

Essex Senior News

JANUARY 2020

An update from the
Essex Area Senior Center

INSIDE THIS ISSUE

❄️ PAGE 2

- EASC Center Info, Volunteer Opportunities, Holiday closings

❄️ PAGE 3

- Luncheon schedule

❄️ PAGE 4

- Monthly BINGO callers
- Club Meetings, Movies
Announcement

❄️ PAGE 5

- January Birthdays
- Senior Van Information
- Thinking of you Gift Bags

❄️ PAGE 6

- New Programs & Presentations

❄️ PAGE 7

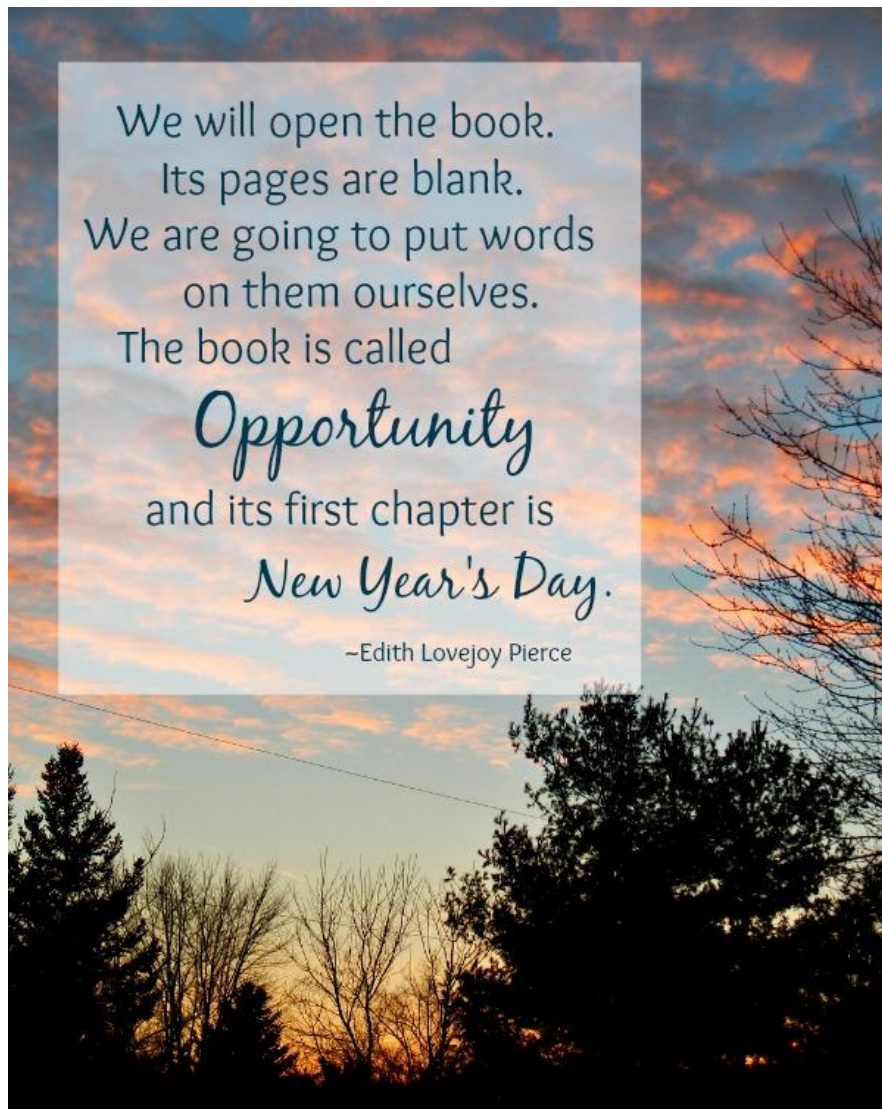
- Events Calendar

❄️ PAGE 8

- Renewals & Compliment Form

** Membership Application form
Attached (purple page).

January 2020



Contact Information

Essex Area Senior Center
2 Lincoln Street, Essex Jct., VT 05452
802-876-5087 / 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. 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. This month we will be closed on **January 1st and 20th** for the holidays. All Senior Van rides for Thursday, 1/2 must be scheduled on Monday, 12/31st. Rides for 1/21st must be scheduled on 1/17th. *****Inclement Weather Policy- The EASC will be closed and the Essex Senior Van Service cancelled whenever the Essex Westford School District cancels school due to weather.**

EASC, 2 Lincoln Street, Essex Junction, VT 05452
802-876-5087 • NStMarthe@essex.org

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

www.essexvtseniors.org

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

January

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. See below for this month's luncheon schedule.

