

AUGUST 2026

ESSEX AREA SENIOR CENTER NEWSLETTER

ISSUE HIGHLIGHTS

Program Recap - Page 2

Pop-Up Programs for August - Page 5

Improv for Caregivers Workshop -
Page 6

Special Collaboration with The Essex
Teen Center! - Page 7

EASC Resource Guide - Page 8

RESCHEDULED! TV/Internet Savings
Program - Page 9

Senior Swim Night - Page 10

Sneak Peek! - Page 11

August Art Classes - Page 17

Age Well Luncheons - Page 25

Community Meals - Page 26

EJRP and EASC Older Adult Programming

Our Vision

We believe every stage of life
deserves joy, purpose,
connection, and community.

Our Mission

Our mission is to enrich the
lives of older adults by creating
meaningful opportunities that
foster connection, celebrate
lifelong learning and active
living, and cultivate a vibrant
community where everyone
feels valued, engaged, and
empowered.



IMPORTANT ANNOUNCEMENTS

**WE'RE LOOKING FOR A
VOLUNTEER TO CALL BINGO ON
TUESDAYS FROM 10:00AM-1:00 PM**

NO EXPERIENCE NECESSARY!

**JUST ENTHUSIASM AND A
WILLINGNESS TO HELP CREATE A
FUN, WELCOMING ATMOSPHERE.
YOU'LL BRING A STRONG VOICE, A
FRIENDLY SMILE, AND A LITTLE
HEALTHY COMPETITION TO ONE OF
OUR MOST-LOVED WEEKLY
ACTIVITIES.**

**IF YOU'RE INTERESTED IN
VOLUNTEERING OR WOULD LIKE
TO LEARN MORE, PLEASE CONTACT
CHRISTINA. WE'D LOVE TO HAVE
YOU JOIN OUR TEAM!**

CONTACT INFORMATION



FACEBOOK PAGE:

@essexjunctionrecreationandparks

WEBSITE:

www.ejrp.org/olderadults

EJRP CONTACT INFORMATION:

Christina McLaughlin

Director of Older
Adult Programs

EMAIL:

cmclaughlin@ejrp.org

PHONE:

(802) 878-1375

JOIN OUR EMAIL LIST!

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

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



Or email Christina and ask to be added!

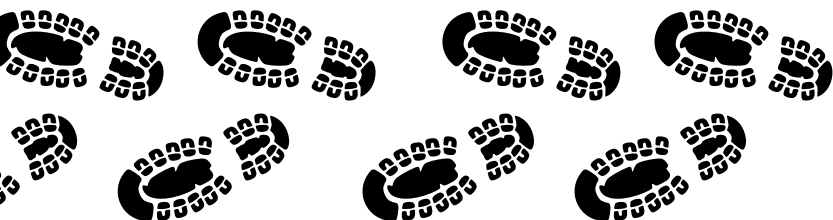
Senior Center Newsletter Subscription Google form!
(Form Link: [HTTPS://forms.gle/qgwRwgkJRUGg51B46](https://forms.gle/qgwRwgkJRUGg51B46))

2



Program Recap!

Thank you to
everyone who joined
us for July
programming!
We can't wait to see
you in August!



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

WEDNESDAYS:

1:30-3:30PM - Cribbage

- FREE! Beginners are welcome!
- Bring your own board if you have one!

THURSDAYS:

12:30-4PM - DUPLICATE
BRIDGE

- FREE!
- MUST HAVE A PARTNER!

FRIDAYS:

10AM-12PM - MAH JONGG

- FREE!

Have programming you'd like to see?

Chat with me in person or send me an email!

cmclaughlin@ejrp.org

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

POP-UP PROGRAMS!

Check here each month for new programs that we'll be testing out.



Sammies and Salads Luncheon

**Monday, August 17 (11:30am
check-in, lunch at noon)**

Join us for lunch!
Enjoy yummy sandwiches and
summer salads while
connecting with friends.

Essex Area Senior Center

\$5 per person at the door
Please register by August 13!

Hand and Foot Card Game

Monday, August 17 (1:30pm-3pm)

After lunch, stay for a friendly
game of cards! This is for folks
who have played Hand and Foot
before and are familiar with the
game. Bring your decks if you
have them! Cards will also be
provided.

