

Essex Senior News

SEPTEMBER 2019

An update from the
Essex Area Senior Center

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CONTACT INFORMATION

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2 Lincoln Street
Essex Junction, VT 05452
802-876-5087

www.essexvtseniors.org

Facebook: Essex Area Senior
Center

SEPTEMBER

September is a time of changes and transitions. Children are returning to school, leaves are changing to their vibrant new colors, and we are all waking up to cool, crisp mornings. EASC is no exception. As I step into my new role as your Program Director, I encourage each and every one of you to try something new. Come in to the center on a day you don't normally visit. Try a new activity... seated Yoga is a wonderful choice. Perhaps you have never volunteered on a center committee. If that is the case, now is a perfect time to get involved. Both the Program Committee and Craft Fest Committee would love to have you!

Over the past few months, I have been fortunate to get to know many of our members and I am in awe of the wealth of experience and talent amongst you. Each and every one of you have so much to offer, and I'd love to hear your ideas and learn more about your interests and hobbies. My door is always open and your suggestions are valuable. Please take the time to stop in and let me know what you'd like to see happening in our center, and what activities you may want to share with your fellow members.

In addition, thank you to everyone who have gone out of their way to welcome me back and congratulate me on my family's little addition. She is already growing like a weed.

With sincere gratitude, -Nicole



A MESSAGE FROM SARAH

I'd like to thank you all for welcoming me to the center with open arms and for the countless number of you that have taught me not just about the center but about life experiences themselves. I am extremely grateful for the time I've been able to spend with all of you over the past three months. It's been amazing to be in a place where everyone cares so deeply about each other. I look forward to visiting the center and catching up with everyone as soon as I can!



ESSEX AREA SENIOR CENTER: WHAT TO KNOW

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.



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 2nd** for Labor Day.

All Senior Van rides for Tues., 9/3 must be scheduled on Friday, 8/31 due to the Labor 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.

SEPTEMBER LUNCHEONS AT – A - GLANCE



LUNCHEON SCHEDULE: READ BELOW FOR MORE DETAILS

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 through the Center for Technology – Essex (CTE) for soups provided at the hosted meal-site luncheon or for Friday soup & sandwich days.

1st Wednesday (this month): This will be a “Breakfast for Lunch” Luncheon held at JP’s restaurant in Essex; The cost of the meal is **\$8.00 and pre-registration is required by 9/3**. There will be a choice of two different breakfast plates. Coffee and/or Juice are extra and can be paid for individually at the restaurant. Tax and tip are included in the registration cost.

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 and a program is included during the meal. The lunch on **September 11th** will be sponsored by St. James. **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; deadline Monday 9/16. This meal costs \$3/member, \$4/non-member.

4th Wednesday (or last 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, and you come with 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., Sept. 4 th	JP’s Restaurant, Essex 11-12:30pm	Breakfast for lunch.	\$8/member \$9/non-member
Wed., Sept. 11 th	EASC, 2 Lincoln 11:30am – 1pm	Soup, Sandwich & Dessert	\$2/member \$4/ non-member
Wed., Sept. 18 th	Essex Middle School, 12:15-1:15pm	Cafeteria Special	\$3/member – Sign up by Noon on 9/16
Friday, Sept. 20 th	EASC, 2 Lincoln 12:15-1:15	Soup & cookies by CTE & bring your own sandwich	\$1/member \$3/ non-member
Wed., Sept. 25 th	EASC, 2 Lincoln 11:30am	Potluck, dessert provided	September birthdays Free with a dish to share



BINGO Callers


September 3rd	Martha Dimaggio
September 10th	Martha Dimaggio
September 17th	Maddie Lister
September 24th	Donna Harnish


Thank you to this month's BINGO callers!
Who is ready to call in October?



