

# SEPTEMBER 2024

## Essex Area Senior Center Newsletter

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September Calendar

SEPTEMBER IS  
**NATIONAL SENIOR  
CENTER MONTH!**  
ATTEND A NEW  
PROGRAM TO  
CELEBRATE WITH US!



# IMPORTANT ANNOUNCEMENTS

Welcome to the Holy Family Parish Center!

-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](#)

**PHONE:**  
**(802) 878-1375**

**\*\*Please note that this number is EJRP's main office at 75 Maple Street. Please know you have called the right place when the line goes to the EJRP main office, and that they will gladly provide you with all EASC-related information\*\***

**EJRP CONTACT INFORMATION:**  
Julie Shorter  
Program Director for Older Adults  
[jshorter@ejrp.org](mailto:jshorter@ejrp.org)

## NEW LOCATIONS DETAILS

### HOLY FAMILY PARISH CENTER

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

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

**BINGO WILL BE ENDING AT 11:30AM ON 9/10 FOR THE SENIOR PICNIC!**

**\*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 - KOLVOORD 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.

## FREE HEARING SCREENINGS!

Dr. Cross of Eavesdrop Audiology will be offering free hearing screenings on September 3rd from 1-2pm after Bingo at the Holy Family Parish Center.

### WHAT TO EXPECT:

Dr. Cross will perform a quick hearing screening using his portable audiometer and provide his recommendation for next steps. Each appointment will last about 10 minutes.

Contact Julie to sign up!



# NEW WEEKLY AND MONTHLY PROGRAMMING!

## WALKING CLUB

MEETS WEDNESDAYS STARTING

SEPTEMBER 4TH 10:30-11:30AM

MAPLE STREET PARK

MEET AT THE FIRST PAVILION WHEN YOU ENTER THE PARK. BRING WATER AND WEAR COMFORTABLE SHOES.

EVERYONE IS WELCOME! WALK THE WHOLE TIME OR TAKE A BREAK ON A BENCH



## GAMES GALORE

A NEW MONTHLY PROGRAM WITH THE LIBRARY!

THE FIRST TUESDAY OF THE MONTH, STARTING SEPTEMBER 3RD 3:30-4:30PM COME TO THE LIBRARY TO PLAY BOARD AND CARD GAMES FOR SOME INTERGENERATIONAL FUN. FOR ALL AGES.

## CRIBBAGE

WEEKLY CRIBBAGE IS RETURNING!!

STAY TUNED FOR DETAILS!



QUESTIONS?  
ASK JULIE!



# SENIOR CENTER WEEKLY PROGRAMMING

## MONDAYS:

No programming

## TUESDAYS:

10AM-1:00PM – BINGO

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

BINGO WILL BE ENDING AT 11:30AM ON 9/10 FOR THE SENIOR PICNIC!

## WEDNESDAYS:

10:30-11:30am – WALKING CLUB

- FREE! Starts September 4
- At Maple Street Park



## THURSDAYS:

12:30-4PM - DUPLICATE BRIDGE

- FREE!
- At the Holy Parish Family Center

## FRIDAYS:

10AM-12PM – MAH JONGG

- FREE!
- At the Brownell Library (Kolvoord 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!

# PICNIC IN THE PARK



**Entertainment  
by Clare Innes**

**Tuesday  
September 10th  
12-2pm  
Maple Street Park**

**Come for yard  
games, music, food,  
and good company!**

**Register on [ejrp.org](http://ejrp.org)  
or contact Julie by  
September 6th**

**Julie Shorter  
[jshorter@ejrp.org](mailto:jshorter@ejrp.org)  
802- 878-1375**

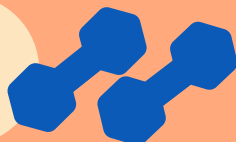
**Golf cart rides to  
the pavilion will  
be available!**

**Free!**

# OTHER COMMUNITY OPPORTUNITIES



## BONE BUILDERS



FREE!

