

JULY 2026

ESSEX AREA SENIOR CENTER NEWSLETTER

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EJRP and EASC Older Adult Programming

Our Vision

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

Our Mission

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



IMPORTANT ANNOUNCEMENTS

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

NO EXPERIENCE NECESSARY!

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

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

CONTACT INFORMATION



FACEBOOK PAGE:
[@essexjunctionrecreationandparks](#)

WEBSITE:
www.ejrp.org/olderadults

EJRP CONTACT INFORMATION:

Christina McLaughlin

**Director of Older
Adult Programs**

EMAIL:
cmclaughlin@ejrp.org

PHONE:
(802) 878-1375

JOIN OUR EMAIL LIST!

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

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

Or email Christina and ask to be added!

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



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SENIOR CENTER WEEKLY PROGRAMMING

MONDAYS:

No consistent weekly programs

TUESDAYS:

10AM-1:00PM - BINGO

- FREE! Fun prizes!
- Bring your own lunch, lunch break at 11:30AM

WEDNESDAYS:

- 1:30-3:30PM - Cribbage
- FREE! Beginners are welcome!
 - Bring your own board if you have one!

YOU'RE INVITED TO COME AND LEARN TO PLAY CRIBBAGE!

THURSDAYS:

- 12:30-4PM - DUPLICATE BRIDGE
- FREE!
 - MUST HAVE A PARTNER!

FRIDAYS:

- 10AM-12PM - MAH JONGG
- FREE!

Have programming you'd like to see?

Chat with me in person or send me an email!

cmclaughlin@ejrp.org

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



ICE CREAM SOCIAL

**WEDNESDAY JULY 15
10:45AM-11:45AM**

BROWNELL LIBRARY PAVILION

IN THIS SPECIAL OUTDOOR PLAY
EVENT, SENIOR CENTER FRIENDS MEET
UP WITH THE LITTLES FROM
BROWNELL LIBRARY'S PLAY TIME
SERIES. COME DRAW GIANT
DINOSAURS TOGETHER AND SHARE ICE
CREAM! CREATIVE MATERIALS
PROVIDED FOR PLAY AND OUTDOOR
ARTWORK!



Join AARP Vermont and the Alzheimer's Association, Vermont Chapter for free presentation on how to build simple habits today to support a healthier brain tomorrow.

When: Tuesday, July 21st

Time: 2 to 3 pm

Where: Essex Senior Center, Essex

For more information and to register, scan the QR code below or go to:
<https://events.aarp.org/brainhealthsessex>





TV-Internet Senior Savings Program



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

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

Saturday, July 25
10:30am - 11:45am
Essex Area Senior Center

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

Mark Your Calendars!

Murder Mystery Luncheon at Town Meadow

Thursday, July 23rd - Check in at 11:30am, Lunch at 12pm
Join us for pizza and a hair-raising murder mystery!

\$5/person

RSVP by July 17th

Email Christina or call 802-878-1375 to register!

Maple Street Park Summer Performances

Join us at Maple Street Park (75 Maple Street) this summer for fun family friendly performances! Bring a chair or blanket and get ready to experience the variety of entertainment that we have planned throughout the summer.

Crankie Show with Rose & Michael - Tuesday, July 14th 6:00PM

Come and experience colorfully enlivened original illustrations of folk tales and songs told and sung for old and young! Mike Hartigan on piano adds his magical touch to Rose's singing and telling. An interactive form of theater, Rose's crankie shows will put a smile on your face!

Green Mountain Swing - Tuesday, July 28th 6:00PM

Green Mountain Swing is an all-volunteer 17-piece, non-profit big band with a home base in central Vermont. In addition to jazz standards, the band plays a wide range of jazz-infused genres and styles, including Latin, funk, bebop, hard bop, vintage rock and blues.

We look forward to swinging the night away with you at Maple Street Park!

Sneak Peak

Senior Swim Night at Maple Street Pool!

August 18th 6-8pm

free food, music, and access to the pool!

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

STAY ACTIVE!

