

# Essex Senior News

An update from the  
Essex Area Senior Center

## Summer 2022 July & August

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**GUESS WHAT???** There's a new and exciting way to be involved at the Essex Area Senior Center!

### Be involved and become an EASC Volunteer BUILDER!

Volunteerism is essential to the success of the EASC. Programs, meals, and our daily operations thrive with the help of individuals that are willing to give back to our EASC community members. Because of this, we have established the EASC Volunteer Builders group.



#### What is a Builder?

A builder is a volunteer that wants to help out and support our center when help is needed.

#### What does a Builder do?

Builders can volunteer to bake for events, serve at luncheons, help set up for programs, open/close the center when staff is unavailable, help run activities, and so much more!

#### What is expected of a Builder?

There are NO expectations other than... do what you are able to do. It is completely up to each builder to decide how much time and energy they are able to contribute. Pick tasks that you are comfortable with and that fit into your already busy schedules.

#### How do I become a Builder?

It's simple. Fill out the back of this page to designate you are interested in joining the Volunteer Builders group. Each month, Builders will receive an email from staff, listing tasks in which help is needed. Simply reply to the email indicating if you are available and willing to help with any of the tasks on the list.

#### 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 now being accepted for July 1<sup>st</sup>, 2022-June 31<sup>st</sup>, 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.

The 2022-2023 renewals form is attached to this newsletter and available online at [www.essexvtseniors.org](http://www.essexvtseniors.org)

Check us out on Facebook

@essexareaseniorcenter



Or look for us online at:

[www.essexvtseniors.org](http://www.essexvtseniors.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 July 4<sup>th</sup> and August 16<sup>th</sup>. 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.



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

The Essex Senior News is a publication  
by the Essex Area Senior Center.



**Luncheons at the EASC**- we provide two nutritional choices 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 and payment is required at the EASC to attend these outings.

DATE & TIME	LOCATION	PRICE	MENU & Entertainment
Tues. 7/5 11-12	Grab and Go		BBQ Chicken Breast, Baked Beans, Cauliflower, Wheat Bread/Butter, Strawberry Shortcake w/Cream & milk.
Wed. 7/6 11:30-12:30	Meet & Eat JP’s	Pay on your own	Meet & Eat. Meet up with us at JP’s for lunch. Lunch is at your own cost, but pre-register at the center so we can give them an accurate reservation count.
Tues. 7/12 11-12	Grab and Go		Spaghetti & Meatballs w/Marinara Sauce, Green Beans & Cannellini Beans, Garlic Roll/Butter, Father’s Day Cake, milk
Wed. 7/13 11:30-12:30	EASC	\$5 Mem \$7 Non	Age Well sit down luncheon:Cheese tortellini alfredo, peas and carrots, wheat bread, watermelon.
Tues. 7/19 11-12	Grab and Go		Beef Steak w/Mushroom Sauce, Mashed Potatoes, Broccoli Florets, Wheat Roll/Butter, Pumpkin Cookie,& milk
Wed. 7/20 11:30-12:30	Meet & Eat Hoagie’s	Pay on your own	Meet & Eat. Meet up with us at Hoagie’s for lunch. Lunch is at your own cost, but pre-register at the center so we can give them an accurate reservation count.
Tues. 7/26 11-12	Grab and Go		Breaded Chicken Breast w/Tarragon Sauce, Mashed Cauliflower, Spinach, Dinner Roll/Butter, Craisin & Date Cookie, & milk.
Weds. 7/27 11:30-12:30	Picnic Sand Hill Park		Bring your own bag lunch and meet us for a peaceful picnic complete with live music from local cellist Layla Morris.
Tues. 8/2 11-12	Grab and Go		To be announced by Age Well. Menu will be posted with sign up sheets.
Wed. 8/3 11:30-12:30	Meet & Eat Grand Buffet	Pay on your own	Meet & Eat. Meet up with us at Grand Buffet for lunch. Lunch is at your own cost, but pre-register at the center so we can give them an accurate reservation count.

Tues. <b>8/9</b> 11-12	Grab and Go		To be announced by Age Well. Menu will be posted with sign up sheets.
Weds. <b>8/10</b> 11:30-12:30	EASC 11:30-12:30	\$5 Mem \$7 Non	Age Well sit down luncheon: To be announced.
Tues. <b>8/16</b> 11-12	Grab and Go		To be announced by Age Well. Menu will be posted with sign up sheets.
Wed. <b>8/17</b> 11:30-12:30	EASC 11:30-12:30	\$5 Mem \$7 Non	Pizza Party- assorted pizza buffet and cookie desert
Tues. <b>8/23</b> 11-12	Grab and Go		To be announced by Age Well. Menu will be posted with sign up sheets.
Wed. <b>8/24</b> 11:30-12:30	Meet & Eat Ray's Seafood	Pay on your own	Meet & Eat. Meet up with us at Ray's Seafood for lunch. Lunch is at your own cost, but pre-register at the center so we can give them an accurate reservation count.
Tues. <b>8/30</b> 11-12	Grab and Go		To be announced by Age Well. Menu will be posted with sign up sheets.
Wed. <b>8/31</b> 11:30-12:30	BBQ @ Sand Hill Park	\$5 Mem \$7 Non	Join us for an end of summer hot dog bbq.



**Vermont cellist, Layla Morris accompanied by Vermont Suzuki Violins, will be performing after our bag-lunch luncheon under the Sand Hill Park pavilion July 27<sup>th</sup> at 12:00.**



## July/August BINGO CALLERS

Len	Walter
7/5	7/12
7/19	7/26
8/2	8/9
8/16	8/23
8/30	-

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



YOUR ROAD TO DISCOVERY, ENRICHMENT, & COMMUNITY

Join the Essex Free Library for their Monthly Book Discussions in July and August. Discussions are held via Zoom and in-person at the library every 1<sup>st</sup> Thursday of the month from noon to 1pm. Books being discussed in July and August are:

July: *In the Heart of the Sea, The Tragedy of the Whaleship Essex* by Nathaniel Philbrick. This also has a film that may be shown at the Library after the book discussion too!

