



# Bugbee Bulletin

Volume 2024, Issue 4  
April 2024

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

## Thank You Volunteers!!

We might be biased here at Bugbee Senior Center, but we have the best volunteers. None of the opportunities that we offer at the Center would be available without our special group of folks who give all of their hearts and their time. So, we thank you volunteers for everything you make possible. And we salute you this day and every day!

-Mark, Alec, Christy, Susan, Dottie, John, & Robert

"We make a living by what we get. We make a life by what we give." - Winston Churchill

I love volunteering because I meet fantastic people I never would otherwise meet and it gives me a sense of community." - Verona

"It's just nice to feel a little bit useful." - David

"MOW fills my soul!" - Mark

"I get satisfaction from contributing something which would not get done any other way." Laurelae

"To see the smiles from people when they get their Meals on Wheels." - Bruce

"By volunteering I feel I am paying forward to a time when I may be in need of more services." - Donald

"I figured it was payback time and volunteering at Bugbee was a great place to start." - Roy



"I enjoy volunteering because it gives back to the community and Bugbee is a wonderful senior center that provides many things for seniors." - Betsy



"Volunteering at Bugbee fills my soul, warms my heart and brings me joy! I am around amazing people and enjoy doing what I can to make their day a little brighter." - Kathy

"The reason for volunteering at Bugbee is to have purpose in life after retiring, and giving back to the community. It's fun!!" - Colleen

"The Center has come to mean a lot to me and I feel that I wanted to give back." - Barbara

"I enjoy volunteering because it makes me feel good to help people!" - Cindy

"Volunteering at Bugbee Senior Center helps me keep in touch with friends and feel useful." - Emily

"Volunteering at Bugbee is like working with your family...love it." - Bonnie

## Volunteer Appreciation Dinner

Thursday, April 18, 4:00 pm to 7:00 pm

Night openings are back and better than ever. Come celebrate our volunteers with a great meal and a few rounds of bingo. If you're a volunteer at Bugbee, you eat for free! Doors open at 4:00 and dinner is served at 5:00. Stick around after dinner for High Stakes Bingo! Cards are \$2.50 each for ten games. Call 802-295-9068, email [hello@bugbeecenter.org](mailto:hello@bugbeecenter.org), or swing by the front desk to sign up!

### Menu:

Chicken Pot Pie w/ Peas & Carrots  
Mashed Potatoes  
Roasted Asparagus  
Pineapple Orange Cake





