

Essex Senior News

An update from the
Essex Area Senior Center

MAY 2022

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Mother's Apron

Mother wore an ample apron
to cover her clean dress.
She'd tell you that's what it was for
if you asked her, I would guess.

But that apron had more uses
than I could even count.
It brought in eggs and vegetables
and could hold a large amount.

I've seen her use that apron
to wipe her dripping brow
as she labored over the big, hot, stove
that's just an antique now.

Her apron could bring giggles
in a game of peek-a-boo
with her newest, sweet grandbaby
as she hid her face from view.

When we kids were hurt or crying
we'd run to find her lap.
She'd wipe the falling tears away
with a bit of apron flap.

That apron dusted tables
and shooed away the flies.
It did just fine as oven mitts
to take out bubbling pies.

But the greatest of the treasures
that old apron could hold,
was the endless love from Mother

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.

Check us out on Facebook

@essexareaseniorcenter



Or look for us online at:

www.essexvtseiors.org

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. **2022-2023 renewals are due July 1st of 2022.**

VOLUNTEERING

The EASC is looking for more volunteer hosts to help open and close the center on Mondays and Fridays each week. Shifts are 3 hours long and start at 10am and end at 4pm. Please see Nicole for more information if interested. Please volunteer and help keep our doors open.

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 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 May 30th this month, We are 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

At the EASC, we provide two nutritional choices 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 and payment is required at the EASC to attend these outings.

DATE & TIME	LOCATION	PRICE	MENU & Entertainment
Tues. 5/3	Grab and Go @ EASC 11-12		Chicken with marsala sauce and mushrooms. Mashed potatoes, carrots, wheat roll, blueberry crisp with cream, milk.
Weds. 5/4	EASC 11:30-12:30	\$5 Mem \$7 Non	Taco Buffet and Mexican Wedding Cookies Pre-registration is required, 20 slots available
Tues. 5/10	Grab and Go @ EASC		Roast pork with raisin sauce, mashed sweet potatoes, Scandinavian vegetables, dinner roll, apple crisp, & milk.
Weds. 5/11	EASC 11:30-12:30	\$5 Mem \$7 Non	Soup and rolls provided by the culinary program at CTE Surprise dessert provided by the Meal Committee Don't Forget the Lyrics game to follow at 12:30
Tues. 5/17	Grab and Go @ EASC		Roast turkey with gravy, mashed potatoes, winter squash cranberry sauce, dinner roll, pumpkin pudding with cream, & milk.
Weds. 5/18	Offsite @ Hoagies	Pay on your own	Meet & Eat. Meet up with us at Hoagies for lunch. Lunch is at your own cost, but pre-register at the center so we can give them an accurate reservation count.
Tues. 5/24	Grab and Go @ EASC 11-12		Roast beef with sauce, home fried potatoes with paprika, French green beans with lentils, wheat bread, oatmeal cookie, & milk.
Weds. 5/25	EASC 11:30-12:30	\$5 Mem \$7 Non	Soup and rolls provided by the culinary program at CTE Surprise dessert provided by the Meal Committee PechaKucha Presentation to follow at 12:30
Tues. 5/31	Grab and Go @ EASC 11-12		Roast turkey with gravy, mashed potatoes, sliced carrots with parsley, dinner roll, baked sliced apples with cinnamon, & milk.

MAY BINGO CALLERS

May 3	Stan
May 10	Len
May 17	Walter
May 24	Len
May 31	Stan

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!

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

Knitting and Crochet Group

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 and 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 mornings with Seated Yoga. Stacey will help you start your day off on the right foot! No experience needed. This group will meet on Thursdays at 10am. There is no fee for this course but donations are encouraged to help in reimbursing Stacey for her services.



MAY GROUP MEETINGS

Origami Group

On Wednesday 5/18 at 1:00 we will continue 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.



Join us for **BOOK SHARE** every 3rd Thursday of the month at 11am. Come and share your best reads, or sit in and listen to what other readers are currently enjoying. You may discover a new literary masterpiece awaits!

INTRO TO MAH JONGG

Our current course is full and is running from April 18th - May 23rd. Our next course will be offered over the summer. Watch for more information in future newsletters.



WHAT'S NEW THIS MONTH ?

Cinco de Mayo

is an annual celebration held on May 5th which commemorates the anniversary of



Mexico's victory over the French Empire at the Battle of Pueblo in 1862. Following our luncheon on May 4th, Marie Cowan will share a culture rich presentation on life in Mexico. Come hear her enchanting stories and first hand experiences as a child growing up in Mexico.

Featured Senior Presentation: Come meet EASC member Dottie Bergendahl and hear her



story of the Old Dutch Church in Sleepy Hollow, NY. This historical presentation will follow the May 25th Luncheon at 12:30pm.

Memorial Day Parade Planning

Do you like planning? Do you like parades? Do you like planning parades? The EASC is exploring the option to join the Essex Memorial Day Parade. If you are interested in helping out with the planning process or being in the parade, please attend our planning session on Wednesday, May 11th @ 12:30.



