

# JUNE 2025

## Essex Area Senior Center Newsletter

### IN THIS ISSUE

**PAGE 2**  
Announcements, Contact Info.  
**PAGE 3**  
Newsletter Subscription, May Recap  
**PAGE 4**  
St. Pius Luncheon, UVM Study  
**PAGE 5**  
Senior Center Weekly Programming  
**PAGE 6**  
Hiking Club  
**PAGE 7**  
Walking Club, Art Classes  
**PAGE 8**  
Cooking Class  
**PAGE 9**  
"Lifting" Spirits Fitness Class  
**PAGE 10**  
Cross Stitching, Intro to Fly Fishing  
**PAGE 11**  
Bone Builders, Essex Community Dinner  
**PAGE 12**  
AARP Bike Ride, Osher Lifelong Learners  
**PAGE 13**  
Programming at Brownell Library  
**PAGE 14**  
Brain Games  
**PAGE 15**  
Crossword  
**PAGE 16**  
Green Mountain Passport Program  
**PAGE 17**  
Age Well Capable Program  
**PAGE 18**  
Lake Monsters Senior Nights  
**PAGE 19**  
Age Well Luncheons at Holy Family  
**PAGE 20**  
Age Well Luncheon at Town Meadow  
**PAGE 21**  
Age Well Restaurant Ticket Program  
**PAGE 22**  
Transportation (SSTA)/Answer Key  
**PAGE 23**  
Entertainment  
**PAGE 24**  
Cooking Corner  
**PAGE 25**  
June Calendar

EMBRACE JUNE'S  
WEATHER AND JOIN US  
FOR WALKING CLUB  
OR HIKING CLUB (FOR  
THE MORE  
ADVENTUROUS!)  
DETAILS INSIDE



# 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](mailto: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-

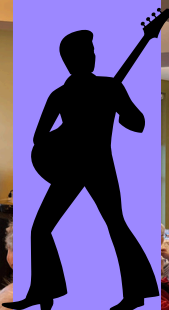
Sign up by visiting [ejrp.org/olderadults](http://ejrp.org/olderadults) and filling out the Essex Area Senior Center Newsletter Subscription Google form!

Senior Center Newsletter Subscription Google form!  
(Form Link: [HTTPS://forms.gle/qgwRwgkJRUgg51B46](https://forms.gle/qgwRwgkJRUgg51B46))



## MAY RECAP

THANKS TO UKES R US AND MARK SHELTON (ELVIS) FOR THEIR AMAZING PERFORMANCES IN MAY!





## UVM STUDY

The UVM Department of Electrical & Biomedical Engineering and Center on Aging are seeking volunteers for a research study aimed to better understand older rural Vermonters' perspectives on the acceptability of in-home sensor technologies (e.g., pressure sensors, wearable devices) that might help them age safely at home.

UVM researchers will be onsite at **Town Meadow (22 Carmichael Street Suite 100, Essex)** to meet with you if interested in participating in the study:

**June 10th from 12-2pm.**

Light snacks will be provided.

RECEIVE \$10  
FOR YOUR TIME  
AND  
PARTICIPATION

Basic qualifications for study participation:

- 65 years or older
- Live in a rural area of VT
- Live independently by yourself or with a spouse/family member/close friend

What is required?

- Complete a questionnaire and survey

## JUNE ST PIUS LUNCH

JUNE IS THE LAST SENIOR LUNCHEON AT ST PIUS BEFORE THEY TAKE A WELL-DESERVED SUMMER BREAK. THANK YOU DONNA AND ALL THE VOLUNTEERS FOR PROVIDING A SPACE TO SEE OLD FRIENDS, MEET NEW PEOPLE, AND SHARE AN AMAZING MEAL!

**JUNE 4TH@ NOON**  
**ST. PIUS X**  
**BY DONATION**

RESERVATIONS REQUIRED BY MAY 30TH  
IF YOU SIGNED UP, PLEASE SHOW UP. IF YOU  
CAN'T MAKE IT, CALL DONNA OR E-MAIL  
GLORIA.