# Bugbee Senior Center Menu

## April 2024



Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> Caesar Salad <b>Chicken Parm</b> w/ Linguini Brussels Sprouts Garlic Bread Fruit	<b>2</b> Green Salad <b>Meatloaf</b> Mashed Potatoes Peas & Carrots Baked Pears	<b>3</b> Shelled Bean Salad <b>Shake &amp; Bake</b> <b>Pork Chop</b> Stuffing Applesauce Broccoli Spice Cake	<b>4</b> Carrot Slaw <b>Broccoli Cheddar</b> <b>Soup</b> <b>&amp; Chicken Salad</b> Roll Blondie	<b>5</b> 4 Bean Salad <b>Ravioli Lasagna</b> <b>w/ Meat Sauce</b> Brussels Sprouts Garlic Bread Pineapple & Mandarins
<b>8</b> Ambrosia <b>Turkey Waldorf</b> <b>Salad</b> Lettuce, Tomato, & Cucumber Roll Strawberry Delight	<b>9</b> Green Salad <b>Roast Pork</b> <b>w/ Gravy</b> Mashed Potatoes Peas Berry Parfait	<b>10</b> <b>BIRTHDAY LUNCH</b> Cole Slaw <b>Baked Ham</b> Scalloped Potatoes Brussels Sprouts Cake w/ Frosting	<b>11</b> Broccoli Salad <b>American Chop</b> <b>Suey</b> Green Beans Garlic Bread Fruit	<b>12</b> <b>NATIONAL GRILLED</b> <b>CHEESE DAY</b> Tossed salad <b>Grilled Cheese &amp;</b> <b>Tomato Soup</b> Peach Crisp
<b>15</b> Green Salad <b>Spaghetti &amp;</b> <b>Meatballs</b> Green Beans Garlic Bread Fruit	<b>16</b> Ambrosia <b>BBQ Ribs</b> Seasoned Potatoes Cali Veggies Corn Bread Peach Cobbler	<b>17</b> Apple Cole Slaw <b>Shepherd's Pie</b> Carrots Banana Cream Pie	<b>18</b> <b>*NIGHT OPENING*</b> Sign Up Required <b>Chicken Pot Pie</b> w/ Peas & Carrots Mashed Potatoes Roasted Asparagus Pineapple Orange Cake  <b>*No Meal Delivery*</b>	<b>19</b> Tossed Salad <b>C&amp;S Pizza</b> Mixed Melon  
<b>22</b> Dilled Cucumbers <b>Swedish Meatballs</b> w/ Egg Noodles Green Beans Baked Pears	<b>23</b> Chick Pea & Carrot Salad <b>Hot Turkey</b> <b>Sandwich w/ Gravy</b> Mashed Potatoes Peas & Onions Jell-O w/ Fruit	<b>24</b> Caesar Salad <b>Baked Haddock</b> Roasted Potatoes Spinach Pudding	<b>25</b> Cottage Cheese w/ Chives <b>Oven Chicken</b> Tater Tots Brussels Sprouts Jell-O w/ Fruit	<b>26</b> Tossed Salad <b>Salisbury Steak</b> Sweet Potatoes Broccoli Blondie
<b>29</b> Pickled Beets <b>Mac &amp; Cheese</b> Stewed Tomatoes Green Beans Fruit	<b>30</b> <b>Tuna &amp; Ham Salads</b> Lettuce, Tomato, & Cucumber Potato Salad Roll Chocolate Mousse	<b>Reservations</b> <b>required for in</b> <b>house meals.</b> <b>Call us before</b> <b>10:30 to sign up!</b>	<b>802-295-9068</b>  <b>Suggested</b> <b>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.



