

# MAY 2026

## Essex Area Senior Center Newsletter

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May Calendar

THE ESSEX AREA SENIOR CENTER WILL BE REOPENING THIS MONTH! IF YOU AREN'T ALREADY ON MY EMAIL LIST, JOIN TO STAY UP TO DATE WITH ANNOUNCEMENTS SURROUNDING THAT!

EMAIL ME AT  
[JSHORTER@EJRP.ORG](mailto:JSHORTER@EJRP.ORG)



# IMPORTANT ANNOUNCEMENTS

## SENIOR CENTER UPDATE

**AS I WRITE THIS, WE ARE NEARING COMPLETION OF THE SENIOR CENTER RENOVATIONS. I WILL COMMUNICATE WITH ALL REGULAR PROGRAMMING WHEN WE WILL SHIFT BACK FROM HOLY FAMILY/THE LIBRARY TO THE CENTER. THERE WILL BE A GRAND REOPENING THAT I WILL SEND OUT INFO ON IN THE NEXT WEEK OR SO!**

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](http://www.ejrp.org/olderadults)

**EJRP CONTACT INFORMATION:**  
Julie Shorter  
Program Director  
for Older Adults

**EMAIL:**  
[jshorter@ejrp.org](mailto:jshorter@ejrp.org)

**PHONE:**  
(802) 878-1375 x 1553

## TEMPORARY LOCATIONS DETAILS

### HOLY FAMILY PARISH CENTER

**UNTIL SENIOR CENTER RENOVATIONS ARE DONE**

-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](http://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))



## LOOKING FOR HELP CLEANING THE SENIOR CENTER BEFORE RE-OPENING

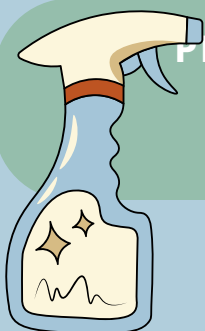
THERE HAVE BEEN A LOT OF YOU REACHING OUT ABOUT HELPING WITH THE SENIOR CENTER- THANK YOU!! I WILL REACH OUT SOON WITH DATES AND TIMES THAT I NEED HELP.



WANT TO HELP? EMAIL OR CALL ME AND I WILL LET YOU KNOW WHEN WE PLAN TO GET TOGETHER!



I'M ALSO LOOKING FOR SOMEONE TO BRING AN IRON AND IRONING BOARD (OR A STEAM IRON?) FOR THE CURTAINS!



PLEASE LET ME KNOW IF YOU WANT TO HELP IN ANY WAY!  
[JSHORTER@EJRP.ORG](mailto:jshorter@ejrp.org)  
802-878-1375



# 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

YOU'RE INVITED TO COME AND LEARN TO PLAY CRIBBAGE!



## 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](mailto: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!



# BIRDWATCHING 101



Join us for a morning in the park with Audubon Vermont. Learn classic birding skills like identifying sweet melodies and vibrant colors to identify neighborhood birds. Then, put those skills to the test on a guided bird walk!



**Thursday May 14  
8-10am**

**Maple Street Park  
Free!**

**Registration required.  
contact**

**[jshorter@ejrp.org](mailto:jshorter@ejrp.org)  
802-878-1375**





# MIND FIT IS BACK!

AN EXERCISE CLASS...  
FOR YOUR BRAIN!

**FREE!**

Keep your brain sharp and healthy. Just like the body, the brain can show signs of aging over time. While this is a natural result of growing older, there are positive lifestyle changes you can make to keep your mind sharper for longer. Join us for a fun, FREE and informative series, led by brain fitness expert Gena Braman, PTA, CMC from Home Care Assistance. In this Mind Fit series, you will learn about proactive ways to enhance cognitive functioning, including fun group activities used in the Cognitive Therapeutics Method, a science-based cognitive stimulation program.

## Sample Activities to Boost Brain Health:

- Trivia
- Word Bingo
- Name That Tune
- Logo Identification
- Visual Puzzles
- Alphabet Soup
- Advice Column

**FRIDAYS 11AM-12PM**

**APRIL 3-MAY 29**

**(NO SESSIONS APRIL 24)**

MAPLE STREET PARK

MULTIPURPOSE ROOM

75 MAPLE STREET ESSEX JUNCTION



**HOME CARE**  
ASSISTANCE

NO REGISTRATION REQUIRED, JUST SHOW UP!

