

# FEBRUARY 2025

## Essex Area Senior Center Newsletter

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“TO APPRECIATE THE  
BEAUTY OF A  
SNOWFLAKE, IT IS  
NECESSARY TO STAND  
OUT IN THE COLD.”  
– ARISTOTLE



# IMPORTANT

# ANNOUNCEMENTS



**Inclement weather announcement:**

If Essex-Westford School District closes due to the weather, senior center programming will also be cancelled for that day.

## Mah Jongg Announcement:

The library will be using the Kolvoord room for tax help, so Mah Jongg will move to the main reading room starting February 7 through April

The Holy Family Parish Center is EASC's new programming space during the Lincoln Hall Renovations-  
**Address: 28 Lincoln St. Essex Junction, VT 05452**

## CONTACT INFORMATION

 **FACEBOOK PAGE:**

@essexjunctionrecreationandparks

**WEBSITE:**

@www.ejrp.org/olderadults

## EJRP CONTACT INFORMATION:

**Julie Shorter  
Program Director  
for Older Adults**

**EMAIL:**

jshorter@ejrp.org

**PHONE:**

(802) 878-1375 x 1553

# TEMPORARY LOCATIONS DETAILS

## HOLY FAMILY PARISH CENTER

-Tuesdays: Bingo (10:00 AM - 1:00 PM)

-Wednesdays: Cribbage (1:30-3:30 PM)

-Thursdays: Duplicate Bridge (12:30 PM - 4:00 PM)

\*Please note that the room in which programs will take place within the Holy Family Parish Center will be inconsistent. There will be various forms of communication to ensure all are aware of the specific locations for each program\*

## BROWNELL LIBRARY - MAIN READING ROOM

-FRIDAYS: MAH JONGG (10:00 AM - 12:00 PM)

## JOIN OUR EMAIL LIST!

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

Sign up by visiting [ejrp.org/olderadults](http://ejrp.org/olderadults) and filling out the Essex Area Senior Center Newsletter Subscription Google form!

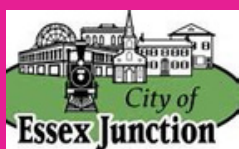
Senior Center Newsletter Subscription Google form!

(Form Link:

[HTTPS://forms.gle/qgwRwgkJRUgg51B46](https://forms.gle/qgwRwgkJRUgg51B46))

## SENIOR CENTER MEMBERSHIPS

Due to being open only for the first three months of 2024 at Lincoln Hall, before vacating for renovations, there will be no membership fees for the Senior Center until further notice.



## CITY OF ESSEX JUNCTION BUDGET TALK

MEMBERS OF OUR CITY COUNCIL WILL LEAD TALK TO DISCUSS THE FY26 PROPOSED CITY BUDGET.

MONDAY, FEBRUARY 10TH AT 1PM

HOLY FAMILY PARISH HALL

**COME AND GET ANY QUESTIONS YOU MAY HAVE ANSWERED!**

**LOOKING FOR SENIORS INTERESTED IN PROVIDING BOOK RECOMMENDATIONS AND RECIPES!!**

**I'D LIKE TO CONTINUE TO ADD TO MY LIST OF CONTRIBUTORS TO THE NEWSLETTER. IF YOU HAVE A BOOK YOU WOULD LIKE TO RECOMMEND OR A RECIPE TO SHARE IN THIS NEWSLETTER, PLEASE REACH OUT TO JULIE!**

# SENIOR CENTER WEEKLY PROGRAMMING

## MONDAYS:

No consistent weekly programs

## TUESDAYS:

10AM-1:00PM – BINGO

- FREE! Fun prizes!
- Bring your own lunch, lunch break at 11:30AM
- At the Holy Parish Family Center

## WEDNESDAYS:

1:30-3:30PM – Cribbage

- FREE!
- Bring your own board if you have one!
- At Holy Family Parish Center



## THURSDAYS:

12:30-4PM - DUPLICATE BRIDGE

- FREE!
- MUST HAVE A PARTNER!
- At the Holy Parish Family Center

## FRIDAYS:

10AM-12PM – MAH JONGG

- FREE!
- At the Brownell Library (Main Reading Room)

Have programming you'd like to see?

Chat with me in person or send me an email!

[jshorter@ejrp.org](mailto:jshorter@ejrp.org)

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

From Julie!



