

APRIL 2025

Essex Area Senior Center Newsletter

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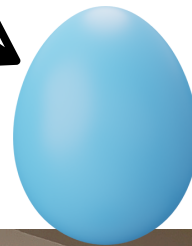
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April Calendar

HAPPY APRIL! FIND
THIS EASTER EGG
HIDDEN SOMEWHERE
IN THIS NEWSLETTER
AND SEE JULIE FOR A
SMALL PRIZE!



IMPORTANT ANNOUNCEMENTS

Mah Jongg Announcement:
The library will be using the
Kolvoord room for tax help, so
Mah Jongg has moved to the
main reading room through
mid-April

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](https://www.facebook.com/essexjunctionrecreationandparks)

WEBSITE:
[@www.ejrp.org/olderadults](http://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 - MAIN READING 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))


 **THANK YOU TO CELTIC
COMPANY FROM GREEN
MOUNTAIN PERFORMING ARTS
FOR PUTTING ON AN AMAZING
STEP DANCING SHOW FOR US!**



**AND THANK YOU TO WHITCOMB
WOODS FOR HOSTING!**

VOLUNTEER OPPORTUNITY!

Reach out to Julie if
you're interested in
helping the recreation
department stuff Easter
bags for our annual Egg
Hunt at Maple Street
Park!

*Date/Time TBD based on
interest*



WHERE IS CLAIRE?
OUR FORMER SENIOR CENTER
PROGRAMMER, CLAIRE, HAS SOME
LIFE UPDATES!



HI SENIORS, HAPPY SPRING!
I MISS YOU ALL AND THINK OF YOU OFTEN. I
WANTED TO SHARE A LITTLE UPDATE WITH YOU!
I'VE LANDED IN THE BIG APPLE—LIVING IN
BROOKLYN AND WORKING IN MANHATTAN. I
WAS GIVEN AN AMAZING OPPORTUNITY TO
WORK FULL-TIME AS A RECRUITER FOR A
LOCAL FIRM, AND MY OFFICE IS RIGHT
ACROSS FROM THE EMPIRE STATE BUILDING!
WHEN I'M NOT WORKING, I'M SPENDING TIME
WITH MY FRIENDS AND BOYFRIEND,
EXPLORING NYC, MEETING NEW PEOPLE, AND
TRYING NEW THINGS. IT HAS BEEN A
WONDERFUL ADVENTURE, AND I'M
ABSOLUTELY LOVING CITY LIFE!



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:

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
(Main Reading 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



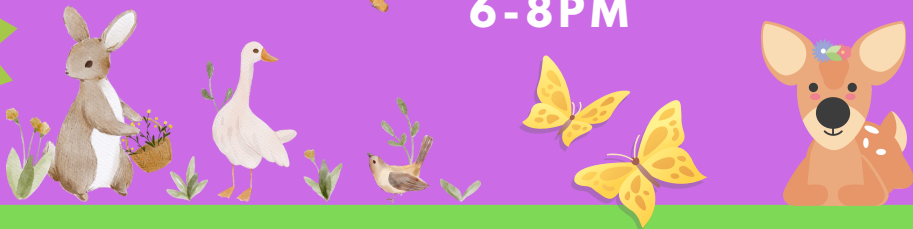
SPRING NEEDLE FELTING WORKSHOP



LEARN THE BASICS OF NEEDLE FELTING AND MAKE A NEEDLE FELTED
SPRING CRITTER OR TWO. NO EXPERIENCE NECESSARY, JUST INTEREST
AND CURIOSITY.

**\$25 PER
CLASS**

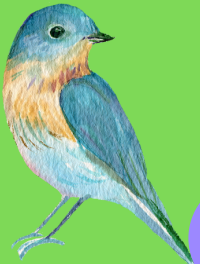
WEDNESDAY APRIL 16
6-8PM



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. DO EITHER SESSION OR DO BOTH SESSIONS AND USE THE
SECOND TO DECORATE YOUR LITTLE BIRD WITH COLLAGE, PAINT,
MIXED MEDIA, OR MAKE A COMPANION FOR YOUR FIRST BIRD.

