

Essex Senior News

HAPPY VALENTINE'S DAY

An update from the
Essex Area Senior Center

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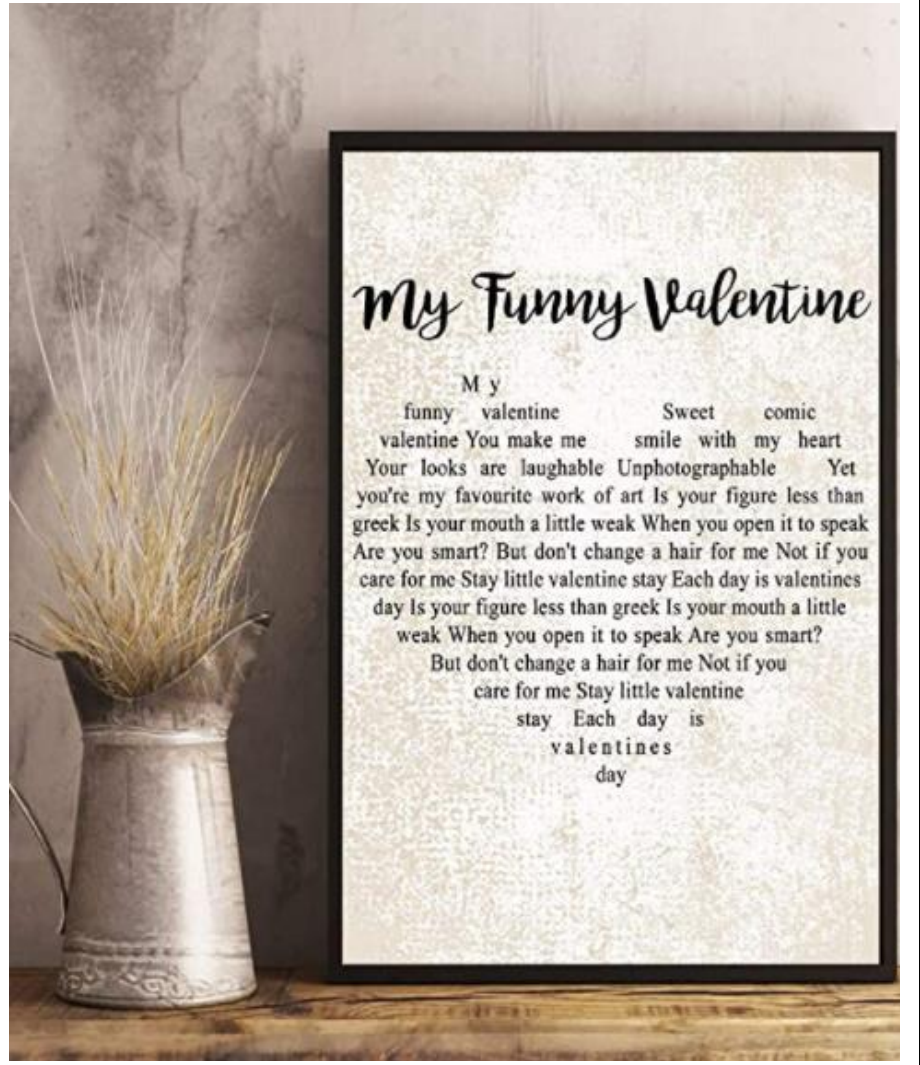
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February 2022



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.



ESSEX AREA SENIOR CENTER: WHAT TO KNOW

2021/2022 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.essexvtseniors.org

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!

Please Note - The center will be closed on holidays observed by the Town of Essex municipality. This month we will be closed on Feb. 21st in observance of Presidents Day. **NOTE:** Please remember that the center is closed and the van does not run when the EWSD cancels school due to inclement weather or when travel conditions are deemed unsuitable by the Senior Van Coordinator.

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.



LUNCHEONS AT - A - GLANCE

Out of an abundance of caution, sit down luncheons have been postponed for the month of February in response to the rising number of positive Covid cases in our community. Instead, we are happy to offer “Grab and Go” meals. These meals are pre-packaged, nutritious meals that can be picked up on Wednesdays 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 the Monday prior to the meal. Please see below for February’s menu.



AGE WELL
CONFIDENT AGING STARTS HERE.

Age Well is a nonprofit organization that serves Addison, Chittenden, Franklin, and Grand Isle Counties and is the largest Meals on Wheels provider in Vermont. Our mission is to provide the support and guidance that inspires our community to embrace aging with confidence. To learn more and donate, visit: agewellvt.org

ESSEX FEBRUARY WEDNESDAY MEAL PICK-UP EVENTS

Free meal available to individuals 60+ years of age.

WHEN & WHERE: Meal pick-up Wednesday's:
11:00 am - 12:00 pm
Essex Senior Center, 2 Lincoln St, Essex Junction

CONTACT & REGISTRATION: Nicole Mone-St.Marthe
802-876-5087 or nstmarthe@essex.org
Please register the Monday before.
No delivery available.

