

Essex Senior News

FEBRUARY 2019

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Essex Area Senior Center
2 Lincoln Street
Essex Junction, VT 05452
802-876-5087
www.essexvt seniors.org

“We make a living by what we get.
We make a life by what we give.”

- Winston Churchill



EASC Members,

It is always amazing to see how a group of people who truly care for something, come together in force to make “it” happen. Whether “it” is a new program, a new idea, a new adventure, a new process, new involvement; even putting the final touches on that big project.

This past month has been one involving a snow mound of generous people with big hearts and a lot of passion. The staff between the two recreation departments have been fortunate to receive such generosity from the members of EASC – all from the little details to the big tasks that make each day run so smoothly at the Center.

We have met many people, have reconnected with others we haven’t seen in a while, and have continued to learn something new each day. We hope you have also enjoyed meeting and getting to know the staff from EPR & EJRP!

February is a month for generous living. We have been blessed by the support you give us each day as we transition through the process of hiring a new Program Director of Senior Services for EASC. The interview process is underway with staff from both municipalities as well as volunteers from the EASC membership. We look forward to sharing the news with you when we have a new staff member to introduce to you all at EASC. Generous giving of support strengthens the generous living you do each day in your life. We thank you! ♥

“Welcome. May all who enter as guests, leave as friends.”

- Unknown



Welcome New Members!

Ann Seebach Irene Grew Katherine Scott
Mary Lou Robinson Mary Lew
Florance Kimball Walter Rogers
Linda Anderson-Charles Mary Hill
Madeleine Arthur Tina Corasaniti
Renee Boyd Rosalind Johnston
Wallace Johnston Rita Martel
Patricia Poutre Mary Jo Richter
Francine Thomas Keith Thomas
Madeleine Tremblay Linda Wheel
Maria Moreno Nancy Smith
Newton Garland Newton Rose
Beth Abustan Herschel Lapidow
Louise Shea Mary Pientka
Annemarie Conlon Patti Aldredge
Suzanne Murray



2019 New & Renewal Memberships

EASC memberships are for individuals 50 years of age or older.

Annual membership dues are \$12 for Essex residents and \$15 for those living outside the Essex community. Please make checks payable to Village of Essex Junction. If you would prefer the monthly newsletter mailed to your home, please add \$6 to your membership payment for the year of mailings.



ESSEX AREA SENIOR CENTER – WHAT TO KNOW

The Essex Area Senior Center (EASC) is a warm and welcoming place for residents and non-residents of the Essex community. 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 are a strong membership who continue to volunteer regularly, as well as fundraise for upgrades, improvements and new ideas.

The membership is active with local churches and area organizations who continue to support Center activities with meals, supplies and events. Everyone at the Center is also a wealth of knowledge. You never know what you will learn, or who you will speak to that can help you with something you have been trying to work through. Staff is there to help you get the information you are searching for, but also help utilize one another to learn about new hobbies, stores, deals around the community and so much more. It truly is a small world, after all!

The Essex Area Senior 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 is supported by both the director of Essex Parks and Recreation and Essex Junction Recreation & Parks. As the two municipalities continue to align departments, the two department Directors will work toward a more unified and efficient process to program development, staff support for EASC and much more to come in the future.

Please feel free to stop by and ask questions, renew your membership, tell your non-member friends about joining the Center and to stop by to say hi and participate!



PLEASE NOTE

♥ The Center will be closed on holidays observed by the Town of Essex municipality.

We will be closed on **Monday, February 18th** for President's Day.

♥ Please also be aware that the Center is closed on snow days issued by the Essex/Westford School District. Be careful and stay safe.

FEBRUARY – AT • A • GLANCE

♥ **LUNCHEON SCHEDULE: SEE CALENDAR INSERT FOR MORE SPECIFIC DATES & TIMES**

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 through the Center for Technology – Essex (CTE) for soups provided at the hosted meal-site luncheon or for Friday soup & sandwich days.

1ST or 2nd Wednesday: Off-site lunch at local restaurant.

Sign-up is required and the cost ranges from \$5-\$7/member, \$10/non-member.

1st or 2nd Wednesday: Luncheon held on-site at EASC; sandwiches and desserts are provided by sponsoring churches in the community. Soup is provided by the Culinary program at CTE and a program is included during the meal. **Sign-up is requested; this meal costs \$2/member, \$4/non-member.**

3rd Wednesday: Luncheon is held at Essex Middle School; we are invited to a delicious meal through the Child Nutrition Services of the school district and students and school staff take very good care of us.