Essex Area Senior Center

Please register by August 13!



Please contact Christina (cmclaughlin@ejrp.org) for more information or to register!

Join us for a community conversation

IMPROV FOR CAREGIVERS



"LAUGH MORE. WORRY LESS."



Improv for Caregivers is a fun and interactive event that brings caregivers, families, and community members together to connect, learn, and support one another. Through improv-based activities, participants will explore effective communication strategies for engaging with people living with Alzheimer's and other dementias with empathy, dignity, and respect. Enjoy networking opportunities, build a stronger support system, and gain practical tools to foster meaningful connections.

PRESENTED BY

**HOME CARE
ASSISTANCE**

BENEFITING:

**DO WHAT YOU
LOVE TO END ALZ**

ALZHEIMER'S ASSOCIATION

THANK YOU:



ALZHEIMER'S
ASSOCIATION
Vermont Chapter

TUESDAY

**AUG
25**

MAIN STREET
LANDING,
BURLINGTON

Session Times:

9:30AM-11AM

Family & Friends

1PM-2:30PM

*Professionals
CEUs available

**\$10 FEE
OPEN TO
THE PUBLIC**

For more information or to register:
EMAIL JAZMIN at jaferrari@alz.org

**SPACE IS
LIMITED**

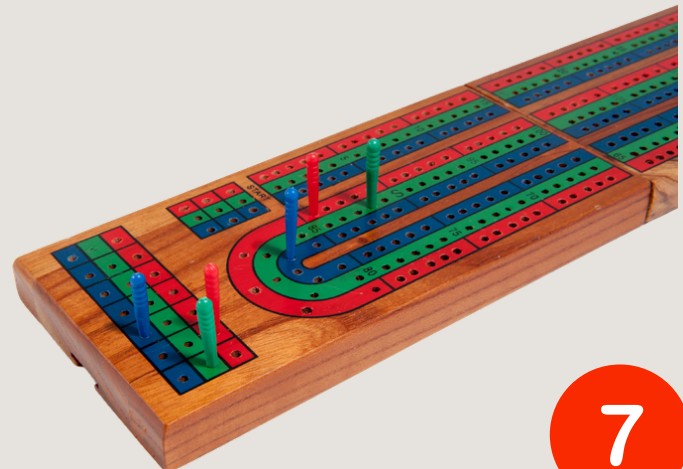


Join us for a special collaboration between the Essex Teen Center and EASC!

On Wednesday, August 12, teens from the Teen Center will join our cribbage group to play games and enjoy an afternoon of friendly competition and connection.

On Thursday, August 13, they'll return to visit our bridge players - this time bringing along a homemade snack to share!

These intergenerational gatherings are a great reminder that friendships can span every age. We hope you'll join us in welcoming our teen visitors and help create meaningful memories, one game at a time!



Essex, VT Senior Resource Guide

2026

Food

Vermont Foodbank for Older Adults

For income eligible
people over 60

Phone: 1-800-214-
4648

Meals on Wheels

Delivers meals to
homebound
Vermonters over 60

Phone: (802)862-
6253

Transportation

Special Services Transportation Agency (SSTA)

Apply for
transportation online
at

[https://ridegmt.com/p
aratransit-
application/](https://ridegmt.com/p/aratransit-application/)

Essex Senior Van

Schedule rides by
calling 802-878-6940

Health and Support

Howard Center Community Outreach Team

Phone: (802)488-7778

Age Well Vermont

Phone: 1-800-642-
5119

Pathways Support Line

Phone: 833-888-2557

Justice

Essex Community Justice Center

Phone: 802-873-7690



Activities

Essex Senior Center
2 Lincoln St, Essex Jct
VT

<http://essexseniors.org>

TV-Internet Senior Savings Program



Learn practical ways to lower costs, and gain confidence with today's complex viewing options.



Get step by step guidance, and take-home resources to make informed decisions at your own pace.

RESCHEDULED!

Saturday, August 8

10:30am - 11:45am

Essex Area Senior Center

Please RSVP to Christina if you haven't already!



