

DECEMBER 2025

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	Holiday Meal
PAGE 7	Letters from Santa
PAGE 8	Acapella Show
PAGE 9	"Lifting" Spirits
PAGE 10	Zumba Gold
PAGE 11	Nia Dance, Easy Going Flow Yoga
PAGE 12	Community Meals
PAGE 13	Maple Street Space Art Classes
PAGE 14	Brownell Library Programming
PAGE 15	Essex Rotary Holiday Meal
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	December Calendar

HAPPY HOLIDAYS!

I'M GRATEFUL FOR
ANOTHER GREAT YEAR
WITH YOU ALL!

FIND THE ELF ON THE
SHELF HIDDEN IN THIS
NEWSLETTER FOR A
SMALL PRIZE!



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.

**** There will be no programming
the week of Christmas
(12/22-12/26) and no programs
on 12/31 or 1/1****



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))



RECENT PROGRAMMING RECAP

HERE ARE SOME PHOTOS FROM OUR THANKSGIVING LUNCH, THE CRANKIE SHOW, AND OUR AFTERNOON WITH THE GIRL SCOUTS



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**



HOLIDAY MEAL

Join us!

Monday, December 15
Check in: 11:30am
Meal will be served at noon
Holy Family Parish Hall



**GET HERE
EARLY FOR A
MUSICAL
PERFORMANCE
BY LORRAINE
PAUL 11:30AM-
12:30PM**

Raffles, giveaways, and a meal!

EJRP has partnered with Age Well,
and there is a suggested **donation**
of \$5 at the door for Age Well

Menu: Roast
turkey, mashed
potatoes,
stuffing, gravy,
rolls, pumpkin
pie

Contact Info

Advanced registration
required by Dec 10!
Email: jshorter@ejrp.org
Phone: 802-878-1375

STICK AROUND AFTER TO PLAY SANTA AND
RESPOND TO KIDS LETTERS TO THE NORTH POLE!

1-2PM

MORE INFO ON THE NEXT PAGE





LETTERS TO SANTA HELP WANTED!



EVERY YEAR, ESSEX
JUNCTION RECREATION
& PARKS COLLECTS
LETTERS TO SANTA
FROM CHILDREN IN THE
COMMUNITY. HE NEEDS
OUR HELP RESPONDING
TO ALL THOSE KIDS!

PLACES & TIMES TO HELP OUT:

- THURSDAY DECEMBER 11
3-4PM AT TOWN MEADOW
(22 CARMICHAEL ST)
- MONDAY DECEMBER 15TH
2-3PM, HOLY FAMILY
PARISH CENTER (AFTER
AGE WELL LUNCH)
- WEDNESDAY DECEMBER 17TH
1-2PM AT WHITCOMB WOODS
(128 WEST ST)

ALL SUPPLIES AND PROMPTS TO RESPOND ARE PROVIDED. COME
AND HELP US SPREAD HOLIDAY CHEER!



TREATS PROVIDED!

NO NEED TO SIGN UP

QUESTIONS? CONTACT JULIE

802-878-1375 EXT 1553

JSHORTER@EJRP.ORG



FREE

HOLIDAY ACAPPELLA QUARTET SHOW



Town Meadow Senior Housing
22 Carmichael St Suite 100, Essex
Thursday, December 11
4pm

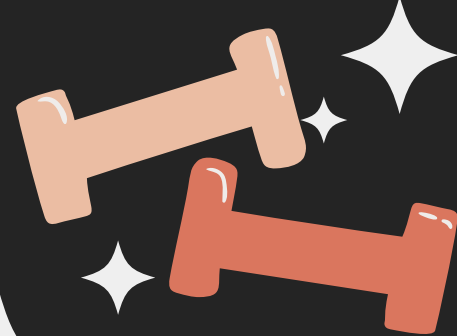
Come enjoy a musical show
before the holidays by local
acapella group,
Rearranaged!



