

MARCH 2025

Essex Area Senior Center Newsletter

IN THIS ISSUE

- PAGE 2**
Announcements, Contact Info.
- PAGE 3**
Membership, Newsletter Subscription
Spring/Summer Brochure Announcements
- PAGE 4**
Senior Center Weekly Programming
- PAGE 5**
Celtic Dance Performance
- PAGE 6**
Maple Street Art Space Classes
- PAGE 7**
“Lifting” Spirits- New Fitness Class!
- PAGE 8**
Additional Programming Opportunities
- PAGE 9**
UVM Osher Lifelong Learning Institute
- PAGE 10**
Vermont Genealogy Library
- PAGE 11**
Opportunities at Brownell
- PAGE 12**
April Cardmaking Class
Monthly Senior Luncheon at St. Pius
- PAGE 13**
Looking Ahead: Mind Fit
- PAGE 14**
Brain Games
- PAGE 15**
Crossword
- PAGE 16**
Green Mountain Passport Program
- PAGE 17**
Age Well Capable Program
- PAGE 18**
Age Well Luncheons at Holy Family
- PAGE 19**
Age Well Restaurant Ticket Program
- PAGE 20**
Transportation (SSTA)/Answer Key
- PAGE 21**
Entertainment
- PAGE 22**
March Calendar

HAPPY MARCH! FIND
THIS POT OF GOLD
HIDDEN SOMEWHERE
IN THIS NEWSLETTER
AND SEE JULIE FOR A
SMALL PRIZE!



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 has moved to the main reading room 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

f 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 and filling out the Essex Area Senior Center Newsletter Subscription Google form!

Senior Center Newsletter Subscription Google form!

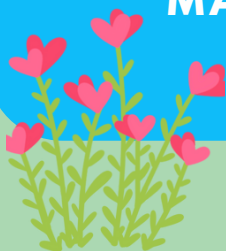
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[HTTPS://forms.gle/qgwRwgkJRUgg51B46](https://forms.gle/qgwRwgkJRUgg51B46))



OUR ESSEX JUNCTION RECREATION AND PARKS SPRING/SUMMER BROCHURE WILL BE SENT OUT TO ALL HOUSEHOLDS IN ESSEX JUNCTION AND ESSEX AT THE BEGINNING OF MARCH.

JULIE WILL ALSO HAVE THEM AT ALL PROGRAMS. IN IT WILL BE LOTS OF PROGRAMMING OPPORTUNITIES FROM MARCH THROUGH AUGUST.



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.

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!

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!

CELTIC DANCE PERFORMANCE

Come and celebrate St. Patrick's day with us!

Who?

Celtic Company is based in Waterbury and are a group of Irish and Scottish Highland dancers who perform both traditional and contemporary choreography. Their program showcases the diversity of these dance styles and they love performing around VT!

FREE!

When?

Sunday, March 16th
1pm

Please arrive 15 minutes early to get your treats and find your seats!
The performance will be approximately 45 minutes

SNACKS PROVIDED!

Where?

Whitcomb Woods Community Room
128 West St, Essex Junction

ART CLASSES

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



156 RAILROAD STREET, SUITE 6
ESSEX JUNCTION, VT 05452



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!

\$25 PER CLASS

MONDAY MARCH 10TH
10AM-NOON



MAKE A SOCK ANIMAL OR CREATURE

LEARN HOW TO MAKE ADORABLE STUFFED ANIMALS AND/OR CREATURES OUT OF SOCKS! THESE ARE GREAT GIFTS FOR GRANDKIDS AND EVEN GROWN-UP KIDS! BASIC HAND SEWING SKILLS ARE HELPFUL BUT NOT NECESSARY.