TWO SESSIONS!
SESSION 1: WEDNESDAY APRIL 30
6-8PM
SESSION 2: WEDNESDAY MAY 14
6-8PM



ADDITIONAL PROGRAMMING

CARDMAKING

**JOIN LOCAL CARDMAKERS LAURI AND
KATHY TO CREATE 4 DIFFERENT
GREETING CARDS!**



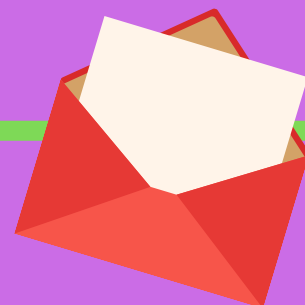
FREE!

Come and craft your own birthday card, Easter card, thank you card, and blank note card!



No experience necessary.

**THURSDAY APRIL 3
1PM**



HOLY FAMILY PARISH CENTER

Limited space! Please reach out to Julie or call our office to register- jshorter@ejrp.org or 802-878-1375



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 STARTING APRIL 30

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



MIND FIT

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



NO REGISTRATION REQUIRED

LEARN TO PLAY



MAH JONGG

**ALWAYS WANTED TO LEARN?
NOW IS YOUR CHANCE!**

**ONE OF OUR SENIORS IS OFFERING
A FREE 6 WEEK CLASS TO LEARN TO
PLAY MAH JONGG**

**FRIDAYS 1-2:30PM
APRIL 18TH-MAY 30TH
NO CLASS APRIL 25TH**

**IN THE KOLVOORD ROOM AT
THE BROWNELL LIBRARY**

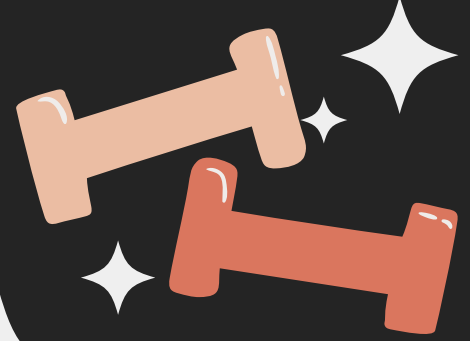
**SPACE IS LIMITED!
SIGN UP WITH JULIE SHORTER,
PROGRAM DIRECTOR FOR OLDER ADULTS
JSHORTER@EJRP.ORG
802-878-1375 EXT 1553**



PLEASE TRY TO COMMIT TO THE ENTIRE SERIES!

“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 April 7, 14, 28
May 5, 12, 19
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**



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.

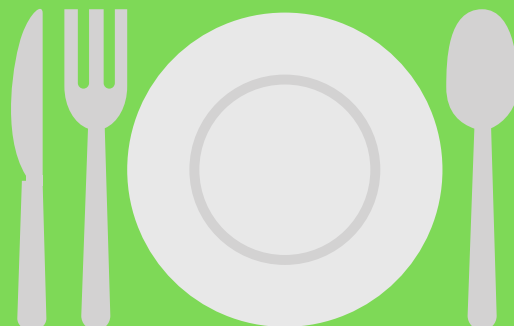
**NO
REGISTRATION
REQUIRED-
REMEMBER TO
WEAR
COMFORTABLE
CLOTHING AND
BRING WATER!**



ESSEX COMMUNITY DINNER

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

**FRIDAY,
APRIL 11TH
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



CHASING COLONIAL ANCESTORS WITH Y-DNA TESTS

Today, the most popular type of DNA test provides important clues that can help identify recent ancestors and solve cases of unknown parentage. However, it becomes exponentially more difficult to use when one's research question lies five or six generations in the past. For those tracing ancestors who lived before the Civil War, Y-DNA tests are often a better option.

In this talk, Ed McGuire will explain how the two types of Y-DNA tests can accurately follow paternal lines back centuries, untangle the identities of multiple families with the same surname, and even pinpoint ancient migration routes. Examples will include cases during the Revolutionary War era, Puritan research, and the Spanish settlement of Mexico. He'll also demonstrate how the latest advances allow us to identify connections to specific matches in the very recent past. A detailed reference handout and links to online resources will be provided.

Ed McGuire is a past president of the Vermont French-Canadian Genealogical Society (VT-FCGS). He is a frequent speaker on genealogy research, DNA testing and Irish family history. His personal research interests include his New England, New York and Quebec roots as well as Irish, English, French and German ancestry.

