

# JULY 2025

## Essex Area Senior Center Newsletter

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"SUMMERTIME, AND  
THE LIVING IS EASY."

—ELLA FITZGERALD



# IMPORTANT ANNOUNCEMENTS



## JULIE ON VACATION

Julie will be on vacation June 30<sup>th</sup> - July 4<sup>th</sup>. EJRP staff will fill in for regular programming. If you have any questions during that week, please call our office 802-878-1375

## LIBRARY WILL BE CLOSED JULY 4 - NO MAH JONGG THAT DAY

### 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))



## RECENT PROGRAMMING RECAP

THANKS TO AUDUBON VERMONT FOR HOSTING A BIRDWATCHING CLASS, AND TO WHOLE HEALTH NUTRITION FOR OUR SIMPLE & HEALTHY MEALS NUTRITION CLASS!



## LOOKING AHEAD



MOJO PHYSICAL THERAPY AND PILATES IS EXCITED TO JOIN THE JULY 21ST LUNCHEON FOR A SHORT TALK ABOUT MAINTAINING AND IMPROVING BALANCE AND BONE DENSITY. DRS. MAX AND JORDAN OSCAR, OWNERS OF MOJO PT AND PILATES, OFFER THEIR EXPERTISE IN WORKING WITH CHRONIC PAIN, INJURIES, POST SURGICAL RECOVERY, PILATES, AND BALANCE PROGRAMS. THEY WILL BE AVAILABLE AFTER DESSERT TO ANSWER ANY QUESTIONS AND OFFER INJURY SCREENS. - LUNCHEON DETAILS ON PAGE 19!



# 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!**

JULY 2025

# INTERESTED IN A 55+ HIKING CLUB?

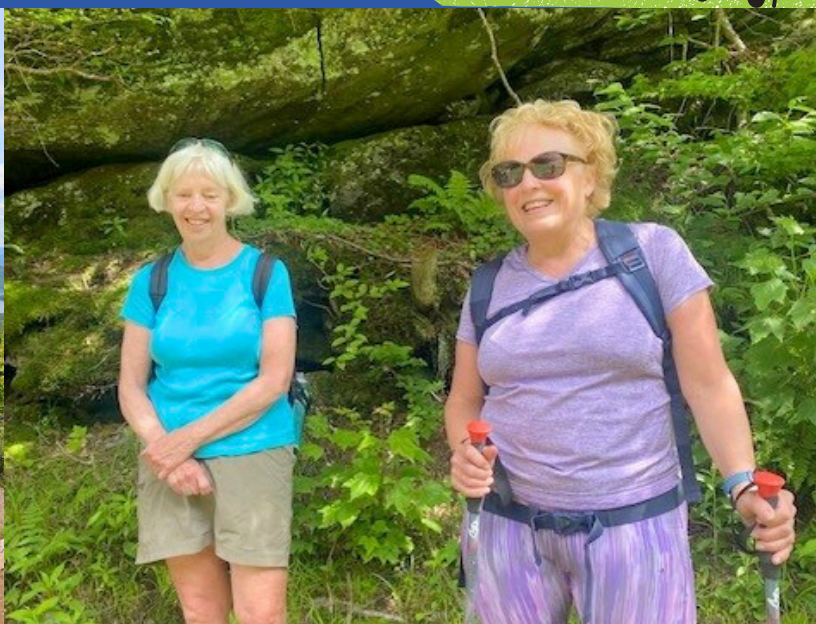


LOOKING FOR ACTIVE SENIORS THAT CAN ENDURE 2+ HOURS OF HIKING

REACH OUT TO JULIE TO FIND OUT MORE INFORMATION!



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



# EJRP JULY 4TH CELEBRATION



DON'T  
MISS IT!

EJRP is pleased to present the annual Essex Junction July 4th Celebration at the Champlain Valley Fairgrounds Midway Lawn! Festivities begin at 6:00PM with live music, games, face painting, balloon artists, 11+ inflatables, and more. Enjoy your favorite fair foods. We will end the evening with a fireworks display that will begin at 9:30PM. Bring the whole family for a fun filled Independence Day celebration!