CONTACT JULIE SHORTER WITH QUESTIONS  
JSHORTER@EJRP.ORG 802-878-1375 EXT 1553





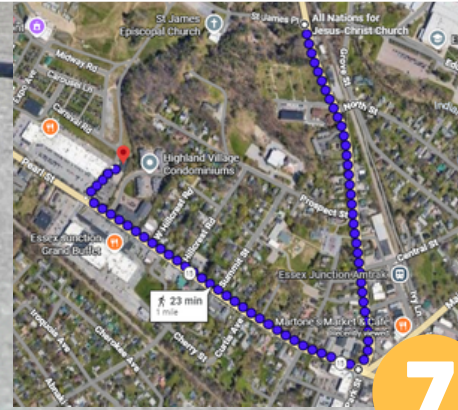
# ESSEX MEMORIAL DAY PARADE

SATURDAY, MAY 23RD



## PARADE ROUTE

- 9:30am Service at Veterans Memorial Park, Five Corners, Essex Junction
- 10:00am parade begins
- Road closures at 9am
- Limited parking, carpooling/walking is recommended
- Food drive along the route during the parade for Aunt Dot's, bring an item and get a Rocky's creemee coupon!



# STAY ACTIVE!

## OUTDOOR WALKING CLUB

TRY OUT OUR WALKING PATHS AT MAPLE STREET PARK AND JOIN US TO GET ACTIVE AND BUILD COMMUNITY! DON'T FORGET TO BRING WATER AND WEAR COMFORTABLE SHOES. MEET AT THE BENCHES JUST BEYOND THE BUILDING WHEN YOU ENTER THE MAIN ENTRANCE OF THE PARK. ALL PACES ARE WELCOME AND NO REGISTRATION REQUIRED.



MAPLE STREET PARK  
WEDNESDAYS 10:30AM

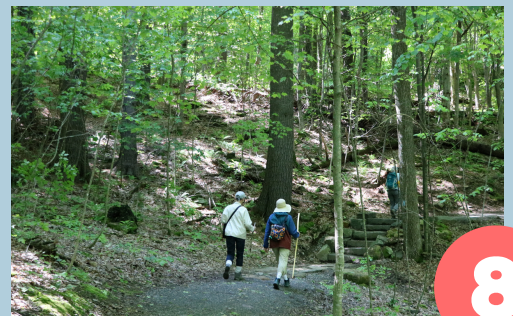


## HIKING CLUB

LOOKING FOR ACTIVE OLDER ADULTS TO JOIN US ON HIKES THIS SPRING!

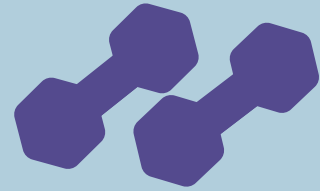
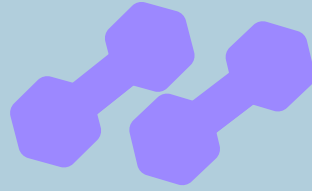
REACH OUT TO JULIE TO FIND OUT MORE INFORMATION!

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

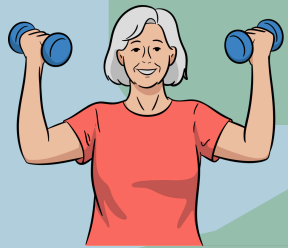


# BONE BUILDERS!

**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.



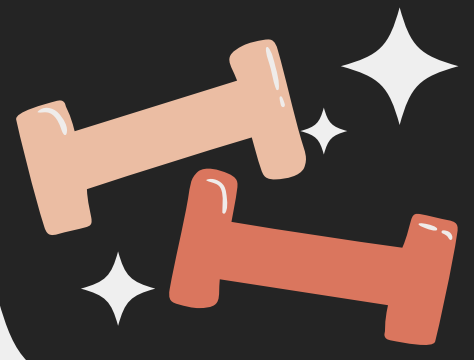
**The Wednesday/Friday Class is pretty full, but there is lots of room in the Monday/Friday class!**

