

MAY 2025

Essex Area Senior Center Newsletter

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WE HAVE TWO
PERFORMANCES ★
THIS MONTH! CHECK
OUT THE 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

PHONE:
(802) 878-1375 x 1553

TEMPORARY LOCATIONS DETAILS

HOLY FAMILY PARISH CENTER

- Tuesdays: Bingo (10:00 AM - 1:00 PM)
- Wednesdays: Cribbage (1:30-3:30 PM)
- Thursdays: Duplicate Bridge (12:30 PM - 4:00 PM)

Please note that the room in which programs will take place within the Holy Family Parish Center will be inconsistent. There will be various forms of communication to ensure all are aware of the specific locations for each program

BROWNELL LIBRARY - KOLVOORD ROOM
-FRIDAYS: MAH JONGG (10:00 AM - 12:00 PM)

JOIN OUR EMAIL LIST!

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

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

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

APRIL RECAP

**THANK YOU TO LAURI FOR HOSTING OUR CARD MAKING CLASS!
AND THANK YOU TO THOSE THAT VOLUNTEERED AND HELPED US STUFF
EGGS FOR THE EJRP EGG HUNT!**



**JULIE'S SON
LOGAN
(21 MONTHS)
AT THE EASTER
EGG HUNT!**





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

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!

ART CLASSES

LOTS OF OPPORTUNITIES WITH
TINA LOGAN AT HER STUDIO!
SIGN UP ON **EJRP.ORG**.
SEE JULIE FOR ASSISTANCE
REGISTERING OR
CALL **802-878-1375!**



156 RAILROAD STREET, SUITE 6
ESSEX JUNCTION, VT 05452

PAPER MACHE BIRDS

LEARN THE BASICS OF PAPER MACHE AND BUILDING AN
ARMATURE. MAKE YOUR OWN LITTLE PAPER MACHE BIRD FOR
YOUR HOME OR GARDEN. NO EXPERIENCE NECESSARY, JUST
INTEREST AND CURIOSITY.



WEDNESDAY MAY 14
6-8PM



WATERCOLOR POSIE PAINTING

LEARN SOME BASIC WATERCOLOR TECHNIQUES AND TRY YOUR
HAND AT PAINTING FLOWERS FROM LIFE.
NO EXPERIENCE NECESSARY, JUST INTEREST AND CURIOSITY.

**THIS CLASS IS FULL,
BUT WE ARE TAKING
A WAITLIST**

WEDNESDAY MAY 28
6-8PM

**\$25 PER
CLASS**

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
6-8PM

ADDITIONAL PROGRAMMING

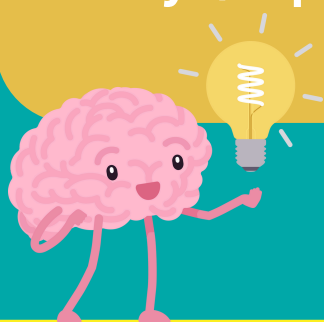
FREE!

MIND FIT: ACTIVITIES TO BOOST BRAIN HEALTH



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, April 4 - May 30 (no sessions April 25 or May 9)
11am-12pm



NO REGISTRATION REQUIRED



WALKING CLUB RETURNS!

**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



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



Birdwatching 101

Join us for a morning in the park with **Audubon Vermont**. Learn classic birding skills like identifying sweet melodies and vibrant colors to identify neighborhood birds. Then, put those skills to the test on a guided bird walk!

Wednesday May 28
9-11am
Maple Street Park
Free!

Registration required.
contact jshorter@ejrp.org
802-878-1375

This program is full, but we are taking a waitlist for those that are interested!

Bring your own lunch to enjoy in the park after the program if you'd like!



“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. BREAK THROUGH THE WINTER DOLDRUMS!

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
Monday May 5, 12, 19
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 EJP AT 802-878-1375
OR VISIT EJP.ORG**

MORE THIS MONTH!