OUTDOOR WALKING CLUB

TRY OUT OUR WALKING PATHS AT MAPLE STREET PARK AND JOIN US TO GET ACTIVE AND BUILD COMMUNITY! DON'T FORGET TO BRING WATER AND WEAR COMFORTABLE SHOES. MEET AT THE BENCHES JUST BEYOND THE BUILDING WHEN YOU ENTER THE MAIN ENTRANCE OF THE PARK. ALL PACES ARE WELCOME AND NO REGISTRATION REQUIRED.



MAPLE STREET PARK
WEDNESDAYS 10:30AM



HIKING CLUB

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

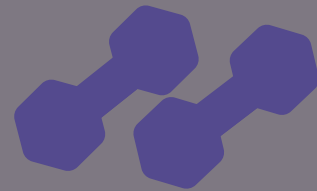
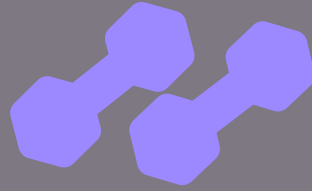
REACH OUT TO CHRISTINA TO FIND OUT MORE INFORMATION!

CMCLAUGHLIN@EJRP.ORG
802-878-1375



BONE BUILDERS!

FREE!



Bone Builders is an exercise program designed to prevent (and even reverse) the negative effects of osteoporosis. The program is based on research conducted and published by Tufts University which shows that strength training just twice a week dramatically reduces the risk of fractures due to the disease. Study participants gained bone density, became stronger and improved their balance. These health gains significantly reduced the incidence of falling. Bone Builders classes fill a vital need for regular physical exercise as well as increased social interaction, both well-known components of healthy aging.



The Wednesday/Friday Class is pretty full, but there is lots of room in the Monday/Thursday class!

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

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

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

LEARN TO SQUARE DANCE

FREE OPEN HOUSE

WHEN

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

WHERE

Essex Area Senior Center

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

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

FIND AND LIKE US ON FACEBOOK



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

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

GET MOVING TO THE BEAT!



ZUMBA GOLD WITH CIARA GREGORY



ZUMBA GOLD IS A MODIFIED VERSION OF ZUMBA THAT IS GEARED TOWARDS ACTIVE OLDER ADULTS SEEKING LOWER-IMPACT WORKOUTS. THE DESIGN OF THE CLASS INTRODUCES EASY-TO-FOLLOW ZUMBA CHOREOGRAPHY THAT FOCUSES ON BALANCE, RANGE OF MOTION, AND COORDINATION. CHAIRS WILL BE AVAILABLE TO ALL PARTICIPANTS. COME READY TO SWEAT AND PREPARE TO LEAVE EMPOWERED AND FEELING STRONG.

PLEASE WEAR LOOSE-FITTING, COMFORTABLE CLOTHING, AND BRING A WATER BOTTLE AND INDOOR SHOES TO CHANGE INTO WITH GOOD SUPPORT.

**\$10
/CLASS**

**THURSDAYS
9:30-10:30AM AT
THE SENIOR
CENTER!**

***NO CLASS JULY 30**



MOVE YOUR BODY!



NIA DANCE

NIA® IS A DANCE, FITNESS, MINDFULNESS PRACTICE WITH THE “JOY OF MOVEMENT” AT ITS CORE. DRAWING FROM THE WISDOM AND MOVEMENT LANGUAGES OF MODERN DANCE, MARTIAL ARTS, AND HEALING ARTS, NIA DELIVERS A FUN, ENERGETIC HOUR OF MOVEMENT (INCLUDING A WARM-UP, COOL-DOWN, AND STRETCH PHASE). THE PRACTICE IS DESIGNED TO PROMOTE MINDFULNESS AND TO BE PERSONALIZED FOR ANY BODY OR ENERGY LEVEL, ALL WHILE OFFERING A HIGH CARDIO WORKOUT THAT’S EASY ON YOUR JOINTS. ALL CHOREOGRAPHY IS BASED ON 52 SIMPLE MOVES, WHICH PARTICIPANTS ARE ENCOURAGED TO ADAPT TO THEIR OWN BODY. NO DANCE EXPERIENCE NECESSARY. STEP INTO THE STUDIO, TAKE OFF YOUR SHOES, AND GET READY TO FEEL BETTER INSIDE AND OUT AS WE DANCE AND SWEAT TO A DIVERSE ARRAY OF MUSIC.

