

# Essex Area Senior Center

September 2022



## It's September already???

September 22nd marks the first day of Fall, and all I can say is... boy does time fly! This summer has been a busy one at the EASC. We've enjoyed barbaques at the park, concerts, outings to some of our favorite restaurants, and welcomed many new members to the center.

If you haven't already renewed your membership, you'll want to do it soon because we have some exciting new programs and events coming this Fall.



## Get Connected

Did you know that the EASC has it's own Facebook page? Look us up at Essex Area Senior Center to find the latest announcements, updates, and to connect with other members. Directions on how to create a facebook page can be found on our EASC website [www.essexvtseniors.org](http://www.essexvtseniors.org).

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\*The center will be closed on  
9/5 fpr Labor Day

EASC, 2 Lincoln Street, Essex Junction, VT 05452

802-876-5087 • [www.essexvtseniors.org](http://www.essexvtseniors.org)

Center Hours: Monday - Friday • 10:00am - 4:00pm



# ABOUT THE EASC



The Essex Area Senior Center (EASC) is a warm and welcoming place for residents of the Essex community and non-residents from neighboring towns. The center is a place to gather, socialize, play games, dine with friends, and try new things. Our Center is strong and healthy because of its members. Alongside the membership, the Center has a long-standing relationship with the City 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 members from the Essex Parks and Recreation Department; Program Director of Senior Services – Nicole Mone-St. Marthe – is supported by the director of Essex Parks and Recreation, and is assisted by 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!

## \* The EASC BUILDERS

group is for those interested in volunteer opportunities here at the center. Be a volunteer host, bake for bake sales and luncheons, decorate the center for holidays, or help run a program. The opportunities are endless! Sign up forms are available at the center as well as on our website.



**Do you have a bright idea for a fun program or event?**

We'd love to hear about it! Grab a form on the sign in table and drop it off to an EASC staff member. We'll do our best to make it happen.

# Programs & Activities

## MONDAYS

**Hand & Foot** @ 10-12pm (9/12, 9/19, 9/26)

Stop in for some card playing fun.

**Mah Jongg** @ 10-12pm (9/12, 9/19, 9/26)

All supplies are provided.

**Bridge** @ 12:30-3:30pm (9/12, 9/19, 9/26)

Enjoy a hand or two of classic party bridge

**Learn to Play Mah Jongg** @ 1:45-3pm (9/12, 9/19, 9/26)

Pre-registration required by 9/9, spaces are limited so sign up today.

## TUESDAYS

**Bingo** @ 10-1pm (9/6, 9/13, 9/20, 9/27) Bring a bag lunch to enjoy during our lunch break. All bingo supplies are provided by the center and there is no fee to play. Come meet Len on 9/6 & 9/13 and Walter on 9/13 & 9/27, the best bingo callers this side of Lake Champlain!



**Drumming** @ 1:30-2pm (9/6, 9/13, 9/20, 9/27)

Join the staff of the EASC for an exciting new way to stay fit and exercise to the beat your own drum. Classes combine traditional low impact aerobic movements with the art of drumming to improve strength, coordination, and cognitive functions all while drumming to some great tunes.



# What's Happening?

## WEDNESDAYS

**Luncheons** @ 11:30-12:30 (9/7, 9/14, 9/21, 9/28)

Please see luncheons on page 4 for further details.

**Origami** @ 1pm (9/21)

All supplies are provided by the center. No experience necessary.

**Book Discussion:** Under the Tuscan Sun, by Frances Mayes @ 2:00 (9/21) Read this enchanting memoir with us, discuss it at our meeting on the 21st, then come back for our luncheon on the 28th to watch the movie.

## THURSDAYS

**Seated Yoga** @10-10:30 (9/1, 9/8, 9/15, 9/22, 9/29)

No experience necessary, no registration or fee required to attend.

**Duplicate Bridge** @ 12:30-3:30 (9/1, 9/8, 9/15, 9/22, 9/29)

Please bring a partner.