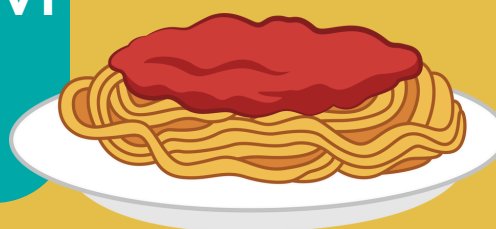


**Essex Junction Lions Club
&
Champlain Valley Lions Club**

SPAGHETTI DINNER FUNDRAISER FOR LOCAL FAMILY IN NEED

**May 17th
Social Hour 4-5pm
Dinner begins serving at 5pm**

**VFW Post 6689
73 Pearl Street Essex Junction, VT
Adults \$20
Children 12 and under \$10**



**RAFFLE,
SILENT
AUCTION &
50/50
RAFFLE**

**Tickets must be purchased in advance
email joinessexlions@gmail.com for info**

ELVIS IMPERSONATOR !

FREE!

**Town Meadow will be graciously
hosting us for an afternoon
performance**

**Thursday, May 22
1pm
Town Meadow
22 Carmichael Street, Suite 100
Essex, VT**

**Please RSVP to Julie if you plan
to attend!**

**802-878-1375
jshorter@ejrp.org**



UKULELE PERFORMANCE



WEDNESDAY MAY 14
2:30-3:30PM

HOLY FAMILY PARISH CENTER
MAIN HALL (UPSTAIRS)

SNACKS CATERED BY MARTONE'S!

JOIN US FOR A PERFORMANCE WITH UKES R US, A LOCAL UKULELE GROUP. THEIR PERFORMANCE CONSISTS OF POPULAR, FOLK AND PATRIOTIC SONGS. THEY PASS OUT SONGBOOKS OF THE WORDS SO THAT THE AUDIENCE CAN JOIN IN AND SING ALONG.



Free!
No registration required,
just show up!





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.

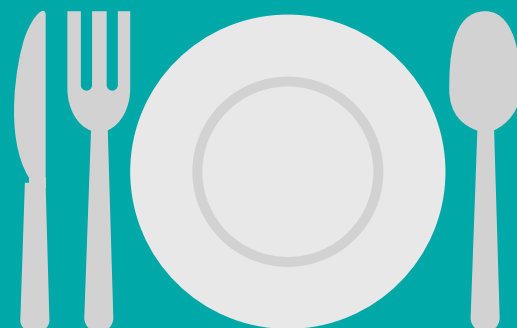
NO
REGISTRATION
REQUIRED-
REMEMBER TO
WEAR
COMFORTABLE
CLOTHING AND
BRING WATER!



ESSEX COMMUNITY DINNER

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

**FRIDAY,
MAY 9TH
5:30PM
AT THE HOLY
FAMILY PARISH
CENTER**



BY DONATION

MORE OPPORTUNITIES!

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

OLLI: OSHER LIFELONG LEARNING INSTITUTE



University
of Vermont



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>

VERMONT GENEALOGY LIBRARY

The Vermont Genealogy Library houses an expansive physical and digital library staffed by expert genealogist volunteers. It's a place where individuals with many years of genealogy knowledge and expertise are available to assist others discover the stories behind their family trees.

57 RIVER RD,
ESSEX
JUNCTION

UPCOMING CLASSES



FINDING THE STORIES OF YOUR ANCESTORS

Do you find ancestry charts to be BORING? Lynn Johnson did, so she was reluctant to get involved in genealogy. That is, until she started to learn the stories that went with the names and dates. Lynn will use examples from French-Canadian family lines to introduce you to an array of sources that can help you uncover their stories. While the examples will be about French-Canadians, the general principles can be applied to lines of inquiry for any country or ethnicity.

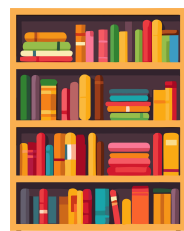
Lynn Johnson became fascinated by the stories of her ancestors and how their lives fit into history. Lynn has taught elementary school and worked in a bookstore. She has volunteered for the Vermont French-Canadian Genealogical Society (VT-FCGS) for many years, including serving as President for two years. She currently heads the volunteers who staff the library.

