

Veterans Day Lunch

Tuesday, November 11 at noon

Thank you to all of our Veterans. Join us for a special Veterans Day Lunch to help celebrate our friends and family. Veterans eat for free!

Advance registration required for a seat in the dining room. Call 802-295-9068 or email hello@bugbeecenter.org! Suggested donation of \$6.



Menu

3 Bean Salad
Chicken Pot Pie
w/ Peas & Carrots
Mashed Potatoes
Baked Apples

Thanksgiving Lunch

Thursday, November 20 at noon

'Tis the season for gratitude, and what better way to share it than a nice meal together. Celebrate Thanksgiving at the Center with a turkey lunch and good company!

Advance registration required for a seat in the dining room. Call 802-295-9068 or email hello@bugbeecenter.org! Suggested donation of \$6.

Menu

Roast Turkey w/ Gravy
Mashed Potatoes
Stuffing
Green Beans
Cranberry Sauce
Pumpkin Pie



Baking Class: Pumpkin Roulade

Thursday, November 20 at 1:30 pm

Learn how to upgrade your typical pumpkin pie this season! Add some sparkle by joining us for a lesson on how to make a pumpkin roulade dessert with white chocolate mousse and roasted apples. Everyone will be able to have a serving! Class fee of \$5. Registration required. Space is limited. Please call 802-295-9068 or email hello@bugbeecenter.org to sign up or for more info.



Joseph Smith Memorial Lights

Tuesday, December 2, 3:45 pm to 6:00 pm

Want to get into the holiday spirit? Travel to a hilltop in South Royalton, where 200,000 holiday lights twinkle in the snow. The Joseph Smith Birthplace Memorial showcases one of the most festive holiday displays in Vermont, with trees, bushes, and buildings illuminated in red, green, and gold. Meet at Bugbee at 3:45 pm. The van will depart at 4. We will admire the light show, enjoy some caroling, hot cocoa and cookies on the van, and return to the Center at 6 pm. Sign up is required as space is limited. To register, please call 802-295-9068 or email hello@bugbeecenter.org.



Bugbee wants to thank the Town of Hartford Parks & Rec Department for co-sponsoring this trip.



Menu November 2025



Monday	Tuesday	Wednesday	Thursday	Friday
3 Ambrosia w/ Fruit Breaded Pork Chop Applesauce Wholewheat Roll Broccoli Baked Pears	4 Caesar Salad American Chop Suey Brussels Sprouts Garlic Bread Fruit	5 Corn & Bean Salad Ranch Chicken Stuffing Squash Pudding	6 Green Salad Meatloaf Mashed Potatoes Broccoli Toasted Pita Brownie	7 Cole Slaw Corn Chowder & Tuna Salad Wholewheat Roll Applesauce Cake
10 Pickled Beets Mac & Cheese w/ breadcrumbs Stewed Tomatoes Green Beans Fruit Salad	11 VETERANS DAY LUNCH <i>*advance registration required*</i> 3 Bean Salad Chicken Pot Pie w/ Peas & Carrots Mashed Potatoes Baked Apples	12 Caesar Salad Roast Pork w/ gravy Mashed Potatoes Brussels Sprouts Blueberry Cobbler	13 Carrot Raisin Slaw Baked Haddock w/ breadcrumbs Roasted Potatoes Spinach Birthday Cake	14 Tossed Salad C&S Pizza Melon
17 Green Salad Chicken Broccoli Alfredo w/ Fettuccini Wholewheat Roll Fruit Salad	18 Cole Slaw Baked Ham Scalloped Potatoes Brussels Sprouts Toasted Pita Pear & Blueberry Crisp	19 Tossed Salad Swedish Meatballs w/ Egg Noodles Peas Roll Mandarins	20 THANKSGIVING LUNCH <i>*advance registration required*</i> Roast Turkey w/ Gravy Mashed Potatoes Stuffing Green Beans Cranberry Sauce Pumpkin Pie	21 Green Salad Shepherd's Pie Carrots Wholewheat Roll Peach Cobbler
24 Carrot Slaw Salisbury Steak Sweet Potatoes Broccoli Roll Pudding	25 Caesar Salad Chicken Parm w/ Linguini Garlic Bread Broccoli Peaches & Cream	26 4 Bean Salad Broccoli & Cheddar Soup & Ham Salad Wholewheat Roll Pumpkin Mousse	27 28 Closed for Thanksgiving <i>Happy Thanksgiving</i>	

We serve lunch at noon! Reservations required. Call 802-295-9068 before 10:30 to sign up!
Suggested donation is \$6.