**Knitting** @ 12:30-1:30 (9/1, 9/8, 9/15, 9/22, 9/29)

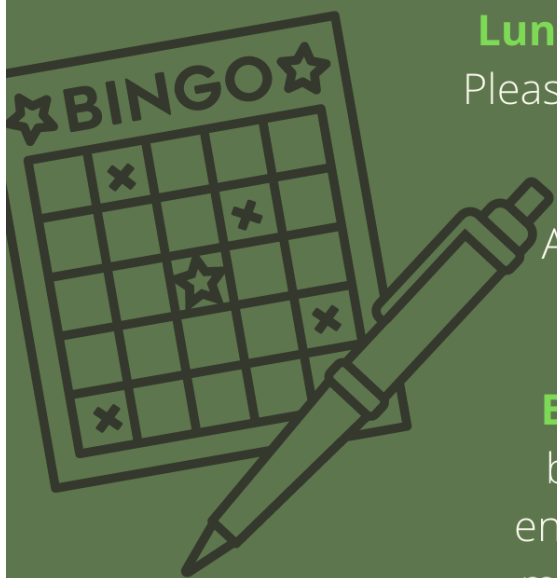
Bring your own project and supplies, or use ours.

## FRIDAYS

Mah Jongg @ 10-12pm (9/2, 9/9, 9/16, 9/23, 9/30)

All supplies are provided.

Cribbage @ 1-3pm (9/2, 9/9, 9/16, 9/23, 9/30)





# Luncheons

## GRAB & GO

Grab & Go meals are supplied by Age Well and are available for pick up at the EASC every Tuesday between 11am-12pm. Interested in grabbing a meal? Sign up by Thursday of the week prior to reserve your meal. There is no fee for a meal. Donations to Age Well are appreciated 9/6, 9/13, 9/20, 9/27

## WEDNESDAY MEALS

### **Age Well Luncheon**

(9/7 @ 11:30, donations appreciated)

### **Meet & Eat @ Mimmo's**

(9/14 @ 11:30am, at your own cost)

### **Soup luncheon @ EASC**

(9/21 @ 11:30am, \$5/member \$7/non-member)

### **Lunch & A Movie @ EASC**

Baked ziti from Hoagies and Under the Tuscan Sun  
(9/28 @ 11:30am, \$5/member \$7/non-member)



**Pre-registration required for both Grab & Go and Wednesday meals**

# What's Going On In Our Community?



## 55+ Offerings

Call EPR, go online, or stop in the office at 81 Main St. to register for any of these great programs.

Lamoille County Players present:  
Blue Window  
Hyde Park Opera House  
Sunday, Oct. 9 @ 2pm

Lyric Theatre presents:  
Into the Woods  
Flynn Center  
Sunday, Nov. 13 @ 1pm

Mall Walking Mondays  
University Mall  
Mondays 9/19- 10/24  
and/or 11/14- 12/12  
8:45 (Transportation Provided)

Essentrics  
Tuesdays 9/13-10/11 and/or  
11/15-12/13 @10:15-11:15

Beginners Line Dancing  
Tuesdays 9/13-10/11 and/or  
11/15-12/13 @10:15-11:15

Go to [Essexvt.org](http://Essexvt.org) and click on Parks and Recreation to register and see more information about their exciting programs.

## Champlain Valley Craft Show & Antique Expo

October  
21, 22 & 23

Champlain Valley Expo  
Essex Junction, VT  
Arts~Crafts~Foods~Antiques

Shopping Music Biking



Movie Dining FUN Exhibits  
Sept. 30 - Oct. 2

[essexvt.org/explore](http://essexvt.org/explore)



## Movies in the Park

MAPLE STREET PARK | FREE

FRI, SEPTEMBER 9 | 8PM | "Sing 2" Movie Night

SAT, SEPTEMBER 17 | 7:45PM | "Luca" Movie Night

Bring your lawn chairs, picnic dinner, and enjoy our 27ft movie screen! Don't forget that the evenings start to get a little cooler as summer comes to a close.

## CHAMPLAIN VALLEY EXPO IS PROUD TO HOST THE GIGANTIC INDOOR FLEA MARKET

CO-HOSTED WITH HALL COMMUNICATIONS!



GO TO [HTTPS://CVEXPO.ORG/WOKO-FLEA-MARKET/](https://cvexpo.org/woko-flea-market/) TO LEARN MORE INFORMATION AND TO RESERVE YOUR TABLE!

