

SEPTEMBER 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.



IMPORTANT ANNOUNCEMENTS

**WE'RE LOOKING FOR A
VOLUNTEER TO CALL BINGO ON
TUESDAYS FROM 10:00AM-1:00 PM**

NO EXPERIENCE NECESSARY!

**JUST ENTHUSIASM AND A
WILLINGNESS TO HELP CREATE A
FUN, WELCOMING ATMOSPHERE.
YOU'LL BRING A STRONG VOICE, A
FRIENDLY SMILE, AND A LITTLE
HEALTHY COMPETITION TO ONE OF
OUR MOST-LOVED WEEKLY
ACTIVITIES.**

**IF YOU'RE INTERESTED IN
VOLUNTEERING OR WOULD LIKE
TO LEARN MORE, PLEASE CONTACT
CHRISTINA. WE'D LOVE TO HAVE
YOU JOIN OUR TEAM!**

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!**

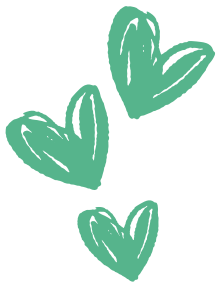
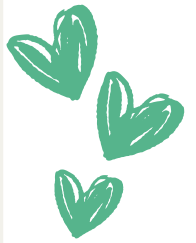
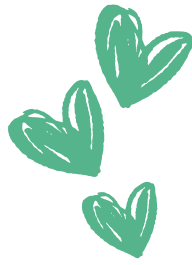
**Sign up by visiting ejrp.org/olderadults
and filling out the Essex Area Senior Center Newsletter
Subscription Google form!**



Or email Christina and ask to be added!

**Senior Center Newsletter Subscription Google form!
(Form Link: [HTTPS://forms.gle/qgwRwgkJRUgg51B46](https://forms.gle/qgwRwgkJRUgg51B46))**

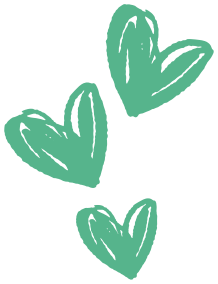
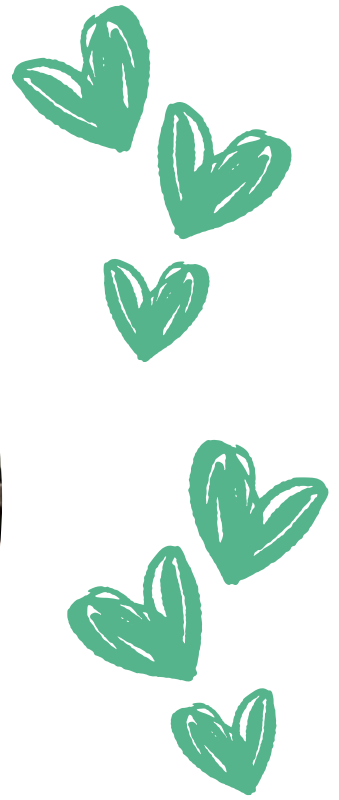
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Program Recap!

Bingo has been a big
hit on Tuesdays!
The Teen Center
joining us for
Cribbage was also a
blast!





Thank you to
everyone who joined
us at our Sammies
and Salads
Community Lunch!
What a treat to share
such a lovely meal
together ♥





And to everyone who made a SPLASH at our
Senior Swim Night! What a beautiful evening with
She Was Right and friends!



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!

PICNIC IN THE PARK!

FRIDAY, SEPTEMBER 11
12PM
MAPLE STREET PARK

FREE!

Golf Cart rides to the
pavilion will be
provided!

Live Music
by Ukulele Clare!



We'll be serving hotdogs,
hamburgers, and SMILES!



RSVP by September 9th
cmclaughlin@ejrp.org
802-878-1375

POP-UP PROGRAMS!

This month we are teaming up with Maple Ridge Assisted Living to bring you some 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

Tuesday, September 22
Pick-Up at Maple Street Park
@ 1:45pm

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.

Please register by September 17!

Cardio Drumming Class

Thursday, September 10
Pick-Up at Maple Street Park
@ 1pm

Get moving, have fun, and enjoy the beat with Maple Ridge's Cardio Drumming! This energizing activity combines music, rhythm, and movement for a lively workout. Stay after for an exciting game of indoor bocce!

Please register by September 7!



