



Bugbee Bulletin

Volume 2024, Issue 9
September 2024

Published monthly by
White River Council on Aging
262 North Main Street
White River Junction, VT 05001
802-295-9068
bugbeecenter.org

NATIONAL SENIOR CENTER MONTH

The theme this year is “Powering Connections.” Senior centers work with community partners to connect people to health, economic security, social engagement, purpose, creativity, mobility, nutrition—all in a social and fun environment! Most importantly, senior centers connect you to each other.

We would love to hear your reflections on new connections, new friends, or new opportunities that you’ve found at Bugbee. Please write us at hello@bugbeecenter.org or send a letter to 262 North Main Street, White River Jct., VT 05001. We’ll share some of your responses in next month’s Bulletin!



EMBARK ON A DIGITAL STORYTELLING ADVENTURE

Fridays 10-11:30 am, September 20 to November 22 at JAM (Briggs Building, WRJ).

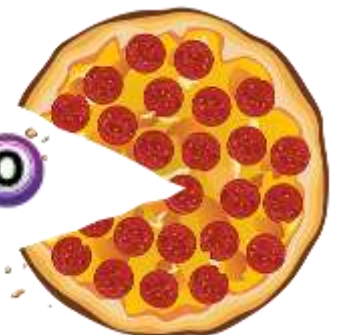
Discover the art of digital creation with Junction Arts & Media’s 10-week **Digital Media Creation** workshop for seniors (age 60+). Artists from JAM will welcome you to their space at the Briggs building in WRJ. They will guide you through the fascinating world of digital media creation, sharing skills such as video production, camera work, story structure, editing, audio, social media content creation, and more. Craft your own creative project, a digital scrapbook, documentary video, an Instagram account you can share with your grandkids, your own podcast, or other tools empowering you to tell your own story! Bring your own project ideas, or be inspired to create something! To sign up, visit uvjam.org or call 802-295-6688.



C&S Pizza & High Stakes Bingo Night Opening

Thursday, September 19. Doors open at 4:00, Dinner at 5:00 pm,
High Stakes Bingo after dinner!

Did someone say pizza? Join your friends at Bugbee for another fun filled night of laughs and pizza! After dinner, we’ll play high stakes bingo. \$2.50 a card for 10 games. Sign up is required for a seat in the dining room. Call 802-295-9068 or email hello@bugbeecenter.org !
The Center will be open during the day—no noon lunch or meal deliveries.





Bugbee Senior Center Menu

September 2024



Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>*Bugbee Center Closed for Labor Day*</p> 	<p>3</p> <p>Green Salad Salisbury Steak Sweet Potatoes Brussels Sprouts Ice Cream/Fruit</p>	<p>4</p> <p>Tossed Salad Chicken Parm w/ Linguini Broccoli Garlic Bread Fruit</p>	<p>5</p> <p>4 Bean Salad Chicken Pot Pie w/ Peas & Carrots Mashed Potatoes Peaches & Cream</p>	<p>6</p> <p>Cole Slaw Turkey Wrap w/ Lettuce & Cheese Chips Magnificent Pasta Salad Watermelon</p>
<p>9</p> <p>Pickled Beets Mac & Cheese Stewed Tomatoes Green Beans Baked Pears</p>	<p>10</p> <p>Carrot Slaw Hot Turkey Sandwich Mashed Potatoes Peas & Onions Peach Crisp</p>	<p>11</p> <p>Caesar Salad Baked Ham Scalloped Potatoes Brussels Sprouts Birthday Cake</p>	<p>12</p> <p>Broccoli Salad Italian Chicken Rice Stir Fry Veggies Bread Pudding</p>	<p>13</p> <p>Tossed Salad Burger Stroganoff w/ Egg Noodles Broccoli Fruit Salad</p>
<p>16</p> <p>Caesar Salad Spaghetti & Meatballs Broccoli Garlic Bread Fruit</p>	<p>17</p> <p>3 Bean Salad Roast Pork w/ Gravy Mashed Potatoes Carrots Blueberry Cobbler</p>	<p>18</p> <p>Roast Beef Wrap Veggie Pasta Salad Cole Slaw Peach Crisp</p>	<p>★ 19 ★</p> <p>PIZZA & BINGO NIGHT OPENING *sign up required*</p> <p>Tossed Salad C&S Pizza Strawberry Shortcake</p> <p>*no meal delivery or lunch service*</p>	<p>20</p> <p>Green Salad Oven Chicken w/ Rice Mediterranean Veggies Pineapple & Mandarins</p>
<p>23</p> <p>Cole Slaw Turkey Waldorf Salad w/ Lettuce, Tomato & Cucumbers Roll Baked Pears</p>	<p>24</p> <p>Seafood Pasta Salad Potato Salad w/ Lettuce & Cucumbers Cranberry Muffin Watermelon</p>	<p>25</p> <p>Corn & Bean Salad Meatloaf Mashed Potatoes Carrots Brownie</p>	<p>26</p> <p>Ambrosia Baked Haddock Roasted Potatoes Spinach Spice Cake</p>	<p>27</p> <p>Caesar Salad American Chop Suey Green Beans Garlic Bread Berry Parfait</p>
<p>30</p> <p>4 Bean Salad Swedish Meatballs w/ Egg Noodles Broccoli Applesauce Cake</p>	 <p>SEPTEMBER</p>		<p>Reservations required for in house meals. Call us before 10:30 to sign up! 802-295-9068 Suggested Donation \$6.00</p>	<p>Please be seated by 11:50 am to allow our waitstaff to serve beverages (coffee/ tea/milk) before the salad course.</p>



