

APRIL 2026

Essex Area Senior Center Newsletter

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HAPPY SPRING!

WE ARE LOOKING FORWARD
TO OUR SENIOR CENTER
REOPENING, WITH AN
ANTICIPATED DATE IN MAY.
BE ON THE LOOKOUT FOR
COMMUNICATION AS WE
GET CLOSER!



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))



RECENT PROGRAMMING RECAP

THANK YOU TO CELTIC COMPANY FOR COMING OUT AND PERFORMING FOR US! AND A LITTLE GLIMPSE INTO WHAT HIKING CLUB HAS BEEN UP TO IN THE SNOW!



EJRP NEWS - NEW DIRECTOR!

THE CITY OF ESSEX JUNCTION IS PROUD TO ANNOUNCE THE APPOINTMENT OF MARK BRISLIN AS THE NEW DIRECTOR OF THE ESSEX JUNCTION RECREATION AND PARKS (EJRP) DEPARTMENT. MARK BRINGS MORE THAN 25 YEARS OF EXPERIENCE IN MUNICIPAL PARKS AND RECREATION, INCLUDING NINE YEARS AS PARKS AND RECREATION DIRECTOR FOR THE CITY OF CLAREMONT, NEW HAMPSHIRE. HE FIRST JOINED THE ESSEX JUNCTION RECREATION AND PARKS DEPARTMENT IN 2007, SERVING AS ASSISTANT DIRECTOR THROUGH 2013, AND RETURNED TO ESSEX JUNCTION AFTER HIS TIME IN CLAREMONT TO ONCE AGAIN SUPPORT THE DEPARTMENT AS THE ASSISTANT DIRECTOR OF RECREATION.



A CERTIFIED PARK AND RECREATION PROFESSIONAL, MARK IS KNOWN FOR HIS COLLABORATIVE APPROACH, FISCAL RESPONSIBILITY, AND GENUINE COMMITMENT TO SERVING THE COMMUNITY AND ENHANCING THE QUALITY OF LIFE.

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)

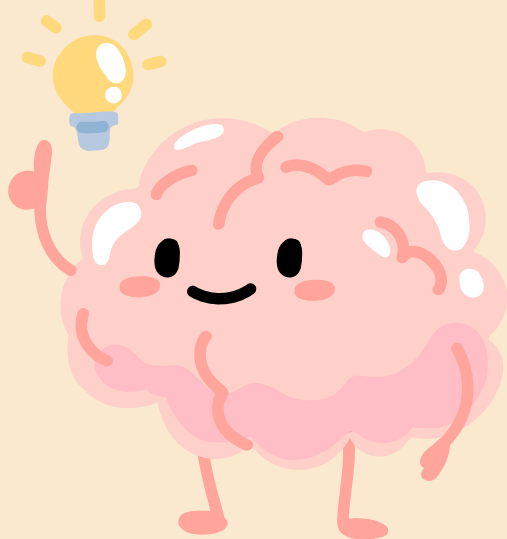
Have programming you'd like to see?

Chat with me in person or send me an email!

jshorter@ejrp.org

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!



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

NO REGISTRATION REQUIRED, JUST SHOW UP!

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

HOME CARE
ASSISTANCE



STAY ACTIVE!

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
LAST DAY IS APRIL 13TH



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
FIRST DAY IS APRIL 15TH



HIKING CLUB

WE WILL START RAMPING BACK UP THIS SPRING, BUT WE ALSO HAVE SNOWSHOES AT MAPLE STREET PARK AND WILL CONTINUE TO HAVE OPPORTUNITIES THROUGH THE COLDER WEATHER!

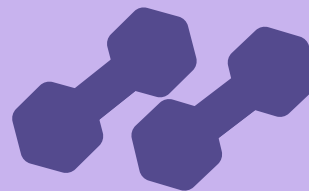
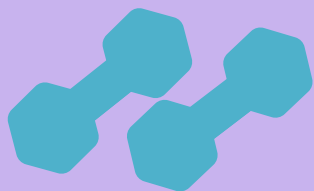
REACH OUT TO JULIE TO FIND OUT MORE INFORMATION!