1st 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 1/8 is sponsored by Holy Family and Grace Methodist Church. Early sign-up is requested; this meal costs \$2/member, \$4/non-member.

2nd Wednesday: Luncheon is held at Essex Middle School; We are invited to a delicious meal through the Child Nutrition Services of the school district. \$3/member, \$4/non-member

3rd Wednesday: This luncheon is a potluck! Admission is a dish to share with your fellow diners (please, no desserts) or \$4 if you unable to bring a dish. Birthday cake is provided by the Culinary Program at CTE and ice cream by the Center to celebrate this month's birthdays. **Sign-up is requested ahead of time but not mandatory.**

Soup & Sandwich Friday: Once a month, we invite you to bring your own sandwich and enjoy soup and cookies provided by the Culinary program at CTE. Bring your own sandwich to complete your meal. **Early sign-up is requested; this meal costs \$2/member, \$4/non-member.**

Pizza Party Wednesdays: Come enjoy a pizza buffet along with an exciting Trivia game in honor of National Puzzle Day. \$2/member, \$4/non-member.

DATE	LOCATION	MEAL	PRICE / PROGRAM
Wed., Jan. 8 th	EASC, 2 Lincoln St. 11:30 - 1pm	Soup, Sandwich & Dessert	\$2/member \$4/non-member
Wed., Jan. 15 th	Essex Middle School 12:15 - 1:15pm	EWSD Food Services Menu	\$3/member \$4/non-member
Fri., Jan. 17 th	EASC, 2 Lincoln St. 12:15 - 1:15pm	Soup & Cookies. Bring your own sandwich.	\$2/member \$4/ non-member
Wed., Jan. 22 nd	EASC, 2 Lincoln St. 11:30 - 1pm	Potluck and birthday cake	A dish to share with friends OR \$4
Wed., Jan. 29 th	EASC, 2 Lincoln St. 11:30 - 1pm	Pizza Party and Trivia	\$2/member \$4/ non-member



BINGO Callers

January 7 th	Martha DiMaggio
January 14 th	Jerry Hamilstein
January 21 st	Maddie Lister
January 28 th	Donna Harnish

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 WILL CONTINUE TO OFFER SENIOR DAYS AT THE MOVIES!

The movie program has been such a success, it will continue indefinitely! Every Tuesday 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.

❄️ DECEMBER 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 12:45pm. If you are interested in learning the art of Origami, this is the place for you! Supplies will be provided by the center.

❄️ **Knitting/Crocheting Club** - meets every Friday from 1-3. All levels of experience are welcome. Bring your own project or help create beautiful new items that can be sold in our center fundraisers.

❄️ **NEW CANASTA** Meets the fourth Thursday in January at 12:30-4pm.

❄️ **Book Club** - will meet on January 16th at 10:30. This month the club will be reading Plum Wine by Angela Gardner. "A young American teaching in Tokyo in the 1960s is set on a life-changing quest when her Japanese surrogate mother dies, leaving her a tansu of homemade plum wines wrapped in rice paper. Within the papers Barbara discovers writings in Japanese calligraphy that comprise a startling personal narrative." -Google Books



Carl Bickmore * Patrick Buffet
Tina Corasaniti * Jeannine Cote
Gloria Deeley * Martha DiMaggio
Donald Dygert * Hiroko Graves
Gert Laramée * Rebecca Nelson
Joyce Place * Carol Poquette
Susan Robertson * Marge Shepard
Joyce Stone * Chris Szarek
MaryHelen Taft * Jeff Trainor
Fran Wager * Patricia White
Sandy White * Phyllis McGibney

Happy birthday to all our EASC friends!

