

Essex Senior News

OCTOBER 2019

An update from the
Essex Area Senior Center

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OCTOBER

CRAFT FEST COMMITTEE is looking for VOLUNTEERS & DONATIONS

There is a strong need for volunteers for the upcoming 5 Corners Craft Festival here at EASC. For those of you who don't already know, EASC is a host location for the craft festival. The proceeds from our Baked Goods table, Lucky Draw Ticket Raffle, and Rediscovered Treasures table are the main revenue used to fund the center and all the programs you know and love. To be as successful as possible, we need you! Please consider donating a baked good and/or signing up for a 3 hour time slot to help run one of our tables during the festival. If baking and volunteering aren't your cup of tea, consider donating a lightly used item that can be entered into our Rediscovered Treasures sale. If you would like further information on how to get involved, donate, and support these center, please see Nicole in the EASC office, or call her at 876-5087. ALL EASC members are welcome and encouraged to attend the next Craft Festival meeting on October 4th at 2:00pm.

Contact Information

Essex Area Senior Center
2 Lincoln Street, Essex Jct., VT 05452
802-876-5087
www.essexvtseniors.org
Facebook: [Essex Area Senior Center](#)

2019 New & Renewal Memberships

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

Annual membership dues are \$12 for Essex residents and \$15 for those living outside the Essex community. Please make checks payable to Village of Essex Junction. If you would prefer the monthly newsletter mailed to your home, please add \$6.50 to your membership payment for the year of mailings.

The renewal process for the 2020 calendar year will begin November 1st, 2019.

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 been trying to work through

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.


The center will be closed on **Monday the 14th** for Columbus Day. All Senior Van rides for Tues. 10/15 must be scheduled on Friday, 10/11 due to the Columbus Day closure.

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.

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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.

1st Wednesday (this month): EASC will hold it's first end of summer BBQ at the center. We will be offering hamburgers and hot dogs fresh from the grill. Sign-up is requested ahead of time but is not required to attend. **The cost will be \$2/member, \$4/non-member.**

2nd Wednesday: 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 on **Oct. 9th** is sponsored by Holy Family and Grace Methodist Church. **Early sign-up is requested; this meal costs \$2/member, \$4/non-member.**

3rd Wednesday: Luncheon is held at Essex Middle School; we are invited to a delicious meal through the Child Nutrition Services of the school district and students and school staff take very good care of us. **Sign-up is required ahead of time by Tuesday 10/15. This meal costs \$3/member, \$4/non-member.**

4th Wednesday: This luncheon is a potluck! Admission is a dish to share with your fellow diners (please, no desserts). Cake and ice cream are provided by the Center to celebrate birthdays this month. **Sign-up is requested ahead of time but not mandatory.**

Soup & Sandwich Friday: One month, we invite you to bring your own sandwich and enjoy soup and dessert provided by the Culinary program at CTE and the Center. Bring a sandwich of your choice. **Sign-up is required ahead of time; meal costs \$1/member, \$3/non-member.**

DATE	LOCATION	MEAL	PRICE / PROGRAM
Wed., Oct. 2 nd	EASC, 2 Lincoln 11:30 - 1pm	BBQ- Hot dogs and Hamburgers	\$2/member \$4/non-member
Wed., Oct. 9 th	EASC, 2 Lincoln 11:30 - 1pm	Soup, Sandwich & Dessert	\$2/member \$4/non-member
Wed., Oct. 16 th	Essex Middle School, 12:15 - 1:15pm	Cafeteria Special	\$3/member - Sign up by Noon on 10/15
Friday, Oct. 18 th	EASC, 2 Lincoln 11:30 - 1 pm	Soup & cookies by CTE & bring your own sandwich	\$1/member \$3/non-member
Wed., Oct. 23 rd	EASC, 2 Lincoln 11:30 - 1pm	Potluck, dessert provided	Free with a dish to share
Wed., Oct. 30 th	EASC, 2 Lincoln 11:30 - 1pm	Pizza- assorted flavors	\$2/member \$4/non-member



BINGO Callers

October 1 st	Martha DiMaggio
October 8 th	Martha DiMaggio
October 15 th	Maddie Lister
October 22 nd	Donna Harnish
October 29 th	Anne-Marie Dennis

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

To Fran Hogan, from everyone at EASC Bingo, we wish you peace and comfort.



