

# ESSEX SENIOR NEWS

An update from the  
Essex Area Senior Center

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# September 2021



September 3<sup>rd</sup> marked the reopening of our 2 Lincoln Street space. While summer programming at Memorial Hall and Sandhill Park were fun and a wonderful alternate space for seniors, it was nice to be back “home.”

### Contact Information

Essex Area Senior Center  
2 Lincoln Street, Essex Jct., VT 05452  
802-876-5087 / [www.essexvtseniors.org](http://www.essexvtseniors.org)  
Facebook: [Essex Area Senior Center](#)  
Program Director-Senior Services:  
Nicole Mone-St.Marthe [NStMarthe@essex.org](mailto:NStMarthe@essex.org)



There are many ways to stay informed on updates and the latest information regarding the EASC and Essex Senior Vans. Check us out online through:

### Facebook

@essexareaseniorcenter



The Essex Area Senior Center  
[www.essexvt seniors.org](http://www.essexvt seniors.org)

The Essex Senior Vans  
[www.essexvt.org/263/Senior-Van](http://www.essexvt.org/263/Senior-Van)

## ☆☆ ESSEX AREA SENIOR CENTER: WHAT WE ARE DOING TO STAY COVID-19 SAFE

At this time, we ask that all participants at the center wear a mask regardless of vaccination status. We ask that masks be worn at all times and only be removed when eating. Please remember to practice good self-hygiene through handwashing. Hand sanitizer is also available on-site. Before coming to the center, a self-evaluation of your health is beneficial. If you are not feeling well, please choose to visit us on another day. HEPA air filtration systems are being used at the center to aid in keeping our space as safe as possible.

## Volunteer opportunities



Are you a motivated, energetic, creative individual with a little extra time and great ideas? If you are, then consider volunteering at the EASC. We are currently looking for volunteers to join our Meal Committee, Program Committee, and Fundraising Committee. No experience is necessary, just a positive attitude and a willingness to help explore some new ideas. More of a people person? Perhaps consider being a volunteer center host and help us greet and welcome visitors to the center. For more information on the many volunteer opportunities, contact Nicole at 876-5087 or at [NStMarthe@essex.org](mailto:NStMarthe@essex.org).

**HELPFUL COMMUNITY RESOURCES**  
Age Well Helpline: 1-800-642-5119  
Aunt Dot's Place Food Shelf: 857-8208  
Heavenly Food Pantry: 878-5745  
Chittenden Emergency Food Shelf: 658-7939  
Vermont 211: 211

## Programming Notes:

**Seated Yoga** starts Thursday, Sept. 9th @ 10-10:30am. No pre-registration is needed. This is a free activity, just bring a smile and be prepared for fun. Chairs will be provided.

**BINGO IS BACK AT 2 LINCOLN ST.!** Tuesday, Sept. 7th @ 12:00- 3:00am. Bring your own bingo dabber or pen/markers. Disposable paper bingo cards will be provided. There is no fee to play. Bring your own lunch, or something to share with the group. A half hour break will be taken to eat. Van service to this event is available by scheduling a ride with the Essex Senior Van service 878-6940.

**Duplicate Bridge:** will now meet on Thursdays from 1-4pm starting Sept. 9<sup>th</sup>. If you are new to the group, please bring a partner to join.

**Mah Jongg:** Beginning Friday, Sept. 10<sup>th</sup>, Mah Jongg will be on Monday and Friday mornings from 10-12. Sets are provided. There is no registration required.

**Drop in Cards and Games:** Stop in on your own or bring a friend. There are many games, puzzles, and books available at the center for your enjoyment. Bridge, Cribbage, and Skippo are just a few of the card games that often take place at this time.

**Luncheons at EASC:** Please sign-up in advance for all luncheons.

**September 15<sup>th</sup>:** Pizza Party from 11:30-1:30pm. \$2.00 per person includes pizza, drinks, and dessert.

**September 22<sup>nd</sup>:** Soup and bring your own sandwich. Soup will be provided by the Center for Technology Essex Culinary Program. Bring your favorite sandwich to complete your meal. \$2.00 per person includes soup, drinks, and dessert.

**September 29<sup>th</sup>:** Age Well sponsored meal. Join us for a free, nutritious meal offered by Age Well.



# ESSEX SENIOR VAN SERVICES



Due to recent events, state and nationwide, regarding COVID-19 (also known as Coronavirus), we are taking proactive steps to reinstate transportation service to our 60+ community, with certain modifications. All riders and drivers will be asked to wear a mask or face shield when on the van. If you do not have either, one will be provided to you on the day of your ride. Our priority is keeping everyone as healthy as we can with limited exposure and within our best efforts and control. This not only includes, you - our rider - but also our drivers and general staff.

