

◆ The Bugbee Bulletin ◆

Volume 2018
Issue 3

Published monthly by White River Council on Aging
262 N Main St., White River Jct., VT 05001-7027
(802) 295-9068 www.bugbeecenter.org

December 2017



Join us for
Christmas Dinner
Wednesday, December 13, 2017
12:00 Noon
(Please be seated by 11:50)
Sign Up Required

MENU

Green Salad w/Cherry Tomatoes
Roast Beef w/Gravy
Mashed Potatoes
Baby Carrots
Dinner Roll
Cherry Cheesecake

Suggested donation (age 60+) \$5
Under 60: \$6

Please carpool if possible as parking is limited.

"Christmas Eve" Breakfast Buffet



Friday, Dec. 22, 2017 9:00
(NO NOON MEAL)
(Please be seated by 8:50)
Sign Up Required

MENU

Spinach & Mushroom Strata
Ham & Cheese Strata
Bacon/ Sausage
Home-Fried Potatoes
Orange Juice
Fresh Fruit Cup
Blueberry Muffin

Suggested donation (age 60+) \$5
Under 60: \$6

Please carpool if possible as parking is limited



Come in for Holiday
entertainment during
December. Watch for
the re-opening of the
Bugbee Cinema in
January.

Director's Corner

So, we are past Thanksgiving, and I hope you all had a wonderful day with family and friends. Our celebration occurred on Thursday November 16th and was well attended by more than one hundred people.

This month our Holiday Bazaar occurs on Saturday the 2nd, followed two weeks later by the Cookie Walk. Both of these events are important fund raising events for us, as well as being a good chance for you to obtain either tasty treats or gifts for special people. Do come by and see our "stuff". Also, our Christmas dinner is set for Wednesday the 13th, and at the time of this writing is heading to another "sold out", but if you call and get on our wait list you might still get in. On Friday December 22nd, we will have a breakfast instead of our normal noon hour lunch. As soon as we get the place cleaned up I am going to let staff start their holiday weekend. On Monday December 25th, we will be closed, so please take note of that. Also note that we will be closed on Monday January 1st.

On another note, I have had a gentleman offer his services to renew our website (www.bugbeecenter.org). He made a number of technical improvements that casual users may not see, but do make the site more user friendly for us and site visitors. The most visible change is the updating of our photo galleries and the slide show on the home page. I asked him to keep our photos updated so from time to time you may see him in the center taking photos for this purpose. Anyone who does not want to be photographed need only tell him and he will defer to your wishes. His name is Don MacLeod, and he lives in town and has a background working for some major corporations in technology related responsibilities. I want to publicly thank him for his work in this regard. If you are "computer savvy" do take a peek at our site.

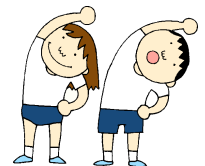
Finally, our Annual Appeal letter is out to Hartford and Norwich residents and some selected folks from outside our borders. As we approach year end I hope people with the means to do so are able to make a tax deductible donation to support our operations here. General donations amount to about fifteen percent of our operating budget allowing us to offer many of the programs we have. While that may not sound like much, it is critical for us, to continue to maintain the current level of programming we have now. Much to my chagrin, we ran into several technical issues getting the letter out so we are a bit later than I had hoped.

Have a wonderful holiday season and a great 2018, from all of us here at the Bugbee Senior Center!

Len Brown

Update on "Senior Fitness"

We are very happy to announce that Elizabeth Estabrook-Hatfield is very interested in offering a Senior Fitness class at Bugbee Senior Center. Liz has worked in the fitness industry for over 30 years in community, corporate and private facilities and has worked with a broad range of clients from age 9 to 92. She is a Certified Personal Trainer and a Functional Aging Specialist.



In reinstating our Senior Fitness program, we will start with a FREE CLASS on Thursday, December 14th at 1:15. If you are interested, come on in and see if our program will suit your needs. As with our previous Senior Fitness class, the focus will be on low-impact exercise that will improve your strength and balance to improve mobility and prevent falls.

If there is sufficient interest, Senior Fitness will probably be scheduled on Thursday afternoons at 1:15. The cost will be \$28/4 sessions. At least eight participants are needed for this class to happen.



