

# Essex Senior News

## SEPTEMBER 2018

An update from Essex Area Senior Center  
2 Lincoln Street, Essex Junction, VT 05452  
802-876-5087      [www.essexvtseniors.org](http://www.essexvtseniors.org)



### COORDINATOR'S CORNER

*"It is the summer's great last heat,*

*It is the fall's first chill: They meet."*

-Sarah Morgan Bryan Piatt

Saturday, September 22 marks the Fall Equinox, the first day of Autumn. While I'm sad to say good-bye to summer, I joyfully look forward to the colors and smells of my favorite season.

At the Center, our Wednesday luncheons are back in full swing, with our Soup and Sandwich meals and Potlucks now at EASC. We are very excited and grateful to EJRP for inviting us to house our Seated Yoga and Seated Tai Chi classes at their newly renovated Aspire Studio on Maple Street. We welcome author Gunti Goncarovs to Thursday Topics on September 6 as he discusses his book, "Convergence of Valor" and the raising of the Civil War era submersible, "The Hunley". We've added Mexican Train Dominoes on the first and third Thursdays, and we have a trip to Hope Cemetery and Rock of Ages scheduled for September 29. Our Silent Auction and Craft Fest Committees have been very busy in preparation for their fall events. Please be sure to look inside for all the details!

As always, thank you for your continued participation in and support of Essex Area Senior Center, your home away from home.

Warmly,  
Lou Ann

**THE CENTER WILL BE CLOSED ON  
MONDAY, SEPTEMBER 3 IN OBSERVANCE  
OF LABOR DAY.**



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### TO EASC's NEWEST MEMBERS!

Maggie Belval Fran Hammond Betty Kelly  
Donna Marzouk Margaret Nardone  
Jill Slattery

Thank you for joining us!

### ESSEX SENIOR NEWS

is a publication by Essex Area Senior Center.  
Please contact Lou Ann Pioli, Coordinator  
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[www.essexvtseniors.org](http://www.essexvtseniors.org)

## Celebrating Birthdays in September



Mary K. Dennison Kathy Albertson Pauline Giancola  
Bernadine Haslam Ernie Rheame Chuck Amey  
Ree Bugeja Helen Marquiss Karen Ryen  
Aubrey Tobey Donna Poulin David Gottlieb Wes Howard



### Thank You to our Bingo Callers:

September 4 Martha Di Maggio  
September 11 Jeannine Cote  
September 18 Maddie Lister  
September 25 Nancy Smith

Join a really fun group of folks for penny  
Bingo every Tuesday beginning at 12:30  
sharp! Laughter guaranteed!

## WEDNESDAY LUNCHEON NEWS

### **Please Remember...**

Wednesday luncheons, previously held at Maple Street Park, moved to the Senior Center effective Wednesday, August 29 to kick off the 2018-19 season.

**Tickets for our September 5 outing to Grand Buffet will be on sale through August 31 only. \$7 Members, \$10 non-members.**

**\$5 Tickets for our October 3 outing to CTE (culinary at Essex HS) will be on sale from September 12-21. MEMBERS ONLY. Doors open at 11:00. There is no seating before then.**

**Come to the Center or a Luncheon to purchase your ticket(s) for either of the luncheons above.**

**September 26: 1:30-2:30 Meal Site Advisory Board Meeting at EASC.**

## WEDNESDAY LUNCHEONS

Date/Host	Location	Meal	Program
August 31 ALL	Senior Center 11:30-?	Potluck Bring dish to share	August Birthdays & Summer Games
Sept. 5 OUTING GRAND BUFFET	Grand Buffet 11:00-12:30	\$7/\$10 Ticket Required	None
Sept. 12 Essex Cong. & St. James	Senior Center 11:30-1:30	Soup & Sandwich \$2/\$4	Music with Sergio
Sept. 19 Holy Family & Grace Methodist	Senior Center 11:30-1	Soup & Sandwich \$2/\$4	None
Sept. 26 ALL	Senior Center 11:30-3	Potluck Bring dish to share	September Birthdays, Movie & Popcorn

