

Essex Senior News

An update from the
Essex Area Senior Center

November 2022

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3rd Annual Thanksgiving Meal Delivery



Purchase a delicious Thanksgiving meal for yourself, or a friend, to be delivered to your home on Nov. 18th. Meals are prepared by the Culinary Program at CTE Essex. \$10/meal

To order a meal, contact Essex Parks and Recreation at 878-1342, or go online at essexparksandrec.org.

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.

2022/23 New & Renewal Memberships

EASC memberships are for individuals 50 years of age or older.

Annual membership dues are being accepted for July 1st, 2022- June 30st, 2023 membership year.

Please make checks payable to City of Essex Junction and be sure to fill out the new membership form in it's entirety.

Volunteer Hosts Needed:

We are always looking for dedicated volunteers to help with opening and closing the center. If you are interested in becoming a volunteer host, please see Nicole or Blake for more information. Without Volunteer Hosts, our doors could not be open 5 days a week.

Check us out on Facebook

@essexareaseniorcenter



Or look for us online at:

www.essexvtseniors.org

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 City of Essex Junction, who graciously provide the space and utilities to the membership and visitors. EASC is also staffed by the Town of Essex with members of the Essex Parks and Recreation department; Program Director of Senior Services - Nicole Mone-St. Marthe is supported by the director of Essex Parks and Recreation, and is assisted by 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 and van services will be closed on **Nov. 11th, 24th & 25th**. We are closed on holidays observed by the municipality. **NOTE:** If you are a van rider, please call the van scheduling line on the Friday before a Monday holiday closure to schedule your rides for the following week.

EASC, 2 Lincoln Street, Essex Junction, VT 05452

802-876-5087 • www.essexvtseniors.org

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

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

November



Luncheons at the

EASC - We provide multiple luncheon activities 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 is required at the EASC to attend these outings.

DATE & TIME	LOCATION	PRICE	MENU
Tues. Nov. 1 11-12pm	Grab and Go	Donations Encouraged	Beef Burgundy w/Mushroom Sauce, Egg Noodles, Carrots, Potato Dinner Roll/Butter, Halloween Orange Date Cookie, ½ pt. 1% milk
Wed. Nov. 2 11:30-12:30	JP’s 39 River Rd Essex	Pay on your own.	Meet & Eat at JP’s in Essex. Check out their menu at jpsrestaurantanddeli.com
Tues. Nov. 8 11-12	Grab and Go	Donations Encouraged	Roast Pork w/Sauce, Mashed Red Potatoes, Butternut Squash, Wheat Dinner Roll/Butter, Apple Crisp w/Topping, ½ pt. 1% milk
Wed. Nov. 9 11:30-12:30	EASC	\$5-member \$7- non-member	Baked Potato Bar- There’s nothing tastier than a warm baked potato bar on a cold Fall day. Choose from many great toppings and make your potato uniquely delicious.
Tues. Nov. 15 11-12	Grab and Go	Donations Encouraged	Roast Turkey, Gravy, Mashed Potatoes, Stuffing, Sliced Carrots, Cranberry Sauce, Wheat Dinner Roll/Butter, Pumpkin Pie w/Cream, ½ pt. 1% milk
Wed. Nov. 16 11:30-12:30	EASC	\$5-member \$7- non-member	Soup luncheon- Soup, rolls, and cookies provided by the Culinary program at the Center for Technology Essex.
Tues. Nov. 22 11-12	Grab and Go	Donations Encouraged	Lasagna Rolls w/Meat Sauce, Marinara Sauce & Mozzarella Cheese, Broccoli Florets, Wheat Dinner Roll/Butter, Fruit Salad, ½ pt. 1% milk
Weds. Nov. 23 11:30-12:30	EASC	Free Happy Thanksgiving	Pumpkin Pie Social- Stop in for a slice of pumpkin pie and a cup of coffee.
Tues. Nov. 29 11-12	Grab and Go	Donations Encouraged	Beef Steak w/Sauce, Baked Beans, Italian Vegetables, Wheat Bread/Butter, Oatmeal Raisin Cookie, ½ pt. 1% milk
Weds. Nov. 30 11:30-12:30	EASC	\$5-member \$7- non-member	Soup luncheon- Soup, rolls, and cookies provided by the Culinary program at the Center for Technology Essex.