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



Hairpeace

COMMUNITY CONCERTS AT FIRST PRESENTS HAIRPEACE,
ON SUNDAY, SEPTEMBER 27TH AT 3:00 PM
AT FIRST CONGREGATIONAL CHURCH OF ESSEX JUNCTION, 39 MAIN
STREET, ESSEX JUNCTION

HAIRPEACE IS A LONG-RUNNING ACOUSTIC FOLK-ROCK, AMERICANA
AND BLUEGRASS VOCAL DUO BASED IN INDIAN RIVER COUNTY, FLORIDA.
ACTIVE TOGETHER SINCE 1993, THEY FEATURE CLOSE VOCAL HARMONIES
AND A MIX OF ORIGINAL MUSIC AND 1960S INSPIRED COVERS. THEY
HAVE SHARED STAGES WITH NATIONAL ACTS LIKE THE LITTLE RIVER
BAND, ROSEANNE CASH, AND ASLEEP AT THE WHEEL. YOU CAN VISIT
THEIR WEBSITE (WWW.HAIRPEACE.NET) TO LISTEN TO SOME OF THEIR
MUSIC.

THIS PROMISES TO BE A WONDERFUL CONCERT AND WE ARE DELIGHTED
TO BE ABLE TO BRING THESE TALENTED MUSICIANS TO YOU, ALL THE
WAY FROM THEIR HOME BASE IN FLORIDA. WE HOPE YOU WILL JOIN US!

TICKETS ARE AVAILABLE ONLINE AT
[HTTPS://SEVENDAYSTICKETS.COM/E/HAIRPEACE](https://sevendaystickets.com/e/hairpeace) OR BY CALLING THE
CHURCH OFFICE AT (802) 878-5745.

A PORTION OF THE 2026 CONCERT PROCEEDS WILL SUPPORT AGE WELL
(WWW.AGEWELLVT.ORG).



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>

Save the Date!



Older Adult Resource and Wellness Fair!

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.

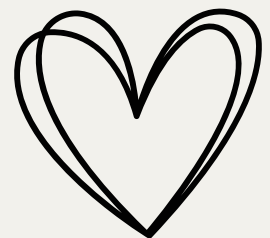
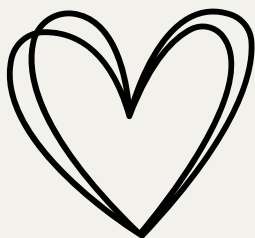
Whether you're planning for yourself or supporting a loved one, you'll find information on healthcare, caregiving, housing, financial planning, community programs, transportation, legal resources, and more - all in one convenient location! Come explore the resources available in our community and discover the support you need to age well.

All ages/ Holy Family Parish Hall

Wed, October 14

3:30-5:30pm

Free



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



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.

Sample Activities to Boost Brain Health:

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

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

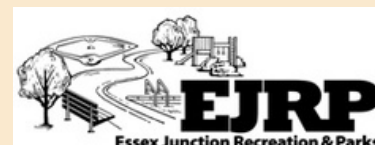
*MAPLE STREET PARK
MULTIPURPOSE ROOM
75 MAPLE STREET ESSEX JUNCTION*



**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



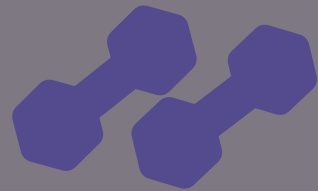
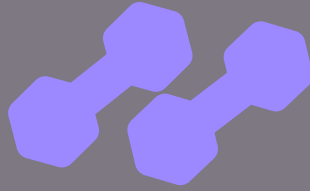
JOIN OUR INCREDIBLE HIKING GROUP!

REACH OUT TO CHRISTINA TO FIND OUT MORE INFORMATION!

CMCLAUGHLIN@EJRP.ORG
802-878-1375

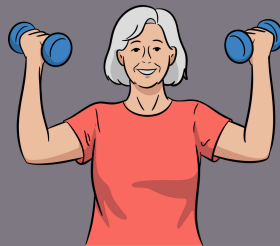
BONE BUILDERS!

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!**

LEARN TO SQUARE DANCE

FREE OPEN HOUSE

WHEN

**Sept. 14 and 21
7 to 8:30pm**

WHERE

Essex Area Senior Center

**At the Five Corners City Office Building
2 Lincoln Street
Essex Junction, VT. 05452**

These dates are **FREE** Open House Fun Nights for new dancers where you will learn the beginning basic steps and calls. New dancer classes will then continue weekly starting September 28 for \$8 pay as you go.

