

APRIL 2024

Essex Area Senior Center Newsletter

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Spring: a lovely reminder of how beautiful change can truly be



IMPORTANT SENIOR CENTER UPDATES

-Essex Junction Recreation & Parks (EJRP), the recreation department that serves the City of Essex Junction, has assumed oversight of the Essex Area Senior Center (EASC)

-The Town of Essex Senior Bus Service no longer serves residents of the City of Essex Junction

CONTACT INFORMATION

 **FACEBOOK PAGE:**

@essexjunctionrecreationandparks

WEBSITE:

@www.ejrp.org/olderadults

PHONE:

(802) 878-1375

****Please note that this number is EJRP's main office at 75 Maple Street. This is the number currently being used for the EASC since EJRP staff member Claire is part-time at the center. Please know you have called the right place when the line goes to the EJRP main office, and that they will gladly provide you with all EASC-related information****

EJRP CONTACT INFORMATION:

**Mark Brislin, Assistant Recreation Director
mbrislin@ejrp.org**

**Claire Gugerty, Senior Program Coordinator
cgugerty@ejrp.org**

NEW LOCATIONS FOR PROGRAMMING

Due to the upcoming renovations at Lincoln Hall, the last day of the programming at the Essex Area Senior Center will be April 26th.

We are pleased to announce our new locations during this closure! Please note that programming at these new locations will begin on Tuesday, April 30th.

NEW LOCATION DETAILS:

-Tuesday and Thursday programming will take place at the Holy Family Parish Center at 28 Lincoln Street (starting Tuesday, April 30th)

-Friday programming will take place at the Brownell Library (6 Lincoln Street) in the Kolvoord Room (starting Friday, May 3rd)



!JOIN OUR EMAIL LIST!

-Help us increase communication in the Senior Center by signing up for the list-

To join, see Claire on Tuesdays or Thursdays at the Senior Center OR use the sign-up sheet in the Senior Center

Sign up to stay informed & participate in more of the awesome Senior Center happenings!

SENIOR CENTER MEMBERSHIPS

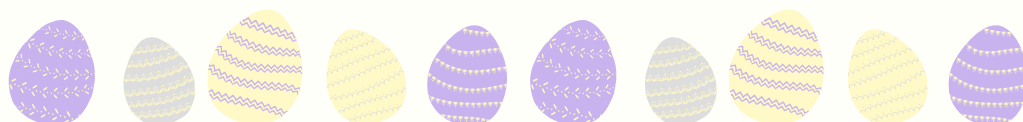
Due to being open only for the first several months of 2024 at Lincoln Hall, before vacating for renovations, there will be no membership fees for the Senior Center until further notice.

NEWSLETTER SUBSCRIPTION

Interested in receiving this newsletter each month?

Sign up by visiting ejrp.org/olderadults and filling out the Essex Area Senior Center Newsletter Subscription Google form!

(Form Link: <http://tinyurl.com/mup3eu4s>)



SENIOR CENTER DAYS, HOURS, & STAFFING

MONDAYS:

CLOSED

TUESDAYS:

10AM-1:00PM – BINGO

- Now FREE! Fun prizes!
- Bring your own lunch, lunch break at 11:30AM.
- EJRP staff will open, monitor, and close the Center.

WEDNESDAYS:

11:30AM -2:30PM - CRIBBAGE

-LEARN OR PLAY! FREE!

- EASC volunteers will open, monitor, and close the Center. In the absence of a volunteer, the Center will not be open that day.



THURSDAYS:

11AM-12PM – BRISCOLA (FREE!)

12:30-3:30PM - DUPLICATE BRIDGE (FREE!, BRING A PARTNER)

- EJRP staff will open, monitor, and close the Center.

FRIDAYS:

10AM-12PM – MAH JONGG

-FREE!

- EJRP staff will open, monitor, and close the Center.



NEW VOLUNTEER & INVOLVEMENT OPPORTUNITIES AT THE CENTER!

