

4583 US Route 2
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East Montpelier, VT 05651
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www.twinvalleyseniors.org
Facebook: TwinValley Senior Center

TWIN VALLEY SENIORS INC.

Cabot, Calais, East Montpelier, Marshfield, Plainfield, Woodbury



July 2021 Newsletter

News from the Center

Board of Directors

Denise Wheeler, Vice Chair, 1/2022
Susan Crampton, Secretary, 3/2021
George "Bill" Bollenback, Treasurer, 8/2023
Fred Wilber, 5/2023
Cecile Sherburn, 7/2022

Rita Copeland, Executive Director
Work: (802) 223-3322
E-mail: twinvalleyseniors@myfairpoint.net

Open:

Monday, Wednesday, and Friday
9am to 2pm.
Free bus service for seniors & disabled in the six towns served.

Lunch (open to the public):

Monday, Wednesday, and Friday at 12:15 pm.
Cost: Seniors/\$5.00
Under 60/\$6.00. No one is turned away because of inability to donate and the process is very confidential.



Many classes are offered from Bone Builders to Art. Donations welcomed. For more information: 802-223-3322 or e-mail at:

info.twinvalleyseniors@myfairpoint.net

Don't forget when shopping online use [smile.amazon.com](https://www.smile.amazon.com) to help support Twin Valley Seniors.



From Rita Copeland, Executive Director

COUNTDOWN IS ALMOST HERE AND WE ARE EXCITED - Join us on Wednesday, July 7th to welcome back the seniors after a long isolated year



Myself and my assistant Jackie have been extremely busy putting all the pieces together to open the Center doors to everyone. The doors are open to foot clinics and the Tai Chi classes. Of course, our Meals on Wheels ran smoothly right through the pandemic with one heck of a volunteer team. There are no words to thank them enough for their dedication and support throughout this past year. The Meals on Wheels delivery drivers are so very pleased that they once again can see and visit with their clients and I can bet the feeling goes both ways. To let you know how anxious seniors are to come back to the Center, one called me June 7th and wanted to know where the bus was. I assured them they were just a month early but, it certainly told me how much they wanted to get back to the Center.

I am asking people to give some thought to friends, neighbors, and relatives around you. Speak to them about coming to the senior center, just one, two, or all three days of the week. People that speak to me about their family, friends, or neighbors coming to the Center tell me they really think it would do them a lot of good to attend the Center but have no luck getting them there. I always suggest for the first visit or two offer to come with them. This gives them someone they know (their biggest complaint they will not know anyone). You

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Our Mission

To facilitate the social, emotional, and physical well being of independent senior citizens by providing access to community resources and providing services and activities that maintain Senior citizens' independence and wellness.

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as well as the person can have lunch, view exercise programs, participate in a game, or just socialize with others. By doing this it gives the opportunity to see what happens at the Center and also introduces them to some wonderful people and someone might even be an old acquaintance or neighbor. Think about this and call me if you would like to discuss more in details or have questions. I can be reached at 802-223-3322 or email twinvalleyseniors@myfairpoint.net. We have free bus service to and from the Center. The bus is hired through a contract with GMT and Central Vermont Council on Aging. The bus schedule will pickup starting at 7:30 am with drop-off (after picking everyone up) at the Center at 10:00am. Departure for home in the afternoon will be at 2 pm from the Center with drop-off time no later than 4 pm to home. We are open Monday, Wednesday, and Fridays. People can come as many days as they wish as long as I have their scheduled times.

We Need Your Help!

VOLUNTEER  Twin Valley Seniors doors will be open on Wednesday, July 7th. We will be resuming delivery of meals three (3) times weekly and we need you. We are short of volunteers in our dining room and in our Meals on Wheels packing area. We can also use help in the kitchen area, especially during the growing season so we can process the wonderful local vegetables and berries.

The times vary depending on the position you are interested in. We need someone on Wednesdays & Fridays in the dining room from 9 am to 2 pm. In the packing area of Meals on Wheels we need regular back-up and also someone to do Friday's packing. Time averages from 6:30-7:00am until approximately 9:30am. For the kitchen help depends on produce, etc. and when the cook would need the help.