FEBRUARY 2 Sliced pot roast au jus, ranch mashed potatoes, carrots & cabbage, dinner roll, apple pie, & milk.

FEBRUARY 9 Stuffed chicken with ham and cheese, mashed potatoes, beets, dinner roll, applesauce cake, & milk.

FEBRUARY 16 Spaghetti and meatballs with marinara sauce and parmesan cheese, spinach, dinner roll, grapes, & milk.

FEBRUARY 23 Oven fried chicken breast, red mashed potatoes, capri vegetables, dinner roll, pumpkin pudding with cream, & milk.

agewellvt.org | Helpline: 1-800-642-5119 SERVING NORTHWESTERN VERMONT SINCE 1974

Are you the hostess with the mostest? Consider being a volunteer host at the EASC. We are currently looking for individuals to help open and close the center each day. See Nicole if you have any questions or would like to sign-up for a shift.

FEBRUARY BINGO CALLERS

FEB. 1st	Stan
FEB. 8th	Blake
FEB. 15th	Stan
FEB. 22nd	Len



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 welcome to help cover the cost of disposable bingo sheets, daubers, and raffle prizes. See you there!

Did you happen to see the EPR brochure? If not, check out these fun Valentine options to show some love to a fellow senior or order yourself a meal to be delivered by the EPR and EPD Staff. Call EPR for more information at 878-1342.

Senior Flower-gram

55+ Programs

Roses are red, violets are blue, carnations are waiting to be sent by you!

Show a senior in our community you are thinking of them and send them a flower gram! Order one or more flowers to be sent to a special someone to brighten their day. \$1.50 per flower.

Order Here

Flowers will be hand-delivered on Feb. 14th

Meals from the Heart

We are working with the Center for Technology Essex to provide 200 meals to seniors in our community.

Seniors may purchase their own meal or community members may purchase a meal anonymously to be provided to a senior.

Each meal is \$9 and includes pork pot roast with buttered parsley potatoes, vegetable medley, roll with butter, and Valentine's Cookies.

Meals will be delivered 2/11

Order Here

😊 FEBRUARY CLUBS & GROUP MEETINGS

😊 **Origami Group** - All are welcome. No experience necessary. This group will meet on Wednesday, Feb. 16th at 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** We Contain Multitudes, by Gregory McGuire (author of "Wicked"), contains many strands relevant to current community conversations including economic disparities, how veterans return from war, domestic violence, opioid addiction, bullying, and coming out. But lest it sound too heavy, it is also a beautiful story of friendship, poetry, coming of age, and aspiring to move beyond social expectations. This is the 2012 Vermont Reads selection and is available at all public libraries. Please join us for a lively discussion on February 24th at 11am.

😊 Knitting and Crochet Club

Come and join us in our knitting social group, Friday's 12pm until 2pm. This is not an instructional class, but rather a group for knitters/crocheters to get together and share. Bring your current projects, start something new, or just come and visit with us if you'd like. We'd love to have you.





WHAT'S NEW THIS MONTH ?

PAINT AND SIP has been rescheduled from last month- Get your creative juices flowing. Blake will walk you through the process of creating a beautiful piece of art. Feb. 15th, 2-3pm. Pre-reg by 2/10. Price: \$8/member, \$10/non-member



How to you spell fun?... S C R A B B L E !

Stop in for a casual game of scrabble at 12pm on Wednesdays this month. Come on your own or bring a friend. Scrabble games will be supplied by the center.



INTRO TO MAH JONGG



Intro to Mah Jongg was so popular, it will continue in February. Join us on Mondays @ 1:45-3pm to learn more about this exciting Eastern tile game. Please sign up at the center in advance to let us know you'll be there.

Do you love to decorate for the holidays? Stop by the center on Wednesday, February 2nd from 10-11am and help us add a little Valentine flair to our space. Decorations will be provided, but donations are always appreciated.



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. This month we will be shopping at Trader Joe's on Feb. 18th and visiting the Fleming Museum on Feb. 25th. Please see Nicole if you are interested in attending either trip.

****Please note the senior van services observe all municipal holidays. There will be no scheduling services available on Monday, Feb. 21st due to Presidents Day. Please call for reservations on Friday, Feb. 18th for appointments the week of the 21st.**

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.

It's Everyone's Favorite Time of Year.... TAX SEASON! Let **AARP** make the process simple.

The **AARP Taxaide program** will be active again in Essex this tax season and encourages Essex seniors to make use of this free service which will take place at the Essex Area Senior Center.