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

**WEDNESDAYS  
AND FRIDAYS  
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 5/25  
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.**

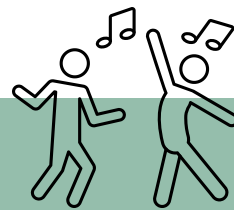
**PLEASE WEAR LOOSE-FITTING, COMFORTABLE CLOTHING, AND BRING A WATER BOTTLE AND INDOOR SHOES TO CHANGE INTO WITH GOOD SUPPORT.**

**\$10  
/CLASS**

**THURSDAYS  
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 2: MAY 10-JUNE 14

\$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 2: MAY 1-JUNE 5  
\$60 FOR 6 WEEK SESSION



CHRISTINA MERHAR, REGISTERED YOGA TEACHER

# COMMUNITY MEALS

## JUNE ST PIUS SENIOR LUNCH

**JUNE 3 @ NOON  
ST. PIUS X**

**RESERVATIONS REQUIRED  
BY MAY 1ST**

**\$5 CHARGE AT  
THE DOOR**

**REMINDER  
THAT MAY'S  
LUNCHEON  
IS 5/6!**

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

**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**



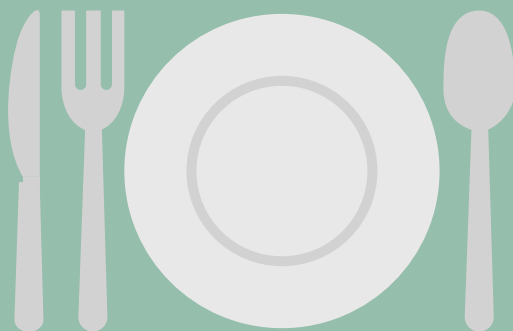
**MENU :  
HAMBURGERS, POTATO  
SALAD, BAKED,  
DESSERT**

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

## ESSEX COMMUNITY DINNER

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

**FRIDAY,  
MAY 8TH  
5:30PM  
AT THE HOLY  
FAMILY PARISH  
CENTER**



**BY DONATION**

# 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

## PAPER MACHE BIRDS, BUGS, & FISH

LEARN THE BASICS OF PAPER MACHE AND BUILDING AN ARMATURE. MAKE YOUR OWN LITTLE PAPER MACHE BIRD, BUG OR FISH FOR YOUR HOME OR GARDEN. DO EITHER SESSION OR DO BOTH SESSIONS AND USE THE SECOND TO DECORATE YOUR LITTLE BIRD WITH COLLAGE, PAINT, MIXED MEDIA, OR MAKE A COMPANION FOR YOUR FIRST BIRD.

WEDNESDAY MAY 6

SESSION 1: 1-3PM

SESSION 2: 6-8PM



\$30 PER SESSION



## POSIE PAINTING

LEARN SOME BASIC DRAWING/OBSERVATION TECHNIQUES AND TRY YOUR HAND AT PAINTING A FLOWER CLOSE UP LIKE GEORGIA O'KEEFFE STYLE! NO EXPERIENCE NECESSARY, JUST INTEREST AND CURIOSITY. WE WILL BE USING ACRYLIC PAINTS ON CANVAS FOR THIS WORKSHOP.

WEDNESDAY MAY 27

SESSION 1: 1-3:30PM

SESSION 2: 5-8:30PM



\$30 PER SESSION

## ZENTANGLE ART \$30 PER SESSION

ZENTANGLE IS A CALMING AND RESTORATIVE DRAWING ARTFORM USING SMALL PAPERS AND HIGH QUALITY PENS. THE METHOD HAS JUST ENOUGH STRUCTURE TO GET PEN TO PAPER EASILY AND ENOUGH ROOM FOR YOUR OWN CREATIVITY TO SHINE IN A NON-JUDGMENTAL AND FORGIVING SPACE. IT PROVIDES A RESPITE FROM OUR HECTIC LIVES AND BRINGS MORE REGULATION TO OUR NERVOUS SYSTEMS. YOU WILL BE AMAZED AT WHAT YOU CAN CREATE!

