



Bugbee Bulletin

Volume 2024, Issue 5
May 2024

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

OLDER AMERICANS MONTH

May 2024

OAM is a time to recognize older Americans' contributions and reaffirm commitments to serving older adults in our community. This year's theme is "Powered by Connection," and focuses on the profound impact that meaningful connections have on the well-being and health of older adults. The importance of these connections was underscored by the Surgeon General's recent *Advisory on the Healing Effects of Social Connection and Community*. Copies are available in the Bugbee library, or you can read it online, bugbeecenter.org/oam

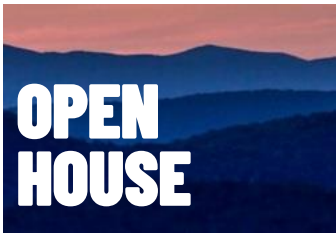
Connection is not just about having someone to chat with, it's about the potential of community engagement in enhancing mental, physical, and emotional well-being. Celebrate connection at Bugbee this month!



Friday, May 3, 1:00 pm

Join or Die: A film about why you should join a club

In this feature documentary, follow the story of America's civic unraveling through the journey of Robert Putnam, whose groundbreaking *Bowling Alone* research into America's decline in community connections could hold the answers to our democracy's present crisis. This is a fascinating & hopeful film you won't want to miss! Limited seats, call 802-295-9068 to RSVP.



Friday, May 3, 3:00–5:00 pm

Open House & Resource Fair

Looking for connections? 20 of our community partners will be at Bugbee to meet you. Learn about what they offer, find volunteer opportunities, or just hang out!

AARP Vermont	Dartmouth Health	HomeShare VT	Upper Valley Haven
Advance Transit	Dhiya Foundation	Mascoma Bank	VA Medical Center
Aging in Hartland	FCP Live-In	Osher Institute	Vital Communities
Bayada Hospice	Good Neighbor	Senior Solutions	Window Dressers
Cover Home Repair	Hartford Police	Tri Valley Transit	WISE



Dinner Menu

- Green salad
- Turkey & gravy
- Mashed potatoes & roll
- Peas & onions
- Cranberry sauce
- Peach cobbler

Wednesday, May 29, 4:00 doors open, 5:00 dinner, 6:00 high stakes bingo

Older Americans Dinner

What could be a better way to connect than having a nice dinner with each other and playing bingo! This is an opportunity for us to celebrate the good parts of aging. Plus, who doesn't like a turkey dinner? This dinner will fill up quickly, call 802-295-9068 to reserve your spot today!



Bugbee Senior Center Menu

May 2024



Monday	Tuesday	Wednesday	Thursday	Friday
Reservations required for in house meals. Call us before 10:30 to sign up! 802-295-9068 Suggested Donation \$6.00	Please be seated by 11:50 am to allow our waitstaff to serve beverages (coffee/tea/milk) before the salad course.	1 Green Salad Roast Pork Mashed Potatoes Broccoli Pudding & Cookie	2 Dilled Cucumbers Oven Chicken Sweet Potatoes Cali Veggies Spice Cake	3 CINCO de MAYO Black Bean & Corn Salad Beef & Chicken Tacos Lettuce, Tomato, & Cheese w/ Sour Cream & Salsa Lime Poke Cake
6 Green Salad Chicken Parm w/ Linguini Broccoli Garlic Bread Baked Pears	7 Cottage Cheese w/ Peaches Meatloaf Mashed Potatoes Carrots Blondie	8 BIRTHDAY LUNCH Cole Slaw Baked Ham Scalloped Potatoes Peas & Onions Cake w/ Frosting	9 *MOTHER'S DAY* Sign Up Required Tomato Basil Salad Chicken Salad on Croissant Magnificent Pasta Salad Lemon Bar	10 Tossed Salad Hamburger Stroganoff w/ Egg Noodles Mixed Veggies Pineapple & Mandarin
13 3 Bean Salad Shepherd's Pie Carrots Brownie	14 Carrot Raisin Slaw BBQ Ribs Seasoned Potatoes Brussels Sprouts Corn Bread Peach Crisp	15 Green Salad Baked Haddock Roasted Potatoes Spinach Pudding w/ Cookie	16 Pickled Beets Mac & Cheese Stewed Tomatoes Green Beans Fruit	17 Tossed Salad C&S Pizza Melon 
20 Caesar Salad Salisbury Steak Mashed Potatoes Broccoli Ice Cream	21 Corn & Bean Salad Ranch Chicken Sweet Potatoes Brussels Sprouts Blondie	22 Tossed Salad American Chop Suey Green Beans Garlic Bread Jell-O	23 Cole Slaw Pulled Pork Seasoned Potatoes Beets Corn Bread Pudding w/ Fruit	24 Hot Dog & Baked Beans Veggie Pasta Salad Strawberries & Blueberries w/ Cream
27 *Bugbee Senior Center Closed* Memorial Day	28 Tossed Salad Spaghetti & Meatballs Broccoli Garlic Bread Baked Pears	29 OLDER AMERICAN'S NIGHT OPENING *Sign Up Required* Green Salad Turkey w/ Gravy Mashed Potatoes Peas & Onions Cranberry Sauce Roll Peach Cobbler	30 Tuna & Egg Salads Potato Salad Lettuce, Tomato, & Cucumbers Roll Strawberry Delight	31 4 Bean Salad Ravioli Lasagna Brussels Sprouts Garlic Bread Pineapple



