



Bugbee Bulletin

Volume 2024, Issue 12
December 2024

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



Craft Fair 2024

Friday, December 13 from 1:00 - 5:00 pm
Saturday, December 14 from 9:00 - 2:00 pm

Bugbee's most popular annual event! Local craftmakers showcase products, crafts, and artwork, along with a jewelry bazaar, a cafe with food and refreshments, and a raffle. This is a great family-friendly event, and a way to keep your holiday-shopping-dollars in the community.

*** New this year—Paint Your Person! ***

Have a volunteer paint a portrait, on the spot, from a photo of your choice. Or become an artist yourself!



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



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!

Holiday Lunch & Festivities Wednesday, December 18

Happy Holidays! *Bugbee Style*. Enjoy a delicious meal on Wednesday, December 18 at noon with good friends. Stay afterwards for the festivities! Advanced registration is required for the Holiday Lunch. Call 802-295-9068 or email hello@bugbeecenter.org for more info or to sign up.

Menu
Crunchy Romaine Salad w/ Creamy Italian
Roast Beef w/ Gravy
Mashed Potatoes
Dilled Carrots
Dinner Roll
Cherry Cheesecake

Christmas Caroling

Wednesday, December 18 at 1pm

Two of our very own, multi-talented volunteers, Allen & Kathy, will be leading us in joyous holiday music, right after our holiday luncheon! Stick around to spread some cheer.

No sign up required for caroling!

Yankee Swap

Wednesday, December 18 at 2pm


After our holiday lunch & caroling festivities, we will be hosting a Yankee Swap! If you want to play, bring in a wrapped gift suitable for *anyone* (approximate value \$5). For more info or to register, please call 802-295-9068 or email hello@bugbeecenter.org.



Bugbee Senior Center Menu

December 2024



Monday	Tuesday	Wednesday	Thursday	Friday	
2 Cole Slaw BBQ Ribs Seasoned Potatoes Beets Pudding w/ Cookie	3 Tossed Salad Tex-Mex Soup Corn Bread Lime Jell-O	4 Tossed Salad Chicken Broccoli Alfredo Pineapple-Orange Cake	5 Green Salad Baked Ham Scalloped Potatoes Carrots Chocolate Mousse	6 4 Bean Salad Meatloaf Mashed Potatoes Peas Applesauce Cake	
9 Caesar Salad Chicken Parm Linguini Broccoli Garlic Bread Baked Pears	10 Tossed Salad Shepherd's Pie Carrots Blondie	11 Cole Slaw Baked Haddock Roasted Potatoes Spinach Birthday Cake	12 Green Salad Roast Pork w/ Gravy Mashed Potatoes Beets Tapioca Pudding	13 Café at the Craft Fair *Meals on Wheels Delivery Only* Chili & Cornbread	
16 3 Bean Salad Salisbury Steak Sweet Potatoes Brussels Sprouts Tapioca Pudding	17 Carrot Slaw Broccoli & Cheddar Soup Ham Salad Roll Peach Crisp	★ 18 ★ HOLIDAY LUNCH Roast Beef w/ Gravy Mashed Potatoes Dilled Carrots Cherry Cheesecake *sign up required for congregate lunch*	19 Caesar Salad Spaghetti & Meatballs Broccoli Garlic Bread	20 Tossed Salad C&S Pizza Melon	
★ 23 ★ HOLIDAY BUFFET Scrambled Eggs Bacon & Sausage Hash Browns Fruit Cup Cranberry Muffin Orange Juice *sign up required for congregate breakfast*	24 CLOSED FOR THE HOLIDAYS! 		25 	26 Pickled Beets Mac & Cheese Stewed Tomatoes Green Beans Peaches & Cream	27 Tossed Salad Chicken Pot Pie Peas & Carrots Mashed Potatoes Blondie
30 Caesar Salad American Chop Suey Broccoli Garlic Bread Fruit Cocktail	★ 31 ★ NEW YEAR'S BUFFET Scrambled Eggs Bacon & Sausage Hash Browns Fruit Cup Cranberry Muffin Orange Juice *sign up required for congregate breakfast*		Reservations required for in house meals. Call us before 10:30 to sign up! 802-295-9068 Suggested Donation \$6.00	Please be seated by 11:50 am to allow our waitstaff to serve beverages (coffee/tea/milk) before the salad course.	