Friday, July 4th  
Champlain Valley  
Fairgrounds, Midway Lawn  
(Champlain Valley Expo)  
6pm - Food, Live Music,  
Games  
9:30pm - Fireworks



# PERFORMANCES IN THE PARK

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

**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.**

**ALYX THE MAGICIAN**

**JULY 15  
6PM**

**JEH KULU DANCE  
AND DRUM THEATER**

**JULY 22  
6PM**

**MUSIC AND  
MOVEMENT WITH  
EMMA COOK**

**JULY 29  
6PM**

**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**



# ART CLASSES



**LOTS OF OPPORTUNITIES WITH TINA LOGAN AT HER  
STUDIO! SIGN UP ON [EJRP.ORG](http://EJRP.ORG) OR CALL 802-878-1375!**

## GRID DRAWING

**LEARN THE BASICS OF DRAWING AND SHADING BY USING A GRID  
TECHNIQUE. BRING YOUR OWN IMAGE PRINTED IN BLACK AND  
WHITE OR USE ONE ON HAND IN THE ART SPACE. NO EXPERIENCE  
NEEDED, JUST INTEREST AND CURIOSITY.**



**WEDNESDAY JULY 16  
6-7:30PM**

**\$25 PER  
CLASS**

## LANDSCAPE PAINTING IN GOUACHE

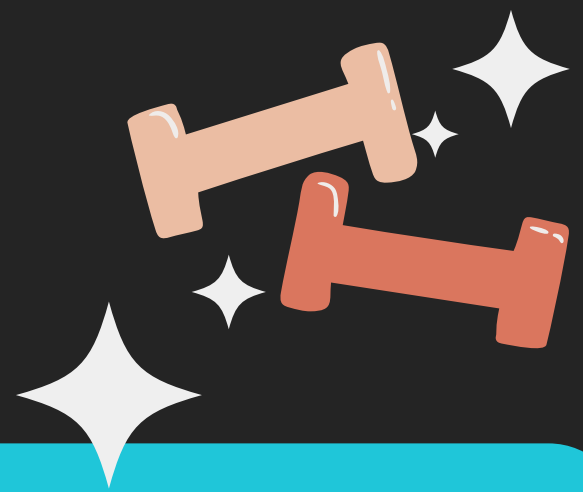
**LEARN THE BASICS OF PAINTING A LANDSCAPE. CREATE SMALL  
LANDSCAPE STUDIES FROM VISUAL REFERENCES. NO EXPERIENCE  
NECESSARY, JUST INTEREST AND CURIOSITY.**



**WEDNESDAY JULY 30  
6-8PM**



# 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!**

**Essex High School  
Outdoor Track  
Monday July 14  
10-11am**



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

**\$10/CLASS  
REGISTRATION FOR JULY IS OPEN  
REGISTRATION FOR AUGUST WILL OPEN IN EARLY JULY**

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

# JOHNNY CASH IMPERSONATOR

GEORGE RICHARD IS A JOHNNY CASH TRIBUTE ARTIST. WITH HIS TRIBUTE TO THE "MAN IN BLACK", HE BRINGS BACK THAT DISTINCT SOUND CASH HAD.

GEORGE WAS VERY FORTUNATE TO MEET JOHN CASH AND HIS WIFE, JUNE CARTER CASH, IN-PERSON AFTER A CONCERT AT THE FLYNN THEATER IN BURLINGTON. ENJOY THE SHOW!



**TUESDAY  
JULY 29TH  
1:30-2:30PM**

**TOWN MEADOW  
22 CARMICHAEL ST  
ESSEX**

**SPACE IS LIMITED!  
RSVP TO JULIE  
BY JULY 25!  
802-878-1375 EXT 1553  
JSHORTER@EJRP.ORG**

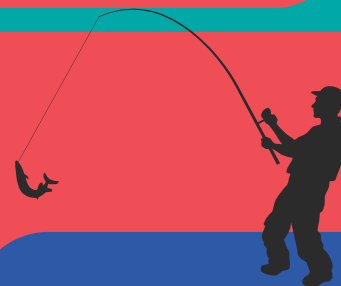
**FREE!**

**\*WE WILL PASS A TIP BASKET AROUND IF PEOPLE WOULD LIKE TO MAKE A DONATION THAT WILL GO DIRECTLY TO THE PERFORMER\***

## INTRODUCTION TO FLY FISHING

This 6-hour course will introduce the novice fly angler to the basics of fly fishing. Topics include fly rod and reel identification, line, leader and tippet construction, categories of flies and how to "match the hatch" and how to cast with a fly rod. Students will be given an overview of how to present the fly to fish in different types of water, how to read the water and the best methods to catch fish.