Register with Julie Shorter by 12/5!
jshorter@ejrp.org
802-878-1375

"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 12/22 or 12/29
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 DEC 25
OR JAN 1
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

WINTER SESSION: JAN 4-FEB 8

\$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**

**WINTER SESSION: JANUARY 9-FEBRUARY 13
\$60 FOR 6 WEEK SESSION**



CHRISTINA MERHAR, REGISTERED YOGA TEACHER

COMMUNITY MEALS

JANUARY ST PIUS SENIOR LUNCH

**JAN 7 @ NOON
ST. PIUS X**

**RESERVATIONS REQUIRED
BY JANUARY 2ND**

**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
DECEMBER'S
LUNCHEON
IS 12/3!**



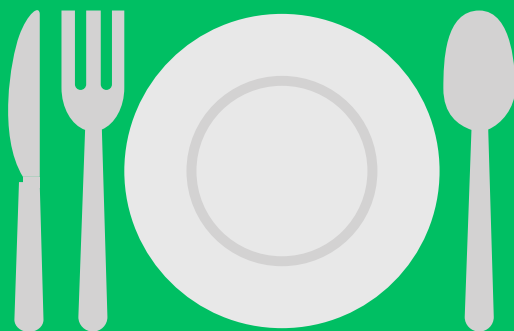
**MENU :
PASTA & MEATBALLS
SALAD
GARLIC BREAD
DESSERT**

ESSEX COMMUNITY DINNER

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

BY DONATION

**FRIDAY,
DECEMBER 12TH
5:30PM
AT THE HOLY
FAMILY PARISH
CENTER**



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

NEEDLE FELTED ORNAMENT MAKING

LEARN THE BASICS OF NEEDLE FELTING AND MAKE A NEEDLE FELTED ORNAMENT OR TWO. NO EXPERIENCE NECESSARY, JUST INTEREST AND CURIOSITY. THERE ARE TWO SEPARATE SESSIONS FOR THIS CLASS, SIGN UP FOR JUST ONE, OR SIGN UP FOR BOTH!

**SESSION 1 : WED, DECEMBER 3 -FULL!
SESSION 2 : WED, DECEMBER 10
6-8PM
\$30 PER SESSION**

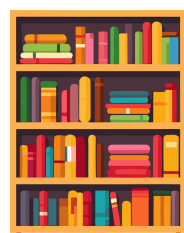


GELLI PRINT MAKING

CREATE SOME REALLY FUN PAPERS USING THE GELLI PRINTING TECHNIQUE. YOUR BEAUTIFUL PRINTED PAPERS CAN BE USED FOR COLLAGE WORK, FANCY WRAPPING PAPER, SCRAPBOOKING AND MORE! NO EXPERIENCE NEEDED, JUST INTEREST AND CURIOSITY. THERE IS AN AFTERNOON AND EVENING SESSION OPTION FOR THIS CLASS

**WEDNESDAY JANUARY 21
SESSION 1: 1-2:30PM
SESSION 2: 6-7:30PM
\$25 PER SESSION**





LIBRARY PROGRAMMING OPPORTUNITIES

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

◆ B • BROWNELL NEWS • N ◆

Current Events

TUESDAYS 10-11:30AM

ENGAGE WITH
YOUR
COMMUNITY

LOCAL,
NATIONAL, AND
WORLD EVENTS

STAY INFORMED

BROWNELL
LIBRARY

DISCUSS CURRENT EVENTS WITH COMMUNITY MEMBERS

Must Read Mondays

Dec. 22
6:30-7:30pm

BROWNELL
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

BROWNELL
LIBRARY

LIBRARIAN'S CHOICE BOOK DISCUSSION

SATURDAY, DEC. 13,
2-3:30PM

JOIN LIBRARY STAFF MEMBER ERIN TO DISCUSS THIS NOVEL, ROOTED IN RUSSIAN HISTORY AND FOLKLORE.

ERIN HAS A MASTER'S DEGREE IN RUSSIAN POLITICS AND CULTURE AND LIVED IN ST. PETERSBURG 2021-2022.

BROWNELL
LIBRARY

Library Potluck

Join us for our Library Potluck!
We meet monthly on the third Friday of the month from 6-7:30.
Please bring a dish to share and a list of ingredients for people with allergies.