DECORATING COMMITTEE

****NO MEETING IN APRIL****

- Meets the last Thursday of the month at the Senior Center
- Meeting Time: 10:30 AM

If interested please see Claire on any Tuesday or Thursday, sign up in the Senior Center, or come to the next meeting!



BOOK CLUB

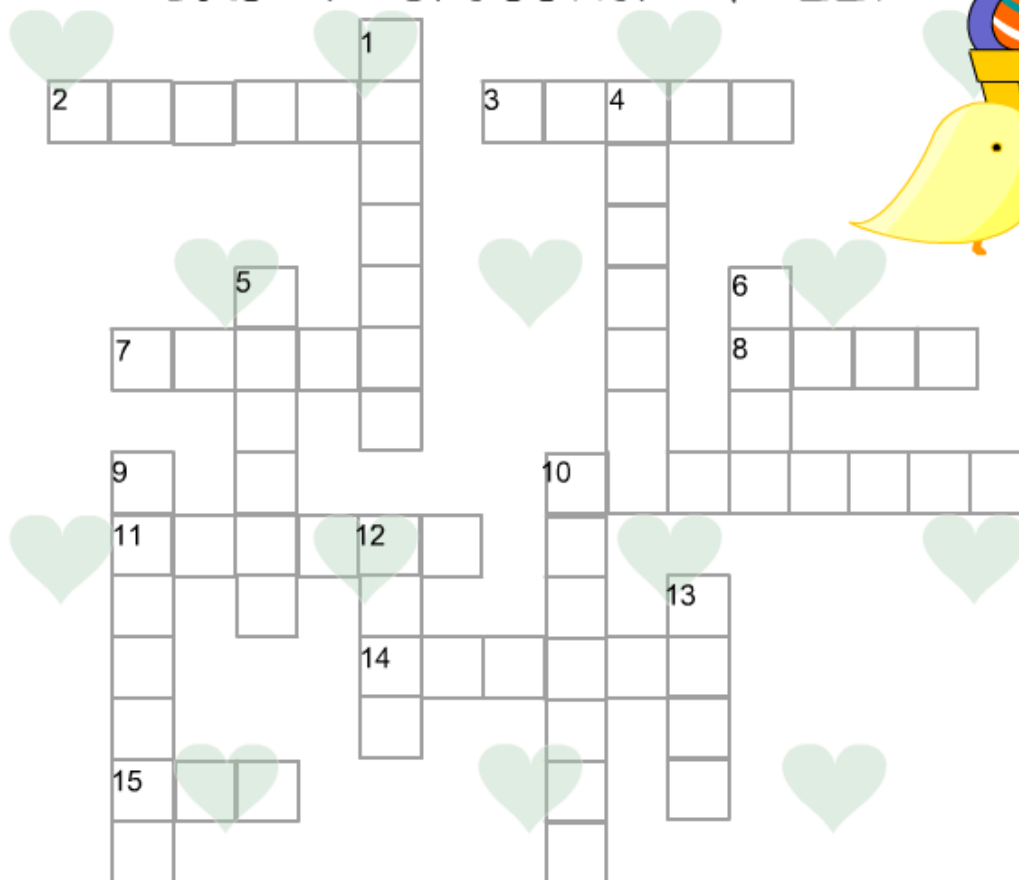


APRIL MEETING: TUESDAY, 4/23

- Meets at the Essex Area Senior Center
- Meeting Time: 3PM

If interested please see Claire on any Tuesday or Thursday, sign up in the Senior Center, or come to the next meeting!

Easter Crossword Puzzle



Down:

1. Buying what for Easter is said to bring good luck for the rest of the year?
4. What is the name of the rabbit in the Disney movie 'Bambi'?
5. What can you see on doors at Easter time?
6. What is the 40-day period before Easter?
9. Which British chocolate company makes the Mini Eggs?
10. The traditional Ukrainian way of painting Easter eggs is called what?
12. Easter's date is determined by what?
13. Besides bunnies, what animal is considered an Easter symbol?

