



◆ The Bugbee Bulletin ◆

Volume 2017
Issue 5

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

February 2017

Free Tax Preparation

Tax preparation assistance will NOT be offered at Bugbee Senior Center this year. However, there are places in the immediate area that will have volunteers available to help you.

To find a location and schedule an appointment, call

1-866-444-4211.

You will reach an electronic menu and will need to push buttons to answer some questions, but just be patient and you will ultimately reach a live person.

Or, you can make an appointment online by going to www.NHTaxhelp.org, click on Get Free Tax Help, scroll down through all the locations, select one and clicking on SCHEDULE AN APPOINTMENT.

Sites are listed alphabetically, so "White River Jct" is near the end. Even though WRJ and Windsor are not in NH, they are included in this site. The locations for the actual appointments will be St. Paul's Episcopal Church and Hartford Town Hall in White River Jct., and Connection Resource Center in Windsor. However, appointments are required and must be made by calling the number above or going online.



FREE!

Bugbee Cinema
February 16th
12:45 pm



"SULLY"
2016

Directed by Clint Eastwood

Starring Tom Hanks, Aaron Eckhart, Laura Linley

The story of Chesley Sullenberger, pilot of US Airways Flight 1549, who landed his disabled plane on the Hudson River, saving all 155 people on board. (1 hour 36 minutes playing time)

March Bugbee Cinema "Nominees"

We have received some suggestions for films to show in March. Come in to mark a ballot or call to cast your vote for one of the following:

To Kill a Mockingbird: (1962) Gregory Peck, Mary Badham

Gaslight: (1944) Charles Boyer, Ingrid Bergman, Angela Lansbury (in her screen debut)

The Trouble with Harry: (1955) Edmund Green, John Forsythe

Rear Window: (1954) James Stewart, Grace Kelly

Casablanca: (1942) Humphrey Bogart, Ingrid Bergman

We will show the winning film IF WE CAN GET IT ON DVD. Sometimes the older movies are not readily available, in which case we will show the next available runner-up.

Director's Corner

Well it is February and we are past the holiday season and in the “dog days” of winter, although one would not know it with some of the 40 degree days we have had recently.

Our recent Holiday Bazaar raised funds needed to run our center and our programs. At this writing we raised just under \$7800, our second best year ever. Another bit of good news is that our Annual Appeal has brought in more than \$20,000, the amount which the Jack and Dorothy Byrne Foundation agreed to match. Many thanks again to all who helped make these two important fundraisers successful this year.

And we are starting to think of those warm weather activities, including night openings and trips. We are currently working on both and are setting up another trip to York Maine, and the New London Playhouse. This is your last chance to offer up any suggestions, so if you have an idea for us to consider, speak now or forever hold your peace, at least till next year. I will say that one potential outing involves the Killington Gondola during foliage season, but that is a secret because we have not worked on all the details, so let's just keep this between you and me!!

We have been getting phone calls about tax preparation assistance this year. As you know from prior newsletters, AARP will not be doing taxes at Bugbee this year. We have not received information about where, when or who to contact to schedule an appointment with them, but we have put the phone number for SEVCA in this month's edition so feel free to check directly with SEVCA for locations and times. In the past SEVCA has used St. Paul's church for this service.

On a final note, we appreciate the donation of small medical equipment from time to time. But as I have mentioned previously, it is greatly appreciated if folks would bring it in during our operating hours. When it is left outside in the elements, especially this time of year, the items can be damaged or be a “fire hydrant” for neighborhood dogs and/or cats marking their territory. In some cases this renders the piece unusable and it only ends up in the metal recycling. And if it has any hint of damage we do NOT loan it back out. My thanks in advance for your cooperation on this.

Len Brown

Bugbee Senior Center Transportation Services

Our van provides transportation to and from the Center for seniors (age 60+) who live in the towns of Hartford and Norwich. Our van is equipped with a wheelchair lift; however, there are some electric wheelchairs that are too heavy for us to accommodate.

We coordinate rides to local medical and dental appointments whenever possible. If the van is not available or appropriate for the client, we try to find a volunteer driver. To use our transportation resources, appointments should be scheduled no earlier than 10:00 AM with a return no later than 3:00 PM. Please give us at least 24 hours notice. We are not able to accommodate requests for non-medical purposes (hairdressers, shopping other than our scheduled “bread and milk” stops at the White River Co-Op on Mondays and Fridays, etc.).

