

Essex Senior News

MAY 2019

An update from Essex Area Senior Center

INSIDE THIS ISSUE



PAGE 2

- EASC Membership & Information



PAGE 3

- Luncheon schedule



PAGE 4

- Monthly BINGO callers

- May birthdays

- Programs & Trips



PAGE 5

- Additional programs & events



PAGE 6

- May Calendar



CONTACT INFORMATION

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2 Lincoln Street
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802-876-5087
www.essexvt seniors.org

Happy Mother's Day

THANKS MOM(S)



*A special thanks goes to every mother,
From every daughter and son;
Remembering and appreciating you,
For all the things you've done.
You've supported and encouraged us,
To dream and reach so far;
You've always helped us to believe,
That we could reach that farthest star.
We thank you for protecting us,
From our own selves, sometimes, it's true;
And always being there to give wise counsel,
As just a small part of all you do.
Thank you mothers for blessing us,
With a love strong, fast and true;
There could never be words in all the world,
To express what's owed to you.*

Patricia Neely-Dorsey

Mother's Day Word Scramble



1. IFTG _____
2. WFOSRLE _____
3. HSKNAT _____
4. NDSAUY _____
5. MTHERO _____
6. NOIIAECDDT _____
7. YMA _____
8. RTCEPIPAAE _____
9. IBHRT _____
10. FMLAYI _____
11. EROCTTP _____
12. UDLDEC _____
13. OELV _____
14. AICGNR _____
15. KSSEIS _____
16. UHGS _____



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 consists of 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 and inservice days observed by the Town of Essex municipality. The center is scheduled to be closed on **May 2nd** for the Town and Village inservice and Senior Van volunteer training.



MCCALL MAROR

Welcome New & Renewed Members!

Ann Towle * Skip Towle

Marian Bickford * Jean Pelis

Ann Lamdin



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 \$6.50 to your membership payment for the year of mailings.

MAY LUNCHEONS – 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 Wednesday (this month): Luncheon held at CTE; The cost of the meal is \$5.00 and pre-registration is required. This month’s meal is Roasted Pork Loin with Apples and Cider Sauce. Seats are limited to 48 and fill quickly.

2nd and 4th 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 and a program is included during the meal. The lunch on **May 8th** will be sponsored by St. Pius Church. **May 22nd** will be sponsored by Holy Family and Grace Methodist Churches. **Early 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; deadline Monday, 5/13. This meal costs \$3/member, \$4/non-member.

5th 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	PRICE / PROGRAM
Wed., May 1st	CTE, Essex High School 11-12:30pm	Roast Pork Loin with Apples in Cider Sauce	\$5/member
Wed., May 8th	EASC, 2 Lincoln 11:30am – 1pm	Soup, Sandwich & Dessert	\$2/member \$4/ non-member
Wed., May 15th	Essex Middle School, 12:15-1:15pm	Cafeteria Special	\$3/member – Sign up by Noon on 5/13
Friday, May 17th	EASC, 2 Lincoln 12:15-1:15	Soup & cookies by CTE & bring your own sandwich	\$1/member \$3/ non-member
Wed., May 22nd	EASC, 2 Lincoln 11:30-1pm	Soup, Sandwich & Dessert	\$2/member, \$4/ non-member. Plan to stay for Storyteller Bill Torrey from 1-2pm.
Wed., May 29th	EASC, 2 Lincoln 11:30am – 1pm	Potluck, dessert provided	May birthdays



BINGO Callers

May 7 th	Monica Gershenfeld-Dougherty
May 14 th	Martha DiMaggio
May 21 st	Maddie Lister
May 28 th	Cathy Burke

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



Dominic Abbondanza , Marianne Allen, Albert Bergendahl,

Susan Bressack, Cathy Burke, Karen Chapman

Jacqueline Cote, Nancy Craig, Norma Curran, Rose Drost,

Vicky Eno, Janice Goerss, Lila Gottlieb, Jenny Harlow,

David Joachim, Rosalind Johnston, Phyllis Knight,

Herschel Lapidow, Betty MacDowell, Helen Morse,

Betty Parent, William Pearson, Mary Jo Richter,

Florence Thibault, Thom Perry, Madeleine Tremblay,

Pete Van Royen, Robert Villemaire, Marion Walton



NEW MAY PROGRAMS!



Wii Bowling is BACK!!! Whether you are new to Wii bowling or a league ringer, come and join the fun on MAY 16th from 1-3pm in the game room. No fee or pre-registration required.



Storyteller, and Essex native, Bill Torrey will be joining us on May 22nd from 1- 2pm. Bill is a dynamic storyteller that shares true stories of his childhood and his forty years working in the woods. It's sure to be a captivating experience.



EASC Book Club May 16th, join the book club to discuss In The Fall, by Jeffrey Lent. Described by the New York Times book review as "Majestic. . . epic. . . vital. . . a necessary piece in a uniquely American mosaic."



CHOO CHOO.... Mexican Train Dominoes is coming to the center!

If you are interested in learning how to play, or already know how to play and would like to join a weekly group, please sign up on the blue table near the office.



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.

Please help welcome **Kevin Mitchell** to our driving crew! He has a big smile, huge heart and loves to socialize!

New Program Director – Senior Services

The position was posted internally on April 12th. More to come!

UPDATE

EASC Committees – Interested in joining?

Do you have new and exciting ideas you'd like to share with the EASC community? Do you enjoy volunteering? If so, please consider joining one of our center committees and making a real difference. All committees are looking for new members and would be happy to hear from you. If you would like further information please see Nicole in the EASC office.