Across:

2. In which country was the largest decorated Easter egg?
3. In the Bible, who was the first person to enter Jesus' tomb?
7. In the Bible, how many days passed between Jesus' death and resurrection?
8. What type of food is decorated for Easter?
10. What bread-based snack is associated with Easter?
11. In what season does Easter take place in Australia?
14. What pagan goddess is associated with Easter?
15. What color jellybean is most popular?



www.MyPartyGames.com

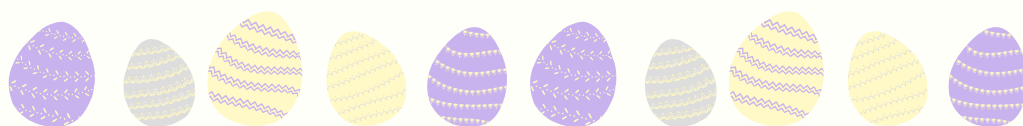
MONTHLY THEMED ACTIVITY



EGG HUNT!



Eggs will be hidden all over the senior center and filled with surprises!



RENOVATIONS & RELOCATION MEETING

DATE: APRIL 11TH

TIME: NOON

LOCATION: EASC

Details:

Mark Brislin (EJRP Assistant Recreation Director) and Claire (Senior Program Coordinator) will be presenting information about the upcoming renovations and relocation in May. The floor will thereafter be open for questions, comments, concerns, and input from seniors!

AGE WELL CORNER



Online Wellness Initiative:

-EAT SMART, MOVE MORE, WEIGH LESS-

Next session begins April 21st !

Free 15-week online weight management program that works because it's a lifestyle, not a diet!



Contact Kerry Batres at kbatres@agewellvt.org to register!

visit www.esmmweighless.com for more details

-THAI CHI CLASSES-

A variety of classes are offered for novice and experienced practitioners including seated Tai Chi!



For more information, call Age Well at 800-642-5519 or visit agewellvt.org/

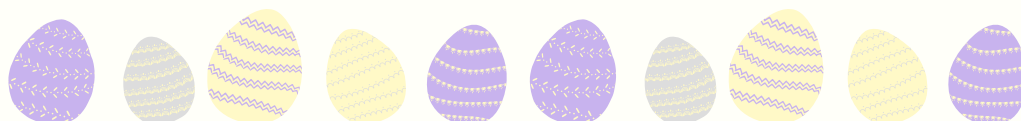
Tai Chi offers an enriching experience by featuring slow and flowing movements that calm the mind and support physical health!

Flyers with full program details are available at the Senior Center!

AGE WELL VISITS

Kerry from Age Well will be at the center on the third Thursday of every month from 12-1PM

APRIL VISIT:
THURSDAY,
APRIL 18TH
12-1PM



EASTER TRIVIA!

The world record largest chocolate Easter egg was made in what city?



Answer on page 15

AGE WELL CORNER



ST. CATHERINE'S LUNCHEON

WHEN: Tuesday, April 16th

Time: 11:30AM - 1PM

WHERE: St. Catherine's of Siena
(72 Church St, Shelburne)

DETAILS: \$5 suggested donation, restaurant tickets will be available for distribution at the event



Advanced Registration Required - Register by 4/10-

TICKETS AVAILABLE AT AGE WELL'S OFFICE:

875 ROOSEVELT HWY, STE. 210
COLCHESTER, VERMONT

CONTACT & REGISTRATION:

KERRY BATRES, NUTRITION COORDINATOR
802-662-5283 OR KBATRES@AGEWELLVT.ORG

Flyers with full luncheon details are available at the Senior Center!

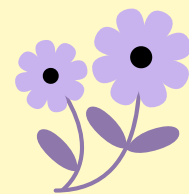
SPRING FEVER LUNCHEON

WHEN: Wednesday, April 17th

Check in: 11:30AM **Lunch:** 12PM

WHERE: Elk's Club (925 North Ave, Burlington)

DETAILS: \$5 suggested donation, restaurant tickets will be available for distribution at the event, door prizes, 50/50 raffle, and entertainment from Corey Gottfried



Advanced Registration Required - Register by 4/11-

RESTAURANT TICKET PROGRAM

Program Overview: Age Well has partnered with restaurants in various VT counties to offer nutritious meals to people aged 60+. Individuals can register, donate for a ticket, and dine at one of the restaurants with family/friends on their own time.

