



LAMOILLE NEIGHBORS

Call Janice at 802-585-1233 if you need help registering for an event or need transportation. **New office hours are Monday, Wednesday and Friday from 8:30-1:00.** Stop in any time to say hello. **For events, register on line or call Janice at 802-585-1233.**

Our monthly Coffee Hour, January 5th, 10:00 a.m. at the Congregational Church in Hyde Park. Our only goal is to talk and laugh. If you would like to participate, call 802-585-1233 or register [**HERE**](#).

January 8th, 10-11:30 a.m. Come meet Janice, “the voice of Lamoille Neighbors” and enjoy refreshments at our office. 92 Lower Main St. Suite 3. If you enter by the side door (driveway between Thompson’s Flour Shop) there is a ramp. No need to register, just come!

January 9th, 4:00 pm, Soup to Nuts: An Eccentric History of Food at the Lanpher Memorial Library. The history of what and how we eat encompasses everything from the prehistoric mammoth luau to the medieval banquet to the modern three squares a day. Presented by writer Rebecca Rupp, this talk lets attendees find out about the rocky evolution of table manners, the not-so-welcome invention of the fork, the awful advent of portable soup, and the surprising benefits of family dinners – plus some catchy info on seasonal foods. What’s the story of chocolate? Why do the Irish eat corned beef and cabbage on St. Patrick’s Day? Who invented lemonade? Why are turkeys called turkeys? And what are sugarplums anyway?
A Vermont Humanities Council event hosted by Lamoille Neighbors and Lanpher Memorial Library. Register [**HERE**](#).

Knitting group. Jan Roy will lead a weekly (for six weeks) knitting group in January starting Friday January 12th and ending February 16th. It will meet from 1-3 on Fridays at Olea’s in Hyde Park (196 Noyes Farm Road). No knitting knowledge necessary. On the other hand, it’s fine if you have knit for years and just want to be in a group of knitters. We will limit the group to ten. Bring your own wool, cotton or silk as well as needles, and have a project in mind. We’ll be starting with making a swatch. We’ll also learn how to take care of knitted pieces. Jan is an experienced knitter and has also taught knitting. She’ll help us learn what we want to know and is dedicated to increasing our knitting confidence. The atmosphere will be relaxed. You may not finish your project in this time frame, but you could get a good head start. Register [**HERE**](#)

January 13th, 1 pm, daytime snowshoe, Michael Wickenden will lead us on the trails from his home, 446 Tenney Hill Rd. Hyde Park. Poles are helpful. This will be a moderate snowshoe and we’ll be out for about 1.5 hours. Register [**HERE**](#) .

January 17th and 24th from 10-12 , Collage Workshop at River Arts in Morrisville. The Joy & Insight of Collaging!



Chase away the winter chill with two fun, heart-warming sessions of collaging and art making. Carol Degener, a Creative Depth Coach and artist, will guide you through this time of creative discovery. You will leave with several collages that express what brings you joy, gives voice to a new discovery, or underscores what matters most to you...all through creative play! If you can cut out images from magazines you have all the skill you need to participate in this inspiring workshop. All supplies will be provided. Any extra magazines you can bring along will be welcomed! Register [HERE](#)

January 19th, 1-2 pm. Aging Together Discussion/support group co-sponsored by Lamoille Neighbors and the Morristown Centennial Library. As we age, we need to adapt to many changes in our bodies, abilities, lifestyle. So let's get together to talk and support each other through this process. Join Maxine Adams, facilitator, on the third Friday of every month at 1:00 pm at the library. Maxine is a trained social worker and caregiver as well as a member and volunteer with Lamoille Neighbors. Register [HERE](#).

January 21st, 11 am, Stowe neighborhood gathering for brunch. All members and volunteers in Stowe are invited to Paula Ratchford's home, 62 Palisades St., Stowe. Come enjoy food, meet your neighbors and a few board members and share good conversation. Food will be provided. Register [HERE](#).

January 25th, Full moon Snowshoe, 6:30 pm. Join the band of snowshoers under the full moon. We will meet at 46 Munson Rd. Hyde Park. Parking is at a neighbor's home and limited so please carpool if possible. This is a moderate snowshoe both in open fields and through the woods. Poles are helpful. Please register so we can notify you with any changes. If you have questions e-mail lisadiamondstein@me.com or call 802-233-4179. Register [HERE](#).

Save January 31st, 10-12 in case we get the grant for "Celebrating Connections". All participants would then meet at River Arts for this first session.

On-going Groups: Article discussion group, January 10th and 24th. We meet every other week on Zoom. We limit this group to 8 participants. The group is currently full. Let Janice know if you're interested in being on a waiting list. Call 802-585-1233.

Weekly Yoga with Faith Bieler, Thursdays at River Arts at 9 a.m. All levels welcome. E-mail lisadimondstein@me.com if interested and not already registered. Faith is an extraordinary instructor. We hope you'll give the class a try.

Lamoille Neighbors can do services 7 days a week. We ask members to call at least a week prior to needing a service. We can try to fill a last minute request for a medical appointment, but it's more difficult.

Janice is in the office Monday, Wednesday and Friday from 8:30-1:00. If you call for a service Monday afternoon it will get into the website Wednesday and go out to volunteers on Thursday. If a volunteer doesn't pick up the service, Janice can make phone calls on Friday to try and find a volunteer. This is why we need a week's notice!



Enhancing Social Connection through Arts and Technology

Creative Care Kits

Build creative skills in your home while connecting with others.

