

FEBRUARY 2026

Essex Area Senior Center Newsletter

IN THIS ISSUE

PAGE 2
Announcements, Contact Info.
PAGE 3
Newsletter Subscription, Programming Recap
PAGE 4
Senior Center Weekly Programming
PAGE 5
Indoor Walking Club, Hiking club
PAGE 6
Meal and Bingo with ADL Basketball Team
PAGE 7
Valentines VIsit with the Girl Scouts
PAGE 8
New Bone Builders Class
PAGE 9
"Lifting" Spirits
PAGE 10
Zumba Gold
PAGE 11
Nia Dance, Easy Going Flow Yoga
PAGE 12
Community Meals
PAGE 13
St. Patrick's Day Luncheon
PAGE 14
Maple Street Space Art Classes
PAGE 15
Brownell Library Programming
PAGE 16
Brain Games
PAGE 17
Crossword
PAGE 18
Green Mountain Passport
PAGE 19
Age Well Capable Program
PAGE 20
Age Well Holy Family Luncheons
PAGE 21
Age Well Town Meadow Luncheon
PAGE 22
Age Well Restaurant Ticket Program
PAGE 23
Transportation (SSTA) / Answer Key
PAGE 24
Entertainment
PAGE 25
February Calendar

GOOD FRIENDSHIPS
CAN MAKE EVERY DAY
FEEL LIKE VALENTINE'S
DAY!



IMPORTANT ANNOUNCEMENTS



**INCLEMENT WEATHER
ANNOUNCEMENT**
**IF THE EWSD SCHOOLS CLOSE, ALL
SENIOR PROGRAMMING WILL BE
CANCELLED AS WELL.**

SENIOR CENTER MEMBERSHIPS

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

**MAH JONGG WILL MOVE TO THE
MAIN READING ROOM IN THE
LIBRARY DURING TAX SEASON!**

The Holy Family Parish Center is EASC's programming space during the Lincoln Hall Renovations-

**Address: 28 Lincoln St. Essex Junction,
VT 05452**

CONTACT INFORMATION



FACEBOOK PAGE:

@essexjunctionrecreationandparks

WEBSITE:

www.ejrp.org/olderadults

EJRP CONTACT INFORMATION:

Julie Shorter
Program Director
for Older Adults

EMAIL:

jshorter@ejrp.org

PHONE:

(802) 878-1375 x 1553

TEMPORARY LOCATIONS DETAILS

HOLY FAMILY PARISH CENTER

-Tuesdays: Bingo (10:00 AM - 1:00 PM)

-Wednesdays: Cribbage (1:30-3:30 PM)

-Thursdays: Duplicate Bridge (12:30 PM - 4:00 PM)

Please note that the room in which programs will take place within the Holy Family Parish Center will be inconsistent. There will be various forms of communication to ensure all are aware of the specific locations for each program

BROWNELL LIBRARY - KOLVOORD ROOM

-FRIDAYS: MAH JONGG (10:00 AM - 12:00 PM)

JOIN OUR EMAIL LIST!

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

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

Senior Center Newsletter Subscription Google form!
(Form Link: [HTTPS://forms.gle/qgwRwgkJRUGg51B46](https://forms.gle/qgwRwgkJRUGg51B46))



**CITY COUNCILORS WILL BE JOINING US FOR OUR FEBRUARY 23RD LUNCHEON
AT HOLY FAMILY. NO PRESENTATION, JUST CONVERSATION!
SEE PAGE X FOR MORE DETAILS ON THE MEAL!**

RECENT PROGRAMMING RECAP

THANK YOU TO 'SHE WAS RIGHT' FOR THE PERFORMANCE THIS MONTH!

JONI (JULIE'S PUPPY) ALSO MADE HER WORK DEBUT!



SENIOR CENTER WEEKLY PROGRAMMING

MONDAYS:

**No consistent
weekly programs**

TUESDAYS:

10AM-1:00PM – BINGO

- FREE! Fun prizes!
- Bring your own lunch, lunch break at 11:30AM
- At the Holy Parish Family Center



WEDNESDAYS:

1:30-3:30PM – Cribbage

- FREE! Beginners are welcome!
- Bring your own board if you have one!
- At Holy Family Parish Center



THURSDAYS:

12:30-4PM - DUPLICATE BRIDGE

- FREE!
- MUST HAVE A PARTNER!
- At the Holy Parish Family Center

FRIDAYS:

10AM-12PM – MAH JONGG

- FREE!
- At the Brownell Library (Kolvoord Room)

Have programming you'd like to see?

Chat with me in person or send me an email!

jshorter@ejrp.org

Whether it's regular weekly programming or a one-off event, I'd love to hear your ideas and help bring them to life!

From Julie!

STAY ACTIVE THIS WINTER!

INDOOR WALKING CLUB

AT THE CHAMPLAIN VALLEY EXPOSITION
(105 PEARL ST, ESSEX JUNCTION)



ENTER THE MAIN ENTRANCE AND TAKE A RIGHT AT GATE C-2, PARK THERE
IN THAT PARKING LOT. A SIGN WILL BE ON THE SMALL GRAY DOOR.