Bugbee Senior Center Activities

September 2024



Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>*Bugbee Center Closed for Labor Day*</p> 	<p>3</p> <p>10: Yoga Fusion \$8 12: Piano Tunes 1: Card Games 2: Senior Learning Network: LaBelle</p>	<p>4</p> <p>8: Pickleball @ Maxfield 9: Foot Clinic 9:30: Mahjong 10: Locally Yours 1: Fiber Crafts 1:30: Collette Travel Introduction</p>	<p>5</p> <p>10: Captain Paige Bakes 10:30: Buzz Café 1:30: Senior Fitness \$8</p>	<p>6</p> <p>8: Pickleball @ Maxfield 10: Chair Yoga \$8 10: Mahjong 1: Bingo 1: Book Club @ Quechee Library</p>
	Salisbury Steak	Chicken Parm	Chicken Pot Pie	Turkey Wrap
<p>9</p> <p>9:30: Beginner Tai Chi \$3 10:40: Traditional Tai Chi \$3 10: Bridge 1: Boggle 1: Bingo</p>	<p>10</p> <p>9: AARP Scam Jam 10: Yoga Fusion \$8 12: Piano Tunes 1: Card Games 2: Senior Learning Network: Army Women</p>	<p>11</p> <p>Foster's Clambake 8: Pickleball @ Maxfield 9:30: Mahjong 10: Locally Yours 1: Fiber Crafts</p>	<p>12</p> <p>10:30: Buzz Café 1:30: Senior Fitness \$8</p>	<p>13</p> <p>8: Pickleball @ Maxfield 10: Chair Yoga \$8 10: Mahjong 1: Bingo</p>
Mac & Cheese	Hot Turkey	Baked Ham	Italian Chicken	Burger Stroganoff
<p>16</p> <p>9:30: Beginner Tai Chi \$3 10:40: Traditional Tai Chi \$3 10: Bridge 11: Memory Café 1: Boggle 1: Bingo</p>	<p>17</p> <p>10: Yoga Fusion \$8 12: Piano Tunes 1: Card Games 1: Team Trivia 2: Senior Learning Network: Asian Art</p>	<p>18</p> <p>8: Pickleball @ Maxfield 9: Foot Clinic 9:30: Mahjong 10: Locally Yours 10:05: Mini-Trip to Poverty Lane Orchards 1: Fiber Crafts 1: Medicare Open Enrollment Discussion</p>	<p>19</p> <p>1:30: Senior Fitness \$8 1:30: Visually Impaired Group</p> <p>PIZZA & BINGO NIGHT OPENING 4 pm to 7 pm sign up required</p> <p><i>*no meal delivery or lunch service*</i></p>	<p>20</p> <p>8: Pickleball @ Maxfield 10: Chair Yoga \$8 10: Mahjong 1: Bingo</p>
Spag & Balls	Roast Pork	Roast Beef Wrap		Oven Chicken
<p>23</p> <p>9:30: Beginner Tai Chi \$3 10:40: Traditional Tai Chi \$3 10: Bridge 1: Boggle 1: Bingo</p>	<p>24</p> <p>10: Yoga Fusion \$8 12: Piano Tunes 1: Card Games 1: Film Discussion 2: Senior Learning Network: Elephants</p>	<p>25</p> <p>8: Pickleball @ Maxfield 9: Foot Clinic 9:30: Mahjong 9:45: Mini-Trip to Pompanoosuc Mills 10: Locally Yours 1: Fiber Crafts</p>	<p>26</p> <p>10:30: Buzz Café 1:00–4:00: Closed For Staff Development</p>	<p>27</p> <p>8: Pickleball @ Maxfield 10: Chair Yoga \$8 10: Mahjong 1: Bingo</p>
Turkey Waldorf	Seafood Pasta	Meatloaf	Baked Haddock	American Chop Suey
<p>30</p> <p>9:30: Beginner Tai Chi \$3 10:40: Traditional Tai Chi \$3 10: Bridge 1: Boggle 1: Bingo</p>			<p>Reservations required for in house meals. Call us before 10:30 to sign up!</p>	<p>Lunch is served Monday to Friday at Noon</p>
Swedish Meatballs				

Director's Corner

Mark's remarks from the Opening Ceremony of the inaugural Bugbee Games are printed here.

Thank you all for being here today. The theme for the inaugural games is: "Aging Leads to New Aspirations." All of you are inspiring to me, our team, our volunteers, and your friends. Bugbee is many things to many people, but to all of us it is a community of encouragement, of activity, and of welcoming faces.

You have taught me that aging is a gift; that entirely unexpected and wonderful things await us as we grow older together. I've shared that message with my friends, my family, and my colleagues, and that message changes us for the better. I love coming to Bugbee every day because of you. (Definitely not because of Susan and Alec and the kitchen crew. Ok, maybe a little...)

I've worked here for four years now, and I've spent a lot of time thinking about the word "aging," and trying to reframe what that means to me. Over the last four years, I've watched you, I've watched myself, I've watched my now 10-year-old niece, and my nephew, not yet even one year, getting older. I've recognized that every one of us began aging from the moment we were born. That process is dynamic, and we each do it in our own way.

So the Bugbee Games are a chance to celebrate the dynamic process of aging instead of fearing it, because it is something every single human being has in common. Not one of us is getting younger. We can choose to deny that, or we can choose to embrace it and learn to go with the flow. If you are participating in the Games, thank you for encouraging us all to stay active. If you are cheering on the participants, your friends, thank you for getting out and celebrating with us.



That's a wrap!

Thank you to all our participants, spectators, and volunteers for making the inaugural Bugbee Games so much fun! We had a total of 67 competitors compete 105 times. The youngest competitor was 57 and the oldest was 93! Here are the winners.

Pickleball

Pic Conner (Strafford)
Susan Goodwin (WRJ)

500 Meter

Darsie Riccio (WRJ)
Kathy Tracy (WRJ)

Home Run Derby

Mark Greenan (WRJ)

Puzzle Race

Mary Gentry (WRJ)
Nancy Jarvis (WRJ)
Alice McDonald (WRJ)

Knitting Competition

Dottie Cummings (Sharon)

Putt Contest

Marilyn Dunten (WRJ)

Mini Golf

Cheryl Heater (WRJ)
Brenda Lamphere (WRJ)

Bocce Ball

Paula Corey (WRJ)
Nancy Jarvis (WRJ)

Croquet

Rita Boynton (Hartland)
Kathy Tracy (WRJ)

Cornhole

Michelle DeGrechie (S Burl.)
Pablo DeGrechie (S Burl.)