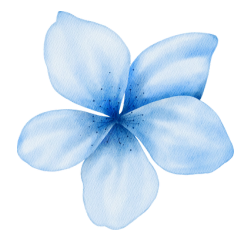
20 JERICO RD.  
ESSEX

JUNCTION, VT  
05452

**MEAT, GERMAN STYLE  
POTATO SALAD,  
BAKED BEANS,  
DESSERT**

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





# 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!
- 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!**



JUNE 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**







# 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**

**LOOK FOR SIGNS WHERE TO MEET AT THE MAIN ENTRANCE TO THE  
PARK**



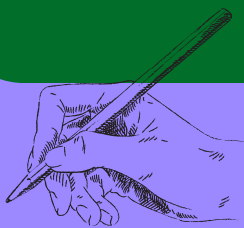
## ART CLASSES



**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 16  
6-8PM**







FREE!

# ★Cooking Class★

Join us with Whole Health Nutrition for a class on creating simple, healthy meals. The class will be a combination of nutrition education and presentations, along with dynamic hands-on interactions and food tastings.

**THURSDAY JUNE 12**

**1PM**

**REGISTER BY JUNE 5TH!**

Town Meadow  
22 Carmichael St Suite 100  
Essex

LIMITED SPACE,  
REGISTRATION  
REQUIRED

**Contact Julie**

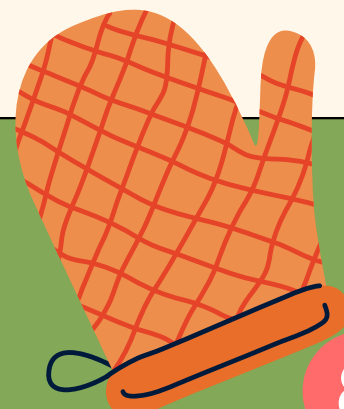
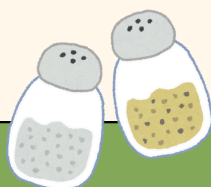
**[jshorter@ejrp.org](mailto:jshorter@ejrp.org) 802-878-1375**

**or MJ**

**[merchant@catherdralsquare.org](mailto:merchant@catherdralsquare.org)**

**802-859-8866**

**to register!**



**Get recipes to take home with you!**

# **“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!**



**Maple Street Park  
Aspire Studio  
June 2, 9, 16  
11am-12pm**



**\$10/CLASS OR \$27 FOR A MONTH PASS  
YOU MUST CALL OR STOP BY OUR OFFICE TO GET THE DISCOUNT**

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

# CROSS STITCH/NEEDLEPOINT WORKSHOP

INTERESTED IN REVISITING THAT OLD CRAFT PROJECT IN THE BACK OF YOUR CLOSET? ONE OF OUR VOLUNTEERS, CARMEN, WILL BE HELPING YOU GET BACK INTO CROSS STITCH OR NEEDLEPOINT! ANYONE INTERESTED IN JOINING THE GROUP ON WED, JUNE 11TH AT 11:30AM AT MAPLE STREET PARK



## INTERESTED?

CONTACT JULIE [JSHORTER@EJRP.ORG](mailto:jshorter@ejrp.org) -OR- CALL AND LEAVE A MESSAGE WITH YOUR RESERVATION AND PHONE NUMBER AT: 802-878-1375 EXT. 1553.

WEATHER DEPENDENT. BRING A FOLDING CHAIR AND YOUR OWN SUPPLIES. WE'LL BE MEETING AT MAPLE STREET PARK BEHIND THE POOL.

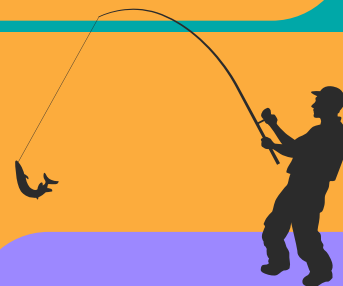


ANYONE INTERESTED IN JOINING A SECOND GROUP "LEARN TO CROSS STITCH OR NEEDLEPOINT" PLEASE LET JULIE KNOW THAT YOU'RE INTERESTED IN JOINING THIS GROUP. WE'LL THEN CONTACT YOU ONCE WE KNOW HOW MANY ARE INTERESTED. THANKS FOR YOUR INTEREST!

