



Bugbee Bulletin

Volume 2024, Issue 11
November 2024

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



Thank You
VETERANS

Veterans Day Lunch

Monday, November 11 at Noon

Veterans Day is a time for us to come together and pay respects to those who have served for our country. If you are a Veteran, we want to thank you for your service. Veterans eat for free at the Center on Monday, November 11. Join us for high stakes bingo after lunch! \$2.50 a card. No sign up required for bingo.

Menu

3 Bean Salad
Chicken Pot Pie
w/ Peas & Carrots
Mashed Potatoes



Thanksgiving Lunch

Thursday, November 21 at Noon

It's the season for gratitude, and what better way to share it than a nice meal together. Celebrate Thanksgiving at the Center with a turkey lunch and good company. Stay for the Dartmouth Forte concert after lunch!

Menu

Roast Turkey
w/Gravy
Mashed Potatoes
Stuffing
Butternut Squash
Cranberry Sauce
Roll
Pumpkin Pie

Sign up is required for both lunches. To register, email hello@bugbeecenter.org or call 802-295-9068.



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

The Craft Fair is our favorite annual tradition! Local crafters showcase handmade products and art, along with the jewelry bazaar and café! This is a great family-friendly event, and keeps your holiday-shopping-dollars local.



Cookie Walk at the Craft Fair!

On Friday, 12/13 & Saturday, 12/14,

select your own assortment of homemade holiday cookies! \$7 per pound. Peruse through the amazing crafters as you make your way to the Cookie Walk in the back!



New this year:
All Cash Prizes!

On Sale Now! Tickets are \$10 each (3 for \$20) and proceeds benefit activities, programs, and meals at Bugbee! Twice weekly drawings for \$50, with a **\$200 Jackpot drawing** on Tuesday, Dec. 31! Winners do not need to be present to win. All winning tickets will be re-entered into the Jackpot Drawing.

Tickets can be purchased at the front desk, over the phone 802-295-9068, or online at bugbeecenter.org/raffle

Thank you, Board! Behind the scenes at Bugbee is a hard working all-volunteer board of directors. Three board members' terms have ended after many years of helpful service. Join us in congratulating Mary Booth-Benton, Diane Romano, and longtime treasurer Pat Taylor! They are a big part of why Bugbee is such a busy and bustling place. We'd also like to welcome our newest members: Jennifer Fontaine, who works at the Upper Valley Haven, and Colleen O'Brien, who you might recognize from the front desk. Welcome to the team, and thank you for joining!



Bugbee Senior Center Menu

November 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>Please be seated by 11:50 am to allow our waitstaff to serve beverages (coffee/tea/milk) before the salad course.</p>			<p>1 Ambrosia Baked Pork Chop Applesauce Sweet Potatoes Broccoli Baked Pears</p>
<p>4 Caesar Salad American Chop Suey Brussels Sprouts Garlic Bread Fruit</p>	<p>5 Corn & Bean Salad Ranch Chicken Stuffing Squash Pudding</p>	<p>6 Green Salad Meatloaf Mashed Potatoes Broccoli Brownie</p>	<p>7 Cole Slaw Corn Chowder & Tuna Salad Roll Applesauce Cake</p>	<p>8 Pickled Beets Mac & Cheese Stewed Tomatoes Green Beans Fruit Salad</p>
<p>★ 11 ★ VETERANS DAY LUNCH 3 Bean Salad Chicken Pot Pie w/ Peas & Carrots Mashed Potatoes Baked Apples *sign up required*</p>	<p>12 Caesar Salad Roast Pork w/ Gravy Mashed Potatoes Brussels Sprouts Blueberry Cobbler</p>	<p>13 Carrot Raisin Slaw Baked Haddock Roasted Potatoes Spinach Birthday Cake</p>	<p>14 Green Salad Chicken Broccoli Alfredo Egg Noodles Jell-O w/ Fruit</p>	<p>15 Tossed Salad C&S Pizza Melon</p>
<p>18 Caesar Salad Chicken Parm w/ Linguini Garlic Bread Broccoli Peaches & Cream</p>	<p>19 Cole Slaw Baked Ham Scalloped Potatoes Brussels Sprouts Pear & Blueberry Crisp</p>	<p>20 Tossed Salad Swedish Meatballs w/ Egg Noodles Peas Mandarins</p>	<p>★ 21 ★ THANKSGIVING LUNCH Roast Turkey w/ Gravy Mashed Potatoes Stuffing *sign up required*</p>	<p>22 Green Salad Shepherd's Pie Carrots Roll Peach Cobbler</p>
<p>25 Carrot Slaw Salisbury Steak Sweet Potatoes Broccoli Pudding</p>	<p>26 4 Bean Salad Broccoli & Cheddar Soup Ham Salad Roll Pumpkin Mousse</p>	<p>27 Tossed Salad Spaghetti & Meatballs Green Beans Garlic Bread Fruit Cocktail</p>		<p>28</p>
<p>29</p>				



