



# Bugbee Bulletin

Volume 2025, Issue 2  
February 2025

Published monthly by  
White River Council on Aging  
262 North Main Street  
White River Junction, VT 05001  
802-295-9068  
[bugbeecenter.org](http://bugbeecenter.org)

## Valentine's Day Lunch & High Stakes Bingo

Spread love it's the Bugbee way. Join your friends and loved ones for Valentine's Day Lunch... Stay for High Stakes Bingo afterwards. Advance registration is required for lunch. Email [hello@bugbeecenter.org](mailto:hello@bugbeecenter.org) or call 802-295-9068 for more information or to sign up!



## Spread Love Like the Quilters!

Thank you to the Bugbee Quilters for making and donating quilts to the Vermont Department of Children and Families and to Good Beginnings of the Upper Valley. The Bugbee Quilters meet every **Thursday morning at 9:00 am at the Center**. All sewers and quilters are welcome.



## Fun & Games at Bugbee



### Cornhole Competition

**Wednesday, February 12 at 1:00 pm**

Cornhole competition - teams of 2. Who can put the corn in the hole? Bring a partner, or find one here! No fee or registration required.

### BUGBEE Trivia!

**Wednesday, February 19 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 or registration required, open to all.

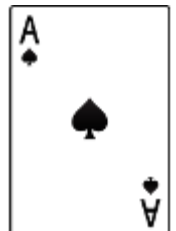
### Boggle at Bugbee Monday Afternoons at 1

Who wants to play Boggle? The Bogglers will be getting together on Monday's at 1! Feel free to join in if you're interested. No sign up required.



### Do You Play Bridge? Monday Mornings at 10

Bridge is one of the world's most popular card games. This classic card game tests your skills and strategies, plus it's an excellent way to keep your mind sharp while having fun.





# Bugbee Senior Center Menu

## February 2025



Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> Caesar Salad American Chop Suey Green Beans Garlic Bread Peaches & Cream	<b>4</b> Tossed Salad Roast Pork Mashed Potatoes Carrots Blondie	<b>5</b> Turkey Waldorf Salad Lettuce, Tomato, Cucumber Magnificent Pasta Salad Cranberry Muffin Strawberry Delight	<b>6</b> Cole Slaw Corn Chowder & Chicken Salad Roll Fruit Parfait	<b>7</b> Carrot Slaw Shepherd's Pie Peas & Onions Applesauce Cake
<b>10</b> <i>Special Chinese            New Year            Meal!</i>  Pre-Registration Required	<b>11</b> 4 Bean Salad Cranberry Chicken Rice Broccoli Blueberry Cobbler	<b>12</b> Green Salad Baked Ham Scalloped Potatoes Carrots Birthday Cake	<b>13</b> Caesar Salad Chili Soup Cornbread Jell-O w/ Fruit	<b>14</b> Tomato Basil Salad Meatloaf Mashed Potatoes Peas & Onions Jell-O Poke Cake
<b>17</b>  Bugbee Center Closed for Presidents' Day	<b>18</b> Caesar Salad Spaghetti & Meatballs Green Beans Garlic Bread Baked Apples	<b>19</b> Ambrosia Chicken Pot Pie w/ Peas & Carrots Mashed Potatoes Brownie	<b>20</b> Corn & Bean Salad Baked Haddock Roasted Potatoes Spinach Peach Cobbler	<b>21</b> Tossed Salad C&S Pizza Melon
<b>24</b> Caesar Salad Chicken Parm Linguini Broccoli Garlic Bread Baked Pears	<b>25</b> Tossed Salad Salisbury Steak Sweet Potatoes Brussels Sprouts Brownie	<b>26</b> Ambrosia Loaded Baked Potato Soup & Tuna Salad Roll Spice Cake	<b>27</b> Green Salad Pork Chop Seasoned Potatoes Carrots Applesauce Blueberry Pear Crisp	<b>28</b> 4 Bean Salad Swedish Meatballs w/ Egg Noodles Cali Veggies Fruit
<b>Reservations            required for in            house meals.            Call us before 10:30            to sign up!            802-295-9068            Suggested            Donation \$6.00</b>	Please be seated by <b>11:50 am</b> to allow our waitstaff to serve beverages (coffee/tea/milk) before the salad course.			



