NOVEMBER 2026

ESSEX AREA SENIOR CENTER NEWSLETTER

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EJRP and EASC Older Adult Programming

Our Vision

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

Our Mission

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

EJRP
Essex Junction Recreation & Parks

IMPORTANT ANNOUNCEMENTS

The Essex Area Senior Center will be CLOSED November 23-27.

We will resume our regular programming on Monday, November 30.



Enjoy your time with family!

CONTACT INFORMATION

FACEBOOK PAGE:
@essexjunctionrecreationandparks

WEBSITE:
www.ejrp.org/olderadults

EJRP CONTACT INFORMATION:

Christina McLaughlin

Director of Older Adult Programs

EMAIL:
cmclaughlin@ejrp.org

PHONE:
(802) 878-1375

JOIN OUR EMAIL LIST!

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

Sign up by visiting ejrp.org/olderadults and filling out the Essex Area Senior Center Newsletter Subscription Google form!
Or email Christina and ask to be added!



Senior Center Newsletter Subscription Google form!
(Form Link: HTTPs://forms.gle/qgwRwgkJRUgg51B46)

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A Note From Christina

As the Essex Area Senior Center continues to grow and evolve, I just wanted to take a minute to check in. And in the spirit of Thanksgiving, relay just how grateful I am to be here. I'm excited about the opportunities we have to connect, build relationships, and create meaningful experiences together...they truly make my heart happy! While we'll continue to offer scheduled programs, pop-up activities, and community lunches, it's important to note that we will not be returning to the previous model of regular open hours. The future of the Senior Center will look a little different than it has in the past and I promise that's okay! We will build something special TOGETHER!

In addition to coordinating the Essex Area Senior Center and all older adult programming, I'm also part of the EJRP Programs Team that helps plan, prepare for, and manage community-wide events like Meet Me on Main and Pumpkin Palooza. I spend most of my days running back and forth from EASC to EJRP balancing meetings and administrative tasks, setting up daily programs, moving furniture and creating spaces, coordinating older adult programs, preparing for events, and working on these newsletters! I'm still learning my role and figuring out how to balance all the moving pieces, and I truly appreciate everyone's patience, support, and feedback along the way.

I also want to apologize for being less present over the past three months while recovering from a herniated disc. Doctors appointments, physical therapy, and limited mobility made my daily duties significantly more challenging. Thank goodness for my amazing club leaders, volunteers, and EJRP colleagues! I'm feeling much more like myself again and am excited to continue growing alongside all of you! Some of you I know well, and some of you I have yet to connect with. I'll always do my best to be present and spend time with everyone, but if you don't see me around, please know I'm still here and available! I'm grateful to be part of this community and look forward to all the ways we'll continue to connect, learn, and grow together.

PROGRAM RECAP!

Card Making w/ Lauri!

Don't forget there's a holiday card making class on Friday, 12/11! Call 802-878-1375 to see if there's still spots available!







Program Recap!



Older Adult Resource and Wellness Fair!

Thank you to our amazing vendors and community members for making our first Resource and Wellness Fair such a success!

I'm so grateful for the intentionality, authenticity, and generosity each of you brought to the event. Beyond the resources and information that was shared, it was truly special to see the meaningful conversations, new connections, and genuine sense of community that unfolded throughout our time together.

Thank you all for the time, care, and heart you put into our community ❤️ I hope we can come together again soon!





Older Adult Resource and Wellness Fair!







THANK YOU!

To our EASC volunteers for handing out candy to all the little ghosts and ghouls on our trick or treat trail at maple street park! And to Town Meadow for carving pumpkins for our tower!

This year's Pumpkin Palooza brought 26 organizations handing out tricks and treats along our Halloween trail, ~4,000 guests to our park, and over 700 carved pumpkins on our famous pumpkin tower! Thank you to everyone who joined us for this amazing event!







Tina Logan Brings a Pop of Color to EASC!

Tina Logan

Essex Junction, VT

tinalogan927@gmail.com

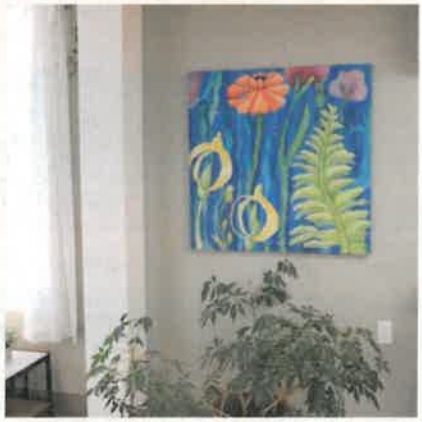




I am an art educator and artist. I received a BFA in art education (1987) from Syracuse University and have been teaching and creating ever since.