Eligibility: Must be 60+ and registered with Age Well (spouse of eligible participant is also eligible regardless of age if both are attending). Registration entails a short questionnaire and can be completed at Age Well office or with an Age Well Nutrition Coordinator when tickets are obtained.

Cost: The suggested donation is \$5 per ticket.

Ticket Details: Each ticket is valid for one meal, but there is no ticket limit. Tickets are non-transferable, non-refundable, and non-exchangeable. Tickets are valid for the duration of our fiscal year October - September. Current tickets must be used prior to 11/30, 2024. Gratuity is not included with the tickets.

Ticket Usage at Restaurant: Present ticket to host or server. You will receive the special Age Well menu.

Restaurant Information: Participants will be given a list of restaurants with specific days/times tickets are honored at each.

How to Get Tickets:

Tickets are available at the Age Well office (875 Rosevelt Hwy, Suite 210, Colchester, VT) during business hours 8:30AM-4:30PM

You can also contact a Nutrition Coordinator (Addison County: Michelle Eastman 802-377-1419, Chittenden County: Kerry Batres 802-557-5484, Franklin County: Laura Need 802-6625264)

Helpline: 1-800-642-5119

Visit agewellvt.org or see flyers at the Senior Center for full details!

Participating Restaurants:

- The Abbey Pub & Restaurant
- Rockers Pizzeria
- Halfway House
- IHOP
- The Dutch Mill Family Restaurant
- Ray's Seafood Market
- Rosie's Restaurant
- Greenwood Deli & Bakery
- Wally's Place
- Kraemer & Kin

PAST EASC VISITS!



Bakery Visit



Girl Scouts Visit



Puppy Visit



SUDOKU

1	5		2		9			4
	4				6			
			4				6	3
	7					8		6
6								5
2		8						1
4	6			8				
			6					7
8			5		1		4	9

Source: Reader's Digest

EASTER WORD SCRAMBLE

- YBAB CSICHK _____
- TSABEK _____
- DEDY SGGE _____
- TRARCO _____
- LYJEL ASEBN _____
- SEEPP _____
- NYUNB _____
- ESEART _____
- CTOHCLOE _____
- GPNIRS _____
- GGE NTHU _____
- PLUTIS _____

Source: funlovingfamilies.com

Answers on page 15

CITY OF ESSEX JUNCTION HAPPENINGS



COMMUNITY VISION AND STRATEGIC ACTION PLAN PROJECT UPDATES

The City of Essex Junction Community Vision and Strategic Action Plan project has been exploring the future direction of the City of Essex Junction, looking out to 2030. This project, which started in September 2023, has included community-wide engagement and outreach, including Stakeholder survey #1 (425 responses), individual stakeholder interviews (15 individuals), a two-day Think-Tank (40 attendees), and six Focus Group sessions (84 attendees).

This City is now asking residents, staff, and committee members for their final input by taking the Community Vision and Strategic Action Plan Stakeholder Survey #2. Input on this survey will help set future focus and priorities for the City and where resources will be invested.

**** SURVEY #2 WILL BE OPEN UNTIL APRIL 12, 2024 ****

Stakeholder Survey #2 asks for your thoughts and prioritization of the six Strategic Pillars that have been identified through the project. The 'pillars' represent the major themes or topic areas that underpin the preferred future for the City of Essex Junction looking out over the next five years. The preferred future was identified through the scenario planning Think-Tank held in November 2023. The Think-Tank Report and preferred future can be viewed on the Project Portal website listed below.

The project will culminate in the City of Essex Junction Community Vision and Strategic Action Plan, which will be launched in May 2024.