OCTOBER 16TH  
NOVEMBER 6TH  
DECEMBER 11TH

8:30AM-2PM  
ADMISSION \$3 @  
THE DOOR



Tuesday is Senior Day! 10% discount on any service.



Essex Community Players  
Oct. 7-22nd  
[www.essexplayers.com](http://www.essexplayers.com)

GRAB THE GRANDKIDS FOR A NIGHT OUT



### Holidays & Closures:

The senior van scheduling office will be closed on 9/5 for Labor Day. All ride requests for the week of 9/5 can be made by calling on Friday, 9/2.



Visit [essexvt seniors.org](http://essexvt seniors.org) for information on upcoming Friday Frolic Trips.

- 9/9: Apple picking @ Boyers Apple Orchard and lunch at Papa Nick's.
- 9/23: Fall Foliage Tour through Underhill, Cambridge, Jeffersonville, Morrisville. Lunch at the Charlmont

## ESSEX SENIOR VAN

Did you know that Essex is the only community in the state of Vermont to offer free Senior Van transportation for residents? Any resident of the Essex community, over the age of 60, may use the senior van for in-town rides at no cost. Examples of how our seniors use the van: doctor appointments, trips to the gym, hair and nail appointments, grocery shopping, or visiting friends/family. There are even a few locations across the border into Williston and Colchester that transportation is provided for medical appointments.

The vans are equipped with a wheelchair lift and operate weekly during daytime hours.

### How to schedule your ride:

First, request a van rider application packet by calling 878-6940. One will be mailed out to you.

Please call the van phone line at 802-878-6940 on Mondays between 9 am-2 pm to schedule your rides for that week. Leave a message with pertinent information (Name, address, phone number, destination, day, and time of appointment), and a staff member will call and confirm your ride later in the day after 2 pm. 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 2 pm, 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 9-2 pm.

# September

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
				10-10:30 Seated Yoga 12:30-1:30 Knitting 12:30-3:30 Duplicate Bridge	10-12: Mah Jongg 1-3: Cribbage & Cards	
4	5	6	7	8	9	10
	Closed for Labor Day	10-1: Bingo 11-12: Grab & Go Pick-up 1:30-2: Drumming	Age Well Luncheon @ EASC 11:30-12:30	10-10:30 Seated Yoga 12:30-1:30 Knitting 12:30-3:30 Duplicate Bridge	10-12: Mah Jongg 1-3: Cribbage & Cards	
11	12	13	14	15	16	17
	10-12: Mah Jongg 10-12: Hand & Foot 12:30-3:30: Bridge 1:45-3pm: Learn to Play Mah Jongg	10-1: Bingo 11-12: Grab & Go Pick-up 1:30-2: Drumming	Meet & Eat Luncheon @ Mimmos 11:30-12:30	10-10:30 Seated Yoga 12:30-1:30 Knitting 12:30-3:30 Duplicate Bridge	10-12: Mah Jongg 1-3: Cribbage & Cards	
18	19	20	21	22	23	24
	10-12: Mah Jongg 10-12: Hand & Foot 12:30-3:30: Bridge 1:45-3pm: Learn to Play Mah Jongg	10-1: Bingo 11-12: Grab & Go Pick-up 1:30-2: Drumming	CTE Soup Luncheon @ EASC 11:30-12:30 1pm: Origami 2pm: Book Discussion	10-10:30 Seated Yoga 12:30-1:30 Knitting 12:30-3:30 Duplicate Bridge	10-12: Mah Jongg 1-3: Cribbage & Cards	
25	26	27	28	29	30	
	10-12: Mah Jongg 10-12: Hand & Foot 12:30-3:30: Bridge 1:45-3pm: Learn to Play Mah Jongg	10-1: Bingo 11-12: Grab & Go Pick-up 1:30-2: Drumming	Lunch & A Movie @ EASC 11:30-12:30 11:30-2:00 Under the Tuscan Sun	10-10:30 Seated Yoga 12:30-1:30 Knitting 12:30-3:30 Duplicate Bridge	10-12: Mah Jongg 1-3: Cribbage & Cards	