Bugbee Senior Center Activities

December 2024



Monday	Tuesday	Wednesday	Thursday	Friday
2 9:30: Mahjong 9:30 & 10:40: Tai Chi Classes \$3 10: Bridge 1: Boggle 1: Bingo	3 10: Yoga Fusion \$8 10:30: Morning Melodies 12: Piano Tunes 1: Card Games 1: Monty Don w/ Pippa 2: Senior Learning Network Presentation	4 9: Foot Clinic 9:30: Mahjong 9:30: Holiday Shopping Mini Trip 10: Cardio Drumming 1: Fiber Crafts	5 9: Quilting 10:30: Buzz Café 1:30: Pontine Theater Presents: "A New England Christmas"	6 9:30: Mahjong 10: Chair Yoga \$8 11: Bugbee 2030: Plan Presentation 1: Bingo 1: Book Club
BBQ Ribs	Tex-Mex Soup	Chicken Alfredo	Baked Ham	Meatloaf
9 9:30: Mahjong 9:30 & 10:40: Tai Chi Classes \$3 10: Bridge 1: Boggle 1: Bingo 1: Painting w/ Christine	10 10: Yoga Fusion \$8 10:30: Morning Melodies 12: Piano Tunes 1: Card Games 2: Senior Learning Network Presentation	11 9: Foot Clinic 9:30: Mahjong 10: Cardio Drumming 1: Fiber Crafts 1: White River School Christmas Caroling 3: Yoga for Men \$8 3:45: Joseph Smith Light Show Mini Trip	12 9: Quilting 10:30: Buzz Café 2: Senior Learning Network Presentation	13 CRAFT FAIR & COOKIE WALK Fri, 12/13, 1-5 Sat, 12/14, 9-2 
Chicken Parm	Shepherd's Pie	Baked Haddock	Roast Pork	
16 9:30: Mahjong 9:30 & 10:40: Tai Chi Classes \$3 10: Bridge 11: Memory Café 1: Boggle 1: Holiday Card Making	17 10: Yoga Fusion \$8 10:30: Morning Melodies 12: Piano Tunes 1: Card Games 1: Tri-M Caroling with Hartford High School 2: Senior Learning Network Presentation	18 9:30: Mahjong 10: Cardio Drumming 12: Holiday Lunch 1: Fiber Crafts 1: Bugbee Caroling 2: Yankee Swap	19 9: Quilting 10:30: Buzz Café 1: UV Music Holiday Concert 1:30: Visually Impaired Group	20 9:30: Mahjong 10: Chair Yoga \$8 1: Bingo
Salisbury Steak	Soup & Salad	Baked Haddock	Spag & Balls	C&S Pizza
23 Holiday Buffet at 9:00 am Scrambled Eggs Bacon & Sausage *Pre Registration Required*	CLOSED FOR THE HOLIDAYS! 		26 9: Quilting 10:30: Buzz Café	27 9:30: Mahjong 10: Chair Yoga \$8 1: Bingo
			Mac & Cheese	Chicken Pot Pie
30 9:30: Mahjong 9:30 & 10:40: Tai Chi Classes \$3 10: Bridge 1: Boggle 1: Bingo	31 New Year's Buffet at 9:00 am Scrambled Eggs Bacon & Sausage *Pre Registration Required* 10: Yoga Fusion \$8		Reservations required for in house meals. Call us before 10:30 to sign up!	Lunch is served Monday to Friday at Noon
American Chop Suey				

Director's Corner

Happy December, everyone! This year has been one for the ages. It's amazing to me how much we accomplish together, how many new friends we've welcomed, and how many great ideas you all provide.

I would like to congratulate Eleanor Zue, our esteemed social worker and senior advocate, who will be retiring at the end of this year after decades of service for seniors in the Upper Valley. She has helped so many people navigate their later years in life. She is truly a "professional listener," and probably the single most patient person I have ever met. It has been a joy working with Eleanor, and she's leaving her department in good hands. Please join me in gratitude and thanks for her steadfast service.

A few other updates: we've been hard at work behind the scenes on our first strategic plan in many years. By 2030, we're anticipating more than 1 in 3 Vermonters being over the age of 60. So much has changed, and much is changing, so it is a good time to see where we're at and plan how we can best serve this growing demographic over the coming years. It's a five year plan, so we are calling it "Bugbee 2030." And we want to hear from you! You will see survey opportunities, 1-on-1 interview opportunities, and focus groups meetings to discuss the changing needs of our community. I am giving a presentation on Friday, December 6 at 11am to talk about the plan and how you can get involved!