MAY 3 10:30AM

In-person at the Library and simultaneously via Zoom on Saturday

\$10

12



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

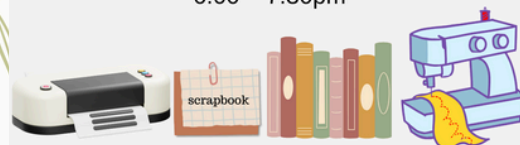
Finding Support Together

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

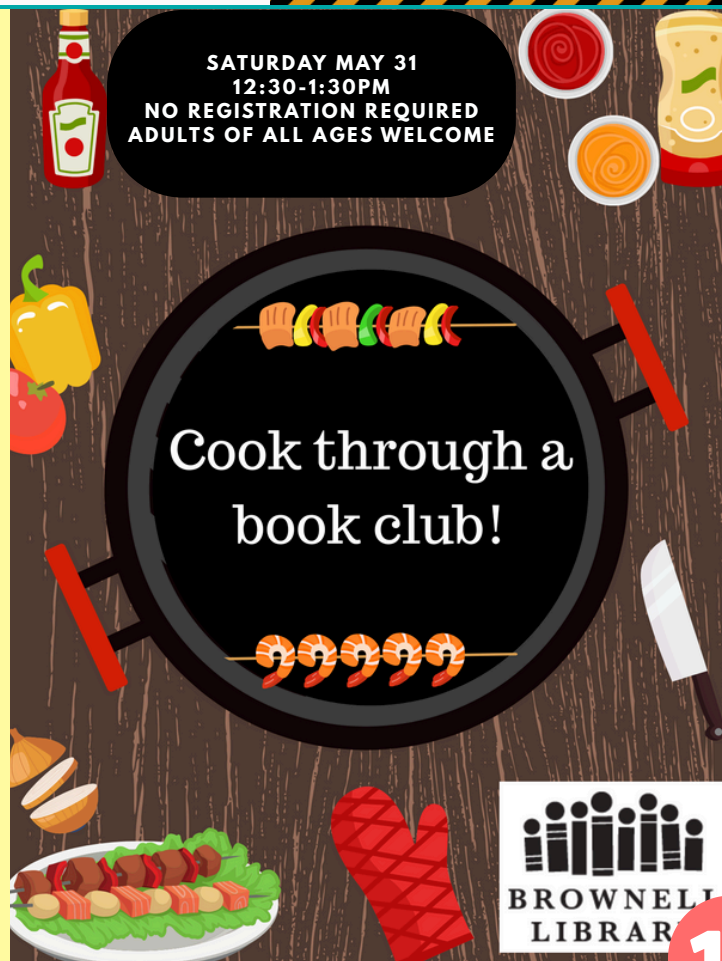
For adults of all ages and experiences!

- 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!

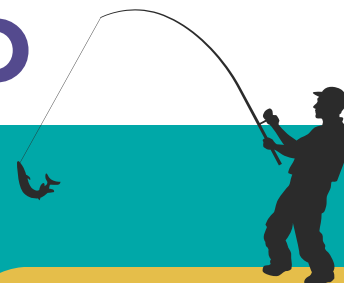


SATURDAY MAY 31
12:30-1:30PM
NO REGISTRATION REQUIRED
ADULTS OF ALL AGES WELCOME

Cook through a book club!



LOOKING AHEAD



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.

\$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

Sunday June 8th
8am-2pm
Ages 55+
or
Sunday July 13th
8am-2pm
Ages 14+



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

JUNE'S SENIOR LUNCHEON!

BY DONATION

JUNE 4TH

@ NOON

ST. PIUS X

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 JERICHO RD.
ESSEX
JUNCTION, VT
05452

REMINDER THAT
MAY'S
LUNCHEON WILL
BE ON 5/7,
RESERVATIONS
CLOSE 5/2!

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



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

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

SENIOR BUS TRIP

VERMONT INSTITUTE OF NATURAL SCIENCES TRIP!



**149 NATURES WAY
QUECHEE, VT 05059**



Join us for a day trip to VINS!

Check out their exhibits, attend live bird programs, take a walk on their nature trails, and tour through their songbird aviary. We will have a picnic lunch when we arrive, followed by free time to attend programs and explore at your own leisure.