Various other advanced casting techniques will be demonstrated and practiced. Basic knot applications and tying will be demonstrated and practiced.



**Sunday July 13th  
8am-2pm  
Ages 14+**

**\$100**

This course will be led by Jamie Eisenberg, a local fly-fishing guide and instructor, who has been fly-fishing and tying flies for over 30 years.

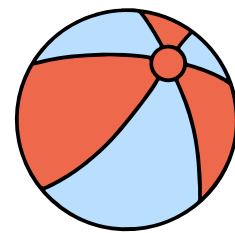
Attendees should bring a light lunch or snacks, beverages, polarized sunglasses, a ball cap, sunscreen, and water shoes. A valid VT Fishing license is required and may be purchased on-line at [https://www.vtfwdsales.com/online/cid\\_entry.php](https://www.vtfwdsales.com/online/cid_entry.php)



**Mills Riverside Park  
Jericho, VT  
Call to Register  
802-878-1375**



# OTHER COMMUNITY OPPORTUNITIES



## BONE BUILDERS



**FREE!**

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

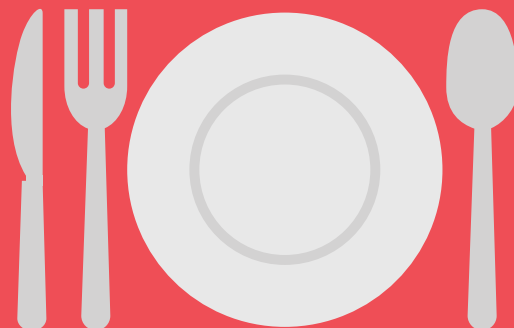
Bone Builders is an exercise program designed to prevent (and even reverse) the negative effects of osteoporosis. The program is based on research conducted and published by Tufts University which shows that strength training just twice a week dramatically reduces the risk of fractures due to the disease. 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!**

**FRIDAY,  
JULY 11TH  
5:30PM  
AT THE HOLY  
FAMILY PARISH  
CENTER**



**BY DONATION**

# 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.



**JULY 17 6-7:30PM**

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

RSVP at [events.aarp.org](https://events.aarp.org) 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



University  
of Vermont



**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!

## Library Potluck

Join us for our Library Potluck!  
Friday, July 18<sup>th</sup> from 6-7:30pm.  
Details are on our website!

## 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

## 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!

## MUST READ MONDAYS

**'NORTH WOODS' BY DANIEL MASON**

**JULY 28 6:30-7:30PM**

**DETAILS AT  
BROWNELLLIBRARY.ORG**

◆ B · BROWNELL NEWS · N ◆

## Current Events

TUESDAYS 10-11:30AM

ENGAGE WITH YOUR COMMUNITY

LOCAL, NATIONAL, AND WORLD EVENTS

STAY INFORMED

DISCUSS CURRENT EVENTS WITH COMMUNITY MEMBERS

**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.**

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


# BRAIN GAMES!

## JULY SUDOKU


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

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## JULY WORD SCRAMBLE



### US States Word Scramble



1. gcamiihn \_\_\_\_\_
2. eesntsene \_\_\_\_\_
3. gergiao \_\_\_\_\_
4. iraozna \_\_\_\_\_
5. oihda \_\_\_\_\_
6. nmgyowi \_\_\_\_\_
7. wne reipshhma \_\_\_\_\_
8. hooi \_\_\_\_\_
9. viiaigrn \_\_\_\_\_
10. alkamoho \_\_\_\_\_
11. aaednv \_\_\_\_\_
12. toanman \_\_\_\_\_
13. akresabn \_\_\_\_\_
14. mbaaala \_\_\_\_\_
15. mneotvr \_\_\_\_\_
16. xsaet \_\_\_\_\_
17. aalaks \_\_\_\_\_
18. iursosim \_\_\_\_\_
19. neasmtoin \_\_\_\_\_
20. uoalaniis \_\_\_\_\_

PrintableParadise.com

In 'Happy Days', what was the name of the diner where the gang often hung out?