hello november

Activities NOVEMBER 2025

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
9:30: Mahjong 9:30 & 10:40: Tai Chi @ Bugbee 10: Bridge 1: Boggle 1: Bingo 2: Grief & Healing Café <i>*in person or virtual*</i> 2: Indoor Rowing	8:30: Yoga for Men 10: Yoga Fusion 10: Show & Tale: Sailors, Soldiers, & Civilians 1: Card Games 1: Fall Films with Don 2: Senior Learning Network Zoom	9: Foot Clinic 9:30: Mahjong 10:30: Senior Fitness 11:30: Tech Help 12: Roman on the Violin 1: Fiber Crafts	9: Quilting 10:30: Buzz Café 11: AARP Smart Driver Course 1:30: Mahjong	9:30: Mahjong 9:30: Suite Notes 10: Hartford Nurse 1: Bingo 1: Book Club
10	11	12	13	14
9:30: Mahjong 9:30 & 10:40: Tai Chi @ Bugbee 10: Bridge 1: Boggle 1: Bingo 2: Indoor Rowing	8:30: Yoga for Men* <i>*Free Class Today!</i> 10: Yoga Fusion 12: Veterans Day Lunch <i>*advance registration required*</i> 1: Card Games 2: Senior Learning Network Zoom	9: Foot Clinic 9:30: Mahjong 10:30: Senior Fitness 1: Fiber Crafts 1: 8x8 Photo Class	9: Quilting 10: Community Convo w/ Quechee Library 10:30: Buzz Café 1:30: Mahjong 2: AARP Painting Class with Christine	9:30: Mahjong 9:30: Suite Notes 10: Chair Yoga 10: Hartford Nurse 1: Bingo 2: Weatherization w/ COVER Home Repair
17	18	19	20	21
9:30: Mahjong 9:30 & 10:40: Tai Chi @ Bugbee 10: Bridge 10: Memory Café Music Therapy 1: Boggle 1: Bingo 2: Indoor Rowing	8:30: Yoga for Men 1: Fall Films with Don 1: Card Games 2: Senior Learning Network Zoom	9: Foot Clinic 9:30: Mahjong 10:30: Senior Fitness 11:30: Tech Help 1: Fiber Crafts 1: 12x12 Photo Class 1: Home and Able Presentation	9: Quilting 10: Group GeoGuessr 10:30: Buzz Café 12: Thanksgiving Lunch <i>*advance registration required*</i> 1:30: Baking Class: Pumpkin Roulade 1:30: Mahjong 1:30: Visually Impaired Group	9:30: Mahjong 9:30: Suite Notes 10: Chair Yoga 10: Hartford Nurse 1: Bingo
24	25	26	27	28
9:30: Mahjong 9:30 & 10:40: Tai Chi @ Bugbee 10: Intro Tai Chi 10: Bridge 1: Thanksgiving Card Making 1: Boggle 1: Bingo	8:30: Yoga for Men 10: Yoga Fusion 12: Lunch Tunes with Dan Roda 1: Fall Films with Don 1: Card Games 2: Senior Learning Network Zoom	9:30: Mahjong 1: Fiber Crafts	Closed for Thanksgiving 	

Arts & Crafts

@BUGBEE



8x8 Photo Class with Judy

Wednesday, November 12 at 1:00 pm

Have fun and meet new people while learning to make the perfect personal gifts for others (or yourself)! Bring 12 – 22 photos. (Or have Judy print them out in advance on High Quality Epson photo - 30 cents per photo.) Examples: vacation, reunion, loved ones, holidays, pets and more.

Class fee \$15. All materials and the use of tools are included. Page protector packets will be on hand for purchase to protect photos. Space is limited. Advance sign up required! Contact hello@bugbeecenter.org or call 802-295-9068 to register. *Homemade cookies will be provided after class!



Easy 12x12 Scrapbook Page Class with Judy

Wednesday, November 19 at 1:00 pm

EASY is the key! No creativity required! Just bring 16 photos and you'll leave with two decorated pages (4 sides) inside protective sleeves that can easily be added to an album later.

Tools and all material provided. Class fee \$20.00. Advance sign up required. To register, contact hello@bugbeecenter.org or 802-295-9068. *Homemade cookies will be provided after class!



Thanksgiving Card Making

Monday, November 24 at 1:00 pm

Tap into your creative side and let one of our Meals on Wheels participants know that their community cares about them! Have fun making Thanksgiving cards. Supplies are provided & no sign up is required! For more information, please call 802-295-9068 or email hello@bugbeecenter.org.



