



Bugbee Bulletin

Volume 2025, Issue 3
March 2025

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



Saint Patrick's Day at Bugbee Thursday, March 13



Wear green! We will be serving up a traditional Saint Patrick's Day meal. We don't have beer, but we do have cheer!

Early registration is required for lunch at noon.
For more information or to sign up, please call 802-295-9068 or email hello@bugbeecenter.org.

Menu
Greenest Chopped Salad
Corned Beef
Irish Soda Bread
Seasoned Red Potatoes
Red & Purple Cabbage
Shamrock Cake w/
Cream Cheese Frosting



After lunch, stick around for High Stakes Bingo! \$2.50 per card, 10 games.
No sign up required for bingo. Bring your lucky four leaf clovers!



Arts & Crafts at Bugbee

Painting with Christine
Monday, March 3 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.

Saint Patrick's Day Card Making
Monday, March 10 at 1:00 pm



Let one of our Meals on Wheels homebound clients know that their community cares about them. Volunteer to make handmade cards for Saint Patrick's Day. You can have fun tapping into your artistic side, plus you'll feel good knowing that you're making a difference in the lives of so many seniors in our community! Supplies are provided & no sign up is required!

Spring Wreath Making Class
Friday, March 28 at 1:00 pm



Spring has come again and the birds are singing sweetly! Join Barb in making Spring Wreaths! \$15 covers materials and instruction. Sign up is required. For more info or to register, please call 802-295-9068 or email hello@bugbeecenter.org.



Bugbee Senior Center Menu

March 2025



Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>Green Salad Shepherd's Pie Peas & Onions Cranberry/Pear Cobbler</p>	<p>4</p> <p>House Salad Baked Breaded Haddock Roasted Red Potatoes Spinach Peaches & Cream</p>	<p>5</p> <p>4-Bean Salad Lemon Chicken Rice Pilaf Cali. Veggies Melon</p>	<p>6</p> <p>Tomato Basil Salad Roast Pork Green Beans Mashed Potatoes Brownie w/ Nuts Dinner Roll</p>	<p>7</p> <p>Caesar Salad Spaghetti & Meatballs Garlic Bread Broccoli Blueberry & Strawberry Parfait</p>
<p>10</p> <p>Tossed Salad Boneless Pork Chops w/ Stuffing Seasoned Potatoes Carrots & Onions Apple Sauce Spice Cake</p>	<p>11</p> <p>Ambrosia Salisbury Steak Sweet Potatoes Brussels Sprouts Pears Cobbler</p>	<p>12</p> <p>Caesar Salad Chicken Parm Linguini Broccoli Garlic Bread Peach & Cream</p>	<p>13</p> <p>Saint Patrick's Day Lunch Traditional Corned Beef Meal w/ Soda Bread & Sides *Pre registration required for in house meals*</p>	<p>14</p> <p>Coleslaw Corn Chowder & Chicken Salad Dinner Roll Fruit Parfait</p>
<p>17</p> <p>3-Bean Salad Meatloaf Corn Confetti Maple & Brown Sugar Bread Pudding</p>	<p>18</p> <p>Tossed Salad Baked Salmon Mashed Potatoes Brussels Sprouts Dinner Roll Blondie</p>	<p>19</p> <p>Caesar Salad American Chop Suey Garlic Bread Green Beans Jello w/ Fruit</p>	<p>20</p> <p>Green Salad Baked Ham Scalloped Potatoes Carrots Corn Bread Brownie</p>	<p>21</p> <p>Tossed Salad C&S Pizza Melon</p>
<p>24</p> <p>Green Salad Chili Soup Corn Bread Jello w/Fruit</p>	<p>25</p> <p>Coleslaw Chicken Pot Pie w/ Peas & Carrots Mashed Potatoes Fruit</p>	<p>26</p> <p>House Salad Swedish Meatballs w/ Egg Noodles Summer Squash Bread Pudding</p>	<p>27</p> <p>Apple, Cabbage, & Onion Slaw BBQ Pork Bites Spinach Brown Rice Peach Cobbler</p>	<p>28</p> <p>Turkey Waldorf Salad w/ Lettuce, Cucumber, & Tomatoes Potato Salad Blueberry Muffin Fruit Parfait</p>
<p>31</p> <p>Ambrosia Loaded Baked Potato Soup & Tuna Salad Carrot Birthday Cake</p>	<p>Reservations required for in house meals. Suggested Donation \$6.00</p>	<p>802-295-9068 Call us before 10:30 to sign up!</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

