

Essex Senior News

OCTOBER 2021

An update from the
Essex Area Senior Center

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A New Smile Around The Center

Have you noticed a new smiling face greeting you at luncheons or calling out the bingo numbers? Meet Alexis Blake Getchel. Blake, as she prefers to be called, is a recent graduate of CVU and will be joining the EASC staff until June 2022. She is a talented artist with a passion for painting and sketching. You can see some of her work on the back page of this newsletter. She originally hails from Maine and is looking forward to meeting each and every one you.



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.

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

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 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.

The center will be closed on **Monday the 11th** for Indigenous Peoples Day. The Senior Van will not run on Tuesday, 10/12. Please call on the 12th to make reservations for the remainder of the week.

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.

OCTOBER

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, Oct. 6th: 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 have a visit with State Representatives Lori Houghton and Karen Dolan. Share your thoughts and concerns regarding issues facing seniors in our community.

Wednesday, Oct. 13th: Age Well meal: Chicken Cacciatore, Seasoned Potatoes, Peas & Carrots, Wheat Bread, and Apricots. **Early sign-up is requested by 10/7; this meal costs \$5/member, \$7/non-member.** Following this meal we will learn about a program called Love Letters to Vermont Soldiers. Opportunities to make cards will be provided. See page 6 for more details.

Wednesday, Oct. 20th: 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.** Wendy Hysko from Brownell Library will join us at 12:30 to share information on library services and programs being offered to the adult community.

Wednesday, Oct. 27th: Age Well meal: Beef & Vegetable Stew with Potatoes, French Green Beans, Biscuit, and Banana Bread. **Early sign-up is requested by 10/21; this meal costs \$5/member, \$7/non-member.** Eat a great meal and stay for a celebratory Fall Costume Party. Come dressed for fun. There will be a prize for the best overall costume.

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

DATE	LOCATION	MEAL	PRICE	Program
Wed., Oct. 6th	EASC, 2 Lincoln 11:30 - 1pm	Soup, rolls, Dessert	\$2/member \$4/non-member	Rep. Lori Houghton and Rep. Karen Dolan, updates from the State House
Wed., Oct. 13th	EASC, 2 Lincoln 11:30 - 1pm	Chicken Cacciatore Luncheon	\$5/member \$7/non-member	Love Letters to Vermont Soldiers
Wed., Oct. 20 th	EASC, 2 Lincoln 11:30 - 1pm	Soup, Rolls, Dessert	\$2/member \$4/non-memb.	Brownell Library offerings with Wendy
Wed., Oct. 27 th	EASC, 2 Lincoln 11:30 - 1 pm	Beef & Vegetable Stew Luncheon	\$5/member \$7/non-memb.	Holiday Costume Party



IMPORTANT BINGO UPDATE:

Beginning in October, Bingo will run 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.



Jim Boyce * Ken Signorello
Frank Buswell * Stanley Carroll
Laurel Ashley* Marie Cowan
Gerry Danforth * Wendell Eastman
Billie Hall* Caryl Hamel
Donna Harnish * Joan Haslett
Carl Houghton * Loretta Masi
Jean Pelis

Best wishes for another great year!

🍊 OCTOBER CLUB MEETINGS

🍊 ***Origami Group*** - All are welcome and encouraged to attend! No experience necessary. This group will meet on Wednesday, Oct. 20th @ 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 reuniting to share Fall favorites! Bring your favorite Fall book to share with the group on Oct. 28th at 11:00am. See what new and exciting novels fellow readers are enjoying.

🍊 ***Knitting and Crochet Club*** Are you a knitter? Do you love to crochet? The EASC is looking for someone interested in organizing this club. Responsibilities include picking meeting times and welcoming new members to the group with a smile and great conversation. See Nicole if you are interested.

🍊 ***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.***

The EASC will host a booth at the upcoming Out & About in Essex event this upcoming weekend. We are looking for volunteers to man the booth for 1-2 hours on Oct. 2 from 11am- 5pm. Please see Nicole if interested. Volunteers only need to greet the public, answer basic questions about the center, and hand out membership forms when requested. Consider representing the EASC!



The Village of Essex Junction and the Town of Essex are excited to host our Second Annual Out & About in Essex event on October 2 & 3, 2021. Over fifteen musicians, entertainers, and acts will be set up on stages throughout Essex Town & Village. All are invited to bring chairs and picnic blankets, order some take out and sit for a spell to enjoy some beautiful fall weather and entertainment.