December 2017 Meals



Monday	Tuesday	Wednesday	Thursday	Friday
Please be seated by 11:50 to allow our wait staff to serve beverages before the salad course is served.				<p>1 Tossed Salad Stuffed Shells w/ Sauce Broccoli Garlic Bread Mandarin Oranges</p>
<p>4 Carrot Slaw Swedish Meatballs On Noodles Green & Wax Beans Fruit Salad</p>	<p>5 Green Salad Chicken Parmesan on Linguini California Vegetables Garlic Bread Baked Pear</p>	<p>6 Cole Slaw Baked Ham Scalloped Potatoes Brussels Sprouts Bread Devil's Food Cake w/Vanilla Frosting</p>	<p>7 Tossed Salad Italian Meatloaf Mashed Potato Peas & Onions Gingerbread w/ Topping</p>	<p>8 Crunchy Romaine Salad Shrimp Scampi on Linguini Spinach Garlic Bread Tangerines</p>
<p>11 Broccoli Salad Hot Turkey Sandwich w/Gravy Mashed Potato Peas Cranberry Sauce Blondie</p>	<p>12 Caesar Salad Baked Haddock Roasted Potato Corn Fruit Cocktail</p>	<p>13 Green Salad w/Cherry Tomatoes Roast Beef w/Gravy Mashed Potato Parslied Baby Carrots Dinner Roll Cherry Cheesecake</p>	<p>14 Tossed Salad Spaghetti & Meatballs Green Beans Garlic Bread Tangerines</p>	<p>15 Tossed Salad C & S Pizza Cantaloupe</p>
<p>18 Tossed Salad American Chop Suey Green & Wax Beans Garlic Bread Tapioca Pudding</p>	<p>19 Corn & Bean Salad Parmesan Pork Chops Stuffing California Vegetables Bread Pudding</p>	<p>20 Green Salad Oven Roasted Chicken Rice Pilaf Cranberry Sauce Mixed Vegetables Pear & Blueberry Crisp</p>	<p>21 Carrot-Raisin Slaw Chipped Beef Gravy on Mashed Potato Roasted Brussels Sprouts Bread Apricots</p>	<p>22 Spinach/Mushroom Strata Ham/Cheese Strata Bacon/Sausage Home-Fries Orange Juice Fresh Fruit Cup Blueberry Muffin</p>
<p>25</p> 	<p>26 Cottage Cheese w/Chives Roast Turkey w/Gravy Sweet Potato Broccoli Bread Cranberry Sauce Baked Pears</p>	<p>27 Cole Slaw BBQ Ribs Seasoned Potatoes Corn Bread Corn Peach Crisp</p>	<p>28 Dilled Cucumbers Chicken Pie w/Peas & Carrots Mashed Potato Blondie</p>	<p>29 Pickled Beets Macaroni & Cheese Stewed Tomatoes Green Beans Bread Grapes</p>



