



OCTOBER 2026



ESSEX AREA SENIOR CENTER NEWSLETTER

ISSUE HIGHLIGHTS

Program Recap - Pages 3-5

Pop-Up Programs for October - Page 7

Maple Street Pumpkin Palooza - Page 8

Meet Me on Main! - Page 9

Older Adult Resource and Wellness Fair
- Page 10

Upcoming Collaborations - Page 11

EWSD All-Access Pass - Page 12

Indoor Walking Club Update - Page 15

October Art Classes - Page 20

EASC Age Well Luncheons - Page 28

St. Pius Community Meal - Page 29

Senior Spotlight: Kathleen Langlais -
Page 31

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.



IMPORTANT ANNOUNCEMENTS

Attention Comcast Users!
EJRP is experiencing difficulty sending email to comcast addresses. Please check your spam/junk folders regularly for any EASC/EJRP communication. If you feel like you are NOT getting my emails, please reach out to me directly!
Thank you :)

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](https://forms.gle/qgWRwgkJRUGg51B46))

2



Program Recap!

Our second annual Picnic in the Park was a HUGE success! What a beautiful day with great food and even better company!





Our hiking club continues to hit the trails each week. Be sure to get on our email list so you can join us! Love leisurely strolls? More advanced hikes? We do hikes for all abilities!





Thank you to everyone who came out
for our first Meet Me on Main events!
Everyone at EJRP had a blast with you!
Come see us again on October 3rd!

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!

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!

POP-UP PROGRAMS!

This month we continue teaming up with Maple Ridge Assisted Living to bring you more exciting exercise opportunities! Transportation there and back will be provided. Folks will meet at Maple Street Park and get a ride to the Maple Ridge campus in Essex. Space is limited so please register with Christina!



Barre and Balance Class

Friday, October 9

**Pick-Up at Maple Street Park
@ 9:45am**

Improve strength, flexibility, and stability with Maple Ridge's Barre and Balance! This engaging class combines gentle barre-inspired movements and balance exercises to promote confidence, coordination, and overall wellness.

This will be followed by our "A Walk in Their Shoes" program where participants learn what it's like to live with dementia. This program is open to the public and begins at 11am for those who wish to stay.

Please register by October 7!

Strength Training w/ Weights

Wednesday, October 14

**Pick-Up at Maple Street Park
@ 1:15pm**

This is a mostly seated class where participants use weights to build strength.

This will be followed by "Rhythm Circle with Rob" at 2pm. This is an interactive percussion performance where the participants are the musicians. Rob guides the class through a wonderful experience where you get to play instruments you may have never seen before.

Please register by October 12!



Please contact Christina (cmclaughlin@ejrp.org) for more information or to register!

MAPLE STREET PUMPKIN PALOOZA

Are you interested in decorating the concession stand for EASC and handing out candy on the trick-or-treat trail at Maple Street Park on Saturday, October 24th?
Set up starts at 1pm and the trick-or-treaters come 4-8pm.
Sign up to do it all or just a single shift!

Contact Christina at cmclaughlin@ejrp.org



**WE NEED YOUR HELP CARVING
PUMPKINS FOR OUR PUMPKIN CASTLE!**



**COME CARVE PUMPKINS THAT
WILL BE ON DISPLAY AT
MAPLE STREET PARK!**
**COMMUNITY CARVING TIMES (FOR
ALL AGES!)**
WEDNESDAY OCTOBER 21 3-6PM
THURSDAY OCTOBER 22 3-6PM

**HAVE A GROUP THAT WANTS TO SCHEDULE A DIFFERENT TIME TO COME AND CARVE?
CONTACT CHRISTINA!**

Meet Me on Main!

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!

Saturday, October 3

4:15-5pm: Alyx The Magician

Comedy, charm, and mind-blowing enchantment

5:15-5:45pm: 4 of Hearts Barbershop Quartet

Timeless barbershop favorites

6-7pm: Music by SturCrazie

Your favorite hits, live!