APRIL 12 10:30AM

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

\$10

11



LIBRARY PROGRAMMING OPPORTUNITIES

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

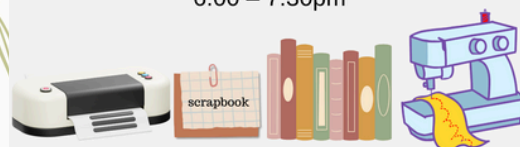
Finding Support Together

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

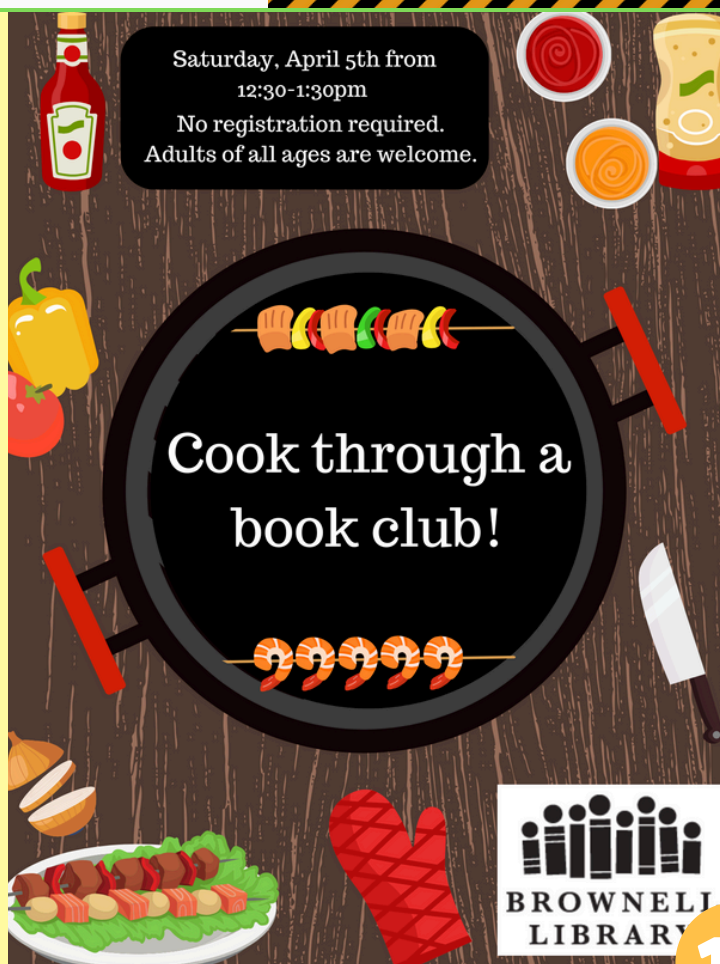
Fridays from
6-7:30

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, April 5th from
12:30-1:30pm
No registration required.
Adults of all ages are welcome.



Cook through a book club!



LOOKING AHEAD

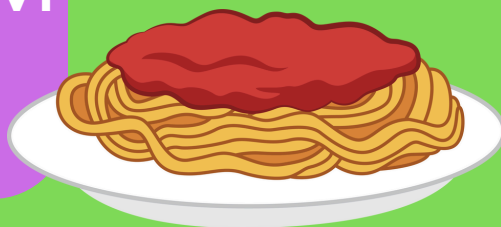


**Essex Junction Lions Club
&
Champlain Valley Lions Club**

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**

APRIL'S SENIOR LUNCHEON!

BY DONATION

MAY 7TH

@ NOON

ST. PIUS X

**20 JERICHO RD.
ESSEX
JUNCTION, VT
05452**



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

**REMINDER THAT
APRIL'S
LUNCHEON WILL
BE ON 4/2,
RESERVATIONS
CLOSE 3/28!**

**RESERVATIONS
REQUIRED BY
MAY 2ND**

**PULLED PORK
COLESLAW
DESSERT**

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

LOOKING AHEAD

VERMONT INSTITUTE OF NATURAL SCIENCES TRIP!



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.



MONDAY JUNE 23

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

Return: 5:30pm

\$80

Call our office to register! 802-878-1375

LET'S

GO

HIKING

INTERESTED IN A 55+ HIKING CLUB?

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

CONTACT JULIE TO EXPRESS INTEREST!