Learn to Play: Tabletop Shuffleboard

Tuesday 5/10 & 5/24 from 1:30-3pm we will be shuffling our way to FUN! Stop in and give it a try. No experience necessary.



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.

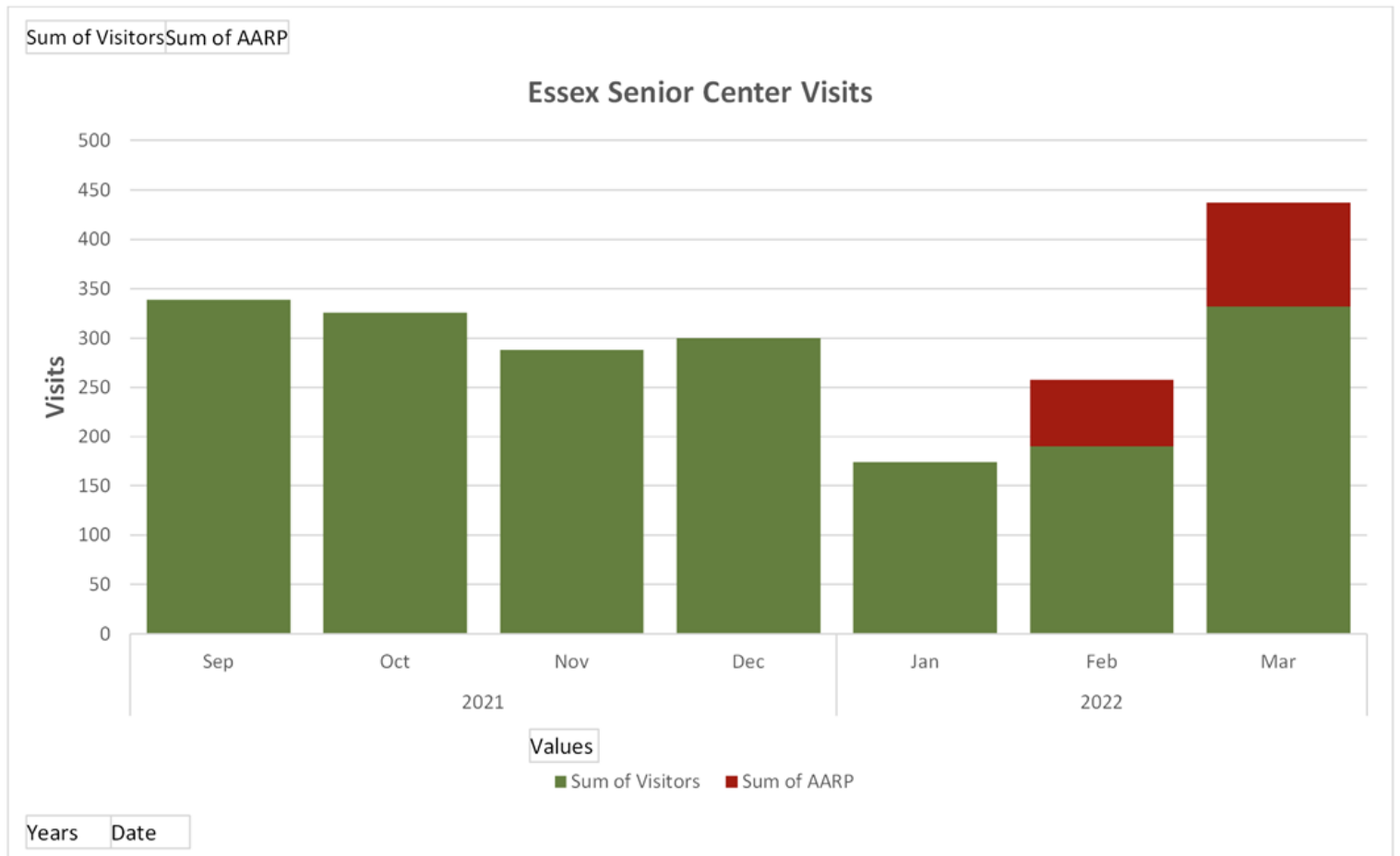
Also check out the Essex Senior Van Friday Frolics schedule online at our www.essexvt seniors.org website. Enjoy an outing exploring the greater Chittenden County area with free transportation. This month we will taking our annual ride to SEB's in South Hero on 5/13, and visiting the Harriet Farnsworth Powell Historical Museum in Essex & eating lunch at JP's on 5/27. 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.

Did You Know?