This free, 75-minute workshop will help seniors better understand their TV and internet bills and explore practical ways to lower monthly costs. Attendees will leave with step-by-step guidance and plain-language explanations to make informed decisions about today's technology.

Senior Swim Night at Maple Street Pool!

**Tuesday, August 18th
6-8pm**

75 Maple Street, Essex Junction

Grab your floaties and come celebrate the dog days of summer with us! We'll have delicious pizza, live music from She Was Right, and access to the pool! FREE!



She Was Right is a 4 person band in Northern Vermont covering many of your favorite artists such as Simon & Garfunkel, The Eagles, James Taylor, Lyle Lovett, Alison Krauss, America and many others.

Call 802-878-1375 or email Christina to register!

Sneak Peek

Save the date for these upcoming events!

Picnic in the Park!

Grab a friend and come enjoy a beautiful afternoon with us at Maple Street Park! We'll be serving hamburgers, hotdogs, and smiles! Golf cart rides to the pavilion will be available.



Ages 55+ / Maple Street Park

Fri, September 11

12pm

Free

Older Adult Resource and Wellness Fair!

Join us for a free resource fair designed to help you navigate the many aspects of aging with confidence. Meet with local organizations and professionals who are available to answer your questions, provide guidance, and connect you with valuable services and resources.

Whether you're planning for yourself or supporting a loved one, you'll find information on healthcare, caregiving, housing, financial planning, community programs, transportation, legal resources, and more - all in one convenient location! Come explore the resources available in our community and discover the support you need to age well.

All ages/ Holy Family Parish Hall

Wed, October 14

3:30-5:30pm

Free



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

WE'RE LOOKING FOR ACTIVE OLDER ADULTS TO JOIN US ON HIKES THIS SUMMER!

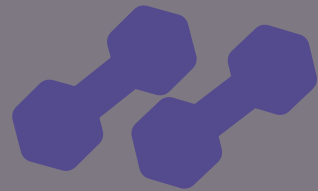
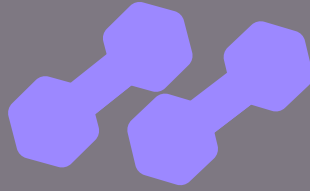
REACH OUT TO CHRISTINA TO FIND OUT MORE INFORMATION!

**CMCLAUGHLIN@EJRP.ORG
802-878-1375**



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/Thursday class!

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

**WEDNESDAYS AND FRIDAYS
9-10AM
GRACE UNITED METHODIST CHURCH
130 MAPLE ST**

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

LEARN TO SQUARE DANCE

FREE OPEN HOUSE

WHEN

**Sept. 14 and 21
7 to 8:30pm**

WHERE

Essex Area Senior Center

**At the Five Corners City Office Building
2 Lincoln Street
Essex Junction, VT. 05452**

These dates are **FREE** Open House Fun Nights for new dancers where you will learn the beginning basic steps and calls. New dancer classes will then continue weekly starting September 28 for \$8 pay as you go.

FIND AND LIKE US ON FACEBOOK



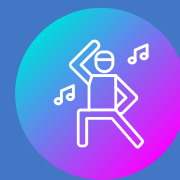
- ✓ MEET NEW FRIENDS
- ✓ EXERCISE YOUR BODY
- ✓ TEST YOUR BRAIN
- ✓ LAUGH AND LEARN
- ✓ CASUAL ATTIRE
- ✓ NO PARTNER NEEDED
- ✓ Refreshments and prizes!
- ✓ Family Friendly- All ages welcome

For more info call or text
802-477-2167
802-497-4638

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**

**AUGUST CLASSES ARE
CANCELLED!**

**WE WILL START UP
AGAIN SEPTEMBER 3RD
BACK IN THE ASPIRE
STUDIO!**

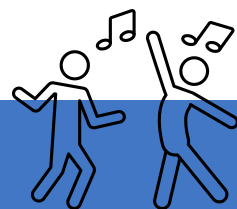
**First class
is FREE!!!!**

SEE YOU THERE!





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.

**ESSEX AREA SENIOR CENTER
2 LINCOLN STREET**

SUNDAYS 9-10AM

**SUMMER SESSION : AUGUST 9-
SEPTEMBER 13**

\$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.