March 2025



Monday	Tuesday	Wednesday	Thursday	Friday
3 9:30: Mahjong 9:30 & 10:40: Zoom Tai Chi Classes \$3 10: Bridge 1: Boggle 1: Bingo 1: Painting w/ Christine 2: Grief & Healing Café	4 10: Yoga Fusion \$8 12: Piano Tunes 1: Card Games 2: Senior Learning Network Presentation	5 9: Foot Clinic 9:30: Mahjong 10: Cardio Drumming 11:15: Tech Help 1: Fiber Crafts 1: BugbeeTalks: Advance Directives 1: Cribbage Lessons 3: Yoga for Men	6 9: Quilting 10:30: Buzz Café 1:30: Senior Fitness \$8	7 9:30: Mahjong 9:30: Suite Notes 10: Chair Yoga \$8 10: Hartford Nurse Office Hours 1: Bingo 1: Book Club
Shepherd's Pie 10 9:30: Mahjong 9:30 & 10:40: Zoom Tai Chi Classes \$3 10: Bridge 1: Saint Patrick's Day Card Making 1: Boggle 1: Bingo	Baked Haddock 11 10: Yoga Fusion \$8 12: Piano Tunes 1: Card Games 2: Senior Learning Network Presentation	Lemon Chicken 12 9: Foot Clinic 9:30: Mahjong 9:30: Montpelier MiniTrip 10: Cardio Drumming 11:15: Tech Help 1: Fiber Crafts 1: TLC Recovery Services 1: Cribbage Lessons 3: Yoga for Men	Roast Pork 13 9: Quilting 10:30: Buzz Café 12: Saint Patrick's Day Lunch *sign up required* 1: High Stakes Bingo	Spag & Balls 14 9:30: Mahjong 9:30: Suite Notes 10: Chair Yoga \$8 10: Hartford Nurse Office Hours 11: Bugbee 2030 Update with Mark 1: Bingo
Pork Chop 17 9:30: Mahjong 10: Bridge 11: Memory Café 1: Boggle 1: Bingo	Salisbury Steak 18 10: Yoga Fusion \$8 12: Piano Tunes 1: Card Games 2: Senior Learning Network Presentation	Chicken Parm 19 9: Foot Clinic 9:30: Mahjong 10: Cardio Drumming 11:15: Tech Help 1: Fiber Crafts 1: Cribbage Lessons 3: Yoga for Men	20 9: Quilting 10:30: Buzz Café 1:30: Visually Impaired Group 1:30: Senior Fitness \$8	Chowder & Salad 21 9:30: Mahjong 9:30: Suite Notes 10: Chair Yoga \$8 10: Hartford Nurse Office Hours 1: Bingo
Meatloaf 24 9:30: Mahjong 9:30 & 10:40: Zoom Tai Chi Classes \$3 10: Bridge 1: Boggle 1: Bingo	Baked Salmon 25 10: Yoga Fusion \$8 12: Piano Tunes 1: Card Games 2: Senior Learning Network Presentation	American Chop Suey 26 9:30: Mahjong 10: Cardio Drumming 11:15: Tech Help 1: Fiber Crafts 1: Cribbage Lessons 3: Yoga for Men	Baked Ham 27 9: Quilting 10:30: Buzz Café	C&S Pizza 28 9:30: Mahjong 9:30: Suite Notes 10: Chair Yoga \$8 10: Hartford Nurse Office Hours 1: Bingo 1: Spring Wreath Making Class \$15
Chili Soup 31 9:30: Mahjong 10: Bridge 1: Boggle 1: Bingo	Chicken Pot Pie Lunch is served Monday to Friday at Noon	Swedish Meatballs Reservations required for in house meals. Call us before 10:30 to sign up!	BBQ Pork Bites 	Turkey Waldorf
Soup & Salad				

Director's Corner

Greetings, friends of Bugbee! It's been a chilly winter, let's see if mud season starts this month or next. I'm not a gambling man, but I'd put my Bugbee Bucks on April... Despite snow days and seemingly never ending polar vortexes, we've had an extraordinarily busy winter in 2025. Thank you everyone for including Bugbee in your plans and we hope to see more of you as we head towards spring.