As an artist, I draw inspiration from the world around me. My family, students, garden, community and life experiences, all play an important role in my creative process. I often like to tell a quiet or subtle story in my work through color and symbols. It may be a story from the past or present. It is often personal and not always obvious to the viewer. When you look at my work, I hope that you enjoy its color at first, and then as you look at it more closely, I hope you can find some subtle intrigue or elements of an untold story that you can imagine for yourself.





SENIOR CENTER WEEKLY PROGRAMMING

MONDAYS:

No consistent weekly programs

TUESDAYS:

10AM-1:00PM - BINGO

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

WEDNESDAYS:

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

Don't Forget!

EASC will be CLOSED the week of November 23rd!

THURSDAYS:

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

FRIDAYS:

10AM-12PM - MAH JONGG
-FREE!

Have programming you'd like to see?
Chat with me in person or send me an email!

cmclaughlin@ejrp.org

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

First Congregational Church Annual Craft Fest

Saturday, 11/14 9am-3pm

The First Congregational Church of Essex Junction will hold their annual craft fest event on Saturday, November 14th from 9 am to 3 pm. The church is located at 39 Main Street. Parking is available by the church side entrance and in the doctor's office off Church Street. Follow the signs for additional parking.

The Craft Fest celebration includes a sweet shop with homemade goodies, gym filled with nearly new items, and a luncheon featuring chicken & biscuits with special seating area. Plus, over 20 crafters including Jenn Ellis the maker of Bernie's mittens, and silent auction featuring 40 theme baskets, gift certificates and original paintings. All shoppers will be entered to win a holiday tote filled with lots of goodies.

The children will have an opportunity to find the church elf and receive a special treat when discovered. Also, the large-size elf will be upstairs in their special room with gifts for purchase.

Each year the First Congregational church has a giving tree where gifts are given to over 40 families in need. In conjunction with the giving tree, the church would like to give an extra toy to these families. We are asking for toy donations at the craft fest for these children. Everyone who makes a toy donation will be entered into a separate drawing for a basket filled with holiday cheer.

For More Information:

Contact the church at:

(802) 878-5745

welcome@fccej.org

or https://www.fccej.org.