**ESSEX AREA SENIOR CENTER
FRIDAYS 8:30-9:30AM**

**SUMMER SESSION 2: JULY 31-AUGUST 21
\$40 FOR 4 WEEK SESSION**



CHRISTINA MERHAR, REGISTERED YOGA TEACHER

ART CLASSES



LOTS OF OPPORTUNITIES WITH
TINA LOGAN AT HER STUDIO!
SIGN UP AT
REGISTRATION.EJRP.ORG OR
CALL 802-878-1375!

156 RAILROAD STREET, SUITE 6
ESSEX JUNCTION, VT 05452

LANDSCAPE PAINTING IN GOUACHE

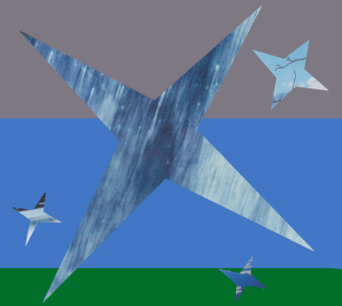
LEARN THE BASICS OF PAINTING A LANDSCAPE. CREATE SMALL LANDSCAPE STUDIES FROM VISUAL REFERENCES. NO EXPERIENCE NECESSARY...JUST INTEREST AND CURIOSITY! THIS CLASS HAS AN AFTERNOON AND AN EVENING SESSION FOR YOU TO CHOOSE FROM.



WEDNESDAY AUGUST 26
SESSION 1: 1-3PM
SESSION 2: 6-8PM

\$30 PER SESSION

SIGN UP BEFORE THE CLASS FILLS!



ZENTANGLE ART

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!

MONDAY AUGUST 3, 10, 17, 24
6-8PM

\$30 PER SESSION

17

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

Monday Computer Technology Help



1 on 1 sessions
for Tech Help



Schedule a meeting at the Front Desk

◆ 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

BROWNELL
LIBRARY

Must Read Mondays



Aug. 24

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



Vermont Astronomical Society



FEATURED TALK &
CONSTELLATION
OF THE MONTH

FIRST MONDAY
OF THE MONTH

7:30-9PM



SUMMER POTLUCK

Fri. Aug. 21
5-7pm

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



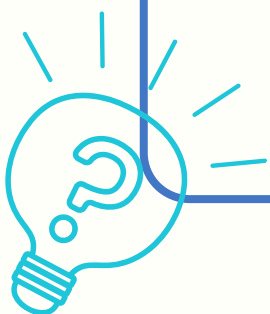
BRAIN GAMES!

AUGUST SUDOKU

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

AUGUST TRIVIA!

What comes once in a minute, twice in a moment, but never in a thousand years?



Answer key on page 27



BRAIN GAMES!