With the increasing price of gas, we ask riders to make a donation if they are able. The suggested donation for trips to DHMC/APD is \$5 round trip, \$3 one-way; For trips to the VA or White River Family Practice, \$2 round trip, \$1 one-way.

If you would be willing to drive patients to appointments on occasion, we'd love to add you to our list of volunteer drivers. Just give us a call at 295-9068.





February 2017 Meals



Monday	Tuesday	Wednesday	Thursday	Friday
Please be seated by 11:50 to allow our wait staff to serve beverages before the entrée.		1 Tossed Salad Corn Chowder Ham Salad Sandwich Vanilla Pudding w/ Peaches	2 Cottage Cheese w/Chives Shepherd's Pie Baby Carrots Bread Pear & Blueberry Crisp	3 Corn & Bean Salad Hot Turkey Sandwich w/Gravy Mashed Potato Peas & Onions Jell-o
6 3-Bean Salad Meatloaf Boiled Red Potato California Vegetables Bread Gingerbread w/Topping	7 Tossed Salad Assorted Entrees Rolls Assorted Desserts	8 Green Salad Baked Haddock Rice Pilaf w/ Vegetables Fresh Spinach Yellow Cake w/ Vanilla Frosting	9 Caesar Salad Roast Pork w/Gravy Sweet Potato Green Beans Applesauce Roll Peach Cobbler	10 Cole Slaw BBQ Chicken Tater Tots Beets Corn Bread Fresh Pineapple
13 Pickled Beets Macaroni & Cheese Stewed Tomatoes Green Beans Bread Grapes	14 Cottage Cheese w/Pineapple Roast Turkey w/ Gravy Cranberry Sauce Mashed Potato Peas & Carrots Red Velvet Cake	15 Caesar Salad Beef Stroganoff On Egg Noodles Broccoli Bread Baked Apples	16 Green Salad Oven Roasted Chicken Rice Pilaf Cranberry Sauce Mediterranean Vegetables Bread Pear Crisp	17 Tossed Salad C & S Pizza Melon Mix
20 CLOSED 	21 Caesar Salad Chicken Parmesan On Linguini Mixed Vegetables Garlic Bread Fruit Salad	22 Cole Slaw Baked Ham w/ Pineapple Sauce Scalloped Potato Cauliflower w/Red Peppers Bread Vanilla Pudding	23 4 Bean Salad Liver & Onions Mashed Potatoes Roasted Brussels Sprouts Blondie	24 Tossed Salad Spaghetti & Meatballs Broccoli Garlic Bread Mandarin Oranges
27 Cottage Cheese w/ Peaches Italian Chicken w/ Roasted Vegetables Over Rice Mandarin Oranges	28 Cole Slaw BBQ Ribs Roasted Potato Corn Corn Bread Baked Pears			