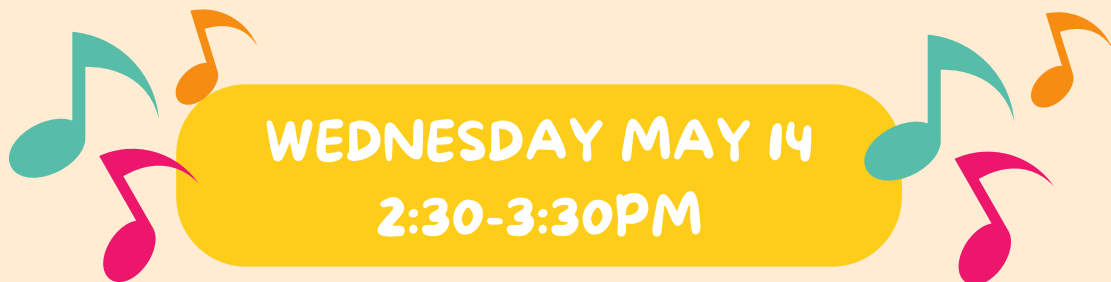
JULIE HAS A LIST GOING AND WILL REACH OUT TO ALL THOSE INTERESTED IN THE COMING WEEKS TO FIGURE OUT MORE DETAILS.



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



UKULELE PERFORMANCE



WEDNESDAY MAY 14
2:30-3:30PM

HOLY FAMILY PARISH CENTER
MAIN HALL

Free!
No registration required,
just show up!



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.



Wednesday May 28
9-11am

Maple Street Park
Free!

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

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!

Bring your own lunch to enjoy in the park after the program if you'd like! Space is limited so sign up today!



BRAIN GAMES!

APRIL SUDOKU

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

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APRIL WORD SCRAMBLE

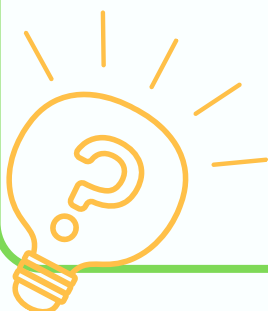
D EASTER WORD SCRAMBLE D

- elijy nasbe _____
- eteras nnuby _____
- doclroe gsge _____
- kbetas _____
- sgras _____
- ahm _____
- totcon tlai _____
- otcaloceh _____
- ssder _____
- efsrwol _____
- arbbti _____
- asundy _____
- spepe _____
- ihde _____
- pgnirs _____
- aprade _____
- nuht _____
- kchic _____
- tdeecora _____
- eakc _____

k
PuzzleParadise.com

TRIVIA QUESTION

What television show introduced the phrase, “To the moon, Alice!”?