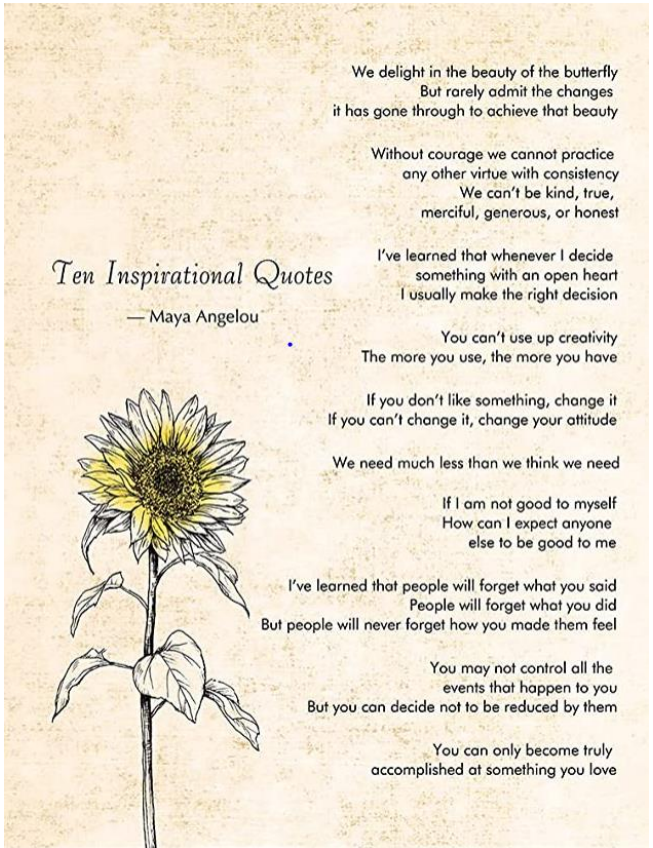
Starting 2/18 and continuing to 4/8 if necessary, two appointments on Fridays, one week apart can be made through the Brownell Library (878-6955). The first appointment will be scheduled for you to meet with our volunteer to establish identification, explain the process and leave off documents. The second appointment is used to pick up documents and sign off on forms to allow the returns to be submitted electronically. Appointments will take place at the Essex Area Senior Center. For matters related to scheduling appointments, please contact the library.

For questions about the program, particularly any concerns you have about your particular situation, please phone (802) 448-0136 and leave a call back number or email aarp.taxes.essex@gmail.com.

Dennis B.
Local Coordinator, AARP Taxaide Program



February is Black history month. I invite you to indulge in the thoughts and writings of the talented Maya Angelou.



THANK YOU SANDY

A special heart-felt thank you to Sandy McGowan, who has spent countless hours prepping and teaching seated yoga at the center. We are thinking of you and wish you well as you take a much deserved break.

Seated yoga will continue in February under the guidance of talented, local yoga instructor Stacey Sadowsky. Please join me in welcoming Stacey and stop by to participate in one of her classes on Thursdays at 10.

February 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
		1	2	3	4	5
		10:00- 1:00pm BINGO	Valentine's Day Decorating 10-11 11-12pm Grab and Go lunch pick up. 12:00pm: Scrabble Hour	12:30-3:30pm: Duplicate Bridge	10-Noon: Mah Jongg 12-2 Knitting 2-4pm: Cribbage, Cards/Games	
6	7	8	9	10	11	12
	10-11:00 Drop in Hand & Foot 12:30-3:30pm: Bridge	10:00- 1:00pm BINGO	11-12pm Grab and Go lunch pick up. 12:00pm: Scrabble Hour	10-10:30am: Seated Yoga with Stacey 12:30-3:30pm: Duplicate Bridge	10-Noon: Mah Jongg 12-2 Knitting 2-4pm: Cribbage, Cards/Games	
13	14	15	16	17	18	19
	10-11:00 Drop in Hand & Foot 12:30-3:30pm: Bridge 1:45-3pm: Intro to Mah Jongg	10:00- 1:00pm BINGO 2-3pm: Paint and Sip	11-12pm Grab and Go lunch pick up. 12:00pm: Scrabble Hour 1 pm- Origami Group	10-10:30am: Seated Yoga with Stacey 12:30-3:30pm: Duplicate Bridge	10-Noon: Mah Jongg 12-2 Knitting 2-4pm: Cribbage, Cards/Games 10am Friday Frolic to Trader Joe's	
20	21	22	23	24	25	26
	Closed in observance of Presidents Day	10:00- 1:00pm BINGO	11-12am Grab and Go lunch pick up. 12:00pm Scrabble Hour	10-10:30am: Seated Yoga with Stacey 11:00 Book Club 12:30-3:30pm: Duplicate Bridge	10-Noon: Mah Jongg 12-2 Knitting 2-4pm: Cribbage, Cards/Games 12:30 Friday Frolic: Fleming Museum Trip	
27	28					
	10-11:00 Drop in Hand & Foot 12:30-3:30pm: Bridge 1:45-3pm: Intro to Mah Jongg					