WEDNESDAY MAY 13

SESSION 1: 1-3PM

SESSION 2: 6-8PM



WEDNESDAY MAY 20

SESSION 1: 1-3PM

SESSION 2: 6-8PM

Join AARP Vermont and the Alzheimer's Association, Vermont Chapter for free presentation on how to build simple habits today to support a healthier brain tomorrow.

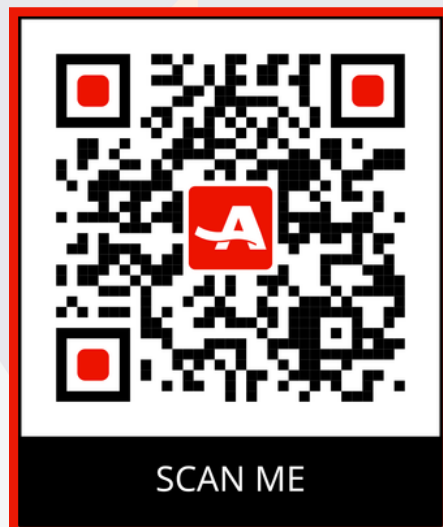
When: Friday, June 12<sup>th</sup>

Time: 1 to 2 pm

Where: Essex Area Senior Center,  
Essex Junction

For more information and to register,  
scan the QR code below or go to:

<https://events.aarp.org/brainhealthessex>



# BROWNELL LIBRARY

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

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

frontdesk@brownelllibrary.org

**SPRINGTIME POTLUCK**

Sat. May 16  
3-4:30pm

Join us for a potluck! Please bring a dish to share.



GARDEN STARTS & HOUSEPLANTS WELCOME!



**PLANT & SEED SWAP!**

BROWNELL LIBRARY GAZEBO  
SAT. MAY 9, 10-1

Bring plants to swap under the pavilion in front of the library.



**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

**FAIRBANKS MUSEUM**

13 MAY 5-6 PM



Learn about climate change with local experts from the Fairbanks Museum and pick up a copy of this year's Vermont Read's selection: *The Light Pirate* by Lily Brooks-Dalton.

Recommended for adults

**KIDS CORNER**

13 MAY 4:45 TO 6:15 PM

Bringing the kids? While you attend the program, children ages 4 and up can join Youth Librarian River for stories, crafts, and free play. Older kids 9 and up are welcome to explore the youth area independently, with teen librarian Shadia on hand if needed.



**Monday Computer Technology Help**



**1 on 1 sessions for Tech Help**




Schedule a meeting at the Front Desk

**Adult Take and Make Painted Bird Houses**

releases 1<sup>st</sup> day of the month





**MOVIE NIGHT AND DISCUSSION PANEL**


Join us for a movie night! The movie is an award winning film that brings alive the struggles of unhoused visitors at a public library on a frigid night. After the film, there will be a panel discussion with guests from the Howard Center as well as library staff.

**WEDNESDAY, MAY 20**  
5:30 — 8:00PM






**Must Read Mondays**



May 18  
6:30-7:30pm



**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



**16**

# BRAIN GAMES!

## MAY WORD SCRAMBLE

### MAY SUDOKU

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

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### Word Scramble

In the Northern Hemisphere, May is a month when flowers bloom, the weather gets warmer, and school starts to wind down for the summer. Can you figure out the seasonal vocabulary words by unscrambling the letters?

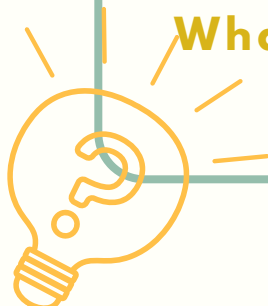
- EENRG \_\_\_\_\_
- GHITL \_\_\_\_\_
- LLAIC \_\_\_\_\_
- ASRSG \_\_\_\_\_
- BTRUTELYF \_\_\_\_\_
- OBLMO \_\_\_\_\_
- SDSEE \_\_\_\_\_
- AOEMYLP \_\_\_\_\_
- ICPINC \_\_\_\_\_
- RESO \_\_\_\_\_
- SRDIB \_\_\_\_\_
- IHSNNSUE \_\_\_\_\_

