

# Essex Senior News

NOVEMBER 2021

An update from the  
Essex Area Senior Center

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# NOVEMBER

## Pie Sale Fundraiser

ORDER AT THE ESSEX AREA SENIOR CENTER  
UNTIL FRIDAY, NOV. 19TH

PIE PICK UP IS ON NOV. 23RD AND 24TH  
FROM 10AM-12PM

5 Homemade Delicious Flavors

\$15- Apple, Pumpkin or Strawberry Rhubarb

\$18- Mincemeat or Pecan



STOP IN AND PLACE YOUR ORDER TODAY  
2 LINCOLN ST. ESSEX JCT.

#### 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 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. 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](http://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 both 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!

**Please Note** - The center will be closed on holidays observed by the Town of Essex municipality. This month we will be closed on Nov. 11 for Veteran's Day, and November 25<sup>th</sup> & 26<sup>th</sup> in observance of Thanksgiving. There will be no Senior Van service on 11/11, 11/25, and 11/26.

EASC, 2 Lincoln Street, Essex Junction, VT 05452  
802-876-5087 • [www.essexvtseiors.org](http://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

 EASC plans luncheons every Wednesday from late August through the month of May. Luncheon locations may vary between an area restaurant, a local park or church, 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 soup luncheons, as well as, sit down meals provided by Age Well. All luncheons are designed to be affordable, nutritious, and a wonderful opportunity to gather with friends. On occasion, an informative or entertaining program will follow the meal. Please remember to sign up in advance to help us plan the appropriate amount of food needed.

Wednesday, Nov. 3rd: Soup Luncheon: Soup and rolls provided by CTE Culinary Program. Dessert will be provided by our EASC Meal Committee. **The cost will be \$2/member, \$4/non-member.** Following this luncheon we will enjoy a sketching lesson taught by our resident artist Blake Getchell.

Wednesday, Nov. 10th: Age Well meal: Roast pork, mashed potatoes, butternut squash, roll, and apple crisp. **Early sign-up is requested by 11/4; this meal costs \$5/member, \$7/non-member.** During this meal we will honor our Veterans with tokens of our gratitude.

Wednesday, Nov. 17th: Pasta Dinner: Homemade pasta dinner prepared by our talented meal committee members. **The cost is \$2/member, \$4/non-member.** Register by 11/12. Native American Heritage month presentation. Learn about the Mi'kmaq tribe from one of their very own as she teaches us about sweetgrass, smudging, the traditional regalia, and drums a special song.

Wednesday, Nov. 24th: Grab and Go meal: Pick up bagged meal to go consisting of Lasagna Rollette with Meatballs, broccoli Florets, roll, and fruit salad. **Early sign-up is requested by 11/18; this meal costs \$5/member, \$7/non-member.**

**Please arrive for all luncheons at 11:30pm. Service of lunch will begin promptly at 11:45**

DATE	LOCATION	MEAL	PRICE	Program
Wed., Nov. 3rd	EASC, 2 Lincoln 11:30 - 1pm	Soup, rolls, Dessert	\$2/member \$4/non-member	Sketching with Blake
Wed., Nov. 10th	EASC, 2 Lincoln 11:30 - 1pm	Roast Pork, mashed potatoes, squash, rolls, apple crisp	\$5/member \$7/non-member	Veteran's Day Tribute
Wed., Nov. 17th	EASC, 2 Lincoln 11:30 - 1pm	Homemade Pasta Dinner	\$2/member \$4/non-memb.	Native American Heritage Month Presentation
Wed., Nov. 24th	EASC, 2 Lincoln 11:30 - 1pm	To go meals: Lasagna rollette, meatballs, broccoli, roll, and fruit salad.	\$5/member \$7/non-memb.	

## Holiday Ham Luncheon



Wednesday, December 1<sup>st</sup>

11:30 am - 1:30 pm

Join us for a special luncheon to be held  
at St. Pius X Church in Essex.

Pre-registration and payment is required  
\$5 per person.

Stop into the EASC to register today.

Pre-register by 11/24

### EASC housekeeping tip of the month

Please remember that we all are responsible for keeping our center clean and inviting. This includes washing your own dishes, loading and unloading the dishwasher when needed, and simply picking up after ourselves. Help keep our center beautiful.