AUGUST WORD SEARCH

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

OUTBACK CAMPING TRIP

Words Remaining: 20

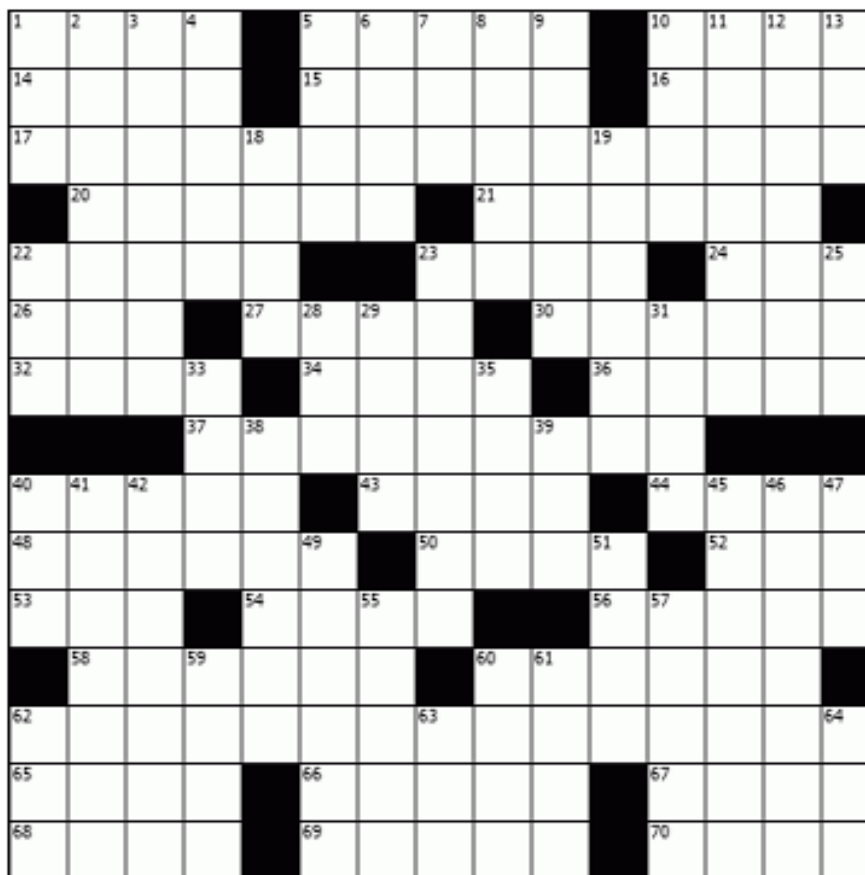
BACKPACK
BARBECUE
BATTERY
BEDDING
BILLY
BIVOUAC
BOOTS
CAMP BED
CANOE
COOKER
CUPS
DAY PACK
FISHING
FLASK
HAMMOCK
KETTLE
LANTERN
MATTRESS
OUTDOORS
ROPES



AUGUST CROSSWORD

Across

1. Dessert wine
5. Hollywood columnist Hopper
10. "The Wizard of Oz" farmhand
14. Genealogical diagram
15. Noted NBA big man
16. Prefix meaning "within"
17. Celebrity-appearance words
20. Romance and mystery
21. Early Germanic marauders
22. Analyze, as a sentence
23. Geometric style
24. PC key beside the space bar
26. Morning times, for short
27. Friend to François
30. Pioneering game systems
32. Bakery array
34. Frozen carbonated drink
36. Ryan of "Pippin"
37. \$350 Monopoly property
40. Blood component
43. Response to a pinch, perhaps
44. Bad news reactions
48. Online newsgroup system
50. A type of one ends 17-, 37- and 62-Across
52. Losing tic-tac-toe row
53. Anesthetic used as an animal tranquilizer
54. Neighbor of Sudan
56. Brockovich et al.
58. What fools do, in a song title
60. Los Angeles suburb
62. Act morally
65. Popeye's ___ 'Pea
66. Noble mount
67. "___ & Moe": Gleason/Carney film
68. Greek peak
69. Affected good-byes
70. Cooperative group



Down

1. Jim Bakker's ministry, briefly
2. Paper-folding art
3. Way to go back
4. Difficult years
5. Give an edge to
6. Comes to a close
7. Agnus ___
8. "___ Macabre"
9. Llama cousin
10. Blank tile value, in Scrabble
11. Catch in a net
12. "80's Ladies" singer
13. Forever, facetiously
18. Geometry calculation
19. Hardly ordinary
22. Baby food
23. Diving board site
25. "The Waste Land" monogram
28. Space station until 2001
29. Gross
31. Mars, in Athens
33. Like cotton candy
35. Cockney's greeting
38. "Cocoon" actor
39. Convenience store owner on "The Simpsons"
40. Have dinner
41. Third-party accounts
42. Is deemed (to be)
45. Become rusted
46. Western set on the Ponderosa
47. Message in a bottle?
49. More than desire
51. Robin's digs
55. Actress Ekberg
57. Smack again
59. Queens park that opened 4/17/1964
60. Mother of Zeus
61. LAX announcements
62. British mil. honor
63. Understand
64. Workout place

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





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



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 empower and support individuals as they age by providing community connection and access to services.