MONDAY MARCH 24
10AM-NOON

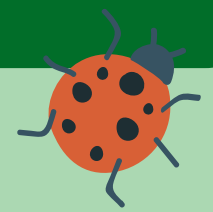


SPRING NEEDLE FELTING WORKSHOP

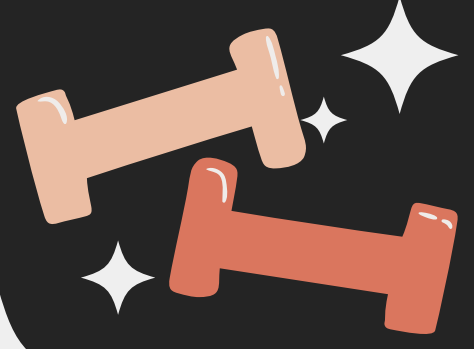
LEARN THE BASICS OF NEEDLE FELTING AND MAKE A NEEDLE FELTED SPRING CRITTER OR TWO. NO EXPERIENCE NECESSARY, JUST INTEREST AND CURIOSITY.



WEDNESDAY APRIL 16
6-8PM



"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!

MARCH 10 IS FREE!
MARCH 17 AND 24 IS \$10/CLASS OR \$18 FOR BOTH
YOU MUST CALL OR STOP BY OUR OFFICE TO GET THE DISCOUNT

Maple Street Park Aspire Studio
Monday March 10
11:30am-12:30pm*
Monday March 17, 24
11am-12pm

*note the one time time change for this class

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



OTHER COMMUNITY OPPORTUNITIES

BONE BUILDERS



FREE!

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

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

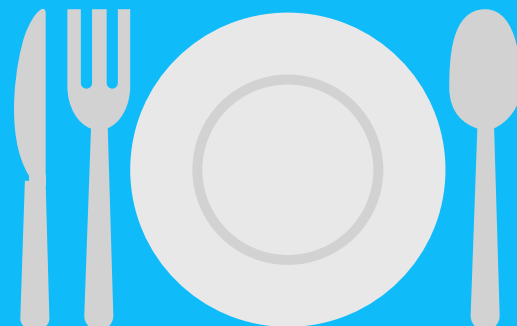
NO
REGISTRATION
REQUIRED-
REMEMBER TO
WEAR
COMFORTABLE
CLOTHING AND
BRING WATER!



ESSEX COMMUNITY DINNER

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

**FRIDAY,
MARCH 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

PURE MAPLE SYRUP: TIMELESS AND THOROUGHLY MODERN

WITH MARK ISSELHARDT
FEE: \$20

TUESDAY MARCH 11
10:30AM-NOON

ROBERT MILLER COMMUNITY
RECREATION CENTER, 130 GOSSE
COURT, BURLINGTON

Trace the history of maple sugaring from its pre-colonial roots to modern production techniques. Learn about innovations that have made the maple industry more efficient and explore current research that continues to shape the industry. This seminar dives into the rich tradition and cutting edge trends in maple sugaring.

EDIBLE LANDSCAPING

WITH JACOB HOLZBERG-PILL
FEE: \$20

MARCH 20, 10:30AM-NOON

ROBERT MILLER COMMUNITY
RECREATION CENTER,

130 GOSSE COURT, BURLINGTON

Discover the best trees and bushes to transform your yard into a delicious and beautiful landscape. Learn about cold-hardy, low-maintenance plants you can grow at home, including lesser-known fruits that are as attractive as they are tasty. Perfect for anyone interested in creating an edible ecosystem filled with abundance.

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



FORBIDDEN PAGES: BANNED BOOKS CLUB- FUN HOME

WITH REBECCA STARKS
FREE WITH MEMBERSHIP
WEDNESDAY MARCH 12
3:30-5PM
ONLINE

Read and discuss *Fun Home: A Family Tragicomic*, Alison Bechdel's 2006 graphic memoir, in this online Banned Books Club. The book chronicles Bechdel's childhood and complex relationship with her father, who died by suicide. Winner of multiple awards, this LGBTQ+ themed memoir is frequently banned. Analyze the reasons for its challenges, reflect on any discomfort it evokes, and explore its deeper value.

Required Reading:

Fun Home: A Family Tragicomic
by Alison Bechdel.