FIND AND LIKE US ON FACEBOOK



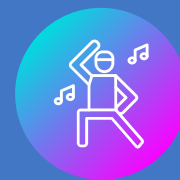
- ✓ MEET NEW FRIENDS
- ✓ EXERCISE YOUR BODY
- ✓ TEST YOUR BRAIN
- ✓ LAUGH AND LEARN
- ✓ CASUAL ATTIRE
- ✓ NO PARTNER NEEDED
- ✓ Refreshments and prizes!
- ✓ Family Friendly- All ages welcome

For more info call or text
802-477-2167
802-497-4638

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
SEPT. 3, 10, 17, 24**

**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 1: SEPTEMBER 20-
OCTOBER 25**

\$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
Sept. 14 & 28 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

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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
SEPT. 14 & 21, 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

◆ B · BROWNELL NEWS · N ◆

Current Events

TUESDAYS 10-11:30AM



ENGAGE WITH YOUR COMMUNITY	LOCAL, NATIONAL, AND WORLD EVENTS	STAY INFORMED
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DISCUSS CURRENT EVENTS WITH COMMUNITY MEMBERS

BROWNELL LIBRARY

must read mondays



SEPT. 28

6:30-7:30PM



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



CALL FOR SUBMISSIONS

100 YEARS OF BROWNELL HISTORY BOOK



SHARE YOUR STORIES OF THE LIBRARY!
PROSE, POETRY, PHOTOS, OR ART WORK IS ALL
WELCOME.

SUBMISSIONS DUE
BY OCTOBER 1ST
2026



BRAIN GAMES!

SEPTEMBER SUDOKU

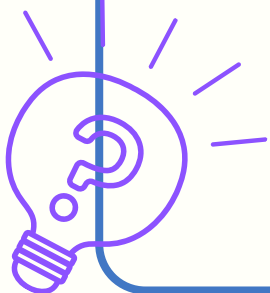
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	1	9	2					3
7				9		1	2	
1	7	6	5					
		3				7		
					9	3	6	4
	3	2		5				7
4					2	8	5	
	9		4	6				

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SEPTEMBER TRIVIA!

About how many different varieties of apples are grown around the world?

- A) 500
- B) 2,000
- C) 7,500
- D) 15,000



Answer key on page 31

BRAIN GAMES!

SEPTEMBER WORD SEARCH

Word Search

Name: _____



Birds



Word list:

BLUEJAY	HAWK	MOCKINGBIRD	ROBIN
CARDINAL	HERON	NUTHATCH	SPARROW
CHICKADEE	HUMMINGBIRD	OWL	STARLING
CRANE	JAY	PELICAN	SWALLOW
EAGLE	KESTREL	PHEASANT	TURKEY
FALCON	KINGFISHER	QUAIL	WOODPECKER
FINCH	LARK	RAVEN	WREN



SunCatcherStudio.com

SEPTEMBER CROSSWORD

Across

1. Second to none
5. Hurling weapon
10. Like some testimony
14. Fond of
15. Caddy's offering
16. Firefighting need
17. Film based on a novel, e.g.
19. Teaspoonful, maybe
20. U-boat, briefly
21. Send out
22. Weight watcher
24. ____ of passage
26. Black gold
28. Foul
29. Beauty parlor
30. Hang around
32. The "U" in I.C.U.

33. Trusted teacher
34. De Niro film, "City By The ____"
37. Dermal affliction
39. Part of PTSD
41. Kicker's aid
42. Fasten (to)
46. Mark of a ruler
47. Take the pulpit
48. Evaluate, as ore
49. Cartoon hedgehog
52. Fish delicacy
53. Wedding wear
54. Throat soother
56. Back of the neck
58. "The Hundred Secret Senses" author
60. Farm cry