Kathy Albertson * Chuck Amey
Mary K Dennison * Toshiko Dowler
Pauline Giancola * David Gottlieb
Bernardine Haslam * Helen Marquiss
Patricia Poutre * Karen Ryen

SEPTMBER CLUB MEETINGS

 **EASC Book Club** On **September 19th at 10:30am**, join the book club to discuss **Where the Crawdads Sing**, by Delia Owens. *“A painfully beautiful first novel that is at once a murder mystery, a coming-of-age narrative and a celebration of nature...Owens here surveys the desolate marshlands of the North Carolina coast through the eyes of an abandoned child. And in her isolation that child makes us open our own eyes to the secret wonders—and dangers—of her private world.”—The New York Times Book Review”*

 **NEW CANASTA** will meet on **September 26th** from 12:30- 4pm in the game room.

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., 9/3 must be scheduled on Friday, 8/31 due to the Labor 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.



VOLUNTEER WITH THE PROGRAM COMMITTEE AND CRAFT FEST COMMITTEE

Do you enjoy volunteering? Would you like an opportunity to support the center? If so, please consider joining one of our center committees and making a real difference. The Program Committee and Craft Fest Committee are looking for new members and would be happy to hear from you. If you would like further information on how to get involved, or support these committees through donations, please see Nicole in the EASC office, or call her at 876-5087. **ALL EASC members are welcome to attend the monthly meetings.**

The Craft Fest Committee will be meeting on **September 5th at 2:00pm.**

The Program Committee will be meeting on **September 12th at 2:00pm.**

****NEW Programs and Presentations:**

The program committee is excited to offer some new programs, and welcome some new guests to the center! This month we will be exploring our creative side with art themed offerings, and educating ourselves on the art of aging well. We will also learn about programs in our community that offer nutritional support to seniors.

***Origami Group** – All are welcome and encouraged to attend! No experience necessary. There will be an organizational meeting on **Tuesday, September 10th from 10-11:00 am.** If you are already a folder, please bring some of your completed models to show as examples. If you are interested in learning the art of Origami, this is the place for you!

***Aging Well Class** – On **September 12th from 11-12:30pm,** SASH coordinator MJ Merchant will be joining us for the first of 6 classes on the art 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.

***Paint and Sip** – **Thursday, September 19th at 1:30pm,** art instructor Susan Bressack will walk you step by step through the art of creating your own painted masterpiece. Art supplies will be provided, you need only bring your creative side. The cost of registration is \$15/person. **Pre-registration is required** and will close on 9/13.

***Age Well Nutrition Services** – Age Well's Christine Moldovan, Director of Nutrition and Wellness Services will be at the center on **Tuesday, Sept. 17th from 10:30-11:30am** to share information regarding nutrition services available through Age Well and our community.

SEPTEMBER 2019

Essex Area Senior Center:

876-5087

www.essexvt seniors.org

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
	Closed For Labor Day	12:30-3:30: BINGO	11:00am: Breakfast for Lunch outing to JP's. 1:15pm: Duplicate Bridge 1:30-4pm: Drop-in Games	10-10:30am: Seated Yoga 12:30-4pm: Drop-in Games 2pm: Craft Fest Committee	10-Noon: Mah Jongg 1-3pm: Knitting / Crocheting 1-4pm: Cribbage, Cards/Games	
8	9	10	11	12	13	14
	10-Noon: Mah Jongg 12:30-3:30: Bridge	10-11:00am: Origami Club Oranizational Meeting 12:30-3:30: BINGO	11:30-1pm: Luncheon @ EASC 1:15pm: Duplicate Bridge 1:30-4pm: Drop-in Games	10-10:30am: Seated Yoga 11-12:30pm: Aging Well Class 12:30-4pm: Drop-in Games 2pm: Program Committee	10-Noon: Mah Jongg 1-3pm: Knitting / Crocheting 1-4pm: Cribbage, Cards/Games	
15	16	17	18	19	20	21
	10-Noon: Mah Jongg 12:30-3:30: Bridge	12:30-3:30: BINGO 10:30-11:30am: Age Well presentation on Nutrition Services	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 1:30pm: Paint and Sip	10-Noon: Mah Jongg 1-3pm: Knitting / Crocheting 1-4pm: Cribbage, Cards/Games	
22	23	24	25	26	27	28
	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: Drop-in Games 12:30-4pm: New Canasta in Game Room	10-Noon: Mah Jongg 1-3pm: Knitting / Crocheting 1-4pm: Cribbage, Cards/Games	
29	30					
	10-Noon: Mah Jongg 12:30-3:30: Bridge					