Thinking of you

During the month of January we are asking for donations of items that can be added to gift bags that will be given out in the month of February to those members who benefit from an act of kindness.

Suggested donation items: new socks, activity books, new stationary, stamps, travel sized toiletries, etc.

We ask that all donations be dropped off to the center by February 9th.

Thank you for your generosity.



❄️ 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 in the new year. 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.

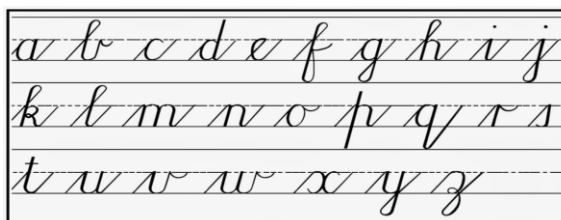
****NEW Programs and Presentations:**

❄️ ***Paint and Sip is BACK!***- Back by popular demand, EASC will hold it's 3rd Paint and Sip on January 16th at 1:00! 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 Monday Jan.13th, 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.



❄️ ***Learn to Play Tuesdays*** Come every Tuesday from 10:30-11:30am in the month of January to learn how to play Mah Jongg. An instructor will teach the rules and strategies of the game to help you become a proficient player. This is a free activity. The center will provide Mah Jongg sets to use for the class.

❄️ ***National Handwriting Day*** Thursday, January 23rd is National Handwriting Day. Come join a specialist from Fanny Allen Occupational Therapy at 12:00 pm to learn about hand exercises and stretches that you can do at home on your own to help preserve your hand strength and beautiful handwriting abilities. This is a free presentation.



❄️ January 2020 ❄️

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
			1	2	3	4
			Closed Happy New Year	10-10:30am: Seated Yoga 12:30-4pm: Drop- in Games	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	10:30- 11:30 Learn to Play Mah Jongg 12:30-3:30: BINGO	11:30-1pm: Soup and Sandwich Luncheon @ EASC 1:15pm: Duplicate Bridge	10-10:30am: Seated Yoga 12:30-4pm: Drop- in Games 2:00 Program Committee Meeting	10-Noon: Mah Jongg 1-3pm: Knitting / Crocheting 1-4pm: Cribbage, Cards/Games	
12	13	14	15	16	17	18
	10-Noon: Mah Jongg 12:30-3:30: Bridge	10:30- 11:30 Learn to Play Mah Jongg 12:30-3:30: BINGO	12:15-1:15pm: EMS Luncheon 1:15pm: Duplicate Bridge	10:00 Seated Yoga 10:30am Book Club 12:30-4pm: Drop- in Games	10-Noon: Mah Jongg 12:15 Soup and BYO Sandwich 12:45 pm- Origami Club 1-3pm: Knitting / Crocheting 1-4pm: Cribbage	
19	20	21	22	23	24	25
	Closed Martin Luther King Jr. Day	10:30- 11:30 Learn to Play Mah Jongg 12:30-3:30: BINGO	11:30-1: Pot Luck Luncheon @ EASC 1:15pm: Duplicate Bridge	10-10:30: Seated Yoga 12pm: Hand strength OT presentation 12:30 New Canasta	10-Noon: Mah Jongg 1-3pm: Knitting / Crocheting 1-4pm: Cribbage, Cards/Games	
26	27	28	29	30	31	
	10-Noon: Mah Jongg 12:30-3:30: Bridge	10:30- 11:30 Learn to Play Mah Jongg 12:30-3:30: BINGO	12:15- 1:15pm: Pizza Party and Trivia @ EASC 1:15pm: Duplicate Bridge	10-10:30: Seated Yoga 12:30-4pm: Drop-in Games	10-Noon: Mah Jongg 1-3pm: Knitting / Crocheting 1-4pm: Cribbage, Cards/Games	

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 27th, 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.

January 24th is National Compliment Day

In observance of National Compliment Day, you are invited to fill out the form below and drop it into a compliment box at the center. Please consider sending a kind word to a fellow EASC member and brightening their day.

Let's start the New Year off with a positive act of kindness!

Happy National Compliment Day

To: _____ From _____

Compliment:
