

# AUGUST 2025

## Essex Area Senior Center Newsletter

### IN THIS ISSUE

<b>PAGE 2</b>	Announcements, Contact Info.
<b>PAGE 3</b>	Newsletter Subscription, Programming Recap
<b>PAGE 4</b>	Senior Center Weekly Programming
<b>PAGE 5</b>	Hiking Club
<b>PAGE 6</b>	Performances in the Park, Walking Club
<b>PAGE 7</b>	Power Walking Class
<b>PAGE 8</b>	St Pius September Luncheon, Square Dancing
<b>PAGE 9</b>	Mind Fit
<b>PAGE 10</b>	Bone Builders, Essex Community Dinner
<b>PAGE 11</b>	Picnic in the Park
<b>PAGE 12</b>	AARP Bike Ride, Osher Lifelong Learners
<b>PAGE 13</b>	Programming at Brownell Library
<b>PAGE 14</b>	Brain Games
<b>PAGE 15</b>	Crossword
<b>PAGE 16</b>	Green Mountain Passport Program
<b>PAGE 17</b>	Age Well Capable Program
<b>PAGE 18</b>	Age Well Luncheons at Holy Family
<b>PAGE 19</b>	Age Well Luncheon at Town Meadow
<b>PAGE 20</b>	Age Well Restaurant Ticket Program
<b>PAGE 21</b>	Transportation (SSTA)/Answer Key
<b>PAGE 22</b>	Entertainment
<b>PAGE 23</b>	August Calendar



"KEEP YOUR FACE  
ALWAYS TOWARD THE  
SUNSHINE, AND  
SHADOWS WILL FALL  
BEHIND YOU."

- WALT WHITMAN.



# IMPORTANT ANNOUNCEMENTS



## 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.

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](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))



## EJRP FALL PROGRAM BROCHURES

BROCHURES WILL BE DELIVERED TO HOMES IN ESSEX AND ESSEX JUNCTION IN LATE AUGUST. BE ON THE LOOKOUT! IF YOU DON'T LIVE IN ESSEX OR ESSEX JUNCTION, JULIE WILL HAVE COPIES AT ALL SENIOR CENTER PROGRAMMING!



THERE WILL BE A WHOLE SECTION WITH PROGRAMS FOR 55+ SO BE SURE TO CHECK IT OUT!

BE ON THE LOOKOUT FOR NEW (AND CONTINUING) PROGRAMMING LIKE:

- 
- 
- 
- 
- 



FITNESS CLASSES  
YOGA CLASSES  
CARD MAKING WORKSHOPS  
NEW ART CLASSES WITH TINA LOGAN  
AND MUCH MORE!



THANK YOU TO MAX AND JORDAN FROM MOJO PHYSICAL THERAPY FOR COMING TO TALK TO US ABOUT IMPROVING BONE DENSITY AND BALANCE

HAVE A QUESTION FOR MAX AND JORDAN OR WANT TO SCHEDULE AN APPOINTMENT WITH THEM?  
CALL: 802-404-2294  
OR EMAIL:  
[HELLO@MOJOPTANDPILATES.COM](mailto:HELLO@MOJOPTANDPILATES.COM)





# 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:

**10:30AM- Walking Club**

- At Maple Street Park
- 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](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!**



AUGUST 2025

# INTERESTED IN A 55+ HIKING CLUB? JOIN US!



LOOKING FOR ACTIVE SENIORS THAT CAN ENDURE 2+ HOURS OF HIKING

REACH OUT TO JULIE TO FIND OUT MORE INFORMATION!