Pat Long - Nutrition Specialist will be on-site at EASC with the new \$5.00 meal tickets for 2019-2020. Stop in and get yours on October 9th at 12:45.

🍊 OCTOBER CLUB 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 1pm. If you are interested in learning the art of Origami, this is the place for you! Supplies will be provided by the center.

🍊 **Aging Well Class** - Come and join the fun! Classes will be on Sept. 26th, Oct. 3rd, 10th, 17th, and 24th at 11am. SASH coordinator MJ Merchant walks us through the process of aging well. Topics to be covered will include: Life Transitions, Stress and Aging, Wisdom in Aging, and many more! Come learn how to think **POSITIVELY** and **EMBRACE** the aging process.

🍊 **NEW CANASTA** will meet on **October 24th** from 12:30-4pm.

🍊 **Book Club** This month, the book club will be reading Paulette Jiles' book News of the World, an adventure story, filled with danger and incident; a western, meticulously researched and rendered; and a two hundred-page prose poem with poetry's usual virtues of compression, resonance, beauty, and power. Set in post-Civil War Texas, the chaos of that place and time are vividly depicted, even as the story remains primarily one of character. Paulette Jiles has shown how rich and deeply imagined the historical novel can be. The book club will meet on Oct. 17th at 10:30am.



Jean Allard * Laurel Ashley
Jim Boyce * Jacinthe M. Boyd
Frank Buswell * Stanley Carroll
Mary Ann Chaffee * Marie Cowan
Gerry Danforth * Wendell Eastman
Newt Garland * Gloria Gilmond
Billie Hall * Caryl Hamel
Donna Harnish * Joan Haslett
Carl Houghton * Sandra Jones
Sara Leggett * Loretta Masi
Renate McGrath * Ann Murdock
Marguerite Orr * Marion C. Parks
Jean Pelis * Deborah Ragione
Newton Rose * Nancy Smith

FALL FOLIAGE DAY TRIP

Sign up today to enjoy an afternoon of leaf peeping, lunch at Jericho Café and Tavern, and shopping at Palmers Maple and Snowflake Chocolates in Jericho, VT. The van will leave the center at 10am on October 3rd, and return by 2pm. Pre-registration is required. \$15 per person covers lunch and transportation for the trip. Shopping is on your own. Limited space is available on the van so sign-up today! See Nicole if you have any additional questions.



🍊 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. This service is FREE to Essex Community residents, who are 60+ in age. 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.

****Please note All Senior Van rides for Tues., 10/15 must be scheduled on Friday, 10/11 due to the Columbus Day/Indigenous People's Day closure.**

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 your first appointment on the vans.

****NEW Programs and Presentations:**

- ***Smart Phone Workshop***- Ever feel like your smart phone is outsmarting you? Well it's time to get wise with a little help from Technology for Tomorrow. T4T is a Vermont based non-profit organization with a mission to empower people in need with technology education and supportive skills. Program Manager and Essex Native Bjorn Norstrom will join us on Oct. 17th at 1:30 to help us work through all your questions from how to access voicemail and texting to how to download and utilize apps on your phone. If you have a question, he'd love to hear it and walk you through to an answer. This is a free workshop to EASC members. Non-members are welcome to attend. A \$1 donation is suggested. Advance sign-up is preferred but not necessary to attend.

- ***Weaving Club*** is back and better than ever! Beth Aubustan will be returning for more weaving fun on October 1st at 1pm. She will be bringing different sized looms and will walk you through the in's and out's of the weaving process. No prior experience is necessary. This is a free activity, but please sign up on the table outside the main office so we can prepare our supplies accordingly.