Bugbee Senior Center Activities

November 2024




Monday

Tuesday

Wednesday

Thursday

Friday

<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>			<p>1 9:30: Mahjong 10: Chair Yoga \$8 1: Bingo 1: Book Club</p>
<p>4 9:30: Mahjong 9:30 & 10:40: Tai Chi Classes \$3 10: Bridge 1: Boggle 1: Bingo 1: Painting w/ Christine</p>	<p>5 10: Yoga Fusion \$8 10:30: Morning Melodies 12: Piano Tunes 1: Card Games 1: Film Discussion 2: Senior Learning Network: Ford's Theater</p>	<p>6 9:30: Mahjong 10: Cardio Drumming 1: Fiber Crafts 1: Leaf Printing w/ Annette</p>	<p>7 9: Quilting 10:30: Buzz Café 1:30: Senior Fitness \$8</p>	<p>Pork Chop 8 9:30: Mahjong 10: Chair Yoga \$8 1: Bingo</p>
<p>American Chop Suey</p>	<p>Ranch Chicken</p>	<p>Meatloaf</p>	<p>Chowder & Salad</p>	<p>Mac & Cheese</p>
<p>11 9:30: Mahjong 9:30 & 10:40: Tai Chi Classes \$3 10: Bridge 12: Veterans Day Lunch 1: High Stakes Bingo 1: Boggle</p>	<p>12 10: Yoga Fusion \$8 10:30: Morning Melodies 12: Piano Tunes 1: Card Games 2: Senior Learning Network: FDR</p>	<p>13 9: Foot Clinic 9:30: Mahjong 10: Cardio Drumming 1: Fiber Crafts 1: Galette Class 3: Yoga for Men</p>	<p>14 9: Quilting 10:30: Buzz Café 1: Poetry Performance by CJ 1:30: Senior Fitness \$8</p>	<p>15 9:30: Mahjong 10: Chair Yoga \$8 1: Bingo</p>
<p>Chicken Pot Pie</p>	<p>Roast Pork</p>	<p>Baked Haddock</p>	<p>Chicken Alfredo</p>	<p>C&S Pizza</p>
<p>18 9:30: Mahjong 9:30 & 10:40: Tai Chi Classes \$3 10: Bridge 10:30: MSM Mini Trip 11: Memory Café 1: Boggle 1: Bingo</p>	<p>19 10: Yoga Fusion \$8 10:30: Morning Melodies 12: Piano Tunes 1: Card Games 1: Medicare Fraud 2: Senior Learning Network: Chimney Rock</p>	<p>20 9: Foot Clinic 9:30: Mahjong 10: Cardio Drumming 1: Fiber Crafts 1: Winter Wreath Making w/ Barb</p>	<p>21 9: Quilting 10:30: Buzz Café 12: Thanksgiving Lunch 1: Dartmouth Forte 1:30: Senior Fitness \$8 1:30: Visually Impaired Group</p>	<p>22 9:30: Mahjong 10: Chair Yoga \$8 1: Bingo</p>
<p>Chicken Parm</p>	<p>Baked Ham</p>	<p>Swedish Meatballs</p>	<p>Roast Turkey</p>	<p>Shepherd's Pie</p>
<p>25 9:30: Mahjong 9:30 & 10:40: Tai Chi Classes \$3 10: Bridge 1: Boggle 1: Bingo 1: Thanksgiving Cards</p>	<p>26 10: Yoga Fusion \$8 10:30: Morning Melodies 12: Piano Tunes 1: Card Games 2: Senior Learning Network: Wyoming Vet Museum</p>	<p>27 9:30: Mahjong 10: Cardio Drumming 1: Fiber Crafts</p>	<p>28 29 <i>Closed for Thanksgiving</i></p>	
<p>Salisbury Steak</p>	<p>Soup & Salad</p>	<p>Spag & Balls</p>		

Director's Corner

Happy Turkey Day! Well...soon! Hope you've been enjoying the fall – you're not imagining it, it's been exceptionally nice out, and the colors have been amazing. "Exceptionally nice and colorful" also describes the interior of Bugbee! Thank you to Kathy Tracy and other volunteers for keeping the place spruced up with seasonal decorations.

This fall we've received a challenge from the Byrne Foundation to raise \$40,000 by the end of this year – which will be matched dollar for dollar by the foundation. As of today, we're at 19% of this goal, at \$7,740. Year end donations are important: these gifts are the reason why so many programs are free or low cost, and what we raise now will help us determine what programs we can offer for the year ahead. I hope (if you are in the position to do so) you'll consider contributing. Thank you to the Byrne Foundation for matching gifts from the community!