Please give volunteering some thought for Twin Valley Senior Center. You will find the work very rewarding and at the end of the day you can be assured that you will feel good about yourself knowing you helped others. We can be flexible with time in some areas. We are working at developing new activities and expanding existing classes. We are hoping to have volunteer leaders and instructors to teach the leaders.

We are in need of members to be on our Board of Directors. The time involved includes 1 ½ to 2 hour meeting the third Wednesday of every month. Helping with fundraising events. Most importantly is offering advice, ideas, suggestions to guide the Center in the right direction. Having knowledge in the field of banking, CPA, technology, media, real estate, or contracting would all be an asset. Just a local plain taxpayer and resident has a lot to offer. So please consider joining our team and make the Senior Center the best it can be.

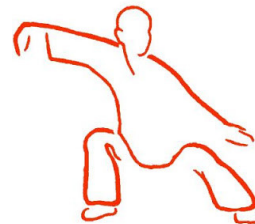
If you are interested in any of these opportunities needs please contact me as soon as you can by calling 802-223-3322 or email twinvalleyseniors@myfairpoint.net. I will be waiting to hear from you!!! Rita

Come and Join Us for Free Tai Chi Classes

Tai Chi is a series of gentle movements that promote balance and flexibility for all ages. Twin Valley Senior Center is pleased to be reopening and offering the following classes for beginners and continuing practice starting June 29th.

Class times are:

Tuesdays 10-11, Fall Prevention Sun Style
Wednesdays 10:30 -11:15, Fall Prevention Sun Style
Wednesdays 11:20-noon, Sun Style 73
Fridays 10:00-10:45, Beginners Fall Prevention Sun Style



Tai Chi classes are free to any age group. Choose a day and report to the Center by scheduled time of class. (15 minutes for processing the first day). See old friends and make new ones. You won't be sorry. Please call Twin Valley Senior Center at 802-223-3322 for more information.


July 14th Open House

Please come join us at Twin Valley Senior Center at 4583 Route 2 East Montpelier for our open house. Have a light luncheon with the seniors. Following the luncheon thanks to Ben & Jerry's there will be ice cream cups for your dessert!!!! There will be demonstrations of our Healthy Living Exercise classes and Fall Prevention Tai Chi classes. Meet the Board of Directors, Staff, Volunteers, Meals on Wheels Crew and others. There will be tours of the Center, handouts, door prizes, and much more. Do not miss this event and if you would like more information do not hesitate to call 223-3322 or email: twinvalleyseniors@myfairpoint.net. **WE ARE HANDICAP ACCESSIBLE**



Kennedy, Norman	2
Ollman, Mark	2
Lindemann, Brenda	8
Zettelmeyer, Sarah	10
Wheeler, William	12
Raymond, Norma	15
Fitch, Stanley	25
Washburn, Doris	25
Egersheim, Susan	31

July Menu

MONDAY	WEDNESDAY	FRIDAY
<p>2% milk served at all meals Menu subject to change. Vegetables subject to change due to local availability and donations</p>		<p>2 Fish patty Broccoli Beets Whole wheat bread Apple crisp</p>
<p>5 Center closed for 4th of July</p> 	<p>7 Pasta fagioli Whole wheat garlic bread Brussel sprouts Corn Cookie</p>	<p>9 Cauliflower cheddar casserole Mixed vegetables Kale Whole wheat bread Raspberry muffin</p>
<p>12 Pork sausage goulash Sautéed summer squash Peas Whole wheat bread Pineapple</p>	<p>14 Tuna or egg salad on whole wheat bread Coleslaw Potato salad Oatmeal cookie</p>	<p>16 Summer frittata Sautéed greens Peas & carrots Whole wheat bread Strawberry cobbler</p>
<p>19 Veggie fried rice with eggs Broccoli Green beans Whole wheat bread Pears</p>	<p>21 Ratatouille over brown rice Corn Spinach Whole wheat bread Chocolate chip oatmeal bar</p>	<p>23 Chicken fingers Mixed vegetables Stewed tomatoes Whole wheat bread Apple crisp</p>
<p>26 Veggie chili over brown rice Kale Beets Whole wheat bread Peaches</p>	<p>28 Creole gumbo over brown rice Peas & carrots Cauliflower Whole wheat bread Orange cranberry cheesecake</p>	<p>30 Chicken drumstick Roasted potatoes Brussel spouts Whole wheat bread Birthday cake</p>