BROWNELL
LIBRARY

Monday Computer Technology Help

1 on 1 sessions for Tech Help

Schedule a meeting at the Front Desk

802-878-6955 Adult, 802-878-6956 Youth
frontdesk@brownelllibrary.org

* ESSEX HOLIDAY SENIOR LUNCHEON

HOSTED BY THE ROTARY CLUB OF ESSEX



**TURKEY DINNER WITH GRAVY,
MASHED POTATOES, STUFFING,
CRANBERRY SAUCE, SALAD, &
PUMPKIN PIE**

**ADL MIDDLE
SCHOOL
CHOIR WILL
BE SINGING
CHRISTMAS
CAROLS**

**TICKETS WILL BE AVAILABLE
ONLY UNTIL DECEMBER 2ND
AND ARE \$5 AND LIMITED!**

**AVAILABLE AT THE
FOLLOWING LOCATIONS
MONDAY-FRIDAY 8-4PM:**

- **ESSEX JUNCTION
RECREATION AND PARKS
OFFICE: 75 MAPLE STREET**
- **ESSEX JUNCTION CITY
CLERK: 2 LINCOLN STREET**
- **ESSEX TOWN CLERK: 81
MAIN STREET**

**AND JULIE WILL HAVE THEM AT
ALL WEEKLY SENIOR CENTER
PROGRAMMING**



**WEDNESDAY
DECEMBER 10TH
12:15-1:30PM
AT THE BLUE RIBBON
PAVILION AT THE
CHAMPLAIN VALLEY
FAIRGROUNDS**

BRAIN GAMES!

DECEMBER SUDOKU

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

© 2025 KrazyDad.com

DECEMBER WORD SCRAMBLE

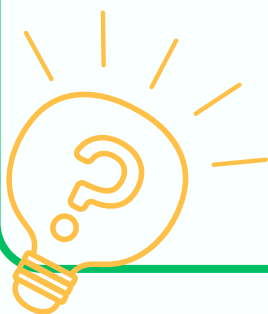
Christmas Word Scramble

Unscramble the following list of shuffled words to meaningful words!

- SNORMETA
- ELTINS
- ISGHLT
- KLNOWAFES
- TKUENARRCC
- OSEIOCK
- OENTIAPSIT
- RNEIWT
- YOJ
- EOTALRNBCEI
- DLNCEAS
- TSYORF
- STHMCARIS EEV
- ATEVDN
- IRGDEENARBG UESOH
- NATASS' OPSWKHOR
- AFYIML
- EVLO
- PACEE
- ERYMR ASHMRICTS

justfamilyfun.com

Which country did eggnog come from?

