

# Essex Senior News

NOVEMBER 2019

An update from the  
Essex Area Senior Center

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# November

## 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 27<sup>th</sup>, 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.

### *Contact Information*

*Essex Area Senior Center*  
2 Lincoln Street, Essex Jct., VT 05452  
802-876-5087 / [www.essexvtseniors.org](http://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. Nov. 9<sup>th</sup> we are looking for volunteers to help out at the Craft Festival. 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. The center will be closed on **Monday the 11th** for Veterans Day. All Senior Van rides for Tues. 11/12 must be scheduled on Friday, 11/8. We will also be closed to observe **Thanksgiving on 11/28 & 11/29**. Rides for 12/2 must be scheduled on Wednesday 11/27.

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


[www.essexvtseniors.org](http://www.essexvtseniors.org)

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

# November

## 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.

1<sup>st</sup> Wednesday (this month): EASC will take part in the Thanksgiving Luncheon hosted by the Essex Parks and Recreation and the Essex Junction Recreation and Parks. Tickets are \$13/person and must be purchased in advance at the Parks and Recreation office at 75 Maple Street office. The luncheon will be held at Holy Family and will be catered by the Center for Technology Essex Culinary Program.

2<sup>nd</sup> 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 11/13 is sponsored by St. Pius Church. **Early sign-up is requested; this meal costs \$2/member, \$4/non-member.**

3<sup>rd</sup> 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 by Monday 11/18. This meal costs \$3/member, \$4/non-member.**

4<sup>th</sup> Wednesday: This month, we will have a cupcake party to celebrate all November birthdays! Bring your own bag lunch or just come for Cupcakes provided by the culinary program. **Sign-up is requested ahead of time but not mandatory. There is no fee for this event, but donations are appreciated.**

DATE	LOCATION	MEAL	PRICE / PROGRAM
Wed., Nov. 6th	Holy Family Church 11:30 - 12:30	Thanksgiving Dinner	\$13/person, tickets must be purchased in advance from Essex Parks and Recreation.
Wed., Nov. 13 <sup>th</sup>	EASC, 2 Lincoln St. 11:30 - 1pm	Soup, Sandwich & Dessert	\$2/member \$4/non-member
Wed., Nov. 20 <sup>th</sup>	Essex Middle School, 12:15 - 1:15pm	Cafeteria Special	\$3/member - Sign up by Noon on 11/18
Wed., Nov. 27 <sup>th</sup>	EASC, 2 Lincoln St. 11:30 - 12: 30	Cupcake Birthday Party	Donations only



## BINGO Callers

November 5th	Donna Harnish
November 12th	Jerry Hamilstein
November 19th	Maddie Lister
November 26th	Martha DiMaggio

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 ARE EXCITED TO ANNOUNCE SENIOR DAYS AT THE MOVIES!

Every Tuesday starting Nov. 5<sup>th</sup>, 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. Nicole will be in the lobby on Nov. 5<sup>th</sup> with EASC membership forms for any senior who would like to sign up for the first time or renew their membership. Bring a friend and enjoy the show!

## NOVEMBER 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.

**Weaving Club** - will continue to meet on Tuesdays from 12-1:30 through November 12th.

**NEW CANASTA** will meet on November 22<sup>nd</sup> from 12:30-4pm.

**Book Club** - The book club will meet on 11/21 at 10:30 am. This month, the book club will be reading The Alchemist by Paulo Coelho. "Paulo Coelho's masterpiece tells the mystical story of Santiago, an Andalusian shepherd boy who yearns to travel in search of a worldly treasure. His quest will lead him to riches far different—and far more satisfying—than he ever imagined. Santiago's journey teaches us about the essential wisdom of listening to our hearts." -Harper Collins Publishing



Paul Allard \* Jean Bergman  
Len Bouchard \* Lorraine Burton  
Dorothy Buttura \* Carlene Cota  
Therese Dandurand \* Joanne Davis  
Shirley DePaul \* Douglas Kemerer  
Gemma Montani \* Maria Moreno  
Heather Packard \* Gail Peck  
Dick Ross \* Larry Schick  
Rosalie Schneider \* Janice Spencer  
Roger Thibault \* Fran Toomey  
Joan Vallee \* Lynn Willey  
Dennie Work

*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. 4<sup>th</sup> 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:**

🍂 ***Avoiding Identity Fraud and Scams*** Don Bedard branch manager of Community Bank in Essex Junction will be joining us after our luncheon on November 13<sup>th</sup> at 1pm to speak about how to avoid identity fraud and scams that target seniors and your finances. He will share key tips and strategies to keep yourself and your finances secure. This is a free event for members, non-members are asked to pay the \$1 daily visitor fee.

