

SEPTEMBER 2025

Essex Area Senior Center Newsletter

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LOTS OF NEW
OPPORTUNITIES
INSIDE! TRY
SOMETHING NEW OR
BRING A FRIEND TO
JOIN AN EXISTING
PROGRAM!



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.

**** Essex Junction Recreation and Parks will be going to our annual conference Sept 15-18th - including Julie. Please reach out with anything you need before hand! Julie is working on coverage for all existing programs ****

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))



RECENT PROGRAMMING RECAP

THANK YOU TO GEORGE RICHARD FOR PERFORMING AS JOHNNY CASH FOR US! AND THANK YOU TO TOWN MEADOW FOR HOSTING US!





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!

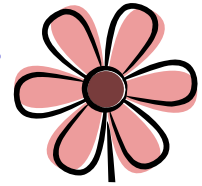
jshorter@ejrp.org

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!



Picnic in the Park



Friday, September 12th

12pm

Free!

Maple Street Park



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

Golf Cart rides to the
pavilion will be provided!



RSVP by September 9th
email : jshorter@ejrp.org
call: 802-878-1375
ext 1553

INTERESTED IN A 55+ HIKING CLUB? JOIN US!



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

REACH OUT TO JULIE TO FIND OUT MORE INFORMATION!



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



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



MAMA TRIED STRING BAND

**ALL-GAL FOOT STOMPING BLUEGRASS,
COUNTRY FOLK AND BLUES STRING
BAND**

**FREE! WE WILL PASS AROUND A TIP BASKET IF
YOU WOULD LIKE TO CONTRIBUTE**

**ESSEX TOWN
MEADOW SENIOR
HOUSING
22 CARMICHAEL ST
- SUITE 100,
ESSEX**



**TUESDAY,
SEPTEMBER 23**

2-3PM

CARDMAKING



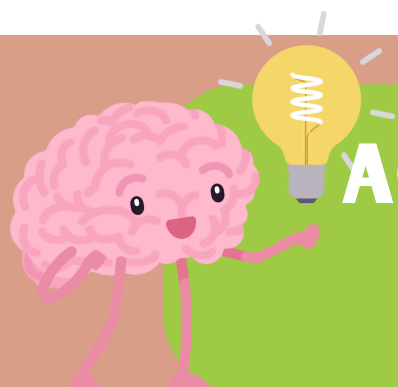
**JOIN LOCAL CARDMAKER LAURI TO CRAFT YOUR OWN
HALLOWEEN AND FALL GREETING CARDS. NO
EXPERIENCE NECESSARY. REGISTRATION REQUIRED.
CONTACT JULIE TO REGISTER: [JSHORTER@EJRP.ORG](mailto:jshorter@ejrp.org) /
802-878-1375**



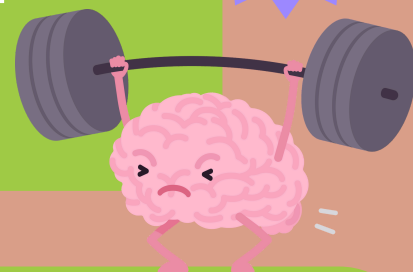
**HOLY FAMILY PARISH HALL
THURSDAY OCTOBER 16 1PM**



MIND FIT IS BACK!

**FREE!**

ACTIVITIES TO BOOST BRAIN HEALTH

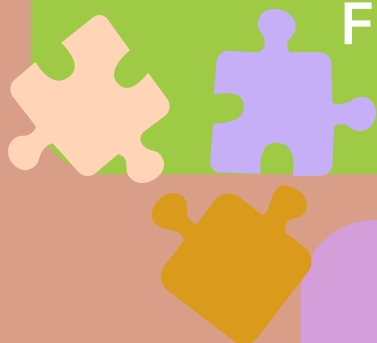


Keep your brain sharp and healthy. Just like the body, the brain can show signs of aging over time. While this is a natural result of growing older, there are positive lifestyle changes you can make to keep your mind sharper for longer. Join us for a fun, FREE and informative series, led by brain fitness 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, September 5 - October 17

11am-12pm

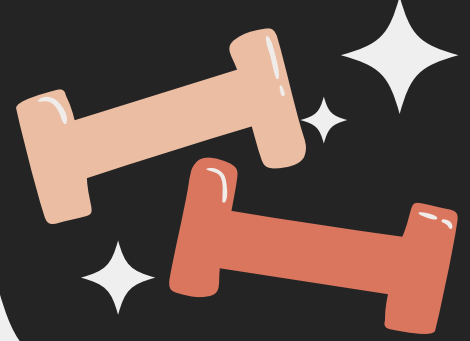


NO REGISTRATION REQUIRED



"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!