# ART CLASSES



156 RAILROAD STREET, SUITE 6  
ESSEX JUNCTION, VT 05452

LOTS OF OPPORTUNITIES WITH  
TINA LOGAN AT HER STUDIO!  
SIGN UP ON **EJRP.ORG**.  
SEE JULIE FOR ASSISTANCE  
REGISTERING OR  
CALL **802-878-1375!**

## HANDMADE VALENTINE MAKING



MAKE ONE OF A KIND HANDMADE VALENTINES FOR YOUR LOVED ONES  
USING COLLAGE AND ASSORTED MIXED MEDIA.

**\$25 PER  
CLASS**

**MONDAY FEBRAURY 10TH  
1-2:30PM**

**TIME  
CHANGE!**



## PET PORTRAITS

DO YOU HAVE A SPECIAL PET THAT YOU WOULD LIKE TO HONOR BY  
MAKING A PET PORTRAIT OF THEM? BRING A PHOTO TO CLASS AND  
CREATE A PAINTED VERSION OF YOUR PET PORTRAIT USING YOUR  
OWN ARTISTIC LICENSE. NO EXPERIENCE NECESSARY, JUST INTEREST  
AND LOVE OF ANIMALS!

**TIME  
CHANGE!**

**MONDAY FEBRUARY 17  
1-3PM**



## WIRE SUNCATCHERS

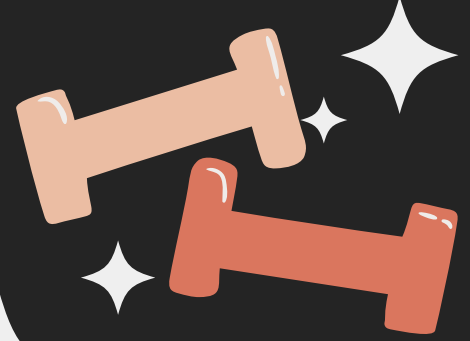


LEARN ABOUT AMERICAN ARTIST ALEXANDER CALDER AND  
MAKE A WIRE SUNCATCHER INSPIRED FROM HIS WORK. IF  
YOU LIKE TO WORK WITH WIRE AND BEADS AND BOBBLES  
THEN THIS IS THE CLASS FOR YOU!

**MONDAY MARCH 10TH  
10AM-NOON**

# "LIFTING" SPIRITS

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



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

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

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

FEBRUARY CLASSES ARE FREE! COME AND TRY THE CLASS OUT TO SEE IF IT'S THE RIGHT FIT FOR YOU BEFORE YOU COMMIT TO PAYING!

**Maple Street Park Aspire Studio**  
**Monday Feb 3, 10, 17**  
**11am-12pm**

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

# PAPER FLOWER MAKING



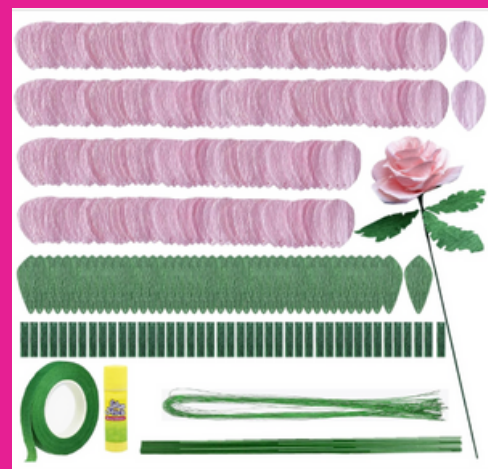
**COME AND CRAFT YOUR OWN PAPER FLOWER**

**FREE!**

Come and create DIY paper flowers for yourself or your loved ones for Valentine's Day!



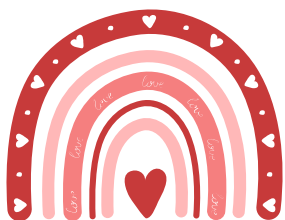
All supplies and instructions are provided, just bring yourself!