**CHECK OUT THEIR WEBSITE:
VINSWEB.ORG**

\$80



MONDAY JUNE 23

Depart Parking Lot of ADL Middle School at 10:30am

Return: 5:30pm

Call our office to register! 802-878-1375

Please sign up by the end of May if you plan to attend!

BRAIN GAMES!

MAY SUDOKU

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

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MAY WORD SCRAMBLE



Tree Word Scramble



- ogdowdo
- ceehb
- nlatwu
- itraocp
- urmelbyr
- octootnodw
- laceyuustp
- hrcery
- ibchr
- uctthesn
- hcirkoy
- liwowl
- pelpbraac
- erdoowd
- sutcol
- lmepa
- byukcee
- iaonamlg
- cdear
- lmap

PrintableParadise.com

What is the largest living species of bird?

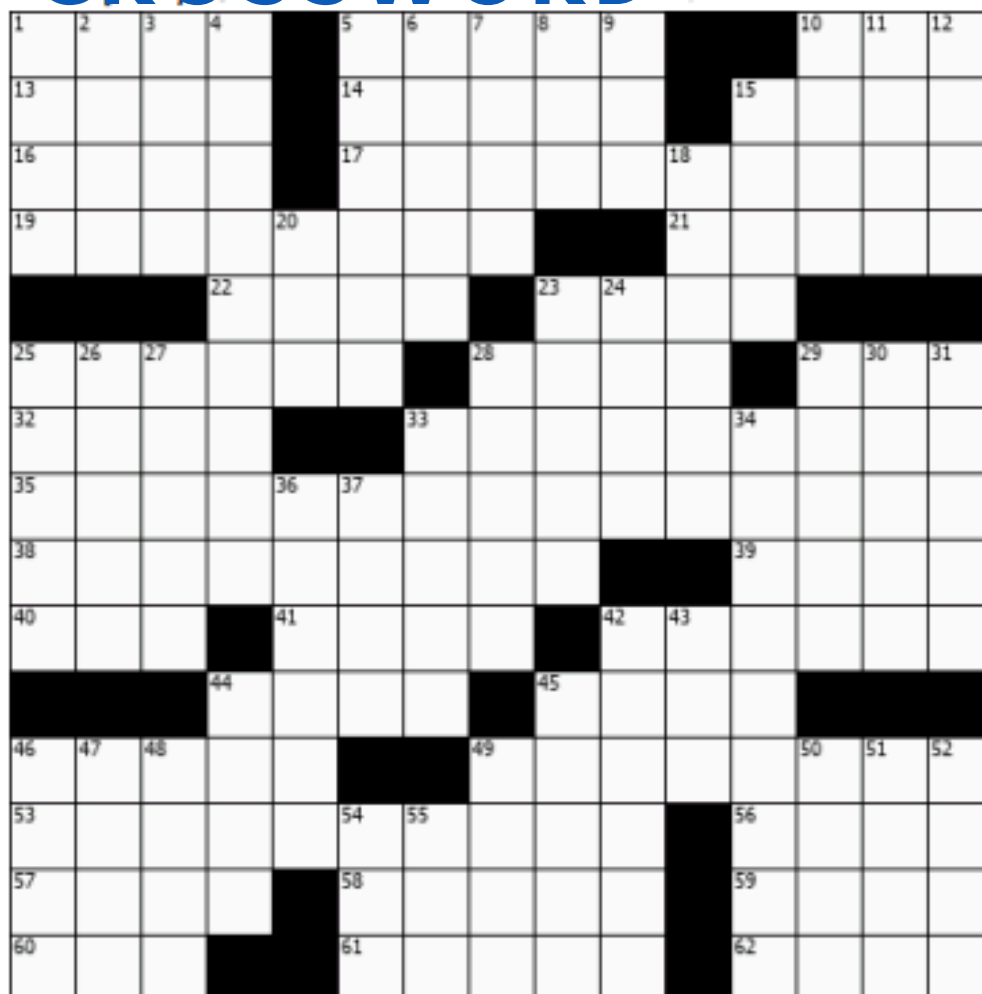


Answer key on page 22

CROSSWORD

Across

1. Cronies
5. Skyrockets
10. Business address abbr.
13. Reached Dulles, e.g.
14. Inuit's abode
15. It's got you covered
16. On a carrier
17. Play up to the audience
19. Skaters do them
21. Itty-bitty bits
22. Epochs
23. Gush out
25. Aboriginal
28. Out-of-favor apple treatment
29. Job application datum (Abbr.)
32. Certain sun shade
33. Bouquet
35. Movement leaders
38. Carries on
39. Part of the Atkins diet
40. Words with jam or hurry
41. Of common origin
42. Causes concern
44. Wood strip
45. "They ____ With Their Boots On" (1941 film)
46. Point in question
49. Town assemblies
53. Total cessation
56. Kinks' lady of song
57. When doubled, a celebrated panda
58. Exhibit's backer?
59. Vientiane locale
60. Before, in sonnets
61. Formula of belief
62. Resistance units



Down

1. "I Kid You Not" personality
2. Word with ran or known as
3. In ____ of
4. Assertion
5. A wink or a nod, perhaps
6. Frightful giants
7. "Ah, me!"
8. One-time White House nickname
9. Nursery offering
10. Game for those with less than a full deck
11. Frank's daughter
12. Remnants
15. Put in a receptacle
18. Rugged mountain range
20. CPA's suggestion
23. Quarry units
24. One for the books
25. "With Honors" actor
26. Boca ____
27. Mrs. Trump, once
28. Shakespearean forest
29. Scrooge's expression
30. "Take a powder"
31. Termitaria, e.g.
33. It may be forbidden
34. Certain edentate
36. Placed a call
37. "(You're) Having My Baby" singer
42. "Do the Right Thing" actor
43. Net judge's call
44. Chinese dynasty (960-1279)
45. Struck out, editorially