**\$10/CLASS
OR SIGN UP FOR THE WHOLE MONTH FOR \$9/CLASS**

**Maple Street Park Aspire Studio
Mondays starting September 8
9-10am**

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



9

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.

**THURSDAYS STARTING
SEPTEMBER 4TH
9:30-10:30AM
ASPIRE STUDIO,
MAPLE STREET PARK
(75 MAPLE STREET)**



MODERN WESTERN SQUARE DANCING

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



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

WWW.GREENMOUNTAINSTEPPERS.ORG



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.

**ASPIRE STUDIO,
MAPLE STREET PARK
(75 MAPLE STREET)**

SUNDAYS 9-10AM

FALL SESSION 1: SEPT 7-OCT 12

\$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.



**75 MAPLE STREET, MULTIPURPOSE ROOM
FRIDAYS 9-10AM**

**FALL SESSION 1: SEPTEMBER 12-OCTOBER 17
\$60 FOR 6 WEEK SESSION**



CHRISTINA MERHAR, REGISTERED YOGA TEACHER



MEET ME ON MAIN!

NO CARS, JUST COMMUNITY

Join us as we shut down Main Street in Essex Junction to celebrate local flavor, fun, and community spirit!

Downtown will come alive with family activities, local vendors, food, music, and festive fun for all ages.

Each evening will wrap up with an outdoor movie – so bring your friends, your neighbors, and your chair. There's something new to enjoy each week! More details to come closer to the event dates!

EVENT DATES
SATURDAYS FROM
4-7 PM, WITH
MOVIES STARTING
AT 7 PM

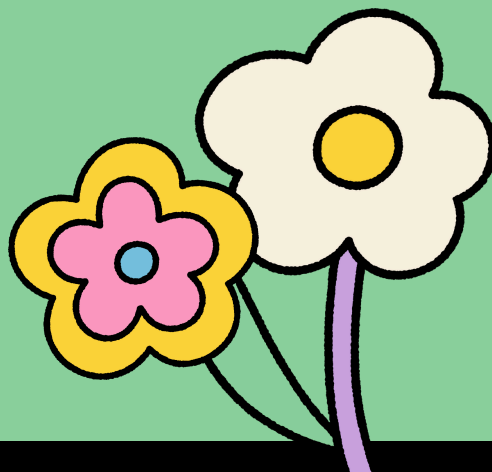
SEPTEMBER 20 /
MOVIE: THE WILD
ROBOT

SEPTEMBER 27 /
MOVIE: LILO AND
STITCH

OCTOBER 4 /
MOVIE: A MINE
CRAFT MOVIE

OCTOBER 11 /
MOVIE:
GHOSTBUSTERS

INTERESTED IN BEING PART OF THE FUN? We're looking for food trucks, vendors, performers, and community partners to help make these Saturdays special. Contact Julie at 802-878-1375 or jshorter@ejrp.org

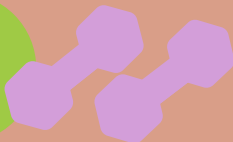




OTHER COMMUNITY OPPORTUNITIES



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.

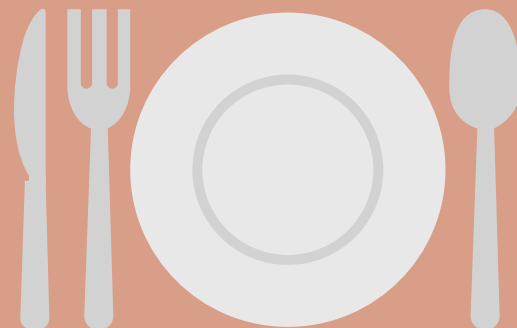
NO
REGISTRATION
REQUIRED-
REMEMBER TO
WEAR
COMFORTABLE
CLOTHING AND
BRING WATER!