# 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.

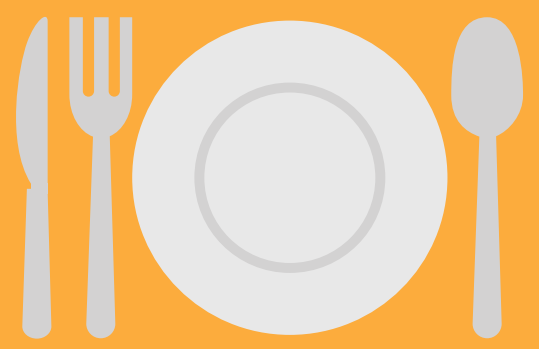
NO  
REGISTRATION  
REQUIRED-  
REMEMBER TO  
WEAR  
COMFORTABLE  
CLOTHING AND  
BRING WATER!



## ESSEX COMMUNITY DINNER

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

**FRIDAY,  
JUNE 13TH  
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.



**JUNE 19 6-7:30PM**

Meeting Location: Leddy Park (216 Leddy Park Road, Burlington, VT)  
Social Gathering Spot: Simple Roots

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!

## GAMES GALORE

First Tuesday of every month  
3:30-4:30pm



Come to the library to play board and card games with people of all ages.



## GRIEF GROUP

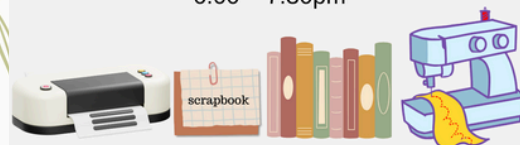
Finding Support Together

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



3rd Friday of Every Month  
6:00 – 7:30pm



## MAKERSPACE

a space to work on your projects and hobbies

- use our sewing machine
- use our laminator
- use our cricket
- check out books from our non-fiction section for inspiration

This program meets monthly and is for adults of all ages.



## Fiber Arts Club

Fridays from  
6-7:30

For adults of all ages and experiences!

- Check out fiber arts books from our non-fiction section
- Take a sewing pattern home from our pattern swap
- Find pattern or project inspiration from our magazine swap
- Bring your knitting, sewing, crocheting, needlepoint, or other fiber arts project and join the fun!



SATURDAY JUNE 14  
12:30-1:30PM  
NO REGISTRATION REQUIRED  
ADULTS OF ALL AGES  
WELCOME

## Cook through a book club!



**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](mailto:frontdesk@brownelllibrary.org)**



# BRAIN GAMES!

## JUNE SUDOKU

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

© 2013 KrazyDad.com

## JUNE WORD SCRAMBLE



### Baseball Word Scramble



1. aidnmod \_\_\_\_\_
2. ctrphie \_\_\_\_\_
3. ohstsrtp \_\_\_\_\_
4. omherun \_\_\_\_\_
5. ugduot \_\_\_\_\_
6. enidrfei \_\_\_\_\_
7. sbae \_\_\_\_\_
8. dounn \_\_\_\_\_
9. hctearc \_\_\_\_\_
10. iteksr \_\_\_\_\_
11. laeug \_\_\_\_\_
12. knucklllbea \_\_\_\_\_
13. rwnoudn \_\_\_\_\_
14. dltoufei \_\_\_\_\_
15. iafirsce \_\_\_\_\_
16. astudim \_\_\_\_\_
17. rrero \_\_\_\_\_
18. kiofpcf \_\_\_\_\_
19. opbackts \_\_\_\_\_
20. odulberedhae \_\_\_\_\_