MONDAYS AND FRIDAYS 11AM-NOON
NO WALKING ON 12/5, 12/8, 12/22, 12/26. OR 12/29

**YOU MUST FILL OUT THIS WAIVER BEFORE JOINING, IF YOU NEED
ASSISTANCE PLEASE CALL JULIE AT 802-878-1375**

**[HTTPS://NORDICSOCCER.ORG/INDOOR-CENTER/NISC-HOUSE-
RULES/THE-NORDIC-INDOOR-SOCCER-CENTER-REGISTRATION-
WAIVER-FORM-CLICK-HERE](https://nordicsoccer.org/indoor-center/nisc-house-rules/the-nordic-indoor-soccer-center-registration-waiver-form-click-here)**

**IN THE PROGRAM DROP-DOWN, SELECT
'WALKERS, MONDAY AND FRIDAY'**



**(YES I KNOW IT'S FOR SOCCER, NO I'M NOT TRICKING YOU INTO
PLAYING SOCCER! THEY ARE JUST THE GROUP THAT WILL BE HOSTING
THE SPACE FOR US!)**

HIKING CLUB

**WE ARE STARTING TO WIND DOWN FOR THE YEAR, BUT WE ALSO
HAVE SNOWSHOES AT MAPLE STREET PARK AND WILL CONTINUE TO
HAVE OPPORTUNITIES THROUGH THE WINTER!**

REACH OUT TO JULIE TO FIND OUT MORE INFORMATION!

**JSHORTER@EJRP.ORG
802-878-1375 EXT 1553**



A MEAL WITH ADL BOYS BASKETBALL



FOLLOWED BY



**rescheduled
from Jan 26th**



Monday, February 9th

Check in: 11:30am

Meal will be served at noon

Holy Family Parish Hall

The ADL boys basketball team will
be serving the meal!

EJRP has partnered with Age Well,
and there is a suggested **donation**
of \$7 at the door for Age Well

**Menu: PORK &
VEGETABLE
STEW, FOUR
BEAN MEDLEY,
BISCUIT,
PINEAPPLE**

Contact Info

Advanced registration
required by Feb 4th!

Email: jshorter@ejrp.org

Phone: 802-878-1375



STICK AROUND AFTER TO PLAY BINGO! THE
BASKETBALL TEAM WILL BE CALLING AND THERE
WILL BE PRIZES FOR EVERY ROUND!

A yellow star, a pink star, and a pink flower are positioned to the left of the title. A blue star and a pink flower are to the right.

GIRL SCOUTS VISIT

SUNDAY,
FEBRUARY 8TH
2-3:30PM

A large red heart is on the left. A blue star is below it. A blue star and a red heart are on the right.

JOIN THE GIRL SCOUTS
TO MAKE SOME
VALENTINES AND SHARE
SOME TREATS!

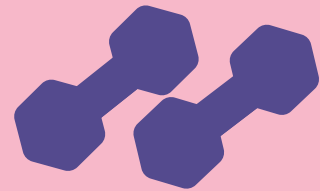
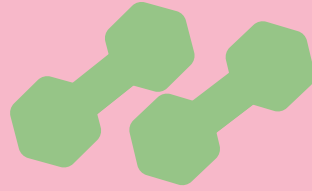
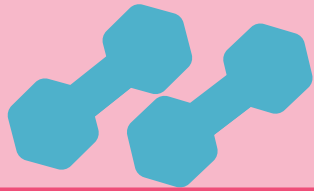


WHITCOMB WOODS
COMMUNITY ROOM

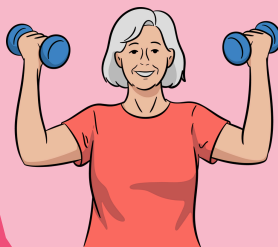
128 WEST STREET,
ESSEX JUNCTION

NEW BONE BUILDERS CLASS!

FREE!



Bone Builders is an exercise program designed to prevent (and even reverse) the negative effects of osteoporosis. The program is based on research conducted and published by Tufts University which shows that strength training just twice a week dramatically reduces the risk of fractures due to the disease. Study participants gained bone density, became stronger and improved their balance. These health gains significantly reduced the incidence of falling. Bone Builders classes fill a vital need for regular physical exercise as well as increased social interaction, both well-known components of healthy aging.



**MONDAYS AND
THURSDAYS
9-10AM
UNITED GRACE
METHODIST
CHURCH
130 MAPLE ST**

**NO REGISTRATION
REQUIRED-
REMEMBER TO
WEAR
COMFORTABLE
CLOTHING AND
BRING WATER!**

"LIFTING" SPIRITS

THE CLASS OFFERS A DYNAMIC FUSION OF DANCE AEROBICS, SPORTS DRILLS, WEIGHT LIFTING, BALANCE, FLEXIBILITY AND ENDS WITH MINDFULNESS EXERCISES. ALL TAUGHT IN A LOW-IMPACT STYLE AND SET TO MOTIVATING MUSIC.



INTENDED FOR PARTICIPANTS WITH A BASELINE LEVEL OF PHYSICAL FITNESS, YET IS OPEN TO BEGINNERS.

BYOW (BRING YOUR OWN SET OF 1, 2 OR 3LB HAND WEIGHTS) IF YOU DON'T HAVE HAND WEIGHTS, YOU CAN STILL ENJOY CLASS AND HAVE MORE OF A CARDIOVASCULAR WORKOUT.

INSTRUCTOR: MARLENA SILVA IS AN AFAA CERTIFIED GROUP FITNESS INSTRUCTOR WITH 36 YEARS TEACHING EXPERIENCE. SHE ENJOYS MAKING CLASSES FUN AND WATCHING PEOPLE MEET THEIR FITNESS GOALS!