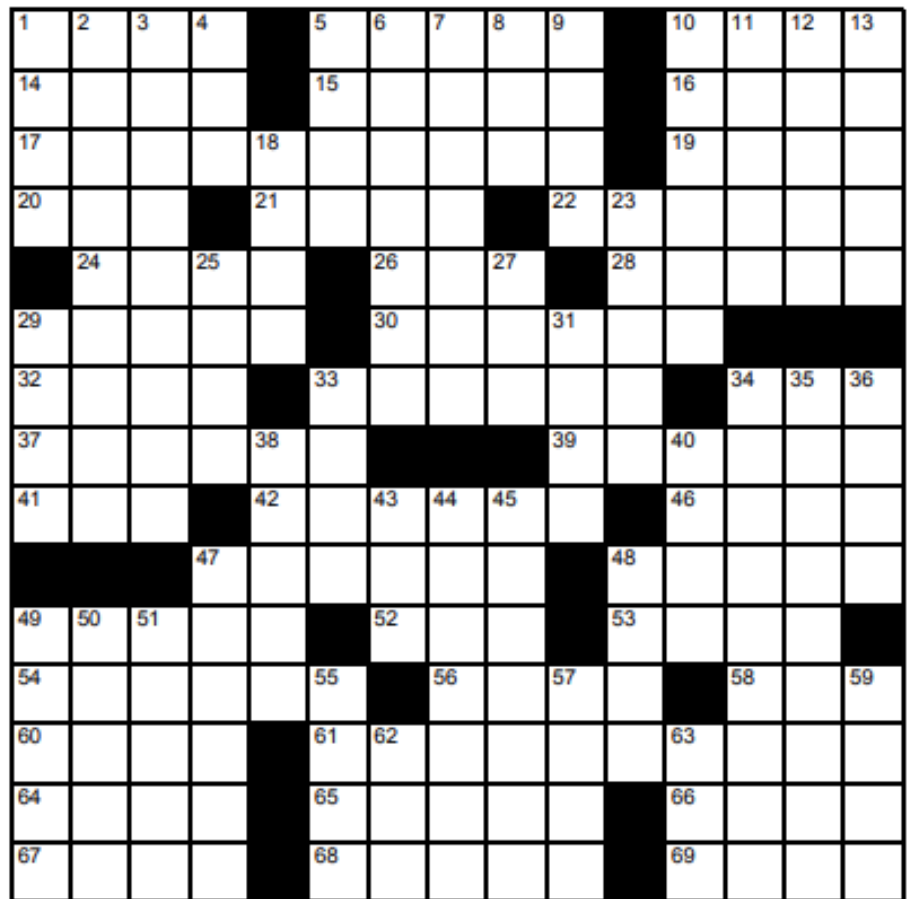
61. Type of pact
64. Ship's backbone
65. Supply party food
66. State with conviction
67. "What ____?"
68. Four-legged laughter
69. Smart-alecky

Down

1. Skewed view
2. Marathoner's trait
3. Hold firm
4. Lonely place?
5. Emulated Spitz
6. Leafstalk
7. Book version
8. Long ____

9. Tear to bits
10. Cry of dismay
11. Alex Haley classic
12. Strong suit
13. Distrustful
18. Prom attendee
23. Like some gases
25. Shopper's aid
27. Blitzed
29. Feeder filler
31. Reggae great Peter
33. Pal, in Perth
34. Easily offended
35. Moving stairway
36. Grayish
38. Month for some Pis

40. Bailiff's request
43. Old salt
44. Monkhood
45. Lessen the value of
47. Predicament
48. State categorically
49. Feed, as a fire
50. Large bay window
51. Canonical hour
55. Carve in stone
57. Medic or legal starter
59. Small salamander
62. Beam of light
63. Keg opening



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

25

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 SEPTEMBER LUNCHEONS

Meal provided to individuals 60+ years of age*

WHEN & WHERE

MONDAYS September 14 & 28, 2026

Check in: 11:30 Lunch: 12:00

Essex Area Senior Center
2 Lincoln St., Essex Junction

SEPTEMBER 14

Pineapple baked ham,
Mashed spiced yams, Brussels sprouts,
Whole wheat bread, Pumpkin chip cookie

SEPTEMBER 28

Pork fried rice, Green beans,
Cabbage, Whole wheat bread,
Watermelon



Please reserve
your seat
1 week ahead

NEW Location!