Community Events for Seniors:

MACBETH | Essex Community Players

The Essex Community Players will close this anniversary season with an open-casting production of William Shakespeare's Macbeth. Macbeth receives a prophecy from a trio of witches that one day he will become King of Scotland. Consumed by ambition and spurred to action by his wife, Macbeth murders King Duncan and takes the Scottish throne for himself. He is then wracked with guilt and paranoia. Known by the superstitious as "The Scottish Play" this classic play dramatizes the damaging physical and psychological effects of political ambition on those who seek power for its own sake.



Registration is open!

349066 A | Ages 55 + | Sunday | May 5 | 2:00 p.m. | Memorial Hall, Towers Road
\$16.00 Resident / \$18.00 Non-resident | Transportation Included

Please indicate if you will need a ride from your home or if you will plan to meet the van at the Senior at the time of registration

PICKLEBALL: An Introduction

Have you heard of Pickleball? Did you wonder what it was all about? If so, come learn the rules and how to play this new and unique sport in this two hour introductory workshop. The workshop will provide you with the rules of the game, a variety of drills and actual playing time. Resources will be provided for additional programs and playing opportunities. Loaner paddles are available for the clinic upon request. **Instructor: Corey Gottfried**



253121 A | Ages 55 + | Saturday | June 1st | 10:00 a.m. | Sand Hill Courts | \$27.00 Res. / \$32.00 Non-res.

VERMONT SALT CAVES

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 paid for separately (not included in registration price) before the Salt Cave.



256404 A | Ages 55 + | Monday, May 13 | 10 a.m. (depart Essex) | \$35.00 Resident/\$40.00 Non-Resident (45 Minute Salt Cave Session)

256404 B | Ages 55 + | Monday, May 13 | 10 a.m. (depart Essex) | \$30.00 Res./\$35.00 Non-Res. (30 Minute Hand & Foot Detox Session)

INTO THE WOODS | Hyde Park Opera

Into the Woods is a modern twist on the beloved Brothers Grimm fairy tales in a musical format that follows the classic tales of Cinderella, Little Red Riding Hood, Jack and the Beanstalk, and Rapunzel-all tied together by an original story involving a baker and his wife, their wish to begin a family and their interaction with the witch who has put a curse on them.



349411 A | Ages 55 + | Sunday | July 21 | 2:00 p.m. showtime | Hyde Park Opera House | \$18.00 Res. / \$20.00 Non res.

The Senior Van will leave Essex at approximately Noon. Space is limited to 12 passengers.

Price includes transportation and admission. This trip includes a stop for dinner after the play at your own expense.

** Did you know you can now register for these programs at 81 Main Street OR 2 Lincoln @ EASC? Cash & check payments allowed at EASC; Cash, check, Visa or Mastercard payments are allowed at 81 Main/Essex P&R. **



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

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. Not a member? Come visit and join!

MAY

Essex Area Senior Center:

876-5087

www.essexvt seniors.org

2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
			Luncheon @ CTE: 11:00am – 12:30pm 1:15pm: Duplicate Bridge 1:30-4pm: Drop- in Games	EASC closed due to Town & Village municipal inservice day	10-Noon: Mah Jongg 1-3pm: Knitting / Crocheting 1-4pm: Cribbage, Cards & Games	
5	6	7	8	9	10	11
	10-Noon: Mah Jongg 12:30-3:30: Bridge * Don't forget to sign up for Wednesday's lunch!	12:30-3:30: BINGO	Luncheon @ EASC: 11:30am – 1pm 1:15pm: Duplicate Bridge 1:30-4pm: Drop- in Games 2:30-3:30Program Meeting	10-10:30am: Seated Yoga 12:30-4pm: Drop-in Games	10-Noon: Mah Jongg 1-3pm: Knitting / Crocheting 1-4pm: Cribbage, Cards & Games	
12	13	14	15	16	17	18
Happy Mother's Day	10-Noon: Mah Jongg 12:30-3:30: Bridge * Sign-up deadline @ Noon for EMS Lunch	12:30-3:30: BINGO	Luncheon @ EMS: 12:15- 1:15pm 1:15pm: Duplicate Bridge 1:30-4pm: Drop- in Games	10-10:30: Seated Yoga 11-12 Book Club 12:30-4pm: Drop-in Games 1-3pm: Wii Bowling in Game Room	10-Noon: Mah Jongg 12:15-1:15pm: Soup & BYO Sandwich 1-3pm: Knitting / Crocheting 1-4pm: Cribbage, Cards & Games	
19	20	21	22	23	24	25
	10-Noon: Mah Jongg 12:30-3:30: Bridge * Sign-up deadline @ for Soup & Sandwich on 5/22.	12:30-3:30: BINGO	Luncheon @ EASC: 11:30- 1pm 1-2pm: Storyteller Bill Torrey 1:15pm: Duplicate Bridge 1:30-4pm: Drop-in	10-10:30: Seated Yoga 12:30-4pm: Drop-in Games	10-Noon: Mah Jongg 1-3pm: Knitting / Crocheting 1-4pm: Cribbage, Cards & Games	
26	27	28	29	30	31	
	HAPPY MEMORIAL DAY! CENTER CLOSED	12:30-3:30: BINGO	Birthday Potluck @ EASC: 11:30am-1pm 1:15pm: Duplicate Bridge 1:30-4pm: Drop-in Games	10-10:30: Seated Yoga 12:30-4pm: Drop-in Games 12:30-4pm: New Canasta in Game Room.	10-Noon: Mah Jongg 1-3pm: Knitting / Crocheting 1-4pm: Cribbage, Cards & Games	