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

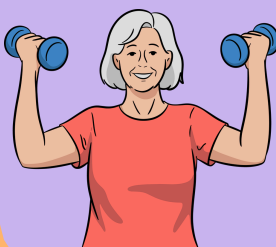


NEW BONE BUILDERS CLASS!

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.

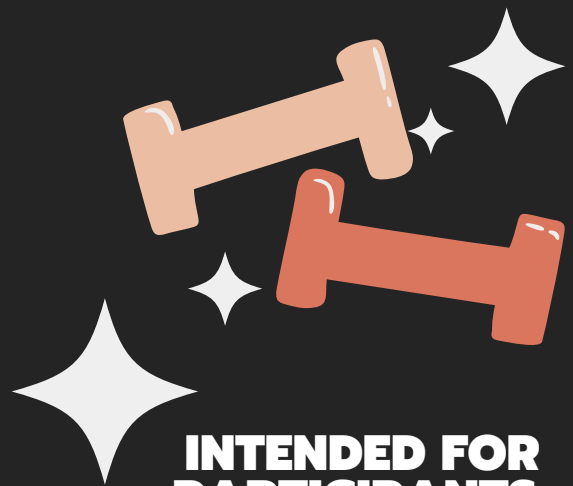


**MONDAYS AND
THURSDAYS
9-10AM
UNITED GRACE
METHODIST
CHURCH
130 MAPLE ST**

**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 4/20
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 APRIL 23
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 1: MARCH 29-MAY 3
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 1: MARCH 6-APRIL 17
\$60 FOR 6 WEEK SESSION
SPRING SESSION 2: MAY 1-JUNE 5
\$60 FOR 6 WEEK SESSION**



CHRISTINA MERHAR, REGISTERED YOGA TEACHER

COMMUNITY MEALS

MAY ST PIUS SENIOR LUNCH

**MAY 6 @ NOON
ST. PIUS X**

**RESERVATIONS REQUIRED
BY MAY 1ST**

**\$5 CHARGE AT
THE DOOR**

**REMINDER
THAT
APRIL'S
LUNCHEON
IS 4/1!**

**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**



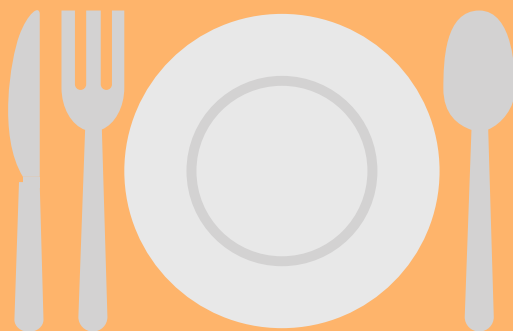
**MENU :
CHICKEN PARMESAN,
PASTA, SALAD,
DESSERT**

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

ESSEX COMMUNITY DINNER

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

**FRIDAY,
APRIL 10TH
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 OR
CALL **802-878-1375!**

156 RAILROAD STREET, SUITE 6
ESSEX JUNCTION, VT 05452



SPRING NEEDLE FELTING WORKSHOP

LEARN THE BASICS OF NEEDLE FELTING AND MAKE A NEEDLE FELTED SPRING CRITTER OR TWO. NO EXPERIENCE NECESSARY, JUST INTEREST AND CURIOSITY.

WEDNESDAY APRIL 8
6-8PM



\$30 PER SESSION



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 APRIL 29
SESSION 1: 1-3PM
SESSION 2: 6-8PM



\$30 PER SESSION

WEDNESDAY MAY 6
SESSION 1: 1-3PM
SESSION 2: 6-8PM

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 APRIL 1
SESSION 1: 1-3PM
SESSION 2: 6-8PM



WEDNESDAY APRIL 15
SESSION 1: 1-3PM
SESSION 2: 6-8PM



paint & sip

Join Tina Logan as she leads us
through painting a springtime
landscape!

No Experience Required.

Thursday April 30th

1-3pm

Essex Town Meadow Senior Housing

22 Carmichael St Suite 100, Essex

Limited Space Available!

Contact Julie to register

jshorter@ejrp.org

802-878-1375

free!