**ESSEX AREA SENIOR CENTER
2 LINCOLN STREET**

SUNDAYS 9-10AM

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

\$30 FOR 6 WEEK SESSION

EASY GOING FLOW YOGA

EASY FLOW YOGA COMBINES MANY COMPONENTS OF A WELL-ROUNDED YOGA PRACTICE WITH SIMPLE SEQUENCING AND LONGER HOLD TIMES OF SOME POSES. CONNECT TO YOUR BODY AND BREATH FOR AN HOUR AND RETURN TO THE WORLD A MORE CENTERED YOU. THIS CLASS IS AVAILABLE TO THOSE WITH SOME YOGA EXPERIENCE, REGARDLESS OF AGE AND GENDER. MATS NOT PROVIDED — BRING A TOWEL OR BLANKET TO PRACTICE ON INSTEAD.

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

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



CHRISTINA MERHAR, REGISTERED YOGA TEACHER

12

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

COLLAGE WITH MIXED MEDIA

CREATE A WORK OF ART THAT HAS PERSONAL MEANING TO YOU BY
EXPLORING THE POSSIBILITIES OF COLLAGE AND OTHER MIXED MEDIA.

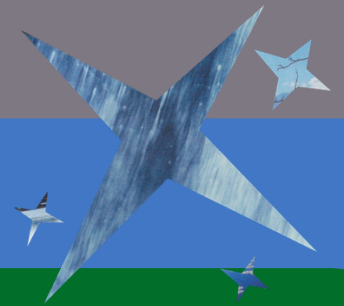


WEDNESDAY JULY 22
6-8PM

\$30 PER SESSION

*DON'T FORGET TO BE ADDED TO OUR WAITLIST IF THE
CLASS FILLS!

ZENTANGLE ART



ZENTANGLE IS A CALMING AND RESTORATIVE DRAWING ARTFORM
USING SMALL PAPERS AND HIGH QUALITY PENS. THE METHOD HAS
JUST ENOUGH STRUCTURE TO GET PEN TO PAPER EASILY AND ENOUGH
ROOM FOR YOUR OWN CREATIVITY TO SHINE IN A NON-JUDGMENTAL
AND FORGIVING SPACE. IT PROVIDES A RESPITE FROM OUR HECTIC
LIVES AND BRINGS MORE REGULATION TO OUR NERVOUS SYSTEMS.
YOU WILL BE AMAZED AT WHAT YOU CAN CREATE!

MONDAY JULY 6, 13, 20, 27
6-8PM

\$30 PER SESSION

BROWNELL LIBRARY

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

802-878-6955 Adult, 802-878-6956 Youth

frontdesk@brownelllibrary.org

Monday Computer Technology Help



1 on 1 sessions for Tech Help




Schedule a meeting at the Front Desk


◆ B · BROWNELL NEWS · N ◆

Current Events

TUESDAYS 10-11:30AM



ENGAGE WITH YOUR COMMUNITY	LOCAL, NATIONAL, AND WORLD EVENTS	STAY INFORMED
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DISCUSS CURRENT EVENTS WITH COMMUNITY MEMBERS

100TH ANNIVERSARY BBQ PARTY



Friday July 17th
4pm-7pm
BBQ starts at 5, Ben and Jerry's at 6
Celebrate the Brownell Library's 100th
Anniversary with BBQ, games, Big Blue
Trunk, and free Ben and Jerry's while
supplies last.




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 Craft: Miniature Painted Dinosaurs

Available during the
month of July while
supplies last!



Adult Summer Reading Program

July & August

no registration
required, stop by
the front desk to
find out more!