🍂 ***Representative Lori Houghton*** will be visiting the center on November 14<sup>th</sup> at 1pm. She is the State Representative for the Essex Junction area and sits on the House Committee on Healthcare. She is eager to share information on activities at the statehouse level that affect seniors, and hear YOUR concerns. Please sign-up in advance to help us better plan for refreshments. This is a free event for members, non-members are asked to pay the \$1 daily visitor fee.

🍂 ***Take and Bake***- Come and learn an easy recipe for Chicken Pot Pie. On Nov. 19<sup>th</sup> at 10:30, we will make a delicious Paula Dean Chicken Pot Pie. Each participant will leave with their own Chicken Pot Pie ready to bake at home, or freeze to bake on a cold winter day. Each participant is asked to sign-up and bring 1 ingredient from the sign up sheet. Pre-registration is required. Activity fee: \$1/members, \$2/non-members

🍂 ***Paint and Sip is BACK!***- Back by popular demand, EASC will hold it's 2<sup>nd</sup> Paint and Sip on November 21<sup>st</sup> at 1:30! Sue Bresseck will once again dazzle us with a new masterpiece and walk us through the process of creating it ourselves. Come for an afternoon of relaxation and creativity. No experience necessary, all are welcome to attend. Pre-registration is required by November 15<sup>th</sup>, see Nicole in the office if you have any questions. All painting tools and supplies are provided by the EASC. Bring your own apron or painting shirt.

Activity fee: \$15/members, \$18/non-members.



# 🍁 November 2019 🍁

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
					1	2
				*2020 membership renewals begin November 1 <sup>st</sup> .	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	10am: EASC sponsored Senior Day at Essex Cinema 12:30-3:30: BINGO 12-1:30pm: Weaving Club	11:30-1pm: Thanksgiving Luncheon @ Holy Family 1:15pm: Duplicate Bridge 1:30-4pm: Drop-in Games	10-10:30am: Seated Yoga  12:30-4pm: Drop-in Games	Closed Craft Festival Set-up & donation drop-off day.	Craft Fest @ EASC 9-3
10	11	12	13	14	15	16
	<i>Closed Veterans Day</i>	12:30-3:30: BINGO  12-1:30pm: Weaving Club	11:30-1: Luncheon @ EASC S & S 1 pm: Avoiding Identity Fraud and Scams with Don Bedard 1:15pm: Duplicate Bridge	10:00 Seated Yoga 12:30-4pm: Drop-in Games 1 pm: State Rep. Lori Houghton: update from the State House 2:30pm: Program Committee	10-Noon: Mah Jongg 1 pm- Origami Club 1-3pm: Knitting / Crocheting 1-4pm: Cribbage, Cards/Games	
17	18	19	20	21	22	23
	10-Noon: Mah Jongg  12:30-3:30: Bridge	10:30: Take and Bake cooking  12:30-3:30: BINGO	12:15-1:15pm: Luncheon @EMS 1:15pm: Duplicate Bridge 1:30-4pm: Drop-in Games	10-10:30: Seated Yoga 10:30-11:30am: Book Club 1:30-3:30 Paint and Sip	10-Noon: Mah Jongg 12:30-New Canasta 1-3pm: Knitting 1-4pm: Cribbage	
24	25	26	27	28	29	30
	10-Noon: Mah Jongg  12:30-3:30: Bridge	12:30-3:30: BINGO	11:30am: Cupcake Party 1:15pm: Duplicate Bridge 1:30-4pm: Drop-in Games	<i>Closed</i>  <i>Happy Thanksgiving</i>	<i>Closed</i>  <i>Happy Thanksgiving</i>	



The 5 Corners Craft Festival is quickly approaching and we are still in need of volunteers.

If you have even 1 hour of availability to help with pricing items and organizing displays on Friday 11/8, we could use your help between 10-4. If you are available to help out on the day of the festival, we are looking for people to help in the kitchen, handle sales, and greet the public. Please consider helping out and supporting the center.

November 9<sup>th</sup>

9am – 3pm

**Essex Area Senior Center**

Call or email Nicole if you are able to help out or have any questions.

876-5087

[NStMarthe@essex.org](mailto:NStMarthe@essex.org)