7pm: *Toy Story 5*

***Food Trucks
Entertainment
Artisans
Kids Activities***





Essex Junction Recreation and Parks in Partnership with Home Care Assistance of Greater Burlington presents:

A FREE Resource and Wellness Fair for Older Adults!

Join us for a free resource fair designed to help you navigate the many aspects of aging with confidence. Meet with local organizations and professionals who are available to answer your questions, provide guidance, and connect you with valuable services and resources.

Whether you're planning for yourself or supporting a loved one, you'll find information on healthcare, caregiving, housing, financial planning, community programs, transportation, legal resources, and more — all in one convenient location!

Come explore the resources available in our community and discover the support you need to age well.



All Ages Welcome!
Holy Family Parish Center – 28 Lincoln Street, Essex Jct.
Wed, October 14
3:30–5:30pm
Free



Register with Christina at cmclaughlin@ejrp.org
or by calling 802-878-1375

Keep an eye out for these amazing collaborations!



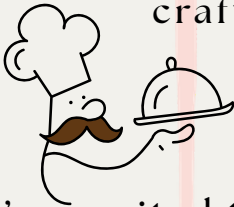
Art in Our Space



Beginning in October, we're excited to start a new collaboration with local artists who will help bring even more beauty, creativity, and inspiration into our Senior Center. Our first featured artist will be Tina Logan, whose work will be on display throughout the month.

We're also incredibly grateful to Kate Longmaid, who is generously donating a beautiful watercolor to become part of our space. We love the idea of surrounding our community with art created by the talented people who live right here in our area.

In November and December, we'll welcome the Champlain Valley Quilt Guild to the Senior Center! A collection of beautiful quilts will be displayed throughout our space, giving us an opportunity to celebrate the creativity, craftsmanship, and stories woven into each piece.



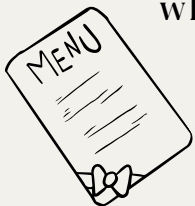
A Taste of Collaboration



We're excited to begin a delicious new partnership with the Center for Technology Essex (CTE) and their talented culinary students! Once a month, we'll host a special luncheon at EASC featuring soups, sandwiches, and a dessert crafted by the CTE Culinary Arts Department.

How wonderful is it to bring our older adults and local students together around food and community? We're especially excited to collaborate with EWSD in a way that gives our students an opportunity to share their skills while creating something special for our EASC community.

Stay tuned for dates and sign-ups!



There's More to Come...



These are just a few of the things we're dreaming up for the months ahead.

We're excited to continue finding new ways to bring art, creativity, connection, and community into the Senior Center - and to make our space feel like a place that truly belongs to all of us.

Stay tuned...there's more on the horizon!



EWSD All-Access Pass

ARE YOU OR SOMEONE YOU KNOW IN ESSEX, ESSEX JUNCTION, OR WESTFORD 65-YEARS OR OLDER? WE'D LOVE TO WELCOME YOU INTO THE EWSD COMMUNITY!

THE NEW EWSD ALL-ACCESS PASS GIVES COMMUNITY MEMBERS AGE 65+ FREE ADMISSION TO EWSD-SANCTIONED EVENTS, INCLUDING SCHOOL MUSICALS, CONCERTS, ATHLETIC EVENTS, AND MORE.

COMPLETE OUR SHORT INTEREST FORM TO REQUEST YOUR PASS. ONCE SUBMITTED, WE'LL BE IN TOUCH TO ARRANGE A TIME FOR YOU TO VISIT THE EWSD DISTRICT OFFICE AND RECEIVE YOUR PASS.

WE HOPE YOU'LL JOIN US, STAY CONNECTED, AND ENJOY ALL THAT'S HAPPENING ACROSS OUR SCHOOLS!