# Activities & Events

## April 2024



Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> 9:30: Beginner Tai Chi \$3 10:40: Traditional Tai Chi \$3 10: Bridge 1: Bingo 1: Boggle	<b>2</b> 10: Yoga Fusion \$8 12: Piano Tunes 12:45: Movies w/ Don 1: Card Games 2: Zoom Presentation: Army Women in Vietnam	<b>3</b> Foot Clinic 9:30: Mahjong 10: Cardio Drumming 10:30: Red Kite Candy Mini Trip 1: Fiber Crafts	<b>4</b> 9: Quilting 10: Captain Paige Bakes 10:30: Buzz Café 11: Bugbee History Drop in Hour 1: BugbeeTalks: Heart Disease & Health 1:30 Senior Fitness \$8	<b>5</b> 10: Chair Yoga \$8 10: Mahjong 1: Bingo 1: Book Club 2: Cardio Drumming
<b>Chicken Parm</b>	<b>Meatloaf</b>	<b>Pork Chop</b>	<b>Soup &amp; Salad</b>	<b>Ravioli Lasagna</b>
<b>8</b> 9:30: Beginner Tai Chi \$3 10:40: Traditional Tai Chi \$3 10: Bridge 1: Boggle 1: Solar Eclipse Party	<b>9</b> 9: Toast & Jam Mini Trip 10: Yoga Fusion \$8 12: Piano Tunes 12:45: Movies w/ Don 1: Card Games 2: Zoom Presentation: Hearst Castle	<b>10</b> <b>BIRTHDAY LUNCH</b> Foot Clinic 9:30: Mahjong 10: Cardio Drumming 1: Fiber Crafts 1: BugbeeTalks: Senior Investment	<b>11</b> 9: Quilting 10:30: Buzz Café 11: Bugbee History Drop in Hour 1: BugbeeTalks: ASL with Ava 1:30 Senior Fitness \$8	<b>12</b> 10: Chair Yoga \$8 10: Mahjong 1: Bingo 1:30: Cardio Drumming
<b>Turkey Waldorf</b>	<b>Roast Pork</b>	<b>Baked Ham</b>	<b>Chop Suey</b>	<b>Grilled Cheese</b>
<b>15</b> 9:30: Beginner Tai Chi \$3 10:40: Traditional Tai Chi \$3 10: Bridge 1: Bingo 1: Boggle	<b>16</b> 10: Yoga Fusion \$8 12: Piano Tunes 12:45: Movies w/ Don 1: Card Games 2: Zoom Presentation: Will Rogers	<b>17</b> Foot Clinic 9:30: Mahjong 10: Cardio Drumming 1: Fiber Crafts 1: BugbeeTalks: The High Cost of Anger	<b>18</b> <b>VOLUNTEER APPRECIATION DINNER</b> <b>*Sign Up Required*</b> 4: Doors Open 5: Dinner 6: High Stakes Bingo	<b>19</b> 10: Chair Yoga \$8 10: Mahjong 1: Bingo 1:30: Cardio Drumming
<b>Spag &amp; Balls</b>	<b>BBQ Ribs</b>	<b>Shepherd's Pie</b>	<b>Chicken Pot Pie</b>	<b>C&amp;S Pizza</b>
<b>22</b> 9:30: Beginner Tai Chi \$3 10:40: Traditional Tai Chi \$3 10: Bridge 1: Bingo 1: Boggle 1: Painting w/ Christine \$25	<b>23</b> 10: Yoga Fusion \$8 12: Piano Tunes 12:45: Movies w/ Don 1: Card Games 2: Zoom Presentation: Whales in NC	<b>24</b> 9:30: Mahjong 10: Cardio Drumming 10:30: Hanover Hood Museum Mini Trip 1: Fiber Crafts	<b>25</b> 9: Quilting 10:30: Buzz Café 11: Bugbee History Drop in Hour 1:30 Senior Fitness \$8	<b>26</b> 10: Chair Yoga \$8 10: Mahjong 1: Bingo 1:30: Cardio Drumming 2: Spring Card Class w/ Jodi \$20
<b>Swedish Meatballs</b>	<b>Hot Turkey</b>	<b>Baked Haddock</b>	<b>Oven Chicken</b>	<b>Salisbury Steak</b>
<b>29</b> 9:30: Beginner Tai Chi \$3 10:40: Traditional Tai Chi \$3 10: Bridge 1: Bingo 1: Boggle 1: Needle Felting \$5	<b>30</b> 10: Yoga Fusion \$8 12: Piano Tunes 12:45: Movies w/ Don 1: Card Games		<b>Lunch is served Monday to Friday at Noon</b>	<b>Reservations required for in house meals. Call us before 10:30 to sign up!</b>
<b>Mac &amp; Cheese</b>	<b>Tuna &amp; Ham Salad</b>			

## Director's Corner

Happy Volunteer Recognition Month! Join us as we thank all the amazing individuals who help contribute to the cause. Activity at Bugbee would grind to a halt without our volunteers. As spring is a bridge between winter and summer, our volunteers are a bridge between Bugbee and the community. We may measure their hours and number of assignments, but what they bring to Bugbee is hard to quantify. I think of how many activities are led by volunteers, and how many programs absolutely rely on volunteers to function. Thank you all for being part of the team, and for bringing your ideas and spirit to Bugbee!

No winter lasts forever, and no spring skips its turn. As I'm writing this, I am sore from spending most of the weekend shoveling two feet of snow from my walkways, and now it is bright and sunny! Never a dull moment during springtime in New England. Now, I didn't spend the entire snowstorm shoveling, I did manage to do a lot of cooking, and curled up with a good book (Robert Putnam's "Bowling Alone"). What do you do when you're snowed in? Next time you swing by, tell us your favorite snow storm story!

Speaking of volunteers and memories, it has been a pleasure to work with some awesome volunteers putting together the story of Bugbee Senior Center. It's quite the tale, and we're excited to invite you into the Bugbee History Project. We'll be displaying photos, and need your help identifying some of the people, activities, and stories that have made this place what it is today. Lots of good stuff coming up the next few months, enjoy reading through the Bulletin!