In the meantime, we're looking forward to the Holiday Craft Fair, raffle drawings, and other festivities this month. (Plus some tasty meals and baked treats!) Thank you for all your contributions this year, from participants, to volunteers, to donors, you're making a difference for everyone.

How do you celebrate the end of the year? At home I always put up a tree and some lights, and try my best not to get into the sweets too much. I'm especially looking forward to celebrating with all of you. Bugbee seniors have so much cheer, even during the winter months. Happy Holidays and a Happy New Year from everyone at Bugbee!

Mark Bradley
Executive Director



Snow Day Reminders

If roads are expected to be too hazardous to drive, Bugbee will be closed and Meals on Wheels deliveries will be canceled. Check our website (bugbeecenter.org), WCAX, or our Facebook page for any updates regarding closures. The phones are updated too, so call us at 802-295-9068. We will still monitor voicemails and emails, and do our best to stay in touch on days we are closed!



Holiday Buffets at Bugbee

Christmas Buffet
Monday, December 22 at 9:00 am

Celebrate the holidays with two delicious buffets at Bugbee! Afternoon activities will be cancelled.

Sign up is required for both buffets! Please call 802-295-9068 or email hello@bugbeecenter.org to register for one or the other (or both)!
Suggested donation of \$6.

New Year's Buffet
Tuesday, December 31 at 9:00 am

Menu

Scrambled Eggs
Bacon & Sausage
Hash Browns
Fruit Cup
Cranberry Muffin
Orange Juice





Friday, December 6 at 11:00

Join Executive Director, Mark Bradley to hear how White River Council on Aging is planning for the future—and how you can help!

By 2030, one in three Vermonters will be over the age of 60, and senior centers like Bugbee will be more important than ever. Help us with our roadmap! This plan will be *for* you, and *by* you. Learn about how Bugbee is operating today, see what the strategic planning process looks like, and find out how to help guide the plan. Over the next two months there will also be surveys and focus group opportunities. Stay tuned! (No sign up needed.)

**Connection & Caring:
A Companionable Support Group**
Thursday mornings at 10 am
December 5, 2024 through February 6, 2025

Companionship with others who also experience this can help us build resilience and enjoy life more. Our listening supportive group offers an open-hearted, accepting source of comfort for its members as we navigate new realities and find new solutions. While we don't give advice or tell each other what to do, there is much to learn in sharing experience, strength, and hope as we create new satisfying pathways.



Facilitated by Jeanne Childs, M.A. Board Certified Clinical Geriatric Chaplain.

Space is limited! To register, please call 802-295-9068 or email hello@bugbeecenter.org.
sign up required prior to the first session

Coming up in January

Grief & Healing Café

First Monday of Every Month at 2pm —starting January 6, 2025

The Grief & Healing Café is open to anyone who has experienced loss. We believe grief is a universal human experience and we honor the co-existence of feelings in grief. Join the café to celebrate the lives of those we grieve.



Don Watson Movie Discussion

Tuesdays at 1pm—starting January 7, 2025

Join Don as we watch & discuss 7 Elizabeth Taylor movies! Light refreshments will be provided for movie goers. You are encouraged to bring your own cushion, or even a chair (within reason)!



On Death & Dying: The Role of an End of Life Doula

Wednesday, January 8, 2025 at 1pm

Kasey March is a trained death doula. She helps clients understand the challenges at end-of-life and how to navigate them.



DOULA CARE FOR DYING, LLC
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Men's Yoga

Every Wednesday, 3:00–3:45pm—starting January 8, 2025

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 again with the ever changing aging body. A sense of humor is always welcome. Join Linda Harvey, PT and 200 hour/certified Yoga teacher, for an introductory class on **Wednesday, December 11 at 3pm.**





Bugbee Presents...



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 \$5. For more information, please contact hello@bugbeecenter.org or 802-295-9068.

Pontine Theatre: "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, 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.

White River School Christmas Caroling Wednesday, December 11 at 1:00 pm

Our favorite Third Grade Class at White River School will be singing Christmas Carols for us!



Tri-M Caroling with Hartford High School Masters Musicians Tuesday, December 17 at 1:00 pm

Hartford High School music honor students will sing Christmas Carols under the direction of Andrea Nardone.

Caroling with Upper Valley Music Center Community Chorus Thursday, December 19 at 1:00 pm

Music and singing is the best way to celebrate the holidays. Thankfully, The Community Chorus at Upper Valley Music Center is coming to the center for a performance! With smiling and laughing in the air, bring your friends and family to help spread holiday cheer!