December 2017




Monday

Tuesday

Wednesday

Thursday

Friday

Sign up required for activities marked with an asterisk (*);				1 Please bear with us as we set up for our annual Bazaar. We apologize for any inconvenience but the Bazaar helps us keep the doors open. <div>Stuffed Shells</div>
4 1:00 Bingo 1:00 Shopping <div>Swedish Meatballs</div>	5 8:45 Foot Care (by appointment only) 10:00Aqua Aerobics** 1:00 Cribbage <div>Chicken Parmesan</div>	6 10:00 Poetry <u>12:00 Birthday Day</u> Audrey Lilly, pianist 12:45 Knitting 1:30 Linedancing** <div>Baked Ham</div>	7 12:30 “ <u>Holiday Tunes</u> ” Sister Hyatt & Sister Holmes 1:00 Card Games <div>Italian Meatloaf</div>	8 9:30 Tai Chi 1* 10:45 Tai Chi 2* <u>12:30 Village Voices</u> 1:00 Book Club 1:00 Bingo 1:00 Shopping <div>Shrimp Scampi</div>
11 10:30 Health Clinic 1:00 Bingo 1:00 Shopping <div>Hot Turkey Sandwich</div>	12 10:00 Aqua Aerobics* <u>12:00 Hanover High School “Footnotes”</u> 1:15 Cribbage <div>Baked Haddock</div>	13 12:00 Christmas Dinner* <div>Roast Beef</div>	14 8:45 Foot Care (by appointment only) 1:15 Free Senior Fitness Demo w/ Liz Hatfield 1:00 Card Games <div>Spaghetti & Meatballs</div>	15 9:30 Tai Chi 1* 10:45 Tai Chi 2* 1:00 Shopping <div>Set Up for Cookie Walk</div> <div>C & S Pizza</div>
18 1:00 Bingo 1:00 Shopping <div>Amerpcan Chop Suey</div>	19 10:00 Aqua Aerobics* 1:00 Cribbage <div>Parmesan Pork Chops</div>	20 8:45 Foot Care (by appointment only) 10:00 Poetry 10:30 TOGETHER 12:00 Galen 12:45 Knitting 1:30 Linedancing* <div>Roast Chicken</div>	21 <u>12:30 White River School 3rd Graders</u> 1:15 Card Games <div>Chipped Beef Gravy</div>	22 <u>9:00 Christmas Eve Breakfast Buffet*</u> See Page 1 or “Menu Page” for details.
25 	26 12:30 Yankee Swap 1:15 Cribbage <div>Roast Turkey</div>	27 12:45 Knitting <div>BBQ Ribs</div>	28 <u>12:30 Dancer’s Corner New Years Recital</u> 1:15 Card Games <div>Chicken Pie</div>	29 1:00 Bingo 1:00 Shopping <div>Macaroni & Cheese</div>

December Happenings

Dec. 2 8:30–1:00 BAZAAR! Come in from the cold and get a start on your holiday shopping. Freshly-baked cinnamon rolls and coffee/tea will be available between 8:30 and 11:00; lunch from 11:00 to 12:30. Unsold items will continue to be available until the Cookie Sale on Dec. 16, but shop early for best selection..

Dec. 6 12:00 Birthday Day. Join us at lunchtime as we celebrate the birthdays of everyone born in December. Audrey Lilly will be the pianist. 1:30 Linedancing class with Jamie Orr. \$14/2 weeks, payable at first class. Sign up required.

Dec. 7 12:30 “Holiday Tunes” performed by Sister Hyatt and Sister Holmes, our volunteer wait staff from The Church of Jesus Christ of Latter Day Saints.

Dec. 8 12:30 5th Annual Christmas Carol Sing with the Village Voices. Come for lunch and join in the singing of traditional Christmas songs with Mary Guarino and friends. 1:00 Bugbee Book Club. Marieke Sperry from the Quechee/Wilder Libraries will facilitate a discussion of “Mistletoe Murder and other stories” by P.D. James. Copies of the book are available from the libraries. New participants always welcome.

Dec. 12 12:30 Hanover High School Footnotes. This group has been a part of the holiday entertainment at Bugbee Senior Center for so long, we’re probably literally seeing the second generation of students! The faces change but the quality of entertainment has never diminished.

Dec. 13 12:00 Christmas Dinner. Be sure to sign up right away; reservations are filling quickly. We will do our best to honor seating requests so tell us with whom you would like to sit. Please carpool; parking is also limited.

Dec. 14 1:15 Free Senior Fitness Demo. We have found an instructor to take over our weekly senior fitness class. Come in, meet Liz Hatfield and see if the class she will be offering is right for you,

Dec. 16 9:00–12:00 Holiday Cookie Walk! Come select your own assortment of homemade holiday treats. \$6 per pound. Shop early for best selection.

Dec. 20 10:30 TOGETHER women’s support group facilitated by Judy Adams. “Holiday Foods That Are Healthier Than You Think”. Fill your plate with these delicious staples to protect your waistline and more. New participants always welcome. 12:00 Galen Mudgett will entertain on the saxophone during lunch.

Dec. 21 12:30 White River School 3rd Graders, under the direction of Susan Flannigan, will present their annual holiday program.

Dec. 22 9:00 “Christmas Eve” Breakfast Buffet. Even though Christmas Eve isn’t until Sunday, this is the last day we will be open before Christmas. Sign up and come in for a lovely breakfast. (There will be NO NOON MEAL today.)