While we look forward to warmer weather, thank you for including Bugbee with your plans! See you soon!

Mark Bradley  
Executive Director



## Bugbee History Project Drop in Thursdays at 11:00 am

**Wanted:** Your memories of Bugbee Senior Center. 2025 marks the 45th anniversary of the opening of the T.D. Bugbee Building, and 2026 is the 50th anniversary of White River Council on Aging! We'd love to hear about your memories, family stories, activities, best lunches, trips, etc. We will have a rotating display of photos: help us identify your family, friends, and acquaintances! Enrich the story of our community and where we came from, and help us prepare for an exhibition that tells the story of this wonderful senior center. Drop in hours with volunteer Bugbee Historians are every Thursday at 11:00.



## Get Your Fitness On! Thursdays at 1:30 pm

Join our Senior Fitness classes with Liz Hatfield! Motion is lotion. We will have you pumping the two-pound weights again in no time. Join this exercise class to move your body, and feel physically, mentally, and emotionally better. The \$8 cost is well worth it! For more info, please call 802-295-9068 or email [hello@bugbeecenter.org](mailto:hello@bugbeecenter.org).



## Dhiya Foundation Talks

### Heart Disease & Heart Health Thursday, April 4 at 1:00 pm

The Dhiya Foundation will discuss heart health and maintenance. You'll cover key topics from risk factors and prevention to how to proceed in case of a heart-related emergency.



### Positive Psychology Thursday, May 2 at 1:00 pm

Learn the importance of positive psychology in maintaining physical and mental health. Similar to discussing the role of meditation in healthcare, you'll cover how simple techniques in maintaining a positive mindset can greatly improve physical health & reduce risks for future complications.

### The Three P's of Senior Investment Wednesday, April 10 at 1:00 pm

In this BugbeeTalk, you will focus on how to protect yourself from investment fraud and discuss three main topics: the profile of the typical investment-fraud victim, the persuasion tactics con artists use, and what investors can do to protect themselves.



You will have the opportunity to ask questions and concerns about these topics, saving and investing, or the S.E.C. in general. Presented by Eric Giroux!

### Learn ASL with Ava Thursday, April 11 at 1:00 pm

What is American Sign Language? ASL is a language spoken with the use of hands and facial movements. It is spoken by hundreds of thousands of people of all different hearing abilities. Learn the basics in a unique way through fun games!



### The High Cost of Anger: How Judging, Grudging & Politics Can Affect Your Health Wednesday, April 17 at 1:00 pm

Join Jeanne Childs, M.A. Board Certified Clinical Geriatric Chaplain, to learn about the high cost of anger. You will focus on: the effects of rancorous exchanges on your body's nervous system, how to cultivate more positive interactions, and ways to become more present and keep emotions grounded. Let us pause in this election year to check out how we are relating to each other and what to do to keep ourselves and our relationships healthy.



### Parkinson's Presentation Wednesday, May 1 at 1:00 pm

Genesis/Powerback and Cedar Hill Continuing Care Community will present a discussion on Parkinson's Disease and how the combination of strong medical care and ongoing physical and occupational therapy can help alleviate symptoms of this progressive disease.



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



# Bugbee Trips



PLUS:

## Mini-Trips

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 \*Waitlist Only\*

OCT  
9

**Strawbery Banke**  
Portsmouth, New Hampshire TBD

Apr  
3

**Red Kite Candy**  
Mini-Trip to Bradford, Vermont

Apr  
9

**Toast & JAM**  
Mini-Trip to JAM in WRJ, Vermont

Apr  
24

**Hood Museum**  
Mini-Trip to Hanover, New Hampshire

Enjoy all the Upper Valley has to offer right here in our own back yard! These affordable day trips explore local treasures. Sign up at the front desk!

## Spring Card Class with Jodi Friday, April 26 at 2:00 pm

We are excited to offer another Cardmaking Class with Jodi Harrington! Your kit includes the supplies to make three greeting cards using Stampin' Up designer series paper. Your kit includes designer series paper along with coordinating cardstock, embellishments, and the supplies to make 3 cards. You will have materials left over to make additional cards or projects if you wish.