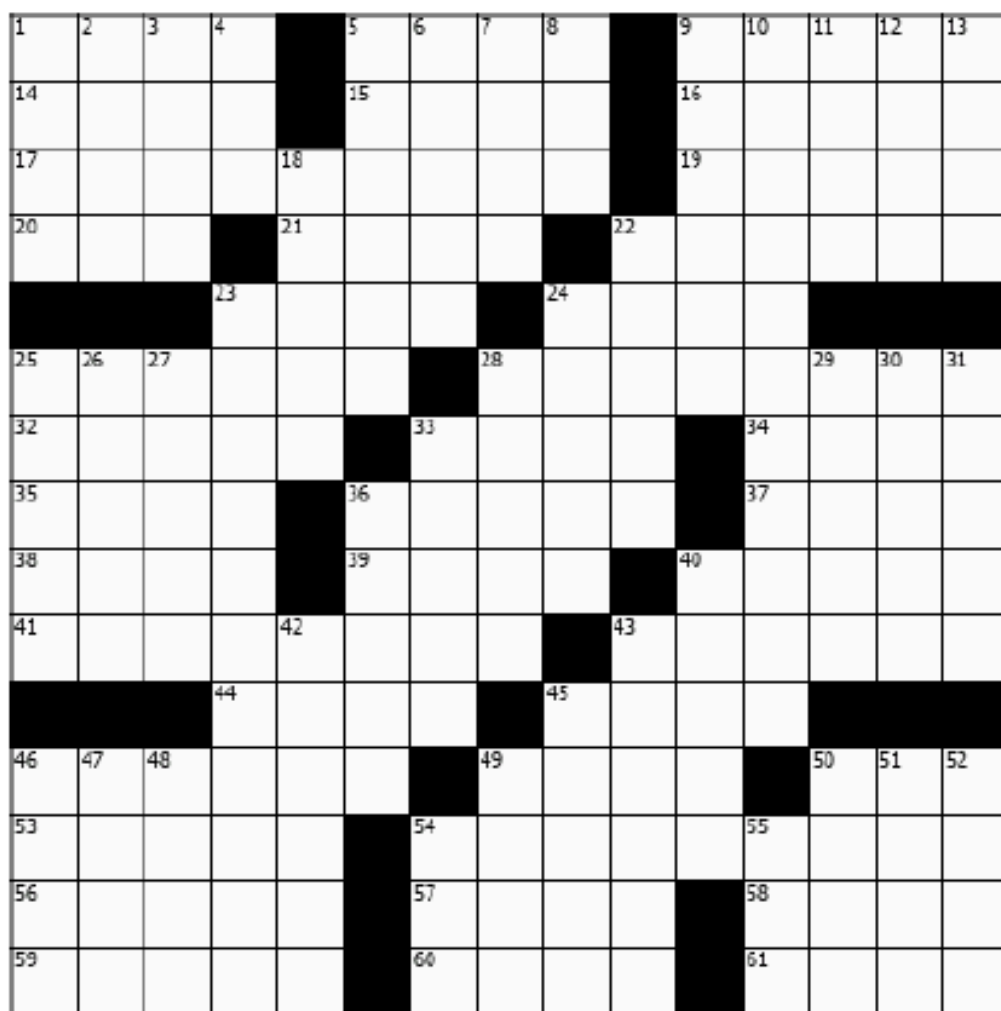


Answer key on page 23

CROSSWORD

Across

1. Karate school
5. Assists
9. Cold country?
14. Final notice?
15. Brandy designation
16. Step separator
17. Scam "It's Only Make Believe" singer?
19. Frozen quarters
20. Kind of appeal
21. Revolutionary with a regret
22. City in NE Georgia
23. Something to gather around
24. Tend to the sauce
25. Like old phones
28. Bottom line figures
32. Taxing time
33. Jerk's charge
34. Group voting together
35. Warm, in searches
36. Not just feuding
37. Suffer in the sun
38. Little bit
39. Dizzy on the mound
40. 1995 Brad Pitt thriller
41. Matinee time
43. Report-card reader
44. Part of NBC
45. Confederate
46. Have a word with
49. Invention beginning
50. Kind of cup
53. Driving hazard
54. Show requiring a wide stage?
56. Buck or Bailey
57. Boo targets, sometimes
58. Milk quality
59. It may be common
60. Modern scandal suffix
61. Concordes, e.g.



Down

1. ER figures
2. Clarinet cousin
3. Bring bad luck to
4. Baseball great Mel
5. It's for the birds
6. Cordage fiber
7. Shower attention
8. Mata Hari, for one
9. Judge
10. Theft on Mt. Everest?
11. Man is one
12. Boxer Spinks
13. Cupid's counterpart
18. Brief attempt
22. Rose extract
23. Traps inside the lines?
24. Malibu or Impala
25. Ayn and Sally
26. Verdi forte
27. Blue eyes, say
28. "Impossible!" and the theme of this puzzle
29. Toil
30. Keepsake
31. Trail for a hound
33. Great buy
36. Increase
40. Caesar, for one
42. Crib toy
43. The magic word
45. Take in
46. Measures for Emeril (Abbr.)
47. Not a weather
48. Meat quality
49. "___ La Douce"
50. They have palmate antlers
51. Walk or trot
52. Fitness centers
54. Irritate
55. Letter afterthoughts

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 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 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 Holiday Luncheon

December 15

Meal provided to individuals 60+ years of age*

Menu

Stuffed chicken breast, mashed potatoes, carrots, dinner rolls, milk, and apple pie

When & Where

Monday December 15

Check in: 11:30 Lunch: 12:00

Holy Family Parish
30 Lincoln St Essex Jct

\$5 suggested
donation

Reservation
required by
December 8

STAY AFTER LUNCH TO HELP WRITE LETTERS
BACK TO CHILDREN FROM SANTA!