To learn more and donate, visit: agewellvt.org

ESSEX AREA SENIOR CENTER AUGUST LUNCHEONS

Meal provided to individuals 60+ years of age*

WHEN & WHERE

MONDAYS August 10 & 24, 2026

Check in: 11:30 Lunch: 12:00

Essex Area Senior Center
2 Lincoln St., Essex Junction

AUGUST 10

Salisbury beef with Steakhouse sauce,
Whipped potatoes, Green beans & red
peppers, Wheat bread, Apricot halves

AUGUST 24

Philly cheesesteak, Hamburger bun,
Macaroni with tomatoes, Garden
blend vegetables, Pears

Please reserve
your seat
1 week ahead

NEW Location!

RESERVATIONS

Christina McLaughlin, Program Director
802- 878-1375
cmclaughlin@ejrp.org

\$7 Suggested Donation

*Age Well registration required



COMMUNITY MEALS

SEPTEMBER ST PIUS SENIOR LUNCH

**SEPT 9TH @ NOON
ST. PIUS X**

**RESERVATIONS REQUIRED
BY AUGUST 26**

**\$7 CHARGE AT
THE DOOR**

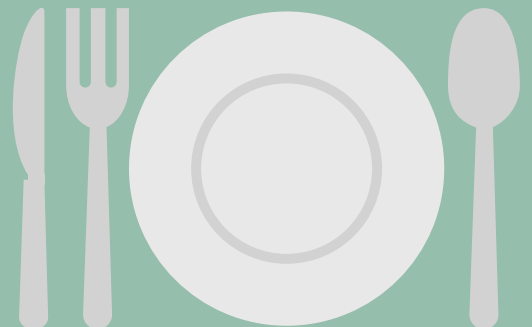
**20 JERICHO
RD.
ESSEX, VT
05452**

**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 :
PORK CHOP, MASHED
POTATOES, CARROTS,
DESSERT**

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



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

Puzzle Solution © OnlineCrosswords.net

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

Sudoku Answer

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

TRIVIA ANSWER:
THE LETTER "M"

AUGUST 2026 CALENDAR

SUN.	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT.
2	3 9-10AM BONE BUILDERS	4 10AM-1PM BINGO	5 10:30AM WALKING CLUB AT MAPLE STREET PARK 1:30-3:30PM CRIBBAGE	6 9-10AM BONE BUILDERS 12:30-4PM DUPLICATE BRIDGE	7 10AM-12PM MAH JONGG	8 10:30-11:45AM TV-INTERNET SAVINGS
9	10 9-10AM BONE BUILDERS 11:30-1PM AGE WELL LUNCH AT EASC	11 10AM-1PM BINGO	12 10:30AM WALKING CLUB AT MAPLE STREET PARK 1:30-3:30PM CRIBBAGE GAMES WITH TEEN CENTER!	13 9-10AM BONE BUILDERS 12:30-4PM DUPLICATE BRIDGE TEEN CENTER SHARES A SNACK!	14 10AM-12PM MAH JONGG	15
16	17 9-10AM BONE BUILDERS SAMMIES AND SALADS! 11:30-1PM POP-UP PORGRAM: HAND AND FOOT! 1:30-3PM	18 10AM-1PM BINGO SENIOR SWIM NIGHT! 6-8PM	19 10:30AM WALKING CLUB AT MAPLE STREET PARK 1:30-3:30PM CRIBBAGE	20 9-10AM BONE BUILDERS 12:30-4PM DUPLICATE BRIDGE	21 10AM-12PM MAH JONGG	22
23	24 9-10AM BONE BUILDERS 11:30-1PM AGE WELL LUNCH AT EASC	25 10AM-1PM BINGO IMPROV FOR CAREGIVERS WORKSHOP	26 10:30AM WALKING CLUB AT MAPLE STREET PARK 1:30-3:30PM CRIBBAGE 6-8PM LANDSCAPE PAINTING	27 9-10AM BONE BUILDERS 12:30-4PM DUPLICATE BRIDGE	28 10AM-12PM MAH JONGG	29
30	31 9-10AM BONE BUILDERS	1 10AM-1PM BINGO	2 10:30AM WALKING CLUB AT MAPLE STREET PARK 1:30-3:30PM CRIBBAGE	3 9-10AM BONE BUILDERS 9:30-10:30AM ZUMBA GOLD 12:30-4PM DUPLICATE BRIDGE	4 10AM-12PM MAH JONGG	5

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