The chorus aims to create a welcoming space where singers of all abilities can enjoy the art of choral singing in a fun choral community. They sing to build community and wellness, drawing on an eclectic variety of choral music to nourish, invigorate, empower, and connect. No sign up required! For more information, please email hello@bugbeecenter.org or call 802-295-9068.

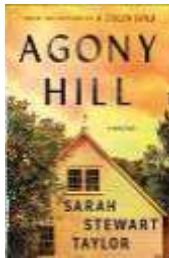
Painting with Christine Monday, December 9 at 1:00 pm

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 info: susan@bugbeecenter.org or at 802-295-9068.



Book Club in December Friday, December 6 at 1:00 pm

The book for this month is *Agony Hill* by Sarah Stewart Taylor. The discussion is led by Debbie from Quechee libraries. For more info, or to sign up, please call 802-295-9068 or email hello@bugbeecenter.org.



Holiday Card Making

Monday, December 16 at 1:00 pm

All of you crafty (and not so crafty) folks out there, we need you! Please join us to make Holiday cards for the recipients of Meals on Wheels. All the materials for making funky and original cards will be provided. Just bring your sense of fun, and we will create one-of-a-kind cards!

Mini Trips in December!



Holiday Shopping at Powerhouse Mall Wednesday, December 4 at 9:30 am

Get your holiday shopping done early!

Shop till you drop at the Powerhouse Mall. After you've worked up an appetite, enjoy lunch at Lui Lui!

Meet at Bugbee at 9:30. Cruise in the van with our favorite chauffeur, Allen, to our stop at the Powerhouse Mall. Shop from 10-11:30. Enjoy lunch at Lui Lui!



Christmas Lights at Joseph Smith Memorial

Wednesday, December 11 at 3:45 pm

Want to get into the holiday spirit? Travel to a hilltop in South Royalton, where 200,000 holiday lights twinkle in the snow. The Joseph Smith Birthplace Memorial showcases one of the most festive holiday displays in Vermont, with trees, bushes, and buildings illuminated in red, green, and gold.

Meet at Bugbee at 3:45 pm. Allen will drive us in the van as we head off to admire the light show, enjoy some caroling, sip some hot cocoa, and munch on cookies! We'll return to the Center at 6 pm.



Sign up is required for both trips as space is limited. Please call 802-295-9068 or email hello@bugbeecenter.org to register or for more information.

Bugbee wants to thank the Town of Hartford Parks & Rec Department for co-sponsoring these trips.



Congratulations to Kathy Tracy! She is now a certified tai chi instructor (with Tai Chi Vermont). She will co-teach with Anne Bower during some of the class on Monday mornings at Bugbee. Kathy's service to Bugbee Seniors are amazing!

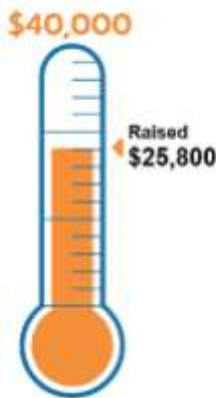
Thank you to everyone who donated jewelry to Bugbee for the Holiday Craft Fair. A special thank you to Kim at Revolution for the wonderful selection from her store. If anyone else has jewelry that they want to donate, it's not too late!

Thank you Knitters!

Special thanks to the Bugbee knitters, and to one of our volunteers Barb for recently dropping these baby hats off at the NICU at Dartmouth Health (Neonatal Intensive Care Unit). There were about 95 hats, and they were very grateful to receive these. Some really talented fiber crafters here! **Are you a fiber crafter?** Bugbee has a fun group that meets every Wednesday at 1:00 for knitting, cross stitch, needlepoint, crochet, embroidery, and more. Please drop in if you'd like!



We're 65% of the way to our goal! Gifts will be matched through 12/31, up to \$40,000. Thank you!



The Byrne Foundation is matching up to \$40,000 in donations until December 31. We are at 65% of the goal with just one month left. Thank you to the 127 donors who have contributed so far! Please consider helping us reach \$40,000 with a tax-deductible gift today. Every dollar counts—and will be doubled in impact! Your gifts are so important to keeping senior programs running. *Thank you all!*

To make a contribution:
bugbeecenter.org/donate (802) 295-9068
By check: 262 North Main St, WRJ, VT



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