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





# PERFORMANCES IN THE PARK

**LOOKING FOR SOMETHING TO DO WITH  
YOUR GRANDKIDS?  
TAKE ADVANTAGE OF EJRP'S LAST FUN  
FAMILY-FRIENDLY SUMMER  
PERFORMANCE OF THE SEASON!**

**AT MAPLE STREET PARK!  
BRING A CHAIR OR BLANKET  
AND GET READY TO  
EXPERIENCE THE VARIETY OF  
ENTERTAINMENT THAT WE HAVE  
PLANNED THROUGHOUT THE  
SUMMER.**

**VERY MERRY  
THEATER- "FAME"**

**AUGUST 5  
6:30PM**



## WALKING CLUB

**MEET AT MAPLE STREET PARK TO GET ACTIVE AND  
BUILD COMMUNITY!**

**BRING WATER AND WEAR COMFORTABLE SHOES!**

**ALL PACES ARE WELCOME!**

**WEDNESDAYS AT 10:30AM**

**MEET BY THE BENCHES BEHIND THE POOL**



# POWER WALKING



**WALK YOUR CARES AWAY AND WALK AT THE PACE THAT'S BEST FOR YOU! THIS CLASS WILL USE 40 MINS OF TIME BRISKLY WALKING AND 20 MINS OF STRENGTH TRAINING AND STRETCHING. THE STRETCHING AND STRENGTH PORTION WILL BE SET TO MOTIVATING MUSIC. EXERCISES WILL BE PERFORMED OUTSIDE, SO HAVING PROPER FOOTWEAR, SUNSCREEN AND SUN HATS/SUN GLASSES IS ADVISED. PLEASE BRING A LIGHT SET OF HAND WEIGHTS (1-3LBS), AND A THERABAND OR TUBING.**

**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!**



**Maple Street Park  
Walking Path  
Monday August 18  
10-11am**



**\$10 / CLASS**

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

# LOOKING AHEAD

## SEPTEMBER ST PIUS SENIOR LUNCH

**SEPTEMBER 3RD  
@ NOON**

**ST. PIUS X**

**RESERVATIONS REQUIRED  
BY  
AUGUST 29TH**

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

**BY DONATION**

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

**EMAIL:  
DEELEYGLORIA@GMAIL.COM  
CALL:  
DONNA @ (802) 879-7922**

### **MENU:**

**HAM,  
MAC AND CHEESE,  
DESSERT**

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



## MODERN WESTERN SQUARE DANCING

**IF YOU CAN WALK TO MUSIC, YOU CAN LEARN TO SQUARE  
DANCE! JOIN US EVERY THURSDAY THROUGHOUT THE SCHOOL  
YEAR TO EXERCISE OUR BODIES AND MINDS THROUGH SQUARE  
DANCING. ALL AGES AND EXPERIENCE LEVELS WELCOME. FOR  
MORE INFORMATION, CONTACT SUSAN PIERCE AT 879-1974 OR  
SEWPIE@AOL.COM.**

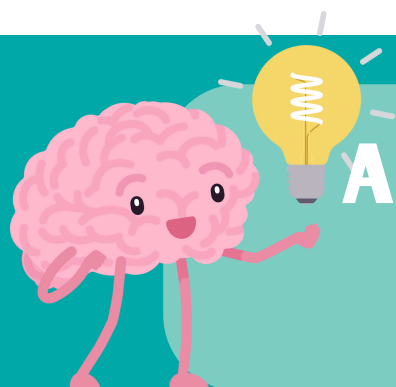
**ALL AGES / 75 MAPLE STREET, ASPIRE BUILDING  
THURSDAYS STARTING SEPTEMBER 4  
6:30PM**

**WWW.GREENMOUNTAINSTEPPERS.ORG**





# LOOKING AHEAD: MIND FIT IS BACK!



## ACTIVITIES TO BOOST BRAIN HEALTH

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 include Alphabet soup, Trivia, Word bingo, Name that tune, Conversation starters, Visual puzzles, Logo identification, and Advice column.

Maple Street Park Multipurpose room

Fridays, September 5 - October 17

11am-12pm

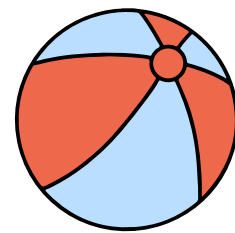


**NO REGISTRATION REQUIRED**





# OTHER COMMUNITY OPPORTUNITIES



## BONE BUILDERS



FREE!