Thank you to everyone who has participated in the City of Essex Junction Community Vision and Strategic Action Plan to date, as well as those who are new to the process and taking this important survey!

**FOR MORE DETAILS, VISIT
[HTTPS://LAB2.FUTURE-IQ.COM/ESSEX-
JUNCTION-VISIONSTRATEGIC-ACTION-PLAN/](https://lab2.future-iq.com/essex-junction-visionstrategic-action-plan/)**

EXCITING APRIL EVENTS

MULTI-GENERATIONAL GAME TIME

Date: Thursday, April 25th

Time: 3-4PM

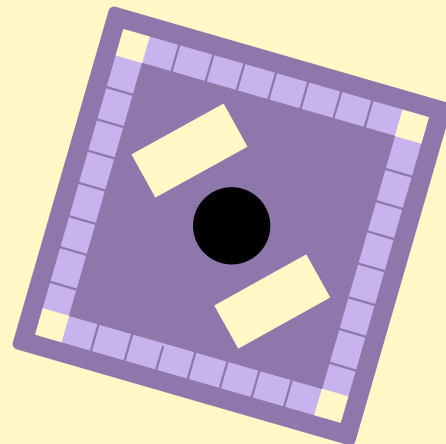
Location: Brownell Library

Cost: Free!



Details:

- Play games!
- Socialize with others!
- Have fun!



SENIOR LUNCHEON

Date: Wednesday, April 10

Time: 12PM

Location: Saint Pius Hall

Cost: By donation



Email deeleygloria@comcast.net

or

Call Donna at (802) 879-7922

TRANSPORTATION



SSTA BUS OPTION

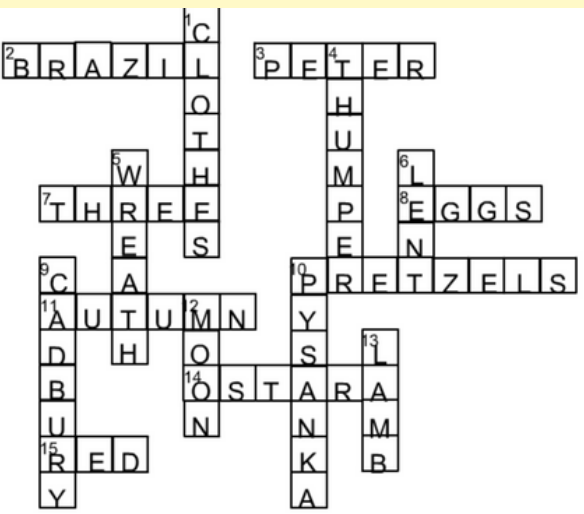
The Special Service Transportation Agency (SSTA) offers an ADA paratransit program for residents who live within 3/4 of a mile from a fixed route bus service, provided by Green Mountain Transit (GMT), and have a disability that prevents them from walking to or waiting for a bus. Regarding the mile threshold, almost all of the City of Essex Junction qualifies with exceptions being a handful of households within neighborhoods at the western end of South Street, Cascade Street, and Dunbar Drive and a few households at the northern edge of Old Colchester Road. In order to utilize the service, an application must be completed and processed in advance (can take up to three weeks). Applicants will need a certified healthcare professional to verify their disability. The cost per ride for the user is \$2.50. There are hard copies of the application materials at the Senior Center.

The application and further information can be found here:
<https://ridegmt.com/paratransit-application/>

If you are not sure if you qualify for the paratransit program or know that you do not, you should call SSTA (802-878-1527) to inquire about what transportation options may be available to you.

If you would like assistance making this call and understanding your options, an EJRP staff member would be happy to help you (802-878-1375).