VERMONT GENEALOGY LIBRARY



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

57 RIVER RD,
ESSEX
JUNCTION

UPCOMING CLASSES

FINDING FAMILY WITH DNA TESTING

You've watched the TV shows and you have an interest in your family's roots, so what's next? At the age of 18, Richard Hill discovered that he was adopted. He eventually succeeded in finding his biological family through his landmark use of DNA testing. Richard recounts his struggles to solve the mystery of his origins in his book, *Finding Family*, and this talk will describe that success.

He's made it his personal mission to share what he has learned with other adoptees and genealogists. He has done presentations for national and regional conferences, local genealogy groups, libraries, DAR meetings, etc.

with Richard Hill

Saturday March 8, 10:30am-noon

THIS HYBRID CLASS 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 TO REGISTER.

RESEARCHING YOUR IRISH ANCESTORS

As part of the 2025 Burlington Irish Heritage Festival, the Vermont Genealogy Library is again hosting an in-person presentation by Ed McGuire entitled, "Researching Your Irish Ancestors."

This talk will provide a brief history of Irish immigration to North America and then cover common problems facing Irish researchers. Ed will also discuss techniques for finding your ancestors' parish and he'll highlight the major record sets in Ireland. Some lesser-known sources and significant new collections will be added this year. A multipage handout listing key references and links to some helpful online resources will be provided.

with Ed McGuire

Monday March 10, 7pm

Special FREE session! at 57 River Rd

WHAT'S GOING ON AT THE VERMONT GENEALOGY LIBRARY?

Exciting changes are happening at the Vermont Genealogy Library! Join us March 29th for a free, practical session designed to help you make the most of our updated resources. We'll guide you through our reorganized collections, demonstrate how to effectively search our new catalog, and demystify our revised call number system. Get the inside scoop and discover how these improvements can enhance your genealogical research.

with Library Volunteers

Saturday March 29, 10:30am-noon

THIS HYBRID CLASS WILL BE HELD IN-PERSON AT THE LIBRARY, 57 RIVER RD. IT WILL ALSO BE AVAILABLE VIA ZOOM. THIS IS A FREE! PLEASE VISIT WWW.VTGENLIB.ORG TO REGISTER.

LIBRARY PROGRAMMING OPPORTUNITIES



Friday, March 21st
6:00 – 7:30pm



MAKERSPACE

a space to work on your projects and hobbies

- use our sewing machine
- use our laminator
- use our cricket
- check out books from our non-fiction section for inspiration

This program meets monthly and is for adults for all ages.



GRIEF GROUP

Finding Support Together

Guided by certified death doula Karen Hergesheimer, our conversations offer understanding, education, and valuable resources to help you through this journey.

