

Essex Senior News

An update from the
Essex Area Senior Center

October 2022

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October Riches

by Lenore Hetrick

October brings us royal treasures.
There's riches in the bin!
All the living gold of fields,
Has now been gathered in.

All the jewels of the orchards,
The gems of lane and fields,
All the treasures of the garden
Mingle in the yield.

What wealth can equal it in beauty,
Or rival in sheer worth
The riches that October brings
From the fertile earth?



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.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 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 Oct. 10th.

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.

OCTOBER: Van Riders- please call on 10/7 for rides during the week of 10/10.

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 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	LOCATI ON	PRICE	MENU
Tues. 10/4 11-12	Grab and Go	Donations Encouraged	Baked meatloaf, mashed potatoes, mixed vegetables, wheat dinner roll with butter, sugar date cookie, & milk.
Wed. 10/5 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. 10/11 11-12	Grab and Go	Donations Encouraged	Chicken cacciatore, wheat rotini, peas & carrots, wheat bread with butter, strawberry shortcake with cream, & milk.
Wed. 10/12 11:30-12:30	Meet & Eat	Pay on your own.	Meet us at McGuillicuddy’s, 4 Pearl St. Essex Jct. Check out the menu at mcguillicuddysfivecorners.com
Tues. 10/18 11-12	Grab and Go	Donations Encouraged	Pork cutlet, brown gravy, mashed potatoes, diced beets, mini wheat hamburger roll with butter, watermelon, & milk.
Wed. 10/19 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. 10/25 11-12	Grab and Go	Donations Encouraged	Beef steak, BBQ sauce, Italian rice risotto with diced tomatoes, Italian vegetables with black beans, wheat bread with butter, berry crisp with cream, & milk.
Weds. 10/26 11:30-12:30	EASC	Donations Encouraged	AgeWell Sit-down luncheon: Zucchini & Summer Squash Quiche w/Cheddar & Sausage, Peas & Mushrooms, Broccoli & Cauliflower Blend, Wheat Bread, Tropical Fruit

OCTOBER PROGRAMMING

OCTOBER BINGO CALLERS

Len	Walter
10/4	10/11
10/18	10/25

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

Seated Yoga is BACK!!!

Join Deanna Barlett on Thursday mornings from 10-10:30 for seated yoga.



Deanna has been with us since the beginning of September and we are enjoying every minute with her. There is no fee and no registration required. Just show up and start your day off on the right foot.

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 on your toes! Join us Tuesdays from 1:30-2pm. Pre-register as spaces are limited. There is no fee to participate.



ORIGAMI will meet Wednesday, 10/19 at 1:00. If you are interested in learning the art of Origami, this is the group for you! Supplies will be provided by the center. No experience is necessary. If you have attended previous meetings please bring your completed pieces along to assemble into a mobile.

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





Knitting & Crochet

Get together with fellow knitters and crocheters on Thursdays from 12:30-1:30 Bring your own project and supplies or use ours. No fee or registration required. This is a drop in activity.

Intro to Mah Jongg will meet from 1:45-3pm on Mondays: 10/3, 10/17, 10/24. The current session is full, but a new session will begin 11/7. Pre-registration for these classes is required by 10/28. Spots are limited so don't wait, sign up today!

Pumpkin Painting Party

Join us on Oct. 26th at 1pm for our pumpkin painting party. Bring your own pumpkin or gourd to paint. Painting supplies will be provided by the center.



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.essexvtseniors.org website. Enjoy an outing exploring the greater Chittenden County area with free transportation. In October we will head to Stowe to visit the Von Trapp Lodge and Beirhall on 10/14. On 10/21 we will head to Williston with stops at Cheese Traders and Trader Joe's. 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 either 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. **OCTOBER: Please call on 10/7 for rides during the week of 10/10.

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.

October 2022

Sun.	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
2	3	4	5	6	7	1/8
	10-11:00 Drop in Hand & Foot 10-Noon: Mah Jongg 12:30-3:30pm: Bridge 1:45-3 Intro to Mah Jongg	10:00- 1:00pm BINGO 11-12pm Grab and Go pick up 1:30-2pm Drumming	11:30-12:30 Soup Luncheon @ EASC 12:30: Indigenous People's Day Presentation	10-10:30 Seated Yoga 12:30-1:30: Knitting 12:30-3:30pm: Duplicate Bridge		
9	10	11	12	13	14	15
	Closed for Indigenous People's Day 	10:00- 1:00pm BINGO 11-12pm Grab and Go pick up 1:30-2pm Drumming	11:30-12:30 Meet & Eat at McGuillicuddy's	10-10:30 Seated Yoga 12:30-1:30: Knitting 12:30-3:30pm: Duplicate Bridge	10-Noon: Mah Jongg 1-3pm: Cribbage, Cards/Games	
16	17	18	19	20	21	22
	10-11:00 Drop in Hand & Foot 10-Noon: Mah Jongg 12:30-3:30pm: Bridge 1:45-3 Intro to Mah Jongg	10:00- 1:00pm BINGO 11-12pm Grab and Go pick up 1:30-2pm Drumming	11:30-12:30 Soup Luncheon @ EASC 12:00: Library Presentation. 1:00pm: Origami	10-10:30 Seated Yoga 12:30-1:30: Knitting 12:30-3:30pm: Duplicate Bridge	10-Noon: Mah Jongg 1-3pm: Cribbage, Cards/Games	
23	24	25	26	27	28	29
	10-11:00 Drop in Hand & Foot 10-Noon: Mah Jongg 12:30-3:30pm: Bridge 1:45-3 Intro to Mah Jongg	10:00- 1:00:pm BINGO 11-12pm Grab and Go pick up 1:30-2pm Drumming	11:30-12:30 AgeWell sit-down luncheon @ EASC 1:00 Pumpkin Painting Party	10-10:30 Seated Yoga 12:30-1:30: Knitting 12:30-3:30pm: Duplicate Bridge	10-Noon: Mah Jongg 1-3pm: Cribbage, Cards/Games	
30	31					
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