



Bugbee Bulletin

Volume 2024, Issue 10
October 2024

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



Gear up for the Bugbee Craft Fair

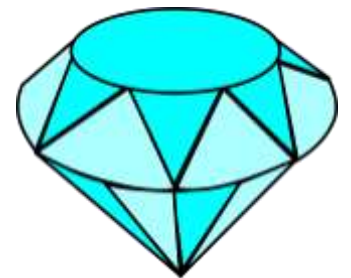
Friday, December 13, 2024, 1pm to 5pm
Saturday, December 14, 2024, 9am to 2pm

Mark your calendars... Bugbee's most popular annual event is back! Local craft makers showcase products, crafts, and artwork, along with a jewelry bazaar and a café with food and refreshments. This is a great family-friendly event, and a way to keep your holiday-shopping-dollars in the community. You'll also help support Bugbee's mission to help seniors age independently. This event helps benefit Bugbee Senior Center's Meals on Wheels & senior activity programs.

Interested in becoming a crafter? Please contact Susan at susan@bugbeecenter.org or at 802-295-9068 or fill out an application on our website: bugbeecenter.org/vendorapp

Seeking Jewelry

If you have any jewelry that you haven't worn in awhile and want to donate to a good cause, we are always accepting jewelry for the Holiday Craft Fair Jewelry Department. Nothing hot please. Just legally obtained gems. In addition to all of the Craft Fair vendors, the senior center is home to some amazing craft guilds and dedicated volunteers. All of the proceeds from Bugbee's Booths will directly support senior programs & nutrition.



If you have items to donate, contact Susan at 802-295-9068 or susan@bugbeecenter.org or swing by the Center.

Oktoberfest Night Opening

Thursday, October 3
Doors open at 4:00, Dinner at 5:00 pm,
High Stakes Bingo after dinner!

Join us for the last night opening of the year! We'll be serving a delicious authentic Oktoberfest meal. Top off the night with high stakes bingo! 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 for activities during the day—no lunch or meal deliveries.

Menu

Sausage Potato Soup
Bavarian Pork in Beer Sauce
German Potato Salad
S&S Red Cabbage
Pumpkin Stuff





Bugbee Senior Center Menu

October 2024



Monday

Tuesday

Wednesday

Thursday

Friday

<p>Reservations required for in house meals. Call us before 10:30 to sign up! 802-295-9068 Suggested Donation \$6.00</p>	<p>1 Green Salad Chicken Pot Pie w/ Peas & Carrots Mashed Potatoes Jell-O</p>	<p>2 3 Bean Salad Shepherd's Pie Carrots Peach Crisp</p>	<p>3 ★ OKTOBERFEST NIGHT OPENING ★ *sign up required* Sausage Potato Soup Bavarian Pork & Sides *no meal delivery or lunch service*</p>	<p>4 Caesar Salad Ravioli Meat Lasagna Brussels Sprouts Garlic Bread Baked Pears</p>
<p>7 Pickled Beets Mac & Cheese Stewed Tomatoes Green Beans Fruit Cocktail</p>	<p>8 Caesar Salad Sweet Sausage Marsala Rice Stir Fry Veggies Blueberry Cobbler</p>	<p>9 Green Salad Baked Haddock Roasted Potatoes Spinach Birthday Cake</p>	<p>10 Tossed Salad Chicken Parm w/ Linguini Brussels Sprouts Garlic Bread Baked Apples</p>	<p>11 Corn & Bean Salad Honey Garlic Chicken Rice Stir Fry Veggies Banana Pudding</p>
<p>14 Closed for Indigenous Peoples' Day</p>	<p>15 3 Bean Salad Shake & Bake Pork Chop Stuffing Applesauce Brussels Sprouts Pineapple & Mandarins</p>	<p>16 Green Salad Home Made Chicken Noodle Soup Grilled Cheese Brownie</p>	<p>17 Caesar Salad BBQ Chicken Sweet Potatoes Casserole Green Beans Pear & Blueberry Crisp</p>	<p>18 Tossed Salad C&S Pizza Melon</p>
<p>21 Ambrosia Swedish Meatballs w/ Egg Noodles Broccoli Tapioca Pudding</p>	<p>22 Caesar Salad Roast Pork w/ Gravy Mashed Potatoes Broccoli Apple Crisp</p>	<p>23 Green Salad Meatloaf Mashed Potatoes Peas & Onions Spice Cake</p>	<p>24 Cole slaw Baked Ham Scalloped Potatoes Cider Glazed Carrots Peach Cobbler</p>	<p>25 Harvest Chicken Salad w/ Lettuce Dilled Cucumbers Pumpkin Stuff</p>
<p>28 Caesar Salad Salisbury Steak Roasted Potatoes Beets Blondie</p>	<p>29 Carrot Raisin Slaw Oven Chicken Rice Roasted Veggies Apple Cranberry Crisp</p>	<p>30 Green Salad Corn Chowder & Egg Salad Roll Pineapple Orange Cake</p>	<p>31 Tossed Salad Spaghetti & Meatballs Green Beans Garlic Bread Chocolate Pudding</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