**DROP-IN ANY TIME ON THURSDAY  
FEBRUARY 13TH  
1-3PM**

**HOLY FAMILY PARISH CENTER  
DOWNSTAIRS CLASSROOM**





# OTHER COMMUNITY OPPORTUNITIES

## BONE BUILDERS



**FREE!**

**WEDNESDAYS  
AND FRIDAYS  
9-10AM  
UNITED GRACE  
METHODIST  
CHURCH  
130 MAPLE ST**

Bone Builders is an exercise program designed to prevent (and even reverse) the negative effects of osteoporosis. The program is based on research conducted and published by Tufts University which shows that strength training just twice a week dramatically reduces the risk of fractures due to the disease. Study participants gained bone density, became stronger and improved their balance. These health gains significantly reduced the incidence of falling. Bone Builders classes fill a vital need for regular physical exercise as well as increased social interaction, both well-known components of healthy aging.

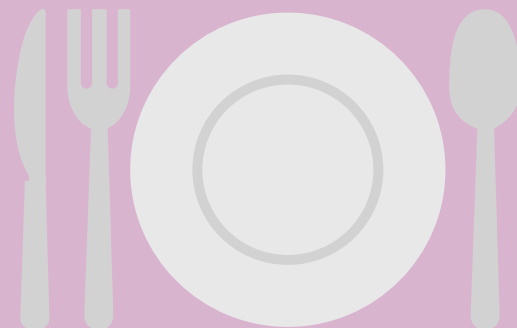
**NO  
REGISTRATION  
REQUIRED-  
REMEMBER TO  
WEAR  
COMFORTABLE  
CLOTHING AND  
BRING WATER!**



## ESSEX COMMUNITY DINNER

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

**FRIDAY,  
FEBRUARY 14TH  
5:30PM  
AT THE HOLY  
FAMILY PARISH  
CENTER**



**BY DONATION**



# OLLI: OSHER LIFELONG LEARNING INSTITUTE

The Campus OLLI program, part of UVM's network of seven adult learning communities across Vermont, offers diverse, engaging, and affordable year-round programs both online and in-person in Chittenden County. With over 100 programs annually, Campus OLLI enriches the lives of older adults through lectures, interest groups, outdoor activities, and trips. Join today to participate! Membership in addition to program registration is required to attend.

## UPCOMING PROGRAMS

### BREATHING, EMOTIONS, AND YOUR NERVES

4 SESSIONS

WITH NICOLE CARPENTER

FEE: \$50

TUESDAYS FEB 4-25 10AM-NOON  
ONLINE

Often, we're told to take a breath before responding to a tricky situation. Why is this helpful? Explore your nervous system, emotions, and breath in this 4-week online series. Identify your breathing habits, discover tools for self-regulation, and engage in movement. Practice intentional breathing exercises in a space where you can sit, stand, move, and lie down.

### BEGINNING YOGA

4 SESSIONS

WITH AMANDA MCINTIRE

FEE: \$40

TUESDAYS FEB 5-26 10AM-NOON  
ONLINE

In this online, introductory class, learn the basics of yoga, including the physical practice (asana), breathing techniques (pranayama), and meditation. Required equipment: yoga or exercise mat. Yoga blocks are encouraged.

MORE OFFERINGS ONLINE! SCAN QR CODE OR VISIT LINK BELOW.



### JOIN OR DIE FILM SCREENING: WHY JOINING A CLUB MATTERS FOR AMERICA'S FUTURE

WITH CHAD ERVIN

FEE: \$25

WEDNESDAY FEB 26 1-3:30PM  
VTIFF, 60 LAKE STREET SUITE IC  
BURLINGTON, VT

This documentary follows social scientist Robert Putnam, whose influential "Bowling Alone" research explores the decline of community in America and its impact on democracy. Featuring voices like Hillary Clinton, Pete Buttigieg, and Vivek Murthy, it addresses key questions about democracy's current crisis and highlights inspiring efforts to rebuild community connections, offering hope for a more united and resilient future. Join or Die's film editor and local Vermonter Chad Ervin will lead a discussion at the end.



# THE NATIONAL ARCHIVES IS LOOKING FOR PEOPLE WHO CAN READ CURSIVE!

## ACCORDING TO AN ARTICLE PUBLISHED IN USA TODAY..

There are more than 200 years worth of U.S. documents that are in need of transcribing. Most of them are from the Revolutionary War era and are handwritten in cursive.

The National Archives Catalog is looking for volunteers who can read cursive to help transcribe more than 300 million digitized objects.

The records include a wide array of documents- from Revolutionary War pension records to immigration documents from the 1890s to the 1950 Census.