Sign-up is required ahead of time; this meal costs \$3/member, \$4/non-member.

4th Wednesday (or last Wednesday): This luncheon is a potluck! Admission is a dish to share with your fellow diners (please, no desserts). Cake and ice cream are provided by the Center to celebrate birthdays this month.

Sign-up is requested ahead of time.

Soup & Sandwich Friday: Once a month, we host a soup & sandwich luncheon. Soup and dessert is provided by the Culinary program at CTE and the Center, and you come with a sandwich of your choice.

Sign-up is required ahead of time; meal costs \$1/member, \$3/non-member.

DATE	LOCATION	MEAL	PROGRAM
February 6	CTE, 11am – 12:30pm	Sauteed chicken in light butter sauce	None
February 13	EASC, 11:30am – 1pm	Soup, Sandwich & Dessert	ADL Boys Basketball Team – BINGO
February 20	Essex Middle, 12:15-1:15pm	Cafeteria Special	TBA
February 27	EASC, 11:30am – 1pm	Potluck, dessert provided	February birthdays

Member birthdays this month...

Carol Hamner Leonard Mercia Rusty Sargent Moe Clark Mary Ann Pelkey
 Jan Morse Pat Scheidel Mary Holmes Daisy Barland Francine Thomas
 Denise Barewicz Eleanor Casavant Opal Geno Paul Ploof
 Douglas Bickford Claire Fortin Alex Hamel Elizabeth Garrapy Shirley Mercia
 Charlie Read Helene Thomas Mary Masch Ann Seebach Leo Paul Beauregard
 Mary M. Hill June Keenan Rita Martel Connie Marshall

Have a great month of celebrating!





BINGO Callers


Feb. 5	Monica Gershenfeld-Dougherty
Feb. 12	Maddie Lister
Feb. 19	Martha Di Maggio
Feb. 26	Fran Hogan

Thank you to this month's
BINGO callers!
Who is ready to call March?



PROGRAMS & TRIP INFORMATION

 **Luncheon Sign-Ups:** Sign up at the blue table for upcoming luncheons.

 **Phantom of the Opera:** There are a few seats left for the trip on April 25th to Proctor's Theatre in Schenectady, NY to see this Broadway caliber performance. Tickets are \$125/member, \$140/non-member. Dinner is on your own at Cracker Barrel.



SENIOR VAN TRANSPORTATION

The Essex Senior Vans are available Monday - Friday for medical appointments, grocery shopping, rides to and from the Senior Center and more. Looking for a ride? Call **878-6940** Monday thru Friday between 9am - Noon 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 your first appointment on the vans.

VOLUNTEERS NEEDED!



To learn more about the following opportunities, please connect with Ally, Nicole, Adriane or Betsy at 878-1342 or at the Center:

- Senior Van phone volunteers: preferably Friday mornings, 9am - Noon or sub other mornings
- BINGO callers: one Tuesday a month
- Birthday cards: each month, members celebrating their birthday receive a card from the Center. Brighten their day with a friendly message and we'll get it in the mail to them!

New Program Director - Senior Services

- Interviews for the new Program Director took place on Jan. 31 & Feb. 1. Second round interviews are being schedule which will also include a tour of the Center and Van office. We anticipate an early March start date if all goes smoothly. Stay tuned!

Town & Village Budget Meetings: Transportation available, call ahead

- Town Meeting: Monday, March 4th, Free dinner @ 6:30pm, Meeting at 7:30pm @ Essex High School
- Village Meeting: Wednesday, April 3rd, Free dinner @ 6pm, Meeting at 7pm @ Essex High School