PrintableParadise.com

**What year did 'The Wizard of Oz' first premiere in theaters?**

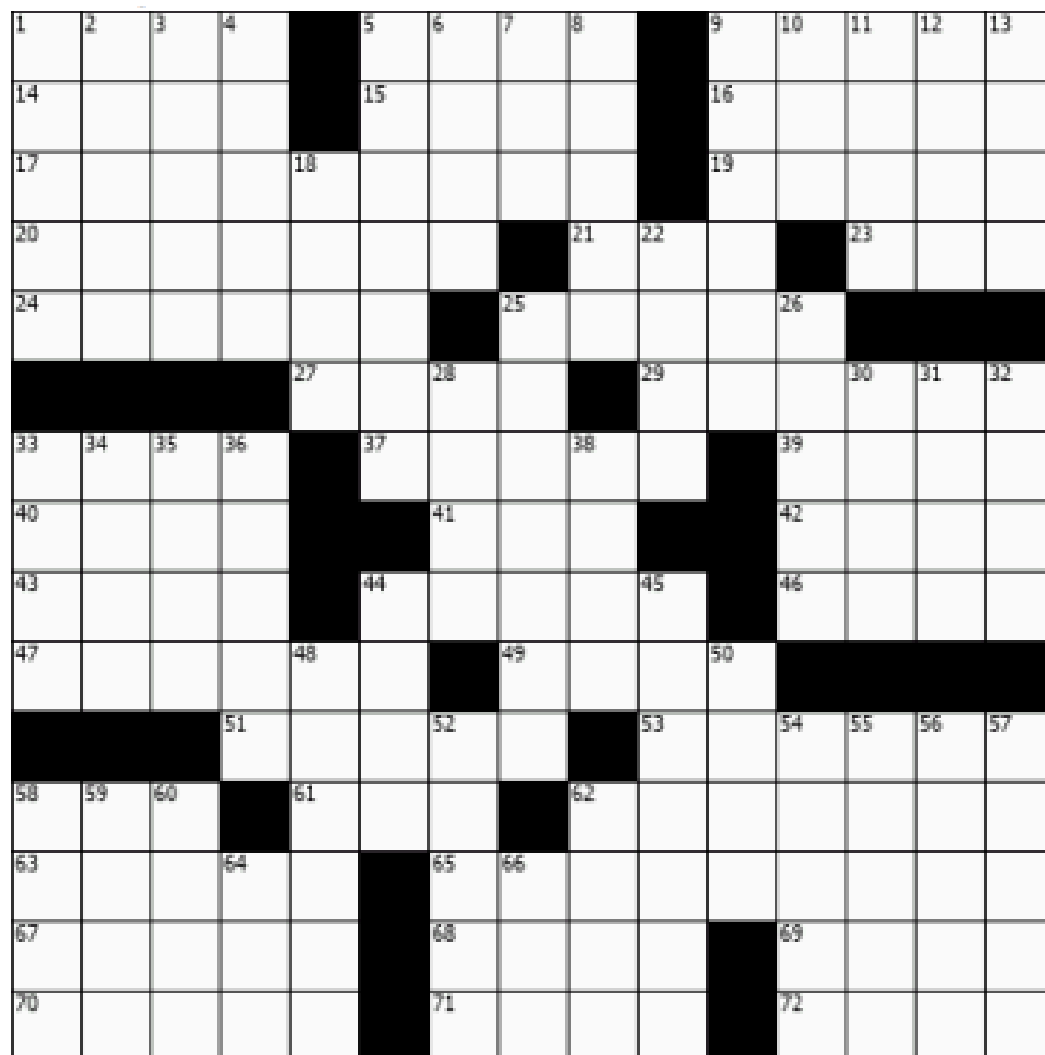


**Answer key on page 22**

# CROSSWORD

## Across

1. Land measure
5. Arrived
9. Firm
14. Cargo
15. \_\_\_\_ hygiene
16. Make joyous
17. Pointed out
19. Make merry
20. Magazine VIPs
21. Flock mother
23. Pal (Fr.)
24. Rope loops
25. Likely
27. Wooded valley
29. President Ronald \_\_\_\_
33. Frolic
37. Kingdom
39. Kelly or Autry
40. Scat!
41. School subj.
42. Rents
43. Laboratory bottle
44. Actor \_\_\_\_ Martin
46. Makes do
47. Couch \_\_\_\_
49. "Titanic" foe
51. Cowboy show
53. What Moses parted (2 wds.)
58. 32nd pres.
61. Jazz instrument, for short
62. Identifying label (2 wds.)
63. Paper measures
65. Interchange
67. Spooky
68. Incursion
69. Toaster \_\_\_\_
70. Tire pattern
71. Shoemaker's tools
72. Midterm, e.g.