Book Club - Lessons in Chemistry

Friday, Nov 7 at 1:00 pm

Quechee/Wilder Libraries discusses popular and interesting titles on the first Friday of the month. Copies of the book are available from Bugbee Senior Center or from Quechee Library at 802-295-1232. For more info and to sign up, call 802-295-9068 or alec@bugbeecenter.org.



Senior Learning Network Virtual Presentations

Tuesdays at 2:00 pm

Enjoy interactive presentations on the big screen with a group in the library at the Center! Let us know if you'd like to attend! Call 802-295-9068.



November Presentations

Nov 4: *Eisenhower National Historic Site*

Nov 11: *Mighty Eight Museum*

Nov 18: *Wright Brothers National Memorial*

Nov 25: *FDR Pres Library & Museum*

Director's Corner

November, 2025

In the spirit of the season, I hope you'll join me this month by taking a few moments out of your day to share gratitude and thanks with us. Not every part of life gets better as we age, but when I'm feeling run down there is usually something to be thankful about after some reflection.

I'll kick things off by saying I'm grateful for our board members. Bugbee has been busy lately and sometimes I'm stuck in the weeds, so I am thankful that we have them to help make sure we are on track. Board members can serve for up to six years before rotating off, so let's congratulate Sheila Bean, Donald Blake, Patti Crimmin-Greenan, and Steve Tofel. Thank you for serving on the board, you've helped with many accomplishments!

I'm also thankful for the new board members: Adams Carroll, who is the outgoing executive director of Advance Transit; John Haffner from the Upper Valley/Lake Sunapee Regional Planning Commission; Jennifer Kravitz, a local retired physical therapist; and Anna Guenther, the new owner of The Filling Station downtown... Welcome aboard! Your contributions will help keep this community a great place to grow older.

Board members are among 120 active volunteers who are here day in, day out to keep Bugbee running. We wouldn't be able to get by one day without them. That goes for our staff, I feel fortunate to work with such a fun and talented team. We are all grateful for those community members who have been able to give a financial contribution to the cause –so much of what happens here is up to what our community can afford...plus some creative ways to save money. Thank you for being a part of Bugbee's success.

Here's one more: Thank YOU for reading the Bulletin, signing up for events, and spending time with us. Bugbee is made up of thousands of different people who each add up to something simple: a great place to be. Happy Thanksgiving and see you soon.

Mark Bradley
Executive Director



Welcome Lunch: Hosted by Bugbee Welcome Squad **First Thursday of every Month at 11 am**

Joining a new community can seem daunting—but everyone is welcome at Bugbee where friendship and hospitality thrive! The Welcome Squad will greet newcomers with a brief tour of our center, offer an introduction to our programs and services, and provide an opportunity to meet people. Then, we will enjoy lunch together!

Help us spread the word by inviting potential new members to join us! Registration required! Call 802-295-9068 or email hello@bugbeecenter.org to sign up!



Who Wants to Play Boggle? **Mondays at 1 pm**

Who wants to play Boggle? Boggle is great fun and great for the brain. Feel free to join in if you're interested. No sign up required.



Memory Cafe - Music Therapy **Third Monday of every Month at 10 am**

The Upper Valley Music Center will be starting a music therapy program with the Senior Solutions Memory Cafe. No registration required!



Group GeoGuessr

Thursday, November 20 at 10:00 am

Since our first round of GeoGuessr was a hit, we're hosting it again! Imagine this: you've been dropped off in a random location somewhere in the world, and you only have five minutes to guess your location... Can you figure it out? Two teams will compete. Registration required! To sign up, Please call 802-295-9068 or email hello@bugbeecenter.org.



BUGBEE Talks

Speaker Series for Upper Valley Seniors

<p>Thu Nov 13 10:00 am</p>	<p>Community Conversation with Quechee Library The Quechee Library trustees are coming to Bugbee for a community conversation about libraries and library services! All are welcome to share thoughts about library services you'd like to see, give feedback about the Quechee/Wilder Libraries, and/or meet some neighbors while participating in our strategic planning process.</p>	
<p>Fri Nov 14 2:00 pm</p>	<p>Weatherization Presentation Drafty windows? Want to reduce your energy bill for the upcoming winter? Come join COVER Home Repair and the Energy Justice Clinic for a weatherization workshop!</p>	
<p>Wed Nov 19 1:00 pm</p>	<p>Home and Able Dena Wilkie, owner of Home and Able, is a passionate advocate and supporter of aging in place. Dena's experience as an Occupational Therapist, and her additional training in Aging in Place and Home Modifications, make her the ideal person to support your aging in place journey.</p>	

No registration required for BugbeeTalks! The more, the merrier.
For more information, please call 802-295-9068 or email hello@bugbeecenter.org!