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

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.

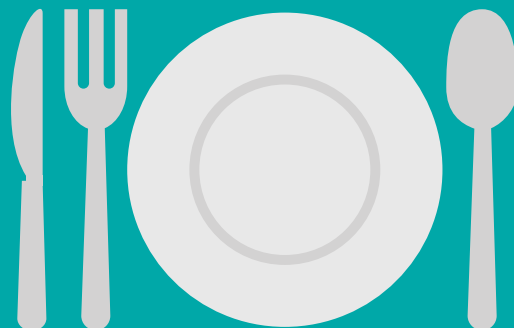
NO  
REGISTRATION  
REQUIRED-  
REMEMBER TO  
WEAR  
COMFORTABLE  
CLOTHING AND  
BRING WATER!

## ESSEX COMMUNITY DINNER

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

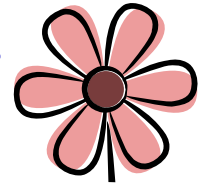
**BY DONATION**

**SATURDAY,  
AUGUST 9TH  
5:30PM  
AT THE HOLY  
FAMILY PARISH  
CENTER**





# Picnic in the Park



Friday, September 12<sup>th</sup>

12pm

Free!

Maple Street Park



Join us for hamburgers,  
hot dogs, music, and fun!

Golf Cart rides to the  
pavilion will be provided!



RSVP by September 9th  
email : [jshorter@ejrp.org](mailto:jshorter@ejrp.org)  
call: 802-878-1375  
ext 1553

# MORE OPPORTUNITIES!

## AARP VT: RIDE AND CONNECT: MONTHLY SOCIAL BIKING

Bike, Connect, and have fun at AARP's monthly Burlington Greenway rides!

Join AARP members and other age 50+ bikers for a monthly social bike ride on the Burlington Greenway path!

Each month will be a new journey with a group of riders from around the area of all abilities - and a guide. It's about making connections, having fun and embracing the community - not setting speed or distance records.

The bike ride will be 60 minutes followed by social time at a local bar/restaurant.

**NOTE:** This event is rain or shine.  
Bring your own bike.



**AUGUST 21 6-7:30PM**

Meeting Location: Oakledge Park - 11 Flynn Ave, Burlington, VT  
Social Gathering Spot: Burlington Beer Company

RSVP at [events.aarp.org/aarpvtbiking](https://events.aarp.org/aarpvtbiking) or scan the QR Code.

Please note that you must be signed into your AARP.org account or create an account to register for events. AARP membership is not required.

Contact AARP Vermont at [vtaarp@aarp.org](mailto:vtaarp@aarp.org) for more information.



## OLLI: OSHER LIFELONG LEARNING INSTITUTE



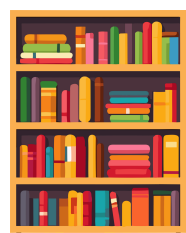
ALL THEIR  
OFFERINGS  
ARE ONLINE!  
SCAN THE QR  
CODE OR VISIT  
THE LINK  
BELOW.

The Campus OLLI program, part of UVM's network of seven adult learning communities across Vermont, offers diverse, engaging, and affordable year-round programs both online and in-person in Chittenden County. With over 100 programs annually, Campus OLLI enriches the lives of older adults through lectures, interest groups, outdoor activities, and trips. Join today to participate!

Membership in addition to program registration is required to attend.

<https://learn.uvm.edu/osher-lifelong-learning/olli-on-campus-courses/#OLLI-Programs>






# 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



### FIBER ARTS CLUB

FOR ADULTS OF ALL AGES AND EXPERIENCES

EVERY TUESDAY 4:30-6pm

- check out our fiber arts books from our nonfiction section!
- take sewing patterns from our pattern swap!
- find project inspiration from our magazine swap collection!
- enjoy a nice afternoon doing your projects with other fiber artists!