BRAIN GAMES!

JULY WORD SEARCH

JULY SUDOKU

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

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Name: _____ Date: _____

- ASTRONOMY
- AXIAL
- BONFIRE
- CELESTIAL
- CIRCUMPOLAR
- DAYLIGHT
- FESTIVAL
- HEMISPHERE
- JUNE
- LITHA
- LONGEST DAY
- MIDNIGHT SUN
- MIDSUMMER
- NORTHERN
- SOLAR NOON
- SOLSTICE
- ST. JOHN'S EVE
- STONEHENGE
- SUMMER
- SUN WORSHIP
- SUNDIAL
- SUNSHINE
- TELT
- ZENITH



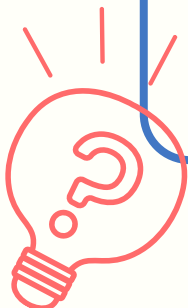
C I R C U M P O L A R J V K D Y D E L
 L O N G E S T D A Y M N O R T H E R N
 L A I T S E L E C H G V L L N P L E Z
 B H O Z A G Z X D I Z V P A W E W H U
 A D O W I T N J G X Q I D I F X Q P V
 B S S T J O H N S E V E A D N R H S L
 E O T Z H D S G S O L A R N O O N I G
 C E N R E V P U I C N R G U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

DIRECTIONS: Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.

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JULY TRIVIA!

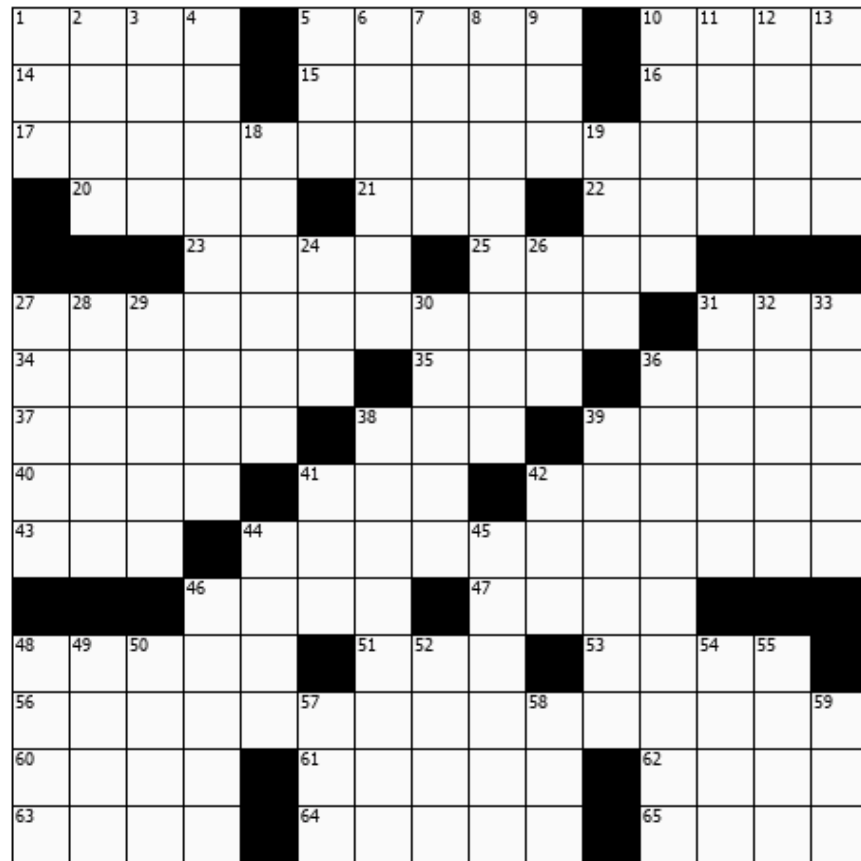
According to Guinness World Records, what is the only widely consumed food that can never go bad?