FOR MORE INFORMATION, PLEASE VISIT:
[HTTPS://WWW.EWSD.ORG/ARTICLE/3134665](https://www.ewsd.org/article/3134665)

Essex, VT Senior Resource Guide

2026

Food

Vermont Foodbank for Older Adults

For income eligible
people over 60

Phone: 1-800-214-
4648

Meals on Wheels

Delivers meals to
homebound
Vermonters over 60

Phone: (802)862-
6253

Transportation

Special Services Transportation Agency (SSTA)

Apply for
transportation online
at

[https://ridegmt.com/p
aratransit-
application/](https://ridegmt.com/paratransit-application/)

Essex Senior Van

Schedule rides by
calling 802-878-6940

Health and Support

Howard Center Community Outreach Team

Phone: (802)488-7778

Age Well Vermont

Phone: 1-800-642-
5119

Pathways Support Line

Phone: 833-888-2557

Christina McLaughlin,
Director of Older Adult Programs

cmclaughlin@ejrp.org

802-878-1375



Activities

Essex Senior Center

2 Lincoln St, Essex Jct
VT

<http://essexseniors.org>



MIND FIT IS BACK!

AN EXERCISE CLASS...
FOR YOUR BRAIN!

FREE!

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.

**FRIDAYS 10:30-11:30AM
SEPTEMBER 11-OCTOBER 16**

*MAPLE STREET PARK
MULTIPURPOSE ROOM
75 MAPLE STREET ESSEX JUNCTION*

Sample Activities to Boost Brain Health:

- Trivia
- Word Bingo
- Name That Tune
- Logo Identification
- Visual Puzzles
- Alphabet Soup
- Advice Column



**HOME CARE
ASSISTANCE**

NO REGISTRATION REQUIRED, JUST SHOW UP!

CONTACT CHRISTINA WITH QUESTIONS!
CMCLAUGHLIN@EJRP.ORG 802-878-1375



STAY ACTIVE!

OUTDOOR WALKING CLUB

Try out our walking paths at Maple Street Park and join us to get active and build community! Don't forget to bring water and wear comfortable shoes.

Meet at the benches just beyond the building when you enter the main entrance of the park. All paces are welcome and no registration required.



Maple Street Park
Wednesdays 10:30am

INDOOR WALKING CLUB

Our indoor walking club is back!

Champlain Valley Exposition (105 Pearl Street, Essex Junction)

First walk is Friday, 11/13 (11am-Noon) so mark your calendars!

More information to come!



JOIN OUR INCREDIBLE HIKING GROUP!

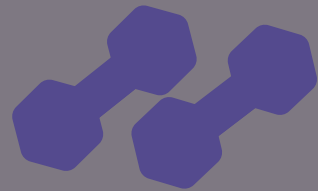
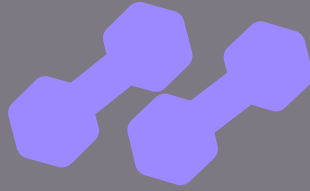
REACH OUT TO CHRISTINA TO FIND OUT MORE INFORMATION!

CMCLAUGHLIN@EJRP.ORG

802-878-1375

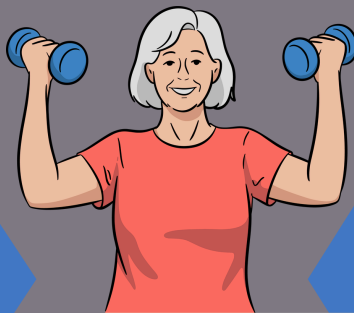
BONE BUILDERS!

FREE!



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**



**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
OCT. 1, 8, 15, 29**

**First class
is FREE!!!!**

**WE ARE BACK IN THE
ASPIRE STUDIO!**

SEE YOU THERE!





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 1: SEPTEMBER 11-OCTOBER 16
\$60 FOR 6 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
Oct. 5, 12, 19, & 26**

**\$10/class for drop-in
or**

\$9/class when you sign up for the whole month!

**FOR
AGES
55+**



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

19

ART CLASSES



LOTS OF OPPORTUNITIES WITH
TINA LOGAN AT HER STUDIO!
SIGN UP AT
[REGISTRATION.EJRP.ORG](https://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.

FRIDAY, OCTOBER 9: 6-PM
FRIDAY, OCTOBER 23: 6-8PM

AGES 60+ \$60 FOR TWO
SESSIONS

SIGN UP BEFORE THE CLASS FILLS!



