

Essex Senior News

DECEMBER 2019

An update from the
Essex Area Senior Center

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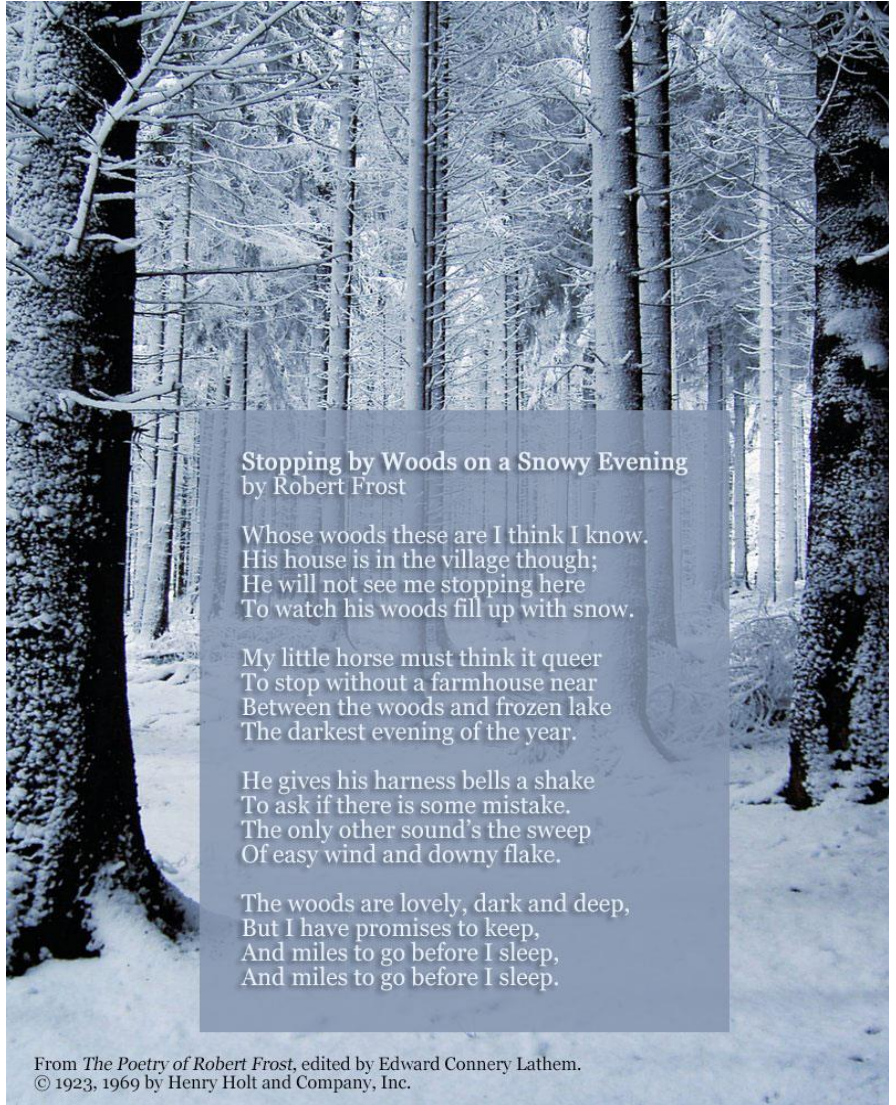
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**** Membership Application form
Attached (purple page).**

December



Stopping by Woods on a Snowy Evening by Robert Frost

Whose woods these are I think I know.
His house is in the village though;
He will not see me stopping here
To watch his woods fill up with snow.

My little horse must think it queer
To stop without a farmhouse near
Between the woods and frozen lake
The darkest evening of the year.

He gives his harness bells a shake
To ask if there is some mistake.
The only other sound's the sweep
Of easy wind and downy flake.

The woods are lovely, dark and deep,
But I have promises to keep,
And miles to go before I sleep,
And miles to go before I sleep.

From *The Poetry of Robert Frost*, edited by Edward Connery Lathem.
© 1923, 1969 by Henry Holt and Company, Inc.