February 2017





Monday

Tuesday

Wednesday

Thursday

Friday

<p><i>Marble Game Returns Feb. 1st!</i></p>		<p>1 10:00 Poetry 1:30 Linedancing**</p> <p>Corn Chowder/ Ham Salad Sandwich</p>	<p>2 9:00 Quilting 8:45 Foot Care (by appointment only) 1:00 Art for Inner Growth*</p> <p>Shepherd's Pie</p>	<p>3 9:30 Tai Chi 1* 10:45 Tai Chi 2* 12:45 Book Club 1:00 Bingo 1:00 Shopping</p> <p>Hot Turkey Sandwich</p>
<p>6 9:00 ♥warmers 1:00 Bingo 1:00 Shopping</p> <p>Meatloaf</p>	<p>7 8:45 Foot Care (by appointment only) 10:00 Aqua Aerobics* 1:00 Cribbage 1:00 Sr Fitness**</p> <p>BUFFET</p>	<p>8 10:30 TOGETHER <u>12:00 Birthday Day</u> Audrey Lilly, pianist 1:30 Linedancing*</p> <p>Baked Haddock</p>	<p>9 9:00 Quilting 1:00 Art for Inner Growth*</p> <p>Roast Pork</p>	<p>10 9:30 Tai Chi 1* 10:45 Tai Chi 2* 1:00 Bingo 1:00 Shopping</p> <p>BBQ Chicken</p>
<p>13 10:00 Health Clinic 1:00 Bingo 1:00 Shopping</p> <p>Macaroni & Cheese</p>	<p>14 10:00 Aqua Aerobics* 1:00 Cribbage 1:00 Senior Fitness*</p> <p>Roast Turkey</p>	<p>15 10:00 Poetry 1:30 Linedancing**</p> <p>Beef Stroganoff</p>	<p>16 9:00 Quilting 8:45 Foot Care (by appointment only) 12:45 Bugbee Cinema</p> <p>Oven Roasted Chicken</p>	<p>17 9:30 Tai Chi 1* 10:45 Tai Chi 2* 1:00 Bingo 1:00 Shopping</p> <p>C & S Pizza</p>
<p>20 Bugbee Senior Center Closed</p> 	<p>21 (NO Aqua Aerobics) 1:00 Cribbage 1:00 Sr. Fitness*</p> <p>Chicken Parmesan</p>	<p>22 1:30 Linedancing*</p> <p>Baked Ham</p>	<p>23 9:00 Quilting <u>12:30 Dancer's Corner Recital</u></p> <p>Liver</p>	<p>24 9:30 Tai Chi 1* 10:00 Suite Notes 10:45 Tai Chi 2* 1:00 Bingo 1:00 Shopping</p> <p>Spaghetti & Meatballs</p>
<p>27 10:00 Health Clinic 1:00 Bingo 1:00 Shopping</p> <p>Italian Chicken</p>	<p>28 (NO Aqua Aerobics) 1:00 Cribbage 1:00 Sr. Fitness*</p> <p>BBQ Ribs</p>	<p><i>Sign up required for activities marked with an asterisk (*)</i> <i>Double asterisk (**)</i> denotes the start of a new session of an activity requiring sign up.</p>		

February Happenings

Feb. 1 1:30 Linedancing class with Jamie Orr. Sign up required. 6 wks/\$42.

Feb. 3 12:45 Bugbee Book Club. Marieke Sperry from the Quechee/Wilder Libraries will facilitate a discussion of "God's Kingdom" by Howard Frank Mosher, one of America's most acclaimed writers. His fiction, set in the world of Vermont's Northeast Kingdom, chronicles the intertwining family histories of the natives, wanderers, outcasts and fugitives—white, Native American, escaped slaves fleeing north, French-Canadians and others—who settled in this remote and beautiful place. Copies of the book are available from the libraries. New participants always welcome.

Feb. 7 1:00 Senior Fitness class w/Laura Dykstra. Sign up required. 8 weeks/\$30.

The focus is on gentle exercise to improve strength and balance. If you think this might be the class for you but are not sure, come sit in on one class at no charge.

Feb. 8 10:30 TOGETHER women's support group facilitated by Judy Adams. "Best Friends." Over the years, we share friendships with others who help us enjoy life. We are "best friends", too. Join us to share memories. New participants always welcome.

12:00 Birthday Lunch. Come celebrate the birthdays of all those born in February. Audrey Lilly will play the piano for your enjoyment.

Feb. 16 12:45 Bugbee Cinema. "SULLY" 2016 Directed by Clint Eastwood, starring Tom Hanks, Aaron Eckhart, Laura Linley. The story of Chesley Sullenberger, pilot of US Airways Flight 1549, who landed his disabled plane on the Hudson River, saving all 155 people on board. (1 hour 36 minutes playing time).

Feb. 23 12:30 Dancer's Corner Recital. The annual New Year's Dance Recital was cancelled due to bad weather, so the dancers have graciously agreed to come during their winter recess from school.



Have You Played "The Marble Game"?

Several times each year, the Bugbee Senior Center conducts a fund-raiser called "The Marble Game" daily after the noon meal. Raffle tickets are sold daily (3/\$1) and are valid only on the day of purchase. Half of the money raised goes directly to Bugbee Senior Center; the remainder goes in to the "pot".

We start with 95 clear marbles, 5 red marbles, 1 pink marble, 1 mottled marble and 1 dark blue marble. After lunch, three tickets are drawn and each winning ticket holder gets to pick a marble from the can. Clear= no prize; Pink = pick another marble; Mottled = gift card; Dark blue = 1 Bugbee Buck; Red = Wins the pot.

If more than one red marble is picked, the pot is divided among the winners. If no red marbles are picked, the money in the pot rolls over to the next day. As the number of marbles decrease, the odds of winning increase and the pot grows. Play continues until all red marbles have been picked.

The next round of The Marble Game will start on Wednesday, February 1st.



"Souvenir"
New London
Barn Playhouse
New London, NH
Friday, July 14, 2017

(Cost to be determined)

A majestically awful opera singer and her long-suffering accompanist take center stage in this hilarious play about the infamous Florence Foster Jenks, a wealthy New York socialite whose ear-splitting singing was matched only by her unconquerable delusions of greatness. A funny, poignant look at artistic passion and the true meaning of music.

Trip includes buffet luncheon at
The Coach House Restaurant

Menu

Artisan Salad
Lemon Roasted Chicken
Horseradish Crusted Cod
Yukon Whipped Potato
Harticot Verts
Cookies & Brownies
Coffee/Tea/Soft Drinks

What To Do When There's "Nothing To Do"!

Just in case you find yourself with time on your hands this winter, here are a few of the things we have coming up at the Center.



FREE Creative Stitchery Group

Wednesdays
12:45 – 3:45 pm
Starts February 1st

Knitters of all levels are invited to bring their knitting and join this informal group for a relaxing, yet productive, afternoon once a week.



Sign Up Now For Computer Assistance

Once again, the Bugbee Senior Center is partnering with the Hartford Area Career & Technology



Center (HACTC) to provide one-on-one computer and cell phone assistance to seniors.

The student instructors are all seniors in Computer Technology Applications. Students at HACTC come from Hanover, Hartford, Lebanon, Mascoma, Thetford, Windsor and Woodstock school districts.

The HACTC students are available on Wednesday and Thursday mornings only, with appointment slots at 8:45 and 9:30. If you have your own laptop or tablet, bring it with you. We will ask you to fill out a brief questionnaire so the students will know what you want to learn. To make an appointment for two sessions (usually scheduled one week apart so you will have time to practice what you have learned), call Regina at 295-9068 between 8:30 and 2:30, Monday through Thursday.



We need substitute drivers for all of our meal routes (Hartford-Wilder, White River Jct., Norwich, Quechee, Thetford). Volunteers typically deliver meals no more than one day per week, and never when the roads are really bad because when the Hartford School District is closed due to weather, Bugbee Senior Center is also closed.

Meals are picked up at the Center around 10:45 AM., Monday through Friday. The number of meals/stops varies by route. Most routes take an hour or less; Thetford takes longer because of the distance. Norwich and Thetford drivers do not return to the Center at the end of their route. A reliable vehicle is a must. Before "going solo" on a route, new drivers go out once or twice with a driver familiar with the route.

We also need wait staff to help out in our dining room. Wait staff come in around 11:30 and are finished by 1:00 or earlier. No taking orders; no carrying heavy trays. Come in for lunch and see how it all works. If you are available and/or want more information, call Regina at 802-295-9068.



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 47¢. 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.

Obey the Signs on the Highway

Two friends were headed to Florida and were warned to obey all the signs on the highway. A few miles down the road, they saw a sign that read "Clean Restrooms Ahead". They arrived in Florida exhausted two months later, having used up 86 bottles of Windex, 267 rolls of paper towels, and 3 cases of toilet bowl cleaner. Total restrooms cleaned: 450.



Looking Ahead ...



We're looking into other trips, but here's what we have so far:

Annual Seacoast Trip

Foster's Clambake & York
Beach, Maine

Wed., Sept. 6, 2017

\$81/person



Menu

New England Clam Chowder

Freshly Dug Maine Clams

Cultivated Mussels; Succulent Maine Lobster

(Substitute choices: BBQ Chicken or Vegetarian Option)

Roasted Red Bliss Potatoes and Onions

Rolls & Butter

Hot Drawn Butter

Blueberry Crumb Cake

Iced Tea & Lemonade

Coffee & Tea

Live Entertainment

After the Clambake, we'll drive up the coastline to York Beach. Take a stroll on the sand or do a little souvenir shopping. We'll stop at Johnson's for ice cream on the ride home, so bring a little spending money.



Veterans Day at the Log Cabin

Holyoke, MA

Tues., Nov. 7, 2017

\$91/person

Menu

Hors d'oeuvre Welcome Platter

Complimentary Glass of Wine

Rolls & Butter

Chop Chop Salad

Brisket w/Mushroom Gravy

Stuffed Haddock

Herb Roasted Potatoes

Warm Apple Pie w/Vanilla Ice Cream

Coffee and Tea

Broadway cabaret singer Karen Wagner and Hartford (CT) police officer Robert Lovanna will take you on a "musical walk down memory lane", honoring America's heroes, through a special patriotic musical tribute.