October 2024



Monday

Tuesday

Wednesday

Thursday

Friday

Reservations required for in house meals. Call us before 10:30 to sign up!	<p>1 10: Yoga Fusion \$8 12: Piano Tunes 1: Card Games 1: Film Discussion</p>	<p>2 8: Pickleball @ Maxfield 9: Foot Clinic 9:30: Mahjong 10: Locally Yours 1: Mini Golf Mini Trip 1: Fiber Crafts</p>	<p>3 1: Fall Wreath Making OKTOBERFEST NIGHT OPENING 4pm: Doors Open 5pm: Dinner 6pm: High Stakes Bingo Registration Required *no meal delivery or lunch service*</p>	<p>4 8: Pickleball @ Maxfield 10: Chair Yoga \$8 10: Mahjong 1: Bingo 1: Book Club</p>
	Chicken Pot Pie	Shepherd's Pie		Lasagna
<p>7 9:30: Beginner Tai Chi \$3 10:40: Traditional Tai Chi \$3 10: Bridge 1: Boggle 1: Bingo</p>	<p>8 10: Yoga Fusion \$8 12: Piano Tunes 12:30: Flu Clinic 1: Card Games 1: Film Discussion 2: Senior Learning Network: LaBelle</p>	<p>9 Strawbery Banke 8: Pickleball @ Maxfield 9: Foot Clinic 9:30: Mahjong 10: Locally Yours 1: Fiber Crafts 1: Fall Painting Class</p>	<p>10 9: Quilting 10:30: Buzz Café 1: BugbeeTalks: Medicare Enrollment 1:30: Senior Fitness \$8</p>	<p>11 8: Pickleball @ Maxfield 10: Chair Yoga \$8 10: Mahjong 1: Bingo</p>
Mac & Cheese	Sausage Marsala	Baked Haddock	Chicken Parm	Honey Chicken
Closed for Indigenous Peoples' Day	<p>15 10: Yoga Fusion \$8 12: Piano Tunes 1: Card Games 1: Film Discussion 2: Senior Learning Network: Mystic Seaport</p>	<p>16 8: Pickleball @ Maxfield 9:30: Mahjong 10: Locally Yours 1: Fiber Crafts 1: BugbeeTalks: Patient Choices VT</p>	<p>17 9: Quilting 10:30: Buzz Café 1:30: Senior Fitness \$8</p>	<p>18 8: Pickleball @ Maxfield 10: Chair Yoga \$8 10: Mahjong 1: Bingo 2: Fall Card Class</p>
	Pork Chop	Soup & Sandwich	BBQ Chicken	C&S Pizza
<p>21 9:30: Beginner Tai Chi \$3 10:40: Traditional Tai Chi \$3 10: Bridge 1: Boggle 1: Bingo</p>	<p>22 10: Yoga Fusion \$8 12: Piano Tunes 1: Card Games 1: Film Discussion 2: Senior Learning Network: Truman Pres Library</p>	<p>23 8: Pickleball @ Maxfield 9:30: Mahjong 10: Locally Yours 1: Fiber Crafts 1: Family Feud</p>	<p>24 9: Quilting 10:30: Buzz Café 1:30: Senior Fitness \$8</p>	<p>25 8: Pickleball @ Maxfield 10: Chair Yoga \$8 10: Mahjong 1: Bingo</p>
Swedish Meatballs	Roast Pork	Meatloaf	Baked Ham	Chicken Salad
<p>28 9:30: Beginner Tai Chi \$3 10:40: Traditional Tai Chi \$3 10: Bridge 1: Boggle 1: Bingo</p>	<p>29 10: Yoga Fusion \$8 12: Piano Tunes 1: Card Games 1: Film Discussion 2: Senior Learning Network: Cemeteries</p>	<p>30 8: Pickleball @ Maxfield 9:30: Mahjong 10: Locally Yours 1: Fiber Crafts 1: BugbeeTalks: SNIP Presentation</p>	<p>31 9: Quilting 10:30: Buzz Café 11: Halloween Costume Contest 1:30: Senior Fitness \$8</p>	<p>Lunch is served Monday to Friday at Noon</p>
Salisbury Steak	Oven Chicken	Chowder & Egg Salad	Spag & Balls	

