



Bugbee Bulletin

Volume 2025, Issue 1
January 2025

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



Bugbee Craft Fair

by the numbers

Thank you to everyone who helped make last month's Holiday Craft Fair the BEST EVER!

Total Attendance: 501 people!

Thank you Craft Fair Volunteers, Bakers, Jewelry Donors, & Vendors! We truly could not have had a successful weekend without your help.



Funds Raised by Station	
Bake Sale	\$869
Bugbee Café	\$724
Cookie Walk	\$667
Jewelry Bazaar	\$3,919
Bugbee Crafters	\$1,440
Vendor Tables	\$1,675
Holiday Raffle	\$3,472
TOTAL RAISED FOR SENIOR PROGRAMS:	\$12,766

THE GREAT KIOSK RAFFLE

Don't forget to sign-in when you visit Bugbee!

New year's resolution—Check in for activities at the kiosk! It may not be the most fun chore, but taking attendance is super important for the entire Center! We report back to our funders, to the different Towns, and to the State, and we want to make sure they are all aware of just how much is going on at Bugbee. Having accurate attendance numbers is also crucial to help us plan future programs and activities. The sign-in screen helps us keep track — but only if people use it when they arrive.

We're always looking for ways to make things more fun, and so...during the month of January, we will be raffling Bugbee Bucks. How do you enter the Great Kiosk Raffle? Simply by signing in at the kiosk when you arrive, which lets us know which activities you'll be attending. Easy!





Bugbee Senior Center Menu

January 2025



Monday	Tuesday	Wednesday	Thursday	Friday
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.	1 Bugbee Senior Center Closed 	2 Shelled Bean Salad Unstuffed Cabbage Carrots Peach Crisp	3 Green Salad Baked Pork Chop Stuffing Brussels Sprouts Applesauce Pudding w/Cookie
6 Tossed Salad American Chop Suey Green Beans Garlic Bread Mandarins	7 Carrot Slaw Baked Potato Soup & Egg Salad Roll Jello w/ Fruit	8 3 Bean Salad Baked Haddock Roasted Potatoes Spinach Birthday Cake	9 Green Salad Chicken Pot Pie w/ Peas & Carrots Mashed Potatoes Peach Cobbler	10 Caesar Salad Swedish Meatballs w/ Egg Noodles Brussels Sprouts Blondie
13 Carrot Slaw Salisbury Steak Seasoned Potatoes Broccoli Baked Pears	14 4 Bean Salad Apple Cider Pork Chop Sweet Potato Casserole Beets Blueberry Cobbler	15 Green Salad Homemade Chicken Noodle Soup Roast Beef Wrap Blueberry Crisp	16 Caesar Salad Chicken Parm Linguini Broccoli Garlic Bread Peaches & Cream	17 Tossed Salad C&S Pizza Melon
20 Bugbee Senior Center Closed For Martin Luther King Jr. Day	21 Caesar Salad Spaghetti & Meatballs Green Beans Garlic Bread Fruit	22 Cole Slaw Baked Ham Scalloped Potatoes Carrots Applesauce Cake	23 4 Bean Salad Broccoli Cheddar Soup & Turkey Wrap Mandarins & Pineapples	24 Green Salad Meatloaf Mashed Potatoes Peas & Onions Brownie
27 Pickled Beets Mac & Cheese Stewed Tomatoes Green Beans Fruit	28 Corn & Bean Salad Stuffed Pepper Soup Cornbread Orange Pineapple Cake	29 Caesar Salad Roast Pork w/ Gravy Mashed Potatoes Brussels Sprouts Pear & Blueberry Crisp	30 Tossed Salad Shepherd's Pie Carrots Peach Cobbler	31 4 Bean Salad Ranch Chicken Sweet Potatoes Broccoli Fruit