Contact Information

Essex Area Senior Center

2 Lincoln Street, Essex Jct., VT 05452

802-876-5087 / www.essexvtseniors.org

Facebook: [Essex Area Senior Center](#)

Program Director-Senior Services:

Nicole Mone-St.Marthe NStMarthe@essex.org

EASC Volunteer Opportunities and Committees

Are you an avid baker? Quilter? Events planner? Are you full of great ideas and need an outlet for your creative skills? If you answered YES to any of these questions, please consider volunteering. There are many ways to get involved at the EASC and share your talents and skills.

Join a Committee: The Program Committee is a group of volunteers working together to come up with fantastic new ideas for programs and trips. They bring their ideas to the group and together we work to make them happen at the EASC. The committee is open and welcomes all who would like to attend a meeting. Come and help plan next months events.

Help with Fundraising: There are fundraising events that happen throughout the year and help is always needed. Check in with Nicole to see how you can be of assistance!

Check us out on Facebook
@essexareaseniorcenter



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 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 had questions about.

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. This month we will be closed on **December 24th & 25th** for the holidays. All Senior Van rides for Thursday, 12/26 must be scheduled on Monday, 12/23rd. We will also be closed on **Friday, 12/13** in preparation for the Village Train Hop and Tree Lighting. The van office will still be scheduling rides on 12/13 for 12/16. *****Inclement Weather Policy-** The EASC will be closed and the Essex Senior Van Service cancelled whenever the Essex Westford School District cancels school due to weather.

EASC, 2 Lincoln Street, Essex Junction, VT 05452
802-876-5087 • NStMarthe@essex.org
Center Hours: Monday - Friday • 10:00am - 4:00pm

www.essexvtseniors.org

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



December

LUNCHEONS AT - A - GLANCE

❄️ 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 at the Center for Technology - Essex (CTE) for soups provided at the hosted meal-site luncheons or for Friday soup & sandwich days. See below for this month's luncheon schedule.

1st Wednesday: EASC members are invited to purchase tickets to the Christmas Luncheon at the Expo hosted by the Essex Rotary and the Essex Knights of Columbus. **Tickets are \$5/person and must be purchased in advance from Nicole in the EASC office.**

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. The lunch on 12/11 is sponsored by St. James and Essex Congregational Church. **Early sign-up is requested; this meal costs \$2/member, \$4/non-member.**

3rd Wednesday: This luncheon is a potluck! Admission is a dish to share with your fellow diners (please, no desserts) or \$4 if you unable to bring a dish. Birthday cake is provided by the Culinary Program at CTE and ice cream by the Center to celebrate this month's birthdays. **Sign-up is requested ahead of time but not mandatory.**

Soup & Sandwich Friday: Once a month, we invite you to bring your own sandwich and enjoy soup and cookies provided by the Culinary program at CTE. Bring your own sandwich to complete your meal. **Early sign-up is requested; this meal costs \$2/member, \$4/non-member.**

DATE	LOCATION	MEAL	PRICE / PROGRAM
Wed., Dec. 4th	Champlain Valley Expo 12:00 pm	Christmas Dinner	\$5/person, tickets must be purchased in advance.
Wed., Dec. 11 th	EASC, 2 Lincoln St. 11:30 - 1pm	Soup, Sandwich & Dessert	\$2/member \$4/non-member
Wed., Dec. 18 th	EASC, 2 Lincoln St. 11:30 - 1pm	Potluck and birthday cake	A dish to share with friends OR \$4
Fri., Dec. 20 th	EASC, 2 Lincoln St. 12:15 - 1:15pm	Soup & Cookies. Bring your own sandwich.	\$2/member \$4/ non-member



BINGO Callers

December 3 rd	Martha DiMaggio
December 10 th	Jerry Hamilstein
December 17 th	Maddie Lister
December 31 st	Donna Harnish

Thank you to this month's BINGO callers!
We are in need of additional callers. Please see Nicole if you are able to volunteer.

LET'S GO TO THE MOVIES !!!



EASC AND ESSEX CINEMAS WILL CONTINUE TO OFFER SENIOR DAYS AT THE MOVIES!