**\$10/CLASS
OR SIGN UP FOR THE WHOLE MONTH FOR \$9/CLASS**



**Maple Street Park Aspire Studio
Mondays, no class 2/23
9-10am**

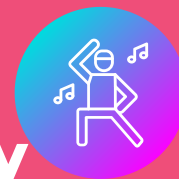
**REGISTRATION REQUIRED!
CALL EJRP AT 802-878-1375
OR VISIT EJRP.ORG**



GET MOVING TO THE BEAT!



ZUMBA GOLD WITH CIARA GREGORY



ZUMBA GOLD IS A MODIFIED VERSION OF ZUMBA THAT IS GEARED TOWARDS ACTIVE OLDER ADULTS SEEKING LOWER-IMPACT WORKOUTS. THE DESIGN OF THE CLASS INTRODUCES EASY-TO-FOLLOW ZUMBA CHOREOGRAPHY THAT FOCUSES ON BALANCE, RANGE OF MOTION, AND COORDINATION. CHAIRS WILL BE AVAILABLE TO ALL PARTICIPANTS. COME READY TO SWEAT AND PREPARE TO LEAVE EMPOWERED AND FEELING STRONG.

PLEASE WEAR LOOSE-FITTING, COMFORTABLE CLOTHING, AND BRING A WATER BOTTLE AND INDOOR SHOES TO CHANGE INTO WITH GOOD SUPPORT.

**\$10
/CLASS**

THURSDAYS
NO CLASS FEB 26
9:30-10:30AM
ASPIRE STUDIO,
MAPLE STREET
PARK
(75 MAPLE STREET)



MOVE YOUR BODY!



NIA DANCE

NIA® IS A DANCE, FITNESS, MINDFULNESS PRACTICE WITH THE “JOY OF MOVEMENT” AT ITS CORE. DRAWING FROM THE WISDOM AND MOVEMENT LANGUAGES OF MODERN DANCE, MARTIAL ARTS, AND HEALING ARTS, NIA DELIVERS A FUN, ENERGETIC HOUR OF MOVEMENT (INCLUDING A WARM-UP, COOL-DOWN, AND STRETCH PHASE). THE PRACTICE IS DESIGNED TO PROMOTE MINDFULNESS AND TO BE PERSONALIZED FOR ANY BODY OR ENERGY LEVEL, ALL WHILE OFFERING A HIGH CARDIO WORKOUT THAT’S EASY ON YOUR JOINTS. ALL CHOREOGRAPHY IS BASED ON 52 SIMPLE MOVES, WHICH PARTICIPANTS ARE ENCOURAGED TO ADAPT TO THEIR OWN BODY. NO DANCE EXPERIENCE NECESSARY. STEP INTO THE STUDIO, TAKE OFF YOUR SHOES, AND GET READY TO FEEL BETTER INSIDE AND OUT AS WE DANCE AND SWEAT TO A DIVERSE ARRAY OF MUSIC.

**ASPIRE STUDIO,
MAPLE STREET PARK
(75 MAPLE STREET)**

SUNDAYS 9-10AM

SPRING SESSION: FEB 15-MARCH 22

\$30 FOR 6 WEEK SESSION

EASY GOING FLOW YOGA

EASY FLOW YOGA COMBINES MANY COMPONENTS OF A WELL-ROUNDED YOGA PRACTICE WITH SIMPLE SEQUENCING AND LONGER HOLD TIMES OF SOME POSES. CONNECT TO YOUR BODY AND BREATH FOR AN HOUR AND RETURN TO THE WORLD A MORE CENTERED YOU. THIS CLASS IS AVAILABLE TO THOSE WITH SOME YOGA EXPERIENCE, REGARDLESS OF AGE AND GENDER. MATS NOT PROVIDED — BRING A TOWEL OR BLANKET TO PRACTICE ON INSTEAD.



**75 MAPLE STREET, MULTIPURPOSE ROOM
FRIDAYS 9-10AM**

**SPRING SESSION 1: MARCH 6-APRIL 17
\$60 FOR 6 WEEK SESSION**



CHRISTINA MERHAR, REGISTERED YOGA TEACHER

COMMUNITY MEALS

MARCH ST PIUS SENIOR LUNCH

**MARCH 4 @ NOON
ST. PIUS X**

**RESERVATIONS REQUIRED
BY JANUARY 30TH**

**IF YOU SIGN UP, PLEASE
SHOW UP. IF YOU CAN'T
MAKE IT, CALL DONNA
OR E-MAIL GLORIA.**

EMAIL:

DEELEYGLORIA@GMAIL.COM

CALL:

DONNA @ (802) 879-7922

**THANK YOU, DONNA,
GLORIA, AND
ST. PIUS VOLUNTEERS!**

**\$5 CHARGE AT
THE DOOR**

**20 JERICHO
RD.
ESSEX, VT
05452**

**REMINDER
THAT
FEBRUARY'S
LUNCHEON
IS 2/4!**



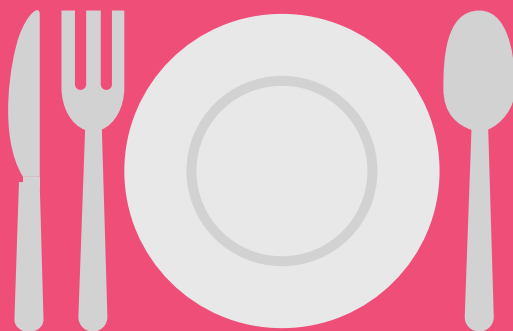
**MENU :
SWISS BAKED CHICKEN
RICE
SALAD, ROLLS
DESSERTS**

ESSEX COMMUNITY DINNER

**ESSEX COMMUNITY
DINNERS ARE
PROVIDED IN ORDER
TO GROW AND
PROMOTE
COMMUNITY!**

BY DONATION

**FRIDAY,
FEBRUARY 13TH
5:30PM
AT THE HOLY
FAMILY PARISH
CENTER**



ST. PIUS X ST. PATRICK'S DAY SENIOR LUNCHEON

**TUESDAY, MARCH 17 AT NOON
20 JERICHO RD. ESSEX, VT 05452**

**Traditional Corned Beef Meal,
Dessert & Entertainment!**

**100 Tickets available and must be
purchased by March 13th**

Price: \$10.00

**Purchase at
February & March
senior luncheons at
St Pius**



ART CLASSES

LOTS OF OPPORTUNITIES WITH
TINA LOGAN AT HER STUDIO!
SIGN UP AT
[REGISTRATION.EJRP.ORG](https://registration.ejrp.org) OR
CALL 802-878-1375!



156 RAILROAD STREET, SUITE 6
ESSEX JUNCTION, VT 05452

HANDMADE VALENTINE MAKING

MAKE ONE OF A KIND HANDMADE VALENTINES FOR YOUR LOVED ONES
USING COLLAGE AND ASSORTED MIXED MEDIA. THIS CLASS HAS AN
AFTERNOON AND AN EVENING SESSION FOR YOU TO CHOOSE
FROM. SSION OPTION FOR THIS CLASS



WEDNESDAY FEBRUARY 11
SESSION 1: 1-3PM
SESSION 2: 6-8PM
\$30 PER SESSION



PET PORTRAITS

DO YOU HAVE A SPECIAL PET THAT YOU WOULD LIKE TO HONOR BY
MAKING A PET PORTRAIT OF THEM? BRING A PHOTO TO CLASS AND
CREATE A PAINTED VERSION OF YOUR PET PORTRAIT USING YOUR
OWN ARTISTIC LICENSE. NO EXPERIENCE NECESSARY, JUST INTEREST
AND LOVE OF ANIMALS!



MONDAY FEBRUARY 16
6-8PM
\$35 PER PERSON



contact the Brownell Library for more information on any of these programs!

802-878-6955 Adult, 802-878-6956 Youth

frontdesk@brownelllibrary.org

Vermont Astronomical Society

FEATURED TALK &
CONSTELLATION
OF THE MONTH

FIRST MONDAY
OF THE MONTH

7:30-9PM

IN PERSON AND
ON ZOOM - ASK
FOR THE LINK!



LIBRARIAN'S
CHOICE
**Book
Discussion**
February 14, 2-3pm

JOIN YOUTH LIBRARIAN RIVER WEST FOR A HORROR-WESTERN MASHUP PERFECT FOR VALENTINE'S HATERS: 1915 MONTANA, A DETERMINED HOMESTEADER, AND ONE VERY MYSTERIOUS STEAMER TRUNK SHE REFUSES TO OPEN. WHAT'S ADELAIDE HENRY HIDING? AND COULD HER SECRET BE EXACTLY WHAT SHE NEEDS TO SURVIVE THE BRUTAL FRONTIER? COPIES OF THE BOOK ARE AVAILABLE AT THE LIBRARY TO PICK UP AHEAD OF TIME AND SNACKS WILL BE PROVIDED DURING THE PROGRAM.

ADULT MAKER

KIT

VALENTINES

RELEASING
MON. FEB. 2
@2PM

INSTRUCTIONS INCLUDED,
1 PER FAMILY PLEASE



Monday Computer Technology Help



1 on 1 sessions
for Tech Help



Schedule a meeting at the Front Desk

MUST READ MONDAYS



February 23
6:30-7:30pm



GRIEF GROUP

Finding Support Together

Guided by certified death doula Karen Hergesheimer, our conversations offer understanding, education, and valuable resources to help you through this journey.

First Wednesday of every month from 6:30-7:30
hot tea provided

AARP TAX AIDE APPOINTMENTS



Call Brownell Library to make
your AARP tax appt!
802-878-6955

◆ B BROWNELL NEWS N ◆

Current Events

TUESDAYS 10-11:30AM



ENGAGE WITH
YOUR
COMMUNITY

LOCAL,
NATIONAL, AND
WORLD EVENTS

STAY INFORMED



DISCUSS CURRENT EVENTS WITH COMMUNITY MEMBERS

15

BRAIN GAMES!

FEBRUARY SUDOKU

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

© 2013 KrazyDad.com

FEBRUARY WORD SCRAMBLE

HERBS & SPICES

Word Scramble

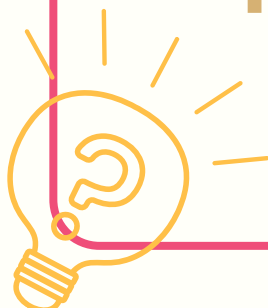
DIRECTIONS: All of the scrambled words below are herbs and spices. Can you put the letters in the right order to spell the different words correctly?