Essex and Essex Junction restaurants, shops, and stores are offering deals and specials all weekend long, so gather the family and get Out & About to support your local businesses. Essex is OPEN!

NEW this year, all who stop by the information booths can sign up for a chance to win thousands of dollars of donated items! The Out & About in Essex [Giveaway Extravaganza](#) features over \$800 in gift baskets, over fifty gift certificates, and TONS of fun prizes.



🍊 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 all Senior Van rides for Wednesday 10/13 and Thursday 10/14 must be scheduled on Tuesday 10/12. The scheduling office will be closed on Monday 10/11 for Indigenous People's Day. There will be no van rides on Tuesday 10/12.**

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:**

- **Learn to Play: Mah Jongg**- Mah-jongg, a game in which players match or sequence sets of tiles, is often referred to as China's "national pastime." It is a tile-based game that was developed in the 19th century in China and has spread throughout the world since the early 20th century. Come take part in this much anticipated program that will teach you the basics of how to play Mah Jongg.

This is a free activity.



- **Learn to Play: Party Bridge**- A classic game of strategy and partner play, Bridge is played using a standard 52 card deck. In it's basic format, it is played by four players in two competing partnerships, with partners sitting opposite each other. Come alone or with a friend to learn how to become a master trick-taker. Tuesdays in October from 10-11:30 in the game room. This is a free activity.

- **Paint and Sip**- Friday, October 15th @ 10am, join instructor Sue Bresseck as she guides you to create your very own masterpiece. No experience is necessary to enjoy this relaxing and fun activity. This month we will be painting a beautiful Pumpkin Harvest scene. Pre-registration is required. \$5/member, \$7/non-members. All supplies are provided.



- **Love Letters to Vermont Soldiers**- As you may know Vermont National Guard soldiers have been deployed to Djibouti, Africa this year. Our Guard members are on a security mission and although they will be returning home soon, we would like to send holiday greetings to them all. These cards hopefully will lift their spirits and honor their service. Please consider donating your extra greeting cards. Donated cards can be dropped off in the designated box at the center and we will be working on them Wednesday, October 13th after our luncheon.

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
					1	2
					10-Noon: Mah Jongg 1-4pm: Cribbage, Cards/Games	11-5pm: Out & About
3	4	5	6	7	8	9
	10-11am: Learn to Play Mah Jongg 12:30-3:30pm: Bridge	10:00- 1:00:pm BINGO 10-11:30am: Learn to Play Bridge	11:30am: Soup Luncheon 1-2pm: Lori Houghton & Karen Dolan Presentation 1:30-4pm: Drop-in Games	10-10:30am: Seated Yoga 12:30-3:30pm: Duplicate Bridge	10-Noon: Mah Jongg 1-4pm: Cribbage, Cards/Games	
10	11	12	13	14	15	16
	Center Closed Indigenous Peoples' Day	10:00- 1:00:pm BINGO 10-11:30am: Learn to Play Bridge	11:30: Age Well Luncheon 12:30: Love Letters to Vermont Soldiers; letter writing 1:30-4pm: Drop-in Games	10-10:30: Seated Yoga 12:30-3:30pm: Duplicate Bridge	10-Noon: Mah Jongg 10am: Paint and Sip 1-4pm: Cribbage, Cards/Games	
17	18	19	20	21	22	23
	10-11am: Learn to Play Mah Jongg 12:30-3:30pm: Bridge	10:00- 1:00:pm BINGO 10-11:30am: Learn to Play Bridge	11:30-1pm: Soup Luncheon 12:45: Brownell Library Visit 1 pm- Origami Club	10-10:30: Seated Yoga 12:30-3:30pm: Duplicate Bridge	10-Noon: Mah Jongg 1-4pm: Cribbage, Cards/Games	
24/31	25	26	27	28	29	30
	10-11am: Learn to Play Mah Jongg 12:30-3:30pm: Bridge	10:00- 1:00:pm BINGO 10-11:30am: Learn to Play Bridge	11:30: Age Well Luncheon <u>12:45: Holiday Costume Party</u> 1:30-4pm: Drop-in Games	10-10:30 Seated Yoga 11-12:00pm: Book Club 12:30-3:30pm: Duplicate Bridge	10-Noon: Mah Jongg 1-4pm: Cribbage, Cards/Games	