February

**Essex Area Senior
Center:
876-5087**

2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
					10-Noon: Mah Jongg 1-3pm: Knitting / Crocheting 1-4pm: Cribbage, Cards & Games	
3	4	5	6	7	8	9
	10-Noon: Mah Jongg 12:30-3:30: Bridge	12:30-3:30: BINGO	Luncheon @ CTE: 11am-12:30pm 1:15pm: Dup. Bridge 1:30-4pm: Drop-in Games	10-10:30: Seated Yoga 10-11am: Weaving Workshop 12:30-4pm: Drop- in Games	10-Noon: Mah Jongg 1-3pm: Knitting / Crocheting 1-4pm: Cribbage, Cards & Games	
10	11	12	13	14	15	16
	10-Noon: Mah Jongg 12:30-3:30: Bridge	12:30-3:30: BINGO	Luncheon @ EASC: 11:30am - 1pm 1:15pm: Dup. Bridge 1:30-4pm: Drop-in Games	10-10:30: Seated Yoga 12:30-4pm: Drop- in Games	10-Noon: Mah Jongg 12-1pm: Soup & Sandwich 1-3pm: Knitting / Crocheting 1-4pm: Cribbage, Cards & Games Sweetheart Dance @ EHS: 5:30- 8:30pm	
17	18	19	20	21	22	23
	<u>HOLIDAY: EASC CLOSED TODAY</u>	12:30-3:30: BINGO	Luncheon @ EMS: 12:15-1:15pm 1:15pm: Dup. Bridge 1:30-4pm: Drop-in Games	10-10:30: Seated Yoga 12:30-4pm: Drop- in Games	10-Noon: Mah Jongg 1-3pm: Knitting / Crocheting 1-4pm: Cribbage, Cards & Games	
24	25	26	27	28	MARCH 1	2
	10-Noon: Mah Jongg 12:30-3:30: Bridge	12:30-3:30: BINGO	Birthday Potluck @ EASC: 11:30am- 1pm Mealsite Meeting: 1:15pm 1:30-4pm: Drop-in Games	10-10:30: Seated Yoga 12:30-4pm: Drop- in Games	10-Noon: Mah Jongg 1-3pm: Knitting / Crocheting 1-4pm: Cribbage, Cards & Games	

FEBRUARY & MARCH – UPCOMING PROGRAMS & EVENTS...

EHS SWEETHEART DANCE – FRIDAY, FEB. 15 – REGISTER @ EASC

Each year, the Student Government at Essex High School hosts a **SWEETHEART'S DANCE**. Sign up at the Center and get ready to dance the night away. The event will be held from **5:30-8:30pm**; a lasagna dinner will be served (and a gluten-free option), along with coffee, tea and dessert. They will have a DJ and plenty of room for dancing!

Need a ride to the dance? Call 878-6940 by Noon on Thursday, Feb. 14th to schedule a ride for the event night.

VERMONT SALT CAVES – THURSDAY, FEB. 21 – REGISTER @ 81 MAIN ST.

Vermont Salt Cave Spa & Halotherapy Center is a contemporary, holistic wellness center built around a man-made salt cave composed entirely from 20,000 lbs of Polish rock salt. The air in the cave is saturated with minerals and negative ions providing a relaxing, de-stressing spa treatment. Salt therapy known also as Halotherapy is a 100% natural, drug-free, safe, non-invasive pleasant treatment. Halotherapy is known to help with the symptoms of: Allergies, Asthma, COPD, Depression, Insomnia, Smoking Damage, Snoring, Stress and much more! Lunch at Bernie's Restaurant will be on your own before the Salt Caves.

A: 45 minute salt cave session = \$40/resident, \$45/non-resident

B: 30 minute hand & foot detox session = \$35/resident, \$40/non-resident

Transportation provided; the van will depart the Senior Center by 10:15am. Don't forget spending money for the gift shop and lunch at Bernie's!

SPA MINI MANI OR PEDI – THURSDAY, MARCH 7 – REGISTER @ 81 MAIN ST.

Winter blues getting you down? Join us for an afternoon of relaxation at the **Stowflake Mountain Resort & Spa** for lunch and a mini-manicure or pedicure! Grab your girlfriends and let us do the driving, while you relax in the sanctuary, enjoy a spa lunch (with dessert!) and come home feeling pampered. Space is limited.

Please choose your lunch options during registration. Soup: Veggie or French Onion Sandwich: Turkey Club, Veggie Wrap or Pesto Chicken The van is scheduled to leave the Senior Center at 10:00 a.m. Transportation, spa services, lunch, tax and gratuity are all included in the registration price!

Snow date is Thursday, March 21st

A: Manicure = \$40/resident, \$45/non-resident

B: Pedicure = \$55/resident, \$60/non-resident

Transportation provided; the van will depart the Senior Center by 10:00am.

MORE TO COME...

Stay tuned for more programs to join the calendar this month. We have been working hard to finalize some details that are still in process.

QUESTIONS – COMMENTS – SUGGESTIONS? WE'RE HERE TO LISTEN!

EASC, 2 Lincoln Street, Essex Junction, VT 05452 • 802-876-5087 • www.essexvtseiors.org

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