



Bugbee Bulletin

Volume 2024, Issue 3
March 2024

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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 Lunch & High Stakes Bingo Thursday, March 14



Come to the Center for St. Patrick's Day Lunch and High Stakes Bingo. **Wear green!** We will be serving up traditional corned beef & cabbage and soda bread. We don't have beer, but we do have cheer... and Bingo! \$2.50 a card. 10 games. Half the proceeds benefit the Center, the other half to the Bingo pot! No registration for bingo, however, sign up is required for lunch. Please call 802-295-9068 or see us at the front desk to register.

Menu

Corned Beef & Cabbage
Boiled Potatoes
Baby Carrots
Irish Soda Bread
Pistachio Ice Cream
Pistachio Pudding

Easter Luncheon

Thursday, March 28 at 12:00 pm



Two special lunches in the same month. Have a Happy Easter at Bugbee! We'll be having Baked Ham & Scalloped Potatoes for our Easter Lunch Celebration. Bring your smile and have your picture taken as a bunny! Sign up required. Please call 802-295-9068 or see us at the front desk to reserve a spot!

Menu

Dilled Cucumbers
Baked Ham w/ Raisin Sauce
Scalloped Potatoes
Peas & Onions
Lemon Cake

Looking for a boost to your health and well-being?

Bugbee has partnered with BetterAge to help you get the most out of your own life, on your own terms. Small steps today can make a big difference. Take the first step today with BetterAge's **free and confidential** 7-10 minute assessment about your health and well-being.

Then, explore your personal health and well-being report and recommendations. See what other small steps might make sense for you! If you have any questions, or would like additional guidance or support after receiving your report, come chat with us! We're here to help.

To start your assessment, see us at the front desk, or complete the assessment from your own device:

bugbeecenter.org/betterage





Bugbee Senior Center Menu

March 2024



Monday

Tuesday

Wednesday

Thursday

Friday

<p>Reservations required for in house meals. Call us before 10:30 to sign up!</p>	<p>802-295-9068</p> <p>Suggested Donation \$6.00</p>	<p>Please be seated by 11:50 am to allow our waitstaff to serve beverages (coffee/tea/milk) before the salad course.</p>		<p>1</p> <p>Ambrosia Baked Haddock Roasted Potatoes Spinach Pudding & Cookie</p>
<p>4</p> <p>Caesar Salad Spaghetti & Meatballs Broccoli Garlic Bread Pineapple & Mandarins</p>	<p>5</p> <p>4 Bean Salad Teriyaki Pineapple Chicken Rice Stir Fry Veggies Pear Crisp</p>	<p>6</p> <p>Carrot Slaw Beef Stroganoff w/ Egg Noodles Brussels Sprouts Jell-O</p>	<p>7</p> <p>Ambrosia Meatloaf Mashed Potatoes Peas & Onions Blueberry Cobbler</p>	<p>8</p> <p>Tossed Salad Broccoli Cheddar Soup & Egg Salad Roll Fruit Salad</p>
<p>11</p> <p>Cottage Cheese w/ Peaches Chili Corn Bread Fruit Parfait</p>	<p>12</p> <p>Caesar Salad Chicken Pot Pie w/ Peas & Carrots Mashed Potatoes Pudding</p>	<p>13</p> <p>BIRTHDAY LUNCH 3 Bean Salad Swedish Meatballs w/ Egg Noodles Broccoli Cake w/ Maple Frosting</p>	<p>14</p> <p>St. Patrick's Day *Sign Up Required* Corned Beef & Cabbage Boiled Potatoes Baby Carrots Irish Soda Bread Pistachio Ice Cream Pistachio Pudding</p>	<p>15</p> <p>Tossed Salad C&S Pizza Melon</p> 
<p>18</p> <p>4 Bean Salad Chicken Parm w/ Linguini Broccoli Garlic Bread Fruit</p>	<p>19</p> <p>Broccoli Salad Corn Chowder & Ham Salad Roll Applesauce Cake</p>	<p>20</p> <p>Caesar Salad Bangers & Mash Peas Jell-O w/ Fruit</p>	<p>21</p> <p>Tossed Salad Shepherd's Pie Carrots Blondie</p>	<p>22</p> <p>Pickled Beets Mac & Cheese Stewed Tomatoes Green Beans Fruit</p>
<p>25</p> <p>Green Salad Salisbury Steak Seasoned Potatoes Beets Baked Pears</p>	<p>26</p> <p>Tossed Salad Ranch Chicken Sweet Potatoes Peas & Onions Mud Pudding</p>	<p>27</p> <p>Cole Slaw BBQ Ribs Tater Tots Beets Corn Bread Peaches & Cream</p>	<p>28</p> <p>EASTER LUNCH *Sign Up Required* Dilled Cucumbers Baked Ham w/ Raisin Sauce Scalloped Potatoes Peas & Onions Lemon Cake</p>	<p>29</p> <p>Caesar Salad Stuffed Shells Broccoli Garlic Bread Fruit</p>



Activities & Events March 2024



Monday

Tuesday

Wednesday

Thursday

Friday

<p>Lunch is served Monday to Friday at Noon</p>	<p>Reservations required for in house meals. Call us before 10:30 to sign up!</p>			<p>1 10: Chair Yoga \$8 10: Mahjong 1: Bingo 1: Book Club 2: Cardio Drumming</p>
<p>4 9:30: Beginner Tai Chi Zoom Class \$3 10:40: Traditional Tai Chi Zoom Class \$3 10: Bridge 1: Bingo 1: Boggle</p>	<p>5 10: Yoga Fusion \$8 12: Piano Tunes 12:45: Movies w/ Don 1: Card Games 2: Zoom Presentation: Happy Lunar New Year</p>	<p>6 Foot Clinic 9:30: Mahjong 10: Cardio Drumming 1: Fiber Crafts</p>	<p>7 9: Quilting 10: Captain Paige Bakes 10:30: Buzz Café w/ Guests from JAM 1:30 Senior Fitness \$8</p>	<p>8 10: Chair Yoga \$8 10: Mahjong 1: Bingo 1:30: Cardio Drumming</p>
Spag & Balls	Teriyaki Chicken	Beef Stroganoff	Meatloaf	Baked Haddock
<p>11 9:30: Beginner Tai Chi Zoom Class \$3 10:40: Traditional Tai Chi Zoom Class \$3 10: Bridge 1: Bingo 1: Boggle 1: Easter & St Patrick's Card Making</p>	<p>12 10: Yoga Fusion \$8 12: Piano Tunes 1: Card Games 2: Zoom Presentation: Marriage of Grants</p>	<p>13 Foot Clinic Birthday Lunch 9:30: Mahjong 10: Cardio Drumming 1: Fiber Crafts 1: Bugbee Trivia</p>	<p>14 ST. PATRICK'S LUNCH *Sign Up Required* 9: Quilting 10:30: Buzz Café 1: High Stakes Bingo 1:30 Senior Fitness \$8</p>	<p>15 10: Chair Yoga \$8 10: Mahjong 1: Bingo 1:30: Cardio Drumming</p>
Chili	Chicken Pot Pie	Swedish Meatballs	Corned Beef	C&S Pizza
<p>18 10: Bridge 1: Bingo 1: Boggle 1: Painting with Christine \$25</p>	<p>19 10: Yoga Fusion \$8 12: Piano Tunes 1: Card Games 2: Zoom Presentation: WWII Memorial</p>	<p>20 Foot Clinic 9:30: Mahjong 10: Cardio Drumming 1: Fiber Crafts 1: BugbeeTalks: Pippa Drew Art Talk</p>	<p>21 9: Quilting 10:30: Buzz Café 1: Making Connections 1:30 Senior Fitness \$8 1:30: Visually Impaired Group</p>	<p>22 10: Chair Yoga \$8 10: Mahjong 1: Bingo 1:30: Cardio Drumming</p>
Chicken Parm	Chowder & Salad	Bangers & Mash	Shepherd's Pie	Mac & Cheese
<p>25 9:30: Beginner Tai Chi Zoom Class \$3 10:40: Traditional Tai Chi Zoom Class \$3 10: Bridge 1: Bingo 1: Boggle 1: Needle Felting \$5</p>	<p>26 10: Yoga Fusion \$8 12: Piano Tunes 1: Card Games 2: Zoom Presentation: Portraits of the West</p>	<p>27 9:30: Mahjong 10: Cardio Drumming 1: Fiber Crafts 1: BugbeeTalks: Life Story Interviewing</p>	<p>28 EASTER LUNCHEON *Sign Up Required* 9: Quilting 10:30: Buzz Café 1:30 Senior Fitness \$8</p>	<p>29 10: Chair Yoga \$8 10: Mahjong 1: Bingo 1:30: Cardio Drumming</p>
Salisbury Steak	Ranch Chicken	BBQ Ribs	Baked Ham	Stuffed Shells

Director's Corner

Happy March for Meals! Every year we celebrate Meals on Wheels during March to commemorate the amendment to the Older Americans Act that established a national nutrition program for seniors, which Richard Nixon signed into law on March 22, 1972.