1-2PM

MORE DETAILS ON PAGE 8



**MUSICAL
PERFORMANCE BY
LORRAINE PAUL FROM
11:30AM-NOON!
COME EARLY TO GET
INTO THE HOLIDAY
SPIRIT!**



Contact

Julie Shorter, Program Director

802- 878-1375 ext. 1553

jshorter@ejrp.org

Please register 1 week in advance

No takeout available \$5 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 Holiday Luncheon December 9

Available to individuals 60+ years of age*

Menu:

Stuffed chicken breast, mashed potatoes, carrots, rolls, milk, and apple pie

When:

Tuesday, December 9, 2025 Check in: 11:30 Lunch Served: 12:00

No delivery available

\$5 suggested donation

**\$5
SUGGESTED
DONATION**

**Reservation required
by 12/2**



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 a \$5 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

Addison County

3Squares Cafe: 141 Main St in Vergennes

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

Halfway House: 450 VT Route 22A in Shoreham

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

Chittenden County

Innovation Cafe: 128 Lakeside Ave, Burlington, VT 05401

Available Monday - Friday 8:30am - 1 pm

The Dutch Mill Family Restaurant: 4309 Shelburne Rd in Shelburne

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

Ray's Seafood Market: 7 Pinecrest Dr in Essex Junction -DOES NOT ACCEPT TICKETS IN THE SUMMER

Available Sunday-Wednesday 11:00am-3:30pm (Labor Day-Memoria I Day) Closed to tickets for the summer.

Franklin/Grand Isle County

Kraemer & Kin: 3517 Us-2, North Hero please call ahead or visit thier website for current hours <https://www.kraemernandkin.com>

Greenwood Deli & Bakery: 101 Main St in Richford

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

Wally's Place - 260 Route 2 in South Hero

Available Wednesday, Thursday & Friday 10am-2pm

*Age Well also partners with The Dairy Center in Enosburg Falls. Suggested \$5 donation per meal. They do not accept restaurant tickets. Please call The Dairy Center to inquire about meals at 802-933-2030

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.

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

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

Sudoku Answer

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

TRIVIA ANSWER:
ENGLAND

Word Scramble Answers

SNORMENTA	ORNAMENTS
ELTINS	TINSEL
ISGHILT	LIGHTS
KLNOWAFES	SNOWFLAKE
TKUENARRCC	NUTCRACKER
OSEIOCK	COOKIES
OENTIAPSIT	POINSETTIA
RNEIWT	WINTER
YQJ	JOY
EOTALRNBCEI	CELEBRATION
DLNCEAS	CANDLES
TSYORF	FROSTY
STHMCARIS EEV	CHRISTMAS EVE
ATEVDN	ADVENT
IRGDEENARBG UESOH	GINGERBREAD HOUSE
NATASS' OPSWKHOR	SANTA'S WORKSHOP
AFYIML	FAMILY
EVLO	LOVE
PACEE	PEACE
ERYMR ASHMRICTS	MERRY CHRISTMAS



WHAT'S NEW ON NETFLIX

- ***The New Yorker at 100 (2025)*** Marshall Curry directs this feature documentary looking back at the work and impact of the famous magazine known for its journalism and fiction.
- ***Cast Away (2000)*** A FedEx executive becomes stranded on a remote island and must learn to survive physically and emotionally.



DECEMBER'S BOOK PICK

Title: Mother Bruce **Author:** Ryan Higgins

Looking for a Christmas gift for your young grandkids? This is it! Bruce the bear likes to keep to himself. That, and eat eggs. But when his hard-boiled goose eggs turn out to be real, live goslings, he starts to lose his appetite. And even worse, the goslings are convinced he's their mother. Bruce tries to get the geese to go south, but he can't seem to rid himself of his new companions. What's a bear to do?