Activities & Events

May 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 Foot Clinic 8: Pickleball @ Maxfields 9:30: Mahjong 10: Cardio Drumming 1: Fiber Crafts 1: BugbeeTalks: Parkinson's Presentation</p>	<p>2 9: Quilting 10: Captain Paige Bakes 10:30: Buzz Café 11: Bugbee History Drop in Hour 1: BugbeeTalks: Positive Psychology 1:30: Senior Fitness \$8</p>	<p>3 8: Pickleball@ Maxfields 10: Chair Yoga \$8 10: Mahjong 1: Book Club 1: Join or Die film 3: Open House & Resource Fair</p>
		Roast Pork	Oven Chicken	Tacos
<p>6 9:30: Beginner Tai Chi \$3 10:40: Traditional Tai Chi \$3 10: Mahjong 10: Bridge 1: Boggle 1: Bingo</p>	<p>7 10: Yoga Fusion \$8 12: Piano Tunes 12:45: Movies w/ Don 1: Card Games 2: Zoom Presentation: Treworgy Planetarium</p>	<p>8 BIRTHDAY LUNCH Foot Clinic 8: Pickleball @ Maxfields 9:30: Mahjong 10: Cardio Drumming 1: Fiber Crafts 1: BugbeeTalks: HomeShare VT</p>	<p>9 9: Quilting 10:30: Buzz Café 11: Bugbee History Drop in Hour 12: Mother's Day Lunch & Bingo 1:30: Senior Fitness \$8</p>	<p>10 8: Pickleball@ Maxfields 10: Chair Yoga \$8 10: Mahjong 1: Bingo 1:30: Cardio Drumming</p>
Chicken Parm	Meatloaf	Baked Ham	Chicken Salad	Stroganoff
<p>13 9:30: Beginner Tai Chi \$3 10:40: Traditional Tai Chi \$3 10: Mahjong 10: Bridge 1: Boggle 1: Bingo</p>	<p>14 10: Yoga Fusion \$8 12: Piano Tunes 1: Card Games 1: Painting with Christine \$25 2: Zoom Presentation: Great Basin Nat'l Park</p>	<p>15 8: Pickleball @ Maxfields 9:30: Mahjong 10: Cardio Drumming 10: Shaker Museum Mini-Trip 1: Fiber Crafts</p>	<p>16 9: Quilting 10:30: Buzz Café 11: Bugbee History Drop in Hour 1: BugbeeTalks: Healthy Heart 1:30: Senior Fitness \$8 1:30: Visually Impaired Group</p>	<p>17 8: Pickleball@ Maxfields 10: Chair Yoga \$8 10: Mahjong 1: Bingo 1:30: Cardio Drumming</p>
Shepherd's Pie	BBQ Ribs	Baked Haddock	Mac & Cheese	C&S Pizza
<p>20 9:30: Beginner Tai Chi \$3 10:40: Traditional Tai Chi \$3 10: Mahjong 10: Bridge 1: Boggle 1: Bingo</p>	<p>21 10: Yoga Fusion \$8 12: Piano Tunes 1: Card Games 1: Team Trivia 2: Zoom Presentation: FDR Presidential Library & Museum</p>	<p>22 Foot Clinic 8: Pickleball @ Maxfields 9:30: Mahjong 10: Cardio Drumming 1: Fiber Crafts</p>	<p>23 9: Quilting 10:30: Buzz Café 11: Bugbee History Drop in Hour 1:30 Senior Fitness \$8</p>	<p>24 8: Pickleball@ Maxfields 10: Chair Yoga \$8 10: Mahjong 1: Bingo 1:30: Cardio Drumming</p>
Salisbury Steak	Ranch Chicken	Chop Suey	Pulled Pork	Hot Dog
<p>27 *Bugbee Senior Center Closed* Memorial Day</p>	<p>28 10: Yoga Fusion \$8 12: Piano Tunes 1: Card Games 2: Zoom Presentation: Plaza of Presidents</p>	<p>29 OLDER AMERICANS DINNER *Sign Up Required* Doors at 4 Dinner at 5 Bingo at 6</p>	<p>30 9: Quilting 10:30: Buzz Café 11: Bugbee History Drop in Hour 1:30 Senior Fitness \$8</p>	<p>31 8: Pickleball@ Maxfields 10: Chair Yoga \$8 10: Mahjong 1: Bingo 1:30: Cardio Drumming</p>
	Spag & Balls		Tuna & Egg Salad	Ravioli Lasagna

