

Essex Senior News

JUNE 2018

An update from Essex Area Senior Center
2 Lincoln Street, Essex Junction, VT 05452
802-876-5087 www.essexvtseniors.org



COORDINATOR'S CORNER

Hello, Sunshine! It's no secret that many of us simply feel better when the sun is shining. In fact, numerous studies have concluded that sunlight has a positive effect on mood. So get outside in that sunshine as often as you can, but don't forget your sunblock!

Things at the Center typically slow down just a tad in June to give us a chance to rev up for the trips, events, and planning meetings that come full force in July. Please be sure to check out the things to come!

The next few months will see a few changes to our Meal Site program as well as some regular programming. Please see page 2 for details.

We had a very busy May! Please enjoy the photos of our many wonderful occasions.

As always, special thanks to the volunteers who keep the Center alive with activity and smiles, and all of our members and guests who participate in the many programs we offer. We would not be as successful without you!

Warmly,
Lou Ann



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TO EASC's NEWEST MEMBERS!

Chuck Amey Sheila Cort-Desrochers
Maryellen Crangle Rosa Lee Guilette
Gail Hance Pam Kosikowski Sharon MacGaw
Liam McKone Christine Murphy
Claire Schappert June Whitney

Thank you for joining us!

ESSEX SENIOR NEWS

is a publication by Essex Area Senior Center.
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www.essexvtseniors.org

Celebrating Birthdays in June



Carmen Lanoue Mary Jane Fay Elaine Mackenzie
 Mary Kobera Mary Ann Valla Therese Magnant
 Lorena Page Randy Forguites Mary Valla Karen Miller
 Mandy Orsini Ed Steele Bill Larrow Marilyn Moore
 Everett Peyrat Paula Sargent Sue Buswell Jim Valla



Thank You to our Bingo Callers:

June 5 Martha Di Maggio
 June 12 Brenda Rathe
 June 19 Maddie Lister
 June 26 Randy Forguites

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

MEAL SITE NEWS

May 30 marked our final meal at Maple Street Park, as we'll be moving our Wednesday luncheons to the Senior Center beginning August 29. After many discussions with the Meal Site Advisory Board and the Program Committee, as well as input from the seniors who regularly attend the Wednesday luncheons each week, it was decided it would be beneficial to move the luncheons to the Senior Center. We found ourselves needing to bring many items from the Center to Maple Street and then back again as we have meals and events with food at both sites. This will also allow Lou Ann, our coordinator, to be on site and keep the office open at the Center on Wednesdays. We are so grateful to everyone on staff at EJP who has welcomed us there for so many years. We look forward to working together with them on other projects in the future!

With the Wednesday luncheon move to the Senior Center, Duplicate Bridge will be moved from Wednesday afternoons to Friday afternoons beginning August 24, 2018, and Seated Yoga will move to the Conference Room on Wednesday mornings beginning August 22. Wednesday afternoon games and socializing will be limited to those seniors attending the luncheons. If you have any questions, please call Lou Ann.

The Meal Site Advisory Board will have their seasonal wrap-up lunch meeting on **Thursday, June 7** at Noon at the Center in the Conference Room.

SENIOR LUNCHEONS

Date/Host	Location	Meal	Program
Wed. May 30 Everyone	Maple Street Park 11:30-1	Potluck Please remember to bring a dish to share	May Birthdays
Friday June 15	Senior Center 11:30-?	Monthly Salad & Sandwich: Bring your own sandwich, Center supplies Salad	Stay for games & socializing
Friday June 29 Everyone	Senior Center 11:30-?	Potluck Please remember to bring a dish to share	June Birthdays. Stay for games & socializing

EASC MEAL SENIOR LUNCHEON

PRICES

Wednesday Soup & Sandwich:

Members: \$2.00/person
 Non-Members: \$4.00/person

Monthly Salad & Sandwich-June & July only

Members: \$1.00 & bring sandwich
 Non-Members: \$2.00 & bring sandwich

Potluck:

Members: FREE w/Dish to Share
 Non-Members: \$2.00 and Dish to Share

Forget your dish to share?

Members: \$5.00
 Non-Members: \$7.00

Outings:

Members: \$5.00/person
 Non-Members: \$10.00/person or actual meal cost, whichever is greater.

JUNE HAPPENINGS

Please see the **June calendar insert** for regular, ongoing programs and activities and drop-in times. We love to have many different interests represented at the same time whenever possible!

Tuesday, June 5, 10:00 AM: Program Committee Meeting. New members welcome.

Tuesdays, June 5, 12, 19, 26, 12:30-1:30 PM: Mah Jongg lessons (for those previously registered only)

Thursdays, 2:30-4: in our Conference Room: **Wii Bowling.** If you want to have a lot of fun and have the benefit of some exercise at the same time, come and try Wii Bowling! Can be played standing or seated.

Thursday, June 7, Noon: Meal Site Advisory Board wrap-up lunch meeting.

Monday, June 11: Office is closed for business today. (Center is open for regularly scheduled programs.)

Thursdays, June 14 & 28, 12:30-4: New Canasta. Newcomers welcomed to play and/or learn!

Friday, June 15, 11:30-1?: Monthly Salad & Sandwich at the Center. Reservations required. Bring your own sandwich, Center supplies the salad. \$1 members, \$2 non-members. Call 876-5087 or stop in at the Center to sign up. Plan on staying and playing some games or spending time with friends.



Book Club: Thursday, June 21, 10:30-11:30. The book for June is "Underground Railroad" by Colson Whitehead.

Thursday, June 21, 1-2 PM: Craft Fest Committee meeting. New members welcome and invited to attend!

Friday, June 29, 11:30-?: Potluck and June birthdays held at the Senior Center. Admission is a dish to share (non-members pay \$2 plus a dish to share). June birthdays will be celebrated. Stay and enjoy some games and socializing!



EMS students preparing dessert for us.



A masterpiece!



Liam McKone at Memorial Day Open House (& Thursday Topics speaker)



Knitters & Crocheters at Open House