46. Place of refuge, perhaps
47. Get it all together?
48. Not certifiable
49. ____ en scene (stage setting)
50. Old Testament name
51. Grab hold
52. Lip service
54. Wall St. police
55. Feather partner

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**

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 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

Holy Family Parish May 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

No takeout available

\$5 suggested donation per meal.

May 12th

**JENN MCFAUL FROM FANNY
ALLEN OUTPATIENT CLINIC WILL
BE JOINING US AND GIVING A
TALK ON FALL PREVENTION**

Roast Pork w/ raisin sauce, Mashed sweet potatoes, Scandinavian vegetables, Whole wheat dinner roll, and Apple crisp w/ topping

May 19th

Pork cutlet w/ apple sauce, Tater tots, Mixed vegetables w/ lima beans, White dinner roll, and Apricots

20



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

Town Meadow Senior Housing

May 20th, 2025 Luncheon

Available to individuals 60+ years of age.

what:

Roast beef w/ sauce, Diced potatoes w/ parsley, Green Beans, Wheat bread, and Pumpkin raisin cookies

When:

Tuesday, May 20th, 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

P 802-859-8866

\$5
SUGGESTED
DONATION

Advanced registration
required

Register by 5/13



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

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

Sudoku Answer

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

TRIVIA ANSWER:
OSTRICH

Word Scramble Answers

	Tree Word Scramble	
1.	ogdowdo	dogwood
2.	ceehb	beech
3.	nlatwu	walnut
4.	itraocp	apricot
5.	urmelbyr	mulberry
6.	octootnodw	cottonwood
7.	laceyuustp	eucalyptus
8.	hrcery	cherry
9.	ibchr	birch
10.	ucthesn	chestnut
11.	hcirkoy	hickory
12.	liowwl	willow
13.	pelpbraac	crabapple
14.	erdoowd	redwood
15.	sutcol	locust
16.	lmepa	maple
17.	byukcee	buckeye
18.	iaonamlg	magnolia
19.	cdear	cedar
20.	lmap	palm

ENTERTAINMENT!

WHAT'S NEW ON NETFLIX

- **Nonnas (2025)** – Vince Vaughn plays Joe in this comedy from director Stephen Chbosky who makes the bold choice of opening up a new Italian restaurant and hiring grandmothers as the chefs.
- **The Four Seasons (Season 1)** – Remake of the beloved feel-good comedy film. Starring Tina Fey, Steve Carell and Colman Domingo.