# Bugbee Senior Center Activities

## February 2025



**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

3	4	5	6	7
9:30: Mahjong 10: Bridge 10: BugbeeTalks: Alzheimer's Association 1: Boggle 1: Bingo 2: Grief & Healing Café	10: Yoga Fusion \$8 10:30: Morning Melodies 12: Piano Tunes 1: Card Games 1: Movies with Don 2: Senior Learning Network Presentation	9: Foot Clinic 9:30: Mahjong 10: Cardio Drumming 11:15: Tech Help w/ HHS Students 1: BugbeeTalks: Hospice Care 1: Fiber Crafts 3: Men's Yoga	9: Quilting 10:30: Buzz Café 1: Mahjong 1:30: Senior Fitness \$8	9:30: Mahjong 10: Chair Yoga \$8 1: Bingo 1: Book Club
<b>American Chop Suey</b>	<b>Roast Pork</b>	<b>Waldorf Salad</b>	<b>Chowder &amp; Salad</b>	<b>Shepherd's Pie</b>
10	11	12	13	14
9:30: Mahjong 10: Tai Chi Chinese New Year Party 10: Bridge 1: Valentine's Day Cards 1: Painting w/ Christine 1: Boggle 1: Bingo	10: Yoga Fusion \$8 10:30: Morning Melodies 12: Piano Tunes 1: Card Games 1: Movies with Don 2: Senior Learning Network Presentation	9: Foot Clinic 9:30: Mahjong 10: Cardio Drumming 11:15: Tech Help w/ HHS Students 1: Fiber Crafts 1: Cornhole Competition 3: Men's Yoga	9: Quilting 10:30: Buzz Café 1: Mahjong 1: BugbeeTalks: 108 Years on the WR 1:30: Senior Fitness \$8	9:30: Mahjong 10: Chair Yoga \$8 12: Valentine's Day Lunch 1: High Stakes Bingo
<b>Chinese New Year</b>	<b>Cranberry Chicken</b>	<b>Baked Ham</b>	<b>Chili Soup</b>	<b>Meatloaf</b>
17	18	19	20	21
Bugbee Center Closed for Presidents' Day	10: Yoga Fusion \$8 10:30: Morning Melodies 12: Piano Tunes 1: Card Games 1: Movies with Don 2: Senior Learning Network Presentation	9:30: Mahjong 10: Cardio Drumming 1: Fiber Crafts 1: Team Trivia 3: Men's Yoga	9: Quilting 10:30: Buzz Café 1: Mahjong 1:30: Visually Impaired Group 1:30: Senior Fitness \$8	9:30: Mahjong 10: Chair Yoga \$8 1: Bingo 1: Meet & Greet w/ Hartford Town Nurse
	<b>Spag &amp; Balls</b>	<b>Chicken Pot Pie</b>	<b>Baked Haddock</b>	<b>C&amp;S Pizza</b>
24	25	26	27	28
9:30: Mahjong 9:30 & 10:40: Zoom Tai Chi Classes \$3 10: Bridge 1: Boggle 1: Bingo	10: Yoga Fusion \$8 10:30: Morning Melodies 12: Piano Tunes 1: Card Games 2: Senior Learning Network Presentation	9: Foot Clinic 9:30: Mahjong 10: Cardio Drumming 11:15: Tech Help w/ HHS Students 1: Fiber Crafts 3: Men's Yoga	9: Quilting 10:30: Buzz Café 1: Mahjong 1:30: Senior Fitness \$8	9:30: Mahjong 10: Chair Yoga \$8 1: Bingo
<b>Chicken Parm</b>	<b>Salisbury Steak</b>	<b>Soup &amp; Salad</b>	<b>Pork Chop</b>	<b>Swedish Meatballs</b>
<b>Reservations required for in house meals. Call us before 10:30 to sign up!</b>	Lunch is served Monday to Friday at Noon			

## Director's Corner

Welcome to the shortest month of the year! I hope everyone is keeping warm. Bugbee is certainly cozy. February's calendar has some great activities coming up. In addition to the usual, we've got a presentation from the Alzheimer's Association, a Meet & Greet with the new Hartford Community Nurse, and of course some fun with a new round of cornhole, Team Trivia, painting class with Christine, and Valentine card-making for our Meals on Wheels participants.