Ray Vega Afro Caribbean Jazz Ensemble

The Details

On Sunday, April 26th at 3:00 pm in the sanctuary of the First Congregational Church of Essex Junction, 39 Main Street in Essex Junction, local artist Ray Vega will perform. Ray has established himself as one of the innovators of the international Jazz and Latin music scenes. A multi-talented trumpeter, percussionist, composer, arranger and educator, he presents Jazz from a refreshingly original and contemporary perspective. The Ray Vega Quartet presents original and standards and focuses on hard core swinging! Ray Vega and Son De Los Montes is Vega's Vermont based Salsa band which focuses on Afro-Caribbean dance music. A much in-demand musician, he has performed with Mongo Santamaria with whom he recorded numerous CD's, Mario Bauza's Afro Cuban Jazz Orchestra, including their first-ever European tour, and Ray Barretto and the New World Spirit. Vega was privileged to record three projects with this landmark group including the Grammy nominated "Taboo" and "Contact".

Ray Vega now resides in South Burlington Vermont. He is a senior lecturer at The University of Vermont (UVM) where he teaches Jazz History, Jazz Improvisation, directs three Jazz combos and directs the trumpet studio (Jazz Performance). UVM inducted Vega as a University Scholar for 2015-16. Vega is the first creative artist to receive this high honor and recognition at the university. Vega is the host of Vermont Public Radio's Friday Night Jazz show.

This concert is the first of four in 2026 being brought to you by Community Concerts at First, all happening at FCCEJ. A portion of the proceeds from all four concerts will benefit Age Well. Please spread the word and invite your family and friends to join you!

Tickets can be purchased either through Seven Days at <https://sevendaystickets.ticketsauce.com/e/rayvegajazzensemble>, by calling the church office at **(802) 878-5745** or at the door (cash or check preferred on day of performance). **Suggested donation \$20**; Children 12 and under admitted free. A portion of the proceeds will benefit Age Well.

reason to HOPE

ALZHEIMER'S  ASSOCIATION®

APRIL 30, 2026

TheEssexResort & Spa
EssexJunction, VT 05452



Live Entertainment
*Blake Matteson Studio 3
Dance*



Food by Essex Resort
*Passed Appetizers &
Small Plates*

Music & Dancing
with 802Entertainment

Silent & Live Auction

Tickets Available Mid-March
Contact for more information

802-363-7009
jaferrari@alz.org
www.alz.org/vermont

 **ALZHEIMER'S
ASSOCIATION**

Vermont Chapter

15

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

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!



BROWNELL LIBRARY AND
ESSEX COMMUNITY
HISTORICAL SOCIETY



TRIVIA NIGHT

WEDNESDAY APRIL 8TH FROM 7-9PM
AS PART OF BROWNELL LIBRARY'S
100TH ANNIVERSARY FESTIVIES!

First round of trivia will be on the Brownell family and library. The second round will be on events, movers and shakers, and other interesting facts pertaining to 1926. Prizes will be awarded for those attendees with the most correct answers. So start studying and then join ECHS for an evening of fun!

No Registration Required
brownelllibrary.org

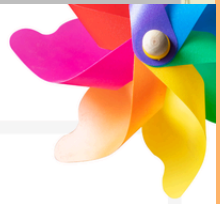


GRIEF GROUP

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



Adult Take and Make

PINWHEELS

April 2026



B · BROWNELL NEWS · N

Current Events

TUESDAYS 10-11:30AM



ENGAGE WITH
YOUR
COMMUNITY

LOCAL,
NATIONAL, AND
WORLD EVENTS

STAY INFORMED



16

DISCUSS CURRENT EVENTS WITH COMMUNITY MEMBERS

REPAIR CAFE

BROWNELL LIBRARY
6 LINCOLN ST.
ESSEX JUNCTION, VT
April 4th, 2026
10:00 AM-12:30 PM

Call to reserve your spot starting March 2nd
(802)-878-6955

WHAT DO YOU DO WITH A BROKEN TOASTER, A RUSTED BIKE CHAIN OR A SWEATER THAT'S WEARING THIN? TOSS IT? NO WAY! HELP REDUCE WASTE AND SAVE MONEY BY BRINGING IT TO BROWNELL LIBRARY'S REPAIR CAFE WHERE VOLUNTEER REPAIR EXPERTS WILL BE AVAILABLE TO HELP YOU MAKE REPAIRS FOR FREE.