You will need to bring adhesive, glue dots or stampin' dimensionals and a small pair of scissors. If you do not have these items, Jodi will have some available for purchase. Additional cards will be available to purchase. Class size is limited to 10 people. Registration deadline is April 19. The fee is \$20.

To register, please call 802-295-9068 or email [hello@bugbeecenter.org](mailto:hello@bugbeecenter.org). For questions contact Jodi Harrington at [stampwithjodih@yahoo.com](mailto:stampwithjodih@yahoo.com) or call 802-296-1151.

## 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](mailto:lcarey@seniorsolutionsvt.org).



## Captain Paige Bakes Thursday, April 4, 10:00 am to 1:00 pm

Captain Paige Bakes will be selling freshly baked goodies inside the Center on the first Thursday of April! 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



## Don Watson's Film Showings & Discussion

### Tuesdays at 12:45 from April 2 to May 7

Don Watson will be back at the center to watch and discuss some more movies with us! There is no theme for this session, just great films! No sign up required. For more information, please call 802-295-9068.



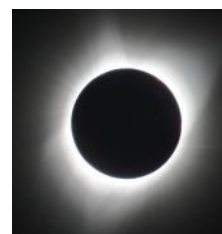
#### Film List:

April 2 – *A Good Year* (2006)  
April 9 – *The Book Thief* (2013)  
April 16 – *October Sky* (1999)  
April 23 – *Twelve O'Clock High* (1949)  
April 30 – *Wonder* (2017)  
May 7 – *Hiroshima Mon Amour* (1959)

## Solar Eclipse Watch Party

### Monday, April 8 at 1:00 pm

During a solar eclipse, the moon comes in between the Earth and the Sun, blocking its light from reaching a small part of our planet. Total eclipses can lead to a period of darkness lasting for several minutes, during which time nocturnal animals stir while confused birds and insects may fall silent, NASA says. This year's solar eclipse will be the longest U.S total solar eclipse since 1806. It will be the darkest U.S total solar eclipse for 217 years.



To celebrate, we'll be smashing up a moon piñata for black & white cookies, moon pies, milky ways, and mars bars. Solar eclipse glasses will be available for anyone who wants a pair!

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

## Needle Felting Drop In

### Monday, April 29 at 1:00 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!



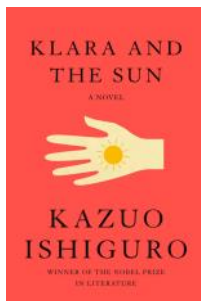
## Bugbee Book Club

### Friday, April 5 at 1:00 pm

The book for this month is *Klara and the Sun* by Kazuo Ishiguro. The discussion is led by Debbie 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 or to sign up, contact Alec at 802-295-9068 or [alec@bugbeecenter.org](mailto:alec@bugbeecenter.org).



## Painting with Christine

### Monday, April 22 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. Take home your very own Masterpiece. For more info, or to sign up, please call 802-295-9068 or email [hello@bugbeecenter.org](mailto:hello@bugbeecenter.org).



## *Open House at the New Aging Resource Center!*

**Wednesday, April 10 from 1:00 pm to 4:00 pm**

Mark your calendars for an open house at the new Dartmouth Health Aging Resource Center! The new center is located on Colburn Hill, Entrance E at 444 Mt. Support Rd, Lebanon, NH 03766. See their new space, meet their team, and hear from Dartmouth Health Leadership including their CEO Dr. Joanne Conroy and the new Chair of Medicine Dr. Nathan Goldstein. Please contact the aging resource center at 603-653-3460 or [agingcenter@hitchcock.org](mailto:agingcenter@hitchcock.org) if you have any questions or need directions.



## *Open House & Resource Fair at Bugbee Senior Center*

**Friday, May 3, 3:00 pm to 5:00 pm**

Retired, or retiring soon? Have older adults in your life? Want to see what's out there? Join us for our second annual Open House & Resource Fair! Senior Centers offer a great way to help older adults stay active, independent, and engaged. We've invited other partners to come to the Center so you can explore all that's out there to help you and your loved ones age well!



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