or for Friday soup & sandwich days. See below for this month's luncheon schedule.

1<sup>st</sup> Wednesday 3/4: Luncheon outing held at McGillicuddy's in Essex Jct. Pre-registration is required by 3/2. Cost: \$8/member, \$10/non-member. This includes tax and tip.

2<sup>nd</sup> Wednesday 3/11: Luncheon held at EASC. Sandwiches and desserts are provided by sponsoring churches in the community. Soup is provided by the Culinary program at CTE. The lunch is sponsored by St. James & Essex Congregational. Early sign-up is requested; this meal costs \$2/member, \$4/non-member.

3<sup>rd</sup> Wednesday 3/18: Luncheon is held at Essex Middle School; We are invited to a delicious meal through the Child Nutrition Services of the school district. \$3/member, \$4/non-member. This month we will be treated to a play by the school from 1-2pm. The play being performed is *The Wizard of Oz*.

4<sup>th</sup> Wednesday 3/25: This luncheon is a potluck! Admission is a dish to share with your fellow diners (please, no desserts) or \$4 if you unable to bring a dish. Birthday cake is provided by the Culinary Program at CTE and ice cream by the Center to celebrate this month's birthdays. **Sign-up is requested ahead of time but not mandatory.**

Soup & Sandwich Friday 3/20: Once a month, we invite you to bring your own sandwich and enjoy soup and cookies provided by the Culinary program at CTE. Bring your own sandwich to complete your meal. **Early sign-up is requested; this meal costs \$2/member, \$4/non-member.**

DATE	LOCATION	MEAL	PRICE / PROGRAM
Wed., March. 4 <sup>th</sup>	McGillicuddy's Outing 11:30 - 1pm	3 choices: Cheeseburger and fries, Chicken Tenders and fries, or Turkey Sandwich with fries.	\$8/member \$10/non-member
Wed., March. 11 <sup>th</sup>	EASC, 2 Lincoln St. 11:30 - 1pm	Soup & Sandwiches, and cake	\$2/member \$4/ non-member
Wed., March. 18 <sup>th</sup>	Essex Middle School 12:15 - 2:15pm	EWSD Food Services Menu	\$3/member, \$4/non- member. <i>The meal will be followed by a play: The Wizard of Oz.</i>
Fri., March. 20 <sup>th</sup>	EASC, 2 Lincoln St. 12:15 - 1:15pm	Soup & Cookies. Bring your own sandwich.	\$2/member \$4/ non-member
Wed., March. 25 <sup>th</sup>	EASC, 2 Lincoln St. 11:30 - 1pm	Potluck and birthday cake	A dish to share with friends OR \$4



## BINGO Callers

March 3 <sup>rd</sup>	Len Bouchard
March 10 <sup>th</sup>	Len Bouchard
March 17 <sup>th</sup>	Maddie Lister
March 24 <sup>th</sup>	Fran Hogan
March 31 <sup>st</sup>	Fran Hogan

Thank you to this month's BINGO callers!  
We are in need of additional callers. Please see Nicole if you are able to volunteer.

## Come Celebrate St. Patty's Day at the EASC!

Mark your calendar on March 13<sup>th</sup> from 12:30-3:30pm for our St. Patrick's Day celebration featuring music from special guest George Murtie.



Enjoy a traditional Irish meal of Shepard's Pie and Irish Soda Bread. Pre-registration is preferred, but not required. The cost for this event is \$3/member, \$4/non-member.

## ✿ MARCH GROUP MEETINGS

✿ **Origami Group** - All are welcome and encouraged to attend! No experience necessary. This group will meet on the third Friday of every month at 12:45pm. If you are interested in learning the art of Origami, this is the place for you! Supplies will be provided by the center.

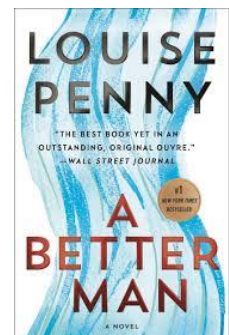
## Knitting/Crocheting Club

- Meets every Friday from 1-3. All levels of experience are welcome. Bring your own project or help create beautiful new items that can be sold in our center fundraisers.

✿ **NEW CANASTA** Meets the fourth Thursday in February at 12:30-4pm.