Answer key on page 21

Across

1. National Geographic inserts
5. Competent
10. Shapeless mass
14. "Night" writer Wiesel
15. Euripides heroine
16. Fall short
17. Relief for thirsty livestock
20. MBA's interest
21. Capitol call
22. Southwest sights
23. Comedian Mort
25. What pitchers hate to give up
27. Fight for supremacy
- 31.
34. Turnpike entrance
35. D.D.E. predecessor
36. Speed away (with "out")
37. Indications of decay
38. Railroad beam
39. Oil, watercolor, etc.
40. Mt. Olympus ruler
41. Teensy
42. Unhappiness
43. Top-notch ending
44. Not entirely joking
46. Got ripped
47. Enjoys a loopy craft
48. Criminal's creation, perhaps
51. Travel term
53. Suffix for suffering body parts
56. Picnicker's worry
60. Circular snack
61. He was Santa in "Elf"
62. Kind of school
63. Hunter's quarry
64. Cluttered
65. Fiery Sicilian

**Down**

1. Kittenish response?
2. First "A" of A.A. Milne
3. Crying shame
4. Tours Hollywood?
5. Jack Horner's last words
6. Alaska Range attraction
7. On tenterhooks
8. Hall of Fame wannabe
9. Pit contents, perhaps
10. Type of music
11. Fireplace supply
12. Fed. workplace monitor
13. Gershwin heroine
18. Domains
19. Exclude
24. In the know
26. Word of exception
27. Firewater
28. High points of a South American trip?
29. Speckled swimmer
30. Recipient of a stop order?
31. "Don Quixote" role
32. What's lined up in 17, 27, 44, and 56-
Across
33. Hammer features
36. View enhancer
38. Air
39. Deadly
41. General assembly?
42. Land's end
44. Place for a run
45. Phases
46. Lake near Carson City
48. Enthralled
49. Pasternak heroine
50. Two stars dating, e.g.
52. Hostelries
54. Smart
55. Plot in Genesis?
57. Zodiac creature
58. "Eureka!" for one
59. Whirlpool

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





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

Puzzle Solution © OnlineCrosswords.net

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

Sudoku Answer

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

TRIVIA ANSWER:
HONEY!

ENTERTAINMENT!



WHAT'S NEW ON NETFLIX

ENOLA HOLMES 3 (2026) – ADVENTURE MYSTERY FILM. STARRING MILLIE BOBBY BROWN, HENRY CAVILL, AND LOUIS PARTRIDGE. ENGLAND'S SHARPEST YOUNG DETECTIVE RETURNS FOR ANOTHER THRILLING CASE, TRAVELING TO MALTA WHERE A TANGLED MYSTERY TESTS BOTH HER INSTINCTS AND HER COURAGE AS SHE RACES TO UNCOVER THE TRUTH.

HEARTSTOPPER FOREVER (2026) – ROMANTIC COMING-OF-AGE FILM. STARRING KIT CONNOR AND JOE LOCKE. THE BELOVED STORY OF NICK AND CHARLIE REACHES ITS HEARTFELT CONCLUSION AS THE PAIR NAVIGATE THE CHALLENGES OF GROWING UP, CHANGING DREAMS, AND THE POSSIBILITY OF A LONG-DISTANCE RELATIONSHIP WHILE DISCOVERING WHETHER FIRST LOVE CAN TRULY LAST FOREVER.

LITTLE HOUSE ON THE PRAIRIE (2026) – FAMILY DRAMA SERIES. INSPIRED BY THE CLASSIC STORIES OF LAURA INGALLS WILDER, THIS FRESH ADAPTATION FOLLOWS THE INGALLS FAMILY AS THEY BUILD A LIFE ON THE AMERICAN FRONTIER, CELEBRATING RESILIENCE, COMMUNITY, AND THE ENDURING POWER OF HOPE.