Dec. 26 12:30 “Yankee Swap”. Bring in a wrapped gift suitable for “anyone” (approximate value \$5), and your sense of humor! Everyone who participates will go home with a gift. 1:00 Cribbage will begin right after Yankee Swap.

Dec. 28 12:30 Dancers Corner New Year’s Recital. Another long-standing Bugbee Senior Center holiday tradition. Dancers of all ages will perform ballet, hip-hop, jazz, tap and modern dance routines to send the old year out on a positive note.



A New Contest: “Lenny’s Pennies”

We have a new contest going on but you’ll have to be quick to get in on the action; it closes Dec. 13th.

1. Buy an official “ballot” for \$1.00.
2. Look at the jar of “Lenny’s Pennies” and enter your guess of the number of pennies, along with your name and phone number on the ballot. Put the ballot in the Lenny’s Pennies Contest can.
3. The closest guess without going over wins 50% of the entry money; the rest benefits the Center.
4. Contest closes on Dec. 13th after the Bugbee Christmas Dinner. Winner will be notified after the pennies have been counted by Mascoma Bank.

Annual Holiday Raffle!

Starting December 1st, we will give away a prize every weekday in December. One ticket (\$10) buys one chance for each prize. Winning tickets go back in the bowl and remain eligible for each drawing through Dec. 31st. Tickets will be available at the Center starting November 1st. All proceeds benefit Bugbee Senior Center. Last year, several people stepped up and took raffle tickets to sell to their friends and family and it helped us out immensely! If you would be willing to sell tickets for us this year, please see Regina, Len or Emily. You do not have to pay for the tickets you take to sell; just turn in the money when you turn in the ticket stubs


December 2017

1 Wooden Advent Calendar



4 Basket of Jam from Diane & Sam



5 
½ Gallon
VT Maple Syrup
from Sugarhouse
View Farm,
W. Hartford, VT

6 Hanover Bowl



From Simon Pearce

7 King Arthur
Flour \$100 Gift
Certificate



8 Anichini
Wool Throw



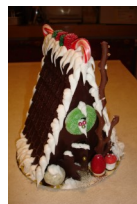
11 Thyme Restaurant
\$50 Gift Certificate



12 "Taste of VT"
Basket



13 Chocolate
Christmas House



14 VERMONT WOODSHOP
Folk Art Puzzle



15 Lamp
w/Hand-
made
Shade
from
Lampscapes, WRJ



18 Shakleton Thomas

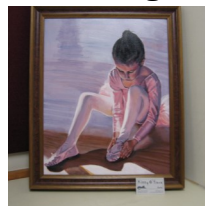


4" Pottery Vase

19 Basket of Jam
from Diane & Sam



20 Kitty O'Hara
Painting



21 (2 Winners)
2 Hopkins Center
Concert Tickets

Day Pass (2 Adults,
2 Children)
Upper Valley
Aquatic Center

22 Valley Flower
Company \$25
Gift Certificate



26 Gift Certificate
(Breakfast for 2)
Dana's by the
Gorge



27 Elixir
Restaurant
\$75 Gift Certificate



28 4-U Golf
Gift Certificate for
Mini-golf and ice
cream cones (4)
2018 Season



29 Casella Waste
3-months
trash
collection
(up to \$225)



10 Ways Malnutrition Can Impact Your Health

From National Council on Aging

Good nutrition is vital at every stage of life, but as you age, staying well-nourished is even more important.

Muscles & Bones

Your body naturally loses muscle and bone as you age; however, malnutrition can accelerate these losses and impact your independence and ability to be active.

1. Mobility: Weak muscles and bones make it harder to do everyday tasks, like walking, dressing and bathing.
2. Posture: Muscles and bones are needed to help keep you upright. If they are weak, you may strain your neck, back and shoulder muscles, causing you to feel pain.
3. Strength: Poor muscle strength may make it more difficult to do your favorite activities.
4. Falls: Muscle and bone problems are major risk factors for falls.

Immune System and Healing

When your body lacks nutrition, your white blood cell count can decrease, making it harder for your body to heal and fight illness.