## interested?

You just have to sign up online and then follow the instructions.

All from the comfort of your home!

## How to Sign Up

Visit their website, register, and login to begin transcribing!

<https://www.archives.gov/citizen-archivist/get-started-transcribing>

## Questions?

Reach out to Julie and I can connect you with others that have been volunteering!

jshorter@ejrp.org  
802-878-1375 ext 1553

# VERMONT GENEALOGY LIBRARY



Did you know that the Vermont Genealogy Lab is right here in Essex Junction?

It houses an expansive physical and digital library staffed by expert genealogist volunteers. It's a place where individuals with many years of genealogy knowledge and expertise are available to assist others discover the stories behind their family trees

57 RIVER RD,  
ESSEX  
JUNCTION

## UPCOMING CLASSES

\$10/CLASS

### GETTING STARTED ON YOUR FAMILY HISTORY

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

with Lynn Johnson

Saturday February 1 10:30am-noon

### "SMARTER GENEALOGY RESEARCH: WHAT'S ALREADY BEEN DONE AND HOW GOOD ARE YOUR ONLINE RECORDS?"

In the first part of this lecture Drew will go over how to find vetted genealogical information that has been published in books and journals. He will then show you how to analyze the material in online databases in order to determine if the database is displaying the original material. Drew will use several major commercial databases that are available at the Vermont Genealogy Library and many public libraries to demonstrate his process.

with Scott Andrew Bartley

Saturday February 8 10:30am-noon

### NEXT STEPS WITH YOUR FAMILY HISTORY

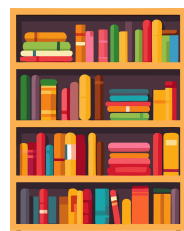
Are you ready to put a little more meat on the bare bones of your family tree? A little bit stuck? Do your family members roll their eyes when you start talking about genealogy? Go beyond the basics in your search for your family history. Marcie Crocker will introduce the use of research logs, timelines, maps, and more. She'll also touch on why you might want to put some time into the history and the languages that might be found in the area, as well as why you might want to research other family members, associates and neighbors.

with Marcie Crocker

February 15 10:30am-noon

THESE HYBRID CLASSES WILL BE HELD IN-PERSON AT THE LIBRARY, 57 RIVER RD. IT WILL ALSO BE AVAILABLE VIA ZOOM. THE COST IS \$10.00. PLEASE VISIT [WWW.VTGENLIB.ORG](http://WWW.VTGENLIB.ORG) TO REGISTER.





# LIBRARY PROGRAMMING OPPORTUNITIES

## Fiber Arts Club

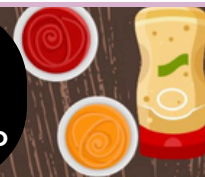
Fridays from  
6-7:30

For adults of all ages and experiences!

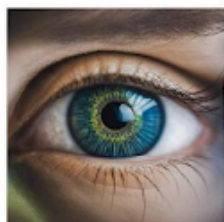
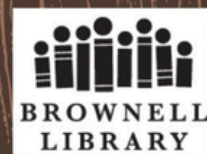
- Check out fiber arts books from our non-fiction section
- Take a sewing pattern home from our pattern swap
- Find pattern or project inspiration from our magazine swap
- Bring your knitting, sewing, crocheting, needlepoint, or other fiber arts project and join the fun!



SATURDAY FEBRUARY 15  
12:30-1:30PM  
ADULTS OF ALL AGES ARE  
WELCOME  
NO REGISTRATION REQUIRED



### Cook through a book club!



## Free Vision Screening

**FEBRUARY 7**  
**10:00-10:30AM**

**AT**  
**BROWNELL LIBRARY**  
**BY ESSEX JUNCTION LIONS CLUB**



# GAMES GALORE

First Tuesday of every month  
3:30-4:30pm



Come to the library to play board and card games with people of all ages.