First Wednesday of every month from 6:30-7:30



GAMES GALORE

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

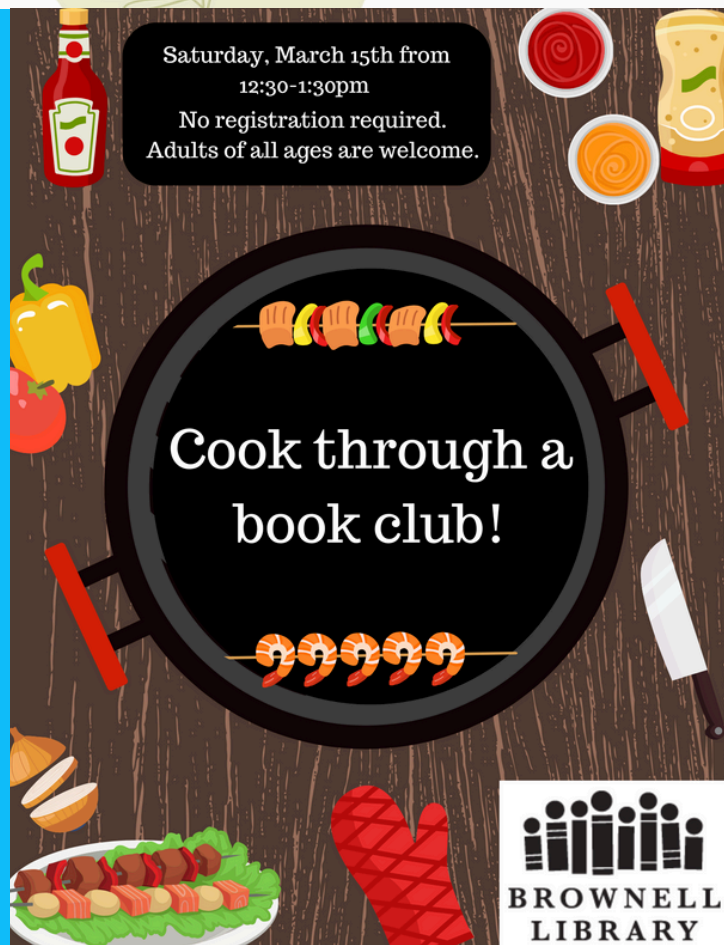


Come to the library to play board and card games with people of all ages.



Saturday, March 15th from
12:30-1:30pm
No registration required.
Adults of all ages are welcome.

Cook through a book club!



LOOKING AHEAD

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

FREE!

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

No experience necessary.



THURSDAY APRIL 3

HOLY FAMILY PARISH CENTER

Limited space! Please reach out to Julie to register

APRIL'S SENIOR LUNCHEON!

BY DONATION

APRIL 2ND 20 JERICHO RD.
ESSEX
JUNCTION, VT
05452
@ NOON
ST. PIUS X



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

RESERVATIONS
REQUIRED BY
MARCH 28TH

REMINDER THAT
MARCH'S
LUNCHEON WILL
BE ON 3/5,
RESERVATIONS
CLOSE 2/28!

BAKED CHICKEN
PARM, PASTA,
SALAD,
GARLIC BREAD,
DESSERT

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

LOOKING AHEAD: MIND FIT

**FREE!**

ACTIVITIES TO BOOST BRAIN HEALTH



Keep your brain sharp and healthy. Just like the body, the brain can show signs of aging over time. While this is a natural result of growing older, there are positive lifestyle changes you can make to keep your mind sharper for longer. Join us for a fun, FREE and informative series, led by brain fitness expert Gena Braman, PTA, CMC from Home Care Assistance. In this Mind Fit series, you will learn about proactive ways to enhance cognitive functioning, including fun group activities used in the Cognitive Therapeutics Method™, a science-based cognitive stimulation program. Sample Activities include Alphabet soup, Trivia, Word bingo, Name that tune, Conversation starters, Visual puzzles, Logo identification, and Advice column.

Maple Street Park Multipurpose room
Fridays, April 4 - May 30 (no sessions April 25 or May 9)
11am-12pm



NO REGISTRATION REQUIRED

BRAIN GAMES!

MARCH SUDOKU

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

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MARCH WORD SCRAMBLE



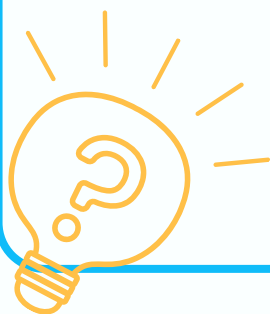
Tree Word Scramble



1. ogdowdo
2. ceehb
3. nlatwu
4. itraocp
5. urmelbyr
6. octootnodw
7. laceyuustp
8. hrcery
9. ibchr
10. uctthesn
11. hcirkoy
12. liwowl
13. pelpbraac
14. erdoowd
15. sutcol
16. lmepa
17. byukcee
18. iaonamlg
19. cdear
20. lmap

PrintableParadise.com

Who won the Oscar for Best Actress for her role in the 1969 film "Funny Girl"?