More thanks to give! This time to our retiring board members. I cannot express how appreciative we all are for the years of service from Mary Booth-Benton, Diane Romano, and longtime treasurer Pat Taylor. If you think Bugbee is in a good place right now, it's partly thanks to their leadership and oversight. We also are welcoming our newest board member and treasurer, Jennifer Fontaine, and new member-at-large, Colleen O'Brien. Jennifer works at Upper Valley Haven as director of food programs and finance, and if you've ever come to Bugbee you'll know Colleen! We are thrilled to welcome them to the team!

The biggest thank you goes to all of you for participating here. Sometimes I hear people reflecting on what makes Bugbee so welcoming and bright. Is it the building? The programs? The tasty meals? My theory is, it's the people who participate. You set the tone and create the community here, so a big THANK YOU for being so friendly, especially when we get new people visiting for the first time.

There is so much gratitude to express for why Bugbee is a special place. Getting older is not always easy, but every stage of life has its own challenges and gifts. As we head towards Thanksgiving, what are you most grateful for? (A good hot meal counts for a lot!) See you around the Center, and keep in touch.

Mark Bradley
Executive Director



Discover the world of our favorite Painting Instructor, Christine, at The Main Street Museum. On Monday, November 18th at 10:30 am, Bugbee is taking a mini trip to see Christine's Art Show! Come back to the center for a Chicken Parm lunch!

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.

Sweet & Savory Galette Class

Wednesday, November 13 at 1:00 pm

Back by popular demand! A world renowned pastry chef will be teaching us how to make galettes (open faced tarts), one sweet and one savory. Learn new recipes and techniques just in time for holiday entertaining! Everyone will be able to enjoy a slice of each. Class limited to 16 attendees. Sign up at the front desk by Nov 11. For more information, or to register, please call 802-295-9068 or email hello@bugbeecenter.org. Suggested donation of \$5 to offset the cost of ingredients!



Join the Fight Against Medicare Fraud

Tuesday, November 19 at 1:00 pm

Senior Medicare Patrol is ready to empower you with the information you need to Prevent, Detect and Report potential Medicare fraud. Learn about signs of potential Medicare fraud. No sign up required!



Feel Good at Bugbee Are You Game?

Preview on Monday, October 28 at 12:45 and Friday, November 8 at 12:45

Are you game to try a new activity that is fun, will make you laugh, will make you move and think, and ultimately improve your health and well-being? We are inviting folks to “play” with creativity, imagination, memory, recall, and body movements with fun, simple challenge tasks like playing Front Row Orchestra (naming as many instruments as you can think of that are used in an orchestra without using your voice - need to pretend playing the instrument like charades) or Zoology (sounds and movements of different animals - pets, ocean animals, woodland animals, desert animals, on safari, etc).

Cardio Drumming

Restarts Wednesday Mornings at 10 am

Sign up required. Suggested donation of \$3.

Yoga for Men Healthy Body & Peaceful Mind

Introductory class Wednesday, November 13 and Wednesday, December 11 from 3:00-3:45

Beginning with chairs and props you will explore how to become more flexible, build core strength, and improve balance. Yoga has been shown to improve posture, ease joint and back pain, and lower high blood pressure. No experience needed, just a curious mind, or a desire to try it, with the ever changing aging body. A sense of humor is always welcome.

Boggle

Every Monday at 1pm

We have several games to choose from at the Center. Drop in to play Boggle on Monday at 1 or find another game you might enjoy!

Mah Jongg Lessons

Mah Jongg lessons (American style) are back at the Center starting in November. Classes will be November 7, 14, 21; Dec. 5, 12, 19, Jan. 2, 9. All classes are scheduled from 1-3 pm. Attendance at the first class is mandatory and attendance at the remainder of the classes is highly recommended (one tile short of mandatory).

Class size is limited to 8. Registration required. To sign up for lessons, please call the Center at 802-295-9068 or email hello@bugbeecenter.org.



Bugbee Presents...



Poetry Performance Thursday, November 14 at 1:00 pm

CJ Kinton spent nearly a decade as a nomad writer, adventuring and living in her car, mostly out west, where she frequently did readings and performances. Her poems and songs address topics such as homelessness, wildfires, climate change, love, loss, abuse, and the relationship of humans to the Earth, frequently set against a backdrop of wilderness. She is currently back in the Upper Valley where you can find her dancing, shooting videos, and immersing in the wild.