ST. PIUS VETERANS SERVICE

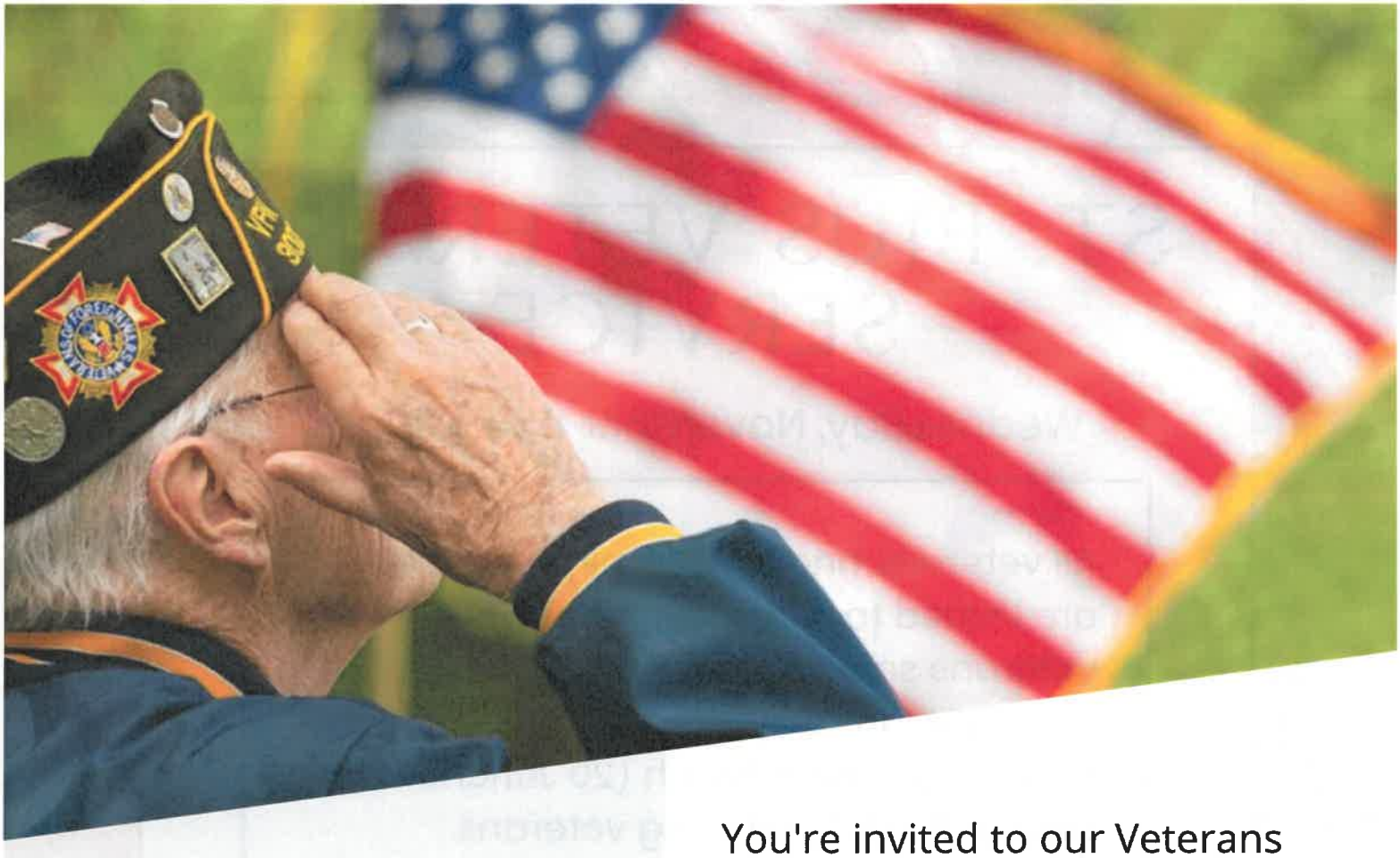
Wednesday, November 11 @ 6:30pm

All veterans and their family members are invited to join us for a special veterans service Wednesday, November 11th - Veterans Day - for a special 6:30pm Mass at St. Pius X Parish (20 Jericho Road, Essex) to honor all living veterans.

Those who are currently serving our country in the National Guard and Armed Forces are invited as well.

After Mass, the Knights of Columbus will serve pizza and soda downstairs in the Father Murray Room. If you know a veteran, please invite him/her to join us.

For more information, please contact:
Erik Rambusch 802-662-5577



Veterans Day Luncheon

Wednesday, November 11
11:00 am - 12:30 pm

You're invited to our Veterans Luncheon as we honor the courage, dedication, and sacrifice of those who have served in the U.S. Armed Forces. Together, we'll recognize the veterans in our community and welcome others from near and far to join us in gratitude. Lunch will be prepared by our culinary team and served with appreciation for all who have served our nation.

MAPLE RIDGE
Assisted Living

2 Freeman Woods, Essex Junction

RSVP by Monday, November 9
Sarah Dickinson
802-872-7775
sdickinson@mapleridgeessex.com

FRIENDS OF BROWNELL LIBRARY
PRESENTS

Sweet Connections

An evening of desserts,
mocktails & henna

BROWNELL LIBRARY
Friday, November 6th
5:30pm - 7:30pm

Local Photo Trivia & Prizes

TICKETS $20

Scan to Purchase Tickets



12+

INDOOR WALKING CLUB IS BACK!

Join us for indoor walking at the CVE Nordic Indoor Center! In collaboration with SASH, you can walk at your own pace, keep track of your laps, and enjoy a wonderful opportunity to socialize, connect with others, and stay active throughout the long winter months.

Champlain Valley Exposition (105 Pearl Street, Essex Junction)
Mondays and Fridays, starting 11/13 (11am-Noon)

*To participate, you must create an EJRP account and sign the REQUIRED walking waivers. To create an account, please visit: rec.us/essexjunction or call our office at 802-878-1375 for help.





CMCLAUGHLIN@EJRP.ORG
802-878-1375

BONE BUILDERS!



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.

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



FREE!

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

GET MOVING TO THE BEAT!

ZUMBA GOLD
WITH CIARA GREGORY

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

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

$10 /CLASS

THURSDAYS
9:30-10:30AM
NOV. 5, 12 & 19

MAPLE STREET PARK-ASPIRE STUDIO





MOVE YOUR BODY!



NIA DANCE

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

ESSEX AREA SENIOR CENTER
2 LINCOLN STREET

SUNDAYS 4-5PM

FALL SESSION 2: NOVEMBER 1-DECEMBER 6

$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.



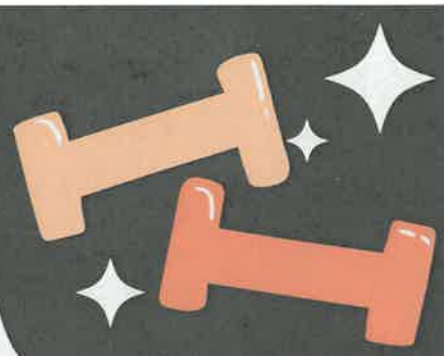
MAPLE STREET PARK - MULTIPURPOSE ROOM
FRIDAYS 9-10AM



FALL SESSION 2: OCTOBER 30 - NOVEMBER 20
$40 FOR 4 WEEK SESSION
$13/CLASS

CHRISTINA MERHAR, REGISTERED YOGA TEACHER

"LIFTING" SPIRITS



THE CLASS OFFERS A DYNAMIC FUSION OF DANCE AEROBICS, SPORTS DRILLS, WEIGHT LIFTING, BALANCE, FLEXIBILITY AND ENDS WITH MINDFULNESS EXERCISES. ALL TAUGHT IN A LOW-IMPACT STYLE AND SET TO MOTIVATING MUSIC.