Director's Corner

Red, orange, yellow, brown, purple...a little bit of green left, too. Did I miss any fall colors? (No, I'm not color blind!) New England is marvelous this time of the year. Wherever you live, I hope you have a nice view, and if not, come take in the view from Bugbee! From our vantage point we can see Crafts Hill rise from Boston Lot across the river. It provides a connection to our natural environment and helps with stress to just pause for a moment, look out, and take a few deep breaths. If any of you ever hike up Crafts Hill, see if you can zoom in and get a picture of Bugbee!

October is Bugbee New Year because we start with a new Fiscal Year. As we tabulate our annual report for the Towns, and as I descend into madness sorting through accounts with our CPA, I can give you a preview: over the last year we served more than 1,200 seniors who used services at Bugbee 46,000 times! That includes almost 20,000 Meals on Wheels deliveries and 10,000 lunches at the Center.

This year, we have also seen more organizations interested in working with us on programming for seniors. Thank you to our partners for keeping the calendar full of interesting and useful events: AARP Vermont, Advance Transit, Craft Studies, Dartmouth Health, Good Neighbor Health Clinic, Hartford Parks & Rec, Junction Arts & Media, Lions Club Health Closet, Quechee & Wilder Libraries, Senior Solutions, Tri Valley Transit, Upper Valley Aquatic Center, Vermont Association of Senior Centers & Meal Providers, Vermont Department of Health, and Vital Communities.

This is in addition to all the many instructors, presenters, and activity leaders for BugbeeTalks, classes, and special events, many of whom are also participants at Bugbee. Thank you for being involved! And if you ever have an idea for a new program or activity, please let us know.

For now, let's settle into fall and enjoy spooky season! Happy Halloween, and see you soon.

Mark Bradley
Executive Director



Health & Wellness at Bugbee

Foot Clinic

Select Wednesdays of each Month

Beverly Sinclair, RN, provides foot care for seniors, and will make your feet feel like you're walking on cotton.

To schedule an appointment, call 802-295-9068. Foot clinic appointments are \$40.



Flu Clinic

Tuesday, October 8, 12:30 pm to 2:30 pm

Protect yourself this season! Good Neighbor Health Clinic will be at the Center to administer high-dose flu vaccines. Registration is required as space is limited. Please call 802-295-9068 or email hello@bugbeecenter.org to sign up. Contact your local pharmacy or your primary health care provider to schedule your COVID vaccine, or for a flu shot if you can't make it to the Bugbee clinic. We can also help you find or schedule an appointment.



BUGBEETalks

Speaker Series for Upper Valley Seniors

Medicare Enrollment with Zenaida **Thursday, October 10 at 1:00 pm**

Join Zenaida to go over all the different parts of Medicare and how they work. She will explain the ins and outs of supplements (Medigap plans) and Advantage (Part C) plans.

You will also go over the changes to Medicare for 2025. Learn how Part D will work next year. An opportunity to schedule a one on one to go over personalized options for yourself based on your doctors and medications will be available to you. Don't miss this important discussion with Zenaida!