### NOVEMBER BINGO CALLERS

Nov. 2nd	Len
Nov. 9 <sup>th</sup>	Stan
Nov. 16 <sup>th</sup>	Len
Nov. 23rd	Stan
Nov. 30th	Len



Bingo runs from 10am-1pm on Tuesdays 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 and daubers.

## NOVEMBER CLUB MEETINGS

**Origami Group** - All are welcome and encouraged to attend! No experience necessary. This group will meet on Wednesday, Nov. 17th @ 1:00 in the game room. 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** This month, the book club will be reading a collection of short stories by renowned author, Anthony Doerr. We will meet from 11am-12pm on Nov. 18<sup>th</sup> to discuss his book, The Shell Collector.

**Knitting and Crochet Club** Come and join us in our knitting

social group, Thursday'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 or start something new here it's up to you, just come and visit with us if you'd like. We'd love to have you.



**Have an idea for a new club?**  
*Contact Nicole and let's get it started. We are always looking for new hobbies and activities to explore.*

## **\*\*NEW Programs and Presentations:**

### ***Learn to Play: Cribbage-***

Cribbage evolved from an earlier English game called "Noddy," and the man credited with inventing it is Sir John Suckling, a wealthy English poet. Cribbage



affords players both the anticipation of the luck of the deal, as well as ample opportunity to exercise their skills in discarding and play. One of the novel features of Cribbage is that a Cribbage board is used for scoring rather than the usual pencil and paper. The rectangular wooden board is equipped with holes that accommodate pegs. Join us for a new adventure as you explore the game of Cribbage. No experience is necessary. This group will meet on Friday, November 12<sup>th</sup> and 19<sup>th</sup> from 1:30-3:30pm.

### ***PechKucha Presentation***

Join Ken Signorello on Nov. 12<sup>th</sup> at 1pm as he introduces us to the world of PechKucha. PechaKucha's 20x20 presentation format shows your 20 chosen images, each for 20 seconds. In other words, you've got 400 seconds to tell your story, with visuals guiding the way. PechaKucha means "chit chat" in Japanese. This creative outlet began as nighttime get-togethers in Tokyo in 2003 by two renowned architects. Since then, three million people have attended PechaKucha events worldwide.



## **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.

**\*\*Please note the senior van service observes all municipal holidays. There will be no van service on Veteran's Day, Nov. 11 and Thanksgiving, Thursday, Nov. 25<sup>th</sup>.**

### **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.

# NOVEMBER 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
	1	2	3	4	5	6
	12:30-3:30pm: Bridge	10:00- 1:00:pm BINGO	11:30am: Soup Luncheon  12:30 Sketching with Blake	10-10:30am: Seated Yoga  12-2 Knitting  12:30-3:30pm: Duplicate Bridge	10-Noon: Mah Jongg  1-4pm: Cribbage, Cards/Games	
7	8	9	10	11	12	13
	12:30-3:30pm: Bridge	10:00- 1:00:pm BINGO	11:30: Age Well Luncheon  12:30 Honoring Our Veterans	Closed in observance of Veteran's Day	10-Noon: Mah Jongg 1:00 PechKucha Presentation 1:30-3:30pm: learn to play cribbage	
14	15	16	17	18	19	20
	12:30-3:30pm: Bridge	10:00- 1:00pm BINGO	11:30am: Pasta Dinner  12:30 Native American Heritage Month presentation 1 pm- Origami Club	10-10:30: Seated Yoga  11:00 Book Club  12-2 Knitting  12:30-3:30pm: Duplicate Bridge	10-Noon: Mah Jongg  1:30-3:30pm: learn to play cribbage <u>Last day to preorder pies</u>	
21	22	23	24	25	26	27
	12:30-3:30pm: Bridge	10:00- 1:00:pm BINGO PIE SALE PICK UP DAY 10am-12pm	11:30-12pm: Grab and Go lunch pick up PIE SALE PICK UP DAY 10am-12pm	Closed in observance of Thanksgiving	Closed in observance of Thanksgiving	
28	29	30				
	12:30-3:30pm: Bridge	10:00- 1:00:pm BINGO				