INTENDED FOR PARTICIPANTS WITH A BASELINE LEVEL OF PHYSICAL FITNESS, YET IS OPEN TO BEGINNERS.

BYOW (BRING YOUR OWN SET OF 1, 2 OR 3LB HAND WEIGHTS.) IF YOU DON'T HAVE HAND WEIGHTS, YOU CAN STILL ENJOY CLASS AND HAVE MORE OF A CARDIOVASCULAR WORKOUT.

INSTRUCTOR: MARLENA SILVA IS AN AFAA CERTIFIED GROUP FITNESS INSTRUCTOR WITH 36 YEARS TEACHING EXPERIENCE. SHE ENJOYS MAKING CLASSES FUN AND WATCHING PEOPLE MEET THEIR FITNESS GOALS!

Maple Street Park Aspire Studio
Mondays 9am-10am
Nov. 2, 9, 16 & 30

$10/class for drop-in
or
$9/class when you sign up for the whole month!

FOR AGES 55+

EJRP
Essex Junction Recreation & Parks

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

ART CLASSES

maple street ART SPACE
create | express | grow

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

HARVEST STILL-LIFE DRAWING & PAINTING

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

FRIDAY, NOVEMBER 13 6-8PM

AGES 60+ $30



ZENTANGLE ART



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

MONDAYS 6-8PM
NOV. 2 & 16

$30 PER SESSION





BROWNELL LIBRARY

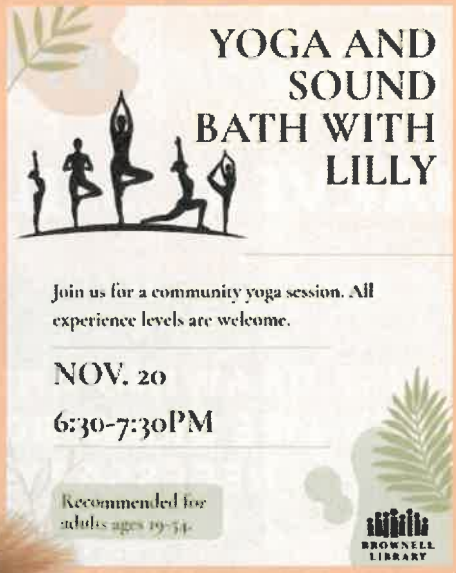
contact the Brownell Library for more information on any of these programs!

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

frontdesk@brownelllibrary.org







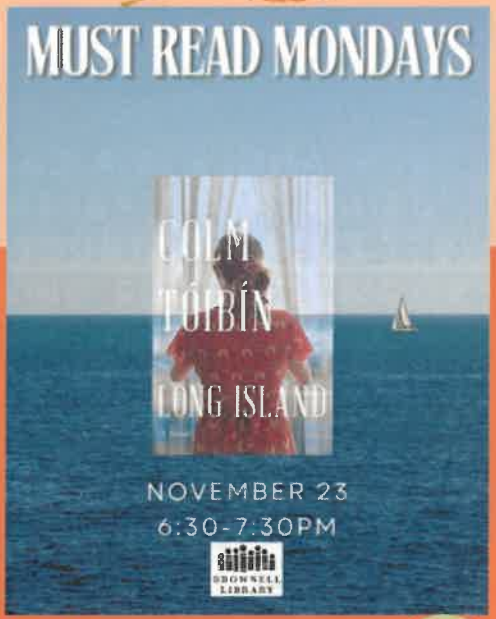














BRAIN GAMES!

NOVEMBER SUDOKU

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

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NOVEMBER TRIVIA!

IN WHAT YEAR DID THE FIRST MACY'S THANKSGIVING DAY PARADE TAKE PLACE IN NEW YORK CITY?

A) 1924
B) 1935
C) 1941
D) 1950



Answer key on page 30

BRAIN GAMES!



Word Search Name:_____

Thanksgiving "Foods"