# LOOKING AHEAD

## MARCH'S SENIOR LUNCHEON! BY DONATION

**MARCH 5TH  
@ NOON  
ST. PIUS X**

20 JERICO RD.  
ESSEX JUNCTION,  
VT 05452

REMINDER THAT  
FEBRUARY'S  
LUNCHEON WILL  
BE ON 2/5,  
RESERVATIONS  
CLOSE 1/31



**RESERVATIONS  
REQUIRED BY  
FEBRUARY 28TH**

**COTTAGE PIE,  
COLESLAW, SODA  
BREAD, DESSERT**



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

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

# BRAIN GAMES!

## JANUARY SUDOKU

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

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## JANUARY WORD SCRAMBLE

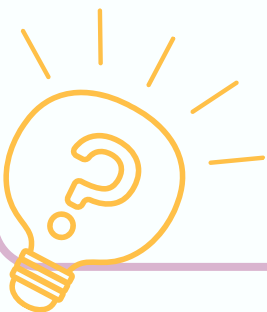


### Sports Word Scramble



1. lfog \_\_\_\_\_
2. elkbaatbbs \_\_\_\_\_
3. ocsere \_\_\_\_\_
4. nntsie \_\_\_\_\_
5. balsable \_\_\_\_\_
6. teaark \_\_\_\_\_
7. gbryu \_\_\_\_\_
8. botafoll \_\_\_\_\_
9. rwate oopl \_\_\_\_\_
10. igsnrwetl \_\_\_\_\_
11. hoceyk \_\_\_\_\_
12. scroasel \_\_\_\_\_
13. rkate \_\_\_\_\_
14. lbfsltoa \_\_\_\_\_
15. gwimnsim \_\_\_\_\_
16. srocs uroyctn \_\_\_\_\_
17. xoinbg \_\_\_\_\_
18. lqutlrebaa \_\_\_\_\_
19. ivgnid \_\_\_\_\_
20. ngnecif \_\_\_\_\_

**What band had members Jim, Ray, Robby, and John**





# CROSSWORD

**Across**

- 1. Hindu wrap
- 5. Exonerate
- 10. Pack (down)
- 14. Pond croaker
- 15. Part of a roof
- 16. Way, way off
- 17. Ford's first assembly line, e.g.
- 19. Fine-tune, as muscles
- 20. Traffic stopper
- 21. Not the sharpest tool in the shed
- 23. Sensitive subject, to some
- 24. Puffed up, as a sprain
- 25. Hulled corn used in grits

1	2	3	4		5	6	7	8	9		10	11	12	13	
14					15						16				
17				18							19				
20									21	22					
				23				24							
25	26	27	28					29							
30						31						32	33	34	
35					36						37				
38				39							40				
			41								42				
43	44	45							46						
47								48				49	50	51	52
53						54	55								
56						57						58			
59						60							61		

- 29. River craft
- 30. Flip over
- 31. Customer base
- 35. Tip
- 36. Palm leaf
- 37. Mixed in with
- 38. Business law preventing monopolies
- 40. Kind of date
- 41. Got out of bed
- 42. Easy on the eyes
- 43. Renowned
- 46. Family nickname
- 47. Surgical cutter
- 48. Place for new recruits
- 53. Details, briefly
- 54. Fear of heights
- 56. Wedding cake layer
- 57. Wound dressing

- 58. Help for the poor
- 59. Bring in
- 60. Keyboard key
- 61. Majors and Horsley

**Down**

- 1. Recipe direction
- 2. First-rate
- 3. Kentucky senator Paul
- 4. "Eyes Without a Face" singer
- 5. Steep and rocky
- 6. Like a ballerina
- 7. Make revisions
- 8. "Give it \_\_\_!"
- 9. Famous
- 10. Playground snitch
- 11. Run \_\_\_ of

- 12. Clergyman's house
- 13. Get gussied up
- 18. Delicious dish
- 22. Welcome benefit
- 24. New Orleans player
- 25. Kind of skirt
- 26. Pop the cork
- 27. Butcher's stock
- 28. Fall decoration
- 29. \_\_\_ at hand
- 31. Pizza part
- 32. Send forth
- 33. Pocket particles
- 34. Singer Arnold
- 36. Type of road
- 39. Christmas decoration
- 40. Clear soup

- 42. Like some nouns
- 43. Privileged group
- 44. Frenzy
- 45. Surmise
- 46. Part of BYOB
- 48. Like some champagne
- 49. Mine product
- 50. Up to the task
- 51. Street performer
- 52. Packers play, perhaps
- 55. Campbell's container

# 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](http://VTSTATEPARKS.COM)**

## 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 handyman to help older adults identify their own self-care goals which can decrease hospitalization and healthcare costs



### ELIGIBILITY:

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

**Questions & Referrals: 1-800-642-5119**



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](http://agewellvt.org)

## Holy Family Parish February Luncheons

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



Meal provided to individuals 60+ years of age.