- ATRSUU \_\_\_\_\_
- LOFREW \_\_\_\_\_
- OMSSLOB \_\_\_\_\_
- LDABGUY \_\_\_\_\_
- PATLN \_\_\_\_\_
- MBULEEBBE \_\_\_\_\_
- EGADNR \_\_\_\_\_
- ISNRGP \_\_\_\_\_
- OERTHM \_\_\_\_\_
- AHTWMR \_\_\_\_\_
- PUITL \_\_\_\_\_
- AELBALBS \_\_\_\_\_

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## MAY TRIVIA!

What is the one food that can never go bad?

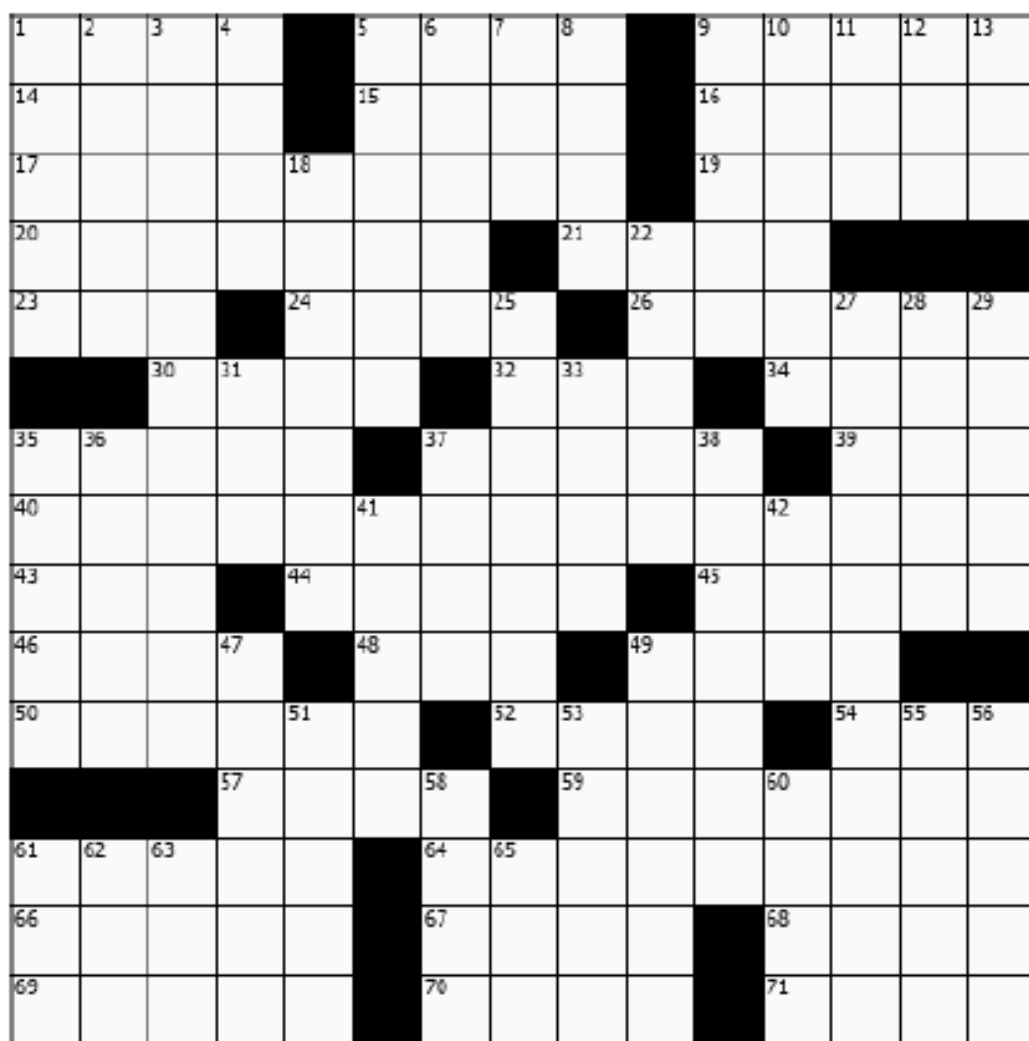


Answer key on page 24

# CROSSWORD

## Across

1. "\_\_\_ the grass in the fields ..." (Whitman)  
 5. Foot-shaped form  
 9. Pound prospect  
 14. Author Morrison  
 15. Realm  
 16. Cast mightily  
 17. Quit working  
 19. Generous donation  
 20. Some legal actions  
 21. Elbow counterpart  
 23. Not just any  
 24. Subsurface hazard  
 26. Come to the rescue  
 30. Cola mixers  
 32. Life-changing declaration  
 34. Green Gables girl  
 35. Fly in the ointment  
 37. Of superior grade  
 39. Mommy deer?  
 40. Not available for use  
 43. Canton in Switzerland  
 44. Trumped-up  
 45. They'll question you



## Down

1. Casey was here  
 2. Change shape, in sci-fi  
 3. Not running  
 4. Place for a finger?  
 5. Soup dippers  
 6. Stood up  
 7. Follow a pattern?  
 8. Armored division member  
 9. Loafers, for example  
 10. Mother of mercy  
 11. Certain piano piece  
 12. Sinatra's Gardner  
 13. It's tender to the Japanese  
 18. Drum cover?  
 22. Wynonna's mom  
 25. Braces  
 27. Needing parts  
 28. Condescending type  
 29. Cold forecast  
 31. Subject of many a grainy picture  
 33. Phone call cost, in Bogart films  
 35. Worsens, as relations  
 36. Nightingale or Barton, e.g.  
 37. Survey  
 38. Baltic republic  
 41. Coffeehouses  
 42. One of the seven  
 47. Kennedy's was 109  
 49. Warning devices  
 51. Clock parts  
 53. Highest points  
 55. \_\_\_ firma  
 56. \_\_\_-craftsy  
 58. Hoodwink  