I'm pleased to introduce you to Maria Lorentzon, our new Kitchen Manager! After 15 years of dedicated service in the Bugbee kitchen, Christy handed the torch to Maria at the end of January. No easy task, but the transition has gone well and we're happy that Maria has joined our team. She's written a column in this Bulletin to introduce herself to you all. Join us in welcoming Maria to Bugbee!

The Bugbee 2030 plan is continuing to develop. Over the last couple of months we've been collecting surveys, running focus groups, and interviewing people to get feedback and learn what is going on outside our walls. Thank you to all who have participated. I'll be presenting some of our early findings on the 14th, and you are welcome to attend. The final strategic plan will be completed in May or June.

Speaking of planning... We are keeping an eye on the federal budget process. The Older Americans Act accounts for between 20-30% of our annual budget, and the Act expires in March. We are hopeful that Congress will either reauthorize the Act, or pass a Continuing Resolution before there are any disruptions in this important source of funding for Bugbee, and for thousands of senior centers across the country. We encourage you to call your legislators—both at the State, and in Congress—to share YOUR story of the importance of senior centers, Meals on Wheels, and the programs you rely on to age well. (We can help you find your representative's contact info.) Please consider joining us in Montpelier on March 12th, as well—check out the Trips page for more information.

In the meantime, this month we are looking forward to enjoying a full slate of meals, activities, and services. Happy St. Patrick's Day—don't forget to wear green!

Mark Bradley
Executive Director



“You Never Listen”:

How to Change Self-defeating Communication Patterns, Reduce Stress, & 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.**

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.

Please note: sign up is required prior to the first session! Please make sure you are available for the 8 week session!

PRESENTER: Jeanne Childs, M.A. Board Certified Clinical Geriatric Chaplain



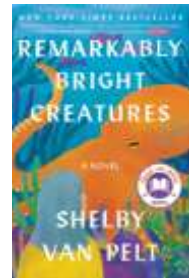
Grief and Healing Café First Monday of each Month at 2pm

A space to talk about and through our grief. 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. No sign up required.



Book Club in March Friday, March 7 at 1:00 pm

This month's book is *Remarkably Bright Creatures* by Shelby Van Pelt. 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.

Learn Cribbage with Cooney Wednesdays at 1:00 pm during the Month of March

Did you know cribbage dates back to the 1600s? And so does our instructor! Learn the classic game of cribbage with Laura Cooney in a series of 4 classes. Cribbage is simple: just race your pegs around the board by playing cards and earning points, and cross the finish line before your opponent to win. Classes start on Wednesday, March 5 at 1PM. Advance registration required. Call 802-295-9068 or email hello@bugbeecenter.org to sign up!



Welcome, Maria!

Hello! My name is Maria Lorentzon, and I'm the new Kitchen Manager at Bugbee. I grew up in the village of Hartland, Vermont, and spent most of my childhood there. My earliest memory is watching my grandmother in Guatemala make tortillas over an open fire, and then venturing to beautiful flower markets with luscious vegetables. I used to watch my mom cook, too. She learned this art from a local Italian woman and our kitchen was filled with the aromas of healthy, hearty home cooked meals. My school friends also enjoyed these meals along with us.

Growing up, I hit my stride as an athlete. Soccer was my summer sport, downhill skiing and racing my winter sport, and rugby my spring sport. I went to college at Norwich University and at the time my interests were centered on sports science, massage therapy, and nutrition. But my talents as an artist have carried me through most of my life. I enjoy all artistic mediums as well as knitting, puzzling, dance, and any creative environment.

I have worked in kitchens on the east and west coast, and experienced cuisine in different countries such as Germany, Chile, and Cozumel, Mexico. My favorite foods are still Central American dishes with Thai as second, mostly because I like vegetable based cuisine. My foodie career began with a cardboard kitchen that my brother and mom made to welcome me in my first winter in America. I have come a long way since plastic fruit and eggs.

