

Other Community Resources

Senior Van

Any Essex resident age 60 or more is eligible for free rides in Essex on the senior van. Equipped with wheelchair lifts, the vans operate weekdays 9:00 a.m. to 4:00 p.m. and Sunday 8:00 a.m.-noon. To reserve a seat, call 878-6940 between 9 a.m. and 11:45 a.m. the business day before your need.



Community Meal Sites

Champlain Valley Agency on Aging sponsors noontime meals for a donation of \$5.00. Call 865-0360 at least one day prior.

Meals on Wheels

United Way sponsors home delivered meals for people unable to go to meal sites. Call 878-7681 from 7:50 a.m. to 11:15 a.m. weekdays for information.

Essex Senior Citizens, Inc.

Essex Senior Citizens, Inc. is sponsored by Essex churches and Essex Junction Recreation and Parks. Meetings are held most Wednesdays at 11:30 at the Maple Street Park recreation building. Lunch usually features soup and sandwich with dessert and a program for a small donation. The last Wednesday of the month is pot luck with a birthday celebration. Essex residents 55+ or those belonging to sponsoring churches may become a member after attending three meetings. Call Donna Harnish at 879-7922 for information.

Community Activities

Essex Junction Recreation and Parks (878-1375) & Essex Town Parks and Recreation (878-1342) provide courses, programs, and tours. Stop by the Center for a brochure or call the numbers above.

Need a Place for a Meeting or Party?

The Center space is often available evenings and weekends. To schedule events, call 878-6944. A donation is appreciated.

ESSEX JUNCTION SENIOR CENTER



**At the Five Corners
Village Office Building
2 Lincoln Street
Essex Junction, VT 05452
878-6940
<http://essexseniors.org>**

Friendships begin at the Essex Junction Senior Center.

Mission Statement

It is the mission of the Essex Junction Senior Center to be a friendly gathering place for people 55 years of age and older. Programs are provided to promote physical, intellectual and social well-being and enhance dignity, self-worth and independence. Programs include exercise, games, activities and volunteer opportunities.

The Center is open Monday through Friday from 10 a.m. to 4:00 p.m.



Activities

Join us for good conversation and many ongoing activities including Bingo, Bridge, Mah Jongg, Skipbo and Seated Yoga.

The weeks start off at 10:00 each Monday morning with Mah Jongg.

On Mondays, Wednesdays and Fridays people enjoy Bridge or Skipbo at 1:00.

Penny Bingo is on Tuesday afternoons.

Enjoy Seated Yoga Wednesdays at 10:00.

A book club meets the third Thursday of the month at 10:30.

Birthdays are celebrated at 2:20 the last Monday of each month with cake, ice cream and song.

Cribbage, Scrabble and Wii are available for you to enjoy at your leisure, as well as a large collection of books, magazines and jigsaw puzzles.

If you have suggestions for activities or programs, please call 878-6940.



For information about other programs and activities, please check the monthly newsletter at the Center, the *Essex Reporter*, or visit our website at <http://essexseniors.org>.

Newcomers are always welcome.

Come join the fun!