RESERVATIONS

Christina McLaughlin, Program Director
802- 878-1375
cmclaughlin@ejrp.org

\$7 Suggested Donation

*Age Well registration required



Age Well is a nonprofit organization that serves Addison, Chittenden, Franklin, and Grand Isle Counties and is the largest Meals on Wheels provider in Vermont. Our mission is to provide the support and guidance that inspires our community to embrace aging with confidence. To learn more and donate, visit: agewellvt.org

TOWN MEADOW LUNCHEON

THURSDAY, SEPTEMBER 3

Available to individuals 60+ years of age*

MENU:

Salisbury beef, Steakhouse sauce,
Whipped potatoes, Green beans & red
peppers, Wheat bread, Apricot halves

WHEN:

Thursday, September 3, 2026
Check in: 11:30 Lunch Served: 12:00

WHERE:

Essex Town Meadow Senior Housing
22 Carmichael St., Essex

**NEW LUNCH
DAY:
THURSDAYS!**

Reserve your seat
by 8/28



CONTACT:

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

\$7 suggested donation

*Age Well registration required.

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.**

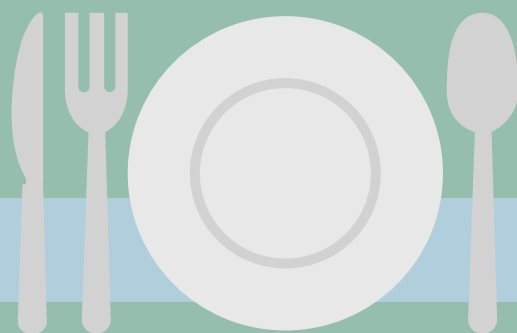
**EMAIL:
DEELEYGLORIA@GMAIL.COM
CALL:
DONNA @ (802) 879-7922**

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

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



**Don't forget
September's
lunch is
Wednesday,
September 9!**



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

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

ANSWER: C) 7,500+ 🍏

FUN FACT: OF THOSE THOUSANDS OF VARIETIES, ONLY A RELATIVELY SMALL NUMBER—SUCH AS MCINTOSH, HONEYCRISP, GALA, FUJI, GRANNY SMITH, AND RED DELICIOUS—ARE COMMONLY FOUND IN GROCERY STORES.

Crossword Answer

1	B	E	S	T	5	S	P	E	A	R	10	O	R	A	L
14	I	N	T	O	15	W	E	D	G	E	16	H	O	S	E
17	A	D	A	P	T	A	T	I	O	N	19	D	O	S	E
20	S	U	B	21	E	M	I	T	22	I	E	T	E	R	
24	R	I	T	E	25	O	I	L	26	N	A	S	T	Y	
29	S	A	L	O	N	30	L	O	I	T	E	R			
32	U	N	I	T	33	M	E	N	T	O	R	34	S	E	A
37	E	C	Z	E	M	A	38	S	T	R	E	S	S		
41	T	E	E	42	A	T	T	A	C	H	43	I	N	C	H
47	P	R	E	A	C	H	48	A	S	S	A	Y			
50	S	O	N	I	C	51	R	O	E	52	V	E	I	L	
54	T	R	O	C	H	55	N	A	P	E	56	T	A	N	
60	O	I	N	K	61	T	R	I	P	A	R	T	I	T	E
64	K	E	E	L	65	C	A	T	E	R	66	A	V	O	W
67	E	L	S	E	68	H	Y	E	N	A	69	P	E	R	T

★ SENIOR SPOTLIGHT ★

Meet Peter Gustafson

Peter Gustafson's story begins in New Bedford, Massachusetts, where he grew up as the third of four children.

His family loved camping and traveled throughout New England and as far south as Washington, D.C., in their Apache tent trailer. Those childhood adventures would become surprisingly meaningful years later.

At 14, Peter's family was forced to leave their New Bedford home when it was taken through eminent domain to make way for a highway. They moved to Taunton, Massachusetts, where Peter finished high school. There, he discovered a love of athletics. His senior basketball team reached the Massachusetts Division I state finals and played on the Boston Celtics' home court. In track, Peter became the Massachusetts and New England State Champion in the discus throw, coming remarkably close to qualifying for the Olympics.

Peter's path eventually brought him to Vermont. After attending broadcasting school in Boston, he landed a job at WSNO in Barre as a copywriter, disc jockey, and sportscaster. It was there that he met Linda—on a blind date.

They married on September 3, 1971, a day Peter still considers one of his happiest memories.

Linda became one of the greatest influences in Peter's life, encouraging him to return to school in his late twenties. Together, they earned five college degrees and built lives centered around education. Peter eventually found his own calling in the classroom, spending 42 years teaching at ADL and coaching more than 3,000 students in track and cross country. In all, he taught more than 5,000 students.