A Few Reminders About Our Trips...

- * We do not provide personal assistance on our trips. Some trips involve moderate walking, sometimes over uneven surfaces and/or up and down stairs. If you have any questions about what you might encounter, please give us a call. We regret any inconvenience if you are unable to participate due to physical limitations that can't be reasonably accommodated.
- * If there is a trip that interests you, we encourage you to sign up right away. Payment is due 30 days before the trip, and your seat is not confirmed until we have received your payment. Once a trip is paid for, a refund will be given only if we are able to sell your seat.
- * Be sure to dress for the weather. Bring a sweater if you are uncomfortable in air-conditioning.
- * Snacks/water are not provided on the bus, but you are welcome to bring them with you.
- * Please be considerate of those around you and use your cell phone only if necessary. If you are playing games or listening to music, please use headphones or earbuds. We want everyone to enjoy the experience free of unwanted distractions.

Cruise to Bermuda

with Springfield Senior Center

On Norwegian Cruise Line "Dawn"

Departing from Boston

Sept. 8-15, 2017

LIMITED SPACES AVAILABLE

Prices range from \$1212.51 - 1902.51

Per person, double occupancy

For those who are looking for a longer trip, this is a really good deal. A deposit of \$50 by Feb. 10th will hold your spot. To reserve a specific room type, a \$250 deposit is required by Feb. 10th.

A passport is needed. All deposits and money paid are fully refundable up until 100 days before the trip.

For more information or to register for the cruise, call Heather Hall, Springfield Senior Center Director at 802-885-3933.



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White River Council on Aging
262 N Main St
WRJ, VT 05001

Non-profit Org.
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U. S. Postage Paid
WRJ VT 05001
Permit #2



February 2017 Home-Delivered Meals




Monday

Tuesday

Wednesday

Thursday

Friday

<p>Please make sure that the snow and ice are removed from your driveway and walkway. If the drivers can't safely reach your door, they can't leave your meal.</p>		<p>1 Tossed Salad Corn Chowder Ham Salad Sandwich Vanilla Pudding w/ Peaches</p>	<p>2 Cottage Cheese w/Chives Shepherd's Pie Baby Carrots Bread Pear & Blueberry Crisp</p>	<p>3 Corn & Bean Salad Hot Turkey Sandwich w/Gravy Mashed Potato Peas & Onions Jell-o</p>
		<p>6 3-Bean Salad Meatloaf Boiled Red Potato California Vegetables Bread Gingerbread</p>	<p>7 Tossed Salad Macaroni & Cheese Stewed Tomatoes Green Beans Rolls Fruit</p>	<p>8 Green Salad Baked Haddock Rice Pilaf w/ Vegetables Fresh Spinach Yellow Cake w/ Vanilla Frosting</p>
<p>13 Pickled Beets Macaroni & Cheese Stewed Tomatoes Green Beans Bread Grapes</p>	<p>14 Cottage Cheese w/Pineapple Roast Turkey w/Gravy Cranberry Sauce Mashed Potato Peas & Carrots Red Velvet Cake</p>	<p>15 Caesar Salad Beef Stroganoff On Egg Noodles Broccoli Bread Baked Apples</p>	<p>16 Green Salad Oven Roasted Chicken Rice Pilaf Cranberry Sauce Mediterranean Vegetables Bread Pear Crisp</p>	<p>17 Tossed Salad C & S Pizza Melon Mix</p>
<p>20 CLOSED</p> 	<p>21 Caesar Salad Chicken Parmesan On Linguini Mixed Vegetables Garlic Bread Fruit Salad</p>	<p>22 Cole Slaw Baked Ham w/ Pineapple Sauce Scalloped Potato Cauliflower w/Red Peppers Bread Vanilla Pudding</p>	<p>23 4 Bean Salad Liver & Onions Mashed Potatoes Roasted Brussels Sprouts Blondie</p>	<p>24 Tossed Salad Spaghetti & Meatballs Broccoli Garlic Bread Mandarin Oranges</p>
<p>27 Cottage Cheese w/ Peaches Italian Chicken w/ Roasted Vegetables Over Rice</p>	<p>28 Cole Slaw BBQ Ribs Roasted Potato Corn Corn Bread Baked Pears</p>	<p>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.</p>		