COCIIRL	
RWCAAY	
VAYORS	
YLPASRE	
RGINEG	
DELANEVR	
RSFNAOF	
CREVHLI	
SBLAI	
MEHYT	
FNELEN	
NARCITOL	
LPELIACS	
UGMETN	
RCURY	
NYECANE	
IAESN	
NORICDAER	
TOAGRRA	
AAPPKRI	
MAERYRSO	
RGONEAO	
MNACIONN	
VLOEC	
ERCTURIM	

© 2022 puzzles-to-print.com

FEBRUARY TRIVIA!

What is the capital of Canada?

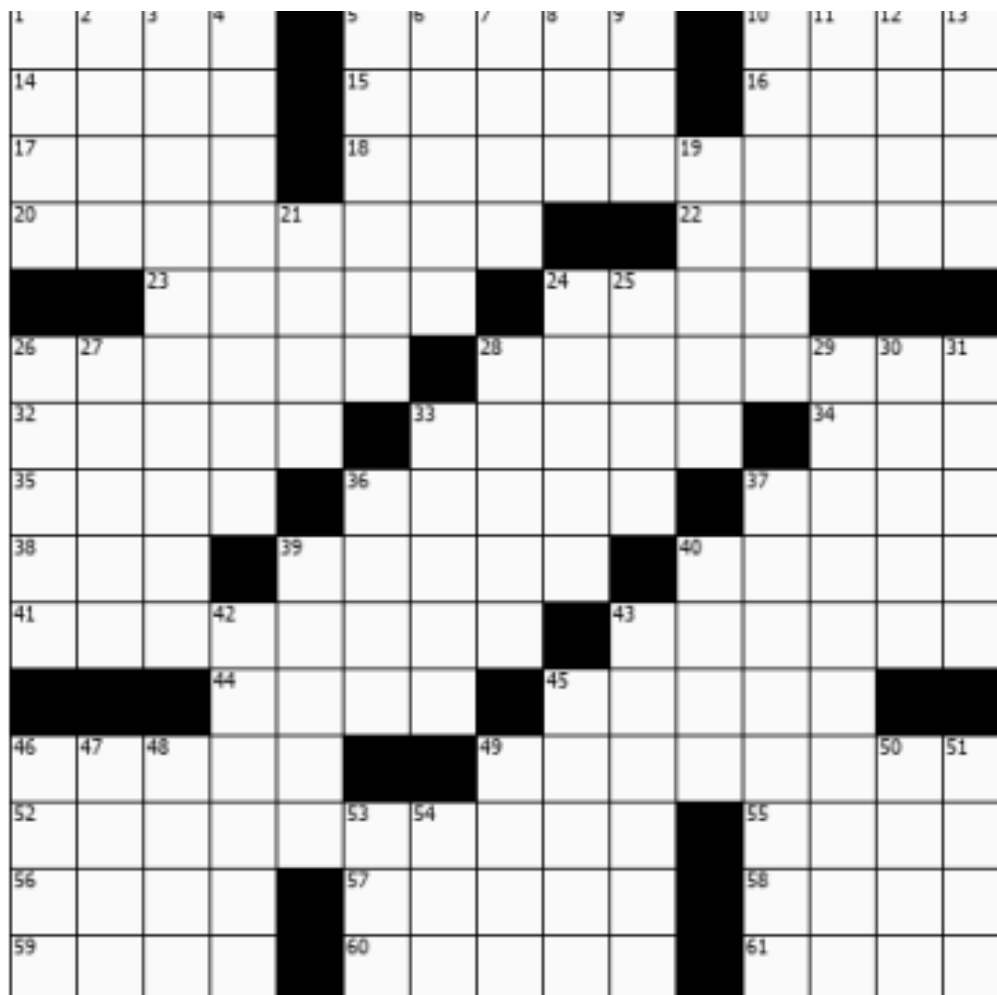


Answer key on page 23

CROSSWORD

Across

1. Shares
5. Homer king until '98
10. Bit of bickering
14. Yearn
15. Get up
16. Rossini song
17. Flutter
18. Used
20. Walkman plug-in
22. Dishwasher cycle
23. Ross of Motown
24. Gondola, e.g.
26. Tranquilizers' opposite
28. Lopez or Grey
32. Org. founded on Lincoln's birthday
33. Duck sound
34. Long-term investment
35. Preserve, as meat
36. Bizarre
37. Kind of poker
38. Abbr. on a key
39. Double agents
40. Jackson or James
41. Shuttle cargoes
43. Gridiron specialist
44. Building extensions
45. Doctor in the service
46. Put on a show
49. Rescinder
52. Farms
55. The Jewel of the East
56. Augury
57. Japanese immigrant
58. Exam for would-be atty.
59. Await action
60. Hearing shower
61. Salinger girl



Down

- | | | |
|---------------------------------------|-----------------------------------|------------------------------|
| 1. Bistro | 19. Swallowed | 39. Shoe bottoms |
| 2. Basketball power under John Wooden | 21. Instrument for a Marx Brother | 40. New Testament book |
| 3. Arbitrator | 24. Chicago eleven | 42. Map table |
| 4. Part of stage scenery | 25. A single time | 43. Stomach enzyme |
| 5. Bricklayers | 26. Remove the lid | 45. Euripides tragedy |
| 6. Hippodrome | 27. Prentiss or Poundstone | 46. Hit the mall |
| 7. Sake base | 28. Isle of Wight settlers | 47. Big reference volume |
| 8. Bar opening | 29. Top of the line | 48. Congregation affirmation |
| 9. D.C. VIP | 30. Rub out | 49. File |
| 10. Gauguin's island | 31. More crude | 50. Jack of Westerns |
| 11. Place avoided by Rushdie | 33. British moola | 51. Ceremony |
| 12. Fifties auto feature | 36. Scorpio stone | 53. Spasm |
| 13. Go dim | 37. Open to dispute | 54. Suffix with lion |

Answer key on page 23

Crossword from onlinecrosswords.net

GREEN MOUNTAIN PASSPORT

A Vermont State Park Visitor's Pass Discount
Program for Seniors & Veterans

What is the passport for?