I was not always fortunate enough to have food, which I think enhanced my love of food, my understanding of the real need for nutrition, and my compassion for others. I cook and design with my heart to bring people together, now at Bugbee and for the participants in our Meals on Wheels program.



BUGBEE Talks

Speaker Series for Upper Valley Seniors

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 advance directive for health care. An advance 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 advance planning puzzle. This presentation will guide participants through what an advance directive is, and how to create it. Tools for drafting your own advance directive will also be provided.



TLC Recovery Programs

Wednesday, March 12 at 1:00 pm

In this presentation, staff from TLC Recovery Programs will discuss services providing recovery support and resources for older adults facing substance use challenges, or who have families impacted by substance use. These services focus on improving overall well-being through peer support. By addressing physical, emotional, and social health, recovery services help seniors regain control of their lives, enhance their quality of life, and foster a sense of independence and community. Whether you, a friend, a family member, or a neighbor has faced substance use challenges, come learn about these great resources and programs!



Bugbee 2030: Strategic Plan Update

Friday, March 14 at 11:00 am

Thank you to all who participated in the surveys, focus groups, and interviews for Bugbee 2030! Bugbee's Executive Director, Mark Bradley, will be presenting an update on the strategic planning process including findings and feedback from the community. Themes are emerging that will help set the direction for Bugbee over the next few years. Join us for a chance to give more input, and to get a preview of where things are headed!



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

Hartford High School Tech Helpers

Wednesdays, 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.



Please sign up for an appointment. For more information, or to register for a time slot, please call 802-295-9068 or email hello@bugbeecenter.org.



Enjoy the company of friends via luxury charter bus to fabulous destinations around New England. Sign up today!

WED
JULY
9

Sister Act

New London Playhouse
\$130

Enjoy a delicious lunch at Lui Lui, followed by this fantastic play about a disco diva turned nun.
DEPART BUGBEE @ 11:00 am, RETURN @ 5:00 pm

WED
AUG
6

Mount Washington Cog Railroad

\$130

Now's your chance to summit Mount Washington! Take the Cog to the top of the Mountain and have lunch at the base of the Mountain.
DEPART BUGBEE @ 7:30 am, RETURN @ 4:00 pm

WED
SEPT
10

Foster's Clambake

York, Maine
\$130

A fan favorite! On the way to lunch at noon, we'll stop at Nubble Light House. Walk off your big lunch on the beach at York!
DEPART BUGBEE @ 8:30 am, RETURN @ 4:00 pm

Deposit of 50% of cost of trip is required at time of sign up. Full, non-refundable payment is due six weeks before the trip date to secure your spot!

For more information or to register, please call 802-295-9068 or email hello@bugbeecenter.org.



Same fun as the regional trips with {mini} mileage! Let's explore some of the amazing and affordable sights right here in our own back yard. Carpooling encouraged, van transport available on some Mini Trips.

WED
MAR
12

Vermont State House

Montpelier, Vermont
BYOC for lunch
Carpooling encouraged

Celebrate March for Meals with a ceremonial reading of a resolution at the State House recognizing the importance of Meals on Wheels. Meet seniors from across the state, have lunch, and tour the Vermont State House.
DEPART BUGBEE @ 9:30 am, RETURN @ 3:00 pm

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.



Thursday, April 24 from 2-4pm
If it can be fixed, don't throw it out!



To sign up as a repair volunteer, or for more information, contact Susan at 802-295-9068 or susan@bugbeecenter.org.

Bugbee is hosting a Repair Fair in April! A repair fair is a free event where folks can have basic or minor repairs made on items. Instead of tossing things away, get them fixed by someone in our community.

But first we need to recruit some volunteer repairers. If you have some repair skills that you are willing to share with others, we'd love your help. Here are some ideas:

- 1) Machine sewing or hand sewing/darning
 - 2) Jewelry or watch repair
 - 3) Handyman for small tasks
 - 4) Sharpen knives
 - 5) Tech or computer help
 - 6) Electronics and small appliances
 - 7) Bike repairs
 - 8) Gardening
 - 9) Book binding
 - 10) Musical instrument repair
 - 11) Chair caning
 - 12) Shoe repair
 - 13) Anything else that you are skilled in repairing.
- We are open to suggestions!

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