The movie program has been such a success, it will continue indefinitely! Every Tuesday seniors are invited to attend a 10am matinee for only \$5.00. In addition to a reduced ticket price, you can also purchase a senior combo at the concession stand for \$5.00. This includes a small popcorn and drink. Closed caption devices as well as headsets for hearing/visual impaired patrons will also be available. Doors open at 9:30am for the 10am show.

❄️ DECEMBER CLUB MEETINGS

❄️ **Origami Group** - All are welcome and encouraged to attend! No experience necessary. This group will meet on the third Friday of every month at 1pm. If you are interested in learning the art of Origami, this is the place for you! Supplies will be provided by the center.

❄️ **Knitting/Crocheting Club** - meets every Friday from 1-3. All levels of experience are welcome. Bring your own project or help create beautiful new items that can be sold in our center fundraisers.

❄️ **NEW CANASTA** will not be meeting in December due to the holidays but will continue on the fourth Thursday in January at 12:30. Watch the January newsletter for updates.

❄️ **Book Club** - will be taking a holiday break for December. Please join us again on the fourth Thursday in January at 10:30 to find out about the next book we will be exploring.



Beth Abustan * Doran Anderson
Dorothy Bergendahl
Marian Bickford * Mary Carroll
Edward Cibula * Brooke Conger
Barbara Couture * Janice Downey
Sally Ehtesham * Robert Flynn
Elizabeth Hoover * Wallace Johnston
Maddie Lister * Ernest Malle
Sandi McGowan * Peggie Pearson
Lou Ann Pioli * Alberta Ploof
Joyce Potenzano * Steve Schneider
Sally Schorlem * Margaret Schuch
Richard Somerset
Mary Tewarson * Ariel Tose
Polly Truax * Robert Trudo
Thad Wolosinski * Jean Young

Happy birthday to all our EASC friends!

All EASC members and Essex residents over the age of 60 are invited to attend the **Christmas Luncheon** at the Champlain Valley Exposition, hosted by Essex Rotary and Essex Knights of Columbus. The luncheon is on Wednesday, Dec. 4th at noon. Tickets are \$5.00 per person and are on sale now with Nicole in the EASC office. Please make checks payable to Knights of Columbus #2946



❄️ 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.


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 scheduling your first ride on the van.


ALREADY A RIDER?


Check your mailbox! New updated ridership renewal packets will be mailed out in November. Please fill out the ridership form so that we may update all records. This is required documentation to continue riding the vans. Thank you for your cooperation.


****NEW Programs and Presentations:**

 **Technology for Tomorrow** Back by popular demand, Technology for Tomorrow will run an interactive workshop on computer and internet navigation. They will bring their mobile laptop lab so that each participant may explore hands on while learning how to use the internet in a safe and informative way. This is a free event for members, non-members are asked to pay the EASC \$1 daily visitor fee.

 **IHOP and SHOP** Have you started your Holiday shopping? Does an outing to the mall with friends sound like a great way to tackle this seasonal task? If so, sign up today for our IHOP and SHOP event. Transportation will be provided to the mall. We will leave the center at 10, start our outing with breakfast at IHOP from 10:30-11:30, followed up by two hours of free time at the mall for shopping, people watching, or checking out a good book at the mall library. We will return at approximately 2pm. Each participant is responsible for the cost of their own breakfast. If you have \$5 Agewell meal tickets, they can be used during this outing. Seats are limited on the van so sign up today. The transportation fee for this event is \$12.00 for members, \$15 for non-members. A minimum of 8 riders is needed for this event.

 **Community Open House** - Spread the word, the Essex Area Senior Center is holding an Open House event from 1-4 on Friday, December 27th for all community members 50+ years old. Come in and see what the EASC is all about. Members of each club will be available to answer questions and introduce you to their talents and hobbies. If you know someone who is not yet a member, please invite them to come and check it out. Light refreshments will be provided. If you are interested in volunteering that day or representing your favorite activity here at the center, please see the sign up sheet outside the office on the blue table or speak with Nicole.

 **Train Hop** - The EASC will be closed on Friday, Dec. 13th in preparation for the Village Tree Lighting and Train Hop. The center will host a model train display and welcome community members of all ages for this festive event. 6 senior center volunteers are needed to welcome guests, hand out refreshments, and assist in monitoring the train display. If you are available to volunteer please see Nicole in the office. Volunteers are needed from 5-8:30pm.