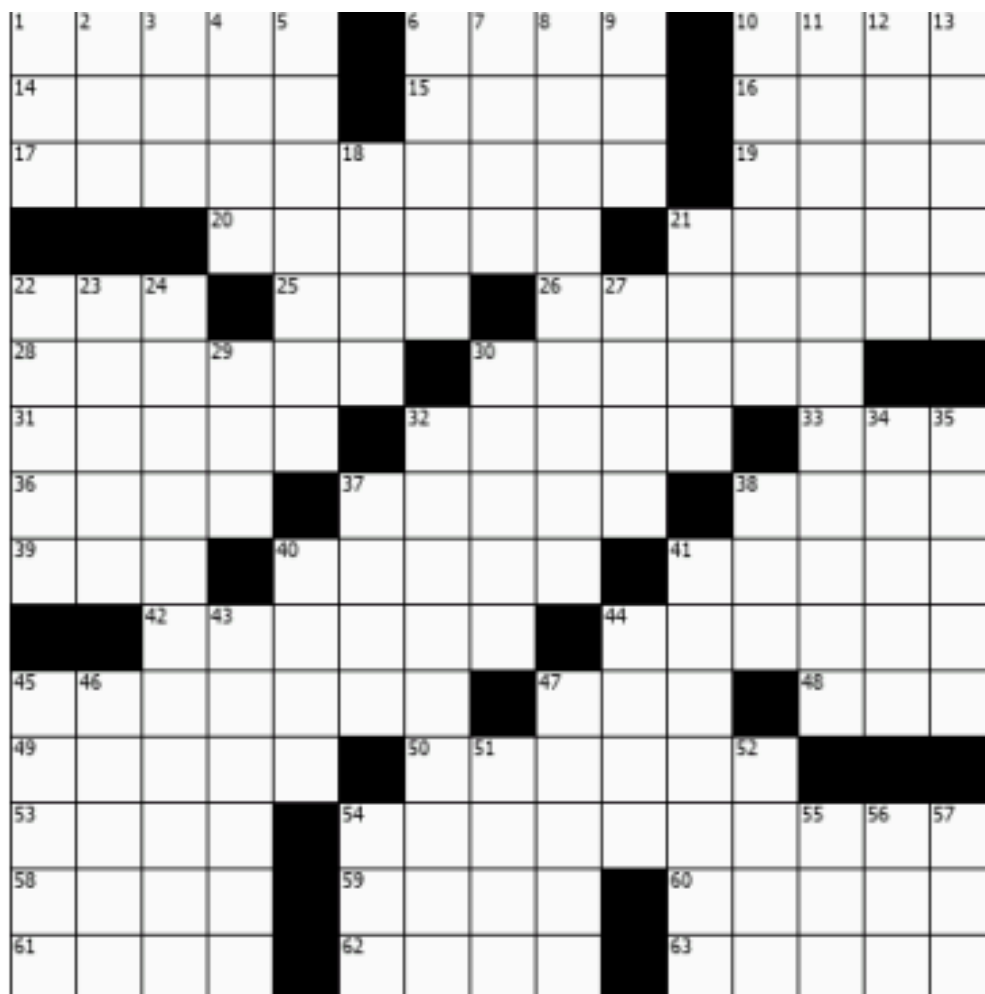


Answer key on page 22

# CROSSWORD

## Across

1. Islamic deity
6. Suburbanite's lot, often
10. Clandestine signal
14. Tenant's contract
15. Playwright Coward
16. Greenish-blue
17. Burro, for one
19. Diving position
20. More out of date
21. Word with profit or time
22. Expressions of understanding
25. Skedaddle
26. Rests
28. Screen beauty Welch
30. Diocese division
31. Reject with contempt
32. North Dakota city
33. Corn holder
36. Dentist's instruction
37. Suspends
38. Reach new heights
39. "Science Guy" Bill
40. Social class
41. Fry lightly
42. Sister of Eva and Magda
44. Skeleton in the closet
45. Daughter of Hillary and Bill
47. Debussy's "Air de \_\_\_\_"
48. It's found in sticks
49. Part of a dealer's inventory
50. Use plastic
53. Scandinavian capital
54. Publicist
58. "... and make it fast!"
59. Camera essential
60. Puccini heroine
61. Openers
62. \_\_\_\_ buco
63. Legally prohibit