 60. Minor quarrel  
 61. Rustic dance  
 62. Hearty pub order  
 63. Steal or lie, e.g.  
 65. Fuss

Answer key on page 24

# 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](http://VTSTATEPARKS.COM)

**YOU FIRST**

VERMONT DEPARTMENT OF HEALTH

# AGE WELL CORNER



## CAPABLE Program COMMUNITY AGING IN PLACE ADVANCING BETTER LIVING FOR ELDERERS



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 handyman 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



Questions & Referrals: 1-800-642-5119



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](http://agewellvt.org)

## Holy Family May 11 Luncheon

Meal provided to individuals 60+ years of age\*

### When & Where

MONDAY May 11, 2026

Check in: 11:30 Lunch: 12:00

Holy Family Parish

28 Lincoln St Essex Jct

### menu:

Chicken chow mein, Rice pilaf,  
Capri blend vegetables, Pineapple, Milk

\$7 suggested  
donation

Please reserve  
your seat  
1 week ahead



### Contact

Julie Shorter, Program Director

802- 878-1375 ext. 1553

[jshorter@ejrp.org](mailto:jshorter@ejrp.org)

Please register 1 week in advance

No takeout available

\$7 suggested donation per meal

\*Age Well registration required



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## Town Meadow Luncheon May 19

Available to individuals 60+ years of age\*

### menu:

Pork roast, Gravy, Ranch beans,  
Mixed vegetables, Wheat bread,  
Pineapple, Milk

### When:

Tuesday, May 19, 2026  
Check in: 11:30 Lunch Served: 12:00

**No delivery available**

**\$7 suggested donation**

\$7 Suggested  
Donation

Reserve your seat  
by 5/13



### Where:

EssexTown Meadow Senior Housing  
22 Carmichael St., Essex

### Contact:

MJ Merchant  
[Merchant@cathedralsquare.org](mailto: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. They are currently limited to 6 medical visits per month per person.