✿ **Book Club** - will meet on March 19<sup>th</sup> at 10:30. This month the club will be reading *A Better Man*, by Louise Penny.

*"Catastrophic spring flooding, blistering attacks in the media, and a mysterious disappearance greet Chief Inspector Armand Gamache as he returns to the Surete du Quebec in the latest novel by #1 New York Times bestselling author Louise Penny."*  
-Goodreads.com





Patricia Allard \* Joyce Bruner  
Laurette Cade \* Bud Conger  
Mike Giancola \* Fran Hogan  
Patricia Howard \* Donna Kunkel  
Beverly Leblanc \* William Lewis  
Beverly Mannings \* Janice Mejia  
Gail Nerber \* Trudy Otis \* Brian Kinsman  
Darquise Pecor \* Patricia Read  
Walter Rogers \* Robin Snelling  
Toni Taylor \* Gordon Thom  
Diane Troup \* Ed Young

### A New Face...

Meet Sammy Garey. She is the intern assistant to Nicole. Sammy is a recent graduate of Castleton University with a degree in Business Management. She is a native Vermonter with ties to the Essex community having worked for the town for the past 6 years. Welcome Sammy!



## SENIOR VAN TRANSPORTATION

The Essex Senior Vans are available Monday - Friday for medical appointments (priority), grocery shopping, rides to and from the Senior Center and more within Essex. This service is FREE to Essex community residents, who are 60+ in age or younger with a documented disability. Reservations must be made one business day in advance. Looking for a ride? Call **878-6940** Monday thru Friday, between 9am - 12pm for a reservation.

### **NEW TO THE VANS?**

Call **876-5087** for a New Rider packet to be mailed to you. All necessary forms must be completed prior to scheduling your first ride on the van.

## \*\*NEW Programs and Presentations:

\* ***Needle Felting with Llama Fiber:*** Llama fleece is classified as specialty or luxury fiber and can be used for many different things including needle felting. Needle felting is a process which uses barbed needles to interlock fibers to form a more condensed material. Patterns and different colored fibers are used to create beautiful pictures. Join us to create your own needle felting picture, Thursdays in March from 11-12. Supplies donated from Chocolate Pond Llama Farm located in Jericho.



\* ***Learn to Play Tuesday:*** Come Tuesday March 17<sup>th</sup> from 10-11am to learn how to play Cribbage. Our very own Essex Senior Van driver Mike Mckenzie will be instructing the class and teaching strategies of the game to help you become a proficient player. This is a free activity. The center will provide all required materials for the class.

\* ***Briscola Wednesday:*** Join EASC member and Essex Senior Van driver Nick Mone on Wednesdays from 10-11am to learn how to play the classic Italian card game Briscola. This is a free activity. The center will provide Briscola Cards for the class to use.

\* ***Paint and Sip:*** One of our most popular activities, EASC will hold it's 5th Paint and Sip on Thursday, March 19<sup>th</sup> at 1:00! Sue Bresseck will once again dazzle us with a new masterpiece and walk us through the process of creating it ourselves. Come for an afternoon of relaxation and creativity. No experience necessary, all are welcome to attend. Pre-registration is required by Monday, March 13<sup>th</sup>. See Nicole in the office if you have any questions. All painting tools and supplies are provided by the EASC. Bring your own apron or painting shirt. Activity fee: \$15/members, \$18/non-members.

\* ***Weaving:*** Join our instructor Beth on Tuesday, March 10<sup>th</sup> at 1pm to explore the world of weaving using looms. All materials are provided and no experience is necessary.

\* ***Signing for Seniors:*** Sign language is a unique and exciting way to communicate. Did you know that babies and children are now being taught to sign prior to speaking? Come and learn some basic signs that will help you communicate with others. No experience is necessary and all are welcome to attend. Join us at the center on March 24<sup>th</sup> at 2pm.