Did you know that the Essex Area Senior Center sees, on average, about 300 visits each month from members and drop-in visitors? Since re-opening in September, the center has seen a steady attendance for programs, luncheons, and community activities. In fact, during the months of February, March, and the first week in April, we saw a total of 230 additional visits from Essex senior residents for free tax prep services provided by AARP! January and February saw fewer than average visits due to the Covid Omnicron spike which caused the cancellation of all sit-down lunches and decreased program offerings out of a abundance of caution. In the upcoming months, we hope to see more of your smiling faces as we offer new and exciting programs and get together. Please remember to sign in when you visit to help us understand more about our attendance.



****Special thanks to Irene Wrenner and Ken Signorello for collecting the attendance data and generating this informative visual.**



Community Resource Information:

EASC is happy to support the Age Well Ticket Program. Every 2nd Tuesday of each month, Essex residents aged 60+ are welcome to stop by the center between 11-12pm for tickets. An Age Well representative will be present to answer any questions.



RESTAURANT TICKET PROGRAM

Older adults can make a \$5 donation to receive a ticket to dine at one of the participating establishments.

Tickets are available at the Age Well office at 875 Roosevelt Hwy, Ste. 210 in Colchester or you can call 802-662-5200 for more information.

PARTICIPATING RESTAURANTS

Ray's Seafood Market: 7 Pinecrest Dr in Essex Junction
(Available Sunday-Wednesday 11:00am-4:00pm)

The Abbey Restaurant: 6212 VT-105 in Sheldon
(Available Tuesday-Sunday 11:30am-5:00pm)

The Dutch Mill Family Restaurant: 4309 Shelburne Rd in Shelburne
(Available Monday-Sunday 7:30am-2:00pm)

IHOP: 155 Dorset St in South Burlington
(Available Monday-Sunday 7:00am-9:00pm)

Rosie's Restaurant: 886 Rte 7 South in Middlebury
(Available Monday-Wednesday, 6:00am-12:00pm for Breakfast, 12:00pm-3:00pm for lunch)

Wally's Place: 260 US-2 in South Hero
(Available Wednesday-Friday 11:00am-2:00pm)

Halfway House: 450 VT-22A in Shoreham
(Available Monday-Thursday 5:00am-8:00pm)

Note: Contact the Dairy Center (802-933-2030) and Greenwood Bakery & Deli (802-848-9000) in Richford directly about scheduled meals.

Upon arrival present your Age Well ticket to your host/server. They will then give you the special Age Well menu which has been reviewed and is compliant with the Older American's Act guidelines. All other members of your party will select from the regular menu at regular price. Substitutions are not allowed. Any extra items or substitutions ordered will be charged at full price. Gratuity is not included, tickets only cover the cost of the meal.

[Essex Parks and Recreation](#) is offering a 55+ Couch to 5K walking program starting the first week in June. This program combines pre-walk stretching and a Couch to 5K training program. If you are interested in training to walk 3.1 miles and can already walk for at least 20 minutes, this program is for you! Contact EPR more information 802-878-1342.



May 2022

Sun.	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
1	2	3	4	5	6	7
		Program Committee meeting 10-11 10:00- 1:00pm BINGO 11-12pm Grab and Go pick up	11:30-12:30pm Taco Bar Luncheon 12:30pm Marie Cowan Presentation	10-10:30am: Seated Yoga with Stacey 12:30-3:30pm: Duplicate Bridge	10-Noon: Mah Jongg 12-2 Knitting 1-3pm: Cribbage, Cards/Games	
8	9	10	11	12	13	14
	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 pick up 11-12pm Age Well Ticket Sale 1:30-3pm Learn to play tabletop shuffleboard	11:30-12:30pm Soup Luncheon 12:30 Memorial Day Parade Planning	10-10:30am: Seated Yoga with Stacey 12:30-3:30pm: Duplicate Bridge	10-Noon: Mah Jongg 12-2 Knitting 1-3pm: Cribbage, Cards/Games Friday Frolic: Seb's in S. Hero	
15	16	17	18	19	20	21
	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 pick up	11:30-12:30pm Meet & Eat Hoagies 1 pm- Origami Group	10-10:30am: Seated Yoga with Stacey 11:00 Book Share 12:30-3:30pm: Duplicate Bridge	10-Noon: Mah Jongg 12-2 Knitting 1-3pm: Cribbage, Cards/Games	
22	23	24	25	26	27	28
	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 11-12pm Grab and Go pick up 1:30-3pm Learn to play tabletop shuffleboard	11:30-12:30pm Soup Luncheon 12:30pm Old Dutch Church Presentation	10-10:30am: Seated Yoga with Stacey 12:30-3:30pm: Duplicate Bridge	10-Noon: Mah Jongg 12-2 Knitting 1-3pm: Cribbage, Cards/Games Friday Frolic: Harriet Farnsworth Powell Museum & JP's lunch	
29	30	31	JUNE 1	2	3	
		10:00- 1:00:pm BINGO 11-12pm Grab and Go pick up	Closed for Spring Cleaning & Inservice	Closed for Spring Cleaning & Inservice	10-Noon: Mah Jongg 12-2 Knitting 1-3pm: Cribbage, Cards/Games	