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

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

### Sudoku Answer

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

### Word Scramble Answers

EENRG	GREEN	ATRSUU	TAURUS
GHITL	LIGHT	LOFREW	FLOWER
LLAIC	LILAC	OMSSLOB	BLOSSOM
ASRSG	GRASS	LDABGUY	LADYBUG
BTRUTELYF	BUTTERFLY	PATLN	PLANT
OBLMO	BLOOM	MBULEEBBE	BUMBLEBEE
SDSEE	SEEDS	EGADNR	GARDEN
AOEMYLP	MAYPOLE	ISNRGP	SPRING
ICPINC	PICNIC	OERTHM	MOTHER
RESO	ROSE	AHTWMR	WARMTH
SRDIB	BIRDS	FUITL	TULIP
IHSNNSUE	SUNSHINE	AELBALBS	BASEBALL

TRIVIA ANSWER:  
HONEY

# ENTERTAINMENT!



## WHAT'S NEW ON NETFLIX

- **Father of the Bride (1991)** – *George Banks is an ordinary, middle-class man whose relatively comfortable life is turned upside down when his beloved daughter announces her engagement, plunging him into a hilariously chaotic whirlwind of over-the-top wedding preparations.*
- **Theodore Roosevelt (2022)** – *This sweeping documentary event chronicles the dynamic life of the 26th U.S. President, exploring his journey from a sickly child of privilege to a rugged frontiersman, Rough Rider war hero, and transformative political leader.*



## MAY'S BOOK PICK

**Title:** The Martian **Author:** Andy Weir

Follows American astronaut, Mark Watney, who is stranded alone on Mars after his crew presumes him dead during a storm and evacuates

## COOKING CORNER

### PESTO CHEESE GARLIC BUTTER SOFT PRETZEL KNOTS

Recipe from:  
[https://www.foodnetwork.com/recipes/halfbakedharvest.com/garlic-butter-soft-pretzel-knots/ipe-2048976](https://www.foodnetwork.com/recipes/halfbakedharvest/pesto-butter-soft-pretzel-knots/recipe-2048976)



YIELDS 16 KNOTS  
 PREP TIME: 30 MINS  
 COOK TIME: 15 MINS  
 RISE TIME: 2 HRS  
 TOTAL: 2 HRS 45 MINS

### INGREDIENTS

- 1 3/4 CUPS WARM WATER
- 1 TABLESPOON HONEY
- 2 1/4 TEASPOONS ACTIVE DRY YEAST
- 1 STICK (1/2 CUP) SALTED BUTTER, MELTED
- 4 1/2 CUPS ALL-PURPOSE FLOUR
- 1/3 CUP BASIL PESTO
- 2 CUPS SHREDDED CHEDDAR
- 1 CUP SHREDDED MOZZARELLA
- 1 EGG, BEATEN
- 1/4 CUP SESAME SEEDS

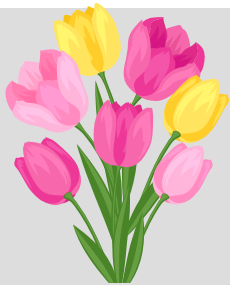
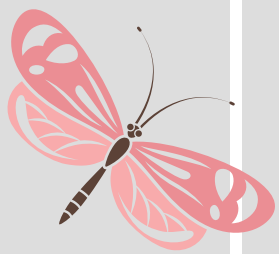
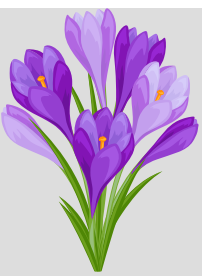

### GARLIC BUTTER

- 6 TABLESPOONS BUTTER
- 1-2 CLOVES GARLIC, CHOPPED
- 1/4 CUP FRESHLY GRATED PARMESAN CHEESE
- 2 TABLESPOONS CHOPPED FRESH THYME AND BASIL OREGANO OR PARSLEY