 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



## MUST READ MONDAYS

**'MY BELOVED WORLD' BY SONIA SOTOMAYO**

**AUGUST 25 6:30-7:30PM**

**DETAILS AT BROWNELLLIBRARY.ORG**

**DO YOU KNOW THAT THE BROWNELL LIBRARY FOUNDATION HAS A USED BOOK SALE AT THE BROWNELL LIBRARY? IN THE LIBRARY'S LOWER LEVEL THERE IS A ROOM FULL OF BOOKS; FICTION, NON-FICTION, PAPERBACKS, HARDBACKS, ADULT, YOUTH AND CHILDREN'S AND ELECTRONIC MEDIA. CURRENTLY THE PRICES FOR THESE BOOKS ARE ONE DOLLAR OR LESS. MANY ARE FREE. PRICES ARE GOING UP IN SEPTEMBER, SO GO IN AUGUST!**

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

# BRAIN GAMES!

## AUGUST SUDOKU

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

© 2013 KrazyDad.com

## AUGUST WORD SCRAMBLE

### Weather Word Scramble

Unscramble the following list of shuffled words to meaningful words!

USN	<input type="text"/>
NARI	<input type="text"/>
UCDOLS	<input type="text"/>
NTSMUOTDERHR	<input type="text"/>
NDIW	<input type="text"/>
OWSN	<input type="text"/>
HALI	<input type="text"/>
HINNGGTIL	<input type="text"/>
TTARUMRPEEE	<input type="text"/>
OFG	<input type="text"/>
NIROWBA	<input type="text"/>
NHACRUEIR	<input type="text"/>
DAOOTRN	<input type="text"/>
AVAHWTEE	<input type="text"/>
ZDLAZBIR	<input type="text"/>
OTRHUGD	<input type="text"/>
FTOSR	<input type="text"/>
IMST	<input type="text"/>
LSTEE	<input type="text"/>
ZEDILZR	<input type="text"/>