## Down

1. E.T., e.g.
2. Owned apartment
3. AM-FM \_\_\_\_
4. Revises copy
5. Less refined
6. Fine \_\_\_\_
7. Hollywood's \_\_\_\_ West
8. Senior
9. Tranquil
10. Bullfight cry
11. Hot, molten rock
12. Gossip bit
13. Hero shop
18. Female student
22. Angler's bait
25. Fake medication
26. U.S. symbol
28. For fear that
30. Nerd
31. Chip in
32. Loch \_\_\_\_ monster
33. Invitation letters
34. Columbus's state
35. Castle defense
36. Arctic
38. Reside
44. Soft drink
45. Trips to the post office, e.g.
48. Flung
50. Precious stones
52. Spare
54. Railroad station
55. Range
56. Soothes
57. Contract negotiator
58. Worry
59. Gentle animal
60. Undercooked
62. Metal spike
64. Hamm or Farrow
66. Untrained

Answer key on page 22

# 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

JUNE 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.

**JUNE 10, JUNE 17, JULY 1,  
AND 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 June Bloom 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.

### June 9th

AGE WELL WILL BE STOPPING BY TO TALK  
ABOUT VOLUNTEER OPPORTUNITIES!

Sweet and sour chicken w/ vegetable sauce, capri vegetables, Greek pasta w/ tomatoes, fresh spinach and cannellini beans, wheat roll, and peaches.

### June 16th

JEAN FROM SENIOR MEDICARE PROTECTION  
WILL BE JOINING US FOR A SHORT TALK!\*

Potato and leek chowder w/ chicken, crackers, vegetable mix, wheat dinner roll, pineapple tidbits in yogurt.

\*THE MISSION OF THE SMP PROGRAM IS TO EMPOWER AND ASSIST MEDICARE BENEFICIARIES, THEIR FAMILIES, AND CAREGIVERS TO PREVENT, DETECT, AND REPORT HEALTH CARE FRAUD, ERRORS, AND ABUSE. WE DO THAT THROUGH OUTREACH, COUNSELING, AND EDUCATION.





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 June Bloom Luncheon June 24th, 2025

Available to individuals 60+ years of age.

\$5  
SUGGESTED  
DONATION

Advanced registration  
required  
Register by 6/10

### what:

Roast beef au jus, cheddar mashed potatoes, green beans w/ pimentos, wheat dinner roll, and raisin date cookie w/ white chips

### When:

Tuesday, June 24th, 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: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)

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

### Sudoku Answer

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

### Word Scramble Answers

Baseball Word Scramble	
1. aidnmod	diamond
2. ctrphie	pitcher
3. ohstsrtp	shortstop
4. omherun	homerun
5. ugduot	dugout
6. enidrfiel	infielder
7. sbac	base
8. doumn	mound
9. hcteaer	catcher
10. iteksr	strike
11. laeug	league
12. knucklllbea	knuckleball
13. rwnoudn	rundown
14. dlitoufei	outfield
15. iafirsce	sacrifice
16. astudim	stadium
17. rrero	error
18. kiofpcf	pickoff
19. opbackts	backstop
20. odulberedhae	doubleheader

TRIVIA ANSWER:  
1939

# ENTERTAINMENT!

## WHAT'S NEW ON NETFLIX

### Alfred Hitchcock collection including:

- *Rear Window (1954)* – A photographer confined to his apartment spies on neighbors and suspects one of murder.
- *The Birds (1963)* – A coastal town is mysteriously attacked by flocks of aggressive birds without warning or explanation.



## JUNE'S BOOK PICK WRITTEN BY ONE OF OUR OWN!

**Title:** Dogs I Have Known- Briefly or Well

**Author:** Liz Schick

This book will be enjoyed by people who love dogs (and cats and other animals, but mostly dogs).

While it happily shares a lifetime of doggo-centric events with, hopefully a chuckle or two, it mostly speaks to those people who are, willy-nilly, moving into their life's next chapter. Hopefully that chapter is filled with fun.

It serves to remind us that it's never too late to find a renewed purpose and ongoing source of four-legged love.