THIS TIME, WE HAVE REPAIR EXPERTS THAT CAN HELP WITH BIKES, FABRIC, KNT, ELECTRICAL, TECHNOLOGY, AND CERAMIC REPAIRS! STARTING MARCH 2ND, CALL US AT 802-878-6955 TO LEARN THE DETAILS ON WHAT'S POSSIBLE AND RESERVE YOUR SPOT!

THE PROGRAM IS BASED ON THE REPAIR CAFE MODEL. YOU CAN LEARN MORE ABOUT THIS INTERNATIONAL MOVEMENT AT WWW.REPAIRCAFE.ORG/EN/

Monday Computer Technology Help



1 on 1 sessions
for Tech Help



Schedule a meeting at the Front Desk

RECYCLING 101 WITH CHITTENDEN SOLID WASTE DISTRICT

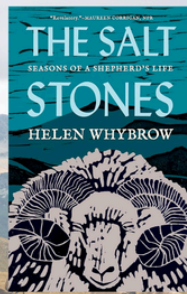


Confused about what belongs in the recycling bin, compost, or trash? You're not alone! Join us for this fun and informative presentation to learn about the ins and outs of recycling and composting. We'll cover what belongs in each bin, address items that are frequent points of confusion (like pizza boxes, bottle caps, black plastic, and more), and answer your burning waste-related questions. Whether you're new to the area or just want to sharpen your waste-sorting skills, you'll leave confident about what goes where.

TUESDAY, APRIL 14TH
5:00 - 6:00PM



Must Read Mondays



April 27
6:30-7:30pm



BRAIN GAMES!

APRIL WORD SCRAMBLE

APRIL SUDOKU

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

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WORD SCRAMBLE DIRECTIONS:
Unscramble each set of letters to discover a vocabulary word relating to the lovely month of April.

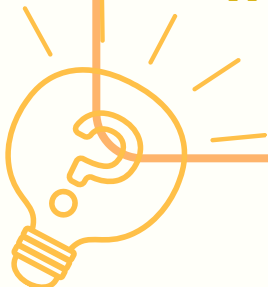
- OFLO _____
- BTFURTYLE _____
- ARSSG _____
- TPAEILRLACR _____
- ERTDYAHA _____
- ADRGNE _____
- ANIR _____
- LAGUH _____
- LUIPT _____
- RENGE _____
- RECYCEL _____
- RTSEAE _____

- LLAMUBER _____
- LNAPT _____
- UBNYN _____
- UORPTS _____
- ATNREU _____
- PALRI _____
- OEKJ _____
- OLFERW _____
- SEBLAABL _____
- NSPRGI _____
- OLMBO _____
- NIOBR _____

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APRIL TRIVIA!

Who was the lead singer of the band The Supremes during the 1960s?