JULY'S BOOK PICKS



THE AUTHENTICITY PROJECT – FEEL-GOOD FICTION NOVEL BY CLARE POOLEY. A SIMPLE NOTEBOOK PASSED AMONG STRANGERS INVITES PEOPLE TO WRITE THEIR HONEST TRUTHS, CREATING UNEXPECTED FRIENDSHIPS AND TRANSFORMING LIVES IN THIS WARM AND OPTIMISTIC STORY ABOUT COMMUNITY AND AUTHENTICITY.

THE ONE HUNDRED YEARS OF LENNI AND MARGOT – CONTEMPORARY FICTION NOVEL BY MARIANNE CRONIN. A SPIRITED 17-YEAR-OLD AND AN 83-YEAR-OLD WOMAN FORM AN UNLIKELY FRIENDSHIP WHILE SHARING STORIES FROM THEIR LIVES. THEIR BOND REMINDS READERS THAT EVERY AGE HAS WISDOM TO OFFER AND THAT MEANINGFUL CONNECTIONS CAN APPEAR WHEN LEAST EXPECTED.

JULY 2026 CALENDAR



SUN.	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT.
			1 10:30AM WALKING CLUB AT MAPLE STREET PARK 1:30-3:30PM CRIBBAGE	2 9-10AM BONE BUILDERS 9:30-10:30AM ZUMBA GOLD 12:30-4PM DUPLICATE BRIDGE	3 10AM-12PM MAH JONGG	4
5	6 9-10AM BONE BUILDERS	7 10AM-1PM BINGO	8 10:30AM WALKING CLUB AT MAPLE STREET PARK 1:30-3:30PM CRIBBAGE	9 9-10AM BONE BUILDERS 9:30-10:30AM ZUMBA GOLD 12:30-4PM DUPLICATE BRIDGE	10 10AM-12PM MAH JONGG	11
12	13 9-10AM BONE BUILDERS 11:30-1PM AGE WELL LUNCH AT EASC	14 10AM-1PM BINGO 6PM CRANKIE SHOW	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	18
19	20 9-10AM BONE BUILDERS	21 10AM-1PM BINGO 2-3PM AARP PRESENTATION	22 10:30AM WALKING CLUB AT MAPLE STREET PARK 1:30-3:30PM CRIBBAGE 6-8PM COLLAGE WITH MIXED MEDIA	23 9-10AM BONE BUILDERS 9:30-10:30AM ZUMBA GOLD 12PM MURDER MYSTERY LUNCH 12:30-4PM DUPLICATE BRIDGE	24 10AM-12PM MAH JONGG	25 10:30-11:45AM TV-INTERNET SAVINGS
26	27 9-10AM BONE BUILDERS 11:30-1PM AGE WELL LUNCH AT EASC	28 10AM-1PM BINGO 6PM GREEN MOUNTAIN SWING SHOW	29 10:30AM WALKING CLUB AT MAPLE STREET PARK 1:30-3:30PM CRIBBAGE	30 9-10AM BONE BUILDERS 12:30-4PM DUPLICATE BRIDGE	31 10AM-12PM MAH JONGG	

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

MEET CHRISTINA!

If we haven't met yet, I'm Christina McLaughlin, the new Director of Older Adult Programs. I'm thrilled to be part of this incredible community and to begin this journey with you! For nearly two decades, I've had the privilege of serving our community through recreation and education. Most recently, I spent 16 years as the Director of EJRP Preschool (just down the street!), where my passion was growing good humans. Along the way, I discovered that no matter our age, people thrive when they feel connected, valued, and part of something meaningful. Stepping into older adult programming feels like completing this circle.

Outside of work I live a fairly simple life. I enjoy spending time with my family, being active in nature, and finding joy in the little things. I'm a firm believer that laughter is magic and that community is one of life's greatest gifts. It's never too late to try something new, meet a new friend, or to begin a new adventure!

In the months ahead, this page will become a regular feature highlighting the incredible people who make our programming so special. Stay tuned for our GOLDEN HOUR SPOTLIGHT where we get the inside scoop on our favorite seniors 😊 For now, thank you for welcoming me into your community. I can't wait to get to know you and to grow our programming together!

With Gratitude,

Christina