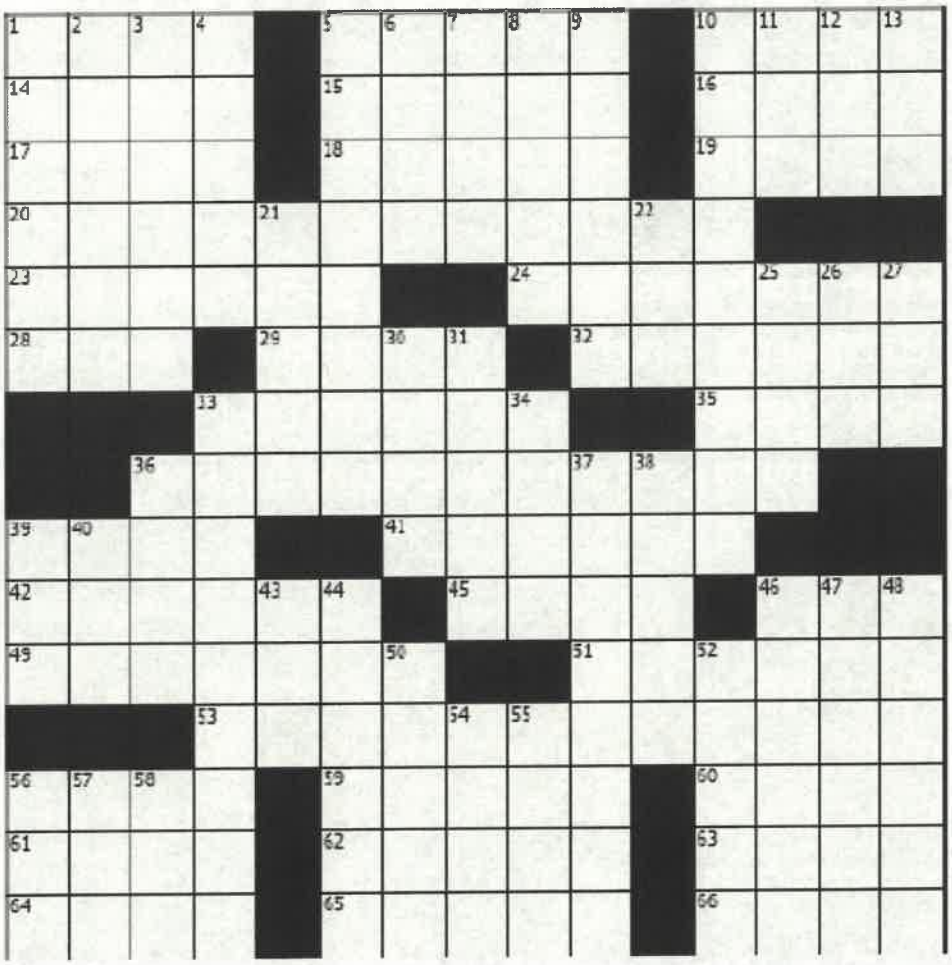
V O V O E L W R S E Q S N J Q T Y X
L T D R E S S I N G U E J N C J U A
D C I I I R X C S M J O V U O C B Y
U Z R S B H R Z A F J T B T R O G E
F L Y A N G S F O R K A T S N R B K
S U Z O N J R C C O R T R N B N S R
T P G O I B K E A E B O E H R S C U
U R U R S Q E Q E S V P T A E A P T
F U R M A Z E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

Word list:

BREAD
CARROTS
CASSEROLE
CORN
CORNBREAD
CRANBERRIES
DRESSING
GRAVY
GREENBEANS
HAM
HONEY
NUTS
PEAS
PECANPIE
PIE
POTATOES
PUMPKINPIE
ROLLS
SALADS
SQUASH
STUFFING
SWEETPOTATOES
TURKEY
YAMS



NOVEMBER CROSSWORD



Across

1. Palindromic band
5. "Steel" star
10. "When it's ___" (riddle end)
14. Author Chomsky
15. ___ Dame
16. "Chariots of Fire" highlight
17. Big name in slugging
18. Bother to no end
19. Wild goat
20. Song featured in "Jesus Christ Superstar"
23. Chipped stone
24. Parodied
28. Guff
29. Olive and palm, e.g.
32. Naval instruments
33. Film Dr. with an island
35. Med. school subject
36. Ante-nuptial purchase
39. Open-mouth sounds
41. Erechtheum locale
42. Chummier
45. Jacob's brother
46. Implement at Henley
49. Analogous
51. Telephone part
53. When to leave a message
56. Equalize
59. 1940s internees
60. French 101 word
61. "Yes, yes!" somewhere
62. Like some cakes and cereals
63. Slangy lead-in for "boy!"
64. Blueprint detail
65. Moved on a curve
66. It may be rigged

Down

1. Countercharge
2. Insincere lament
3. Solidified lava
4. High-end viola
5. Foot, in relation to a yard
6. Wordsmith Webster
7. Novel ending?
8. Persian Gulf figures
9. Lulls
10. Sierra Vista folks
11. One-two part, sometimes
12. Cable TV's Emmy
13. Tarquinius Priscus' title
21. Remained firm
22. Disorganized situation
25. Point of attack?
26. Mesozoic, e.g.
27. "Spring ahead" abbr.
30. "Star Wars" character
31. "À votre ___" ("To your health!")
33. Like some sacred music
34. Test-kitchen turndowns
36. Pronoun in a Hemingway title
37. Arriving at
38. Toughen
39. Summer coolers
40. Boxer Laila
43. Present wrapper, maybe
44. Proportions
46. Single-named folk singer
47. Advisories
48. Echo
50. Further shorten, as a piece of wood
52. Crosswise, on deck
54. Alphabet sequence
55. "Boston Public" extra
56. Pothook shape
57. Type of lounge
58. Computer add-on?