Director's Corner

Happy Older Americans Month! This year's theme is "Powered by Connection," and I think that's something that Bugbee folks know quite well! It's a great way to describe what keeps this place running. We may come here to participate in a class, get some exercise, enjoy a good meal, or to work here, but let's be honest: we're really here to stay connected with each other.

We've assembled some special events and resources for you to explore this month. The one I'm most excited about is the movie, *Join or Die: Why you should join a club*. I saw it at this year's White River Indie Film Festival and I knew we had to present it at Bugbee. It speaks so well about why being part of a community is so beneficial – not only for ourselves, but for society.

I also hope you'll join us for the Open House, which will be right after the movie on Friday, May 3. This is a great chance to get together with our community partners who are all doing work to help improve our quality of life, and the open house is a nice chance to connect and hang out.

At the end of the month is the Older Americans Dinner. The night openings are such a great chance to get together and spend some time with each other. For us in the office & kitchen it's also a great way to break up the usual routine, and provides an extra chance to connect with all of you. I can't wait!

In the meantime, enjoy the unofficial start of summer time! A friendly reminder, we will be closed on the 27th in observance of Memorial Day, to remember and honor those who have served and sacrificed for our freedoms.

Mark Bradley
Executive Director



Humans of the Upper Valley

Humans of the Upper Valley aims to tell the stories of the wonderful and diverse Upper Valley community. Through these stories, they hope to get at the heart of the human experience, highlighting common humanity. To hear your story, they conduct short interviews, write up your story, and post it on their website, Instagram, and Facebook to share with the community.

For more info, or if you're interested in sharing your story, please call the Center at 802-295-9068 or email hello@bugbeecenter.org.



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.



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.



Dhiya Foundation Presents:
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.



HomeShare Vermont
Wednesday, May 8 at 1:00 pm

HomeShare Vermont has been matching people who have room in their home with those seeking an affordable place to live for the past 42 years. Now, through a partnership with The Thompson Center in Woodstock, HSVT has expanded into 16 Windsor County towns. HomeShare guests can contribute to rent and utilities and/or provide help with household tasks, such as cooking, yardwork, housekeeping, snow removal, pet care, or running errands. HomeShare Vermont conducts background and reference checks and then helps create compatible matches. To learn more, call (802) 863-5625, visit www.HomeShareVermont.org or email info@HomeShareVermont.org.