justfamilyfun.com

**What is the only mammal capable of true flight?**

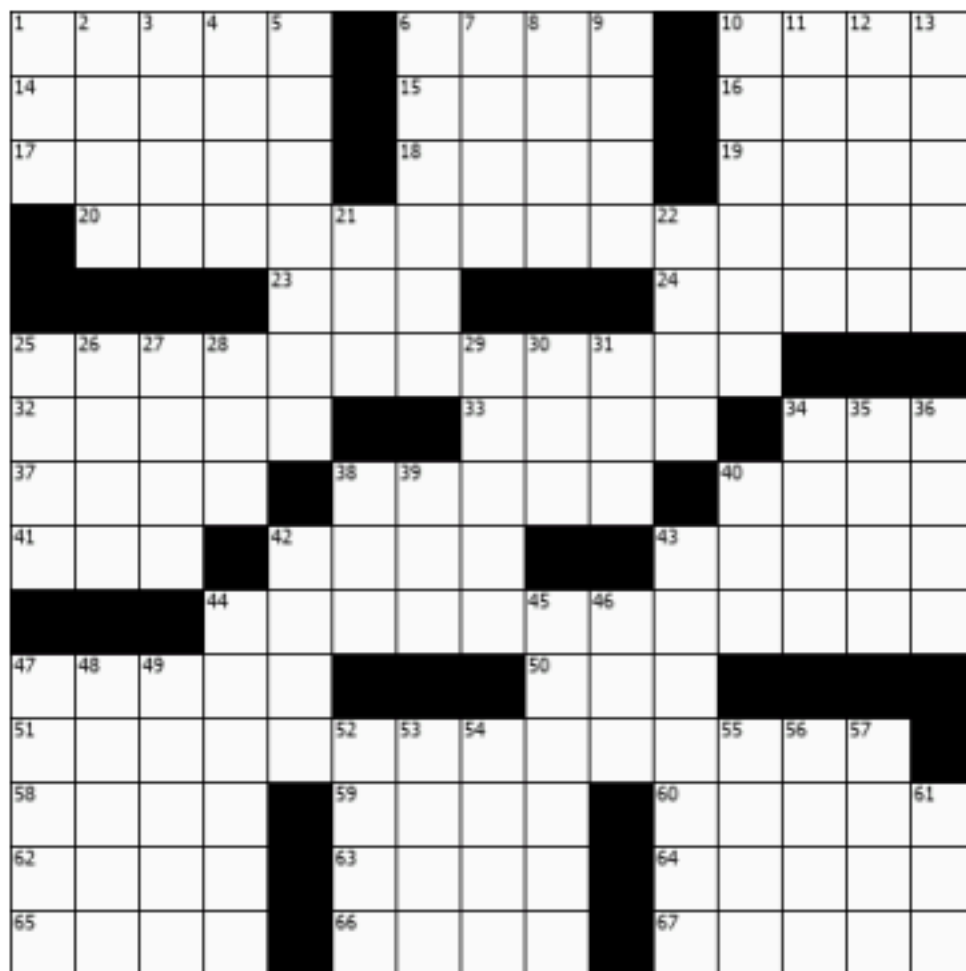


**Answer key on page 21**

# CROSSWORD

## Across

1. Like a juicy turkey
6. Measure, old-style
10. Cole's follower
14. "Norwegian Wood" instrument
15. Jump at the Ice Capades
16. Wandering Marco
17. PR man's concern
18. Hot Wheels and Matchbox
19. Wander
20. '83 University of Houston basketball team
23. One way to move an auto
24. Williams of "Happy Days"
25. 1930s St. Louis Cardinals
32. Klondike River region
33. Lacoste of tennis
34. Word after public or private
37. TV talking horse
38. Son of Amram and Jochebed
40. Ditch a dele
41. Toothed tool
42. Montreal ballplayer
43. Western horse
44. NFL Pittsburgh defense in the 1970s
47. One who weeps, in a saying
50. Bauxite or azurite
51. 1906 Chicago White Sox
58. Burn treatment
59. It's formed from silica
60. Become dangerous for driving
62. No longer bursting at the seams?
63. Old record player
64. Dependent, usually
65. Sphere of interest
66. Director Preminger
67. Toy truck maker



## Down

1. Three letters starting a Beatles song title
2. Like a Dali watch
3. Home of the Jazz
4. Biblical gift bearers
5. TV Mountie
6. Tropical birds
7. School test
8. School period
9. Movie lioness
10. Bounded
11. Weaving machines
12. Memorable name in Texas
13. Eve, e.g.
21. Baseball legend Gehrig
22. A Fonda
25. Exercise facilities
26. Subtly pervasive quality
27. Distort, as survey results
28. Coal box
29. He played Robin in 1938
30. Tracker maker
31. Miller or Landers
34. Volcano near Taormina
35. Bigfoot relative
36. Kind of collar
38. Bladed tool
39. Bonobo or siamang
40. Take a chair
42. Raison d' \_\_\_\_
43. Prognosticate
44. Tejano singer
45. "Gangsta's Paradise" rapper
46. It may hold ashes
47. \_\_\_\_ apso (dog breed)
48. Former Houston player
49. "Uncle Tom's Cabin" writer
52. London dining district
53. Roasting rod
54. Float over air or water
55. Canyon comeback
56. Horse's guide
57. Bad-tempered silence
61. Handheld device (Abbr.)

Answer key on page 21

# 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)**



## 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 Parish August Luncheons

Meal provided to individuals 60+ years of age.



### When & Where:

Monday's

Check in: 11:30 Lunch: 12:00

Holy Family Parish

30 Lincoln St Essex Jct

### Contact & Registration

Julie Shorter Program Director

802- 878-1375 ext 1553

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

No takeout available

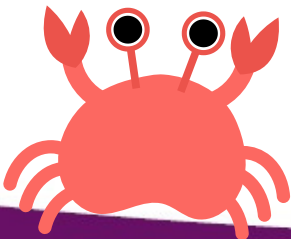
\$5 suggested donation per meal.