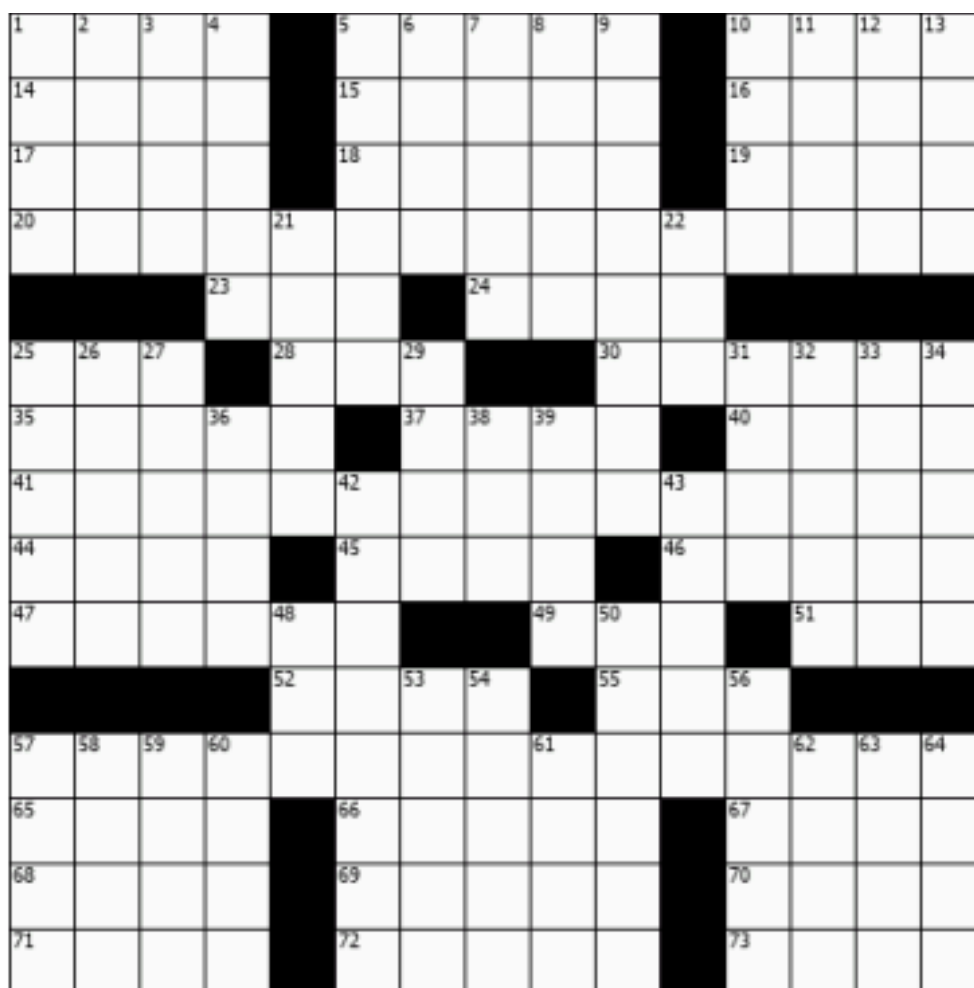


Answer key on page 22

CROSSWORD

Across

1. Word after who, what or where
5. Do Circe's job
10. Fair
14. Coop sound
15. Cognizant
16. Movie mutt
17. Word after bump or jump
18. Big name in copiers
19. Tide type
20. Salinger novel (with "The")
23. Feminine pronoun
24. Feverish chill
25. Snake's comment
28. Reptile of ancient Egypt
30. Country in central Africa
35. Spring offering
37. Verdi product
40. Margaret of "Coming of Age in Samoa"
41. It may surround a charged particle
44. Procrastinator's opposite
45. Saudi gulf
46. Confuse
47. Empowered
49. Priestly vestment
51. Leb.'s neighbor
52. Latvian capital
55. Swiss skyline feature
57. Globetrotter's catchphrase, perhaps
65. Vicinity
66. Battery part
67. Track shape
68. Like Telly and Yul
69. Asocial type
70. Time in office
71. Transport dating from the Stone Age
72. Lengthy narratives
73. Two-color cookie



Down

1. Like some proportions
2. Al Capp's hyena
3. Rectangular paver
4. Noteworthy period of history
5. Congress, at times
6. Pitcher
7. Name for the wind, in song
8. Pitchfork part
9. Description of surface quality
10. Mate of a real swinger
11. ___-friendly
12. Corset part
13. Word with deck or measure
21. Essence
22. Cut down
25. King Olaf, for one
26. Where dos get done
27. Arabian, e.g.
29. No longer due
31. During
32. Requisites
33. Take one's time
34. Calculating snake?
36. Light brown
38. Word with show or box
39. Carvey who was the Church Lady
42. Extremists
43. Aesop's opus
48. Victorian, for one
50. California-based team
53. City of the Italian Riviera
54. "Moving right ___ ..."
56. Part of a driver's license
57. Catches in the act
58. Dentist's exam
59. Soccer great
60. "Shane" star
61. Concept
62. Completed
63. Stallion's mate
64. Patron saint of sailors

Answer key on page 22

Crossword from onlinecrosswords.net

GREEN MOUNTAIN PASSPORT

**-A Vermont State Park Visitor's Pass
Discount Program for Seniors & Veterans-**

What is the passport for?

- Free admission to VT State Parks (overnight camping and other park fees are excluded)
- Free admission to Vermont State Historic Sites
- Free admission to events that are fully State-sponsored

Who is eligible?

- Must be a legal resident of the Vermont town or city in which you are applying
- Must be either 62 years of age or older, or a veteran of the uniformed services

How do I get a Green Mountain Passport card?

- Fill out an application at your local City or Town Clerk's Office
- Pay a one-time, \$2 fee to the municipal clerk
- Receive your Green Mountain Passport Card!



**FOR MORE INFORMATION ON THE GREEN MOUNTAIN
PASSPORT CARD, CONTACT
YOUR LOCAL CITY OR TOWN CLERK'S OFFICE**

**FOR MORE INFORMATION ABOUT VERMONT STATE PARKS,
VISIT VTSTATEPARKS.COM**

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 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



THANK YOU TO
THE ESSEX
ROTARY CLUB
FOR
SPONSORING
THESE
LUNCHES!



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 April 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

Julie Shorter Program Director

802- 878-1375 ext 1553

jshorter@ejrp.org

No takeout available

\$5 suggested donation per meal.