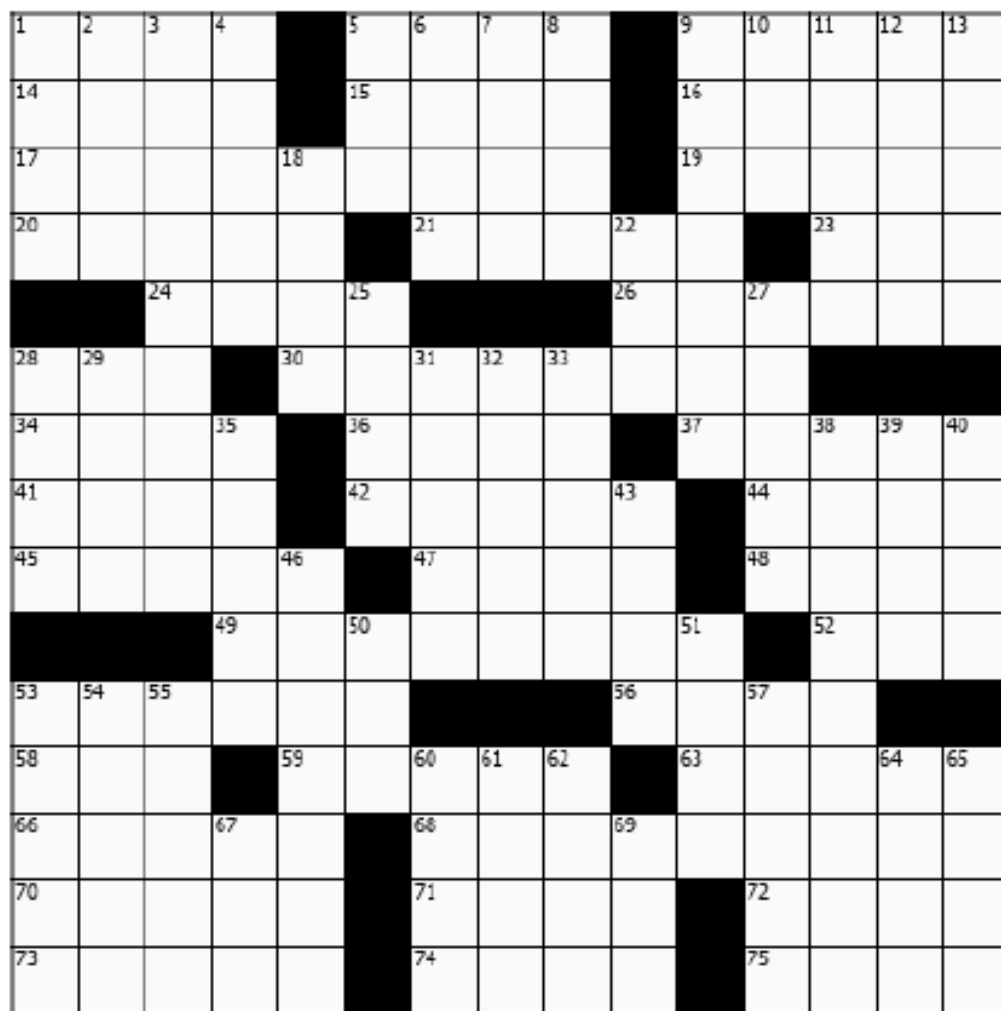


Answer key on page 24

CROSSWORD

Across

1. Droopy
5. Irritated state
9. Musical symbol
14. Location
15. Horse's gait
16. More colorless
17. Wood-smoothing item
19. Pedro's friend
20. Trap
21. Protective gear
23. Big boy
24. Nerd
26. Employable
28. That girl
30. Paraphrased
34. Slightly hot
36. Cat's sound
37. Scoundrel
41. Europe's neighbor
42. Athletic groups
44. Knitting stitch
45. Yonder
47. Count calories
48. Stickers
49. Meant
52. Golfer's need
53. Fleet
56. Walk through water
58. Even score
59. Puccini work
63. Titles
66. Weirder
68. Soft drink (2 wds.)
70. Diamond and Armstrong
71. Absent
72. She, in Barcelona
73. Remove
74. Plant stalk
75. Talk back



Down

- | | | |
|----------------------------|------------------------------|-----------------------------|
| 1. Lad's girl | 22. Absent | 50. Hit lightly |
| 2. Islamic nation | 25. Retained | 51. Copenhagen native |
| 3. Zoo | 27. Add to the family | 53. Repent |
| 4. Pedro's father | 28. Hit | 54. Bus patron |
| 5. Health club | 29. Corned beef dish | 55. Newspapers and TV, e.g. |
| 6. California wine valley | 31. Napped leather | 57. Challenges |
| 7. Froster | 32. Locomotive | 60. Nest contents |
| 8. Duration | 33. Carrying a weapon | 61. Rampage |
| 9. More thinly distributed | 35. Diva ____ Callas | 62. Prince Charles's sister |
| 10. Deli meat | 38. Central American country | 64. House additions |
| 11. Out on ____ (2 wds.) | 39. Impel | 65. Oceans |
| 12. Kingly | 40. Other | 67. Chicago trains |
| 13. Inclined | 43. Fret | 69. Diamond, e.g. |
| 18. Look intently | 46. Support | |

Answer key on page 24

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 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