- Free admission to VT State Parks (overnight camping and other park fees are excluded)
- Free admission to Vermont State Historic Sites
- Free admission to events that are fully State-sponsored

Who is eligible?

- Must be a legal resident of the Vermont town or city in which you are applying
- Must be either 62 years of age or older, or a veteran of the uniformed services



How do I get a Green Mountain Passport card?

- Fill out an application at your local City or Town Clerk's Office
- Pay a one-time, \$2 fee to the municipal clerk
- Receive your Green Mountain Passport Card!

**FOR MORE INFORMATION ON THE GREEN MOUNTAIN
PASSPORT CARD, CONTACT
YOUR LOCAL CITY OR TOWN CLERK'S OFFICE**

**FOR MORE INFORMATION ABOUT VERMONT STATE PARKS,
VISIT VTSTATEPARKS.COM**

CAPABLE Program COMMUNITY AGING IN PLACE ADVANCING BETTER LIVING FOR ELDERS



Designed to help older adults
function safely in their homes

SERVICES:

- 6 home visits from an Occupational Therapist
- 4 home visits from a registered nurse
- Minor home repair, modifications, & assistive devices

Teams comprised of an occupational therapist, a registered nurse, and a handyperson to help older adults identify their own self-care goals which can decrease hospitalization and healthcare costs

ELIGIBILITY:

- 60 years of age or older
- Live in Addison, Chittenden, Franklin, or Grand Isle counties
- Have some difficulty with any ADL (such as bathing, dressing, grooming, eating, walking across a small room)
- Cognitively intact
- Not receiving active cancer treatment or pending surgery
- Not terminally ill
- Income eligible - call for more information





Age Well is a nonprofit organization that serves Addison, Chittenden, Franklin, and Grand Isle Counties and is the largest Meals on Wheels provider in Vermont. Our mission is to provide the support and guidance that inspires our community to embrace aging with confidence. To learn more and donate, visit: agewellvt.org

HOLY FAMILY FEBRUARY LUNCHEONS

Meal provided to individuals 60+ years of age*

WHEN & WHERE

MONDAYS FEBRUARY 9 AND 23, 2026

CHECK IN: 11:30 LUNCH: 12:00

HOLY FAMILY PARISH
30 LINCOLN ST ESSEX JCT

FEBRUARY 9

PORK & VEGETABLE STEW, FOUR
BEAN MEDLEY,
BISCUIT, PINEAPPLE

FEBRUARY 23

CHEESE RAVIOLI WITH MEAT SAUCE,
MIXED VEGETABLES, WHEAT BREAD,
FRUITY YOGURT PARFAIT

\$7 suggested
donation
Please reserve
your seat
1 week ahead

CITY COUNCILORS WILL BE
JOINING US FOR LUNCH ON
FEB 23!

Contact

Julie Shorter, Program Director
802- 878-1375 ext. 1553

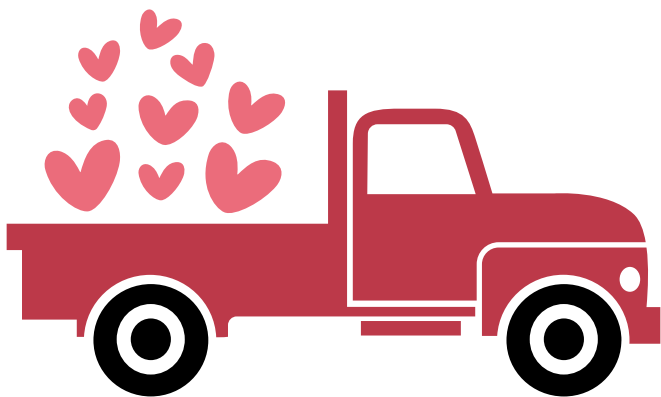
jshorter@ejrp.org

Please register 1 week in advance

No takeout available

\$7 suggested donation per meal

*Age Well registration required





Age Well is a nonprofit organization that serves Addison, Chittenden, Franklin, and Grand Isle Counties and is the largest Meals on Wheels provider in Vermont. Our mission is to provide the support and guidance that inspires our community to embrace aging with confidence. To learn more and donate, visit: agewellvt.org

TOWN MEADOW LUNCHEON FEBRUARY 10

Available to individuals 60+years of age*

MENU:

SPAGHETTI & MEATBALLS,
SPINACH, WHEAT ROLL,
MANDARIN ORANGES IN JELLO

WHEN:

TUESDAY, FEBRUARY 10, 2026

CHECK IN: 11:30

LUNCH SERVED: 12:00

NO DELIVERY AVAILABLE \$7

SUGGESTED DONATION

\$7

SUGGESTED
DONATION

Reservation required
by 2/4



Where:

Essex Town Meadow Senior Housing
22 Carmichael St., Essex

Contact:

MJ Merchant

Merchant@cathedralsquare.org

802-859-8866

*Age Well registration required.