Show & Tales: Soldiers, Sailors, and Civilians

Tuesday, November 4 at 10:00 am

Show & Tale is like Antiques Roadshow meets The Moth, or your favorite Pinterest board come to life! The history of Veterans Day can be told through the many United States veterans who've served our country and its people in our military as well as their loved ones and other civilians. Bring your cards, letters, medals, combat boots, dog tags, photos, tattoos, jewelry, flags, & other memorabilia of yours, your family, friends, or ancestors and share its story! We would love to hear your stories, or perhaps you would rather just listen to them, it's all good!



No registration required. For more info, call 802-295-9068 or email hello@bugbeecenter.org.

AARP Smart Driver Course

Thursday, November 6, 11am to 4pm

Claim your safe driver discount! When you take the AARP Smart Driver course, you could be eligible for a multi-year discount on your auto insurance (available with some insurers). Plus safer driving can save you more than just money. The course teaches proven driving techniques to help keep you and your loved ones safe on the road. No test at the end! Registration required. To sign up, please call 802-295-9068 or email hello@bugbeecenter.org.

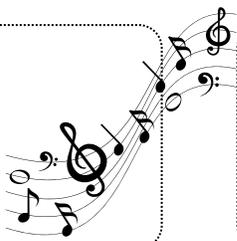


Lunchtime Tunes

Music with Dan Roda

Last Tuesday of Every Month - Nov. 25

Dan will be here to perform a collection of guitar songs for the Bugbee Crew!



Roman on the Violin

Wednesday, November 5

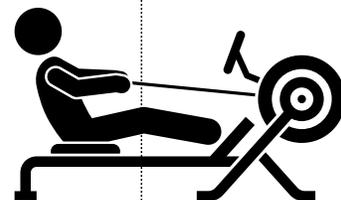
Roman Cornelius plays a mix of classical, bluegrass, and Celtic music on the violin. Donations appreciated!

Fitness Classes

Indoor Rowing

Mondays, November 3, 10, & 17 at 2:00 pm

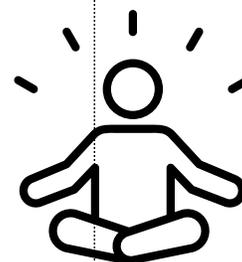
Rowing offers numerous benefits for seniors, providing a low-impact, full-body workout that improves cardiovascular health, muscle strength, and joint flexibility without placing stress on the knees or hips. Our friends from the UV Rowing Foundation will be here to help you learn the fundamentals of rowing. Space is limited: call 802-295-9068 or email hello@bugbeecenter.org to sign up each week.



Yoga for Men

Every Tuesday in November at 8:30 am

Join Linda Harvey, PT and 200 hour/certified Yoga teacher, for a yoga class geared towards men. Beginning with chairs and props, you will explore how to become more flexible, build core strength, and improve balance. No experience needed, just a curious mind or a desire to try it again with the ever changing aging body. A sense of humor is always welcome. \$8 per class. No sign up required. *Try it out on November 11 for free!*



Yoga Fusion

Tuesdays, November 4, 11, & 25 at 10:00 am

Join instructor Kathryn Mills for gentle flow yoga on Tuesdays morning. This class is specifically geared for those new to yoga or those who are interested in a gentle practice. No experience or flexibility is required. \$8 per class. No sign up required.



Senior Fitness

Wednesdays, November 5, 12, & 19 at 10:30 am

Long time fitness professional, Liz Hatfield, is back in action to guide you through Senior Fitness! This exercise class will have you moving your body, so you can feel physically, mentally, and emotionally better. \$8 per class. No sign up required.



Chair Yoga

Fridays, November 14 & 21

Join Linda Harvey, PT (again) for an hour long guided chair yoga! \$8 per class. No sign up required.





Friday, December 12 from 1-5
and Saturday, December 13 from 9-2

Explore unique, handmade gifts from local crafters and artisans.

Local craftmakers showcase products, crafts, and artwork, along with a jewelry bazaar, a cafe with food & refreshments, and a raffle. This is a great family-friendly event, and a way to keep your holiday-shopping-dollars in the community. You'll also help support Bugbee's goal to help seniors age well, independently.



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