### INSTRUCTIONS

- Combine the water, honey, and yeast in the bowl of a stand mixer. Let sit for 5 minutes, until bubbly on top.
- Add the butter and flour. Mix on medium speed until the dough is smooth and begins to pull away from the sides of the bowl, about 3 to 4 minutes. If the dough is too wet or too dry, add additional flour or water, 1 tablespoon at a time. Cover the bowl and place in a warm spot until the dough doubles in size, about 1-2 hours.
- Preheat the oven to 425° F. Line 2 baking sheets with parchment.
- On a floured surface, roll the dough out into a rectangle about 1/4 inch thick (about 16x14 inches), adding flour as needed. Spread the dough with pesto. Sprinkle with cheddar and mozzarella cheese. Fold the dough in half, pressing to adhere. Cut into 16 strips. Twist each strip into a loose knot, it doesn't need to be perfect.
- Brush the knots with the beaten egg, then sprinkle each with sesame seeds and coarse salt. Bake for 15 to 18 mins or until the pretzels are golden brown.
- Meanwhile, make the garlic butter. Melt together the butter and garlic until the garlic just becomes fragrant, remove from the heat, then mix in the parmesan and herbs. Spoon the garlic butter over the knots.

# MAY 2026 CALENDAR

SUN.	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT.
					<b>1</b> 10AM-12PM MAH JONGG 11AM-12PM MIND FIT	<b>2</b>
<b>3</b>	<b>4</b> 9-10AM "LIFTING" SPIRITS 9-10AM BONE BUILDERS	<b>5</b> 10-11:30AM CURRENT EVENTS 10AM-1PM BINGO	<b>6</b> 10:30AM WALKING CLUB AT MAPLE STREET PARK 12PM SENIOR LUNCH AT ST PIUS 1:30-3:30PM CRIBBAGE 1-3PM OR 6-8PM PAPER MACHE BUGS, BIRDS, FISH	<b>7</b> 9-10AM BONE BUILDERS 9:30-10:30AM ZUMBA GOLD 12:30-4PM DUPLICATE BRIDGE	<b>8</b> 10AM-12PM MAH JONGG 11AM-12PM MIND FIT	<b>9</b>
<b>10</b>	<b>11</b> 9-10AM "LIFTING" SPIRITS 9-10AM BONE BUILDERS 11:30-1PM AGE WELL LUNCH AT HOLY FAMILY	<b>12</b> 10-11:30AM CURRENT EVENTS 10AM-1PM BINGO	<b>13</b> 10:30AM WALKING CLUB AT MAPLE STREET PARK 1:30-3:30PM CRIBBAGE	<b>14</b> 9-10AM BONE BUILDERS 9:30-10:30AM ZUMBA GOLD 12:30-4PM DUPLICATE BRIDGE	<b>15</b> 10AM-12PM MAH JONGG 11AM-12PM MIND FIT	<b>16</b>
<b>17</b>	<b>18</b> 9-10AM BONE BUILDERS 9-10AM "LIFTING" SPIRITS	<b>19</b> 10-11:30AM CURRENT EVENTS 10AM-1PM BINGO 11:30-1PM AGE WELL LUNCH AT TOWN MEADOW	<b>20</b> 10:30AM WALKING CLUB AT MAPLE STREET PARK 1:30-3:30PM CRIBBAGE	<b>21</b> 9-10AM BONE BUILDERS 9:30-10:30AM ZUMBA GOLD 12:30-4PM DUPLICATE BRIDGE	<b>22</b> 10AM-12PM MAH JONGG 11AM-12PM MIND FIT	<b>23</b> 10AM MEMORIAL DAY PARADE
<b>24</b>	<b>25</b> 9-10AM BONE BUILDERS 9-10AM "LIFTING" SPIRITS	<b>26</b> 10-11:30AM CURRENT EVENTS 10AM-1PM BINGO	<b>27</b> 10:30AM WALKING CLUB AT MAPLE STREET PARK 1:30-3:30PM CRIBBAGE 1-3:30PM OR 6-8:30PM POSIE PAINTING	<b>28</b> 9-10AM BONE BUILDERS 9:30-10:30AM ZUMBA GOLD 12:30-4PM DUPLICATE BRIDGE	<b>29</b> 10AM-12PM MAH JONGG 11AM-12PM MIND FIT	<b>30</b>
<b>31</b>	<p>Have something you'd like to add to the next newsletter? See Julie or email her at <a href="mailto:jshorter@ejrp.org">jshorter@ejrp.org</a> !</p>					