RESTAURANT TICKET PROGRAM

Older adults can make an **\$8 donation** to receive a ticket to dine at one of the participating establishments.

Tickets are non-refundable, non-transferable and must be used by the person noted on the ticket. Tickets are good through Sept 30th. Tickets are available at any Age Well office or you can call 802-662-5200 for more information.

Upon arrival, present your Age Well ticket to your host/server. They will then give you the special Age Well menu which has been reviewed and is compliant with the Older American's Act guidelines. All other members of your party will select from the regular menu at regular price. Substitutions are not allowed. Any extra items or substitutions ordered will be charged at full price. *Please note that gratuity is not included with the tickets.*

PARTICIPATING RESTAURANTS *as of January 1, 2026*

Addison County

3 Squares Cafe: 141 Main St, Vergennes

Available Monday, Wednesday, Thursday, Friday, & Saturday | 8:00 am - 3:00 pm

Halfway House: 450 VT Route 22A, Shoreham

Available Monday-Thursday | 5:00 am - 8:00 pm – Breakfast served all day.

Chittenden County

Innovation Cafe: 128 Lakeside Ave, Burlington

Available Monday - Friday | 8:30 am - 1:00 pm

The Dutch Mill Family Restaurant: 4309 Shelburne Rd, Shelburne

Available Monday - Friday | 7:30 am - 2:00 pm

Ray's Seafood Market: 7 Pinecrest Dr, Essex Junction

Available Sunday - Wednesday | 11:00 am - 3:30 pm (Labor Day-Memorial Day)

Zachary's Pizza: 197 US-7, Milton | 1250 Williston Rd, S. Burlington | 133 Heineberg Dr, Colchester

Available Monday - Friday | 11:00 am - 4:00 pm

Franklin/Grand Isle County

Kraemer & Kin: 3517 Us-2, North Hero - DOES NOT ACCEPT TICKETS IN THE WINTER

Please call ahead or visit their website for current hours <https://www.kraemernandkin.com>

Greenwood Deli & Bakery: 101 Main St, Richford

Available Wednesdays Lunch 11:30 am-3:00 pm and Friday Breakfast 9:00 am-11:00 am

Wally's Place : 260 Route 2, South Hero

Available Wednesday, Thursday & Friday | 10:00 am - 2:00 pm

Dairy Center: 2445 Sampsonville Rd, Enosburg

Available Monday - Friday | 11:00 am - 1:00 pm

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. Check with SSTA for current pricing.

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.

Crossword Answer

C	U	T	S		M	A	R	I	S		T	I	F	F
A	C	H	E		A	R	I	S	E		A	R	I	A
F	L	I	T		S	E	C	O	N	D	H	A	N	D
E	A	R	P	H	O	N	E			R	I	N	S	E
		D	I	A	N	A		B	O	A	T			
U	P	P	E	R	S		J	E	N	N	I	F	E	R
N	A	A	C	P		Q	U	A	C	K		I	R	A
C	U	R	E		O	U	T	R	E		D	R	A	W
A	L	T		S	P	I	E	S		J	E	S	S	E
P	A	Y	L	O	A	D	S		P	U	N	T	E	R
			E	L	L	S		M	E	D	I	C		
S	T	A	G	E			R	E	P	E	A	L	E	R
H	O	M	E	S	T	E	A	D	S		B	A	L	I
O	M	E	N		I	S	S	E	I		L	S	A	T
P	E	N	D		C	S	P	A	N		E	S	M	E

Sudoku Answer

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

TRIVIA ANSWER:
OTTAWA

Word Scramble Answers

OGLOANB	BOLOGNA
RMBGUERHA	HAMBURGER
TMEYLTAPT	PATTY MELT
TALBMLAE	MEATBALL
EESCHETAESK	CHEESESTEAK
RUANZ	RUNZA
EARSFBKAT	BREAKFAST
NUBREE	REUBEN
UMBAISRNE	SUBMARINE
ERLDIS	SLIDER
NAUT	TUNA
BCUL	CLUB
EBCFNREOD	CORNEB BEEF
DCPNIRHFE	FRENCH DIP
DVERNE	DENVER
GALGEDSA	EGG SALAD
STEKA	STEAK
MNESIOTCRT	MONTE CRISTO
YSJOOPLP	SLOPPY JOE



WHAT'S NEW ON NETFLIX

- **Crazy, Stupid, Love. (2011)** – Romantic comedy following a middle-aged husband whose life changes dramatically when his wife asks for a divorce, leading him to seek help from a young womanizer to rediscover his manhood.
- **Letters to Juliet (2010)** – Romantic drama about an American girl on vacation in Italy who finds an unanswered "letter to Juliet" and goes on a quest to find the elderly author's long-lost love.



FEBRUARY'S BOOK PICK

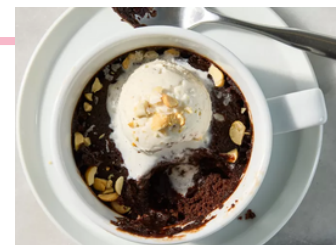
Title: The Housemaid **Author:** Freida McFadden

Millie is a young and beautiful woman who applies and is offered a job as a live-in housekeeper for a wealthy couple, Nina and Andrew Winchester. For Millie, who has a criminal record, it's a fantastic job -- until it's not. In this fun and quick-paced psychological thriller, Millie wonders what type of people she's really working for...