Answer key on page 31

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

YOU FIRST

VERMONT DEPARTMENT OF HEALTH

AGE WELL CORNER

AGE WELL

CAPABLE Program
COMMUNITY AGING IN PLACE
ADVANCING BETTER LIVING FOR ELDERS

Designed to help older adults function safely in their homes

SERVICES:

- 6 home visits from an Occupational Therapist
- 4 home visits from a registered nurse
- Minor home repair, modifications, & assistive devices

Teams comprised of an occupational therapist, a registered nurse, and a handyperson to help older adults identify their own self-care goals which can decrease hospitalization and healthcare costs

CAPABLE

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℠

CONFIDENT AGING STARTS HERE.

RESTAURANT TICKET PROGRAM

Older adults can make an **$8 donation** to receive a ticket to dine at one of the participating establishments.

Tickets are non-refundable, non-transferable and must be used by the person noted on the ticket.Tickets aregood through Sept 30th. Tickets are available at any Age Well office or you can call 802-662-5200 for more information.
Upon arrival, present your Age Well ticket to your host/server. They will then give you the special Age Well menu which has been reviewed and is compliant with the Older American's Act guidelines. All other members of your party will select from the regular menu at regular price. Substitutions are not allowed. Any extra items or substitutions ordered will be charged at full price. Please note that gratuity is not included with the tickets.

PARTICIPATING RESTAURANTS *as of January 1, 2026*

Addison County

3 Squares Cafe: 141 Main St, Vergennes
Available Monday, Wednesday, Thursday, Friday, & Saturday | 8:00 am - 3:00 pm

Halfway House: 450 VT Route 22A, Shoreham
Available Monday-Thursday | 5:00 am - 8:00 pm – Breakfast served all day.

Chittenden County

Innovation Cafe: 128 Lakeside Ave, Burlington
Available Monday - Friday | 8:30 am - 1:00 pm

The Dutch Mill Family Restaurant: 4309 Shelburne Rd, Shelburne
Available Monday - Friday | 7:30 am - 2:00 pm

Zachary's Pizza: 197 US-7, Milton | 1250 Williston Rd, S. Burlington | 133 Heineberg Dr, Colchester
Available Monday - Friday | 11:00 am - 4:00 pm

Black Flannel Brewing Co: 21 Essex Way, Essex,
Available Monday - Friday 4:00 pm -5:30 pm | Saturday & Sunday 12 pm - 5:30 pm

Franklin/Grand Isle County

Kraemer & Kin: 3517 Us-2, North Hero - DOES NOT ACCEPT TICKETS IN THE WINTER
Please call ahead or visit their website for current hours https:www.kraemernandkin.com

Greenwood Deli & Bakery: 101 Main St, Richford
Available Wednesdays Lunch 11:30 am-3:00 pm and Friday Breakfast 9:00 am-11:00 am

Wally's Place : 260 Route 2, South Hero
Available Wednesday, Thursday & Friday | 10:00 am - 2:00 pm

Dairy Center: 2445 Sampsonville Rd, Enosburg
Available Monday - Friday | 11:00 am - 1:00 pm

RESTAURANT TICKET PROGRAM

Food where you choose

Available to individuals 60+ years of age.
Restaurant tickets are available at all Age Well offices

NEW

Black Flannel Brewing Co.

21 Essex Way, Essex Junction, VT

Monday - Friday | 4:00 pm - 5:30 pm
Saturday & Sunday | 12:00 pm - 5:30 pm

Reservation Recommended

Please present ticket prior to ordering meal. No substitutions. Ticket **does not** include tip.

- **Chicken Caesar Salad:** Romaine. Lemon. Parmesan. Herbed Bread Crumbs. Caesar Dressing. Grilled Chicken. Served with a Pretzel Stick.
- **Grilled Chicken Sandwich:** Lettuce. Tomato. Pickle. Chipotle Ranch. Brioche Bun. Served with a side of Coleslaw or Dressed Greens with Maple Balsamic Vinaigrette.
- **Impossible Burger** (plant-based): Impossible Patty. Vegan Cheddar. Shredded Lettuce. Onion. Dill Pickles. Vegan Mayonnaise. Brioche Bun. Served with a side of Coleslaw or Dressed Greens with Maple Balsamic Vinaigrette
- **Beef Burger:** Vermont Farm Raised Beef. Cheese. Lettuce. Onion. Dill pickles. Mayo. Brioche Bun. Served with a side of Coleslaw or Dressed Greens with Maple Balsamic Vinaigrette.

All entrees served with Juice, Milk, and a Scoop of Ice Cream for dessert.

EASC Fall Luncheon

Prepared by the Culinary Students of CTE!

Wednesday, November 4
11:30AM - 1PM
Essex Area Senior Center
$8 per person/cash at door
Registration Required!



Seats are limited! If you've already registered, PLEASE SHOW UP! Meals are ordered ahead of time and we need an accurate count to provide the best experience for you!