## Down

1. Swiss echo generator
2. Meadow, in verse
3. Fond du \_\_\_\_, Wisconsin
4. Responds "la" "Jeopardy!"
5. Conversion target
6. Old-womanish
7. Johnny-\_\_\_\_-lately
8. Change furniture around
9. Conduit bend
10. Compassion
11. Place for a racket
12. Bolivia's constitutional capital
13. Snapshots
18. File opener?
21. Polish partner
22. Welles of filmdom
23. Word with landing or medium
24. Strategy used by Joe Torre, maybe
27. Cupid, in Greece
29. Vase
30. One of three in 1492
32. Routs, in sports
34. Like some cereal
35. Kansas City slugger George
37. Smog consequence
38. Animal pouch
40. Elliot who was a Mama
41. Channel to the ocean
43. Single-masted sailers
44. Business salutation, sometimes
45. Frog sound
46. Wiesbaden, Germany is its capital
47. Rodeo saddle attachment
51. About half of all lobsters
52. Subjects of clashes
54. Arafat's grp.
55. Fast or slow attachment
56. Sgt., for one
57. Screw thread cutter

Answer key on page 22

Crossword from [onlinecrosswords.net](http://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](http://VTSTATEPARKS.COM)**

# AGE WELL CORNER



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



Designed to help older adults  
function safely in their homes

### SERVICES:

- 6 home visits from an Occupational Therapist
- 4 home visits from a registered nurse
- Minor home repair, modifications, & assistive devices

Teams comprised of an occupational therapist, a registered nurse, and a handyperson to help older adults identify their own self-care goals which can decrease hospitalization and healthcare costs



### ELIGIBILITY:

- 60 years of age or older
- Live in Addison, Chittenden, Franklin, or Grand Isle counties
- Have some difficulty with any ADL (such as bathing, dressing, grooming, eating, walking across a small room)
- Cognitively intact
- Not receiving active cancer treatment or pending surgery
- Not terminally ill
- Income eligible - call for more information

Questions & Referrals: 1-800-642-5119

JULY 2025

# SENIOR NIGHTS

*at*

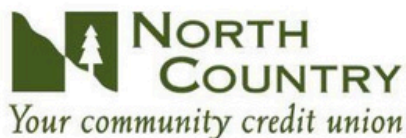


## TUESDAY'S THIS SUMMER ARE SENIOR GAME NIGHT AT CENTENNIAL FIELD

Adults 60 and over can purchase half price reserved tickets for \$6 and includes a voucher for a free soft drink. Tickets can be purchased at 802-655-4200 or day of at the field.

## July 1, July 29

Sponsored By:



Parking & Transportation: Free parking is available at Gutterson Fieldhouse and at Trinity Campus. In addition to free parking, fans are also able to take advantage of a Courtesy Shuttle Bus Service from Gutterson Fieldhouse to Centennial Field. For limited stadium parking (\$5/car), continue to end of East Ave, take right at light on Colchester Ave.

Centennial Field, 287 Colchester Ave, Burlington



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)

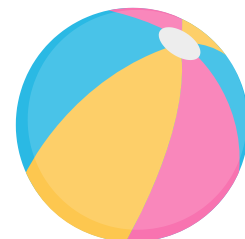
## Holy Family Parish July Luncheons

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.



July 7th

BBQ chicken breast, baked beans, cauliflower w/chives, wheat bread, and strawberry applesauce

July 21st

Roast pork loin w/gravy, mashed potatoes, garden peas & onions, wheat bread, and apple and strawberry crisp w/whipped cream

MOJO PHYSICAL THERAPY WILL  
BE JOINING TO INTRODUCE  
THEIR BUSINESS AND WILL BE  
AVAILABLE FOR INJURY  
SCREENINGS AFTER.