### **ABOUT WEDNESDAY LUNCHEONS...**

Especially for our newcomers: Essex Area Senior Center (EASC) sponsors Senior Luncheons every Wednesday from late August through May. Most of our luncheons are now held here at the Senior Center. Those meals are typically soup (from the CTE) and sandwiches with dessert and beverages. Sandwiches and desserts are donated by participating area churches who also send volunteers to serve. The soup, beverages, paper products, etc. are purchased by EASC. EASC volunteers and staff set up, clean up, organize and receive admission for each luncheon. Soup and Sandwich meals at the Center are \$2 for EASC members and \$4 for non-members.

Typically, on the 3rd Wednesday of each month, we are invited to Essex Middle School for lunch. The students and staff take very good care of us there! Tickets are \$3 for members and \$4 for non-members.

The last Wednesday of the month is Potluck. Admission for Potluck is a dish to share for our members. Non-members must pay \$2 AND bring a dish to share. The month's birthdays are also celebrated at Potluck.

On occasion, we have special outings to the Grand Buffet, CTE, or JP's. Those tickets are \$5-\$7 for our members and \$10 for non-members.

For more information, please contact Lou Ann at 876-5087.

## **SEPTEMBER HAPPENINGS**

Please see the September calendar insert for regular, ongoing programs and activities and drop-in times. We love to have many different activities, games, puzzles, gatherings, etc. happening at the same time whenever possible!

**Monday, September 3: Municipal offices and Center are closed for Labor Day. No Senior Vans or van scheduling today.**

**Tuesdays, 12:30-3:30: Penny Bingo.**

**Wednesday, September 5:**

**10-10:30 AM: Seated Yoga** at Center.

**11AM-12:30 PM: Senior Luncheon** Outing at Grand Buffet. \$7/\$10 ticket required.

**1-4: Drop-in** Cards & Games in Conference Room.

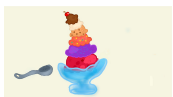
**First & Third Thursdays, Main Room:**

**12:30-4: Mexican Train Dominoes**

**Second & Fourth Thursdays, Main Room:**

**12:30-4: New Canasta**

**Thursday, September 6, 10 AM: Thursday Topics** featuring author **Gunti Goncarovs** who will speak about his book, "Convergence of Valor" and the raising of the Civil War era submersible, *The Hunley*. Free and open to the public. Refreshments will be served.



**Back by Popular Demand!**

**END OF SUMMER  
ICE CREAM SOCIAL**

**Friday, September 7, 1:00 PM**

**\$1 Members, \$2 Non-members**

**Reservations Required. NO WALK-INS!**

**Friday, September 7: 1-4: Duplicate Bridge** now played every Friday in Conference Room. New players welcomed!

**Mondays, 12:30-3:30: Hand & Foot** in Conference Room; **Table Bridge** in Main Room.

**Tuesdays and Thursdays, 12:30-1:30: Seated Tai Chi** at Aspire Studio. Classes begin 9/11. See Lou Ann to register.

**Tuesday, September 11, 9:30 AM: Program Committee meeting.**

**Wednesday, September 12:**

**10:30-11 AM: Seated Yoga** at Aspire Studio.

**11:30-1:30: Senior Luncheon:** Soup & Sandwich. Music with Sergio.

**1:30-4: Drop-in** Cards & Games-Conference Room.

**Friday, September 14 at Noon: Monthly Soup and Sandwich at the Center:** You bring your own sandwich and the Center provides the soup from CTE. \$1 Members, \$2 Non-Members. Reservations are required. Call 876-5087 or stop in to the Center to sign up. (Mah Jongg is in the Conference Room this morning.)