### August 4th

Baked stuffed chicken breast w/sauce, mashed potatoes, diced carrots, wheat dinner rolls, and pears

### August 18th

Roast turkey w/sauce, potatoes w/ranch dressing, Brussel sprouts, wheat bread, and date craisin cookies





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)

## Town Meadow Senior Housing Luncheon August 12th, 2025

Available to individuals 60+ years of age.

\$5 SUGGESTED  
DONATION

Advanced registration  
required Register by  
8/5/25

### what:

Cavatappi w/sharp cheddar, winter mix veggies, stewed tomatoes, wheat dinner rolls, and mandarin oranges

### When:

Tuesday, August 12th, 2025 Check in:  
11:30 Lunch Served: 12:00

**No delivery available \$5  
suggested donation Restaurant  
tickets will be available for  
distribution.**

### Where:

Essex Town Meadow  
Senior Housing  
22 Carmichael St Essex

### Contact to register:

MJ Merchant  
[E\\_Merchant@cathedralsquare.org](mailto:E_Merchant@cathedralsquare.org)  
P 802-859-8866

# RESTAURANT TICKET PROGRAM

**Program Overview:** Age Well has partnered with restaurants in various VT counties to offer nutritious meals to people aged 60+. Individuals can register, donate for a ticket, and dine at one of the restaurants with family/friends on their own time.

**Cost:** The suggested donation is \$5 per ticket.

**Ticket Usage:** 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.

## PARTICIPATING RESTAURANTS:

### ADDISON COUNTY

- **3 Squares Cafe:** 141 Main St in Vergennes  
(Available Monday, Thursday, Friday, & Saturday 8:00am - 3:00pm)
- **Rockers Pizzeria:** 191 Main St in Vergennes  
(Available Monday-Friday 11:00am - 4:00pm)
- **Halfway House:** 450 VT-22A in Shoreham  
(Available Monday-Thursday 5:00am - 8:00pm)
- **The Bridge Restaurant:** 8013 Rte 17 in West Addison  
(Available Wednesday-Sunday 11:00am-Close (Labor Day-April 30th)  
Wednesday and Thursday 11:00am-Close (May 1st-Labor Day)

### CHITTENDEN COUNTY

- **The Dutch Mill Family Restaurant:** 4309 Shelburne Rd in Shelburne  
(Available Monday-Friday 7:30am - 2:00pm)
- **Innovation Cafe:** 128 Lakeside Ave in Burlington  
(Available Monday-Friday 8:30am-1pm)
- **Ray's Seafood Market:** 7 Pinecrest Dr in Essex Junction  
(Available Sunday-Wednesday 11:00am - 3:30pm - Labor Day-Memorial Day)

### FRANKLIN/GRAND ISLE COUNTY

- **Greenwood Deli & Bakery:** 101 Main St in Richford  
(Wednesdays Lunch (11:30am-3pm), Fridays Breakfast (9am-11am))
- **Wally's Place:** 260 Rte 2 in South Hero  
(Available Wednesday, Thursday & Friday 10am-2pm - Labor Day-Memorial Day)
- **Kraemer & Kin:** 230 Rt 129 in Alburgh  
(Closed Nov 24 - March 31)  
(Available Thursdays 3:00pm - 8:00pm, Friday/Saturday 11:00am - 8:00pm, Sunday 11:00am-3:00pm)