Patient Choices Vermont **Wednesday, October 16 at 1:00 pm**

Brigid will lead an open discussion about end-of-life decision making including medical aid in dying under Vermont's Act 39. This is an opportunity to learn, ask questions, and share stories. These conversations are life affirming and empowering. People often discuss their experiences with the dying process of loved ones and express their desires for what they would or would not like when they consider their end-of-life choices. Topics will include medical aid in dying, who qualifies, and how it works, as well as the role of hospice and palliative care. Brigid will discuss how to talk to your doctor and recent legislative updates to Act 39.



SNIP Presentation **Wednesday, October 30 at 1:00 pm**

SNSC Special Need Information Program, or SNIP, is a voluntary safety program that helps emergency responders identify and respond to vulnerable residents with special needs. The benefits of the program to our most vulnerable citizens and to law enforcement make it an invaluable safety tool for our community. The tool is free to residents and provides local law enforcement with essential information prior to an emergency.



Find out more information here: snsc-uv.org/special-needs-information-program/.

No sign up required for BugbeeTalks. For more info, please call 802-295-9068.

Film Discussion

Tuesdays at 1pm

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.

Family Feud

Wednesday, October 23 at 1:00 pm

"Name something that gets passed around" Survey says.....What's the most popular answer? We're playing our inaugural Family Feud Game at the Center. Two teams of five people will compete against each other. Sign up is required so that we can keep track of the teams. All are welcome to cheer them on! Call 802-295-9068 or email hello@bugbeecenter.org for more information or to sign up.



Bon Voyage to Captain Paige

Captain Paige is hoisting her main sail onto smoother waters. If you know Captain Paige, you know she makes a booming cinnamon roll and other delectable baked goods. She has been kind enough to sell her goods at the Center and give a portion of her proceeds to the Meals on Wheels program. Captain Paige's galley will still be pumping out yummy baked goods locally. She can be found at captainpaigebakes.weebly.com.

CAPTAIN
PAIGE BAKES

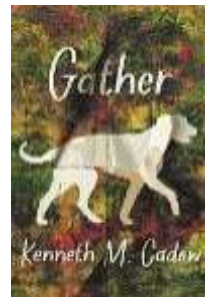


Book Club in October

Friday, October 4 at 1:00 pm

The book for this month is *Gather* by Kenneth Cadow. The discussion is led by Debbie from Quechee libraries, in person or via zoom. Copies of the book are available from Bugbee Senior Center or from Quechee Library at 802-295-1232.

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



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.

Arts & Crafts at Bugbee!

Fall Wreath Making

Thursday, October 3 at 1:00 pm

Learn how to make a stunning Fall wreath with our very talented, Barb Duclos. \$15 covers materials and instruction.

Sign up at front desk as space is limited. Yes, the Center is hosting a night opening but will be open for the wreath making class.



Fall Forest Painting Class

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. Thanks to AARP, you can paint for free!

AARP membership is not required. To sign up, visit: www.bugbeecenter.org/class/aarp-painting-class/.



Fall Card Class with Jodi

Friday, October 18 at 2:00 pm

Jodi is back for another fun Fall card making class! Your card making kit includes the supplies to make three greeting cards using Stampin' Up Splendid Autumn designer series paper. Customize your card with the greeting of your choice. You will have materials left over to make additional cards or projects if you wish. You will receive 20 sheets of 6 x 6 Splendid Autumn paper along with coordinating cardstock, ribbon, and embellishments.

You will need to bring adhesive, glue dots, or stampin' dimensionals and a small pair of scissors. If you do not have these items, Jodi will have some available for purchase. Class size is limited to 10 people. Registration deadline is October 4th. The fee is \$25.00.



To register please call 802-295-9068 or email hello@bugbeecenter.org. For questions contact Jodi Harrington at stampwithjodih@yahoo.com or call 802-296-1151.

Halloween at Bugbee

It's spooky season! Which means it's time to dress up in your best Halloween costumes. On **Tuesday, October 31**, Bugbee will be decked out in decorations. Join us for lunch and a costume contest. Be prepared for spooky visitors from White River School. Registration required for lunch. Please call 802-295-9068 or email hello@bugbeecenter.org.



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!

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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