*Corn Chowder
*Mckenzie Sliced Turkey on Kaiser w/ Lettuce, Tomato, and Mayo
*Tuna Salad on Wheat with Lettuce and Tomato
*Molasses Cookies

cmclaughlin@ejrp.org
802-878-1375

Deal Me In!

Gin Rummy, Cribbage, Uno, RCL, Canasta, Phase 10...card games for everyone!

After the EASC Fall Luncheon

1:30pm-3:30pm

Stay, relax, and enjoy good company and friendly competition after our delicious lunch! All card games welcome! Bring your own or use what we have.

Questions?
cmclaughlin@ejrp.org
or 802-878-1375



AGE WELL℠
CONFIDENT AGING STARTS HERE.

Essex Area Senior Center

Thanksgiving Community Meal

Raffle Prizes!

Monday, November 16

Check-In: 11:30am | Lunch 12:00pm

Where

Essex Area Senior Center
2 Lincoln Street, Essex Junction

Menu

Turkey Breast, Mashed Potatoes, Bread Stuffing, Gravy, Carrots, Dinner Roll, Pumpkin Pie, Milk

Seating is limited so advanced registration and tickets are required! Get your tickets at Essex Junction Recreation and Parks (75 Maple Street, Essex Junction) starting October 29! $7 per ticket! Cash and checks made out to Age Well!

Questions?

EJRP Office - 802-878-1375
Christina McLaughlin, Director of Older Adult Programs
cmclaughlin@ejrp.org



COMMUNITY MEALS

DECEMBER ST PIUS SENIOR LUNCH

DECEMBER 2 @ NOON
ST. PIUS X

RESERVATIONS REQUIRED BY NOVEMBER 27!

$7 CHARGE AT THE DOOR

20 JERICHO RD.
ESSEX, VT
05452

IF YOU SIGN UP, PLEASE SHOW UP. IF YOU CAN'T MAKE IT, CALL DONNA OR E-MAIL GLORIA.



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

MENU :
BAKED HAM, SWEET POTATOES, COLESLAW, DESSERT



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

ESSEX HOLIDAY SENIOR LUNCHEON

HOSTED BY THE ROTARY CLUB OF ESSEX

TURKEY DINNER WITH GRAVY, MASHED POTATOES, STUFFING, CRANBERRY SAUCE, SALAD, & PUMPKIN PIE

TICKETS WILL BE AVAILABLE IN NOVEMBER AND ARE $7 AND LIMITED!

AVAILABLE AT THE FOLLOWING LOCATIONS MONDAY-FRIDAY 8-4PM:

- **ESSEX JUNCTION RECREATION AND PARKS OFFICE:** 75 MAPLE STREET
- **ESSEX JUNCTION CITY CLERK:** 2 LINCOLN STREET
- **ESSEX TOWN CLERK:** 81 MAIN STREET

AND CHRISTINA WILL HAVE THEM AT ALL WEEKLY SENIOR CENTER PROGRAMMING

ADL MIDDLE SCHOOL CHOIR WILL BE SINGING CHRISTMAS CAROLS

WEDNESDAY DECEMBER 9TH 12:15-1:30PM AT THE BLUE RIBBON PAVILION AT THE CHAMPLAIN VALLEY FAIRGROUNDS

TRANSPORTATION

SSTA BUS OPTION

The Special Service Transportation Agency (SSTA) offers an ADA paratransit program for residents who live within 3/4 of a mile from a fixed route bus service, provided by Green Mountain Transit (GMT), and have a disability that prevents them from walking to or waiting for a bus. Regarding the mile threshold, almost all of the City of Essex Junction qualifies with exceptions being a handful of households within neighborhoods at the western end of South Street, Cascade Street, and Dunbar Drive and a few households at the northern edge of Old Colchester Road. In order to utilize the service, an application must be completed and processed in advance (can take up to three weeks). Applicants will need a certified healthcare professional to verify their disability. Check with SSTA for current pricing. They are currently limited to 6 medical visits per month per person.

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

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

Sudoku Answer

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

Crossword Answer



Answer: A) 1924

Fun Fact: The first parade featured live animals from the Central Park Zoo, including elephants and camels, rather than the giant character balloons we know and love today!

SENIOR SPOTLIGHT

Meet Nancy L'Ecuyer

Nancy L'Ecuyer was born in St. Albans, Vermont, and moved to Essex in 1962 with her family as part of the IBM community. Some of her happiest childhood memories are family gatherings spanning four - and sometimes five - generations, with everyone dressed to the nines and a Thanksgiving feast fit for a crowd. She remembers pulling a sled through the snow with pumpkin pies, fishing with her dad, and spending time with her first-grade best friend. Her parents shaped her life through their sacrifices, strong family values, and loving guidance.