Answer key on page 20

CROSSWORD

Across

- 1. Little terror
- 5. Wet bar?
- 9. Knife wound
- 13. ____ of thumb
- 14. Church V.I.P.
- 16. Bounce back
- 17. Soon, to a bard
- 18. Throw for a loop
- 19. Garbage hauler
- 20. Complex unit
- 22. Deadly mushroom
- 24. Schongauer work
- 26. Toni Morrison's " ____ Baby"
- 27. Tabloid twosome
- 28. Noble position
- 32. Retro phone feature
- 35. Established

1	2	3	4		5	6	7	8		9	10	11	12	
13					14				15		16			
17					18					19				
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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				62		63			
64					65						66			
67						68					69			

- 37. Indigenous
- 38. Not quite right
- 39. Full of bounce
- 41. Fishing equipment
- 42. Like cows and sows
- 44. Campaign pro
- 45. Shrek, for one
- 46. Bomb
- 48. Certain tide
- 50. Computer capacity
- 51. Emphatic
- 56. New Year's Eve staple
- 59. X, in math
- 60. Tim Conway film, "The Billion Dollar ____"
- 61. Factory
- 63. Quitter's word

- 64. Word sung on 12/31
- 65. Concise
- 66. Flu symptom
- 67. Arborist's concern
- 68. Numerical suffix
- 69. Give the eye

Down

- 1. Hold steady
- 2. Talk at length
- 3. Follow follower
- 4. Plant stem extension
- 5. Mermaid's milieu
- 6. Veteran
- 7. Annex
- 8. Animal fur
- 9. Type of psychology

- 10. Word in a 1978 John Irving book title
- 11. "Get lost!"
- 12. Kennel cry
- 15. Primary color
- 21. Cereal grass
- 23. Dogcatcher's catch
- 25. Evening bell
- 29. "Brokeback Mountain" director
- 30. CBer's term
- 31. Dole (out)
- 32. Tip, as a hat
- 33. Brainchild
- 34. Deserving of respect
- 36. Word of advice
- 39. Dry spell

- 40. Mumbo-jumbo
- 43. Pie preference
- 45. Type of illusion
- 47. Young raptor
- 49. It may be framed
- 52. Capture
- 53. Likeness
- 54. Locale
- 55. Aromatic compound
- 56. Chew the fat
- 57. Rush follower
- 58. Envelope abbr.
- 62. Half a score

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



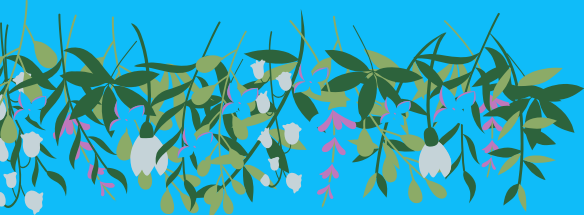
How do I get a Green Mountain Passport card?

- 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

CAPABLE Program COMMUNITY AGING IN PLACE ADVANCING BETTER LIVING FOR ELDERERS



Designed to help older adults function safely in their homes

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

SERVICES:

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



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

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



Holy Family Parish March Luncheons

Meal provided to individuals 60+ years of age.



When & Where:

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

Julie Shorter Program Director

802- 878-1375 ext 1553

jshorter@ejrp.org

No takeout available

\$5 suggested donation per meal.

Contact & Registration

March 10th

**JEAN FROM SENIOR MEDICARE PROTECTION
WILL BE JOINING US FOR A SHORT TALK!***

Sweet-n-sour meatballs, Broccoli florets,
Vegetable Spanish rice w/ diced tomatoes,
Peas & carrots, Wheat roll, and Applesauce

March 17th



Breaded pork chop w/ sauce & apple bits,
Home fries, Diced beets, Wheat bread, and
Pumpkin pudding w/ cream

March 24th

Beef burgundy w/ onions & mushrooms,
Wide egg noodles, Sliced carrots, Green
beans, Wheat dinner roll, and Oranges

***THE MISSION OF THE SMP PROGRAM IS TO EMPOWER AND ASSIST MEDICARE BENEFICIARIES, THEIR FAMILIES, AND CAREGIVERS TO PREVENT, DETECT, AND REPORT HEALTH CARE FRAUD, ERRORS, AND ABUSE. WE DO THAT THROUGH OUTREACH, COUNSELING, AND EDUCATION.**



18

RESTAURANT TICKET PROGRAM

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

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

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

PARTICIPATING RESTAURANTS:

Addison County

- 3 Squares Cafe:** 141 Main St in Vergennes
(Available Monday, Thursday, Friday, & Saturday 8:00am - 3:00pm)
- Rockers Pizzeria:** 191 Main St in Vergennes
(Available Monday-Friday 11:00am - 4:00pm)
- Halfway House:** 450 VT-22A in Shoreham
(Available Monday-Thursday 5:00am - 8:00pm)
- The Bridge Restaurant:** 8013 Rte 17 in West Addison
(Available Wednesday-Sunday 11:00am-Close (Labor Day-April 30th)
Wednesday and Thursday 11:00am-Close (May 1st-Labor Day)

Chittenden County

- The Dutch Mill Family Restaurant:** 4309 Shelburne Rd in Shelburne
(Available Monday-Friday 7:30am - 2:00pm)
- Innovation Cafe:** 128 Lakeside Ave in Burlington **NEW!**
(Available Monday-Friday 8:30am-1pm)
- Ray's Seafood Market:** 7 Pinecrest Dr in Essex Junction
(Available Sunday-Wednesday 11:00am - 3:30pm - Labor Day-Memorial Day)

Franklin/Grand Isle County

- Greenwood Deli & Bakery:** 101 Main St in Richford
(Wednesdays Lunch (11:30am-3pm), Fridays Breakfast (9am-11am))
- Wally's Place:** 260 Rte 2 in South Hero
(Available Wednesday, Thursday & Friday 10am-2pm - Labor Day-Memorial Day)
- Kraemer & Kin:** 230 Rt 129 in Alburgh
(Closed Nov 24 - March 31)
(Available Thursdays 3:00pm - 8:00pm, Friday/Saturday 11:00am - 8:00pm, Sunday 11:00am-3:00pm)



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

CALL 802-662-5200 FOR MORE INFORMATION

TRANSPORTATION



SSTA BUS OPTION

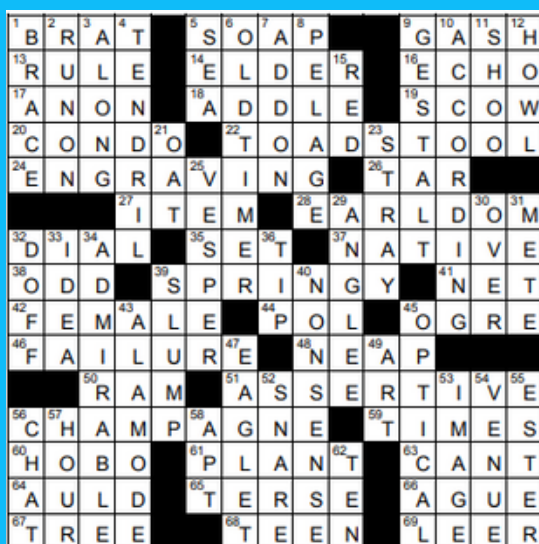
The Special Service Transportation Agency (SSTA) offers an ADA paratransit program for residents who live within 3/4 of a mile from a fixed route bus service, provided by Green Mountain Transit (GMT), and have a disability that prevents them from walking to or waiting for a bus. Regarding the mile threshold,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

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

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

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

Crossword Answer



Sudoku Answer

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

TRIVIA ANSWER:
BARBARA STREISAND

Word Scramble Answers

Tree Word Scramble

1. ogdowdo dogwood
2. ceehb beech
3. nlatwu walnut
4. itraocp apricot
5. urmelbyr mulberry
6. octootnodw cottonwood
7. laceyuustp eucalyptus
8. hrcery cherry
9. ibchr birch
10. uccthesn chestnut
11. hcirkoy hickory
12. liowwl willow
13. pelpbraac crabapple
14. erdoowd redwood
15. sutcol locust
16. lmepa maple
17. byukcee buckeye
18. iaonamlg magnolia
19. cdear cedar
20. lmap palm

ENTERTAINMENT!

WHAT'S NEW ON NETFLIX

- ***The Leopard (Limited Series, 2025)*** – Period drama series from Italy based on the beloved novel.
- ***Runaway Jury (2003)*** – Gene Hackman is among the case for this crime thriller about a juror that's been compromised during an important trial involving a gun manufacturer.