ESSEX COMMUNITY DINNER

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

**FRIDAY,
SEPTEMBER 12TH
5:30PM
AT THE HOLY
FAMILY PARISH
CENTER**



BY DONATION

LOOKING AHEAD

OCTOBER ST PIUS SENIOR LUNCH (THERE ARE TWO!)

**OCT 1 AND OCT 29
@ NOON
ST. PIUS X**

**RESERVATIONS REQUIRED
BY**

**SEPT 26 (FOR OCT 1)
OCT 24 (FOR OCT 29) IF
YOU SIGN UP, PLEASE
SHOW UP. IF YOU CAN'T
MAKE IT, CALL DONNA
OR E-MAIL GLORIA.**

BY DONATION

**REMINDER
THAT
SEPTEMBER'S
LUNCHEON IS
9/3 AND
RESERVATIONS
CLOSE 8/29!**

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

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



MENU OCT 1:

**CHICKEN
POT PIE, SLAW,
DESSERT**

MENU OCT 29:

**SHEPHERD'S PIE,
SALAD,
DESSERT**

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

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

HALLOWEEN PAPER MACHE



CREATE A PAPER MACHE PUMPKIN, CAT, OR GHOST FOR
YOUR HALLOWEEN DECOR! THIS IS A TWO SESSION CLASS.



WEDNESDAY, OCTOBER 8 & 15
6-8PM
\$60



HARVEST STILL LIFE DRAWING AND PAINTING

IN THIS CLASS WE WILL USE DRAWING AND PAINTING MEDIA TO
CREATE A BEAUTIFUL STILL-LIFE DRAWING FROM AUTUMN'S BOUNTY.
NO EXPERIENCE NECESSARY, ONLY INTEREST AND ENTHUSIASM.



WEDNESDAY NOVEMBER 12
6-8PM
\$30



NEEDLE FELTED ORNAMENT MAKING

LEARN THE BASICS OF NEEDLE FELTING AND MAKE A NEEDLE FELTED
ORNAMENT OR TWO. NO EXPERIENCE NECESSARY, JUST INTEREST
AND CURIOSITY. THERE ARE TWO SEPARATE SESSIONS FOR THIS
CLASS, SIGN UP FOR JUST ONE, OR SIGN UP FOR BOTH!



SESSION 1 : WED, DECEMBER 3
SESSION 2 : WED, DECEMBER 10
6-8PM
\$30 PER SESSION

MORE OPPORTUNITIES!

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

GETTING STARTED ON YOUR FAMILY HISTORY

You've watched the TV shows and you have an interest in your family's roots, so what's next? Starting can be overwhelming. But whether you want to do a deep dive, or just get a feel for it by starting slowly, Lynn Johnson can show you how to start by looking for resources within the family, and "official" documents. She will cover how to assess each piece of information to make sure it fits, and what to do when a piece doesn't. Using examples from her research, Lynn will outline common mistakes that can derail your progress, and how to avoid them. Lynn will also tell you more about the Vermont Genealogy Library and the resources they have to help you in your searches.

with Lynn Johnson

Saturday September 13, 10:30am

THIS HYBRID CLASS WILL BE HELD IN-PERSON AT THE LIBRARY, 57 RIVER RD. THE COST IS \$10.00.
PLEASE VISIT WWW.VTGENLIB.ORG TO REGISTER.

BEYOND BORDERS: OUR PATRIOTS IN THE REVOLUTION?

Building on previous work, this talk explores the often-overlooked contributions of French-Canadian families to the American cause, including their motivations, allegiances, and the impact of shifting borders on their lives during the conflict - the whirling complexity of the Revolution in the Champlain Valley - and how it led to early French Canadian settlement that shaped the region.

with Suzanne Blanchard

Saturday, October 4, 10:30am

THIS HYBRID CLASS WILL BE HELD IN-PERSON AT THE LIBRARY, 57 RIVER RD. THE COST IS \$10.00.
PLEASE VISIT WWW.VTGENLIB.ORG TO REGISTER.

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!

◆ 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

BROWNELL LIBRARY

Library Potluck

Join us for our Library Potluck!
We meet monthly on the third Friday of the month from 6-7:30.
Please bring a dish to share and a list of ingredients for people with allergies.