Since this time last year, Bugbee volunteers delivered 20,977 meals to 130 homebound people from Hartford to Thetford. To get all those meals cooked and delivered, that took our kitchen staff working Monday to Friday every week, plus 458 hours from volunteer kitchen aides, plus a humbling 1,923 hours from our amazing volunteer drivers! It's an incredible endeavor, but we are the lucky ones for getting to know our community's homebound seniors.

As we celebrate the people who make this program possible, this milestone comes at a time federal funding for Meals on Wheels is at risk. Congress has until March 8, the next federal funding deadline, to provide adequate support for the national senior nutrition program. Across the country, one in three programs have a waitlist, with seniors waiting an average of three months for vital meals. Members of Congress need to hear from you, so they know how important the program is.

At Bugbee, we are always looking for ways to help seniors avoid hunger and isolation. That's also part of the reason why we're starting "Eat & Greet," a new program that matches homebound seniors with some of the friendliest people we know, so that they have someone to eat with. If you would like to meet some new friends, either as a meal recipient, or as a volunteer, let us know! 802-295-9068.

In the meantime, Happy St. Patrick's Day! Hope we don't get startled by any rascally leprechauns. See you all soon :)

Mark Bradley
Executive Director



Making Connections Discussion Group

Thursday, March 21 at 1:00 pm

A follow up discussion group for last fall's "Making Connections" workshop! We will be discussing upcoming projects in the area, catch up on participants' observations since the workshop, and talk about some opportunities for action that we can take to help improve our public spaces for seniors! Join us even if you couldn't make it to the workshop last fall: anyone with an interest in town planning and making senior-friendly places is welcome to join the discussion. Sign up at the front desk, or call 802-295-9068.

Vote! Town Meeting 2024 Information

HARTFORD

- **Town & School District Meeting Day.** Sat., March 2, 10am–2pm at Hartford High School Gymnasium.
- **Voting Day.** Tue., March 5. Polls open from 7am–7pm at Hartford High School.

HARTLAND

- **Town Meeting Day.** Tue., March 5. Meeting @ 9am. Polls open 7am-7pm at Damon Hall.

NORWICH

- **Town Meeting Day.** Tue., March 5. Polls open between 7am-7pm at Tracy Memorial Hall.

THETFORD

- **Town Meeting Day.** Sat., March 2. School District @ 9am, Town Meeting @ 10am at Thetford Academy Gymnasium.
- **Voting Day.** Tue., March 5. Polls open 8am-7pm at Thetford Town Hall

Special Buzz Café Guests: Junction Arts & Media **Thursday, March 7 at 10:30 AM**

Discover the art of digital creation with Junction Arts & Media's new, 12-week workshop for seniors (age 60+). Artists-in-residence from JAM will welcome you to their studio space at the Briggs building in White River Junction. They will guide you through the fascinating world of digital media creation, sharing skills such as video production, camera work, story structure, editing, audio, social media content creation, and more. You will learn the tools you need to craft your own creative project, whether it's a digital scrapbook, documentary video, an Instagram account you can share with your grandkids, your own podcast, or other tools empowering you to tell your own story! Bring your own project ideas, or be inspired to create something new through the process!

This is a FREE 12-week workshop on Fridays from 10-11:30 am, March 22 to May 24. Junction Arts & Media is accessible, and located at the Briggs Building, 5 South Main on the ground floor (the former Newbury Market). To sign up, call 802-295-6688 or visit uvjam.org.



Learn more about this project from the folks at JAM! They will be visiting the Bugbee Buzz Café on **Thursday, March 7 at 10:30 am** for a presentation about the workshop and to answer your questions.

Pippa Drew Art Talk: Rembrandt **Wednesday, March 20 at 1:00 pm**

Born at the dawn of the Dutch Golden Age, Rembrandt drew from the artistic movements of his time, blending them into a highly expressive style. In portraits, etchings, and biblical paintings he employed light and color to evoke the complexity and individuality of the human experience. This is the painting stolen from the Isabella Stewart Gardner Museum, (1990s?) and has never been found. It's his only seascape but a beauty.



Pippa Drew has a BFA from the University of Massachusetts, and in 1993 she received her Master of Arts in Liberal Studies from Dartmouth College with a thesis in painting. She has enjoyed giving art history lectures at Valley Terrace and Harvest Hill since 2017. Pippa has lived in Thetford, VT with her husband, an acoustic guitar builder, since 1992. No sign up required, suggested donation of \$5.

Life Story Interviewing **Wednesday, March 27 at 1:00 pm**

Get started with your life story project! This workshop will provide you with the know-how and the confidence you need to dive into the adventure of telling and recording your life stories—even if you have never done anything like this before!