- ***Chapin Orchards***- An apple a day keeps the doctor away, is this true or just what they say? Join us on October 7th from 12-2 to find out! EASC will be taking a trip to Chapin Orchards. The fee is \$8 per person. We will have an educational guide sponsored by Saxon Hill School. We will learn about the cider making process, bee keeping and honey harvesting, and of course, the growing and harvesting of apples in the Fall. As a group we will leave with a half bushel of picked apples and a half bushel of drop apples for baking and cooking. All participants are welcome to make personal purchases at your own cost. This is a handicap accessible trip. We will not be picking during this trip. Pre-registration is required and space is limited to 11 van riders. Please sign up with Nicole.

- ***Wellfound Physical Therapy***- Did you know that 1/3 of adults 65+ fall each year? Yikes! Take the first step in fall prevention by joining Jenn Cadorette of Wellfound Physical Therapy to learn more about fall prevention. On Tuesday, October 15th at 10:30, Jenn will join us at EASC for an educational seminar on balance impairments. She'll discuss the components of balance and the importance of appropriate balance exercises. After her presentation feel free to schedule a free balance screening to see if you are at a falls risk based on normative data. This is a great service that can help you take the next step to prevent the consequences of falls with prescreening. This is a free program. Pre-registration is encouraged but not required.

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
		1	2	3	4	5
		12:30-3:30: BINGO 1:00pm: Weaving Club	11:30-1: BBQ at EASC 1:15pm: Duplicate Bridge 1:30-4pm: Drop- in Games	10-10:30am: Seated Yoga 10-2pm Fall Foliage Tour 12:30-4pm: Drop- in Games	10-Noon: Mah Jongg 1-3pm: Knitting / Crocheting 1-4pm: Cribbage, Cards/Games 11 am- Craft Fest Meeting	
6	7	8	9	10	11	12
	10-Noon: Mah Jongg 12-2pm Chapin Orchards Trip 12:30-3:30: Bridge	12:30-3:30: BINGO	11:30-1pm: EASC Luncheon 12:45pm: Age Well on-site for \$5 lunch cards. 1:15pm: Duplicate Bridge 1:30-4pm: Drop- in Games	10-10:30am: Seated Yoga 12:30-4pm: Drop- in Games 2:30- Program Committee Meeting	10-Noon: Mah Jongg 1-3pm: Knitting / Crocheting 1-4pm: Cribbage, Cards/Games	
13	14	15	16	17	18	19
	Center Closed Columbus Day/ Indigenous Peoples' Day	10:30pm: Wellfound PT Fall Risk Awareness Presentation 12:30-3:30: BINGO	12:15-1:15: Luncheon @ EMS 1:15pm: Duplicate Bridge 1:30-4pm: Drop- in Games	10-10:30: Seated Yoga 10:30-11:30am: Book Club 12:30-4pm: Drop- in Games 1:30- Smart Phone Class 2:30 Program	10-Noon: Mah Jongg 12:15-Soup& Bring your own Sandwich 1 pm- Origami Club 1-3pm: Knitting / Crocheting 1-4pm: Cribbage, Cards/Games	
20	21	22	23	24	25	26
	10-Noon: Mah Jongg 12:30-3:30: Bridge	12:30-3:30: BINGO	11:30-1pm: Potluck @ EASC 1:15pm: Duplicate Bridge 1:30-4pm: Drop- in Games	10-10:30: Seated Yoga 12:30-4pm: New Canasta	10-Noon: Mah Jongg 1-3pm: Knitting / Crocheting 1-4pm: Cribbage, Cards/Games	
27	28	29	30	31		
	10-Noon: Mah Jongg 12:30-3:30: Bridge	12:30-3:30: BINGO	11:30-1: Pizza Party @ EASC 1:15pm: Duplicate Bridge 1:30-4pm: Drop- in Games	10-10:30 Seated Yoga 12:30-4pm: Drop-in Games		