YIELDS 2 SERVINGS
PREP TIME: 15 MIN
TOTAL TIME: 20 MINS

COOKING CORNER

CHOCOLATE PEANUT BUTTER MUG CAKES



INGREDIENTS

- 1/3 CUP ALL-PURPOSE FLOUR
- 3 TABLESPOONS DUTCH-PROCESSED COCOA, SIFTED
- 1/2 TEASPOON BAKING POWDER
- 1/4 CUP GRANULATED SUGAR
- 1/4 CUP PACKED LIGHT BROWN SUGAR
- 1/4 CUP WHOLE MILK
- 1 TABLESPOON VEGETABLE OIL, SUCH AS AVOCADO
- 1 1/2 TEASPOONS INSTANT ESPRESSO POWDER
- 1 TEASPOON VANILLA EXTRACT
- 1 LARGE EGG
- 2 1/2 TABLESPOONS CREAMY PEANUT BUTTER, DIVIDED
- VANILLA ICE CREAM
- CHOPPED SALTED COCKTAIL PEANUTS AND FLAKY SEA SALT, FOR GARNISH

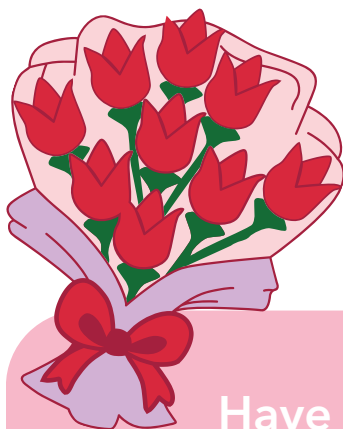
Recipe from:
<https://www.foodandwine.com/chocolate-peanut-butter-mug-cakes-8779368>

INSTRUCTIONS

- Whisk together flour, cocoa, and baking powder in a small bowl until well combined. Whisk together granulated sugar, brown sugar, milk, oil, espresso powder, vanilla, egg, and 1 1/2 tablespoons peanut butter in a medium bowl until well combined. Whisk flour mixture into sugar mixture until mostly smooth and well combined (some very small lumps are okay).
- Divide batter evenly between 2 (12-ounce) microwavable mugs. Evenly divide and dollop remaining 1 tablespoon peanut butter in center of batter in each mug.
- Microwave cakes, 1 at a time, on HIGH until tops are just set and a wooden pick inserted into center comes out with just some moist crumbs, 50 seconds to 1 minute and 10 seconds. (If cake is still underdone after 50 seconds, microwave on HIGH in 5- to 10-second intervals, as needed [see Note]; it's normal for cake to rise and then sink slightly once removed from the microwave). Wipe sides and rims of mugs clean using a damp paper towel, if desired. Let cake stand at room temperature 5 minutes.
- Top each cake with a scoop of ice cream. Garnish with peanuts and flaky sea salt.

FEBRUARY 2026 CALENDAR

SUN.	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT.
1	2 9-10AM BONE BUILDERS 9-10AM "LIFTING" SPIRITS 11AM-12PM WALKING CLUB	3 10-11:30AM CURRENT EVENTS 10AM-1PM BINGO	4 12PM SENIOR LUNCH AT ST PIUS 1:30-3:30PM CRIBBAGE 6:30-7:30PM GRIEF GROUP	5 9-10AM BONE BUILDERS 9:30-10:30AM ZUMBA GOLD 12:30-4PM DUPLICATE BRIDGE	6 10AM-12PM MAH JONGG	7
8 2-3:30PM GIRL SCOUTS VISIT	9 9-10AM "LIFTING" SPIRITS 9-10AM BONE BUILDERS 11AM-12PM WALKING CLUB 11:30-1PM AGE WELL LUNCH AT HOLY FAMILY	10 10-11:30AM CURRENT EVENTS 10AM-1PM BINGO 11:30-1PM AGE WELL LUNCH AT TOWN MEADOW	11 1:30-3:30PM CRIBBAGE 1-3PM OR 6-8PM HANDMADE VALENTINE MAKING	12 9-10AM BONE BUILDERS 9:30-10:30AM ZUMBA GOLD 12:30-4PM DUPLICATE BRIDGE	13 10AM-12PM MAH JONGG 11AM-12PM WALKING CLUB	14
15	16 9-10AM "LIFTING" SPIRITS 9-10AM BONE BUILDERS 11AM-12PM WALKING CLUB 6-8PM PET PORTRAITS	17 10-11:30AM CURRENT EVENTS 10AM-1PM BINGO	18 1:30-3:30PM CRIBBAGE	19 9-10AM BONE BUILDERS 9:30-10:30AM ZUMBA GOLD 12:30-4PM DUPLICATE BRIDGE	20 10AM-12PM MAH JONGG 11AM-12PM WALKING CLUB	21
22	23 11:30-1PM AGE WELL LUNCH WITH CITY COUNCILORS 11AM-12PM WALKING CLUB	24 10-11:30AM CURRENT EVENTS 10AM-1PM BINGO	25 1:30-3:30PM CRIBBAGE	26 9-10AM BONE BUILDERS 12:30-4PM DUPLICATE BRIDGE	27 10AM-12PM MAH JONGG	28



Have something you'd like to add to the next newsletter? See Julie or email her at jshorter@ejrp.org !