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
OCT. 5 & 19

\$30 PER SESSION

20

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

Computer Technology Help



1 on 1 session
with Tech Help
Clif



Schedule a meeting at the Front Desk

THE LIBRARY
WILL BE
CLOSED
ALL DAY ON
THURSDAY
OCTOBER 29
FOR A STAFF INSERVICE

Brownell Library
Ghost Stories

Ghost stories,
shadow puppets,
popcorn and
more happening
5:30-7pm on
10/16 at
Brownell
Library!

The later at night, the spookier the tales!

A white ghost with a sheet and holes for eyes is floating next to a candelabra with three lit candles. The background is dark purple with spider webs.

THE LIBRARY
WILL BE CLOSED
Monday,
October 12

FOR
**INDIGENOUS
PEOPLES'
DAY**

MUST READ MONDAYS

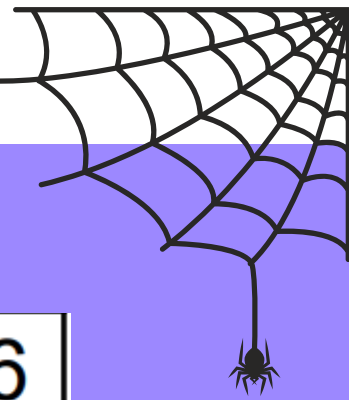
Booker Prize-winning author of *The God of Small Things*
Arundhati Roy
MOTHER MARY
comes to me



October 26
6:30-7:30pm

BROWNELL
LIBRARY

BRAIN GAMES!



OCTOBER SUDOKU

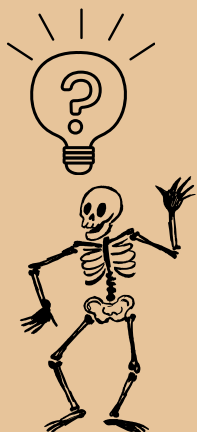
				1		5		6
3			4				1	7
				2	7	8	4	
4	8	7					6	
		3	9		6	4		
	9					7	3	5
	4	8	5	6				
5	3				2			4
2		1		9				

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OCTOBER TRIVIA!

WHAT YEAR DID THE FIRST PEANUTS HALLOWEEN TV SPECIAL, IT'S THE GREAT PUMPKIN, CHARLIE BROWN AIR?