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

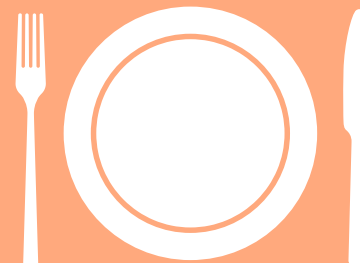
Bone Builders is an exercise program designed to prevent (and even reverse) the negative effects of osteoporosis. The program is based on research conducted and published by Tufts University which shows that strength training just twice a week dramatically reduces the risk of fractures due to the disease. 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

FRIDAY,  
SEPTEMBER 13TH  
5:30PM  
AT THE HOLY  
FAMILY PARISH  
CENTER



BY DONATION

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

# BRAIN GAMES!

## SEPTEMBER SUDOKU

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

## SEPTEMBER WORD SCRAMBLE



### Countries of the World Word Scramble

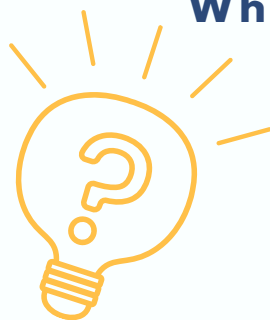


1. kednmar \_\_\_\_\_
2. cioemx \_\_\_\_\_
3. zarbil \_\_\_\_\_
4. hcian \_\_\_\_\_
5. ainid \_\_\_\_\_
6. adnaac \_\_\_\_\_
7. tgfaisaahnn \_\_\_\_\_
8. nartegina \_\_\_\_\_
9. gedlna \_\_\_\_\_
10. trueky \_\_\_\_\_
11. ocbdmaia \_\_\_\_\_
12. cdeilna \_\_\_\_\_
13. afrne \_\_\_\_\_
14. eknya \_\_\_\_\_
15. helci \_\_\_\_\_
16. naeetlshnrd \_\_\_\_\_
17. ornyaw \_\_\_\_\_
18. eiringa \_\_\_\_\_
19. wdseen \_\_\_\_\_
20. pjaan \_\_\_\_\_

PrintableParadise.com

# SEPTEMBER TRIVIA!

Who was the first televised president?



Answers on page 16



# CROSSWORD

**Across**

- 1. Triathlon need
- 5. Up to snuff
- 9. Amorous archer
- 14. Altar word of old
- 15. World Cup cry
- 16. Battery cell
- 17. Applicability
- 19. Type of sentence
- 20. Make intelligible
- 21. One way to listen or follow
- 23. River ride
- 25. Meter need
- 28. Hard to rattle
- 29. Kid's claim
- 33. Agree to, as terms
- 35. Coupler
- 37. Bumped into
- 38. Bake, as eggs

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							62	63							
64							65				66				
67							68					69			

- 39. Go for the gold?
- 40. Old saying
- 42. Till bill
- 43. Like some vaccines
- 45. Seaplane's anchor
- 46. As a result
- 48. Prefix for section or state
- 50. Tape, say
- 51. Track event
- 54. Place for plates
- 57. Last Supper attendee
- 61. In progress
- 62. Most important
- 64. Big dipper
- 65. Unwelcome look
- 66. Pigmented eye part

- 67. Young chicken, for cooking
  - 68. Not straight
  - 69. Throw in the towel
- Down**
- 1. Drill
  - 2. Alpine goat
  - 3. Food for sea urchins
  - 4. Makeup bag item
  - 5. 2004 Meg Ryan film, "\_\_\_\_\_ the Ropes"
  - 6. Hood worn on "The Handmaid's Tale"
  - 7. Resinous deposit
  - 8. End of a race
  - 9. Chocolate substitute
  - 10. Still wrapped

- 11. Southern dish
- 12. Adored one
- 13. Withhold from
- 18. Airport shuttle, often
- 22. Vegas "lady"
- 24. Payment to a writer
- 25. Social division
- 26. Reddish yellow
- 27. Cupcake topper
- 30. Photoshop item
- 31. Kicked off
- 32. Knight's ride
- 34. Debate position
- 36. Bud holder?
- 39. Long cigar
- 41. Like many wines

- 44. Disturb
- 45. Window cover
- 47. Cal Ripken Jr. was one
- 49. Pencil end
- 52. Computer command
- 53. Hoodwink
- 54. Young yak
- 55. Miles away
- 56. Wine attribute
- 58. Lose steam
- 59. \_\_\_\_\_ to rest
- 60. Word ending a threat
- 63. Mend a hem



# 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)**

# LOOKING AHEAD

## OCTOBER'S SENIOR LUNCHEON!



BY DONATION  
**OCTOBER 2ND**  
**@ NOON**  
**ST. PIUS X**

20 JERICHO RD.  
 ESSEX JUNCTION,  
 VT 05452

CHICKEN POT PIE,  
 SLAW,  
 DESSERT

THANK YOU,  
 DONNA, AND  
 ST. PIUS  
 VOLUNTEERS!



**RESERVATIONS REQUIRED  
 BY SEPTEMBER 27TH!**  
 EMAIL: [DEELEYGLORIA@GMAIL.COM](mailto:DEELEYGLORIA@GMAIL.COM)  
 CALL: DONNA @ (802) 879-7922

REMINDER THAT  
 SEPTEMBER'S  
 LUNCHEON  
 WILL BE ON  
 9/4,  
 RESERVATIONS  
 CLOSE 8/30!