NOVEMBER PROGRAMMING

NEW PROGRAMMING UPDATE

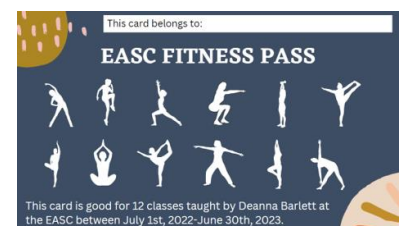
Exciting news! The EASC will be offering a new set of fitness classes starting in November. We are very lucky to have De Bartlett on board. She is a Certified Personal Trainer and Certified Integrative Health Coach. She has trained at the Trauma Informed Yoga Summit in Best Practices, Neuroscience & Social Justice. In addition she has over 200 hours YTT training. She is knowledgeable, welcoming, and nurturing. We are very excited to have her with us. She will be offering 3 different classes:



1. **Seated Chair Yoga**- In this gentle practice, class will be guided from a chair. Class will include meditation, breath work, and a series of seated postures and sequences to work on balance, stretch and strengthen the whole body. Thursdays 10-11am
2. **Chair + Standing Flow Yoga**- In this gentle practice, class will begin seated in a chair with meditation and breath work, and move into a sequence of poses. The physical portion of practice will be guided from a standing position with options to use a chair for support. Class will include poses that work on balance, stretching, and strengthening areas of the whole body, as well as endurance. Wednesdays 1-2pm
3. **Functional Strength + Movement**- In this practice, class will begin in a chair and flow between standing and sitting. Class will include a variety of intentional movements to strengthen targeted areas of the body to remain and build upon strength for overall longevity and independence. Classes will include using body weight as resistance, and additional props such as hand weights and resistance bands. This class also includes additional aerobic style movements to build upon aerobic endurance. Tuesdays 2-2:45pm

Interested in attending a class?

There is no pre-registration, just come when you can. The drop-in fee is \$5 per class, or grab a great deal with our new EASC Fitness Punch Pass. Punch passes are \$45 and good for 12 classes. That's only \$3.75 a class!



NOVEMBER BINGO CALLERS

11/1	Len
11/8	Walter
11/15	Len
11/22	Walter
11/29	Len

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

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!

Exercise Drumming

Enjoy some great tunes and company while improving your coordination and memory. Get your body moving with this low impact exercise that will keep you tapping your toes! Join us Tuesdays from 1:30-2pm. Pre-register as spaces are limited. There is no fee to participate.



Knitting and Crochet Hour

Get together with fellow knitters and crocheters on Thursdays from 12:30-1:30. Bring your own project and supplies or use ours. This is a great time to create something new and enjoy wonderful conversation with others.

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**



Mah Jongg:
 An Eastern tile game that was developed in the 19th century in China. Tiles are ordained with unique symbols.
Mondays and Fridays 10:00-12:00



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 Never heard of Mah Jongg? Want to learn how to play? **Join beginners Mah Jongg!**

Come join Karen for a relaxed, easy paced, and fun intro to this classic tile game every Monday beginning 11/7 @ 1:45. She'll walk you through the in's and out's of the game and you'll be playing in no time. Don't be shy, stop in and learn about this great game.

TICKET SALES AT the EASC

Age Well Meal Tickets- stop by on the first Tuesday of every month from 11-12pm to get your \$5 restaurant meal tickets. Kerry from Age Well will be present to answer any questions.

Elks Club Giving Thanks Luncheon Sponsored by Age Well

Tickets for this event will be on sale at the center on Nov. 1st from 11-12pm. See Kerry for further details.

Essex Rotary Holiday Lunch at the Champlain Valley Expo-

Tickets for this event are on sale every Tuesday and Wednesday from 10am-3:30pm at the EASC. until Nov.30th. Tickets are \$5 per person and are limited so stop in and get yours soon!

When: December 7th

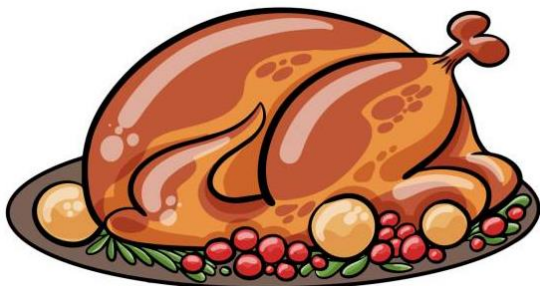
Where: CVE- Blue Ribbon Pavillion

Time: 12:00pm

Dinner menu includes:

Turkey w/ gravy, mashed potatoes, stuffing, peas, cranberry sauce, salad, bread & butter, pumpkin pie.