Lawn Darts

Marilyn Dunten (WRJ)
Cheryl Heater (WRJ)



You're Invited! Special Travel Presentation Wednesday, September 4 at 1:30 pm

Join Collette Travel as they introduce themselves and the upcoming planned trip to Tuscany! Collette Travel is a Family-Owned Company aimed at providing all inclusive, hassle free travel!



Spotlight on Tuscany May 14, 2025—May 22, 2025

Bugbee Seniors will be embarking on a wonderful trip to Tuscany via our partners at Collette Travel. Travel is meticulously planned, activities are well thought out... all you have to do is enjoy yourself! Learn more about this trip at www.bugbeecenter.org/class/tuscany/.



Team Trivia Tuesday, September 17 at 1:00 pm

Join us for our monthly trivia game! Dust off your thinking caps, grab your friends, have some fun, and win some prizes! The game will include four rounds, with 10 questions per round. Each round will be a different theme. No fee to play, open to all.



Medicare Open Enrollment is Coming Soon Wednesday, September 18 at 1:00 pm

Do you have questions about Medicare?

Join Senior Solutions for a discussion about the difference between Traditional Medicare and Medicare Advantage plans. You will also discuss what questions to ask before Open Enrollment (Oct 15- Dec 7) and how to get assistance.

Senior Solutions provides unbiased Medicare information to beneficiaries, families, caregivers, and others. No sign up required. For more information, please call 802-295-9068.



Foster's Clambake

We have had a few seats open up last minute for the Foster's Trip! It is Wednesday, September 11, meet at Bugbee at 8am and return by 6. \$115 includes a seat on the comfy coach bus and a delicious meal at Foster's in York, Maine. Call 802-295-9068 or contact Susan@bugbeecenter.org

Farmer's Market Program: Still time to apply!

This is an income based program that helps make fresh fruits and vegetables from local farmers markets and farm stands available to income eligible Vermonters 60 and over. You still have time to apply to receive a \$48 coupon book, and we can help with rides! 802-295-9068 or mona@bugbeecenter.org



Your Body Believes Everything You Think

8 Class Series on Thursdays, 10am–11:30am



This series of 8 classes starts on Thursday, September 12 and will meet to explore medical research on the body's reactions to what goes on in our heads, i.e. worry, gloomy predictions, grudges, self-doubt and other self-defeating mindsets. Join this practical and uplifting class and learn strategies and methods to keep our minds, bodies, and spirits healthy and sound despite today's inner and outer challenges. This is a skill building class.

Jeanne is a Board Certified Clinical Geriatric Chaplain. She worked for many years at The D-H Aging Resource Center. Though now retired, she maintains her certification and volunteers in the community.

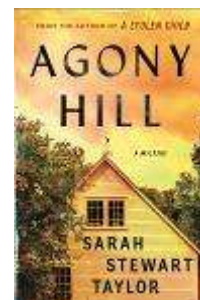
Because space is limited and Jeanne's classes fill up, we request that you are able to attend every class if you choose to sign up. **Sign up is required prior to the first session.** Please call 802-295-9068 or email hello@bugbeecenter.org to register!

Book Club in September

Friday, September 6 at 1:00 pm

September's book club will take us to Quechee Library for a mini trip! We will be joined by the author of next month's book club, Sarah Stewart Taylor, to discuss her new book *Agony Hill*. Stop by Bugbee to pick up one of Sarah's previous novels.

Quechee/Wilder Libraries discusses popular and interesting titles on the first Friday of the month. For more information and to sign up, contact Alec at 802-295-9068 or hello@bugbeecenter.org.



Captain Paige Bakes

Thursday, September 5, 10:00 am to 1:00 pm

Captain Paige Bakes will be selling freshly baked goodies from her trailer for the last time at Bugbee Senior Center! Visit her to get some delicious treats and to show her your support! Thank you Captain Paige for bringing your treats to Bugbee for the past few months!



Liz Carey

NCOA Benefits Specialist

You might be surprised how many of us are eligible for benefits. Some that we don't even know about! Liz Carey, of Senior Solutions, will be at Bugbee twice a month to help you figure out the system. Set up an appointment with Liz by calling her, 802-773-7917 ext. 2134 or email her at lcarey@seniorsolutionsvt.org.