BROWNELL LIBRARY

GRIEF GROUP

Finding Support Together

Guided by certified death doula Karen Hergesheimer, our conversations offer understanding, education, and valuable resources to help you through this journey.

First Wednesday of every month from 6:30-7:30
hot tea provided

BROWNELL LIBRARY

ALZHEIMER'S ASSOCIATION

JOIN US FOR AN AWARENESS PRESENTATION !

MONDAY, SEPTEMBER 8, 2025
6:00 PM - 7:00 PM
BROWNELL LIBRARY
6 LINCOLN ST., ESSEX JUNCTION, VT

MUST READ MONDAYS

'REMARKABLY BRIGHT CREATURES' BY SHELBY VANPELT

SEPTEMBER 29TH
6:30-7:30PM

DETAILS AT
BROWNELLLIBRARY.ORG

Learn about the ways the Alzheimer's Association:

- Works to provide support for all those affected by Alzheimer's or other dementia
- Educates to raise awareness
- Advances Diversity, Equity and Inclusion
- Advocates for Public Policy
- Accelerates Research

BROWNELL LIBRARY

PRESENTED BY: ALZHEIMER'S ASSOCIATION

Have questions about Alzheimer's or other dementia ?
Call our 24/7 Helpline at 800-272-3900

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

BRAIN GAMES!

SEPTEMBER SUDOKU

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

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SEPTEMBER WORD SCRAMBLE

Vegetables Word Scramble

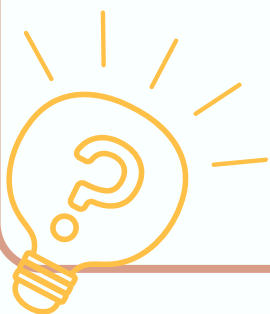
Unscramble the following list of shuffled words to meaningful words!

- ACRTRO
- OAOTTM
- IRBCLCOO
- PTATOO
- MUCRCBUE
- CSPNAHI
- BLLE PEPEPR
- NOINO
- UCALEFIOWRL
- GGNALEPT
- TESEW TOAPTO
- PIMNKUP
- NGERE NAESB
- PAES
- ADRIHS
- ACEBGAB
- AARGUSPAS
- EBSSLRSU RSUPSOT
- NCOR
- YLRCEE

justfamilyfun.com

QUIZ YOURSELF!

What is the title of The Beatles' last studio album?