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 April Luncheons

Meal provided to individuals 60+ years of age*

When & Where

MONDAYS April 13 and 27, 2026

Check in: 11:30 Lunch: 12:00

Holy Family Parish

28 Lincoln St Essex Jct

April 13

Pork roast, Mushroom gravy, Ranch beans, Mixed vegetables, Wheat bread, Pineapple

April 27

Cheese ravioli with meat sauce, Peas and Carrots, Wheat bread, Fruited yogurt parfait



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

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



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Town Meadow Luncheon April 21

Available to individuals 60+ years of age*

Menu:

Swedish meatballs, Pasta, Carrots,
Green beans, Pineapple, Wheat bread,
Milk

When:

Tuesday, April 21, 2026
Check in: 11:30 Lunch Served: 12:00

No delivery available

\$7 suggested donation

\$7
SUGGESTED
DONATION

Reserve your seat
by 4/15

Where:

Essex Town Meadow Senior Housing
22 Carmichael St., Essex

Contact:

MJ Merchant
Merchant@cathedralsquare.org
802-859-8866

*Age Well registration required.

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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

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

Sudoku Answer

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

Word Scramble Answers

OFLO	FOOL	LLAMUBER	UMBRELLA
BTFURTYLE	BUTTERFLY	LNAPT	PLANT
ARSSG	GRASS	UBNYN	BUNNY
TPAEILRLACR	CATERPILLAR	UORPTS	SPROUT
ERTDYAHA	EARTH DAY	ATNREU	NATURE
ADRGNE	GARDEN	PALRI	APRIL
ANIR	RAIN	OEKJ	JOKE
LAGUH	LAUGH	OLFERW	FLOWER
LUIPT	TULIP	SEBLAABL	BASEBALL
RENGE	GREEN	NSPRGI	SPRING
RECYCEL	RECYCLE	OLMBO	BLOOM
RTSEAE	EASTER	NIOBR	ROBIN

TRIVIA ANSWER:
DIANA ROSS



WHAT'S NEW ON NETFLIX

- ***Bohemian Rhapsody (2018)*** – Rami Malek delivers an Oscar-winning performance in this foot-stomping biopic that follows the meteoric rise of Queen and the extraordinary life of frontman Freddie Mercury.
- ***Eat Pray Bark (2026) Netflix Original*** – In this Alpine-set comedy, five eccentric dog owners head to a training camp for their unruly pets, only to discover that they are the ones who actually need the coaching.



MARCH'S BOOK PICK

Title: *The Beekeeper's Apprentice* **Author:** Laurie R. King

A teenage orphan becomes the reluctant apprentice to a retired Sherlock Holmes in 1915. The novel follows their partnership as they solve cases, including the kidnapping of a U.S. senator's daughter, and chronicles Mary's coming-of-age as a brilliant detective under Holmes's tutelage.

YIELDS 10 SERVINGS
PREP TIME: 10 MIN
COOK TIME: 35 MINS
TOTAL: 45 MINS

COOKING CORNER

BROCCOLI CHEESE SOUP

Recipe from:
<https://www.foodnetwork.com/recipes/reed-drummond/broccoli-cheese-soup-recipe-2048976>

INGREDIENTS

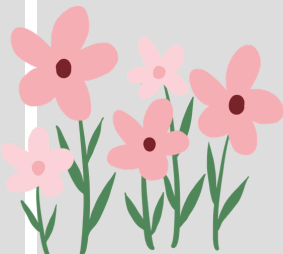

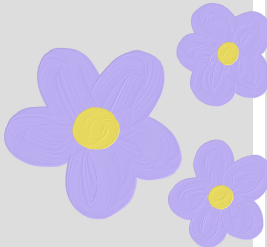
- 4 HEADS BROCCOLI, CUT INTO 1-INCH PIECES
- OLIVE OIL, FOR DRIZZLING
- SALT AND FRESHLY GROUND BLACK PEPPER
- 1 STICK (4 OUNCES) UNSALTED BUTTER
- 1 WHOLE ONION, DICED
- 1/3 CUP ALL-PURPOSE FLOUR
- 4 CUPS WHOLE MILK
- 2 CUPS HALF-AND-HALF
- PINCH NUTMEG
- 3 CUPS GRATED CHEESE (MILD CHEDDAR, SHARP CHEDDAR, JACK, ETC.), PLUS MORE FOR GARNISH, OPTIONAL
- 1 CUP CHICKEN BROTH, OPTIONAL