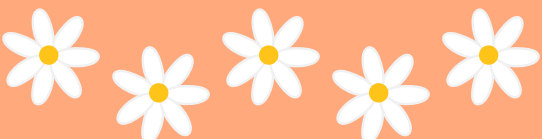
Starting in November, we will  
 be offering art classes with  
 Tina Logan at her studio! Sign  
 up on [ejrp.org](http://ejrp.org)  
 See Julie for assistance  
 registering!



# AGE WELL CORNER



## 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

## ST. CATHERINE'S SEPTEMBER LUNCHEON

Available to individuals 60+ years of age

**WHEN:** Wednesday, September 18

Time: 11:30AM - 1PM

Check in: 11:30PM

Lunch Served: 12:00pm

**WHERE:** St. Catherine's of Siena, 72 Church St, Shelburne, VT

**DETAILS:** \$5 suggested donation, restaurant tickets will be available for distribution. Entertainment by Guitar player, Gerry Ortega. Door prizes.

**MENU:** Chicken Cordon Bleu with panko and sauce, mashed sweet potatoes, broccoli florets, wheat roll, blueberry crumble, applesauce, and milk.

Advanced Registration Required by 9/12

### CONTACT & REGISTRATION:

**KERRY BATRES**  
**NUTRITION & WELLNESS COORDINATOR**  
**802-662-5283**  
**[KBATRES@AGEWELLVT.ORG](mailto:KBATRES@AGEWELLVT.ORG)**

# 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.

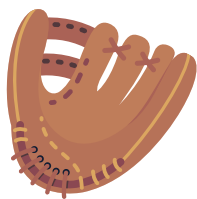
## PARTICIPATING RESTAURANTS:

- The Abbey Pub & Restaurant:** 6212 VT-105 in Enosburg Falls  
(Available Thursdays & Sundays 11:30am - 5:00pm)
- 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)
- IHOP:** 155 Dorset St in South Burlington  
(Available Monday-Sunday 7:00am - 2:00pm)
- Ray's Seafood Market:** 7 Pinecrest Dr in Essex Junction  
(Available Sunday-Wednesday 11:00am - 3:30pm - Labor Day-Memorial Day)
- Rosie's Restaurant:** 886 Rte 7 South in Middlebury  
(Available Monday-Wednesday, 6:00am - 11:00am for Breakfast, 11:00am - 3:00pm for Lunch)
- 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**



# AGE WELL CORNER



## SENIOR NIGHTS AT THE VERMONT LAKE MONSTERS



**Tuesdays are Senior Game Nights at Centennial Field this summer!**

### DETAILS

Adults 60 and over can purchase half-price reserved tickets for \$6

\*Tickets include a voucher for a free soft drink

Tickets can be purchased at  
(802) 655-4200 or day of at the field

### GAME DATES:

September 3rd, September 10th, September 17th,  
& September 24th



\*Games start at 6:35PM\*



### PARKING & TRANSPORTATION

- Free parking at Gutterson Fieldhouse & Trinity Campus
- Courtesy shuttle bus from Gutterson to Centennial Field
- Stadium parking is limited and is \$5/car (continue to end of East Ave, turn right at the light on Colchester Ave.)

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

TRIVIA ANSWER:  
FRANKLIN D. ROOSEVELT

### Word Scramble Answers

**Countries of the World Word Scramble**

1. kednmar	denmark
2. cioemx	mexico
3. zarbil	brazil
4. hcian	china
5. ainid	india
6. adnaac	canada
7. tgfaisaahnn	afghanistan
8. nartegina	argentina
9. gednlina	england
10. trueky	turkey
11. ocbdmaia	cambodia
12. cdeilna	iceland
13. afrne	france
14. eknya	kenya
15. helci	chile
16. naeetlshnrd	netherlands
17. ornyaw	norway
18. eiringa	nigeria
19. wdseen	sweden
20. pjaan	japan



# ENTERTAINMENT!

## WHAT'S NEW ON NETFLIX



- **3:10 to Yuma (2007)** – Russell Crowe, Christian Bale, and Ben Foster are among the cast for this big-budget Western
- **The Hughleys (Seasons 1-4)** – The classic ABC sitcom from the late 1990s starring D. L. Hughley will be making its Netflix debut in September.

## SEPTEMBER'S BOOK PICKS FROM OUR SENIORS!



**Title:** The Boys in the Boat  
**Author:** Daniel James Brown

**Nine Americans and their epic quest for Gold in the 1936 Berlin Olympics**

Available at the Brownell Library!