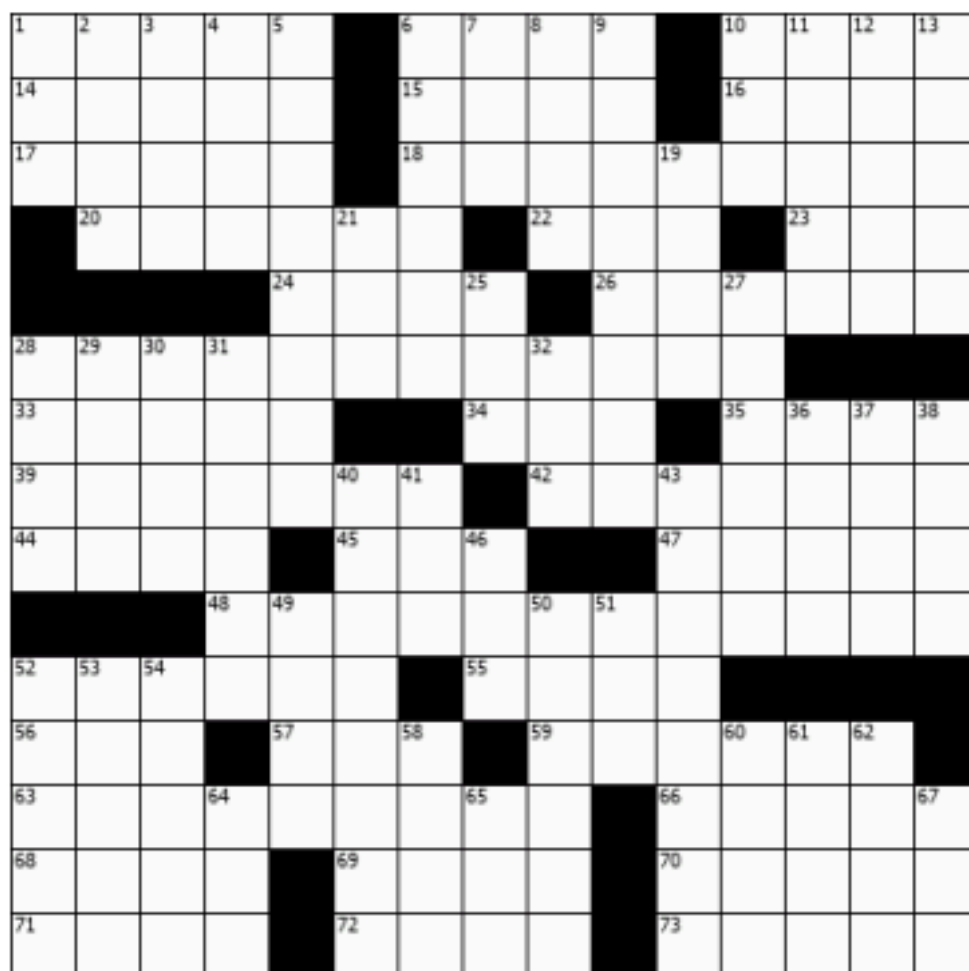
Answer key on page 25

CROSSWORD

Across

1. Falafel holders
6. Fine-grained mineral
10. "Want to hear a secret?"
14. Jungle reptile
15. Truant, in the USMC
16. Blues singer James
17. Play for time
18. Linda Ronstadt hit
20. Olfactory stimuli
22. Parking lot topper
23. Hosp. employee
24. Brainstorm
26. Sweetest and kindest
28. Bobby Darin hit
33. It could be stuffed
34. Actor Erwin
35. Stadium sounds
39. Fall, while surfing
42. Finch
44. Glance impolitely
45. U.S.A. defense agency
47. Diamond-studded topper
48. Part of an Otis Redding hit

52. Puget Sound city
55. Combat for two
56. Familiar vow
57. Exist
59. Footwear giant
63. Henry Mancini hit
66. Got into pitch
68. Gardner of fiction
69. Roman ruler
70. Step into
71. Lull
72. Trouble persistently
73. Pitiless



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**

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 handy person 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 September Luncheons

Meal provided to individuals 60+ years of age.



When & Where:

Mondays
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.

september 8

Southwest vegetable egg bake,
Green beans w/black beans,
Cauliflower, Wheat bread,
Pumpkin craisin cookie

september 22

Pork stew w/vegetables, Brussels
sprouts, Wheat biscuit, Fruit cookie



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Town Meadow Senior Housing Luncheon september 16th, 2025

Available to individuals 60+ years of age.

menu:

Turkey Tetrazzini, Scandinavian
vegetables, Wheat dinner roll,
Pineapple

When:

Tuesday, September 16th, 2025
Check in: 11:30 Lunch Served:
12:00

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



\$5
SUGGESTED
DONATION

Advanced registration
required
Register by 9/9/25

Where:

Essex Town Meadow Senior Housing
22 Carmichael St Essex

Contact to register:

MJ Merchant
E_Merchant@cathedralsquare.org
P 802-859-8866

RESTAURANT TICKET PROGRAM

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

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

Ticket Usage: Upon arrival, present your Age Well ticket to your host/server. They will then give you the special Age Well menu which has been reviewed and is compliant with the Older American's Act guidelines. All other members of your party will select from the regular menu at regular price. Substitutions are not allowed. Any extra items or substitutions ordered will be charged at full price.

PARTICIPATING RESTAURANTS:

ADDISON COUNTY

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

CHITTENDEN COUNTY

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

FRANKLIN/GRAND ISLE COUNTY

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



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

CALL 802-662-5200 FOR MORE INFORMATION

TRANSPORTATION



SSTA BUS OPTION

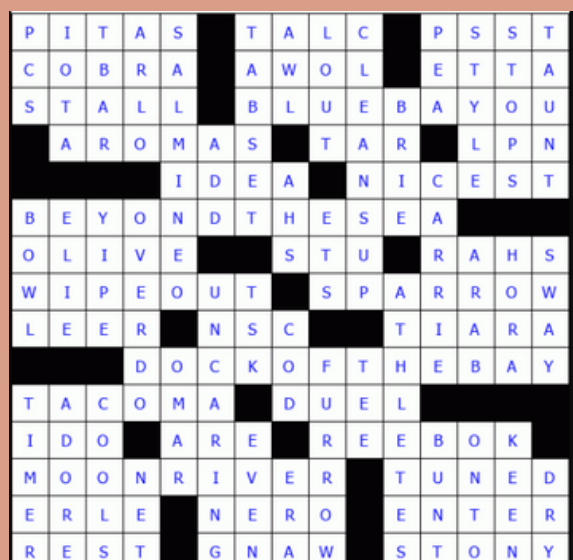
The Special Service Transportation Agency (SSTA) offers an ADA paratransit program for residents who live within 3/4 of a mile from a fixed route bus service, provided by Green Mountain Transit (GMT), and have a disability that prevents them from walking to or waiting for a bus. Regarding the mile threshold, almost all of the City of Essex Junction qualifies with exceptions being a handful of households within neighborhoods at the western end of South Street, Cascade Street, and Dunbar Drive and a few households at the northern edge of Old Colchester Road. In order to utilize the service, an application must be completed and processed in advance (can take up to three weeks). Applicants will need a certified healthcare professional to verify their disability. The cost per ride for the user is \$2.50.

The application and further information can be found here:
<https://ridegmt.com/paratransit-application/>

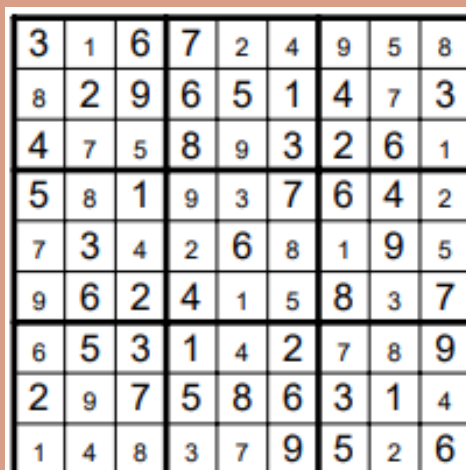
If you are not sure if you qualify for the paratransit program or know that you do not, you should call SSTA (802-878-1527) to inquire about what transportation options may be available to you.

If you would like assistance making this call and understanding your options, an EJRP staff member would be happy to help you (802-878-1375).

Crossword Answer



Sudoku Answer



TRIVIA ANSWER:
LET IT BE

Word Scramble Answers





WHAT'S NEW ON NETFLIX

- [La La Land \(2016\)](#) – Romantic musical starring Emma Stone and Ryan Gosling, directed by Damien Chazelle.
- [Stand by Me \(1986\)](#) – Rob Reiner's coming-of-age classic starring Wil Wheaton, River Phoenix, and Kiefer Sutherland. Based on Stephen King's novella.



SEPTEMBER'S BOOK PICK

Title: Bridge of Sighs **Author:** Richard Russo

The novel is set in a small, fictional town in upstate New York called Thomaston. Like Empire Falls, the town is quickly deteriorating. The story is about Louis Charles ("Lucy") Lynch, his family, his wife, and his best friend, Bobby Marconi. Sixty-year-old Lou Lynch has cheerfully spent his entire life in Thomaston, New York, married to the same woman, Sarah. He is the proprietor of three convenience stores.

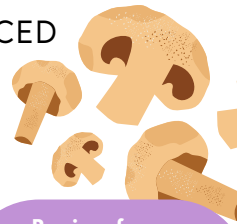
COOKING CORNER

MUSHROOM RISOTTO

SERVES 6
PREP TIME: 20 MIN
COOK TIME: 25 MIN

INGREDIENTS

- 6 CUPS CHICKEN BROTH
- 3 TABLESPOONS OLIVE OIL, DIVIDED
- 1 POUND PORTOBELLO MUSHROOMS, THINLY SLICED
- 1 POUND WHITE MUSHROOMS, THINLY SLICED
- 2 MEDIUM SHALLOTS, DICED
- 1 ½ CUPS ARBORIO RICE
- ½ CUP DRY WHITE WINE
- 4 TABLESPOONS BUTTER
- 3 TABLESPOONS FINELY CHOPPED CHIVES
- ⅓ CUP FRESHLY GRATED PARMESAN CHEESE
- SALT AND PEPPER TO TASTE