INSTRUCTIONS

- Preheat the oven to 375 degrees F.
- Remove 2 cups of the broccoli florets, cut in half, drizzle with olive oil and sprinkle with salt and pepper. Place on a baking sheet cut-side down and bake until the florets begin to crisp and turn slightly brown.
- Meanwhile, melt the butter in a pot over medium heat. Add the onions and cook until softened, 3 to 4 minutes. Sprinkle the flour on top. Stir to combine and cook until the flour is absorbed and smells lightly toasted, 1 minute or so. Add the milk and half-and-half. Add the nutmeg, then the broccoli, a small dash of salt and plenty of black pepper. Cover the pot and reduce the heat to low. Simmer until the broccoli is tender, 20 to 30 minutes. Stir in the cheese and allow to melt.
- Taste and season with salt and pepper as needed. Serve the soup as is, mash with a potato masher to break up the broccoli a bit, or transfer to a blender in two batches and puree completely. (If you puree in a blender, return the soup to the heat to heat back up. Splash in some chicken broth if needed for thinning.) Garnish with the toasted broccoli or grated cheese and serve.

APRIL 2026 CALENDAR

SUN.	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT.
			1 12PM SENIOR LUNCH AT ST PIUS 1:30-3:30PM CRIBBAGE 6:30-7:30PM GRIEF GROUP	2 9-10AM BONE BUILDERS 9:30-10:30AM ZUMBA GOLD 12:30-4PM DUPLICATE BRIDGE	3 10AM-12PM MAH JONGG 11AM-12PM WALKING CLUB 11AM-12PM MIND FIT	4
5	6 9-10AM "LIFTING" SPIRITS 9-10AM BONE BUILDERS 11AM-12PM WALKING CLUB	7 10-11:30AM CURRENT EVENTS 10AM-1PM BINGO	8 1:30-3:30PM CRIBBAGE 6-8PM SPRING NEEDLE FELTING WORKSHOP 7-9PM BROWNELL TRIVIA	9 9-10AM BONE BUILDERS 9:30-10:30AM ZUMBA GOLD 12:30-4PM DUPLICATE BRIDGE	10 10AM-12PM MAH JONGG 11AM-12PM WALKING CLUB 11AM-12PM MIND FIT	11
12	13 9-10AM "LIFTING" SPIRITS 9-10AM BONE BUILDERS 11AM-12PM WALKING CLUB 11:30-1PM AGE WELL LUNCH AT HOLY FAMILY	14 10-11:30AM CURRENT EVENTS 10AM-1PM BINGO	15 10:30AM WALKING CLUB AT MAPLE STREET PARK 1:30-3:30PM CRIBBAGE	16 9-10AM BONE BUILDERS 9:30-10:30AM ZUMBA GOLD 12:30-4PM DUPLICATE BRIDGE	17 10AM-12PM MAH JONGG 11AM-12PM MIND FIT	18
19	20 9-10AM BONE BUILDERS 11:30-1PM AGE WELL LUNCH AT HOLY FAMILY	21 10-11:30AM CURRENT EVENTS 10AM-1PM BINGO 11:30-1PM AGE WELL LUNCH AT TOWN MEADOW	22 10:30AM WALKING CLUB AT MAPLE STREET PARK 1:30-3:30PM CRIBBAGE	23 9-10AM BONE BUILDERS 12:30-4PM DUPLICATE BRIDGE	24 10AM-12PM MAH JONGG	25
26	27 9-10AM BONE BUILDERS 9-10AM "LIFTING" SPIRITS	28 10-11:30AM CURRENT EVENTS 10AM-1PM BINGO	29 10:30AM WALKING CLUB AT MAPLE STREET PARK 1:30-3:30PM CRIBBAGE 1-3PM OR 6-8PM PAPER MACHE BUGS, BIRDS, FISH	30 9-10AM BONE BUILDERS 9:30-10:30AM ZUMBA GOLD 12:30-4PM DUPLICATE BRIDGE 1-3PM PAINT & SIP		

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