**CURRENTLY** - we will provide transportation Tuesday-Thursday, 9am-2pm for the following services:

- Pharmacy/prescription pickups
- Grocery shopping
- Doctor appointments
- Essex Area Senior Center
- Fanny Allen
- Hair or nail appointments
- Fitness centers

## ★ BEFORE YOU CALL FOR A RIDE AND ON THE DAY OF YOUR RIDE:

Please review the following questionnaire. If you answer **YES** to any of the questions, please cancel your appointment or find alternate transportation.

| Questions   |
|---|
| 1. Do you have any of the following?  |
| • Fever - an oral temperature of 100.4 or greater   |
| • Shortness of breath within the most recent 2 weeks  |
| • Cough   |
| • Chills  |
| • Muscle pain   |
| 2. Are you ill or caring for someone who is ill? (Visitors who are well but who have a sick family member at home with COVID-19 should indicate as much). |

## **NEW** - HOW TO SCHEDULE YOUR RIDE:

Please call the van phone line at 802-878-6940 on Mondays between 9am-2pm to schedule your rides for that week. Mondays will now be the call-in day for any appointment/transportation need for the

whole week. You will not need to call the day before an appointment going forward. If you call for a ride AFTER 2pm, your reservation is not guaranteed. If this is an urgent appointment, please call 802-876-5087 and leave a message for Nicole. She will be in contact with you and if accommodations can be made, she will confirm your transportation need at that time.

The van currently provides rides on Tuesdays, Wednesdays, and Thursdays from 9-2pm.

We will communicate updates and/or any changes and encourage everyone to follow updated information provided by the Center of Disease Control and VT Department of Health.

<https://www.healthvermont.gov/> and <https://www.cdc.gov/>

Please remember that information and services are subject to change at any time related to driver availability and/or COVID-19 guidance from the Governor's office.

**Thank you for your support and understanding. We look forward to seeing you soon!**

**Stay healthy!**

**Memberships:** July 1<sup>st</sup> marked the start of a new membership cycle. Memberships run from July 1, 2021- June 30<sup>th</sup> 2022. Resident memberships are \$15, Non-resident memberships are \$18. Membership forms are available at the center and online at [www.essexvtseiors.org](http://www.essexvtseiors.org)

## **Made with Love: PUMPKIN DUMP CAKE**

### **INGREDIENTS:**

- 2 cans of pumpkin pie mix (30-ounce cans)
- 4 eggs
- 2 5-oz cans of evaporated milk
- 1 box of spice cake mix
- ¾ cup melted butter



### **INSTRUCTIONS:**

1. Preheat the oven to 350 degrees. Spray a 9×13 baking dish with cooking spray.
2. In a large bowl mix together pumpkin pie mix, eggs, and evaporated milk
3. Pour the mixture in to the baking dish
4. Sprinkle cake mix evenly over the top of the pumpkin
5. Pour butter evenly over the top of the cake mix. Do not stir
6. Bake for 50-60 minutes or until the top is golden brown.
7. Let cool before serving. Serve with whipped topping, ice cream, and caramel drizzle. Add walnuts if desired



**MIND BENDERS : Find 10 differences in the picture below**



**JUST FOR LAUGHS**



# September

2021

| Sunday | Monday   | Tuesday                     | Wednesday   | Thursday   | Friday   | Saturday |
|--------|--|-----------------------------|---|--|--|----------|
|        |  |                             | 1   | 2  | 3<br>Welcome Back!<br>Reopening<br>Celebration<br>10-2                   | 4        |
| 5      | 6<br>Closed for<br>Labor Day   | 7<br>Bingo<br>12:00 - 3:00  | 8   | 9<br>Seated Yoga<br>10:00- 10:30<br>Duplicate<br>Bridge<br>1:00- 4:00  | 10<br>Mah Jongg<br>10:00- 12:00<br>1:00 - 3:30<br>Drop in<br>Cards/Games | 11       |
| 12     | 13<br>Mah Jongg<br>10:00- 12:00<br>1:00 - 3:30<br>Drop in<br>Cards/Games | 14<br>Bingo<br>12:00 - 3:00 | 15<br>11:30- 1:30<br>Pizza Party<br>and<br>Sing Along | 16<br>Seated Yoga<br>10:00- 10:30<br>Duplicate<br>Bridge<br>1:00- 4:00 | 17<br>Mah Jongg<br>10:00- 12:00<br>1:00 - 3:30<br>Drop in<br>Cards/Games | 18       |
| 19     | 20<br>Mah Jongg<br>10:00- 12:00<br>1:00 - 3:30<br>Drop in<br>Cards/Games | 21<br>Bingo<br>12:00 - 3:00 | 22<br>11:30- 1:30<br>CTE Soup<br>Luncheon             | 23<br>Seated Yoga<br>10:00- 10:30<br>Duplicate<br>Bridge<br>1:00- 4:00 | 24<br>Mah Jongg<br>10:00- 12:00<br>1:00 - 3:30<br>Drop in<br>Cards/Games | 25       |
| 26     | 27<br>Mah Jongg<br>10:00- 12:00<br>1:00 - 3:30<br>Drop in<br>Cards/Games | 28<br>Bingo<br>12:00 - 3:00 | 29<br>11:30- 1:30<br>Agewell<br>Sponsored<br>Luncheon | 30<br>Seated Yoga<br>10:00- 10:30<br>Duplicate<br>Bridge<br>1:00- 4:00 |  |          |
|        |  |                             |   |  |  |          |