Memory Café

Bugbee will be hosting a memory café in partnership with Senior Solutions. A Memory Café is a wonderfully welcoming place for caregivers and their loved ones who are challenged with forms of dementia or other cognitive disorders. Join them every 3rd Monday from 11 am to 1 pm. No reservation required. Just come and relax together! For more details email Joann at jerenhouse@seniorsolutionsvt.org.

BUGBEE SENIOR CENTER PRESENTS...

IN COLLABORATION WITH DON WATSON

7 Fantastic Films & Discussion



Returning Sept 24 at 1 pm

Join Don Watson as he returns to watch and discuss star studded films. Light refreshments will be provided for movie goers. You are encouraged to bring your own cushion, or even a chair (within reason).

Film Schedule:

All films will be shown on Tuesdays at 1 pm

9/24: *Shawshank Redemption*
10/1: *Horse Whisperer*
10/8: *Bagger Vance*
10/15: *Painted Veil*
10/22: *Scent of Green Papaya*
10/29: *Seven Years in Tibet*
11/5: *Wild*

Sign up required. To register, please call 802-295-9068 or email hello@bugbeecenter.org.

SCAM JAM, painting class, and more from AARP!

FREE EVENTS AT BUGBEE

SCAM JAM: Learn How to Prevent Fraud

Tuesday, September 10, 9:00—11:30 am

Every 2 seconds someone's identity is stolen. People over 50 are especially vulnerable and account for more than half of all fraud victims. Whether it's bogus investment deals, the Grandparent Scam, email ploys, lottery scams, or the newest ID theft scheme—sophisticated con artists are busy at work coming up with new ways to get your hard-earned money. Keep up to date on the latest scams and schemes to help protect you and the people you care about. Learn practical tips and information on the latest scams and how to protect yourself and your family.

Fall Forest Painting Class—free!

Wednesday, October 9 at 1:00 pm

Did you know that painting promotes stress relief, bolsters memory and expands your creative growth? It is a great way to unwind, flex your creative abilities and try something new.



FREE EVENTS AROUND TOWN

Shred Your old Documents

Wednesday, September 18, 11 am—1 pm
at Upper Valley Aquatic Center

Join AARP for a free drive-through document shredding day. Pull up your car, unload your documents, and they will be shredded on-site.

Meet & Greet at VINS

Tuesday, September 24, 4:00—7:00 pm

AARP invites you to attend a special member gathering at VINS Nature Center in Quechee. You are encouraged to bring along your children, grandchildren, or a close young person to make this an all-ages event. The Forest Canopy Walk and Exhibits will be open for you to explore, followed by a presentation on AARP's initiatives in Vermont, while you enjoy some delicious appetizers.



FREE! AARP membership is not required. To sign up, visit: local.aarp.org/hartford-vt/aarp-events/

Bugbee Trips

OCT
9

Strawbery Banke
Portsmouth, New Hampshire \$115

LAST CALL TO SIGN UP!

Strawbery Banke brings more than 350 years of history alive, from Indigenous history to the present day, in a historic waterfront neighborhood in Portsmouth, NH. Lunch will be provided at Roundabout Diner. You'll have the option of a variety of delicious sandwiches !

Sept
18

Apple Picking
Poverty Lane Orchards, Lebanon \$20

Enjoy a ride to Lebanon and spend time in the orchard! This trip does not have much walking, either. Special box picnic lunches are included with. Come enjoy a Fall day among friends, old and new! Meet at Bugbee at 10 am.

Sept
25

Pompanoosuc Mills
Thetford, VT

Discover the world of custom built furniture. Tour the facility and see how the furniture is made and all the beautiful woods they use. Bring your own cash for lunch at Red Clover Café. Meet at Bugbee at 9:45 am.

Oct
2

Mini Golf
Fore-U in West Lebanon \$15

Train for next year's Bugbee Games with our last Mini Golf game of the season! Meet at 1:00 pm at Bugbee.

For more info and to sign up, please call 802-295-9068 or email hello@bugbeecenter.org.

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