Contact & Registration

april 7th

Baked Ham, mashed sweet potatoes, maple baked beans, coleslaw, dinner roll, and oatmeal raisin cookies

april 14th

Baked penne pasta w/ mozzarella & ricotta cheese w/ beef, winter blend vegetables, wheat bread, fruit cocktail

april 28th

Beef vegetable & potato stew w/ beans, broccoli florets, biscuits, and pears

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

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

Sudoku Answer

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

TRIVIA ANSWER:
THE HONEYMOONERS

Word Scramble Answers

EASTER WORD SCRAMBLE		
1.	eljly nasbe	jelly beans
2.	eteras nnuby	easter bunny
3.	doclroe gsgc	colored eggs
4.	kbetas	basket
5.	sgras	grass
6.	ahm	ham
7.	totcon tlai	cotton tail
8.	otcalocch	chocolate
9.	ssder	dress
10.	efsrwol	flowers
11.	arbbti	rabbit
12.	asundy	sunday
13.	spepe	peeps
14.	ihde	hide
15.	pgnirs	spring
16.	aprade	parade
17.	nuht	hunt
18.	kehic	chick
19.	tdeecora	decorate
20.	eake	cake

ENTERTAINMENT!

WHAT'S NEW ON NETFLIX

- *The Parisian Agency: Exclusive Properties (Season 5)* – French docu-series looking into stunning and lavish properties.
- *Pulse (Season 1)* – New hospital procedural drama that follows the workers of a busy Miami hospital about to be hit by a hurricane



APRIL'S BOOK PICK FROM OUR SENIORS!



Title: The Women

Author: Kristin Hannah

Hannah introduces us to bright-eyed and naive nurse Frances "Frankie" McGrath, who longs for a place on her father's "Hero's Wall" and so volunteers for service in Vietnam. It is an understatement to say she didn't know what she was getting into.

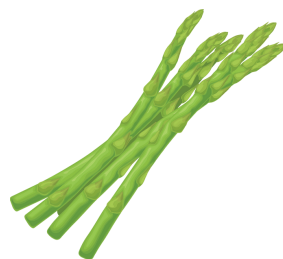
COOKING CORNER

ASPARAGUS AND CHEESE TART

MAKES 6 SERVINGS

INGREDIENTS

- 1 POUND ASPARAGUS, TRIMMED
- 1 SHEET FROZEN PUFF PASTRY (ABOUT 1/2 LB), THAWED
- ALL-PURPOSE FLOUR, FOR DUSTING
- 1 CUP GRATED FONTINA CHEESE (ABOUT 3 OUNCES)
- 1 CUP GRATED COMTE OR GRUYERE CHEESE (ABOUT 3 OUNCES)
- 1 TABLESPOON MINCED SHALLOT
- 2 LARGE EGG YOLKS
- 3 TABLESPOONS WHOLE MILK
- 1/8 TEASPOON FRESH GRATED NUTMEG
- 1 TABLESPOON ALL-PURPOSE FLOUR
- KOSHER SALT
- FRESHLY GROUND PEPPER
- 2 TEASPOONS EXTRA-VIRGIN OLIVE OIL
- 1/2 TEASPOON FINELY GRATED LEMON ZEST



PREP TIME: 25 MINUTES
COOK TIME: 20 MINS
TOTAL TIME: 45 MINUTES






INSTRUCTIONS

- **Step 1:** Fill a large bowl with ice water. Bring about 1 inch of water to a boil in a large skillet. Add the asparagus; cook until bright green and crisp-tender, 2 to 5 minutes, depending on the thickness of the asparagus. Drain and transfer to the ice water to stop the cooking; drain and pat dry. Preheat the oven to 400 degrees F.
- **Step 2:** Roll out the puff pastry into a 10-by-16-inch rectangle on a floured surface. Transfer to a parchment-lined baking sheet and prick all over with a fork. Bake until light golden brown, about 12 minutes. Let cool slightly on the baking sheet.
- **Step 3:** Meanwhile, mix the fontina, comte, shallot, egg yolks, milk, nutmeg and a pinch each of salt and pepper in a bowl until combined. Spread the cheese mixture evenly over the puff pastry, leaving a 1-inch border on all sides. Toss the asparagus with the olive oil, 1/4 teaspoon salt, and pepper to taste. Arrange the asparagus on the tart and bake until the cheese mixture is slightly puffy, 15 to 20 minutes. Sprinkle with the lemon zest. Serve warm or at room temperature.

Recipe from:
<https://www.foodnetwork.com/recipes/food-network-kitchen/asparagus-and-cheese-tart-recipe-2119855>



APRIL 2025 CALENDAR

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

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