# \* MARCH 2020 \*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
1	2	3	4	5	6	7
	10-Noon: Mah Jongg 12:30-3:30: Bridge	12:30-3:30: BINGO	11:30-1pm: Luncheon @ McGillicuddy's 1:15pm: Duplicate Bridge	CLOSED	10-Noon: Mah Jongg 1-3pm: Knitting / Crocheting	
8	9	10	11	12	13	14
	10-Noon: Mah Jongg 12:30-3:30: Bridge	12:30-3:30: BINGO 1:00 Weaving	10-11am: Briscola 11:30-1pm: EASC Soup & Sandwich Luncheon 1pm- Meal Site Committee meeting 1:15pm: Duplicate Bridge	10-10:30am: Seated Yoga 11-12pm Needle Felting w/ llama fiber 2:00 Program Committee Meeting	10-Noon: Mah Jongg 12:30-3:30pm * St. Patty's Day Celebration	
15	16	17	18	19	20	21
	10-Noon: Mah Jongg 12:30-3:30: Bridge	10-11:00 Learn to play Cribbage 12:30-3:30: BINGO	10-11am: Briscola 12:15-2:15pm: Luncheon @ EMS and Wizard of Oz play 1:15pm: Duplicate Bridge	10:00 Seated Yoga 10:30am Book Club 11-12pm Needle Felting w/ llama fiber 1-3:30pm: Paint and Sip	10-Noon: Mah Jongg 12:15 Soup and BYO Sandwich 12:45 pm- Origami Group	
22	23	24	25	26	27	28
	10-Noon: Mah Jongg 12:30-3:30: Bridge	12:30-3:30: BINGO 2:00 Simple Signing for Seniors	11:30-1pm: EASC Potluck Luncheon 1:15pm: Duplicate Bridge	10-10:30: Seated Yoga 11-12pm Needle Felting w/ llama fiber	10-Noon: Mah Jongg 1-3pm: Knitting / Crocheting	
29	30	31				
	10-Noon: Mah Jongg 12:30-3:30: Bridge	12:30-3:30: BINGO				

**NEW MEMBERSHIP INFORMATION:**  
**JAN. 2020 – JUNE 2020**

It's that time of year. We are renewing and accepting new memberships for EASC. Normally, the renewal cycle is for the upcoming calendar year (12 months). However, from a budget perspective, this does not align with the rest of our financials. Our Center has been on a July 1 – June 30 fiscal year for four years and it is time to align our income and expenses accurately.

This membership drive is for January – June. We have two options for you to choose from; one that is just for general membership and another that includes the cost of regularly scheduled meals (see details below).

<b>MEMBERSHIP OPTIONS</b>		
	Essex Resident	Non-Resident
General Membership	\$7.00	\$9.00
All Inclusive Membership	\$47.00	\$49.00

The all-inclusive membership covers the cost of all 10 Soup & Sandwich luncheons, 5 EMS luncheons, and 2 EASC Pizza Party luncheons from Jan.1- May 27<sup>th</sup>, 2020. You will automatically be signed up for these scheduled meals through the end of the “school year”.

A new membership drive will take place in the spring and will then cover your membership from July 1, 2020 – June 30, 2021. Details regarding the 12 month membership will be distributed in the spring.

If you have any questions, please contact me at 876-5087.

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## **Mint Chocolate Pudding Cookies**

### **Ingredients:**

- 1 cup sugar
- 1/2 cup butter softened (1 stick)
- 1 egg
- 1/2 cup sour cream
- 1 small box instant vanilla pudding mix 3.4 oz
- 1/2 tsp salt
- 1/2 tsp baking soda
- 2 cups all-purpose flour
- 2 tsp mint extract
- 3 drops blue coloring + 10-15 drops green coloring
- 1 1/2 cups chocolate chips\*



### **Instructions:**

1. Cream together sugar and butter. Add egg, sour cream and pudding mix. In a small bowl, combine flour, salt & baking soda. Incorporate flour mixture into the pudding mixture and mix until well combined. Add mint extract and food coloring until desired color is achieved.
2. Add in chocolate chips. \*I used 3/4 cup chocolate chunks, 3/4 cup regular chocolate chips and 1/2 cup Andes baking bits. Any combination is wonderful, but note that while the Andes mint baking pieces add an incredible flavor, they kind of disappear in the cookies. So add them in addition to the 1 1/2 cups chocolate chips, if you opt to put them in.
3. Drop by rounded tablespoonfuls onto greased cookie sheet. Bake at 375 for 10 minutes. Transfer to a cooling rack and enjoy!