Recording your life story offers two tremendous gifts: the chance to explore your memories and experiences, and the chance to share them with people who are important to you. This workshop is designed to help you feel excited about the process, and comfortable getting started!

Megan Clark is a trained linguist and anthropologist with a PhD from the University of Chicago, and she has over fifteen years of experience conducting ethnographic and oral history interviews. For the past decade, she has run a professional life story interview service: Legacy Life Stories. No sign up required!



Bugbee Trips

SIGN UP TODAY!

Enjoy the company of friends on a day trip via luxury charter bus to fabulous destinations across New England. Regional trips include transportation, admission, great food, and great people.

PLUS:
Mini-Trips



Apr
3

Red Kite Candy
Mini-Trip to Bradford, Vermont

JUN
5

Gate City Casino
Nashua, New Hampshire \$65

JUL
31

"Jersey Boys" *Waitlist Only*
New London Playhouse \$125

SEP
11

Foster's Clambake
York, Maine \$115

OCT
9

Strawbery Banke
Portsmouth, New Hampshire TBD

Two CraftStudies Classes for Seniors in March!

Intro to Jewelry: Chains & Earrings with Kerstin Nichols

Tuesdays, March 5 - April 9 • 12:00 pm to 3:00 pm • 6 Sessions

Welcome to the wonderfully equipped metals studio. In this class you will learn to solder, form, and transform simple wire into your own beautiful earrings and chains. The cost for this class is \$200.

Afternoon Wheel Throwing with Kathleen Peters

Wednesdays, March 6 - April 17 • 1:00 pm to 4:00 pm • 6 Sessions (skips 4/10)

Learn wheel-throwing basics or refine your practice making functional forms, attaching handles, slips, glazing, and decorative techniques. Designed for all potters, from the beginners to those with experience. \$250

Offered in partnership with CraftStudies with support from the Vermont Arts Council. Sign up at craftstudies.org. For more info or questions, email hello@craftstudies.org.

STUDIO & SCHOOL
**CRAFT
STUDIES**

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.



Captain Paige Bakes

Thursday, March 7, 10:00 am to 1:00 pm

Captain Paige Bakes will be selling freshly baked goodies inside the Center on the first Thursday of March! A portion of her sales will be donated to the Center! For anyone who isn't familiar with Captain Paige, she is a baker and cupcake enthusiast who works at King Arthur Baking.

CAPTAIN
PAIGE BAKES



You Never Listen! with Jeanne Childs

How to Change Self-defeating Communication Patterns, Reduce Stress, & Build Harmony in Relationships



Humans yearn to be heard and understood. Yet, though we learn how to speak, we may not know how to communicate. We blunder around blindsided by arguments and cantankerous relationships that are frustrating and make us feel bad.

In this class, you will...

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

This 8 week class will meet in-person at Bugbee Senior Center on Thursdays from 10 to 11:30. The dates for the class are: March 7, March 14, March 21, March 28, April 4, April 11, April 25, and May 2.

Sign up is required as space is limited. Please call 802-295-9068 or email info@bugbeecenter.org to register!

Easter & St. Patrick's Day Card Making Monday, March 11 at 1 pm

Let our Meals on Wheels clients know that their community cares about them. Volunteer to make them handmade holiday cards.

Supplies are provided, no sign up required!



Team Trivia Wednesday, March 13 at 1 pm

Join us for our monthly trivia game! The game will include four rounds, with 10 questions per round. Each round will be a different theme. No fee to play, open to all.



Needle Felting Monday, March 25 at 1 pm

Drop in for Needle Felting with your friends! No instruction for this session... but all supplies will be provided for just \$5. For more info, call 802-295-9068!



Painting with Christine Monday, March 18 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. 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: 802-295-9068 or susan@bugbeecenter.org.



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

The book for this month is *Dinosaurs* by Lydia Millet. The discussion is led by Michaela from Quechee libraries, in person or via zoom.

Copies of the book are available from Bugbee Senior Center or from Quechee Library at 802-295-1232.

For more information and to sign up, contact Alec at 802-295-9068 or alec@bugbeecenter.org.



2024 BUSINESS SPONSORS

LEAD SPONSOR



It takes a village to keep Bugbee's doors open to all seniors in the community. We are honored to thank our business sponsors for their financial contributions to Bugbee's mission, and for their commitment to the lives of older adults!



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George Bettis Property Management ★ Junction Frame Shop ★ Knight Funeral Home ★ Oodles ★ SecurShred

Thank You!

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