**Attendees must be a resident of Essex or a member of the Essex Area Senior Center.



Essex 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.

Also check out the Essex Senior Van Friday Frolics schedule online at our www.essexvtseniors.org website. Enjoy an outing exploring the greater Chittenden County area with free transportation. In November we will head to Williston to visit the Christmas Tree Shop and Jersey Mikes 11/4. For detailed information regarding Friday Frolics and van services, visit the Senior Van tab on the Senior Center website www.essexvtseniors.org. Contact Nicole if you are interested in attending a trip at 878-6940.

***Please note the senior van services observe all municipal holidays, and do not run when EWSD is closed due to inclement weather. Please call on the Friday prior to a Monday municipal holiday to schedule rides for that week.*

NEW TO THE VANS? Call 876-5087 or 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.

November 2022

Sun.	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
		1	2	3	4	5
		<p>10:00- 1:00pm BINGO</p> <p>11-12pm Grab and Go pick up</p> <p>2-2:45 Strength & Movement</p>	<p>11:30-12:30 Meet & Eat @ JP's</p> <p>1-2pm Standing Yoga</p>	<p>10-10:30 Seated Chair Yoga</p> <p>12:30-1:30: Knitting</p> <p>12:30-3:30pm: Duplicate Bridge</p>	<p>10-Noon: Mah Jongg</p> <p>1-3pm: Cribbage, Cards/Games</p>	
6	7	8	9	10	11	12
	<p>10-11:00 Drop in Hand & Foot</p> <p>10-Noon: Mah Jongg</p> <p>12:30-3:30pm: Bridge</p> <p>1:45-3 Beginners Mah Jongg</p>	<p>10:00- 1:00pm BINGO</p> <p>11-12pm Grab and Go pick up</p> <p>1:30-2pm Drumming</p> <p>2-2:45 Strength & Movement</p>	<p>11:30-12:30 Potato Bar Luncheon @ EASC</p> <p>1-2pm Standing Yoga</p>	<p>10-10:30 Seated Chair Yoga</p> <p>12:30-1:30: Knitting</p> <p>12:30-3:30pm: Duplicate Bridge</p>	<p>Closed in observance of Veteran's Day</p>  <p>THANK YOU VETERANS!</p>	
13	14	15	16	17	18	19
	<p>10-11:00 Drop in Hand & Foot</p> <p>10-Noon: Mah Jongg</p> <p>12:30-3:30pm: Bridge</p> <p>1:45-3 Beginners Mah Jongg</p>	<p>10:00- 1:00pm BINGO</p> <p>11-12pm Grab and Go pick up</p> <p>1:30-2pm Drumming</p> <p>2-2:45 Strength & Movement</p>	<p>11:30-12:30 Soup Luncheon @ EASC</p> <p>1-2pm Standing Yoga</p>	<p>10-10:30 Seated Chair Yoga</p> <p>12:30-1:30: Knitting</p> <p>12:30-3:30pm: Duplicate Bridge</p>	<p>10-Noon: Mah Jongg</p> <p>1-3pm: Cribbage, Cards/Games</p>	
20	21	22	23	24	25	26
	<p>10-11:00 Drop in Hand & Foot</p> <p>10-Noon: Mah Jongg</p> <p>12:30-3:30pm: Bridge</p> <p>1:45-3 Beginners Mah Jongg</p>	<p>10:00- 1:00:pm BINGO</p> <p>11-12pm Grab and Go pick up</p> <p>1:30-2pm Drumming</p> <p>2-2:45 Strength & Movement</p>	<p>11:30-12:30 Pumpkin Pie Social</p> <p>1-2pm Standing Yoga</p>	<p>Closed in observance of Thanksgiving</p> 		
27	28	29	30			
	<p>10-11:00 Drop in Hand & Foot</p> <p>10-Noon: Mah Jongg</p> <p>12:30-3:30pm: Bridge</p> <p>1:45-3 Beginners Mah Jongg</p>	<p>10:00- 1:00:pm BINGO</p> <p>11-12pm Grab and Go pick up</p> <p>1:30-2pm Drumming</p> <p>2-2:45 Strength & Movement</p>	<p>11:30-12:30 Soup luncheon @ EASC</p>			

“Some people live
an entire lifetime
and wonder if they
have ever made a
difference in the world.
A veteran does not
have that problem.”

RONALD REAGAN



Honoring all who have served and who are serving.

Thank you to all our EASC Veterans and their families.