When & Where:

Monday's  
Check in: 11:30 Lunch: 12:00  
Holy Family Parish  
30 Lincoln St Essex Jct

Contact & Registration

Julie Shorter Program Director  
802- 878-1375 ext 1553  
[jshorter@ejrp.org](mailto:jshorter@ejrp.org)  
No takeout available  
\$5 suggested donation per meal.

February 10

Pork & vegetable stew, Four bean medley, Southern biscuit, Pineapple tidbits

OPTION TO STAY AT 1PM TO HEAR A PRESENTATION ON THE CITY BUDGET AND GET ANY QUESTIONS ANSWERED

February 17

CLOSED FOR PRESIDENT'S DAY

February 24

Cheese ravioli w/ meat sauce, Parmesan cheese, Peas, Diced carrots, Wheat Bread, Fruited yogurt parfait

# RESTAURANT TICKET PROGRAM

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

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

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

## PARTICIPATING RESTAURANTS:

- The Dutch Mill Family Restaurant:** 4309 Shelburne Rd in Shelburne  
(Available Monday-Friday 7:30am - 2:00pm)
- Halfway House:** 450 VT-22A in Shoreham  
(Available Monday-Thursday 5:00am - 8:00pm)
- Ray's Seafood Market:** 7 Pinecrest Dr in Essex Junction  
(Available Sunday-Wednesday 11:00am - 3:30pm - Labor Day-Memorial Day)
- 3 Squares Cafe:** 141 Main St in Vergennes  
(Available Monday, Thursday, Friday, & Saturday 8:00am - 5:00pm)
- Greenwood Deli & Bakery:** 101 Main St in Richford  
(Now Taking Restaurant Tickets: Wednesdays Lunch (11:30am-3pm), Fridays Breakfast (9am-11am))
- Wally's Place:** 260 Rte 2 in South Hero  
(Available Wednesday, Thursday & Friday 10am-2pm - Labor Day-Memorial Day)
- Kraemer & Kin:** 230 Rt 129 in Alburgh  
(Closed January 1 - March 31)  
(Available Thursdays/Fridays 3:00pm - 8:00pm , Saturday 11:00am - 8:00pm, Sunday 10:00am-3:00pm)
- Rockers Pizzeria:** 191 Main St in Vergennes  
(Available Monday-Friday 11:00am - 4:00pm)
- The Bridge Restaurant:** 8013 Rte 17 in Addison  
(Available Wednesday-Sunday 11:00am-Close (Labor Day-April 30th)  
Wednesday and Thursday 11:00am-Close (May 1st-Labor Day))



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

CALL 802-662-5200 FOR MORE INFORMATION



# TRANSPORTATION



## SSTA BUS OPTION

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

The application and further information can be found here:

<https://ridegmt.com/paratransit-application/>

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

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

### Crossword Answer



### Sudoku Answer

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

TRIVIA ANSWER:  
THE DOORS

### Word Scramble Answers



- |                  |               |
|------------------|---------------|
| 1. lfog          | golf          |
| 2. elkbaatbls    | basketball    |
| 3. ocserc        | soccer        |
| 4. nntsie        | tennis        |
| 5. balsable      | baseball      |
| 6. teark         | karate        |
| 7. gbryu         | rugby         |
| 8. botafoll      | football      |
| 9. rwate oopl    | water polo    |
| 10. igsnrwetl    | wrestling     |
| 11. hoceyk       | hockey        |
| 12. scroasel     | lacrosse      |
| 13. rkate        | track         |
| 14. lbfsltoa     | softball      |
| 15. gwimnsim     | swimming      |
| 16. srocs uoyrcn | cross country |
| 17. xoinbg       | boxing        |
| 18. lqutlrecbaa  | racquetball   |
| 19. ivgnid       | diving        |
| 20. ngnecif      | fencing       |

## WHAT'S NEW ON NETFLIX

- ***Home Improvement (Seasons 1-8)*** – Every season of the beloved ABC sitcom is making its way onto Netflix.
- ***American Renegades (2017)*** – Action movie featuring rogue Navy SEALs who attempt to retrieve an underwater treasure. Starring J.K. Simmons and Sullivan Stapleton.