**CAN BE PURCHASED AT:**

- PHOENIX BOOKS
- BARNES AND NOBLE
- PETFOOD WAREHOUSE
- SMALL DOG ELECTRONICS
- AMAZON



## MEXICAN POLENTA STUFFED PEPPERS



## INGREDIENTS

- 5 LARGE BELL PEPPERS (GREEN, RED, YELLOW, ORANGE, OR A COMBINATION)
- 1 ½ TABLESPOONS OLIVE OIL
- SPRINKLING OF SALT

## POLENTA

- 4 CUPS WATER
- ½ TEASPOON SALT
- ¼ TEASPOON RED PEPPER FLAKES (OPTIONAL)
- 1 CUP POLENTA CORNMEAL
- 1 ½ CUPS CORN KERNELS
- 1 TABLESPOON OLIVE OIL OR BUTTER
- 1 ½ CUPS GRATED SHARP CHEDDAR CHEESE
- 1.2 CUP CHOPPED SPANISH OLIVES

## SALSA

- 1 16-OUNCE JAR OF YOUR FAVORITE SALSA
- 1 15 OZ CAN OF BLACK BEANS, DRAINED
- ¼ CUP CHOPPED CILANTRO (OPTIONAL)

**SERVES 4-6**  
**TIME: 45 MINS**

## INSTRUCTIONS

- Preheat oven to 450. Cut the peppers in half lengthwise and remove the seeds, but leave the stem ends on so the peppers will hold their shape.
- Brush the pepper halves with oil, inside and out, and sprinkle lightly with salt. Place cut-side up on an oiled baking sheet and roast in the oven until tender but still holding their shape, about 15 minutes.
- While the peppers roast, in a saucepan, bring the water, salt, and red pepper flakes to a boil. Add the polenta in a slow, steady stream while whisking. Cook on medium heat, stirring often, until thickened. Stir in the corn, oil or butter, 1 cup of the cheese, and the olives. Remove from the heat.
- Fill the roasted pepper halves with the polenta mixture. Sprinkle the tops with the remaining cheese and return to the oven for 5-10 minutes, until the cheese is melted.
- Meanwhile, combine the salsa, black beans, and cilantro in a saucepan and bring to a simmer.
- To serve, spoon some of the black bean salsa on each dinner plate and place one or two pepper halves on top.

Thank you to Sue  
Kurek for sharing  
this recipe!







# JUNE 2025 CALENDAR

SUN.	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT.
1	2 11AM-12PM "LIFTING" SPIRITS	3 10AM-1:00PM: BINGO 3:30-4:30PM GAMES GALORE	4 9-10AM BONE BUILDERS 10:30AM WALKING CLUB 12PM ST PIUS SENIOR LUNCHEON 1:30-3:30PM CRIBBAGE 6:30-7:30PM GRIEF GROUP	5 12:30-4PM: DUPLICATE BRIDGE	6 9-10AM BONE BUILDERS 10AM-12PM: MAH JONGG	7
8	9 11AM-12PM "LIFTING" SPIRITS 11:30-1PM AGE WELL LUNCH AT HOLY FAMILY	10 10AM-1:00PM: BINGO 12-2PM UVM RESEARCH STUDY 6:35PM LAKE MONSTERS SENIOR NIGHT	11 9-10AM BONE BUILDERS 10:30AM WALKING CLUB 11:30AM CROSS STITCHING 1:30-3:30PM CRIBBAGE	12 12:30-4PM: DUPLICATE BRIDGE 1PM COOKING CLASS	13 9-10AM BONE BUILDERS 10AM-12PM: MAH JONGG 5:30 ESSEX COMMUNITY DINNER	14 12:30-1:30PM COOK THROUGH A BOOK
15	16 11AM-12PM "LIFTING" SPIRITS 11:30-1PM AGE WELL LUNCH AT HOLY FAMILY	17 10AM-1:00PM: BINGO 6:35PM LAKE MONSTERS SENIOR NIGHT	18 9-10AM BONE BUILDERS 10:30AM WALKING CLUB 1:30-3:30PM CRIBBAGE	19 12:30-4PM: DUPLICATE BRIDGE 6-7:30PM AARP BIKE RIDE	20 9-10AM BONE BUILDERS 10AM-12PM: MAH JONGG 6-7:30PM MAKERSPACE	21
22	23 NO PROGRAMS	24 10AM-1:00PM: BINGO 11:30-1PM AGE WELL LUNCH AT TOWN MEADOW	25 9-10AM BONE BUILDERS 10:30AM WALKING CLUB 1:30-3:30PM CRIBBAGE	26 12:30-4PM: DUPLICATE BRIDGE	27 9-10AM BONE BUILDERS 10AM-12PM: MAH JONGG	28
29	30 JULIE AWAY NO PROGRAMS					

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