 **Bowling** - Members of the EASC have an opportunity to take part in a bowling special during the week at Spare Time in Colchester. If you are interested in bowling at a reduced rate, please see Nicole in the office for more information.

❄️ December 2019 ❄️

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
1	2	3	4	5	6	7
	10-Noon: Mah Jongg 12:30-3:30: Bridge	12:30-3:30: BINGO	No EASC luncheon 1:15pm: Duplicate Bridge 1:30-4pm: Drop-in Games	IHOP and SHOP 10-2pm 10-10:30am: Seated Yoga 12:30-4pm: Drop-in Games	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	11-12pm: Technology for Tomorrow Computer Workshop 12:30-3:30: BINGO	11:30-1pm: Soup and Sandwich Luncheon @ EASC 1:15pm: Duplicate Bridge 1:30-4pm: Drop-in Games	10-10:30am: Seated Yoga 12:30-4pm: Drop-in Games 2:00 Program Committee Meeting	Closed Train Hop Set-up 5:30-8pm: Train Hop and Village Tree Lighting	
15	16	17	18	19	20	21
	10-Noon: Mah Jongg 12:30-3:30: Bridge	12:30-3:30: BINGO	11:30-1: Pot Luck Luncheon @ EASC 1:15pm: Duplicate Bridge	10:00 Seated Yoga 12:30-4pm: Drop-in Games	10-Noon: Mah Jongg 12:30 Soup and BYO Sandwich 1 pm- Origami Club 1-3pm: Knitting / Crocheting 1-4pm: Cribbage	
22	23	24	25	26	27	28
	10-Noon: Mah Jongg 12:30-3:30: Bridge	Closed Christmas Eve	Closed Merry Christmas	10-10:30: Seated Yoga 12:30-4pm: Drop-in Games	10-Noon: Mah Jongg EASC Community Open House 1-4pm	
29	30	31				
	10-Noon: Mah Jongg 12:30-3:30: Bridge	12:30-3:30: BINGO				

Recipe of the Month:



Aunt Teen's Creamy Chocolate Fudge



Prep
10 m

Cook
20 m

Ready In
30 m

Ingredients

1 (7 ounce) jar marshmallow creme
1 1/2 cups white sugar
2/3 cup evaporated milk
1/4 cup butter
1/4 teaspoon salt
2 cups milk chocolate chips
1 cup semisweet chocolate chips
1/2 cup chopped nuts
1 teaspoon vanilla extract

Directions

- 1 Line an 8x8 inch pan with aluminum foil. Set aside.
- 2 In a large saucepan over medium heat, combine marshmallow cream, sugar, evaporated milk, butter and salt. Bring to a full boil, and cook for 5 minutes, stirring constantly.
- 3 Remove from heat and pour in semisweet chocolate chips and milk chocolate chips. Stir until chocolate is melted and mixture is smooth. Stir in nuts and vanilla. Pour into prepared pan. Chill in refrigerator for 2 hours, or until firm.

NEW MEMBERSHIP INFORMATION: **JAN. 2020 – JUNE 2020**

It's that time of year. We are renewing and accepting new memberships for EASC. Normally, the renewal cycle is for the upcoming calendar year (12 months). However, from a budget perspective, this does not align with the rest of our financials. Our Center has been on a July 1 – June 30 fiscal year for four years and it is time to align our income and expenses accurately.

This membership drive is for January – June. We have two options for you to choose from; one that is just for general membership and another that includes the cost of regularly scheduled meals (see details below).

MEMBERSHIP OPTIONS		
	Essex Resident	Non-Resident
General Membership	\$7.00	\$9.00
All Inclusive Membership	\$47.00	\$49.00

The all-inclusive membership covers the cost of all 10 Soup & Sandwich luncheons, 5 EMS luncheons, and 2 EASC Pizza Party luncheons from Jan.1- May 27th, 2020. You will automatically be signed up for these scheduled meals through the end of the "school year".

A new membership drive will take place in the spring and will then cover your membership from July 1, 2020 – June 30, 2021. Details regarding the 12 month membership will be distributed in the spring.

If you have any questions, please contact me at 876-5087.