Dartmouth Forte Thursday, November 21 at 1:00 pm

Dartmouth Forte is a group of students that performs music for older folks in the Upper Valley. Throughout the year, they perform a variety of genres from classical to folk to music from past decades. They are passionate about music therapy and love interacting with older folks in the Upper Valley! Sign up is not required for the performance.



Japanese Gardens with Monty Don Tuesday, December 3 at 1:00 pm

Presented by Pippa Drew. Join Monty for a tour of Japan's best gardens where tradition and modernity flourish. Monty Don sets out to discover the true essence of these elegant gardens and what the world has taken from them. Afterwards, stay for a discussion with Pippa about the program.



Suggested donation of \$3-5. Sign up required. For more information or to register, please call 802-295-9068 or email hello@bugbeecenter.org.

Pontine Theatre presents: "A New England Christmas" Thursday, December 5 at 1:30 pm

Pontine Theatre's Artistic Co-Directors, Marguerite Mathews and Greg Gathers perform "A New England Christmas," featuring a trio of holiday stories: William Dean Howell's "Christmas Every Day," Robert Frost's "Christmas Trees," and "Christmas in Our Town" by Alice Van Leer Carrick.



The program, suitable for adults and older children, is made possible by grants from the Jack and Dorothy Byrne Foundation, Market Basket, the National Endowment for the Arts and the New Hampshire State Council on the Arts.



Arts & Crafts at Bugbee!



Painting with Christine Monday, November 4 at 1:00 pm

Christine of the Wandering Paint Brush is back for another great painting class! All levels of experience are encouraged to come. For anyone who has taken a class with Christine, you know it is Always FUN! Register in advance. \$25 fee covers instruction and all materials. Make check payable to Christine Traverson. Take home your very own Masterpiece. Contact Susan for more information: susan@bugbeecenter.org or at 802-295-9068.



Leaf Printing with Annette Wednesday, November 6 at 1:00 pm

Celebrate the Maples of Vermont with this free and easy to learn leaf painting class. Our instructor—from New Hampshire, but we don't hold it against her – Annette will lead us through the steps to bring your leafy creation to life. We have paints and leaves and muslin. You are welcome to bring a t-shirt; sweatshirt; or any plain fabric to use as a base for the leaf painting. Sign up required as space is limited. Email hello@bugbeecenter.org or call 802-295-9068 for more info!



Winter Wreath Making Wednesday, November 20 at 1:00 pm

Snowflakes, friendship and winter cheer! Join the very talented, Barb Duclos, and learn how to make a fabulous Winter Wreath. Sign up at front desk as space is limited. \$15 covers materials and instruction.



Thanksgiving Card Making Monday, November 25 at 1:00 pm

Crafty volunteers needed! Come have fun and help make turkey day Cards for Meals on Wheels participants. This is a great way to brighten someone's day, bring a smile, and celebrate Thanksgiving. All the materials for making fun cards will be provided. No sign up required!



Book Club in November Friday, November 1 at 1:00 pm

The book for this month is *Shelterwood* by Lisa Wingate. The discussion is led by Debbie from Quechee libraries, in person or via zoom. For more information, or to sign up, please call 802-295-9068 or email hello@bugbeecenter.org.



Ever sing along with the radio, or in the shower? Why not sing along with tunes you remember and feel the joy. Every Tuesday morning at 10:30, let's sing together! Guaranteed to lift your spirits. Carol Jackson will lead on piano – and don't worry, all singing abilities welcome, and it's just for fun. To sign up, call 802-295-9068 or email hello@bugbeecenter.org.

Eat Smart, Move More, Weigh Less

A healthy you in 15 weeks...We think you are worth it, don't you?

The next series of "Eat Smart, Move More, Weigh Less" starts Tuesday, November 5. This course is a 15-week weight management program that works because it is not a diet – it's a lifestyle. It uses strategies proven to work for weight loss and maintenance. Each lesson informs, empowers, and motivates you to live mindfully as you make choices about eating and physical activity.

All weekly classes are conducted online by a LIVE instructor, fostering interaction between the instructor and all participants. You can book time using the computers & screens at Bugbee, if you'd like! Or you can conveniently attend classes from home using your own device. For more info, or to sign up, please call Susan at 802-295-9068 or email susan@bugbeecenter.org.



Good news! The Jack & Dorothy Byrne Foundation will match all donations until the end of the year, up to \$40,000! Consider donating today to double your impact. Every contribution truly matters and will support the awesome variety of programs, activities, and meals at Bugbee. Challenge accepted! We can do it!

To make a donation, see us at the front desk, or mail to Bugbee Senior Center, 262 N Main St, White River Jct, VT 05001. You can also donate securely online at bugbeecenter.org/donate or call us at 802-295-9068.

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