FEBRUARY'S BOOK PICK FROM OUR SENIORS!

**Title:** All the Light We Cannot See

**Author:** Anthony Doerr

Winner of the Pulitzer Prize and National Book Award finalist, the beloved instant New York Times bestseller and New York Times Book Review Top 10 Book about a blind French girl and a German boy whose paths collide in occupied France as both try to survive the devastation of World War II.

## COOKING CORNER

## CHICKEN POT PIE CASSEROLE

## INGREDIENTS

- 4 CUPS COOKED CHICKEN
- 4 CUPS MIXED FROZEN VEGETABLES
- 12 OUNCE EGG NOODLES
- 2 (10 OZ) CANS CONDENSED CREAM OF CHICKEN SOUP
- 1 1/2 CUP MILK
- 1 CUP SHREDDED COLBY JACK CHEESE
- 4 TABLESPOONS BUTTER (MELTED)
- 1 STACK RITZ CRACKERS (APPROX 32 CRACKERS)

**MAKES 8  
SERVINGS**

**PREP TIME: 20 MINUTES  
COOK TIME: 30 MINS  
TOTAL TIME: 50 MINUTES**

## INSTRUCTIONS

- **Step 1:** Preheat oven to 350 degrees F. Bring a large pot of water to a boil; then add the egg noodles and cook until al dente (approx 5 mins) and drain the water.
- **Step 2:** Melt the butter; then crush the Ritz crackers either in a mini food processor or place in a sealable bag; then pound with the back of a glass. Combine the crushed crackers and the melted butter until blended. Set aside.
- **Step 3:** In a large bowl, combine the diced chicken, mixed vegetables, soup, milk, and shredded cheese. Next, add the cooked egg noodles.
- **Step 4:** Mix well; then place in a 9X13 oven safe baking dish and top with the prepared crumb topping.
- **Step 5:** Place the assembled casserole in the oven and bake for approximately 30 mins, or until the crust is golden brown and the filling is hot and bubbly.
- **Step 6:** Once baked, remove the casserole from the oven and let it cool for a few minutes before serving.



Recipe shared by Nancy L'Ecuyer  
from:

<https://www.carriexperimentalkitchen.com/chicken-pot-pie-casserole/>

# FEBRUARY 2025 CALENDAR



SUN.	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT.
						1 VT GEN LIB CLASS 10:30 AM-NOON
2	3 11AM-12PM "LIFTING" SPIRITS	4 10AM-1:00PM: BINGO 3:30-4:30PM GAMES GALORE	5 9-10AM BONE BUILDERS 12PM ST PIUS SENIOR LUNCHEON 1:30-3:30PM CRIBBAGE	6 12:30-4PM: DUPLICATE BRIDGE	7 9-10AM BONE BUILDERS 10AM-12PM: MAH JONGG	8 VT GEN LIB CLASS 10:30 AM-NOON
9	10 1-2:30PM HANDMADE VALENTINE MAKING 11AM-12PM "LIFTING" SPIRITS 11:30-1PM AGE WELL LUNCH AT HOLY FAMILY 1PM CITY BUDGET TALK	11 10AM-1:00PM: BINGO	12 9-10AM BONE BUILDERS 1:30-3:30PM CRIBBAGE	13 12:30-4PM: DUPLICATE BRIDGE 1-3PM PAPER FLOWER MAKING	14 9-10AM BONE BUILDERS 10AM-12PM: MAH JONGG	15 VT GEN LIB CLASS 10:30 AM-NOON
16	17 1-3PM PET PORTRAIT CLASS AT MAPLE STREET ART STUDIO 11AM-12PM "LIFTING" SPIRITS	18 10AM-1:00PM: BINGO	19 9-10AM BONE BUILDERS 1:30-3:30PM CRIBBAGE	20 12:30-4PM: DUPLICATE BRIDGE	21 9-10AM BONE BUILDERS 10AM-12PM: MAH JONGG	22
23	24 11:30-1PM AGE WELL LUNCH AT HOLY FAMILY	25 10AM-1:00PM: BINGO	26 9-10AM BONE BUILDERS 1:30-3:30PM CRIBBAGE	27 12:30-4PM: DUPLICATE BRIDGE	28 9-10AM BONE BUILDERS 10AM-12PM: MAH JONGG	

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