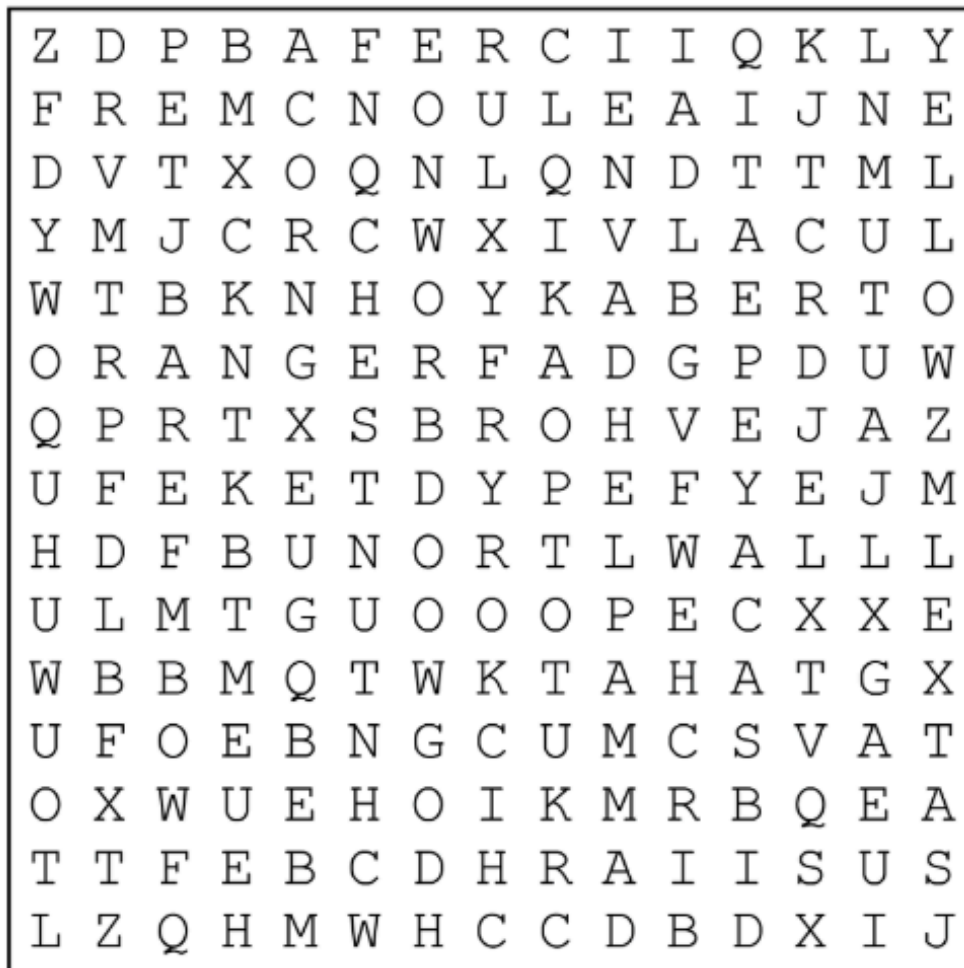
- A) 1962
- B) 1966
- C) 1970
- D) 1974



Answer key on page 30

BRAIN GAMES!

Fall Foliage



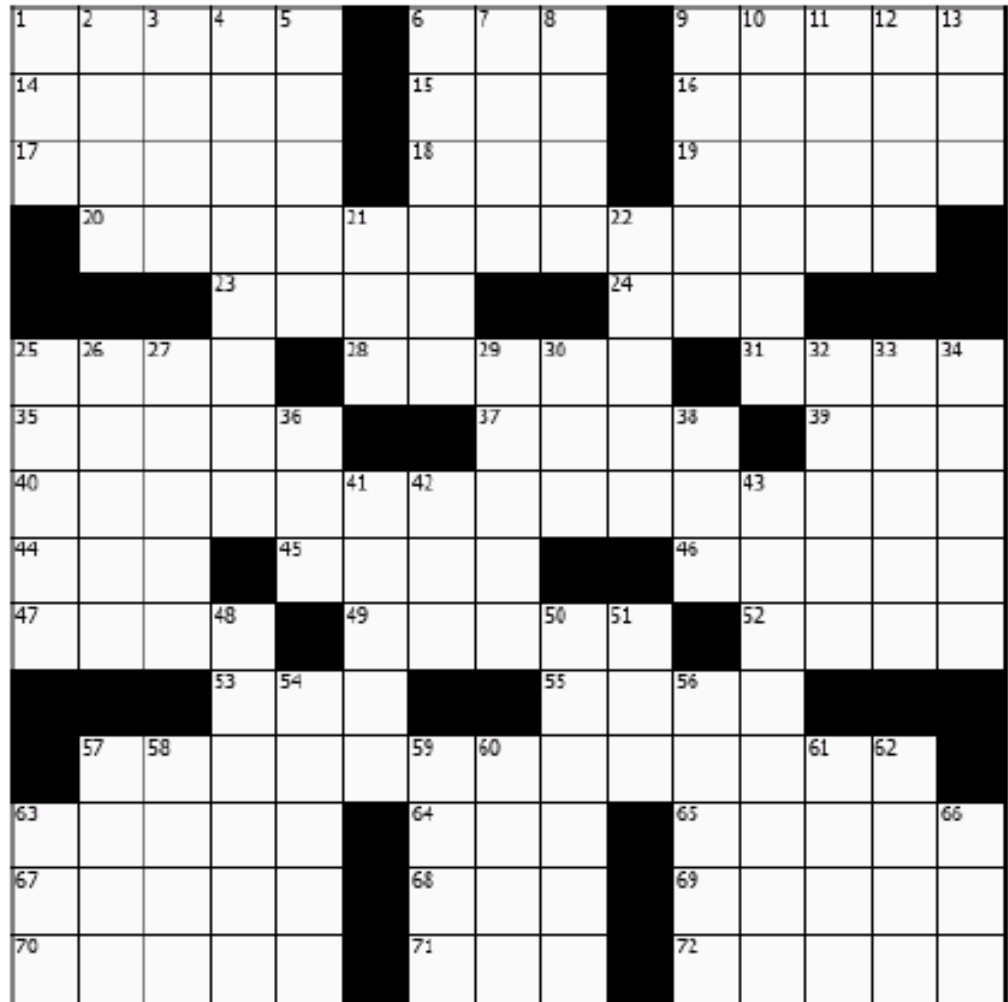
Word list:

ACORN	ELM
AUTUMN	FOLIAGE
BEECH	HICKORY
BIRCH	LEAVES
BROWN	MAPLE
CEDAR	OAK
CHESTNUT	ORANGE
DOGWOOD	YELLOW

OCTOBER CROSSWORD

Across

1. Curling or hurling, e.g.
6. Zodiac beast
9. House slipper
14. Kind of message
15. Were now?
16. Twangy
17. Brown shade
18. Result of some bathing
19. Sound
20. Privileged prowler?
23. School warning system
24. What it doesn't hurt to do
25. "As you ___"
28. Praline ingredient
31. Word with sell or shell
35. Venusian, for one
37. Keystone structure
39. What you may get caught in
40. Organized race at a flour factory?
44. Successful Hail Marys, briefly
45. Haul about
46. Object of contemplation
47. Carnac the Magnificent, for one
49. People unit
52. Monarch catchers?
53. Tricky curve
55. Type of shower
57. Pirate's need on a cold day?
63. Starr drummer?
64. Euripides drama
65. Bailiwicks
67. Open, in a way
68. Oxlike antelope
69. Drive and park
70. Battle royal
71. Bourbon and easy (Abbr.)
72. Money that rocks



Down

1. Wine adjective
2. Campus fig.
3. Largest dolphin
4. Type of float
5. Smidgen
6. Baby toy
7. Fine equine
8. List of options
9. Bumps in the road
10. Fills in the gaps?
11. Meat-grading grp.
12. Between the left and right foul poles
13. "Alice" waitress
21. Finsteraarhorn, for one
22. Dressing choice
25. Floats on the breeze
26. Give the slip
27. Shampoo instruction
29. Pick-me-up places
30. Creative endeavor
32. Antipasto ingredient
33. ___ mignon
34. Goes public
36. Filbert, e.g.
38. Female octopus
41. White thing that may be heard?
42. NBA extra periods
43. Word with well or ill
48. Marley's music
50. Neptune's neighbor
51. Place for a small drum?
54. Declivity
56. Some say it's everything
57. Construction wood
58. SASE, e.g.
59. Jazzman's jobs
60. Established custom
61. Try to acquire a part?
62. Some get wrapped up in it
63. It's in a zombie
66. 180 degrees from a Hitchcock classic?



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

CAPABLE Program COMMUNITY AGING IN PLACE ADVANCING BETTER LIVING FOR ELDERERS



Designed to help older adults
function safely in their homes

SERVICES:

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

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

ELIGIBILITY:

- 60 years of age or older
- Live in Addison, Chittenden, Franklin, or Grand Isle counties
- Have some difficulty with any ADL (such as bathing, dressing, grooming, eating, walking across a small room)
- Cognitively intact
- Not receiving active cancer treatment or pending surgery
- Not terminally ill
- Income eligible - call for more information





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 are good 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

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



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 empower and support individuals as they age by providing community connection and access to services. To learn more and donate, visit: agewellvt.org

ESSEX AREA SENIOR CENTER OCTOBER LUNCHEONS

Meal provided to individuals 60+ years of age*

WHEN & WHERE

MONDAYS October 12 & 26, 2026
Check in: 11:30 Lunch: 12:00

Essex Area Senior Center
2 Lincoln St., Essex Junction

RESERVATIONS

Christina McLaughlin, Program Director
(802) 878-1375
cmclaughlin@ejrp.org
Please reserve your seat 1 week
in advance.