MAY'S BOOK PICK FROM OUR SENIORS!



Title: The Bee Keeper's Apprentice

Author: Laurie R. King

It has been 138 years since Arthur C. Doyle introduced Sherlock Holmes to the world in Strand Magazine. Since then he has always been with us. First the short stories and books, then plays, radio, film, and finally television.

Other authors have written about Mr. Holmes. In "The Beekeeper's Apprentice", Laurie R. King has imagined the great detective's "retirement". Could Dr. Doyle have ever envisioned such a life that he's created?

COOKING CORNER

GLAZED MAPLE BARS

INGREDIENTS

- 1 CUP SHORTENING
- 2 CUPS ROLLED OATS
- 1 CUP SUGAR
- 1 ⅓ CUPS FLOUR
- 1 CUP VERMONT MAPLE SYRUP
- 1 TEASPOON BAKING POWDER
- 2 EGGS
- ½ TEASPOON SALT
- 2 TEASPOONS VANILLA



INSTRUCTIONS

- Mix all ingredients, pour into a greased 9x13 pan. Bake at 350 degrees for 30-35 minutes.
- While still hot glaze the top with the following:

GLAZE:



- 2 CUPS CONFECTIONER'S SUGAR
- ½ CUP - 1 CUP VERMONT MAPLE SYRUP
- Blend together, spread over hot bars



These bars were the dessert at April's senior luncheon. Thank you Donna for sharing the recipe!



MAY 2025 CALENDAR

SUN.	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT.
				1 12:30-4PM: DUPLICATE BRIDGE	2 9-10AM BONE BUILDERS 10AM-12PM: MAH JONGG 11AM-12PM MIND FIT	3 10:30 AM- NOON VT GEN LIB CLASS
4	5 11AM-12PM "LIFTING" SPIRITS	6 10AM- 1:00PM: BINGO 3:30-4:30PM GAMES GALORE	7 9-10AM BONE BUILDERS 10:30AM WALKING CLUB 12PM ST PIUS SENIOR LUNCHEON 1:30-3:30PM CRIBBAGE 6:30-7:30PM GRIEF GROUP	8 12:30-4PM: DUPLICATE BRIDGE	9 9-10AM BONE BUILDERS 10AM-12PM: MAH JONGG 5:30 ESSEX COMMUNITY DINNER	10
11	12 11AM-12PM "LIFTING" SPIRITS 11:30-1PM AGE WELL LUNCH AT HOLY FAMILY	13 10AM- 1:00PM: BINGO	14 9-10AM BONE BUILDERS 10:30AM WALKING CLUB 1:30-3:30PM CRIBBAGE 2:30PM UKULELE PERFORMANCE 6-8PM PAPER MACHE BIRDS	15 12:30-4PM: DUPLICATE BRIDGE	16 9-10AM BONE BUILDERS 10AM-12PM: MAH JONGG 11AM-12PM MIND FIT 6-7:30PM MAKERSPACE	17
18	19 11AM-12PM "LIFTING" SPIRITS 11:30-1PM AGE WELL LUNCH AT HOLY FAMILY	20 10AM--1:00PM: BINGO 11:30-1PM AGE WELL LUNCH AT TOWN MEADOW	21 9-10AM BONE BUILDERS 10:30AM WALKING CLUB 1:30-3:30PM CRIBBAGE	22 12:30-4PM: DUPLICATE BRIDGE 1PM ELVIS IMPERSONATOR	23 9-10AM BONE BUILDERS 10AM-12PM: MAH JONGG 11AM-12PM MIND FIT	24
25	26 NO PROGRAMS	27 10AM- 1:00PM: BINGO	28 9-10AM BONE BUILDERS 9-11AM BIRDWATCHING 101 10:30AM WALKING CLUB 1:30-3:30PM CRIBBAGE 6-8PM WATERCOLOR POSIE PAINTING	29 12:30-4PM: DUPLICATE BRIDGE	30 9-10AM BONE BUILDERS 11AM-12PM MIND FIT	31 12:30- 1:30PM COOK THROUGH A BOOK

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