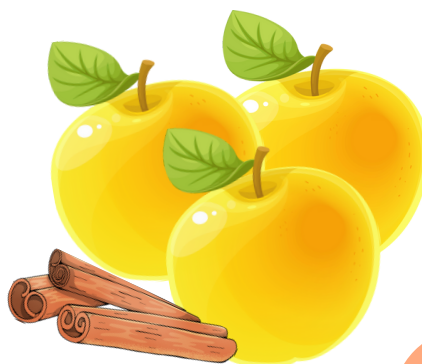
## COOKING CORNER

### BAKED APPLE PANCAKE

#### INGREDIENTS

- 4 large eggs
- 1 cup whole milk
- 3 Tablespoons granulated sugar
- 1 teaspoon vanilla extract
- 1/4 teaspoon Morton kosher salt
- 1/4 teaspoon ground cinnamon
- 2/3 cup all-purpose flour
- 4 Tablespoons unsalted butter
- 3 Golden Delicious apples- peeled, cored, thinly sliced
- 3 Tablespoons light brown sugar
- Powdered sugar (for serving, optional)

-SERVES 4-  
 TOTAL TIME: 45 MINUTES



Recipe from:  
<https://www.epicurious.com/recipes/food/views/puffed-apple-pancake-107071>

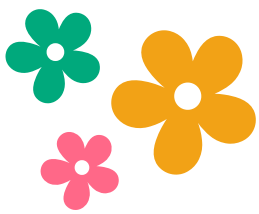
#### INSTRUCTIONS

**Step 1:** Preheat oven to 425°.

**Step 2:** Whisk eggs, milk, granulated sugar, vanilla extract, salt, and cinnamon in a large bowl until combined. Add flour and whisk just until batter is smooth.

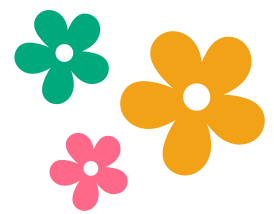
**Step 3:** Heat unsalted butter in a 13x9" baking dish in oven until melted- about 5 minutes. Remove baking dish from oven and swirl butter in dish to coat the bottom and partially up the sides. Arrange apple slices in overlapping rows in dish. Bake until apples are slightly softened and butter is bubbling and beginning to brown around edges of dish- 8-10 minutes. Immediately pour batter over apples and sprinkle brown sugar evenly over. Bake pancake until puffed and brown around edges- 20-25 minutes.


**Step 4:** Dust pancake with powdered sugar, if desired. Serve immediately.



# SEPTEMBER 2024

## CALENDAR



SUN.	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT.
1	2 NO PROGRAMS	3 10AM-1:00PM: BINGO 1-2PM FREE HEARING SCREENINGS 3:30-4:30PM GAMES GALORE 6:30PM LAKE MONSTERS	4 9-10AM BONE BUILDERS 10:30-11:30AM WALKING CLUB 12PM SENIOR LUNCHEON	5 12:30-4PM: DUPLICATE BRIDGE	6 9-10AM BONE BUILDERS 10AM-12PM: MAH JONGG	7
8	9 NO PROGRAMS	10 10-11:30AM: BINGO 12-2PM PICNIC IN THE PARK 6:30PM LAKE MONSTERS SENIOR NIGHT	11 9-10AM BONE BUILDERS 10:30-11:30AM WALKING CLUB	12 12:30-4PM: DUPLICATE BRIDGE	13 9-10AM BONE BUILDERS 5:30PM ESSEX COMMUNITY DINNER 10AM-12PM: MAH JONGG	14
15	16 NO PROGRAMS	17 10AM-1:00PM: BINGO 6:30PM LAKE MONSTERS SENIOR NIGHT	18 9-10AM BONE BUILDERS 10:30-11:30AM WALKING CLUB ST. CATHERINE'S LUNCHEON 11:30AM-1PM	19 12:30-4PM: DUPLICATE BRIDGE	20 9-10AM BONE BUILDERS 10AM-12PM: MAH JONGG	21
22	23 NO PROGRAMS	24 10AM-1:00PM: BINGO 6:30PM LAKE MONSTERS SENIOR NIGHT	25 9-10AM BONE BUILDERS 10:30-11:30AM WALKING CLUB	26 12:30-4PM: DUPLICATE BRIDGE	27 9-10AM BONE BUILDERS 10AM-12PM: MAH JONGG LAST DAY FOR LUNCHEON RESERVATIONS	28
29	30 NO PROGRAMS					

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