Bugbee Senior Center Activities

January 2025



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</p> <p>Happy New Year!</p> 	<p>2</p> <p>9: Quilting 10:30: Buzz Café 1:30: Senior Fitness \$8</p>	<p>3</p> <p>9:30: Mahjong 10: Chair Yoga \$8 1: Bingo 1: Book Club</p>
		<p>6</p> <p>9:30: Mahjong 9:30 & 10:40: Zoom Tai Chi Classes \$3 10: Bridge 1: Boggle 1: Bingo 2: Grief & Healing Café</p>	<p>7</p> <p>10: Yoga Fusion \$8 10:30: Morning Melodies 12: Piano Tunes 1: Card Games 1: Movies with Don 2: Senior Learning Network Presentation</p>	<p>8</p> <p>9: Foot Clinic 9:30: Mahjong 10: Cardio Drumming 1: Fiber Crafts 1: BugbeeTalks: on death & dying 3: Men's Yoga \$8</p>
<p>American Chop Suey</p>	<p>Soup & Salad</p>	<p>Baked Haddock</p>	<p>Chicken Pot Pie</p>	<p>Swedish Meatballs</p>
<p>13</p> <p>9:30: Mahjong 9:30 & 10:40: Zoom Tai Chi Classes \$3 10: Bridge 1: Boggle 1: Bingo 1: Painting w/ Christine</p>	<p>14</p> <p>10: Yoga Fusion \$8 10:30: Morning Melodies 12: Piano Tunes 1: Card Games 1: Movies with Don 2: Senior Learning Network Presentation</p>	<p>15</p> <p>9: Foot Clinic 9:30: Mahjong 10: Cardio Drumming 1: Fiber Crafts 1: BugbeeTalks; BBB Identity Theft 3: Men's Yoga \$8</p>	<p>16</p> <p>9: Quilting 10:30: Buzz Café 1:30: Visually Impaired Group</p>	<p>17</p> <p>9:30: Mahjong 10: Chair Yoga \$8 1: Bingo 2: Card Making Class</p>
<p>Salisbury Steak</p>	<p>Pork Chop</p>	<p>Soup & Wrap</p>	<p>Chicken Parm</p>	<p>C&S Pizza</p>
<p>20</p> <p>Bugbee Senior Center Closed For Martin Luther King Jr. Day</p>	<p>21</p> <p>10: Yoga Fusion \$8 10:30: Morning Melodies 12: Piano Tunes 1: Card Games 1: Movies with Don 2: Senior Learning Network Presentation</p>	<p>22</p> <p>9:30: Mahjong 10: Cardio Drumming 1: Fiber Crafts 1: Winter Seed Sowing for Spring 3: Men's Yoga \$8</p>	<p>23</p> <p>9: Quilting 10:30: Buzz Café 1:30: Senior Fitness \$8</p>	<p>24</p> <p>9:30: Mahjong 10: Chair Yoga \$8 1: Bingo</p>
<p>27</p> <p>9:30: Mahjong 9:30 & 10:40: Zoom Tai Chi Classes \$3 10: Bridge 1: Boggle 1: Bingo</p>	<p>28</p> <p>10: Yoga Fusion \$8 10:30: Morning Melodies 12: Piano Tunes 1: Card Games 1: Movies with Don 2: Senior Learning Network Presentation</p>	<p>29</p> <p>9: Foot Clinic 9:30: Mahjong 10: Cardio Drumming 11:15: Hartford HS Tech Helpers 1: Fiber Crafts 3: Men's Yoga \$8</p>	<p>30</p> <p>9: Quilting 10:30: Buzz Café 1:30: Senior Fitness \$8</p>	<p>31</p> <p>9:30: Mahjong 10: Chair Yoga \$8 1: Bingo</p>
<p>Mac & Cheese</p>	<p>Stuffed Pepper Soup</p>	<p>Roast Pork</p>	<p>Shepherd's Pie</p>	<p>Ranch Chicken</p>

Director's Corner

Happy New Year, Bugbee! We are wishing everyone a warm and wonderful 2025. In the back offices we're filling up the new year's calendar with fun activities, useful programs, and planning for many thousands of meals. And speaking of those meals, I wanted to start off with a warm congratulations to our Head Cook of 15 years, Christy Hazen, who will be leaving Bugbee to take the next step in her career at the end of this month. Thank you, Christy, for building the Nutrition Program to what it is today!