Nancy was married to Paul for 62 years. He passed away seven years ago, the day after their anniversary. Together they raised three children and built a family that now includes six adult grandchildren and three great-grandchildren. Nancy is the oldest of her siblings and spent plenty of time helping care for her younger twin siblings and cousins. Today, her daughter and one son live in Essex, while her youngest son and his family live in Queen Creek, Arizona. Her lifelong friendship with Irene began in 1977 when they joined the Champlain Echoes barbershop chorus. Their two couples became inseparable, and although their husbands have passed, Nancy and Irene still meet for lunch every Friday to keep their special tradition alive.

A registered nurse, Nancy's career included working with the Red Cross drawing blood, serving as the ADL school nurse for 13 years, and caring for children and families at Timberlane Pediatrics for another 13 years. She also worked at IBM, including in the cafeteria and Mask House, and says she most loved working with healthy children and their families. Music has been a constant throughout her life: she sang with the Champlain Echoes for more than 50 years and continues with her barbershop quartet of 13 years, performing at naturalization ceremonies, senior housing, nursing homes, shows, and birthdays. She also enjoys chair yoga, dance, Tai Chi walking, counted cross-stitch, collecting frogs, and spending time with younger friends who keep life fun and adventurous.

Nancy loves Christmas, potatoes in every form, coffee ice cream, the music of Pentatonix and Barbra Streisand, and the Outlander books and shows. She spent 40 wonderful years at her camp before selling it this spring, and looks forward to winter visits with family in Arizona. One unforgettable adventure was a hot-air-balloon ride there last year, complete with a beautiful sunset and a memorable landing that temporarily blocked a neighborhood road! At 89, Nancy is proud of her good health, loving family, active social life, and the amazing life she's lived. Her advice is to "live well, laugh often, love much," smile at others, dream big, and be brave. She hopes to be remembered as a "cool 89 year old" who loves her family ferociously—and knows how to have fun.



DID YOU KNOW?

Nancy wrote her memoir last year as a gift for her three children. She also reads newspapers from back to front!

MEMORY LANE

Enjoying a wonderful Lewis and Clark American cruise to Washington, Idaho and Oregon! Riding the rapids, experiencing the falls, getting great pictures of the volcano, learning the history of their expedition, and loving the scenery .

WORDS TO LIVE BY *"Live well, laugh often, love much. Smile at someone - it usually comes back to you!"*

Thank you, Nancy, for sharing your story with us. We are grateful to have you as part of our community!

NOVEMBER 2026 CALENDAR

SUN.	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT.
1 4-5PM NIA DANCE	2 9-10AM BONE BUILDERS 9-10AM LIFTING SPIRITS	3 10AM-1PM BINGO	4 11:30AM-1PM CTE FALL LUNCHEON 1:30-3:30PM CRIBBAGE AND CARDS!	5 9-10AM BONE BUILDERS 9:30-10:30AM ZUMBA GOLD 12:30-4PM DUPLICATE BRIDGE	6 9AM-10AM YOGA 10AM-12PM MAH JONGG	7
8 4-5PM NIA DANCE	9 9-10AM BONE BUILDERS 9-10AM LIFTING SPIRITS	10 10AM-1PM BINGO	11 1:30-3:30PM CRIBBAGE 6:30PM ST PIUS VETERANS SERVICE	12 9-10AM BONE BUILDERS 9:30-10:30AM ZUMBA GOLD 12:30-4PM DUPLICATE BRIDGE	13 9AM-10AM YOGA 10AM-12PM MAH JONGG 11AM-NOON INDOOR WALKING CLUB	14 FIRST CONGREGATIONAL CRAFT FEST 9AM-3PM
15 4-5PM NIA DANCE	16 9-10AM LIFTING SPIRITS 11AM-NOON INDOOR WALKING CLUB 11:30AM-1PM EASC THANKSGIVING LUNCH	17 10AM-1PM BINGO	18 1:30-3:30PM CRIBBAGE	19 9-10AM BONE BUILDERS 9:30-10:30AM ZUMBA GOLD 12:30-4PM DUPLICATE BRIDGE	20 9AM-10AM YOGA 10AM-12PM MAH JONGG 11AM-NOON INDOOR WALKING CLUB	21
22 4-5PM NIA DANCE	23 11AM-NOON INDOOR WALKING CLUB NO EASC PROGRAMS	24 NO EASC PROGRAMS	25 NO EASC PROGRAMS	26  HAPPY THANKSGIVING!	27 11AM-NOON INDOOR WALKING CLUB NO EASC PROGRAMS	28
29 4-5PM NIA DANCE	30 9-10AM BONE BUILDERS 9-10AM LIFTING SPIRITS 11AM-NOON INDOOR WALKING CLUB	1 10AM-1PM BINGO	2 NOON ST PIUS LUNCH 1:30-3:30PM CRIBBAGE	3 9-10AM BONE BUILDERS 9:30-10:30AM ZUMBA GOLD 12:30-4PM DUPLICATE BRIDGE	4 10AM-12PM MAH JONGG	5

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