A special thank you to one of our volunteers, Dan, who has made huge progress helping to clear and organize our basement. I wish I could show you, but authorized personnel only! Dan is on a list of a few other volunteers (and of course Alec and Susan) who have helped with this effort over the past year or so. Storage space is so limited at Bugbee, especially for durable medical equipment, and it has been a significant help to have more room to safely store those items and boxes that we don't need access to every day.

I also wanted to give a thank you to the hundreds of people who completed the Bugbee 2030 surveys and focus groups. We got some valuable feedback and tons of great ideas. Now begins the fun of sifting through all this information and drafting a report. I am looking forward to presenting more about the final plan this spring.

As we enjoy...to the best of our ability...the depths of winter, I hope you'll come join us this month for some activities and to share the cheer that Bugbee brings every day. Winter is a lot easier for me to get through after meeting all of you. Happy Valentine's Day!

Mark Bradley  
Executive Director



## NURSE'S NOOK

**Meet the Nurse!**  
Friday, February 21, 1:30 to 2:30 pm

Come and meet Katie. Coffee and light snacks provided. This is an opportunity to learn about the Community Nurse model and ask questions. It is also an opportunity to share what you think is needed in our communities to improve what it means to age with dignity in Hartford.

**Nurses Office Hours at Bugbee**  
Fridays, 10 am to 2 pm

This is a time to come in and meet with the Community Nurse, ask healthcare questions, or get your vital signs taken.

The nurse cannot provide hands-on physical or medical care. The nurse does not provide emergency care. All emergency concerns should be directed to 911.



# The Year of the Snake



Chinese New Year, or Lunar New Year, is a 15 day festival to celebrate the beginning of a new year according to the lunisolar Chinese calendar. It marks the beginning of spring—that's where the name "Spring Festival" comes from!

## **Tai Chi Chinese New Year Party** **Monday, February 10, 10:00 am to 11:45 am**

Join Tai Chi Instructors Anne Bower and Kathy Tracy as we honor the Lunar New Year with lots of activities. Learn about the "Year of the Snake" and what it might predict for the future. You can participate in a variety of tai chi and quigong forms (whether you have experience or not) or watch demonstrations of some advanced forms. We'll have snacks and a special way of exchanging good wishes for the new year. Come enjoy our decorated exercise room--music too!



If you'd like to stay for lunch, please email [hello@bugbeecenter.org](mailto:hello@bugbeecenter.org) or call 802-295-9068 to make a reservation ahead of time.

## *Arts & Crafts at Bugbee* **Painting with Christine** **Monday, February 10 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](mailto:susan@bugbeecenter.org) or at 802-295-9068.

## **Valentine's Day Card Making** **Monday, February 10 at 1:00 pm**



All of you crafty (and not so crafty—or not crafty at all!) folks out there, we need you! Please join us to make Valentines Cards for the recipients of Meals on Wheels. These cards will be included with their meals. A wonderful way to brighten someone's day and bring a smile. 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! Please come join us to spread Valentine's cheer to our friends!



## **Tax forms are currently available to pick up at the Center.**

AARP Tax-Aide will be preparing income taxes again this year! Once you have filled out the intake booklet, the extra forms, and have all your tax documents in hand, the instructions in the envelope will contain a phone number for you to call to register to have your taxes prepared. After you are registered, a Tax-Aide volunteer will call or email you to arrange a time and place for you to drop-off your completed forms and all your tax documents in the Tax-Aide envelope. These will be scanned and your tax return will be prepared.

**\*Note\*** Bugbee will not be able to help fill out your forms. We are not tax specialists! Thank you for understanding!

# **BUGBEE**Talks

Speaker Series for Upper Valley Seniors

## **Alzheimer's Association: 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](mailto:hello@bugbeecenter.org) to reserve a seat for lunch.

---

## **Visiting Nurse & Hospice for VT & NH: Hospice Talk** Wednesday, February 5 at 1:00 pm

From Dartmouth Health, VNH Hospice care utilizes a patient and family-centered approach designed to give you supportive care in the final phase of a terminal illness. The goal of hospice care is to focus on your comfort and quality of life, rather than cure, so that you may live each day as fully as possible in a setting of your choice with loved ones nearby. Bring your questions and learn about what VNH can offer you or your loved ones.