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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

### July 22nd, 2025 Luncheon

Available to individuals 60+ years of age.

\$5  
SUGGESTED  
DONATION

Advanced registration  
required  
Register by 7/15

#### what:

Sweet-n-sour beef meatballs  
w/seasoned medium shells, California  
blend vegetables, wheat bread, and  
Granny Smith apples

#### When:

Tuesday, July 22nd, 2025

Check in: 11:30 Lunch Served: 12:00

**No delivery available**

**\$5 suggested donation**

#### 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

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# 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)

**NEW!**

**-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

A	L	L	A	H		A	C	R	E		P	S	S	T
L	E	A	S	E		N	O	E	L		A	Q	U	A
P	A	C	K	A	N	I	M	A	L		T	U	C	K
			S	T	A	L	E	R		S	H	A	R	E
O	H	S		H	I	E		R	E	P	O	S	E	S
R	A	Q	U	E	L		P	A	R	I	S	H		
S	P	U	R	N		M	I	N	O	T		C	O	B
O	P	E	N		H	A	N	G	S		S	O	A	R
N	Y	E		C	A	S	T	E		S	A	U	T	E
		Z	S	A	Z	S	A		S	E	C	R	E	T
C	H	E	L	S	E	A		L	I	A		T	N	T
R	E	P	O	S		C	H	A	R	G	E			
O	S	L	O		P	R	E	S	S	A	G	E	N	T
A	S	A	P		L	E	N	S		T	O	S	C	A
K	E	Y	S		O	S	S	O		E	S	T	O	P

### Sudoku Answer

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

TRIVIA ANSWER:  
ARNOLD'S

### Word Scramble Answers

#### US States Word Scramble

1. gcamiinh	michigan
2. cesntsene	tennessee
3. gergiao	georgia
4. iraozna	arizona
5. oiha	idaho
6. nmgyowi	wyoming
7. wne reipshhma	new hampshire
8. hooi	ohio
9. viiaign	virginia
10. alkamoho	oklahoma
11. aednv	nevada
12. toanman	montana
13. akresabn	nebraska
14. mbaaala	alabama
15. mneotvr	vermont
16. xsact	texas
17. aalaks	alaska
18. iursosim	missouri
19. neasmtoin	minnesota
20. uoalaniis	louisiana

# ENTERTAINMENT!

## WHAT'S NEW ON NETFLIX

- **Mission: Impossible – Rogue Nation (2015)** – Ethan Hunt faces off against a rogue organization in this high-stakes spy thriller.
- **Brick** – German thriller starring Matthias Schweighöfer and Ruby O. Fee.



## JULY'S BOOK PICK

**Title:** The Natural

**Author:** Bernard Malamud

A 1952 novel about baseball by Bernard Malamud, and is his debut novel. The story follows Roy Hobbs, a baseball prodigy whose career is sidetracked after being shot by a woman whose motivation remains mysterious.



## COOKING CORNER

### NO-BAKE COCONUT CREAM LUSH DESSERT

#### INGREDIENTS

##### CRUST

- 4 CUPS NILLA WAFER COOKIE
- 6 TBSP UNSALTED BUTTER, MELTED

##### FILLING

- 8 OUNCES CREAM CHEESE, SOFTENED
- 1 CUP GRANULATED SUGAR
- 8 OUNCE COOL WHIP TOPPING, THAWED (CAN SUBSTITUTE 2 C WHIPPING CREAM AND CONFECTIONERS SUGAR)
- ½ CUP SWEETENED COCONUT FLAKES

SERVES 16  
TIME: 20 MIN  
PREP, 4 HOURS  
CHILL

##### TOPPING

- 3 OUNCE (1 BOX) INSTANT COCONUT CREAM JELL-O PUDDING
- 2 CUPS WHOLE MILK
- ½ CUP TOASTED FLAKED COCONUT



Thank you to Donna Harnish for sharing this recipe from June's senior lunch at St. Pius!