5. Healing: Your body's nutrition influences recovery from injury since wounds need energy, protein, vitamins and minerals to heal.
6. Cancer: If you are malnourished, it is more difficult to tolerate chemotherapy.
7. Illness: A poor immune system can increase your risk for illness and infection.

Organs

Not having enough protein and other nutrients can harm your organs.

8. Eyes: Vitamin and mineral deficiencies can accelerate vision loss caused by glaucoma, cataracts, and/or macular degeneration.
9. Brain: Nutrient deficiencies may speed up the rate at which your brain loses neurons, which can impair mental function.
10. Kidneys: A lack of fluids and electrolytes can cause your kidneys to overwork, which can affect their ability to function.

5 Steps to Prevent Malnutrition

1. Understand what malnutrition is and isn't. Learn the facts and warning signs at ncoa.org/NutritionTools.
2. Make smart food choices. Get tips to build a healthy plate at ncoa.org/EatWell.
3. Try an oral nutritional supplement. It can provide you with balanced nutrition. Check with your health care provider.
4. Take care of your teeth. A healthy mouth makes it easier to eat.
5. Consult your healthcare provider if you have unplanned weight loss, a poor appetite, or other problems that affect eating.

Winter Weather Closing Policy

During the next few months, there may be days when the weather conditions make it unsafe for our staff, volunteers and participants to be out on the roads. Our policy is that when the Hartford School District schools are closed due to weather conditions, the Bugbee Senior Center is also closed. Please watch your TV or listen to the radio for announcements.

When the Center is closed, there are no home-delivered meals. Meal recipients will receive an extra frozen meal to be used when the Center is unexpectedly closed.



Moving? Going on vacation?



If you will be moving or away long enough to discontinue mail service, please let us know. If the Post Office returns your *Bugbee Bulletin* to us, we are charged 49¢. A quick phone call from you will mean a lot to us. And be sure to let us know when you return so we can update our mailing list accordingly.

If you would like to keep up with news here at the Center, we'll be happy to send the *Bugbee Bulletin* to your winter address or, preferably, send it to you via email.



BUGBEE SENIOR CENTER HOLIDAY BAZAAR
SATURDAY, DEC. 2 8:30—1:00

8:30—11:00 Coffee & Warm Cinnamon Buns available

Lunch available 11:00—12:30

Homemade Corn Chowder

Sandwiches :(Egg Salad, Ham Salad, Chicken Salad)

Homemade Apple Crisp



Bake Sale *Gift Boutique * “White Elephants” *Handcrafted Items* Gently Used Jewelry

(Bazaar items will be available Mon—Fri (9-3) through Friday Dec. 15th,
but shop early for best selection)

HOLIDAY COOKIE WALK SATURDAY, DEC. 16 9:00-12:00

Create your own assortment of home-baked treats \$6/pound

HOLIDAY RAFFLE TICKETS NOW AVAILABLE \$10/TICKET

DAILY DRAWINGS MON-FRI DEC. 1st THROUGH DEC. 29th

ALL TICKETS ELIGIBLE FOR EVERY DRAWING

SEE CALENDAR OF PRIZES INSIDE

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The Bugbee Bulletin
White River Council on Aging
262 N Main St
WRJ, VT 05001
Return Service Requested



December 2017

Home-Delivered Meals



Monday

Tuesday

Wednesday

Thursday

Friday

	If you will not be home to receive your meal, please be sure to call the Center before 9:30 AM. Our drivers can not leave your meal if we have not heard from you.			1 Tossed Salad Stuffed Shells w/ Sauce Broccoli Garlic Bread Mandarin Oranges
4 Carrot Slaw Swedish Meatballs On Noodles Green & Wax Beans Fruit Salad	5 Green Salad Chicken Parmesan on Linguini California Vegetables Garlic Bread Baked Pear	6 Cole Slaw Baked Ham Scalloped Potatoes Brussels Sprouts Bread Devil's Food Cake w/Vanilla Frosting	7 Tossed Salad Italian Meatloaf Mashed Potato Peas & Onions Gingerbread w/ Topping	8 Crunchy Romaine Salad Shrimp Scampi on Linguini Spinach Garlic Bread Tangerines
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