What Peter loved most about teaching was the opportunity to meet new students and take on new challenges each year. After many years in the classroom, he began teaching the children of former students—and even coaching the children of athletes he had coached decades earlier. His impact truly reached from one generation to the next.

Peter's commitment to students extended beyond the classroom. For more than 30 years, he ran a weekly chess and cribbage club at ADL. He and Linda also organized and chaperoned week-long Washington, D.C. trips for groups of 50 eighth graders for eight years. Those trips were a wonderful continuation of the family adventures that first took Peter to Washington as a child.

Family and service have always been important to Peter. For more than 20 years, he and his family volunteered at Sweetwaters Restaurant on Thanksgiving, helping provide free holiday meals to thousands of people.

And then there are the penguins. Peter has a huge stuffed penguin collection, many gifted by students. On his final day of teaching in 2022, he gave more than 30 penguins to his sixth-grade students - a fitting way to share a little joy with the young people who had meant so much to him.

Today, Peter enjoys walking, swimming, and playing cribbage. He is grateful for the life he has built in Vermont since moving here in 1969 and for the many students, athletes, family members, and friends who have been part of his journey.

When asked how he would like to be remembered, Peter says:

"As a teacher and coach who shared his love of education (and running) with my students."

And his advice for living well is beautifully simple:

"Take each day one at a time and you will accomplish much."

⚡ PETER'S FAVORITES

- 🍝 Food: Lasagna
- 🎵 Music: The Beatles
- 📺 TV: NCIS
- 📖 Books: Louise Penny's Three Pines series
- 🌳 Place: Charge Pond, Massachusetts



🐧 DID YOU KNOW?

Peter has a huge stuffed penguin collection, with many given to him by students. On his last day of teaching in 2022, he gave more than 30 penguins to his sixth graders.

📖 MEMORY LANE

Peter's favorite adventure: taking 50 eighth-grade students to Washington, D.C. for a week of learning and exploring. Peter and Linda organized and chaperoned the trips for eight years.

❤️ WORDS TO LIVE BY

"Every morning begins a new day with no mistakes in it."

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

SEPTEMBER 2026 CALENDAR

SUN.	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT.
30	31 9-10AM BONE BUILDERS	1 10AM-1PM BINGO	2 10:30AM WALKING CLUB AT MAPLE STREET PARK 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
6	7 9-10AM BONE BUILDERS	8 10AM-1PM BINGO	9 10:30AM WALKING CLUB AT MAPLE STREET PARK 1:30-3:30PM CRIBBAGE 12PM ST. PIUS COMMUNITY LUNCH	10 9-10AM BONE BUILDERS 9:30-10:30AM ZUMBA GOLD 12:30-4PM DUPLICATE BRIDGE CARDIO DRUMMING CLASS AT MAPLE RIDGE PICK UP AT 1PM	11 9AM-10AM YOGA 10AM-12PM MAH JONGG 10:30-11:30AM MIND FIT 12PM PICNIC IN THE PARK! MAPLE STREET PARK	12
13	14 9-10AM BONE BUILDERS 9-10AM LIFTING SPIRITS 11:30-1PM AGE WELL LUNCH AT EASC	15 10AM-1PM BINGO	16 10:30AM WALKING CLUB AT MAPLE STREET PARK 1:30-3:30PM CRIBBAGE	17 9-10AM BONE BUILDERS 9:30-10:30AM ZUMBA GOLD 12:30-4PM DUPLICATE BRIDGE	18 9AM-10AM YOGA 10AM-12PM MAH JONGG 10:30-11:30AM MIND FIT	19
20	21 9-10AM BONE BUILDERS	22 10AM-1PM BINGO BARRE AND BALANCE CLASS AT MAPLE RIDGE PICK UP AT 1:45PM	23 10:30AM WALKING CLUB AT MAPLE STREET PARK 1:30-3:30PM CRIBBAGE	24 9-10AM BONE BUILDERS 9:30-10:30AM ZUMBA GOLD 12:30-4PM DUPLICATE BRIDGE	25 9AM-10AM YOGA 10AM-12PM MAH JONGG 10:30-11:30AM MIND FIT	26
27 HAIRPEACE CONCERT 3PM	28 9-10AM BONE BUILDERS 9-10AM LIFTING SPIRITS 11:30-1PM AGE WELL LUNCH AT EASC	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 9AM-10AM YOGA 10AM-12PM MAH JONGG 10:30-11:30AM MIND FIT	3

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