August: *The House in the Cerulean Sky* by Tj Klune.

Visit the Essex Free Library website to access the Zoom link for the discussion.



**ORIGAMI** will meet starting Wednesday, 7/20 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.

## 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 19<sup>th</sup> century in China. Tiles are ordained with unique symbols.**

**Mondays and Fridays  
10:00-12:00**

## WHAT'S IN THE WORKS?

Keep an eye out as new events such as storytellings, hikes, presentations, musical guests, and more will be posted weekly under our new updated program information space on the EASC calender bulletin board. While you're there, say hello to Nicole and Blake through our beautiful new service window!



EASC Book Share will meet again in the Fall. See you again soon!

## Seated Yoga

We are currently seeking a new instructor. Seated yoga will be taking a break for the month of July.



## 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](http://www.essexvtseniors.org) website. Enjoy an outing exploring the greater Chittenden County area with free transportation. In July we will be taking a shopping trip to Walmart, lunch at panera, and a stop at Christmas Tree shop on 7/1. We will also visit Trader Joe's on 7/29 and finish with lunch and ice cream at Al's. In August, we will do some painting and trail walking on 8/12, and will have breakfast and visit the Shelburne country store on 8/26. For detailed information visit the Senior Van tab on the Senior Center website [www.essexvtseniors.org](http://www.essexvtseniors.org). Contact Nicole if you are interested in attending either trip.

***\*\*Please note the senior van services observe all municipal holidays, and do not run when EWSD is closed due to inclement weather.***

**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.

# July 2022

Sun.	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
					1	2
					10-Noon: Mah Jongg 1-3pm: Cribbage, Cards/Games	
3	4	5	6	7	8	9
	Center closed 	10:00- 1:00pm BINGO 11-12pm Grab and Go pick up	11:30-12:30 Meet & Eat at JP's	12:30-3:30pm: Duplicate Bridge	10-Noon: Mah Jongg 1-3pm: Cribbage, Cards/Games	
10	11	12	13	14	15	16
	10-11:00 Drop in Hand & Foot 10-Noon: Mah Jongg 12:30-3:30pm: Bridge	10:00- 1:00pm BINGO 11-12pm Grab and Go pick up	11:30-12:30 Age Well sit-down luncheon	12:30-3:30pm: Duplicate Bridge	10-Noon: Mah Jongg 1-3pm: Cribbage, Cards/Games	
17	18	19	20	21	22	23
	10-11:00 Drop in Hand & Foot 10-Noon: Mah Jongg 12:30-3:30pm: Bridge	10:00- 1:00:pm BINGO 11-12pm Grab and Go pick up	11:30-12:30 Meet & Eat at Hoagies 1 pm- Origami Group	12:30-3:30pm: Duplicate Bridge	10-Noon: Mah Jongg 1-3pm: Cribbage, Cards/Games	
24/31	25	26	27	28	29	30
	10-11:00 Drop in Hand & Foot 10-Noon: Mah Jongg 12:30-3:30pm: Bridge	10:00- 1:00:pm BINGO 11-12pm Grab and Go pick up	11:30-12:30 Picnic at Sand Hill Park with musical performance	12:30-3:30pm: Duplicate Bridge	10-Noon: Mah Jongg 1-3pm: Cribbage, Cards/Games	

# August 2022

Sun.	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
	1	2	3	4	5	6
	10-11:00 Drop in Hand & Foot 10-Noon: Mah Jongg 12:30-3:30pm: Bridge	10:00- 1:00pm BINGO  11-12pm Grab and Go pick up	11:30-12:30 Meet & Eat at Grand Buffet	10:00-10:30 seated yoga  12:30-3:30pm: Duplicate Bridge	10-Noon: Mah Jongg  1-3pm: Cribbage, Cards/Games	
7	8	9	10	11	12	13
	10-11:00 Drop in Hand & Foot 10-Noon: Mah Jongg 12:30-3:30pm: Bridge	10:00- 1:00pm BINGO  11-12pm Grab and Go pick up	11:30-12:30 Age Well sit-down luncheon	10:00-10:30 seated yoga  12:30-3:30pm: Duplicate Bridge	10-Noon: Mah Jongg  1-3pm: Cribbage, Cards/Games	
14	15	16	17	18	19	20
	10-11:00 Drop in Hand & Foot 10-Noon: Mah Jongg 12:30-3:30pm: Bridge	<b>Closed for Bennington Battle Day</b>	11:30-12:30 Pizza Party	10:00-10:30 seated yoga  12:30-3:30pm: Duplicate Bridge	10-Noon: Mah Jongg  1-3pm: Cribbage, Cards/Games	
21	22	23	24	25	26	27
	10-11:00 Drop in Hand & Foot 10-Noon: Mah Jongg 12:30-3:30pm: Bridge	10:00- 1:00:pm BINGO 11-12pm Grab and Go pick up	11:30-12:30 Meet & Eat at Ray's Seafood	10:00-10:30 seated yoga  12:30-3:30pm: Duplicate Bridge	10-Noon: Mah Jongg  1-3pm: Cribbage, Cards/Games	
28	29	30	31			
	10-11:00 Drop in Hand & Foot 10-Noon: Mah Jongg 12:30-3:30pm: Bridge	10:00- 1:00:pm BINGO  11-12pm Grab and Go pick up	11:30-12:30 BBQ at Sand Hill Park	10:00-10:30 seated yoga  12:30-3:30pm: Duplicate Bridge		