Behind the scenes we are hard at work with "Bugbee 2030," our strategic plan. Thank you everyone who has completed the Community Survey, it is so useful to get feedback from all of you. We are looking forward to analyzing the results and presenting the findings to you this spring. If you haven't done the survey yet, you can pick one up at the front desk or save us some paper and printing costs by completing it online: bugbeecenter.org/survey

I'm pleased to report that we met the Byrne Challenge! Last October, the Jack and Dorothy Byrne Foundation pledged to match, dollar for dollar, every contribution to Bugbee up to \$40,000. The community more than met this challenge! Thank you to the nearly 200 donors who made a gift before the end of the year, and for helping us reach our goal. And a big thank you to Dorothy Byrne for supporting Bugbee Senior Center.

Any resolutions for the new year? Mine is to come to Bugbee every day :) Haha alright, yes, I do work here, but it's the best job I've ever had, the best team I've ever worked with, and every day I look forward to seeing and hearing from Bugbee seniors. You all are responsible for keeping this place bright, welcoming, friendly, and FUN. Thank you, and let's celebrate the new year!!!

Mark Bradley
Executive Director



Congrats to Christy!

We are saying goodbye this month to someone who has cooked over one million pounds of chicken, brussels sprouts, and carrots. Someone who has baked thousands of blondies and navigated snowy roads to make sure food is served and plates are piled high with nutrition. Someone who has navigated grease traps, refrigerators, ovens, dishwashers, and last minute menu changes. Christy is moving on to greener pastures, but she will always be a Bugbee.

Celebratory Lunch & High Stakes Bingo

Christy will be joining us for lunch on January 16! After lunch, stick around for high stakes bingo! Sign up required for lunch, no sign up required for bingo.



Menu
Caesar Salad
Chicken Parm
Linguini
Broccoli
Garlic Bread
Peaches & Cream

Fitness Classes at Bugbee

Senior Fitness is Back in January!

Thursdays, 1:30–2:30pm, Jan 2, Jan 9, & Jan 30

Motion is lotion! Instructor Liz Hatfield will have you pumping the two-pound weights again in no time. Join this exercise class, move your body, and feel physically, mentally, and emotionally better. \$8 per class. No sign up required!



Men's Yoga

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

Join Linda Harvey, PT and 200 hour/certified Yoga teacher, for this new class geared towards men. 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 with the ever changing aging body. A sense of humor is always welcome. \$8 per class. Sign up not required!



For more info on fitness classes, please call 802-295-9068 or email hello@bugbeecenter.org.

Arts & Crafts at Bugbee

Painting with Christine

Monday, January 13 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.



Card Making Class with Jodi

Friday, January 17 at 2:00 pm

Let's welcome Jodi back for another fun Cardmaking Class! Three beautiful cards that you can design with your own greeting. Birthday, Sympathy, Thank you, Thinking of you, Get Well..., you decide. You will receive the supplies to make three greeting cards for \$10. Class is limited to 12 people.



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

American Mahjong Lessons

Monday Afternoons at 2pm—starting January 27

Have you been itching to learn Mahjong? Now's your chance! Sharon will be teaching another session of Mahjong lessons! Get to know dots, crack, bam, charleston and going Mahjong. Sign up is required and attendance of the first class is mandatory. If you are interested in learning Mahjong, please call or email Susan, 802-295-9068 or susan@bugbeecenter.org, to sign up.



BUGBEETalks

Speaker Series for Upper Valley Seniors

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

Wednesday, January 8 at 1pm

Kasey March is an International End of Life Doula Association (INELDA) trained death doula, National End of Life Doula Alliance (NEDA) member, and Patient Choices Vermont Wayfinder, and head doula at Doula Care for Dying. She helps clients understand the challenges at end-of-life and how to navigate them.

Kasey's superpower is learning wildly complex systems (often designed to exclude or confuse folks) and explaining them to others in ways that are easier to navigate. Her goal is to assist and empower clients through conversations and planning around death, caring for each other, and aging with dignity.



DOULA CARE FOR DYING, LLC
EST. 2022

Better Business Bureau's Identity Theft Presentation

Wednesday, January 15 at 1pm



This presentation will cover an overview of the types of scams & fraud that focus mainly on identity theft. Attendees will learn about the types of scams that exist, how to identify them, and how to keep from falling victim to prevalent scams, frauds, and identity theft.

BBB will also explain the free resources they offer such as BBB's free scam tracker, where consumers can report or look up a scam, and read the latest scam news and tips. This presentation will also give attendees resources on how to be proactive and better avoid scams by taking action.