DHMC Community Needs Health Assessment
Thursday, May 9 at 1:00 pm

Every three years, Dartmouth Health members and partners conduct a Community Health Needs Assessment - a 10 minute survey - where they ask community members to tell us about their health needs and priorities. During their last survey cycle, over 1800 members of the DHMC service region took the survey. Based on the results of the survey, they continued investing in substance misuse prevention, housing, and access to healthcare. At the same time, DHMC invested new resources into food and family supports. What does Bugbee need? Find out more about the survey from Barbara and Beth! You can find the survey here: www.bugbeecenter.org/class/dhmc-cnha/.



Dhiya Foundation Presents:
Heart Disease & Heart Health
Thursday, May 16 at 1:00 pm

Join the Dhiya Foundation to 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.



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

Bugbee Trips



PLUS:

Mini-Trips

JUN
5

Gate City Casino
Nashua, New Hampshire \$65

Join your friends on a Premier Coach bus down to Gate City Casino, a premier gaming destination for poker and casino gaming machines! They feature a No Limit and Omaha Hold'em Poker Room, Vegas-Style games like Roulette, Spanish 21, & Mississippi Stud.

MAY
15

Shaker Museum
Mini-Trip to Enfield, NH \$15

Ever been to the Shaker Museum? Now's your chance! Learn about this historic village in your own backyard. Bring your own money for lunch at The Baited Hook at Mascoma Lake.

Living Alone: Building Resilience Amid Grief, Loneliness, and Aging

Thursdays, 9:30 to 11:30, May 9 to June 27

As we age, change happens. We can lose key people in our lives. New health conditions can overwhelm us. We can find ourselves living alone. All of us can feel the impact of uncertainty and difficulty on our hearts and in our nervous systems. Companionship with others who also experience this can help us build resilience.



This listening support group offers an open-hearted, accepting source of comfort for its members as you navigate new realities. It offers good will, trust, honesty, respect, and uninterrupted time for each of the members to speak, knowing what is said is held in sacred confidence and not repeated to others. All these characteristics allow you to be able to relax and feel free to be real & to share what has been on your mind and heart even when you are still trying to figure it out. While you don't give advice or tell each other what to do, there is much to learn in sharing experience strength and hope as you create new pathways.

Facilitator: Jeanne Childs, M.A. Board Certified Clinical Geriatric Chaplain. Sign up required. Please call 802-295-9068 or email hello@bugbeecenter.org.

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, May 2, 10:00 am to 1:00 pm

Captain Paige Bakes will be selling freshly baked goodies from her trailer in the Bugbee parking lot on the first Thursday of May! She'll also join us inside at the Open House on May 3. 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.



Mother's Day Brunch Thursday, May 9 at Noon

Happy Mother's Day! Bring your family and friends for a fun time and tasty meal. Come make some new friends as well! Advance reservation is required for lunch. Please call 802-295-9068 or see us at the front desk to sign up!

Menu

Tomato Basil Salad
Chicken Salad on Croissant
Magnificent Pasta Salad
Lemon Bar



Mother's Day High Stakes Bingo Thursday, May 9 at 1:30 pm

Buy your mom a bingo card for Mother's Day! Maybe she'll split the winning pot with you. \$2.50 a card. 10 games. No sign up required.



Team Trivia

Tuesday, May 21 at 1:00 pm

Join us for our monthly trivia game! Dust off your thinking caps, grab your friends, have some fun, and win some prizes! 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.



Pickleball is Back!

Wednesdays & Fridays, 8 am to 11 am

We will be playing Pickleball every Wednesday and Friday from 8:00 am to 11:00 am at Maxfield in Hartford. Pickleball is a fun, social, and friendly activity. The rules are simple, and the game is easy for beginners to learn, but can develop into a quick, fast-paced, competitive game for experienced players. Pickleball will continue until November 1! For more information, please call the center at 802-295-9068 or email hello@bugbeecenter.org. Please note: For the month of May, our volunteer will arrive to the courts at 8:45 am.

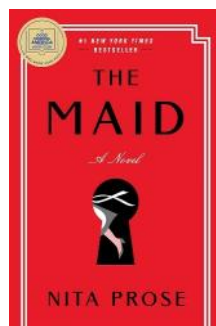


Bugbee Book Club Friday, May 3 at 1:00 pm

The book for this month is *The Maid* by Nita Prose. 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.



Painting with Christine Tuesday, May 14 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.



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



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