Crossword Answer



Sudoku Answer

1	5	6	2	3	9	7	8	4
7	4	3	8	5	6	9	2	1
9	8	2	1	4	7	5	6	3
3	7	5	4	1	2	8	9	6
6	1	4	9	7	8	2	3	5
2	9	8	3	6	5	4	1	7
4	6	9	7	8	3	1	5	2
5	2	1	6	9	4	3	7	8
8	3	7	5	2	1	6	4	9

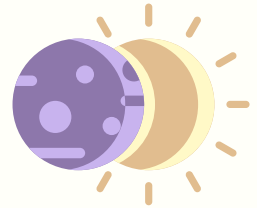
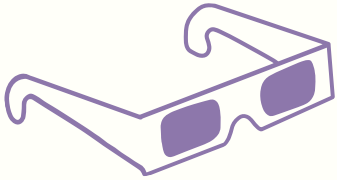
Word Scramble Answers

- Baby Chicks
- Basket
- Dyed Eggs
- Carrot
- Jelly Beans
- Peeps
- Bunny
- Easter
- Chocolate
- Spring
- Egg Hunt
- Tulips

TRIVIA ANSWER: TOSCA, ITALY

TOTAL SOLAR ECLIPSE 2024

PREPARE FOR THE UPCOMING & EXCITING SOLAR ECLIPSE WITH THE FOLLOWING DETAILS FROM THE ESSEX POLICE DEPARTMENT!



ON APRIL 8TH A TOTAL SOLAR ECLIPSE WILL PASS OVER OUR AREA OF VERMONT. THIS ONCE IN A LIFETIME EVENT IS EXPECTED TO BRING A LOT OF PEOPLE INTO THE AREA FOR A CHANCE TO VIEW THE EVENT AS WEATHER PERMITS. SAFETY IS THE NUMBER ONE PRIORITY WHEN VIEWING A TOTAL SOLAR ECLIPSE.

• Do not look directly at the sun unless you have proper viewing equipment. Do NOT look at the Sun through a camera lens, telescope, binoculars, or any other optical device while wearing eclipse glasses or using a handheld solar viewer – the concentrated solar rays will burn through the filter and cause serious eye injury.

Viewing glasses are available at the Brownell Library and city offices!

- Make sure the place you are planning to watch the eclipse is safe, open, accessible, and welcoming visitors. Plan to arrive ahead of time and bring warm layers of clothing.**
- Listen to officials and follow posted regulations. Sign up for alerts and follow local social media messaging #VTEclipse. Check local ordinances, fire danger reports, trail access information, and other guidelines. Natural surface trails will be closed because of muddy and icy conditions.**
- Expect heavy traffic in the area leading up to the event. Plan extra time into your travels.**
- Stock up on food, gas, and cash (if needed) about one week prior to the event.**
- Prevent thefts, lock your vehicles, and remove the valuables from inside your vehicle.**
- If emergency services are needed, please dial 911. If you need to report suspicious activity to the police, please dial 802-878-8331.**

FOR MORE INFORMATION VISIT:

**[HTTPS://SCIENCE.NASA.GOV/.../FUTURE-ECLIPSES/ECLIPSE-2024/](https://science.nasa.gov/.../future-eclipses/eclipse-2024/)
[HTTPS://WWW.VERMONT.GOV/ECLIPSE#GSC.TAB=0](https://www.vermont.gov/eclipse#gsc.tab=0)**

ENTERTAINMENT!

WHAT'S NEW ON NETFLIX



- Happy Gilmore
- Mortal Engines
- Night Raiders
- You've Got Mail
- Zero to Hero
- The Tearsmith
- A Journey



N

NEW BOOKS

- Shakespeare: The Man Who Pays the Rent by Judi Dench
- Real Americans by Rachel Khong
- The Cemetary of Untold Stories by Julia Alvarez
- Indian Burial Ground by Nick Medina
- Ocean's Godori by Elaine U. Cho
- The Hemlock Queen by Hannah Whitten



COOKING CORNER: QUICHE LORRAINE

INGREDIENTS:

- 1 refrigerated pie crust (from a 14-oz. box)
- 6 slices thick-cut bacon
- 1 medium yellow onion, sliced
- 1 tsp. chopped thyme leaves
- 1 tsp. salt, divided
- 4 large eggs
- 1 1/4 cups half-and-half
- 2 tbsp. chopped fresh chives, plus more for serving
- 1 tbsp. all-purpose flour
- 1/4 tsp. ground black pepper
- 1 cup shredded Swiss cheese, divided
- 1/4 cup finely shredded parmesan cheese

Recipe From The Pioneer Woman:

<https://www.thepioneerwoman.com/food-cooking/recipes/a38772938/quiche-lorraine-recipe/>



-SERVES 6-8-

-PREP TIME: 30 MIN. TOTAL TIME: 1 HOUR-

INSTRUCTIONS:

1. Preheat the oven to 375°F with a baking sheet on the center rack. Fit the pie crust into a 9-inch pie plate (not deep dish). Fold the edges of the crust under and crimp as you like. Chill in the refrigerator while preparing the filling.
2. Cook the bacon in a large nonstick skillet over medium heat, turning occasionally, until crisp, 10 to 12 minutes. Transfer the bacon to a paper towel-lined plate and set aside.
3. Reserve 1 tablespoon of the bacon drippings in the skillet and heat over medium-low heat. Add the onion, thyme, and 1/2 teaspoon of salt. Cook, stirring occasionally, until the onions are soft and golden, 12 to 15 minutes. Remove from the heat and let cool for 10 minutes.
4. In a large bowl, whisk together the eggs, half-and-half, chives, flour, pepper, and remaining 1/2 teaspoon salt. Crumble the bacon into about 3/4-inch pieces and reserve 1/4 cup for topping.
5. Sprinkle the onion, remaining bacon, 3/4 cup of Swiss cheese, and parmesan cheese in the bottom of the chilled pie crust. Pour in the egg mixture.
6. Place the quiche on the pre-heated baking sheet and bake for 15 minutes. Sprinkle the remaining 1/4 cup Swiss cheese and remaining 1/4 cup reserved bacon over top. Continue to bake until puffed in the center, just set, and starting to brown, 15 to 20 minutes more. Transfer the quiche to a wire rack to cool for at least 30 minutes before serving. Top with more fresh chives, if you like.

APRIL 2024 CALENDAR

SUN.	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT.
	1 CLOSED	2	3 11:30AM-2:30PM CRIBBAGE	4 11AM-12PM: BRISCOLA 12:30-3:30PM: DUPLICATE BRIDGE	5 10AM-12PM: MAH JONGG	6
7	8 ENJOY THE TOTAL SOLAR ECLIPSE!	9 10AM-1PM: BINGO	10 *NO CRIBBAGE* SENIOR LUNCHEON (NOON @ST PIUS HALL)	11 11AM-12PM: BRISCOLA 12:30-3:30PM: DUPLICATE BRIDGE RENOVATIONS & RELOCATIONS MEETING (NOON @ EASC)	12 10AM-12PM: MAH JONGG	13
14	15 CLOSED	16 10AM-1PM: BINGO AGE WELL ST. CATHERINE'S LUNCHEON (11:30AM-1PM @ ST. CATHERINE'S)	17 11:30AM-2:30PM CRIBBAGE AGE WELL SPRING FEVER LUNCHEON (11:30AM @ THE ELKS)	18 11AM-12PM: BRISCOLA 12:30-3:30PM: DUPLICATE BRIDGE KERRY FROM AGE WELL VISIT 12-1PM @ EASC	19 10AM-12PM: MAH JONGG	20
21	22 CLOSED	23 10AM-1PM: BINGO BOOK CLUB (3PM @ EASC)	24 11:30AM-2:30PM CRIBBAGE	25 11AM-12PM: BRISCOLA 12:30-3:30PM: DUPLICATE BRIDGE MULTI-GENERATIONAL GAME TIME (3-4PM @ BROWNELL LIBRARY)	26 10AM-12PM: MAH JONGG LAST DAY AT EASC	27
28	29 CLOSED	30 10AM-1PM: BINGO *AT HOLY FAMILY PARISH CENTER*				