**Monday, September 17, 6:30 PM: State**

**Representatives** Lori Houghton and Dylan Giambatista host Community Conversation at the Center.

**Wednesday, September 19,**

**11:30-1: Senior Luncheon:** Soup & Sandwich.

**1-4 PM: Drop-in** Cards & Games in Main Room.



**Book Club: Thursday, September 20 at 10:30.** The book for September is "The Nest" by Cynthia D'Aprix

**Sweeney.** Please let Sandi know if you

have a problem getting a copy of this book. \*Please note, there is another book with the same title, so be sure to check the author!

**No Seated Tai Chi on 9/25 and 9/27. Classes will resume on 10/2.**

**Wednesday, September 26, 11:30-3: Senior Luncheon:** Potluck. Admission is a dish to share. Come share a meal and plan to stay and enjoy a movie and popcorn!

**1:30-2:30: Meal Site Advisory Board meeting.**

### TRIP

**Saturday, September 29** (rain date Saturday, October 13): **Trip to Wayside Restaurant, Hope Cemetery, and Rock of Ages, co-sponsored with EJRP.** See insert for details! \$20 Members/Essex residents; \$30 non-members, non-residents. See Lou Ann to register. Non-refundable.

### SAVE THE DATE!

**Wednesday, October 3:** Outing to CTE (culinary at Essex High School). Members only.

**Monday, October 8:** Center and Municipal Offices closed in observance of Columbus Day. **3.**



## **SPECIAL THANKS**

This month I'd like to recognize our Meal Site Advisory Board. This is the committed group of people who work year after year to bring the Wednesday luncheons to our seniors. Many do not realize the behind-the-scenes work that goes into our senior luncheons. We have several meetings each year where the schedules are coordinated, buildings are secured for special meals, programs are planned, and every detail is worked out to ensure the luncheons go smoothly. Many phone calls need to be made, and volunteers from the churches are recruited and trained. Oftentimes the Board members themselves are cooking, making sandwiches, baking cakes, setting up, serving, cleaning up, taking reservations, picking up the soup, running to Costco for cake and ice cream, and doing whatever else is needed to assure our seniors enjoy a nice meal and a pleasant time together. The next time you see any of these folks, please be sure to say a special "thank you" for all that they do. We couldn't have our Wednesday luncheons without them! **Jean Allard, Gloria Deeley, Rose Drost, Randy Forguites, Betty Garrapy, Rosie Keene, Joann Leedy, Connie Marshall, Brenda Rathe, and Ernie Rheume.** Thank you all for your compassion, support, and commitment to our seniors.



**SENIOR VANS** operate from 9:00AM-4:00PM Monday through Friday. Transportation on the vans to destinations in the town or village is free for residents of Essex Junction or the Town of Essex who are 60 years of age or older. The vans are equipped with wheelchair lifts. Reservations must be made the day before your appointment by calling 878-6940 between the hours of 9:00 AM and Noon, Monday through Friday. (For Monday appointments, calls must be made on the Friday before.)

**SPECIAL HOLIDAY SCHEDULE:** Please remember to call on Friday, August 31 for rides needed on Tuesday, September 4. Senior vans will not be running and schedulers will not be available on Monday September 3.

## **Around Town**

**Five Corners Farmers' Market, Wednesdays, September 5 through October 3, 3:30-6:30 PM.**

## **DO THESE ITEMS BELONG TO YOU?**

Several items have been left in our foyer closet for several weeks: Raindrop umbrella with duck head handle; Dallas Cowboys baseball cap; pink flowered scarf; gray flannel full-zip jacket, size M; gray Fleet Street jacket, size 1x; heavy cardigan sweater with wood buttons; Laura Scott full-zip jacket, blue with white collar, size L; lightweight Karen Scott gray, full-zip jacket, size M. **If they belong to you, please claim them by September 21. They will be donated to charity at the end of the month!**



**Lunch with Brownell Youth: Marie & friends.**



**Some of our group having fun at Texas Falls in Hancock, VT.**