---

## **108 Years on the White River: What Can Be Learned?** Thursday, February 13 at 1:00 pm

The speaker, Mike Ferrick, is a hydrologist who is retired from CRREL. We have long records of measurement of river depth and flow (every 15 minutes) on the White River and many other rivers throughout the country. There must be a good reason to do this. What are they? We will use White River observations to investigate.



---

## **Advance Directives** Wednesday, March 5 at 1:00 pm

Leah Burdick, Esq., Staff Attorney within the Elder Law Project at Vermont Legal Aid, will give a presentation on how to create your own advanced directive for health care. An advanced directive is a legal document that allows someone else to advocate for your health care wishes when you cannot advocate for yourself. It is a vital piece of the advanced planning puzzle. This presentation will guide participants through what an advanced directive is, and how to create it. Tools for drafting your own advanced directive will also be provided.



**No sign up required for BugbeeTalks. For more info, please call 802-295-9068 or email [hello@bugbeecenter.org](mailto:hello@bugbeecenter.org).**

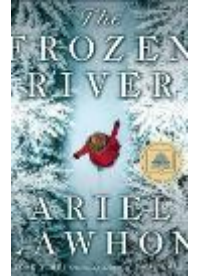


# Come Together at Bugbee



## Book Club in February Friday, February 7 at 1:00 pm

The book for this month is *The Frozen River* by Ariel Lawhon. The discussion is led by Debbie from Quechee/Wilder Libraries.



For more info or to sign up, please call 802-295-9068 or email [hello@bugbeecenter.org](mailto:hello@bugbeecenter.org).

### **“You Never Listen”:**

#### **How to Change Self-defeating Communication Patterns, Reduce Stress, and Build Harmony in Relationships**

Humans yearn to be heard and understood. Yet, though we can speak, we may not know how to *communicate skillfully*. We may blunder around blindsided by arguments and cantankerous relationships that distress us ... for days, months, or years! This distress pumps too much cortisol and adrenaline (stress hormones) through our bodies and can contribute significantly to many chronic conditions, i.e. heart disease, diabetes, high blood pressure, high susceptibility to illness. It also creates much needless emotional upset, estrangement, and loneliness. We can do much to fix all that by developing skillful communication skills and good nurturing relationships. **This course aims to develop these skills and enhance the health and happiness of the participants.**



In this 8-week course, you will; learn how to navigate difficult emotions, find out how to communicate and meet your own needs while respecting others, practice making positive requests, explore the art of successful negotiation, try “re-dos” and “time-outs”, and experience the joy of more positive, smooth, nurturing relationships.

This class will run on Thursday mornings from 10:00 am to 11:30 am, March 6 through April 24. For more information, or to sign up, please call 802-295-9068 or email [hello@bugbeecenter.org](mailto:hello@bugbeecenter.org). Please note: sign up is required prior to the first session.

### **Hartford High School Tech Helpers Wednesdays, February 5 thru April 30 from 11:30 to 1:15**

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](mailto:hello@bugbeecenter.org). \*The Tech Helpers will not be here Wednesday, 2/19 or Wednesday, 4/16.

# **Go virtual with Bugbee Senior Center!**

## **Enjoy presentations, free classes, activities, and more!**

You can enjoy these programs from home on your computer, tablet, or smartphone. Or, leave the computer stuff to us! You are welcome to use our devices in the Bugbee Library, and we'll help get you connected to the program of your choice.



Senior Learning Network has a whole bunch of virtual tours at a variety of different places. Programs are offered at 2:00 pm on Tuesdays. Join us in the Bugbee library to watch these presentations!

### **Upcoming Presentations**

February 4: National Museum of the United States Army  
February 11: Jewel Cave National Monument



The Aging Resource Center hosts events for older adults, families, and community members. Classes are held in person and virtually.

Check out classes & events here:

<https://events.dartmouth-health.org/organizer/aging-resource-center/>



GetSetUp is the largest and fastest-growing virtual social learning platform providing live interactive classes by older adults for older adults from the comfort of their own homes.

To learn more about GetSetUp

and enroll in your classes, visit <https://www.getsetup.io/partner/vermont>

PLACE LABEL HERE

NON-PROFIT ORG  
U.S. POSTAGE PAID  
WRJ VT 05001  
PERMIT # 2

BUGBEE BULLETIN  
White River Council on Aging  
262 North Main Street  
WRJ VT 05001  
ELECTRONIC SERVICE REQUESTED