Recipe from:
<https://www.allrecipes.com/recipe/85389/gourmet-mushroom-risotto/>



INSTRUCTIONS

- Warm broth in a saucepan over low heat. Meanwhile, warm 2 tablespoons olive oil in a deep-sided large saucepan over medium-high heat. Add sliced portobello and white mushrooms; cook and stir until soft, about 3 minutes. Remove mushrooms and their liquid to a bowl; set aside.
- Add remaining 1 tablespoon olive oil to the saucepan. Stir in shallots and cook for 1 minute. Add rice; cook and stir until rice is coated with oil and pale, golden in color, about 2 minutes.
- Pour in wine, stirring constantly until wine is fully absorbed. Add 1/2 cup warm broth to the rice, and stir until the broth is absorbed.
- Continue adding broth, 1/2 cup at a time, stirring constantly, until the liquid is absorbed and the rice is tender, yet firm to the bite, about 15 to 20 minutes.
- Remove from heat. Stir in reserved mushrooms and their liquid, butter, chives, and Parmesan cheese.
- Season with salt and pepper and serve immediately.

SEPTEMBER 2025 CALENDAR

SUN.	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT.
	1 LABOR DAY - NO PROGRAMS	2 10-11:30AM CURRENT EVENTS 10AM-1PM BINGO	3 9-10AM BONE BUILDERS 10:30AM WALKING CLUB 12PM ST PIUS LUNCHEON 1:30-3:30PM CRIBBAGE 6:30-7:30PM GRIEF GROUP	4 9:30-10:30AM ZUMBA GOLD 12:30-4PM DUPLICATE BRIDGE	5 9-10AM BONE BUILDERS 10AM-12PM MAH JONGG 11AM-12PM MIND FIT	6
7 9-10AM NIA DANCE	8 9-10AM "LIFTING" SPIRITS 11:30-1PM AGE WELL LUNCH AT HOLY FAMILY	9 10-11:30AM CURRENT EVENTS 10AM-1PM BINGO	10 9-10AM BONE BUILDERS 10:30AM WALKING CLUB 1:30-3:30PM CRIBBAGE	11 9:30-10:30AM ZUMBA GOLD 12:30-4PM DUPLICATE BRIDGE	12 9-10AM YOGA 9-10AM BONE BUILDERS 10AM-12PM MAH JONGG 11AM-12PM MIND FIT 12PM PICNIC IN THE PARK	13
14 9-10AM NIA DANCE	15 JULIE AWAY 9-10AM "LIFTING" SPIRITS	16 JULIE AWAY 10-11:30AM CURRENT EVENTS 10AM-1PM BINGO 11:30-1PM AGE WELL LUNCH AT TOWN MEADOW	17 JULIE AWAY 9-10AM BONE BUILDERS 10:30AM WALKING CLUB 1:30-3:30PM CRIBBAGE 6-7:30PM SMALL WIRE BASKET MAKING	18 JULIE AWAY 9:30-10:30AM ZUMBA GOLD 12:30-4PM DUPLICATE BRIDGE	19 9-10AM YOGA 9-10AM BONE BUILDERS 10AM-12PM MAH JONGG 11AM-12PM MIND FIT 6PM LIBRARY POTLUCK	20 4-7PM MEET ME ON MAIN
21 9-10AM NIA DANCE	22 9-10AM "LIFTING" SPIRITS 11:30-1PM AGE WELL LUNCH AT HOLY FAMILY	23 10-11:30AM CURRENT EVENTS 10AM-1PM BINGO 2-3PM MAMA TRIED STRING BAND	24 9-10AM BONE BUILDERS 10:30AM WALKING CLUB 1:30-3:30PM CRIBBAGE	25 9:30-10:30AM ZUMBA GOLD 12:30-4PM DUPLICATE BRIDGE	26 9-10AM YOGA 9-10AM BONE BUILDERS 10AM-12PM MAH JONGG 11AM-12PM MIND FIT	27 4-7PM MEET ME ON MAIN
28 9-10AM NIA DANCE	29 9-10AM "LIFTING" SPIRITS 6:30-7:30PM MUST READ MONDAY	30 10-11:30AM CURRENT EVENTS 10AM-1PM BINGO				

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