**TICKETS ARE AVAILABLE AT THE AGE WELL OFFICE AT  
875 ROOSEVELT HWY, STE. 210 IN COLCHESTER**

**CALL 802-662-5200 FOR MORE INFORMATION**



# 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. The cost per ride for the user is \$2.50.

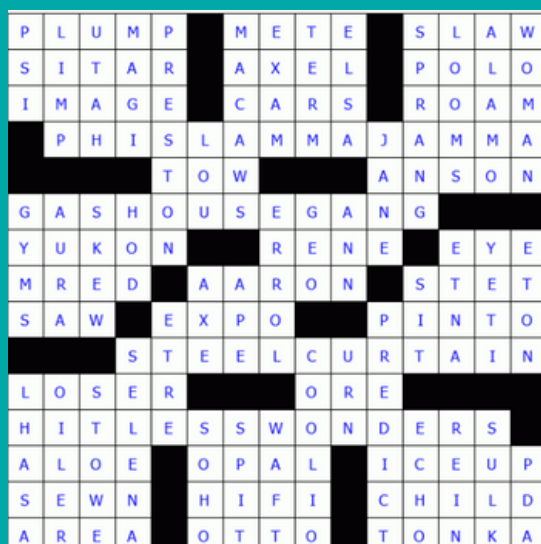
**The application and further information can be found here:**

**<https://ridegmt.com/paratransit-application/>**

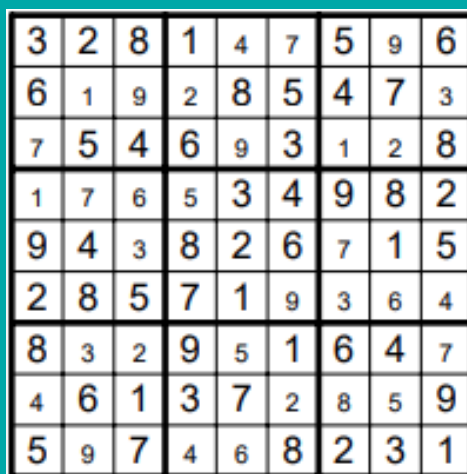
If you are not sure if you qualify for the paratransit program or know that you do not, you should call SSTA (802-878-1527) to inquire about what transportation options may be available to you.

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



### Sudoku Answer



TRIVIA ANSWER:  
BAT

### Word Scramble Answers





## WHAT'S NEW ON NETFLIX

- **Love Life (Seasons 1-2)** – Both seasons of the HBO Max anthology series starring Anna Kendrick and William Jackson Harper. Depicts its two protagonists each season on the journey from first love to last love, chronicling one of their relationships.
- **After the Sunset (2004)** – Pierce Brosnan headlines this action comedy about a pair of retired jewel thieves and an FBI Agent playing an elaborate game of cat-and-mouse.



## AUGUST'S BOOK PICK

**Title:** The Stolen Queen

**Author:** Fiona Davis

This mystery combines elements of 20<sup>th</sup> century history, Egyptian archaeology, and the New York fashion world.

## COOKING CORNER

## SKILLET LASAGNA WITH CORN AND CHERRY TOMATOES

## INGREDIENTS

- 3 EARS OF CORN ON THE COB
- 2 TABLESPOONS MELTED BUTTER
- 1 POUND LASAGNA NOODLES, ROUGHLY BROKEN
- 4 TABLESPOONS EXTRA-VIRGIN OLIVE OIL, DIVIDED
- 1 PINT CHERRY TOMATOES
- KOSHER SALT
- FRESHLY GROUND PEPPER
- 2 LARGE ZUCHINNI, PEELED INTO RIBBONS WITH A VEGETABLE PEELER
- 1 BUNCH ASPARAGUS, PEELED INTO RIBBONS WITH A VEGETABLE PEELER
- ½ CUP OF GRATED PARMESAN CHEESE
- ½ CUP CAPERS
- 3 TABLESPOONS CHOPPED FRESH BASIL

SERVES 6  
PREP TIME: 20 MIN  
COOK TIME: 20 MIN

Recipe from:

<https://www.purewow.com/recipes/cheaters-skillet-lasagna>



## INSTRUCTIONS

- Heat a large skillet over medium heat. Brush the corn with the melted butter and add to the skillet. Sear until well charred, about 4 minutes per side. Cool slightly, then cut the kernels from the cob.
- Bring a large pot of salted water to a boil and cook the lasagna noodles until al dente, 7 to 9 minutes.
- Drain the noodles and toss with 2 tablespoons of the olive oil. Heat the remaining olive oil in the same skillet you used to cook the corn.
- Add the tomatoes to the skillet; season with salt and pepper. Cook until the tomatoes are blistered, 6 to 7 minutes. Add the zucchini and asparagus; cook until tender, about 4 minutes.
- Add the noodles and corn to the skillet; toss to combine. Add the Parmesan, capers and basil; toss to combine. Serve immediately.

# AUGUST 2025 CALENDAR

SUN.	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT.
					<b>1</b> <b>JULIE AWAY</b> 9-10AM <b>BONE BUILDERS</b> 10AM-12PM <b>MAH JONGG</b>	<b>2</b>
<b>3</b>	<b>4</b> 11:30-1PM AGE WELL LUNCH AT HOLY FAMILY	<b>5</b> 10-11:30AM CURRENT EVENTS 10AM-1PM <b>BINGO</b> 6PM VERY MERRY THEATER "FAME"	<b>6</b> 9-10AM <b>BONE BUILDERS</b> 10:30AM <b>WALKING CLUB</b> 1:30-3:30PM <b>CRIBBAGE</b> 6:30-7:30PM <b>GRIEF GROUP</b>	<b>7</b> 12:30-4PM <b>DUPLICATE BRIDGE</b>	<b>8</b> 9-10AM <b>BONE BUILDERS</b> 10AM-12PM <b>MAH JONGG</b>	<b>9</b> 5:30PM <b>ESSEX COMMU NITY DINNER</b>
<b>10</b>	<b>11</b>  <b>NO PROGRAMS</b>	<b>12</b> 10-11:30AM CURRENT EVENTS 10AM-1PM <b>BINGO</b> 11:30-1PM AGE WELL LUNCH AT TOWN MEADOW	<b>13</b> 9-10AM <b>BONE BUILDERS</b> 10:30AM <b>WALKING CLUB</b> 1:30-3:30PM <b>CRIBBAGE</b> 6-7:30PM <b>SMALL WIRE BASKET MAKING</b>	<b>14</b> 12:30-4PM <b>DUPLICATE BRIDGE</b>	<b>15</b> 9-10AM <b>BONE BUILDERS</b> 10AM-12PM <b>MAH JONGG</b>	<b>16</b>
<b>17</b>	<b>18</b> 10-11AM <b>POWER WALKING</b> 11:30-1PM AGE WELL LUNCH AT HOLY FAMILY	<b>19</b> 10-11:30AM CURRENT EVENTS 10AM-1PM <b>BINGO</b>	<b>20</b> 9-10AM <b>BONE BUILDERS</b> 10:30AM <b>WALKING CLUB</b> 1:30-3:30PM <b>CRIBBAGE</b>	<b>21</b> 12:30-4PM <b>DUPLICATE BRIDGE</b> 6-7:30PM <b>AARP BIKE RIDE</b>	<b>22</b> 9-10AM <b>BONE BUILDERS</b> 10AM-12PM <b>MAH JONGG</b>	<b>23</b>
<b>24</b>	<b>25</b> 6:30-7:30PM <b>MUST READ MONDAY</b>	<b>26</b> 10-11:30AM CURRENT EVENTS 10AM-1PM <b>BINGO</b>	<b>27</b> 9-10AM <b>BONE BUILDERS</b> 10:30AM <b>WALKING CLUB</b> 1:30-3:30PM <b>CRIBBAGE</b>	<b>28</b> 12:30-4PM <b>DUPLICATE BRIDGE</b>	<b>29</b> 9-10AM <b>BONE BUILDERS</b> 10AM-12PM <b>MAH JONGG</b>	<b>30</b>
<b>31</b>						

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