MARCH'S BOOK PICK FROM OUR SENIORS!



Title: At Home in Mitford

Author: Jan Karon

Have you read any of Jan Karon's Mitford Years Novels? Her gentle stories about Mitford, North Carolina, are a pleasure to read. She has created many interesting characters centered around Father Tim, the city's Anglican priest. The first in the series is "At Home In Mitford".

COOKING CORNER

MODERN TUNA CASSEROLE

INGREDIENTS

- 3 TABLESPOONS BUTTER, DIVIDED
- 4 MEDIUM CARROTS, CHOPPED
- 1 MEDIUM ONION, CHOPPED
- 1 MEDIUM SWEET RED PEPPER, CHOPPED
- 1 CUP SLICED BABY PORTOBELLO MUSHROOMS
- 2 CANS (5 OZ EACH) ALBACORE WHITE TUNA IN WATER, DRAINED AND FLAKED
- 2 CUPS FRESH BABY SPINACH
- 1 CUP FROZEN PEAS
- 3 CUPS UNCOOKED SPIRAL PASTA
- 1 TABLESPOON ALL-PURPOSE FLOUR
- 2/3 CUP REDUCED -SODIUM CHICKEN BROTH
- 1/3 CUP HALF-AND-HALF CREAM
- 1/2 CUP SHREDDED PARMESAN CHEESE
- 3/4 TEASPOON SALT
- 1/4 TEASPOON PEPPER

**MAKES 6
SERVINGS**

**PREP TIME: 20 MINUTES
COOK TIME: 20 MINS
TOTAL TIME: 40 MINUTES**



INSTRUCTIONS

- **Step 1:** In a large skillet, heat 1 tablespoon butter over medium-high heat. Add carrots, onion, red pepper and mushrooms. Cook and stir until tender, 8-10 minutes. Add tuna, spinach and peas; cook until spinach is just wilted, 2-3 minutes.
- **Step 2:** Meanwhile, cook pasta according to package directions for al dente. Drain pasta, reserving 1 cup pasta water. Place pasta and tuna mixture in a large bowl; toss to combine. Wipe skillet clean.
- **Step 3:** In the same skillet, melt remaining butter over medium heat. Stir in flour until smooth; gradually whisk in broth and cream. Bring to a boil, stirring constantly; cook and stir until thickened, 1-2 minutes, adding reserved pasta water if needed. Stir in Parmesan cheese, salt and pepper. Pour over pasta; toss to coat.

Recipe from:
<https://www.tasteofhome.com/recipes/modern-tuna-casserole/#RecipeCard>

MARCH 2025 CALENDAR

SUN.	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT.
						1
2	3 NO PROGRAMS	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 6:30-7:30PM GRIEF GROUP	6 12:30-4PM: DUPLICATE BRIDGE	7 9-10AM BONE BUILDERS 10AM-12PM: MAH JONGG	8 10:30 AM-NOON VT GEN LIB CLASS
9	10 10-11:30AM WIRE SUNCATCHERS 11:30AM-12:30PM "LIFTING" SPIRITS 11:30-1PM AGE WELL LUNCH AT HOLY FAMILY 7PM VT GEN LIB CLASS	11 10AM-1:00PM: BINGO	12 9-10AM BONE BUILDERS 1:30-3:30PM CRIBBAGE	13 12:30-4PM: DUPLICATE BRIDGE	14 9-10AM BONE BUILDERS 10AM-12PM: MAH JONGG	15 12:30-1:30PM COOK THROUGH A BOOK
16 1PM CELTIC DANCE PERFORMANCE	17  11AM-12PM "LIFTING" SPIRITS 11:30-1PM AGE WELL LUNCH AT HOLY FAMILY	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 6-7:30PM MAKER'S SPACE	22
23	24 10AM-NOON MAKE A SOCK ANIMAL 11AM-12PM "LIFTING" SPIRITS 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	29 10:30 AM-NOON VT GEN LIB CLASS
30	31					

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