Sign up at
<https://tiny.cc/creativecarekits>
 or call the CVCOA Helpline

KIT OPTIONS:

- Drawing and illustration
- Poetry writing
- Watercolor painting
- Crafting
- Digital Drawing with Apps

TECHNOLOGY OPTION:

You can also receive an iPad and technology training as part of your kit to help you stay connected and share your work!

SIGNUP CONTACT:
 CVCOA Helpline
 1-800-642-5119

CREATIVE COMPANIONS:
Volunteers who motivate & inspire
 Become a Creative Companion volunteer to inspire others or request a volunteer!

CVCOA Helpline: 1-800-642-5119

Central Vermont Council of Aging is offering their free art kits again this year. These free kits are amazing and they are delivered to your door. Sign up for a kit [HERE](#) or call 1-800 642-5119.

The watercolor kit includes paints, brushes, paper and other tools with a watercolor workbook.

The drawing and illustration kit includes materials for sketching and coloring, as well as a notebook for journaling. A binder is included with projects and ideas.

The writing Poetry kit includes material for writing and coloring and material for an origami project. There is an included book *I Know an Artist*.

Crafting kits include materials for collage and rock painting. The kit provides a step by step guide.

The Morristown Centennial Library has a series of author talks you can watch on line. Go to their website [HERE](#) to see a list of speakers coming up or watch past recordings. If you're a reader this is a fabulous resource.



Meet Eleanor

Eleanor Ahlers turned 94 this past August. And has been a member of Lamoille Neighbors since 2020. I got to know Eleanor as one of her volunteer drivers and through her participation in the “Everyone Has a Story to Tell” program last winter. I admire her energy, dedication, passion and sense of humor.

Eleanor was born on August 15, 1929, in Townsend, MA, where she grew up. She loved to sew, and her dream was to be a fashion designer, however, that was not to be. She left school at the end of junior year in order to help support her family, then married at 19 - “I was the old maid of my class” - and had children. Her husband was originally from Vermont, and in 1956 they moved to Morrisville.

Eleanor has always had a deep love of children. Following a separation from her husband, at age 35, Eleanor went to Johnson State College and got a teaching degree in Elementary Education. She was hired to teach in Barton, VT. “I learned more in that first year about teaching

than I ever did in college.” Her favorite grade was second grade. Eleanor loved teaching “because children are so forgiving.”

In 1976, Eleanor met and married her second husband, an executive in Gardner, MA. They moved back and forth between Barton and MA until 1989, when they settled in the West Boylston, MA area. Eleanor continued teaching during this time until her husband’s deteriorating health necessitated her caring for him full-time. After he died, she moved back to Vermont and now lives in Hyde Park.

Eleanor’s motto is “Be kind.” When asked for words of advice, she offered “When you pick something up, put it back where you found it,” and “If you can’t say something nice about someone, don’t say anything at all.”

Travel is one of Eleanor’s passions. She has visited Spain, Italy, and Turkey as well as traveled in the United States. She still vacations in Maine every summer and this year ventured to Tennessee with her daughter for a gathering of five generations of her family.

Eleanor started writing when she was 10 or 12 and continues to this day. She hopes to complete her autobiography soon, and shared a wonderful, humorous story about her stage debut as part of the writing component of “Everyone Has a Story to Tell” with the group.

What does Lamoille Neighbors mean to Eleanor? It has enabled her to make new friends and, most importantly, to stay in her home In Sterling View. She told me that it is the best thing that ever happened to her.

Wiffy Brooks



John Bent



Laurie Burnham

Welcome to new member John Bent from Stowe. and Laurie Burnham from Hyde Park. Also, a big welcome to our new volunteers Touria Judd from Hyde Park and Abigail Amer from Morrisville.

Anyone interested in theater?

Russ Longtin, a retired professor, director, actor, producer and workshop leader for over 35 years is looking to form a small group of seniors to explore theater. The group will read, discuss and explore a group of plays. This will be both educational and entertaining. Dates and times will be determined by the schedules of the participants but will begin during the winter months. No experience needed, just an interest in theater. Spring will be devoted to scene work and perhaps a performance. Dr. Longtin will guide attendees as they explore scripts from *Brighton Beach Memoirs*, *The Laramie Project*, *Agnes of God*, and *The Lion in Winter*.

Call Janice at 802-585-1233 if interested.



“Jayne’s workshop was the BEST”.

Thank you, Jayne Allister, for offering your creative energy, talent and skill to members of Lamoille Neighbors. We hope to offer this workshop again in the future.

Diversity is a source of strength, creativity, and innovation for Lamoille Neighbors. We commit to creating an environment that welcomes and values the contributions of each member, volunteer and staff person and respects their identity, culture, background, and abilities, thus enriching Lamoille Neighbors.



January Birthdays

Kris Greene
Deborah Wheeler
Barbara Percy
Olea Smith-Kaland
Joanne Harrison
Chris Date

THANK YOU TO OUR PARTNERS, SUPPORTERS AND BENEFACTORS

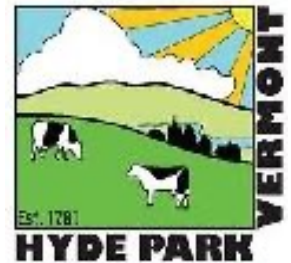
 The Richard E. & Deborah L.
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RIVER
ARTS



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THANK YOU TO ALL THE INDIVIDUAL DONORS WHO HELP MAKE LAMOILLE NEIGHBORS SUCCESSFUL