COOKING CORNER

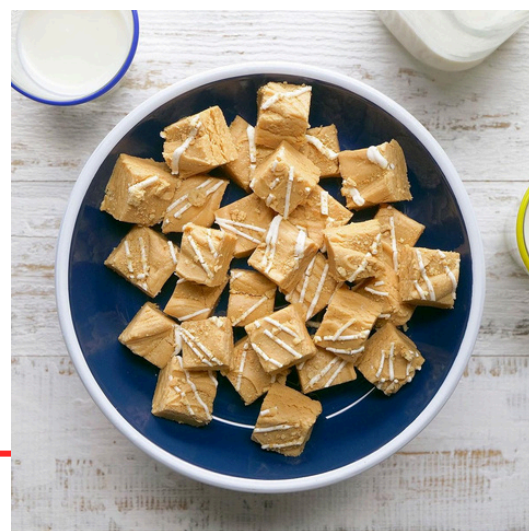
PEANUT BUTTER FUDGE WITH MARSHMALLOW CREME

INGREDIENTS

- 2 TEASPOONS BUTTER, SOFTENED
- 2 CUPS SUGAR
- 1/2 CUP WHOLE MILK
- 1-1/3 CUPS PEANUT BUTTER
- 1 JAR (7 OUNCES) MARSHMALLOW CREME
- OPTIONAL: MELTED WHITE CHOCOLATE AND GRAHAM CRACKER CRUMBS

YIELDS 2 LBS
PREP TIME: 20 MIN

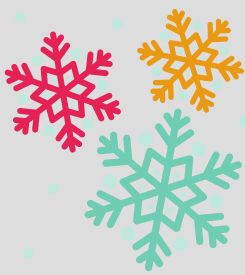
Recipe from:
<https://www.tasteofhome.com/recipes/easy-peanut-butter-fudge/>



INSTRUCTIONS

- Line an 8-in. square pan with foil; grease with butter.
- In a heavy saucepan, combine sugar and milk; bring to a boil over medium heat, stirring constantly. Boil 3 minutes, stirring constantly. Remove from heat.
- Stir in peanut butter and marshmallow creme until blended. Immediately spread into prepared pan; cool slightly.
- Refrigerate until firm. Using foil, lift fudge out of pan. Remove foil; if desired, drizzle with melted white chocolate and sprinkle with graham cracker crumbs. Cut into squares. Store between layers of waxed paper in an airtight container.

DECEMBER 2025 CALENDAR

SUN.	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT.
	1 9-10AM "LIFTING" SPIRITS 11AM-12PM WALKING CLUB	2 10-11:30AM CURRENT EVENTS 10AM-1PM BINGO	3 12PM SENIOR LUNCH AT ST PIUS 1:30-3:30PM CRIBBAGE 6:30-7:30PM GRIEF GROUP 6-8PM NEEDLE FELTED ORNAMENT MAKING	4 9:30-10:30AM ZUMBA GOLD 12:30-4PM DUPLICATE BRIDGE	5 10AM-12PM MAH JONGG	6
7	8 9-10AM "LIFTING" SPIRITS	9 10-11:30AM CURRENT EVENTS 10AM-1PM BINGO	10 1:30-3:30PM CRIBBAGE 6-8PM NEEDLE FELTED ORNAMENT MAKING	11 9:30-10:30AM ZUMBA GOLD 12:30-4PM DUPLICATE BRIDGE 1PM CARD MAKING 3-4PM LETTERS FROM SANTA AT TOWN MEADOW 4PM ACAPELLA SHOW	12 10AM-12PM MAH JONGG 11AM-12PM WALKING CLUB	13
14	15 9-10AM "LIFTING" SPIRITS 11AM-12PM WALKING CLUB 11:30-1PM AGE WELL LUNCH AT HOLY FAMILY 1-2PM LETTERS FROM SANTA AT HOLY FAMILY	16 10-11:30AM CURRENT EVENTS 10AM-1PM BINGO 11:30-1PM AGE WELL LUNCH AT TOWN MEADOW	17 1-2PM LETTERS FROM SANTA AT WHITCOMB WOODS 1:30-3:30PM CRIBBAGE	18 9:30-10:30AM ZUMBA GOLD 12:30-4PM DUPLICATE BRIDGE	19 10AM-12PM MAH JONGG 11AM-12PM WALKING CLUB 6PM LIBRARY POTLUCK	20
21	22 NO PROGRAMS	23 10-11:30AM CURRENT EVENTS NO BINGO	24 CHRISTMAS EVE NO PROGRAMS	25 CHRISTMAS NO PROGRAMS	26 NO PROGRAMS	27
28	29 NO PROGRAMS	30 10-11:30AM CURRENT EVENTS 10AM-1PM BINGO	31 NEW YEARS EVE NO PROGRAMS			

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