\$7 Suggested Donation

*Age Well registration required

OCTOBER 12

Macaroni & Cheese, Stewed tomatoes,
Dinner roll, Apple crisp

OCTOBER 26

Cheeseburger, Baked Beans,
Carrots, Pineapple

REGISTRATION FEST OCTOBER 12

Fill out the new Age Well
26/27 Registration form.

New Restaurant Tickets available!

DOOR PRIZES!

COMMUNITY MEALS

OCTOBER ST PIUS SENIOR LUNCH

**OCT 7TH @ NOON
ST. PIUS X**

**RESERVATIONS REQUIRED
BY OCTOBER 2**

**\$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.**

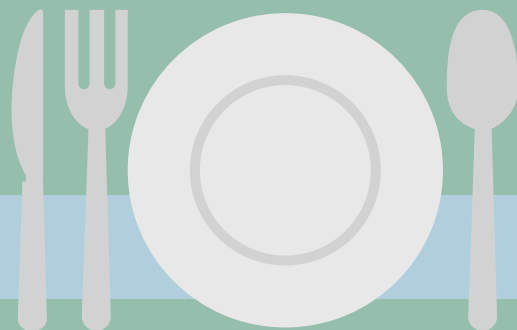
**EMAIL:
DEELEYGLORIA@GMAIL.COM
CALL:
DONNA @ (802) 879-7922**

**MENU :
BAKED ZITI, SALAD,
BREAD, DESSERT**

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



**It was so great to see
everyone last month!
I look forward to
seeing you again on
the 7th!
-Christina**



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

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

Crossword Answer

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

Trivia Answer: B) 1966 🍁

One of my childhood favorites! Who remembers when this first came out?

★ SENIOR SPOTLIGHT ★

Meet Kathleen Langlais

Kathleen was born in Burlington, Vermont, and after spending her first 2½ years at St. Joseph's Orphanage, was adopted and raised in Underhill Center. She remembers a childhood filled with love and thoughtful Friday surprises from her dad, along with a menagerie of animals - from ducks and a goat to a horse. Her hardworking parents gave her a wonderful childhood, and her mother, Martha, remains her greatest influence. Strong, smart, and resilient, Martha taught Kathleen to be bold and trust herself. "I miss her terribly," Kathleen says.

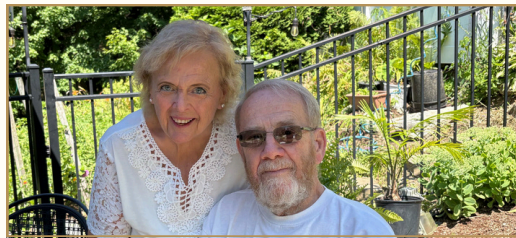
Family has always been at the heart of Kathleen's life. She and her husband, Les, shared 57 loving years together and welcomed their beautiful daughter through adoption when she was just nine days old. Today, their daughter is a successful woman and proud mom to three talented daughters - a family Kathleen feels blessed to call her own. In recent years, Kathleen has also connected with her biological family, including a half-brother, Thomas. Finding him after losing Les brought a meaningful new connection at just the right time. And a friendship that began with Ray Tomlinson in high school has grown into a loving partnership. Ray was Les and Kathleen's best man in 1966, and today he is by her side. Kathleen feels lucky to have experienced two great loves, and knows Les would be happy that Ray is taking care of her.

Kathleen began her career as a medical secretary after training at Champlain College, later worked in banking, and then found rewarding work handling insurance for dentists. She loved the people she met and the lasting friendships she made. After retiring at 72, she is enjoying a full and joyful next chapter. She loves jigsaw puzzles, singing - sometimes with Ray on guitar - vintage car shows, traveling with the Vermont Automobile Enthusiasts, and camping in Ray's comfortable camper (which she calls "glamping"). She also enjoys Age Well lunches and community meals, holiday decorating, and entertaining family and friends.