Winter Seed Sowing for Spring

Wednesday, January 22 at 1pm



Get a head start on your seeds while there's still snow on the ground. You will learn how to prepare potting soil in plastic containers to be left outside until they begin to sprout in April and May. Bring two cleanly rinsed out containers, Quart or Gallon, and any seeds you might like to start growing. A selection of seeds will be available to choose from if you don't have your own. Soil will be provided for \$1 to fill a quart container or \$2 to fill a gallon container.

Healthy Living for Your Brain and Body

Monday, February 3, 10:00 to 11:30 am



You are invited to join elected leaders, advocates, and staff from the Vermont Chapter of the Alzheimer's Association for a presentation on lifestyle choices and their impact on the aging process. You will learn about important information and research in the areas of diet and nutrition, exercise, cognitive activity and social engagement. Together we will brainstorm opportunities in our region to bolster brain health, stay connected, and age well. This program is open to anyone, including those with dementia. You're welcome to stay and continue sharing over the Bugbee's noon lunch. Call 802-295-9068 or email hello@bugbeecenter.org to reserve a seat for lunch; suggested donation is \$6.00.

No sign up required for BugbeeTalks. For more info, please call 802-295-9068 or email hello@bugbeecenter.org.

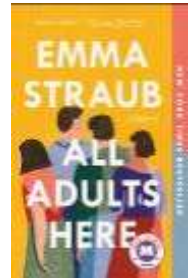
Come Together at Bugbee

Book Club in January

Friday, January 3 at 1:00 pm

The book for this month is *All Adults Here* by Emma Straub. The discussion is led by Michaela from Quechee/Wilder Libraries.

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



Grief & Healing Café

First Monday of Every Month at 2pm –starting January 6

A space to talk about and through our grief

The Grief Café is open to anyone who has experienced loss

We believe grief is a universal human experience

We honor the co-existence of feelings in grief

Celebrate the lives of those we grieve.



The Grief Café is a shared space to witness and share the grief experience and the nurturing of healing with others in a compassionate, kind, and non-judgmental environment, sharing both joys and sorrows. As a group, we respect the privacy of those in the group, stories shared in the space are strictly confidential. Coffee & Tea available.

Movie Showing & Discussion with Don

Tuesdays at 1pm—starting January 7

Don Watson will be back at the center to watch and discuss some more movies with us! This 7 week session will feature & celebrate Elizabeth Taylor. Light refreshments will be provided for movie goers. You are encouraged to bring your own cushion, or even a chair (within reason). No sign up required. For more information, please call 802-295-9068 or email hello@bugbeecenter.org.

Movie Lineup

January 7 – *National Velvet*

January 14 – *Father of the Bride*

January 21 – *A Place in the Sun*

January 28 – *Cat on a Hot Tin Roof*

February 4 – *Suddenly, Last Summer*

February 11 – *Butterfield 8*

February 18 – *Who's Afraid of Virginia Woolf?*



Hartford High School Tech Helpers

Wednesday, January 29, 11:15 am to 1:30 pm

Trouble with technology? Confused by cell phones? Help is here! Come meet with the junior tech support specialists from the Hartford Area Career and Technology Center! These students are ready and willing to help you with any tech-related problems. No problem too small or question too simple, they're here to help! Bring in your phone, computer, or any other device, and have a student walk you through personalized assistance. No sign up required. For more information, please call 802-295-9068 or email hello@bugbeecenter.org.





Share your voice!

Are you an older adult?

Do you know an older adult?

Are you going to be older tomorrow than you are today?

Take the **Community Survey** today, and be a part of the plan for Bugbee's future!

bugbeecenter.org/survey

Paper surveys are also available at the front desk, or through the mail by request. Call 802-296-9068.



By 2030, one in three people in the Upper Valley will be over the age of 60. That means that people are living longer and healthier lives than ever. Aging is a gift, and this brings much to celebrate! It also means the need for services and programs is likely to grow, and there will be new challenges awaiting our community. We are developing a strategic plan now - with you - to create a vision for Bugbee that keeps this place vibrant and welcoming for years to come. YOU are at the forefront of the plan, and we'd love to include your voice. Please consider taking the Community Survey!



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