<https://bellyfull.net/no-bake-coconut-cream-lush-dessert/>



#### INSTRUCTIONS

- Coat a 9×13 baking dish with nonstick spray.
- Blend the Nilla Wafers in a food processor until finely ground; add in the melted butter and blend until well combined. Press the mixture evenly into the bottom of the prepared pan.
- In a large bowl with an electric mixer, beat the cream cheese and sugar until combined and fluffy; add in the Cool Whip and flaked coconut and continue to mix until combined. Spread evenly over the Nilla wafer layer.
- Wipe out the bowl and pour in the Jell-o pudding powder and milk. Whisk vigorously for 2 minutes until thickened and set. Pour mixture over cream cheese layer. Sprinkle toasted coconut flakes over the top.
- Refrigerate until completely chilled and set, about 4 hours.
- Slice and serve!



# JULY 2025 CALENDAR



SUN.	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT.
		<b>1</b> <b>JULIE AWAY</b> 10-11:30AM CURRENT EVENTS 10AM-1:00PM: <b>BINGO</b> 6:35PM LAKE MONSTERS SENIOR NIGHT	<b>2</b> <b>JULIE AWAY</b> 9-10AM BONE BUILDERS 10:30AM WALKING CLUB 1:30-3:30PM CRIBBAGE 6:30-7:30PM GRIEF GROUP	<b>3</b> <b>JULIE AWAY</b> 12:30-4PM: DUPLICATE BRIDGE	<b>4</b> <b>JULIE AWAY</b> 9-10AM BONE BUILDERS LIBRARY CLOSED- NO MAH JONGG 6PM JULY 4 CELEBRATION	<b>5</b>
<b>6</b>	<b>7</b> 11:30-1PM AGE WELL LUNCH AT HOLY FAMILY	<b>8</b> 10-11:30AM CURRENT EVENTS 10AM- 1:00PM: <b>BINGO</b>	<b>9</b> 9-10AM BONE BUILDERS 10:30AM WALKING CLUB 1:30-3:30PM CRIBBAGE	<b>10</b> 12:30-4PM: DUPLICATE BRIDGE	<b>11</b> 9-10AM BONE BUILDERS 10AM-12PM: MAH JONGG 5:30 ESSEX COMMUNITY DINNER	<b>12</b>
<b>13</b> 8AM-2PM INTRO TO FLY FISHING	<b>14</b> 10-11AM POWER WALKING	<b>15</b> 10-11:30AM CURRENT EVENTS 10AM- 1:00PM: <b>BINGO</b> 6PM ALYX THE MAGICIAN	<b>16</b> 9-10AM BONE BUILDERS 10:30AM WALKING CLUB 1:30-3:30PM CRIBBAGE 6-7:30PM GRID DRAWING	<b>17</b> 12:30-4PM: DUPLICATE BRIDGE 6-7:30PM AARP BIKE RIDE	<b>18</b> 9-10AM BONE BUILDERS 10AM-12PM: MAH JONGG 6-7:30PM LIBRARY POTLUCK	<b>19</b>
<b>20</b>	<b>21</b> 11:30-1PM AGE WELL LUNCH AT HOLY FAMILY WITH MOJO PHYSICAL THERAPY	<b>22</b> 10-11:30AM CURRENT EVENTS 10AM-1:00PM: <b>BINGO</b> 11:30-1PM AGE WELL LUNCH AT TOWN MEADOW 6PM JEH KULU DANCE AND DRUM THEATER	<b>23</b> 9-10AM BONE BUILDERS 10:30AM WALKING CLUB 1:30-3:30PM CRIBBAGE	<b>24</b> 12:30-4PM: DUPLICATE BRIDGE	<b>25</b> 9-10AM BONE BUILDERS 10AM-12PM: MAH JONGG	<b>26</b>
<b>27</b>	<b>28</b> 6:30-7:30PM MUST READ MONDAY	<b>29</b> 10-11:30AM CURRENT EVENTS 10AM-1:00PM: <b>BINGO</b> 1:30-2:30PM JOHNNY CASH IMPERSONATOR 6:35PM LAKE MONSTERS SENIOR NIGHT	<b>30</b> 9-10AM BONE BUILDERS 10:30AM WALKING CLUB 1:30-3:30PM CRIBBAGE 6-8PM LANDSCAPE PAINTING	<b>31</b> 12:30-4PM: DUPLICATE BRIDGE		

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