Kathleen's favorite season is fall, her favorite holiday is Christmas, and her favorite place in the world is home. She's grateful to be here, to love and be loved, and to share life with the people who matter most. She hopes to be remembered as kind, caring, joyous, and always willing to help - plus, she adds with a laugh, "a pretty decent cook/baker!"

★ KATHLEEN'S FAVORITES

- 🍦 Food: Ice cream
- 🎵 Music: '50s, '60s & '70s
- 🎬 Movie: Top Gun
- 📺 Show: Maine Cabin Masters
- 📖 Book: A Tale of Two Cities
- 🏠 Favorite place: Home



💡 DID YOU KNOW?

Kathleen was once a shy child. Her mother helped her find her confidence - and boldness!

✍️ MEMORY LANE

One of Kathleen's happiest memories is driving to New Hampshire to bring home their nine-day-old daughter.

❤️ WORDS TO LIVE BY

"Everyone deserves a second chance... be kind."

OCTOBER 2026 CALENDAR

SUN.	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT.
27	28 9-10AM BONE BUILDERS	29 10AM-1PM BINGO	30 10:30AM WALKING CLUB AT MAPLE STREET PARK 1:30-3:30PM CRIBBAGE	1 9-10AM BONE BUILDERS 9:30-10:30AM ZUMBA GOLD 12:30-4PM DUPLICATE BRIDGE	2 10AM-12PM MAH JONGG	3 MEET ME ON MAIN! 4-7PM
4	5 9-10AM BONE BUILDERS 9-10AM LIFTING SPIRITS	6 10AM-1PM BINGO	7 10:30AM WALKING CLUB AT MAPLE STREET PARK 1:30-3:30PM CRIBBAGE 12PM ST. PIUS COMMUNITY LUNCH	8 9-10AM BONE BUILDERS 9:30-10:30AM ZUMBA GOLD 12:30-4PM DUPLICATE BRIDGE	9 9AM-10AM YOGA 10AM-12PM MAH JONGG 10:30-11:30AM MIND FIT BARRE AND BALANCE CLASS AT MAPLE RIDGE PICK UP AT 9:45AM	10
11	12 9-10AM BONE BUILDERS 9-10AM LIFTING SPIRITS 11:30-1PM AGE WELL LUNCH AT EASC	13 10AM-1PM BINGO	14 1:30-3:30PM CRIBBAGE STRENGTH TRAINING CLASS AT MAPLE RIDGE PICK UP AT 1:15PM RESOURCE AND WELLNESS FAIR! 3:30-5:30PM	15 9-10AM BONE BUILDERS 9:30-10:30AM ZUMBA GOLD 12:30-4PM DUPLICATE BRIDGE	16 9AM-10AM YOGA 10AM-12PM MAH JONGG 10:30-11:30AM MIND FIT	17
18	19 9-10AM BONE BUILDERS 9-10AM LIFTING SPIRITS	20 10AM-1PM BINGO	21 10:30AM WALKING CLUB AT MAPLE STREET PARK 1:30-3:30PM CRIBBAGE 3-6PM COMMUNITY PUMPKIN CARVING	22 9-10AM BONE BUILDERS 12:30-4PM DUPLICATE BRIDGE 3-6PM COMMUNITY PUMPKIN CARVING	23 10AM-12PM MAH JONGG	24 MAPLE STREET PUMPKIN PALOOZA! 4-8PM
25	26 9-10AM BONE BUILDERS 9-10AM LIFTING SPIRITS 11:30-1PM AGE WELL LUNCH AT EASC	27 10AM-1PM BINGO	28 10:30AM WALKING CLUB AT MAPLE STREET PARK 1:30-3:30PM CRIBBAGE	29 9-10AM BONE BUILDERS 9:30-10:30AM ZUMBA GOLD 12:30-4PM DUPLICATE BRIDGE	30 10AM-12PM MAH JONGG	31

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